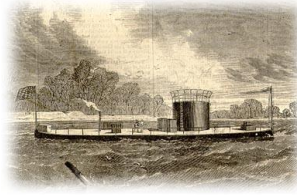


Monitor Lodge, #218

Sacramento, California

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



June 2022

A great time was had by all at our Sillfrukost in early May held in the delightfully pleasant backyard at Lisa and Charley Rea's home. We had some 35 people in attendance doing their best to consume the abundance of delicious food dishes, including nearly 10 pounds of grilled herring (sill) so we only had a few leftovers which found their way "home" for snacks. Some pictures of the luncheon can be found at the end of this newsletter.

Upcoming Monitor events. 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. We will then take our usual July hiatus before meeting again in August at Peggy and Ken Carlson's home for our annual Kräftskiva celebration.



Grattis till vår stipendiemottagare Mikael (Micky) Wright. Micky, Birgitta and Lars Ostlund grandson, is Monitor's scholarship recipient for 2022. He is a graduate of Oakmont High School and the International Baccalaureate (IB) program

and anticipates attending UC Davis and explore the fields of art & animation, writing and architecture.

And updates on a couple of other recent Monitor scholarship recipients: Annika Rea (2021) just finished her first year at Santa Barbara Community College while Nicole Hopkins (2018) just received her BA from Montana State University and is already starting her course work for her Masters.

2022 Calendar of events (dates subject to change)

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 –
Kräftskiva - **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 for 2023

February 3rd – Friday – **Pea
Soup & Pancakes**

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Meet our newest member! Catherine Green will be initiated at Monitor's Midsommar gathering on June 10th, 2022.

Catherine is a native Californian who has lived in several other states as well as two other countries (Turkey and Poland). She has two sweet sons, both in their twenties, of whom she is immensely proud. Catherine lived in Grass Valley, California for 20 years before moving in 2019 to Sacramento, where she had been working for the American Institutes for Research since 2006. For most of her professional life, she served as a trainer and professional development specialist in Teaching English to Speakers of Other Languages (TESOL), both in the US and abroad. Prior to getting her master's in education with a specialization in TESOL, Catherine got a master's in art history and worked in various art museums.



Now retired, Catherine enjoys engaging a variety of volunteer activities, among them working on an organic farm, tutoring adult immigrants in ESL, facilitating meditation sessions, and helping get more American citizens registered to vote. For fun, she loves to travel internationally, dance, sing, hike, read, and cook. In years past, she did a lot of international folk dance, both recreationally and as an amateur performer. In 2021 she started learning Scandinavian folk dancing in Sacramento and is just now starting to study Swedish

language. She hopes to travel to Sweden in the future, having been there only once in 2011, when she took her elderly mother on a short "family roots" trip. Catherine's great grandfather emigrated from Skåne, and two great, great grandparents emigrated from Småland and Värmland, respectively. Catherine enjoys doing genealogy research and hopes to discover more about her Swedish heritage and locate some far-flung cousins still living in Sweden.

Catherine first became acquainted with Monitor through Will Hanley's Swedish language classes, attended our Sillfrukost in May and immediately applied to become a VASA member. She looks forward to participating in other Monitor events in the future and to meeting and learning from other members!

And two returning members as well: Mary-Beth and Mark Roop.

Mary-Beth: I grew up hearing stories of Sweden. My mormor and gammelmorfar emigrated from Sweden to the United States as young people. My parents grew up in Andersonville, a Swedish community around Chicago. In some ways, I feel like I am a first-generation American. My lifelong dream was to visit Sweden.

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I attended Chico State as a nursing student where I met my husband, Mark. After graduation, I was a nurse in San Francisco before moving to Sacramento. I have been a nurse at Sutter hospital for over 30 years. Previously, Mark and I were members of the Monitor Lodge, but after having our two daughters, Linnea and Kjerstin we stepped away.



Finally, in 2019 my dream of visiting Sweden was realized. We landed in Stockholm and saw hot air balloons floating above the Royal Palace. That first night we ate in Gamla Stan and had our first taste of truly authentic Swedish herring and lingonberries, which we found delicious and unlike anything that we have had in the US. The next morning we were met by

my cousin and her husband. We were given a wonderful boat tour around Stockholm. That evening we attended an international church service at St. Jacobs Kyrka. The next day we visited Skansen and the Vasa.

We rented a car and drove up to Upsala. Here we visited the cathedral and Linnaeus's garden. We continued to visit my mormor's first cousin who lives in the same home that my gammelmormor was born in, in Ashammer. /we were served fika which included cardamon bullar and smorgatorta, both of which are now favorites of ours. The trip continued to the small town that my mormor was from, Hofors. That night we stayed in a farmhouse built in 1840 and it was not for the faint of heart with a ladder to the loft and no indoor facilities.

My grandmother lived in a one-room company home because they only had 3 children. Her home is now part of the Hofors Hembygdsård and we were able to tour through it. I was given a presentation about the factory, which invented the ball bearing, and the way of life in Hofors. It was the first time that I understood why my gammelmorfar, an engineer, had left for a brighter future in America. Due to the kindness of the locals, we were also able to tour through my mormor's uncle's home and my gammelmorfars home. It was so amazing to see their homes! We also learned about a Swedish TV show that one episode had been filmed at my gammelmorfar's home and it starts with the song "I sold My Life To The Company Store" ("Somtidigt I Hofors tvåårsjubileum"). We also visited the Carl Larson Museum while in the area.

Next, we next traveled to the beautiful country to Rättvik on lake Siljan. It was from that train station in Rättvik that my gammelfarfar left Sweden for America. We visited the church he had attended and saw his home. We next visited my father's cousin in Arvika. Then we were on to Norway for another amazing adventure that included

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fjords, a Scandinavian Spa, and a visit to Skogaskaret, the farm by the ocean where my ancestors had lived in. My oldefar was the oldest child and was sent to America to raise money for the other children who were ill.

We are very happy to be back as a part of the Monitor Lodge and I feel even more connected now that I have had an opportunity to have visited Sweden. Now with Covid behind us (hopefully), we are planning our next trip and would love input on what to see and do.

Mark: I met my wife, Mary-Beth while attending Chico State. I have been in corporate training in the medical industry as well as software and higher education. We have



been married for 32 years and have two daughters, Linnea, and Kjerstin. We have lived in the Sacramento area all our married life. Early in our marriage, we became members of the Monitor Lodge and always enjoyed meeting new people and the activities, but children's activities increasingly stretched our time, and sadly, we had to take leave of the Monitor Lodge. I knew that I had married into a Swedish family, with my wife's grandmother emigrating to the U.S. from Sweden as a young girl. Christmas with my in-laws

involved many Swedish traditions and foods.

Recently, with DNA testing I have learned that I too am far more Swedish than I realized. In 2019, my wife and I visited Sweden and Norway. On our first morning in Stockholm, I had a breakfast of more types of herring than I ever imagined existed before. I am a fan of all types of sill and reindeer. We met family and toured Stockholm by boat. We next rented a car and drove up to Upsala. Here we located the tomb of Carl Linnaeus in the cathedral as well as his home and garden. We continued our drive to meet up with more family near Hofors. We also toured Carl Larsson's home in Sunborn as well as Lake Siljan. We love the Swedish countryside, hills, and lakes. We have been wanting to re-connect with the Monitor Lodge since returning from Sweden. And then Covid happened. But now seems the right time, and we look forward to returning as active members, as well as planning our next trip to Sweden.

A grattis på födelsedagen to our birthday celebrants for **June 2022**, they are Karna Boyer*, William Hanley, Jack Larson*, Anita Nord*, Emil Rea and Carole Scibienski (* denotes member 75 years of age or older).

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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 three updates for June:

Mary-Beth and Mark Roop returning members
5812 Laguna Shore Way
Elk Grove, CA 95758
(916) 479-6635 (cell – Mark)
(916) 479-2530 (cell – Mary-Beth)
mroop87@gmail.com
marybroop@gmail.com

Brian Horfield Added Suite no.
1515 Shasta Drive, **Suite 3208**
Davis CA 95616
No change to phone or email

Catherine Green New member
5601 Rosedale Way
Sacramento, CA 95822
gogreen350@gmail.com

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 “*folkdräkt*” as their “[Word of the Day](#)” on June 24th, 2021 in honor of Midsommar.

During Sweden's Midsommar celebrations, you might see people dressed in traditional colourful outfits, which is where today's word comes in. The word translates to *folk* (‘people’, usually in the sense of a nation, for example *det svenska folket* – the Swedish people) + *dräkt* (costume).

While dancing around the majstång (maypole) on Midsommar, some Swedes will choose to wear a traditional folk costume. There are hundreds of different kinds of Swedish *folkdräkter*, and they vary between Sweden’s different regions; you will also hear them called *landskapsdräkter* (regional costume) or *hembygdsdräkt* (homeland costume). Dalarna in the middle of Sweden has the most types of *folkdräkter*.

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The *folkdräkt* has been recorded since the 1600s and was worn by the *allmogen* (peasant class) in preindustrial Sweden according to [Skansen](#). They were used as casual, everyday wear.

They developed at a time when Sweden was an agricultural nation; in such a big country, rural communities were spread out and local identity was strong, so there was a focus on conformity which is how local towns developed their own costume designs.

The national *folkdräkt* was created in the early 20th century to encourage national cohesion, and is yellow and blue to match the Swedish flag. The *folkdräkt* is often seen on national Swedish holidays such as Midsummer and National Day, by both ordinary people and royals, for example the Crown Princess Victoria who often wears the costume at public events on holidays.



Crown princess Victoria on Sweden's national day. Photo: Claudio Bresciani / TT

Sweden is not the only country that wears folk costumes for holidays. In Sweden's neighbour Norway, wearing a folk costume for their independence day May 17th is the norm, and is more common than in Sweden.

The indigenous Sami people in northern Sweden also have *folkdräkter* which vary by region in the Sami nation Sapmi. The *Samedräkt* (Sami costume) includes a garment called either *gákti*, *gábdde*, *gáppte*, *gápptie* or *gapta* depending on the region (*kolt* in Swedish). They are more commonly worn than other Swedish folk costumes, especially at times of celebration such as weddings.

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A Sami choir in concert. Photo: Information Service of the Church of Norway/ [Wikimedia Commons](#)

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 May 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>
\$8,360.40	\$402.61	\$6,341.95	\$4,666.80	\$8,308.35	\$27,880.11

These figures include the payments of our IOOF rent for May 2022.

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:

Valley Vasa Singers

This group was organized by Marianne Ek in 1989 with help from Ruth Veis. The membership size varied from a quartet to about fifteen members. They performed for many events at the Lodge and at the 1992 District Convention hosted by Monitor Lodge. They performed at many Sacramento Scandinavian Festivals, an event organized in 1983 by four Scandinavian Lodges. They also traveled to several Sweden Day Picnics, several Turlock Scandinavian Festivals, and performed at many local Vasa Lodge’s anniversaries.

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Valley Viking singers performing at Turlock Scandinavian Festival in the mid-90s - Gail Nemy, LaVerne Gullans, Marianne Ek, unk, Karin Johnson, Arlie Veis, Birgitta Ellis, Dorothy Scherer, unk & Don Carlson

For the good of the order – Two items this time:

First - A reminder that 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/>

Second – The attached letter from VASA National Archives is a reminder to review Monitor's on-going history preservation efforts as described in the second attachment to this newsletter.



Newsletter editor: Chuck Johnson

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BOARD OF DIRECTORS

PRESIDENT
BRUCE ELFVIN
3231 E. Overlook Road
Cleveland Heights, OH 44118
216-798-3806
bruce.elfvin@gmail.com

VICE-PRESIDENT
Sheila Lundquist
2241 Maple Drive
P.O. Box 93
Sister Bay, Wisconsin 54234
810.252.7038
sheila11948@live.com

SECRETARY
KAREN SNOWBURG
6328 Scandia Lane
McFarland, WI 53558
914-741-2129
karen@nelsonresearch.com

TREASURER
KEITH HANLON
6497 Camelia Drive
San Jose, CA 95120
408-288-7250
kthanlon@comcast.net

BOARD MEMBER
TORE KELLGREN
2555 Bartoli Way
Lincoln, CA 95648
(916) 209-3298
PGMtore@kellgren.org

BOARD MEMBER
ART BJORKNER
31 Vasa Drive
Hackettstown, NJ 07840
973-426-0776
bjorkner@verizon.net

BOARD MEMBER
JOHN HANRIGHT
47 Scandia Rd.,
Hackettstown, NJ 07840
973-262-2412
johnhanright@gmail.com

BOARD MEMBER
TOM CLEVELAND
1117 Foxpointe Drive
Sycamore IL 60178
815-895-2102
groverkb1@comcast.net

BOARD MEMBER
CHARLOTTE BÖRJESSON
Tenorgatan 8
421 38 Västra Frölunda, Sweden
011+46 031-47 80 93
charlotte.borjesson@telia.com

BOARD MEMBER EMERITUS
STEN HULT
14951 S. Kenton Ave.
Midlothian, IL 60445
708-687-8943
steno34@gmail.com

ARCHIVIST-MANAGER
KATHY CUFF
109 Bishop Hill Street
PO Box 101
Bishop Hill, IL 61419
309-927-3898
vasaarchives@gmail.com

VASA ORDER OF AMERICA NATIONAL ARCHIVES INC.

PO Box 101
Bishop Hill, IL 61419
309-927-3898



April 24, 2022

Dear Vasa District and Local Lodge Leaders,

As we get ready for the Grand Lodge Convention we ask on behalf of the Vasa National Archives that you identify, preserve and document historic documents, including their provenance for the Archives. The provenance of an item can be shown simply by how it became in a member's possession, what it purports to be, in essence what a member knows about the item. If it is a small item have it brought to the Convention to give to our Archivist. Kathy has assured me that she will have room to bring small items back to Bishop Hill.

All of these efforts will help the Archives improve its collections. If the item cannot be brought to the Convention you can contact Kathy Cuff about an item.

The VNA has been grateful of the support of our members and lodges in the past. Please consider action as a member or a District or Local lodge to improve our collections.

Thank you for your help with our mission.

In truth and unity,

Bruce Elfvin, President Vasa National Archives

Dear Monitor members and friends,

As we continue working to bring Monitor's records on line so they are accessible to our members, we will gradually be disposing of hard copies to free up space in our small storage room. We are and will continue to send digital copies of all our records (meeting minutes, annual program books/member directories and newsletters) to VASA Archives in Bishop Hill, Illinois as a backup source. We also consult with Bishop Hill before disposing of physical items so they can identify the few physical items they want in addition to the digital records, e.g., they have copies of our 1922 (in Swedish), 1947, 1955 and 1963 Bylaws.

Below is the status of our different collection categories as of the Spring of 2022:

Meeting minutes: we have digital microfilm from **1937-1982** as well as scanned (PDF searchable) minutes from **1991 to present**. However we still have some missing minutes since 1991, including a major gap from 2001 to 2015. NOTE: we have not yet checked with Bishop Hill to see what they have in the archives for this major gap as they only have the paper records that may have been submitted and they have not microfilmed or scanned those records due to funding and staffing constraints.

Newsletters: we have scanned all our newsletters back to **1977** (we are missing only a few issues).

Charter, Rules, Constitution and business practice documents: Mostly only have our contemporary documents digitally but do have some historical documents which we have scanned such as our 1922 (in Swedish), 1947, 1955 and 1963 Bylaws.

Monitor Lodge #218 Annual Program books and calendars: We have digital copies of our program books and member directories back to **2000**. We also have JPEGs listing our officers from **1937 to 2012** (Tack så mycket to Arlie Veis for this latter preservation effort!).

St. Lucia celebrations: we have scanned photos of many of the young women who had the role of St. Luca back to 1967 (check out the latest listing at:

<https://www.monitorlodgesacramento.org/wp-content/uploads/2022/05/Monitor-Lodge-roster-of-St.-Lucias-as-of-05-08-2022.pdf>

although we still seek names and photos to fill gaps in the listing. We also only have a small handful of St. Lucia programs.

Anniversary celebrations: work in progress

Scandinavian Festival: work in progress

Other recurring Monitor events (Kraftskiva, Sill Frukost, Midsommar, etc.): work in progress

Special events (e.g., 350th New Sweden celebration, Camellia Festival): work in progress

HOW CAN YOU HELP THIS ON-GOING EFFORT?

1. Please search your files and scrapbooks and help us fill in the blanks by providing documents, photos and programs. If you want to keep your photos and programs, please consider loaning them to Chuck long enough for him to scan them for our records if you are unable to do so yourself. It usually takes only 1-2 weeks to scan and return loaned items (plus we will provide you with copies of the digital files).
2. We still have major gaps in the scanned records as we have at least 5-6 storage tubs full of albums and photos to process.
3. Respond to requests for help in identifying photos when we circulate them (even educated guesses are helpful).

You can email information and/or pictures of any Monitor Lodge events and members to:

Monitor Lodge #218
c/o Chuck Johnson
2644 La Mesa Way
Sacramento, CA 95825
916-482-9762 (home)
916-501-9256 (cell)
chuckj50@surewest.net