

Finland Iceland Norway Denmark Sweden The Scandinavian Heritage Society of Kentucky, Inc.

2008 SPRING ACTIVITY SCHEDULE

<u>Date/Time</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>
Feb. 16, 6-9 PM	Laskiainen	Hunter Presbyterian Church	Bill Hedberg
Apr. 19-20	Georgetown Kite Festival	Cardome Center	Bill Hedberg

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John Watkins – Retiring as Newsletter Editor

John Watkins has done a fantastic job being the Newsletter Editor for many, many years. Not only has John been editing, printing, and sending out the Newsletter, but he has also written a vast number of articles and curiosas about Scandinavia and the Scandinavian way of living, both in Scandinavia as well as here in the United States. **John has also published other SHSKY members' recipes, and memories, together with society schedules and news about our members, all with great support from Hege Ravidal.**

John has decided to step back from the Newsletter Editor position in order to take a break and let the inspiration and creativity take a rest. This means that SHSKY will **have the opportunity to elect our society's new Newsletter Editor for 2008 in this year's Business meeting** (date to be determined). I will substitute as acting Editor until the next SHSKY Newsletter Editor has been elected. Please contact President Bill Hedberg for more information if the editing post sounds interesting to you.

We all truly appreciate all the hard work John has done. We hope that the new Editor of the SHSKY Newsletter will be as energetic and positive about our society and the newsletter as John has been.

With many warm thanks to John from SHSKY,
Through *Jenny Berens, SHSKY Secretary*



Celebrate Our Finnish Heritage with SHSKY
~ Laskiainen is Coming UP!



In Finnish the word Laskiainen (Shrove Tuesday) comes from the verb *laskea* (descend, slide down a hill). Laskiainen is the time when you "descend" to the fasting season. The fasting starts on Ash Wednesday and lasts until Easter.

In the old days, Laskiainen was the day for change of work. The spinning ended and the weaving begun, because it was thought to be light enough to be able to start weaving. In the first hours of Laskiainen, people used to go to a nearby hill, which they slid down until the day begun, while shouting out wishes for the coming year. This made the linen grow longer and the root vegetables bigger. Also, the longer you slid, the better your crops would be. The women dressed themselves in white and combed their hair a lot. That was supposed to make the linen long and white. After the fun, everybody went home to eat pea soup and then in the evening to the sauna.



As many of you already know, in SHSKY we celebrate Laskiainen by getting together, listening to a program or two and then gather for a pot-luck supper. **As tradition bids, the theme for the dinner is 'pea-soup', so we always get to taste three or four different kinds of soup—all absolutely delicious!** If you do have a recipe for a great pea-soup, please bring some to share at our feast. If not, other Scandinavian treats are always welcome!



This years program will be given by Jaana Kwiecinski and she will teach us more about the meaning of Laskiainen in Finland. We welcome all our members and our friends to join us in our celebration and we are looking forward to meeting all of you all there!



Lucia Celebration 2007

It was on a cold, dark, and icy night that Lucia was celebrated in 2007. About fifty brave souls had dared taking the drive over to the Gethsemane Lutheran Church to share the feast of light with SHSKY. It was well worth the effort; Lucia and the rest of the children looked beautiful and the choir sang the old Scandinavian Christmas and Lucia carols with heart and soul. Marian Soule accompanied the song on the organ and Marcia Moser treated the audience both to solo song and flute, while Magnus Geijer narrated. We also got a couple of nice surprises; Asmund Vego from Norway and Ken Hansson from Sweden both shared their personal childhood Christmas memories. What a treat!



A few changes took place this year. As most of our readers know, Hege Ravidal has done a fantastic job organizing the Lucia Event for the past few years, but she decided to focus on new challenges. As it would be put in Swedish, I had the honor to shoulder the Lucia coordinator cloak. I had a great time planning the program, rehearsing and performing with the children and the adults, and most of all - getting to know a large number of our friends and members better. It was truly a fantastic experience. We also had the fortune of meeting a number of new members whom I think will be a great asset to our society and I am really looking forward to seeing again soon!

The feast after the concert was, as always, wonderful. We got to toast in homemade Glögg, thanks to Dan Lindskog and Craig Olsen. There was smoked salmon and herring, real meatballs, boiled potatoes, baked goods and tasty desserts among other foods. The company was, of course, great as well!

Finally, I would like to write a couple of lines to express my warmest thanks to all our 'steel members'; to those of you who always show up, in rain and shine, roll up your sleeves and work hard to make each event the success that it is! To be able to relax and enjoy the work and SHSKY is such a good feeling and it would be impossible without being able to lean on the rocks that all of you truly are! Many, many thanks!

SHSKY through Jenny



Kite Festival in Georgetown

Spring will be here faster than we know, which means that it is time to start thinking about the Kite festival at Georgetown's Cardome Centre. If you have not had the opportunity to participate in the past, make sure to come out to look at all the kites, shop at the international booths, watch folk dances and cultural performances, listen to traditional music from all parts of the world, and taste a wide variety of international food. It has to be mentioned that Cardome in itself is well worth the trip!

SHSKY has volunteered with a booth during the past few years and the event has been coordinated by me, Jenny Berens, as always with great help of Bill Hedberg and many of our other members. This year we are searching for a new Kite festival coordinator and Bill is currently working on finding someone who would be interested in taking over.

This is truly a wonderful family event, but it does span over both Saturday and Sunday, which means that we will probably have to man the booth in shifts. This has been our intention the past years, but we generally have such a nice time that our members decide to stay the entire day or weekend. In other words, we need you, dear reader, to come out and help us represent our society. We do need to increase our member numbers, since it seems to have been declining over the past few years. We have met a good amount of new guests, friends, and members through the Kite festival, so it is crucial that we continue to participate.

We have been weaving Scandinavian paper hearts with the visiting children and their parents and it has been pretty popular. Craft is a great way to connect with people and it is always nice to do something with your hands. We do still have a fair amount of material left that we can use this year, but if anyone has a suggestion for something new that we can do with the kids, please contact Bill. Keep in mind that we are on a budget, so it has to be both fun and cheap!



We invite you to participate in the

Georgetown International Kite and Culture Festival

Registration Deadline:
March 31, 2008

Saturday, April 19
Noon - 5:00 p.m.
Sunday, April 20
1:00 p.m.—5:00 p.m.



Cardome Centre
800 Cincinnati Pike,
Georgetown, KY 40324
(502) 863-1575 ext. 101
betty.mallamit@georgetownky.gov
sherry.williams@georgetownky.gov



I am so glad to have gotten the Blomquist's permission to share this e-mail and some photos that Glenn and Kathy sent to me on October 25th, 2007 with the rest of all our SHSKY members and friends.

Dear Jenny,

Kathy and I have been here in Riga, Latvia since July 23. We started with a conference in Copenhagen July 7-11. The economics part of the conference was good, and the social part of the conference was better. We had receptions in the impressive City Hall and at Ny Carlsberg Glyptotek gallery of sculptures. We rode the metro, wandered in the city center, and saw sights including the little mermaid in the harbor. After the conference we rode the train and ferry to visit friends in Helsingborg, Sweden. Ola Falck was an exchange student who went to Lafayette High

School in Lexington and was a starboy in our SHSK Lucia celebration in 1985. Ola, his wife, their two daughters, and Kathy and I rode bicycles around the nearby island of Ven (see photo), walked the gardens of Sofiero Palace, took sauna in the sea, and saw sights in that pleasant city in southern Sweden. Ola and Kristina's home is in Mariastad where horseback riding is popular. It made us feel right at home. We flew to Vaasa, Finland next to visit with our family friends. Ulla was an exchange student who lived with my parents when my sister was in high school. We relaxed at their summer place in the archipelago. A memorable moment was sitting by the sea after sauna and watching the ferry from Umeå pass by in the distance in the bright midnight twilight. Another was sitting on their dock talking the next morning and watching a moose swim from one island to another. After the two weeks in Scandinavia we flew Ryan Air from Finland to Riga.

Riga is a fascinating city. Our observation is that most Scandinavians know where it is, but they don't think about it much. We are observing also that some Swedes do visit Riga as tourists. One draw is the incredible art nouveau (jugendstil) architecture. The attached article from the travel section of Dagens Nyheter describes the attraction. The building at Alberta 13 is literally just around the corner from the Stockholm School of Economics in Riga (SSE Riga) where I have my sabbatical appointment. Our building too (see photo) was designed by Eisenstein, built about 1905, and is part of the walking tours. Our apartment is three blocks away. It is in a 1930s functionalist structure, but we have art nouveau buildings around us too. Latvia has been through difficult times and fared poorly during Nazi and Soviet years. These days the rebuilding, energy, and optimism are amazing. People are into style. Latvia is growing and developing, but it has a ways to go. We see stunning restored art nouveau buildings and shabby, unoccupied buildings in the same block. We see BMWs, Mercedes, Maseratis, and Saabs along with folks on foot who must beware of holes in the sidewalk.

We are doing fine here. We know where things are and walk to most of the places we go. We get around ok on the public transportation too although it tends to be crowded. Riders who expect Scandinavian personal space are simply out of luck – too costly. We understand only a little Latvian, but we get along in English and point. Usually someone around speaks English. English is the official language of SSE Riga. It provides a common language for the students from the three Baltic countries and prepares the students to do business with people in many countries in the west and rest of the world. SSE Riga has a strong Swedish connection. It was started by the rector of SSE (in Stockholm) in 1993 with private and Swedish government funding in order to prepare young entrepreneurs for doing business in market economies. The rector, vice president, several board members, and a number of faithful lecturers are Swedish. They do a remarkable job. I taught a month-long intensive course in health and public economics in September for third year students. I learned a lot about the Baltic countries and the students learned to think about economics in a new way. SSE Riga also celebrates some traditions such as the crayfish party we had in August and Lucia which we will have in December. We did get to Örebro, Sweden for a conference in mid-August. Our Swedish is not that good, but we thought we knew a lot after hearing Latvian and Russian, which we don't understand. With its castle, river, gardens, and university Örebro is a treat. We are enjoying Latvia and hope to learn more about this Baltic country before we leave in February for Stockholm.

Best regards,

Glenn and Kathy Blomquist



Recipes from Home – Semla!

Ingredients—Dough

- 1 c. milk
- 1 stick melted butter /margarine
- 1 pk dry yeast
- ¼ tsp salt
- 3 Tbsp sugar
- 1 egg
- About 3 ¾ c. wheat flour
- 1 egg or 1 egg white for brushing

Filling & Garnish

- ½ lb almond paste
- Inner part of baked buns + ½ c. milk
- ½ c. whipped cream for garnish
- Confectioners sugar to dust on top

Activate yeast according to instructions on package.
Melt butter and mix with milk. Make sure that temperature lies within the recommended span for yeast.

Pour activated yeast into milk and butter mix and blend. Stir in the rest of dough ingredients. Let dough rise for 15 min.

Heat oven to 400F. Lightly knead dough on floured baking surface. Divide dough into 2 halves. Divide each half into 10 pieces. Roll parts to round buns and place on oiled baking sheet or baking sheet covered with parchment paper. Let rise under baking cloth for 20 min.

Brush buns with whisked egg or egg white. Bake for about 15 min. Let buns cool under baking cloth.

Filling: Cut a 'lid' off each bun. Carefully scoop out the inner part. Mix with grated almond paste and milk in a bowl. Fill the buns with the mix. Before putting the lid back on, garnish with whipped cream.

Dust confectioners sugar over the finished Semla.



A Semla is a traditional pastry in Sweden, Finland and Estonia, associated with Lent and especially Shrove Tuesday, when it was originally eaten as the last festive food before Lent.

Today, Semlas are available in shops and bakeries every day from shortly after Christmas until Easter. In Sweden, each Swede consumes on average five bakery-produced Semlas each year, in addition to all those that are homemade.

King Adolf Fredrick of Sweden died of digestion problems in 1771 after consuming a meal consisting of lobster, caviar, sauerkraut, smoked herring and champagne, which was topped off by 14 servings of Semla, served with bowls of hot milk. Semla was the king's favorite dessert. There are still those who prefer to eat their Semla in a bowl of hot milk.

Enjoy!

Surfing with SHSKY!

Kisha Geijer has done a fantastic job on our brand new web-page, at <http://shsky.org/>. It is absolutely gorgeous, so please stop by to have a look! Among other things, we are planning to e-mail out the link to each new issue of the Newsletter, which will be posted on the site. You can join the e-mail list by signing up on the web-site. Our mail subscribers will continue to get **the Newsletter in the mail box.** Kisha has already posted a number of the SHSKY's older Newsletters, so we will have our very own newsletter library.

We will also post the SHSKY 2008 schedule as dates and locations get set for our upcoming events. Please take some time to visit the site and sign up for automatic event updates via e-mail. Contact information to all the SHSKY officers is also available on the site.

The web-page also contains a number of photo albums from our latest SHSKY meetings. Among others can be noted photos from the 2007 Midsommar and Lucia celebrations. Feel free to e-mail in any favorite photos that you would like to share with the rest of our members.



Happy surfing!

Membership and Charitable Contribution Form

*Make checks payable to SHSK, and send this form to:
Jan Lindskog, 1083 Meridian Court, Lexington, KY 40504.*



Dues:

Individual (\$20/person) = _____
Family (\$25/family) = _____

Name/Address: _____

Contribution:

Please accept my gift of _____
TOTAL ENCLOSED = _____

E-mail address: _____

(Required for electronic delivery of Newsletter. E-mail and mailing address will not get shared.)

News and Information for the newsletter: _____