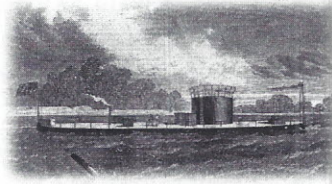


MONITOR LODGE NO. 218 CHARTERED APRIL 8, 1912

THE



MONITOR

Edward Netzel, Chairman—Johanna Benker, Vice Chairman—Charles Rea, Secretary—Jo Alice Nastal, Assistant Recording Secretary,
Yvonne Magneheim, Financial Secretary—Lillian Stafford, Assistant Financial Secretary—Karin Johnson, Treasurer

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HEADS UP

1/9/09
Joint Installation of
Officers with Sierra
Kronen Lodge,
Monitor Lodge
Hosting
**NOTICE DATE
CHANGE**

1/7/09
Audit & Annual
Report

2/6
Swedish Dinner

At the very top of this page you will see "Volume 6" - That means this issue begins my sixth year as your newsletter editor. Thank you all for your kind words and suggestions over the years. This is **YOUR** newsletter. Ideas and suggestions are always appreciated. Most of all, your contributions of articles means so much to me and your fellow members.....Jack L.

Twelfth Night and Hilarymas

By Jan-Öjvind Swahn
Information kindly provided by the Consulate
General of Sweden, Vancouver

Twelfth Night or Feast of the Epiphany is not one of the symbol-laden days of the ecclesiastical year, and in quite a few churches it is no longer a holy day at all. Mostly it is an extra day off work, and local Christmas revues usually play to full houses on this particular day before closing down.

There are no longer any special traditions connected with Twelfth Night in Sweden, but some way into the 19th century this was the time when the "star-boys" appeared. A handful of schoolboys would dress up as the Three Wise Men and, together with King Herod and Judas with the collecting bag, would go from farm to farm, putting on a little drama about the Star of Bethlehem, the Slaughter of the Innocents and the Flight into Egypt. Nowadays there are always one or two "star boys" - boys wearing white pointed hats of paper with gold stars glued onto them, in the Lucia procession, but only to redress the balance of the sexes.

In most other countries, Twelfth Night marks the absolute end of Christmas celebrations. But the Swedes and Finns, and people in some parts of Norway too, feel it is a pity to

finish that early, and prefer to stretch Christmas another week into the New Year. That gives the terminal date of 13th January, which in Sweden is the name day of Knut, hence the popular expression *tjugondedag Knut* ("twentieth day Knut").

It is not exactly clear why the Swedes continue their Christmas celebrations for an extra week, but there is a lot to suggest that the notorious "Midwinter sacrifice" of the Viking ear, with its human sacrifices and great feasting, took place on 13th January, and so it is believed that the early Christian Church in the Nordic countries sought to exterminate the abomination by bringing the Midwinter sacrifice into the fold of Christmas. The stratagem incorporated another ecclesiastical principle for festive occasions, namely the celebration of a little "finishing-off festival", known as an octave, one week after the big one, and 13th January is undeniably the octave of Epiphany.

However this may be, it is on *tjugondedag Knut* that young Swedish families "plunder the Christmas tree". The children of friends and relative gather to strip the tree, which by now is shedding copious quantities of needles, and also to play games, eat cake and drink a fruit drink, throw out the Christmas tree and eventually walk home with a bag of sweets in one hand and in the other the treasures acquired from a lucky-dip "fishing pond" in one corner of the living room.

**JANUARY
BIRTHDAYS**

- 3 Edward Netzel
Judy Netzel
Charley Rea
- 4 Eva Allred
- 6 Michael Churkin
- 7 Tomas Anderson
- 8 Gladys Stangl
Oskar Carlson
- 9 Liesma Krastins
- 16 Billye Nelson
- 18 Robin Johnson
- 23 Dee Benson
James Netzel
- 24 Brian Stockham
- 25 Johanna Benker
Hank Stoffel
Birgitta Ellis
- 27 Edward Dahlberg
- 29 Thelma Gorrel
Jewel Wright

DUST OF SNOW

Robert Frost

The way a crow
Shook down on me
The dust of snow
From a hemlock tree
Has given my heart
A change of mood
And saved some part
Of a day I had rued.



INCOMING CHAIRMAN'S MESSAGE

As the new District Master (coming back after a 3 year term) I am pleased to see the progress of Monitor Lodge. I want to thank the outgoing Chairmain for his willingness to take on the chalange of another term. I want to make sure the phone tree is in operation as it is important for the teams to know how much food needs to be cooked. I am asking Dale to continue in this position as he did a wonderful job with his team. The inniation of the new leaders will be at Monitor this year. A good turn out would be appreciated as we are meeting the secound Friday of January. It is important to let Dale know how many people will be attendiing. I am more comfortable in leading this year since I know more about Vasa than my last term. It is import to continue to bring in new members like we have in the past. I am really pleased with the caliber of people that have joined in the past several years. The meetings will continue to do business at each meeting but I promise to be out by 9 PM each month. The order of business and the proper innitation ritual is important. I would like to find out who is doing the badges. Dale's idea of a ribbon on new members badges is important to allow all of the existing members to know and acknowledge our new members. As I get things in order for the coming year, I look forward to meeting each and every member of Monitor Lodge.

Yours in Truth and Unity, Ed Netzel

OUTGOING CHAIRMAN'S MESSAGE

December 2008

The Lodge Christmas party/smorgasbord was a great success. Members came up to me after and said it was the best they have ever attended. The thanks really goes to all the members who put in so much time and effort planning, shopping, cooking, setting up and serving.

I'd like to personally thank the coordinators for each of the courses; Eivor and Birgitta Ostlund on the fish dishes, Peggy Carlson on the cold foods table, Diedre Dahlberg on the hot foods table, and Myrtle Widmark on desserts. Thanks to Tom Anderson for his keyboard work throughout the evening. Music always adds the right touch to any occasion, but especially to a holiday party. Thanks to Birgitta Ostlund and Eivor again for the Lucia program and the sing-a-long. Having the children participate in our Christmas party again after so many years was a real treat. Thanks kids for a great job. And of course thanks to all the members who did so much like Ingvardsen's taking reservations, Ed Netzel tending bar, Stockham's making and serving the glogg, and everyone involved in preparing all those great Swedish foods. And, of course Laverne did her usual great job running the kitchen. There are just too many to name every one individually, but you all are appreciated very much!

My time at the podium is coming to an end. It is with mixed emotions that I step down. There is so much that needs doing, but with my frequent absences, I have not accomplished what I had intended. The Lodge needs a full

(Continued on page 4)

KÖKSNYHETER OCH NÅL OCH TRÅD

Från Jack L: The new year is upon us, the Annual Smörgåsbord is a thing of the past and still vivid in the memories of all who attended and participated in making it such a success. I personally thank the committee for allowing me extra recuperation time by letting me be a regular guest, which allowed me to invite guests! I weathered all the kidding I got for not showing up with my apron on, and I promise to get right in there in 2009! Barring.....well, you know!

Coming up on January 9th is our Installation of Officers for 2009. When I get a head count I will be calling on officers to help coordinate the "eating part" of the evening. Believe me, it is a simple but delicious meal that you all will enjoy.

I look forward to being installed as Chaplain. I feel this is something I can do as a contribution to the lodge that still allows me to live in the boonies. Maybe I will add "Chaplain" to the heading on this page and include chaplain-like information herein, so please tell me when you know of someone who is ill, in the hospital, hasn't been at meetings in awhile. I hope to be your "reaching out representative." So, besides pestering you for newsletter input, I will be expecting member information that needs to be disseminated to the membership!

Från Myrtle Widmark: There will be a brown bag meeting at 10:00 am on Tuesday, January 20, 2009 at Judy Netzel's home. Her home is located at 9105 Thilow Drive, Sacto 95826 & her telephone is (916) 362-4659. Bring any projects you are currently working on plus we will be discussing new ideas for the upcoming year.

NEWSLETTER
DEADLINE FOR
THE FEBRUARY
ISSUE IS 01/12/09

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

Yahoo Newsgroup
Swedensacramento

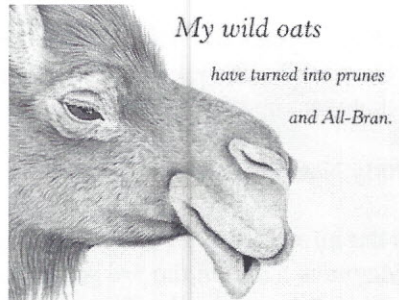
Check it out!

Netzel, Judy/Ed
E-mail Address(es):
ejnetzel@sbcglobal.net

MY LIFE BROKEN DOWN INTO SEGMENTS



"Wake up. The cat's got your teeth."



My wild oats

have turned into prunes
and All-Bran.

FRESH FIL MJÖLK (from Sweden)

Fil mjölk is a cultured milk drink that has a clean and mild flavor, similar to cultured buttermilk. At Breakfast Buffets in Sweden, it is served from a large bowl with a ladle and is found for sale in every store that sells dairy products. Each culture becomes the starter for the next, then the next, etc. Any Pasteurized milk from nonfat to half & half or cream may be used. Dairy Fil Mjölks starter and soy milk makes a rich cultured soy drink.

(Continued on page 6)

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

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(Continued from page 2)

time leader and one who lives close enough to be available whenever needed. I have full confidence that Ed Netzel is right for the Lodge. I hope the membership will continue to be as supportive of Ed as it has to me. A lodge that works together and plays together is a strong lodge with a future. We have been that kind of lodge for a long time and I hope it continues a lot longer. Thanks to all who have been supportive of me and jumped in to fill the gaps as we went along.

As Eivor and I wrap up our year and head to Texas to spend Christmas with our children and their families, we would like to thank you for the past year and wish you all a very happy holiday season with your loved ones. Merry Christmas and Happy New Year! God Jul och Gott Nytt År!

Many of us are curious about the children who did such a wonderful Lucia presentation. I asked and got the following straight from the proud parents and grandparents of the kids:

From Birgitta and Lars Ostlund

Kristin Patterson Lucia 11 years old, 4th grade
Swimmer, great in butterfly and free style

Daniel Patterson Stjärngosse 8 years old, 2nd grade
Swimmer, backstroker and loves soccer

From Lisa and Charley Rea

Lisa:

Annika Rea is 5 years old and in Kindergarten. Emil Rea is 4 years old and in preschool. He was the little julnisse.

Charley:

Annika Rea, 5 years old, Kindegarten. Emil Rea 4, preschool. They had a great time! They really like having their Swedish ornaments, although Emil was not exactly sure if that was the real Santa or not.

From Judy Netzel

Here is the information on our granddaughters: Alyssa is 10 years old and in the 5th grade Megan is 8 and in the 3rd grade Ashley is 5 and in kindergarten They all attend Penryn Elementary school. They are all active in several sports, especially soccer. Alyssa also plays the flute and is in the school choir. Megan plays the trumpet and is also in gymnastics. Ashley likes swimming and is in gymnastics.

Judy adds and we all agree: Thank you so much (Birgitta Ostlund) for organizing the Lucia program and having the gowns to wear. The girls loved doing it and I know it took a lot of effort on your part. I heard many remarks on how much people enjoyed the program. They said it had been a long time since we had one.

Note: Pictures should appear in the February Issue of the Monitor....ed.

MUSICAL HISTORY

Eivor Pfannkuch



Music has existed for thousands of years in the Nordic countries. Archaeological finds include bronze horns estimated to be 3000 years old and 2000-year-old bone flutes very much like the flutes in use today. From the Viking age have come cow and ram horns and we can only guess at how they were used.

Until a few generations ago, Sweden was primarily an agrarian society and folk music is deeply rooted in this rural life style. As an example, the wooden flute and the horn were typical of the musical instruments of the summer mountain farms (fäbod). In order to free the land closest to the village for growing crops, young girls brought the cattle up into the mountains where they stayed over the summer producing cheese and butter. Long birch-bark horns were used to play a variety of tunes, each of which had a special function in the daily routine of the farm, such as calling the animals or communicating with the neighbor over on another mountain slope. A warning signal from the trumpet would also notify the home folks in the valley of an emergency.

By the way, if you go to Sweden in the summertime, you can visit a fäbod in the provinces of Dalarna and Hälsingland and observe how people lived in the past and even hear the birch-bark horn being played.

When we think of ethnic Swedish music, it is probably the spelman fiddler who comes to mind. He is the one who provided the music at social gatherings like dances, weddings and funerals. Most country fiddlers did not read music, but played by ear, learning their repertoire from older musicians. True folk music cannot usually be transmitted by written note. To capture the native spirit and folk character it must be passed on by ear from human to human.

Before the introduction of the violin other bowed stringed instruments existed and Nordic folk music is definitely shaped by its intimate relationship to the bowing of strings. In upland a keyed fiddle (nyckelharpa), which dates back to the Middle Ages, became the popular instrument. Rather than being fingered as a violin, the strings are stopped by wooden pegs. In recent years, the key-fiddle has regained its popularity and there are several in California.

In the second half of the 19th century a stern pietistic movement made serious inroads in many parts of Scan-

dinavia. Preachers condemned dancing and the fiddle as the work of the Devil, so that in many areas, instrumental folk music was totally extinguished. Also, the migration from rural farm areas to urban centers had a devastating effect on the old folk culture.

As traditional music and dance forms were replaced by modern popular music at the turn of the century, it was feared that the older folk music would disappear altogether. To counteract these developments, fiddlers' competitions were organized. These gatherings called "spelmansstämmor" have now become non-competitive festivals with all kinds of Swedish folk music as found in Bingjö, Dalarna every summer, an event which gathers 20-30,000 people. However, if you attend the spelmansstämma in Delsbo, Hälsingland, you will still find some fierce competition between fiddlers as to who will be named number one for the event.

Fiddlers ensembles (spelmanslag) are also a typical Swedish phenomenon. During the past years, many such groups have toured the USA.

For some background of Swedish folk dancing, it is interesting to know that Nordic dance in its oldest form dates back to the Middle Ages. The polska, for instance, goes back to the 16th century. With the introduction of the accordion in the 19th century, the polska was overshadowed by newer dances such as the waltz, schottis and polka. The polska did survive in the form of the hambo, which is still popular today.

Instrumental folk music that previously lived in the memory from generation to generation was never recorded. In Sweden today there is a great concern for the preservation of the old tunes and several folk music historians are occupied with the task. What is especially exciting to see over there is how many young people are actively engaged in perpetuating traditional music and dance. It must be remembered that it is thanks to people who carry on the traditions that the legacy of authentic ethnic music can be passed on to the next generation.



(Continued from page 3)

Directions included with the Fresh Fil Mjök Starter explain the easy, moderate room temperature (65-75 degrees F) culture method, some simple soft cheese recipes, and a soy milk variation. Fil Mjök is used to make **Creme Fraiche** or **European clotted cream** if made with half 'n half; a close relative and good substitute for **Piima**. To keep this Culture Starter active, culture once a week to ten days.

Available through: http://www.gemcultures.com/dairy_cultures.htm

'Women best at assembling Ikea furniture'

Published: 8 Dec 08 10:09 CET

Women are more skilled than men at assembling Ikea's flatpack furniture, according to the head of the Swedish company's German unit.

"Men never look at the directions and have the most problems with construction because they always think they can do that," Petra Hesser, 50, told news agency DPA on Monday. "That is empirically proven."

In contrast, women study the Swedish home furnishing giant's often confusing directions before they get started, she said. "The woman first sorts the parts in an orderly way. Men throw them in a pile and then something goes missing," she said.

Women make up 70 percent of the chain's customer base, Hesser said, but added that their men often accompany them to approve bigger purchases. However, "if the woman is against buying something, then nothing gets done," she said

Monitor Lodge Annual Danish Night

Friday, October 03, 2008

FOOD

Rea, Charles and Lisa	\$30.00
Scherer, Dorothy	\$8.00
Wright, John & Jewel	\$16.00
Cash	\$276.00

\$330.00

Bar Revenue \$85.00

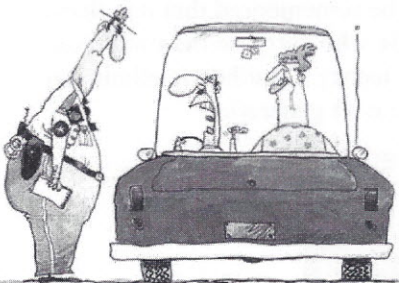
Annual Dues

Harbrod, Ellen \$30.00

Nål och Trad -0-

Scandinavian Festival Revenue \$580.00

TOTAL \$1,035.00



SHE'S DOING ALL THE DRIVING. I'M JUST THE ONE BEHIND THE WHEEL!



1976 2008

PROGRAMS

- FOOD LOCKERS
- SUNDAY LUNCH
- CLOTHES CLOSET
- COMMUNITY LEARNING CENTER
- HAVENS TRANSITIONAL LIVING
- MOTHER-BABY
- SENIOR BUDGET BUILDERS
- CHILD SERVICES
- WOMEN'S WISDOM PROJECT
- INTEL COMPUTER CLEARHOUSE
- NETWORK CARE
- RESOURCE CENTRAL

November 20, 2008

Charles L. Rea
Monitor Lodge No. 218
2212 Homewood Way
Carmichael, CA 95608

Dear Charles:

We are very pleased to receive your generous donation of \$ 100.00 (ck 1041). We are thankful for your continued support of our programs and services that we provide to those in need in our local community.

Sacramento Food Bank & Family Services is a multi-program organization located in the heart of Sacramento, serving the needs of seniors, adults and children in the inner city.

While our mission includes providing immediate assistance to those in need, our long-term mission is to encourage individuals and families to avail themselves of the opportunities we provide through our educational programs. We continue to give a 'hand up' to anyone desiring to improve their life and the lives of their loved ones.

On behalf of all the people we serve, we thank you from the bottom of our hearts for your generosity.

Best Wishes,

Thank you for your generous support!

Blake Young
President

For tax purposes, Sacramento Food Bank & Family Services has not provided you any products or services in exchange for your donation. Our Federal Tax I.D. number is 94-3315568.

Monitor Lodge
VASA Order of America
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Citrus Heights, CA 95621