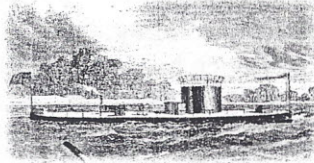


MONITOR LODGE NO. 218 CHARTERED APRIL 8, 1912

THE



MONITOR

Dale Ingvarlsen, Chairman—Matthew Wilson, Vice Chairman—Paige Tally, Secretary—Assistant Recording Secretary, Peggy Carlson  
Gail Nemy, Financial Secretary—Diedre Dahlberg, Asst. Financial Secretary—Karin Johnson, Treasurer

INSIDE THIS ISSUE:

Feature	1,2
Dues, Scholarship	2
NållTråd-Köksnybeter	3
Initiation	4
Chairman's Message	5
Anniversary Dinner	6
Of Note & Easter	7,8

**HEADS UP**

5/3

Morsdag Dinner  
6:00 Social  
7:00 Dinner

**TEAM 3 HOSTING**

5/9

7:00

Business Meeting  
Netzel Residence

6/7

Farsdag Dinner  
5:30 Bus. Mtg.  
6:00 Social  
7:00 Dinner

**TEAM 4 HOSTING**

5/30

10:00 A.M.  
Sill Frukost

Larson Residence  
(See Page 3)

**HELP NEEDED**  
**SEE PAGE 4!**



**Olof Rudbeck, Sr.**  
**(1630-1702)**

Olof Rudbeck, Sr., is one of Uppsala University's most outstanding figures throughout the centuries. He was the son of a bishop from Västerås and entered the University at a tender age. Medical education was not especially advanced at Uppsala at the time, but the young Rudbeck made what has been called 'the first scientific discovery by a Swede,' the lymphatic gland and its diffusion in the human body.

A Danish scientist had made roughly the same discoveries at the same time, and the two gentlemen naturally wound up at odds with each other about which one of them had been first. At any rate, Rudbeck had performed a scientific feat and as a young man made a name for himself among the learned in Europe.

After a period abroad Rudbeck returned to Uppsala, and in 1660 he was appointed to one of the chairs at the Faculty of Medicine (at that time there were only two). He held the post until 1692, when he was succeeded by his son, Olof Rudbeck, Jr. On several occasions he was rector magnificus of the University.

As an expression of his ambitions in medicine, in the early 1660s he had a Theatrum anatomicum built, for dissections of human cadavers. It is easy to imagine what a bold move this was, to build something so large right on top of the university's main building, that is, the Gustavianum. This cupola with its sundial still today lends the building its special character.

Otherwise Rudbeck became best known for his book *Atlantica*, an extremely patriotic account of ancient history, today largely regarded as learned fantasies. But many other aspects of Rudbeck's work have been of lasting value. To-

*(Continued on page 2)*



**MAY  
BIRTHDAY  
WISHES**

- 3 Diedre Dahlberg
- 4 Tarial Green  
Debbie Nickless  
Louise Center
- 5 Betty Schoeph  
Linda Johnson
- 11 Christine  
Bodelson
- 12 Charles Linn  
Myrtle Widmark  
Lorraine Hodorff
- 13 Bud Mogford
- 14 LaVerne Griffith
- 15 Jeanna Hultquist  
Nancy Misenti  
Siw Gormley
- 18 John Wright
- 25 Francis Misenti
- 28 Bernice Hopkins

(Continued from page 1)

gether with the Chancellor, Magnus Gabriel De la Gardie, he introduced the so-called 'exercitia.' They meant that young students from the nobility received training in useful pursuits such as riding, dancing, fencing, modern languages, etc. The riding academy that Rudbeck had built stood where University Hall now stands, and academic training in riding is still provided. He also arranged to have a botanical garden established (the present-day Linnæan Garden), set up boat connections with Stockholm, built bridges and aqueducts, etc. He was also a composer and had a fantastic singing voice, and he sometimes performed in the cathedral.

**MONITOR DUES DUE BY APRIL 1, 2007**

Annual dues of \$30 per member WERE due April 1<sup>st</sup>. Please send your checks, made out to Monitor Lodge #218, to Gail Nemy, 4239 Daybreak Lane, Sacramento 95821 or bring your payment to Gail at a Monitor meeting. If you would like a membership card and/or a receipt mailed to you, please enclose a self addressed, stamped envelope with your check.

This year we have new needs with the closing of Wisteria Hall. It is vital you pay your dues on time.

If payment of \$30 for Monitor dues creates a hardship for any member, please contact Gail Nemy, Financial Secretary or Karin Johnson, Treasurer. We have ways to help any member who needs assistance paying their dues. Contact Gail Nemy at 481-0373, Karin Johnson at 482-3755 or Chairman Dale Ingvarsdn.

*April showers  
bring  
May flowers*

May is named after the Greek Goddess Maia. The month is a time of great celebrations in the Northern Hemisphere. It is the time when flowers emerge and crops begin to sprout. It was first called May in about 1430. Before then it was called Maius, Mayes, or Mai. In Swedish it is called Maj.



**KINGSBURG'S 42ND ANNUAL  
Swedish Festival**

Välkommen! Come and experience  
the rich culture of Sweden in  
Kingsburg's Swedish Village.

**May 18, 19, 20**

**FRIDAY**

- *Traditional Swedish Smorgasbord* - 5:30 - 7:30 p.m.
- Crowning of the Queen - 6 p.m. (both events at Coffee Pot Park)
- Arts & Crafts vendors starting in the afternoon

**SATURDAY**

- Dala Horse Trot (10k & 2-mi.) ~ 7 a.m.
- *Swedish Pancake Breakfast* ~ 7-10 a.m. at Coffee Pot Park
- Festival Parade with dancing around the Maypole ~ 10:30 a.m. To 12:30 p.m.
- Swedish Dancing & Entertainment ~ 12:30-5 p.m. Cultural Village Stage
- Arts, Crafts and Food Booths ~ all day
- Sacred Concert ~ 2-4 p.m. at First Baptist Church
- Swedish Cultural Village ~ all day on Draper Street
- Historical Park ~ Trolley rides there all day from Draper Street

**SUNDAY**

- Arts, Crafts and Food Booths
- Swedish Dancing & Entertainment,
- Swedish Cultural Village on Draper Street—to 4 p.m.,
- Vespers ~ 6 p.m., Memorial Park

*City of Kingsburg Centennial Activities All Weekend!!*

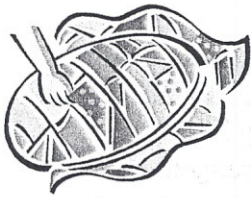


For information call  
the Kingsburg  
District  
Chamber of  
Commerce at  
(559) 897-1111

Sponsored by:  
Kingsburg District  
Chamber of Commerce



NÅL OCH TRÅD



Well, we didn't have too much in the way of April showers, but let's hope May flowers come along just the same.

Nål och Tråd plans on meeting on May 15th at 10 AM at the home of Dorothy Mogford. Please note that May 15th is the **THIRD** Tuesday of the month, and this will be an established time from now on. Bring a brown bag lunch, and Dorothy will serve coffee and dessert.

We welcome one and all. Come and help us help our lodge. The Scandinavian Festival is coming up in September and we need lots of things to sell. See you at Dorothy's.

KÖKSNYHETER

I'm sure Team 3 has something special planned for the Celebration of Mother's Day at the May Meeting Thursday March 3rd! Linda and I will just be returning that day from a week on the the Big Island of Hawaii so we will be unable to attend. Don't forget that this dinner will be at the VFW Hall at 905 Drever Street at Soule in West Sacramento.

Team 4 will be feeding us at the June Father's Day Dinner. My calendar indicates that will be on Thursday June 7 in keeping with our new first Thursday meeting day. If there is a change I will let you know.

Looking forward to the Sill Frukost here in the mountains in Amador County, details of that event will be in the June newsletter. This will be a reservation only event so we can anticipate how much herring to purchase. Because it is a toll call to call us here in Pioneer, Dorothy Mogford has graciously agreed to take reservations via phone. I will list "potluck" items that need to be provided, and anyone signing up to bring what is asked for will not be charged the usual \$7.50! Of course, the open bar is another story. The last time this event was held here, Linda and I prepared most of the food and it was just too much preparation for us to do alone. We need help this time.

This is just silly, but good for a laugh. Thelma Gorrell



A nursery school teacher was delivering a station wagon full of kids home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one youngster. "No, said another, "he's just for good luck." A third child brought the argument to a close. "They use the dogs", she said firmly, "to find the fire hydrant."



NEWSLETTER  
DEADLINE FOR  
THE JUNE ISSUE  
IS 05/12

NO NL IN JULY—  
AUGUST DEADLINE  
7/12

CHECK OUT!  
<http://ls.berkeley.edu/dept/scandinavian/>  
<http://ls.berkeley.edu/dept/scandinavian/events/lectures.html>  
<http://ies.berkeley.edu/fsp/finnishstudies/>

**IN ORDER TO RECEIVE THE NL VIA E-MAIL AND IN COLOR, YOU MUST DOWNLOAD ADOBE ACROBAT READER [www.adobe.com](http://www.adobe.com). IT'S FREE!!**

A CHANGE OF  
EMAIL ADDRESS

DALE/MARGARET  
INGVARSEN

idali@comcast.net

KEEP YOUR DIRECTORY UP TO DATE!! THIS IS WHERE THE CHANGES ARE LISTED THROUGHOUT THE YEAR!



Vasa Order of America  
A Swedish-American  
Fraternal Organization  
Since 1876

Temporarily meeting at  
VFW Hall, 905 Drever  
Street at Soule, West  
Sacramento, CA

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Carol Neswich, "Reporter"

Circulation Managers

**POSITION NEEDS  
FILLING ASAP**

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685-2908

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451-3075

Birgitta Ellis  
920-0696

Bob & Ann Johnson  
684-7341

Yvonne Magneheim  
979-9501



## This Recipe received a "Smackar" \*Award at the March Meeting Tack, Eivor

### Bruna Bröd or Brown Bread Cookies

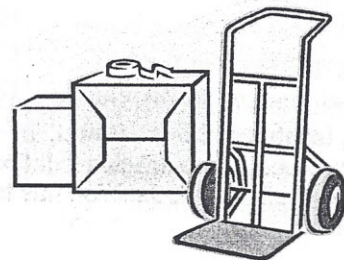
2 ¼ sticks of butter  
1 cup of sugar  
1 tablespoon of dark Karo syrup or Mörk Sirap (from Ikea)  
1 egg  
3 ½ cups of flour  
2 teaspoons of baking soda  
2 teaspoons of cinnamon  
1 teaspoon of cardamom Pearl Sugar (from Ikea)

Mix all ingredients together. Put some pearl sugar on a plate. Take a piece of the dough and make a ball, the size of a small Swedish meat ball. Flatten the ball in the plate of pearl sugar and put the flattened ball, pearl sugar up, on a cookie sheet. Repeat until all dough is used.

Bake in 375 degree oven for 5 – 7 minutes.

\* Svenskt uppslagsord  
smackar smackade smackat smacka(!) verb  
smälla med läpparna eller tungan  
<A smackar>

Engelsk översättning  
smack [one's lips], click [one's tongue]



**MOVERS NEEDED...AGAIN!** ...on Saturday and Sunday) April 21st and 22nd. We need to remove items from the storage facilities and transfer to TURN VEREIN. This will save the Lodge \$200.00. Some pickup trucks are needed. Call Dale 916-729-0696, if you can help or have a truck.

### Walpurgis Night - 30th of April

Walpurgis night is a celebration of spring, and big bonfires are lit everywhere; on hills, in meadows and parking areas. Families gather around the fire, and the children run around playing with firecrackers and making a lot of noise. A choir sings traditional songs to greet the coming spring. This is not a Christian tradition; it is much older than that. No one knows the original purpose of the bonfires.

### Ascension day - 17th of May, 2007

The Ascension is a holiday in Sweden and one of the great feasts in the Christian liturgical calendar, and commemorates the Ascension of Jesus Christ into Heaven forty days after His resurrection from the dead. The event is recorded in the New

(Continued on page 10)

## CHAIRMAN'S MESSAGE

It is still a time of challenges and action for our Monitor Lodge. Our officers and two committees have been actively involved in the club during the past two months.

### Monitor Lodge is well represented in Golden Gate District Lodge No. 12.

The following members are officers at the District level this year:

- **Dale Ingvarlsen** – Executive Board Member
- **Liesma Krastins** – District Outer Guard
- **Gail Nemy** - District Auditor
- **Ed Netzel** - Vice District Master
- **Elizabeth Swenson** – District Auditor

**Violet De Bord, Karin Johnson** and **Eivor Pfannkuch** are representing Monitor Lodge as delegates at the District Convention, while **Margaret Ingvarlsen** and **Judy Netzel** will serve as alternates for the delegates.

The 95<sup>th</sup> Anniversary Planning Committee comprised of **Richard Ericksson, Dale and Margaret Ingvarlsen, Bob and Ann Johnson, Michelle Kauffman, Yvonne Magneheim** and **Donn and Lillian Stafford**, have met several times to plan for the gala 95<sup>th</sup> Anniversary Dinner-Dance Party. Also helping at this event are **Margaret Ingvarlsen, Karin Johnson, Kerstin Krause, Josie and Heinz Hennig, and Gail Nemy.**

The New Site Selection Committee has met during the past month-and-half, and toured facilities, to find a new permanent location for Monitor Lodge. They have investigated more than fifteen possible locations. Serving on this committee are:

- Past Chairmen, **Ed Netzel, Art Niemoller, Kurt Pfannkuch, and Arlie Veis.**
- Kitchen Representative: **Dorothy Mogford**
- Finance: **Gail Nemy**
- Trustees: **Richard Ericksson and Art Neimoller** (also, past Chairman)

Now, after reviewing more than fifteen (15) possible locations, the committee is recommending the **TURN VEREIN** building, located at 3349 J Street, in Sacramento, which is owned by the German Club. There are two locations available in this building, and there is storage available. A decision has to be made on which room the Lodge wants to rent.

Lodge members will have an opportunity to vote their preference at the Anniversary Dinner Party, on April 20<sup>th</sup>, at the Dante Club. A display board with pictures and a list of advantages and negatives for each room will be posted at the Anniversary Dinner-Party. Information, options and costs are shown below in this newsletter.



**95<sup>th</sup> Anniversary Dinner-Dance Party** – Friday, April 20<sup>th</sup>, at the Dante Club. Things start with the cocktail hour at 6:00 p.m. The deadline for reservations was Saturday, April 14<sup>th</sup>. We are in a smaller room, to the left of the entrance hallway, this year. However, There is room for dancing, here. The customary akvavit toast will take place at the start of dinner, and wine will be provided during the dinner. Several members will be recognized for the number of years they have been members of VASA. Following the dinner you will be able to dance or simply listen and enjoy Scandinavian dance music and Big Band music.

To help cover the cost for the reduced price for dinner, we will have a raffle and silent auction. If you can, will you please remember to bring a raffle item valued at \$5.00 to \$25.00...or a silent auction item valued at more than \$25.00.

I look forward to seeing many of you at the 95<sup>th</sup> Anniversary Dinner-Dance Party.

In Truth and Unity,  
Dae Ingvarlsen, Chairman

VASA MONITOR PRES MESSAGE APR-07

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### MEET KAREN SANDBERG

(Karen said yes when "Cub Reporter" Carol Neswich asked for a Bio! We all benefit)

Where do I begin to tell the tales of a Swedish life just begun?

I remember Christmas Eve dinners at the home of my father's sister - Aunt Doris - and her husband - Uncle Benny. I still can see my Aunt in the kitchen, in her apron and slippers, her hair always beautiful, her nose and walk I have acquired, waiting for the rest of the family to arrive while my Uncle tended the log on the fire. This Aunt and Uncle graciously opened their home year after year - providing memories for me that I will forever cherish.

Candles glowing softly on the dinner table, while others were strategically placed on tables throughout the house out of the reach of little hands, the sounds of the songs on the album "I Just Go Nuts At Christmas," the crunch of the ginger and spritz cookies so carefully made, the warm rice pudding fresh out of the oven, the saltiness of the pickled herring with hard crackers, the Swedish beans stirred with love and flavored so particularly each year, however, consistently served in the same cherished hand-painted floral porcelain bowl, the Swedish potato sausage, all served on white porcelain dishes. Root beer was a staple and the evening is not Christmas Eve without it. Impatiently waiting after my sisters and brother and I finished our meal for the women to complete the task of washing dishes (this is before the invention of an automatic dishwasher!). We thought Easter would be here and gone

(Continued on page 9)

**TROLLEBO SWEDISH FAMILY SUMMER CAMP**  
**REVISED REGISTRATION FORM**

When: August 2-5, 2007  
 Where: Silver Lake, California  
 Why: Learn Swedish songs, dances, games, language, and crafts  
 Ages: All ages welcome

Cost:           Registration Fee       \$ 10.00  
                   Adult (over 12)       \$100.00  
                   Youth (6-12)           \$ 85.00  
                   Children (2-5)          \$ 30.00

3 nights lodging - 9 meals served

**RESERVATION AND FEES DEADLINE:           MAY 15, 2007**

No refunds after June 30, 2007

Camperships available based on need - A separate application form is provided for this purpose.

Name \_\_\_\_\_

Phone \_\_\_\_\_ email \_\_\_\_\_

Mailing Address \_\_\_\_\_

REGISTRATION FEE	=	\$ 10.00
Number of adults _____	x \$100.00	= \$ _____
Names of adults _____		
Number of youth _____	x \$ 85.00	= \$ _____
Names of youth _____		
Number of children _____	x \$ 30.00	= \$ _____
Names of children _____		
CABIN - \$36.00 EACH - Sleeps 6 - 1 double-2 bunk beds	=	\$ 36.00
TOTAL enclosed		\$ _____

Do you want to learn Swedish? Yes \_\_\_ No \_\_\_ (beginner?; intermediate?; advanced?)

Circle one

Make check payable to Trollebo Swedish Family Camp

Send to:   Edythe Anderson, Director  
               1386 Laser Drive, Sparks NV 89436  
               Tel (775-626-0657)

(over)



**PLEASE PROVIDE THE FOLLOWING FOR CAMP SHIRTS:**

**ADULT:**

name & size \_\_\_\_\_

name & size \_\_\_\_\_

name & size \_\_\_\_\_

name & size \_\_\_\_\_

**YOUTH**

name & size \_\_\_\_\_

name & size \_\_\_\_\_

name & size \_\_\_\_\_

name & size \_\_\_\_\_

name & size \_\_\_\_\_

**CHILDREN**

name & size \_\_\_\_\_

name & size \_\_\_\_\_

name & size \_\_\_\_\_

name & size \_\_\_\_\_

name & size \_\_\_\_\_

=====

*I understand and agree to abide by the operation rules as set down by the Stockton Parks and Recreation Commission. I further agree to hold the Stockton Parks and Recreation Commission, it's members, it's officers and operation committees thereof, the City of Stockton, County of San Joaquin, Stockton, Lincoln, Manteca and Lodi Unified School Districts, San Joaquin Delta College and the staff and participants, free and harmless from any and all liability whatsoever, arising from any participation in this activity.*

Volunteer Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent or Guardian (if under 18 years of age)



*(Continued from page 6)*

before mom and Aunt Doris let us know it is time for "Santa" to deliver the packages.

The Christmas tree decorated so perfectly every year with the tender care of my Aunt and Uncle. Pajamas also were a welcome staple and as soon as found were put on and worn for the trip home. Many nights we could imagine Santa's reindeer attempting to find their way through the fog. Too often we drove through the infamous Tule Fog of the Central Valley to navigate our way home.

I do not recall when or where I realized that I was of Swedish heritage, or that Sweden was a country far, far away. However, I do recall around 9 years of age that Sweden was a place I longed to see. I am saddened that I have not heard the sounds of Sweden uttered from my American relatives, I am saddened that I lost my father's mother when I was so young. My mom says that of my siblings I resemble my Grandmother Elizabeth the most.

My father's mother (Elizabeth Lindberg) only lived to be 67. I was about 4. My father's father (Edwin/Edward Sandberg) was not much on conversation even though he lived to be 91.

Both sets of my father's grandparents (Frank and Annie Lindberg and Augusta and David Sandberg) emigrated from Sweden during the 1880's and 1890's. Chicago and Minnesota are also my claim to fame. People who had the ability to share their stories of the "Old Country" were gone long before I arrived. I have always wondered what it is to be Swedish and why I am the way I am.

I had the fortune of following my heart to Sacramento and finding Birgitta Ellis through a co-worker. Through my attempts at learning how to speak Swedish via lessons from Birgitta I listened to the stories of Sverige. That was all it took. I was on a mission to make my way to the land of my ancestors.

The summer of 2006 was "An Incredible Journey."

I found relatives that I never knew existed with the assistance of Marie Louise Bratt and her company "Bridge to Sweden." We traveled through Småland and visited a "Sandberg" farm that has been in the "Sandberg" family for over 300 years. The children living on the farm now are 7<sup>th</sup> generation. I saw Swedish brown and white cows, met people who are still connected to the land; I saw stonewalls, and listened to the stories of how those walls came to be, was bitten by innumerable mosquitoes, met some incredible people and I am connected by the blood that runs through our veins.

I celebrated Midsommer. I picked fresh lettuce and midsummer flowers. I met Primus - the Gotland pony. I tasted homemade schnapps. A dear woman made a wreath of midsummer

*(Continued on page 10)*



*(Continued from page 9)*

flowers for me. I learned about "All Man's Land" and that people are responsible, and accountable for his or her own actions. I walked upon land tread by my forefathers. I looked up and around and walked forward and backward trying to take it all in. All the time wondering how will I ever commit this to memory and remember every step I took.

I can only imagine the heartache of leaving the only land and language and customs known - to never see your father, or mother, or brothers, or sisters ever again. If the land you love is unable to nourish your body - the only option many had was to search for a better life. America afforded this opportunity. It causes my heart to ache to have walked this land - and imagine tearing yourself away from all that you know - to go to a strange land with strange people and strange sights and sounds. I have a great respect for these emigrants. The history of the Vikings and the churches, and the people and their country is something of which I am extremely proud.

I met people who look similar to my family. A distant cousin could be a twin to my father. A cousin has hands such as my father and brother. The inquisitive looks, and wonderment, and tears of joy at meeting relatives across such a great ocean are so difficult to describe. I will never forget the sights, sounds, and precious moments that I experienced in this home of my long lost family.

This began the journey of my Swedish Life.

I have such a yearning to learn about my father's family - I still need to discover the family of Elizabeth Lindberg - and her parents - Frank and Annie. I have feelings pulling me back again to the land of my fathers. This is just one journey of many that I plan on making.

Bless you all for the work that you do so people such as myself may find some connection with the long ago past of which I long to call my own.

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*(Continued from page 4)*

Testament in Acts Chapter 1.

Ascension Day is always a Thursday; in some churches (especially in the United States) it is commemorated on the subsequent Sunday (the Sunday before Pentecost). The three days before Ascension Thursday are sometimes referred to as the Rogation days (and the previous Sunday as Rogation Sunday). In some countries (e.g. Scandinavia or Germany) it is a public holiday



**GLAD PINGSTDAGEN**



Monitor Lodge  
VASA Order of America  
6478 Cedar Ranch Drive  
Citrus Heights, CA 95621