

Swedish Club of Houston



First Quarter 2020

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Swedish Club of Houston

www.swedishclub.org

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SURVIVING AT HOME, HERE ARE MY FACEBOOK GROUPS:

Swedes in Texas

I am of Swedish descent

Swedish Culture & Traditions

World of Swedish History

Swedish American Genealogist Quarterly Journal

Newsletter By:

Madelyn Mauritz Bossé

3rd Generation Swede

A good Swedish word for today's world....

Lappsjuka—The feeling of melancholy because of an isolated life.

Just a note: As we all take care and adjust to this pandemic virus and many of us are forced to stay home without employment or job certainty, I wanted to share this explanation of the virus and offer my prayers for health, safety and serenity as we move forward into the future. Please reach out to our club's facebook page or website for any support and enjoy at least this quarter's newsletter! - Madelyn

COVID-19 EXPLAINED

The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code. (Mutation) and convert them into aggressor and multiplier cells.

* Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

* The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

* HEAT melts fat; this is why it is so good to use water above 25 degrees Celsius or 77F for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.

* Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.

* Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.

* Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it can hurt your skin.

* The virus is not a living organism like bacteria; so cannot kill what is not alive with antibiotics.

* NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates in between 3 hours (fabric and porous), 4 hours (copper, because it is naturally antiseptic; and wood, because it removes all the moisture and does not let it peel off and disintegrates).), 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic). But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

* The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

* UV LIGHT on any object breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin, eventually causing wrinkles and skin cancer.

* The virus CANNOT go through healthy skin.

* Vinegar is NOT useful because it does not break down the protective layer of fat.

* NO SPIRITS, NOR VODKA. The strongest vodka is 40% alcohol, and you need 65%.

* LISTERINE IF available, use it as it is 65% alcohol.

* The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.

* you have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.

* You have to HUMIDIFY HANDS DRY from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better. * Also keep your NAILS SHORT so that the virus does not hide there.

Courtesy: Johns Hopkins

EVENT UPDATES

Kraftskiva was scheduled for April 4th but has been postponed until further notice. We will post updates and other information about rescheduling this event later in the year. Always, check our website and facebook page for most current information!

Valborg celebration is scheduled for the weekend of May 2nd. As always, we will keep everyone apprised of any changes.

Annual Meeting

At our Annual Meeting held this past January, we enjoyed Chef Soren's Pea Soup and Swedish Pancakes. Members gathered to mix a little business with traditional Swedish fare. Dina Jo Colburn decorated the tables with Swedish accents and Bert provided the meeting's agenda and proposed slate of officers and board members for the upcoming year. After dinner, Bert Sheldon presented a year in review of the club's activities and adventures and the Club voted in the new officers.

Swedish Club of Houston presents the 2020 Board members:

President: Madelyn Mauritz Bosse; Vice President: Bert Sheldon; Treasurer/Finance: Erich Wolz; Secretary: Matt Colburn; John Stavinoha; Marie Teahen; Karen Wolz, Robert Young; Dina Jo Colburn, Sarah Arvidsson and Göran Runfeldt.



Pictured LtoR: Bert Sheldon, Erich Wolz, Göran Runfeldt, Marie Teahen and Madelyn Mauritz Bossé

LUCIA CELEBRATION

Swedish Club of Houston celebrated its 32nd Christmas Traditions and Lucia Celebration. **Nina Fisk** was presented as this year's Lucia. The event was held at the First Lutheran Church on Saturday, December 14th. Marie Teahen served as chair with the help of Jill Garde, Carol Clarke, Bert Sheldon, Genevieve Bosse and Veronica Butler. Former Lucia Sarah Garde (2013), Lisa Swank (2016) and Sarah Archer (2014) were there to celebration Nina Fisk and also presented the night's program.



Karen and Erich Wolz kept their Glogg warm and ready. Madelyn & Louis Bosse's table was ready with Lingon Juice, coffee and cool water. Downstairs, Dina Jo Colburn kept the cookies and buns filled for all guests to enjoy the customary Swedish sweets all generously donated by our members and supporters. Joyce Calderon entertained us with her wonderful music and Rosemaling Crafts while Jonas Arvidsson sang traditional Swedish songs. Cathy Wahren sold the raffle tickets! Thanks to everyone who helped out with setup, donations and music, singing, crafts and decorations.



FIKA & SEMMELDAGEN CELEBRATION



Beautiful day for coffee, semla buns and a game of Kubb!! A big thanks to Sarah Arvidsson and Marie Teahen for their home baked Semla buns! Madelyn Mauritz Bosse kept the coffee brewing and provided some ginger snaps from IKEA!! We played classic Swedish music and a great game of Swedish Kubb!

Pictured below are the winners:P Göran Runfeldt, Damien, Aisha & Brooklyn Jackson.



BERT SHELDON—POST REFLECTION

I am Bert Sheldon, Immediate Past President of the Swedish Club of Houston. In 2004, two years after moving to Texas, I saw something in the Houston Chronicle referencing the upcoming Lucia celebration. I attended that

celebration and it was here that I learned of the Swedish club. I became a member shortly thereafter. I was working in San Antonio so could only attend the club's events on the weekends. I retired in 2011, moved to Houston and became more active in the club. At the 2012 Annual Meeting, I was met at the door by one of the members I had gotten to know. He asked me if I would consider being on the board. I hadn't thought about it but he was persuasive and I agreed to do it. After serving on the board for several years, I was asked to be the next president. I didn't think I could do an adequate enough job but I was not about to do a Sherman, "if nominated I will not run, if elected I will not serve". In 2017, I was elected president of the club.

One of the things I really enjoyed was running the movie night events. It has been an adventure screening numerous Swedish movies and selecting ones to show to the members. If anyone has any Swedish movies to recommend or a good venue for movie night, please let me know so we can continue this tradition.

As president, I received phone calls and emails from all over the world including a TV station in Sweden calling for first hand information on Hurricane Harvey and a lady asking that I find a home for the Swedish memorabilia collected by her late husband. I represented the club at several events including one sponsored by the Consulate where I met the director of the Houston Ballet. In one of my last events as president I attended the Lucia celebration and there saw my five year old granddaughter taking part for the first time as a Lucia

HISTORY OF SWEDISH CLUB'S PAST PRESIDENTS

<u>Year</u>	<u>President</u>
1987-1988	Inga Lisa Calissendorff
1989-1990	Glen Johnson
1991	Birger Jansson
1992	Jan Dryselius
1993-1994	Todd Little
1995-1996	Don Turbyfill
1997-1998	Mona Raspler
1999-2000	Peter Widmark
2001-2003	Leif Mauritzson
2004-2005	Pelle Fisk
2006-2008	Margaret St. Clair
2009-2010	Cathy Wahren
2011	Devon Westerlund
2012-2014	Erich Wolz
2015-2016	Marie Teahen
2017-2019	Bert Sheldon
2020 -	Madelyn Mauritz Bosse



SWEDISH DNA TESTING—PART 1 BY GÖRAN RUNFELDT

Interest in personal DNA testing for ancestry, genealogy and medical information has exploded in America the last few years, and DNA testing for genealogy purposes has been popular in Sweden for many years now. In fact, it's this hobby interest that led me to move to Houston and start working for FamilyTreeDNA, the oldest direct-to-consumer DNA testing company that has been in business since 2000, always based in Houston (North Loop). It's also the only company with its own in-house DNA testing lab (Gene by Gene).

Nowadays there are many more DNA testing companies out there, the main other ones being Ancestry, 23andme and MyHeritage. Ancestry has got a large customer base in America, so it is a place where Swedes test to find and connect American relatives. 23andme is more focused on medical and traits reporting, and you can find and connect with Swedes there who primarily had an interest in that aspect of DNA testing. MyHeritage is the latest genealogy company to join in on DNA testing and have many European customers. They use the Gene by Gene lab in Houston for their testing.

FamilyTreeDNA is very popular among genealogists in Sweden, so if you have any Swedish ancestry you can expect to find and connect with many relatives.

Finding Family in Sweden

All main DNA testing companies offer an autosomal test, meaning that they test the DNA that you inherited from both your parents and from all four of your grandparents, and so on. Using this type of test we can accurately predict who you are related to within 5-10 generations, only by looking at how much DNA you share. Further back in time you will probably not have inherited enough DNA from each ancestor to be able to confidently say whether you are related to another person (You got half of your DNA from each parent, roughly 25% from each grandparent, 12.5% from each great grandparent, then ~6%, ~3%, ~1.5% and finally much less than 1% from each ancestor after just 7 generations, and the exact amount will have random variation). This type of test is great to find and connect with relatives from all over the world. You can expect to find thousands of close and distant relatives, and then the trick is to figure out how you are related. An easy trick for Americans is to compare ancestral surnames, but with Swedish roots it might not be that easy because of the "son" surnames that changed every generation (My patronymic surname would have been Boson, since my father's first name is Bo). Fortunately, many Swedes have taken their time to build their family trees based on the rich collection of church records that are available online (ArkivDigital is a great company that provides high quality digitized church records from Sweden).

This is equivalent to the Family Finder test from FamilyTreeDNA. If you have tested with any of the other companies you can transfer your results for free (Upload Autosomal DNA) and find and connect with all your matches from around the world (There is an optional \$19 unlock fee for some advanced features).

Deep Paternal and Maternal testing

The other types of tests available, offered exclusively by Family Tree DNA, are Y-DNA and mtDNA tests. Because you inherit these types of DNA exclusively from your father or your mother, respectively, they do not mix each generation. This means that you can use it to find your deep ancestry beyond the 5-10 generations, and connect with relatives back to the Viking age and beyond. If you are male or have a brother, father or paternal uncle (farbror) that is able to test you can use it to explore the origins of your surname.

- Your Y-DNA comes from your father's father's father's... line exclusively (Only men have a Y-chromosome, inherited from the father).
- Your mtDNA (mitochondria) comes from your mother's mother's mother's mother's line exclusively (Both men and women have mtDNA, inherited from the mother, but only women can pass it on to their children).

In the next newsletters I will cover the most common male (Y-DNA) and female (mtDNA) lineages in Sweden.

Feel free to find me at any of the Swedish Club of Houston events and ask me about DNA testing and clarification of your results! DNA tests these days are simple, requiring no blood, just a cheek swab.

<https://www.familytreedna.com>

SWEDISH NEWS



Nils Högländer born on December 20th, 2000 is a Swedish professional ice hockey left winger that played for the Rogle BK of the Swedish Hockey League (SHL). He was selected in the second round, 40th overall, by the Vancouver Canucks, in the 2019 NHL Entry Draft. He was recently suspended for 5 games for elbowing another player.

Meanwhile when Nils is at home, he plays hockey with the neighborhood kids on his street!



Funny Swedish Sayings with English translations....

Swedish Saying	Translation in English	Meaning
Inte ha rent mjöl i påsen.	Not have clean flour in the bag.	They think someone is hiding something.
Det är ingen ko på isen.	There is no cow on the ice.	Don't worry.
Du har satt din sista potatis.	You have planted your last potato.	As a threat, when you have had enough of someone.
Nära skjuter ingen hare.	Close shot but no hare.	You almost got it but didn't quite get there.
Skägget i brevlådan.	Caught with your beard in the letterbox.	When someone gets caught doing something wrong.
Smaken är som baken, delad.	Taste is like the bum, divided.	There are different opinions about something.
Att ana ugglor i mossen.	To suspect owls in the bog.	They think there is something strange or isn't as it seems.

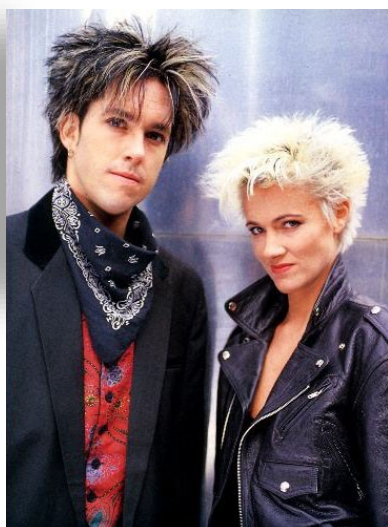
SWEDISH NEWS

Celebrate the Life of Max von Sydow



Max von Sydow was a Swedish actor. He had a 70-year career in European and American cinema, television and theatre, appearing in more than 150 films and several television series in multiple languages. **Max von Sydow** was born **Carl Adolf von Sydow** on April 10, 1929 in Lund, Skåne, Sweden, to a middle-class family. In 1955, von Sydow moved to Malmö and joined the Malmö City Theatre, whose chief director at the time was Ingmar Bergman.^[16] Von Sydow had previously sought to play a small part in Bergman's *Prison* (*Fängelse*, 1949), but the director rejected the proposition.^[17] Bergman and von Sydow's first film was *The Seventh Seal* (*Det sjunde inseglet*, 1957), in which von Sydow portrayed Antonius Block, a disillusioned 14th-century knight returning from the Crusades to a plague-stricken Sweden.^[18] The scene of his character playing a game of chess with Death has come to be regarded as an iconic moment in cinema.^[17] Von Sydow went on to appear in a total of 11 Bergman films.^[19] In *The Magician* (*Ansiktet*, 1958), von Sydow starred as Vogler, a 19th-century traveling illusionist who remains silent for most of the film.^{[18][13]} In *The Virgin Spring* (*Jungfrukällan*, 1960), he played a medieval landowner who plots vengeance on the men who raped and murdered his daughter.^[3] In *Through a Glass Darkly* (*Såsom i en spegel*, 1961), he portrayed the husband of a schizophrenic woman, played by Harriet Andersson.^[18] During this period, he also had roles in films including *Wild Strawberries* (*Smultronstället*, 1957), *Brink of Life* (*Nära livet*, 1958) and *Winter Light* (*Nattvardsgästerna*, 1963).^{[6][19]} Films starring von Sydow were submitted by Sweden for the Academy Award for Best Foreign Language Film in five out of six years between 1957 and 1962.^[citation needed] Under Bergman, von Sydow also continued his stage career, playing Brick in *Cat on a Hot Tin Roof*, Peer in *Peer Gynt*, Alceste in *The Misanthrope* and Faust in *Urfaust*. In his company were Gunnar Björnstrand, Ingrid Thulin, Bibi Andersson and Gunnel Lindblom, all frequent collaborators of Bergman on screen. He died on March 8, 2020, aged 90, at his home in Provence, France; no cause was given. He was survived by his wife and his four sons.

Roxette singer, Gun-Marie Fredriksson



Gun-Marie Fredriksson was a Swedish pop singer, songwriter, pianist and painter, who was best known internationally as the lead vocalist of pop rock duo Roxette, which she formed in 1986 with Per Gessle. The duo achieved international success in the late-1980s and early-1990s with their albums *Look Sharp!* and *Joyride*, and had six top two hits on the Billboard Hot 100: "The Look", "Listen to Your Heart", "Dangerous", "It Must Have Been Love", "Joyride" and "Fading Like a Flower". Marie Fredriksson was born on May 30, 1958 in Östra Ljungby, Skåne län, Sweden. She was married to Mikael Bolyos. A seizure in 2002 caused her to fracture her skull. Scans revealed a malignant brain tumour. It was treated successfully; although she lost the sight in her right eye, she was able to return to work in 2004. She died on December 9, 2019 in Djursholm, Sweden.

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 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.

If you would like to become a member of the Friends of Lucia and help support this long-standing tradition of the Club, you can either mail a check along with this form, or donate online via the link at <http://swedishclub.org>.

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



MEMBER UPDATES & ANNOUNCEMENTS

Share your Swedish Family's Recipe!

We are gathering recipes from members and friends to create our own Swedish Club's Recipe book! Please submit your Swedish recipes to recipes@swedishclub.org for publication. Share any photo or story to accompany your entry.

Example and true:

Teophilus Nils Mauritz was my great grandfather. He was born in Västra Torup, Skåne in 1875. This is my family's recipe carried down from my grandmother's kitchen as she knew T.N. and Sallie very well living in Ganado, Texas.

Yustakaka

2 gallons of milk

7 eggs—beat

1 cup of sugar (heat milk to luke warm and mix)

6 Junket-Renet tablets—dissolve in one cup of water

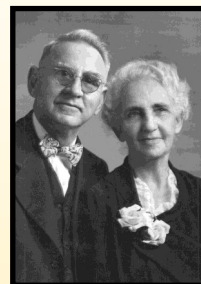
Add to milk mixture and let set for 30 minutes.

Cut in squares and pour into colander to separate curds from whey.

Leave just a little whey.

Add vanilla, almond and cardamom seed.

Pour in oleo greased pan and bake at 275 degrees for one hour.



T.N. & Sallie Mauritz