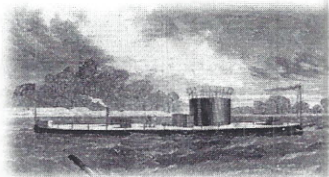


MONITOR LODGE NO. 218 CHARTERED APRIL 8, 1912

THE



MONITOR

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HEADS UP

9/5

Kaffekalas
(No Dinner)

7:00

Initiation, Nominating
Committee Report

9/10

2009 Program Plan-
ning Meeting

9/13

Scandinavian Festival

10/3

Danish Dinner



Sporting Sweden

Sweden is a nation of amateur athletes and physical exercise enthusiasts. The Swedes love their grandiose Nordic nature above all else, and what most of them mean by "enjoying nature" is taking active advantage of it - by going out hiking, jogging, cross-country or Alpine skiing, long-distance ice skating, sailing, paddling a canoe, fishing, playing soccer (European football) or golf and practicing just about all other imaginable sports and leisure activities.



Olympic Heptathlete Champion Carolina Klüft. Photo: Tommy Holl/Göteborg & Co

The Swedish "sports movement" is highly developed and well-dispersed. It reaches a large proportion of the population - men and women, people of all social classes and of all ages. This active lifestyle is one reason why Swedes as a whole are in comparatively good health and have one of the world's longest average life expectancies.

The breadth and popular support enjoyed by the Swedish sports movement also help explain why Sweden, considering its small population, has achieved remarkable success in major sports such as tennis, skiing, ice hockey, soccer and golf. The list of Swedish global sports stars of today and yesterday is long. Björn Borg, Mats Wilander and Stefan Edberg (tennis), Ingemar Stenmark and Pernilla Wiberg (Alpine skiing), Gunde Svan (cross-country skiing) and Jan-Ove Waldner (table tennis) are only a few of the major names from the past three decades.

Among today's biggest Swedish sports stars are Annika Sörenstam (golf), Anja Pärson (Alpine skiing), Peter Forsberg, Mats Sundin and Niklas Lidström (ice hockey), Stefan Holm, Christian Olsson, Carolina Klüft and Kajsa Bergqvist (track and field) and Fredrik Ljungberg and Zlatan Ibrahimovic (soccer).

SEPTEMBER BIRTHDAYS

- 4 Melody Lynn Friberg
5 Emily Carlson
6 Carol Churkin
12 Peggy Carlson
16 Arlie Veiss
18 Ann Johnson
20 Joesie Henning
22 Ethel Hubbell
23 Britt-Marie Anderson
24 Yvonne Magneheim

HÖST AUTUMN

lyrics by Edith Södergran

De nakna träden står
omkring ditt hus
The naked trees around
your house

och släppa in himmel och
luft utan ända,
let in the sky and air with
no bounds,

de nakna träden stiga
ned till stranden
the bare trees descend to
the shore

och spegla sig i vattnet.
and are reflected in the
water.

Än leker ett barn i
höstens gråa rök
A child still plays in the
grey smoke of autumn

och en flicka går med
blommor i handen
and a girl walks with
flowers in her hand

och vid himlaranden flyga
silvervita fåglar upp.
and at the horizon sil-
ver-white birds soar.

The Swedish National Anthem and the King's Song

The text of the Swedish National Anthem, "Du gamla, Du fria" was written by folklorist and ballad writer Richard Dybeck (1811-77) and set to a folk tune from the province of Västmanland in the middle of the 19th century. At the end of the century, the song was so popular that, over the course of time it became the Swedish national anthem.

Listen to the Swedish National Anthem (wma)*

Du gamla, du fria, du fjällhöga Nord,
du tysta, du glädjerika sköna!
Jag hälsar dig, vänaste land uppå jord,
din sol, din himmel, dina ängder gröna,
din sol, din himmel, dina ängder gröna.

Du tronar på minnen från fornstora dar,
då ärat ditt namn flög över jorden.
Jag vet, att du är och du blir vad du var.
Ja, jag vill leva, jag vill dö i Norden!
Ja, jag vill leva, jag vill dö i Norden!

Thou ancient, thou freeborn, thou mountainous North,
In beauty and peace our hearts beguiling,
I greet thee, thou loveliest land on the earth,
Thy sun, thy skies, thy verdant meadows smiling.
Thy sun, thy skies, thy verdant meadows smiling.

Thy throne rests on mem'ries from great days of yore,
When worldwide renown was valour's guerdon.
I know to thy name thou art true as before.
Oh, I would live and I would die in Sweden,
Oh, I would live and I would die in Sweden.
The King's Song

.....

Written around 1844, The King's Song ("Ur svenska hjärtans djup en gång") pays homage to the Swedish king as the symbol of the Swedish nation. Lyrics by C. V. A. Strandberg and music by Otto Lindblad.

Listen to the King's Song (wma)*

Ur svenska hjärtans djup en gång
en samfälld och en enkel sång,
som går till kungen fram!
Var honom trofast och hans ätt,
gör kronan på hans hjässa lätt,
och all din tro till honom sätt,
du folk av frejdad stam!

NÅL OCH TRÅD

Have a great Labor Day Holiday! Our Scandinavian Fair is coming up quickly so plan on attending. The luncheon is always so good; baked goods yummy; lots to see and at Nål och Tråd's booth lots of nice Christmas gift items for sale.

Nål och Tråd does good things with the money they earn. Supply needed kitchen items (like mixer, coffee maker, etc.) for the lodge; gave \$100 to the Children's Crisis Nursery this year, and so forth.

So be sure and come to our monthly meetings and help make useful items to sell; and, as an added bonus have a good time in each other's company.

Normally, we meet on the third Tuesday of each month—July and August excluded. Our next meeting will be at Elizabeth Johnson's home, 10:00 AM, Tuesday September 23rd. This will be a potluck meeting. Elizabeth will furnish coffee and dessert. She is so looking forward to seeing her friends, so be sure to come.

Call Myrtle Widmark if you have any questions about Nål och Tråd.

KÖKSNYHETER

Nål och Tråd will no longer be "represented" in the newsletter by Dorothy Mogford. Sad news indeed is that Dorothy and Bud will be moving to Napa to be closer to their daughter Linda and son-in-law Cliff. Our great loss is certainly Napa's gain! These two have given beyond the call of Truth and Unity and will be sorely missed.

Our September meeting is a Kaffekalas. NO DINNER WILL BE SERVED but finger foods will be provided as well as coffee. If your name falls within M-Z in the alphabet, please provide a goodie plate to share.

The October Dinner Meeting is a Team 1 function (as we begin the cycle again) and is Danish Night, according to the Program Book.

In mentioning the Program Book, please note the calendar also includes in the month of September the meeting to plan activities for 2009. I have no information as to where this meeting will take place. It is, wherever it is, your opportunity to input your ideas for the coming year.

Gentle Thoughts for Today--

Birds of a feather flock together and crap on your car.

A penny saved is a government oversight.

The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing in a

(Continued on page 5)

NEWSLETTER
DEADLINE FOR
THE OCTOBER IS-
SUE IS 09/12/08

**IN ORDER TO RE-
CEIVE THE NL VIA
E-MAIL AND IN
COLOR, YOU MUST
DOWNLOAD ADOBE
ACROBAT READER
www.adobe.com.**

We have a new phone
number - it is now 916-
481-4304.

Thanks,
Bea and Harold Mattson

Vasa Order of America
A Swedish-American
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*"A Celebration
Of The Nordic Heritage"*

**25th Annual Sacra-
mento Scandinavian
Festival September
13, 2008**

10:00 am - 3:00 pm

**Scandinavian food & baked goods
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Norway (916) 415-3853

Sweden (916) 791-1908

(Continued from page 3)

tempting moment.

The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement .

He who hesitates is probably right.

Did you ever notice: *The Roman Numerals for forty (40) are 'XL.'*

If you think there is good in everybody, you haven't met everybody.

If you can smile when things go wrong, you have someone in mind to blame.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

There's always a lot to be thankful for if you take time to look for it. For example I am sitting here thinking how nice it is that wrinkles don't hurt .

Did you ever notice: *When you put the 2 words 'The' and 'IRS' together it spells 'Theirs.'*

Aging: *Eventually you will reach a point when you stop lying about your age and start bragging about it.*

The older we get, the fewer things seem worth waiting in line for.

Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

When you are dissatisfied and would like to go back to youth, think of Algebra.

You know you are getting old when everything either dries up or leaks.

One of the many things no one tells you about aging is that it's such a nice change from being young.

Ah, being young is beautiful, but being old is comfortable.

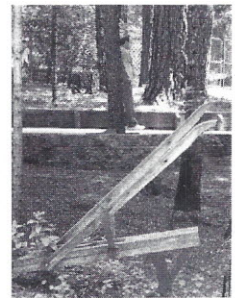
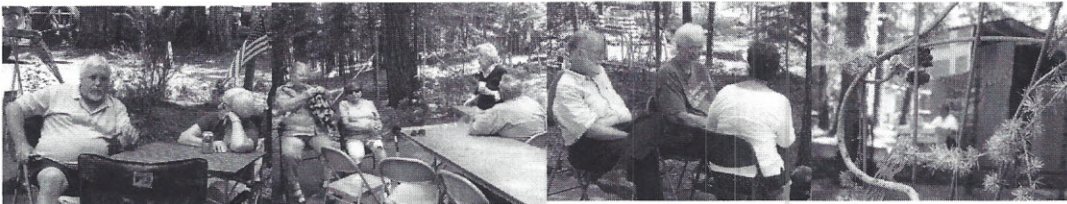
First you forget names, then you forget faces. Then you forget to pull up your zipper. It's worse when you forget to pull it down.

Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf!

Lord, keep your arm around my shoulder and your hand over my mouth...AMEN...!!



SOME "SHOTS" OF THE SILLFRUKOST THANKS TO BRIAN STOCKHAM



See you next year at the Sillfrukost. I promise to hang the flag correctly! Nobody left hungry and most immediately established contact with the satellite and their GPS!

Monitor Lodge
VASA Order of America
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Citrus Heights, CA 95621