

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

2008 SPRING & SUMMER ACTIVITY SCHEDULE

<u>Date/Time</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>
April 26 , 6:30-9PM	SHSKY Annual Business Meeting	Gethsemane Lutheran Church	Bill Hedberg
May 17, 5-7 PM	Syttende Mai Picnic in the Park	Veteran's Park, Shelter 4	Bill Hedberg
June 21, 4 PM	Midsommar Celebration	Hosie/Carter Garden	Bill Hedberg

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Attention SHSKY Members—Members' Meeting -08

A new SHSKY fiscal year begun on March 31st, 2008, which means that it is time for a **our annual Members' Meeting (also known as the 'Business Meeting')**. This year we will meet on Saturday April 26th at 6:30Pm in the Gethsemane Lutheran Church to elect our the four SHSKY Officers for 2008. The four Officers, President, Vice President, Secretary and Treasurer are to be elected from the SHSKY Board of Directors, in other words, all SHSKY adult members.

The Nominating Committee is currently working on finding nominees for the posts. If you would like to nominate yourself or another SHSKY member, please feel free to either contact the Committee (Ann Keating, Tom Josephsen, or Gustav Pousette) or simply voice your nomination during the meeting. Contact information to the Nominating Committee members can be received from either 2007 Officer.

The By-Laws have been posted on our website, so feel free to download and read more about our societies rules and regulations.

The actual meeting will take place during dinner, so that we can relax and enjoy each **others' company at the end of the evening, maybe with some coffee and very likely with a wide array of desserts. As tradition bid, the Members' Meeting dinner is a potluck** affair, so please bring a Scandinavian dish or two that you would like to share with our other members, friends, and guests.

We are looking forward to meeting all members for the first time this new fiscal year!
The SHSKY Officers and Nominating Committee of 2007, through Jenny Berens

SHSK Officers

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Norway's Flag and Coat of Arms

The basis in the Norwegian **flag** is the Danish "Dannebrog", which, during the long Danish period, 1380 - 1814, also was the flag of Norway. In the year 1814, a union was formed between Norway and Sweden and a blue cross was added to the Danish flag. This became the official flag of Norway after the union fell in 1905.

In the Norwegian **coat of arms**, a crowned lion holding an axe is depicted. This symbol and its coloration can be traced back to the beginning of the 13th century. The lion symbolizes strength and the axe stands for the traditional Norwegian weapon and also Norway's saint and protector, S:t Olav.

Celebrate Our Norwegian Heritage with SHSKY on ~ Syttende Mai ~

This year SHSKY has the great pleasure to honor the Kingdom of Norway, Kongeriket Norge on its actual Constitution and National Day anniversary, Saturday May 17!

After the turbulent Napoleonic Wars were over, Norway took the opportunity to declare independence after more than 400 years under the reign of Denmark. A constitution based on American and French models was adopted and the Danish crown prince Christian Fredrik was elected as king on May 17, 1814 (he abdicated less than 3 months later).

Syttende Mai, which means May Seventeenth, marks Norway's declaration of independence and the triumph of constitutional government. This day is celebrated with a great spring festival in Norway. Come and celebrate this Norwegian Holiday with SHSKY in Veterans Park, May 17th at 5PM with a potluck picnic.

Hurra for Syttende Mai!





A Report from Laskiainen Celebration 2008

A great crowd gathered at Gethsemane Lutheran Church to celebrate Laskiainen. As tradition bids, the main course for this gathering in pea-soup and we were treated to at least five different kinds this time. For dessert we got to enjoy chocolate cake, Finnish pulla and much, much more with our coffee.

The program was both interesting and fun; Jaana Kwiecinski started off the program. Jaana talked with us about Laskiainen and she had even put together a PowerPoint slide show packed with facts and wonderful pictures. **Jaana's husband John was the acting technical support. We got to learn about Laskiainen's origin and meaning,** traditions connected to the Holiday, and finally how Laskiainen is celebrated today. Jaana, who is originally from Finland, and John also shared a couple of entertaining anecdotes about what types of trouble the language barriers can create.



Allen Lake gave us a unique opportunity to look at his latest home-built kantele (Finnish harp). The kantele is known as Finland's national instrument. We even got to listen to him play Finlandia on the harp and it was quite beautiful. Allen also shared with us that he and his wife Betty are celebrating their Gold Wedding this year! **Many congratulations from SHSKY to the Lake's!**



International Events in Berea

Hands Four Spring Dance Weekend in Berea, April 25-27 will feature a bunch of workshops on Saturday April 26 at Acton Folk Center, 212 Jefferson Street, Berea. Among the **workshops, you'll find Danish quadrilles and Swedish hambo.** Information on www.berea.com/handsfour, or call Sune Frederiksen, 859-986-7584. If you can instruct dances from your country, we would be happy to promote them at our next dance weekend.

Berea International Festival in Berea, May 9-11 will feature an array of arts and crafts, international dance, music and food, hands-on activities and demonstrations. SHSKY will be present with flags and representatives. Information can be found on www.berea.com/interfest, or call Berea Tourism 800-598-5263.

Danish Day in Berea, Sunday June 8 - SHSKY is invited to a Danish Day in Berea. The event will include messages from the president, famous open face sandwiches, presentation by Morten Lillelund of Lexmark, **music and "hygge"**. **Location: Main Street Café, 110 Main Street, Berea, KY 40403.**

Well met in Berea, wishes Sune Frederiksen



Update Regarding Georgetown's International Kite Festival

Based on a lack of responses from SHSKY's members, it has been decided that SHSKY will not participate with a booth at the Kite Festival this year, as we have for the past couple of seasons. We may revisit the opportunity to promote our society at the festival some time in the future.

We suspect that many members will still be visiting the event with family and friends, so prepare your kites for some fun in the wind and mark your calendars for Apr. 19-20, the Cardome Center, Georgetown.



The International Market — It is Just Around the Corner!

Grand Opening in West Chester—IKEA

As a Swede it is a bit hard to grasp the concept of IKEA as a store that has earned a cult status in the US. At the grand opening on March 12th in Westchester, Ohio (at 9500 IKEA Way), 11,000 customers came through the doors in the first hour of the store's opening. The crowd began building before 6 a.m. on a very cold morning to make sure that they would be the first visitors to get into the 344,000-square-foot store.

I have always seen IKEA as a great place to get practical and trendy furniture for a low price. Essentially all IKEA furniture comes packed in flat boxes to ensure easy transportation and the customer has to assemble the furniture at home. The items that are bought at IKEA are not to be seen as family heirlooms, but they are perfect for students, young families, or people who are more interested in trendy home decor than something that will last for decades.

However, I must confess that I was excited when I heard that we were getting an IKEA so close to Lexington, but the main reason for the excitement was mainly caused by the IKEA restaurant and the Swedish food section. The restaurant menu is definitely Scandinavian and the price is very reasonable. I would advice to stay away from the shrimp sandwich, it **doesn't make anyone happy, but breakfast, lunch and dinner are served every day.** The restaurant also serves traditional Swedish pastries that I doubt that you can find any **closer to Lexington, like 'vacuum cleaners'** (dammsugare) and mazariner.



The store also offers great fabrics and upholstery textiles at low prices together with a huge number of other home accessories. A number of furniture lines are designed around the concepts of efficient storage and organization solutions, which sadly makes me pretty excited! It is also really neat to walk around in all the show-rooms—almost like walking around in a gigantic doll-house! A supervised children's play area makes it easier for parents to shop and in true Scandinavian fashion, IKEA is a company that pushes green thinking.

10 Facts about IKEA

1. IKEA is a Swedish private company, which was founded in 1943 in Småland, Sweden by Ingvar Kamprad, then 17 years old. As of 2008 he is the 7th richest person in the world, with an estimated net worth of around US\$31 billion.
2. Furniture was added to the IKEA product range in 1948. IKEA began to design its own furniture in -55.
3. The name IKEA is an acronym consisting of the initials of the founder's name, the farm he grew up on, and his home county: Ingvar Kamprad, Elmtaryd, Agunnaryd.
4. IKEA is pronounced /i'ke.a/ but in many English-speaking regions, it is pronounced /ai'ki : a/.
5. The company is now owned by a Dutch-registered foundation, which is controlled by the Kamprad family.
6. In 2007 IKEA had 118,000 employees worldwide
7. The chain has 273 stores in 36 countries. Most of the stores are located in Europe, USA, Canada, Asia and Australia, but IKEA is also one of the few store chains to have locations both in Israel and in other Middle Eastern nations.
8. At least 30 openings or relocations are planned for 2008.
9. The IKEA Website contains about 12,000 products.
10. IKEA products are identified by single word names. Most of the names are Swedish in origin and there is actually a system to the naming system, for example bookcase ranges have the theme **'occupations', bathroom articles are named after Scandinavian lakes, rivers and bays, chairs and desks have men's names, while materials and curtains have women's names** The list goes on. Because IKEA is a world-wide company working in several countries with several different languages, sometimes the Nordic naming leads to problems where the word means something completely different to the product. While exotic-sounding names draw an attention, a number of them call for a snicker... *Source: Wikipedia.org*



... and almost next doors to IKEA — Jungle Jim's !

Jungle Jim's International Market is located at 5440 Dixie Highway, Fairfield, OH. This store features more than six acres of food from 75 countries. According to the stores web-page, over 50,000 visits are paid per week by customers who want to shop among the vast selection of wine, beer, gourmet cheeses, exotic meats, fresh seafood, spices, confections, baked goods and more! There is even a Scandinavian section containing jams and jellies, sour patch candies, Danish waffle cones, Kristall juices, Swedish fish, crispbread, coffee, waffle mixes, sardines and more.

I have visited the store on a couple of occasions and it truly is an experience! I do also know that at least one of our members keeps going back to pick up as much 'Julmust' as the car can carry back home...

Shopping closer to Home—Meijer

If you don't want to spend hours in the car only to get into gigantic and crowded stores, Meijer's International Food Isle may be the place for you. The selection is of course limited compared to the International Supermarkets, but I do still pick up my knäckebröd (which is by the way kept in the 'cracker' section), Anna's pepparkakor, and salt licorice at Meijer's . I have spotted products from Sweden, Finland, and Norway— this is the place to pick up genuine 'Swedish Fish'....





Recipes from Home – Äppelkaka!

Ingredients

- 1 stick margarine
- 2 eggs
- 2/5 cup milk
- 4/5 cup sugar
- 6/5 cup wheat flour
- 2 tbsp yeast powder
- Apples, sugar, & cinnamon



- Grease and flour an oven pan (9x13 in²)
- Peel and wedge apples
- Mix yeast and flour
- Mix eggs and sugar until fluffy
- Boil up the milk in the molten margarine
- Pour the boiling mix over the egg and sugar mix
- Work in the flour & yeast mix and stir until batter is smooth
- Pour batter in the pan and lay the apple wedges on top of the batter in rows
- Powder cinnamon and sugar on top
- Bake 20-25 minutes at 390F or 15 minutes at 340F

Enjoy!

Quick & Easy:



Smulpaj

Smulpaj means 'crumble pie' in Swedish.

For this simple recipe, you need the following:

- 2/5 cup sugar
- About 2 sticks of butter
- 6/5 cup wheat flour
- Peeled, wedged apples



- Crumble sugar, flour, and butter over the apples in a baking pan.
- Bake for about 30 minutes at 390F.

It really can't get any easier than this!

Nordic Fiddles and Feet

Come experience a week-long immersion in the music, dance, and traditions of Sweden and Norway – right in the heart of the eastern US. This magical event includes daily classes in dance and music, concerts, culture sessions, nightly dance parties, fabulous food with Scandinavian specialties, swimming, hiking, sauna, and a welcoming community that shares its passion for Scandinavian traditions. Beginners and experienced participants, families, singles, couples – all are welcome!



The internationally recognized teachers and musicians provide expert instruction and exciting performances in traditional dance and music styles. Featured in 2008 are dances and music of Valdres (Norway) and Föllinge (Sweden). Of particular interest to SHSKY may be that Hege Ravidal will be teaching Norwegian singing.

The Scandinavian music and dance camp is held in Buffalo Gap Camp in Capon Bridge, WV. The camp is divided into two session types; 28 June to 5 July (full session – cost \$725) or 28 June to 1 July (mini-camp – cost \$400) 2008. Discounts for first-time participants, children, families; work scholarships are available. be at NFF this year.

For more information, see www.nordicfiddlesandfeet.org.

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: _____