



Easter

Want to add a fun tradition to your Canadian Easter? Try this Scandinavian tradition.

On Pink Thursday (Skärtorsdag), the day before Good Friday, dress up your children as Easter witches, clad in discarded clothes, brightly coloured headscarves and red-painted cheeks, to go from house-to-house in the neighbourhood and present the occupants with paintings and drawings in the hope of getting sweets in return.

This tradition has its origin from the time of witches as it was believed that just before Easter they took their broom to fly to Bluehill (Blåkulla) for their annual celebrations.



Christmas Party Report

Has it been that long ago already? On December 7th the club's Annual Christmas party was held at St. Mark's Lutheran Church. The over 40 members and guests who attended seemed like they had a blast! The Club's board members truly enjoyed the visit from Santa Claus who brought gifts to our younger members, Gordon Grant and his reading of a Christmas story and Thelma Grant who was accompanying us in Christmas Carols. We also enjoyed everyone's engaging participation in the new tradition of Christmas gift rhymes that was introduced to the club.

Thank everyone who participated and a special thank you to those of you who helped us with the entertainment, it really made the party a great success!!

Semla Time - What a treat!

Shrove Tuesday - February 24th, 2009

A semla is a traditional pastry in Finland, Sweden, Norway, Denmark and Estonia, associated with Lent and especially Shrove Tuesday. The name derives from the Latin semilia, which was the name used for the finest quality wheat flour. In the southernmost part of Sweden, Skåne and by the Swedish speaking population in Finland, they are known as fastlagsbulle, in Denmark they are

known as fastelavnsbolle (fastlagen and fastelavn being the equivalent of shrovetide), and in Norway fastelavensbolle. In Finnish it is known as laskiaispulla, and in Estonian as vastlakukkel.

The oldest version of the Semla was a plain bread bun, eaten in a bowl of warm milk. Today, the Semla consists of a cardamom-spiced wheat bun which has its top cut off and the inside scooped out. It is then filled with a mix of the scooped-out bread crumbs, milk and almond paste, topped with whipped cream. The cut-off top is then put back as a lid and dusted with icing sugar. It is nowadays often eaten on its own, with coffee or similar, but there are still those who eat it in a bowl of hot milk.

The semla was originally eaten only on Shrove Tuesday, as the last festive food before Lent. However, with Protestantism the Swedes stopped observing Lent, and the semla in its bowl of warm milk became a traditional dessert every Tuesday between Shrove Tuesday and Easter. Today, semlas are available in shops and bakeries every day from shortly after Christmas until Easter. Each Swede consumes on average five bakery-produced semlas each year, in addition to all those that are homemade.

And here is your chance to show off!

Recipe for Semlor



75 g butter
1 cup milk
3 teaspoons of traditional dry yeast
1 pinch salt
10 teaspoons sugar
3 cups wheat flour
1 teaspoon cardamom, ground
1/2 cup egg, beaten

Filling

300 g almond paste
1/2 cup milk
1 1/2 cups whipping cream
Icing sugar

Directions

1. Melt the butter in a saucepan; pour in the milk and warm until lukewarm. Add yeast and let it sit for 10 min.
2. Add to the mix of, salt, sugar, cardamom and most of the flour (save some for the rest of the baking). Work the dough smooth and shiny. It should let go from the edges of the bowl. Allow the dough to rise under a baking cloth for 40 minutes.
3. Sprinkle flour over a baking board and place the dough there. Make 16-20 buns by rolling the dough against the baking board in your cupped hand.
4. Put the buns on a baking tray with parchment paper and allow them to rise for an additional 30 minutes. Preheat the oven to 440°F.
5. Brush the buns with the beaten egg and bake them for about 10 minutes in the middle of the oven. Let them cool on a cooling rack under a baking cloth.
6. Cut off a cover on each bun. Take out a part of the crumb and put it in a bowl. Crumble in almond paste, mix and dilute with the milk to a paste.
7. Distribute the filling in the buns. Whip the cream and put a large dollop in every bun.
8. Put the cover on and sift some confectioners' sugar over "semlorna".

Upcoming Events in 2009

Salmon Supper

Sunday February 22nd 2009 at Luther College & the University of Regina. Doors open to mingle at 5:30 p.m. and supper is served at 6:00 p.m.

On the menu of course is salmon with dill sauce; ham; fresh vegetable tray with dipping sauce; baked potatoes and hot vegetables; coleslaw and tossed salad; strawberry shortcake and apple crumble with ice cream for dessert, with coffee, tea and a fruit punch. The cost is \$21 for an adult; \$10 for children aged 7-12 and children under 7 eats for free. Please remember that if you reserve tickets for the supper but are not able to attend, you must still pay for the ticket.

Spring Free From Racism

Sunday March 15th 2009 at the Italian Club.

At this time the club plans to participate in it with a food table. **Ten workers will be required** for four or five shifts from 10:30 a.m. to 8:00 p.m. and we will require some wonderful food and baking to make a good sell of our beautiful part of the world. This will be discussed further at the Salmon Supper.

Annual General Meeting

Monday April 6th, 2009, at St Mark's Lutheran Church.
(Watch for details in the next newsletter.)

Call for Board of Directors: Two boards of director positions will be vacant at that time – Sanne Gillingham has moved to Manitoba and Ida Hallin has advised she will not run again. A third position has been filled by one member who has already offered to sit on the board. To paraphrase John F. Kennedy, “ask not what your club can do for you, but what can you do for your club”; if you are interested in serving on the board, please contact Kelly Nelson at 584-2562, or email him at kellynelson@sasktel.net for more information.

Member News

Membership Fees

Remember to pay the 2009 Scandinavian Club of Regina's annual membership fee (\$15 for a single and \$25 for a family). We accept payment by mail, or take advantage of our next get together to pay at that time.

Flood Recovery

The floor of the Viking Centre has suffered a flood and some of our material has been damaged. Stay tuned as we may be calling on some previous board members to help us determine what we should try to salvage or replace, and what to let go.

And...

*There are still spots available if you would like to join the **Cultural Awareness Committee** so please contact Ida at 757-7708 if you are interested.*

Scandinavian Club of Regina



CLUB INFO

Or Inge Ryan 545-9220

2008/09 EXECUTIVE

PRESIDENT Laureen Smith 525-5183
PAST PRESIDENT Kelly Nelson 584-2562
VICE PRESIDENT John Edwardson 584-2246

SECRETARY Kim Gillies 531-9794

TREASURER Michael Larson 546-3774

DIRECTORS

Brian Beck 789-0662
Dale Folstad 789-3945
Ida Hallin 757-7708
Kim Gillies 531-9794

MEMBERSHIP

Larry Bristol 586-1799

PHONING COODINATOR

Gudrun M. Jonsson 586-7737

SCANDINAVIAN CLUB OF REGINA

P.O. Box 37182, Regina, SK S4S 7K4

THE VIKING CENTRE

1307 Ottawa Street, Regina SK

CLUB RECORDINGS

CD's \$1 clearance
Cassette \$1 clearance
Available from Thelma Grant 584-5442

HONOURARY CONSULS

Denmark Inge Ryan 545-9220
Iceland Jon Orn Jonsson 586-7737
Sweden Ronald Shirkey 586-3817
Norway Heather Goranson 790-9300

MEMBERSHIPS

\$25 Family membership
\$15 Single membership
All memberships are from January 1st to December 31st.
All expire on December 31st.

Contact Larry Bristol 586-1799

SCHOLARSHIPS

Scholarships are available for persons studying Scandinavian languages and/or culture. Application forms are available by writing to the club or contacting an executive member. Deadline for receiving applications is April 30.

ADVERTISING

Club members may advertise in the Midnight Sun for only \$10. Please contact the newsletter editor by email i_hallin@hotmail.com or call 757-7708.

WEBSITE

www.scandinavianclubregina.com
(soon launched so stay tuned)