

VASA ORDER OF AMERICA
Monitor Lodge No. 218
Vol. 13 No. 8
Ruth Lundberg, Editor

WISTERIA HALL
3830 "U" Street
Sacramento, CA
October 1989



THE MONITOR



6th 7:30 PM Business meeting. Election of officers. Initiation. Cultural program will be on "Svenska Landskap" - the different regions of Sweden.
Refreshment committee: Axbergs, Forstys and Lundbergs.



NALoch TRAD

10th 7:00 PM Karin & Viola Bodelson
2529 Eastern Avenue #26
Sacramento, CA 95821
Folk Painting Phone: 485-0815

24th 7:00 PM Myrtle Widmark
3900 Silver Spur Way
Sacramento, CA 95841

Folk Painting Phone: 481-4056

Activities Note

Oct. 14th, 7:00 to about 10:00 PM - There will be an informal Scandinavian dance class at Mira Loma High Schl., 4000 Edison Ave. (South of US 80 and east off Watt Ave.) It is primarily for beginners, but the experienced dancers are encouraged to come have some fun and maybe share your experience by helping out with the instruction. We will be covering both ring dances and gammaldans. Coffee and punch (not punsch) will be provided. Please bring some goodies to share: cookies, cakes, smorgas, etc. Dress casually and be ready to have fun.



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MONITOR LODGE NO. 218
5110 42nd STREET
SACRAMENTO, CALIFORNIA 95820

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Chairman's Message

It is with mixed emotions that I begin my first message to Monitor. For those who have not yet heard, health problems have forced our Chairman, Ruth Veis, to resign her position. As new Chairman of the lodge, I feel I am speaking for all members in thanking Ruth for a job well done and wishing her well in her recovery and return to lodge activities.

There is a lot of work to be done on the Smorgasbord, preparing and serving food, setting up, cleaning up, and getting out all of the area's Scandinavian gourmets. Margaret Carlson has graciously accepted the committee chairmanship again this year, but she needs a lot of help. This is our main fund raiser, so let's do all we can to make it a big success.

The nominating committee is hard at work trying to find qualified and interested people to lead the lodge in 1990. If you get a call from them, please give the office serious thought. Also, the "official" nominations are intended as a guide and to assure that there are nominations for all offices. They are not gospel. If you know someone who is interested and you feel would be good at the job, make the nomination at the November meeting. Your inputs are important.

I appreciate all the positive feedback and support I received at the last meeting. I will do my best in my new role as Chairman and with your continued support and enthusiasm, I'm sure we will work as a team to the benefit of both Monitor Lodge and the Vasa Order.

In Truth and Unity,

Kurt Pfannkuch

The Three Times King

During the 1400's, Sweden was still a part of the Kalmar Union of Denmark, Norway, and Sweden. While this was accepted in Norway, which remained in the union until 1814, Sweden had a history of independence and elected kings. In 1441, Kristoffer of Bavaria was elected as the Union King of Sweden. He reigned only until his early death at age thirty-two in 1448.

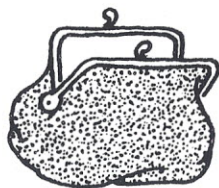
Karl Knutsson Bonde had held important positions in Sweden for several years. As the Earl Marshal of Sweden, he had been the virtual ruler for several intervals. In 1448, he was elected King of Sweden as Karl VII. His first popularity did not last. His heavy taxes and harsh methods led to revolt in 1457, led by Jons Bengtsson, Bishop of Uppsala. Christian I of Denmark was elected King of Sweden and the Kalmar Union was restored. Karl went into exile in Danzig.

Conditions were no better. Christian was deposed and Karl acclaimed a second time as King in August 1464. This lasted only five months. Karl was deposed again but allowed to retain the title and given territories in Finland to govern. For the next couple of years there were competing regents. Karl was recalled from his exile in Finland in November 1467. He retained the throne until his death on May 15, 1470. Altogether, between 1448 and 1470, he had reigned only twelve years.

Karl Knutsson Bonde's principal popularity was that he was a kingly figure and of Swedish birth. Sweden had been ruled for many years by foreign kings. His extortionate taxes and harsh methods were typical of the time. When he suppressed the many revolts during his reign the leaders were burned at the stake.

Ted Olson

Dues anniversaries for October



Annabel Audet
Carol Baker
Christina Barrett
Erika & Thor Barrows
Peggie & Richard Beckwith
Aliccann Berry
Katherine Brucker
Barbara Cornelius
Edward & Lucy Dahlberg
June Delle
David & Karin Dorey

Katherine Gagne
Laverne & Paul Gullans
Anna Ethel Johnson
Elayne Lincecum
Lois Mullen
Diane & Ronald Norton
Faye Powell
Betty Price
Inger, Lenart & Martin
Thornros

If you can't attend the meeting, please send your
\$14.00 to the financial secretary, Lisa Krastins,
5550 78th Street, Sacramento, CA 95820

changes of address for Program Book:

Etna Hermanson
71 Clavela Avenue
Sacramento, CA 95828
Phone: 682-2442

Ethel Hoffman
8020 Kingswood Drive
Citrus Heights, CA 95610
Phone: 962-2540

Gibson & Dorothy Kingren
48 Fountain Grove Circle
Napa, CA 94558
Phone: (707) 253-1825

Lynn Lundberg
7687 Roberta Lane
North Highlands, CA 95660-0557
Phone: 338-1025

Sierra Kronan Lodge No. 737 extends a special invitation to all members of Monitor Lodge for their October 13th meeting. Dinner will be served at 6:00 PM (Price \$6.00).

(\$3.00 program only)

Fifteen Swedish Accordionists will be visiting from Sweden, and will entertain during the evening.

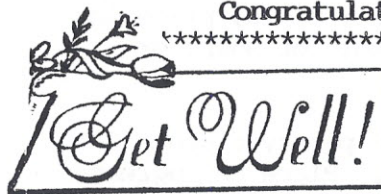
Reservations for dinner are requested. Call Margaret Linn, 483-0261 or Helen Forsty, 967-1830. *(Oct. 9th deadline)*



Hjärtliga gratular på Födelsedagen !

10/01	June Delle	10/09	Ellerie Campbell
10/03	Bernie Lundberg	10/10	Karin Bodelson
10/03	Lowell Carlson	10/16	Juanita Skorheim
10/04	Eva Allred	10/20	Ethel Hoffman
10/05	Karen Johnson	10/23	Lilmar Olson
10/06	Dale Ingvarlsen	10/27	Vickie Lydecker
10/07	Charles Campbell	10/28	Katherine Gagne
10/08	Barbara Lutz	10/29	Gibson Kingren

Special Birthday: Gibson Kingren who will be 78.
Congratulations!



When last called, Ruth Veis had another set back. She had just returned from the doctor.

She was getting a shot for an infection as she had run a high temperature the previous night. Ruth, hope you have a quick recovery.

Hope there were no others ill this last month.

Pepparkakor (Swedish ginger cookies)

A lady from Davis wrote into the mailbox of the Sacramento Bee and requested a recipe for "crisp Swedish gingersnaps". She had purchased some at our Scandinavian Festival. Karin Bodelson answered with her recipe which follows, with one correction in regard to corn syrup and molasses.

1 cup butter (2 sticks; half margarine OK)
1/2 cup granulated sugar
1/2 cup brown sugar
1/2 cup dark corn syrup and 1/2 cup molasses
1/2 teaspoon lemon flavoring
1 cup heavy cream, whipped stiff
About 6 cups all-purpose flour
1-1/2 teaspoons powdered cinnamon
1-1/2 teaspoons powdered cloves
2 teaspoons powdered ginger
1 tablespoon baking soda

Cream butter and sugars well. Stir the syrup in well. Add lemon flavoring. Blend in the whipped cream. Gradually add the flour, into which the baking soda and spices have been blended. After dough has been well mixed, place in covered bowl and refrigerate for a couple of hours or overnight.

Roll out very thin on floured board or pastry cloth. Cut in desired shapes with cookie cutters. Place on ungreased cookie sheets and bake at 350 degrees 10 to 15 minutes. Watch carefully because cookies burn if left too long. Cool on wire racks and pack in airtight containers. Freeze, if desired.

Makes about 400 small, very thin cookies.



HUGGING

Hugging is healthy. It helps the body's immunity system, it keeps you healthier. It cures depression, it reduces stress, it induces sleep, it invigorating, its rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

Hugging is all natural: It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100 percent wholesome.

Hugging is practically perfect: There are no movable parts, no batteries to wear out, no periodic check ups, low energy consumption, high energy yield, inflation proof, non-faltering, no monthly payments, no insurance requirements, theft proof, non-taxable, non-polluting and, of course fully returnable.

V.O.A. Monitor Lodge No. 218

Nominations of Officer Slate for 1990:

Chairman - Kurt Pfannkuch

Vice Chairman - Myrtle E. Widmark

Recording Secretary - Paul Gullans

Assistant Recording Secretary - Karin Dorey

Financial Secretary - Liesma Krastins

Assistant Financial Secretary - Martha Fredrickson

Treasurer - Brian Buscher

Cultural Leader - Deidre Dahlberg

Chaplain - Vickie Lydecker

Master of Ceremonies - Art Niemoller

Assistant Master of Ceremonies - Marie Tillman

Inner Guard - Leo Krastins

Outer Guard - Rick Niemoller

Children's Club Supervisors - Peggy Carlson, Camilla Caldwell

Historian - Alice and Ivar Axberg

Membership Committee - Ted Olson (1 yr.)

Anna Ethel Johnson (2 yrs.)

Muriel Hjersman (3 yrs.)

Scholarship Committee - Eva Allred , Eleanor Vine

Auditor - Dick Westrup (1 yr.)

Hank Hjersman (2 yrs.)

Margaret Carlson (3 yrs.)

Trustee - Arlie Veis (1 yr.)

Lennart Andersson (2 yrs.)

Ted Olson (3 yrs.)

Editor, Newsletter (appointed) - Ruth Lundberg

Assistant Editor (appointed) - Karen Bodelson

Respectfully submitted: Nominating Committee - Ted Olson, Audrey
Fales, Kurt Pfannkuch (ex officio), Muriel Hjersman, Chairman