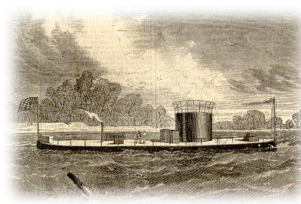


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Juli (July) 2026

June again had us eating well as we celebrated Midsommar at IOOF Hall and also welcomed several guests who helped us dance around the Majstång(maypole) with Marianne Ek and Will Hanley leading folks with piano music and instructions on how to perform the [Små grodorna](#) ("The Little Frogs" a Swedish dance and song traditionally performed at Midsommar.



2026 Calendar of events

(dates subject to change)

August 8th – Saturday –
Kräftskiva – at Netzels' home

September 11th - 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

July – no meeting

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

September 10^h - Friday -
Nominations – 2028

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And June also saw Monitor start a new trend as it repeated as District's Sweden Day Kubb Tournament champion going undefeated winning all four matches with Dan and Maria representing the lodge 😊

Upcoming Monitor events. August has us celebrating our annual Kräftskiva celebration at Ed & Judy Netzel's home in Lincoln before we return to the IOOF Hall for the rest of the calendar year.

Annual Program book updates. Please contact Brian Horsfield, Yvonne Magneheim and Chuck Johnson with any needed changes. There are no new updates as of June.

Our Scholarship Committee introduced Monitor's 2026 scholarship recipient, Benjamin (Ben) Jaynes, the grandson of Chuck Johnson (his thank you note is at the end of this newsletter). Ben will be attending the University of Washington, enrolled in the Engineering department. Here is the Scholarship Committee report of June 6, 2026:

The Scholarship Committee is recommending the 2026 award be given to Ben Jaynes, grandson of Chuck Johnson. Ben is a stellar student, never receiving less than an A grade throughout his Middle and High School career. He is described by his teachers as capable of deep conceptual understanding, and also a team player and respectful of his peers. He is considering a college major in engineering, particularly in the field of Robotics but he writes in his personal statement that he is open to new fields in college. Ben also plays cello in the High School Chamber and Symphonic orchestras and the piano. He has mastered 5 years of Japanese language of which he is fluent. Ben enjoys knowing about his Scandinavian heritage, and living in Seattle there is ample opportunity with the Syttende Mai parade which he loves, and seeing his sister's cheerleading team participating is even more fun. Other things he appreciates are Swedish holiday customs, folklore, the Nordic Museum, and Swedish pancakes.

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).

Did you know _____ about Monitor Lodge? This occasional section features factoids about Monitor Lodge and VASA. This month we have an extract from our historian report for 1997:

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January 3, 1997: The scheduled joint installation with Sierra Kronan Lodge, Roseville #737 was canceled because of excessive flooding in Northern California. Many members had concerns for the safety of their homes and were unable to attend the installation. January 11 and 28 the Nöl och Trad group had meetings.

February 7, 1997: A joint dinner/installation meeting was held at Wisteria Hall for Monitor Lodge and Sierra Kronan Lodge. Joe and Helen (Grand "49dge Delegate) Mingram from Nord Lodge, Stockton conducted the installation. Monitor Lodge served pea soup and Swedish pancakes to approximately 120 members. District Master Lillian Ryhrand spoke to the members about the slate of the district. She stated, only 4% of district funds are spent for cultural programs, a fact that surprised most members. Since Vasa is a cultural organization, 4% for cultural activities seems too low.

On February 12 a business meeting was held at the home of David and Karen Dorey. Nöl och Trad held meetings February 11 and 25.

March 7, 1997: A moose-stew dinner and business meeting was held at Wisteria Lodge. Members Gilbert and Camilla Holm came from their home in Idaho with moose meat that Gilbert had hunted, for the dinner. Margaret Carlson, Gilbert and Camilla cooked dinner for the Lodge. The delicious dinner was a rare treat for most members. The business meeting included a discussion of the \$1,900 deficit in 1996, what we can do about it, and a discussion of the resolutions for the convention coming up in April.

On March 22 and 23 Monitor Lodge hosted the Grand Lodge Membership Seminar for Northern California in Sacramento.

April 4, 1997: Monitor Lodge celebrated their 85th Anniversary with a Swedish pot luck dinner. We also celebrated member Inez Norling's 100th birthday. Twenty-five year pins were presented to ten members.

Convention resolutions were discussed again and voted upon. Delegates will vote the membership's decisions.

Monitor member Bea Dillard demonstrated how she designs and makes the eggs she exhibits and sells to collectors. She uses the egg shells of very small birds to large size ostrich egg shells. This year she was asked to design and make an egg to be given to the White House in for Easter for Easter. An article about Bea and her hobby appeared in the Vasa Star. The article was written by La Verne Gullens, Monitor's Vasa Star correspondent.

Monitor Lodge participated in the annual Sacramento Scandinavian Festival on April 13th at St. Ignatius Hall. Swedish, Norwegian, Danish, Finnish and Icelandic groups join together to put on the festival for the public. Over 1000 people attended. Food, music, dancing arts and

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crafts, travel, vendors with wares from Scandinavia all make for an interesting and fun festival.

April 26 Monitor Lodge participated in the Nordic Fest at CA State University Sacramento. Unfortunately this was not a successful affair. The event was not publicized very well. Monitor Lodge put a lot of work into this event only to be disappointed with the results.

April 25, 26 & 27 was the District Convention. Ingegerd Kennedy, Leisma Krastins, Gail Nemy, and Betty Schoef were our delegates. Monitor Lodge was also represented by Margaret Carlson, District Historian, Myrtle Widmark, Outer Guard, Kurt Pfankuch past District Master and Trustee. These members were elected to serve in 1998 also. Myrtle was elected to Assistant Master of Ceremonies and Eivor Pfankuch will lead the Children's Clubs.

It is interesting to note that some financial issues seem to recur more often than we realize. Food for thought...

Current financial report (summary) as of June 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>
\$6,960.31.23	\$93.77	\$5,189.37	\$8,354.62	\$20,598.07

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 [April 20, 2026](#) issue is **förståsigpåare**. Today's word is like a know-it-all who actually knows something.

According to svenska.se, a *förståsigpåare* is "a person who is well versed in something and likes to let others know this". *Förståsigpåare* has been traced back to 1798 in writing, but could be older. The word is actually three words turned into a noun. Normally turning a verb or an adjective into a noun is what is called a "nominalisation". In this case it is three words *förstå* ("to understand"), *sig* (reflexive pronoun), and *på* ("on"): a verb, a reflexive pronoun, and a preposition.

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The original phrase, still in use today, is *att förstå sig på något*. Just like *förståsigpåare*, this is a common way of saying that someone knows how something works or to have knowledge of something.

Förståsigpåare is often used ironically, in which case it applies to people who are know-it-alls, and in this sense, there's also a noun for the phenomenon itself: *förståsigpåeri*. One can then deplore the widespread phenomenon of *förståsigpåeri*, where people pretend to know a whole lot about things of which they really do not know much at all.

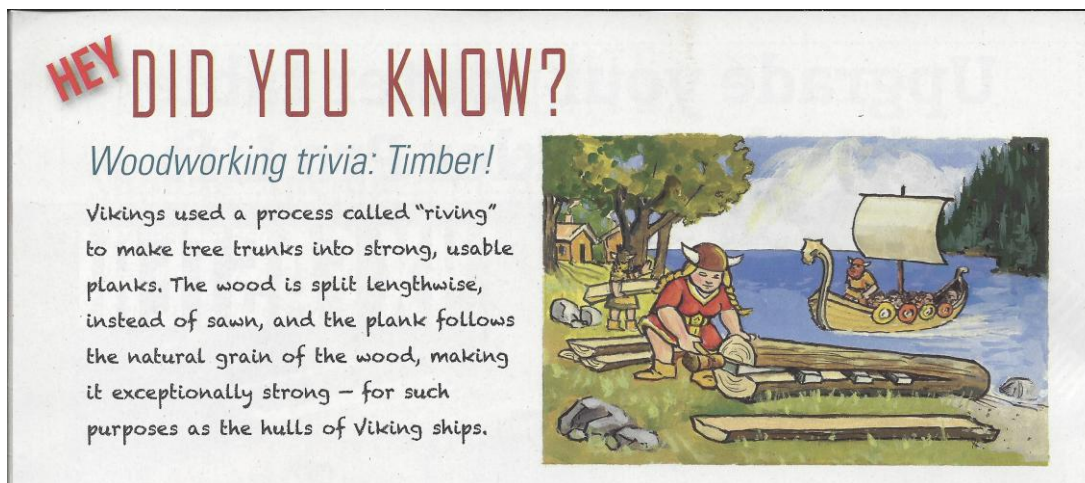
But the word is not always used ironically or in a derogatory sense, it can also simply mean a pundit, or an expert. So you can often see a *förståsigpåare* on television explaining a certain something, like the American electoral college or the delicacies of the Balkans, or just explaining the tactics of a football game. In other words anyone sharing knowledge of a particular something, or who can explain something, can be a *förståsigpåare*.

Example sentences:

Den där, han är en riktig förståsigpåare. That one, he's a real know-it-all.

För att förklara hur elektorskollegiet fungerar så har vi amerikanske förståsigpåaren Marcus Smith. To explain how the electoral college works we have the American pundit Marcus Smith.

For the good of the order: Two items of Swedish trivia: One is that approximately 10,000 years ago, teenagers in what is now western Sweden chewed wads of birch bark pitch and spat them out, and the saliva preserved in the wads contained enough human and microbial DNA that scientists have since sequenced the chewers' complete genomes, identified the food they had eaten that day, and detected the bacterial signature of their gum disease. (<https://spacedaily.com/k-approximately-10000-years-ago-teenagers-in-what-is-now-western-sweden-chewed-wads-of-birch-bark-pitch-and-spat-them-out-and-the-saliva-preserved-in-the-wads-contained-enough-human-and-microbial-dna/>) and two is:

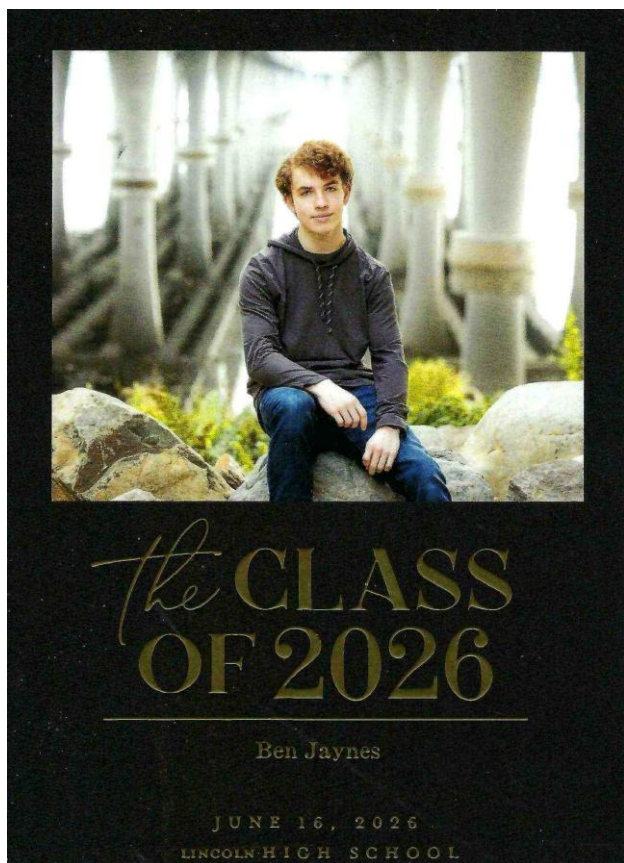


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Dear Sacramento Monitor Lodge,
Thank you so much for the scholarship!
I really appreciate the contribution
to my college journey and future.

Thank You



Tack så mycket,
Ben Jaynes

Editor: Chuck Johnson

