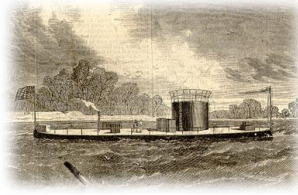


# Monitor Lodge, #218

Sacramento, California

Meets at I.O.O.F. Hall, 1831 Howe Ave



## October 2021

We had to revert to a ZOOM meeting for our September meeting but being online did have at least one advantage in that we could visit with some of our members who have been out-of-town and unable to visit with us in person for some time: Brian & Jill Stockham (Idaho), Elizabeth Swenson-Miura (Wyoming) and Orville Know (Minnesota). Tore and Brigitta Kellgren joined us again and they shared a video that they helped get restored from a very old VHS tape of a tour of life in Stockholm in the 1980s.

**Upcoming Monitor events.** The next few weeks and months will continue to be a challenge to us all as attending events and social contact are still being restricted. At present all Monitor-related in-person events are being evaluated on a regular basis based on COVID guidance issued by the CDC and the state's Department of Public Health. The Lodge will continue to host virtual meetings using ZOOM as needed.

We will have a ZOOM meeting on **Friday, October 8<sup>th</sup>**. This meeting will continue the nomination process for our 2022 officers, status reports from our Bylaws and Scholarship working groups and a brief introduction to Julbord tables 2 and 4 in addition to a cultural presentation.

**How good is your Swedish vocabulary?** If you want to brush up on your Swedish, you will find Swedish vocabulary and lessons in **Nordstjernen** (<http://www.nordstjernen.com/>) or the Swedish edition of **The Local** (<https://www.thelocal.se/>). For additional practice, you can also read the latest newsletter from Skåne # 570, our sister lodge in Malmö, Sweden and check out their website:

[sites.google.com/site/vasaordenll570/home](https://sites.google.com/site/vasaordenll570/home)

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

September 10<sup>th</sup> – Friday – ZOOM meeting and nominations of 2022 officers

October 8<sup>th</sup> – Friday – ZOOM meeting and nominations

November 5<sup>th</sup> – Friday – agenda TBD plus election of 2022 officers

December 4<sup>th</sup> – Saturday – **Julbod** (tentative)

December 10<sup>th</sup> – Friday – **St. Lucia** celebration

### 2022 Calendar of events (dates subject to change)

January 7<sup>th</sup> – Friday - Dinner and installation of officers

February 4<sup>th</sup> – Friday - **Pea Soup and Pancakes**

March 4<sup>th</sup> – Friday – **TBD**

March 19<sup>th</sup> – Saturday – **Scandinavian Festival** (maybe)

April 2<sup>nd</sup> – Saturday – 110<sup>th</sup> **Anniversary** luncheon (tentative date)

May 7<sup>th</sup> – Saturday – Sill Frukost - **TBD**

June 3<sup>rd</sup> – Friday – Midsommar **TBD**

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If you need help translating, try using an application like Google Translate ([translate.google.com](https://translate.google.com)) or Systran Translate ([translate.systran.net](https://translate.systran.net)).

**Food is always on our minds** 😊 DeeDee Dahlberg provided a short introduction to Julbord tables 1 and 3 during our September ZOOM meeting and we will have another short introduction of tables 2 and 4 at our October meeting. To complement these very short presentations, we have included a listing at the end of this newsletter of food items typically enjoyed at Monitor's annual Julbords. The listing also provides some recipe and food shopping resources. And if you are curious as to the origins and traditions of the Swedish Julbord, simply query online to get a plethora of websites with details and pictures.

**Annual Program book updates.** Our annual program book/member directory is mailed each December and is available on our [website](#) where we also post updates throughout the year. It is a "living" document and we have one changes for September:

Victoria Peterson (new member, former Fylgia Lodge member)  
P.O. Box 320524  
San Francisco, CA 94132  
415-730-6475  
no email

**Two important reminders. 1.** Don't forget to review the enclosed call for 2022 officer nominations. (copy attached just in case you misplaced the one sent out earlier this month) and **2.** Our 2022 dues are due on January 1, 2022. 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 when you send in your renewal check in honor or in memory of a loved one or just because.

**A grattis på födelsedagen** to our birthday celebrants for **October 2021**, they are Eva Allred\*, Marianne Ek\*, Nicole Hopkins, Brian Horsfield\*, Dale Ingvarlsen\* and Karin Johnson. (\* denotes member 75 years of age or older)

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**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. This month we had received a family Jul time memory from Deborah Metour, a former member of Sierra Kronan and a regular reader of Monitor's newsletter. You will find her article at the end of this newsletter.

**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 September 30, 2021.

<u>General Fund</u>	<u>Children's Club</u>	<u>Nal och Trad</u>	<u>Building</u>	<u>Scholarship</u>	<u>Totals</u>
\$12,673.27	\$402.22	\$6,335.77	\$4,662.26	\$7,685.60	\$31,759.11

The above totals reflect the crediting of CD interest and the payment of monthly IOOF Hall rent through September along Kraftskiva and website hosting expenses.

**For the good of the order** – There is no shortage of online Swedish language videos ranging from free, short homemade videos to multi-lesson, professional videos offered for a fee. Some will provide some means of interactive feedback but most are limited to what you hear on the video. Just to give you a flavor for online options, check out LangFocus' free 18 minute video (this is not an endorsement, just a jump off point for people seeking to explore their options). You will find the initial YouTube video at:

<https://www.youtube.com/watch?v=YiXCg0lz1ww>

And don't forget Monitor's own in-person/ZOOM Swedish language classes. Contact Will Hanley or Larry Woodward for more information.

**Njut av!**



Newsletter editor: Chuck Johnson

# Vasa Julbord

## Table 1: Herring +

Pickled herring *Inlagd sill*  
Mustard herring *Senapssill*  
Herb garden herring *Örtagårdssill*  
Herring salad *Sillsallad*  
Marinated salmon *Gravad lax*  
Dill potatoes (mini) *Dillpotatis*  
Garnished egg halves *Ägghalvor*  
Crisp bread *Knäckebröd*  
Limpa rye bread *Limpa*  
Butter *Smör*  
Cheese *Ost*

## Table 2: Cold Dishes

Christmas ham *Julskinka*  
Roast beef *Rostbiff*  
Types of sausage *Olika sorters korvar*  
Baked salmon *Ungsbakad lax*  
Salmon mousse *Laxmousse*  
Liver pâté *Leverpastej*  
\*Jellied veal *Kalvsylta*  
Pickled cucumbers *Inlagd gurka*  
Picklet beets *Inlagda rödbetor*  
Beet salad *Betor salad*  
Cabbage salad *Kälsallad*  
Potato salad *Potatissallad*  
Pickles *Ättiksgurkor*  
Olives *Oliver*  
Radishes *Rädisor*  
Crisp bread *Knäckebröd*  
Limpa rye bread *Limpa*  
Butter *Smör*

## Table 3: Warm Dishes

Potato sausage *Potatiskorv*  
Swedish meatballs *Svenska köttbullar*  
Prince sausages *Prinskorv*  
Lingonberry sauce *Lingon*  
Dill potatoes *Dillpotatis*  
Jansson's Temptation *Janssons frestelse*  
Brown beans *Bruna bönor*  
Red cabbage *Rödkål*  
\*Spareribs *Revbensspjäll*  
\*Cabbage rolls *Kaldolmar*

## Table 4: Desserts

Fruit salad *Fruktsallad*  
Rice pudding *Risgrynsgröt*  
Lingonberry sauce *Lingon*  
Spritz cookies *Spritsar*  
Rosettes *Struvor*  
Ginger snaps *Pepparkakor*  
Almond cake *Mandelkaka*  
Oatmeal cookies *Havrekakor*  
Swedish apple cake *Äppelkaka*  
\*Chocolate balls *Chokladbollar*  
Dreams *Drömar*  
\*Pecan crescents *Halbmånen*  
\*Spice cake *Brunpepparkakor*  
\*Macaroons *Kokoskakor*

*\*Foods occasionally served*

**Some recipe books and Scandinavian food sources are listed on the reverse side of this page.**

Here is a collection of some of the recipe books compiled by Monitor Lodge over the years:

1967 - [\*Cook's Delight with a bit of Sweden\*](#) (~15 Mb PDF)

1992 - [\*Favorite Swedish Smorgasbord Recipes\*](#) (~10 Mb PDF)

1994 - [\*Cookies just like Mormor used to make\*](#) (~4 Mb PDF)

2016 - [\*Akvavit Recipe Book\*](#) (~ 100kb PDF)

You will also find these books listed on Monitor's web site at:

<http://www.monitorlodgesacramento.org/ohana/website/?p=4299153>

You can also query online for Swedish recipes and find many other great ideas.

**Some potential sources of hard-to-find Scandinavian food items are:**

**Scandinavian Specialties**

6719 15th Ave NW, Seattle, WA 98117

206-784-7020 or 1-877-784-7020 (toll-free)

<https://www.scanspecialties.com/>

**Willy's Products Scandinavian Food Store**

1637 NW 38th Ave, Fort Lauderdale, FL 33319

954 316-1350

<https://www.scandinavianfoodstore.com/>

**Ingebretsens's**

1601 East Lake Street, Minneapolis, MN 55407

800-279-9333

<https://www.ingebretsens.com/shop/food>

**Hemslöjd**

201 N Main St, Lindsborg, Kansas 67456

800-779-3344

<https://www.hemslويد.com/category/food.html>

**Nordic House**

2709 San Pablo Ave, Berkeley, CA 94702

800-854-6435

<https://www.nordichouse.com/?v=f24485ae434a>

And don't forget **Corti Bros** right here in Sacramento as well.



## A trip to remember

### Swedish holiday serves tradition to American girl

*We're asking readers to share memories of a cherished vacation. This letter is from Deborah Metour of Citrus Heights.*

At Christmastime in 2003, I decided to visit the “old country.” Although I had been several times since I had emigrated in 1965, I had never visited during this season.

Since my 10-year-old granddaughter, Phoenix-Haven Metour, is very interested in learning to speak Swedish and to learn about Swedish customs and culture (the only one in my American family who is!), I decided to take her with me.



Deborah Metour

**Phoenix-Haven Metour, left, with cousin Sandra Bertkvist, on her visit to Sweden last year.**

Before our trip, Phoenix-Haven participated in the Scandinavian Vasa Lodge’s “Santa Lucia” Christmas program, where she sang in Swedish, solo, for the congregation.

On Dec.23, about 20 hours after leaving Sacramento, we landed at Copenhagen airport, then took the train to the town nearest to where my mother lives in the middle of the woods in Sweden. It was exciting to see and to travel by train over the new bridge linking Denmark and Sweden. I always had to travel by ferry before.

The Swedish countryside was lovely with newly fallen snow that covered the forests, fields and farms scattered here and there. The homes and villages were all lit up with Christmas lights - all white - in the windows and on the streets.

My brother picked us up and drove us to my mother's house. It was dark in the forest but suddenly before our eyes appeared a beautiful log cabin filled with lights and a big Christmas tree on the porch lit up with electric candles. The inside had been beautifully decorated for Christmas by my youngest brother, Rolf, and his girlfriend, Maritha.

My mother is blind now, but she hears well. She loved meeting Phoenix-Haven, her American great-grandchild, and always wanted her small hand to lead her about.

On Christmas Eve we celebrated with a traditional lutefisk dinner - dry cod soaked in lye, then watered out and boiled. It is soft and slimy and has no taste. Only the Swedes like it. Phoenix-Haven had ham and chicken - no American girl has to eat lutefisk!

On Christmas day we visited my dad, who lives in the beautiful coastal city of Karlshamn. He was so happy to see us. We had the big Christmas smorgasbord with friends and relatives.

After the holidays we walked in the woods on my mother's property, going to the lake where I used to fish as a kid. The air was clean. My mother has lived on this land for more than 60 years. The old tree I used to climb is still there, along with my childhood home, built in 1917.

Although the lights on the tree are electric now, not the candles we had before, and the livestock is not there anymore either, it was wonderful to be back home for Christmas. I felt like I had my first real Christmas after 39 years away, and to see it through Phoenix Haven's eyes was wonderful.

