

# Scandinavian Heritage Society of Kentucky

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September 1, 2015 – Volume XLI

## NEWS FLASH! FALL DINNER RESCHEDULED

MARK YOUR CALENDARS: The SHSKY Fall Harvest Dinner at Spindletop Hall will take place on **SATURDAY, OCTOBER 17, 2015** - not at the date previously mentioned.

We will meet at 6:30 to socialize and dinner starts at 7 PM. Dr. Glenn and Dr, Kathy Blomquist will be our speakers on the Baltics, 2014.

THE MENU WILL INCLUDE:

- Wild Field Greens, Crisp Romaine, and Iceberg Lettuce with Walnuts, Mandarin Oranges and Paris House Dressing.
- Boneless Breast of Chicken Bluegrass baked with Country Ham, Baby Swiss Cheese, and Chicken Veloute; Haricots Verts, Parslied New Potatoes
- Cheescake with Fresh Strawberries

**IF YOU NEED SPECIAL DIETARY ACCOMMODATION**, please let Kristie know well in advance so that arrangements can be made.

COST: \$28.00 per members and \$32.00 per guest.

PLEASE **MAKE YOUR RESERVATIONS BY TUESDAY OCTOBER 13th** by sending your name and check to SHSKY President Kristie Eubank, xxx.

## DECEMBER EVENT: LUCIA

After the October meeting, our next meeting will be the Luciafest at 7 pm on December 12 at Gethsemane Lutheran church. Note that the rehearsal will be on December 6 at the church from 3 to 5 pm.

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## Swedish Delicacies

I hope everyone had a wonderful summer. We had great fun celebrating Syttende Mai and Midsommar since our last newsletter: Good company, good food, undaunted by challenging weather. Marion Soule brought a guest from Norway, Sissel Bjerke Culp, and her daughter, Sophie, who were visiting in

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Lexington and we enjoyed getting to know them. We welcome guests to any of our get-togethers.

You might be interested to know the top 10 favorite foods in Sweden. This is taken from <https://sweden.se/p7/>. See 10 things to know about Swedish Food where you can fascinating details:

- Lingonberries which go with everything but are rarely eaten on bread.
- Pickled herring, the center of a smorgasbord. How many flavors have you tried: in sour cream, in mustard, in wine, with onion or garlic or dill or chives? These are often eaten with new potatoes, sliced boiled eggs and crisp bread.
- Crisp bread has been around for hundreds of years and can be stored for up to a year! It can be topped with your favorite foods from eggs to ham & cheese to caviar (which my cousins squeeze out of a tube).
- Open-faced sandwiches also date back to early days when large slices of bread were used as plates. A favorite topping is shrimp salad.
- Pea soup and pancakes traditionally are eaten on Thursday night accompanied by lingon jam (do you remember from an earlier newsletter which variety of pea soup is preferred in Sweden and Finland, yellow or green?)
- The third week of September is princess cake week! You may remember that Karin Kristiansson made this wonderful treat for our book club when we visited Karin in Danville. It is yellow sponge cake filled with jam and vanilla pudding and frosted with green fondant and topped with a pink rose and whipped cream. Jenny Akerstrom, teacher to children of royalty, created it in the 1920s.
- There are other special sweets for celebrations, too! I remember watching my grandmother (whose parents came from Sweden) roll out cinnamon rolls on the kitchen table and cover the dough with butter and cinnamon and sugar. I could hardly wait for the finished product! According to the article, people in Sweden eat, on the average 360 cinnamon buns per year!
- Crayfish, formerly eaten by aristocrats, now are available to everyone and are eaten in August.
- Surstromming, fermented sour Baltic herring, have been been popular for a couple of hundred years. My cousin offered some to my father who was not quite sure it was safe when he saw the misshapen can which my cousin's wife told him to take outside! It is pungent!
- Finally a tradition has developed to eat most sweets only once a week for reasons you will find shocking in the article! Reportedly most people in Sweden eat around 1.2 kilos per week, most on Saturday. I see that my love of sweets may be genetic!

## SCANDINAVIAN NEWS

### DENMARK

Did you know that archaeologists have found a woman buried in Denmark from the Bronze Age who was wearing a blue bead from Egypt? This came from the grave of a wealthy woman who was buried in a hollowed-out tree trunk and who was wearing a skirt with shiny tinkling bronze tubes, a lovely belt disk, an overarm bracelet of amber beads and the blue bead, the first discovery of Egyptian cobalt glass outside of the area of the Mediterranean. The composition of the blue bead indicates that it came from the same place as beads found in the tomb of Pharaoh Tutankhamen I (buried in 1323 BCE). Various beads were found to be from Egypt and Mesopotamia. In Egypt, amber beads have been found in burial chambers. Apparently amber from the Nordic region was sent south, and blue beads traveled north. For more information on this find, see Archaeo News from 11 December 2014 at [www.stonepages.com](http://www.stonepages.com), reprinted from The Copenhagen Post of January 29, 2010.

### NORWAY

There will be an architectural competition for a new Viking Museum in Oslo, according to Minister of Education and Research Torbjorn Roe Isaksen. The hope is to spread knowledge around the world about the Viking Age. Currently the Museum of Cultural History at the University of Oslo is said to have the richest archaeological collection in the world from the time of the Vikings. There are 2 wonderfully preserved ships to be seen, carved wooden items, a viking helmet and gold treasure. See the Norway Post from September 15, 2015.

### FINLAND

The Prime Minister of Finland, Juha Sipila announced that he and his wife would offer their private home in the north to asylum seekers; little used, the cottage could hold a dozen people, he said, while his work keeps him in Helsinki for 3 more years. Many in Finland remember when their fellow countrymen had to flee ceded Karelia to other areas of the country. It is hoped that his example will encourage others to help the refugees. Helsinki Times, September 7, 2015. [www.helsinkitimes.fi](http://www.helsinkitimes.fi).

### ICELAND

Keep your eye on Grimur Hakonarson's Rams in the Best Foreign Language film category when you watch the Oscars in February, 2016. This is a story of two brothers who have not spoken for 40 years,

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but who unite to save their sheep. The film premiered at the Cannes Film Festival this spring and won the award, Un Certain Regard. It has been shown at Telluride, and will open in Toronto next week. So far, it has been sold to 40 countries. How about here!

Reykjavik has discovered the remains of a Viking Age longhouse, the biggest ever found in Iceland, in addition to an old harbor quay and is working to preserve the remains so that the general public may visit them. These items come from [www.icenews.is](http://www.icenews.is), September 11, and August 19.