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Cries
of Trondheim
Trondheim
Vocal Ensemble
Frank Havrøy
Conductor

Trondheim Vocal Ensemble
Cries of Trondheim

Cries of Trondheim is Trondheim Vocal Ensemble's first independent album, and was recorded in the ensemble's tenth anniversary year. Trondheim Vocal Ensemble is one of the most well-established ensembles on Norway's professional vocal ensemble scene, and — thanks to its connections to both Trondheim Symphony Orchestra & Opera and to Nidaros Cathedral — has developed an extremely versatile sound and vocal performing style.

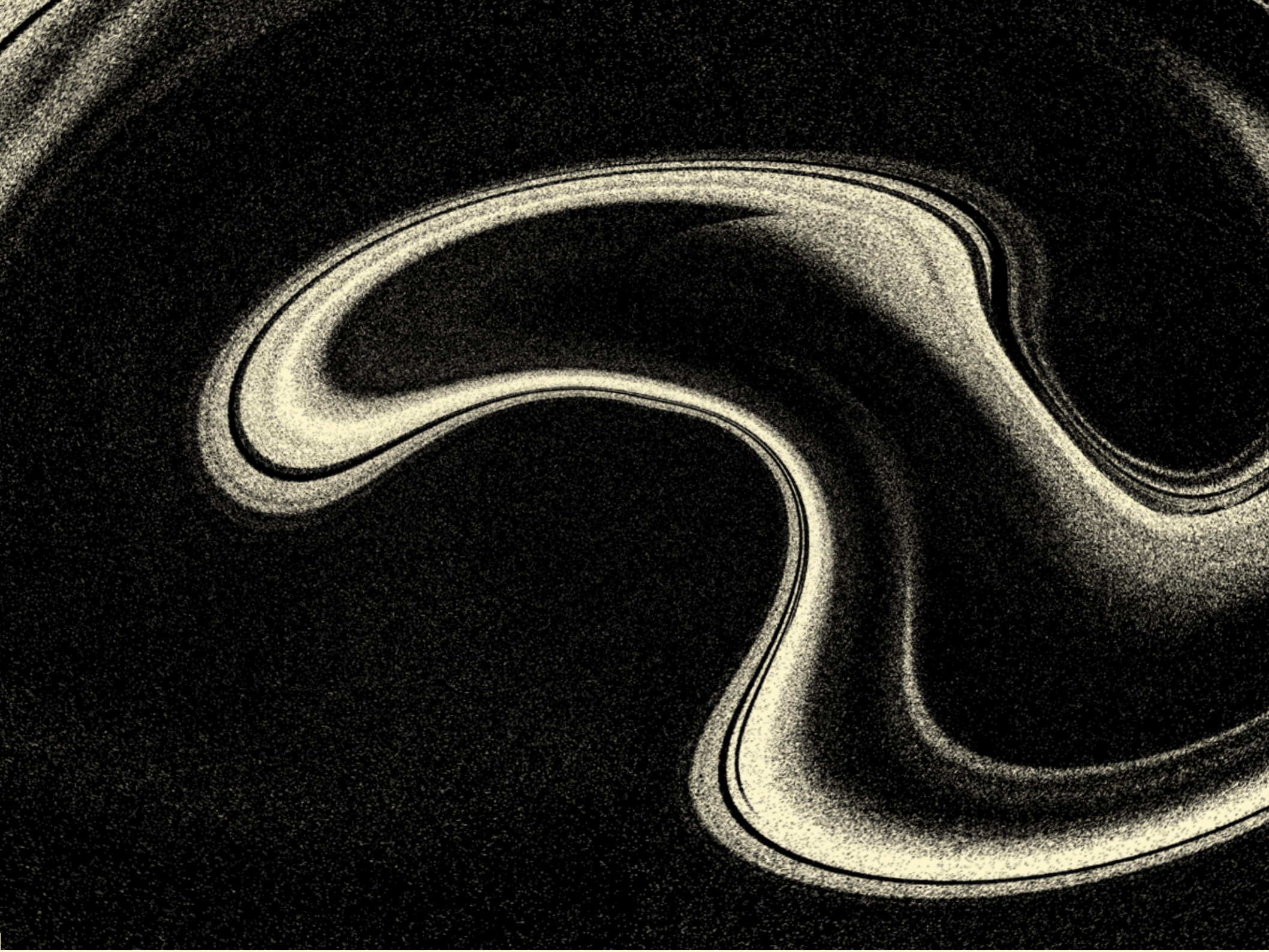
This recording celebrates and showcases the ensemble's work since it was founded. It not only features compositions by Norwegian composers, two of whom live in the ensemble's home region of Trøndelag, but also one of the most legendary works for vocal ensemble *a cappella*, namely Luciano Berio's *Cries of London*. Together the four works on this recording demonstrate the versatility of the ensemble's eight singers, a vocal sound stretching from the most harmonious timbres to the virtuosity of Berio's musical world. The recording opens with my own *Salve Regina*, a prayer to virgin Mary. In these tumultuous times, we may more than ever need help from higher powers to steer us into a more peaceful situation in the world.

Jeg lå ved sjøen (*I lay by the sea*) is a poem by Vilhelm Krag. The poem is powerfully set to music by Ellen Lindquist, in an extended tonal landscape. It depicts the feeling of lying by the sea, watching the birds flying away — yet feeling desperately earthbound and just wanting to follow them on their journey.

Fredrikke, written by Eva Holm Foosnæs, is a worked based on (and dedicated to) the life of the Norwegian fighter for women's rights, Fredrikke Marie Qvam. She was one of the most important advocates of women voting rights. The four parts of the work are like a cross-section of her life, depicting love, politics, and sorrow.

And then, as Berio stated: "In my end is my music". And at the end of this recording is his music. The work *Cries of London*, is a cornucopia of music, from the most beautiful, harmonious sounds to a chaotic soundscape, depicting an image of street sales in London. it is as if we are in the midst of people shouting out advertisements for the goods they are selling. It is virtuosity, it is musical chaos, it is beauty and humour.

Frank Havrøy



Lyrics

Salve Regina
Text: Latin liturgical

Salve, Regina, Mater misericordiae,
vita, dulcedo, et spes nostra, salve.
Ad te clamamus exsules filii Hevae,
Ad te suspiramus, gementes et flentes
in hac lacrimarum valle.

Eia, ergo, advocata nostra,
illos tuos misericordes oculos ad nos converte;
Et Jesum, benedictum fructum ventris tui,
nobis post hoc exsilium ostende.
O clemens, O pia, O dulcis Virgo Maria.

Hail, Queen, mother of mercy:
our life, sweetness, and hope, hail.
To thee do we cry, poor banished children of Eve.
To you we sigh, mourning and weeping
in this valley of tears.

Turn then, our advocate,
those merciful eyes toward us.
And Jesus, the blessed fruit of thy womb,
after our exile, show us.
O clement, O loving, O sweet Virgin Mary.

Jeg lå ved sjøen
Text: Vilhelm Krag

Jeg lå ved sjøen og så mod sør:
hei, se grågåsen flyr!
Flyr fra alt, som er stygt og sort,
flyr til solen og livet bort:
...å, tag mig med!

Men der lød sang over nattens hav
sent mod høst.
En klagende sang fra en kvindemund
om dødens slot nedpå havsens bund.
Jeg råbte udover sjøen bred:
å, tag mig med!

Jeg sidder alene ved sjøen.
Jeg sidder og stirrer i mørket ud,
jeg strækker armene op mod gud.
Jeg ligger på knæ og beder...
Og græder..

I sat by the sea
Translation: Annabelle Despard

I sat by the sea and looked to the south:
look, see the greylag geese in flight!
Flying from all that is vile and black,
flying away to sun and life:
...Oh, take me where you go!

Yet over the ocean of night came a song
so late in the year.
A mournful song from a woman's lips
singing of Death's domain in the depths.
I cried acoss the sweep of the sea:
...Oh, take me where you go!

I am sitting alone by the sea.
Sitting and staring into the dark
I stretch my arms upwards to God
I fall to my knees with prayers...
And tears..

Fredrikke

Garden By
Innunder ei brattlendt li og inn med ein liten foss ligg den store garden By, ein av dei største her nord. Best opphusa med gildaste hagen, blomar og bær. Der var dammar med springvatn, der var gangar og løynvegar [Fra Olav Aa. Vinje: Ferdaminne]

«Mindes du, hvad det er for dag? O ja, det gjør du vist. Det skal være mit Livs Maal at gjøre Dig så lykkelig. Gud hjelpe mig dertil».

«Takk for al den Kjærlighed.
Takk for din Ømhed. O hvor jeg skal blive lykkelig».
[Brevveksling mellom Anton og Fredrikke i hennes ungdomstid]

Kvindernes Ja
Vi ønske at Fanen lenge leve maa, samle dyktige Skyttere om Sig, mod det Maal at verge vort Land mod fremmede Aag.

«Skal vi gå til en Folkeafstemning i dette Land af den Art som foreliggende, uden at Kvinderne; vore mødre, husfruer, døtre får være med?» [Sitat Fredrikke]

«Vi ønske at værge vort Land, og give dem det Løsen; med Gud for Norge!» «Men bliver det ikke til hjemmets forstyrrelse, og familielivets sukcessive opløsning? Og et deraf uunngåelig følgende sæderns forfall?» [Sitat Biskop Johan Chr. Heuch]

Nu raader de nordmænd i Norge, og det står kvinder bag dem! Lad ikke den trettende august finde oss furtende hjemme. Selv om vore stemmer ikke tælles, kan de veies.

Men vent ikke for lenge.
Vi lægger vore Følelser for vort Land som et Lod i vægtskaalen.
Nå vår tur, mødrene, søstrene, døtrene, kvinderne.

(Mødrene) «Ønsker herved å føie sit JA til de mønd der har ret (Søstrene) til at deltage i folkeafstemningen den 13de august (Døtrene) den gjennem stemmegivning at værge sit Land sammen med dets mænd» (menneskene).
Mødrene, søstrene, døtrene, kvinderne, husfruer, pigene, stemmene, menneskene!
Det vil blive en kjæmpeadresse for norske kvinder.

Med Gud for Norge!

Soa Roa
«Skal jeg nå alene lukke Olafs øine, her i dette fremmed land, elskede Olaf» [Brev fra Fredrikke til Anton]
«Måtte Gud forunne oss så mange levedager som vi engang drømte» [Brev fra Anton til Fredrikke]

Nutidens Norge
Nutidens Norge har været et foregangsland. Det store opofrende arbeid, mange hundre håndskrevne brev. Var hennes skikkelse uanselig? Hennes stemme umelodisk?

Var hun kommet til aa følge de stillfarne veier? Nutidens Norge nyter fruktene av hennes arbeid. Kraftkilden i gode og onde dager.

Text: Quotes from writings by Aasmund O. Vinje, Gina Krog, Fredrikke Marie Qvam, Ole Anton Qvam, Biskop Johan Christian Heuch, Mathias Grev and Aasta Hansteen, collated by Eva Holm Foosnæs.

By Farm

Beneath a steep hillside and beside a small waterfall lies the farm By, one of the biggest here in the north. The buildings were well kept, with the finest garden, flowers, and berries. There were ponds with fountains, paths and hidden walkways. [From Olav Aa. Vinje, "Ferdaminne"]

"Do you remember what day it is? Oh yes, surely you do. It shall be the goal of my life to make you so happy. God help me to do so."

"Thank you for all the love. Thank you for your tenderness. Oh, how happy I shall become." [Correspondence between Anton and Fredrikke in her youth]

The Women's Yes

We wish that the banner may live long, gathering capable marksmen around it, with the aim of defending our country against foreign rule.
"Shall we hold a referendum in this country of the kind now proposed, without the women — our mothers, housewives, daughters — being allowed to take part?"
[Quote from Fredrikke]

"We wish to defend our country and give them the watchword: With God for Norway!" "But will this not lead to disruption of the home, and the gradual dissolution of family life? And the inevitable moral decline that would follow?" [Quote from Bishop Johan Chr. Heuch]

Now Norwegians rule in Norway, and women stand behind them! Let the thirteenth of August not find us sulking at home. Even if our votes are not counted, they can be weighed.

But do not wait too long.
We place our feelings for our country as a weight on the scale.
Now it is our turn — the mothers, the sisters, the daughters, the women.
(The mothers) "Hereby wish to add their YES to the men who have the right
(The sisters) to participate in the referendum on the 13th of August

(The daughters) through their vote to defend their country together with its men".
The mothers, the sisters, the daughters, the women, the housewives, the girls, the voices, the people!
It will become a great address from Norwegian women.

With God for Norway!

Soa Roa

"Must I now alone close Olaf's eyes, here in this foreign land, beloved Olaf?" [Letter from Fredrikke to Anton]
"May God grant us as many days of life as we once dreamed of." [Letter from Anton to Fredrikke]

Norway of Today

Norway of today has been a pioneering country. The great, self-sacrificing work — many hundreds of handwritten letters. Was her figure insignificant? Her voice unmelodic? Had she come only to follow the quiet paths? Norway today enjoys the fruits of her work — a source of strength in good days and in difficult ones.

Cries of London
Text: Traditional

1.
These are the cries of London town
some go up street, some go down.

2.
Where are ye fair maids
that have need of our trades?
I sell you a rare confection.
Will you have your face spread
either with white or red?
My drugs are no dregs
for I love the white of eggs
made in rare confection.
Will ye buy any fair complexion?

3.
Garlic, good garlic
the best of all the cries.
It is the physic
'gainst all the maladies.
It is my chiefest wealth,
good garlic for the cry.
And if you lose your health
my garlic then come buy,
my garlic come to buy.

4.
These are the cries of London town
some go up street, some go down.

5.
These are the cries of London town
some go up street, some go down.

6.
Money, penny come to me
I sell old clothes.
For one penny, for two pennies
old clothes to sell.
If I had as much money
as I could tell
I never would cry
old clothes to sell.

7.
Come (buy
some
old
cry
to
me)
Come
some go up street some go down
I sell old clothes
and if you lose your health
my garlic then come buy
Cry (some
go
up
go
own)
Money (to me)
Penny (come
buy
me
old
cries)
Come buy
some go up street some go down
old clothes to sell
garlic good garlic
my garlic then come buy
if I had as much money as I could tell
I never would cry old clothes to sell
some go up street some go down
Down
these are the cries of London town
Some (some
go . . .)



Trondheim Vocal Ensemble is a professional vocal group affiliated with both the Nidaros Cathedral and the Trondheim Symphony Orchestra & Opera. Established in August 2015, the ensemble has since secured a strong position among the professional music ensembles in Trøndelag and Norway.

The ensemble plays an important role in Trondheim Symphony Orchestra & Opera's opera productions, while also contributing to the liturgical life of Nidaros Cathedral through regular participation in services and events of national significance held in the cathedral. In addition, the ensemble presents concerts on its own.

Trondheim Vokalensemble consists of eight permanently employed singers, and can be expanded to twelve or sixteen voices when required. Its members are recruited both locally and nationally.

The ensemble's artistic director is Frank Havrøy, who has special responsibility for its independent artistic projects. Havrøy (b.1969) is a singer, actor and composer based in Oslo. He studied at the Norwegian Academy of Music and the Norwegian National Opera Academy, and also pursued composition studies with composers such as Kjell Habbestad and Lasse Thoresen.

In 2015, he completed his PhD at the Norwegian Academy of Music, with a dissertation focusing on vocal ensemble practice. He is currently Professor of Ensemble Singing at the same institution and is also a permanent member of the vocal ensemble Nordic Voices, with which he performs internationally.

As a composer, Havrøy has focused primarily on choral music. His works are widely performed and have reached broad audiences through concerts and recordings by ensembles such as Nordic Voices, Ensemble96 and Ensemble Ylajali.



Frank Havrøy
Artistic director

Ranveig Helen Lægreid
Soprano

Tonje Eero Hove
Soprano

Maria Moen Nohr
Alto

Oda Fredriksen
Alto

Arnsteim Morken
Tenor

Sigmund Lahn
Tenor

Morten Kvaal
Bass

Iver Bogen
Bass

Eva Holm Foosnæs
Co-conductor,
Fredrikke (tracks 3–6)

Recorded in Lademoen Church, Trondheim, 22–25 april 2025
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Balance engineer: Thomas Wolden
Editing: Vegard Landaas
Mastering: Thomas Wolden
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Cries of Trondheim

1. **Frank Havrøy** (*1969): *Salve Regina* 04:17

2. **Ellen Lindquist** (*1970): *Jeg lå ved sjøen* 04:43

Eva Holm Foosnæs (*1983): *Fredrikke*

3. Garden By 04:15
4. Kvindernes Ja 04:11
5. Soa Roa 03:55
6. Nutidens Norge 02:58

Luciano Berio (1925—2003): *Cries of London* (for eight voices)

7. I. These are the cries of London town 01:20
8. II. Where are ye fair maids 01:32
9. III. Garlic, good garlic 02:26
10. IV. These are the cries of London town 01:13
11. V. These are the cries of London town 01:22
12. VI. Money, penny come to me 03:18
13. VII. Cry of Cries 03:38