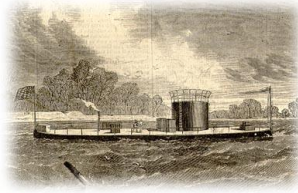


**Monitor Lodge, #218**  
Sacramento, California  
Meets at I.O.O.F. Hall, 1831 Howe Ave



March 2023

**February saw the last minute** cancellation and rescheduling to March of our Pea Soup and Pancakes dinner due to the Hall's kitchen stove breakdown.

**Upcoming Monitor events.** In April we will have our **111th** anniversary luncheon followed two weeks later with Sacramento's annual Scandinavian Festival returning to its traditional time and place on April 15<sup>th</sup>, 2023 at the Scottish Rite Masonic Center.

**Important reminder:** Our 2023 dues were due on January 1, 2023. The yearly dues are still \$35.00 **per** member 14 years of age and older. Dues are delinquent on March 31st.

Please make checks payable to Monitor Lodge #218 and mail your dues to:

Anita Nord, Monitor Financial Secretary  
6435 Palm Ave.  
Carmichael CA 95608

Tack så mycket in advance for your diligence in getting payment in early. We also ask that you consider making a donation to our scholarship fund when you send in your renewal check in honor or in memory of a loved one or "just because".

**Annual Program book updates.** Our 2023 program book got 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.

**2023 Calendar of events**  
(dates subject to change)

March 3<sup>rd</sup> – Friday – **Pea Soup & Pancakes** and business meeting

April 1<sup>st</sup> – Saturday – **Anniversary luncheon**

April 15<sup>th</sup> – Saturday – **Scandinavian Festival**

May 6<sup>th</sup> – Saturday – **Sillfrukost.**

June 3<sup>rd</sup> – Saturday – **Sweden Day** at Roberts Park in Oakland.

June 9<sup>th</sup> – Friday – **Midsommar** celebration

July – no lodge meeting

August 5<sup>th</sup> - Saturday - **Kraft kiva**

September 8<sup>th</sup> – Friday - Dinner TBD and nominations for 2024 officers

October 6<sup>th</sup> – Friday – FIKA and business meeting

November 3<sup>rd</sup> – Friday – 2024 elections

December 2<sup>nd</sup> – Saturday – **Julbord**

December 8<sup>th</sup> – Friday – **St. Lucia** celebration

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And here are updates as of the end of February:

Page 9 – Jack Larson *address unchanged*  
209-217-4120 cell (2<sup>nd</sup> phone)  
[aswede37@gmail.com](mailto:aswede37@gmail.com)

James and Melissa Netzel *Email and mobile numbers unchanged*  
87859 Two Mile Ln  
Bandon, OR 97411

**Monitor and other scholarship opportunities.** A reminder that Monitor's and Golden Gate District's scholarship deadline is April 1<sup>st</sup>, 2023. Details can be found at:  
<https://www.monitorlodgesacramento.org/membership/scholarship/> .

**Current financial report** (summary) from our Financial Secretary and Treasurer and we continue to be comfortably in the black.

<u>General Fund</u>	<u>Children's Club</u>	<u>Nål och Träd</u>	<u>Building</u>	<u>Scholarship</u>	<u>Totals</u>
\$11,453.30	\$232.73	\$6,144.70	\$4,668.89	\$7,861.86	\$30,361.49

**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/>). We again have our Swedish word of the day courtesy of The Local on February 6, 2023. This time the word is: Swedish word of the day: **oxveckorna**

<https://www.thelocal.se/20230206/swedish-word-of-the-day-oxveckorna/>

Today's word of the day, **oxveckorna**, translate literally as "ox weeks", and is used to describe the period roughly between New Year and Easter devoid of public holidays, which leaves you working like an ox.

There's no exact definition of how many weeks *oxveckorna* refers to, and it used to also refer to similar holiday-free periods during the autumn or following midsummer.

Swedens' most recent public holiday or *röd dag* fell on January 6th, *trettondag jul*, and the next one won't be until Good Friday, which falls on April 7th this year, giving Swedes a four-month period without a public holiday.

In addition to this, the fun and lights of Christmas are over, so Swedes – especially in the north of the country – have months of slogging through bad weather and dark days with no celebrations to lighten the mood until Easter.

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This might be one of the reasons so many people take *sportlov* off around mid-February to escape to the ski slopes.

But where does the term come from?

In Sweden's old agricultural society, farmers weren't lucky enough to have the 25 days of annual leave Swedish workers expect today, so public holidays were one of the few chances for a break from hard, physical labour. The period after Christmas, devoid of public holidays, was especially difficult, as farmers had to work through the dark, cold months, "like an ox".

It was also the time of year where farmers used oxen to plough their fields in preparation for sowing crops in spring.

The period between midsummer and Christmas was equally difficult, as it covers the busy harvest period, without the motivation of seeing the light return and the weather improve to keep you going.

Nowadays, many Swedes escaped *oxveckorna* by getting on the nearest plane and heading to Thailand for most of January. Not everyone can afford this luxury, but planning a couple of days of annual leave for this period might help if you're struggling.

**Example sentences:**

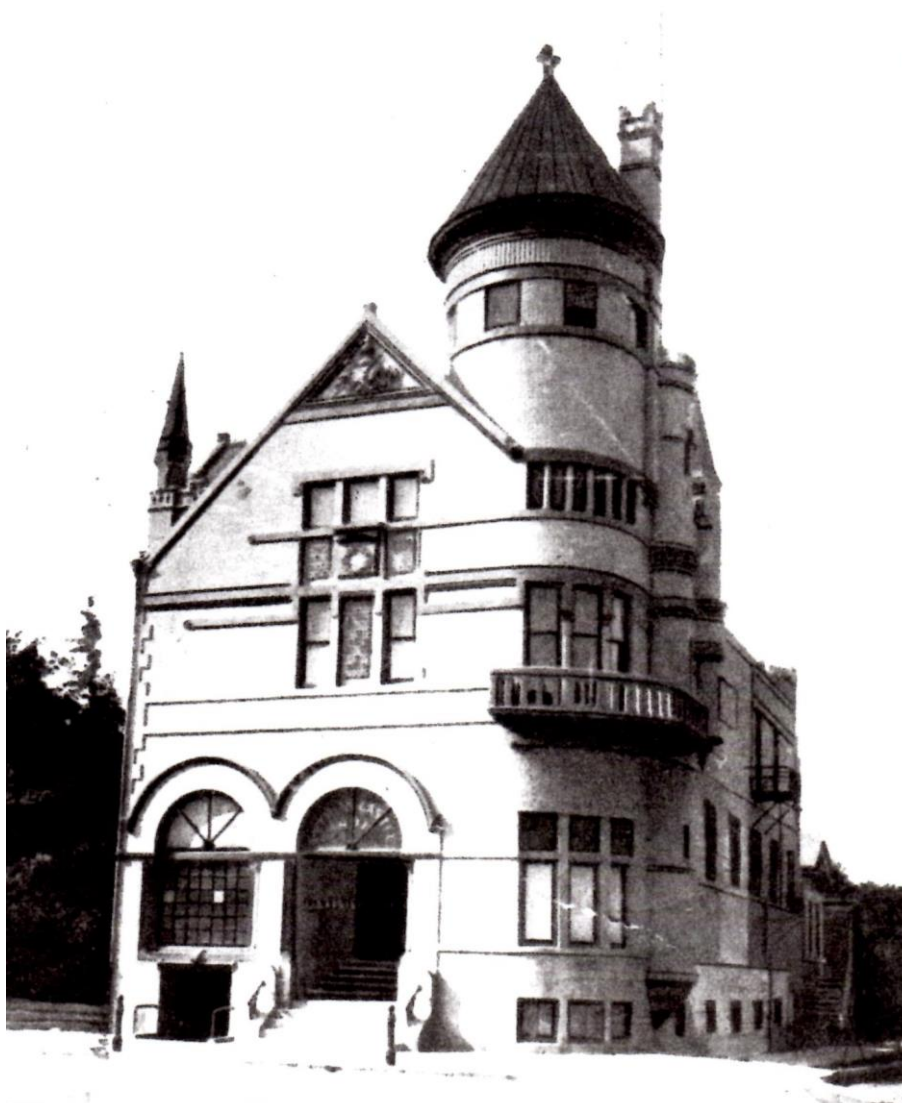
*En kort promenad i vinterljuset kan lätta upp under oxveckorna.* A short walk in the winter light can help during the ox weeks.

*Jag hatar verkligen oxveckorna, allt känns så segt och tungt och det är så långt till våren.* I really hate the ox weeks, everything feels so difficult and heavy and spring is so far away.

**Did you know \_\_\_\_\_ about Monitor Lodge?** This occasional section features factoids about Monitor Lodge and VASA. As Monitor Lodge approaches its 111<sup>th</sup> anniversary in April here is some more history of the lodge's early days: In the early years, meetings were held at the Pythias Castle (what the Sacramento Bee called "*the most pretentious of the kind on the coast.*") at 9th and I streets where the Sacramento Central Library now stands. This was an old building that was designed to resemble a castle. It was infested with bats and the appearance of these nocturnal guests during meetings sometimes lent genuine excitement to the rituals. Thirty members were initiated at the first meeting, but the charter was held open for some time and a total of one hundred were considered charter members. The first chairman was Theodore Erikson who went on to become a District Master in 1919.

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In those early years, meetings were held twice a month with one of them being a dance. In the fall a Masquerade Ball topped the years calendar of events where one's partners were signed up in advance on dance bids. Swedish was spoken during the meetings and written into the records until January of 1941 when English was first used.

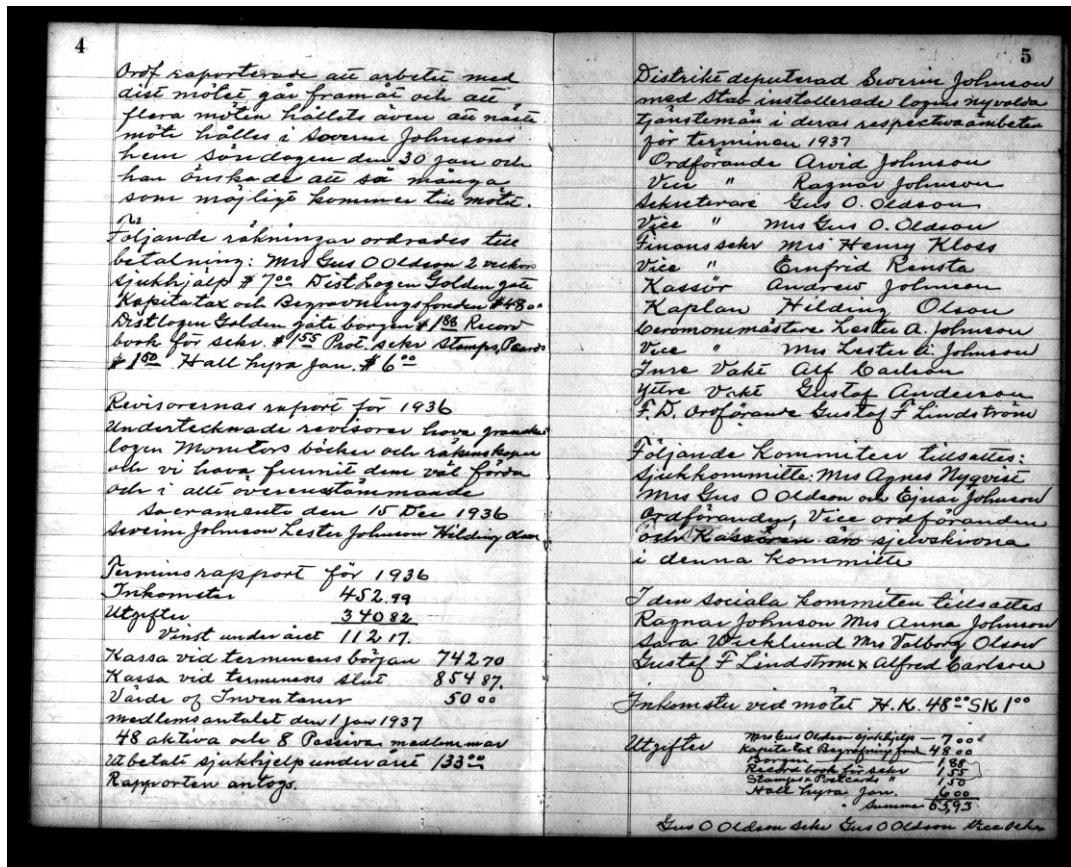


**This is the Fraternal Order of the Knights of Pythias Castle  
Located at 831 I Street  
This was the first meeting place for Monitor Lodge in 1912**

And below is an excerpt of meeting minutes from 1936 – handwritten and in Swedish:



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**A grattis på födelsedagen** to our birthday celebrants for March: Ken Carlson\*, Paul Koze\* and Jan Volkoff. (\* denotes member 75 years of age or older).

**For the good of the order:**

*It is the tradition at VASA lodges to drape the respective lodge's Charter in memory of recently deceased members. Sadly, Monitor will be draping its Charter in memory of Linda Larson and Rose-Marie Westrup (both passed in December), Lennart Andersson (January) and Lars Ostlund (February) at our March meeting.*

*An update on one of our recent scholarship recipients. Nicole Hopkins was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Nicole was initiated at Montana State University.*

Nicole is among approximately 25,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year (Note: in 2022 there were approximately 7.5 million students enrolled in four year colleges in the US). Membership is by invitation only and

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Nicole Hopkins with her Jordan Smith Undergraduate Student Fellowship award 02-14-2022

requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 325 campuses in the United States, its territories and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

*And don't forget* that we have Friday, April 14<sup>th</sup> as setup and Saturday, April 15<sup>th</sup> for our **39<sup>th</sup>** annual Sacramento Scandinavian festival. Monitor needs volunteers to work our Swedish pancakes and smörgåsar sales, help with ticket sales and bring baked goods donations for the Baked Goods table and help with the sales. Contact Chuck Johnson (festival chairman), Peggy Carlson (smörgåsar), DeeDee Dahlberg (pancake coordinator) or Will Hanley & Larry Woodward (floor managers) if you have questions on how you can help.



Newsletter editor: Chuck Johnson