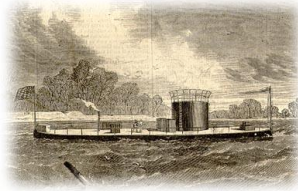


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Sacramento, California  
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**August 2020**

**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.** The situation regarding public gatherings is still very uncertain and health related issues are not abating. After consultation with Monitor's leadership and input from several members we are cancelling our August and September meetings. We are hopeful we can resume our get-togethers in **October** meeting.

**In memoriam.** In the past few weeks we have lost several dear, long time members. Marty Parks had been in declining health for several years and passed away peacefully in her sleep in mid-June. Ruby Hendrickson also had been in declining health for some time and passed away in late July in Turlock. Ruby is survived by her husband Bob who remains in Turlock. We lost Bob Johnson in late June after a long struggle with cancer. He is survived by his wife Lou Ann (Annie) in Rio Vista. And we only recently learned that Marianne Ek's daughter Kristina, unexpectedly passed away in late July at age 65. We will share information regarding memorial services as we receive it.

**How good is your Swedish vocabulary?** If you experience language withdrawal, you might find the Swedish lessons in [Nordstjernen](#) or the Swedish edition of [The Local](#) will help. Here is one of **The Local's** language lessons:

*Swedish word of the day: hej*  
[news@thelocal.se](mailto:news@thelocal.se) 30 July 2020 [word of the day](#)

2020 Calendar of events

**(dates subject to change)**

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

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

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  
Day**. Specifics still **TBD**

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Hello, let's take a look at one of the first words you'll need in Sweden.

*Hej*, pronounced like English 'hey', is the Swedish word for 'hello' or 'hi', an alternative for *hallå* (*hello*) or *goddag* (*good day*). The first thing you need to know is that *hej* is the most common and safest of the three to use as a non-native speaker.

But it's a surprisingly young word, at least in its current form. The word *hej* has existed in the Swedish language for centuries, but previously it was an interjection, appearing for emphasis in old poems and songs, while *hallå* and *goddag* were used for greetings. Things started to change in the 19th century when the Geatish Society, a group of Swedish writers, decided to adopt *hej* as their greeting because they liked its Old Norse feel, and it later became popular among students at Swedish universities.

*Hej* didn't really take off until the 1930s, and for a while it was a specifically informal greeting. When Sweden had an informal and formal variant of 'you', *hej* was only used with people you called *du* (the 'informal' you). When the distinction between different forms of 'you' was scrapped in a language reform of the 1970s, *hej* became more and more common and is now the most usual greeting in Swedish.

So how to use it? You use it on its own in passing, "*Hej!*", or at the start of a conversation, "*Hej, hur mår du?*" (*hello, how are you?*). This also applies to emails, which are typically less formal than in English or many other languages -- you'll sound much more natural saying "*Hej Benny,*" than "*Kära Herr Andersson*" (*Dear Mr Andersson*).

Ready to get even more informal? In Swedish, it's fairly common to double up words for emphasis, for example *tack tack* (*literally 'thanks thanks'*) and *ja ja ja* (*yes yes yes*). This also works with *hej*: saying *hej hej* is a slightly more enthusiastic greeting than a simple *hej*.

Another informal variant for emphasis is to use the preposition *på*, for example *hej på dig* (*hello to you*) or *hej på er* (*hello to you, plural*).

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There's also the alternative *hejsan*, slightly more colloquial than *hej*. Again, this is a bit more enthusiastic -- the suffix *-san* is common in a few Swedish exclamations, like [hoppсан](#) and [jajamensan](#). All three of these variations tend to signal that you're in an upbeat mood and are talking to a friend.

And there's a different word altogether, [tjena](#), used to say 'hi' to friends and family in informal settings. But if in doubt, always stick with a simple friendly *hej*.

The final thing to know about *hej* is that it's not exclusively used at the start of meetings. *Hej då* is the Swedish term for 'bye', and this is often shortened to simply *hej*. So on that note, *hej!*

**Examples:** *Vänta, jag måste säga hej till Johanna*  
Wait, I have to say hello to Johanna

*Hej, hur är läget?*  
Hi, how's it going?

**Memory lane travels.** As we are spending more time at home please dig out your old photo albums and share your Swedish memories of your youth with family and friends. 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. Here are few extracted from Monitor's scrapbooks:



Violet De Bord's and Don Baldwin's wedding reception in 2015.

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Monitor Lodge members singing at a Sierra Kronan function in March 1992

**Annual Program book updates.** The 2020 program book is available on our [website](#) where we also post updates throughout the year. It is a “living” document and we have one change in **August**:

Don Baldwin  
8181 Folsom Blvd, #104  
Sacramento, CA 95826

**Did you know \_\_\_\_\_ about Monitor Lodge?** This occasional section features interesting factoids about Monitor Lodge and VASA. Did you know that sometime in the late 1970s/early 1980s, Golden Gate District decided to assign a different indigenous Swedish flower to each of the lodges in the district. Monitor’s is the flax flower. You will find more information about the flax flower as well as the flowers assigned to the other lodges in the addendum to this month’s newsletter.



**Grattis på födelsedagen** to our birthday celebrants for **August 2020**. They are Theresa Alberts, Elizabeth Bushnell\*, Mary Choy, Larry Hultquist\*, Craig Johnson\*, Linnea Koze\*, Gail Nemy\*, Lars Ostlund\* and Birgitta Ostlund\* (\* denotes member 75 years of age or older).

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**Current financial report (summary)** from our Financial Secretary and Treasurer. While current events have created some unusual impacts on our 2020 income and expenses, we are still very comfortably in the black.

Below is a summary of our financial status as of the end of July 2020:

<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 2020:</u>					
19,175.50	400.60	6,808.74	4,643.52	7,580.56	38,608.92
<u>Expenses YTD</u>					
-8,992.22				-750.00	
<u>Income YTD</u>					
4,706.00				500.00	
<u>CD interest YTD</u>					
26.30	0.71	11.93	8.13	12.94	
<u>Ending July:</u>					
14,915.58	401.31	6,820.67	4,651.65	7,343.50	34,132.71

**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. **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.



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**And for the good of the order** – A reminder that the weekly radio show (podcast) **Scandinavian Echoes** is back after a long hiatus. You will find more information and videos of the weekly broadcasts on their Facebook site at:

[https://www.facebook.com/pg/ScandinavianEchoes/videos/?ref=page\\_internal](https://www.facebook.com/pg/ScandinavianEchoes/videos/?ref=page_internal)

If you do not have a Facebook account, you can still listen to each episode on YouTube by googling: “**Scandinavian Echoes youtube**” where you will find the different **Radio #** episodes. One note: the Youtube videos do not get posted until one hour after the original Facebook broadcasts. Enjoy!



Newsletter editor: Chuck Johnson

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Flax - *Linum usitatissimum*

Flax is the only provincial flower that does not grow wild in this country.

The sight of a field of flax in full flower, with tens of thousands of light blue flowers on tall, slender stems, is an experience. In days gone by it was quite a normal sight in the countryside. Nowadays it is a rarity, but thanks to the devoted work in conserving old traditions this can still be experienced.



Swedish Provincial Flowers

The Swedish provincial flower is probably a wholly unique phenomenon. As far as the author is aware, there is no other country in the world where the old units which now go to make up the country of Sweden have their own plant symbols. However, they have no tradition in ancient provincial laws, or the like. On the contrary, they are a fairly modern idea, a product of our century, which did not appear until 1909. Undoubtedly these symbols have awakened considerable interest in a number of connections. Certainly the provincial flower makes its own contribution towards strengthening kinship between man and his native district.

- From the book: LANDSAPSBLOMMER by Sven Gréen  
[info@monitorlodgesacramento.org](mailto:info@monitorlodgesacramento.org)

How we [Golden Gate #12] found your Swedish province, or what SKANE and NORDEN have in common.

From the southern-most landscape or province in Sweden, SKÅNE, to northernmost, NORRBOTTEN, we matched the VASA Lodges of Northern California, from NORDEN in the South, to BALDER in the North, giving them a Swedish landscape flower of their own.

This could be your emblem or symbol and give you the chance to find your sister-lodge In Sweden. It is only a beginning of what could be done in research of history. Each province also have their crest or coat-of-arms, their national costume and their dialect, the list can go on...

<u>VASA lodge</u>	<u>Swedish province</u>	<u>Swedish flower</u>	<u>English translation</u>	<u>Lodge location</u>
NORDEN #684	SKÅNE	Prästkrage	Ox-eye daisy	Fresno
SVEA #348	SMÅLAND	Linnea	Linnea (twinflor)	San Jose
LINDBERGH #494	ÖLAND	Solvända	Rockrose	Palo Alto
JENNY LIND #388	HALLAND	Ginst	Hairy broom	Turlock
LINNÉ	VÄSTERGÖTLAND	Ljung	Heather	San Mateo
VIKING	ÖSTERGÖTLAND	Blåklint	Cornflower	Modesto
TRE KRONOR	BOHUSLÄN	Kaprifol	Honeysuckle	Castro Valley
FYLGIA #119	DALSLAND	Förgätmigej	Forget-me-not	San Francisco
TEGNÉR #149	SÖDERMANLAND	Näckros	Waterlily	Oakland



TOR	NÄRKE	Gullviva	Cowslip	San Francisco
NORD #392	UPPLAND	Kungsängsililja	Guinea flower	Stockton
FRAMÅT #405	VÄRMLAND	Skogsstjärna	Chickweed/wintergreen	Albany/Berkeley
SVEABORG #449	DALARNA	Ängsklocka	Meadow bell	Concord
LINNÉA #504	GÄSTRIKLAND	Liljekonvalj	Lily of the Valley	Petaluma
MONITOR #218	HÄLSINGLAND	Lin	Flax	Sacramento
SCANDIA	HÄRJEDALEN	Mosippa	Sand anemone	Yuba City/Marysville
RENO 711	JÄMTLAND	Brunkulla	Narrow-leaved Nigritella	Reno
FEATHER RIVER	ÅNGERMANLAND	Styvmorsviol	Wild pansy	Oroville
GOLD NUGGET	VÄSTERBOTTEN	Kung Karls spira	King Charles sceptre	Paradise
SKOGEN #700	LAPPLAND	Fjällsippa	Rock anemone	Redding
BALDER #343	NORRBOTTEN	Åkerbär	'Arctic' raspberry	Eureka

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Research notes as of 06-08-2016 by Chuck Johnson (Monitor Lodge #218):

1. The above listing was created some time after 1973 when SKOGEN #700 (Redding) was organized but before 1986 when SIERRA KRONAN #737 (Roseville) was organized as SIERRA KRONAN was not listed on the framed document held by Monitor Lodge #218. Also, the original list did not include lodge numbers (#).
2. The lodges with listed numbers (#) are the only active lodges in Golden Gate #12 District in 2016. Valhalla Scandinavians Lodge #746 (Santa Cruz), organized in 1989 was active in 2014 but not listed as active in the 2016 District Program book.