



MIDNIGHT SUN

Regina Scandinavian Club Newsletter

December 2008

Christmas Rhyme

At this year's Christmas Party everyone attending will be asked participate in the Scandinavian Club of Regina's own Christmas Rhyme challenge.

It is of tradition in many parts of Scandinavia to create a rhyme for the Christmas gifts you are planning to give away. It is a short description of the gift, suggesting what it is without giving it away. This will lengthen the excitement of the gift exchange and create a fun game.

At the Christmas party each table will be provided with a gift for which they will make up a rhyme for. Each rhyme will be read out loud for the rest of the crowd to guess what the gift is. Whoever guesses right will be given the gift.

Bring your creative thinking hat & a toonie for the gifts!

Christmas Party

❖ Where?

St. Mark's Lutheran Church
(3510 Queen Street)

❖ When?

Sunday, December 7th, 2008
2 p.m. – 5 p.m.

❖ How?

Bring an item for our traditional Scandinavian Julbord (Smörgåsbord), or what you would call a "potluck" in Canada. It can include a variety of dishes as explained on the next page.

We will enjoy a lovely afternoon with Scandinavian cuisine, traditions & people.



Scandinavian Christmas

Christmas is traditionally celebrated on the 24th of December in Scandinavia. In ancient times, long before Christianity came to Scandinavia, “Jul” or “Yule” was an observation of the winter solstice. It was a mid-winter celebration of the transition from the dark winter to spring. As the Scandinavian countries were introduced to Christianity, the pagan tradition was replaced or overlapped by the Christian custom celebrating the birth of Jesus.

Advent

The Christmas season traditionally starts with the first of Advent, which falls on the first Sunday of December. This is followed by the second, third and fourth Advent on the following Sundays leading up to the 24th of December which is when Christmas is traditionally celebrated in Scandinavia.

Advent is highlighted in different ways throughout Scandinavia. In Denmark for instance the Advent wreath plays a big part in the celebration. The wreath carries four candles, one of which is lit on each of the four Sundays leading up to Christmas. In Sweden the Advent candle holder serves the same purpose. On every Sunday a new candle is lit together with the ones from previous Sundays. Whether it is a wreath or a candle holder they are often decorated with spruce twigs, red berries, moss and ribbons.

Lucia night on December 13th

Lucia, or the Queen of Light, refers to St Lucia who was an Italian saint from the island of Syracuse. She brought food to the poor Christians who hid in the catacombs of Rome. To keep her hands free to hand out food she wore a wreath in her hair carrying candles to light her way in the darkness. Curiously, St. Lucia is

celebrated more enthusiastically in Scandinavia than anywhere else in the world, even Italy.

A female is traditionally chosen in every village, town and school to represent Lucia. She is often seen crowned with candles with her procession of followers, who are all dressed in white, singing traditional Christmas songs. They will tour the local community, often early in the morning, bringing warmth and light accompanied by the soothing sound of traditional Christmas carols. They often treat their audience to ginger snaps and saffron buns as well.

Smörgåsbord

The traditional Scandinavian kitchen offers a wide variety of cold and warm traditional Christmas dishes. The cuisine varies slightly between the Scandinavian countries and there are even regional differences on the Christmas Smörgåsbord.

The Smörgåsbord includes things such as meatballs, ham, duck, sausages, liver pâté, rice-pudding, and an abundance of salads and garnish to go with it. It also contains some of the famous fish dishes herring and lutfisk. The herring is pickled and comes in many variations, tasting of garlic, tomato or mustard, just to mention a few. Lutfisk is another type of fish, or method of preparing the fish. It is first dried, and then washed in lye. After, it is steeped in water over night and then it is boiled. The whole procedure takes about two weeks. The first written mention of lutfisk was in the mid 1500s.

Also traditional is the must-have schnapps. Schnapps is a strong alcoholic beverage taken during the meal in small shot glasses. It is usually distilled from grain or potato and is, in its raw form, without fragrance. It will later be spiced with different herbs and spices such as aniseed, cumin, fennel and elderberry for instance. Schnapps is best served ice cold with dinner.

(<http://www.scandinavianchristmastraditions.com>)

A message from the Board;



*Merry Christmas
& a Happy New Year*

Member News

*Our sincere
condolence to the
family of Harald
Tangjerd who's son,
Carl Tangjerd,
passed away on
November 3rd, 2008.*

*The Scandinavian
Club or Regina has,
year to date, 126
paid members for
2008.*

*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.*



CLUB INFO

2007/08 EXECUTIVE

PRESIDENT	Laureen Smith	525-5183
PAST PRESIDENT	Kelly Nelson	584-2562
VICE PRESIDENT	Dale Folstad	789-3945
SECRETARY	Kim Gillies	531-9794

TREASURER Michael Larson 546-3774

DIRECTORS

Brian Beck	789-0662
John Edwardson	584-2246
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
Or Inge Ryan 545-9220

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 newsletter@scandinavianclubregina.com or call 757-7708.

WEBSITE

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