

2009 WINTER ACTIVITY SCHEDULE

Date/Time	Event	Location	Contact
December 6th	Lucia Rehearsal	Gethsemane Church	Jenny Berens, Bill and Mary Hedberg
December 12th	Lucia Celebration	Gethsemane Church	Jenny Berens

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*Take the Chance to Participate in the Last
SHSKY Event of the Year*

Lucia Celebration 2009

The first Lucia concert rehearsal is scheduled on Sunday December 6th at 2:00 to 5:00 pm, in Gethsemane Lutheran Church, located at 2185 Garden Springs Drive in Lexington.

As tradition bids, both in Sweden as for our celebration here in Lexington, the children will be maidens, starboys, or tomtenisar. **I will bring the children's Lucia gowns and we will fit all of our younger participants.**

The children's choir is the main attraction of this event, but we do also welcome adult back-up singers. We would love for you to bring in your children, grand children or children of friends and family! We do always seem to run a tad low and the more the merrier. I would love to see both old and new friends come to help make the 2009 concert a great success again.

The actual Lucia celebration will take place on Saturday, December 12th, in the same location. The concert starts at 7PM and afterwards we will have the traditional Scandinavian Christmas Potluck. Anyone who is planning on participating in the concert needs to arrive at 5PM for our final rehearsal and a quick refreshment.

If you have any questions or suggestions, feel free to e-mail me or call me at (859) 277-8188 (evenings).



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We do always have room for new and fresh ideas, so let me know what we can improve or if you are missing any of your Scandinavian favorite sings of the season. I am really looking forward to seeing you either at the rehearsal on Sunday 12/6 and/or during the concert on 12/12.

If you would like to read more about the St Lucia tradition, see the following link
http://en.wikipedia.org/wiki/Saint_Lucy%27s_Day

*Warmest Winter
Wishes from Jenny*



Hjärtligt Välkommen



Music from the Land of the Midnight Sun

As you may recall from the last SHSKY Newsletter issue, it was mentioned that the Lexington Chamber Chorale is presenting a concert titled "Land of the Midnight Sun" in early spring of 2010. Guest Conductor Gary Graden of Stockholm, Sweden, is a guest conductor of Scandinavian music. Mr Graden, a native of the US, is currently residing in Stockholm where he conducts prestigious award-winning and critically

acclaimed choirs. The concert will be a journey through the rich history of Scandinavian music, from folk songs to contemporary Sonority. Let Musci from the Land of the Midnight Sun brighten your winter.

The host choir, The Lexington Chamber Chorale, has asked SHSKY if we are willing to provide refreshments. We are hoping to be able to provide some fika (coffee) with a few Scandinavian treats to munch on. If you are willing to lend decorations and/or contribute tasty morsels for a reception will be much appreciated. There is also the opportunity to usher that evening.

The date and time for the concert is February 6th at 8:00 pm and the location is Central Baptist Church, 110 Wilson Downing Rd., Lexington, KY 40517. Sources have informed us that an audience of around 200 people is expected to attend the concert.

If you do get the chance to come by, please feel free to wear your bunad if you have one (Scandinavian folk costume. This will add greatly to the Scandinavian flavor. Make sure to mention that you are SHS members and there will be a ticket discount.



Please contact Kristan Lenning if you are interested in helping or if you need additional information; Kristan.Lenning@kctcs.edu OR 268-3334 OR 427 Kingswood, Lexington 40502. Additional details can also be found in the last Newsletter issue.

Kristan asks that you let her know if you have any additional thoughts on other things to make Mr. Graden feel welcome and "at home" here in Lexington. This is also an excellent opportunity to show everyone that SHSKY exists and that Scandinavia is alive in the Bluegrass of Kentucky.

Manga Takk, Kristan



Facts About Gary Graden (from <http://www.choir.nu/dirigent.asp?subj=dirigent&lang=en>)

Gary Graden was born in the USA and studied at Clark University (Bachelor of Arts: history and geography), Hartt School of Music (Masters of Music: choir conducting) and at the Aspen Summer Music Festival. He has also studied choral conducting under Eric Ericson and orchestral conducting under Kjell Ingebretssen at the Royal Academy of Music, Stockholm (1983-85). Gary Graden is a former member and tenor soloist with the Eric Ericson Chamber Choir, as well as the vocal ensemble Lamentabile Consort.

Gary Graden is presently choral director at S:t Jacobs Church in Stockholm. He has also been on the faculty of Stockholm's Musikgymnasium where founded and conducted the Stockholm's Musikgymnasium's Chamber Choir. This choir, together with the S:t Jacobs Chamber Choir have, under his direction, won grand prizes and first prizes in several of Europe's most prestigious competitions in Europe and Sweden. Gary Graden is in demand as conductor, teacher and adjudicator throughout the world.

His work as conductor and singer is documented on several CDs (BIS, Proprius etc.) and radio recordings. He has conducted the SWR Vocal Ensemble, Stuttgart, the WDR Radio Choir, Cologne, and the IFCM World Youth Choir and is the recipient of the "Johannes Norrby medal" for excellence in choral conducting.

Gary Graden was elected Choirleader of the year in 2005. It is KÖRSAM, the cooperation for choirorganisations in Sweden, together with the insurance company Folksam that do the yearly nomination.

Scandinavian Christmas



One of my fondest Christmas memories from my childhood are the nights before Christmas when my parents let my sisters and me stay up late for our annual Yuletide Craft Night, Uppesittarnatten. During this evening, we all gathered around the kitchen table with paper of all kinds and colors, scissors, glue, paint, glitter, tape and a wide array of other craft material. We drank tea, talked about the holiday and helped each other create all kinds of tree ornaments, cards and decorations.

This is a tradition that I believe to be quite a common way to prepare for the upcoming celebrations in Scandinavian homes. The crafts range from quick and simple decorations that the younger participants can carry out, to fairly challenging projects. As an example of the latter category, I recall my Grandfather making “polkagrisar” (two-colored peppermint rock) in Grandma’s kitchen. This involved boiling sugar, tongs and ice baths, and a repeated growling of “keep back children, this is dangerous!” I have shared a few of the quick and easy projects here below. I hope that you haven’t seen them all before and that you may get inspired to gather a few friends to try your hands at some of these traditional decorations.

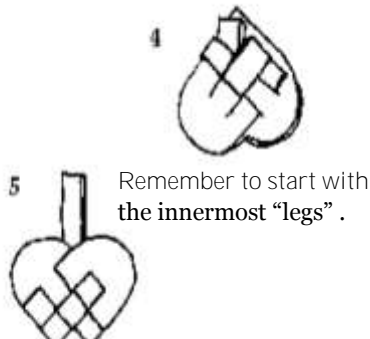


Braided Paper Hearts



Fold 2 pieces of different colored paper in half and cut according to figure 1-2. Make sure that the slits are cut in the folded end and the rounded corners in the free ends of the paper.

Carefully braid the pieces together.



Remember to start with the innermost “legs” .

Attach the handle and hang up! For many more versions, see <http://www.haabet.dk/users/julehjerter/beste.html>



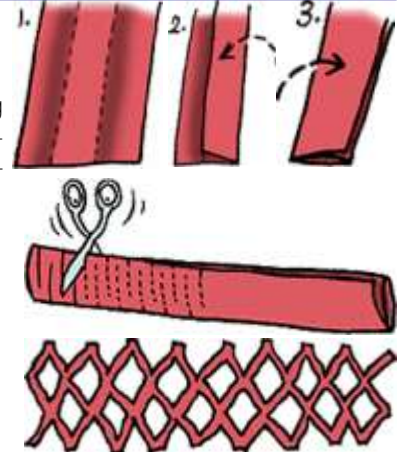
Pomander Ball

Wrap a wide, red ribbon around an orange twice and make a bow on top (see picture). Attach another ribbon or a piece of string for a hanger. Pierce the orange peel with cloves. It looks extra festive if the cloves are arranged in a pattern.

The pomander gives off a wonderful aroma and is used for a decoration, either hanging from a mantel, the Christmas tree, in a window or arranged in a bowl or a center piece. After Christmas, the pomander can be used in drawers and closets like a sachet. It will continue to give off their scent for years to come!

Garland

- Use a light weight paper, such as gift bag tissue paper.
- Fold the paper lengthwise three times (see 1-2).
- Cut the paper from both sides—make sure not to cut all the way through.
- Unfold the paper and hang the garland in your tree.



Paper Dove

- Cut out a bird shape from heavier weight paper (white or gold). Make a horizontal cut in the shape for the wing.
- Fold a white gift bag tissue paper like an accordion
- Insert the folded paper into the slit and fan out—hang in your tree and admire



Pepparkakor (Gingerbread Cookies)



Ingredients

All purpose flour	3 1/2 cup
Baking soda	1 tsp
Unsalted butter, softened	1/2 cup or 1 stick
Granulated sugar	1/2 cup
Ground cinnamon	1 1/2 tsp
Ground ginger	1 1/2 tsp
Ground cloves	1 tsp
Ground cardamom	1/4 tsp
Egg	1 large
Unsulfered molasses	3/4 cup
Orange zest, finely grated	2 tsp

Directions

- ◆ Sift flour and baking soda together, then set it aside.
- ◆ In another bowl, cream softened butter using an electric mixer on medium-high speed for about 2 minutes. Gradually add sugar and continue creaming until the mixture is light and fluffy.
- ◆ Mix in cinnamon, ginger, cloves, and cardamom. Then add egg, molasses, orange zest and blend them all well.
- ◆ Gradually fold in the flour mixture, one-third at a time. I like to do this step by hand to avoid overwork the dough.
- ◆ Divide dough into 3 or 4 small pieces, shape them into disks, wrap them carefully in plastic wrap, and refrigerate them overnight to allow maximum flavors to develop.
- ◆ When you are ready to bake ginger snaps, preheat oven to 375 degrees Fahrenheit, and line cookie sheets with parchment paper.
- ◆ On a lightly floured surface, roll out one disk at a time to about 1/8-inch in thickness. They must be this thin for you to get the quality "snap" in these pepparkakor.
- ◆ Bake for about 5 or 6 minutes or until cookies are dry and light golden brown on bottom. You should be able to lift these flavorful ginger snaps from parchment paper without losing any part of the cookies. Leave them on cookie sheets for a couple of minutes before transferring them to wire racks to cool completely.



Enjoy!



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) = _____
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Name/Address: _____

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Please accept my gift of _____
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E-mail address: _____

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News and Information for the newsletter: _____