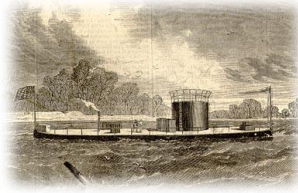


**Monitor Lodge, #218**  
Sacramento, California  
Meets at I.O.O.F. Hall, 1831 Howe Ave



July/August 2023

June brought our Midsommar celebration along with both solemn and celebratory activities. As we draped the Charter in memory of Catherine Green, we had a short but beautiful



musical tribute provided by Jan Volkoff, Teresa Stahl and Pat Moore-Pickett, members of Catherine's *Zado Singers* ensemble, accompanied on the accordion by Jim Shoemaker.



We also reinstated former member Elsa Cisar and initiated three new members: Mike Carlson, Susanne Smith and Tiffany Yokoi. We then followed up with Joyce Willow, our

Scholarship Committee chair, presenting Emil Rea with our 2023 scholarship award and we concluded the evening with our traditional Swedish potluck dinner followed by dancing around the Majstång (Maypole) led by our own indefatigable dancers, Ginny Lee and Barry Moore.

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

July - no lodge meeting

August 5<sup>th</sup> - Saturday -  
**Kraftskiva**

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

**2024 Calendar of events**  
(dates subject to change)

January 5<sup>th</sup> - Friday -  
**installation of officers**

February 2<sup>nd</sup> - Friday - **Pea  
Soup & Pancakes**

March 1<sup>st</sup> - Friday - meeting

April 6<sup>th</sup> - Saturday - **112<sup>th</sup>  
Anniversary luncheon**

**April 20<sup>th</sup> - Saturday -40<sup>th</sup>  
annual Scandinavian  
Festival**

May 4<sup>th</sup> - Saturday -  
**Sillfrukost**

June 7<sup>th</sup> - Friday -  
**Midsommar**

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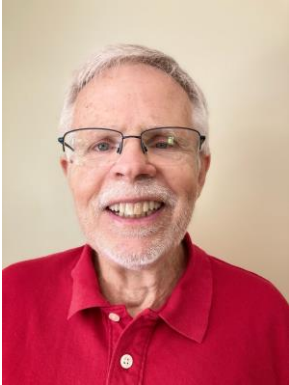
**Upcoming Monitor events.** We take a break in July and resume meeting in August when we hold our annual Kraftskiva celebration followed in September with the commencement of nominations for our 2024 officers slate. We are also contemplating shifting/splitting our meeting schedules to having video conferencing (ZOOM) meetings of the Executive Committee in the week prior to our monthly meetings to conduct any needed business and meet VASA's minimum business meetings requirements so this will be a September meeting discussion item.

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**Meet our newest members:** A Pastor for many years, now retired, **Mike (Michael) Carlson** was born in Los Angeles and graduated from Chapman University with a Bachelor's degree in Sociology and a Master's degree in Religion from The School of Theology at Claremont. He has served churches in Seattle, Burbank, Hawaii, Phoenix, and Sacramento. While in Hawaii, he was a campus minister at Hawaii Loa College with many students from the Pacific Islands like Guam and Samoa that attended the college.



Mike and his family moved to Sacramento in 1995 where his wife and two daughters, and a stepson now live. He served on the Arcade middle school site council, taught art appreciation in elementary school and has been active in developing affordable housing for senior adults in two states. He is an active volunteer with several boards in his church and community. His adult children and four grandchildren keep him busy with family gatherings. Just last year he and his wife traveled to visit the Baltic States on a Road Scholar tour to Estonia, Latvia, and Lithuania. He enjoys hiking, traveling, sports, and dreams one day of visiting Sweden where his paternal grandfather was born in Sodermanland south of Stockholm.

Mike believes he knows of a great aunt and a great uncle in Sweden and is interested in learning more about his own Nordic heritage. His paternal grandmother is also of Swedish lineage, where she was from a family of eight Olson children from Rockford, Illinois. Every Christmas Eve since he was a small boy he can remember, his father would bring out traditional foods like Peppar Kakor, pickled herring, meatballs, cheeses, and rice pudding; and Mike continues to do the same tradition to this day. Mike became acquainted with Monitor through visiting the Scandinavian Festival this year at our booth and wants to discover more about his Swedish heritage and the possibility of finding some relatives still living in Sweden.

**Elsa Cisar** was born in Worcester, Massachusetts, to Lennart and Siri Carlson. Her mother was born and raised in Finspang, Sweden and her dad was Swedish-American. Against the prevailing wisdom at the time, her parents decided to speak Swedish to their children so that they would learn the language at home.

After Elsa completed kindergarten in Worcester, the family moved Jamestown, New York, which had a large Swedish population. She grew up there and later graduated from North Park College in Chicago. She eventually completed a master's degree in



to

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counseling at Canisius College in Buffalo. Elsa was employed by The Salvation Army for her whole career – serving in Sweden and Canada, as well as in Jamestown and Buffalo, New York, and Chicago, before moving to California. Her final position was in Sacramento as the Del Oro Divisional Social Services Director for 25 years – overseeing The Salvation Army’s social service work in Northern California and Nevada. She retired in 2021.

Elsa was married to Tom Cisar, who passed away in 2004. She has two grown children – Harry lives with his wife Sophia in Albuquerque and Carol lives with her husband Clark in Arizona – and several grandchildren. Elsa loves to travel, read, and watch sports, and is active in Life Community Church in Roseville. She lives in Rocklin and is excited to get more involved with the Swedish community in this area.



**Susanne Smith** was born in Malmö, grew up in Belgium and England before moving to Sacramento, California in 1980. She worked in healthcare Telecommunications and Project Management for many years, primarily at Sutter Health and at UCLA. Recently retired to enjoy life with my husband Steve.



She enjoys traveling and frequently return to Sweden to visit family in Mölle, about 45 minutes north on the coast from Helsingborg. She also enjoys exploring northern California on my motorcycle. Having only recently retired, she is still finding her “groove” so she am sure there will be much more to come.



**Tiffany Yokoi** I am a 5th generation Japanese-American, born and raised in Sacramento, who has recently obtained Swedish citizenship. After graduating from Kennedy High School, I pursued studies in music and audio production before discovering my passion for electronics at Sacramento City College. This led me to a career as an Airway Transportation Systems Specialist for the Federal Aviation Administration, where I dedicated nearly 10 years of service. Originally, I moved from Sacramento to Lidköping for a relationship, but when that didn't work out, I made the decision to remain in Sweden to pursue work and further studies. My journey took me from Lidköping to Göteborg and eventually to Stockholm, where I currently reside. I completed my B.S. in Business and Finance from Stockholm University last fall and am actively pursuing an M.S. in Computer and Systems Sciences.



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Living in Sweden and immersing myself in its history, culture, and way of life has profoundly influenced my thinking and behavior. Alongside the delicious cuisine, beautiful forests, and distinct architecture, what truly resonates with me are Sweden's core values of equality, respect, sustainability, security, "lagom" (finding balance) and "allemansrätten" (the right of everyone to access the land). These qualities have made me fall in love with Sweden, and I intend to make it my home indefinitely. While I am currently taking Swedish language courses at Komvux (adult education), I am not yet fluent. However, I am dedicated to improving my language skills. As I plan on traveling between Stockholm and Sacramento at least three times a year to visit my family, I would like to meet people in Sacramento with whom I can practice my Swedish, share recipes and knowledge, and most importantly, celebrate Swedish traditions when I am unable to do so in Sweden.

I enjoy hiking and backpacking and have hiked and camped on several trails including Jämtlandstriangeln, Sörmlandsleden, Höga Kustenleden, Upplandsleden and Roslagsleden. I was classically trained in piano but have since switched to synthesizers and now play in a band with a friend in Stockholm. Other hobbies of mine include traveling, cooking, reading, sewing and learning new things. I am driven by the desire to expand my horizons, foster personal growth, and live a fulfilling life enriched through meaningful connections. Please feel free to reach out to me!

**Annual Program book updates.** Our 2023 program book was mailed to all active members in late December 2022. 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.

Page 6	Mike Carlson 4612 Vander Way Sacramento, CA 95821 (916) 798-1591 cell <a href="mailto:mkncarlson@gmail.com">mkncarlson@gmail.com</a>	<i>new member</i>
Page 8	Andy Hopkins (916) 835-4619 cell	<i>dropped landline, everything else remains the same</i>
Page 11	Susanne Smith 5110 Tunis Road Sacramento, CA 95835 (916) 505-7505 cell <a href="mailto:smithseusa@gmail.com">smithseusa@gmail.com</a>	<i>new member</i>

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Page 12      Tiffany Yokoi      *new member, visits family in*  
Körsbarvägen 3, LGH 1306      *Sacramento frequently*  
Stockholm, Sweden 11423  
(916) 665-5993 cell  
[tiffany.yokoi@gmail.com](mailto:tiffany.yokoi@gmail.com)

**Current financial report** (summary) as of the end of June 2023 from our Financial Secretary and Treasurer. It includes our share of the Festival receipts and our annual scholarship payout. 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>
\$11,527.37	\$232.73	\$6,144.70	\$4,668.89	\$7,261.86	\$29,835.56

**How good is your Swedish vocabulary?** If you want to brush up on your Swedish in addition to Monitor's Swedish language classes led by Will Hanley 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 are taking a summer break from researching for this feature and will resume offering our Swedish word of the day with our September newsletter. In the meantime, if you need a language fix, you will find the following bi-weekly podcasts to be entertaining and informative:

<https://shows.acast.com/the-newbie-guide-to-sweden-podcast>

**A grattis på födelsedagen** to our birthday celebrants for **July**: Elizabeth Witdoeck\*, Eivor Pfannkuch\*, Linda Mitchell, Meribeth Bean\*, Andy Hopkins, Lars-Erik Hammarin\*, Dan Eriksson, and Stuart Steene-Connolly and for **August**: Mary Choy, Larry Hultquist\*, Elizabeth Bushnell\*, Birgitta Ostlund\*, Craig Johnson\*, Linnea Koze\* and Theresa (Alberts) Griffiths. (\* denotes member 75 years of age or older).

**Did you know \_\_\_\_\_ about Monitor Lodge?** This occasional section features factoids about Monitor Lodge and VASA. This time a slightly different bit of Monitor information: On June 26<sup>th</sup>, 2023 a memorial service was held in Stockholm, Sweden for Lennart Andersson, a Monitor member for over 60 years. In addition to family and friends who live in Sweden, Kurt and Eivor Pfannkuch and their daughter Kristina were able to attend and spent some time with Britt-Marie and her sons Ralph and Ken. They report that she is doing well.



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**For the good of the order:** If you remember reading something in a Monitor newsletter but didn't save your copy, don't despair. We have all of our back issues to July 1976 on line (400 issues, about 900 Mb worth of searchable PDF files). You can review the most current twelve issues on our website at:

<https://www.monitorlodgesacramento.org/news/monitor-newsletters/>

If you want to go back further in time, just contact Chuck Johnson or Andy Hopkins and ask one of them to search and retrieve what you seek. As a fall back, all these digital files are also archived at VASA Archives in Bishop Hill, Illinois.

We also have most of our business meeting minutes going back to 1991 on line as searchable PDFs with the most recent twelve months on our website at:

<https://www.monitorlodgesacramento.org/membership/business-meeting-minutes/>

We are still working to find missing monthly minutes (or confirmation that a monthly meeting did not occur) so as you conduct your own version of **Swedish Death Cleaning** (<https://www.familyhandyman.com/list/10-things-to-know-about-swedish-death-cleaning/>) please send any newsletters and/or minutes you may find to Chuck Johnson for scanning and archiving. *Tack så mycket*



Newsletter editor: Chuck Johnson