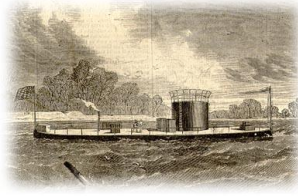


Monitor Lodge, #218
Sacramento, California
Meets at I.O.O.F. Hall, 1831 Howe Ave



March 2021

Våren är inte långt borta (Spring is not far away)

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

Upcoming Monitor events. The restrictions regarding public gatherings and health related issues are not abating. After consultation with Monitor's leadership our planned **in-person** meetings and events have been cancelled until further notice. We will do our best to adhere to our 2021 calendar of events by utilizing virtual (ZOOM) meetings to conduct business and to stay in touch. The normally scheduled Scandinavian Festival (in April and Sweden Day in June have been cancelled for 2021 and the Golden Gate District #12 annual convention has been rescheduled to August 20-22 still at the DoubleTree in Sacramento.

Lodge business meetings schedule. Our **virtual** meetings are going well and attendance is slowly increasing. Our next ZOOM meeting will be **Friday, March 5th, 2021**. The minutes of the February meeting are attached to this newsletter.

How good is your Swedish vocabulary? If you are experiencing language withdrawal, you may find Swedish vocabulary and lessons in Nordstjernen or the Swedish edition of The Local will help. The Swedish [word of the day](#), courtesy of the September 2nd, 2020 issue of The Local, is: **Ö**

The Swedish language might be known for its lengthy complex words, but today we take a look at a word just one letter long.

2021 Calendar of events
(dates subject to change)

March 5th – Friday –
VIRTUAL – agenda TBD

April – Anniversary **TBD**,
Scandinavian Festival
(**cancelled**)

May 7th – Friday – VIRTUAL
– agenda TBD - **Sill Frukost**.

June 4 – Friday – VIRTUAL
agenda TBD – **Midsommar**.
Note: Sweden Day is
cancelled.

July – no events normally
scheduled.

August 7th – Saturday –
Kräftskiva, Specifics still
TBD

August 20-23 – Friday to
Sunday **Golden Gate #12**
convention (tentative)

September 3rd – Friday –
Ham Dinner. Specifics still
TBD

October 1st – Friday – **Taco**
Bar. Specifics still TBD

November 5th – Friday –
VIRTUAL – agenda TBD plus
election of 2022 officers

December 4th – Saturday –
Julbod (tentative)

December 10th – Friday –
St. Lucia celebration

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Ö is the 29th and final letter of the Swedish alphabet – unlike German for example, it's a distinct letter and not an accented o.

Note that in Swedish, instead of saying 'A to Z' you say 'A till Ö'. And be aware that of the Scandinavian languages, Swedish and Icelandic are the only ones with the letter ö.

It's also a word in its own right, meaning 'island'. And it happens to be the third favourite Swedish word of The Local's readers.

The letter and word are pronounced the same way, and it can be a tricky sound for non-natives to master at first.

Sweden has a long coastline and many, many lakes, so it's a word you'll hear a lot here. You'll spot it in place names of course, like Värmdö, Djurö, Älgö, Hönö and Björkö (literally meaning 'hot spring island', 'animal island', 'elk island', 'hen island' and 'birch tree island'). These are generally Sweden's smaller islands, while big ones like Gotland have names without the ö.

This can make things a bit complicated, because you generally use the preposition på with islands. For example, you would say '*jag bor på Värmdö*' instead of '*jag bor i Värmdö*'. You would usually say '*på Gotland*' too, but would say '*i Gotland*' if you're talking about Gotland as an administrative region rather than a place – but it's not a major faux pas to mix up på and i.

The word for peninsula is *halvö*, literally 'half island'.

Ö also features in a Swedish dialectal poem, in a line made up of single letters. You can [read the full poem here](#), and the sentence goes: *d'ä e å, å i åa ä e ö*. In standard Swedish, that's '*det är en å, och i ån är en ö*' (there is a stream, and in the stream there is an island). If that confused you, don't worry – the whole point of the poem is about a city visitor failing to understand the dialect!

Examples

Jag bor på en liten ö i skärgården I live on a small island in the archipelago

Ingen människa är en ö No man/person is an island

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Meet our newest member! Barbara Pattow was initiated at Monitor's February 5th, 2021 meeting by our Vice Chair Ed Netzel.

A teacher and graphic artist for many years, Barbara was born in Milwaukee and graduated from the University of Wisconsin with a degree in Elementary Education and an Art Ed. Minor. She taught Kindergarten in Wisconsin, Washington, D.C. and Citrus Heights. She also earned an AA in Graphic Communications at Laney College in Oakland and worked as a graphic artist in the Bay Area for a period of time.

Barbara and her family moved to Sacramento in 1989 where in addition to Kindergarten Barbara taught Fine & Applied Arts and ESL classes. Her daughter and two grandsons keep her busy when she isn't traveling. She has traveled to every state except North Dakota. She also squeezed in a day trip to Malmö, Sweden in 2013 while taking a cruise from Denmark to ports in Norway.



Barbara has two known great-grandparents from Sweden and one from Norway. Interested in learning more about her Nordic heritage she has been active in the local Daughters of Norway lodge for several years and, along with her late husband Tony, has been involved with the Scandinavian Festival for a number of years, most recently in charge of the Children's Corner. Becoming acquainted with Monitor through the Festival she attended our Midsommar and Julbord events as she works on learning more about her Swedish heritage and possibly finding some relatives still living in Sweden.

Välkommen till VASA och Monitor Lodge, Barbara!

Did you know _____ about Monitor Lodge? This occasional section features interesting factoids about Monitor Lodge and VASA.

As of February 2021, Monitor Lodge has 97 active members and 2 associates but did you know that of those 99 members, 22 of them are foreign born? Some immigrated to the United States as children with their families and some immigrated as adults. Interestingly, only 17 were born in Sweden while 2 were born in Canada and one each in Holland, Latvia and Switzerland.

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And another installment recognizing past Monitor officers and leaders (1997-2000):

| | | | | | |
|------|------------------|-----------------|------|-------------------|---------------|
| 1997 | Marianne Ek | Vice Chair | 1998 | Marianne Ek | Friendship |
| 1997 | Brian Stockham | Secretary | 1998 | Elizabeth Johnson | Friendship |
| 1997 | Brigitta Ostlund | Cultural Leader | 1998 | Russ Ellis | Auditor |
| 1997 | Eivor Pfannkuch | Membership | 1999 | Liesma Krastins | Asst Fin Sec |
| 1997 | Marianne Ek | Friendship | 1999 | Gail Nemy | Treasurer |
| 1997 | Kurt Pfannkuch | Auditor | 1999 | Helen Jenson | Chaplain |
| 1997 | Russ Ellis | Auditor | 1999 | Larry Hultquist | Inner Guard |
| 1998 | Marianne Ek | Vice Chair | 2000 | Johanna Benker | Financial Sec |
| 1998 | Helen Jenson | Chaplain | 2000 | Liesma Krastins | Asst Fin Sec |
| 1998 | Liesma Krastins | MC | 2000 | Gail Nemy | Treasurer |
| 1998 | Jill Stockham | Inner Guard | 2000 | Elizabeth Swenson | Auditor |
| 1998 | Gail Nemy | Historian | 2000 | Donna Niemollar | Scholarship |
| 1998 | Eivor Pfannkuch | Membership | 2000 | Eva Allred | Friendship |

In memorium. We have lost two more dear, long time members. Don Johnson passed away on January 19th at age 95. And we learned from his obituary that his wife of almost 70 year, Joyce, also a Monitor member, had passed away last February.



Sunshine (Friendship) Committee: We often have members and their families dealing with health issues or unable to 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**

Gentle reminder. 2021 Dues were due on January 1, 2021. The yearly dues are still \$35.00 **per** member 14 years of age and older. Dues are delinquent on March 31st. Please make checks payable to Monitor Lodge #218 and mail your dues to:

Anita Nord, Monitor Financial Secretary
 6435 Palm Ave.
 Carmichael CA 95608

Tack så mycket in advance for your diligence in getting payment in early. We also ask that you consider making a donation to our scholarship fund in honor or in memory of a loved one or just because. Donations to the scholarship fund are tax deductible.

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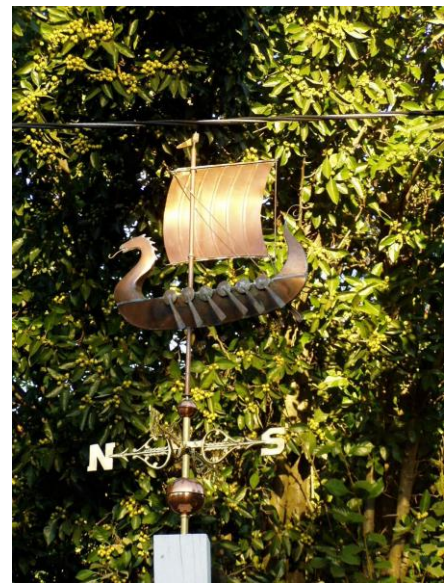
Scholarships. It is not too early to start thinking about pulling together the paperwork to apply for the Monitor Lodge and Golden Gate District scholarships. The District's and Monitor's deadline will be **April 1st, 2021**. There is also updated information regarding the annual Grand Lodge scholarship (due in mid-January) as well as the Swedish Language Camp scholarships (due in February 2021). Information and application forms can be obtained on our scholarship web page or by contacting the Scholarship committee:

<http://www.monitorlodgesacramento.org/ohana/website/?p=37143391>

Annual Program book updates. Our 2021 program book was mailed in late December and is available on our [website](#) where we also post updates throughout the year. It is a "living" document and we have one change for February.

Page 10: Barbara Pattow new member
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Memory lane travels. Please consider sharing some of your photo album discoveries or news in future issues of Monitor's newsletter. Just scan and send your labeled photos to Chuck Johnson. Short stories are also welcome. But the question of the day is: *"how do you display your Scandinavian heritage?"* Inside our homes, many of us have Dalahast, photographs, paintings, crystal and other Swedish items, some mementoes or family heirlooms and others in everyday use. But what items do you have displayed outdoors besides the occasional "Post" mailbox or Swedish windsock? Perhaps you will share a picture for a future edition of the newsletter to complement the photo of a Viking weathervane in Chuck's back yard.



A grattis på födelsedagen to our birthday celebrants for **March 2021**. They are Ken Carlson, Helen Jenson*, Paul Koze* and Jan Volkoff. (* 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 are our fund balances as of January 31, 2021:

| <u>General Fund</u> | <u>Children's Club</u> | <u>Nal och Trad</u> | <u>Building</u> | <u>Scholarship</u> | <u>Totals</u> |
|---------------------|------------------------|---------------------|-----------------|--------------------|---------------|
| \$12,111.16 | \$401.68 | \$6,827.06 | \$4,656.01 | \$7,725.33 | \$31,721.25 |

The above totals reflect the receipts of some 2021 dues payments, the payment of our district assessment of \$3853.13 and some memorial transfers to the Scholarship fund.

For the good of the order – The short presentation at our February ZOOM meeting about the Swedish royal palaces is available on Monitor’s website Music Resources page: <http://www.monitorlodgesacramento.org/ohana/website/?p=28785339>

And attached to this newsletter is an entertaining article about some weird Swedish traditions involving frogs, ducks and crayfish (kräfta).



Newsletter editor: Chuck Johnson

Frogs, ducks and crayfish: A crash course in weird

Swedish traditions - Oliver Gee contact@theearfultower.com published 21 January 2021 in **The Local** (se) <https://www.thelocal.se/20210121/a-crash-course-in-weird-swedish-traditions>

If you're ever fortunate enough to spend a full year in Sweden, you'd better be prepared for a whole universe of unusual traditions. Podcaster Oliver Gee of The Earful Sweden shares what he considers to be the five most unusual traditions in a Swedish year.

The first time I saw a Swedish "Small Frogs Ceremony" ten years ago, I thought I was being pranked. Do the dance, do the dance, the Swedes urged. Be like a frog! No ears, no tails!

What was going on? Feeling like a fool, I joined in, waiting for everyone to start laughing at me. But no one laughed. They just made the sound of a small frog, which was apparently ***Kouackackack***, on repeat.

Fast forward a decade and I'm married to a Swede, I know all the words to the frog song, but I still raise an eyebrow at many Swedish traditions.

Here are my favourite five traditions, all of which are commonly practised among typical Swedes.

The Creamy Bun Feast

As The Local Sweden says, *semmeldagen* is just another manic bun day. And manic is correct, people go nuts for this sweet and fatty treat. The bun is enormous, about the size of a Big Mac, and impossible to eat without covering your face with whipped cream or powdered sugar. Legend has it that in 1771 King Adolf Fredrik died after eating 14 servings of them for dessert.

The Freckled Easter Witches

Most Swedes don't realise how unusual this is, but at Easter they dress their children up as broomstick-riding witches with huge freckles on their faces. Much like at Halloween, these witches collect candy from their neighbours, who've duly put bright feathers on their trees to mark the occasion.

The Small Frog Dance

This is my favourite tradition. On Midsummer's Eve, Swedes erect a massive flowery maypole ("erect" is the right choice of words – it's a fertility symbol complete with testicles).

Then, they dance around the pole while imitating small frogs, singing a song called Små Grodorna.

The rough lyrics: Small frogs, small frogs, are strange to look at, nary an ear or a tail dost they have, Kouackackack, Kouackackack, Kouackackack (this is the sound a small frog makes, obviously).

There are more wild traditions on this day, like girls collecting seven different flowers and jumping over seven fences in order to dream of their one true love... but nothing beats the frogs for an eyebrow-raising tradition.

The Crayfish Ceremony

If you thought the frogs were weird, wait till you see a crayfish party.

At a "kräftskiva", Swedes sit around a table full of boiled crayfish, often while wearing crayfish paraphernalia like bibs and hats. Sometimes you'll get flags with happy moons and crayfish to complete the picture.

Then, everyone slurps down at least 15 crayfish as noisily as possible, interspersed with drinking strong Schnapps and singing what can only be described as a cross between drinking songs and sea shanties. I sing the easiest to learn in the podcast episode below (subscribe!) and a loose translation of the text would be: The whole thing goes, sing yabba dabba do ding dong ding dong (repeated three times with a full shot near the end).

The Donald Duck Hour

Christmas brings more traditions than all, including my personal favourite: **The Donald Duck Hour**. Yes, the entire nation sits down at 3pm to watch Disney snippets from the last 70 years.

Favourites include The Bear Necessities, the song from the Jungle Book, but also less universally popular clips like Ferdinand the Bull. The show often features a much anticipated new Disney addition, which in recent years has included Moana, Frozen, and Zootopia.