



The Danish Soldiers Club

May 2017

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 -

Our first great BBQ for 2017 went absolutely perfect. Per had prepared his usual detailed schedule, and a whole team of soldiers worked the program to perfection. It is great to once again experience how so many members sign up for volunteering to make sure such a big event is just right. Fun filled and enjoyable.

A substantial part of the food preparation is done at home, and it is very much appreciated that members volunteer such extra efforts.

Thank you to all of you.

And not to forget, we also had two great ladies volunteering for the raffle. One of these ladies even told me that she could read my mind and volunteered before I finished asking her to do so. Scary.

You probably also noted that Ken has totally renovated the two benches next to the club house. Great job well done.

Now that summer is upon us, we can look forward to great meetings and enjoy our Kastania grounds.

See you in June.

Poul



-Where were you at Easter?
-Nowhere
- Ah! - I was at home

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Post Office Box 41
Petaluma, CA 94953



-I am sure we could get people to eat doormats, if you tell them there are vitamins in them

Address Correction Requested



Is this your son?
- No—It is my Dad

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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It was a great donation day. Thank you so much to:

Birthe Baekgaard, Adam Byer, Tudy Cappellas, Finn Jacobsen, Vibeke Jensen, Angela Sozzi Kjolby, Kirsten Pedersen, Per Madsen, Tove, Ken Fultz, Poul Poulsen, and Gudrun Salomon.

All the volunteers for the BBQ also deserve to be mentioned: Keith Brians, Dennis Wimple, Gary Hansen, Tove Lindberg, Karen Lysmer, Karen & Vagn Nielsen, Arlene Brians, Jill Brians, Ken Fultz. Last but not least Per Madsen as the organizer. Fantastic job by all.

87 members and guests came and enjoyed good food, good weather and good company for our May 6 BBQ. The kitchen crew did a fantastic job as always, the salads were delicious and plenty of it. The BBQ guys Keith Brians and Dennis Wimple did a great job. They had help from one of Keith's friends Gary Hansen, who we hope to see again as a guest or a member. Maud Hansen our new member was initiated in the membership meeting by everybody singing "Dengang jeg drog Afsted". The membership meeting was cut a little short due to the BBQ master's announcement: "The meat is ready".

In June and July the caterer is back with Danish Smørrebrød, but in August she has informed us she can't deliver, so the suggestion is, we are going to try a real picnic with people bringing their own favorite food, and of course the bar is open as usual.

Kastania Park is the perfect picnic ground, so why not try it out. This way everybody get their favorite food for their own price, and as much as they want. For the August event all you have to do is sign up, buy drink tickets and show up with your picnic basket.

There may be an option for people, who won't bother making a picnic basket to order sandwiches that will be brought to the park. For this category there will be a menu, you can choose from.

There are two month until this event happens, therefore we encourage all members to give us input about this idea. This has never been tried before, but if successful we may try it again.

Give us ideas, so it can be a perfect event.

You can call or email any of the governing board members listed to the left. You can also voice your opinion/suggestion in the member meetings in June and July. The July 1 meeting will be the last chance to come with your ideas.



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

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 _____

HUMOR – we would go mad without it

By Peter Steiness

I learned early on, that if we can't make fun of ourselves, we shouldn't make fun of anybody else. I'm not talking about mean-spirited stabs of evilness, as that has nothing to do with humor what-so-ever. I'm talking about stuff that's light-hearted, intelligent and, yeah funny. Humor is a grand reliever of tension and should, for the most part, resemble simple terms-of-endearments, which makes life more fun, interesting, open and light; we all need that - like a lot. Remember that laughter is the shortest distance between two people; humor creates laughter, and we would go totally nutty without it.

Humor, (or like the British say it: humour) is the stuff that makes us laugh, or more scientifically said, it is the promotion as well as the provocation of laughter that provides amusement. Humor is actually a term that comes from 'humoral medicine' by the ancient Greeks that taught the balance of fluids in the human body, which they believed, controlled health and emotion. In Latin 'humor' actually means 'body fluid'; you didn't know that, huh? But now you do...

The grand thing about humor is that it's so utterly universal. Throw a pie in somebody's face (not mine, of course) and people of all ages, cultures, religions, nationalities and no matter what car they drive or mule they ride, will at least smile, if not laugh (perhaps with the exception of the one with the pie-face, I assume).

When we are amused, smile or laugh at something funny, or what we consider to be funny, we are blessed with a sense of humor. But there are also those people without a sense of humor, and I do seriously feel so sorry for them, as laughter is a wonderful form of healing, relaxation and a whole bunch of other related goodie stuff.

Humor is very much based on personal taste and have many variables, including geographical location, culture, maturity, education, intelligence and of course context. Kids (and the 'kid' in most of us) like the fall-on-your-butt stuff (slapstick) as it is very visual. The contrast is satire, which

requires an understanding (social, politically (especially these days) etc.) as well as a basic knowledge concerning what it is that the satire is aimed at; if we don't have that knowledge, we won't find it funny (sigh).

There are a lot of positives concerning humor. Both physically and psychologically, humor contributes to a higher level of wellbeing. Sure, aggressive humor on a derogatory level is not building much wellbeing or feeling well, whereas adaptive humor, the tongue-in-cheek kind, can actually improve self-esteem, decrease anxieties and make you feel love simply by the attention. Remember that adaptive humor goes hand-in-hand with terms-of-endearment. Mostly, we 'make fun' of people we like and love, and for the most part, they understand that's what it is, like and love.

I really enjoy making people smile and laugh, something I realized when I was about an early teenager. It started with small relevant, in some cases irrelevant comments about what I observed around me. In the class-room (with many visits to the principal's office – sent there after the teachers were done laughing), surrounded by friends or family and later on colleagues and just about anybody I meet and meet on my way. I know I'm good at it, which sounds presumptuous and bragging, but is pretty much the truth; I do make people laugh, and not only when I'm naked.

I have always communicated with anybody on my way, and when I see those smiles and the laughter, it surely makes me feel good, anytime. Half the joy of traveling is the communication with the natives, fellow travelers and just about anybody else on the way. Language has never been a problem, as promoting humor is understood by just about anybody.

Many thoughts have gone through my head concerning why I do this communication bit and I have come to the conclusion that it's one way to control the shyness I have dealt with all my life, mixed with a bit of anxieties and perhaps insecurities; the two last ones are still up for debate, though. The true main reason is that I am a firm believer in the reality that we ALL matter to each other, and I find it important to acknowledge that, which I then try to do in a humorous way – okay, for the most part. I always kid about what my gravestone should read:

IF I MADE YOU LAUGH - I LIVED.

The fine lines with humor are overstepped at times, and that can end up terribly misunderstood, rude and hurting the target of these misguided remarks and/or comments. I'm very good at remembering the rude moments, disrespectful handling and total screw-ups concerning several moments in my life, but I can barely remember any related to stepping over the lines, while trying to be funny.

Humor can be and is such a reliable tool when we need to reduce tension and stress. Being able to use humor to untangle arguments that for the most part are just silly, when looking at the bigger picture, is not an unattainable tool for the few and lucky ones, but something we must all at least try to understand how to use and especially how to embrace.

Sure my wife and I have had arguments of the heated kind through our 33+ years together.

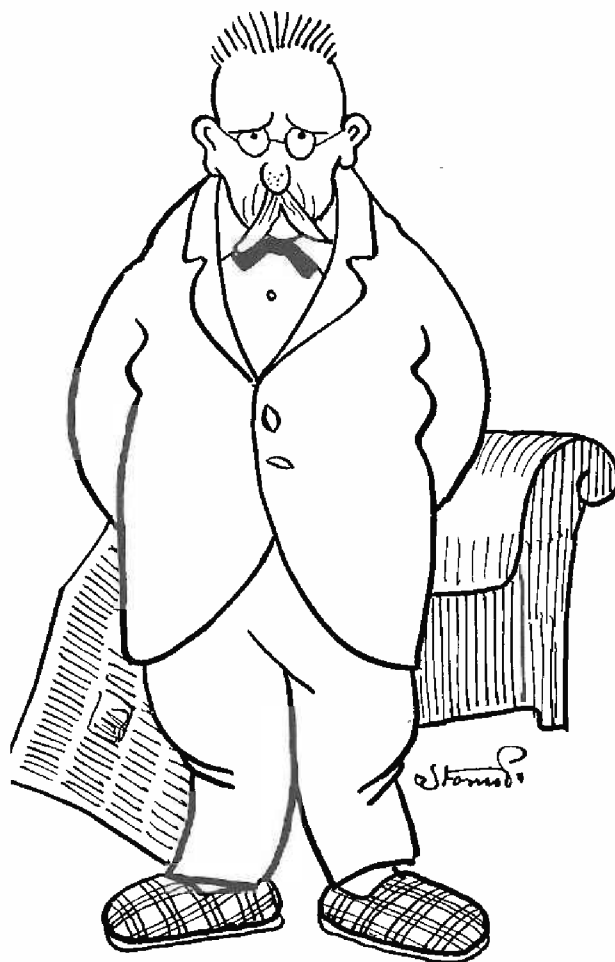
Though we have always respected and appreciated each other's opinions and concerns and do actually listen to each other, it is for the most part left on a diplomatic level, where a humorous remark brings us to solutions and agreements of the kinder kind; the heated argument is being diffused to where it is a lot easier to deal with. We are both very stubborn individuals, so a lot of the glory concerning the longevity of our relationship, I truly credit to our use and sense of humor. Throughout my career I have also diffused negotiations and debates with lighthearted remarks and comments. If you have ever been in a tense situation at work and somebody utters a related comment to the issues being handled, a comment that is humorous or witty, have you noticed how everybody seem much more relaxed and even more focused in a refreshed manner? Sure, if it's a stupid or ignorant stab at humor, it can backfire in a big way – so before you open your mouth, make sure it's within the acceptable limits of the present situation.

I use self-defeating humor a lot. Remember, if you can't make fun of yourself, don't try it on anybody else. I see my own faults (read: so very few of them – ha ha) and I have never been afraid to acknowledge and underline these sides of me through humorous remarks - never at all. I know what I'm good at, or what I think I'm good at, but I also know where I suck a bit (read: not

so much, really – ha ha).

Sure you can get carried away with making it all about you, but then the humor dies, as some internal issues seem to pop up – and then we stop laughing. We can get carried away with hacking in a friendly (!) way on somebody else, so please remember, it's a lot more effective and funnier, when we apply a lot of moderation.

Laughing is tremendous fun and extremely healing; humor promotes that. Endorphins are the chemical reaction that is released into our bodies when we laugh and which makes us feel really good. After an evening with a lot of laughter, we are somewhat exhausted the next morning, and for the most part it's because of them endorphins (and perhaps a bit of too much wine... the perfect combination). Humor is a good healer, makes us feel alive and well – so do not hold back, as we would go totally mad without it...



-There was great amusement at the office today. I Happened to make a joke without realizing it