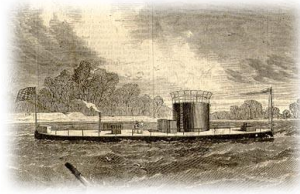


Monitor Lodge #218

Sacramento, California

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<https://www.monitorlodgesacramento.org/>



Maj (May) 2024

April found us very busy starting with our 112th anniversary luncheon, followed by another successful Sacramento Scandinavian Festival (the 40th) and ending with Golden Gate District #12's annual convention at the Doubletree Hotel in Sacramento.



2024 Calendar of events (dates subject to change)

May 4th - Saturday -
Sillfrukost at Reas

June 7th - Friday -
Midsommar

July - no meeting

August 10^t - Saturday -
Kraftskiva at Carlsons

September 6th - Friday -
Officer nominations

October 4th - Friday -
Swedish Taco Night

November 1st - Friday
Pie social (tentative)

December 7th - Saturday
Julbord and Glögg Party

December 13th - Friday
St. Lucia program

2025 Calendar of events (dates subject to change)

January 10th - Friday
installation of officers

February 7th - Friday - **Pea Soup and Pancakes**

March 7th - Friday - **Corned Beef & Cabbage**

April 5th - Monitor's 113th Anniversary

April 12th - **Scandinavian Festival**

April 25-27 - **District Convention** - location to be determined (not Sacramento)

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Top (previous page) – Jan Volkoff (middle with brown apron) and her Zado ensemble at the festival.

Bottom (previous page) – part of Monitor’s morning pancake crew – Ed Netzel, Brody Choy, Erik Miura and DeeDee Dahlberg at the festival.

On left – Chuck Johnson and Barbara Pattow, Monitor’s convention delegates, visiting with Kathy Cuff, VASA National Archivist

Upcoming Monitor events. We slow down in May as the Reas will be hosting our annual Sillfrukost at their home. Then in June we return to the IOOF Hall to celebrate Midsommar and initiate some more new members. And we “ret” in July with no planned activities, only to resume in August with our annual Kraftskiva at the Carlsons home.

A grattis på födelsedagen to our birthday celebrants for **May**: Diane Berg, DeeDee Dahlberg, Athena Eriksson, Siw Gormley*, Taniel Green*, John Hingtgen, Bernice Hopkins*, Jeana Hultquist, Kellie Paredes, Barbara Pattow and Annika Rea (* denotes member 75 years of age or older).

Annual Program book updates. Our 2024 Program Book was mailed to all active members in late December. While we endeavor to ensure the information is correct, it is a living document so please contact Brian Horsfield, Anita Nord and Chuck Johnson whenever your information changes so we can update the Program Book, membership database and newsletters. Tack så mycket. We have the following updates for May:

Page 8 Alex Hopkins *reinstated*
9399 Mira Del Rio Dr
Sacramento, CA 95827
(916) 835-9042
hopkinsa98@gmail.com

Did you know _____ about Monitor Lodge? This occasional section features factoids about Monitor Lodge and VASA. This month we are offering a couple of pictures from 25-30 +/- years ago that show Monitor’s been working to have fun for a long time:

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1994 - Ken Carlson and Brigitta Ostlund cooking for our annual Sillfrukost and they both worked the most recent Scandinavian festival some 30 years later.

2012 - Bottle of 'Monitor's Snaps' made for 100th Anniversary



1999 - Maria Sampanis and Athena Eriksson – 25 years later both also worked the 2024 festival.

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Current financial report (summary) as of the end of April 2024 from our Financial Secretary and Treasurer and we continue to be comfortably in the black. The figures below reflect the recent expenses and income associated with our 112th anniversary celebration.

<u>General Fund</u>	<u>Children's Club</u>	<u>Nål och Träd</u>	<u>Building</u>	<u>Scholarship</u>	<u>Totals</u>
\$10,641.89	\$156.26	\$5,688.70	\$4,668.990	\$8,096.86	\$29,252.61

How good is your Swedish vocabulary? If you want to brush up on your Swedish you have several options: we have Monitor's in-person/ZOOM Swedish language classes led by Will Hanley. And in addition to the on-line tutorials utilized by some of Will's students at Innovative Languages (<https://www.innovativelanguage.com/>) you will find Swedish vocabulary and lessons in Nordstjernan (<http://www.nordstjernan.com/>) and in the Swedish edition of The Local (<https://www.thelocal.se/>). You can also get a language fix from bi-weekly podcasts at: <https://shows.acast.com/the-newbie-guide-to-sweden-podcast>.

This month we offer our Swedish word of the day courtesy of The Local on [March 1st, 2024](#). This time the word is: *stammis*. It's a word that could help you get discounts when dining and drinking in Sweden. *Stammis* means "regular", in the sense of being a regular guest or customer at a certain establishment.

You would most often hear it used in reference to bars, restaurants or cafés, but it also makes sense if you're talking about another kind of shop or service, such as a hairdresser, bookshop, or really anything else you use regularly, and it can also be translated as "loyal customer".

The transfer of money is not a requirement, so you can be a *stammis på biblioteket* (a regular at the library) or a *stammis på forumet* (a regular on the online forum). It's a noun, so you could say something like *jag är stammis på baren* (I'm a regular at the bar) or *här är han stammis* (he's a regular here).

Stammis comes from the compound nouns *stamkund* (regular customer) or *stamgäst* (regular guest) but those two words sound much more formal than the colloquial *stammis* with the typical *-is* ending that pops up in a lot of Swedish slang words.

Stam itself is a noun, which can refer to the trunk of a tree and can also mean "tribe/clan/family", so the idea is that if you're a *stamkund*, you're a customer who's almost part of the family.

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Usually, you would say that *stammis* isn't a formal label; it's more about feeling a sense of attachment to the location and perhaps building up a relationship with the staff, but at some places there's a formal scheme so that you can sign up as a *stammis* in order to get discounts and special offers.

This might be by signing up to a loyalty card (*bonuskort*) or paying a membership fee that is worthwhile for frequent customers.

Examples

De flesta av våra kunder är stammisar Most of our customers are regulars.

Jag känner mig som stammis här och det är så mysigt I feel like a regular here and it's so nice.

For the good of the order: We still need a few more telephone tree callers as we would like to have one caller per directory page. We generally only “exercise” the phone tree once a month to remind folks about that month’s upcoming meeting. It is a great opportunity to get to better know our members and to keep everyone connected. Please let Meribeth Bean (cell 916-995-4965) or Chuck Johnson (cell 916-501-9256) if you are able to take on this task.

Also still looking for photos of our recent anniversary luncheon and the Scandinavian festival. I know they exist cuz I saw members taking pictures 😊 Please send copies to me at chuckj50@surewest.net and if you know the people in the picture, please identify them.

THE ARGYLE SWEATER SCOTT HILBURN



Newsletter editor: Chuck Johnson