



PRESIDENT'S MESSAGE: Winter greetings from Fogelbo! I am assuming temporarily the presidency of our organization. I will serve in this position until the next election cycle, which will be in 2023. I am filling the last months of our current president's term of office. I would like to take the opportunity to thank our past president, Corina Laws, for her great leadership and managing of all the numerous tasks involved in the presidency of our very active organization. Unfortunately, Corina had to serve as treasurer of our organization, which doubled her responsibilities as an officer of our organization. Because of this, the time commitment and energy needed on her part became overwhelming. This is regrettable, as she was an outstanding and very competent and inspiring leader.



So this brings to the forefront the urgency of fulfilling the office of treasurer of our organization for 2023 or before. As for myself, I am unable to fill both positions of president and treasurer due to limited vision and other health concerns. Hopefully someone in the membership will step forward as soon as possible, or we will have to face possible dissolution of our organization. Numerous requests have been made but no one has responded to our urgent needs.

On a more positive note, we have three major Christmas events coming up soon. They are:

Our Scandinavian Christmas Goat Market at Norse Hall from 11 AM - 5 PM on November 26

Lucia Fest at 3 PM on December 3rd at Moreland Presbyterian Church

ScanFair, this year to be held at the convention center on Saturday December 10th and 11th

All these events will need numerous volunteers. Hopefully you will step forward to volunteer for a few hours and help us successfully celebrate these holiday events. The Swedish Christmas Goat Market is a new adventure for us. (The goat refers to the Christmas straw *Julbocken*.) Last year New Sweden financially supported the Christmas Pig Market created by our members Corina Laws, Courtnee Averskog with Jane Adams.

The Scandinavian Christmas Goat Market has been expanded to include a food court located in the basement of Norse Hall, featuring Scandinavian foods. The committee is directed by Martin Hulth, an energetic Swedish coordinator. The event starts at 11 a.m. and ends at 5 p.m. Hopefully you can help!

The effects of the pandemic have had a negative impact on many nonprofit organizations. A two-year gap in personal contact has left some unexpected gaps in the planning processes of organizations. This was particularly true at our last Kraftor celebration at Fogelbo. Over 60 people attended this happy event, with abundant good food, singing and merriment. It had been three years since the last crayfish party and so it was difficult to reconstruct all the different elements of this festive celebration. A special thanks to those few people who spent unending hours ensuring the success of this happy party.

Our annual meeting and election of officers will be in early 2023. We urgently need additional board members to ensure the successful operation of our organization. Please feel free to contact me if you are interested in serving on the board in any of the positions: President, Vice-president, and Treasurer.

Looking forward to seeing you at these upcoming events! God Jul!
Ross

Upcoming Events



Nordic Coffee Hour

Tuesday, November 22, 2022, 10:00 AM - 11:30 AM

Nordia House, 8800 SW Oleson Road, Portland, OR 97223

Enjoy a cup of coffee with friends old and new at Nordia House. ALL are welcome, whether Nordic or just interested in Nordic culture. The Nordic Coffee Hour is a new pilot program hosted by Nordic organizations and Nordic Northwest. No charge for the coffee and you might be treated to some delicious pastry. No registration required. Coffee Houses are hosted on the 2nd and 4th Tuesday of each month, with a break in December. This is the last event of 2022! All with an interest in Nordic culture are welcome. A wonderful way to start your day.



Scandinavian Christmas Goat Market

Saturday, November 26, 2022, 11:00 AM - 5:00 PM

111 NE 11th Ave, Portland, OR 97232 - \$2.50 Entry Fee for New Sweden Members, \$5 for general public

Join us in celebrating the season by supporting local artisans and makers! Take care of your holiday shopping and get into the holiday spirit (julistämning) with warm Scandinavian food, drinks, winter wonderland Lego villages, and music as you browse through cozy Norse Hall. This event is proudly presented by New Sweden Cultural Heritage Society and will feature many other local Scandinavian organizations serving food and cheer. All are welcome!

The Christmas goat, or julbock, is a familiar fixture in Swedish homes around the holidays (including those of many New Sweden members!). It is now synonymous with Christmas in Sweden, but traces back even before Christianity spread to Scandinavia. The Christmas Goat has its roots in Norse mythology, originally referring to the two goats who pulled Thor in his flying chariot. Over the years, it has morphed into a symbol of the holiday season associated with mischief (dressing up as a julbock, or hiding a figurine in your neighbor's house). Decorative julbockar are made of straw, and were once associated with the last harvest of grain and the coming of winter. Each year in Gävleborg, an enormous julbock is built and, without fail, set on fire. We can't boast quite this level of pyrotechnics at this year's Goat Market, but we hope to see you all there!

Volunteers are still needed for this event! If you are interested in volunteering to staff New Sweden's table, contact Kristi Gustafson, 503-807-9808, kristigus@aol.com.



New Sweden's Lucia Fest

Saturday, December 3, 2022, 3:00 ~ 6:00 PM

Moreland Presbyterian Church, 1814 SE Bybee Blvd, Portland, OR 97202

Scandinavian tradition holds that in Värmland, Sweden, a white clad maiden wearing a crown of burning candles and a red sash brought food to starving villagers on the shores of Lake Vänern. On the morning of December 13, the strains of "Santa Lucia" are heard everywhere in Sweden as the white-robed maiden comes out of the night with her crown of lighted candles to dispel the darkness, bringing light to the Christmas season. While it was originally a Swedish tradition, it has since spread to the other Scandinavian countries.

You are invited to enjoy a beautiful traditional pageant and music of the season by:

- ❖ The children of the Swedish School of Portland
- ❖ Nordic Northwest's Official 2022 Oregon Lucia Court
- ❖ Portland Nordic Chorus
- ❖ Vocal Soloist

Following the program there will be the customary singing and dancing around the Christmas tree, a visit by Tomten, glögg, coffee and traditional baked goods! Because of the church size this year we will have a limited amount of tickets available. To ensure you get a chance to attend this once a year spectacular event make sure to purchase your tickets early.

[Adult ticket price \(Ages 13+\): \\$15.00/person](#)

[Children \(Ages 4-12\): \\$5.00/person](#)

If you are reading a printed version of this newsletter, please go to <https://www.newsweden.org/events/> to purchase tickets!



ScanFair 2022

Saturday, Dec. 10, 10:00 AM - 5:00 PM & Sunday, Dec. 11, 10:00 AM - 4:00 PM

Oregon Convention Center, 777 NE Martin Luther King Jr Blvd, Portland, OR 97232

ScanFair brings Scandinavia to Portland through traditional food and drink vendors; an entertainment program focused on cultural heritage; games, activities, and crafts; and welcoming local community organizations.

- ❖ General Admission (12+ yrs): \$12.00
- ❖ Youth (6-11 yrs): \$6.00
- ❖ Under 6 years: free!

Tickets are valid for both days! Keep your wristband to access the 2nd day of festivities. **If you are interested in volunteering to staff New Sweden's table, contact Kristi Gustafson, 503-807-9808, kristigus@aol.com.**



Swedish School - Weekend Job Opportunity for Swedish Speakers

The Swedish School in Portland is looking for a preschool teacher to support children between the ages of 3 and 6 in Swedish language and culture. The class consists of 6 children. The children get to work on their language skills in a structured playful way through songs, games, books and age appropriate activities.

Classes are held 2 Saturdays per month 9:30am-1:30pm at Augustana Lutheran Church (NE Irvington) in Portland. If you are someone who is proficient in Swedish language, culture and traditions and would enjoy teaching Swedish language, arts, crafts and other fun activities to children 2 Saturdays each month then please contact us: president@swedishschool.org

We are enthusiastic about fostering students' interest in the Swedish language and traditions. We enjoy singing, crafts, games and baking. We organize outdoor days and have our own Lucia procession and other fun activities. Classes are conducted by part-time teachers paid on an hourly basis. The school board is run by parent volunteers who also enjoy helping in the classroom, and with special events like our annual Lucia and fundraising events.

The Swedish School in Portland is a non-profit association run by volunteers since established in 1997. The school's primary purpose is to teach Swedish to children from Swedish-speaking families who speak both English and Swedish. Most of our students come from a bilingual home (i.e. both Swedish and English are spoken at home). More information is available at <https://swedishschool.org/>

Follow New Sweden

Did you know New Sweden now has an Instagram account? Find us by searching for New Sweden Portland (@newsweden_portland.or) on the Instagram App or by clicking the following link in your browser: https://instagram.com/newsweden_portland.or?igshid=YmMyMTA2M2Y=



Join the Facebook group for photos, videos, and event updates:
<https://www.facebook.com/newswedenportland/>

*New Sweden About Town:
New Sweden members Nils Anderson, Ann
Stuller, Sid Stuller, Ross Fogelquist and Louise
Karnéus after Swedish-language brunch at
Broder Soder*



The holidays are a time of giving and of good food. Many thanks to Annie Walther for sharing her wonderful pickled herring recipes.

Several years ago I had business at a Vancouver, WA. company owned by Karsten and Annie Walther. I arrived at the small business about noon and Annie apologized saying they'd just sat down for a quick lunch. She invited me to join them but explained they were having pickled herring which I might not like. (Not like it? I love it!) Laid out on a small table in a back room was not one but several small bowls with different pickled herring styles-all different and all delicious.

I learned Annie was U.S. born and had traveled to Denmark over 50 years ago with People to People. She met Karsten Walther, they married, had a farm and he worked for Danish TV. In 1990 they moved to the US where they had their business until retiring in 2018. Between the kind owners and the wonderful herring, it was a lunch I'll always remember.

A couple of years ago, I was able to locate Annie and asked her about her herring recipes. She kindly went through each recipe with me. While many Americans seem content with eating pickled herring as it comes in the jar, people born in Scandinavia tend to view that as the undeveloped base of pickled herring.

BASIC HERRING preparation:

- ❖ Start with a jar of Winco or Costco pickled herring.
- ❖ Dump the contents into a colander and let it drain.
- ❖ Make a liquid dissolving equal parts of plain white vinegar and white sugar.
- ❖ Clean the original jar then add 2 bay leaves and 1 TBLS any kind of pepper corns.
- ❖ Put the drained herring back in the jar then fill the jar with the vinegar/sugar mixture to the top of the jar.
- ❖ Date the jar. It'll be ready to eat in 18 - 24 hrs. It's good for 10 days in the refrigerator.

PICKLED HERRING SAUCES:

So they have a longer shelf life, Annie makes her sauces and serves them separately from the herring, or only mixes what she thinks will be eaten immediately. If you mix the sauce and the herring together the mixture will last 4 days in the refrigerator. If you serve them separately at the table, it'll last 10 days.

GARLIC SAUCE

- ❖ 2/3 cup sour cream, any kind
- ❖ 1/3 cup any kind mayonnaise (not miracle whip)
- ❖ chopped garlic to taste
- ❖ use 1 tsp. chives and/or green onions so people know it's not just mayonnaise
- ❖ 1/4 tsp white sugar

DILL SAUCE

The same as garlic sauce but substitute 1 to 2 TBLS dried dill for the garlic. Use a dill sprig on top.

CURRY SAUCE

- ❖ 2/3 cup sour cream
- ❖ 1/3 cup mayonnaise
- ❖ curry powder to taste
- ❖ turmeric for color
- ❖ 1 tsp mustard in jar- French's or whatever (not dry mustard)
- ❖ 1 tsp sugar

Optional: add about 1/2 hard boiled egg, or 1 TBLS peeled chopped apple. Decorate with hard boiled egg

MEN'S HERRING + SAUCE (Annie said this recipe is named because men seem to like it best.)

- ❖ Start with a jar of Costco or Winco herring and drain it in a colander saving a few onions.
- ❖ Pat the herring dry then put it into a bowl of milk for 1/2 hr. unrefrigerated.
- ❖ Drain and pat it dry again.
- ❖ Cut the herring into bite size pieces with scissors and set aside.

Sauce: In a bowl start with 3/4 C packed brown sugar, add about 1/2 to 1 cup ketchup and 1 TBLS white vinegar-mix to dissolve sugar. Add in 2 to 3 tsp mustard from a jar (not dry mustard), and finely chopped small onion or onion powder. Start with 1/4 C worchestershire sauce adding more if you like it stronger. Adjust to taste-maybe add more sugar. You want it to be tangy and strong. Mix the dried off herring into the sauce then transfer the mixture back into the clean dried jar. Label with the date. It will last 10 days in the refrigerator.

Herring Facts: Though perhaps a bit polarizing thanks to a triple threat of salty, fishy, and pickly flavors, pickled herring boasts many health benefits and the Swedes may be onto something. One single, three-ounce serving of herring, while small in size, contains 150% of the recommended amount of daily vitamin D (perhaps helping tide over Northerners in cold winter months). Herring is also said to be associated with improved circulation and heart health, improved memory, and even combating depression (thanks to a high amount of omega-3 fatty acid). Skeptics: perhaps you'll give it another try?



Pictured above: Herring five ways, served on the island of Tjörn on Sweden's Bohuslän coast.



New Sweden closed out a busy summer season with our belated Kräftskiva on the grounds of Fogelbo! Our patience was rewarded: late September brought perfect weather for the event, a warm and dry evening perfect for dining, drinking, and music. In Sweden, there is no special date associated with a *kräftskiva*—the season runs from early August until it is simply too chilly.

The crayfish were prepared next door in Broder Cafe—we are grateful for the use of their kitchen and storage! As for the rest of the food and beverages, we have our members to thank for the many other delicious dishes in the buffet. The party would not have been the same without the food, song, and vibrancy of our members! Many thanks to Ross for hosting once again.

Below, Clockwise from top left: One of 12 tubs of kräftor on the festive buffet table; the grounds behind Fogelbo with lights and lanterns strung up to illuminate the banquet tables; Swedes lead and perform festive songs, most of which have to do with drinking; Ross and Steven Englund, who is holding up Elliott Englund (likely the youngest member of New Sweden Cultural Heritage society, and only around a month old at the time)! (Photos: Louise Karnéus)



On April 27 2011, I arrived in my second home town Umeå in northern Sweden. I had previously only been there once during a brief visit in December 2009. After six months of bureaucratic nightmares abroad during the fall/winter of 2010/2011, the peacefulness of Umeå could not have come at a better time. Combine that with the vibrancy of a tight-knit student town at the end of the spring semester leading into the festivities of June, and one of the best summers of my life was almost inevitable. Although I did not have the initial “wow feeling” about Umeå that I had visiting or living in locations outside of Sweden, the slow growth of a “deeper connection” resulted in the most difficult “farewell” I’ve ever had from a place I’ve lived in. Before Umeå, I only had a relatively vague idea of what I needed to be happy. For many years, I tried to seek out places and experiences that resemble Umeå as much as possible. Upon arriving in Umeå and the small student apartment that would be my home during the following month (before moving into an even smaller student room during the summer months), I was greeted by an info sheet saying “Welcome to your new student apartment”, directed to people 10-13 years younger than I was at the time. I did my undergraduate studies in my home town Stockholm, and lived at home during most of my tenure there. Reading that welcome note upon arriving in my Umeå student apartment somehow turned back time at least a decade. This feeling would have a positive impact on the rest of that spring and summer.

I did not have much in terms of private possessions during my months in Umeå, and have certainly upgraded a lot in that area since then. However, my personal experience was still very rich. From my apartment, I had convenient walking- and biking distance to a well-balanced smorgasbord of social, cultural and recreational delights (“never too much, never too little”), including a lake, a river, a university (my workplace) and the downtown area. With so much wealth provided for free, every earned penny went to “icing on the cake”, and not to providing for the basic layers of the cake. At the same time, there are ample opportunities for Umeå residents to go “over the top”, e.g. celebrating a business deal with a \$1200 pizza (at a restaurant that mostly serves \$12 pizzas). I am not a religious



This page: Photos of Jimmy throughout Umeå in 2011 and 2015



person, but I can still say that living in Umeå still felt like a “spiritual experience”, one that I have only felt in a few other places I have been to, most strongly in Reykjavik, Iceland and Ketchikan, Alaska. All of these places have easy access to water, distinct seasons, beautiful nature/scenery, a vibrant (and walkable) downtown area, and a culture that puts a lot of focus on local character while remaining open to nonlocal influences. In Umeå, the culture is strongly influenced by both the surrounding natural



beauty and one of the best design schools in the world, providing an environment where reflections of the soul of nature and the spirit of human creativity resonate and dominate the senses. The sounds of nature, conversation, laughter and music are louder than traffic and noise throughout most of the town and surrounding area. I still felt a very deep connection with Umeå during my most recent visit in September 2022, but the passage of time - especially since the pandemic started - had finally reconciled the present with the past. Nonetheless, Umeå still remains a very special place to me, and I will always greatly cherish the memories from my magical spring and summer there.

Left: Photo of Jimmy by the clothespin art installation near the Ume River (Umeå) in September 2022

From the City of Birches rises Northern Sweden’s intellectual capital - How creative arts and technology from Umeå took Sweden and the world by storm

Jimmy Granström

Umeå is often considered to be the capital of northern Sweden. It is popularly known as the City of Birches, which dates from 1888 when an enormous fire devastated large areas of the city. When Umeå was rebuilt, wide avenues with birches planted along them were used as fire breaks to prevent fires from spreading. Today, Umeå is Sweden’s 12th most populated city and one of the fastest growing ones in the country. A major reason for Umeå’s growth is its university, which was founded in 1965. It is the 5th oldest one within Sweden’s present borders, and has around 38,000 registered students. Internationally, the university is known for research relating to the genome of the poplar tree and the Norway Spruce as well as its highly ranked Institute of Design. Art is an important part of Umeå’s identity, and the “Green Fire” sculpture immediately greets if you arrive by train at Umeå Central station. “Green Fire” is a nine meter high glass sculpture by the late Vicke Lindstrand, who also designed the Monumental Fountain for the 1939 New York World’s Fair. It was the largest glass sculpture in the world when it was erected in 1970. Other prominent art installations in Umeå are the Smiley Heart Sculptures, which was a symbol for Umeå’s year as a European Capital of Culture in 2014. The depiction of Umeå with a heart can be related to its geographical location in Sweden, roughly equivalent to that of the heart in a human, but also to the rich cultural life in Umeå which has played an important role in the well-being of its citizens. You can read more about Umeå and view more pictures here: <https://www.newsweden.org/culture-heritage/entertainment/>



Green Fire sculpture by Umeå Central Station (Photo: Jimmy Granström, 2017)

God Jul och gott nytt år, vänner!



A very happy holiday season to all our members and their families.

We hope to see you in the holiday season!

New Sweden Cultural Heritage Society

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