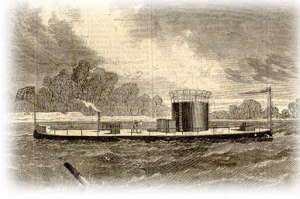


Monitor Lodge, #218

Sacramento, California

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



January 2024

We wrapped up 2023 with two December traditions – A wonderful Julbord with lots of great food and camaraderie on the first Saturday followed on Friday by our annual St. Lucia celebration led by Cami Cuthill as St. Lucia. A huge tack så mycket to everyone prepared food and helped with the setup and cleanup for both events. And a shout-out to Lisa Rea, Anita Nord, Marianne Ek, Will Hanley and Larry Woodward for making the St. Lucia event so delightful and fun for the children and the audience.



Lucia 2023 - Cami Cuthill as St. Lucia with tärnor and stjärngossar

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

July – no meeting

August 3rd – Saturday –
Kraft kiva

September 6th – Friday –
Officer nominations

October 4th – Friday –
Swedish Taco Night

November 3rd – 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

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Peggy Carlson and Brigitta Ostlund supervising food prep in the kitchen



Larry Woodward and Will Hanley overseeing the Glögg table

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Alex Hopkins helping pass out the Aquavit to attendees



Yvonne Magneheim and Kurt Pfannkuch leading the traditional Aquavit toast.

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Upcoming Monitor events. We will start the new year with the installation of our 2024 officers and initiation of yet some more new members at our January meeting! We will follow that in February with our traditional Pea Soup and Pancakes and a Corned Beef & Cabbage dinner in March.

A grattis på födelsedagen to our birthday celebrants for **January:** Johanna Benker*, Birgitta Ellis*, Liesma Krastins*, James Netzel, Ed Netzel, Judy Netzel, Charley Rea, Jim Shoemaker and Brian Stockham*. (* denotes member 75 years of age or older).

Important reminder: Our 2024 dues are due on January 1, 2024. 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 2024 Program Book was recently mailed to all active members. 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. In fact we already have an update for January:

Page 8 Marie Green *new member*
395 Silver Bend Way
Auburn, CA 95603
530-305-2741 cell
reedegreen@gmail.com

Important reminder: The annual VASA scholarship deadlines are fast approaching. The Grand Lodge 2024 application is due no later than February 15, 2024 while Monitor Lodge's and Golden Gate District's applications are due no later than April 1, 2024. Additional information and application forms available on Monitor's website at:

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

Read the instructions carefully as the requirements are slightly different for each scholarship.

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Current financial report (summary) as of the end of December 2023 from our Financial Secretary and Treasurer. The figures do not reflect the Julbord income and expenses but 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>
\$12,897.18	\$232.73	\$6,144.70	\$4,668.89	\$7,401.86	\$31,345.37

Did you know _____ about Monitor Lodge? This occasional section features factoids about Monitor Lodge and VASA. This month we are taking an excerpt from our January 1981 newsletter describing some of Monitor Lodge members activities at the end of the year 1980:

Convention Fund Paper and aluminum campaign. Paper is worth \$35.00 a ton now and Aluminum is worth 27¢ a pound. We sold \$40.00 of paper and cans in December. Bring your paper and Aluminum to the January meeting.

The Luciafest was a great success again this year. There were about 150 children and adults at the program. Don Carlson and his crew presented a fine show, and Mindy Wright was a beautiful Lucia. And the refreshment committee served an abundance of food for all.

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 February 8, 2019. This time the word is: **fredagsmys** - a compound noun that is something of a national tradition in Sweden (https://www.thelocal.se/20190208/swedish-word-of-the-day-fredagsmys/?tpcc=newsletter_member). *Fredagsmys* literally means "Friday coziness"; think TGIF, but fewer cocktails and more blankets and snacks.

Mys is related to the adjective *mysig* (cosy) and the verb *att mysa*, which can mean "to cuddle/snuggle" but usually just means "to have a pleasant, relaxing, chilled out time". You'll also occasionally hear things (a film or recipe) described as *fredagsmysig* or hear people use the verb *fredagsmysa* (to have a cosy Friday night in). There are plenty of different varieties of *mys*: [höstmys](#), *julmys*, *tacomys*, *kvällsmys*, *strandmys* and so on.

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But *fredagsmys* is one of the most commonly used forms. It was most likely coined in the 1990s to describe an evening spent relaxing at the end of the five-day working week, first appearing in Swedish media in 1994 and entering the Swedish Academy's dictionary 12 years later. There are equivalents in Norway (*fredagskos*) and Denmark (*fredagshygge*).

Order and routine are a big part of Swedish culture: pea soup is traditionally eaten on Thursdays, and sweets traditionally eaten on Saturdays (known as [*lördagsgodis*](#) or "Saturday sweets"). So it's only natural that their weekly downtime be given a designated day too; and it highlights the value given to a healthy work-life balance.

Fredagsmys usually means getting cosy on the sofa with some easily-prepared food (often tacos or pizza, fizzy drinks, crisps and sweets) and watching TV. There's usually another person involved: you can *mysa* with a partner, family, friends, or pets.

Examples

Nu är det slut på veckan, det är dags för fredagsmys Now it's the end of the week, it's time for a cosy Friday night

Jag älskar att fredagsmysa I love having a cosy Friday night in

For the good of the order: We are in need of pictures of both our Julbord and our St. Lucia celebrations. Please email your favorite pictures to Chuck Johnson. Tack så mycket.

If you are curious about how to go about digging into your family genealogy, the **Elk Grove California FamilySearch Center** is hosting a Family Discovery Day on Saturday, January 20, 2024 from 9:00 a.m. to 1:00 p.m. The morning will be filled with 24 classes on a variety of topics: how to use DNA results; finding more records; beginning and advanced use of Family Search.org and Ancestry.com; animating your ancestors' portraits; specialized research for African- American, Chinese, Filipino, Japanese and Swedish ancestors; basic family history taught in Spanish; tips and tricks for LDS members; and much more. From 12:00 to 1:00 the Exhibit Hall will be open featuring over two dozen exhibits from genealogical organizations and various national cultures. Plus, **six My Heritage DNA Test kits will be given away**. This event is free of charge and open to the public at *8925 Vintage Park Drive, Sacramento, CA 95829*. Come for a day of learning and fun.



Newsletter editor: Chuck Johnson