



THE
SCANDINAVIAN
CLUB of TOLEDO



OLAV GJESDAHL, founder

MARCH, 2014

ERIC SLAWSON, editor

Scandinavian Ancestry

*Our March meeting
will be held at
Uncle John's Pancake House
on Friday, March 21, at 6 PM.*

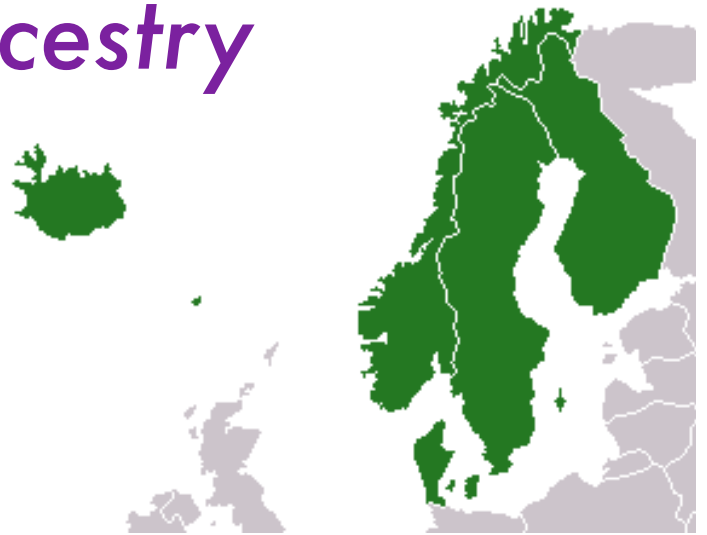
Program :: Many of us can name the relative that came over from "the old country," way back when. But how about your ancestors in *their* home lands? Come learn some tricks to help you get in touch with your Nordic heritage. Club Vice President, **Lois Staber**, will lead a program on tracing one's **Scandinavian Ancestry** using DNA and genealogy.

Menu :: We will be ordering off the menu, individually.

Reservations :: Please contact our treasurer, Kris Johnson, at cjohnson143@woh.rr.com or at 419-836-7637. Let Kris know your name and how many of you will be attending, so that she can inform the restaurant of our number.

Location :: **Uncle John's Pancake House**, at 3131 Secor Rd., Toledo, Ohio. We'll meet in the back meeting room.

DIRECTIONS: From I-475, exit at Secor Rd., and turn South. Uncle John's is on the right, across from McDonald's.



Nordic Passport Union

The Nordic Passport Union allows citizens of the Nordic countries: [Iceland](#), [Norway](#), [Sweden](#), [Finland](#), and [Denmark](#) ([Faroe Islands](#) included) to travel and reside in other Nordic countries without a passport or a residence permit.

Essentially Nordic citizens are treated like local citizens in all these countries, at least for travel purposes. No identity card is formally needed in any Nordic country. However, an identity card is still useful both in one's own country and in another Nordic country. Some companies require identity documents also for visitors for certain services, for example trains, airports, and age check for alcohol purchase. Then any valid Nordic identity card is accepted. For services aimed at residents, like banking, picking up postal packages or dealing with authorities, often only local identity cards are accepted.

—from wikipedia.com

In Memoriam

Longtime Club member **Lottie Persson Harsh** died on February 12th. She was 100. According to her daughter, who had been caring for her, Lottie was still sharp and in good health. She served our Club as President for two years, back in the mid-1980s, and is fondly remembered.

Club & Member News

At our March meeting, we will be forming a committee to put together next year's board of directors, and then we will vote on them in May.

Welcome to two new members of our Club: **Evan Ericksen**, who joined in December; and **Jan Kronk**, who joined at our February "Meatball" meeting (if you weren't there, you missed it!). Glad to have you both aboard!

Club Board 2013-2014

scandinavian-club@hotmail.com

President: Eva Slawson

Vice President: Lois Staber

Treasurer: Kris Johnson

Secretary: Katherine Thompson

Members at Large: Jan Wahl, Ruth

Alteneder, and Judy Jokinen Nickoloff

Norn

plural: nornir

noun [Old Norse: Scandinavian Mythology]

any of three goddesses of fate: the goddess of the past (Urd), the goddess of the present (Verdandi), and the goddess of the future (Skuld). Were said to rule the destiny of gods and men.

—from dictionary.com and wikipedia.com

Faroese stamps from 2006.



Sjóðreygil and the Norns — Norse mythology.
Illustrated by [Anker Eli Petersen](#). (wikipedia.com)



Porridge is Hot!

Amid all the other trendy shops located on **Copenhagen's** trendiest street, Jægersborggade, in Nørrebro, there lies a tiny shop called **GRØD**, which only sells **grød** (which means **porridge** in Danish). But its not the porridge you are used to: They elevate porridge to another level, adding a variety of ingredients and toppings that turn plain old grains into a delicious experience.

Plain old Porridge, though, is one of the oldest foods that all of our Scandinavian kin ate, at times to simply survive. They mixed barley, oats or rye with water, to make a simple gruel, the cheapest of foods, for servants or the poor. The addition of milk or cream, and butter, turned it into porridge, which was a bit nicer. Rice first made its appearance in the 1300s, but was rare, thusly reserved for the nobility.

Today, the use of these same grains, with the addition of berries, jams, nuts and other fancy toppings, enables a restaurant like Grød to produce a wide variety of porridge-based, one-bowl meals for breakfast or lunch that is far from the grød of the past. In the evening, the restaurant switches to a savory menu, but its still porridge-based.

Porridge is widely popular at the moment, and with Copenhagen having Grød, the first restaurant serving solely porridge, the good old favorites are suddenly being remembered again.

Etymology: The word **grød** in Danish and Norwegian comes from Old Norse **grautr**, and is **gröt** in Swedish; **grautur** in Icelandic; and **syyspuuro** in Finnish.

MORE: Find a recipe below for [Velvety Barley Porridge](#) by Mia Kristensen from [honestcooking.com](#). And see these websites for more recipes and information: For a Rye porridge with [blackberry compote recipe](#), go to <http://atastylovestory.com/rye-porridge-w-rawsome-blackberry-compote/> For a [Norwegian recipe and history](#) on porridge, go to <https://arcticgrub.wordpress.com/tag/norwegian-porridge/>

Velvety Barley Porridge

Prep Time 5 mins. Cook Time 18 mins. Serves 4.

Creamy porridge with a velvety texture and crunchy pieces of pear and toasted hazelnuts.

Ingredients

120g (400ml) chopped Barley or Barley Flakes
1 liter Whole Milk
½-1 tsp. Salt
2 Pears (ripe, but firm) peeled and cut into small pieces
Toasted Hazelnuts, Apple Syrup and/or Whole Milk for serving
Dried sweet Woodruff for sprinkling (optional)

Instructions

Mix the Barley and Milk in a pot and bring to a boil over medium heat, stirring, for 10-15 minutes until it thickens. Add the pears and cook for another three minutes. Then serve the porridge right away with Chopped Hazelnuts and/or Apple Syrup.

—by Mia Kristensen at [honestcooking.com](#)

Smileys for Food Safety

Each year, food-borne illness strikes 48 million [Americans](#), hospitalizing a hundred thousand and killing thousands. We see reports on the news of our local food facilities being inspected here in the States. But can you remember all of those inspection results for all of the producers, shops and restaurants you frequent when you're out and about? Who passed — who failed? Well, in **Denmark**, its easy as pie.

Easy to read **Food Inspection Labels** are posted right outside the door to every Danish restaurant, shop and food cart, with one of four different levels of Smiley face at the top indicating the results of the last food-safety inspection. And if you're searching on the Web, these food inspection labels are right on the establishment's homepage. All shops or restaurants that serve or sell food, no matter the size, must display them, so its easy for consumers to compare and chose a safe place to frequent.

Reports: For more than a decade, **Danes** have been glancing at these Inspection Reports, conducted by the **Danish Veterinary and Food Administration**, to easily read what was inspected and see the results of the last inspection — and see summary smiley faces for the four latest inspections. Here's a [sample report](#).

Smileys: There have been four levels since 2001, when it was introduced. In an inspection, a number of areas are checked, and the results posted. The worst result determines the smiley.

1// **HAPPY FACE** = no remarks by inspector (nothing wrong);

2// **MILDLY HAPPY FACE** = a reminder of the rules (could be better);

3// **INDIFFERENT FACE** = an injunction or prohibition (not up to snuff);

4// **FROWNY FACE** = a fine, or report to police, or they were closed down.



In 2008, an "elite-smiley" was added, and is awarded to establishments that have had no remarks for the last four inspections, and are inspected at least once per year. The elite-smiley can and is being used in marketing and as bragging rights to a clean establishment — but only as long as they maintain the happy smiley in every category of every inspection.

With near complete approval of the system by the Danish public, food safety has seen substantial improvement over the last decade, with a 23% increase in happy smileys awarded. While happy smileys, and especially elite-smileys are great for business, sour smileys have proven to be bad for business: in a Nielsen survey, 2 of 3 said they would reject a restaurant with a bad smiley and 59% said they actually have done so. And despite the potential down side to a bad review, 88% of businesses said the inspection scheme is a "good or very good idea", while near that number said their last smiley was "fair" — no matter the smiley they received. That said, nearly all establishments earned a smiley (11%) or a happy smiley (87%).

So even if you're not a local, maybe just travelling through Denmark on vacation, you can be assured of the food safety there. Just look for a smile!.

MORE: <http://www.foodsafety.gov/news/fsma.html>
<http://www.findsmiley.dk/en-US/Forside.htm>

A popular Scandinavian man's name, yes, and the root of one of the days of our week. But, also, something quite different: Computer-users in-the-know know that TOR is an acronym for "the onion router" — a software tool that provides the closest thing to anonymity possible on the Internet, which is used to keep personal information from prying eyes. Created by the US Navy in the 1980's, it is now run by **TOR** a non-profit organization, allowing people to do all of their normal internet activities, without being traced. Good people (such as a woman being stalked by an ex.) and bad people (like drug syndicates), alike. In February, TOR held their bi-annual meeting in **Iceland**, with help from Reykjavik University.

MORE: torproject.org and businessweek.com