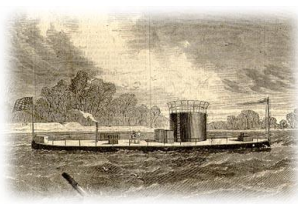


Monitor Lodge #218

Sacramento, California

Meets at I.O.O.F. Hall, 1831 Howe Ave

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



Juli (July) 2025

In June we celebrated Midsommar as well as Sweden Day at IOOF Hall and Howe Park on Friday and Saturday respectively. We enjoyed good food and company, including getting to know several prospective new members who were in attendance at both events. We initiated Katy Milne, our newest member, on Friday. On Saturday members Stuart Steene-Connolly and Sara Huber led Monitor's Kubb Tournament team to victory at the District's Sweden Day festivities, bringing home the District Dalahast trophy for 2025. We also want to acknowledge Marianne Ek's presentation about Midsommar and the *Små grodorna* (Little frogs) song and dance, assisted by Sara Huber demonstrating the dance moves and Jim Shoemaker providing accordion music during the evening.



g.

Upcoming Monitor events. In July we take a month off before gathering again on Saturday, August 9th for our annual Kraftskiva at the Carlsons. September through December will find us meeting at the IOOF Hall as noted in the sidebar calendar.

Annual Program book updates. Please contact Brian Horsfield, Yvonne Magneheim and Chuck Johnson with any needed changes so we can update the Program Book, member database and newsletter mailing list. There is one update for July:

2025 Calendar of events (dates subject to change)

July – **no meeting**

August 9th – Saturday –
Kraftskiva – Carlson's home

September 5th – Friday –
Nominations – 2026 officers

October 3rd – Friday –
Swedish Taco Night

November 7th – Friday –
Pie social (tentative) – elections

December 6th – Saturday –
Julbord and Glögg party

December 12th – Friday –
St. Lucia program

2026 Calendar of events (dates subject to change)

January 9th – Friday –
Installation of officers

February 6th – Friday – **Pea Soup & Pancakes**

March 6th – Friday – **Corned Beef & Cabbage**

April 11th – Monitor's **114th Anniversary** luncheon+

May 9th – **Kraftskiva** at location TBD

June 5th – Friday –
Midsommar at IOOF Hall

June 6th – Saturday – District
Sweden Day – location TBD

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Page 9: Milne, Katy *new member*
2275 Natomas Park Dr, Unit 13301
Sacramento, CA 95833
425-890-6449
Milne.katy@gmail.com

Meet our newest member: Katy Milne. Hej! Jag är Katy. I was born in Seattle, Washington, and raised in Ballard and on Whidbey Island. I moved to Sacramento with my husband in 2023. I've been teaching on and off for the past six years in Kindergarten, first grade, ELL, and as a substitute. My mother is a Swedish citizen. A recent DNA test revealed Viking heritage on my father's side (Swedish and Danish), in addition to his predominantly Scottish lineage. I am in the process of applying for my Swedish citizenship.



I try to keep ties to my ancestry by traveling to Scandinavian countries (I've visited Sweden, Norway, and Denmark), practicing the Swedish language and traditions, holding membership in Swedish organizations, and baking Swedish desserts (I'm not a huge fan of the food...). My goals are to gain citizenship, become more fluent in Swedish, and one day visit the Faroe Islands.

I'm very excited to be a VASA member. I'm looking forward to meeting other Scandinavians and attending local events. Vi ses!

Did you know _____ about Monitor Lodge? This occasional section features factoids about Monitor Lodge and VASA and this month we have an excerpt from our 1989 annual history report submitted by our historians Alice and Ivar Axberg :

On January 25, 1988, Margareta Hegarardt, Counsel General of Sweden, was presented with a Resolution, signed by Governor Deukmejian, establishing 1988 as the Year of New Sweden. We entered a float on March 5th, depicting "Kalmar Nyckel" and won the Governor's Trophy at the Camelia Parade. A Swedish log cabin was viewed by many at the Camelia Flower Show, it was built by lodge members. April 16th a Scandinavian Festival was held in which we participated. May 14th a Sill Frukost took place at the home of our members [the] Dahlbergs. June 4th we took part in Sweden Day held at Micke Grove Park, Lodi, Calif.

Current financial report (summary) as of June 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 Tråd</u>	<u>Scholarship</u>	<u>Totals</u>
\$10,019.63	\$93.77	\$5,189.37	\$9,054.62	\$24,357.39

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A grattis på födelsedagen to our birthday celebrants for **July**: Meribeth Bean*, Dan Eriksson, Marie Green*, Lars-Erik Hammarin*, Andy Hopkins, Linda Mitchell, Eivor Pfannkuch*, Stuart Steene-Connolly and Elizabeth Witdoeck* (* denotes member 75 years of age or older).

And also grattis till våra stipendiater to Elsa Tjeder, Anita Nord's *sondotter*, and Theo Wilson, Joyce Willow's *sonson*. Both are attending UC Davis, with Theo commencing his junior year as a History major while Elsa will be a freshman studying Animal Science.



How good is your Swedish vocabulary? If you want to brush up on your Swedish you have several options. We have Monitor's in-person/ZOOM Swedish language classes led by Will Hanley. In addition to the on-line tutorials utilized by some of Will's students at Innovative Languages (<https://www.innovativelanguage.com/>) you will find Swedish vocabulary and lessons in Nordstjernen (<http://www.nordstjernen.com/>) and in the Swedish edition of The Local (<https://www.thelocal.se/>). You can also get a language fix from bi-weekly podcasts at: <https://shows.acast.com/the-newbie-guide-to-sweden-podcast>.

Today's word of the day, **svamp**, is provided by the [August 25, 2022](#) edition of The Local. Hope we don't swamp you with too much information on mushrooms.

Simply put, *svamp* is the Swedish word for mushroom, hence the terrible pun above. More specifically though, the word *svamp* has three distinct but related meanings: fungus, mushroom and sponge.

It does not, as you might be tempted to guess from its spelling, mean "swamp". The Swedish word for this is *mosse* or *träsk*.

I'm no biologist, but my understanding is that a mushroom is the fleshy, "fruity" part of a fungus which can in some cases be eaten (and in others can be poisonous). A fungus is defined as an organism that is not capable of photosynthesis but gets its nutrients from the ground, tree or other organism on which it grows.

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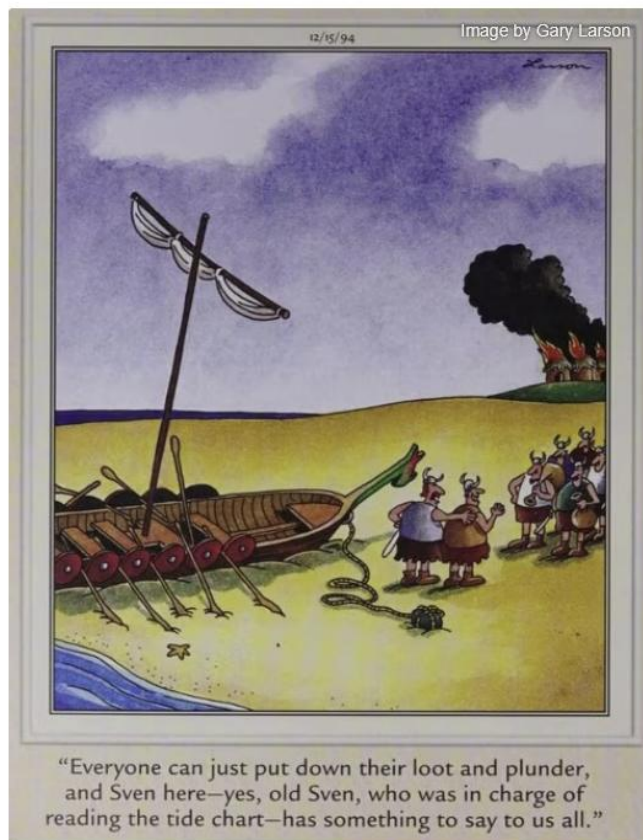
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Some fungi have a “hat”, and it’s these that are referred to as mushrooms or toadstools. Some of these can be eaten.

In Swedish, you can use the word *svamp* to refer broadly to fungi and mushrooms alike. Finally, sponges like bath sponges or kitchen sponges are also referred to as *svamp* (or *svampar* in plural). This is probably because the synthetic sponges used for cleaning purposes today were originally made from sea sponges, a type of aquatic fungus. You will often see standard white or brown button mushrooms sold in Swedish supermarkets as *champinjoner*, from the French word *champignon*, meaning “mushroom”, but this word can't be used to describe all mushrooms.

Champinjoner is the Swedish umbrella term for all mushrooms in the *Agaricus* family, many of which are edible. Other popular mushrooms sold in supermarkets are likely to be referred to by their specific names, such as *kantareller* for chanterelles, or *ostronskivling* for oyster mushrooms.

For the good of the order: Stay cool in July and come back reenergized in August.



Newsletter editor: Chuck Johnson