

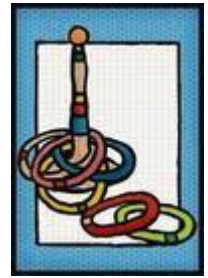
The Scandinavian Scoop

Scandinavian Society of

A Nordic Fall Festival



Sunday, September 21



Municipal Park Shelter, 500 Walnut Street, Boise (look for Scandinavian flags)

Activities will begin at 3:00. Get a head start on Quoits (Rope Toss) & win the Trophy! The Potluck Smorgasbord Picnic will begin at 4:00. Bring your favorite Scandinavian dish and a salad or dessert, and table service. Bring enough for your family plus one. Club furnishes coffee and lemonade. Family and Friends are Welcome to Join Us. *And Tug of War!

Festivities include singing and dancing with music by our ScandiBand. Play our Trivia game, mug in the lifesize cut-outs, laugh at jokes, play games and more. Refresh friendships and make new ones. Wear Scandinavian-inspired clothing if you can.

Remember, for all activities, please send your Photos to us.



If you are receiving this Newsletter electronically, feel free to call Kirk and ask which year you are paid through. Your small dues pay for rents and incidentals needed to support the Scandinavian Society and to help it grow!!



Are you ready to win that Quoits or Rope Toss Cup?



Movie Nights

are at Kirk'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 following movie. Oct 3, Nov 7, Dec 5. For Info call Kirk 208-841-2622



Ya Sure Ya Betcha Lunch Bunch

Thurs, Oct 9, 1pm Thai Basil 3161 E Fairview Ave Ste 110, Meridian

Thurs, Nov 13, 1pm REMBRANDT'S 93 S Eagle Rd, Eagle

Thurs, Dec 11, 1pm Terri's Café 2483 E. Fairview Ave, Meridian

For RSVP, call Brian/Jill Stockham 208-965-2877

Welcome New Members !!

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.



October 12, Sun 2pm **Bogus Basin Road** semi-annual road beautification. 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. Contact Ralph Mellin 208-250-2963



Family Nights – Sat, October 25, 6:00pm.

Potluck time. Bring your instruments and Scandinavian stories, both personal and general. @ Hans and Connie Bruijn's "The Red Cow" @ 162 Red Cow Ln off Airport Rd, Nampa, 208-250-3361. Just east of Robinson Road.



Scandinavian (and German) Folk

Dancing - We need a Teacher. We have diagrams, music and training videos. For Information, call Alan at 208-939-4763.

Mark Your Calendar !!

Sep 20, Boise Scottish Heritage Festival (Our Booth)

Dec 13, 3:30 Christmas/St.Lucia Festival @ Shepherd of the Valley

Feb 2025, Fastelavn, 4:30



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!!

Website at <https://yasureubetcha.com>

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

Need to pay your dues? Mail your check, payable to Scandinavian Society, to Treasurer Kirk Higginson, 6900 West Pomona Road, Boise, ID 83704. Single \$20.00 Family \$30.00 **If you would rather have an e-newsletter, let us know.**

Donations are always welcome to our non-profit Society.

Name _____ Phone _____

Address _____

City, State, Zip Code _____

Email Address _____

Interests: _____

Swedish farmers hired itinerant painters who decorated room after festive room. The idyllic Swedish scenes, done by 'the blue painter' in 1853, are among those recently placed on the Unesco World Heritage list.



259 N Olde Park Pl Eagle ID 83616

Board Members:

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

Connie Bruijn 208-250-3361
John Schink 208-949-7112
Ruth (Dahl) Pittman 208-230-1230
Jacqueline Manderscheid 208-375-7386
Mia (Cedar) 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

The history of knäckebröd and the history of Sweden goes hand in hand



Knäckebröd is a typical Swedish bread with a long and interesting history and an essential part of the Swedish food culture. The traditional crispbread as we know it today is a hard bread baked from only four ingredients: rye flour, yeast or sourdough, salt and water. It is flat and thin with a hole pattern or pits on the surface. Knäckebröd is a durable bread and possible to store for a long time without going bad or, as Olaus Magnus (1490-1557) wrote when he wrote down the Nordic history, "Baked at the birth of a child, it can hold up quite well without become mouldy until the child's engagement day".

Knäckebröd is also a healthy bread baked on wholemeal flour, making it rich in fibre and slow carbohydrates. The origins of crispbread can be traced back to the early 1500s when dry bread was baked for everyday use, which was supposed to be a bread that could be stored for a long time. These bread originated today's knäckebröd and were a little larger and thicker but baked on unsifted rye flour and then often mixed with barley flour. Sometimes this was compact, unfermented bread, loosened with the help of sourdough. Rye was a grain that could be grown in Sweden's cold and lean climate, especially in central Sweden. Crispbread soon became popular throughout the country, as it was practical during the long and harsh winters. To make the knäckebröd sustainable to store, it was dried by hanging them on drying rods, and therefore the bread was baked with holes in the middle. Letting them hang and dry over the hearth protected the bread from moisture and pests. The crispbread then came to be called storehouse bread or stove bread.

Knäckebröd is today an indispensable part of Swedish food culture. Swedes eat the most knäckebröd in the world, and today they eat about four kilos per person per year.

At the same time the first knäckebröd was baked, Gustav Vasa was elected King of Sweden on 6 June 1523 at the National Assembly in Strängnäs. There and then 500 years ago, Sweden became independent after being part of the Kalmar Union 1397-1523, and independent Sweden has been ever since.