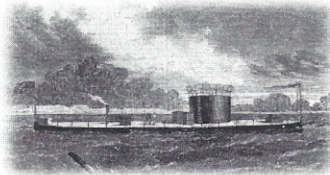


MONITOR LODGE NO. 218 CHARTERED APRIL 8, 1912

THE



MONITOR

Kurt Pfannkuch, Chairman—**Johanna Benker**, Vice Chairman—**Charles Rea**, Secretary—**Karen Sandberg**, Assistant Recording Secretary, **Yvonne Magneheim**, Financial Secretary—**Lillian Stafford**, Assistant Financial Secretary—**Karin Johnson**, Treasurer

INSIDE THIS ISSUE:

<i>Oldest Living Tree</i>	1
<i>Minutes</i>	2
<i>Kök-Nål och Tråd</i>	3
<i>Chairman's Message</i>	4
<i>Jul Poem</i>	5
<i>Lucia</i>	6
<i>Henrik Lundqvist</i>	7

HEADS UP

12/5
Annual Smörgåsbord
Och Lucia



1/9/09

Joint Installation of
Officers with Sierra
Kronen Lodge,
Monitor Lodge
Hosting
**NOTICE DATE
CHANGE**

1/7/09
Audit & Annual
Report

Så, till bords, skål, god aptit, God Jul och Gott Nytt År
So, to the table, skål, good appetite, Merry Christmas, and Happy New Year

Swedish spruce may be world's oldest living tree

Scientists have found a cluster of spruces in the mountains in western Sweden which, at an age of 8,000 years, may be the world's oldest living trees.

The hardy Norway spruces were found perched high on a mountain side where they have remained safe from recent dangers such as logging, but exposed to the harsh weather conditions of the mountain range that separates Norway and Sweden.

Carbon dating of the trees carried out at a laboratory in Miami, Florida, showed the oldest of them first set root about 8,000 years ago, making it the world's oldest known living tree, Umea University Professor Leif Kullman said.

California's "Methuselah" tree, a Great Basin bristlecone pine, is often cited as the world's oldest living tree with a recorded age of between 4,500 and 5,000 years.

Two other spruces, also found in the course of climate change studies in the Swedish county of Dalarna, were shown to be 4,800 and 5,500 years old.

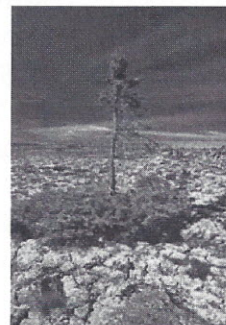
"These were the first woods that grew after the Ice Age," said Lars Hedlund, responsible for environmental surveys in the county of Dalarna and collaborator in climate studies there.

"That means that when you speak of climate change today, you can in these (trees) see pretty much every single climate change that has occurred."

Although a single tree trunk can become at most about 600 years old, the spruces had survived by pushing out another trunk as soon as the old one died, Professor Kullman said.

Rising temperatures in the area in recent years had allowed the spruces to grow rapidly, making them easier to find in the rugged terrain, he added.

"For quite some time they have endured as bushes maybe 1/2 meter tall," he said.



"But over the past few decades we have seen a much warmer climate, which has meant that they have popped up like mushrooms in the soil."

**DECEMBER
BIRTHDAYS**

- 1 Thomas Center
- 4 Adam Johnson
- 7 Ellen Harrod
- 19 Ruth Brown
- 22 Carol Nesewich
- 24 Ronald Bergstrom
Ann Kantar
- 25 Karl Heintz-Henning

.Stilla natt
(Silent Night)

Stilla natt, heliga natt!
Allt är frid, stjärnan blid
skiner på barnet I stallets
strå
och de vakande fromma
två:
Oss är en frälsare född.
(repeat)

Stora stund, heliga stund!
Änglars här, slår sin rund
kring de vaktande herdars
jord
rymden Ijuder av glädjens
ord
Kristus till jorden är kom-
men
Oss är en frälsare föff.
(repeat)

Stilla natt, heliga natt!
Mörkret flyr, dagen gryr
räddningstimman för
världen slår
nu begynner vårt jubelår
Kristus till jorden är kom-
men
Oss är en frälsare född.
(repeat)



Monitor Lodge #218
Business Meeting, Nov. 7, 2008

Minutes

Officers Present

- Chair Kurt Pfannkuch
- Vice Chair Johanna Benker
- Secretary Charley Rea
- Financial Secretary Yvonne Magneheim
- Asst. Financial Sec. Lillian Stafford
- Treasurer Karin Johnson
- Cultural Committee Thelma Gorrell, Jewel Wright
- Chaplain Dorothy Scherer

Call to Order. Chairman Kurt Pfannkuch called the meeting to order. A quorum was present.

New Member. Craig Johnson was inducted as a new member.

Minutes. The minutes of the Oct. 8 meeting were approved (motion by John Wright/Violet DeBord), although there was discussion about whether a motion had been adopted regarding the Lodge's bar.

Smorgasbord. It will be December 5 at the I.O.O. F Hall. Those planning to attend should contact Dale Ingvarlsen. A motion was adopted to charge no admission for kids who participate in the Lucia program. Johanna Benker requests help with clean up. Contact Johanna Benker.

Food Bank. The Lodge approved a \$100 donation to the Sacramento Food Bank. (The secretary was reminded to notify the vice district master of the donation for the district charity report).

Bills. The Financial Secretary reviewed several bills for supplies, newsletters, and the October dinner meeting. A motion was adopted to pay the bills, including the rental of the hall (Ed Netzel/Birgitta Ostlund).

Secretary's Report. Norden Lodge (#684) in Fresno will be hosting the District Convention next year, and they are selling raffle tickets to raise funds for the convention. The prize is a Christmas Quilt. Tickets can be purchased for \$1 a piece (or books of 10 for \$10). Tickets have to be returned by Dec. 25 for the Jan. 2 drawing. If you would like tickets, contact Charley Rea at lrea100@yahoo.com, or 916-483-2064.

Really neat 2009 calendars of Sweden and other Scandinavian countries are available from Nordiskal for \$7.25 to \$13.00, depending on how

(Continued on page 3)

(Continued from page 2)

many are ordered. If you are interested, contact Charley Rea at lrea100@yahoo.com.

Good of the Order. Ed Netzel announced that the Tengner Lodge in Oakland is celebrating their 100th anniversary this weekend.

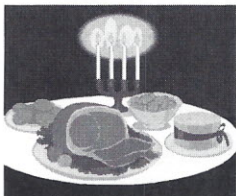
Financial Report. The Treasurer reported a \$415 net profit on the Danish night dinner in October and a \$580 check from the Scandinavian Festival.

Next Meeting. Dec. 5 - Glogg Party & Smorgasbord, I.O.O.F Hall, beginning at 7 p.m.

Adjourn. Chair Pfannkuch adjourned the meeting.

NO MEETING JANUARY 2ND
INSTALLATION JANUARY 9
IOOF HALL 6 SOCIAL 7 DINNER

KÖKSNYHETER OCH NÅL OCH TRÅD



Glögg, Lucia program, marvelous food and great fellowship—perhaps some snaps, ja? That is what is in store for you when you make your reservation for our Annual Julbord on Friday, December 5th beginning at 6:00. Reservations end on November 28th so don't delay!

As indicated above, the January Installation date has been changed. Please mark your calendars and plan to attend the joint event with Sierra Kronan Lodge. A good AND DIFFERENT (for us) dinner is being planned. Your being there will show support to our new officers and a chance for thanks to our outgoing officers. *ed.*



Nål och Tråd is asking for ideas for projects to work on in 2009! Please bring those ideas and your bag lunch to the meeting at Myrtle's on Tuesday, December 9th at 10:00. Myrtle will have dessert and coffee for you. All are welcome!!!!

The Mogfords are moved into their new home in Napa but are far from settled. They recommend moving to a new place way before you reach 90 years old!

Myrtle

NEWSLETTER
DEADLINE FOR
THE JANUARY IS-
SUE IS 12/12/08

IN ORDER TO RE-
CEIVE THE NL VIA
E-MAIL AND IN
COLOR, YOU MUST
DOWNLOAD ADOBE
ACROBAT READER
www.adobe.com.

CORRECTIONS TO MONITOR PROGRAM BOOK

Please check your name and address listing in the Program Book 2008. If there is an error or you want to add your email address, please contact Monitor Secretary, Charlie Rea at 916-483-2064.

(By the way, his address in Monitor's Program Book is incorrect. His street address is 2212 Homewood Way, Carmichael 95608.)

We need to send corrections to the District for updating the District Program Book and we need to update Monitor's Program Book.



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

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Chairman's Message

It's hard to believe that the year has gone by so fast and that the holiday season will soon be here. While you may not have gotten into the holiday spirit yet, a group of members have been working and planning for a fun evening at our Christmas dinner in December. We will start with our glogg and pepparkaka before the meal, have a holiday sing-a-long, reinstate our Lucia pageant, and of course enjoy all that great Swedish cooking. So why are reservations so slow coming in??? Last weekend I attended the 100th anniversary of Tegner Lodge in Oakland where they had a wonderful smorgasbord catered by a real Swedish chef. It was excellent, but cost twice as much as ours and had less than half the variety we offer. Monitor truly puts on the best smorgasbord in northern California, and maybe even in the whole state. We have a limit of 112, but are only about half way there. The price is \$20 for Monitor members and \$25 for non-members. So call Dale and Margaret Ingvardsen to get your name on the list and send your money in to them to secure your reservation. Reservations may be starting slowly, but I will guarantee you that we will have to turn down people who wait too long. Don't be one of them.

One last thing about the Christmas dinner. A lot of people have already been busy planning for it. A lot more will be very busy buying and preparing food and setting up a cultural program for the evening. And there will be a group of hard working people setting up the hall early in the day so we can enjoy a truly festive evening. These people will have done their share, and more, and will be tired by the end of the evening. But the hall will need to be straightened up and supplies and dishes put away. The 'hard core' will be there to work and to supervise what goes where, BUT they could sure use the help of those who were unable to help before. Plan on staying late and helping. It is actually fun to work together as a lodge. We have the hall an extra hour that night, so plan on coming early and staying late.

I would like to offer my personal thanks to all the people who have worked so hard throughout the year in support of the Lodge and a very special thanks to those who have been and will be working to make our Christmas celebration a success.

Kurt Pfannkuch
Chairman

**Goder afton, goder afton,
Både herre och fru
Di få önska Eder alla
En Fröjdeful jul!**

In fancy, I go to the Northland,
At Christmas time long, long ago,
When my Mom was a small girl in Sweden
And forests were laden with snow.

She helped choose the spruce on the hillside -
The prettiest one to be found;
Granddad felled it and loaded the stoneboat
With small folk and tree, homeward bound.

Red lingon have long since been gathered
For jam as a holiday treat;
They grow in the moss-covered marshes,

Come hither to fill their wood buckets
And thrill to the cuckoo's call,
That chimies from the top of a pine tree -
A peace and good will song to all!

The candles are moulded from tallow,
Good Julbread and fruit soup is made;
Round cheeses, stuffed sausage and lutfisk,
Will humble festivity aid.

Preparedness is now in full motion,
The floor is sand-scrubbed and looks white,
With a door mat of evergreen branches -
Some on stove for incense delight.

This Christmas is full of surprises,
Red apples now sway in the tree;
Dear presents - so graciously home-made,
And eyes that are starfilled, I see.

It's Christmas Eve! In this lowly dwelling
The true Jul-tide Spirit abides,
The head of the house reads the Story -
The love of the Christ Child presides.

At dawn, on their brisk walk to God's House,
Groups carol the long six-mile way -
Thus honor the Babe with their presence
And worship on this Blessed Day.

May you, too, have a heart-warming Christmas,
Find you in each good thing God lends
And thrill as each candle-light hallows
The Gift that His Love to you sends.

by Phoebe Carolina Swanson Johnson
December 1962
Sioux Falls, South Dakota

LUCIA OPPORTUNITIES

Monitor Lodge No. 218 @ IOOF Hall Sacramento, December 5th along with Annual Smörgåsbord. Call 916-729+0632 for more information and reservations.

Paradise Vasa Gold Nugget Lodge - Annual Santa Lucia Celebration - Festival of Lights

This event is located at 1010 Elliott, Paradise CA, on Friday, December 12th from 5:00 pm to 9:00 pm. Dinner cost is \$5.00 per person. Everyone is welcome to join the Scandinavian culture and traditions starting with the Split Pea Soup dinner served at 5:00 pm until 6:00 pm (hot dogs will be available for the children). Dessert will also be provided. The parade and program will begin at 7:00 pm and Santa is planning on stopping by. We will be collecting toys and non-perishable food items at the door to be shared for the holidays. For more information, please contact Laurel Paulson-Pierce at (530) 370-3335 or e-mail veraloe@gotsky.com

Tegner Lodge # 149 @ Bjornson Hall in Oakland on Sunday, December 7, 2008 from 2:00 pm to 6:00 pm. Cost is \$20 and under 16 is \$2.00. Call (510) 653-7999 for more information.

Sierra Kronan Lodge # 737 @ the Boy Scouts - Lion's Hall in Roseville on Friday, December 12, 2008 at 7:00 pm. Call (916) 966-7386 for more information.

Nord Lodge # 392 @ Eagles Hall in Stockton on Sunday, December 14, 2008 at 2:00 pm. Call (209) 477-6859 for more information.

Song for Santa Lucia

English Version

The night goes with
weighty step round yard
and (stove i.e. house,
hearth?) round earth.
The sun's departure
leaves the woods brood-
ing. There in our dark
house, appears with
lighted candles Saint
Lucia, Saint Lucia.
The night goes great and
mute. Now one hears its
wings in every silent
room murmuring as if
from wings. Look at our
threshold. There she
stands white-clad with
lights in her hair Saint
Lucia, Saint Lucia
The darkness shall soon
depart from the earth's
valleys thus she speaks a
wonderful word to us.
The day shall rise anew
from the rosy sky. Saint
Lucia, Saint Lucia.

THE SWEDISH TRIBUTE TO LIGHT

Sweden's " Lucia Festival", on december 13, is held at a time when darkness falls in that country by mid-afternoon. The name Lucia, or Lucy, means "light", which is something Swedes especially treasure during the long winter nights.

The real Lucia was kind and courious Christian women who lived in Italy in the fourth century. It is said that on the night before her wedding, Lucia gave all her money to the poor. Because no one could understand why she did that, Lucia was accused of being a witch and was burned at the stake on December 13 in the year AD 304. Even after her death, however, Lucia was said to continue helping those in need. For that reason, she was eventually made a saint. When Christianity came to Sweden, St. Lucia's role was combined with that of *Berchta*, the early goddess of the hearth, or fireplace. This goddess was loved for her good heart and for the special care she was said to give to children.

According to Swedish tradition, the oldest daughter of the family pretends to be St. Lucia on the morning of December 13. The "Lucia Queen" dresses in a long white gown and wears a special crown of evergreen boughs and four candles upon her head. She rises before dawn to prepare coffee and special saffron buns and serves them to the rest of the family, while they are still in bed.

As she goes from room to room, the Lucia Queen sings a song of promise that the darkness will end soon. The sight of this Lucia Queen, with the candles burning brightly on her evergreen crown, is one that brings hope, light, and happiness to all.

Song for Santa Lucia

Swedish Version

Natten går tunga fjät
rund gård och stuva;
kring jord, som sol
förlät, skuggoma
ruva. Då i vårt mörka
hus, stiger med tända
Uus, Sankta Lucia,
Sankta Lucia.
Natten går stor och
stum nu hörs dess
vingar i alla tysta
rum sus som av vin-
gar. Se, på vår
tröskel står vitklädd
med ljus i hår Sankta
Lucia, Sankta Lucia.
Mörkret ska flyta
snart ur jordens dalar
så hon ett underbart
ord till oss talar.
Dagen ska åter ny
stiga ur rosig sky.
Sankta Lucia, Sankta
Lucia.

Lundqvist a Vezina finalist for third time
Blueshirts goalie led NHL in shutouts this season
New York Rangers
Apr 21, 2008, 12:02 PM EDT
RANGERS ON DEMAND
Lundqvist Reacts to Vezina Announcement
Watch
Rangers Head Coach Renney on Lundqvist
Watch



New York Rangers goaltender Henrik Lundqvist has been nominated as a finalist for the Vezina Trophy, as the league's top goaltender during the 2007-08 regular season. It is his third consecutive nomination.

Rangers goaltender Henrik Lundqvist has been a major catalyst in the Rangers' success over the past three seasons.

Lundqvist, 26, appeared in 72 games with the Rangers this season, posting a record of 37-24-10, along with a 2.23 goals against average, a .912 save percentage and 10 shutouts. He ranked among the league leaders in several goaltending categories including wins (T-4th), goals against average (6th) and shutouts (1st).

Also among the finalists for this year's Vezina Trophy are San Jose goalie Evgeni Nabokov and New Jersey netminder Martin Brodeur, who has won three of the past four Vezina Trophies.

This season marked the first time since 1970-71 that a Rangers' goaltender led the league in shutouts (Ed Giacomin – eight), and his 10 shutouts were the most by a Rangers' netminder since John Ross Roach posted 13 shutouts in 1928-29. On March 18, he turned aside 22 shots vs. Pittsburgh to record his 100th career victory in his 187th appearance, becoming the fastest Rangers' goaltender to reach the mark (2nd – Mike Richter, 198 games).

In addition, Lundqvist stopped 26 shots at Long Island on March 6 to post his 30th win of the season to become only the second goalie in NHL history to record three straight 30-win seasons to begin his career (Ron Hextall, 1986-89). He was awarded Second Star honors by the NHL for the week ending November 4, posting a 3-0-0 record, 0.65 goals against average, .976 save percentage and one shutout during the span. He has also appeared in five postseason games this season, posting a 4-1 record, along with a 2.35 goals against average and a .917 save percentage.

Now in his third NHL season, the three-time Vezina Trophy finalist has appeared in 195 career NHL games, posting a record of 104-58-27, along with a 2.27 goals against average, a .917 save percentage and 17 shutouts. Lundqvist ranks among the league leaders in several goaltending categories since his rookie season in 2005-06, including wins (6th), goals against average (2nd), save percentage (T-4th), and shutouts (T-4th).

The 6-foot-1, 195-pounder has also appeared in 18 career playoff contests with the Rangers, posting a record of 10-8, along with a 2.51 goals against average, a .909 save percentage and one shutout. He appeared in 10 games during the 2007 Stanley Cup Playoffs, registering a 6-4 record, a 2.07 goals against average, a .924 save percentage and one shutout. He ranked fifth in post-season goals against average and tied for fifth in save percentage. Lundqvist has also appeared in several international tournaments for Sweden over the course of his career. In 2006, he captured a Gold Medal at the Winter Olympics in Torino, Italy, posting a 5-1 record along with a 2.33 goals against average and a .907 save percentage.

The Are, Sweden native was originally the Rangers seventh round selection, 205th overall, in the 2000 NHL Entry Draft.

There is so much on the Internet about the Team and Henrik that it was difficult to find timely information that would not take up an entire newsletter! By way of introduction and to learn more about Henrik, please greet his sister Monitor Lodge member Gabriella Lundquist, a fairly new member to our lodge. She can give you "inside" information about this star player who just recently got married in Sweden.
ed.

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