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2024 Event Schedule		
Nov. 16, 6 pm	Fall Banquet	Spindletop Hall
Dec. 8, 3 pm	Rehearsal/ Lucia Fest	Gethsemane Lutheran Church
Dec. 14 7 pm	Lucia Fest	

Hej! Hei! Hae! Hello to all members and friends of the Scandinavian Heritage Society! I hope you are enjoying the cooler weather! We have not had a chance to meet for some time, but that is about to change! On Saturday, November 16, we will meet for the Fall Harvest Dinner at 6 pm at Spindletop Hall. Our speaker will be Dr. Amanda Green, Associate Professor of Anthropology in the Department of Language & Cultural Studies, Anthropology, and Sociology, at Eastern Kentucky University. Dr. Green has a wide variety of interests, and will be speaking to us about the Sami, one of a number of groups of Circumpolar people.

Spindletop will offer a buffet with the following menu:

Mansion Salad:

Fresh Artisan Mixed Greens, Grape Tomatoes, Cauliflower, cucumbers, Carrots, Pickled Baby Beets, Chopped Hard Boiled Eggs, and a selection of Club made Dressings

Entrees

Braised Angus Beef Short Ribs

Red Wine Bordelaise and Sun-Dried Tomato and Olive Tapenade

Togarashi Pan Seared Salmon

Pickled Vegetables, Crispy Lotus Root and a Sweet Chili Glaze

Vegetables

Roasted Garlic Mashed Potatoes and Sauteed Zucchini and Yellow Squash with caramelized Onions

Dessert

Apple Crisp with Rolled Oat Streusel and Bourbon Sauce

Scandinavian Heritage Society P.2

To make a reservation, please call Kristie Eubank at 859-576-9456 or Glenn Blomquist at 859-257-3924. The cost is \$45 per person. Please mail a check to Kristie at 209 Loch Lomond Dr., Lexington, Ky. 40517 or to Glenn at 119 Dantzler Drive, Lexington, Ky. 40503

Also, you will note that the Lucia Celebration is coming right up, too at Gethsemane Lutheran Church. The rehearsal will be there on Sunday, December 8, and the Lucia Fest on Saturday, December 14. We look forward to having our young people join us, as well as adults who would like to join our tiny choir to join in the singing! Everyone so inspired may bring a dish to share with others at the reception that follows. Let the feast begin!

This is the season when Nobel Prizes are awarded. Alfred Nobel was born in Sweden and was known for his work as a chemist, engineer and businessman. He made important contributions to science and held 355 patents according to Wikipedia. While he invented dynamite, he left his fortune to establish the Nobel prizes. The Nobel prizes are awarded in Sweden with the exception of the Nobel Peace Prize which is awarded by a committee elected by the Norwegian Parliament as designated by Alfred Nobel.

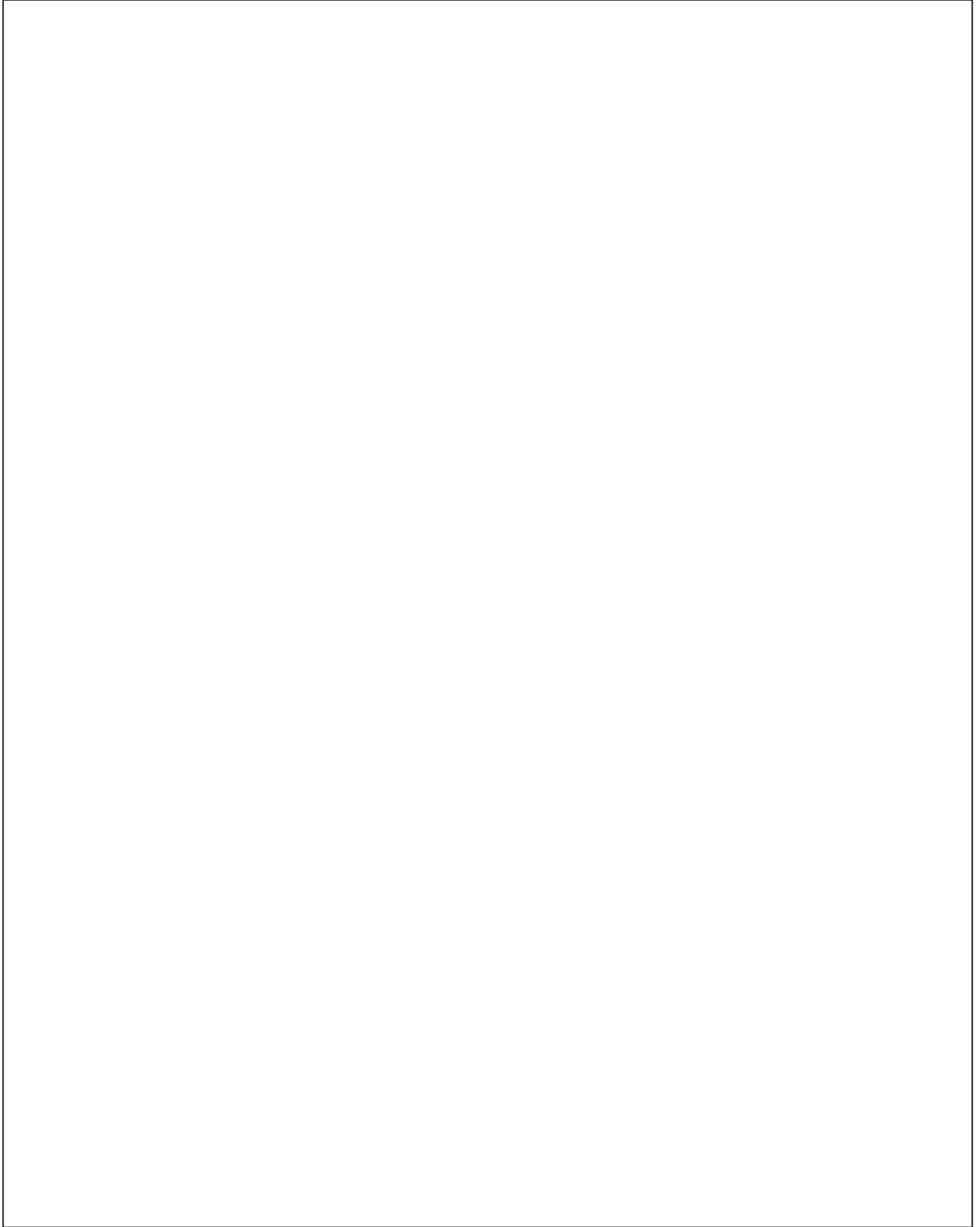
Categories of Nobel Prizes include: Physics, Chemistry, Physiology or Medicine, Literature, Peace and Economic Sciences. In 2024, the prize has been awarded in **Physics** to John J. Hopfield and Geoffrey E. Hinton "for foundational discoveries and inventions that enable machine learning with artificial neural networks." (AI) The Nobel Prize in **Chemistry** was awarded to David Baker "for computational protein design," and to Demis Hassabis and John M. Jumper "for protein Structure prediction." Their AI methodology can predict the structure of proteins which will allow greater understanding of diseases and help with the creation of effective medicines to treat them. The Nobel Prize in **Physiology or Medicine** went to Victor Ambros and Gary Ruvkun "for the discovery of microRNA and its role in post-transcriptional gene regulation." Earlier, a large portion of DNA was considered "junk DNA" because its function was not understood. Similarly, research has revealed that non-coding RNA plays critical roles in cellular processes. The **Nobel Prize in Literature** went to Han Kang, a South Korean novelist, "for her intense poetic prose that confronts historical traumas and exposes the fragility of human life." Her novels detail the violence inflicted on ordinary people during South Korea's history of authoritarian rule and details feminist struggles today. The **Nobel Peace Prize** goes to Nihon Hidankyo a grass-roots movement of atomic bomb survivors of the nuclear attack in Japan in WW II, "for its efforts to achieve a world free of nuclear weapons and for demonstrating through witness testimony that nuclear weapons must never be used again." The **Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel** went to Daron Acemoglu, Simon Johnson and James A. Robinson "for studies of how institutions are formed and affect prosperity." They found that freer more open societies are more likely to prosper.

You may be interested in an article in the Guardian called, **What happens to the world if forests stop absorbing carbon? Ask Finland.** In Finland, nearly 70% of the land is covered with forests and peat. The country has what are called natural sinks of forests and peat which until the last few years offset carbon production. The country hoped to be carbo-neutral by 2035. Now that the summers are much warmer, noted especially by the Sami who live off the land, despite cutting emissions in other areas by 45%, the net emissions are at the same level as early 1990s due to emissions from the land. Something to contemplate!

Near Aasum, in Central Denmark, Archeologists have discovered a Viking burial ground with 50 very well preserved skeletons. The dig has been going on for 6 months since the discovery during a survey for power line renovation. This is an opportunity to look at DNA, social structure, and migration patterns. The AP article says that the Viking Age is said to have covered 793-1066 when the Vikings raided, and traded throughout Europe and even reached North America. (Anse-aux-Meadows in Canada is only 1,000 miles from Maine, but I would love to go there someday; only you have to go before October when the weather turns cold.) It appears that the group found were not warriors, but farmers; many artifacts were found, however, that indicate trading from afar.

Did you know that Iceland was a founding member of the United Nations and of the World Bank in 1946 and of NATO in 1949? The country cannot sustain a military force but has participated in peacekeeping abroad. While in some respects it costs some 30% more to live in Iceland, rents are lower. They have one of the highest life expectancies and lowest crime rates. Iceland is known for its volcanoes, glaciers and waterfalls, along with northern lights. Their national drink is Brennivin (otherwise known as "the black death!") Literally, the name translates to "burning wine" and is served cold as a shot along with beer, or as a base for cocktails. Wow! The major problem is soil conservation and land degradation from land use and natural events like volcanic eruptions and harsh weather. There is more to tell you about Iceland than space allows. Perhaps next time, I'll cover 24 things not to do in Iceland!

Please join us for our gathering at Spindletop. It's time to catch up!
Vi ses snart!





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