

# FLAGGAN

To preserve, teach and celebrate Swedish heritage.

Fall 2020

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## MISSION STATEMENT

*Through its arts and educational programs and its permanent collection, the Swedish American Museum interprets the immigrant experience for children and adults and promotes an appreciation of contemporary Swedish-American culture.*

### FLAGGAN

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## Dear members,

It is now October and we have slowly adjusted to a new way of living with social distancing and wearing face masks. There are many things to be thankful for and one is the connection with friends, both old and new, via Zoom or with a healthy distance from each other at an outside restaurant or place.

It seems that many of us have picked up past time hobbies like crafts, sewing, knitting, and of course cooking and baking. I have always loved cooking and baking but with less time available during many years it's been quicker meals during the week while making special dinners and baking during the weekends. We are really enjoying eating homemade meals more and I have also ventured into sourdough baking.

When I was growing up in Sweden with my sisters and parents, we would pick apples in the fall from the apple trees in our yard, and Dad would carefully store them in single layers on homemade wooden trays in a dark area of the basement so we could have fresh apples all winter. Mom made wonderful apple cakes and apple pies and sometimes we would have homemade apple sauce for our morning cereal or pancakes. In late summer and early fall it was all about lingonberries and cloudberries, picked in the woods around our cabin in Storbo, Dalarna (a small town northwest of Idre towards the Norwegian border).

In addition to fruit and berries, we had a small garden with potatoes, carrots, and bushes with red currants and gooseberries. We often had fish that Dad caught and Moose meat during the hunting season. Although most of our food was purchased in the local grocery store there was always something on the table that was picked or grown by our family.

Today it is a little different. When Kathryn was young, we would drive to an apple orchard to go apple picking and get our pumpkin for Halloween. The fresh produce is purchased from the local Farmers Market. The wonderful flavors of newly picked produce is what probably draws many of us to Chicago's Farmers Markets, and here in Andersonville we are fortunate to have a market on Wednesday afternoons. It's been part of our community for over 10 years and many vendors have been part of it since the beginning. Some years, the market continues into the winter at the Swedish American Museum and this year we will have a short winter market on Sundays in November at this year's location on Catalpa between Clark and Ashland.

Here at the Museum our food selection and offering of food items has initiated many conversations in the store. Our traditional Herring Breakfast was turned into a Herring Lunch To Go and it was a great practice for the upcoming holiday season. The need for many containers that can be packaged together so that cold food stays cold and hot food stays hot worked out pretty well. We hope that it will work for Julmiddag and Breakfast with Tomten as well. At this point we are planning To Go packages for those events.

Before we get to the holiday season we have to finish our Dala Dash miles and enjoy our upcoming Aspire! 2020 Virtual Gala. We hope to see many of you online on Saturday, Nov. 7 and also supporting the Museum by bidding on Silent Auction items online. If you need help – just give us a call.

Take care and see you in person or electronically until we can all gather safely together again.



*Karin M. Abercrombie*

*Lingonberries*

# The Wonder of Donations

*By Karin Moen Abercrombie, Bengt Sjögren and Elizabeth Peterson*

2020 has been a trying year. Fortunately, the generosity of a number of individual donors and foundations has enabled the Swedish American Museum to continue operating throughout the pandemic. We are so grateful for all of the support we have received. We are extremely happy to report that the Museum recently received its largest one-time donation in its 44-year history. Bo and Anita Hedfors have donated \$500,000 - \$400,000 of this gift will be the Bo and Anita Hedfors Endowment Fund, \$50,000 will be used for upgrades in our 5217 building, and \$50,000 will be used as a matching grant in 2021. This gift will help us to continue building for the future.

It is a very special gift and as Bo and Anita move back to Sweden in the fall of 2021, they will be in our hearts. Their support of the Museum, our Children's Museum and the new Water Tower will forever remind us of their generosity and spirit. Bo and Anita Hedfors moved to Chicago in 1998 and in 2003 relocated to La Jolla, CA. They were active with the Museum during their time in Chicago and have continued their involvement during the last 17 years; often attending our annual Gala, other times for a visit to see friends and always stopping in at the Museum for an update and to give their encouragement.

The Swedish American Museum is also very fortunate to have a large group of members, donors, and friends who support the Museum with memberships, donations, store purchases, attending programs and events, and enjoying fresh baked items at our Pop-Up Café's or with curbside pickup. The Museum has continued to stay strong thanks to all of you and your support, this year especially. The financial support and response we have received from our fundraising events is truly special, and it gives us strength and energy. It also makes it possible for us to offer a wonderful mix of exhibits, programs and events. To supplement the donations, we usually receive money from daily admission and special events. Without this supplemental income, this year it is a little different and ongoing financial support is very much needed.

Your financial support of our operations is how we make it every year. We hope that one day we will be able to save more for the future and grow our endowment. A larger endowment will offset the expense of annual operating needs with the investment income generated. The wonderful gift from Bo and Anita Hedfors is larger than many of us can even think of giving. But we all hope that it will give us the assurance that working together, the Swedish American Museum will remain strong, vibrant and always be the cornerstone of our Swedish heritage in Chicago.

## A Letter from Bo Hedfors

Anita and I moved to Chicago from Dallas, TX in 1998. We became members of the Swedish American Museum in 1999.

I first learned of Andersonville through my uncle, Bertil Hedfors, who lived in Lake Forest until his passing in 1984. Bert did many of his material and tool purchases at Lind Hardware on North Clark. His name is proudly displayed on the Immigration Wall of Honor.

The Museum has a very special place in our hearts and stands out as a landmark in the Chicago area, creating a meeting place for young and old to experience the Swedish Immigration to the USA, to celebrate Swedish culture and traditions and promote Swedish-American art and music.

The Museum will celebrate its 50 year anniversary in 2026 and our contribution should be viewed as a cornerstone to continue the expansion of the Museum with the goal of building an innovative stage (together with other donations) for the next 50 years. But as Karin points out, first we have to celebrate the 45 year anniversary and 20 years for the Children's Museum next year, 2021.

Over the years we have enjoyed the friendship of the Museum including elegant fundraising balls, concerts, exhibitions and superb ball committee dinners.

Why donate now? Two major reasons: We want the Museum to come out stronger after the pandemic, when we all return to the new normal and in October of 2021 we are scheduled to move permanently back to Sweden after 30+ years in the US. However, we want to make it clear we plan to stay close to the Museum and offer our support as life trustees (awarded life trustees recognition in 2013).



# Swedish-American Recipes

*By Catherine Selen*

Many Swedes who come to America are surprised to learn how Swedish food has evolved across generations in the US. Have you ever tried a Swedish Egg Coffee? While in name this claims Swedish heritage, the drink was popular in many Scandinavian-American communities across the Midwest, often shared in churches that welcomed immigrants from all of the Nordic neighbors. To crack an egg over your coffee prior to brewing is said to prevent grounds from tainting your perfect morning cup, while imparting only a teeny tiny bit of egg flavor to your fika. However, you'd be hard-pressed to find this morning brew at any Stockholm Café.

Similar to language, family recipes and food traditions experience a sort of divergent evolution in immigrant communities across the world. Like beloved stories being passed from one generation to the next, we find ways to recreate and reimagine the nostalgic flavors that remind us of home and bring us closer to our ancestors.

One such way we can honor this heritage is by enjoying tasty imports that we might remember from spending time with family members in Sweden. Hard to find cheeses, such as Präst and Farmer's Cheese, bring us back to breakfast at a sommarstuga with a basket of knäckebröd and a wooden butter spreader at the ready. Marabou chocolate and loose candy might transport you to one lucky Saturday with your aunt, carefully crafting your very own Pick-n-Mix at ICA. Ballerina cookies and those pretty round Nyåkers pepparkakor tins remind you to pause for a fika in times of stress! And while you're at it, why not try that famous Swedish Egg Coffee?

How have your own family recipes evolved through the years? Try more Swedish-American delicacies at home with the classic collection "Swedish Recipes Old and New" by the American Daughters of Sweden, available at the Kerstin Andersson Museum Store. You can also stock up on those hard to find baking ingredients and all your favorite Swedish cheeses, candies and cookies during your visit!

## **Pepparkakor Pumpkin Paj**

Like many Swedish-Americans, I have a deep love for pepparkakor. I remember my farfar showing us how to properly hit the cookie in our palms so it would break into three pieces for good luck (or, to make a wish!) A few years ago, I had a box of Anna's Swedish Thins, a can of pumpkin, and a Friendsgiving celebration in 3 hours,

so I started to improvise. Like I'd done before with graham crackers, I crushed the pepparkakor into a fine crumb, poured a generous dose of melted butter, and molded the crust around a pie dish before adding a standard pumpkin pie filling. "Holding my thumbs," I hoped it would turn out and was overjoyed when I tasted it. The mix of spices and the way the cookies expand as they absorb the butter and heat is divine! I have since perfected the method, and tweaked the filling to incorporate more complementary Swedish flavors. This works great as a muffin tin tart as well!

## Pepparkakor Pumpkin Paj

*Prep: 20 min.*

*Cook: 45 min.*

*Serves 8*

### Ingredients

#### Crust

*1.5 cups of crushed pepparkakor  
(about 1 box of Anna's Pepparkakor, or 20-25 cookies)  
6 tbsp. melted butter*

#### Filling

*15 oz pumpkin puree  
14 oz can sweetened condensed milk  
2 large eggs  
1 tsp. ground cardamom  
1/2 tsp. Chinese five-spice  
1 tsp. cinnamon  
1/2 tsp. salt*

### Instructions

- 1) Preheat oven to 425° F. In a gallon freezer bag, crush one package of Anna's Pepparkakor (or 1.5 cups) into a fine crumb. Combine melted butter and the cookie crumbs in a medium bowl and fold until a loose dough forms. Press crust into 8"-9" pie dish and cool in freezer while you prepare filling.*
- 2) Mix pumpkin, sweetened condensed milk, eggs, spices and salt in medium bowl until smooth. Pour into chilled crust. Bake 15 minutes.*
- 3) Reduce oven temperature to 350° F and continue baking 25-35 minutes. Pie is finished when a knife inserted 1" from the crust comes out clean!*

*Smaklig måltid!*



# Swedish Food in Chicago

## *Lost Larson*

Lost Larson is a neighborhood bakery located along Clark Street in Andersonville offering morning baked goods, breads, pastries and café food. The name comes from the 'lost' last name of the owner, Bobby Schaffer, who claims both Swedish and Danish heritage. The bakery aims to celebrate some of the classics found in Swedish bakeries while also blending with American favorites. The bakery mills all of the whole grain flour that goes into their products on a stone mill in the bakery, using grains grown by organic farmers in Illinois. Some of the favorite items at Lost Larson include the lingonberry almond cake, cardamom buns, cinnamon rolls and princess cake. Lost Larson is a great spot to have a fika on their back patio or to grab a loaf of limpa to enjoy at home.





## *Tre Kronor & Sweden Shop*

Opened in 1992, Tre Kronor is where owners Larry Anderson and Patty Rasmussen strive to create an amazing experience with roots in their Scandinavian backgrounds. The most commonly requested packaged food at Tre Kronor is the meatballs, which they sell by the pound, followed by quiche. Closer to Christmas, they sell A LOT of pickled herring. In fact, the orders become too much for the servers to manage, so customers are directed to order through the Sweden Shop, which Larry and Patty took over in 2005.

At the Shop, which is just across the street from Tre Kronor, there is a selection of imported food and ingredients from Scandinavia, as well as a few offerings from England, Holland, Germany and France. Some of the most popular items are the chocolates, coffee and jars of lingonberry jam. But again, at Christmas time, the customers' focus shifts to Julbord items such as all the different types of pickled herring that they make, the imported cheeses, meatballs and Gothenburg, potato and prins sausages.

Because of the changed landscape of the restaurant due to Covid-19, Tre Kronor plans to offer many of the traditional julbord items prepared and packaged for consuming at home, including Jansson's temptation, pickled beets, pickled cucumbers, gravlax, rice pudding and many of the hot items as well.

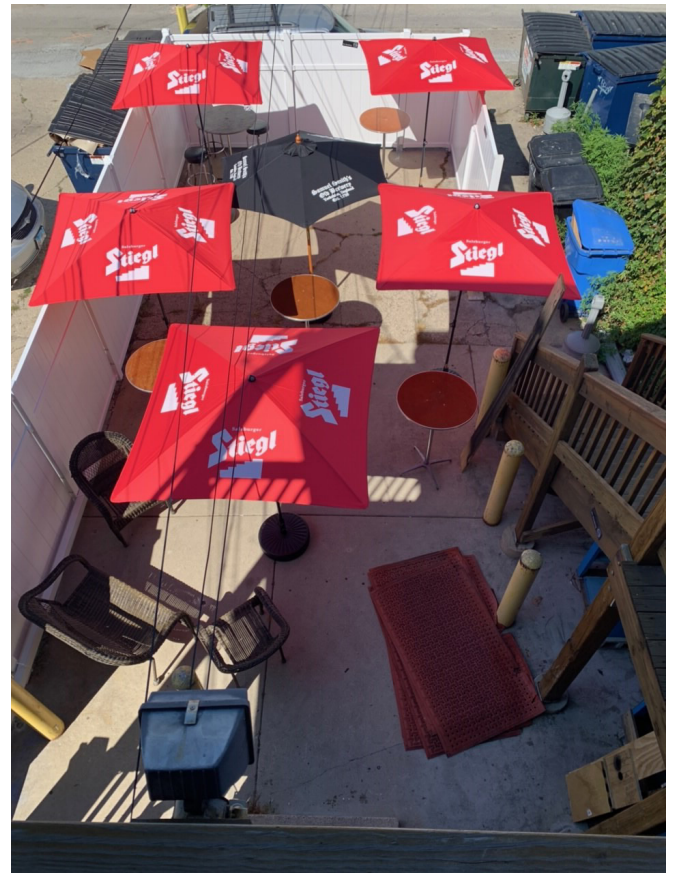


## *Simon's Tavern & SVEA*

Simon's Tavern was opened by Simon Lundberg in 1934. Simon moved to Andersonville in 1922 and opened a food store. During Prohibition the store was just a front for the underground speakeasy. Once Prohibition was over Simon could officially open his tavern.

Simon passed down the Tavern to his son Roy Lundberg, who later sold the bar to Scott Martin, the current owner, in 1994. Today, Martin continues to hold onto the tavern's history, keeping and maintaining Lundberg's original décor, art and more, including the original speakeasy.

Also owned by Scott Martin is restaurant SVEA. Offering traditional dishes like Swedish pancakes with lingonberries, Swedish sausage, and Swedish meatballs, a great place to taste Sweden in Chicago. At the moment they are open Thursday through Sunday 7 a.m. - 2 p.m. They are offering take-out and some indoor seating but mostly outdoor seating. SVEA is now accepting credit cards!



# Store Selection

The Museum Store is continually expanding its online selection. You can place an order for pick up or shipping. If you are coming by to pick up make sure you take a look at our food and, on Fridays, freshly baked goods as well.

## Visit the Museum Store for all of your favorite Swedish foods!



# Volunteering for Food Events

By Caroline Gerbaulet-Vanasse

One thing that has become evident over the years that I have worked at the Museum is how popular food is. Cooking, baking, and the resulting food is beloved by just about everyone. Therefore, it should come as no surprise that during a typical year our food programming, from pop-up cafe's to Julmiddag, are enjoyed by visitors and volunteers alike. In spite of the changes that have had to be made this year, food-related activities are still proving to be a hit!

Why is volunteering for food events so much fun? Is it the food itself? Is it that these types of programming tend to be popular with the public and thereby practically guaranteed to be interactive social opportunities? Let us hear from some of our beloved volunteers:

Liz Peterson shares a volunteer memory:

*"I took the food handler safety course in 2019 so that I could volunteer at the Museum's first food tent at Midsommarfest (I think the handwashing techniques from the course helped prepare me for the pandemic). I ended up running trays between the kitchen and the tent. I really liked the Swedish meatballs and the hotdogs with mashed potatoes. I am looking forward to having Midsommarfest in person again, and I hope we will continue to serve Swedish food. I also volunteered in the beer tent, which is always a lot of fun."*

Jerry Stemnock says:

*"While admitting a bit of bias, I will contend that those who volunteer for food-related events have the most fun of all. They watch as scoops of flour and sticks of butter come together with other good ingredients in what might almost be called magical combinations. They inhale deeply as the oven is open and the irresistible aromas fill the kitchen. Then they get to share the finished product with people who, if they weren't already smiling, certainly begin to smile when they see the cinnamon rolls or cardamom rolls or cookies or whatever. There are many useful tasks that volunteers can do. None is more satisfying than working with food."*

Sue Nordstrom adds:

*"I love the energy of the fellow volunteers and members attending the food-related events."*

Wayne Nelson shares:

*"It is especially fun to volunteer for food-related events. Everyone seems particularly friendly and in a great mood. Whether it is the Fried Herring Breakfast, Pancakes with Pippi or one of the pop-up cafes, the anticipation of eating the food runs high. An added bonus is the chance to chat and get acquainted with your fellow members."*



Baking class: Baking with Yeast 2019

Herring Breakfast 2019

Lena Billgren, who has helped make our fresh baked goods for Friday pick ups, shares: *“This year I have enjoyed helping out at Friday Baked Goods days with Karin. We’ve baked the favorite “kanelbulle” so many times we know the recipe by heart and we’ve also tried new recipes of other Swedish treats. Lots of fun and good memories!”*

Liz Peterson had another memory related to food events that the Museum holds: *“This isn’t related to volunteering... Last fall, I won a spot in one of Karin’s holiday baking courses at the Gala. I enjoyed learning how to make some traditional Swedish desserts and I really liked seeing the Museum’s new kitchen in action. Karin gave us the recipes for the desserts, and I was able to replicate them at home. I would highly recommend Karin’s cooking classes! They tend to fill up quickly, so keep an eye on the calendar or bid for a spot at the Gala.”*

Our volunteers and members love helping us do events that involve food, as the above attests! Thank you to all of you for supporting the Museum by eating!



Left:  
Julmiddag 2019

Right:  
Taste of Andersonville  
2019



# Curator's Corner

*By Emily England*

The Museum recently began a long-term endeavor to inventory and digitize our entire permanent collection of artifacts, starting with the artifacts in active use and on display in “Dream of America”! This process will not only create high quality digital images of every artifact in our collection, but it will also standardize our collections data in a way that will eventually make our collections database accessible to the general public online! Though it will be a very long process, someday you’ll be able to browse through the entire Museum’s collection from the comfort of your home. In the meantime, you can look forward to seeing more high quality images of our artifacts being used in a variety of ways, including my future Flaggan articles.

Our first artifact digitized using this new process was examined by a recent researcher studying brännvin and related Swedish alcoholic beverages. Did you know Chicago’s iconic liquor Malört is Swedish-American? In the early 1900s, Carl Jeppson immigrated to Chicago and created the now-infamous Malört liquor in the 1930s. Malört is the Swedish word for wormwood, a key ingredient that gives the strong bitter flavors characteristic of the bäsk liquors inspiring Jeppson’s Chicago creation. The wormwood-based bäsk liquors are a type of brännvin, which means “burnt wine” in Swedish and includes liquors distilled from potatoes and grains, such as vodka and akvavit.

The new digitization procedures will allow us to capture close up details of artifacts so that even the tiniest of markings can be viewed without the need to handle the artifact and risk damaging it. Sometimes these details, like maker’s marks, can help us figure out long forgotten information about an artifact. Companies use maker’s marks to track things such as production details, artists’ work, and quality control. Later on, they help historians and other researchers match all sorts of information to objects, including manufacturer, dates, materials used, artists, and more.

As one example, this brännvin flask has a small maker’s mark stamped into its base. The mark consists of a crown logo and reads “Scandia Tenn, Karlsholm, B10” above a number of other pictographs, or symbols. Scandia Tenn could refer to a number of things, possibly the Swedish manufacturer Scandia Present AB located in Karlsholm or that the flask is made out of Scandinavian pewter (tenn means both tin and pewter in Swedish) – or maybe both. B10 is likely a code borrowed from the Swedish silversmith

industry that indicates the object's year of manufacture – in this case, B10 means 1976. The pictographs below “B10” likely indicate more specific information about the object's manufacture, such as point of origin, alloy composition, or possibly even individual artisans or workers involved in its manufacture. Unfortunately, pewter hasn't yet merited the same level of research tools developed for silversmiths' maker's marks, so it's much harder to determine the other markings' meanings, but that could always change in the future!



*Right: Our first artifact digitized with our new equipment!*

*Below: Maker's marks such as this often reveal secrets about an object's history.*



# Sweden and Allemansrätten

By *Elise Beck*

We've all experienced it: you're walking outside and notice wild berries or fruit growing off the path. You have the desire to reach out and eat, but you are unsure of the safety. So, you continue walking. Wouldn't it be great if you could eat it?

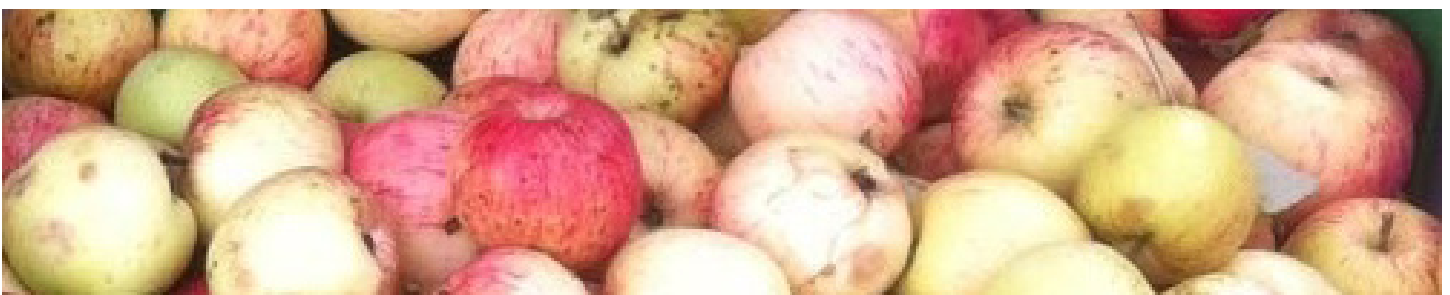
Foraging has a long history in Sweden. While searching for food in the wild is not native to Sweden by any means, the Swedish population has spirited this tradition into a modern time. Mushroom and berry foraging is an extremely popular pastime. Families, friends, and even coworkers will spend time together outdoors hunting for food, herbs, and flowers.

It is so popular in fact that a national law was put into effect guaranteeing the right for all to access Sweden's wilderness. It is called *Allemansrätt* and allows for people to walk, bike, boat, and forage anywhere. While private property is excluded, all public spaces and non-privatized lands are open for exploration.

Yet, how do the Swedes ensure safety? According to the Scandinavia Standard, there are two golden rules to follow: Be Careful and Be Considerate. Don't grab or eat anything unless you positively know what it is! If there are any doubts, leave it be. Secondly, don't clear out the forest! Cut above the root and don't take all the fruit off of a plant. Let the plants continue to grow so everyone can continue to enjoy foraging.

Lastly, if you feel afraid to try foraging on your own, no worries! There are chefs in Sweden that help you forage from nearby spaces. Afterwards, they help you cook using the collected goods! It is called *Edible Country* and has "tables" all over Sweden.

Foraging is a fun pastime that can connect you with the local nature. The best part is you can practice it anywhere! Just make sure to read up on local edible plants and to always be careful.







*Ted Logart/ imagebank..sweden.se*

*Picking Chantarells in Värmland*



*Miriam Preis/ imagebank..sweden.se*



# Swedish American Museum Staff Food Traditions

As this issue of *Flaggan* is about food and food traditions, we thought it appropriate to find out what food traditions the Museum staff holds dear.

## Communications Manager, Angelica Farzaneh-Far

When I grew up my grandmother and her sisters would make everything, and I mean everything, from scratch. I have so many memories of yoghurts resting, and sausages, brawn and liver pastes being made. But one of my favorites is a very regional dish, egg cheese or äggost. I have at times made my own yoghurt, and I love baking and do it all the time, but keeping the tradition of egg cheese alive is important to me. Egg cheese is made by slowly heating milk, eggs, vinegar and buttermilk (fil) until it curdles. Once it does it is placed in a star shaped mold layered with sugar so it can drain. It is served as a side dish on any celebratory smörgåsbord.



## Curator, Emily England

Every Christmas, my grandma would make my favorite holiday treat, her signature fudge – usually peanut butter, sometimes chocolate. I always wanted to learn to make it too but by the time I was tall enough to use the stovetop, she wasn't able to teach me and her recipe was indecipherable to me, who had never cooked anything more difficult than mac'n'cheese - what does softball have to do with candy? One day in fourth grade or so, I decided I had to have fudge so I went through every fudge recipe in all my mom's recipe books looking for ones where we had all the ingredients and I understood all the instructions. There was only one recipe. Making an appearance at almost every finals week, family gathering, and holiday celebration ever since, the new fudge, now colloquially dubbed "Emily's fudge", is famous among all my family and friends. It may not be exactly the same as my grandma made but change is inevitable to even the most stalwart of traditions, and it's one way I like to keep her memory alive – certainly the sweetest, with well over three cups of sugar!

## **Store Manager, Catherine Selen**

Like so many others, I have very dear memories of my grandma's chocolate chip cookies! Wonderfully crisp and golden on the outside but impossibly soft in the middle, just a little bit salty to balance the sweet, and with the perfect ratio of dough to chocolate in every bite. Each time we gathered at the family farm for the holidays, all the cousins would delight in the smells wafting from the kitchen as my grandma and her daughters prepared a buffet of our favorite desserts (only to be enjoyed after dinner!). I remember the well-loved cookie recipe card, a hand replication of the precious original penned in my mom's distinctive cursive, also made an appearance any time one of us had a sleepover, went to summer camp, or just whenever we were missing Grandma. Now, each time I am able to visit my mom, she makes sure to send me home with at least a dozen cookies and roll of dough to freeze just in case.



## **Marketing Assistant, Elise Beck**

Every Christmas morning after opening presents, my family sits down for a Christmas lunch. We always have roasted ham, mashed potatoes, green beans, and hot apple cider that my mother prepared the night before and earlier that morning. Now that my siblings and I are all of age, we often include wine! Once we finish eating, we take some time to relax by a fire. Then, for dessert we go back to the kitchen to make sugar cookies and spend time together decorating them with icing and sprinkles. I always loved, and still love, rolling the sugar cookie dough out because I got to make a mess with flour on the kitchen counter. As we have gotten older, this tradition has endured and sugar cookie decorating has continued but with the addition of spouses and friends!

## **Education Manager, Stacey Nyman**

Growing up, we gathered with my extended family to make homemade potato sausage. We would shop in Andersonville for all the essential ingredients and meet in the home of a relative. We used grinders that we would crank by hand and little homemade inventions to make the process easier. The kids all took their required turns but then would run off to play and sometimes sneak a hand into the cold water pot full of casings. Thinking back to that time I can instantly pull forward sights and smells of those special times. Food brings people together and often memories are formed that last a life time!



## **Member & Community Engagement Manager, Caroline Gerbaulet-Vanasse**

I am a consumer of food rather than a baker or a cook. My family's food habits are pretty globalized and to the best of my knowledge we do not have a unique recipe or tradition. They will correct me if I am mistaken. Instead of a specific special dish, I will share with you a memory that is close to my heart. Throughout my childhood my morbror (maternal uncle) Willy would invite me over for pancakes whenever I was visiting in Stockholm. In Sweden pancakes are not just for breakfast! Typically Uncle Willy would come fetch me, and we would walk the short distance to his apartment. Along the way we picked up ice cream. Other toppings I liked included his homemade jams made from berries he had picked himself. First task upon arriving at his place would be to "Find Tinto!" Tinto was his childhood teddy bear which he always hid for me to find. While making the pancakes we would observe the patterns that formed on the pancakes, and our favorite was when a "Sun" would appear. His pancakes were cooked in a big impossibly heavy pan, and I loved the one-on-one time with my favorite uncle!

# Dala Dash Virtual Race

The Swedish American Museum is hosting a virtual fundraising run. Run, walk or stroll your chosen distance before Oct. 31. We encourage you to challenge yourself as well as setting goals together with family and friends to see how far you can get. Your registration includes a t-shirt, Dala horse ornament and emails with healthy tips and encouragement until the end of the race. Three participants will be picked at random to win a prize.

Get together with family and friends and see how far you can get together!  
Here are some distances you can aim for:

## Distances connected to Dalarna in Sweden

Mora to Nusnäs (11K)

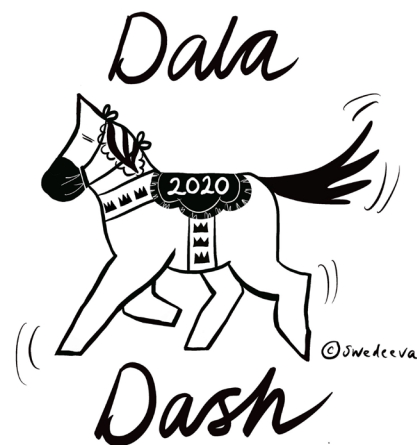
Mora to Orsa (16K)

Falun to Borlänge (21K)

Vasaloppet (90K)

Stockholm to Mora (300K)

Siljansleden (340K)



## Distances in the Midwest

Swedish American Museum to North Park University (2 miles)

Swedish American Museum to Swedish Consulate (7 miles)

Chicago to Rockford (86 miles)

Chicago to Bishop Hill (168 miles)

Swedish American Museum to American Swedish Institute (400 miles)

*Don't want to run?*

No problem! You can still sign up and support the Museum from the comfort of your home.

*Don't live in Chicago?*

No problem, you can pay an extra \$10 to have the packet mailed to you within the US. Want it shipped overseas please contact the Museum by emailing [museum@samac.org](mailto:museum@samac.org).

*I missed the packet pickup, can I still get my t-shirt?*

Of course, if you are in Chicago you can call or email the Museum to set up a pickup time. If you are getting it shipped we will send it to you shortly after you register.

**Register at [www.SwedishAmericanMuseum.org/dala-dash-virtual-race](http://www.SwedishAmericanMuseum.org/dala-dash-virtual-race)**

Join the Swedish American Museum for the

# *Aspire!*

GALA 2020



Honoring the  
Chicago Swedish American Mixed Chorus

Saturday, Nov. 7, 6 p.m.  
[www.SwedishAmericanMuseum.org](http://www.SwedishAmericanMuseum.org)

You are invited to our  
**Online Aspire! Gala 2020**  
Saturday, Nov. 7, 6 p.m.

The evening will include:

*Entertainment*

*Special Greetings*

*Silent Auction Promotions*

*Highlights from the Museum*

The event is free for Museum members  
and \$25 for non-members.

**Registrations received by Oct. 20**  
receive a special gift.

A special Gala dessert can be ordered by Nov. 3  
for pickup from the Museum on Nov. 6 or 7  
for \$20/person.

The **Silent Auction** is ONLINE  
**Sunday, Nov. 1, 11 a.m. - Sunday, Nov. 8, 6 p.m.**

Some auction items will be on display at the Museum  
**Sunday, Nov. 1 &**  
**Wednesday, Nov. 4 - Sunday, Nov. 8**  
during regular Museum hours.

We at the Museum are available to help with the online bidding process.

More information and registration:  
[www.SwedishAmericanMuseum.org/annual-gala](http://www.SwedishAmericanMuseum.org/annual-gala)

There will be a **Spring Concert**  
with Chicago Swedish Mixed Chorus  
on **May 23, 2021** (in person event).



## Thank you to our Aspire Gala Donors!

### *Gold*

Ulla Brunk

### *Silver*

Wayne E. Nelson

### *Bronze*

Russell & Catherine Holmquist  
Ken Norgan

### *Program Book*

Larry & Laura Ekstrom

### *Wine*

Bob & Mardee Gramen

### *Evening*

Wally & Sherrie Magnuson  
Claes & Rebecca Warnander

### *Silent Auction*

Julie Benson

### *Decoration*

Vereen Nordstrom



## Selection from the Online Silent Auction

This year you can participate in the silent auction from the comfort of your home. Not only is this a great way to support the Museum but also to acquire some special gifts for friends and family for the holidays.



# Swedish Dads

*Photography exhibit by Johan Bävman*

*On display in the main gallery until Sunday, Nov. 29, 4 p.m.*

This photo exhibit portrays fathers who belong to the relatively small percentage of fathers in Sweden who choose to stay at home with their children for at least six months. Swedish photographer Johan Bävman examines why these fathers have chosen to stay at home with their children and how their relationship with their partner and children have changed as a result. The exhibit aims to show the effects of gender equality on parenting, both for an individual and for society.



*Sponsored by:*



**Embassy of Sweden  
Washington**



**Honorary Consulate of Sweden  
Chicago**

