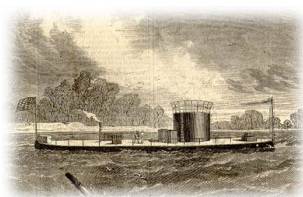


Monitor Lodge #218

Sacramento, California

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

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

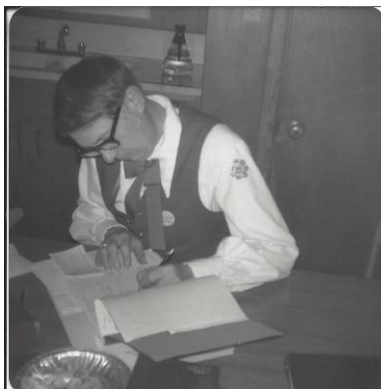


September (September) 2026

We took a breather in July with grand plans for a Kräftskiva celebration at Judy & Ed Netzel's home in August but extremely hot weather caused us to judiciously cancel and reschedule the end-of-summer celebration to our September 11th meeting at the IOOF Hall.

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 November. Remember we accept nominations from the floor as well as given directly to our Nominating committee (Chuck Johnson, Johanna Benker and Mark Delle).

Grattis! to Eivor and Kurt Pfannkuch on their 64th wedding anniversary. And **Grattis** as well to Arlie Veis as he celebrates his 102nd birthday! [both pictures are from 1975].



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

A grattis på födelsedagen to our birthday celebrants for **September:** Britt-Marie Andersson*, Peggy Carlson*, Mark

2026 Calendar of events

(dates subject to change)

September 11th - Friday -
Kräftskiva and 2027
officers **Nominations**

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 Netzel's
home

September 10th - Friday -
Nominations - 2028
officers

Monitor Lodge #218

Sacramento, California

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

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

Delle*, Melody Friberg*, Ginny Lee*, Yvonne Magneheim*, Arlie Veis* and Joyce Willow*. (* 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 1995:



01 Top right – Photo developer date marks of January 1996 so presume that the pictures are from a Kräftskiva in August 1995 at Peggy & Ken Carlson's home (according to newsletter). Top left – Joesie Henning. Top right – not at Carlsons but Joyce Carlson and Art Niemollar. Bottom left – Yvonne Magneheim (gray top) with parents, Karen Dorey (red top), the Pfannkuch's daughter. Bottom right – DeeDee Dahlberg and Lucy Dahlberg.

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.

General Fund	Children's Club	Nål och Tråd	Scholarship	Totals
\$6,622.15	\$93.77	\$5,189.37	\$8,354.62	\$20,259.91

Monitor Lodge #218

Sacramento, California

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

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

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** describing 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.

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.

Monitor Lodge #218

Sacramento, California

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

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

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. Still on the food topic, has anyone tried making a Flying Jacob casserole? Flying Jacob is a Swedish casserole dish from the 1970s made with chicken, bacon, banana, and peanuts and topped with a mixture of whipped cream and chili sauce. It's one of those quick and easy dishes a lot of Scandinavians know from their childhood. It also seems to be one of those dishes that people are a bit embarrassed to love as much as they do. Whipped cream and chili sauce? Banana? *But perhaps someone will bring one to a future potluck for folks to try.*

You can learn more about the Flying Jacob dish at the Scandinavian Cookbook website:

<https://scandinaviancookbook.com/flying-jacob-swedish-casserole/>

Editor: Chuck Johnson



"YOIKS!! COME WINTER IT'S BACK TO THE IKEA FACTORY!"