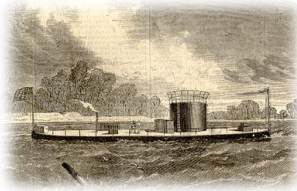


Monitor Lodge #218

Sacramento, California

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Augusti (August) 2025

July was a quiet month with no Monitor events scheduled although many of its members and friends were enjoying vacations and travel so there will be stories to be shared when we reconvene in August.

Upcoming Monitor events. We gather 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 are no updates for August:

Did you know _____ about Monitor Lodge? This occasional section features factoids about Monitor Lodge and VASA and this month we have a few pictures from the 1960s.



The first picture is of Monitor's float in 1963 featuring children dancing around the Majstång at midsommar. The second picture is of Arlie Veis holding our winning trophy.

2025 Calendar of events (dates subject to change)

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

July – no meeting

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1967 saw Monitor again taking first place in the float competition with the theme of "Mother Goose Symphony". Does anyone recognize any of the children or the adults?

Current financial report (summary) as of July from our Financial Secretary and Treasurer. Despite a IOOF rent increase starting August 1st, 2025 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>
\$9,936.71	\$93.77	\$5,189.37	\$9,054.62	\$24,274.47

A grattis på födelsedagen to our birthday celebrants for **August:** Jeffrey Brodd, Elizabeth Bushnell*, Mary Choy, Theresa Griffiths, Grace Hedglin, Alex Hopkins, Larry Hultquist*, Craig Johnson*, Linnea Koze*, Katy Milne and Birgitta Ostlund* (* denotes member 75 years of age or older).

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, **heja**, is provided by the [August 11, 2023](#) edition of *The Local* and is an essential Swedish word for any sport fans wanting to cheer on their team.

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The Swedish word *heja* (pronounced "hey-ah") is often shouted by supporters of a team or athlete in order to show support. This can also be described as a *hejarop*, with *ropa* here meaning "shout".

You may also see the phrase *heja Sverige* in advertisements and on posters during international championships, such as the current Women's European Championships, as companies cash in on the football fever and show their support for Sweden's *blågula* (blue and yellow) team.

It's not only used in sport, either. During Eurovision, you may have heard Swedes saying *heja KAJ* ("come on KAJ") when cheering on KAJ, the artists behind Sweden's Bara Bada Bastu entry earlier this year, and you might also hear parents saying it to their child at playgrounds or in similar circumstances where the child is attempting something difficult.

As an immigrant in Sweden, especially if your country is still in the competition in question or is due to play against Sweden, you may be asked who you *hejar på* (support). The word *hejarklack* can be used to describe a group of supporters. *Klack* here comes from the French word *claquer* meaning clap or bang, and refers to a group of people who historically were paid to applaud in theatres.

Football chants or similar, where supporters sing a specific song or shout a specific phrase in support of their team, are *hejaramsor*. You're most likely to hear these in actual stadiums rather than in pubs or similar where supporters are watching the match on TV. A *ramsa* is a short phrase, like a nursery rhyme for children or a rhyme used to remember something. Here's an example.

Trettio dagar har november,
april, juni och september,
februari tjugoåtta allen,
alla övriga trettioen.

Thirty days has November,
April, June and September,
February has twenty eight,
All the others have thirty-one

Hejaramsor can also include some sort of action or movement, such as Malmö FF's *hejaramsa*, *hoppa om ni älskar Malmö, hej, hej!* (Jump if you love Malmö, hey, hey!), where supporters jump with each *hej*.

There are also specific *hejaramsor* for the Swedish football team, including *den som inte hoppar är...* (anyone not hopping is...) where the nationality of the opposing team is the

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last word of the *ramsa*, essentially meaning that if you're not jumping up and down, you're supporting the other team.

Example sentences:

Heja Sverige! Come on Sweden!

Vem hejar du på? Jag hejar på Japan. Who are you supporting? I'm supporting Japan.

For the good of the order: We anticipate our first Julbord planning meeting will take place in September but we encourage folks to starting thinking about volunteering to take on some of the duties of some of our longtime table captains. Don't worry, they will still be around to mentor as well as to enjoy the repast.



Newsletter editor: Chuck Johnson

LOOSE PARTS DAVE BLAZEK

