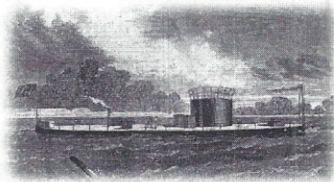


MONITOR LODGE NO. 218 CHARTERED APRIL 8, 1912

THE



MONITOR

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

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HEADS UP

2/6

Social 6:00

Meeting 6:45

Dinner

Theme: Vikings

Cultural Program

March

Kaffekalas

No Dinner

April

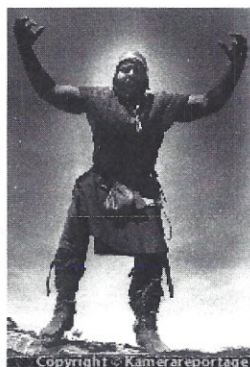
96th Anniversary

Dinner Dance

Dante Club

Convention

THE THEME FOR FEBRUARY: **THE VIKINGS!**



**MER-
CHANTS
OR ROB-
BERS?**

The name "Viking" was first used by foreign authors in the 11th century AD.

Its origin is probably the Swedish word for bay, "vik". This shows the close connection between the people and the sea, of which they were totally dependent for their livelihood. They had a mythology of their own. Their gods were called "asar". The Vikings are often considered wild, drunken, merciless robbers. In fact, their main occupation was farming and trade. The Viking expeditions were mostly trade expeditions that sometimes degenerated to looting. But to be honest, there were also expeditions whose main purpose was to loot foreign coastal regions.

THE SWEDISH VIKINGS

There is a distinction between "Swedish" and "Danish/Norwegian" Vikings. The Danish and Norwegian expeditions went westwards, concentrating on Western Europe and England. The Swedish, on the other hand, went mostly eastwards into modern-day Russia and further on to Byzantium

and the Caliphate. Runestones and archaeological artefacts found in eastern Sweden and on the island of **Gotland** show that the trade exchange between eastern Sweden and the Near East was very intense at this time in history. These expeditions often started from trade centres like "Birka", situated on an island in Lake Mälaren, not far from modern-day **Stockholm**. The Vikings also settled in the Russian town of Novgorod, which they called "Holmgård". As time went by their influence on the economic and political life grew and became decisive. According to a chronicle written in the 12th century AD, the Swedish Vikings were the founders of Russia. Although this is not very likely, the influence of the Vikings is still visible. The name Russia for instance, probably originates from one of the names of the Swedish Vikings, "ruser".

THE WAY TOWARDS A STATE

During the Viking period (circa 750-1060 AD) the Swedish state began to take form. At the beginning of the period the power structure in Scandinavia was built mainly on small chiefdoms, where small local chiefs ruled over a limited area, often not more far-reaching than a large farm or a village. These chiefdoms grew in some areas and became more extensive as time went by. In what was to become Sweden two "tribes" or local "nationalities", "Göter" and "Svear" became the most influential and formed two "states" with kings as leaders. Later in history these "states" merged and

(Continued on page 9)

**FEBRUARY
BIRTHDAYS**

- 2 Martha Parks
- 4 Stanley Hagstrom
- 5 Annabel Audet
Lisa Rea
- 6 Charles Johnson
- 9 Kenneth Swenson
Ethel Johnson
Mindy Patterson
Ruth Volkoff
- 11 Maude Udvardy
- 12 Wesley Bjur
- 13 Jill Stockham
- 15 Margaret Ingvar-
sen
- 18 Richard Westrup
- 19 Kurt Pfannkuch
- 22 Marie Tillman

**WATCH OVER THEY
CHILDREN, O LORD
AS THEIR DAYS
INCREASE
KEEPING THEM
UNSPOTTED FROM
THE WORLD**

**RAISE THEM UP IF
THEY FALL
STRENGTHEN THEM
WHEN DISCOURAGED
OR SORROWFUL
AND MAY THY
PEACE WHICH
PASSES ALL
UNDERSTANDING
KEEP THEM ALL THE
DAYS OF THEIR
LIVES**

AMEN

CHAIRMAN ED SAYS: This will be a short report. On Friday, the 9th of January Monitor hosted the installation of Monitor and Sierra Kronan Lodges which went very well. On the following Sunday we met at Kirk's house to recap the 2008 Smorgasbord Party. At the same time, the Cultural Committee met to discuss further plans for 2009. We had a wonderful dinner, prepared by Eivor, of Swedish food and it was fantastic way to cap the meeting. For this year we are going to concentrate on incorporating the food for the dinners with the Cultural Program for the evening. We also will continue to have the Lucia Celebration which was received very well.

I look forward to the coming year even though I still can't speak Swedish. Thank you for your support and the best is yet to come.

Yours in Truth and Unity, Ed Netzel

MONITOR LODGE #218
1831 Howe Avenue
Sacramento, CA
January 9, 2009
Joint Installation of Officers of
Monitor Lodge & Sierra Kronan

Officers Present:

| | |
|-------------------------------|-------------------|
| Chair | Ed Netzel |
| Vice Chair | Johanna Benker |
| Assistant Recording Secretary | Jo Alice Nastal |
| Financial Secretary | Yvonne Magnebheim |
| Treasurer | Karin Johnson |

Call to Order: Out-going Chairman Kurt Pfannkuch called the meeting to order at 7:05 P.M. A quorum was present.

Minutes: Motion was made by Ed Netzel and seconded for approval of December minutes. Motion carried—December minutes approved.

Sweden Days: This will be held again in Alta. Information was given by Ed Netzel on accommodations, rates, etc. Details will be in newsletter.

New Business: Free posters are available.

Bills: The Financial Secretary reviewed several bills. A motion to pay the bills was made by Ed Netzel and seconded. Motion carried.

Good of the Order: Kathryn (District Master) announced a program about the Ice Hotel which will be held in San Francisco on February 23rd.

Kurt Pfannkuch announced the District Scholarship application forms will be available in our newsletter.

(Continued on page 9)

NÅL OCH TRÅD

Our February meeting will be a brown bag lunch at Elizabeth Johnson's home on WEDNESDAY, February 18th at 10:00 am. Her home is located at 697 Halidan in Folsom. Please RSVP if you're planning on attending and for directions 916-984-7563.

Elizabeth's daughters will be showing us how to do glass etching, so bring your stem wear, vases or other glass items to work on.

We will be discussing what we can sell at our next craft fair. Bring your catalogs, magazine pictures, etc., for ideas to discuss. Any additional information, please call Dorothy at 916-967-6809 or Myrtle at 916-481-4056.

KÖKSNYTER OCH CHAPLAIN REPORT

I had a nice chat with Ann Kantar since I'd missed them at meetings lately, and George now is one up on me with two knee replacements and he's doing fine. Like many folks these days, they've cut back on social activities, but Ann says she thinks of us often. Give them a call sometime, they're in the lodge book!

Likewise with member Annabel Audet. I was not able to speak with her personally, but the fellow who answered the phone said she's doing well. Her husband Charles has died.

No answer at June Persson's. Thelma Gorrell is coming along well and is still in the hospital after her surgery. A bit wobbly with the new knee but improving.

PLEASE NOTE: Our dinner meetings for 2009 will no longer be centered on the "Country Themes," so expect a bit more variety in the menu as well as an attempt to incorporate the Culture Presentation with the meal! Any ideas are welcome by the Culture Committee.

Our February Dinner Theme is The Vikings. So, everyone is encouraged to get out their Viking attire! Please, no loin cloths! You will be called the week before the dinner so we can get a head count. If you are not called, please call Dale and/or Margaret to tell them you were not contacted and that you are or are not coming. Food is expensive. We need to know who is coming.

**Social time begins at 6:00, Lodge Business (Meeting) begins at 6:45.
Dinner begins at approximately 7:15-7:30.**

NEWSLETTER
DEADLINE FOR
THE FEBRUARY
ISSUE IS 02/12/09

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

[http://
www.inspector-
wallander.org/](http://www.inspector-wallander.org/)

Netzel, James/Melissa
E-mail Address(es):
wearegods1@att.net

Johnson, Craig
E-mail Address(es):
johnsoncoy@gmail.com



LÄN
(COUNTY)

**THE ABOVE FLAG
REPRESENTS
WHICH LÄN?**

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

Odd Fellows Hall
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Sacramento, CA
95825

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920-0696

Bob & Ann Johnson
684-7341



Tenth Annual Nordic Spirit Symposium "SAGAS AND THE
VIKING WORLD" at the California Lutheran University in
Thousand Oaks on February 6 - 7, 2009.

Popular speaker Marit Synnove Veia is returning from Norway
to speak about diversity in the role of women in Viking Age
society.

Also featured: a diverse program including "Dancing with the
Northern Lights - A Musical Magical Journey into the World of
the Valkyries" by Ulla Suokko, flutist, singer and storyteller,
plus Carlos Revollar, flamenco guitarist and singer.

Please call (818) 788-4552 or email seeallan@sbcglobal.net
for information and registration fees.



VASA ORDER OF AMERICA
A Swedish-American Fraternal Organization
DISTRICT LODGE GOLDEN GATE No. 12
Instituted August 6, 1911

Emma Hanlon
Scholarship Chairman
District Lodge Golden Gate No. 12
Vasa Order of America

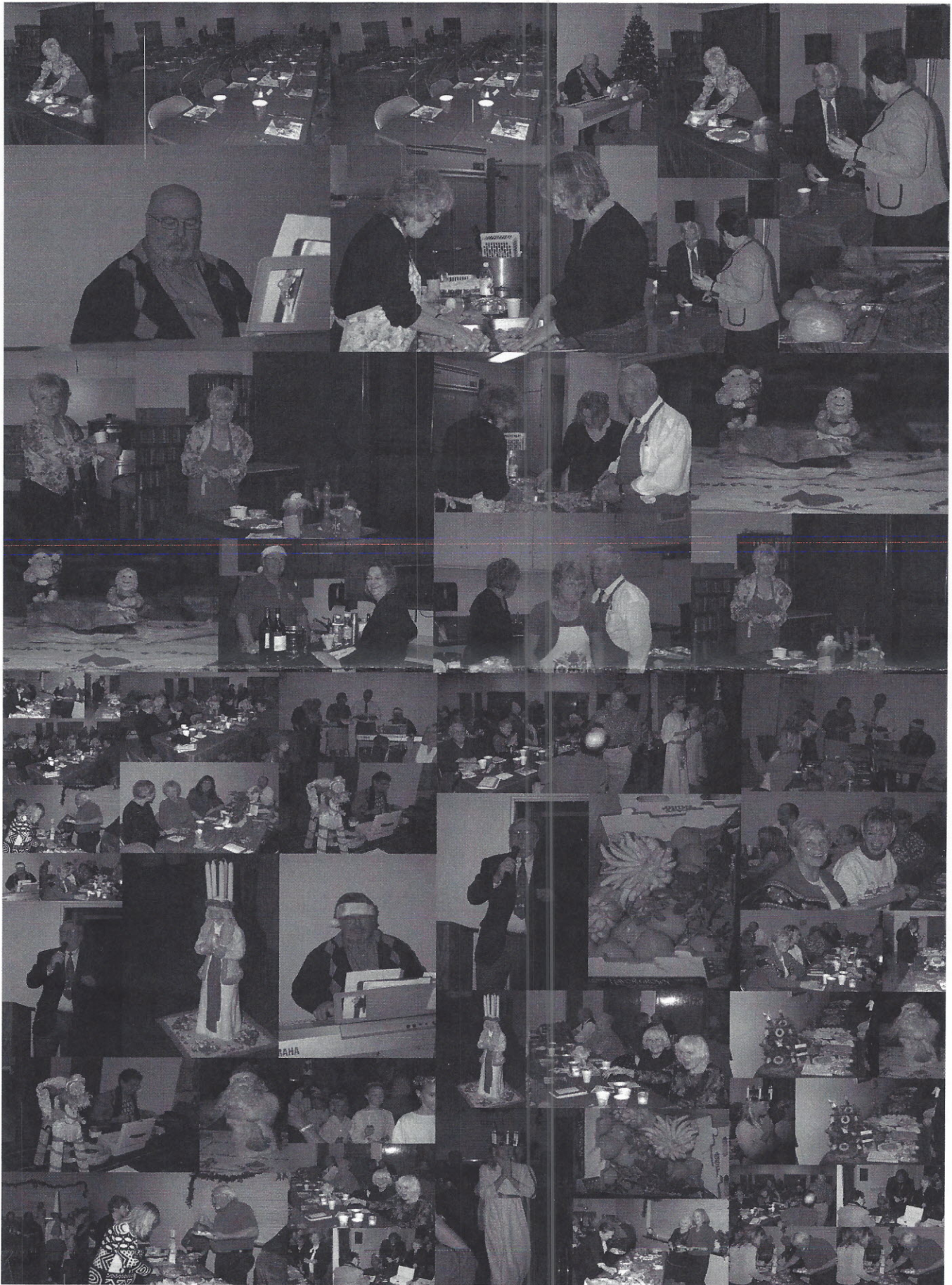
Dear Local Lodge Secretary and Members:

I have enclosed the District Scholarship Application forms. In
2008 the District awarded two scholarships, so please encourage
your aspiring students to apply! We hope to have numerous
applications to review. The deadline for applications is April 1,
2009.

As your Local Lodge looks to the future keep in mind the two-
year membership requirement for scholarship applicants.
Encourage children, grandchildren and friends to join Vasa!

In Generosity, Truth and Unity,
Emma Hanlon
Emma Hanlon

District Scholarship Chairman





New krona design to mark Sweden's loss of Finland

The Riksbank has announced plans to commemorate the 200th anniversary of Finland's separation from Sweden through the issuing of a new design for the 1 krona coin.



Photo: Riksbank

On September 17th, 1809, Sweden reluctantly relinquished control of the territories it held in present day Finland, as well as the Åland Islands, when it signed the Treaty of Fredrikshamn to end a war with Russia for influence in the Baltic.

The treaty marked the end of nearly 650 years of de facto Swedish control over Finland.

To mark the anniversary of the separation, all Swedish 1-krona coins minted in 2009 will carry a special design on the reverse composed by Swedish designer Annie Winblad Jakubowski.

The design, which replaces the standard image of the Swedish royal crown, consists of a symbolic depiction of the sea as a link connecting Sweden and Finland.

The upper edge of the coin will be inscribed with the quotation "DEN UNDERBARA SAGAN OM ETT

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SWEDEN DAY 2009

From Chairman and Jr. Past District Master Ed:

Sweden Day is quickly approaching. In our October planning meeting the following was agreed upon.

Sweden Day will again be at Camp Norge in Alta, California, The event will again be Friday, Saturday and Sunday the 29th, 30th and 31st of May 2009.

All Local Lodges will donate on basket for the on-site raffle.

Children's Games will be handled by Nord Lodge.

Flag Ceremony on Saturday will be handled by Svea and Lindberg Lodges.

Wrist bands will be handled by Monitor Lodge.

Raffle tickets 50/50 will be handled by Skogen Lodge

On-site basket raffle will be handled by Monitor Lodge.

Entertainment will be set up by Swede Englund of Skogen Lodge.

Reservations will be handled by Kathy Matthews of Sierra Kronan Lodge.

Saturday cooking of food brought by campers will be handled by Jeff Vanover of Nord Lodge

Pancake Breakfast for Sunday Morning (\$3 charge) will be handled by Sierra Kronan and Monitor Lodge.

Signage will be by Ed Netzel and Jeff Vanover.

Saturday night campfire music will be provided by Tom Anderson of Monitor Lodge.

Everyone to bring their own food for Friday evening, breakfast for Saturday, Saturday Lunch and potluck dish and meat for Saturday BBQ, and drinks.

Camping rates will remain the same except that Placer County is now charging 8% tax on all camping. Rooms for 2 people - \$35 per day plus tax, RV camping \$25 a day plus tax, Tent Camping \$20 a day plus tax. For people not wanting to stay on site, there are several motels in Auburn available.

There is also a \$1 per day assessment per individual to cover the Norge charge for use of the pool and facilities.

The Saturday meeting will start with the Flag Ceremony at 1PM. I hope to see everyone there, so please call Kathy early for your reservation.

Matthews, Kathy

E-mail Address(es): 916-791-1626

kathQBlu@att.net

**(SOME)Scandinavian Music and Dance
Events in Northern California**

Mondays Weekly

Scandinavian Dance Class in Sacramento CA. Six week session. 7-9:30 pm at Hamilton Street Park Community Center, 4855 Hamilton Street, Sacramento CA 95841. See <http://www.folkdance.com/scandi/class.htm> for more info.

Thursdays Weekly

Scandiadans 7:00-10:00pm, at Oakland Nature Friends, 3115 Butters Dr., Oakland CA. Hwy 13 to Joaquin Miller Rd, east (up the hill)~ 1/2 mile, second right onto Butters Dr., go another 1/2 mile. On the right, look for post with 3115 on it (also "Scandiadans" sign). Take steep driveway down to a large parking area. Call Jane or Frank Tripi at (510) 654-3636 or fjtripi@juno.com for information. Restarts Sept.

Second Saturdays Monthly

Open Sessions for Fiddlers, 2 - 5 pm afternoon before 2nd Saturday dance at the home of Fred Bialy, 1925 Hudson Street, El Cerrito, (510) 215-5974 or bialy10@comcast.net . This is a practice session for the Monthly Second Saturday Scandinavian Dance. Call ahead as meetings occasionally canceled or moved, and times may vary.

Second Sundays Monthly except July and August

Traveling Dance Class, Norwegian dance class meets 2 - 5 pm. Usually at Bjornson Hall, 2258 Mac Arthur Blvd. in Oakland, CA. Everyone welcome to attend. Contact Gerd Syrstad at (650) 363-2743, or Gudrun Tollefson at (510) 638-6454.

Fourth Sundays Monthly no dance November or December

El Dorado Scandinavian Dancers, @ YLI in Sacramento at 27th & N. 2:00-6:30pm. Monthly Social Dances of the World. The Scandinavian dancing occurs between 3:30 - 5:30pm. The All-Request Party is from 5:30-6:30pm. Contact: Yvonne or Andre (916)632-8807, yacouvillion@sbcglobal.net or <http://www.folkdance.com/scandi>

Special Events

February 13 - 15, 2009 Friday evening and all day Saturday and Sunday

Scandia Festival. Hermann Sons Hall, 860 Western Avenue, Petaluma, California, Slängpolska from Eastern Sweden (Östsvensk) with Dance teachers Björn Fredriksson and Ingegerd Vejvi, Småland and Fiddle teachers Pelle Björnlert and Anders Svensson.

Slängpolska from Eastern Sweden (Östsvensk Slängpolska) is a dance which appeals to dancers of all experience levels from beginners to those with many years of Scandinavian dance experience. Beginners can enjoy the dance in its simplest form, with even steps and few figures. Additional figures combined with the use of uneven timing of steps and continued development of lead/follow skills add depth for experienced dancers. Resembling somewhat Telespringar and other European dances, this Slängpolska will appeal to dancers not accustomed to turning dances.

Dance teachers Björn Fredriksson and Ingegerd Vejvi both live in Småland. In the early 70s they worked with other researchers to reconstruct the Slängpolska danced today. In Sweden Björn and Ingegerd are the primary teachers for this dance, and they have taught many workshops and courses there.

Fiddle teacher Pelle Björnlert discovered the music of this area in the early 1970s through his teacher and playing companion Bengt Löfberg. He has researched old tunes for the Slängpolska from his part of Östergötland, which borders Småland. Pelle teaches annually at the weekend Slängpolska course in Malexander, as well as for other events. He can be heard on two CDs on the GIGA label; one is a solo CD. Playing for dance is a high priority for Pelle, and dancing to Pelle's music is a delight.

Fiddle teacher Anders Svensson started to play the fiddle at the age of six. His father was a Riksspelman and both his grandfather and uncle played the fiddle. Anders first played before the Zorn jury at the age of 9 years, one of the

(Continued on page 9)

(Continued from page 1)

formed Sweden. Even today we talk about "Götaland" (the Land of Göter) and "Svealand" (the Land of Svear).

THE GODS

According to Nordic mythology the gods lived in "Asgård", the humans in "Midgård", and the giants in "Jotunheim". These places were situated in the world tree, the ash tree "Yggdrasil". The most important god was "Oden", the lord of gods and humans. After battles, he took the fallen Vikings to "Valhall" on his horse "Sleipner". Other gods were "Frö", the god of love and fertility and "Fröja", the goddess of love and fertility. The perhaps most famous among the gods is "Tor" the mightiest warrior of them all. He was the god of thunder and had a hammer called "Mjölner" which, like a boomerang, returned to his hand after he had thrown it.

(Continued from page 2)

Kurt Pfannkuch announced there will be The Speakeasy Jazz Band at Dante Club at 4 on Sunday.

Treasury Report: Yvonne Magneheim will have the Treasury Report in the newsletter.

Next Meeting: February 6th, Swedish Night, I.O.O.F Hall, beginning at 7 P.M.

Adjourn: Chairman Kurt Pfannkuch adjourned the meeting.

Installation of Officers immediately followed.

Minutes respectfully submitted by Jo Alice Nastal.

Middle-aged people who consume modest amounts of coffee can significantly lower their risk of developing Alzheimer's disease, according to a new study by Finnish and Swedish researchers released on Thursday.

"Middle-aged people who drank between three and five cups of coffee a day lowered their risk of developing dementia and Alzheimer's disease by between 60 and 65 percent later in life," said lead researcher on the project, Miia Kivipelto, a professor at the University of Kuopio in Finland and at the Karolinska Institute in Stockholm.

The study, which was also conducted in cooperation with the National Public Health Institute in Helsinki and which was published in the Journal of Alzheimer's Disease this month, was based on repeated interviews with 1,409 people in Finland over more than two decades.

(Continued on page 10)

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youngest ever to do so, and became a Riksspelman in 1989 at the age of 26 years. He has played in several folk music groups, and is currently a member in a group specializing in traditional music of Slängpolska.

REGISTRATION INFORMATION

The weekend package includes:

- . Dance Workshops Saturday and Sunday.
- . Fiddle Workshops Saturday and Sunday.
- . Dance Parties Friday and Saturday (open to all) (no Sunday party)
- . Saturday and Sunday lunch.

Dancers

Participation at dance workshops is by pre-registration only. We will try to keep a good balance of men and women, and dance partners will be rotated frequently. Because the number of women dancers admitted is usually limited by the number of men who register, we ask men to register early. The number of dancers is also limited due to the size of the dance floor.

Send dance applications to Brooke Babcock Make checks payable to Scandia Festival.

You will be notified of your status (In or Waitlist) with a map, schedule and list of suggested motels in Petaluma.

Contacts:

- . Brooke Babcock (415) 334-3455, forbrooke@iuno.com
- . Nobi Kuotori (510) 441-8296, fornobi@gmail.com
- . Jane and Frank Tripi (510) 654-3636, fjtripi@uno.com
- . Mark Wegner and Mary Korn (510) 527-9209, we-gorn@sbcglobal.net

Fiddlers

Part time registration is available for fiddlers. Teaching will be at the sonic and supersonic levels. Please talk to Marie Kay Hansen about any special requests. Send fiddle applications to Marie Kay Make checks payable to Scandia Festival.

Contact:

- . Marie Kay Hansen (209) 836-5494, bri-za1@comcast.net (1 is a numeric 1)

For more information:

<http://www.norcalspelmanslag.org/ncsnocaevents.html#special>

Producing drama on the back of successful authors www.yellowbird.se

Yellow Bird was founded in 2003 and is today one of the largest Scandinavian drama production companies. It has also recently entered the German market, by starting a subsidiary in Munich.

The company's main focus is large international scripted co-productions, be it films for TV and cinema, or drama series. Typically, the productions are based on internationally successful books or characters from such books.

Yellow Bird is currently producing six TV films and one feature film based on Stieg Larsson's critically acclaimed Millennium trilogy, as well as 13 new Swedish movies about Henning Mankell's criminal inspector Wallander. The company has also recently finished the production of three English Wallander movies starring Kenneth Branagh, which were broadcasted on BBC 1 in November/December 2008.

Previous productions include the first Swedish series of 13 movies about Wallander as well as six TV movies about criminal inspector Irene Huss, based on the books by Helene Tursten.

The company is also in development of several new interesting projects, which you will be able to read more about on this web page very soon.

Yellow Bird is part of Zodiak Television, one of the largest production groups in Europe.

(Continued from page 6)

LAND PÅ ANDRA SIDAN HAFVET" ('The wonderful tale of a land beyond the sea'), taken from Johan Ludvig Runeberg's book Studentbesöket i Finland 1857 ('A student's visit to Finland in 1857').

The new coin was presented on Thursday to King Carl XVI Gustaf and to Finland's President Tarja Halonen by the Chairman of the General Council of the Riksbank, Johan Gernandt.

The coin itself will actually be produced by the Mint of Finland.

They were first asked about their coffee-drinking habits when they were in their 50s and their memory functions were tested again in 1998, when they were between 65 and 79 years of age.

A total of 61 people had by then developed dementia, 48 of whom had Alzheimer's, the researchers said.

"There are perhaps one or two other studies that have shown that coffee can improve some memory functions (but) this is the first study directed at dementia and Alzheimer's (and) in which the subjects are followed for such a long time," Kivipelto told AFP.

She said it remained unclear exactly how moderate coffee drinking helped delay or avoid the onset of dementia, but pointed out that coffee contains strong antioxidants, which are known to counter Alzheimer's.

Some studies have also shown that coffee helps protect the

nerve system, which can also protect against dementia, she said, pointing out that yet other studies show that coffee protects against diabetes, which in turn is known to be linked to Alzheimer's.

"Going forward, researchers should try to nail down exactly what the protective elements in coffee consist in," Kivipelto said.

The Finnish-Swedish research results surfaced just a day after a separate study published by psychologists at Durham University showed a link between heavy coffee drinking and hallucinations.

"I guess this shows that you shouldn't exaggerate," Kivipelto said when asked about the British study, pointing out that her research showed "insignificant" benefits to drinking more than five cups of coffee a day when it came to protecting against dementia.

"Too much is simply too much," she said.

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