

Monitor Lodge  
No. 218  
Editor: Ingrid Kennedy

Wisteria Hall  
3830 "U" Street  
Sacramento, CA



**VASA ORDER OF AMERICA**

Vol. 16, No. 3

March, 1992



**CHAIRMAN'S MESSAGE**

A warm Vasa welcome was given at the last meeting to our new member, Vesta Brownell. She enjoyed the pea soup and pancake dinner that preceded the meeting.

Our 80th Anniversary and District Convention Committee is busy working to make the April weekened interesting and fun for all members. Have you purchased your raffle tickets and also sold some to others? This is the main fund raiser, so we need the participation of all our members. Tickets are \$1.00 each or \$5.00 for a book of six tickets.

Plans for both the Camelia and Scandinavian festivals are progressing and we really need people to sign up to help at these events. Susan Lydecker, our Main of Sweden, will be at the International Friendship Luncheon on March 14, 12 Noon, at the Red Lion Inn. Tickets at \$18.00 each are available from Ethel Johnson.

Some of our members would like to attend meetings but either do not drive or cannot drive at night. We have had a suggestion that we compile a list of these members and also a list of members who would be willing to provide rides in order to match up people who live in the same general area.

— *In truth and unity,*  
Myrtle Widmark

<b>INSIDE:</b>	
NEXT MEETING .....	2
SCANDINAVIAN FESTIVAL .....	2
CAMELIA FESTIVAL .....	3
NEWSLETTER DEADLINE .....	3
NÅL OCH TRÅD .....	3
SCHOLARSHIP .....	4
"WINTER" .....	5
VÄRMLAND CAKE .....	6
CHILDREN'S CLUB .....	6
MONITOR CHOIR .....	6
"THE THIRD KING" .....	7
ETC., ETC., ETC.	

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

ADDRESS CORRECTION REQUESTED

DATED MATERIAL

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## NEXT MEETING

Our moose stew dinner, prepared by Camilla and Gill Holm and their accomplished chefs, will be held **Friday, March 6**, at Wisteria Hall. Nord Lodge members will be our guests. The bar opens at 6:00 pm and dinner begins at 6:30 pm. The cost of the dinner is \$4.00 but free for children. This will be a purely social evening, so bring the family for a fun time, visiting with others, music, and our entertaining cultural program.

To keep our Friday evening a social event, we have scheduled a **business meeting on Wednesday, March 4, 7 pm**. It will be held at Sacramento Savings Bank, 2150 Watt Avenue, two blocks south of Penny's on Maryal Drive. Unfortunately, it's on the second floor and there is no elevator. Among other things, we will be discussing upcoming events and bylaws. A brief report of this meeting will be given at the Friday social.



## PROGRAM BOOK CORRECTIONS

Correct the following address:

Don Carlson  
1296 Gold Pan Road  
Roseville, CA 95611

Add our new member:

Vesta Susan Brownell  
7932 Hanson Avenue  
Citrus Heights, CA 95610  
Phone 725-5357

## SCANDINAVIAN FESTIVAL ALERT

This big event requires total participation! The committee is hoping for at least two hours from everyone and will be calling all members to coordinate the hours. Tasks include selling, passing out flyers, clean-up, manning booths, serving coffee, etc., etc. Or you can simply be available on site for trouble-shooting or as a "floor walker." Expect a call from a committee member soon....

Also, start getting your baking ovens ready. We need lots of baked goods.



## FOR PROSPECTIVE MEMBERS

For prospective members and others who do not have our program book, here are a few members to contact for information about our lodge:

Lodge Chairperson, Myrtle Widmark  
3900 Silver Spur Way  
Sacramento, CA 95841  
Phone 481-4056

Lodge Secretary, Ingrid Kennedy  
10582 Apple Grove Way  
Rancho Cordova, CA 95670  
Phone 638-3212

The membership committee consists of

Muriel Hjersman, 451-6940  
Audrey Fales, 451-4049  
Ted Olson, 967-5538

## ■ The Third King ■

The American historian Fletcher Pratt had a special interest in Valdemar IV of Denmark. He wrote a history of Valdemar's reign which he titled "The Third King."



This Valdemar was the third strong king of Denmark with that name. The first was Valdemar I (1157-1182) who was called the strong. The second was

Valdemar II (1202-1241) who was called the conqueror. The strong kings were followed by a number of weak kings who were dominated by greedy nobles and rapacious neighbors. They could not hold Denmark together and Denmark became divided into small units, many controlled by Holstein and German nobles.

When Valdemar IV was elected king in 1340, his only clear possession was northern Jutland. He was probably only 20 at the time. He had been brought up at the court of the German Emperor Louis of Bavaria and had backing from the Emperor who furnished money and a small number of German mercenary soldiers. For nine years, Count Gerhard of Holstein had dominated most of Denmark, but he had been assassinated earlier in 1340. Copenhagen was in the possession of King Magnus of

Sweden who also held Skåne which had been Danish. By diplomacy and judicious use of German gold and German mercenaries, Valdemar was able to recover Copenhagen and gradually to reacquire most of Denmark.

This progress was slow, but by 1360 he was able to invade and conquer Magnus and reacquire Skåne. Skåne was not only a fertile breadbasket but controlled the herring fishery in the Baltic. Herring was a staple food for all of Catholic Europe and the taxes and tolls from this fishery provided Valdemar with substantial revenue.

Valdemar's constant opponent was the Hanseatic League. This was an association of German merchants with mercenary armies. The league controlled most of the trade in the Baltic. Their headquarters were in Visby on the island of Gotland. In July 1361, Valdemar led a fleet to invade Gotland and he conquered Visby. This led to war with Sweden, which was aided by the Hanseatic League. Valdemar was again successful. (To be continued)



— Submitted by  
Ted Olson

## VÄRMLAND TORTE

(Värmlandstårta)

Serves 8-10

Meringue layers:

5 egg whites

3/4 cup (1 3/4 dl) sugar

1 1/3 cups (3 1/2 dl) ground hazelnuts (or almonds)

3 rounded tablespoons cocoa

Preheat oven to 300°F (150C).

Butter well two removable-bottom 8-inch (20 cm) cake pans and dust with flour. Beat egg whites until stiff.

Carefully fold in sugar and ground hazelnuts. Sift in cocoa. Spread mixture in buttered pans. Bake for about 35 minutes. Remove sides and loosen from bottom of pan while still somewhat warm. Let cool.

Buttercream frosting:

5 egg yolks

2/3 cup (1 1/2 dl) sugar

1/2 cup (1 1/4 dl) light cream

5 1/2 ounces (150 gr) butter

blanched almond flakes

Heat egg yolks, sugar and cream in an enameled or stainless steel pan. Stirring constantly, cook over low heat until thickened. Do not boil. Remove from heat and stir until lukewarm. Add butter, mixing well. Refrigerate until frosting reaches a stiff spreadable consistency. Spread half of frosting between the two meringue layers and the rest on top and sides. Sprinkle with oven-toasted almond flakes.

This torte is very suitable for freezing.

— Submitted by  
Eivor Pfannkuch

## CHILDREN'S CLUB

The Children's Club continues to meet 4:00-5:30 pm on Mondays at the Coloma Community Center. The children will be learning new songs and dances for the spring. Congratulations to Dana Eiremo on the birth of the newest member, Jonah.

- Peggy Carlson



## THE MONITOR CHOIR

Our choir will be singing at our next social on 6 March. They will also perform for the Fylgia Lodge in San Francisco on March 10 and at Sierra Kronan in Roseville on March 13. Anyone who likes to sing is invited to join the choir — there are no auditions. Call Marianne Ek at 972-7485 for more information.

## HELP NEEDED FOR CAMELIA FESTIVAL

Monitor Lodge will have an exhibit booth at the Camelia Flower Show March 7-8 at the Sacramento Convention Center. Also, our children's club will be performing Sunday afternoon. If you can help to set up and take down the booth, please call Arlie Veis 489-5729. We also need help to tend the booth during the show. Call La Verne Gilbertson 454-1241 to sign up.

## REMEMBER

- ✓ Turn in your expense sheets.
- ✓ Bring your aluminum cans and bottles to be recycled.
- ✓ Share your favorite recipes for our cook-booklet to be sold at the Scandinavian Festival.
- ✓ Wear your name badge at all meetings and sign the attendance sheet. (The secretary still has several unclaimed badges.)
- ✓ Submit your lodge receipts to the secretary before meetings.



## WE NEED CAMELIAS!

Susan Lydecker, our Maid of Sweden this year, will be participating in the International Friendship Luncheon on March 14 and also in the parade on April 4. Please bring as many camelias as you can to the April 3 meeting for garlands to decorate Susan's jeep.

## NEWSLETTER DEADLINE

Our regular editor, Marie Tillman, will be back in time for the April newsletter. Please send all contributions to her **by 14 March**. Marie's address is 1605 Truckee Way, Woodland, CA 95695. Strict adherence to the deadline is necessary to allow enough time to produce and mail the newsletter before the April meeting.

## NÅL OCH TRÅD

Tisdagen den 10 mars,  
kl. 19.00 hos:

Chris Bodelson  
2644 La Mesa Way  
Sacramento, CA 95825  
Phone 482-9762  
(Off Fulton Avenue, one block north of Cottage Way.)

Tisdagen den 24 mars,  
kl. 19.00 hos:

Karin and Viola Bodelson  
2529 Eastern Avenue, #26  
Sacramento, CA 95821  
Phone 485-0815

We will continue to work on items for the Scandinavian Festival. Come and bring your ideas and expertise!





### SCHOLARSHIP COMMITTEE REPORT

The Scholarship Committee is now taking applications from high school seniors (1992 graduates) for the annual Monitor Lodge Scholarship. The applicants must be lodge members, children of members, or grandchildren of members. Those interested can obtain the needed forms by writing to:

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

The applications will include:

1. The student's application form.
2. Three letters of recommendation.
3. A written composition. The theme will deal with the applicant's goals for the future and how the scholarship will assist him or her towards those goals.

Please mail the completed application package to the lodge secretary. Due to the late notice, the deadline has been extended to 15 April, 1992. *In addition, keep the scholarship fund in mind when you would like to make a donation in memory of someone. Donations are always accepted and needed.*

— Eleanor Vine

### BIRTHDAYS

Hjärtliga gratulationer på födelsedagen!

- 3/01 Thor Barrows  
Astrid Horyza  
3/02 Dorothy Scherer  
3/04 Karin Dorey  
3/05 Ellen Herting  
3/06 Berthell Nelson  
3/08 Jack Doscher  
3/12 Kathleen Lagomarsino  
3/13 Henry Hjersman  
3/15 Linda Johnson  
Ruth Lundberg  
3/17 Kenneth Carlson  
Donn Stafford  
3/20 Helen Jensen  
3/24 Gerda Anderson  
Faye Powell  
3/26 Lennart Thornros  
3/29 Joyce Burns  
Kjell Hakansson  
3/30 Frank Lindahl  
Arthur Niemoller



### DUES ANNIVERSARIES

If you have already paid, please ignore the listing of your name. Thank you for your promptness.

- Analena Bronson  
Lowell Carlson  
Roland Carlson  
Margaret Carlson  
Deidre Dahlberg  
Eleanor Johnson  
Gibson Kingren  
Dorothy Kingren  
Leo Krastins  
Carl Larson  
Alice Olson  
Ted Olson  
Wendy Strand  
Kurt Swanfeldt  
Alice Swanfeldt  
Maud Udvardy  
Richard Westrup

Dues are \$14.00 per year, payable to Monitor Lodge No. 218. You can pay them at the March 4 business meeting on March 4 or, if you prefer, you can mail your check to the Financial Secretary, Ethel Johnson, 4344 53rd Street, Sacramento, CA 95820. Her phone number is 457-0966.

### SICK COMMITTEE REPORT

Ericka Lewis has been in the hospital with double pneumonia but is back home again. We're thinking of you, Ericka, and wishing you speedy recovery.

— Gail Nemy



During the cold Swedish winter, hot satisfying food is particularly enjoyed. The most Swedish of soups — pea soup — is included on many menus every Thursday throughout the winter. Pea soup is made from dried yellow peas, which are boiled for a long time together with lightly salted pork. Thyme and marjoram give the soup a special flavor. Although pea soup is really a meal in itself, it is traditional to follow it with thin pancakes and jam or the small pancakes called *plättar*.

Other Swedish specialties popular during the winter are stewed brown beans with fried pork, and lightly salted meat which is boiled and served with mashed potatoes or mashed turnips. The most common fish dish is fried *strömming* (Baltic herring) which can be had all the year around. Any fried *strömming* left over can be marinated in vinegar and served cold the next day. Plain boiled potatoes (usually boiled in the skin) are, by tradition, served with Swedish everyday fare. In the olden days, potatoes, cabbage, and carrots were practically the only vegetables available in the winter and the main source of vitamin C.

— Submitted by  
Eivor Pfannkuch



# Basa Order of America

## Monitor Lodge No. 218

Sacramento, California

February 19, 1992

To: Members of Monitor Lodge #218

From: 80th Anniversary and District Convention Committee

Our Monitor Lodge will be observing its 80th Anniversary in April 1992. We are having a celebration, "A Touch of Sweden", to commemorate this occasion at the Red Lion's Sacramento Inn. There will be a reception Friday, April 24th, a banquet Saturday, April 25th, and a luncheon Sunday, April 26th. These events are in conjunction with our district convention meetings.

To make it possible for all Monitor Lodge members in good standing to be able to attend the banquet Saturday, April 25th at 7:00 pm, the price for our MONITOR MEMBERS WILL BE \$10.00, (REDUCED FROM \$25.00 FOR OTHERS). The Friday reception is free and Sunday luncheon tickets are \$15.00. Let's all support your lodge on this memorable occasion.

*Myrtle Widmark*

Myrtle Widmark, Committee Chairperson

### REGISTRATION

80th Anniversary and District Convention  
April 24, 25, 26, 1992 at Red Lion's Sacramento Inn

Monitor Member in good standing:

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Member Banquet Tickets @ \$10.00 \_\_\_\_\_ Total \_\_\_\_\_

Non-member Banquet Tickets @ \$25.00 \_\_\_\_\_ Total \_\_\_\_\_

Veal Florentine \_\_\_\_\_ or Chicken \_\_\_\_\_

Luncheon Tickets @ \$15.00 \_\_\_\_\_ Total \_\_\_\_\_

RETURN BY APRIL 10th, 1992 TO:

Muriel Hjersman  
640 40th Street  
Sacramento, CA 95819

Please make checks payable to MONITOR LODGE #218 CONVENTION FUND

