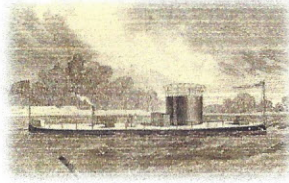


**VASA Monitor Lodge, #218**  
Sacramento, California  
Meets at I.O.O.F. Hall, 1831 Howe Ave



September 25, 2021

VASA Grand Lodge Co-Cultural Directors-USA/Canada

Jeanne Anderson

Kevin Defeo

30 Cricket Ct.

38 Scandia Dr.

Shirley, NY 11967

Hackettstown, NJ 07840

Dear Sister Jeanne and Brother Kevin,

Marianne Ek, a long time VASA member in Sacramento, and I recently compiled an extensive guide for potential Swedish-American and Scandinavian cultural presentation topics for use by our lodge.

Ed Netzel (Monitor's Vice Chair and current Golden Gate's District Master) was one of the reviewers of her extensive efforts. He felt that this guide would be of great interest to all lodges.

To that end you will find a copy of the guide enclosed with this letter. In addition, if you will provide the appropriate contact person(s) I will forward a digital copy of the guide to be posted on VASA's website for easier use by everyone as the document includes many useful web links to enable others to research and customize individual presentations. Please encourage other lodges to share their ideas and existing presentations.

Yours in Truth and Unity,

Chairman (*Ordförande*), Monitor Lodge #218

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[chuckj50@surewest.net](mailto:chuckj50@surewest.net)

copy to: Ed Netzel, Golden Gate #12 District Master  
Charley Rea, Monitor Lodge #218 Cultural Leader  
enclosure: Cultural Presentations topics guide

**Marianne Ek (Monitor Lodge #128) – potential VASA (Scandinavian)  
cultural presentation topics for lodge meetings**

**1. Film (actors, cinematographers, etc.)**

Ingrid Bergman - [https://en.wikipedia.org/wiki/Ingrid\\_Bergman](https://en.wikipedia.org/wiki/Ingrid_Bergman)

Ann-Margaret - <https://en.wikipedia.org/wiki/Ann-Margret>

Celeste Holm - [https://en.wikipedia.org/wiki/Celeste\\_Holm](https://en.wikipedia.org/wiki/Celeste_Holm)

Richard Widmark - [https://en.wikipedia.org/wiki/Richard\\_Widmark](https://en.wikipedia.org/wiki/Richard_Widmark)

Signe Hasso - [https://en.wikipedia.org/wiki/Signe\\_Hasso](https://en.wikipedia.org/wiki/Signe_Hasso)

Liv Ullman - [https://en.wikipedia.org/wiki/Liv\\_Ullmann](https://en.wikipedia.org/wiki/Liv_Ullmann)

John Lund - [https://en.wikipedia.org/wiki/John\\_Lund\\_\(actor\)](https://en.wikipedia.org/wiki/John_Lund_(actor))

Christian Nyby - [https://en.wikipedia.org/wiki/Christian\\_Nyby](https://en.wikipedia.org/wiki/Christian_Nyby)

Richard Jaeckel - [https://en.wikipedia.org/wiki/Richard\\_Jaeckel](https://en.wikipedia.org/wiki/Richard_Jaeckel)

Ingmar Bergman - [https://en.wikipedia.org/wiki/Ingmar\\_Bergman](https://en.wikipedia.org/wiki/Ingmar_Bergman)

**2. Composers and musicians (not singers)**

Evert Taube - <https://en.wikipedia.org/wiki/Evert-Taube>

Sven Bertil Taube - <https://en.wikipedia.org/wiki/Sven-Bertil-Taube>

Swe-Danes (group) - <https://en.wikipedia.org/wiki/Swe-Danes>

Abba (group) - <https://en.wikipedia.org/wiki/ABBA>

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Stephen Sondheim - [https://en.wikipedia.org/wiki/Stephen\\_Sondheim](https://en.wikipedia.org/wiki/Stephen_Sondheim)

Edvard Grieg - [https://en.wikipedia.org/wiki/Edvard\\_Grieg](https://en.wikipedia.org/wiki/Edvard_Grieg)

Jean Sibelius - [https://en.wikipedia.org/wiki/Jean\\_Sibelius](https://en.wikipedia.org/wiki/Jean_Sibelius)

Benny Anderson - [https://en.wikipedia.org/wiki/Benny\\_Andersson](https://en.wikipedia.org/wiki/Benny_Andersson)

Lasse Berghagen - [https://en.wikipedia.org/wiki/Lasse\\_Berghagen](https://en.wikipedia.org/wiki/Lasse_Berghagen)

Elfrida Andree - [https://en.wikipedia.org/wiki/Elfrida\\_Andr%C3%A9e](https://en.wikipedia.org/wiki/Elfrida_Andr%C3%A9e)

**3. Singers/performers**

Jenny Lind - [https://en.wikipedia.org/wiki/Jenny\\_Lind](https://en.wikipedia.org/wiki/Jenny_Lind)

Jussi Björling - [https://en.wikipedia.org/wiki/Jussi\\_Bj%C3%B6rling](https://en.wikipedia.org/wiki/Jussi_Bj%C3%B6rling)

Kirsten Flagstad - [https://en.wikipedia.org/wiki/Kirsten\\_Flagstad](https://en.wikipedia.org/wiki/Kirsten_Flagstad)

Lauritz Melchior - [https://en.wikipedia.org/wiki/Lauritz\\_Melchior](https://en.wikipedia.org/wiki/Lauritz_Melchior)

Victor Borge - [https://en.wikipedia.org/wiki/Victor\\_Borge](https://en.wikipedia.org/wiki/Victor_Borge)

**4. Speakers (local to Sacramento area)**

Dr. Marjorie Wade (Sac State) - Gustav Vasa Bible

Nils Wright – interview with King & Queen of Sweden

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Nils Wright – Swedish cooking

Joe Luna – Swedish pasteries

5. Traditional events (old and new)

Christmas (including Julbock and Tomten)

St. Lucia

Easter

High school graduation

Kräftskiva

Sill Frukost

Midsommar

Pea soup & Pancakes

Valborg

Waffle Day

Cinnamon Bun Day

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**6. Food**

Glögg

Aquavit

Breakfast (ost, brot, etc.)

Platte pans

Pasteries

Bollar

How to cook a Swedish ham

Smörgåstårta

Smörgåsar

Swedish meatballs

**7. Games**

Swedish bingo

Swedish Jeopardy

Kubb

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**8. Sports/athletics**

Bandy - <https://en.wikipedia.org/wiki/Bandy>

Boxing - Ingemar Johansson, Otto Wallin

Winter sports – Downhill skiing, snowboarding, cross-country skiing, ice hockey, ice fishing, curling

Soccer

Ice yacht races

**9. Arts and crafts**

Lucet - Viking origins for rope making, smaller versions for drawstrings and

Lanyards - <https://en.wikipedia.org/wiki/Lucet> and  
<https://www.youtube.com/watch?v=NW3wYkcGaok>

Knyppling (bobbin lace) and Vadstena lace –

<https://monikaknutsson.com/blogs/gilded-updates/vadstena-lace-vadstena-sweden>

Dalamaling (Swedish rosemaling) - <https://en.wikipedia.org/wiki/Rose-painting> and <https://www.pinterest.com/gregamayer/dalamaling/>

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Tvåändsstickning (Swedish knitting ) –

<https://knittingtraditions.com/knitting-resources/knitting-traditions/swedish/>

Christmas ornaments - <https://www.thelocal.se/20141121/decorating-your-home-for-swedish-christmas/>

Wooden items – butter paddles, hearts (ornaments and candle holders)

Cradles - <https://www.pinterest.com/777sarahpeterso/swedish-handicrafts/>

## 10. Literature

Swedish literature - [https://en.wikipedia.org/wiki/Swedish\\_literature](https://en.wikipedia.org/wiki/Swedish_literature)

Björling brothers – “Murders in malmo” ????

Kristin Hannah – 8 book series based in archipelago near Stockholm –

[https://en.wikipedia.org/wiki/Kristin\\_Hannah](https://en.wikipedia.org/wiki/Kristin_Hannah)

Astrid Lindgren - [https://en.wikipedia.org/wiki/Astrid\\_Lindgren](https://en.wikipedia.org/wiki/Astrid_Lindgren)

Swedish crime fiction writers –

[https://en.wikipedia.org/wiki/Category:Swedish\\_crime\\_fiction\\_writers](https://en.wikipedia.org/wiki/Category:Swedish_crime_fiction_writers)

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11. Artists (painters/sculptors/etc.)

Swedish sculptors –

[https://en.wikipedia.org/wiki/Category:Swedish\\_sculptors](https://en.wikipedia.org/wiki/Category:Swedish_sculptors)

Swedish crystal - [https://en.wikipedia.org/wiki/Kingdom\\_of\\_Crystal](https://en.wikipedia.org/wiki/Kingdom_of_Crystal)

Swedish Women Artists -

<https://artsandculture.google.com/exhibit/swedish-women-artists-nationalmuseum-stockholm/GALi8V8OydaSIA?hl=en>

Carl Larsson (1853-1919) - [https://en.wikipedia.org/wiki/Carl\\_Larsson](https://en.wikipedia.org/wiki/Carl_Larsson) a

Swedish painter representative of the Arts and Crafts movement. His many paintings include oils, watercolors, and frescoes. He is principally known for his watercolors of idyllic family life.

Anders Zorn (1860 – 1920) - [https://en.wikipedia.org/wiki/Anders\\_Zorn](https://en.wikipedia.org/wiki/Anders_Zorn)

one of Sweden's foremost artists. He had international success as a painter, sculptor, and etcher. Among Zorn's portrait subjects were King Oscar II of Sweden, and three American Presidents, Grover Cleveland, William H. Taft, and Theodore Roosevelt.



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**12. Inventions and inventors**

John Ericsson - [https://en.wikipedia.org/wiki/John Ericsson](https://en.wikipedia.org/wiki/John_Ericsson)

Zipper - [https://en.wikipedia.org/wiki/Gideon Sundback](https://en.wikipedia.org/wiki/Gideon_Sundback)

Swedish Match Co. - [https://en.wikipedia.org/wiki/Swedish Match](https://en.wikipedia.org/wiki/Swedish_Match)

Dynamite - <https://en.wikipedia.org/wiki/Dynamite>

Nobel Prize - [https://en.wikipedia.org/wiki/Nobel Prize](https://en.wikipedia.org/wiki/Nobel_Prize)

Swedish wood gasification (WW II) –

<https://www.motherearthnews.com/nature-and-environment/fuel-crisis-zmaz81mazraw>

**13. Royalty**

Bernadottes - [https://en.wikipedia.org/wiki/House of Bernadotte](https://en.wikipedia.org/wiki/House_of_Bernadotte)

Monarchy of Sweden –

[https://en.wikipedia.org/wiki/Monarchy of Sweden](https://en.wikipedia.org/wiki/Monarchy_of_Sweden)

Gustav Vasa (first Swedish king) –

[https://en.wikipedia.org/wiki/Gustav I of Sweden](https://en.wikipedia.org/wiki/Gustav_I_of_Sweden)

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Desiree (Clary) Bernadotte film story –

[https://en.wikipedia.org/wiki/D%C3%A9sir%C3%A9e\\_\(film\)](https://en.wikipedia.org/wiki/D%C3%A9sir%C3%A9e_(film))

Other Swedish connections to Napoleon - ????

History of Swedish crown jewels –

[https://en.wikipedia.org/wiki/Regalia\\_of\\_Sweden](https://en.wikipedia.org/wiki/Regalia_of_Sweden)

14. Dancing

Swedish waltz

Hambo - <https://en.wikipedia.org/wiki/Hambo>

Schottische - <https://en.wikipedia.org/wiki/Schottische>

15. Music/mathematics/language/dance relationships

Movies and Youtube videos in Swedish with English subtitles, e.g.:

A Man Called Ove - <https://www.imdb.com/title/tt4080728/>

Moomins and Funnys Äventyr in Sweden welcome you to enjoy the magical world of fairytales! –

<https://www.youtube.com/watch?v=WPPZPOOcso>

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**16. Miscellaneous presentations from the past (at Monitor #218 website – may need password) If you use any of the presentations listed below, please give appropriate credit to Monitor Lodge. Tack så mycket.**

[A Touch Of Scandinavia In the USA](#) - original slide show presented September 2016 (.pptx) – original presenter: Chuck Johnson

[A Swedish Prince Visits Sacramento!](#) - original slide show presented February 2017 (.pptx) – original presenter: Chuck Johnson

[Prince William Likes Trees](#) - originally published as an insert to February 2017 newsletter (.docx) – original presenter: Chuck Johnson

[Swedish Glass \(The Story behind the Sparkle\)](#) - original slide show presented March 2017 (.docx) – original presenter: Chuck Johnson

[Don Quixote Tours Skane \(Windmill technology improvements\)](#) - original slide show presented September 2017 (.pptx) – original presenter: Brian Horsfield

[You may not know Jack but you know Carl \[Larsson\]](#) - original slide show presented October 2017 (.pptx) – original presenter: Chuck Johnson

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[You don't need Dramamine for this sailing adventure](#) (The Swedish Warship WASA and other Swedish sailing ships) - original slide show presented November 2017 (.pptx) – original presenter: Chuck Johnson

[Vasa Order Of America Charter history](#) - original slide show presented September 2018 (.pptx) – original presenter: Chuck Johnson

[Virtual tour of new Nordic National Museum in Seattle, WA](#) - original slide show presented October 2018 is a PowerPoint presentation that includes a 3 minute video (the black slide in this PDF) and is about 300Mb in size – original presenter: Chuck Johnson with contributions from National Nordic Museum

[The Swedish Royal Family Owns More Than a Dozen Palaces And Residences Across The Country](#) - original slide show presented February 2021 and includes a short explanation of the differences between palaces and castles. (.pdf) – original presenter: Chuck Johnson