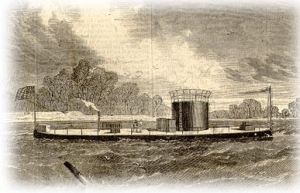


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August 2021



Creating anticipation for our August Kräftskiva

We "relaxed" in July and did not hold a meeting but look forward to seeing folks at our annual **Kräftskiva** celebration.

Upcoming Monitor events. The restrictions regarding public gatherings and health related issues have abated slightly and after consultation with Monitor's leadership our planned **in-person** meetings and events will resume this Fall. As is tradition, we do not have any event in July but we are planning on holding our annual **Kräftskiva** celebration on **Saturday, August 14th** at Peggy & Ken Carlson's home and our next regular meeting will be on **Friday, September 10th** at IOOF Hall. Further information will be forthcoming soon.

Lodge business meetings schedule. Our virtual **ZOOM** meetings have been going well and attendance is slowly increasing. We are anticipating our meeting will be in person at our usual meeting place, the IOOF Hall, on **Friday, September 10th, 2021.**

2021 Calendar of events
(dates subject to change)

August 14th – Saturday –
Kräftskiva at the Carlsons

August 20-23 – Friday to
Sunday **Golden Gate #12**
convention **CANCELLED**

September 10th – Friday –
BYO pre-packed
food/snack. Specifics still
TBD

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

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

December 4th – Saturday –
Julbod (tentative)

December 10th – Friday –
St. Lucia celebration

2022 Calendar of events
(dates subject to change)

January 7th – Friday - Dinner
and installation of officers

February 4th – Friday - **Pea
Soup and Pancakes**

March 4th – Friday – **TBD**

March 19th – Saturday –
Scandinavian Festival
(maybe)

April 2nd – Saturday – 110th
Anniversary luncheon
(tentative date)

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How good is your Swedish vocabulary? If you want to brush up on your Swedish, you may find Swedish vocabulary and lessons in [Nordstjernen](#) or the Swedish edition of [The Local](#) will help. This time we are again varying our presentation a bit from our normal “Swedish word of the day” discussion, instead we are providing a short guide on “**10 traditions that make Sweden one of the best countries to live in**” an article in the October 12th, 2017 issue of [Culture Guides](#) by [Claire Litton Cohn](#):

“MOST SWEDISH TRADITIONS seem to involve either celebrating Christmas or eating lots of pastries. You too can be an honorary Swede if you celebrate the following holidays; just make sure to get out your waffle iron and dust off your candles!

1. Cinnamon Bun Day — October 4th

Invented in 1999 by the Swedish Home Baking Council (yes, that’s a real organization in [Sweden](#)), [Kanelbullens Dag](#) is exactly what it sounds like: the chance to stuff your face with as many delicious pastries as you can fit. Swedish cinnamon buns are less sweet than North American ones and are flecked with “pearl sugar” (large chunks of sugar that look like rock salt) rather than doused with thick frosting. They are available in every cafe and grocery store, but it’s always a good idea to [make your own](#) and have them for [fika](#).

2. Glögg — Christmastime

Gently simmering red wine with some spices makes a sweet and pungent drink that makes your insides toasty when winter hits in Sweden. Sometimes, Swedes add raisins or slivered almonds to their glögg...or dress it up with different kinds of alcohol. We took our toddler to see the lights at the Tivoli last Christmas, and you could buy glögg inside the amusement park; their version was red wine with a shot of brandy. That made the hordes of tourists clustering around the festive displays a lot more bearable.

3. Midsommar — the Summer Solstice

On the longest day of the year, Sweden grinds to a halt. Everyone takes to the nearest parks to make flower wreaths and eat pickled herring while dancing around a pole and [pretending to be frogs](#). This is the most important holiday, and it centers around family and celebration of the Sun — in a country with some of the darkest, longest winters in the world, it makes a lot of sense. Swedes lose their minds as soon as it starts to get a little sunny out, and everyone is lounging on the closest patio wearing only tank tops and short shorts. Midsommar is the chance to drink, make merry, and celebrate that the Sun won’t go down until 11 PM.

4. Santa Lucia — December 13th

Part of the Swedish Christmas celebration, sort of, the [Feast of Santa Lucia](#) is beautiful and easily recognizable by its distinctive dress. Typically, girls dress up like the saint

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herself, wearing long white robes and leafy wreaths decorated with long white taper candles. Boys are encouraged to dress as “Star Boys”, carrying wands with stars on the end, and wearing long conical hats decorated with stars. The traditional songs they sing are beautiful, and seeing the candle headdresses in the darkest heart of winter is a nice reminder that not everything is gloomy and frozen.

5. Valborg — April 30th / May 1st

If you like fire, this holiday is the one for you. King Carl XVI Gustaf celebrates his birthday on Valborg, and you’ll see a lot of Swedish flags around. While it used to be a way of fending off evil spirits, most celebrants now just like lighting things on fire; there are large bonfires in city centers (mostly public parks), but private citizens may have smaller bonfires with their families, especially if they have a lot of garden waste to burn up. Singing choral songs of springtime is very common, also.

6. Christmas markets — Christmastime

Swedes are nuts for Christmas and love [Christmas markets](#), where booths and stalls with vendors sell anything from glögg to sausages to Kanelbullens. There will sometimes be themed displays with animatronic robots, people selling handicrafts like sheepskin slippers or knitted sweaters, and a variety of Santa-related activities. There are often opportunities to see performers, do crafts, and take your children on carousels.

7. Waffle Day — March 25th

Våffeldagen is not just celebrated in Sweden, but Swedes have made it their own by perfecting the art of crispy waffles (like flat ice cream cones), which they top with whipped cream and jam. Waffle irons in Sweden look like four hearts stuck together, producing a beautiful scalloped edge to these tasty treats. The idea behind the holiday is to eat as many waffles as possible, washed down with coffee. That’s it. Holidays are pretty simple here.

8. Julbock (Yule goat) — Christmastime

If you think there are a lot of Christmas traditions, you are absolutely right. The straw Yule Goat is a festive decoration that is commonly placed, in small versions, in people’s houses, on their lawns, or near their Christmas trees. Large versions are traditionally built in the capital...and just as traditionally, burned down by vandals, every year. Building a large flammable decorative item that [someone commits arson against](#) has become a tradition.

9. Death Cleaning (Döstädning) — any time

This peaceable and thoughtful practice is designed to allow you to get your house in order and your clutter under control so that your family won’t have to deal with it after your death. Octogenarian Margareta Magnusson wrote a book called The Gentle Art of

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Swedish Death Cleaning that is starting to gain popularity, especially with anyone whose parents have spent a lifetime packing their homes to the rafters. It's a sad truth that everyone will end up dealing with the possessions of their loved ones after death, and *döstädning* is a meditative and *lagom* (more later) process that allows the elderly to reach peace with their legacy.

10. Lagom — any time

Everyone loves to say “moderation in all things”, but the Swedes take it to a cultural level and feel it in their bones. *Lagom* means “just enough”, and informs everything from opinions on politics to the amount of fermented herring you might like on your plate (in my case, the correct amount is none). This concept of calm moderation encourages everyone to find their own middle ground and is a useful tool to incorporate into any lifestyle — as long as you use it, too, in moderation.

Did you know _____ about Monitor Lodge? This occasional section features interesting factoids about Monitor Lodge and VASA. Here are a few more glimpses of past Monitor activities:



2000ish -Children's Club at Sacramento's annual Scandinavian Festival at St. Ignatius auditorium

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Julbord 2004 Lisa Rea and Emil - he is now a junior in high school.



Annual Program book updates. Our 2021 program 2017 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 no changes for July.

A grattis på födelsedagen to our birthday celebrants for **August 2021**, they are Theresa Alberts, Elizabeth Bushnell*, Mary Choy, Alex Hopkins, Larry Hultquist*, Walter (Craig) Johnson*, Linnea Koze*, Gail Nemy*, Lars Ostlund* and Birgitta Ostlund*. (* denotes member 75 years of age or older)

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**

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

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photos to Chuck Johnson. Short stories are also welcome. This month we had no submittals but I'm sure there will be some forthcoming for our September issue.

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 July 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>
\$13,223.42	\$402.04	\$6,332.90	\$4,660.14	\$7,682.12	\$32,255.62

The above totals reflect the crediting of CD interest and the payment of monthly IOOF Hall rent.

For the good of the order – Here are some more Swedish movies free on YouTube, many with English subtitles if you turn on the closed caption (CC) option. The editor makes no claims as to the entertainment value of each film. Njut av!

Move On I The Film –

<https://www.youtube.com/watch?v=StHTnMdLgRM>

The Invisible (2002) Gustaf Skarsgård -

<https://www.youtube.com/watch?v=9Qin4hUwaNs>

PARAKNAS –

<https://www.youtube.com/watch?v=yASIShtEhTw>

Soldat Fabian BOM –

<https://www.youtube.com/watch?v=JxiwZkGebT4>

and a short musical interlude contributed by Marianne Ek:

Tommy Körberg och BAO! - Drömmen om Elin (Allsång på Skansen) –

<https://www.youtube.com/watch?v=ZxbsE00shl8>



Newsletter editor: Chuck Johnson