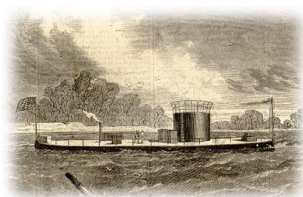


Monitor Lodge #218

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Oktober (October) 2026

September found us back at IOOF Hall enjoying our rescheduled Kräftkiva celebration. We also initiated a new member, Shari Moody, and got acquainted with a couple of prospective new members. After our short business meeting we had lots of lively conversation as we enjoyed our evening meal which was followed by Brigitta Ostlund providing a brief history of Kräftskiva and several members sharing past experiences catching and eating the fascinating crustaceans.

Upcoming Monitor events. We remain at the IOOF Hall for the rest of the calendar year culminating with Julbord and St. Lucia in December. This includes taking nominations for our 2027 officers for election in late November. Remember we accept nominations from the floor as well as given directly to our Nominating committee (Chuck Johnson, Johanna Benker and Mark Delle).

Meet another one of our newest members: Milly Maruca –



Camilla “Milly” Maruca is a 24 year old architectural designer who recently relocated from Boston to Sacramento with her partner, Jacob Sewell. Originally from Worcester, Massachusetts, Milly spent five years in Boston earning her master’s degree in architecture from Wentworth

Institute of Technology. She began her career at a small architecture firm in Boston, where she worked on public housing, homeless shelters, and other community focused public spaces. She recently joined Lionakis, an architecture firm in Sacramento, where she contributes to the design of police and fire stations, as well as the new Capitol Annex building.

2026 Calendar of events

(dates subject to change)

October 2nd – Friday -
Swedish Tacos

November 6th – Friday –
FIKA and final mtg for
nominations

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

July – no meeting

August 7th – Saturday –
Kräftskiva – at Netzels’
home

September 10^h - Friday -
Nominations – 2028
officers

October 1st – Friday -
Swedish Tacos

November 5th – Friday –
FIKA and final mtg for

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Milly's family background spans both sides of the Atlantic. Her mother was born in Gdynia, Poland, and moved with her family to Stockholm, Sweden, as a child. Milly's maternal family still lives in Stockholm, and she enjoys visiting them during the summers. Her father, an Italian-American, was born and raised in Worcester, Massachusetts, where he continues to live today, as does her mother. Milly was born a dual citizen of Sweden and the United States, thanks to a Swedish dual-citizenship amendment that passed just five months before her birth.

Growing up, Milly's Swedish heritage was a special part of her life. Whenever her grandparents visited from Sweden, they never arrived without a suitcase filled with her favorite Swedish candies and Kalles Kaviar. Today, she continues to enjoy the connection to her Swedish roots and looks forward to returning to Sweden to spend time with family and explore more of Europe. When she and Jacob travel to Sweden, they especially enjoy taking the train to visit neighboring countries, combining their love of travel with the convenience and adventure of European rail travel.

Milly is also passionate about human rights and climate activism. She is particularly inspired by Swedish climate and human rights activist Greta Thunberg, whom she had the opportunity to meet in Sweden and join in a protest at the Swedish Parliament. She also enjoys Swedish pop music, particularly the music of Swedish pop star Zara Larsson. Outside of architecture, Milly enjoys cooking, traveling, sewing, fashion, biking, skiing, and volunteering. She is especially excited to experience skiing on the West Coast this winter and explore the region's mountains. She is also the proud owner of two cats, Bubbles and Stink. As a recent Northern California transplant, she has especially enjoyed exploring the region's many vineyards and wine tasting experiences. Between her architectural career, Swedish roots, love of travel, and growing appreciation for life on the West Coast, Milly enjoys finding connections between the places and cultures that have shaped her.

A grattis på födelsedagen to our birthday celebrants for **October**: Marianne Ek*, Nicole Hopkins, Brian Horsfield*, Karin Johnson* AND Vicki Lydecker*. (* denotes member 75 years of age or older).

Current financial report (summary) as of August 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>
\$6,328.96	\$93.77	\$5,189.37	\$8,354.62	\$19,966.72

Did you know _____ about Monitor Lodge? This occasional section features factoids about Monitor Lodge and VASA. This month we have a few photos of Monitor Lodge in 1979

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celebrating its 67th anniversary with a Pea Soup & Pancakes dinner:

Past Chairman Lars Ostlund accepts award from Chair Sue Bergman



Meeting 6 Apr 79
67th Anniversary (Monitor)
Pea Soup & Pancake Break-fast

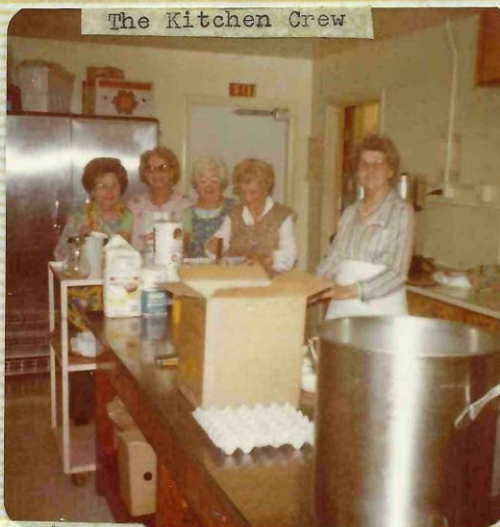
District Master Rey Dahlgvist visits Monitor



Hank & Chuck



The Kitchen Crew

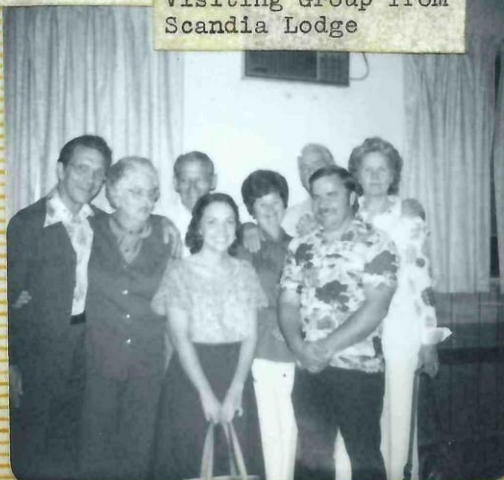


Chairman Sue & Scandia
Chairman Cathy Chatterton

Meeting 27 April 1979
Scandia Lodge Visits &
Potluck Dinner



Visiting Group from
Scandia Lodge



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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>.

This month's Swedish word of the day from the Local's [September 26, 2026](#) issue is:

höstdagjämning is the Swedish term for the autumn equinox, made up of the word *höst* ("autumn") and *dagjämning* ("equinox"). In Sweden, the autumn season has a strict meteorological definition.

Höst only arrives once the average daytime temperature has stayed below an average of 10C for five consecutive days, which can happen as late as November (although usually some time in mid-October) in the southernmost parts of the country.

When that threshold is reached, the first day of the five-day period is considered the start of autumn. Autumn then becomes winter when the average temperature is below an average of 0C for five consecutive days. That means *höst* arrives and lasts for very different times depending on where you are in the country.

Höst originally meant "harvest", with both the Swedish and English words related to the Old Norse word *haust*. *Haupt* originally referred to gathering, but became used as the general term for the season in which farmers gathered their crops.

In the UK, as populations moved away from rural living, *haust* was overtaken by "autumn" from the Latin term *autumnus* in general speech, and from the 1500s onwards "harvest" took on a narrower, specifically agricultural meaning.

But further north, rural farming societies lasted much longer and they and their languages were less influenced by Latin. So Sweden kept the word *höst*, which is related to German *der Herbst* and Norwegian *haust*. Today, the Swedish word for "harvest" is *skörd*. On the day of an equinox, daytime and nighttime are of approximately equal duration (this is true at the same time all over the planet, not just in Sweden).

The word used in English, equinox, comes from Latin: *aequus* ("equal") and *nox* ("night"). The Swedish word for equinox, *dagjämning*, is made up of the word for day, *dag*, and *jämning*, which means something like "levelling" or "equilibrium".

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The Swedish term *jämn* is directly related to Old Norse *jafn*, and is an adjective similar to "even". It can be used to describe a physical quality (*en jämn yta* is "an even surface"), as well as to mean "equal", or an even number (*ett jämnt tal*). You can also see *jämn* in the Swedish word for equality, *jämställdhet* or *jämlikhet*.

The autumn equinox fell on September 23rd in 2026. From that date onwards, days include fewer light minutes than dark ones. The days will continue to get shorter until the winter solstice, which falls on December 21st this year.

Example sentences:

Det är höstdagjämning i dag, när dag och natt är lika långa. Today is the autumnal equinox, when day and night are the same length.

När blir det vårdagjämning? Den 20 mars 2027. When is the spring equinox? March 20th, 2027.

For the good of the order: 1. We committed ourselves to returning to our more traditional Julbord celebration in December but that does entail a bit more planning lead-time. To get your thought processes started check out the information provided on our Julbord webpage at: <https://www.monitorlodgesacramento.org/calendars-events/annual-julbord/>

2. We have resumed scanning Monitor's storage boxes full of old photo albums. While it is a slow process, we are uploading PDF copies of the albums to our website at:

<https://www.monitorlodgesacramento.org/photo-albums-and-scrapbooks/>

We are also sending copies of the PDF files to VASA National Archives for posterity.

3. Nicole & Liam Longland wedding on Sept 5th



Father-daughter dance (Andy Hopkins)

