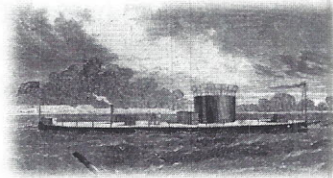


MONITOR LODGE NO. 218 CHARTERED APRIL 8, 1912

THE



MONITOR

**Kurt Pfannkuch**, Chairman—**Johanna Benker**, Vice Chairman—**Charles Rea**, Secretary—**Karen Sandberg**, Assistant Recording Secretary, **Yvonne Magneheim**, Financial Secretary—**Lillian Stafford**, Assistant Financial Secretary—**Karin Johnson**, Treasurer

INSIDE THIS ISSUE:

<i>Family History</i>	1
<i>Chairman's Message</i>	2
<i>Minutes</i>	3
<i>Minutes</i>	6
<i>Greetings from Sweden</i>	7
Tidbits	8
<i>IKEA Invitation</i>	9

**HEADS UP**

11/7  
Pie Social  
Meeting  
Initiation  
NO DINNER!

12/5  
Annual Smörgåsbord  
(See Page 2)

1/2/09  
Joint Installation of  
Officers with Sierra  
Kronen Lodge  
Monitor Lodge  
Hosting

1/7/09  
Audit & Annual  
Report

Monumental history



Meandering by a former quarry, American River water has filled pits excavated from the late 1800s (area circled). Before closing shop in the 1970s, the 269-acre quarry was run by Erickson Construction's Arden Sand and Gravel Co. Broad pits yielded material for many Erickson projects -- a construction dynasty that built dozens of local landmarks. Now, in place of gravel mounds and an industrial plant, tranquil backwaters are wildlife preserves at William B. Pond Park. (left inset) Operating at the river end of Arden Way, Erickson employees maintained a noisy relay of digging and hauling gravel for building sites all over Northern California. (top inset) Jo Alice Erickson Nastal, family historian, hefts vintage signage that once marked Erickson projects.

Look for Susan Maxwell Skinner's authorized history of the Ericksons and their monuments in the July 24th issue of *The Arden-Carmichael News* or read it online at <http://www.valcommnews.com/PDFs/Arden-Carmichael/AC0814.pdf>. Jo Alice, a new member of the lodge, is a delight to meet and talk with and she's a great bartender!

## Chairman's Message October 2008

Well, vacation is over and it is time to get back to work. Actually, that only applies to me. While Eivor and I were off enjoying Sweden, many Monitor members were working hard to hold the herring breakfast, the crayfish dinner, the event planning meeting, the nomination committee, and the Scandinavian festival. And the newsletter went out as usual and our bills were paid. *Tusen Tusen Tack* to all our members who stepped up and made sure things got done. We are a family and it takes the efforts of many to make things happen. We still have one major event coming up, our Christmas party/smorgasbord, and it will take work by lots of people. If the workload gets shared by many, it will mean less work per person and all should have time to enjoy the evening. So if you get asked to provide a dish or take an active role in some other way, please share the holiday spirit and help make it an evening for all to enjoy.

Elections are over, at least for Monitor, and we have an excellent slate of officers for the coming year. Thanks to all who tried to get me to run again, but with my retirement travel schedule, a lot of work needs coordination when Eivor and I are not in the area. The Lodge needs a leader who is available much more than we have been. Thanks to all those members who continued on in office, who got recycled from previous years of service, and especially to the newer members who are taking offices for the first time. Attitudes like these tell me that our future is secure and full of promise. Thanks to Dale and the nominating committee for their hard work in coming up with their suggested nominations. Congratulations to all the incoming officers and thank you for your commitment. I'm sure the outgoing staff will do all we can to assist in the transition and help the new officers in any way we can.

In Truth and Unity  
Kurt Pfannkuch

## NOVEMBER BIRTHDAYS

- 1 Ruby Hendrickson
- 2 Diane Brownell  
Elizabeth Swenson
- 10 Joyce Trnka
- 11 Richard Eriksson
- 13 Joy Carlson  
Donna Niemoller
- 16 Russ Ellis
- 19 Christi Kagstrom  
Alice Axberg
- 22 Karen Sandberg
- 24 Lillian Stafford
- 26 Gloria Eriksson
- 30 Thelma Range

### Leif Erikson

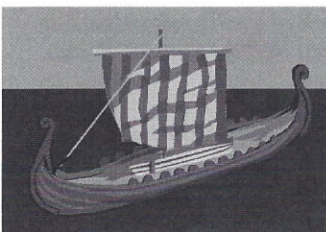
For love of land by none beheld  
He flew, as the wild goose in winter,  
Ever westward cleaving water,  
A wind-taut sail for his wings.

Free as the whales that marked his  
passage,  
He sailed where no king's writ yet  
ran.  
Strife abandoned like so much bag-  
gage,  
He claimed a chapter in the story of  
man.

There were men already in the land  
he found:  
Ten thousand years they bided  
there.  
They slew the lions and the masto-  
dons,  
They mapped the stars and raised  
great cities.

But they knew not Europe, nor  
Europe them.  
The wild Atlantic, frost-giant fierce,  
With storms smashed ships that  
dared to venture.  
Fell Ran fed well on the flesh of the  
bold.

So fill your horns with mead or ale,  
And raise them high in memory of  
him.  
Most men lived and died in one  
village —  
But Erikson flung open the gates of  
the world!



## ANNUAL GLÖGG PARTY OCH SMÖRGÅSBORD SOCIAL TIME 6:00 LUCIA 7:00 SMÖRGÅSBORD FOLLOWING



**RESERVATIONS ARE NOW BEING ACCEPTED  
FOR MEMBERS ONLY**  
**RESERVATIONS FOR GUESTS BEGIN 11/7**  
**DEADLINE FOR ALL RESERVATIONS 11/28**  
**CALL MARGARET OR DALE INGVARSEN**  
**916-729-0632**  
**\$25 MEMBERS**  
**\$30 GUESTS**  
**\$10 CHILDREN UNDER 10**

### KÖKSNYHETER OCH NÅL OCH TRÅD

A disappointing turnout for the Danish Dinner was unfortunate. We tried for a headcount via the Telephone Tree and that just did not seem to pan out. Hence, a lot of wasted good food! Perhaps we should cut down on the number of dinner meetings, ja?

November 7th is a Kaffekalas. Since the Kaffekalas was canceled in September, how about asking for potluck pies, anything you want to share?

See information elsewhere in the newsletter regarding the Smörgåsbord and Glögg Party on December 7th. Jack L.

***We had a nice meeting at Elizabeth Johnson's on Tuesday, September 23rd. She was glad to see everyone. Her daughters were visiting and showed us some "glass etching" that they had done.***

***Our next meeting is Tuesday, October 21st at 10:00 am. It will be at Elizabeth's house at 697 Halidan Way in Folsom. Bring a brown bag lunch and coffee with dessert will be provided.*** Myrtle W.

MONITOR LODGE MINUTES  
PLANNING MEETING  
SEPTEMBER 10, 2008  
HOLIDAY INN NE

The meeting was called to order at 7:10 by Vice Chairman Johanna Benker.

Present were Johanna Benker, Dale Ingvarlsen, Yvonne Magneheim, Karin Johnson, Lillian Stafford, Jack Larson and Gail Nemy.

The tentative Calendar of Events for next year is attached.

Dale has booked the Dante Club for Friday, April 3, 2009 for our 97<sup>th</sup> Anniversary Dinner.

Agenda for a future meeting – set up committees for the Crayfish Dinner, the Smörgåsbord, for selling tickets at the dinners, bartenders at dinners. What to do with the bar from Wisteria Hall and the bookcases.

(Continued on page 4)

NEWSLETTER  
DEADLINE FOR  
THE NOVEMBER  
ISSUE IS 11/12/08

**IN ORDER TO RECEIVE THE NL VIA E-MAIL AND IN COLOR, YOU MUST DOWNLOAD ADOBE ACROBAT READER [www.adobe.com](http://www.adobe.com).**

Mogford's Address

3998 Klamath Way  
Napa, CA  
94558  
707-254-8584

Wanda Nesewich  
Address

6125 Hazel Avenue  
Orangevale, CA

**CORRECTIONS TO  
MONITOR PROGRAM  
BOOK**

Please check your name and address listing in the Program Book 2008. If there is an error or you want to add your email address, please contact Monitor Secretary, Charlie Rea at 916-483-2064.

(By the way, his address in Monitor's Program Book is incorrect. His street address is 2212 Homewood Way, Carmichael 95608.)

We need to send corrections to the District for updating the District Program Book and we need to update Monitor's Program Book.

Vasa Order of America-A  
Swedish-American  
Fraternal Organization  
Since 1876

Odd Fellows Hall  
1831 Howe Ave.  
Sacramento, CA  
95825

Newsletter Editor:

Jack Larson  
19721 Fallen Leaf Drive  
Pioneer, CA 95666  
Phone: 209-295-4419  
aswede37@hotmail.com  
jaklinda@volcano.net

Carol Nesewich,  
"Reporter"

Circulation Managers

Dale Ingvaridsen  
Margaret Ingvaridsen

Membership Contacts:

Violet DeBord  
685-2908

Michelle Kaufmann  
451-3075

Birgitta Ellis  
920-0696

Bob & Ann Johnson  
684-7341



(Continued from page 3)

Crayfish Dinner - Some members did not know they should bring chairs, card tables and a pot luck dish. They were not aware that there is a charge of \$5.00 for this dinner whether you eat crayfish or not. Many thanks to James and Melissa Netzel for having the dinner in their very large back yard and providing meat for those that do not eat crayfish.

Bills approved for payment, rent IOOF Hall \$100.00, Ikea gift certificate for the drawing at the Scandinavian Festival \$25.00 Gail Nemy, LaVerne Griffith \$36.05 kitchen supplies, Dale Ingvaridsen newsletter mailings \$30.17 + \$49.56, Sill Fru-kost expenses Jack Larson and Crayfish expenses Peggy Carlson.

Meeting adjourned at 8:15 PM. Thank you Yvonne Magnehein for the use of a room at the Holiday Inn NE.

Gail Nemy  
Interim Secretary

### AN ANONYMOUS OBSERVATION AND SUGGESTION

The sound was atrocious and more unintelligible than not. I don't understand why both Dale and Kurt seemed so locked into using that horrible mic and sound system (using the term loosely) at the podium. When someone was spot-on in line with the mic, they could be heard reasonably well. Once they shifted to the right or left of it, the sound degenerated into mostly UNintelligible mumblings, and that was about 70% of the evening, in spite of repeated calls from many in the back half (considering the location of the podium as the "front") of the room for them to use the other sound system that had been set up at the side opposite the kitchen. When Yvonne Magneheim demonstrated the system and even had Dale speak into THAT mic, the sound quality was FAR better than the one at the podium. Why was this not used?

By the time the election process began there weren't enough people left, in my opinion, to count the vote as being a valid representation of the general lodge membership. Also, on at least one occasion, I couldn't even understand the name of the person for whom we were voting due to the aforementioned sound system problem. Also, I wonder how many of those elected in-absentia will actually accept the position.

After that, Dale's presentation on Denmark was also marred by passages that were mostly unintelligible, which is a real shame because he always puts a lot of effort into his research and has good information to share -- but like so much of it that night, it might as well have been in Greek. I think, also, by that time, everyone was just burned out (and I'm sure the kitchen staff was the first to reach that point. I would suggest that dinners, annual elections and cultural programs be regarded

(Continued on page 5)

(Continued from page 4)

as mutually exclusive in the future. I would like to recommend that next October, we have only Kaffe Kalas for the October meeting, along with the election and normal business (committee reports, bill paying, etc.) then adjourn.



---

## Berwaldhallen – A Concert Hall for All of Sweden



The concert hall Berwaldhallen, with the Swedish Radio Symphony Orchestra and the Swedish Radio Choir, is one of the most important cultural institutions in the country, reaching far beyond the borders of Sweden.

The two ensembles are among the best in the country within their respective fields and have become important international ambassadors for Swedish music and culture through tours and performances throughout the world.

Thanks to the choir and orchestra, the Swedish Broadcasting Corporation is able to offer listeners all over the country cultural events of high quality. Regardless of income or place of residence, people have access to live broadcasts of art music of very high quality offering musical experiences otherwise not as readily available.

In addition, through the collaboration with EBU (European Broadcasting Union), many of the concerts at Berwaldhallen are broadcast in other countries (sometimes more than 20), giving the programmes an audience of many millions.

Berwaldhallen has special responsibility for Swedish music, manifested in the large number of commissions from Swedish composers.

In addition, the choir and orchestra make several studio recordings, almost all of which involves Swedish music.

---

We offer our heartfelt condolences, prayers and friendship to Annika Anderson  
At the death of her mother in Sweden  
*"May Light Perpetual Shine Upon Her"*

**Monitor Lodge #218**  
Business Meeting, Oct. 3, 2008  
**Minutes**  
(version: 10/13/08)

**Officers Present**

Chair Kurt Pfannkuch  
Vice Chair Johanna Benker  
Secretary Charley Rea  
Financial Secretary Yvonne Magneheim  
Treasurer Karin Johnson  
Cultural Committee Thelma Gorrell, Jewel Wright  
Chaplain Dorothy Scherer  
Past Chairman Dale Ingvaridsen  
Historian Brian Stockham

**Call to Order.** Chairman Kurt Pfannkuch called the meeting to order. A quorum was present. The Chaplain led the prayer and the national pledges were recited. One visitor was introduced.

**Minutes.** The minutes of the June meeting were approved (motion by Ed Netzel/Yvonne Magneheim). Minutes of the September Board meeting are expected to be voted on at the next meeting.

**Membership.** Troy Nimmo was nominated and approved for membership (Motion by Ed Netzel/Violet DeBord). Membership Chair Dale Ingvaridsen and others reported on several potential members.

**Vasa Star.** Jack Larson will review newsletter articles for possible submission to the Vasa Star.

**Social.**

*Sil Frukost & Crayfish parties.* Both were reported to be fun events, with a positive cash income, including a \$400 net for the crayfish party. Hosts Jack & Linda Larson and James & Melissa Netzel were thanked.

*Scandinavian Festival.* There were positive reviews on its new, more spacious location in Orangevale; however, it would still benefit from more publicity. The net profit appears to be about \$4,000, or roughly about \$200-300 per lodge.

*Smorgasborg Planning.* The 2<sup>nd</sup> meeting of the planning committee will be Oct. 13 at Lars & Brigitta's Ostlund's home. Ed Netzel volunteered to chair the bar committee.

*2009 Events Planning.* A meeting was held on events planning; in general, the schedule will likely be similar to prior years and meeting minutes will be published in the newsletter. During discussion, it was suggested the lodge consider holding a meeting at IKEA, which has a couple of meeting rooms. More suggestions are welcome and can be directed to Gail Nemy.

**Dinner Team.** Margaret Ingvaridsen and the dinner team were given a hearty thank you for the night's dinner. One new feature is stainless steel dinner ware; a few more contributions of knives and other utensils are still needed.

**Children.** Violet DeBorg noted the District is looking for someone to organize a children's club. Kurt suggested talking to Lisa Rea.

**Heritage Lodge Festival.** Due to short time to prepare for the Heritage Lodge festival in Fair Oaks this year, the Lodge decided *not* to participated this time (motion by Violet DeBord & Yvonne Magneheim).

**Disposal of Lodge Property.** The Lodge voted to approve the sale of shelves stored in Violet DeBord's garage for the past year and a half.

**Financial Secretary's Report.** Yvonne Magneheim announced there were several bills to pay regarding food, liquor, rent, and decorations. The lodge approved payment (motion by Ed Netzel & Jack Larson).

**2009 Officer Nominations & Elections.** The lodge approved the following officers for 2009.

*(Continued on page 8)*

## Gettryggen, September 10, 2000 Greetings from Sweden!

We have now been here for several weeks and we are really enjoying the cool weather, while we understand you have suffered through temperatures close to and above 100 degrees! That is the reason we do not enjoy staying in the Sacramento valley during the summer months. However, I would like for it to be a little warmer here. We wake up in the mornings to about 40 degrees and during the day we reach 50 and max 60. Our wood furnace, which heats up circulating water in the radiators throughout the house, gets used every day recently.

We arrived in Gothenburg and picked up our new X-90 Volvo at the factory and then we drove north to our house on the boarder of Hälsingland and Dalarna. On the way north we stopped in a little town called Husaby in Västergötland. There is a beautiful, old church there, parts of it built around year 1000, but the main reason for going there was to see a very special spring called St. Sigfrids Källa (The Spring of St. Sigfrid). You might remember that earlier this year, as part of the cultural program, I introduced a very special guest. He was a true descendant of the Vikings and none other than your chairman and my husband. Yes, it is true that Kurt's grandfather 34 generations ago was the first Christian king of Sweden, Olof Skötkonung. He reigned over the Svea and the Goth clans until 1022. He also founded the town of Sigtuna and the first Swedish coins came about during his reign. Now you might wonder why Husaby! In those days Stockholm was not the place where the king lived like now. (Stockholm was not founded until 1250). Most of the action took place further south in Västergötland and that is also where the king lived, near Husaby. Next to the church you find St. Sigfrid's Spring and that is where King Olof was baptized in the year 1008 and became the first Christian king. It was pretty awesome to stand there 1000 years later and see this special place.

Midsummer was celebrated at our lake house with close to 100 friends and relatives and the tradition of decorating and raising the may pole and then dancing around it. Great food and singing continued throughout the night. We, of course, visited with our neighbors Per Ola and Shirin Öberg, who came to visit us at Monitor lodge. They loved sharing about Sweden with all of you and are hoping to be able to get a grant to go to Stanford in the near future.

Normally Sweden does not celebrate 4<sup>th</sup> of July, of course, since it is American Independence Day. However, we always celebrate the 4<sup>th</sup> over here, trying to keep American traditions alive just like I have always kept the Swedish traditions in America. We have good American hamburgers with American cheese we have brought with us and all the trimmings.

The celebrations keep coming and in August we start with the crawfish parties. When I grew up over here, the rule from the State Fishing Association was that you could not catch crayfish before the second Thursday in August at 00.00. That law was removed in 1994 and now it is up to the local fishing associations. Locally the crayfish traps are put out around the middle of August. During one season 1500 ton of crayfish is caught in Sweden but in addition 2500 – 3500 ton is imported, mostly from China.

Most of you are familiar with crayfish but how many of you have eaten fermented (aged) Baltic herring or Surströmming as it is called over here! The third Thursday in August is the premier and first day you can enjoy this delicacy, which smells like a trip to the outhouse! There is no law saying that you cannot sell Surströmming before this date, but more like an unwritten law that most merchants stick to. My home town has a huge party with over 1000 people gathering to eat this fish. This year they were a week early for the festivities and required a special dispensation from the "Surströmming Academy" to purchase the delicacy!!!

So what is so special about this fish? It is not "sour, sur" as the name says but fermented. This way of preparing fish has existed for thousands of years in China, Korea and Japan. It was a way of preserving food in days when refrigeration wasn't even science fiction. All that was available was to dry or salt fish and even meat. Salt was expensive and hard to find, but through fermentation the fish was preserved and prevented the growth of bacteria. In Sweden where we used to get our salt from the salt mines in northern

*(Continued on page 8)*

(Continued from page 7)

Germany, the practice of fermenting the fish increased during war times when the trade of salt across the Baltic stopped.

So how is the process of fermenting the fish done today? The Baltic herring, which by the way is smaller than the regular herring, is fished during the spawning in the late spring. It is then put in a salt brine in big open wooden vats. After a few days the herring is put in barrels with covers in a new salt brine but with a lower percentage of salt. To get the fermentation going you need heat, so the barrels are rolled out in the sunshine. To keep the fermentation going, you need a temperature of 50 – 60 degrees. After that the fish is put in tins for delivery throughout Sweden and even abroad. By the way, the Norwegians have a similar delicacy, prepared the same way. It is called "rakfisk or rakorret". The biggest difference is that they use trout and salmon.

But what about the smell that keeps many people, including my husband, away from these "sour Baltic herring parties"? The scent comes from hydrogen sulphide, which is created in the fermentation process.

I promise I will not bring any of this surströmming to share with you at the lodge meeting. Instead we will fill our suitcases with something aged you like, which is cheese!!!

It is time to put another log on the fire. Our multitude of birches is beginning to turn slightly yellow but our lawn is still green and luscious and the flowers are still blooming in the planters. However, I can feel that fall is in the air and it is almost time to return to our California home.

---

### Police car hit with parking fine during armed robbery

A parking attendant in Landskrona in southern Sweden took advantage of an armed bank robbery on Thursday to slap a ticket on a police car parked outside a branch of the Nordea bank in the town centre.

A passing photographer looked on in disbelief as the meticulous metre man took down the vehicle's registration details. "I asked if he hadn't seen that there had just been a bank robbery," Thomas Friström told the Kvällsposten newspaper. "He replied: 'I couldn't give a crap?' I could hardly believe my ears."

When Friström pointed out that the police had a right to park wherever necessary in an emergency, the parking attendant expressed indifference and walked away.

But the traffic warden's employer took a different view when informed of the incident.

"After the parking attendant became aware that he had made a mistake, he went back to the police and retracted the fine," council spokeswoman Charlotte Vahtera told Kvällsposten.

Despite the best efforts of the police, the robber escaped on a red moped with an undisclosed sum of money after holding staff at gunpoint.

---

(Continued from page 6)

Chair Ed Netzel  
Vice Chair Johanna Benker  
Secretary Charley Rea  
Assistant Recording Secretary Jo Alice Nastal  
Financial Secretary Yvonne Magneheim  
Assistant Financial Secretary Lillian Stafford  
Treasurer Karin Johnson

Cultural Committee Carol Churkin, Eivor Pfannkuch, Thelma Gorrell, Jack Larson

Chaplain Jack Larson

Master of Ceremonies Peggy Carlson

Asst. Master of Ceremonies James Netzel

Inner Guard Judy Netzel

Outer Guard Lincoln Leaman

Historian Brian Stockham

Trustees Robin Johnson (to complete a 1 year term)

Margaret Ingvarsdson (for a 3 year term)

Auditor Erica Leaman (3 year term)

**Next Meeting.** Nov. 7, a pie social.

**Adjourn.** Chair Pfannkuch adjourned the meeting.

Minutes respectfully submitted by Charley Rea



**\*\*\* MEDIA ALERT \*\*\***

**Attn: Assignment desk Contact: Hans Greenawalt  
916-371-4532 x1336**

**IKEA West Sacramento to host Trick or Treat Night on Halloween**

**WHAT: Trick or Treat Night at IKEA**

Looking for a safe place to bring your children on Halloween? Bring them to IKEA West Sacramento on Halloween for a safe and fun night of trick or treating. Stroll throughout the store and stop at various "Scary Playhouses" along the way for treats for your little goblins and ghouls. This event is free and open to children 3 -12 years old.

Come to IKEA West Sacramento on Halloween and get the Swede scared out of you!

**WHEN:** Friday, October 31<sup>st</sup> from 5:00 pm to 7:00 pm

**WHERE: IKEA West Sacramento**

700 IKEA Court  
West Sacramento, CA 95605



Monitor Lodge Annual Sill Fruköst

**Hosted by Jack & Linda Larson**

**Saturday, June 28, 2008**

**Total Food Income \$296.00**

**No Host Beverages Income 107.00**

\$50.00

\$30.00

**Total Annual Dues \$80.00**

**TOTAL \$491.00**

My hope from now on is to be able to print in the Newsletter A tally of income and expenses from lodge events as received from the Financial Secretary. This first attempt, while accurate as received from the FS, became slightly "skewed" when I cut and pasted it. Sorry! SEE PAGE 10 FOR CHECK REQUEST.



Lars and Birgitta cleaning lingonberries before making "sylvt" (preserves) at our place. Eivor

It's a small world after all. So, when do we get to sample the efforts?

ed.



**Monitor Lodge #218**

**CHECK REQUEST**

Date: \_\_\_\_\_

Amount: \_\_\_\_\_

Pay to: \_\_\_\_\_

Description:

_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

TOTAL \$ \_\_\_\_\_

Charge to: \_\_\_\_\_

\_\_\_\_\_  
REQUESTOR'S SIGNATURE

Authorized by: \_\_\_\_\_

Paid check #: \_\_\_\_\_ Date: \_\_\_\_\_

**NOTE: Receipts MUST be attached to request for payment.**

Submit check request at business meeting or mail to Monitor Secretary:  
Charles Rea, 2220 Homewood Way, Carmichael CA 95608

Vasa Order of American Golden Gate District #12

Tegnér Lodge #149

## Centennial Celebration

When: Saturday November 8, 2008



Where: Bjornson Hall  
2258 MacArthur Blvd.  
Oakland, CA 94618

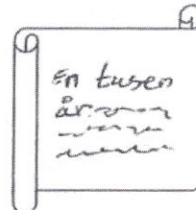
Time: 3:00 pm to 8:00 pm

Catered Smörgåsbord Entertainment

Fellowship

\$40.00 Per Person

No Host Bar



### Reservations

RSVP by October 15, 2008

Laura Nordendahl  
3663 Manchester Street  
Pleasanton, CA 94588  
(925) 426-4722

Name \_\_\_\_\_

Number in Party \_\_\_\_\_

Monitor Lodge  
VASA Order of America  
6478 Cedar Ranch Drive  
Citrus Heights, CA 95621