

The Scandinavian Scoop



Scandinavian Society of



Winterfest & Fastelavn



Family Fun!! - Sunday evening, **February 18**. Festivities start at 3:30 p.m. @ Shepherd of the Valley Lutheran; 3100 S Five Mile Rd, Boise (just south of Victory).

3:30 Social Hour. This is a wonderful time to visit with old and new friends. Enjoy a cup of coffee or punch. Listen to our Scandi Band.

4:00 Potluck Dinner – Bring a main dish and a salad or dessert, plus your own table service. Club furnishes coffee and cold beverage. Remember – bring your name tag (if you had brought it home). **4:45 Short Annual Meeting.** Election of officers and directors. Nominations may be made from the floor if you have contacted the candidate in advance. The Board meets about 4x's a year.

5:00 Fastelavn Fun. Fastelavn is the name for Carnival (Mardi Gras) in Denmark, Norway and the Faroe islands which is either the Sunday or Monday before Ash Wednesday. This holiday occurs seven weeks before Easter Sunday and is sometimes described as a Nordic Halloween, with children dressing up in costumes and gathering treats for the Fastelavn feast. The holiday is generally considered to be a time for children's fun and family games. **We encourage all adults to also dress in costume.** Bring lots of pennies.

Bingo!! A simple, fun game. Reusable Bingo cards – three for \$1. Bring a white elephant (unwrapped). Even children have fun. There may be Surprise or two. Try to bring a photo of yourself as a child, preferably between ages 4-7.

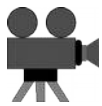


******NOTE ON DUES** - Single \$20.00 Family \$30.00. **Some of our regular members are behind in their dues. Perhaps you are!** Your mailing label says to which year you are paid through. If you are receiving this electronically, feel free to call Kirk and ask which year you are paid through. Your small dues pay for rents and incidentals are needed to support the Scandinavian Society and to help it grow!!

All events are free. Membership shows your support. Bring your Friends.

We really need your pictures of our activities!

Our scrapbook is pretty thin for the last few years!



Movie Nights

Friday Mar 1, 7 pm.
 Friday Apr 5, 7 pm.
 Friday May 3, 7 pm.
 Friday Jun 7, 7 pm. Movie Nights are at Kirk Higginson's home, 6900 West Pomona Road, Boise (halfway between Cole Road and Mt. View, on Ustick Road turn south onto Redway, then turn right onto Pomona, house on the corner). Snacks and conversation.



Ya Sure Ya Betcha Lunch Bunch

March 14, 1pm, Willow Creek Grill, 2273 S. Vista Ave. #150, Boise
 April 11, 1 pm, REMBRANDT'S 93 S Eagle Rd, Eagle .
 May 9, 1 pm, Brick Bistro 29, (Masonic Temple building)320 11th Ave S, Suite 300 Nampa.
 June 13, 1 pm, Oak Barrel of Eagle, 1065 E Winding Creek Dr. Eagle.
 For RSVP, call Brian/Jill Stockham 208-965-2877

Sunshine Person - Know someone who needs a get-well card, sympathy card, or "just thinking of you"? Call Connie Bruijn 208-250-3361

Spend some time getting to know each other. Scandinavians are known for their shyness, but also for their loyalty. Make our Society your extended Family.

Need to pay your dues? Mail your check, payable to **Scandinavian Society**, send to Treasurer Kirk Higginson, 6900 West Pomona Road, Boise, ID 83704. Single \$20.00 Family \$30.00

Name _____ Phone _____
 Address _____
 City, State, Zip Code _____
 Email Address _____
 Interests: _____

We currently spend about \$100. for every mailing. If you would rather have an e-newsletter, let us know. Donations are always welcome to our non-profit Society.



Scandinavian Society of Southwestern Idaho – Check this out for some great submissions!! Kudos to those members who offer these delights.

Bring your talents to our Society. We would love to show you off!!



Check out our site on Instagram: scandisocietyswidaho and request to follow. Then post your Scandinavian-themed photos!

Our new Website at <https://yasureubetcha.com>

MEAD AND THE VIKINGS

According to Viking legend, mead originated when two warring factions of gods, the **Æsir-Vanir**, signed a peace treaty and spit into a bowl to seal the agreement. From the bowl was **born Kvasir**, the wisest of all men.

Got an Idea for our Society? Step up and lead it!



Scandinavian (and German) Folk Dancing -

We do not have a Teacher. If interested in being an instructor, we have all the notes. For Information, call Alan at 208-939-4763.



Family Nights – Sat, April 20, 6:00pm.

Bring your own picnic basket, perhaps something to share. Bring your instruments and Scandinavian stories, both personal and general. @ Hans and Connie Bruijn's "The Red Cow" 6627 Airport Rd, Nampa, Idaho, 208-250-3361. Just east of Robinson Road.



Bogus Basin Road semi-annual road

beautification.

Sunday, May 19, 2pm. We maintain a two-mile section of the Road. Meet at Greenwood's Ski Haus parking lot at the rear of the store, 2400 Bogus Basin Road, just north of Hill Road. Volunteers should bring gloves, good shoes and a water bottle. After Pick-Up, we have the opportunity to socialize and relax at Harrison Hollow.

Mark Your Calendar !!

June 22, 7:30 Midsummer Eve
 June 23, 3pm Midsummer
 Sept 22, 3pm Nordic Fall Festival

Kvasir left the realm of the gods and went into the world teaching people and answering their questions. He came to the home of two dwarves, Fjalar and Galar, who said they had a question for him but then killed him and drained his blood into two vats (known as Son and Bodn) and a kettle named Odrerir. They then blended honey with the blood and made a magical mead, called the **“Mead of Poetry”**, which granted anyone who drank of it the gift of poetry and scholarship (since poetry was associated with wisdom and intellect in Norse culture). When the Aesir came looking for Kvasir, the dwarves told them he had choked to death on his own knowledge because there was no one around to ask him any questions.

The dwarves, who enjoyed mischief more than anything else, later invited the giant Gilling to go boating with them. Once they were out on the water, they tipped the boat so he fell in and, since he could not swim, he drowned. Fjalar and Galar then rowed back home and told Gilling's wife he had died. She cried so loudly that it annoyed Fjalar who had Galar drop a millstone on her head, killing her. Gilling's son, Suttung, heard of his parents' death and went to the dwarves' home, grabbed them both, and stranded them on a stretch of rocks which would be covered at high tide. The dwarves begged for their lives and promised him the magical mead if he would spare them. Suttung agreed, took the mead to his mountain home, and hid it in his daughter Gunnlod's room.

Odin hears of the mead and goes in search of it. He comes to a place where he finds nine slaves cutting hay with dull scythes and offers to sharpen them for him with his whetstone. The slaves are overjoyed afterwards and want to buy the stone but Odin tosses it up in the air and, when the slaves with their now razor-sharp scythes run to grab it, they accidentally slit each other's throats.

The slaves belonged to the giant Baugi, Suttung's brother, and when Odin comes to his home and requests lodging for the night, Baugi is lamenting the loss of his slaves who mysteriously all killed each other. Odin, who is traveling under the name Bolverk (meaning “evil deed”) and is disguised, tells Baugi he can do the work of the nine slaves but will only accept a taste of Suttung's mead as payment. Throughout the summer Bolverk-Odin performs the tasks of the nine slaves and in the fall asks Baugi for his payment.

The two of them go to Suttung's where Baugi presents his case but Suttung will not part with even a drop of the mead. Bolverk-Odin refuses to be turned away so easily and, after pretending to leave, takes out the magical auger Rati and tells Baugi to drill into Suttung's mountain home. Baugi tries to deceive Bolverk-Odin but fails and the god turns himself into a snake and slithers through the hole to Gunnlod's bedroom. He seduces her and stays with her for three nights, gently coaxing her into giving him a taste of the mead. She finally agrees he can have three drinks, one for each night they have been together.

Bolverk-Odin is presented with the two vats and kettle and first drinks the whole kettle and then empties the two vats. Before Gunnlod can do anything to stop him, he turns himself into an eagle and flies swiftly away toward Asgard. Suttung sees him, realizes what has happened, and changes himself into an eagle as well to pursue. Odin the eagle is flying for his life when he is seen by the Asgardians who know he must have succeeded in stealing the mead. They quickly assemble a number of vats in the courtyard of the city and, as Odin flies in, he spits the mead into the vats.

Suttung is close behind him, however, and Odin shoots some of the mead from his rear-end. Suttung flies away and this rear-mead becomes the bad poet's portion. Anyone who tries and fails at poetry (or intelligent conversation) has drunk of this mead. The mead in the vats is the mead of poetry and Odin gives this to the Aesir who then share it with the great poets of Midgard who will sing their praises.

Norse legend also states that when warriors arrive at Valhalla in the afterlife, they are rewarded with a draught of mead served by beautiful maidens. Our modern term “honeymoon” refers to the Nordic practice of giving newlywed couples 28 days' worth (literally one lunar cycle) of mead.

Mead is a simple recipe that even an amateur home brewer can make with relative ease. Below is a simple one, courtesy of LoveBeerLoveFood.com: 1 Gallon glass carboy; Enough sterile water to fill the carboy with honey added; 1 Tsp Yeast Nutrient; Dry yeast (1/3 packet rehydrated per batch) — we used Lalvin D-47 Yeast and Lalvin RC-212; An airlock filled with sanitizing solution

Start with a large pot of boiling water. Boil the water for 10 minutes to ensure it is sterile, and then chill it with an ice bath (immerse the pot in ice water). Sanitize a funnel and the carboys prior to adding in the warmed honey, and just enough sterile water to nearly fill the carboy. Each batch then gets one third of the contents of a rehydrated yeast packet and 1 teaspoon of yeast nutrient. Seal in your carboy, and place somewhere with a cool, consistent temperature. Test the taste periodically after a month or two, but be prepared for it to take up to a year to fully ferment. And remember, the first toast of any feast is always: To Odin!

[I hope the mead in Valhalla is non-alcoholic-Alan]

Scandinavian Society
259 N Olde Park Pl
Eagle ID 83616

Board Members:

Pres. Alan (Nelson) Stroud 208-939-4763
Vice Pres. Gunnar Lundgren 208-340-0498
Secretary Maud Bolstad 208-898-9384
Treasurer Kirk Higginson 208-841-2622

Connie Bruijn 208-250-3361
Paul Makela 208-362-0018
Ruth (Dahl) Pittman 208-230-1230
Mia (Ceder) Martorelli 208-906-5219
Jim Ladd 208-866-7418

“We say cheers to our Friends, and those that we know, and those that we don’t know, we say cheers to them as well.” - Danish Toast

Swedish bitters, also called Swedish tincture, is a bitter and a traditional herbal tonic, the use of which dates back to the 15th century. Swedish bitters is said to have been formulated in a similar way to ancient bitters by Paracelsus and rediscovered by 18th century Swedish medics Dr. Klaus Samst and Dr. Urban Hjärne. In modern times, Swedish bitters have been popularized by Maria Treben, an Austrian herbalist. The tonic is claimed to cure a large number of ailments, and to aid digestion. Empirical evidence provides for a very large database of positive results. The alcoholic Swedish bitters is purported to have a similar flavor to Angostura bitters, though perhaps drier. Nowadays, it is more common to prepare Swedish bitters from a dry herbs mixture. [Just read, FYI, -neutral Alan]

Ingredients- The following herbs are added to alcohol to make Swedish bitters:

aloe as active ingredient

water extract of the following herbs:

angelica root (*Angelica archangelica*)

camphor (*Cinnamomum camphora*)

carline thistle root (*Carlina acaulis*)

manna (*Fraxinus ornus*)

myrrh

rhubarb root (*Rheum palmatum*)

saffron

senna (*Senna alexandrina*)

theriac venetian (theriac) (a mixture of many herbs and other substances)

zedoary root (*Curcuma zedoaria*)

There are variations on this recipe and herbal shops supply alcoholic **and non-alcoholic versions** of the drink.

The modern diet is often lacking in one of its four cornerstones – bitter foods. Bitter is not always the most popular taste for people to seek out. As a result, bitter foods are often lacking in our diets yet they’re so important to healthy digestion. Cruciferous vegetables like Brussels sprouts, dark cocoa, dark roasted coffee, dandelion greens, artichoke and some beers like stout and India Pale Ale are some examples where you’ll find the bitter taste.

Swedish Bitters contain high level of bitterness and taking it diluted with water, tea or juice regularly can help you to:

Fight Sugar cravings

Relieves gas, bloating, flatulence, cramps and nausea

Sooth Occasional heartburn

Increase digestive enzymes, bile & HCL production

Calm upset stomach and nausea, soothes digestive tract

Promote absorption of fat soluble vitamins A, D, E, K

Help maintain healthy blood sugar levels

Balance appetite

Ease constipation and regulate bowel movements

Support liver function and healthy skin

Improve biliary, pancreatic and gastric secretion

Help with toxin elimination

Acts as a gentle laxative

Restore natural acid balance in the stomach

Stimulate blood circulation

Using Swedish Bitters externally will help alleviate inflammations of all kinds if applied to spots, wounds, bruises, scars and contusion