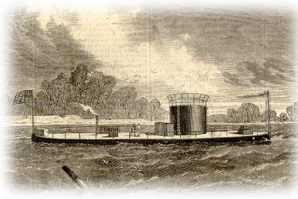


Monitor Lodge, #218
Sacramento, California
Meets at I.O.O.F. Hall, 1831 Howe Ave



September 2023

After a brief mid-summer respite we resumed activities with our annual Kraftskiva gathering at Peggy and Ken Carlson's home. While the turnout was a bit less than normal due to the very hot weather, the members and guests enjoyed a delicious repast and good conversation.



2023 Calendar of events
(dates subject to change)

September 8th – Friday –
Dinner TBD and
nominations for 2024
officers

October 6th – Friday –
Swedish Tacos and business
meeting

November 3rd – Friday –
2024 elections

December 2nd – Saturday –
Julbord

December 8th – Friday –
St. Lucia celebration

2024 Calendar of events
(dates subject to change)

January 5th – Friday –
installation of officers

February 2nd – Friday – **Pea
Soup & Pancakes**

March 1st – Friday – meeting

April 6th – Saturday – **112th
Anniversary luncheon**

**April 20th – Saturday -40th
annual Scandinavian
Festival**

May 4th – Saturday –
Sillfrukost

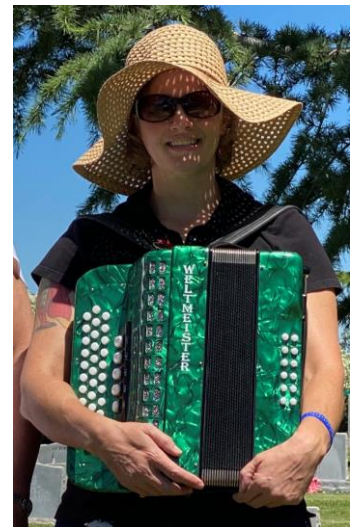
June 7th – Friday -
Midsommar

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Upcoming Monitor events. In *September* with we commence the nomination process 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.

We are considering starting a new Monitor tradition in *October* of having Swedish Taco Night in addition to a cultural presentation. Swedish tacos have been a "modern" Swedish cuisine tradition since the 1990s as home-loving Swedes enjoy their Cosy Fridays.

Meet our newest member: Cheyenne Bart - she is the mother to three and proud mama of an active duty US Navy soon-to-be seafaring sailor. She herself is a US Navy veteran and actively volunteers with Veterans of Foreign Wars, Blue Star Moms, and Spirit of Veterans Day Annual Awards activities. Her maternal grandfather (Norris Anderson) was 100% Swedish. He was a second-generation immigrant from the Jönköping area. Cheyenne spent a lot of time with her Grandpa Norris, who family called a "master accordionist." He volunteered in nursing homes to bring music and smiles. He taught Cheyenne the value of music, volunteerism, and being a decent human. Before meals, he would say a prayer in Swedish, which she can't remember because she have never seen the written version. Growing up, her family had a lot of Swedish antiques in the house which allowed her to feel some connection to her ancestry. She hopes that one day she will be able to visit Sweden to see where her family came from. And she and Andy Hopkins just recently learned they are cousins!



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 Cheyenne Bart *new member*
1889 Ayers Ave.
Gridley, CA 95948
(530) 514-2025 cell
gityerchicken@yahoo.com

Monitor Lodge, #218
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Current financial report (summary) as of the end of August 2023 from our Financial Secretary and Treasurer. 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>
\$11,541.53	\$232.73	\$6,144.70	\$4,668.89	\$7,261.86	\$29,849.72

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/>). You can also get a language fix from bi-weekly podcasts at: <https://shows.acast.com/the-newbie-guide-to-sweden-podcast>.

We again offer our Swedish word of the day courtesy of The Local on August 16th, 2023. This time the word is: **läsk** the Swedish word for a soda or fizzy drink. https://www.thelocal.se/20230816/swedish-word-of-the-day-lask/?tpcc=newsletter_member. But where does this word come from?

The word *läsk* is actually a shortened version of the word *läskedryck*, made up of the word *läska* (to refresh or quench thirst) and *dryck*, a drink.

Another word you might hear is *läskeblask*, with *blask* here having a number of meanings to do with water, such as the splashing sound of water, or something which has been watered down, such as watery soup or watery coffee.

Läsk originally comes from the Low German *leschen* (to extinguish), and is related to the modern German word *löschen*, which has the same meaning.

Generally, *läsk* is always carbonated, and it has been drunk in Sweden since the 1600s, when people started drinking naturally carbonated water which was believed to be medicinal.

This water was sold by pharmacies or *apotek*, which explains why Sweden's favourite fizzy drink during the month of December – *julmust* – is still sold by the *Apotekarnes* brand.

Nowadays, it's unlikely that carbonated mineral water would be referred to as *läsk*, with the term more often used to describe sweet carbonated drinks like Coca-Cola or Pepsi.

Other popular Swedish *läsk* includes Trocadero, a caffeinated orange and apple drink, and Zingo, an orangeade originally named Ingo after the boxer Ingemar Johansson. It was renamed in 1962 after "Ingo" the boxer lost a world championship.

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There are also a couple of champagne-flavoured fizzy drinks which are popular in Sweden, Pommac and Champis, which were originally developed and marketed as an alcohol-free alternative to champagne.

Around New Year's Eve Pommac and Champis are sometimes available in champagne-style magnum-size bottles with a real cork, instead of the usual plastic bottles they're sold in during the rest of the year.

Zero-sugar fizzy drinks are also popular in Sweden, where they are referred to as *light-läsk*.

If you want to describe a drink as refreshing, don't use the word *läskig*, unless you want people to think you're scared of it. Instead, the correct word to use here would be *läskande*.

There are a couple of archaic uses for the word *läsk*, too. One is *läskpapper* or blotting paper used to blot ink, and another is the verb *läska* used to describe the act of wiping down the barrel of a gun or cannon in order to cool it down or clean it.

Example sentences:

Coca-Cola är den mest sålda läskan i Sverige förutom i december. Coca-Cola is the most sold fizzy drink in Sweden apart from in December.

Det är alltid skönt med en läskande isglass på en varm dag. It's always nice to have a refreshing ice lolly on a hot day.

A grattis på födelsedagen to our birthday celebrants for **September**: Britt-Marie Andersson*, Peggy Carlson, Sarah Cuthill, Mark Delle*, Melody Friberg, Ginny Lee*, Yvonne Magneheim*, Arlie Veis* and Joyce Willow* (* denotes member 75 years of age or older).

For the good of the order: If you haven't visited the National Nordic Museum's website recently, you are encouraged to do so at: <https://nordicmuseum.org/>

The Museum has significantly expanded their on-line offerings to augment their on-site activities. While membership is not required to partake of some of the on-line activities, membership significantly expands one's access to seminars, virtual tours, participation in live, on-line symposiums and many other resources.



Newsletter editor: Chuck Johnson