

Wisteria Hall  
3830 "U" Street  
Sacramento, CA

Monitor Lodge  
No. 218  
Editor: Marie Tillman



## VASA ORDER OF AMERICA

Vol. 15, No. 7

September, 1991



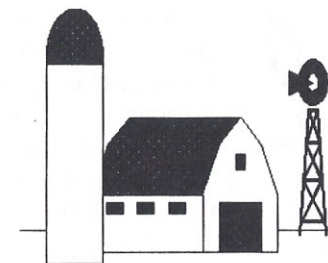
### SMÖRGÅSAR (open faced sandwiches) OCH SALLAD

After this wonderful summer, it is now time to get back to business. Please come to our first fall meeting on *September 6, 1991* to meet all your swedish friends that you haven't seen for months. At 6:30 pm, open faced sandwiches and salads will be served. The business meeting starts at 7:30 pm. On the agenda for the evening are a cultural program and the nominating committee's report.

**Note:** This is a potluck.  
If your last name starts with:  
**A-G:** Bring sandwiches  
**H-L:** Bring a salad  
**M-W:** Bring dessert

### THANK YOU!

Thank you Birgit Dillard for hosting the annual crayfish party. We all had a delightful evening.



### PANCAKE BREAKFAST

There has been a change of plans. Please note that the pancake breakfast, originally scheduled for October, is now scheduled for September 28, 1991. You don't want to miss the swedish pancakes, sausage, coffee and orange juice. Come and enjoy the beautiful outdoors and farm like setting at Farmer Bob's, 8571 Sunset Avenue in Fair Oaks. Support the lodge in this fund raiser. Invite your family and friends.

Monitor Lodge No. 218  
Vasa Order of America  
2529 Eastern Ave #26  
Sacramento, CA 95821

ADDRESS CORRECTION REQUESTED

Nonprofit Org.  
U.S. Postage  
PAID  
Permit No. 771  
Sacramento, CA

DATED MATERIAL

### SICK COMMITTEE REPORT

June Delle is progressing very well and gets around with a walker. Charles Badgley fell and had a few stitches. He will have a cataract operation in September. Roland Erickson is home now, uses a walker, but still has the headaches. Ruth Lundberg after blood transfusions expects to resume chemotherapy and is awaiting a report from a neurologist. Dorothy Scherer had surgery and is with her daughter recuperating.

### VALLEY VIKING SINGERS



Valley Viking Singers (Monitor Choir) will begin rehearsals in September. Contact Marianne Ek, director, for time and place. Phone number: (916) 972-7485.



### CHANGE OF ADDRESS

Anderson, Vera  
1600 Morganton Road U.4  
Pinehurst, NC 28374  
(919) 692-9208

Carlson, Roland & Margaret  
12054 Kimberly Road  
Marysville, CA 95901  
(916) 742-9346

### CHANGE OF NAME

*Lokey (Kaiser), Jeannine*  
Congratulations and good wishes to James and Jeannine Lokey on their recent marriage.



### SMÖRGÅSBORD

It's that time of the year when we have to think about our big money making event "Our Real Swedish Smörgåsbord." It will take all the help and co-operation of all of our members. Mark your calendars for this event on November 9th and think about what you can bring or how you can help. Tell your friends to get their tickets early - seating is limited.

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Next deadline for "The Monitor" will be: **September 15.**  
Please send material to Marie Tillman, 1605 Truckee Way, Woodland, CA 95695

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### THE METRIC SYSTEM

When you visit Sweden or almost any foreign country including Canada, you will encounter the metric system of weights and measures. Most of us find it confusing at first. When we introduced a couple simple metric exercises such as estimating the weight of a watermelon in kilos and grams and the length of a sausage in centimeters, many complained it was impossible. Actually, the metric system is simple and logical, that is why it is used in most of the world.

The basic unit is the meter, which is one ten millionth of the distance from the equator to the north pole. The meter is divided by one hundred into centimeters and further divided by ten into millimeters. In the other direction, one thousand meters equals one kilometer.

Area measurement is similar, the square millimeter, the square centimeter and square meter. Ten thousand square meters equals one hectare.

Weight is also based on the same principle. One cubic centimeter of water weighs one gram. One thousand grams equals one kilo. Liquid measurement is similar. One thousand cubic centimeters (cc) equals one liter. In recipes you will find

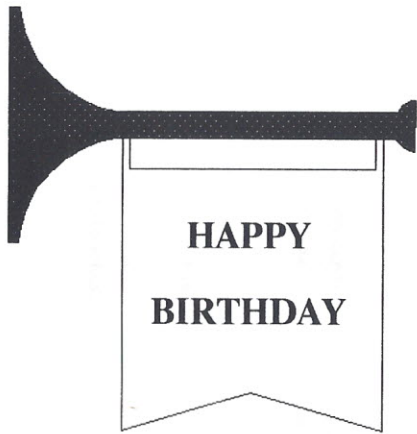
measurements of a deciliter (dl) which is one tenth of a liter, and centiliter (cl) one hundredth of a liter.

The simple metric system is only confusing when we attempt to translate to the complicated English system which we use. However, we are living in an increasingly metric world. If you own a Japanese, German or Swedish automobile, you will find the need for metric wrenches. Wine and liquor bottles are now metric. Even the two liter soft drink bottle is now familiar. Engine displacements are now given in liters instead of cubic inches.

Metric equivalents of our familiar measurements are found in most dictionaries and other reference books. It should be easy to remember that a meter equals 39.37 inches, therefore a centimeter is just about two fifths of an inch. There are 454 grams to a pound. A liter is just a little over one quart.

Canada and New Zealand have recently successfully moved to the metric system. It is not impossible. The metric system is even in common use in part of the US. The metric system was in use in Spain when Puerto Rico belonged to that country. It has continued now that it is a commonwealth of the United States.

Ted Olson



### BIRTHDAYS

Hjärtliga gratulationer på födelsedagen! Congratulations!

- 9/4 Erika Lewis
- 9/5 Sue Brill-Lehn
- 9/6 Helen Tura
- 9/8 Jean Anderson
- 9/12 Muriel Hjersman
- 9/12 Peggy Carlson
- 9/13 Kurt Swanfeldt
- 9/16 Arlie Veis
- 9/18 David Anholm
- 9/19 Carl A. Larson
- 9/20 Helen Forsty
- 9/21 Eleanore Vine
- 9/21 Ethel Hubbell
- 9/23 Britt Marie Anderson
- 9/24 Jeanne Hagstrom
- 9/26 Joyce Kelley
- 9/27 Julius Holmquist
- 9/29 Estrid Doscher



### NÅL OCH TRÅD

Tisdagen den 10 September, kl. 19.00, hos:

Louise Sims  
2486 Larkspur lane #189  
Sacramento, CA 95825  
(916)489-7331

Tisdagen den 24 September, kl. 19.00, hos:

Myrtle Widmark  
3900 Silver Spur Way,  
Sacramento, CA 95841  
(916)481-4056



### SWEDISH LANGUAGE CLASSES

San Juan Unified School District offers swedish classes again this year. There are three different levels, beginning, intermediate, and advanced. The teachers are Ronny & Christi Kågström, and Marie Tillman. The classes start Thursday, September 12, at 7:00 p.m.

Don't miss this opportunity to learn swedish in an informal and fun way. We hope to see as many of you as possible at the Winterstein Adult Education Center by Morse Ave and Northrop on September 12. For more information call the Kågströms at 641-8770.

### IN MEMORIUM

*Don Gustafson departed this world May 29, 1991 and we shall miss his friendly presence and helping hand. Don was always there to help the chefs at the smörgåsbord - from setting up, to the shopping and, of course, lending a practiced hand in the kitchen. Though he will not be with us for the Pancake Breakfast or Smörgåsbord this year, his spirit will join us. Don's wish was that Monitor Lodge would some day have its own meeting hall. This was Don. We draped the altar in memory of Don at our June meeting.*

### MEMBERSHIP ANNIVERSARIES IN SEPTEMBER

Brian & Susan Buscher  
Gilbert & Camilla Holm  
Vicki Lydecker

Those of you who have not yet paid your dues which were due in June, July, or August, please mail checks made out to Monitor Lodge #218 (\$14.00) to Financial Secretary Elizabeth Johnson, 4332 T Street, Sacramento, CA 95819, or bring it to our regular meeting on September 6th. See you then.

### NOTICE TO ALL MEMBERS

From the Grand Lodge of Vasa Order of America - Local Lodge Constitution excerpts, until such time as we can submit our By-Laws for approval.

*"... the following must be used as guidelines and sets forth the minimal requirements - and shall serve the local lodge - until its own By-Laws have been approved ..."*

*"... Dues, etc. . . shall be paid on or before due-date(s) in order for member(s) to remain in good standing." (Art. VI, Sec.6).*

*"... three (3) months in arrears shall be suspended at the first regular meeting of the following month . . . Suspension is lifted two (2) months after suspended member has fulfilled financial obligations . . . A suspended member neglecting to fulfill financial obligations to lodge within four (4) months of date of suspension shall be expelled from the Vasa Order of America at the next regular meeting of the local lodge." **Note:** Illness or other incapacitation may alter a situation.*

## HABITAT

Swedish Name	Scientific Name	American Name	Family	Comments
LAKES, PONDS, RIVERS (Cont'd)				
Fisktärna	<u><i>Sterna hirundo</i></u>	Common Tern	Laridae	N. Hemisphere
Skräntärna	<u><i>Sterna caspia</i></u>	Caspian Tern	Sternidae	
Småskrake	<u><i>Mergus serrator</i></u>	Red-breasted Merganser	Anatidae	Coast, winter
Storskrake	<u><i>Mergus merganser</i></u>	Common Merganser	Anatidae	W. of Rockies
Islandsknipa	<u><i>Bucephala islandica</i></u>	Barrow's Goldeneye	Anatidae	
Knipa	<u><i>Bucephala clangula</i></u>	Common Goldeneye	Anatidae	
Islom	<u><i>Gavia immer</i></u>	Common Loon	Gaviidae	
Gråhakedopping	<u><i>Podiceps grisegena</i></u>	Red-necked Grebe	Podicipedidae	
Svarthalsad dopping	<u><i>Podiceps nigricollis</i></u>	Eared Grebe	Podicipedidae	
Svarthakedopping	<u><i>Podiceps auritis</i></u>	Horned Grebe	Podicipedidae	
Skrikstrandpipare	<u><i>Charadrius vociferus</i></u>	Killdeer	Charadriidae	
Amerikansk drillsnäppa	<u><i>Actitis macularia</i></u>	Spotted Sandpiper	Scolopacidae	
Tuvsnäppa	<u><i>Calidris melanotos</i></u>	Pectoral Sandpiper	Scolopacidae	
Fiskgjuse	<u><i>Pandion haliaetus</i></u>	Osprey	Pandionidae	Cosmopolitan
Backsvala	<u><i>Stelgidopteryx ruficollis</i></u>	Rough-winged Swallow	Hirundinidae	
Amerikansk skogsnäppa	<u><i>Tringa solitaria</i></u>	Solitary Sandpiper	Scolopacidae	
WET TUNDRA				
Labb	<u><i>Stercorarius parasiticus</i></u>	Parasitic Jaeger	Stercorariidae	
Bredstjärtad labb	<u><i>Stercorarius pomarinus</i></u>	Pomarine Jaeger	Stercorariidae	Circumpolar
Alfågel	<u><i>Clangula hyemalis</i></u>	Oldsquaw	Anatidae	Circumpolar
Praktejder	<u><i>Somateria spectabilis</i></u>	King Eider	Anatidae	Circumpolar
Alförrädare	<u><i>Polysticta stelleri</i></u>	Steller's Eider	Anatidae	
Vitnäbbad islom	<u><i>Gavia adamsii</i></u>	Yellow-billed Loon	Gaviidae	

## HABITAT

Swedish Name	Scientific Name	American Name	Family	Comments
WET TUNDRA (cont'd)				
Amerikansk småsnäppa	<u><i>Calidris minutilla</i></u>	Least Sandpiper	Scolopacidae	
Dvärgsnäppa	<u><i>Calidris pusilla</i></u>	Semi-palmated Sandpiper	Scolopacidae	
Större beckasinsnäppa	<u><i>Limnodromus scolopaceus</i></u>	Long-billed Dowitcher	Scolopacidae	
Myrspov	<u><i>Limosa lapponica</i></u>	Bar-tailed Godwit	Scolopacidae	
Lappsparv	<u><i>Calcarius lapponicus</i></u>	Lapland Longspur	Fringillidae	
GRASSLAND AND SAVANNAH				
Tornuggla	<u><i>Tyto alba</i></u>	Barn Owl	Tytonidae	Cosmopolitan
Kungsörn	<u><i>Aquila chrysaetos</i></u>	Golden Eagle	Accipitridae	
Berglärka	<u><i>Eremophila alpestris</i></u>	Horned Lark	Alaudidae	N. Hemisphere
Skata	<u><i>Pica pica</i></u>	Common Magpie	Corvidae	N. Hemisphere
FIELDS				
Fasan	<u><i>Phasianus colchicus</i></u>	Ring-necked Pheasant	Phasianidae	Introduced
Rapphöna	<u><i>Perdix perdix</i></u>	Gray Partridge	Phasianidae	Introduced
Sånglärka	<u><i>Alauda arvensis</i></u>	Skylark	Alaudidae	
CITIES, PARKS, SUBURBS				
Duva	<u><i>Columba livia</i></u>	Rock Dove	Columbidae	Feral
Vandringstrast	<u><i>Turdus migratorius</i></u>	American Robin	Turdidae	
Stare	<u><i>Sturnus vulgaris</i></u>	Starling	Sturnidae	Cosmopolitan
Gråsparv	<u><i>Passer domesticus</i></u>	House Sparrow	Ploceidae	Cosmopolitan

Monitor Lodge  
proudly announces  
in their 44<sup>th</sup> year

# VASA YOUTH CHILDREN'S CLUB

returning: Monday, Sept. 9<sup>th</sup>

time: 4:00 - 5:30

place: Coloma Community  
Center-Jamestown Rm.

46<sup>th</sup> and T Streets

Sacramento

Who: All children 4-17

Learn Swedish language, songs

dances, traditions and

make new friends.

call: Peggy Carlson

967-9248



Come One Come All to the  
2nd Annual

Swedish

Pancake

Breakfast

Saturday, September 28, 1991

At the countrylike setting  
of: Farmer Bob's  
8571 Sunset Ave.  
Fair Oaks

\* Serving from  
8:00 until 11:00  
in the morning

\* Adults \$3.00  
\* Children 5-10yrs \$1.00

Start the day out right ~ Take your  
family out to breakfast ~ Traditional  
Swedish pancakes and more ~ served up by  
our traditional Swedish Cooks

# SWEDISH SMÖRGÅSBORD

by

Monitor Lodge #218  
Vasa Order of America

at

The Unitarian Church  
2425 Sierra Blvd.  
Sacramento, California

November 9, 1991

Bar open 5:30

Seating 6:00

Food served 6:30

Dancing at 8:30



Children 5 to 12 yrs.  
\$5.00  
Anyone under 5 yrs  
occupying a seat \$1.00

ADULTS - \$15.00



FRANK 'N DOLORES  
for your entertaining and dancing

DOOR PRIZE

SWEDISH FOOD AT ITS BEST



RESERVATIONS AND ADVANCE TICKET PURCHASE ONLY - NO TICKETS SOLD AT DOOR

Tickets available from.....

Peggy Carlson - 8370 Sunset Avenue Fair Oaks, CA. 95628 phone 967-9248

Margaret Carlson - 12054 Kimberly Rd. Marysville, CA. 95901 phone 1-742-9346

Adults - \$15.00

Monitor Lodge Smörgåsbord  
November 9, 1991

Children 5-12 yrs \$5.00  
Anyone under 5 yrs occupying  
a seat \$1.00

I need \_\_\_\_\_ tickets for \_\_\_\_\_ adults \_\_\_\_\_ children Enclosed \$ \_\_\_\_\_

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

Send for tickets to Monitor Lodge - 8370 Sunset Ave. Fair Oaks, CA. 95628  
or 12054 Kimberly Rd. Marysville, CA. 95901  
phone - 967-9248 or 484-4056 or 1-742-9346