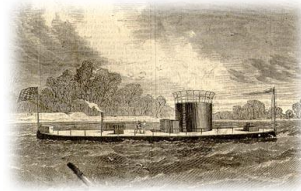


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Maj (May) 2026

April found us returning to the Doubletree for our 114th anniversary luncheon which we enjoyed a delicious meal and camaraderie. We were joined by Bob Homer, Golden Gate District Master, and Darin Freeland, Monitor's District Deputy as our guests. Long-time member Elizabeth Swenson-Miura was in town from Wyoming and able to join us. We also were delighted that Arlie Veis (he's only 101 years young) was able to join us accompanied by his daughter Karin Johnson (a 60+ year Monitor member).

Golden Gate District #12 annual convention was held at the Doubletree Hotel the weekend of April 24-26 and Monitor members were well represented by our delegates Larry Woodward and Yvonne Magneheim. And going into the new year, Monitor have several members serving as District officials: Dan Eriksson as Treasurer, Larry Woodward on the Executive Board, Ed Netzel as Membership Chair, Judy Netzel a District Chaplain and Chuck Johnson as Auditor.

Upcoming Monitor events. May will see us returning to Lisa and Charley Rea's home for our annual Sillfrukost followed by our traditional Midsommar celebration in June at the IOOF Hall. We then take a break with no events in July and resume in August with our annual Kräftskiva celebration.

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 are no updates as of April.

A grattis på födelsedagen to our birthday celebrants for **May:** Diane Berg*, DeeDee Dahlberg*, Athena Eriksson, Siw Gormley*, John Hingtgen, Bernice Hopkins*, Jeana Hultquist and Kellie Paredes (* denotes member 75 years of age or older).

2026 Calendar of events

(dates subject to change)

May 9th - **Sillfrukost** at Lisa & Charley Rea's home

June 5th - Friday -
Midsommar at IOOF Hall

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

July - no meeting

August 8th - Saturday -
Kräftskiva

September 4th - Friday -
Nominations - 2027 officers

October 2nd - Friday -
Swedish Tacos

November 6th - Friday -
FIKA- elections

December 5th - Saturday -
Julbord and Glögg party

December 11th - Friday -
St. Lucia

2027 Calendar of events

(dates subject to change)

January 8th - Friday -
Installation of officers

February 5th - Friday - **Pea Soup & Pancakes**

March 5th - Friday -
Corned Beef & Cabbage

April 10th - Monitor's **115th Anniversary** luncheon

May 1st - **Sillfrukost** at location TBD

June 4th - Friday -
Midsommar at IOOF Hall

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Meet our newest member: Abril Sancen. In her own words: “What is a young Mexican American girl doing joining a Swedish group? Distant Swedish ancestry? Nope. How did I get here? It happened one evening in April last year, when my mom and I happened to stop by the Doubletree Hotel in Sacramento. We were there for another event, but when we walked through the lobby, we saw a table with Swedish flags. I was curious and we went over to ask what it was all about. The people sitting at the table were friendly and told us about VASA.

This was the District Convention meeting we had stumbled across. We were introduced to various members and were invited to attend the next Monitor Lodge event. Next thing you know, we were at Sillfrukost and began to attend meetings.



But why join a Swedish organization? My interest in Sweden all started with a Swedish friend that I met back in 2023. He came from Sweden to participate in an international soccer tournament hosted at Sac State that summer. Afterwards, he went back to Sweden, but we kept in touch and he shared a couple of songs. That's where it all started.

From those initial songs, I started to learn some of the language and found more songs of my own, not stopping at Swedish, but also delving into Norwegian and Danish songs as well. The similarities between Swedish and Norwegian were interesting; in fact, I understand and speak more Norwegian than Swedish!

Music is a key part of how my initial interest formed, so I hope to go to a concert in person and see some of my favorite artists live one day. I would recommend “Blå” by Hov1 if you’re looking to add an upbeat Swedish song to your playlist.

A bit more about me, I graduated from Sacramento State in 2024. I’m an interior architecture graduate, so besides the music, I’m also a fan of Scandinavian design and furniture. Naturally, I do enjoy a nice trip to IKEA. It may sound cheesy, but it’s a bit like Disneyland for grownups — with meatballs if you make it to the end.”

Did you know _____ about Monitor Lodge? This occasional section features factoids about Monitor Lodge and VASA. We are foregoing providing a tidbit this month and providing a couple of other lodge related events:

- First - we had an unexpected short notice opportunity to have Fika with Swedish visitors. On Sunday March 29, two VASA lodges met for a very Swedish fika and cultural exchange at Ettore's Bakery and Cafe! Camilla and Kjell Söderbäck of Calmare Nyckel Lodge # 628

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(located in Kalmar, Sweden) were visiting family in Galt over *Påsk* (Easter). Their trip did not overlap with Monitor Lodge meetings but Monitor member, Sara Huber, was able to coordinate a small fika meetup for six. Monitor members in attendance in addition to Sara were Hans Fors, William Hanley and Larry Woodward. Conversation flowed between English and Swedish, and covered a range of topics from differences in VASA meetings to current events. Our two lodges are exploring ways to develop closer cultural connections and to stay in contact.



- Second - Vasa District Lodge No. 9 has instituted a Wednesday Evening Get-Together every other month on Zoom. All Vasa members and friends are invited to join on ZOOM for a relaxed and engaging conversation with guests from the Swedish-American community. The guest speakers will vary from Vasa and Swedish Embassy officials, historians, cultural figures, and individuals with unique experiences, interests or stories to share.

On January 14, 2026, over 100 participants listened to an interview of John (Jack) Hanright, the current Vasa Grand Lodge Master for the entire United States. March 11, 2026 featured Jonas Wendel, Deputy Chief of Mission, Swedish Embassy, Washington, D.C.

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Future presentations will be:

- May 2026 – History of Erie, Pennsylvania presented by a local historian
- July 2026 – Swedish Immigrants in Cleveland, Ohio (Swedetown/Little Sweden)
- September 2026 – Interview with a Swedish astronaut flying the International Space Station With NASA
- November 2026 – Two District No. 9 members featured on Swedish television

If the provided information is correct you can log in (or create a new account) at

<https://www.vasa-districtno9.org/Sys/Login?ReturnUrl=%2fWednesday-Get-Togethers>

to gain access to future ZOOM sessions.

Current financial report (summary) as of April from our Financial Secretary and Treasurer. We continue to be in the black but with increasing costs we need to explore other opportunities to raise monies to support Monitor's activities and scholarships.

<u>General Fund</u>	<u>Children's Club</u>	<u>Nål och Tråd</u>	<u>Scholarship</u>	<u>Totals</u>
\$7,724.39	\$93.77	\$5,189.37	\$9,344.62	\$22,352.15

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 is provided by the [October 22, 2024](#) edition of *The Local* is a memorable Swedish word of the people and for the people: **het**.

Today's word of the day may seem simple enough, but it's useful to be aware of how exactly you should use it. *Het* is the Swedish word for hot, and can be used in many of the same situations, whether you're referring to temperature, spice levels, attractiveness or popularity. It is, however, not always the best word to use in these situations, and knowing exactly which alternative to use when can make your Swedish sound much more natural. For temperature, it's sometimes better to use *varm* or *mycket varm*, which is closer to "hot" than "warm" in English. You don't drink *het choklad* (hot chocolate) in the winter, but *varm choklad*, and you would usually eat *varm mat* (hot food), too.

You will, however, see the word *het* in phrases like *het potatis* (a hot potato), a phrase often used in politics to describe an issue which is controversial or makes people uncomfortable, and *att gå som katten kring het gröt* (walking like the cat around hot

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porridge), or circling around an issue without actually discussing it, similar to the phrase "beat around the bush" in English.

A similar phrase is *vara het på gröten*, to describe someone who is a little bit too eager about something. This is similar to the meaning of *het* in the phrase *en het debatt*, describing a lively or passionate debate.

Het mat can also refer to spicy food, but the words *stark* (strong) or *kryddstark* (spice-strong) are often better alternatives, although you could use the word *hetta*, for example *jag gillar lite hetta i maten* (I like some heat in my food).

If you want to talk about something being flavoured with spices without necessarily being spicy in a hot chilli kind of way, you could use the words *kryddig* or *kryddrik*.

When it comes to attractiveness, this is probably one of the examples where *het* in Swedish is closest to hot in English. Be aware here that *het* has a sexual aspect to it – it's essentially the same as *sexig* (sexy) – so you should be careful when you use it so you don't give off the wrong signals.

If you want to compliment someone on their good looks or their outfit but don't necessarily want to call them sexy, you're probably better off using *snygg* (attractive) or *fin* (pretty) instead.

Finally, you can use *het* to describe something popular. *Det hetaste modet*, for example, would be the hottest fashions, and you could describe something as being *ett hett ämne* (a hot or trending topic).

Confusingly, if you're talking about an attractive person who is popular and you use the word *het*, it's not entirely obvious what you mean. *De hetaste kändisarna* (the hottest celebrities) could be a list of either the most attractive or the most popular celebs. Other alternatives here, especially when talking about trends, include the word *inne* (in), which you might see alongside *ute* (out). Here's an example: *tajta jeans är ute och mittbena är inne* (tight/skinny jeans are "out" and middle partings are "in").

Example sentences:

Maten är jättehet! Menar du att den är stark eller varm? The food is really hot! Do you mean spicy or hot (as in temperature)?

Migrationen är en het fråga just nu. Migration is a hot topic right now.

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For the good of the order: 1. If you missed a fascinating presentation by Sara Huber about runes and runestones in Scandinavia you will find the presentation and some additional informational links posted on Monitor's website:

<https://www.monitorlodgesacramento.org/resources/past-cultural-presentations/>

2. Start limbering up your dancing moves and your singing voice in preparation of our Midsommar celebration on Friday, June 6th at our IOOF Hall meeting place.



3. There are also two other Swedish events coming up fast: Golden Gate District's annual *Sweden Day* picnic on Saturday, June 7th and a *Skål & Style* early celebration of Sweden Day on Sunday, May 31. Refer to the attached information flyers for more details.

Editor: Chuck Johnson

