



Scandinavian Chatter

Scandinavian Club

Sun Lakes, AZ 85248

MERRY CHRISTMAS
December, 2011

Hyvää Joulua Finnish
Gleðileg jól Icelandic
Gledelig jul Norwegian

Glædelig jul Danish
God Jul Swedish

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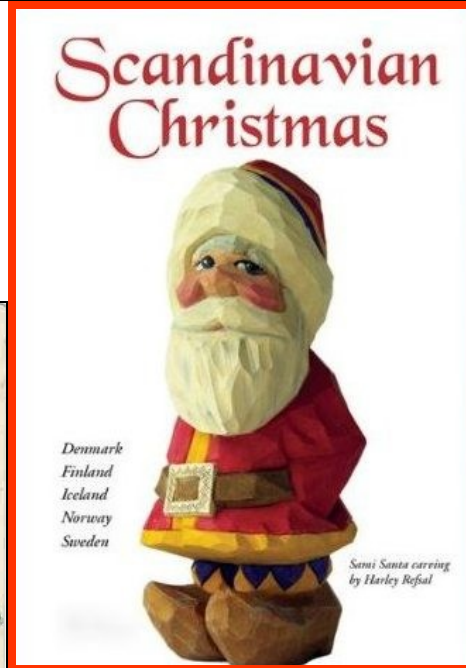
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Can you feel the quickening pace of Christmas upon you? The decorating, meal planning, parties to attend, presents to purchase and wrap.

There were cards and letters to write -- and the list goes on and on. But for most of us, it is a labor of Love, because it is all done for our family.

When I was young on our farm in Minnesota, Christmas time always brought a special treat to our cattle. My Dad always gave an extra shovel of grain, more silage and hay to all the animals. We always started our chores early on Christmas eve so we could get in the house to eat my Mother's big dinner of turkey and lutefisk.

Thank you for your generous gift of food tonight for those less fortunate. Harriet and I wish all of you a blessed Christmas and a Happy and Healthy New Year.

Your Chief Viking, Jerry

Memories - November 2011



Jerry and Maynard with our guests from Norway, Finland and Sweden.



Can you tell which one is the student from Sweden?

A little help from the Swedish lad on picking the winner of the bottle of Akvavit.



The lucky winner of the bottle of Akvavit was Chris Roen. She had to leave, but not until she had paid her dues to be eligible for the drawing.



Some great music for our listening pleasure. And then it was time to enjoy the wonderful pot-luck food.

A lady Viking gets her pigtails pulled



AND THERE WAS TIME TO VISIT!!!!

AND THERE WAS FOOD!!!!



BRIEF HISTORY ABOUT SMORGASBORD

By Jerry Johnson

How many different ways can you say “Smorgasbord? At least four and perhaps more. If you are from Norway, you would say “Koldtbord”. If you are from Denmark, you would say “kolde bord”. If you are from Finland, you would say “seisova poyta”. If you are from Iceland, you would say “kalt bord”.

No matter how you spell it or pronounce it, these words all describe a type of meal served buffet-style with multiple dishes of various foods on a table. In 1939 at the New York World’s Fair, the Swedish Pavilion’s “Three Crowns Restaurant” prepared a table of various dishes and called it a “Smorgasbord”, which shortly thereafter became internationally accepted.

The Swedish word “Smorgasbord” consists of words “Smorgas” which means open faced sandwich and “bord” which simply means “table”. “Smorgas” in turn consists of the words “smor”, which is butter and “gas” is the word for “goose”. In early Swedish times, “gas” referred to the small pieces of butter that formed and floated to the surface of cream while it was churned. These pieces reminded the old Swedish peasants of fat geese swimming to the surface. The small butter pieces were just the right size to be placed and flattened out on bread, so smorgas came to mean buttered bread. In Sweden, the term “breda smorgasar” is used to describe buttered open-faced sandwiches, and the term has been used since at least the 16th century.

In the Swedish upper class tradition, serving spirits and small appetizers for the gentlemen before the main meal was traditional. The guests enjoyed the snacks and drinks while standing, and this was called “brannvinsbord”. The drinks at a brannvinsbord consisted of several differently flavored clear spirits or aquavits. There had to be at least two or three different varieties, flavored either with caraway, anise, wormwood, lemon, etc. It is still traditional in Nordic countries to have a shot of aquavit at the start of festive meals. In the late 19th century, as the number and size of the appetizers on the brannvinsbord increased, it gradually gave way to larger plates and tables. Slowly, the separate brannvinsbord disappeared from homes, and re-emerged as the smorgasbord buffet.

Today, in many parts of the world, the word “Smorgasbord” refers loosely to any buffet table with a variety of dishes, and is not necessarily connected to Swedish Christmas traditions. Today, you may even see advertising for a “smorgasbord of books” or even a “smorgasbord of hotel choices”.

A traditional Swedish Smorgasbord consists of both cold and hot dishes. A true Scandinavian smorgasbord will always have a good selection of bread, butter and cheese, the beginnings of an excellent open faced sandwich. It is typical to find such foods as head cheese, sausages, cold meats, potatoes of various types, deviled eggs, liver pastes, soft and crisp breads, preserves of many varieties, butter and different cheeses, pickled cucumbers, beet salad, cabbage (red, brown or green) salad and pies generally made from a variety of berries. Because of the great dependency on the ocean to provide protein, many fish choices are always present. You will always find pickled herring, lox and smoked salmon at most smorgasbord tables.

Information extracted from various Scandinavian web sites

Denmark becomes the world’s first nation to slap extra tax on foods high in fat content. Taxes are raised on all goods containing more than 2.3 per cent saturated fat. Per Reuters, October 2, 2011.



Some were not able to enjoy much of the great food put on the table at the November meeting. A successful Potluck Dinner is when there is still some food on the table after we

have all filled our plates.

When preparing your “dish”, one must remember that we Scandinavia people do love to eat. You might want to think in terms of enough for several people when you prepare food for our diners.

THE JANUARY SMORGASBORD

When preparing food for January take another look at the last paragraph on the previous page. How close can we come to experiencing a true Scandinavian smorgasbord?

Pickled herring and crackers will be available for all to sample. This might be a good time to use a little imagination to make this a truly “cultural” Scandinavian event.

Don't worry though if your dish isn't traditionally Scandinavian. Everyone will enjoy whatever your interpretation of “smorgasbord” is. And, be sure there is enough for everyone.

A gentle reminder: At all potluck meetings, please bring your own table service and remember to take your serving dishes and table service home with you.

*- The December meeting is not potluck -
No table service needed*

Our meetings are in the Arizona Room at
The Sun Lakes Country Club, Phase I
25601 N. Sun Lakes Blvd., Sun Lakes, AZ 85248
We meet on Sunday Nights
Social Hour 5:00, Dinner 6:00, Program 7:00

January 15: Scandinavian Smorgasbord
Program: Journey to the Norse Homeland
by Howard & Loree Baumgart



February 19:
Heritage Potluck
Dinner

March 18: Potluck Dinner
Program: Annual meeting and Scandinavian Dancers

ST.LUCIA'S DAY

Around Christmas time in Sweden, one of the biggest celebrations is St. Lucia's Day (or St. Lucy's Day) on December 13th. The celebration comes from stories that were told by Monks who first brought Christianity to Sweden.

St Lucia was a young Christian girl who was martyred, killed for her faith, in 304AD. The most common story told about St Lucia is that she would secretly bring food to the persecuted Christians in Rome, who lived in hiding in the catacombs under the city. She would wear candles on her head so she had both her hands free to carry things. Lucy means 'light' so this is a very appropriate name.

December 13th was also the Winter Solstice, the shortest day of the year, in the old 'Julian' Calendar and a pagan festival of lights in Sweden was turned into St. Lucia's Day.

St. Lucia's Day is now celebrated by a girl dressing in a white dress with a red sash round her waist and a crown of candles on her head. (Normally electric candles are used for safety!) The crown is made of Lingonberry

branches which are evergreen and symbolize new life in winter. Schools normally have their own St. Lucias and some town and villages also choose a girl to play St. Lucia in a procession where carols are sung.

A national Lucia is also chosen. Lucias also visit hospitals and old people's homes singing a song about St Lucia and handing out 'Pepparkakor', ginger snap biscuits.

Small children sometimes like dressing up as Lucia (with the help of their parents!). Also boys might dress up as 'Stjärngossar' (star boys) and girls might be 'tärnor' (like Lucia but without the candles).

A popular food eaten at St. Lucia's day are 'Lussekatts', St Lucia's day buns flavored with saffron and dotted with raisins which are eaten for breakfast.

St Lucia's Day first became widely celebrated in Sweden in the late 1700s. St Lucia's Day is also celebrated in Denmark, Norway, Finland, Bosnia, and Croatia. In Denmark it is more of a children's day and in some part of Italy, children are told that St Lucy brings them presents. They leave out a sandwich for her and the donkey that helps carry the gifts!