

# Golden Valley Lodge #616 Newsletter

**Merry Christmas!**  
**God Jul Och Gott Nytt År**

*Photo Helena Wahlman Imagebank.Sweden.se*

## Upcoming Events

San Antonio Winery fall visit is on January 10th 2015.  
Please send Delphine your menu choice. We will  
discuss at the next meeting.

The application deadline for the District Scholarships  
is December 10.

Golden Valley Lodge Christmas Party/Lucia Program  
is Saturday, December 20th at Sons of Norway Hall  
SACA's installation dinner is planned for on  
January 25, 2015.

## Holiday Party Reminder!

Remember the holiday party is  
coming up and you will need to  
sign up soon because we have to  
give the count to the caterer  
by December 14th!!!

**Next meeting: Thursday, December 11, 2014**

# GVL Happenings

## Scholarship Update

Our Lodge was very fortunate nearly two years ago when we received a large bequest from the estate of Bertha Kalm. The money was earmarked for educational purposes; we decided to use it for scholarships to our Lodge-members. As most of you know, this summer we received an additional amount of \$175,000 that will be available for distribution beginning next year.

This year our scholarship committee, in accordance with its guidelines, decided that \$11,900 should be distributed from the Bertha Kalm Scholarship Fund to five qualified applicants. Furthermore, the committee recommended that each individual scholarship should be augmented by \$1,000. There was a precedent for additions of this type; last year the scholarships were augmented by \$500 each. At the general Lodge-meeting in November, our members approved the committee's recommendation with the additional amounts coming from general funds. The scholarships will be awarded at a ceremony that will be held during our Lodge meeting on December 11.

The recipients are as follows:

**Linnea Heinstedt Award: \$4,000**

**Amanda Holstein Award: \$4,000**

**Tyler Holstein Award: \$3,000**

**William Osman Award: \$1,900**

**Rebecka Thorsen Award: \$4,000**

Regarding scholarships for the Sjölund Camp 2015, the application deadline is December 10. The forms are available at: <http://www.vasad15.com/scholarship.php>. Applications for the GVL scholarship program should be addressed to:

Bertil Winther  
P. O. Box 3890  
Redondo Beach, CA 90277-1721

In addition to the GVL awards, our District Lodge has its own scholarship program for the Sjölund Camp. Our young members may apply to this program as well.



## Happy December Birthday!

My apologies to Rut Enenberg - She was inadvertently left out of the list of the November birthdays. Happy *Belated* Birthday, Rut!

|                                       |             |
|---------------------------------------|-------------|
| <b>Laila Jensen</b>                   | <b>5th</b>  |
| <b>Jonas Fornander</b>                | <b>8th</b>  |
| <b>Donald Bruget</b>                  | <b>9th</b>  |
| <b>Carol Mendelson</b>                | <b>15th</b> |
| <b>Robert Holstein</b>                | <b>25th</b> |
| <b>Eva Brown</b>                      | <b>25th</b> |
| <b>Hubert Pitters</b>                 | <b>27th</b> |
| <b>Robert Heinstedt</b>               | <b>28th</b> |
| <b>Gunilla Lingstrom-Polutanovich</b> | <b>29th</b> |

## Ha en trevlig födelsedag!

# November Meeting Pictures

**Our Fabulous  
Dinner Hosts!**



*One of the adorable centerpieces!*





## Sweden Runs Out Of Garbage: Only 1% Ends Up In Landfills

Written by Alanna Ketler  
Submitted by Kerstin Wendt

<http://www.collective-evolution.com/2014/11/26/sweden-runs-out-of-garbage-only-1-ends-up-in-landfills/>

According to Swedish Waste Management communications director Anna-Carin Gripwell, "Waste today is a commodity in a different way than it has been. It's not only waste, it's a business."

This is pretty impressive especially when compared to Americans who recycled just thirty-four percent of their waste in 2010 and according to the Environmental Protection Agency more than fifty percent of the average U.S. household waste ended up in landfills, this is about 136 million tons of garbage in total. According to the New York Times there are some trash burning facilities in the United States, but only a small portion of the waste is burned, and most of that burned waste ends up in landfills anyways.

### What About The Environmental Effects?

Of course there is some controversy over this method of waste management and energy production. There are fumes that are produced that are toxic, but many argue that this is still a much better alternative to the typical landfills that we see more often in America. On average, more than forty percent of the world's trash is burned and mostly in open air, this is much different from the regulated, low-

*Sweden Runs Out Of Garbage: Continued on last page*



*Photo Helena Wahlman Imagebank.Sweden.se*

Something incredible has been taking place in Sweden over the past several years, somewhat of a "recycling revolution," if you will. Currently less than one percent of the garbage produced in Swedish homes ends up in the landfill today, with the other ninety-nine percent being recycled or composted.

Sweden has been known for years now for the amazing and resourceful waste management system that they have had in place for some time. They have 32 waste-to-energy (WTE) plants and this burned waste powers 20 percent of Sweden's district heating as well as electricity for about 250,000 Swedish homes.

In fact, Sweden has become so good at recycling their waste; the country now has to import 800,000 tons of trash each year from the U.K., Italy, Ireland and Norway to keep their WTE plants up and running.

# Culture Corner: A Swedish Christmas

See more at: <http://ropcorn.com/d/christmas-eve-in-sweden.html#sthash.sy6BOBRF.dpuf>

Written by: Alexandra Lindberg Shared by Dorothy Burns



## Christmas Eve in Sweden

**Date:** December 24 Our main Christmas celebration takes place on Christmas Eve in Sweden. Which is why I have chosen to share points during this day that I find are essential for it to be a traditional Swedish Christmas Eve.

So we, and by we I mean my aunts, uncles, cousins and so on, start our day with a breakfast consisting of risgrynsgröt - rice pudding with milk. Usually an almond is hidden in the rice pudding and whomever finds it wins something.

At lunch we eat lutefisk - lutefisk with white sauce and boiled potatoes. I do like the sauce and potatoes best in this dish. Lutefisk, well it definitely has a special taste. Actually it is not so much the taste of the lutefisk as it is the texture of it that makes me not want to eat it so much. It tastes a bit like fish jelly... However, because it is a traditional Christmas Eve meal I do place a tiny bit of lutefisk on my plate - to represent.

## Christmas Eve in Sweden - Donald Duck

At 3 PM sharp I, like the majority of households in Sweden, sit my butt down in front of the TV and watch Donald Duck "From All of Us to All of You".



This cartoon hour has become a very important part of a genuine Swedish Christmas Eve. So if you happen to find yourself out and about at

# Culture Corner: Swedish Christmas (continued)

this time on Christmas Eve in Sweden, you are probably the only one! The cartoon first aired in Sweden 1960, and believe it or not, has ever since been one of the most watched TV shows every year in Sweden. In 2009, it was number three on the list over “the most watched TV shows in Sweden” with 3,294,000 viewers.

After Donald Duck has released us from his spell we usually have our main meal of the day, the Swedish julbord - Christmas buffet.

## Christmas in Sweden - Christmas Ham



A must on it is Christmas ham! To have a Christmas Ham on a Swedish Julbord in Sweden is as important as it is to have turkey on Thanksgiving in America.

## Christmas Eve in Sweden Food

Other traditional food on a Swedish julbord are: Swedish meatballs, pickled herring in different sauces, brawn, chipolata sausages, ribs and my favourite, Janssons frestelse - Janssons temptation. Janssons consist of potato casserole with onion, pickled anchovies, bread crumbs and cream. Now these are the most common foods, but there can be as much or as little as you want on a Swedish julbord.

For dessert we usually have warm ostkaka- cheese-cake or ris a la malta with fruit sauce. Ris a la malta consists of left over rice pudding mixed with cream.

Popular drinks on Christmas Eve in Sweden are julmust - Christmas root beer, special Christmas beer and dram. I usually drink all at one point or another during the day.

## Christmas Eve in Sweden Gifts

After all this food it is finally time to open Christmas gifts!

Originally, well actually there is not just one source which has led up to the Christmas we celebrate today. But rather Christmas has been transformed into what it is today based on many different celebrations. Like Christianity's celebration of the birth of Jesus, Roman Sun Festival, ancient Scandinavian Christmas celebration and National Romanticism in the 1800s. In fact many of our Christmas traditions are a fusion of old Swedish traditions mixed with elements from other countries.

When we first started to introduce a Christmas gift distributing character he was an imitation of the Swedish gårdstomten - farm elf. However after a while he increasingly began to resemble a merry Saint Nicholas in red clothes. Actually today's Swedish jultomte - Santa Claus is inspired by two traditional Swedish characters. First one is gårdstomten - the farm elf. It was believed that the farm elf attracted luck to your farm as long as you were on good terms with him. During Christmas farmers used to set out a bowl of rice pudding with almond and butter for him to keep him content. And second is julbocken - Christmas goat. He was accounted for much Christmas frolic during the old peasant Sweden.

Regarding the Christmas goat, I just have to tell you about a kind of odd tradition we have here in Sweden. Almost every year, since 1966, during December in the Swedish city of Gävle, a giant Christmas goat is made of straws and put up in the town square. And every year it is set on fire and burnt down. Something everyone knows will happen, but yet it get featured in news and causes outcry each time. Ok, in a sort of sarcastic manner, but still - weird, huh?

Some other traditions we have adopted, mainly from Germany, are Christmas trees, Advent candles, Advent calendars, Advent stars and Advent candlesticks. All part of today's traditional Swedish Christmas decorations. And our beloved cartoon, “Donald Duck and all his friends”, made its way to our homes from the USA.

*Sweden Runs Out Of Garbage: Continued*

emission process that has been adopted by Sweden. This makes Sweden's method a lot more eco-friendly.

It is unfortunate that at this time the options are to either pollute the air, or pollute the Earth because we are producing so much garbage and it doesn't just simply disappear without leaving its mark. It doesn't look like manufacturers are going to stop making products that can't be recycled anytime soon, so it is up to us to be more conscious with what we are consuming. We need to stop the problem at the source.

**How Can We All Be A Bit More Like The Swedish?**

Sweden is an excellent example of a nation of citizens that care for their environment and their ecological foot-

print. If the Swedish are able to recycle 99% of their waste, why can't we? Well we certainly can, however it does take a bit more effort. I believe that it is truly worth the effort, soon it will become so natural to us that it won't even feel effortful, we just have to start taking that step!

There are many people now that are striving to produce zero or at least very minimal waste. You can read one of those stories here, check out the supermarket in Germany that produces zero waste here and read about the American restaurant that managed to not produce any waste in two years and counting here to get inspired on how you too can begin to implement a minimal waste, minimal footprint lifestyle.

## Membership Alert!

Members in danger of being dropped:

Karen Altankov-Swartling  
John Bell  
Joseph Bell  
Elizabeth Eacott

Jennifer Evaans  
Stefan Lundberg  
Brad & Sofie Thornton  
Monica Ohlin-Burness

**Golden Valley Lodge, #616**  
**Vasa Order of America**  
**14312 Friar St.**  
**Van Nuys, CA 91401**