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## A Statement from the Board

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The Board of the Swedish Society hopes that this newsletter finds you safe and healthy this holiday season! Normally, this is the newsletter that would tell you when the Sankta Lucia Celebration will be, and encourage you to join us for dancing out Christmas on Tjugondag knut in January. However, as we all know, COVID-19 has changed the way we pretty much do anything we used to do. Our hearts are saddened by the fact that we have been unable to enjoy the laughter, conversation, and company of our Swedish Society members throughout most of 2020. We also want to make sure we are doing our part to help stop the spread of the coronavirus that has already taken the lives of so many. This newsletter is hoping to help you feel connected to the Swedish Society, as well as your own Swedish heritage, in this often isolating and lonely time.

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## Membership Dues will be waived for the 2021 calendar year.

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We collect dues in order to be able to provide events and engage with our members. Given that we have been unable to do so for most of 2020, we will not be collecting dues for the 2021 calendar year. If you have already paid ahead for 2021, those dues will count for your 2022 year of membership. If you have questions about membership, contact Linda Squires ([lsquiresonly@q.com](mailto:lsquiresonly@q.com)).

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## Kavring Recipe

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Share your Swedish side this holiday season with kavring, a tasty Swedish dark rye bread (recipe from Nordstjernen)

### Ingredients:

- 350 grams (2 ½ cups) bread flour
- 100 grams (½ cup) dark rye flour
- 1 ½ tsp baking soda
- 1 tsp baking powder
- 1 ¼ deciliters (½ cup) Swedish dark syrup\*
  - *\*can substitute with American light molasses – not exactly the same, but good enough*
- 375 milliliters (1 ½ cups, plus 1 tbsp) milk

### Directions:

- Preheat oven to 100°C (212°F)
- Grease one 8" loaf pan with butter
- Mix the dry ingredients together, and add the milk and the syrup
- Stir well for 5-7 minutes, or until the batter is smooth
- Pour the dough into the prepared loaf pan
- Bake for 60 minutes, then raise the temperature to 150°C (300°F) while the bread is in the oven
- Continue baking for another 60 minutes
- Remove bread from oven and let stand for 60 more minutes

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## A Little History on Sweden's Other Color: Falu Red

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Since we are unable to share the joy of the Swedish heritage in person, we wanted to share a little bit with you through the newsletter. An online article in the Smithsonian magazine, posted in September 2020, showcased the fact that the vast majority of all barns and houses throughout the Swedish countryside are painted some variation of red. According to the article, the majority are the same color, known as Falu red. Why are so many buildings painted this shade of red with white trim, you ask? Well, the particular shade called Falu red is from the Falun copper mine, located in central Sweden. The copper mine dates back to the 9<sup>th</sup> century (yes, that says NINETH!), although today it is a museum and known as a UNESCO World Heritage site. Back in its heyday, though, it was the largest copper mine in Europe and the Swedish kingdom's economy heavily relied on the copper coming from the mine. When the mine started running out of copper, the Swedish people got creative in order to keep making money off the mine. They started using the leftover rocks and ores containing iron, and as the iron weathered into iron oxide (e.g., rust), the unique pigment for Falu red was born. The color eventually moved into other countries, including the good ol' USA. That's where we got our big red barns! For the full article from the Smithsonian, see the following link:

<https://www.smithsonianmag.com/travel/why-are-all-swedish-cottages-painted-red-180975914/>

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## In Honor & Remembrance of Those We Lost

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These are our members who have passed on since our annual meeting in October 2019. Take a moment to think about each one today, and appreciate the memories you have of them.

**Robert (Bob) F. Carlson – April 14, 1933 – December 7, 2019 (age 86):** Bob is the father of our past president, Chris Carlson. Bob had a great sense of humor and was always a big helping hand at Swedish Society events.

**Louise Lund – October 12, 1926 – December 10, 2019 (age 93):** Louise was active in founding the Swedish Society back in 1976, and she was our honorary Lucia not too many years ago. She was faithful in her attendance of the various events, and her generous and gracious spirit will be deeply missed by anyone who spent even a small amount of time with her.

**Carla Nelson – February 16, 1940 – May 6, 2020 (age 80):** Carla was always proud of her Swedish heritage and loved sharing Swedish stories, words, and phrases with family and friends. She was active not only in our Society, but at the Hjemkomst Center through the Historical and Cultural Society of Clay County.

**Karen Hearnen – March 15, 1941 – September 10, 2020 (age 79):** Karen was active in the Swedish Society, helping out in a variety of ways with all of the events, especially with baking cookies for the summer Scandinavian festival. She was recently the Treasurer for the board, and always brought a positive energy to our board meetings.

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## 2021 Board Elections

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Regardless of the way COVID-19 has changed our lives, the Board must go on! While we cannot have an in-person vote at this time, we want to hear from our members. Please contact Terri Garske (701-306-6554) or Connie Swanson (701-799-5043) **if you would like to disapprove of any of the nominees listed.**

### **BOARD MEMBER NOMINEES FOR 2021**

<b>Co-President(s):</b>	<u>Terri Garske &amp; Connie Swanson</u>		
<b>Vice-President:</b>	<u>Nels Backman</u>	<b>Treasurer:</b>	<u>Karen Erickson</u>
<b>Secretary:</b>	<u>Deb Anderson</u>	<b>Membership:</b>	<u>Linda Squires</u>
<b>Hospitality:</b>	<u>Kjerstin Buboltz</u>	<b>Programming:</b>	<u>Chris Carlson</u>
<b>Publicity:</b>	<u>Sally Backman</u>	<b>Var Dal Editor:</b>	<u>Mariah Laver Juanto</u>