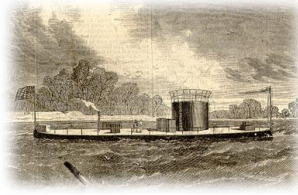


# Monitor Lodge, #218

Sacramento, California

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



March 2022

**Monitor fortsätter att hålla ut** (Monitor continues to persevere) as we continue to weather the events of the world.

**Upcoming Monitor events.** With the COVID variants still creating health uncertainties we will continue to make ZOOM versus in-person meetings decisions on a month-to-month basis. Our next regular meeting will be Friday, March 4<sup>th</sup> and will be a ZOOM meeting but as health restrictions have been eased in recent days we are planning to hold an in-person gathering to celebrate Monitor's 110<sup>th</sup> anniversary for Saturday, April 9<sup>th</sup>, 2022 at the DoubleTree Hotel.

**In Memoriam.** Sadly, February has been a rough month for our Monitor family as we lost Gail Nemy and Dale Ingvarlsen, two long time members. Gail and Dale were both very active



members, serving in various official capacities in Monitor and Golden Gate District over the years as well as a myriad of volunteer jobs at VASA



events and Sacramento's annual Scandinavian Festival.

**Golden Gate District #12 annual convention:** The convention will be held April 23 but will be a virtual convention. Further information will be forthcoming soon.

**Grand Lodge Convention:** The quadrennial meeting of the Grand Lodge, Vasa Order of America on July 1 – July 8, 2022 at the Marriott Philadelphia Old City in Philadelphia, PA.

**A grattis på födelsedagen** to our birthday celebrants for **March 2022**, they are Ken Carlson, Paul Koze\* and Jan Volkoff. (\* denotes member 75 years of age or older).

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

March 4<sup>th</sup> – Friday – **TBD**  
most likely a ZOOM meeting

April 9<sup>nd</sup> – Saturday – **110<sup>th</sup> Anniversary** luncheon

April 23<sup>rd</sup> – Golden Gate annual convention will be virtual

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

June 4<sup>th</sup> – Saturday – Sweden Day at Micky Grove Park

June 10<sup>rd</sup> – Friday – Midsommar **TBD**

July – no Monitor meeting

July 1-8 – Grand Lodge quadrennial convention in Philadelphia

August 6<sup>th</sup> – Saturday – Kraftskiva **TBD**

September 2<sup>nd</sup> – Friday – Business meeting **TBD**

October 7<sup>th</sup> – Friday business mtg **TBD**

October 15<sup>th</sup> – Saturday – **Scandinavian Festival**

November 4<sup>th</sup> – Friday – Business mtg **TBD**

December 3<sup>rd</sup> – Saturday – Julbord **TBD**

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**Annual Program book updates.** Our 2022 program book/member directory was mailed in late December and included an envelope for members to mail their 2022 dues to Anit Nord. Please remember It is a “living” document and we share updates in our monthly newsletters. Two new updates:

Nicole Hopkins  
2440 Tschache Ln #202  
Bozeman, MT 59718  
No change to phone or email

Alex Hopkins  
7149 La Val Court  
Carmichael, CA 95608  
No change to phone or email

**How good is your Swedish vocabulary?** If you want to brush up on your Swedish, you will find Swedish vocabulary and lessons in the Swedish edition of **The Local** (<https://www.thelocal.se/>) or **Nordstjernen** (<http://www.nordstjernen.com/>).

Normally we provide a “Word of the Day” courtesy of either The Local or Nordstjernen but this time we are “traveling” across the pond and providing a link to Skåne Lodge #570’s website (<https://www.vasaorden570.com/>), our sister lodge in Malmö, Sweden. Here you will find news about their latest activities, all in Swedish of course, as well as copies of some newsletters shared with them from other lodges in Sweden and the US. Enjoy the reading challenge.

**Important reminder:** 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 payments to Anita. 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.

**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**

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**Did you know \_\_\_\_\_ about Monitor Lodge?** This occasional section features interesting factoids about Monitor Lodge and VASA. This time we are reviewed our active members demographics: age and years of VASA membership:

<u>Years of VASA membership</u>		<u>Current age</u>	
60-62 years	3	unk birth date	2
50-59 years	6	90 or older	8
40-49 years	7	80 or older	21
30-39 years	10	70 or older	36
20-29 years	14	60 or older	9
10-19 years	23	50 or older	7
5-10 years	15	40 or older	2
less than 5 years	13	30 or older	1
		younger	5

At present we have nine 50+ year members: Lennart & Britt-Marie Andersson, Arlie Veis, Birgitta Ellis, Eva Allred, Karin Johnson, Lars Ostlund and Kurt & Eivor Pfannkuch.

**Memory lane travels.** We are always looking for you to share some of your Swedish or Scandinavian related photo album discoveries and family history/memories in future issues of Monitor's newsletter. Below are a few historic family photos. The first two are of Chris Bodelson's great-grandmother Elna at age 16 in 1870 and her son Fritz Emil (Chris' grandfather) in Swedish army uniform circa 1912. The group photo is of Andy Hopkins's great great-uncle Gustav & family in Gotland in the 1880s-1890s.



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**Important reminder:** The annual VASA scholarship deadlines are fast approaching. Monitor Lodge's and Golden Gate District's applications are due no later than **April 1, 2022**. Additional information and application forms are included with this newsletter. Read the instructions carefully as the requirements are slightly different for each scholarship.

And speaking of Monitor scholarships, this month we want to acknowledge Nicole Hopkins', one of our recent scholarship winners, accomplishment. She is one of five students nationally to receive the Jordan Smith Undergraduate Student Fellowship. A full news release is included at the end of this issue of our newsletter.



Nicole Hopkins with her Jordan Smith Undergraduate Student Fellowship Award at Florida conference



Nicole Hopkins and Athena Eriksson, also a Monitor scholarship recipient, celebrating Nicole's award in Florida

And to top things off, Nicole has been officially accepted in the Montana State University Graduate School program and will remain at MSU to further her studies

**Current financial report (summary)** from our Financial Secretary and Treasurer. While current events have created some unusual impacts on our income and expenses, we are still comfortably in the black. Below are our fund balances as February 28, 2022:

<u>General Fund</u>	<u>Children's Club</u>	<u>Nal och Trad</u>	<u>Building</u>	<u>Scholarship</u>	<u>Totals</u>
\$10,762.86	\$402.40	\$6,338.63	\$4,664.36	\$7,904.10	\$30,072.53

These figures include the payment of our 2021 District and Grand Lodge assessments, payment of 2022 member dues (still have a very few delinquencies) and donations to our scholarship fund in Gail Nemy's memory.



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**For the good of the order** – Want a good read by a Swedish author whose first sentence "*Finally, the vicar was in the pulpit*" is one of the most famous in Swedish literature? Check out ***The Saga of Gösta Berling*** written by Selma Ottilia Lovisa Lagerlöf (20 November 1858 – 16 March 1940).

Ms. Lagerlöf was a Swedish author and teacher. Most notable is that in 1909 Ms. Lagerlöf was the first woman to win the Nobel Prize in Literature. Additionally, she was the first woman to be granted a membership in the Swedish Academy in 1914. ***Gösta Berling's Saga*** ([https://en.wikipedia.org/wiki/G%C3%B6sta\\_Berling%27s\\_Saga](https://en.wikipedia.org/wiki/G%C3%B6sta_Berling%27s_Saga)) was her first novel, published at the age of 33 in 1891.

In 1924 it was made into a silent film directed by Mauritz Stiller starring Greta Garbo, Lars Hanson and Gerda Lundequist titled ***The Saga of Gösta Berling*** which launched Greta Garbo as a star. A short video 6 minute video provides some of the film's history (<https://www.youtube.com/watch?v=slov1r3Ssdg>) and you can watch the 3 hour silent movie, restored in 1975 by the Swedish Film Institute, for free at <https://www.dailymotion.com/video/x23g2s4>. The book also had a 1925 opera based on it: ***I cavalieri di Ekebù*** by Riccardo Zandonai. A video of the 2 hour opera which can be viewed at <https://www.youtube.com/watch?v=CHEonvUjgCs>.

You will find copies of English print editions for sale online for around \$5 in paperback and \$10 in hardback. Audio editions are available for free in English:

(<https://librivox.org/the-story-of-gosta-berling-by-selma-lagerlof/>)

and in Italian for about \$15.00 at Google Play:

(<https://play.google.com/store/search?q=La%20Saga%20di%20G%C3%B6sta%20Berling&c=books&hl=en-US&gl=US>).

Swedish print editions are pricier and hard to find. I found one Swedish print copy for about \$40.00 at [Abe Books](#) but no audio books listed online.



Newsletter editor: Chuck Johnson

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Montana State English major receives national award for work with peer mentoring By Meaghan MacDonald-Pool, MSU News Service January 11, 2022



Nicole Hopkins, a senior majoring in English at Montana State University's College of Letters and Science, has received the Jordan Smith Undergraduate Fellowship from the National Resource Center for the First-year Experience and Students in Transition. The award recognizes Hopkins work in MSU's Sophomore Surge program in which peer mentors guide and support incoming freshmen through their first year of college. MSU Photo by Adrian Sanchez-Gonzalez

**BOZEMAN** — A Montana State University senior recently received a coveted fellowship for her efforts working with first-year students.

Nicole Hopkins is one of five students nationally to receive the Jordan Smith Undergraduate Student Fellowship from the National Resource Center for the First-year Experience and Students in Transition. The award recognizes students across America who show leadership and promise in their efforts to support first-year students. Recipients will attend the center's annual conference Feb. 12-15 in Orlando, Florida, where they will be recognized and attend events to advance their skills.

"I can't believe I received this fellowship," said Hopkins, an English writing major from Sacramento, California. "I am excited to attend the conference and see what kind of information and lessons I can get out of it."

Hopkins has been involved with MSU's [Sophomore Surge](#) program since the first semester of her sophomore year and finished her fifth semester in December. Sophomore Surge is a joint effort between the [Office of Academic Affairs](#) and the

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[Division of Student Success](#). Sophomores, juniors and seniors can join the program as mentors.

The purpose of the program is to apply individually tailored support to the social, academic and personal needs of first-year students throughout the crucial first year of college. The program supports first-year students in their transition to college through exploration, examination and development of their identity, interests, strengths, values and goals, according to Judi Haskins, director of Sophomore Surge.

First-year students enroll in a required three-credit university seminar core course taught by MSU faculty. A mentor is paired with that section of seminar to serve as the Surge Mentor. The mentor attends every class meeting of the seminar course and engages the mentees in the curriculum content and in out-of-class activities and engagement.

“What keeps me coming back and what is exciting about Surge is you get a new class every semester and have a new pool of students to influence and help out,” Hopkins said. “After every semester I reflect and think, ‘What can I do better for the next group?’”

Haskins has nominated other Surge mentors in the past but felt Hopkins had a good shot because of her long-term dedication to the program and her constant drive to want to learn, grow and continue to sharpen her skillset to be the best mentor she can possibly be.

“She is just a joy to be around and she has such a heart for students and helping others,” Haskins said. “She has kept with the program for five semesters because she’s so good at it and loves working with the students.”

Haskins said the Sophomore Surge program is important for the university’s goal of retention. She stated there has been plenty of research on peer mentors which find them a viable strategy in higher education institutions to increase retention rates and support the whole student as they transition to college life.

“The first-year of college can be overwhelming and challenging, and many students leave if they don’t find a support system or sense of belonging here,” Haskins said. “Surge mentors fill the role of a peer who has recently and successfully completed their own first year of college and can help the new freshmen navigate the transition to college.”

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Hopkins understands firsthand how the program can be effective for retention and making the first year of college easier.

Hopkins was often ill in her first semester. On top of that, she said, adjusting to new situations was difficult for her, and college was one of the greatest adjustments she had to endure. Feeling lost and missing so much class, she checked in with her Surge mentor, Isbah Khan, regularly to see what she was missing in some of her classes and made sure Khan was aware of how she was doing. Hopkins said Khan made her feel as if she wasn't spiraling downward. Khan was a lifeline keeping her in connection to school and feeling grounded.

Khan recruited Hopkins for Sophomore Surge and, in Hopkins' first semester, was her team leader. Hopkins said she learned much about mentoring from Khan, like exercising patience, being invested in the well-being of her mentees and being available to help — if students take the initiative to ask for it, which helps teach them to be self-sufficient.

Joining Sophomore Surge helped Hopkins get out her comfort zone and become more involved at MSU. Along with her mentoring, she is the treasurer of her a cappella group and recently interned with the [ePortfolio](#) program on campus, which helps students personalize their resumes as a way for their personalities to shine through when applying to jobs, internships or graduate school. A final project for Sophomore Surge mentors is to create an ePortfolio with highlights of what they got out of the program. She ran workshops for the mentors and said her mentoring skillset, such as communication and working with large groups of people, aided in her success with the internship.

This semester Hopkins will work with [Academic Technology and Outreach](#) to continue her work with ePortfolios and help introduce them to first-year students. After graduation, she hopes to attend graduate school, preferably at MSU in the adult and higher education program. Hopkins would like to work in a student affairs department and continue the work she is currently doing, making an impact on the students who need it most.

“It’s really neat to see people come to our workshops and ask ‘why do I need this?’ I love that question because I have an answer and worked all summer and semester for it,” she said about ePortfolios. “It’s nice to see the realization that this is super helpful and can make a difference in people’s careers.”

*Contact: Judi Haskins, 406-994-4374 or [jhaskins@montana.edu](mailto:jhaskins@montana.edu)*