



# The Danish Soldiers Club

June 2017

[www.danishsoldiersclub.com](http://www.danishsoldiersclub.com)

NEWSLETTER FOR THE DANISH SOLDIERS CLUB OF NORTHERN CALIFORNIA, INC. POST OFFICE BOX 41, PETALUMA CA. 94953  
MEMBER OF DANSKE SOLDATERFORENINGERS LANDSRÅD PROTECTOR HER MAJESTY QUEEN MARGRETHE II OF DENMARK

## THE PRESIDENT'S LETTER

### Greetings -

A great thank you to Vagn for completing the annual membership renewal. Seems to take longer to complete every year. To all our members, please renew your membership promptly. We had again a great meeting in early June. Lots of laughs and great cheer. For the first time we even - almost - had a rebellion on our hands. When the issue of kringle for the planned individual picnic was brought up, it was made quite clear that Kringle is a must. Much to my surprise the instigator was one of our oldest members. He will be kept under surveillance during future meetings!

Lesson: Even when a soldier gets older, he/she can still be feisty and entertaining. See you all in July.

Poul



-Since stamps has the habit of falling off - I put them inside the envelope...

## The Danish Soldiers Club

Post Office Box 41  
Petaluma, CA 94953



-Whoever painted this- it is definitely a Picasso

**Address Correction Requested**

-Believe me, I cannot remember my own phone number.  
-Look it up in the telephone-book.  
- But you understand it is secret!



## The Governing Board for 2017

Poul Poulsen President to 2018	San Rafael (415) 459-7727 poulsenpo@danishsoldiersclub.com
Per Madsen Vice Pres. to 2018	San Francisco (415) 928-4509 permads@danishsoldiersclub.com
Vagn Nielsen Treasurer to 2017	Sonoma (707) 996-9950 vknielsen@danishsoldiersclub.com
Rick Santarini Secretary to 2019	Santa Rosa (707) 479-6575 ricksantarini@sbcglobal.net
John Johansen Newsletter/Web Director to 2019	Modesto (209) 545-8992 admin@danishsoldiersclub.com
Ken Fultz Director to 2017	American Canyon (415) 362-7509 KFCVA41@comcast.net
Leo Pedersen Director to 2018	Danville (925) 820-2150 Leo.pedersen@gmail.com
Keith Brians Director to 2017	Petaluma (707) 789-9953 kastaniakeith@gmail.com
Jill Brians Director to 2019	Petaluma (707) 227-8404 jcbrians@yahoo.com

## Volunteer

Lilian Rasmussen Membership Coordinator	Roseville (916) 771-4961 mormor@surewest.net 4397 Coach Whip Way Roseville, CA 95747-8623
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Thanks to the donors for the raffle:

Poul Poulsen, Tove,  
Doris Skow, Kirsten Pedersen, Erik  
Larsen, Birthe Baekgaard, Rick & Lisa  
Santarini.

Gudrun Solomon donated the coffee and  
Birthe Baekgaard brought a Tuscan cake  
for desert.

It also has to be mentioned, that Ken  
Fultz has cleaned and painted the two  
benches outside the meeting hall. A team  
of volunteers have installed a drain pipe  
along the Bentzen Hall, so future flooding  
can be avoided.

## Reminder:

***The July lunch is Danish Smørrebrød,  
but August is a Picnic, where members &  
guests bring their own lunch.***

***For July we have the normal sign up:  
PayPal or checks to Vagn.***

***For August there is no need to sign up.  
PayPal will not be active.***

***All drink tickets must be purchased  
at Kastania Park  
6 tickets for \$20***

***Just show up with your  
favorite food in your picnic basket and  
expectations of having a great day.  
The Soldiers club will purchase the usual  
Kringle for desert.***

Picnic is always a family event, so please bring the whole family including children and grandchildren. We have plenty of space. If you have a picnic game like frisbee you want to share, please bring it.



## ***Order form for Smørrebrød at \$18.00 each***

Yes, I wish to order lunch for Kastania Fælled. My check is enclosed

Four pieces of smørrebrød of which one is **SALMON**  
Total plates with **Salmon**  
\_\_\_\_\_

Four pieces of smørrebrød of which one is **SHRIMP**  
Total plates with **Shrimp**  
\_\_\_\_\_

Four pieces of smørrebrød of which one is **HERRING**  
Total plates with **Herring**  
\_\_\_\_\_

Four pieces of "non-seafood" Smørrebrød **REGULAR**  
Total plates **Regular**  
\_\_\_\_\_

Email or mail this order no later than Tuesday prior to the lunch to:  
[vknielsen@danishsoldiersclub.com](mailto:vknielsen@danishsoldiersclub.com)

Or: **Vagn Nielsen**  
**DSC Treasurer**  
**20650 Burndale Rd.**  
**Sonoma, CA 95476**

Drink Tickets are 3 for \$12.00, or 6 for \$20.00. Please specify quantity \_\_\_\_\_  
1 ticket for any mixed drink, wine or beer. Soft drinks 1/2 ticket. Bottled water free.

Name: \_\_\_\_\_ Check amount \_\_\_\_\_

# **FITBIT – an additional conscience**

*By Peter Steiness*

Up front, let me assure you that this is not an advertisement for Fitbit or any similar product (they should be that lucky, huh?). It's more so a metaphor for what I want to tell you. It's like using a product name that we have accepted as a term for common things we use. When our noses are running, we more so ask for a Kleenex, than using its real name: paper tissue; if you ask me, 'paper tissue' sounds kind of wimpy, doesn't it? But on with the 'additional conscience' bit...

Though I'm already up to my armpits with daily reminders, using a multitude of calendars, notices, alarms, aide memoire and surely way too many gadgets on top of that, I have fully accepted that if it helps me achieve what I want to achieve by this kind of planning, scheduling and settings, it's heading in the right direction; I'm so on it – no shame nor embarrassment involved.

We have had a family dog for over 21+ years. No, not the same dog, duh...; two, if you really need to know - one at a time. As we are good dog-owners, we have always walked these lovely pets twice daily, come rain or come shine (how poetic). These days it's Tess, just about the most loving pet anybody could be lucky enough to have around – seriously.

As I'm retired, but obviously still a swell guy, I can of course take the time walking Tess. My wife is working three days weekly, so I get to do both runs those days and more during the additional days. I do 8am and 4pm walks, approximately. At times I'm too busy with other stuff or not really in the mood to walk her, but that's when the gadget stuff sets in and helps out.

I haven't figured it out yet, and perhaps I never will, but how the heck does the dog know when it's time to leave? She will show up in front of me wherever I'll be and start staring me down, at 8am and at 4pm. When the sweetest dog ever is looking at you with those big brown eyes, with her ears half-cocked, your heart melts and you quickly grab the leash, the iPod, sunglasses and keys and off you go.

At times I have a bunch of stuff on my daily duties, things that must be accomplished, that I cheat Tess with a much shorter walk. I do believe that she notices, but she never complains. I do make sure that one of those blue pooh-pooh plastic-bags is filled before we head home, I mean, fair is fair - and then I met Fitbit...

A friend of ours showed up one day with this 'thing' in her pocket, telling us that she was following her steps, the daily distance she walked; the results also available on her smart-phone. Of course I immediately discarded it as stupid; I'm very good and effective condemning a lot of 'new' things. But seriously, why the heck would I like to know how many steps I go through every day?

But then I got to think (another dizzying experience). Perhaps it would be cool to know how far I walked daily, especially with the dog. I mean, I've always marked down how many walks I did with Tess, so why not mark down the distances as well?

So I got one of the cheaper models (yes, it was a Fitbit) and started to keep an eye on how far I walked daily, weekly, monthly and altogether. It was eye-opening information, because I had not known – at all. And quickly I became a lot more serious about pursuing and tracking my walking and running (nah, just walking – I still hate running).

During the approximately two years I have kept track so far, I have done 4,896,051 steps (so of course I'm tired) which translates into 2,346 miles or 3,754 kilometers; not too bad, huh? But wait, there's more...

A couple of month ago I looked at the newest Fitbit gadget thing and bought it. The old one had spent all its time in my left pocket, but this new model is worn around my left wrist, except when I shower (which is once a week, but only if needed – ha ha), otherwise all the time. It not only register my steps and distances, but advises me of my heart-rate, exercise and sleep patterns, stuff that I thought would be silly to acknowledge – but now I do not think it's silly at all, really. I also get 'vibrations' when I receive SMS', emails and phone-calls, so I fully know who I'm ignoring. That is actually a good feature, as I am not one to carry my mobile around all the time – far from. Last but certainly not least, it also gives out sharp vibrating warnings when my bladder is  $\frac{3}{4}$  full and it's time to go pee-pee... Nah, only kidding – but it would be very convenient, don't you think?

But here's where this gadget thing comes in even more appropriate. As I am somewhat a slave of and dependent on my scheduled daily tasks, I find that the additional encouragement I get from the step-goals I have set at 8,000 steps daily, is a huge help concerning getting my ass in gear, out of the seat and get them legs pumping, if I feel like it or not. So it's not only the dog staring me down anymore, but my raw determination to do at least those 8,000 steps daily – and it's working.

I have even reached the point where I want to beat previous 'records' and as long as it doesn't kill me (duh) it's rather fun. Fitbit emails the past week's results and that also encourage me to do even better. I'm up to about 30-33 miles a week, which of course ex-

plains why the dog looks so utterly exhausted. Perhaps Tess will end up begging me not to take her with me every bloody time I grab the leash – could happen; nah, she lives for our walkie-walkies...

At times I dread exercising, doing that daily fitness thing with weights and stuff, as I also at times dread doing the walking thing. But I have yet again come to the conclusion that of course it's good for me (and the dog). While walking the dog, I 'arrange' my day and know in what order to do things by the time we return home. I also listen to music on my iPod, yes, still using some big old head-phones for the best bass quality sound, of course – a bit of an old-fashioned look, but I'm 70, utterly happy, so give me a darn break, please.

No matter how strong and disciplined we think we are, we all need to be notched along at times, encouraged and pushed a bit from the outside world. It's a lot easier 'not to do' than it is 'to do', so that's where we especially need and should accept help, some additional conscience. Also remember, that 'to do' is in most cases a heck of a lot funnier... the minute we get going with it...

I have a thing around my left wrist that is helping in that department and helping extremely well, more than I ever expected it would. Of course I'm still waiting for the advanced model that will vibrate a 'your-bladder-is-nearly-full' warning – it would be a relief to get one of those; if you have a bladder, I'm sure you'll agree.

Sorry, gotta run, actually walk – the dog is staring me down yet again and I need another 1,700 steps to reach 8,000, according to the additional conscience on my left wrist...