

Swedish Club of Houston



First Quarter 2019

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Swedish Club of Houston

www.swedishclub.org

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Kräftskiva (Crayfish Party) POSTPONED UNTIL FURTHER NOTICE

The Monument Inn is closed due to road closure, and will re-open as soon as possible. Authorities will not re-open the road until it's safe for everybody to pass, and right now it's still somewhat of a construction zone as a result of the nearby ITC fire.

Newsletter By:

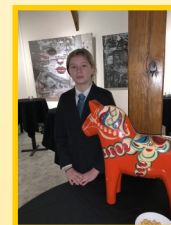
Madelyn Mauritz Bossé

3rd Generation Swede

BOARD MEMBERS ELECTED FOR 2019



At our Annual Meeting held this past January this year, we enjoyed Chef Soren's Pea Soup and Swedish Pancakes. Members gathered to mix a little business with traditional Swedish fare. The Swedish Club of Houston presents the returning 2019 Board members as follows: President: Bert Sheldon; Vice President: Madelyn Mauritz Bosse; Treasurer/Finance: Erich Wolz; Secretary: Matt Colburn; John Stavinoha; Marie Teahen; Karen Wolz, Robert Young; Dina Colburn. We welcome Sarah Arvidsson and Göran Runfeldt. Finally, we thank outgoing Board members Tor & Helen Palmgren for their service.



As part of the Annual Meeting, the special treat was the presentation given by our 2017 Lucia Dagny Carlsson following her summer trip to Barkeryd, Sweden for their annual "Texas Day" parade and celebration!

Barkeryd, Sweden is a small parish near Nässjö in Småland. In honor of the large number of immigrants to Texas from Barkeryd, the people of Barkeryd were proclaimed honorary citizens of Texas on May 27, 1975 by Governor Dolph Briscoe.

LUCIA 2017 DAGNY CARLSSON

My family arrived in Barkeryd after a lovely tour of central Europe. The Westerholms met us at the train station and gave us the local tour. We enjoyed a few days of sightseeing where we visited Gränna, a neighboring town known for its locally made Polkagris (candy canes), and the island Visingsö which had a wonderful carriage tour that passed by castle ruins. We managed to make time to see a Swedish "cruising" with numerous vintage cars, and catch crawfish that the Westerholms' had in their pond. There was even time for a competitive game of Kubb!



Our last day was the festival, and after speaking, I had time to enjoy a nice coffee, talk with the locals, and tour a museum that detailed the history of Barkeryd and its emigrants to America.



A special room in one of the buildings held the plaque that granted all Barkeryd citizens honorary Texas citizenship, and there were many Texas flags to be seen. It was wonderful to see the connection between our two cities and how we share a common heritage. I was very sad to leave my new friends and the town of Barkeryd, but I was glad to take part in this tradition and represent Houston proudly. However, I'm happy to share

that the Westerholms now have their own "Come and Take It" flag, so if you ever find yourself in Barkeryd, there will be a piece of Texas there with you.

The pictures below are from the Cruising and the tour of Visingsö, respectively. The other photos include a landscape photo of Barkeryd, the salmon church in the town center, a photo of the stage at the festival, a picture of the game of Kubb outside, and a cute picture of Abe, the Westerholms' dog.



SEMLA & FIKA CELEBRATION

The Swedish Club of Houston held a traditional pre-Lenten Semla & Fika Celebration on March 1st this year at the Saengerbund Haus adjacent to the First Evangelical Lutheran Church (Lucia Celebration location).

A big thanks to Karen & Erich Wolz, Madelyn Mauritz Bosse, Sarah Arvidsson and Jill Garde for their help and contributions to the event!! The Semlar buns were delicious especially served with Swedish coffee. The weather held out and we were also able to sit outside and the kids enjoyed playing games!



NEW BOARD MEMBER: GORAN RUNFELDT



I'm Göran (pronounced Yoeran) Runfeldt, born and raised in Sweden and new to Texas as I moved here in August last year. Before that I lived and worked part-time in Stockholm and part-time in Oxford, England. I'm a genetic genealogist, meaning that I do genealogy research with the help of DNA testing. I have come across many American cousins through my research. If you meet another Runfeldt in America, they are very likely to be descendants of my great great uncle who emigrated to America in the early 1900's. One of his granddaughters is a native Houstonian, and it was really nice to have some family here when making the leap to move to America. Another cousin works in the Texas Renaissance Fair every year and a more distant cousin runs a tattoo studio here in Houston.

I work for Family Tree DNA, the oldest company in the business to deliver direct-to-consumer DNA tests for ancestry research. They have been around since 2000 and are fully based in Houston. It also so happens that FTDNA is the most popular DNA testing company for Scandinavians, so if you have Swedish ancestry you are pretty much guaranteed to find many Swedish relatives if you take a DNA test with FTDNA. Your DNA test results are compared with other people in the database who also took the test, and you get a list of matches, who are the people

that we can tell that you are genetically related to. Exactly how you are related to each other is usually a bit trickier to find out, and might require some digging and genealogy research. (I might be able to assist with Swedish genealogy classes if there is enough interest in the club). Nowadays there are several different ancestry testing companies around, but FTDNA is the only one that also offers detailed Y chromosome and mtDNA tests. Family Finder is the standard test that I would recommend anyone to start with. It will find your ancestry on all of your ancestral lines and match you with other people up to 5-10 generations back in time. If you are particularly interested in exploring your paternal line, that of your father's father's father's father..., where your birth surname most likely came from, you can upgrade to a Y-DNA test. This test will match you with people up to thousands of year back on your straight paternal line, and show your paternal migration path all the way back to Africa and what we call the "Y chromosome Adam", the man whose Y chromosome all males can be traced back to. More than half of all Swedes belong to haplogroup I1 (or I-M253) which represents the Y chromosome of an unknown man that lived in Northern Europe 4000-5000 years ago. He did something right, because more than half of Scandinavians are direct descendants from him, and thousands of years later the Vikings further spread his genetic signature along the British Isles, the coastlines of Europe and through the rivers into Russia and Ukraine. If you are a woman you don't have a Y chromosome and can't do this test yourself. But if you have a brother, father or paternal uncle you can ask them to take the test, to get the same information. In the name of gender equality there is also a direct maternal line DNA test, which traces your direct maternal line (your mother's mother's mother...) using the mitochondria, which is a special type of DNA passed on from mother to child through the egg. Men will also have mtDNA, so anyone can take the test, but only women will pass it on to their children.

NEW BOARD MEMBER: GORAN RUNFELDT

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If you are curious about your deep maternal line, this would be the test for you. Many Swedes belong to mtDNA haplogroup H which is very common in all of Europe.

One of my hobby projects is to use DNA testing to trace the origins of some human skulls of Indonesian origin that I acquired in Houston.



NEW BOARD MEMBER: SARAH R. ARVIDSSON



Hej! My name is Sarah Rodriguez Arvidsson, and I'm happy to be serving as one of your new board members. I am so grateful to the Swedish Club of Houston for creating a space for my family – most importantly my two very young daughters, Flora and Celeste - to enjoy Swedish traditions, culture, community and language.

I grew up in coastal Texas, and I met my husband Jonas while living in New York after college. Jonas is from a small town called Lagan, located in Småland, Sweden. (By incredible coincidence, the same tiny town as Marie Teahen.) He moved to New York to study abroad in 2001 and made his life here in the US. He is the only member of his family outside of Sweden, so regular travel to Sweden has been an important part of our life together. My daughters are dual Swedish citizens, and it is so important to me that they always feel that they have two homes – one here and one in Sweden. I want them to feel connected to their heritage, to their family and to have as much cultural awareness as possible.

A little about me – I studied Photojournalism and Anthropology at UT Austin, and then attended law school here at the University of Houston. After a few years of working as a family lawyer, I left my practice to open a boutique portraits and events photography studio called Lightning Whelk Photography LLC. I love to bake and opened a tiny home bakery, Homebaked Hembakat in 2017, specializing in traditional Swedish cakes and cookies, sourdough breads and dessert catering for small events. I also teach fun weekend baking classes at an urban farm located in the East End. Things I love: camping, gardening, sourdough, birds, cardamom buns, flowers in my hair, seeing hedgehogs in the wild, mushroom foraging, Mexico, basil, summertime lake fikas, pepparkakor, farmhouses, strawberry cakes.

GENEALOGY: FINDING MY GRANDFATHER WITHOUT KNOWING HIS NAME

BY BERT SHELDON

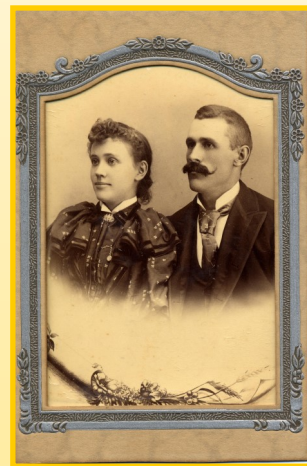
From two family trees and research I had done, I had a good picture of my father's side of the family. My mother's side however was a complete mystery, made even more difficult by the fact that her father changed his name when he came to America. How do you go about finding someone when you don't even know his name?

I took a couple of classes that were offered by the American Swedish Institute in Minneapolis on finding your Swedish roots. The teacher stressed that if you were studying your family and they were Swedish, you were lucky indeed. The Swedes were avid record keepers and most of these records are available to view. The Swedes have census records but census records are notoriously bad and the Swedish census records are no better than any other country. Use census records only when all else fails. The records to concentrate on are the parish records. The parish priests took note of everything. There are birth records, death records, and who showed up for communion. If you wanted to move you got permission from the priest who would ask you where you were going. He always gave permission because if he didn't, you were going to move anyway and then what was he to do? He would write down where you were moving to and then write the priest in that parish who would come out to greet you. There are paper trails of everyone who entered or left a parish. The other take away from the class was that if you visit Sweden you are not to go into some dusty corner to go through those parish records.

In the 50's and 60's the Mormons came to Sweden and microfilmed every record they could get their hands on. In return, they gave the Swedes copies of these microfilms. Yes, you can sit in some dusty corner in Sweden and look at these microfilm

records, but you can also go to any Mormon History Center or the Clayton Library and look at the exact same records. Her advice was to use your time in Sweden to visit the area where your ancestors lived and to do the things that you can only do while in Sweden.

I knew my grandfather's birth date, that he was born in Sweden, and the name he used after moving to America, but little else. My mother had a sister who lived in the Los Angeles area. She had 4 children but I had lost touch with them years ago. From an ad in a genealogy magazine I hired a genealogist in the Los Angeles area who for a small fee was able to find my aunt's obituary. It mentioned where her oldest son was living when she died. Fortunately, he was still in the area and I was able to find his phone number. He told me that family lore had our grandfather's original last name as Trölsön. I was more determined than ever to find this man.



Thomas Trulson & his new bride, Emma. Thomas was born in Småland and Emma in Västergötland. They met in Chicago.

GENEALOGY: FINDING MY GRANDFATHER WITHOUT KNOWING HIS NAME BY BERT SHELDON

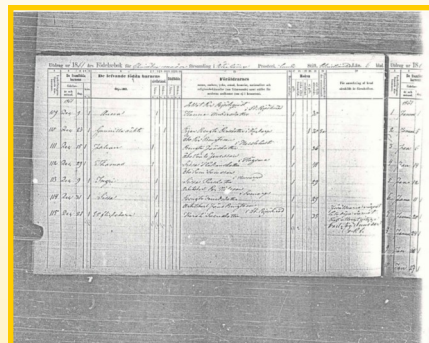
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From U.S. census records, I learned when my grandfather arrived in America. I found his obituary in the Chicago newspaper and it mentioned that he was a Mason. I then wrote to the Masons at their Illinois headquarters. They sent me the only record they had of him. It had his name (American name), his birth date, which I already knew, and the county where he was born, Kristianstad Sweden. This was pure gold. I went to the Mormon History Center near my house and ordered the birth records for every parish in Kristianstad County for the year he was born. It is not always easy to read the names on the entries but the dates are easily read. They are in the order that they were entered which is close to chronological order but not exact.

Because my grandfather was born in December, I could skip most of the records for that year and focus only on those at the end. I ignored any female names and wrote down the names of every male having his birth date. There were well over a hundred parishes that I went through but it goes quickly and within a couple of hours I was done. In the end I had the names of 11 males born on that date. My grandfather's first name was Thomas, unless he changed his first name as well as his last. There was only one Thomas on my list and this one had a father named Truls. "Truls" is close to the "Tröls" that my cousin had mentioned so this was certainly a person of interest but no proof that he is my grandfather. I then wrote down this Thomas's parents' names and ordered the parish's records for the years following his birth. I followed this family and watched Thomas getting older. Finally I found the entry I was looking for. It stated that this Thomas at the age of 20 left the parish and moved to Chicago in the same year

that the U.S. census records show my grandfather arriving in Chicago.

Without the Mason record, I still could have found my grandfather using this method. There are 21 counties in Sweden, 21 times the work but still possible. From those parish records, I learned about his family. I now had a birthplace for my grandfather so the next time I was in Sweden, I was able to visit the area and see where this part of my family lived. I can now proudly say, "my grandfather came from Skåna."



Birth Certificate of Thomas Trulson. Number 112 showing he was born in Högsma to Truls Jonesson & Sissa Håkansdotter.



Thomas Trulson & Family. My mother is the elder of the two children.

HOMEBAKED HEMBAKAT – A COLUMN WITH RECIPES FOR SWEDISH BAKED GOODS FROM SARAH RODRIGUEZ ARVIDSSON



Chokladbollar | Chocolate Oat Balls

with Pearl Sugar | Gluten Free, No bake, Optionally Vegan

For my first run at this little column, I've decided to share my go-to recipe for chokladbollar – or chocolate oat balls with pearl sugar. Chokladbollar are a fika staple. They're simple, fun, and straightforward, and they pair beautifully with strong black coffee. They are naturally gluten free and can be made vegan without losing any of a chokladboll's essence. They aren't baked so they are ideal for our hot summers, and they come together in less than a half hour. The pearl sugar makes them feel like you're in Sweden. (I buy mine in bulk through Amazon, along with both light and dark sirap, so I'm always well-stocked and able to make fairly authentic Swedish treats here in Houston.)

This recipe is adapted from *Swedish Cakes and Cookies*, a translation of a classic Swedish cookbook called *Sju Sorters Kakor* (Seven Kinds of Cookies). If you have an interest in Swedish baking, I cannot recommend this book highly enough. Living in Houston, we have inexpensive access to mind-blowing Mexican vanilla – so I always use that in place of vanilla sugar. Pick some up on weekends in the back of the market at Canino's in the Heights. I hope you enjoy this recipe, and I look forward to sharing our family's favorites with you.



Makes around 18 Texas-sized chokladbollar

HOMEBAKED HEMBAKAT – A COLUMN WITH RECIPES FOR SWEDISH BAKED GOODS FROM SARAH RODRIGUEZ ARVIDSSON

Chokladbollar | Chocolate Oat Balls with Pearl Sugar |

Gluten Free, No bake, Optionally Vegan



Ingredients

7 tbsp. (100 grams) unsalted butter, softened, or coconut oil, solid (you might need to pop it in the fridge a few hours before baking if your kitchen is warm)

1 generous tbsp. vanilla extract

½ tsp. coarse kosher salt

3 tbsp. cocoa powder

1 ½ cups old fashioned oats (not steel cut or instant)

3 tbsp. cold strong black coffee

For rolling: pearl sugar or coconut flakes

How To

Beat the butter or coconut oil, sugar, and vanilla until light and airy. I use a stand-mixer with a paddle attachment.

Add the remaining ingredients and mix well. It will start pulling together into a cohesive mix.

Form mixture into balls. I use wet hands and really give them a good squeeze. Size varies greatly between bakers – I like mine around ping pong size.

After all the balls are formed, wash hands. Roll each ball firmly in pearl sugar or coconut flakes. Try to be tidy so the coating stays pristine. (For a little bonus – toast coconut flakes in a dry sauté pan over medium heat – tossing constantly and watching closely – until toasty and fragrant.)

Refrigerate until solid – about a half hour. Take out of fridge and serve quickly. They will melt and fall apart in heat.

For a Mexican-inspired twist – add a tbsp. of cinnamon along with the cocoa powder.



FRIENDS OF LUCIA

The Swedish Club of Houston is soliciting donors to its Friends of Lucia fund so that the tradition of sending our Lucia to Sweden can continue.

The Swedish Club of Houston has been represented by its Lucia at the Texas Day celebration in Barkeryd, Sweden every year since 1988. The Club will be represented this August by our 2018 Lucia, Anna Meikle. The Lucia program has provided a wonderful way for the members involved to travel and learn about our Swedish ancestry and our Texas connection with Barkeryd; a complete list of the Swedish Club of Houston's Lucias is at <http://swedishclub.org/lucia>.

Why is Barkeryd (a small parish near Nässjö in Småland) important to Texans? This small parish had half of the population emigrate to Texas between 1836 and 1927! The conditions were bad and the opportunity of settling in America was given to the people of Barkeryd. Around 1867 many young people left Barkeryd; S.M. Swenson and Svante Palm paid for their passage to come to work for them in Texas, where workers were needed to help on the farms. The immigrants worked off their passage in about 2 years. After the debt was paid off they were free to live and work for themselves. There are many Swedish communities around Central Texas which were settled by the Barkeryd immigrants. In their honor, the people of Barkeryd Sweden were proclaimed honorary citizens of Texas on May 27, 1975 by Gov. Dolph Briscoe.

Sponsorship Level:	<input type="checkbox"/> \$500 – Speaker of the Riksdag	<input type="checkbox"/> \$75 – Cabinet Minister
	<input type="checkbox"/> \$300 – Prime Minister	<input type="checkbox"/> \$50 – Governor
	<input type="checkbox"/> \$150 – Deputy Prime Minister	<input type="checkbox"/> \$30 – County Councilor
		<input type="checkbox"/> \$15 – Municipal Commissioner

☐ Yes, please list my name as a Friend of Lucia

☐ No, I wish to remain anonymous

Name: _____

Address: _____

City/State/ZIP _____

Make check payable to: **The Swedish Club of Houston**

Mail to: Swedish Club of Houston, c/o Karen Wolz, 4526 Waynesboro Dr., Houston, TX 77035

SWEDISH CLUB OF HOUSTON



OTHER NEWS

Mamma Mia - Tuesday, 26 Feb 2019

The Swedish Club of Houston reserved a block of seats, at a group rate of \$30 per ticket, for the **Tuesday, February 26** (7:30pm) performance of *Mamma Mia* at TUTS! Members attending enjoyed the evening!



Lindsborg Swedish Folk Dancers

The Lindsborg Swedish Folk Dancers are coming to Houston in June! We will keep you posted on any upcoming performances. Lindsborg, Kansas is known as “Little Sweden USA”. Their mission is to promote and preserve the Swedish heritage through folk dancing and music!

In Memory of Ingar Kamprad!

We remember the legacy of the self-made billionaire and founder of Ikea who, among other things, flew only coach and drove a shabby 1993 Volvo!

March 30th, 1926—January 27, 2018



SWEDISH CLUB OF HOUSTON



MEMBER UPDATES & ANNOUNCEMENTS

Please submit any personal, family or interesting fact for publication to newsletter@swedishclub.org

The Swedish Club of Houston Swedish Recipe Book in the Works

We are gathering recipes for our own Swedish Club's Recipe book!

Please submit your Swedish recipes at recipes@swedishclub.org for publication. Share any photo or story to accompany your entry. If you submitted recipes in the past, we still have them; we just need more to fill a cookbook!

