

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

2008 SPRING ACTIVITY SCHEDULE

Date/Time	Event	Location	Contact
Feb. 28, 6-9 PM	Laskiainen	Beaumont Presbyterian Church	Bill Hedberg

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Time to Celebrate Our Finnish Heritage ~ Laskiainen 2009 ~

As many of you already know, SHSKY celebrates Laskiainen by gathering all members for a pot-luck supper in combination with an interesting program. As tradition bids, the theme for the dinner is 'pea-soup', so we always get to taste several different kinds of soup—all absolutely delicious and many likely to have been made from a treasured family recipe! If you do have a recipe for a great pea-soup, please bring a pot to the feast. If not, other Scandinavian dishes are, as always, more than welcome!

This year we are getting a real treat—not only for our taste buds, but also for our ears! Eric Iversen has organized for the Transylvania Singers to join us in celebrating Laskiainen with a program designed specifically for the occasion. The singers will treat us with songs chosen to fit in with both the Lenten theme and also with the fun-filled Finnish winter sliding festival. The festivities will take place on February 28th at Beaumont Presbyterian Church, 1070 Lane Allen Road. Among other pieces, we can look forward to enjoying the Kyrie from Faure's Requiem, "I Bought Me a Cat", and "Supercalifragilisticexpialidocious". Please make sure to bring extra food for our quests of honor. In addition, a collection will be taken up for the choir.

The Transylvania Singers is a Women's Choir directed by Dr Beth Arnold, Lexington. Dr Arnold, a soprano, has an impressive list of accomplishments, including performances with the Lexington Philharmonic Orchestra and Gwinnett Philharmonic. She does also have a European connection; she has studied German oratorio at the Benjamin Britten—Peter Pears School in Aldeburgh, England. For SHSKY members and friends who would like to learn more about Dr Arnold, please visit <http://www.transy.edu/music/barnold.htm>.

Welcome!

~ Some Facts About the Transylvania Singers ~

One of Dr Arnold's colleagues at TU, Professor Gary L Anderson, kindly answered a number of questions regarding the Transylvania Singers for us. I also have to mention that I found it very interesting that Dr Anderson studied in Stockholm with conductors Eric Ericson and Anders Eby during a 2000 sabbatical leave. In addition to his work at Transylvania University, Dr. Anderson is conductor and music director of the Lexington Chamber Chorale, a professional chamber choir.

- The TU Singers is about 15 years old and located at TU University
- The Singers began as a need to provide a choral experience for the many women who auditioned to be in the choral program
- The Singers are a credit class and part of the burgeoning choral and vocal program
- The group is establishing an individual identity even while sharing some members with the TU Choir
- There are ca. 30 singers, from first-year through senior members
- The Singers have participated in area college choir festivals at TU, Centre, Asbury, and Lindsey Wilson
- Performances out in the community include performances at local churches and Christmas Caroling at Spindletop
- The Singers perform with a wide variety of music, but the emphasis is on traditional choral literature

Lucia Celebration 2008

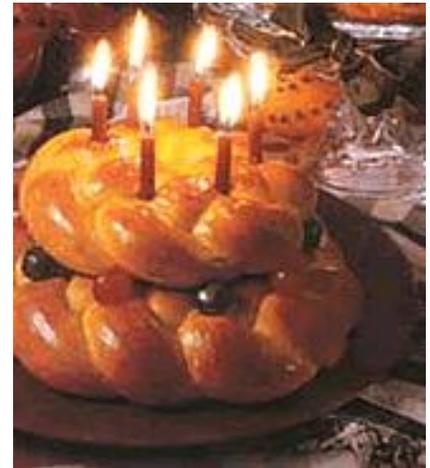


The SHSKY Lucia Celebration 2008 took place on the actual Lucia date, December 13th, in the Gethsemane Lutheran Church. There were some worries about the weather this year, since the 2007 Lucia celebration happened to be scheduled on a particularly cold, dark, and icy night. Just a handful of brave souls made it that year, but our latest Lucia celebration was enjoyed by about 100 members and guests, together with about 20 Lucia participants.

The event was wonderful; the Lucia, Sarah Cooley, and the rest of the children looked beautiful and the choir sang the old Scandinavian Christmas and Lucia carols with the usual heart and soul. Magnus Geijer narrated the program and Annette Mathy accompanied the song on the organ—she did a great job! Adrian Finley read to us about Norway, while Jordan Anderson, Richard Ehrenborg, Alexa N. Witt, and Lukas Lake-Bullock read the Sweden, Finland, Denmark, and Iceland passages. Emily Williams, who has also been a SHSKY Lucia in the past, read the Feast of Light to the audience. I talked a little about why the celebration of Lucia and the light is so important to us in Sweden. I could see many people in the audience nodding in agreement—no doubt individuals who have visited or lived in Scandinavia during the winter season.

The feast after the concert was, as always, wonderful. We got to toast in homemade Glögg and enjoy smoked salmon and herring, real meatballs, boiled potatoes, baked goods and tasty desserts. People really enjoyed themselves and many stayed around for quite a while. I do believe that extra tables and chairs had to be set up.

As always, I would like to extend my warmest thanks to the handful of fantastic members who always come in early to set everything up! The very same members also stay late to clean and pack everything up! Thank you so much!



Midsummer Celebration 2008

SHSKY 2008 got off to a later start than originally intended. Just as for many, many years in the past, Marie Hosie and Harold Carter graciously hosted the event in their beautiful garden. It may have been thanks to the later date that so many members, guests, and newcomers showed up—this is definitely the largest SHSKY Midsummer crowd I can recall ever seeing. The weather was wonderful, the potluck food was great and there was even some traditional Swedish dancing around an imaginary midsommarstång (Maypole).

The uppermost photo to the right shows members amusing themselves, and the other guests no doubt, with a traditional ring-dance. In the photo below, members are dancing the famous dance “Små Grodorna” (“The Little Frogs”). The dancers have to jump around the maypole in the style of frogs, while singing (!) lyrics which loosely translated goes something like this: “The Little frogs are funny to see/ They don’t have ears nor tails/ Kou ack ack ack...”. For those of you who have never tried, jumping and singing at the same time is quite exhausting but a lot of fun. By the way, did you know that each year’s Nobel Prize winners have to dance the frog dance when they are inducted into the Order of the Little Green Frogs by the University Student Guild. Picture that!





The Scandinavian Club of Columbus

The Scandinavian Club of Columbus is a sister society of SHSKY. The SCC gives out a wonderful, monthly (!) newsletter, Scandinews, which is edited by Carol Wickstrom. In addition, Carol's husband Harry is Treasurer of SCC and they have a great connection to Kentucky; the Wickstrom's son and daughter-in-law live in Lexington!

Carol and her family joined SHSKY for the Midsommar celebration last year and she has been kind enough to send me Scandinews during the past few months. If anyone is interested to have a look at Scandinews but don't have access to the internet, please feel free to contact me. If you would like to contact Carol to ask her what you need to do in order to get Scandinews in the mail, please e-mail or call me. I will forward your contact information and questions to Carol so that she can get in touch with you. Another option is to go on-line; archived newsletters and information about club activities, dinner events, and club history can be found at the SCC web-site: <http://www.netwalk.com/~scandiclub/>. The SCC generally meet on the 3rd Saturday each month, so if you are planning on taking a trip to Columbus, or if you are only passing through, keep SCC in mind!

Many thanks to Carol for being so active in creating a bond between our societies!

Surfing with SHSKY! ~ Scandinavian Cooking ~

Over 80 Scandinavian recipes from Denmark, Finland, Norway and Sweden can be found on <http://www.recipegoldmine.com/worldscand/scand.html>. Another site packed with recipes is http://recipes.wikia.com/wiki/Category:Scandinavian_Recipes. If you are looking specifically for Icelandic recipes, this is the site for you: <http://icecook.blogspot.com/>.

The nice thing about these sites is that the measuring units have already been converted from dl and grams to cups and ounces for you. However, if you ever need to translate measurements from a Scandinavian original you will very likely find a very handy short-cut in <http://kitchen.robbehaf.com/Metric.html>. Here the conversion factors between US and Metric measurement are listed in one handy page, so you can easily print out, fold up and save in your cook book.



Happy surfing!

Upcoming Events in Berea

The Danish American Friendship Association called "The Rebuild National Park Society" will hold its next convention in Berea, Kentucky April 15-19, 2009. Conventions are usually held in big, famous cities such as Denver, Chicago, San Francisco, New York, Salt Lake City and Phoenix, so it is really unusual that a small town has been chosen.

Danish-born Sune Frederiksen of Berea, who is a member of the national board, will coordinate the convention that will take place at Boone Tavern. Tours to Shaker Village, Kentucky Horse Park, Fort Boonesborough and Buffalo Trace Whiskey Distillery are included. A big gala dinner with live music and cash bar is scheduled for Saturday evening at Boone Tavern, and a celebration of the Danish Queen Margrethe is scheduled for Thursday evening. The 3-course Gala dinner including spoonbread is \$65.00 (Boone Tavern strip or sorghum glazed salmon). All members from the Scandinavian Heritage Society are most welcome. Info: dantucky@snapp.net, or 859-986-7584. Webpage: www.rebild-kentucky.com.

May 8-10: Berea International Festival, Memorial Park, 212 Jefferson Street, Berea. Arts and crafts, international music, dance and food and hands-on activities for children of all ages. www.berea.cc/interfest. Phone: 859-986-7584. Director Sune Frederiksen.

April 24-26: Hands Four Spring Dance Weekend at Russel Acton Folk Center. www.berea.cc/handsfour. Contra dance weekend including dances from around the world.

Recipes from Home – Kanelbullar!

Ingredients for Base Dough ~ "Vetebröd" ~

- 1 ¼ - 1.5 Stick butter or margarine
- 2 Cup milk
- 2 Pkg dry yeast
- ½Tsp salt
- 0.4 Cup sugar
- 6-6.5 Cup wheat flour
- 1-2 Tsp ground cardamom (optional)
- 1 egg for brushing

Filling

- ¾ Stick softened butter or magerine
- 4 Tbsp sugar + 1 Tbsp cinnamon

Activate yeast according to instructions on package.

Melt butter and mix with milk. Make sure that temperature lies within the recommended range for yeast.

Pour activated yeast into milk and butter mix and blend. Stir in the rest of dough ingredients, but save some flour for the dough working process. Let dough rise under baking cloth for about 30 min.

Heat oven to 430-460F for smaller buns (390-430F for 4 larger "lengths", see pictures).

Lightly knead dough on floured baking surface.

Divide dough into 2 halves. Using a rolling pin, fatten out each piece to a rectangle (~10x18 in). Spread half of the butter on each rectangle and sprinkle sugar and cinnamon over the butter. Roll up each rectangle and cut up each roll in 24 pieces.

Place buns either in paper muffin cups or on oiled or parchment paper covered baking sheet or baking sheet. Let rise under baking cloth ~30 min.

Brush buns with whisked egg or egg white. Bake for about 5-8 min in center of oven (15-20 min in lower part of oven for the larger "lengths"). Let buns cool under baking cloth.

Enjoy!



Kanelbullar or cinnamon buns is one version of veterbröd (sweet yeast breads) and they are a classic treat at Swedish coffee parties. The vetebröd can be served in the form of a large ring, a braid, triangular pieces with filling ("giffjar") or "buns" of several other shapes., including the roll. Vetebröd means "wheat bread". Wheat was the most expensive grain and in the old days used only for special occasions and only the best was good enough for valued visitors.

During the golden age of home baking, the coffee party (kaffebjudning", "kaffekalas" or "kafferep") turned into feasts . It was even tradition to start the gathering with a few smörgasår (openfaced sandwiches), continue with no less than seven different types of home baked cookies and the veterbröd. To top off the party a tårta (layered sponge cake with whipped cream and often fruit or berries) was served. The tradition has been known since the end of the 19th century and still lives on today. If you are invited to someone's home for coffee you always get a cinnamon bun, a cookie or a piece of cake with it.

In the 1720's, Stockholm had fifteen coffee houses where coffee was served with veterbröd in accordance with French fashion. However, coffee drinking was forbidden during several time periods. When the ban was finally lifted in 1822, the coffee houses started to serve cookies together with the coffee. It is interesting to know that wheat was never grown in Sweden on a larger scale until the 19th century. In those days, the general population could not afford the ingredients to bake with wheat flour. Bakeries existed in Sweden already during the Middle Ages, but the main goods produced were pretzels. The pretzel is known to have been sold on Continental Europe since the 400's. The oldest known bakery in Sweden is the Vadstena Monastery, where gingerbread cookies have been baked since 1444.

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 be shared.)

News and Information for the newsletter: _____