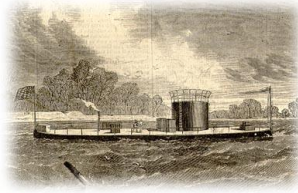


Monitor Lodge, #218
Sacramento, California
Meets at I.O.O.F. Hall, 1831 Howe Ave

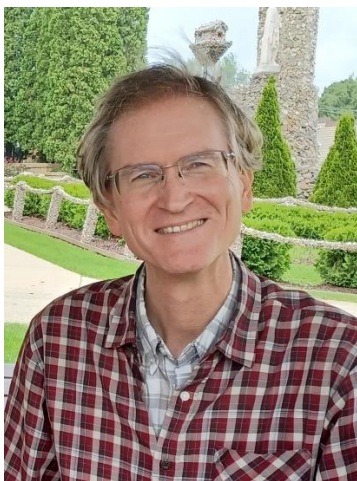


October 2022

Sadly, due to excessively hot weather and very bad quality air due to the Mosquito Fire, we had to cancel our September meeting. Our next regular (business) meeting will be Friday, October 7th, 2022 at IOOF Hall when we will drape the Charter in memory of Gail Nemy and continue the nomination processes for our 2023 officers.

Upcoming Monitor events. Golden Gate District #12's annual convention is taking place at the Doubletree Hotel in Sacramento September 30th thru October 2nd. We follow that with Monitor's own monthly meeting on Friday, October 7th and the following weekend the 38th annual Sacramento Scandinavian Festival will take place on **Saturday, October 15th.**

Our newest member John Hingtgen will be initiated at our October 7th, 2022 meeting. And here is a bit of information about John:



I moved to Sacramento in 2005 for a job with the state, where I am an energy scientist. I got an M.S. in energy from the University of Wisconsin, and most of my earlier career was in natural resources or environmental science or planning. I got a B.S. in geology at the start of my career.

My parents lived in Germany when I was born, and we moved to the US shortly thereafter. A DNA test shows that I have a fraction from the Nordic countries.

2022 Calendar of events
(dates subject to change)

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**

March 3rd – Friday – Fika and business meeting

April 1st – Saturday – **Anniversary luncheon**

April 15th – Saturday – **Scandinavian Festival**

May 7th – Saturday – **Sillfrukost.**

June 4th – Saturday – **Sweden Dav**

Monitor Lodge, #218
Sacramento, California
Meets at I.O.O.F. Hall, 1831 Howe Ave

My family tree goes back to the late 1700's, however, document Germanic, French, and Irish ancestors. The Nordic ancestors must have come into the bloodlines earlier than this. Travels have taken me to Denmark, Norway, other European countries, and India.

I help lead the Sacramento Area Nordic Dancers, which promotes folk dance from Sweden, Norway, Denmark, Finland, and Greenland. I dance in the performance group and attend the weekly class. The group performed in most years at the Sacramento Scandinavian Festival, and at events of lodges, charitable events, and festivals, such as the Kingsburg Swedish weekend. I have attended many workshops and classes to build skills in Nordic and other folk dances.

For several years I have been studying Swedish through the Vinland Nordic Folk High School, first in person and now online, and it has been a pleasure to build on my language skills and pick up basic conversational Swedish.

Other hobbies include outdoor sports, like hiking, bicycling, canoeing, and cross-country skiing. I look forward to getting to know Lodge members and learning more about Swedish culture. I also hope to visit Sweden, Iceland, and Finland before too long.

A grattis på födelsedagen to our birthday celebrants for **October**: Eva Allred*, Marianne Ek*, Nicole Hopkins, Brian Horsfield* and Karin Johnson (* 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 for October.

How good is your Swedish vocabulary? As usual, 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/>). However, this month we are highlighting a different resource involving the Swedish language courtesy of a recent article published in the [August 19th, 2022 issue of the Local](#):

Swedish TV: Watch these series to understand Swedish society

So, you've got a good grasp of Swedish but still feel like there are some cultural references you don't quite 'get'. You're not sure what faluröd means and don't understand why Swedes love eating tacos on Fridays. Here's a list of TV programmes to get you up to speed.

Monitor Lodge, #218
Sacramento, California
Meets at I.O.O.F. Hall, 1831 Howe Ave



Erik Haag and Lotta Lundgren film "Historieätarna" back in 2016.
Photo: Jessica Gow/TT

Swedes take their homes and gardens very seriously. In a society where showy displays of wealth can be frowned upon, having a nice house and a perfect garden is how Swedes can show off, which is why there are so many lifestyle programmes in Sweden covering these topics.

For garden inspiration, check out [Trädgårdstider](#) (Garden Times) on SVT. Although the name suggests that *Trädgårdstider* is just about gardens, it's more than that.

Covering food, drink, design, and everything from how to build a sweat tent to a treehouse, this is also entertaining TV for apartment-dwellers. The new series' usually premiere right at the end of winter, when the first spring flowers are just popping out of the ground, so it's a great programme to get you in the mood for Swedish summer.

On top of that, it's a great introduction to some of SVT's most well-loved TV presenters, Tareq Taylor, Pernilla Månsson Colt, John Taylor (no relation to Tareq), and Malin Persson.

John, a gardening expert originally from the UK, is the expert on *odling*, providing tips on how best to grow plants, fruits and vegetables. Tareq is a chef who shows you how to use and preserve your homegrown produce by pickling, making jams, or even building a *jordkällare* for storing produce over the winter.

Monitor Lodge, #218
Sacramento, California
Meets at I.O.O.F. Hall, 1831 Howe Ave



John Taylor from Trädgårdstider on his allotment in Malmö
Photo: Johan Nilsson/TT

Månsson Colt and Persson focus on the visual aspects, designing and building different areas of the garden, with Månsson Colt showing viewers what to do with all their homegrown flowers. Although each presenter has a clear role, the best part of the show is watching them all as a team, working on the garden together (Swedes love consensus, after all), and enjoying the fruits of their labour (literally!) at the end of the season.

Fans of building programmes such as Grand Designs will enjoy [*Husdrömmar*](#) (House Dreams), which follows the same premise of home-buyers buying a run-down property and renovating it into their dream home. Presenters Gert Wingårdh and Anne Lundberg visit homes up and down the country, providing viewers with an great insight into Swedish architecture and how Swedes design their homes.

If you're more into Swedish homes throughout history, try [*Det sitter i väggarna*](#) (It's in the Walls), where building restoration expert Erika Åberg and historian Rickard Thunér visit beautiful Swedish farmhouses, townhouses and estates.

Åberg helps the families living in the houses with restoration projects – such as how to renovate a Swedish *kakelugn* or tiled fireplace, how to replace glass panes in lead windows, or how walls were panelled in the 1800s, while Thunér looks into the history of the people who lived there and tries to find a living relative.

Great if you want to learn words like *linoljefärg* (linseed oil paint) or *pärilspons* (tongued and grooved wall panelling).

Monitor Lodge, #218
Sacramento, California
Meets at I.O.O.F. Hall, 1831 Howe Ave



Erika Åberg and Rickard Thunér. Photo: Maria Rosenlöf/SVT

In a similar vein to *Det sitter i väggarna*, in *Historieätarna* (History Eaters) SVT profiles Lotta Lundgren and Erik Haag (who have now moved over to commercial broadcaster TV4) eat, dress and live for a week in different decades of Swedish history.

Originally shown on SVT from 2012, it follows the two – who have such on-screen chemistry that they actually became a couple off-screen after the show – through every aspect of life in these eras, be it drinking *svagdricka*, a low-alcohol fermented malt drink which Swedes drank before there was widespread access to reliable drinking water, or living off canned foods in the 1980s.



Lotta Lundgren and Erik Haag in the 1960s episode of “Historieätarna”.
Photo: Jessica Gow/Scanpix.

Monitor Lodge, #218
Sacramento, California
Meets at I.O.O.F. Hall, 1831 Howe Ave

Historieätarna is not just entertaining TV, it's also a crash-course in Swedish history, from what Swedes ate and drank, how they dressed, what they did in their free time, and even when – and why – classic Swedish dishes like *korv stroganoff* and *tacofredag* became so popular. Unlike many programmes in this style, it doesn't just follow trends among the rich in these eras, rather shows what life was like for normal Swedes, too.

If you only watch one series on this list, make it *Historieätarna*.



Becky Waterton
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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 of September 30, 2022.

<u>General Fund</u>	<u>Children's Club</u>	<u>Nål och Tråd</u>	<u>Building</u>	<u>Scholarship</u>	<u>Totals</u>
\$11,104.85	\$402.79	\$6,144.70	\$4,668.89	\$7,861.86	\$30,183.10

These figures do not include the payments of our Kräftskiva expenses or our monthly IOOF rent as they are late with their invoices so the balances due are being accrued but they do reflect the Kräftskiva income

Did you know _____ about Monitor Lodge? This occasional section features interesting factoids about Monitor Lodge and VASA. This time we are acknowledging Arlie Veis being 98 years young!



Arlie on his first birthday in 1925

Monitor Lodge, #218
Sacramento, California
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Sherry Nix, 1972 Camellia Festival queen, chats with Arlie Veis, chairman of the International Friendship Committee, during the International Friendship Luncheon at the Sacramento Inn.



47 years later he was actively involved in the annual Camellia Festival, gaining valuable experience leading to him becoming the moving force in establishing the annual Sacramento Scandinavian Festival ten years later.

In April 2022, we celebrated Arlie's 60 years of very active membership in VASA and Monitor Lodge during which he has served in many capacities including Past Monitor chairman, Past District Master as well as Many other official and unofficial positions.

For the good of the order – A reminder that Sacramento's annual Scandinavian Festival is on **Saturday October 15th** this year (we return to our normal April time frame next year) and we **are in need of many new volunteers** to fill Monitor slots left vacant due the loss of several members over the past couple of years. Volunteers do not have to be members of the lodge, they can include family, friends and coworkers. Older children are also welcome. And we encourage everyone to wear Swedish costumes if you have them..... We are also in need of donations to the Baked Goods Sales table.

Newsletter editor: Chuck Johnson