



VOLUME XXX
February 2011

Visit Us Online

www.shsky.org

- Sign up for our mailing list and receive emails when new newsletters are available
- Join our Facebook page

SHSK Officers

President

Bill Hedberg
(859) 272-0640

Vice-President

Gustav Pousette
Danielle.It9@gmail.com

Secretary

Mary Ann Olson
(859) 252-2072

Treasurer

Magnus Geijer
magnus@k-image.com

Editor

Anne Keating
(859) 537-6942

Archivist

Craig Olson
(859) 252-2072

Media Contact

Marion Soule
(859) 266-3448

2010-2011 Event Schedule

Date	Event	Location	Contact
2/26/2011, 6-9 p.m.	Laskiainen	Beaumont Presbyterian Church	Bill Hedberg
4/09/2011, 6:30	Business Meeting	Gethsemane Lutheran Church	Bill Hedberg
5/14/2011, 5-7 p.m.	Syttende Mai	Immanuel Baptist Church Picnic Shelter	Bill Hedberg
6/25/2011	Midsummer	To Be Determined	Bill Hedberg

2010 Meeting Highlights

On December 11, 2010, the Kentucky Scandinavian Heritage celebrated the Luciafest at Gethsemane Lutheran Church with the usual flair thanks to Jenny Berens and her many assistants. Despite the wintery weather, many people came to enjoy the program and fellowship. We had a wonderful group of participants, new and old, sharing their enthusiasm and many talents:

Lucia	Hanna Bullock
Lucia Maidens	Alexa N. Witt
	Emma Sofia Pousette
	Emilia Resmalm
	Jordan Anderson
	Laila A Plakosh-Angles
Starboys	Adrian Finley
	Lucas Bullock
	Viktor Resmalm
Tomte	Christian Pousette
Narrator	Magnus Geijer
Accompanist	Annette Mathy

Many other members helped to decorate the dining room, to make the glögg, and to bring delicious favorite dishes and sweets for everyone to enjoy. It is always a lovely way to start the Christmas festivities. Tack så mycket to all who contributed to make the evening a great success!

Laskiainen

Our next event is Laskiainen, a celebration from Finland associated with Shrove Tuesday, sometimes called the midwinter sliding festival. We will meet on February 26 at Beaumont Presbyterian Church at 6:30. The address is 1070 Lane Allen Road. Three special guests from Finland will be on the program and Libby Iverson has invited the Mountain Dulcimer Group from the University of Kentucky Donovan/Osher Learning Program to perform for us after dinner! Tervetuloa! (Welcome!)

Note that Palo, Minnesota on Loon Lake, is said to be home of one of the longest Finnish American Festivals in the United States with outdoor sledding and a split pea with ham soup supper. We may need to add the first feature to our agenda! Please bring pea soup or a side dish to share with others.

Pea soup reportedly has existed since the days of the Greeks and Romans. In Sweden and Finland, it is traditional to eat pea soup on Thursdays served with pork and mustard and pancakes with a berry jam or sauce for dessert. In Finland, the soup is generally green, and in Sweden, yellow. This practice is said to stem from Pre-Reformation days as preparation for fasting on Fridays. Some people add onion, thyme, or marjoram to the soup, with mustard added on the side as desired. Did you know that the Swedish Armed Forces and Finnish Defense Forces eat this menu every Thursday? I look forward to this menu every year!

A perusal of information on the web (thanks to Wikipedia) on Finland indicates that Finland was settled at least as early as after the ice age around 8500 BCE (with research on possible prior settlements at Wolf Cave going on as I write). It was part of the Kingdom of Sweden approximately from the 12th century to 1809 (and part of the Kingdom of Denmark from the late 14th through the 15th century). Then it became part of Russia, gaining independence in 1917. In light of its location, Finland was caught in the middle of many wars with surrounding countries while a part of kingdoms and empires as well as when independent and suffered from numerous drafts, taxes and military abuses. This however seems to have been the fate of Europeans in general! Reportedly a Finnish group of immigrants took their chances and joined in the settlement in the Delaware-Pennsylvania area in 1638-55 in New Sweden. There are reportedly some 700,000 Finnish Americans today.

Christianity came to Finland around the 11th Century, and the Bible as a whole was translated into Finnish in 1642. The requirement that individuals study the Bible greatly stimulated education and Finland maintains a very high level of education. Several languages were common in Finland over the centuries in addition to Finnish including at least Latin, Swedish, German and Russian.

In 1835 the Kalevala was published which is a collection of traditional myths and legends of folklore of the Karelian people of eastern Finland and now northwestern Russia. (Perhaps our book club could take this work up!) This work helped to stimulate a feeling of nationalism which may have contributed to the implementation of Finnish as a language in administrative matters, the declaration of Finnish as the national language in 1892 and independence in 1917. Incidentally, in 1906 the unicameral parliament granted universal suffrage including women for the first time in Europe.

Finland went through a period of great prosperity in the 1980s followed by a severe depression with high unemployment leveling off in the early 1990s, and may have much to teach the rest of the world. Finland joined the European Union in 1995.

Annual Business Meeting

The business meeting will be held on April 9 at Gethsemene Lutheran Church at 6:30. This is a pot luck supper as well. We hope you will come to share your ideas for the Society. The meeting is usually short but useful and will give you an opportunity to participate in the plans for the year.

We hope to see you soon!

In Memory

I am sorry to report the death of Margaret L. Grabbe, Libby Iversen's mother, on January 23 at age 92. There will be a memorial service on February 19 at Second Presbyterian Church. Margaret has been an enthusiastic supporter of KYSHS for many years and we will miss her lively conversation and sweet spirit.

Pea Soup and Pancakes

Once you've sampled the soups at our Laskiainan event, you may realize that you absolutely cannot go a whole year before eating it again. Here's a recipe so that you can keep your pea soup cravings under control until next February!

Hernekeitto (Pea Soup)

500 grams yellow split peas (1 pound)
 1.5 - 2 liters of water or vegetable bouillon (approximately 6-8 cups)
 2 finely chopped onions
 20 - 30 grams of fresh, whole ginger (about 1 ounce)
 5 - 10 grams of marjoram or thyme or both (1-2 teaspoons)
 Potatoes, optional
 Carrots, optional
 500 grams of diced bacon (1 pound), optional

Soak the yellow split peas in water for at least 12 hours. Discard the water.

Boil the peas, bouillon, onion and ginger for at least 90 minutes. Occasionally skim off the pea hulls carefully as they float up to the surface. When 15 - 30 minutes remain of the cooking time, add the marjoram and/or thyme.

The optional ingredients should be added near the end of the cooking process. Potatoes and carrots will require 20 - 25 minutes of cook time.

Pea soup is properly served with Scandinavian-style pancakes. A Scandinavian pancake is not the same beast as a fluffy American one. It's a fruit/jam/whipped cream sort of crepe more than a traditional pancake. They require some practice to get right, so let's take the easy way out and bake up a batch in the oven instead. The recipe feeds 4-5 persons.

Oven Pancakes

8 deciliters (0.8 litre) of fresh milk
 4 deciliters (0.4 litre) of wheat flour
 4 nice and fresh eggs
 1 teaspoon salt
 Butter or Margarine

Set the oven to 225 degrees Celsius and grease a large baking pan.

Mix milk, flour, eggs and salt together in a big bowl. Pour the mixture into the form.

Bake for about 15 to 25 minutes. The pancake is finished when it has a golden brown color.

During the process, the pancake might look as if it is swelling and about to explode. It's only bubbles of air reaching for the surface. You can pierce the bubbles with a fork if you want.



We'd love to
 share your news
 in our next
 newsletter!

Fill us in on
what's new by
 calling Anne
 Keating at
 (859) 537-6942.

Prefer email?
 Send your news
 to Kisha Geijer at
shsky@shsky.org.

Scandinavian
Heritage Society of
Kentucky



Trivia about Finland

Finland is the most sparsely populated country in the European Union, with only 16 inhabitants per km².

Finland has only been an independent country since 1917. Before that it belonged to Russia or Sweden.

There are exactly 187,888 lakes (larger than 500 m²) and 179,584 islands within the territory of Finland.

According to a 2007 UNICEF report on child well-being in rich countries, Finland has the highest level of academic achievements of all surveyed countries for reading, mathematics and sciences. However, it also has the lowest percentage of children 'liking school a lot' (only 8%).

Nokia Corporation (a Finnish company) is currently the world's largest manufacturer of mobile telephones, with a global market share of approximately 36% in Q1 of 2007.

Thanks to Eupedia.com!

Lär Dig Svenska

This issue has been heavily focused on Finland, in anticipation of the Laskiainen event. It would have been great to continue that theme here with some Finnish language practice. Unfortunately, the author of this column does not, in fact, speak Finnish. Other languages are welcome in this space-send an email to Kisha at shsky@shsky.org.

Let's talk about food today.

Ärtsoppa	Pea soup
Pannkakor	Pancakes
Köttbullar	Meatballs
Bröd	Bread
Ost	Cheese
Potatis	Potato
Choklad	Chocolate
Glass	Ice cream
asf	sfd

After all that, you're probably thirsty.

Mjök	Milk
Vin	Wine
öl	Beer
Läsk	Soda
Sprit	Booze

Where do you want to eat?

Restarang	Restaurant
Kök	Kitchen
Smörgåsbord	Smorgasbord

see, you already knew that word!

Feelings About Food

Hungrig	Hungry
Törstig	Thirsty

Utensils

Tallrik	Plate
Glas	Glass
Kniv	Knife
Gaffel	Fork
Sked	Spoon

Övning (Practice)

Jag är hungrig och törstig.

I am hungry and thirsty.

Ge mig potatis och sprit!

Give me potatoes and booze!

Jag kastade en gaffel så att den fastnade i väggen.

I threw a fork so that it stuck in the wall.

