



OLYMPIC GOLD!

Mads Rasmussen and Rasmus Quist use an oar to fly the Danish flag as they celebrate in their boat, with their gold medals, after the medal ceremony for the Lightweight Men's Double Sculls Final.

Fika | "fee-kah" |

noun or verb / Sweden

DEFINITION *to have a break from work or other activity to enjoy a cup of good strong Swedish coffee (or tea or fruit drink) with a cinnamon bun (or other sweet biscuit, or cookie). An important part of modern Swedish culture, it is usually shared daily with family, friends or colleagues, but can be enjoyed alone. It is always informal, and can be had anywhere (restaurant, cafe, konditori, in a park). It is a social ritual — it is the very fabric of Swedishness. One can **take a fika** (noun), or one can **fika** (verb).*

DERIVATIVES ***fikabröd** ("fika bread") collective name for buns, biscuits or cookies traditionally eaten with coffee. **fikapaus** and **fikarest** emphasize taking a pause or rest from work.*

ORIGIN *possibly from the practice of "back slang" from the 19th century, in which syllables of a word were reversed, deriving **fika** from **kaffi**, an earlier variant of the Swedish word **kaffe** ("coffee").*

RECORDS *In 2007, 2,620 people in the city of*

DUES ARE DUE

Name(s): _____

Country: _____ @ \$15 per adult = \$ _____

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2012 Olympic Medal Count

Denmark, 29th in overall medals
Gold, Silver & Bronze in Rowing. Gold in Track Cycling. Silver in Shooting. Silver & Bronze in Sailing.

Norway, 35th
Gold in Canoe Sprint. Gold in Handball. Silver in Fencing. Bronze in Road Cycling.

Sweden, 37th
Gold in Sailing. Silver in Equestrian. Silver in Handball. Silver in Shooting. Silver in Triathlon. Two Bronzes in Wrestling.

Finland, 62nd
Silver & Bronze in Sailing. Bronze in Javelin Throw.

Iceland
No medals for Iceland this time.

Food on TV — Finland, Sweden, Norway and Denmark are soon to get a new television channel devoted to Scandinavian food, cooking, and a healthy Nordic lifestyle. **Nordic Food Channel** will debut in Finland in September with further rollouts planned for later in the year. The channel will spotlight ecological ingredients, provide viewers with tips on how to make local and seasonal food better, as well as make healthy choices related to their daily life. Most of the programming and talent will be sourced from the Nordic region. —Scandinavian Press, summer 2012

Royalty — Sweden's King Carl Gustaf and Queen Silvia will be in Minneapolis on October 6th. They are helping to dedicate a new wing and building for the Swedish American Institute in Minneapolis, according to this month's Swedish Press. —Swedish Press, Aug. 2012

Kalmar, Sweden, sat down together to have a fika. The Swedish coffee company, Gevalia, then organized a ten-city fika tour, in 2009, breaking Kalmar's record four times. The city of Östersund holds the current record with 3,563 people all having a fika at the same time.

—from Wikipedia (search: Fika).
—from www.sweden.se and www.visitsweden.com
—from Travel with Rick Steves, A Midsommer's Guide to Sweden, 2008.



Fårikål is a traditional Norwegian dish made of lamb, cabbage, peppercorns and water. Fårikål season is from September to October when the fattened lambs come down from the mountains. In fact, the last Thursday of September in Norway is **National Fårikål Day**. Fårikål used to be made from mutton for flavor, but over time lamb has become more favored.

We enjoyed this national dish last February at the rustic Walbridge Park shelter house. Easy to make: equal parts lamb and cabbage wedges, with black pepper corns and salt; simmered in some water for a few hours, and served with potatoes, hardbread, and lingonberry.

—more at mylittlenorway.com

Most Popular Baby Names

DENMARK	NORWAY	SWEDEN	FINLAND	ICELAND
1. William	1. Emil	1. William	1. Elias	1. Aron
2. Noah	2. William	2. Lucas	2. Onni	2. Viktor
3. Lucas	3. Mathias	3. Oscar	3. Eetu	3. Jon
4. Magnus	4. Magnus	4. Hugo	4. Leo	4. Mikkel
5. Mikkel	5. Oliver	5. Elias	5. Aleks	5. Sigurdur
1. Ida	1. Emma	1. Alice	1. Sofia	1. Emelia
2. Isabella	2. Nora	2. Maja	2. Venla	2. Sara
3. Anna	3. Emilie	3. Elsa	3. Aada	3. Eva
4. Mathilde	4. Sofie	4. Julia	4. Emma	4. Gudrun
5. Freja	5. Thea	5. Linnéa	5. Aino	5. Kristin

—from Scandinavian Press, summer 2012

>> **Wallander** is a Swedish investigator TV series on PBS. Sunday evenings this fall.