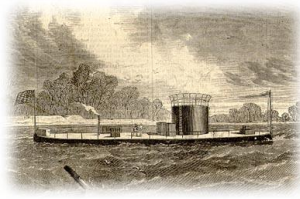


Monitor Lodge, #218

Sacramento, California

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



May 2022

Monitor's 110th anniversary on Saturday, April 9th, 2022 at the DoubleTree Hotel was a resounding success with over 50 members and guests in attendance. In addition to enjoying each other's company we also recognized 26 members with membership anniversary pins. We were honored to have Ed Netzel, the current Golden Gate District Master present the 40 and 50 year pins to eight members followed by Tore Kellgren, past VOA Grand Master presenting Karin Johnson with her 55 year pin and her father Arlie Veis (PDM, HLM) with his 60 year pin. Sadly, Lennart and Britt-Marie Andersson (both HLMs), also 60 year recipients, were unable to attend our gathering so we will be presenting them with their pins in the near future. We wrapped up the celebration with very successful silent auction and a raffle (Tack så mycket to Ed Netzel for being so tall and selling strings of tickets based on his height 😊 and to Leia, Andy & Lollie Hopkins niece, for serving as runner delivering the items to the winners at their tables). Some pictures of the luncheon can be found at the end of this newsletter.

Upcoming Monitor events. We will be holding our annual Sill Frukost brunch on Saturday, May 7th (the day before Mother's Day) at Lisa and Charley Rea's home in Carmichael. Our next regular (business) meeting will be Friday, June 10th and will be our first in-person meeting back at IOOF Hall as health restrictions have been eased in recent days. We will also be having our Midsommar celebration at that same June meeting.

A grattis på födelsedagen to our birthday celebrants for **May 2022**, they are Bernice Hopkins*, Siw Gormley*, Taniel Green,

2022 Calendar of events (dates subject to change)

May 7th – Saturday – Sill Frukost – **Lisa & Charley Rea's home**

June 4th – Saturday – Sweden Day at Micky Grove Park

June 10rd – Friday – Midsommar - **IOOF Hall**

July – no Monitor meeting

July 1-8 – Grand Lodge quadrennial convention in Philadelphia

August 6th – Saturday – Kraftskiva - **location TBD**

September 2nd – Friday – Business meeting - **IOOF Hall**

Sept 30-Oct 2 – Golden Gate annual convention in Sacramento

October 7th – Friday business mtg - **IOOF Hall**

October 15th – Saturday – **Scandinavian Festival**

November 4th – Friday – Business mtg - **IOOF Hall**

December 3rd – Saturday – Julbord - **IOOF Hall**

December 9th – Friday – **St. Lucia** celebration

2023 Calendar of events (dates subject to change)

January 7th – Friday - Dinner and installation of officers

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DeeDee Dahlberg, Diane Berg, Barbara Pattow, Jeana Hultquist, Athena Eriksson and Annika Rea (* denotes member 75 years of age or older).

Annual Program book updates. Our 2022 program book/member directory was mailed in late December. Please remember. It is a “living” document and we share updates in our monthly newsletters. We have no updates this month:

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/>).

The Local offered “*pålägg*” as their “[Word of the Day](#)” on January 11th, 2022. *Pålägg*: A concept so integral to Swedish food culture that it has its own section in the supermarket. But what does it mean?

Swedish has a number of “untranslatable words” which have become trends abroad, such as *lagom* (not too little, not too much) and *fika* (a coffee break).

I’d [becky.waterton@thelocal.com] like to propose *pålägg* as the next one. It’s not particularly fancy and will probably not spark any articles in fashion magazines but it is an extremely Swedish (or, arguably, Scandinavian) concept.

So what does it mean? Well, literally, it translates as “put-on” (*på* meaning “on” and *lägg* meaning “put” or “lie”), but it is the word used for the category of food eaten on top of bread.

Unlike in countries like for example the UK or Italy, where a sandwich or a *tramezzino* consist of at least two slices of bread with a filling, a Swedish *smörgås* or *macka* is usually an open slice of bread with some sort of *pålägg*. Many Swedes eat at least one *macka* a day at breakfast or as a snack (*mellanmål* – literally “between meal”), whether it’s a slice of cheese on white bread or hummus on wholegrain crispbread.

As a general rule, *pålägg* is something cold placed on a piece of bread or toast, which you should then be able to lift up and eat with your hands – so beans on toast (the British staple) or scrambled eggs are not considered *pålägg*. Cold, sliced boiled eggs are, however, *pålägg*, especially when eaten with Kalles kaviar (salted cod roe). One exception to this rule is Danish-style *smörrebröd*, which are usually eaten with cutlery as they are so piled high with *pålägg* that the bread underneath is completely hidden.

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An *äggsmörgås med kaviar*, arguably the most Swedish *pålägg* available.

Photo: Björn Larsson Rosvall/TT

One common translation of *pålägg* is “spread”, which is partly correct – it can be used to mean spreads such as peanut butter, liver paté or cream cheese. Another word for spreads is *röra*, which, confusingly, can also be used as a *pålägg* (but not all *pålägg* can be used as *röror* – I know, it’s complicated).

The word *pålägg* also encapsulates cold cuts such as salami or ham, as well as sliced cheese, smashed avocado and even tinned mackerel in tomato sauce.

If you want to treat yourself, you could try *chokladpålägg* such as Nutella, or even get your hands on some Danish *pålægschokolade* – often sold in Swedish supermarkets – thin slices of milk or dark chocolate eaten on top of rye bread with *tandsmør* or “tooth butter”, a layer of butter so thick that you can see the markings left by your teeth in it once you take a bite.

The filling in a toastie (or grilled cheese sandwich, if you’re not British), is not *pålägg*, and neither are pizza toppings – most Swedes would refer to these as *fillning* (“filling”), or in the case of pizza, *pizzatopping*.

Pålägg can also be used in a finance context, meaning “markup”. Markup is the difference between the wholesale price and resale price of a product, or the amount added to the total cost incurred by the producer of a good or service in order to cover the costs of doing business and create a profit.

In music, *pålägg* is the word for “layering” or “overdubbing”, a technique used by musicians to add extra recorded sounds to a previously recorded performance.

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We hope this article has made your food shopping a bit easier or will help you understand the breakfast buffet offered in Swedish hotels a bit better next time you visit.

Examples:

Jag tror ägg och Kalles kaviar är det svenskaste smörgåspålägg som finns - I think egg and Kalles caviar is the most Swedish bread topping you can find.

Man kan räkna ut pålägg i båda kronor och procent - You can calculate markup both in kronor and in percent.

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 April 30, 2022:

<u>General Fund</u>	<u>Children's Club</u>	<u>Nal och Trad</u>	<u>Building</u>	<u>Scholarship</u>	<u>Totals</u>
\$7,815.40	\$402.61	\$6,341.95	\$4,666.80	\$8,108.35	\$27,335.11

These figures include the receipts from our anniversary luncheon as well as payments of our IOOF rent from October 2021 through April 2022 and invoices for our luncheon.

Did you know _____ about Monitor Lodge? This occasional section features interesting factoids about Monitor Lodge and VASA. This time we are taking a “dive” into some excerpts about Monitor Lodge activities collected by Arlie Veis for inclusion in the lodge’s Centennial Celebration program in 2012:

Records have not shown all the Smorgasbords, however Fredericka Carlson began in 1940 to guide this event until it was interrupted by WW II. In 1946 it again became a yearly event under the direction of Joy and Ethyl Hubbel and continued with the Hallins, Segerstadts, Staffords, Linns, Didrik Andersons, Veis's and Vines. It moved to Norway Hall in 1960, opened to the public, and as its reputation grew for fine Swedish food, dancing, and a little Akvavit, a larger place was in order. In the 1980's Margaret Carlson found a church on Sierra Blvd where 500 to 600 became the usual attendance. Seats were numbered and assigned as tickets were purchased. This succumbed to the huge effort involved and was moved back to Wisteria Hall where mostly Monitor members attended. Peggy Carlson, Eivor Pfannkuch, Deidre Dahlberg, Jack Larson and many more chaired the event. It still holds to traditional foods and a "home grown" akvavit provided by Kurt Pfannkuch.

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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 from the Swedish side of Andy Hopkin's family:



"Great Grandparents Harry & Clara Anderson. The organ was passed along to my Great Aunt Clair who studied at Julliard and when she died it was donated to the High Desert Museum in Bend, Oregon. I grew up hearing my great grandma play it and then much later took my kids to see the organ in the museum!"

For the good of the order – Related to this month's "Word of the Day" don't forget one of Monitor's offerings each year at the Scandinavian Festival is smörgåser and that Peggy Carlson and Joyce Willow are always looking for understudies to whom they can pass on their knowledge and stories.



One of their works of art at the 2018 Festival – shrimp & hardboiled egg with dilled potatoes salad and homemade pepparkakor.

And don't forget you will find more ideas at Monitor Lodge and Golden Gate District recipe books on Monitor's website:

<https://www.monitorlodgesacramento.org/resources/monitor-lodge-cookbooks/>

Newsletter editor: Chuck Johnson

Monitor Lodge, #218
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2022-04-09 – Monitor's 110th Anniversary luncheon



2022-04-09 – Monitor's 110th Anniversary (L-R) Tore & Birgitta Kellgren, DeeDee Dahlberg, Ed Netzel and Chuck Johnson

Monitor Lodge, #218
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2022-04-09 – Monitor’s 110th Anniversary (L-R) Tom & Joyce Willow, Diane Berg, Marianne Ek, Bonnie Bicker, Meribeth Bean and Laila Harris



2022-04-09 – Monitor’s 110th Anniversary (L-R) Meriberth Bean, Laila Harris, Brian Horsfield, Joyce & Tom Willow and Diane Berg

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2022-04-09 – Monitor’s 110th Anniversary (L-R) Susan Edelmayer and Mark Delle



2022-04-09 – Monitor’s 110th Anniversary (L-R) Charley, Emil & Lisa Rea and Mindy Patterson

Monitor Lodge, #218
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2022-04-09 – Monitor’s 110th Anniversary (L-R) Maria Sampanis & Dan Eriksson, Lollie & Andy Hopkins and Leia Hopkins (niece)



2022-04-09 – Monitor’s 110th Anniversary (L-R) Hilma & Orville Voxland, and Keith Leafdale (Sierra Kronan #737)

Monitor Lodge, #218
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2022-04-09 – Monitor’s 110th Anniversary (L-R) Will Hanley, Michelle Kauffman, Elizabeth Witdoeck, Johanna Benker, Larry Woodward and Anita Nord



2022-04-09 – Monitor’s 110th Anniversary (L-R) Elizabeth Witdoeck, Johanna Benker, Barbara Pattow and Anita Nord

Monitor Lodge, #218
Sacramento, California
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2022-04-09 – Monitor’s 110th Anniversary (L-R) Peggy Carlson, Linnea & Paul Koze and Kurt Pfannkuch



2022-04-09 – Monitor’s 110th Anniversary 10 year pins - (L-R) Mark Delle, Barry Moore, Chuck Johnson (pin presenter), Diane Berg, Susan Edelmayer, Laila Harris, Brian Horsfield, Anita Nord and Dan Eriksson

Monitor Lodge, #218
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2022-04-09 – Monitor’s 110th Anniversary 25 year pins - (L-R) Mindy Patterson and Chuck Johnson (pin presenter)



2022-04-09 – Monitor’s 110th Anniversary 40 year pins - (L-R) Dee Dee Dahlberg, Ed Netzel (pin presenter), Birgitta Ostlund, Ken & Peggy Carlson

Monitor Lodge, #218
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2022-04-09 – Monitor’s 110th Anniversary
 50 year pins - (L-R) Kurt & Eivor Pfannkuch,
 Ed Netzel (pin presenter) and Lars Ostlund



2022-04-09 – Monitor’s 110th Anniversary
 55 year pins - (L-R) Tore Kellgren (pin
 presenter) and Karin Johnson



2022-04-09 – Monitor’s 110th Anniversary
 60 year pins - (L-R) Chuck Johnson (chrmn),
 Tore Kellgren (PGM, PDM, HLM), Arlie Veis
 pin recipient (PDM, HLM) & Ed Netzel (DM)



2022-04-09 – Monitor’s 110th Anniversary
 Kurt Pfannkuch (PDM) honoring Chuck
 Johnson for five years of Monitor service
 as chairman.