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## Smörgåstårta - The Quick and Easy Way



The **Smörgåstårta** (sandwich tart) frequently served in Sweden as the main course at celebrations and gatherings may best be described as a saltier version of the layered coffee cake featuring whipped cream, fruit, or chocolate, offered as dessert. Your imagination is the only boundary to what ingredients can be used for the Smörgåstårta, from the shape, whether round or square, to the number of layers, the type of bread, wheat, rye, white etc., and of course any choice of sliced or pickled vegetables, sauces or meats, seafood, pork, chicken or red meat, usually neatly sliced or chopped to conform with the shape of the cake. All that makes for a delicious blend of nutritious and filling ingredients. A couple of conventional tarts are pictured herein, one seafood, the other red meat based.

Much like any dish, depending on ambition and occasion, a properly prepared Smörgåstårta calls for varying degrees of preparation, selection, and shaping of the bread base used for the layers, often some pre-cooking of meat ingredients, blending of various spreads, along with the all present patience awaiting completion of various stages, often overnight to allow for adequate soaking of ingredients to provide the right texture prior to serving. Needless to say it can often be quite an involved and elaborate undertaking to prepare the perfect Smörgåstårta.

That said, what can be done to simplify the process? The answer is probably, a number of things, but let us here highlight the usually rather laborious step of selecting bread base that is stiff enough yet not too hard, and that can be readily formed into identical shapes that can be symmetrically layered atop each other, and not the least also can be cut into convenient slices. So now we are coming to the simple or novel part where we can bypass this somewhat tricky stage of preparation simply by taking advantage of ready-made circular bread already available in the market place, albeit not originally intended as base layer for the Smörgåstårta.



The answer is the round rye-based crisp bread available in IKEA stores, such as the one in Houston. That makes for a fast and easy way of preparing a Smörgåstårta using whatever ingredients one might fancy, resulting in a delicious tårta in less than half an hour, that can perhaps rather surprisingly be cut into neat slices for up to eight diners, the trick of course to use enough of the right type of spread to provide the moisture needed to cut through the bread. The appearance of the cake is a little bit similar to a pizza. Now, by all means go ahead and experiment and tell us about your delicious culinary inventions with a touch of Sweden.

## Sweden World Series Champions in Ice Hockey – Second Year in a Row



Team Sweden was the winner of this year’s ice hockey world championship held in Denmark. Better known amongst fans and pundits as Tre Kronor (Three Crowns) the team beat Switzerland in a 3-2 penalty shoot-out in a hard fought final, breaking a 2-2 tie in the regular game. Match heroes for the Swedes were Filip Forsberg and Oliver Ekman-Larsson having scored the two goals, conquering the decisive penalty session two to one, goaltender Anders Nilsson, superbly defending against intrusion along with Gustav Nyquist and Mika Zibanejad, one goal each in regular play. Incidentally, those club members who attended the 2016 National Day Celebration may recall Gustav Nyquist being part of the quiz for lending his name to the Thoroughbred horse Nyquist, winner of the 2016 Kentucky Derby. Mika Zibanejad, son of an Iranian father and a Finnish mother grew up in Sweden and speaks at least four languages, Swedish, English, Farsi and Finnish. As an apropos, when interviewed by a news team from Finland, he cited “inability” to speak in Finnish due to the exhaustion experienced during the match, yet to the delight of the news crew went on

to respond in perfect Finnish. Many of the players have daytime jobs in the National Hockey League (NHL), and attributed their world championship success to some degree on their teams having been eliminated early in the NHL playoffs, providing the NHL players the opportunity to focus on the world games instead for Team Sweden. The championship was the eleventh over all for Sweden and second in a row, having defeated Canada in the 2017 tournament hosted by France and Germany. Way to go!



## SWEDEN: Facts about Sweden



Sweden is one of the largest countries in Europe by area, with great diversity in nature and climate. Its distinctive yellow and blue flag is one of the national emblems that reflect centuries of history between Sweden and its Nordic neighbors.

It is a sparsely populated country, characterized by a long coastline, extensive forests and numerous lakes. It is one of the world's northernmost countries. In terms of surface area it is comparable to Spain, Thailand or the American state of California. Sweden's borders have been unchanged since 1905 and the country has not been at war since 1814.

### Interesting Facts:

- Sweden is so good at recycling that it has run out of rubbish and imports 80,000 tons a year from Norway.
- After Norway banned *Life of Brian* for blasphemy, it was marketed in Sweden as "The film that is so funny that it was banned in Norway!"
- North Korea owes Sweden €300m for around 1,000 Stolen Volvos and every 6 months Sweden sends them reminders.
- Blood donors in Sweden are sent a text message every time their blood is used to save a life.
- Researchers in Sweden developed a blood test that accurately detects cancer 96 percent of the time and classifies the type of cancer correctly 71 percent of the time
- Sweden pays high school students \$187 per month to attend school

Sweden experiences sharp contrasts between its long summer days and equally long winter nights. In the summer, the sun stays in the sky around the clock in the parts of Sweden that are north of the Arctic Circle, but even as far south as Stockholm (59°N) the June nights have only a few hours of semi-darkness. Latitudinally Stockholm is about half way between Houston (30° N) and The North Pole (90° N).

Considering its geographic location, Sweden enjoys a favorable climate. This is mainly because of the Gulf Stream, a warm ocean current that flows off Norway's west coast. Scandinavia has been completely covered by ice during several periods of history.

The most recent Ice Age ended only about 10,000 years ago, and the weight and movement of the ice sheet had a profound effect on the landscape. The hard outcrops of underlying rock were polished into the rounded shapes characteristic of Sweden's archipelagoes, and hollows were deepened into valleys and lakes.

With its variety of landscapes, Sweden has everything from bears and wolves in the north to roe deer and wild boar in the south. The country also has a wealth of flora and aquatic life, which contribute to its biological diversity.

Much of the Swedish terrain is dominated by coniferous forests such as pine and spruce, with large forests of deciduous trees such as birch and aspen in the south. Because of their limestone-rich bedrock and favorable climate, the islands of Gotland and Öland and parts of the Scandinavian mountain range have an interesting flora that includes numerous varieties of orchid.

## SWEDEN: Facts about Sweden



### Interesting Facts:

- “Fika” is a concept in Swedish culture that means “to have coffee, cake, and a chit-chat”. It’s a big part of the culture and most companies have two daily fika breaks at 9 am and at 3 pm.
- Sweden and Finland are the only countries in the world that have earned a medal at every Olympic game since 1908.
- Coca-Cola sales in Sweden often drop more than 50% during Christmas, due to the tradition of drinking Julmust.
- In October of 1981, a Soviet Whiskey-class submarine ran aground on the south coast of Sweden. This incident became known as “Whiskey on the rocks”.
- The oldest living tree is a Norway Spruce in Sweden which is approximately 9550 years old. This would make it around 3000 years older than the invention of writing .
- Sweden has the largest scale model of the solar system in the world. It is on the scale of 1:20 million and stretches 950 km across the country .
- In 1967 Sweden switched from left-hand driving to right-hand driving. All vehicles had to come to a complete stop at 04:50, then carefully change to the right-hand side of the road and stop again before being allowed to proceed at 05:00.
- A city in Sweden uses light therapy in bus stops to combat depression during winter when 19 hours of the day are darkness.



*Naturum Vattenriket*

Along with its beautiful scenery, Sweden has a rich and varied wildlife. The wolf for example is expanding its habitat across northern and central Sweden. Bear, lynx and wild-boar populations are also increasing. Throughout the country there are large numbers of elk (moose), roe deer, foxes and hares. The elk is a great prize for hunters but is also a traffic hazard. Hunting is closely regulated, and many species of animal are completely protected. Winter bird life in Sweden is dominated by a few species, but summer brings large numbers of migratory birds from the south.

With its long coasts and many lakes, Sweden also has a rich variety of aquatic life. Fish species vary from the cod and mackerel of the salty Atlantic to the salmon and pike found in the far less saline Gulf of Bothnia and in lakes and rivers. Herring and the smaller Baltic herring used to be an important staple food, but today are seen more as delicacies.

In 1910, Sweden became the first European country to establish national parks, mainly in the mountainous districts of Norrland (transl. North Land). This helped save part of Europe’s last wilderness from exploitation. Numerous nature reserves and cultural heritage areas have also been established across the country.

Under the Right of Public Access (*Allemansrätten*, literally *Everyone’s right*), anyone is entitled to hike through forests and fields and pick berries and mushrooms, without asking the landowner’s permission, but this right also carries with it an obligation to respect the natural environment and private property.

Source: [www.sweden.se](http://www.sweden.se), copyright 2013-2018 Swedish Institute. The reader is recommended to consult this site for further information about Sweden covering a wide range of areas.

## Summer Reading about Swedish Traditions

**We would want to bring attention to two relatively recent books about Swedish traditions and the much beloved Swedish custom of Fika.**

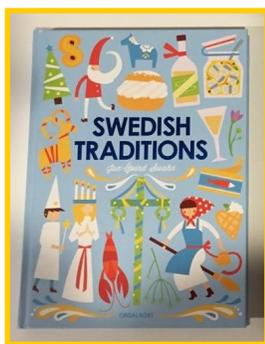


**Swedish FIKA, From Deli Sandwiches to Cakes and Coffee,**

Milo Kalén, Tine Guth Linse,  
2016, Kakao Förlag, Box 1505,  
221 01 Lund, Sweden,  
ISBN: 9789187795138

The Fika is in essence a mid-morning or mid-afternoon coffee break enjoyed with a wide range of delicious baking goods. The book "Swedish Fika" covers the gamut of pastries, cakes and sandwiches, even soups and salads for light lunch before the Fika. You will of course find the cinnamon bun, probably one of the favorites and most common pastries accompanying the Fika.

Just as an aside, many have wondered where the word Fika comes from or how it was derived. There are many theories from linguistically complicated roots to the relatively straightforward explanation that it would come from the expression "fika efter någonting gott" or in English "hanker for something good". Makes sense, doesn't it, but we can leave the analysis of all the purported origins till another time or Newsletter. It might also be related to backward Swedish, like kafi, fika, thus from so-called fikon-språk or code-language often attributed to experts speaking amongst themselves.

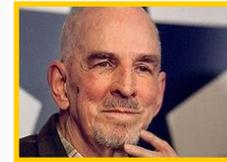
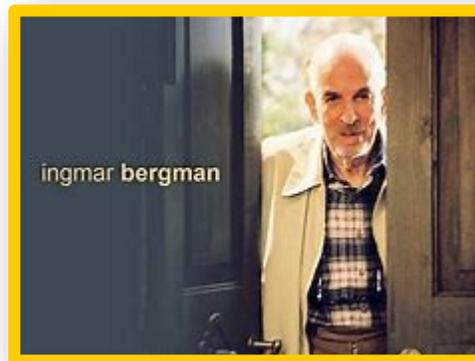
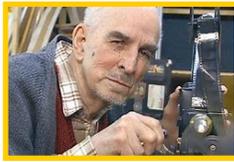


**Swedish Traditions,**  
Jan-Öjvind Swahn,  
Ordalaget Bokförlag,  
Originally published in 2012,  
English Language edition 2017,  
[www.ordalaget.se](http://www.ordalaget.se),  
ISBN: 978-91-7469-040-8

The book about Swedish Traditions is another great book touching upon many of the traditions honored by the Swedish organizations of Houston, such as the Swedish Club, by way of various events organized throughout the year. The book is a great primer for getting up to speed with the background and practice of these ancient traditions of Swedish culture.

Pictures of the covers of both books are given here along with full names and publisher information for those who wish to order copies. Please be sure get your self a copy, promising to be a lot of fun reading for the summer, as well as good reference material for future use. Also, forgot to mention, these books are both available in English!

## Ingmar Bergman Centennial Celebration



1918-2007

This summer there will be six Bergman commemorative movies shown at the Houston Museum of Fine Arts (MFAH) courtesy of the Swedish Film Institute, Ingmar Bergman Foundation and Janus Films with funding from Vaughn Foundation, listed as follows:

**Crisis** Friday, August 24th at 7pm

**Summer Interlude** Friday, August 24th at 8:45pm

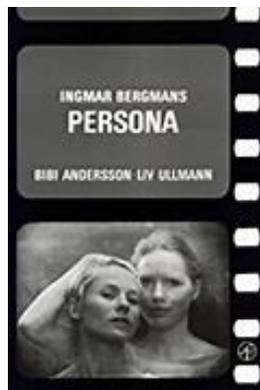
**Secrets of Women** Saturday, August 25th at 5pm

**Sawdust** Sunday, August 26th at 5pm

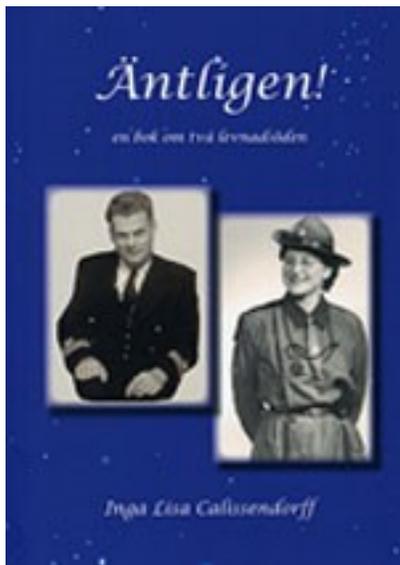
**Summer with Monika** Sunday, August 26th at 7pm

**A Lesson in Love** Sunday, August 31st at 7pm

Continuing in September there will be 18 additional films (to be announced) screening at the Museum and Rice Cinema, with generous funding from the Vaughn Foundation. The Consulate General of Sweden is recognized with Special Thanks. Be sure to add to your calendar.



## Book Review



Det finns en massa roande, lärorika och spännande böcker som tyvärr drunknar i den strida bokfloden där storförlagens många gånger spekulativa skräpromaner flyter omkring som hungriga krokodiler. Många läsare slukas av krokodilerna och läser folk någon av dessa udda romaner är det mest en slump. 2008 kom boken *Den gråtande bussen* ut. Författare var Inga Lisa Calissendorff som levt nästan hela sitt långa liv i Texas, men som på gamla dar flyttat hem till det Sverige där hon föddes 1924. Det var en superoriginell sannsaga om hur fyraåriga Anna Lisa 1928 av sin far fick en gammal skrotbuss att ha som lekstuga. Att jag fick kännedom om boken berodde på min älskade barnjungfru Beth som nu är 94 år, men vid god vigör. Bussen hade nämligen – när den var en buss – ägts av hennes far.

Av Inga Lisa Calissendorff

Atremi AB 2013

ISBN 978-91-7527-056-2, 118 sid

I juli 1952 inbjöds Anna Lisa av en farbror och faster till Texas i USA. Hon reste över med "Gripsholm", som på 11 dagar tog henne till New York. Man seglade förbi Frihetsgudinnan och såg det nya italienska skeppet "Andrea Doria", som något senare kolliderade med svenska "Stockholm" och sjönk.

Anna Lisa utbildade sig och sökte platser. Hon jobbade bl a som mottagningsköterska och fick sedan en fin befattning på en stor kemikaliefabrik. Det var inget hinder i Texas att vara invandrare, det var tvärtom "något fint som alla respekterade".

Men allt var inte idyll. Vid en konsulatfest blev Anna Lisa våldtagen och med barn. Att göra abort var det fängelsestraff på. Hon skrev sig ur krisen och det hon skrev finns med i boken.

1948 mötte hon mannen i sitt liv – även han svenskfödd. Gusten (August) hette han och var från Dalarna. Han hade tjänstgjort vid svenska flottan och blivit svårt brännskadad vid en brand på det svenska lastfartyget Sveaborg. Valentindagen 1975 gifte de sig efter diverse förvecklingar. På bröllopsdagen sa Gusten flera gånger: "Äntligen!". Därför heter boken så.

Att komma in i USA hade varit lätt och alla hade varit välvilliga och hjälpsamma. Annat var det när paret beslöt sig för att återinvandra till Sverige. En nitisk tjänsteman i Linköping var full av tvivel och till och med deras tjuugoett år gamla äktenskapsbevis misstrodde han. Jag måste säga att jag skäms både som svensk och Linköpingsfödd!

Men till sist fick de svenskt medborgarskap och nya födelsenummer 2002. Året därpå brast Gustens aorta. Han klarade sig men fick en liten hjärtattack 2006. 2009 fyllde han nittio år och sade: "Jag är en lycklig man som lever idag." 2010 blev han sjuk igen och dog 23 mars. Anna Lisa fick honom balsamerad. Hon behöll honom så i hemmet till begravningen. Den 18 juni 2010 sänktes på Gustens önskan urnan i Östersjön.

*Äntligen!* är en ovanligt intressant bok, full av erfarenheter, andligt mod och livsvisdom. Den är lätt att läsa och har mycket tröst att ge och kunskap att dela med sig av. Jag har gråtit, skrattat och lärt mig behärska livet bättre. Jag känner mig stärkt inför motgångar. Boken är värd en stor läsekrets!

Boken är en Aliberta-bok utgiven av Atremi AB, Axstad Södergård 59594 Mjölby. E-post: [info@atremi.se](mailto:info@atremi.se), [www.atremi.se](http://www.atremi.se)

JEAN BOLINDER

**Taggar:** Biografi, svensk-amerikansk

Dast.nu, Dast Magazine

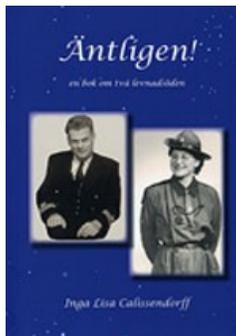
## Book Review

### AT LONG LAST! A book about two fates of life (In English)

Feb 4th, 2014 | By ansvarig | Category: 2014-02 feb, Recension



Inga-Lisa



There are lots of amusing, informative and exciting books, which unfortunately too often drown in a torrent of books, where speculative novels of the junk genre produced by large publishing companies oftentimes dominate much as hungry crocodiles. Many readers are devoured by the crocodiles and should people read one of the more uncommon books it is mostly due to chance.

The book *Den Gråtande Bussen* (The Weeping Bus) was published in 2008. The author was Inga-Lisa Calissendorff, who had lived in Texas for almost all her long life, but who had relocated back to her native Sweden, where she was born in 1924. It was an extraordinarily original and authentic true story on how four-year old Anna-Lisa in 1928 had been given by her father an old disposed bus for her use as playhouse. That this came to my knowledge at all was due to my beloved nanny Beth who at the time of this writing is 94 and in good shape. The bus had namely when still used as a bus been owned by her father.

Anna-Lisa was invited in July 1952 by an uncle and aunt to visit Texas in the United States. She made the crossing on the "Gripsholm", which took her to New York in 11 days. Arriving in New York harbor they sailed by the Statue of Liberty, seeing the new Italian ship "Andrea Doria", which a few years later sank after colliding with the Swedish liner "Stockholm". Anna-Lisa received an education and applied for positions. She worked for instance as nurse in a doctor's office, and later acquired a good position at a large chemical company. There was no hindrance in Texas for immigrants, on the contrary it was something coveted and respected by everyone. But everything was not idyllic or hunky-dory. At a celebration at the consulate Anna-Lisa was violated and became pregnant. At that time abortion was punishable by imprisonment. She wrote herself out of the crisis, and what she wrote is included in her book. She met the man of her life in 1948, also he was born in Sweden. His name was Gusten (August), and he came from Dalarna. He had served in the Swedish Navy and had sustained serious burn injuries aboard the Swedish cargo vessel "Sveaborg". They married on Valentine's Day 1975 after some complications. On the wedding day Gusten uttered many times Äntligen - At Long Last. That is the reason for the book's name. Coming to the United States had been easy and everyone had been friendly and helpful. A wholly different story was it when the couple decided to re-immigrate to Sweden. A zealous official in Linköping exuded doubt and even to the point of distrusting their twenty-one year old certificate of marriage. I have to say that I'm ashamed both as a Swede and native born Linköpinger! But at long last in 2002 they received their Swedish citizenship and social security numbers. The year after Gusten's aorta burst, he made it but had a minor heart attack in 2006. In 2009 when he turned 90 he said: "I am a lucky man who is alive today". He fell ill again in 2010 and passed on March 23. Anna-Lisa had him embalmed. She kept him so at home until the funeral. On June 18, 2010 according to Gusten's wish his urn was lowered into the Baltic. Äntligen is an extraordinarily interesting book, full of experiences, spiritual braveness and wisdom of life. It is easy to read, offering lots of consolation and knowledge to share. I have weeped, laughed and learned to better master life. I feel strengthened faced with setbacks. The book is worthy of a large readership!

The book is an Alberta book published by Atremi AB, Axstad Södergård 59594, Mjölby, E+postÖ [info@atremi.se](mailto:info@atremi.se), [www.atremi.se](http://www.atremi.se)

### JEAN BOLINDER

Jean Bolinder born December 5, 1935 in Linköping is a prominent Swedish writer. He has written a large number of books and papers. More can be found, [https://sv.wikipedia.org/wiki/Jean\\_Bolinder\\_\(författare\)](https://sv.wikipedia.org/wiki/Jean_Bolinder_(författare)).

# SWEDISH CLUB OF HOUSTON



## Member News

**Chloe**



Born Friday, March 2,  
2018 2:39pm  
8 lbs. 11 oz. 21.5



**Daniel and Liane** are happy to announce their first addition to their family- Chloe Soukup Chlebowski. She was born Friday, March 2, 2018 at 2:39pm at The Woman's Hospital of Texas. She was 8 lbs. 11 oz. and 20.5 inches long. Parents are Liane Soukup and Daniel Chlebowski with Liane serving on the SCH board since 2013. She has helped organize the raffle events at the annual Lucia. Liane's maternal side of the family has ancestral ties to the Jonkoping area of Sweden. The couple looks forward to introducing Chloe to members at future events.

**Inga-Lisa Calissendorff**  
1924-2018



Inga-Lisa Calissendorff passed away in a massive stroke Saturday, May 19th, 2018. She was 93 years old when she passed away in Linköping, Sweden. She was a founding member of the Gulf Coast Scandinavian Club, the Swedish Club of Houston and the Scandinavian Folk Dancers. Inga-Lisa and her late husband Gusten lived in Dickinson for many years.

She was the author of the book *Äntligen* (At Long Last) recited by Jean Bolinder in the current issue of the Newsletter.

This picture was taken on her 90th birthday, November, 2014

# SWEDISH CLUB OF HOUSTON



## Member News

### Carrin Mauritz Patman 1932-2018



Carrin Foreman Mauritz Patman passed away on May 22, 2018 in Austin, Texas.

Carrin was born on March 1, 1932 to Fred Mauritz, a Jackson County farmer, rancher, and businessman, and Carrin Foreman Mauritz, one of Texas' first female school superintendents. Her mother died in childbirth, so her father brought her to Ganado to be surrounded by family and two loving aunts, Jen & Sallie Mauritz.

As a young girl in Ganado, Carrin licked stamps and knocked on doors for her father's successful campaign for the Texas Senate, beginning a deep interest in the Democratic process and public service that remained a constant throughout her life. After her father, Fred Mauritz died of cancer, she moved to Austin and lived with her Aunt Jen. They traveled the world and enjoyed many fun adventures together.

Carrin graduated with honors from the University of Texas in 1954 with a degree in philosophy and English. In the meantime, at Barton Springs, she met law student Bill Patman, who bought her a double-frosted root beer, became enchanted with her keen intellect, charisma and radiant beauty. Soon after their marriage, Carrin and Bill settled back in her hometown of Ganado, where Bill managed the family farming, ranching, and business interests and Carrin became involved in all aspects of the church and community. She led a two-year campaign to establish an elementary school library in Ganado, insisting that it be equipped with a broad spectrum of books, be a state-of-the-art and inviting space, and be air-conditioned, unlike any other room in the school. The library won an award from the American Library Association, and Carrin was made a lifetime Honorary Member of the Delta Kappa Gamma Society for Outstanding Women Educators.

In 1960, Bill Patman ran for the Texas Senate seat held by Fred Mauritz twenty years before. The campaign was the first of many that Carrin managed for Bill during his 24 years in public service. In 1961, Bill was sworn in as a State Senator, where he served for 20 years before moving to the United States Congress for four years.

As the grandchild of Swedish immigrants, Carrin also made a mission of promoting her Swedish heritage. She raised over \$1 million to establish the Swedish Studies Excellence Endowment in the College of Liberal Arts at the University of Texas at Austin. The Endowment supports scholarships, fellowships, symposia, study abroad opportunities, lectures, and cultural exhibits and performances. In 2003, on behalf of the King and the government of Sweden, Carrin was inducted into the Swedish Royal Order of the Polar Star, the highest honor the Swedish government can bestow upon someone who is not a Swedish citizen.

Complete Obituary is Published in Houston Chronicle from May 30 to May 31, 2018.