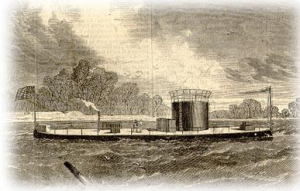


**Monitor Lodge, #218**  
Sacramento, California  
Meets at I.O.O.F. Hall, 1831 Howe Ave



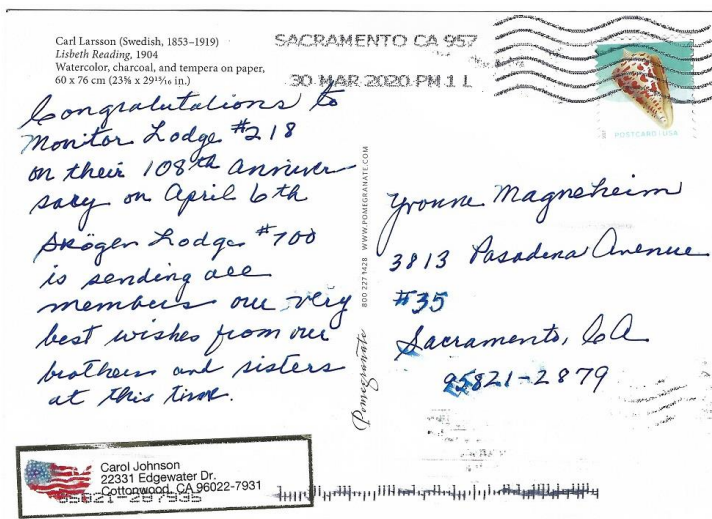
June 2020

**Vänligen nå ut (Please reach out)** to folks. Check on each other, be it by phone, e-mail or a card until we can gather again in person. It is much appreciated.

**Upcoming Monitor events.** At present, we are hopeful we can resume our get-togethers with our **Kräftskiva** celebration in August (we do not normally have meetings in July) and resume our regular calendar of events from then on.

**How good is your Swedish vocabulary?** We are taking a brief hiatus from these vocabulary “lessons” but if you experience language withdrawal, you might find the Swedish lessons in [Nordstjernen](#) or the Swedish edition of [The Local](#) will help.

**Congratulatory Anniversary cards from several of our sister lodges:**



**Skögen**

2020 Calendar of events  
**(dates subject to change)**

July - no meeting

August 8<sup>th</sup> - Saturday -  
**Kräftskiva** (crayfish party)

September 11<sup>th</sup> - Friday -  
**Ham** dinner

October 2<sup>nd</sup> - Friday -  
**Swedish Taco bar**

November 6<sup>th</sup> - Friday -  
**Pie Social** and election of  
2021 officers

December 5<sup>th</sup> - Saturday -  
**Julbord** and Glögg party

December 11<sup>th</sup> - Friday  
**St. Lucia** celebration

2021 Calendar of events  
**(dates subject to change)**

January 8<sup>th</sup> - Friday- Dinner  
and installation of officers

February 5<sup>th</sup> - Friday - **Pea  
Soup and Pancakes**

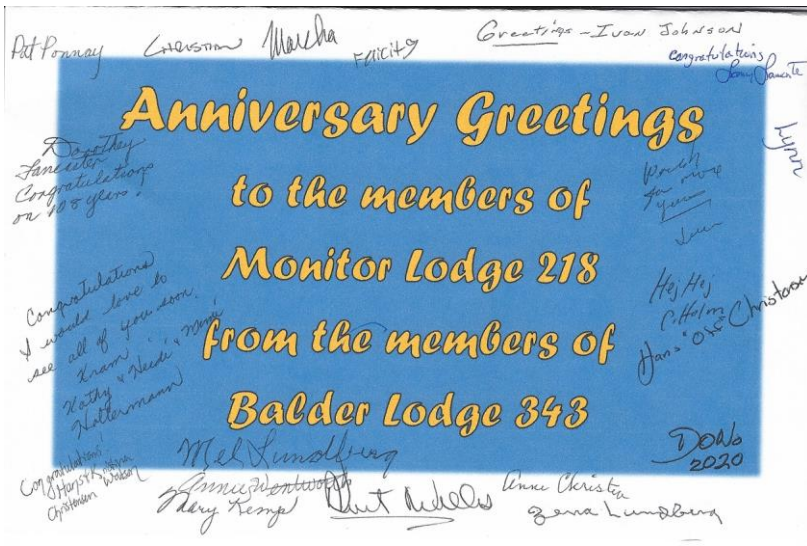
March 5<sup>th</sup> - Friday - **To Be  
Determined (TBD)**

April - Anniversary,  
Scandinavian Festival and  
District convention **TBD**

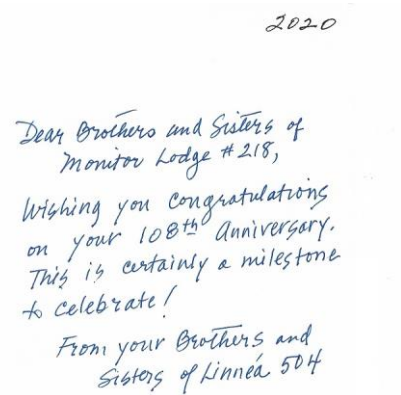
April 24-26 - Friday -  
Sunday - **Golden Gate  
District #12** convention

June 5-6 - Friday - Saturday  
- **Midsommar** and **Sweden**

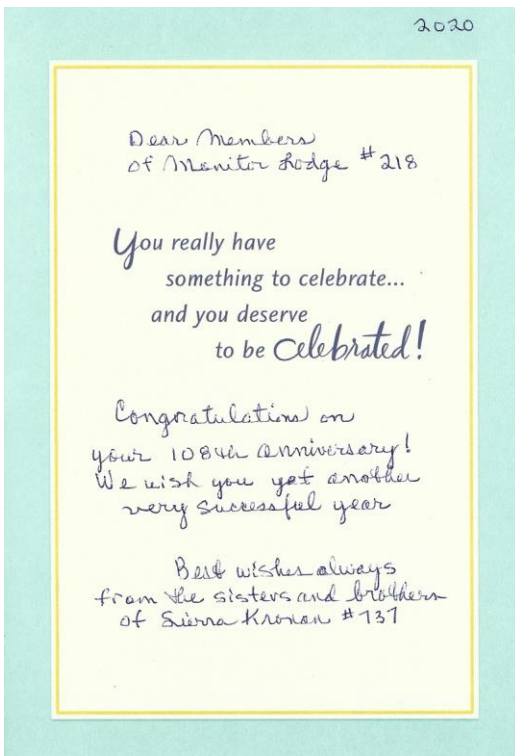
**Monitor Lodge, #218**  
**Sacramento, California**  
**Meets at I.O.O.F. Hall, 1831 Howe Ave**



**Balder**



**Linnéa**



**Sierra Kronan**

**Memory lane travels.** Since we are spending more time at home it is a good time to dig out your old photo albums and share your Swedish memories of your youth with family and friends. Here are few more reader contributions:



**Chris Bodelson** in Vinslöv, Sweden learning how to properly cut a celebratory [spettkaka](#) supervised by her cousin Magdalena Rålund (July 1997). You will find a brief history and description about *spettkaka* at the end of this newsletter.

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And Chris' Swedish relatives shared a picture of a neighborhood visitor taken when they were on a recent family ski vacation in the north country:



Also sharing some more of their family history is **Andy Hopkins**. You will find a letter written by his great-grand father in Montana to his wife in Sweden in 1912 at the end of this newsletter. The letter, handwritten in Swedish, was translated by one of Andy's relatives. A fascinating vignette of family life in the early 1900s.

Please consider sharing some of your discoveries in future issues of Monitor's newsletter. Just scan and send your labeled photos to Chuck Johnson. Short stories are also welcome. **Tack så mycket**

**Children's Club.** The club meets monthly throughout most of the year. While their get-togethers are currently on hiatus until the COVID-19 restrictions are lifted we welcome all children interested in participating in traditional Swedish craft, dance, music and literature activities. They need not currently be members of Monitor lodge. Contact Lisa Rea ([lrea100@yahoo.com](mailto:lrea100@yahoo.com)) for more information.

**Annual Program book updates.** The 2020 program book has been mailed to all our members in December and is available on our [website](#) where we also post updates throughout the year. It is a "living" document but we have no new changes in **June**.

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**Did you know \_\_\_\_\_ about Monitor Lodge?** This occasional section features interesting factoids about Monitor Lodge and VASA. This month we continue to feature a “roll call” of some of our current members who have served as officers for Monitor Lodge in past years (???? means haven’t found records for the listed year):

1994	Marianne Ek	Secretary	1995	Liesma Krastins	Asst MC
1994	Gail Nemy	Financial Secretary	1995	Peggy Carlson	Children's Club
1994	Peggy Carlson	MC	1995	Marianne Ek	VASA Star
1994	Liesma Krastins	Asst MC	1995	Eivor Pfannkuch	Membership Comm
1994	Peggy Carlson	Children's Club	1995	DeeDee Dahlberg	Trustee
1995	Kurt Pfannkuch	GG District Master	1995	Helen Jensen	Trustee
1995	Marianne Ek	Secretary	1995	Liesma Krastins	Auditor
1995	Brian Stockham	Asst. Secretary	1995	Eivor Pfannkuch	Auditor
1995	Gail Nemy	Financial Secretary	1996	????	
1995	Peggy Carlson	MC			

**Current financial report (summary)** from our Financial Secretary and Treasurer. We have had no transactions of consequence for the past couple of months but here is a summary of our financial status as of the end of May:

Fund Balances (interest from CDs not included)

<u>General Fund</u>	<u>Children's Club</u>	<u>Nål och Tråd</u>	<u>Building</u>	<u>Scholarship</u>	<u>Totals</u>
<u>Beginning May:</u>					
19,175.50	400.60	6,808.74	4,643.52	7,580.56	38,608.92
-100.00				100.00	
-100.00				100.00	
				25.00	
<u>Ending May:</u>					
18,975.50	400.60	6,808.74	4,643.52	7,805.56	38,633.92

**Grattis på födelsedagen** to our birthday celebrants for **June 2020** are Karna Boyer\*, Christine Brainerd, Beatrix Clark, Will Hanley, Kerstin Herrmann\*, Jack Larson\*, Anita Nord\*, Emil Rea and Carole Scibienski (\* denotes member 75 years of age or older)

**Monitor Lodge, #218**  
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**Sunshine (Friendship) Committee:** We often have members and their families dealing with health issues or unable easily travel to Monitor events and they appreciate receiving your cards, phone calls and visits. Please contact Larry Woodward or Will Hanley, our Sunshine committee members, if you know of a member in need of our assistance in some manner. **At present**, due to the Coronavirus restrictions we are encouraging all our members to periodically reach out to each other with phone calls, text messages and emails just to say “Hi, I’m thinking of you.” **Tack så mycket**

**Lodge business meetings schedule.** At this time we do not know when we will have our next in-person business meeting. Monitor’s officers are in regular contact with each other. If you have any questions regarding the status of our few business activities, please don’t hesitate to contact any of the officers.

**New Members.** Members are encouraged to invite friends, family and co-workers to our activities. In addition, if you think sending someone our newsletter for a couple of months will pique or sustain their interest, please provide their email to Chuck Johnson so they can be added to the distribution list.

Don’t forget to let folks know that we always have Legos on hand at our meetings for the kids and the young at heart and remember to refer them to Monitor’s web site (<http://www.monitorlodgesacramento.org>) and our Facebook page (<https://www.facebook.com/MonitorLodgeSacramento/>) for more information.



**And for the good of the order** – Monitor has yet another published author in our midst – **Lollie Hopkins!!** Not to be outdone by her daughter **Nicole Hopkins**, Lollie has written and published a novel titled “*The War Within*” It is set in the Pacific theater during World War II and is about a young army nurse’s struggles to contribute to the war effort. You will find it on Amazon.com at: [https://www.amazon.com/dp/B089M1CK8Z/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_U\\_peq3Eb7Q1BNTV=](https://www.amazon.com/dp/B089M1CK8Z/ref=cm_sw_em_r_mt_dp_U_peq3Eb7Q1BNTV=) As an added bonus the book includes a few pictures taken by Andy Hopkins.

**GRATTIS Lollie!**



Newsletter editor: Chuck Johnson  
[info@monitorlodgesacramento.org](mailto:info@monitorlodgesacramento.org)

Hello Sweetheart:

Will write with lead pencil today. So shall we also speak Swedish. We have lovely weather today. But yesterday morning it was about 7 inches snow on the ground, but it is almost all gone now.

I got up at 8 o'clock today and had a bath, then I went to breakfast and later bought a paper and a postcard which I'm sending you today - you can see where it is taken.

I have a little ache now in my back but I bought a bottle of St. Jacobs oil today and after I rubbed it on, it felt better. Doctors visit did not do me that much good.

I think I am fully restored within a couple of days.

I hope that you also will be well and happy again. Think over the proposal I gave you in the letter I wrote yesterday evening. Namely, that you quit your work and go over to my brother's place and rest up. I assure you will weigh 150# within 2 months if you do as I suggest. You can work and tend to kill time. As you remember, you can go and fish when you want. A stream runs right through the land at least 200 feet from the house. You can stand right in the orchard and fish. Enough said about this item.

Let me know at least when you are ready to come so I will arrange all for you. Also, let me know how much you are in debt so shall we clear your accounts or affairs.

I read in the paper today that my stock in Jack Warte Mine further rose \$40. in value only yesterday. So you see we have no excuse to complain. But, I beg you not to mention this to anyone for that should make me unhappy.

I hope that we come to a good result concerning yourself for I feel myself worried about your health.

So shall you not judge my letter so acutely for once in a while you do get the wrong idea.

You can be sure that I would not write anything that offends you. If I make a mistake, you must overlook and forgive me. Address answers on this letter to Billings, Montana, c/o Grand Hotel.

Must close for this time with heartfelt greetings from your friend and betrothed.

H. Anderson

P.S. Hope you can read and understand this letter. It is now 2 o'clock and must go out and eat something. You believe I become too fat? No, then I become thinner for each day.

FIRST CLASS SAMPLE ROOMS FOR  
COMMERCIAL TRAVELERS

# The ALBEMARLE

H. D. HEFFERLIN, PROPRIETOR.

Livingston, Mont., April 21 1912.

Hälsningar till er alla och till er alla  
 i dag. Så skall vi också skriva brevsta.  
 vi har vackert väder i dag. Men i går var  
 var det cirka 7 tum djupt snö på Marken,  
 den är då all nästan bortgången nu =  
 jag tog nyss klätt i dag och hade  
 ett bad sedan gick jag till Grovst och  
 senare köpte en Tidning, och en del  
 vykort som jag sänder dig i dag du  
 kan se vad de äro tagna.

Jag har ännu ett ont i Rygggen.  
 När köpte mig en flaska St Jacobs  
 Olya i dag och efter jag smörjt på  
 den hjälper det bättre. Doctors anvisning  
 gjorde mig ej till minsta nytta.  
 jag tänker jag är full återställt inom  
 ett par dagar. Och hoppas att du också  
 blir frisk och glad igen. Tänk över  
 förslaget jag gavs dig i brevet jag skrev

FIRST CLASS SAMPLE ROOMS FOR  
COMMERCIAL TRAVELERS

# The ALBION HOTEL

H. D. HEFFERLIN, PROPRIETOR.

Livingston, Mont.,

1911

i går afton. Händelsen att de slutar ditt  
 arbete, och går över till Min Bröders Plots  
 Och Pastori uppgif jag försäkrar du  
 skall väga 150 pund inom två månader  
 om du gör som jag. "Hörestår" Lär kan  
 arbeta och fördriva tendens som du bekämer  
 du kan gå och Fiska. Här du vill, Ann rener  
 rätt egenom landet, Endast två hundra  
 fot från huset. du kan stå rätt i trädgården  
 och lista. Hög sakt om den saken. Låt mig  
 nu endast veta När du är färdig att  
 komma, så skall jag besöka och  
 för dig. Och så vill veta hur mycket  
 du är skyldig så tillåt vi hos Clarera  
 dina Räkenskaper. Eller affärer. Jag  
 jag lister i tidningen i dag att Minna  
 avser i sakk vänta Mine Tydeligare stiga  
 40<sup>00</sup> Dollars i värdet endast i går.  
 så du ser att vi har till någon orsake att



Claudra. Men jag beder dig att ej  
rämma detta till någon. för det skulle  
göra mig smädd..

Jag hoppas att vi kommer till ett  
gott Resultat. angående dig själv  
för jag känner mig mycket betymmer  
(orörd) om din Hälsa.

Så skall du icke bedöma Mins brev  
så höftigt. för ibland gör du Missuppfattning.

Du kan vara försäkrad om att jag ej  
med vilja skriver något som  
förmässa dig. om jag gör Mistag  
Måste du önska och förlåta mig =  
adressera Svare på detta brev till  
Bellings. Mont. 9. Grand Hotel.

Monte avsluta för denna gång

Med Hjärtligaste Hälsningar från din  
vän och Tjänare H. Nordman

P.S. hoppas att du var lyck och fått ditt  
brev.

är en bit till och måste gå ut och  
spisa något. du tror jag blir för fet. Nej  
då jag blir Magrare för var dag =

WIKIPEDIA

# Spettekaka

**Spettekaka** or **spettkaka** (*spiddekaga* in native Scanian) is a local dessert of the southern parts of Sweden, chiefly in the province of Scania (Skåne) but also in Halland. It is an important part of the Scanian culinary heritage.<sup>[1]</sup> The name means "cake on a spit", and this describes the method of preparation:<sup>[2]</sup> it is the Swedish variation on the spit cake.<sup>[3]</sup>

## Contents

**Description**

**Other regional varieties**

**See also**

**References**

## Description

A mixture consisting mainly of eggs, potato starch flour and sugar is rolled slowly onto a skewer which is being rotated over an open fire or other heat source. The dessert thus produced is very dry. It is then wrapped in a subsequently sealed plastic bag to preserve its dryness. To stay crisp, the cake should only be unwrapped at the actual moment it is to be eaten. Spettekaka can range in size anywhere from a few inches to several feet in height and over a foot in diameter. The very large cakes are served by sawing cuboids from the cake, leaving as much standing as possible.<sup>[4]</sup>

Spettekaka is frequently served accompanied by dark coffee, vanilla ice cream and port wine. A hacksaw blade is used to gently saw the dessert into serving sized pieces, as it will crumble or shatter if a knife is used or too much pressure is applied with the saw blade.

The world's largest spettekaka was baked in Sjöbo, Scania, in 1985, and is mentioned in the 1986 *Guinness Book of Records*. It was 3,6 m high and baked in one piece.<sup>[5]</sup>

*Skånsk spettkaka* has PGI status under EU law.

## Other regional varieties

- Baumkuchen - Germany
- Šakotis - Lithuania
- Kürtőskalács - Hungary

### Spettekaka



<b>Type</b>	Dessert
<b>Place of origin</b>	Sweden
<b>Region or state</b>	Scania and Halland
<b>Main ingredients</b>	Eggs, potato starch flour, sugar
 Cookbook: Spettekaka	
 Media: Spettekaka	

- Trdelník - Czech Republic and Slovakia - also with a PGI status
- Sękacz - Poland

## See also

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- List of desserts
- List of spit-roasted foods

## References

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1. Spettkaka, a culinary specialty from Skåne (<https://web.archive.org/web/20070929045548/http://www.skane.com/cmarter/cmarter.asp?doc=1678>)
2. Nilsson, Maia Brindley (11 June 2011). "Top ten Swedish foods to remember" (<http://www.thelocal.se/20110711/34870>). *The Local (Sweden)*. Retrieved 9 February 2015.
3. Sheraton, Mimi (23 November 2009). "Spit Cake" (<http://www.newyorker.com/magazine/2009/11/23/spit-cake>). *The New Yorker*. Retrieved 9 February 2015.
4. Spettkaka, a culinary specialty from Skåne (<https://web.archive.org/web/20070929045548/http://www.skane.com/cmarter/cmarter.asp?doc=1678>)
5. (in Swedish) Ann-Louise Olander, "Bland socker, ägg och världsrekord" (<http://www.ystadsallehanda.se/sjober/article729824/Bland-socker-aumlgg-och-vaumlrldsrekord.html>), *Ystads Allehanda*, 11 Augusti 2008. Consulted 3 November 2011.

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