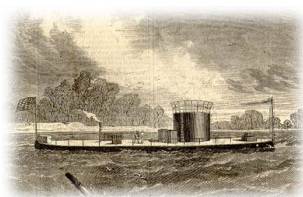


Monitor Lodge #218

Sacramento, California

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

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



Augusti (August) 2026

While we took a breather in July as we decompressed from monthly lodge activities we are looking forward to entertaining and delicious Fall events.

Upcoming Monitor events. August will have 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 culminating with Julbord and St. Lucia in December.

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

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, Shari Moody and Birgitta Ostlund* (* 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 a few photos of cultural activities involving Monitor Lodge in 1963:



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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1963 Monitor Lodge Children's Club
Dancing at the California State Fair
Featuring Jean (Biehler) Barney and Michael Linn
Seated, Childrens Club and Leader Ruth Veis
Bee Photo



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 [July 10, 2026](#) issue is **värme**. Today's word doesn't mean quite what English-speakers tend to think it does.

Swedes are known for their understated modes of expression, both facially and linguistically.

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On the language front, that can show up not only in word choice but also in how words are used – and the word *värme* is perhaps a perfect example.

It's one of those confusing ones for English speakers because not only does it look very similar to the English word "warm" (and is etymologically related to it), it also almost means the same thing. Almost... The difference is one of intensity. In Swedish, the noun *värme* (often used in its definite form, *värmen*), means "heat," not "warmth." So "to lower the heat" in your home is *att sänka värmen* and a "heatwave" is *värmebölja*.

The related adjective *varm*, technically means "warm," but in common colloquial usage generally means "hot". The adjective *het*, which is cognate with the English "hot," would not, for example, be used when referring to food served hot – in Swedish, that would be *varm mat*. If food is described as *het* in Swedish, that means either that it's spicy (you can also say *stark* to refer to spicy food), or that it's hot in an abnormal or unpleasant way.

So as summers in Europe are set to get hotter and hotter, don't mistake the Swedish word *värmen* for something pleasant or tepid. It's more likely to mean dripping with heat.

Example sentences:

Nu kommer värmen tillbaka. (The) heat is now returning.

Det är så varmt ute! It's so hot out!

Sydeuropa råder värmebölja där det på vissa håll varit över 40 grader. Southern Europe is experiencing a heat wave where temperatures have been above 40 degrees in some places.

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. A reminder that 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.

Future presentations will be:

- 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.

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To gain access to future ZOOM sessions you can log in (or create a new account) at:

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

Editor: Chuck Johnson



SHOE (07-13-2027)

