

# The Monitor

VASA ORDER OF AMERICA

A Swedish-American Fraternal Organization since 1896

Vol. 23. No. 9

November 1999

**O**UR NOVEMBER 5 BUSINESS meeting will start at 7 pm (no dinner this time). We'll have important business to transact, initiation of new members, and please bring a pie for our "pie social."

And Carol Churkin has planned an interesting cultural program. The Viking Age, 800-1050, was a short time yet yielded a wealth of tradition and folklore. At our November 5 meeting, Birgitta Ellis will explore some of the old values and practices of our Viking ancestors and their carry-over as the basis for many modern Swedish traditions. Dorothy Mogford will share a poem her father translated from Swedish many years ago describing Viking days.

Our December 3 *smörgåsbord* is coming up fast. We need advance reservations and payment as soon as possible. Tickets will be for sale at our November meeting. Please see Ellen Harrod for these tickets.

## PS to our October Meeting

It was so nice to see some long-time members who are not always able to make it to our meetings. We were delighted to see John and Jewel Wright, Marjorie Skicklig, Lucy Dahlberg, Ethel Hoffman, and Lowell Carlson. Come back again soon! We had a great program and an especially good dinner. Thanks to our cooks and everyone who helped!

## Help Wanted

After our meeting on November 5, we plan to set up our rummage sale. We need your help for this setup and we need LOTS of help on Saturday, manning the tables, helping in the kitchen, taking the money, cleaning up, etc., etc.

Most of all, we need all your unwanted items, clothes, white elephants, furniture, etc. Do your fall cleaning now and save everything for us.

We're having a Swedish bake sale, too. So please make something we can sell.

Bring your stuff for the Friday meeting or bring it Saturday morning when you come to help, shop, and eat.

This is one of many money-making projects we will need to succeed at to host the year 2002 District Convention here in Sacramento.

## Chairman's Message

The Treasurer's report at our latest business meeting re-confirms a nasty trend that has been dogging our lodge for the past couple of years: Deficit Spending; or in other words, we continue to spend more than we make! I don't know the exact amount of our 1999 deficit yet, but the fact that this condition exists should come as no surprise. We anticipated it when we discontinued our annual *smörgåsbord* dinner, our biggest

money-making event, and raised dues and prices at social events to compensate.

Unfortunately, costs continue to rise. As most of you probably know, over sixteen of each member's eighteen dollar annual dues is assessed by the District and Grand Lodges. This means that our expenses must be paid by profits from our social events. This year, due in part to disappointingly low earnings from the pancake breakfast, our earnings have barely managed to cover costs. Meanwhile, our fixed expenses: rent for the meeting hall and storage shed, copies and postage for the newsletter, and, not surprisingly, the budget of our sick committee continue to increase with no income coming in to cover them.

While serious, our financial condition is not dire. We are in no immediate danger of going broke. However, this drain cannot go on forever and it behooves us to start discussing corrective measures. One such measure to make money is the rummage sale in November. Please support it and bring in your left-overs! We can use the money!!!

- In Truth and Unity  
Art Niemoller

## Tusen Tack

to the Doshier family for donating two roaster ovens to the lodge. They will come in handy for our dinners!



## Happy Birthday!

11/01 - Anne Phelan  
 11/02 - Elizabeth Swenson  
 11/04 - Viola Hallen  
 11/05 - Brenda Spanfelner  
 11/06 - Louise Amundsen  
 11/06 - Kerstin Doze  
 11/06 - Ingrid Gilchrist  
 11/07 - Wendy Strand  
 11/09 - William Dyckman  
 11/10 - Joyce Trnka  
 11/11 - Richard Eriksson  
 11/13 - Donna Niemoller  
 11/16 - Russell Ellis  
 11/16 - Jeannine Lokey  
 11/19 - Alice Axberg  
 11/19 - Christine Kagstrom  
 11/23 - Kathy Goldsberry  
 11/24 - Lillian Stafford  
 11/25 - Terry Tillman  
 11/25 - Raymond Griffith  
 11/26 - Gloria Eriksson  
 11/27 - Barbara Olson  
 11/30 - Thelma Range  
 11/30 - Janice Sjogren

## Stronger Currency

If you have plans to visit Sweden in the not-too-distant future, here's good news. Swedish media predicts that the recent strengthening of the Swedish krona will continue during the next year. The Swedish currency rose seven öre the first week of September against both the US dollar and the euro.

According to the Swedish daily *Dagens Nyheter*, the development is convincing proof that the krona has been undervalued for some time.

- *Vestkusten*, 9/15/99

## Scandinavian Festival

The first planning meeting for the 17<sup>th</sup> annual Scandinavian Festival will be held on **Monday, November 8, 7 pm**, at the Sons of Norway Hall, 770 Darina Avenue.

This is a major event which takes lots of volunteer hours, starting NOW. It would be a good opportunity for new members to jump in with both feet—and at the same time meet people from the other Scandinavian lodges in Sacramento.

Please don't leave such a big undertaking to the same few people who step forward—but get overloaded—year after year. **COME TO THE NOVEMBER 8 PLANNING MEETING, PLEASE!**

## Nål och Tråd

The next meeting of the *Nål och Tråd* group will be an evening meeting: **Wednesday, November 17, 7 pm**, at the home of Ethel Johnson, 4344 53<sup>rd</sup> Street. Her phone number is 457-0966.

## Christmas Faire

SWEA is sponsoring its annual Scandinavian Christmas Faire on **Sunday, November 28, 9am-4pm**, at Butterfield & Butterfield, 220 San Bruno Ave, San Francisco. There will be a wonderful program, repeated throughout the day, including Lucia, music, and dancing. As a special feature, all children will be invited up to participate in the dancing. There will be lots of Scandinavian vendors, food, glögg, and fun.

## November Dues Anniversaries

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

Barbara and Tom Anderson  
 Alice Axberg  
 Johanna Benker  
 Lisa Bleasdale  
 Astrid Broess  
 Elizabeth Bushnell  
 Helen and Rod Dyckman  
 Solveig Eltner  
 Monica Eriksson  
 Ruby Hendrickson  
 Joesie Hennig  
 Ellen Herting  
 Louisa Johnson  
 Gertrud and Michelle Kauffman  
 Melissa and Michael Karelius  
 William Kernander  
 Erika Lewis  
 Esther Oleson  
 Ivan and Patricia Page  
 Mark and Mary-Beth Roop  
 Janice and Roy Sjogren  
 Marjorie Skicklig  
 Carolyn Swanson  
 Sophia Swanson  
 Elizabeth Swenson

Dues are \$18 a year, payable to Monitor Lodge No. 218. You may pay them at the November meeting or by mail to our financial secretary, Karin Dorey, 2434 Stokewood Way, Rancho Cordova, CA 95670. If you would like a receipt and membership card, please enclose a self-addressed, stamped envelope.

Please call Karin (858-8568) if you have questions or there are errors on this list.



## Address Change

Frank Peterson  
1077 Shaddowbrook Way #40  
Paradise, CA 95969  
530/876-8489

## Special to New Members



Are you aware that Monitor Lodge has an outstanding choir? It's so good, it is performing not only at our own meetings but by request at Scandinavian events around the state. It is also a close social group of people sharing an interest in music and having fun together. If you like to sing (your voice doesn't need to be opera quality) and if you enjoy learning Scandinavian songs, do contact Marianne Ek at 372-1015. (You can join the choir even if you're not a new member.)

## Cookbooks

We still have some of Monitor's excellent Swedish cookbooks for sale. It makes an excellent hostess gift, wedding gift, Christmas gift, thank-you gift, you-name-it-gift.



You really can't do without it, so call Margaret Carlson, 530/742-9346, as soon as possible to reserve your copy.

## Swedish Phone Numbers

Next time you are looking for a telephone number to a company or to a government agency in Sweden, turn to [www.gulasidorna.se](http://www.gulasidorna.se) on the Internet. As of this past summer you can also find 4.5 million Swedish private phone numbers on the Net. An alternative would be to buy the telephone catalogue in a CD-format that works with

both PC/Windows and Macintosh and is simple to use. You can order the CD from SWEA International, P.O. Box 380637, Murdock, FL 33938-0637, phone (941) 625-4413. The price for the CD is \$30, shipping and handling included.

- From *Swedish Press*, May 1999

## What's New?

*Vestkusten*, founded in 1886 and published twice-a-month in English and Swedish, is an excellent source of news from Sweden and events in the Swedish-American community here on the West Coast. You can subscribe for \$25 a year or try it out for 6 months for \$14. You can also find monthly calendars of events on their website [www.vestkusten.com](http://www.vestkusten.com).



## Birgitta's Swedish Sentences

Swedish: Det regnar nog snart  
Sounds like: De rengnar nog (o as in school; g as in gate) snart (as in smart)  
English: It will probably rain soon

Swedish: Hösten faller på  
Sounds like: Hosten faller po (or paa)  
English: The autumn (or fall) is approaching

Swedish: Tag vara på er (plural you)  
Sound like: Taag (hard g) vaara po er (as in eerie)  
English: Take care of yourselves



H H  
A A  
G N  
B D  
A F  
R A  
D S  
T E



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OKF/S/D/et/Bulle

8-17  
LARI'S  
BRUNNE

## Luciafest

Mark your calendar now so you don't miss our beautiful Luciafest on **Saturday, December 11, 6 pm**, at the Winterstein Center, corner of Morse and Northrop.

The Children's Club work hard for months to prepare a wonderful program for us. *Jul-tomten* is coming, of course, so if you bring a child to this event, make sure you also bring a gift. Refreshments will be served, and we would very much appreciate it, if you could bring a plate of goodies to share.

We will also have a flyer about this event with the December newsletter, but if you need more information in the meantime, do call Christie Kagstrom, 641-8770.

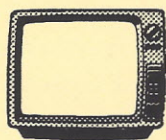
## Deadline

for the December newsletter, is **Wednesday, November 10**. Please send input to Ingrid Kennedy, 10582 Apple Grove Way, Rancho Cordova, CA 95670-2317, or to [iken@gvn.net](mailto:iken@gvn.net)

We will now be setting the deadline a little earlier in the month because it seems to take very long for the postal service to deliver the newsletter in some cases. We had extra big problems with the last newsletter, when some members never even received the newsletter. It seems we'll have to have a little talk with the US Postal Service.

**IF YOU DO NOT RECEIVE YOUR NEWSLETTER AT LEAST FIVE DAYS BEFORE THE NEXT MONTHLY MEETING, PLEASE CALL INGRID KENNEDY, 638-3212.**

## Scandinavian TV Channel to Open



September 23 was the kick-off date for a new Scandinavian subscription

channel, available to certain cable TV subscribers. The programs, most of which will be subtitled, will consist of news, films, drama, sports, entertainment, and cultural and current affairs. They will air in Danish, Finnish, Icelandic, Norwegian, and Swedish. Many of the programs originate with the national public broadcasting systems of the Nordic countries in addition to film and independent sources.

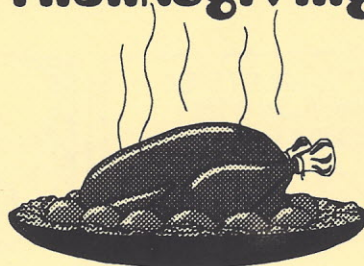
The Scandinavian Channel will broadcast 24 hours a day, 7 days a week. More information on this channel is available by e-mail, [Deric5429@aol.com](mailto:Deric5429@aol.com), or by phone 303/321-4918.

- *Vestkusten*, 9/15/99

## You can Order

the new IKEA catalog, 344 pages of inspiration and ideas for the home, from [www.ikea.com](http://www.ikea.com) or by calling 1-888-434-4532.

# Happy Thanksgiving



## For More Information

about Monitor Lodge, please contact one of the following:

☐ Membership Committee members Michelle Kaufman, 451-3075, Dee Benson at 933-5502, or Elizabeth Swenson, 654-6191

☐ Secretary David Benson, 933-5502

☐ Vice Chairman Don Carlson, 783-0262

☐ Chairman Arthur Niemoller, 631-9330

## If you're not a member yet . . .

We really want to mail out as many newsletters as possible to tell about our activities and share our Swedish heritage. However, Monitor Lodge has found it necessary to limit the number of free issues to six per nonmember. It's all we can afford! We hope that in the meantime, you have decided to join the lodge and keep receiving the newsletter.

When someone has received six issues and has decided against joining, it will still be possible to stay on the mailing list for \$10 a year. If you have received six free issues and do not plan to join Monitor, please send your subscription check to:

Karin Dorey,  
Monitor Financial Secretary  
2434 Stokewood Way  
Rancho Cordova, CA 95670

## Don't Forget

to order your Swedish calendars for 2000, decorated either with Carl Larson art or Swedish scenery. You can order them at the November meeting or by calling Myrtle Widmark at 481-4056.

## ★ SWEDISH FOOD TRADITIONS ★

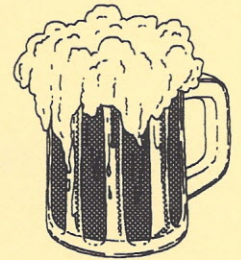
As with most traditions and customs, those related to food are constantly evolving. Many of the foods Swedes eat today can be traced back to Viking times, while others have a shorter history or an origin somewhere other than Sweden.



The Vikings, who were basically farmers, ate oats and other dried grains like barley and rye that grew well during the short growing season. These were the mainstay of the diet but generally supplemented with salted herring and salmon. Grains were prepared in three ways: *välling* (gruel), *gröt* (porridge) and bread. These foods sustained the Swedes for centuries.

The potato that is so much a part of a meal in Sweden today was introduced in the 1720s by Jonas Ahlström, who brought it from America. Others claim that the potato was introduced by soldiers from Pomerania. It took nearly seventy years before potatoes became a common food in Sweden.

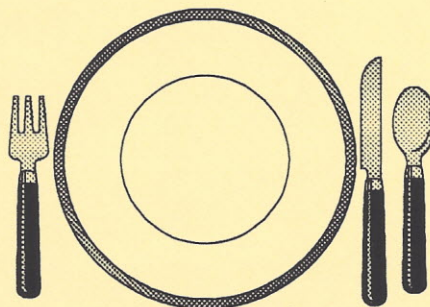
Some of the Swedish food traditions have also become traditions in Monitor Lodge, such as the *smörgåsbord*, the pea soup, and *kåldolmar*. Outside Sweden, the food tradition that is best known is the *smörgåsbord*. It started as the aquavit table. Way back in history, men would gather around a canteen filled with aquavit. They would swap *skåls*, or toasts, but it soon became evident that something to eat—preferably something salty—needed to be added to the table. This came in the form of herring and the herring table evolved gradually into a full-blown *smörgåsbord*.



A well-preserved and much-loved food custom is the pea soup with ham or some type of meat from a pig to be eaten on Thursdays. This as a more direct connection to the Catholic era when it was mandatory to fast on Friday and thus a hearty meal was eaten the day before—and what could be better than a hearty pea soup?

Of all the traditional Swedish home-cooking—*husmanskost*—*kåldolmar* stand out as a favorite. *Kåldolmar* were introduced to the Swedish table by the warrior king Karl XII. Three hundred years ago, his army was defeated in Turkey and a Turkish delegation came to Stockholm to collect the war debts. The Swedes took a liking to the *dolmades*—wine leaves stuffed with ground lamb—that the Turks seemed to enjoy. So they tried to make these themselves but, of course, the wine leaves had to be substituted, so cabbage leaves were tested and worked fine. And pork replaced the lamb—and the *kåldolme* was born.

From: *Swedish Press*, September 1999



# Rummage Sale and Swedish Bake Sale

❖ **November 6, 1999, 9 AM - 3 PM** ❖

at Wisteria Hall, 3830 U Street, Sacramento

Presented by the Monitor Lodge of the Vasa Order of America  
a Swedish-American Fraternal Organization since 1896

❖ *Enjoy coffee with Swedish  
coffee bread or lunch for a  
very good price*



❖ *Contribute your unwanted items  
and then come to do some great  
shopping and eating*

❖ **Remember, one man's junk is another man's treasure** ❖

Monitor Lodge No. 218  
Vasa Order of America  
10582 Apple Grove Way  
Rancho Cordova, CA 95670

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