


VASA ORDER OF AMERICA
A Swedish-American Fraternal Organization since 1896

Vol. 17, No. 8

October 1993

ur October 1 meeting at Wisteria Hall will begin at 6:30 with a Swedish meatball dinner which the whole family will enjoy. Bring your friends! It is only \$5 for adults and free for children under 12 years. The bar opens at 6:00.

This is an important meeting as we will have election of officers for next year. Contact the nominating committee chairman Kurt Pfannkuch if you would like to help. It is an excellent way to learn about our lodge. We will also be discussing the program for next year, enclosed separately with this newsletter. Please read it over and bring it to the meeting with your suggestions.

We welcomed six new members at our September meeting. It is great to see that Monitor Lodge is growing and gaining the knowledge that these members have to offer. My phone number is 481-4056 if our new members have any questions about our activities.

The *Nål och Tråd* group's first fall meeting at Ethel Johnson's was very productive with plans for projects to keep everyone busy. Come join us and share your ideas! We do many types of needlework, painting, weaving, and will begin a bobbin lace (*knyppling*) class soon.

We need lots of help with the Swedish pancake breakfast on October 9th and we also need to start gearing up for the Smörgåsbord, our annual fund raiser, on November 13th.

*- In Truth and Unity,
Myrtle Widmark*



- 10/01 - June Delle
- 10/03 - Lowell Carlson
- 10/03 - Bernie Lundberg
- 10/04 - Eva Allred
- 10/05 - Karen Johnson
- 10/06 - Dale Ingvarlsen
- 10/07 - Charles Campbell
- 10/08 - Barbara Lutz
- 10/09 - Ellerie Campbell
- 10/10 - Karin Bodelson
- 10/11 - Keith Bergstrom
- 10/16 - Juanita Skorheim
- 10/19 - Ann-Catrin Titus
- 10/20 - Ethel Hoffman
- 10/23 - Lilman Olson
- 10/24 - Marianne Ek
- 10/27 - Vickie Lydecker
- 10/28 - Katherine Gagne
- 10/29 - Gibson Kingren

From the Editor

The deadline for the November issue of *The Monitor* is **Friday, October 15**. Please send your input to Ingrid Kennedy, 10582 Apple Grove Way, Rancho Cordova. Or give her a call at work 634-2461 or at home 638-3212 in the evening.



Swedish Pancake Breakfast

Our annual breakfast will be held on **Saturday, October 9th, 8:30-11:00 am**. It's early, but what a wonderful way to start the day! Take your friends to breakfast, too. This is a very popular event, attracting more and more customers as people are learning about our delicious Swedish pancakes. Last year we ran out of everything before quitting time. We need more helpers this year and need to plan for more food. Please contact me or Myrtle Widmark.

- Margaret Carlson

Roster Changes

The following members have new addresses:

Britt-Marie & Lennart Anderson
481 Parkwood Blvd
Sequim, WA 98382
(909) 621-6614

Lowell Carlson
123 Poker Flat Road
Copperopolis, CA 95228
(202) 785-4095

David Anholm
P.O. Box 5233
Vacaville, CA 95696
(Phone number unknown)

Helen Tura has a new phone number: 489-4815

Also, please add the following new members to you Monitor membership roster:

Ahlstrand, Milo
P.O. Box 246373
Sacramento, CA 95824-6373
Phone 392-8910

Johansson, Goran
15738 Poverly Road
Walnut Grove, CA 95690
Phone 777-5843

Loken, John & Maud
638 Berkeley Way
Fairfield, CA 94533
Phone (707) 425-5579

Marsh, William & Kristina
3209 Mayfair Drive
Sacramento, CA 95864
Phone 973-0613

Nominations of Officers

As of 2 September, the date of our last meeting, we had received the following nominations:

Chairman - Margaret Carlson
Secretary - Marianne Ek
Asst. Secretary - Jean Anderson
Treasurer - Betty Schoepf
Financial Secretary - Gail Nemy
Chaplain - Jeannine Lokey
Master of Ceremonies -
Peggy Carlson
Asst. MC - Ingrid Kennedy
Inner Guard - Leo Krastins
Outer Guard - John Wright
Scholarship Committee -
Jewel Wright (3 yrs)
Trustees - Ted Olson (3 yrs)
Auditors - Arlie Veis (3 yrs)
Vasa Star Correspondent -
Marianne Ek

This means we need nominations also for Vice Chairman, Assistant Financial Secretary, and Cultural Leader. In addition, as of 2 September we didn't know yet if we can talk Eleanor Vine into remaining as Historian. **WE NEED YOU!**



Name Badges

Be sure to wear your name badges to the meetings! The Masters of Ceremonies will be collecting 25¢ if you don't (to benefit the scholarship fund). If you don't have a badge, contact Kurt Phannkuch, 673-5917.



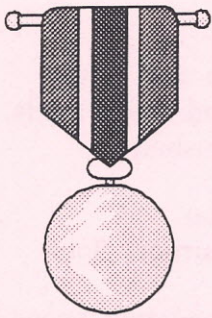
October Dues Anniversaries

If you have already paid, please ignore this reminder and thank you for your promptness.

Louise Amundsen
Edna Anderson
Robert Anderson
Erika Barrows
Thor Barrows
Jone Canady
Edward Dahlberg
Lucy Dahlberg
June Delle
David Dorey
Karin Dorey
Katherine Gagne
LaVerne Gilbertson
Paul Gullans
LaVerne Gullans
Madeleine Hallstrom-Hinman
Carol Kwolek
Elayne Lincecum
Barbara Mecci-Ericson
Lois Mullen
Faye Powell
Jillian Stanley
Inger Thornros
Lennart Thornros

Dues are \$14 a year, payable to Monitor Lodge No. 218. You may pay them at the April meeting or by mail to our financial secretary, Gail Nemy, 4239 Daybreak Lane, Sacramento, CA 95821.

Member of the Month



Elizabeth Johnson was picked as Member of the Month at our September meeting and shares the following from her life:

There she sat and puzzled over the exam for a Kansas state teaching certificate. Someone behind her whispered a clue. When Mamie Warren exited the room after the test, a handsome young man was waiting. She realized it was the man who had sat behind her and thanked him for his help. This was my parents' first meeting. In the next few years, the paths of these two young people crossed more often and an engagement resulted.

Frank Miracle taught school and raised stock in Kansas, then took a job with the US Engineers in Arkansas, and in February 1905 was sent to the Isthmus of Panama. Mamie Warren and Frank Miracle were the first Americans to be wedded there after the United States took over the Canal Zone. Frank became general foreman and storekeeper and Mamie was the first American school teacher at Empire and later principal of the Culebra High School, the only high school on the Isthmus. They met Presidents Roosevelt and Taft when they visited Panama.

On doctor's orders, the Miracles left for a dryer, cooler climate and I, their first child, was born in Hazenmore, Sask., Canada, in 1914. We later lived in Montana. I remember the home-

stead ranch and trips in a covered wagon, a sheepherder's wagon built like a Conestoga with ribbed supporters, as well as cattle driven down to the Missouri River. School kids love this story. Ask me some time.

I attended two one-room school houses in California and came to Oakland in my teen years. I eventually met Harry there in our church, where we were married in 1937. I continued working as a secretary-stenographer. Our first child was born while Harry was doing research for his Ph.D. at UC Davis. After our three children were off my lap, I finished my education at Sacramento State College, taught school for 12 years, and am now enjoying my retirement. We thank God for our loving family, friends, good health and happiness. Among our friends are many fine Swedes!

NÅL OCH TRÅD

Tisdagen den 12 oktober, kl. 19.00, hos:

Elizabeth Johnson
4332 T Street
Sacramento, CA 95820
Tel.: 452-2470

Bring your best Scandinavian cookie recipes. Contributions from any and all Monitor members welcome!

Tisdagen den 26 oktober, kl. 19.00, hos:

Inger Thornros
3849 Thornwood Drive
Sacramento, CA 95821
Tel.: 971-4010

Smörgåsbord

Our big annual money maker is coming up fast. It will be held on **Saturday, November 13th** — and we need all the help we can get!

A reminder to our new members: It doesn't cost anything to members as long as you help out in some way (unless you want to buy a seat to sit down for the evening, of course). And to all our members: We need to know as soon as possible how you will help: during the day in the kitchen, decorating, serving in the evening, helping with clean-up, etc.



There are also items we need members to make at home

and bring, cookies to be baked, etc. We need lots of hostesses also. If you don't volunteer, you'll be phoned! So please contact one of the following persons:

Margaret Carlson 1-742-9346
Myrtle Widmark 481-4056
Peggy Carlson 967-9248

- Margaret Carlson

Swedish Language Group

Meetings start **Thursday, September 23, at 7 pm** at the Coloma Community Center on T street (between 46th and 47th Streets). If you have text from last year, bring them with you. Questions? Phone Myrtle Widmark 481-4056.

- Elizabeth Johnson

*Cultural Corner -***TRAVEL IN OLD SWEDEN**

This is the last installment on Swedish travel in the old days.

Travelling Dress. The travelling dress was simple, and footwear was donned only when drawing near to church and city. The hard-wearing everyday costume, generally fashioned in rough homespun grey, was the usual travelling attire. In winter, for those who could afford it, fur was indispensable when travelling. The hair side was turned outwards, a style not encountered elsewhere in Europe. The reindeer pelt, the Lapp frock, was extensively used during the 1500-1600s. Bear and wolf skin coats were also used, but the peasantry mostly donned black sheepskin coats. The finer furs—beaver, squirrel, marten, and fox—were generally used to line and trim the more elegant articles of clothing. Caps and hats, with brims or flaps that could be turned down, were made of fur or leather.

Road Signs and Maps. In the 1600s, a comprehensive scheme to map the Swedish road network was launched. Travel became more rigidly organized. Coaching tariffs were regulated and mileposts set up along the roads. Travellers were also gradually provided with an increasing number of guide books, consisting mainly of lists of roads and distances between inns and coaching stops.

Travel Souvenirs. The custom of bringing home various objects as souvenirs is as old as travelling itself. In the Middle Ages, Christian pilgrimages were in a way tourist trips. At the pilgrim resorts, souvenirs were sold, for instance, wax candles,

rosaries, crosses, and rings. In the 17th and 18th centuries, springs became popular in Europe. The spa visitors used to take their glasses with them as souvenirs. As early as the 19th century, tourists travelled through Sweden in large numbers. They went to the book shops for souvenirs, including maps of high quality, tourist guides, and handsome albums with beautiful pictures and texts written by well-known authors. The breakthrough of industrialism brought with it a new tourist attraction—the great international exhibitions. In 1866, the first Scandinavian exhibition was opened in Stockholm. It was outdone, by far, by the Stockholm exhibition in 1897. "Cards with views" became very popular—predecessors of the modern postcard.

Excerpts from *Fataburen 1978: Resa i Sverige*,
Yearbook of Skansen and Nordiska Museet
Submitted by Ingrid Kennedy

Smörgåstårta

Special THANKS to all who helped make the smörgåstårta at our recent meeting. Now that you know how it's done, you can do it at home for family and friends. It's used in Sweden for late evening snack, lunch, or Open House. In Sweden, you can buy the smörgåstårta in a bakery or make it yourself. I promised to give you the recipe, but first we need the bread. The bread I used at our meeting, I had brought from Sweden. It is called "Polarkaka" and is found mostly in northern Sweden. The following is a bread recipe from the grandmother of one of our lodge members, Ann-Catrin Titus, adapted somewhat to make it work for this purpose.

1 cup milk, lukewarm
1 tbsp. dry instant yeast
1 egg
 $\frac{1}{4}$ cup sugar
2 tbsp. brown corn syrup
 $\frac{1}{2}$ tsp. anis and fennel seeds,
mixed and crushed
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ cup rye flour
 $2\frac{1}{2}$ cups all-purpose flour

Mix all ingredients, knead the dough, and let it rise for an hour. (I put everything in my bread machine and it worked great.) Divide the dough in three pieces and roll out each piece to a 9" circle. Put it on a greased cookie sheet and punctuate with a fork. Bake each circle in a 450° oven for about 5 minutes.

After the bread has cooled, start assemble the cake. Whip 1 cup heavy cream and then add $\frac{1}{2}$ cup mayonnaise. Fold in 1 small can of tuna packed in water. You can also add chopped hard-boiled eggs, shrimp, peas, or whatever strikes your fancy. Assemble the cake by putting one baked circle on a serving platter, spread with $\frac{1}{3}$ of the filling described above, add one more circle, more filling, and top it with a circle and the last $\frac{1}{3}$ of filling. Decorate with caviar, small shrimp, hard-boiled eggs, green and red pepper, tomato slices, and cucumber slices. Chill the entire tårta for a while and then serve slices like you cut a cake.

This recipe was given to me by our new Swedish son-in-law and I challenge you all to try HANS' SMÖRGÅSTÅRTA at your next gathering of family and friends. Call me at 674-1068 if you need help.

- Eivor Pfanckuch,
Cultural Leader

P R E L I M I N A R Y
■ **MONITOR LODGE NO. 218 CALENDAR FOR 1994** ■

JANUARY

Fri, 7th 7:00 – Business meeting with district delegates elected, installation of officers, and annual reports followed by refreshments. Sierra Kronan will be invited.

FEBRUARY

Fri, 4th 6:30 – Pea soup and Swedish pancake dinner.

Wed, 9th 7:00 – Business meeting at Sacramento Savings Bank, 2150 Watt Avenue.

MARCH

Fri, 4th 7:00 – Business meeting and a cultural program.

5th-6th Camellia Festival (at the covered K Street mall).

APRIL

Fri, 1st 7:00 – Business meeting and anniversary celebration.

Sat, 16th Scandinavian Festival at St Ignatius, 3235 Arden Way.

MAY

Fri, 6th 6:30 – Mors Dag family dinner hosted by the men. Scholarship presentation.

Wed, 11th 7:00 – Business meeting at Sacramento Savings Bank, 2150 Watt Avenue.

Sat, 14th Third annual "Sweden in Bloom" music festival in Palo Alto.

Sat, 28th Sillfrukost.

JUNE

Fri, 3rd 6:30 – Fars Dag family knytkalas with Swedish foods and business meeting.

Sat, 4th Sweden Day.

Sat, 18th 100th anniversary Midsummer Festival at Sveadal.

Sat, 25th Children's Club midsummer celebration.

JULY

VACATION!

AUGUST

Sat, 20th Crayfish party (no business meeting this month).

SEPTEMBER

Fri, 2nd 7:00 – Business meeting with Nominating Committee report followed by a cultural program.

10th-11th Yuba City Prune Festival.

24th-25th Turlock Scandinavian Festival.

OCTOBER

Fri, 7th 6:30 – Swedish pytt i panna dinner, business meeting, election of officers for 1995.

Sat, 8th District Cultural Seminar.

Sat, 15th 8:30 – Pancake breakfast at Farmer Bob's, 8571 Sunset Ave., Fair Oaks

NOVEMBER

Fri, 4th 6:30 – Business meeting followed by cultural activity

Sat, 12th Smörgåsbord

DECEMBER

Fri, 2nd Glögg party

Fri, 9th Luciafest (possibly at a larger location)

