

Monitor Lodge  
No. 218  
Editor: Marie Tillman

Wisteria Hall  
3830 "U" Street  
Sacramento, CA



## VASA ORDER OF AMERICA

Vol. 15, No. 9

November, 1991



**T**here will be a regular business meeting starting at 7:30 pm, Friday November 1, 1991. We will be reviewing the by-laws, hear committee reports, and enjoy a cultural presentation. After the meeting, refreshments will be served by Elizabeth Johnson and her committee.

At our last meeting the lodge welcomed new members Edna and Robert Anderson, LaVerne Gilbertson, and Renee Ostrom. Before their initiation, we took part in a delicious Swedish meatball dinner and a cultural



report on the food of Sweden by Eivor Pfannkuch. The Nål och Tråd group is planning a recipe booklet of all the Swedish recipes that they use. Other members are encouraged to submit their recipes also.

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

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## CHAIRMAN'S MESSAGE

November is the month when we think of the many things for which we are thankful. There is our health, families, and friends. We are thankful to have an organization where we can learn about our heritage and share the company of people who have our same interests.

I am thankful for the dedicated officers who will be working together next year to continue Monitor Lodge's growth. We plan to increase our membership and have more active participation from our members.

The Smörgåsbord planning is coming along under Peggy Carlson's direction. She will be asking for help in making the food to bring and working there.

The 80th Anniversary and District Convention plans are progressing. There will be a meeting at my home at 7:00 pm on Tuesday October 29th for committee reports and discussion of upcoming deadlines. Ideas and help are welcome from everyone. Let's make "A Touch of Sweden" an event to remember.

A Happy Thanksgiving to everyone.

*In truth and unity*  
— Myrtle Widmark

## REMEMBER TO:

- Wear your name badge at the lodge meetings and sign the attendance sheet.
- Turn in the bills and monies before the meetings.
- Have your inventory of lodge property turned in to the trustees for their annual report.
- Bring your cans and bottles for recycling.
- Come to the Scandinavian Dancing, Sunday October 27th.

## REPORT FROM THE MEMBERSHIP COMMITTEE

Chairman Myrtle Widmark, Muriel Hjersman and Ethel Johnson of the membership committee thank the lodge for sending them to the 3rd Biannual membership seminar. The seminar moved along very smoothly with panel participants Barbara and Ernest Lantz, Alberta Finke, and Robert Peterson, moderator.

Many aspects of membership were discussed, including how to attract new members as well as retain the interest of existing members. We also broke into small groups to discuss what changes in programs and/or procedures would increase interest in Vasa.

— Ethel Johnson  
Membership chairman

## THERE'S A BIRD WE HAD IN SWEDEN (cont.)

9.

### HABITAT

Swedish Name	Scientific Name	American Name	Family	Comments
Gårdsmugg	<u>Troglodytes troglodytes</u>	Winter Wren	Troglodytidae	
Sidensvans	<u>Bombycilla garrulus</u>	Bohemian Waxwing	Bombycillidae	W. Canada
Vithalsad spary	<u>Zonotrichia albicollis</u>	White-throated Sparrow	Emberizidae	
UPLAND TUNDRA				
Fjällabb	<u>Stercorarius longicaudus</u>	Long-tailed Jaeger	Stercorariidae	Circumpolar
Kustpipare	<u>Pluvialis squatarola</u>	Black-bellied Plover	Charadriidae	
Gulbröstad snäppa	<u>Callidris bairdii</u>	Baird's Sandpiper	Charadriidae	Vagrant
Snäspov	<u>Numenius phaeopus</u>	Whimbrel	Scolopacidae	
Kustsnäppa	<u>Callidris canutus</u>	Red Knot	Scolopacidae	Circumpolar
Dalripa	<u>Lagopus lagopus</u>	Willow Ptarmigan	Tetraonidae	Circumpolar
Fjällripa	<u>Lagopus mutus</u>	Rock Ptarmigan	Tetraonidae	Circumpolar
Fjälluggla	<u>Nyctea scandiaca</u>	Snowy Owl	Strigidae	Circumpolar
Fjällvråk	<u>Buteo lagopus</u>	Rough-legged Hawk	Accipitridae	
Gulärla	<u>Motacilla flava</u>	Yellow Wagtail	Motacillidae	
Sädesärla	<u>Motacilla alba</u>	White Wagtail	Motacillidae	
Rödstrupig pipilärka	<u>Anthus cervinus</u>	Red-throated Pipit	Motacillidae	
Gräsiska	<u>Carduelis flamma</u>	Common Redpoll	Fringillidae	
Snösiska	<u>Carduelis hornemanni</u>	Hoary Redpoll	Fringillidae	
Stenskvätta	<u>Oenanthe oenanthe</u>	Wheatear	Turdidae	
Blåhake	<u>Luscinia svecica</u>	Bluethroat	Turdidae	
Snösparv	<u>Plectrophenax phenax</u>	Snow Bunting	Fringillidae	

THERE'S A BIRD WE HAD IN SWEDEN (cont.)

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Swedish Name	Scientific Name	American Name	Family	Comments
Bergfåna	<u>Alectoris chukar</u>	Chukar Partridge	Phasianidae	Introduced
Hornuggla	<u>Asio otus</u>	Long-eared Owl	Strigidae	
Tallita	<u>Parus atricapillus</u>	Black-capped Chickadee	Paridae	N. California
Lappnes	<u>Parus cinctus</u>	Gray-headed Chickadee	Paridae	Alaska
Nordsångare	<u>Phylloscopus borealis</u>	Arctic Warbler	Sylviidae	
Gulnäbbad regengök	<u>Coccyzus americanus</u>	Yellow-billed Cuckoo	Cuculidae	
Gråbrun dvärgtrast	<u>Catharus ustulatus</u>	Swainson's Thrush	Turdidae	
Korp	<u>Corvus corax</u>	Common Raven	Corvidae	Widespread
CONIFEROUS FORESTS				
Gulbena	<u>Tringa flavipes</u>	Lesser Yellowlegs	Scolopacidae	
Stor gulbena	<u>Tringa melanoleuca</u>	Greater Yellowlegs	Scolopacidae	
Hökuggla	<u>Surnia ulula</u>	Hawk-owl	Strigidae	
Päruggla	<u>Aegolius funereus</u>	Boreal Owl	Strigidae	
Duvhök	<u>Accipiter gentilis</u>	Goshawk	Accipitridae	
Stenfalk	<u>Falco columbarius</u>	Merlin	Falconidae	
Tretåig hackspett	<u>Picoides tridactylus</u>	Three-toed Woodpecker	Picidae	
Mindre korsnäbb	<u>Loxia curvirostra</u>	Red Crossbill	Fringillidae	
Bändelkorsnäbb	<u>Loxia leucoptera</u>	White-winged Crossbill	Fringillidae	
Tallbit	<u>Pinicola enucleator</u>	Pine Grosbeak	Fringillidae	
Varrfågel	<u>Lanius excubitor</u>	Northern Shrike	Laniidae	

CHANGE OF PHONE NUMBER

Kurt and Eivor Pfannkuch  
(916) 673-5917

NEW MEMBERS

Welcome to Monitor Lodge:



Robert and Edna  
Anderson  
1230 Noonan Drive  
Sacramento, CA  
95822  
(916) 444-7666

LaVerne Gilbertson  
2123 23rd. Street  
Sacramento, CA  
95818  
(916) 454-1241



DUES ANNIVERSARIES

Yes, it is time to celebrate membership in Monitor Lodge, especially for some members, by the paying of their annual dues. If you have already paid them, just disregard the listing of your name. Dues are \$14.00 per year, payable to Monitor Lodge No. 218. You may bring them to the November 1st meeting, or mail them to Financial Secretary Elizabeth Johnson, 4332 T Street, Sacramento, CA 95819. Any questions? Phone (916) 452-2470.

Ivar & Alice Axberg  
Ellen Herting  
Erika Lewis  
Marjorie Skicklig  
Sophia Swanson

BILLS

Please fill out the reimbursement form available at the secretary's table for bills. Staple the bills to the form and have a lodge auditor approve it before the meeting.

BIRTHDAYS

Hjärtliga gratulationer på födelsedagen! Congratulations!

- 11/01 Anne Phelan
- 11/04 Viola Hallen
- 11/06 Kersten Doze
- 11/07 Wendy Strand
- 11/10 Henry Bergman
- 11/10 Joyce Trnka
- 11/16 Jeannine Lokey
- 11/16 Russell Ellis
- 11/19 Alice Axberg
- 11/19 Christie Kagstrom
- 11/20 Jeanette Barrett
- 11/23 Kathy Goldsberry
- 11/24 Lillian Stafford
- 11/25 Terry Tillman
- 11/27 Barbara Olson
- 11/30 Thelma Range

NÅL OCH TRÅD

Tisdagen den 19 November, kl 19.00 hos:



Eleanor Vine  
7304 Sunsilver Lane  
Sacramento, CA 95828  
(916) 688-5296

## SCANDINAVIAN DANCING

Learn to dance Scandinavian Dances with Dean Linscott. Workshops will be given every 4th Sunday of the month. The next class is October 27th at YWCA, 17th & L Streets in Sacramento. A \$5.00 donation is requested. For more information, call Lupie at 456-7128 or Theresa at 457-3505.



## LODGE OFFICERS FOR 1992

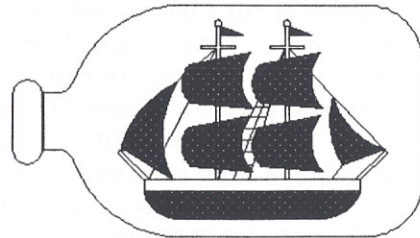
Chairman *Myrtle Widmark*  
Vice Chairman *Margaret Carlson*  
Secretary *Ingrid Kennedy*  
Assistant Secretary *Jean Anderson*  
Financial Secretary *Ethel Johnson*  
Assistant Financial Secretary  
*Martha Fredrickson*  
Treasurer *Art Niemoller*  
Cultural Leader *Eivor Pfannkuch*  
Chaplain *Gail Nemy*  
Master of Ceremonies *Deidre Dahlberg*  
Assistant Master of Ceremonies  
*Vicki Lydecker*  
Inner Guard *Richard Westrup*  
Outer Guard *Leo Krastins*  
Historian *Eleanor Vine*

**Congratulations!**

**Next deadline for the Newsletter is November 15, 1991. Please send material to Marie Tillman, 1605 Truckee Way, Woodland, CA 95695**

## THE MODERN VIKING EXPLORER

It was at the turn of the century when a young Canadian of Icelandic parentage entered the University of Iowa. He gave his name as William Stephenson. However, a few years later when he completed his studies, he had reclaimed his Icelandic heritage and revised his name to the Icelandic form as Vilhjalmur Stefansson. It is by that name he is known for his arctic exploration.



His first expeditions were to his ancestral homeland of Iceland for archeological investigation of early settlements. In 1906 he made his first expedition to the Canadian Arctic. He was to join a party arriving by ship while he

travelled overland. The ship was unable to penetrate the ice so Stefansson spent a year living with the Eskimos, learning the language and culture and Eskimo life. He learned to live off the land and employed this knowledge in subsequent exploration from 1908 to 1912.



From 1913 to 1918 he led expeditions for the Canadian government into previously unexplored areas of the Canadian Arctic.

One of Stefansson's special interests was to change the concept of the arctic as inhospitable. One of his books is entitled "The Friendly Arctic." He often said that he had been more uncomfortable in North Dakota than in the arctic.

In 1932 he became an adviser to Pan American Airways on arctic operations. During World War II he was an adviser to the United States on arctic defense. From 1947 until his death in 1962 he was a consultant to the Northern studies program at Dartmouth College.

Stefansson did not shrink from controversy and many of his favorite proposals were controversial. He advocated that the United States or Canada should claim Wrangel Island, north of Eastern Siberia. Wrangel Island while in Asia, had been

visited and explored by U.S. whalers and naval units long before any Russian exploration or occupation. While there were advantages to weather stations on Wrangel at that time, these have been outmoded by new technologies and weather satellites. It is only in very recent years that the U.S. has acknowledged Russian sovereignty over Wrangel.

Stefansson had lived with the Eskimos and shared their life and diet. He challenged the nutritional thinking that a high protein diet was not conducive to health and submitted himself as the human guinea pig for experiments. He spent months enjoying himself devouring steaks and high fat meats while being studied. He often declared that he felt his best on a B and B diet (beef and bourbon). Note: The Vasa Order is open to all of Nordic heritage including the Icelandic. We have at least one member of that heritage.

— Ted Olson

