

Golden Valley Lodge #616 Newsletter



Chairman's Message



Bertil (Bert) Winther

Many GVL members go on vacation during the summer. That's why we don't have any Lodge meetings in July and August, as most of you know. Before the summer break, however, there are a couple of events remaining. For the regular meeting on June 14 we have scheduled a great kitchen team consisting of members from the Lingstrom and Osman families. I'm sure you don't want to miss this event. In recent months we have seen an increased attendance at our Lodge so the budget allocation for food has been increased. As before, dinner will

be served at the conclusion of the business meeting.

On June 24 we celebrate Midsummer at the Vasa Park in Agoura where there will be a great variety of food, children's games, folk dancing, swimming in the pool, etc. This event is sponsored by SACA (Swedish-American Central Association). The park opens at 8 AM and the festivities go on until 6 PM. For more information, please contact Jane Hendricks by e-mail: janehendricks@att.net or by phone: (213) 364-4425.

I hear that the regular meeting in May was very successful with an attendance of 72, including 9 guests. I couldn't be there myself, but fortunately our Vice Chairman, Bill Wendt, was present. He ran a great meeting where our Lodge received three applications for membership. The ceremony for initiating new members is set for October 11.

This is the last newsletter before the summer break. I wish you all a pleasant summer and hope that you will return rested and ready to take part in all our activities.

In truth and unity,

Bertil

Happy Father's Day!

When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years.

~Mark Twain

(Fars Dag isn't celebrated until November in Sweden. Norway, Iceland, and Finland share the same day.)

Dates to Remember

- Golden Valley Lodge Meeting..Thursday, June 14**
- Father's Day.....Sunday, June 17**
- Midsummer*.....Sunday, June 24**
- Viking Village.....Sunday, June 24 - Friday, June 29**
- Independence Day.....Wednesday, July 4th**
- Autumnfest & Marknad*.....Sunday, Sept. 16**

* Vasa Park now has two NEW, FUN attractions!

Check it out at: www.vasapark.org



Father's Day Quotes

A father carries pictures where his money used to be.
~ Author Unknown

By the time a man realizes his father was right, he usually has a son who thinks he's wrong.
~ Charles Wadsworth

There are three stages of a man's life: He believes in Santa Claus, he doesn't believe in Santa Claus, he is Santa Claus.
~ Author Unknown

Fatherhood is pretending the present you love most is soap-on-a-rope.
~ Bill Cosby

I love my father as the stars - he's a bright shining example and a happy twinkling in my heart.
~ Terri Guillemets

You will find that if you really try to be a father, your child will meet you halfway.
~ Robert Brault

My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass." "We're not raising grass," Dad would reply. "We're raising boys."
~ Harmon Killebrew

Dad, your guiding hand on my shoulder will remain with me forever.
~ Author Unknown

He didn't tell me how to live; he lived, and let me watch him do it.
~ Clarence Budington Kelland

A man's children and his garden both reflect the amount of weeding done during the growing season.
~ Anonymous

A father is always making his baby into a little woman. And when she is a woman, he turns her back again.
~ Enid Bagnold

To her the name of father was another name for love.
~ Fanny Fern

"My father said, 'Politics asks the question: Is it expedient? Vanity asks: Is it popular? But conscience asks: Is it right?'"
~ Dexter Scott King

My father gave me the greatest gift anyone could give another person, he believed in me.
~ Jim Valvano

"Any man can be a father, but it takes a special person to be a dad."
~ Proverb quotes

"Other things may change us, but we start and end with family."
~ Anthony Brandt



Did you know that Golden Valley Lodge has a *real Viking* in its midst? See *Getting to Know You* to find out who this is.

Cultural Leaders 2012-2013

June	Lingstrom and Osman
September	Tina & Kristina De Hart
October	Maidie Karling & Nathan Coddling
November	Linnea Heinstadt
December	Christmas Program
2013	
January	Dorothy Burns & Delphine Trowbridge
February	Mona Steffen Ruth Wilkening
March	All members under 45
April	All members over 45

Refreshment Committees 2012-2013

June	Lingstrom & extended family, Osman's
September	Delphine Trowbridge & Dorothy Burns
October	Ruzenka di Benedetto & Inga Francis
November	Steve & Andrea Tabanelli, Brigetta Clark, and Britt Potter
December	Potluck
2013	
January	Mona Steffen, Melissa Steffen, Kristina de Hart & Dagmar Rydberg
February	Holstein & Thorsen
March	Genvor Szato, Laila Jensen, Maria Jacobs
April	All members

In case you have forgotten what you signed up for, Inga Francis has provided us with an updated list for Culture and Refreshment Committees.

GVL Happenings



Delphine's now famous Swedish pancakes! She was flipping pancakes for 70 people after having hand surgery only a few weeks before.



Eugene Paulin



Hanna and Roy Olson

Buffet Buzz

I reported last month that it was going to be Sonja Andonian, Sylva Pitters, and Rut Eneberg on the refreshment committee. *Then* I corrected it when I saw that the kitchen was filled with their husbands who were apparently just helping out that evening. (Remember, I even thought they lost a bet or something?) But, the correction was wrong; my apologies to all. It *really* was Sonja, Sylvia and Rut doing the planning, shopping, decorating, cooking, etc. This very special team of wives - and husbands together - pulled off a delicious evening for us. So, thank you again to all the participants. We really did enjoy it!

A traditional Swedish meal was on the menu at the last meeting. Delphine was busily making Swedish pancakes - but she paused long enough to get a picture. Gene made his very popular split pea soup. Roy and his wife are shown in dessert section preparing all kinds of sweet treats.

Those pancakes were so good! I was busy during the time I should have been in the line-up for food. So, later when most of the food was gone, I snuck in the kitchen and found the whipped cream and strawberries that were laid out for dessert and made myself dessert instead of dinner. It was INCREDIBLE! It melted in my mouth...

We had a *wonderful turnout* at the meeting. I guess the word is out on how good our food is and how much fun we have! If you don't already know, you can find out for yourself at the next meeting.



Flower March and Lottery Winner\$

The Flower March brought in a total of \$62.50.

- 🌻 \$30 First prize went to Ruzenka di Benedetto
- 🌻 \$20 Second prize went to Yvonne Klintare
- 🌻 \$12 Third prize went to Isabella Muscarella
- 🌻 \$25 capsule prize went to Gertie Lindstrom

Congratulations to all our lucky winners!



Health and Wellness

Isabella Muscarella reported that one of our members was recovering from breast cancer. It's important to note that most (over 85%) women who get breast cancer do not have a family history of this disease. Isabella reminded our ladies that "we need to get our mammograms!"



Midsummer is widely celebrated in Sweden and Midsummer's Day is a public holiday. It is the most important holiday, after Christmas. The May pole is still raised in all parts of Sweden and people dance around it and sing old songs. In many parts of the country, people like to dress up in national costumes, play folk music, dance traditional dances, and of course, eat well.

History:

Originally, back when the Vikings ravaged in Scandinavia, it was a fertility rite. The May pole was a symbol that was supposed to fertilize Mother nature, in hopes that the harvests would be good later in the year. Apparently, the festivities could probably go pretty wild sometimes!

As with many 'pagan traditions', the church now has part of it. Midsummer Day (St John's Day) is celebrated on the Saturday and commemorates the birth of John the Baptist. Midsummer Day was originally celebrated on 24 June but in 1953, it was moved to the nearest Saturday. Nowadays in Sweden, Midsummer Eve always begins on a Friday. In the beginning it marked the summer solstice - the longest day of the year and the shortest night. Summer in Sweden is very short. The Swedish summer is lush and green; the nights are scarcely dark at all. In the north, the sun never sets.

Traditions:

There are many traditions about Midsummer that still live on in Sweden. A wreath or a bouquet with seven (or nine - the traditions vary) different flowers is powerful if you pick them all alone and don't speak to anyone while you are picking them. If you dare pick one flower from the churchyard, the power increases even more. If a girl puts the flowers under her pillow, it is said that she'll dream of her future husband that night.

You may also hang the wreath from the ceiling and your house will stay happy and healthy. Planting a pair of young birch trees by the front door

also bring happiness into the house. (Oops! I planted *three* birch trees, hummmm???)

People thought that nature during Midsummer night was filled with hidden and magical powers. The dew was considered magical and was used to heal sickness and all kinds of wounds. Adding some dew to the dough when baking made the bread bigger and tastier. Birch leaves were also considered powerful and could be used as bandage. Adding night leaves in your bath eased pain. This was also the night when elves came out to dance and if you were lucky, maybe you could spot a 'troll' hiding behind a tree!

Flowers are an important feature at Midsummer. Many girls and women wear wreaths in their hair, and most people like to dress up in pretty, summery clothes.



Photo: Lena Granfelt /imagebank.sweden.se

The May pole ('midsommarstång' or 'majstång') doesn't look the same in different parts of the country, but it's usually decorated with leaves and flowers. In some areas, it's customary to gather the day before Midsummer Eve and prepare the May pole together - and that is a good beginning for a little party!

When family and friends get together, they eat pickled herring ('sill'), the first, fresh, new potatoes of the season, sour cream, crisp bread and drink snaps (vodka) and beer. Fresh Swedish strawberries are also an important feature (for dessert), but it's the fresh potatoes that are the real symbol of Midsummer for many people.

Now, doesn't all that make you want to go to our *beautiful* Vasa Park for the Midsummer Celebration on Sunday, June 24? ...I'll see you there!

Background Photo Credit: Conny Fridb/imagebank.sweden.se

Happy June Birthdays!

Lars-Ove Nilsson	6	Nathan Coddling	18
William Osman	7	Barbara Swanson	20
Monica Ohlin-Burness	11	Alfred Nilsson	20
Daniel Wendt	13	Gary Andonian	20
Robert Lindfors	15	Emily Wendt	21
Karim Hamaoui	17	Janet Bell	25
Linsey Wendt	17	Jessica Osman	29



Light Summer Fare

The lodge will be "dark" soon. Sounds ominous, doesn't it?! Many of you will be travelling to Sweden for the summer months. Not all of us will be away... :(

For those of us left behind, how about if we 'go light' instead. Send me your favorite 'light' summer recipes and we can have a *very short*, unofficial, (we will give our wonderful chairman, Bertil, the summer off) one or two page summer News-Lighter with birthdays and *light* recipes, and perhaps fun things to do? So, if you hear about some local events that are

fun, we can add that too! (Several local parks have free concerts - maybe we can report those?)

If you don't get a summer newsletter (or News-Lighter), you will know that:

- (a) I was the only one that liked this idea, or
- (b) I was the only one that didn't get to go to Sweden for the summer!

If you **DO** like it, send your ideas to laurietaylor@hotmail.com. Thanks! :)

New Member Applicants



Cecilia Brady



Mark Hanson



Mary Locke

We had three new member applicants at our May meeting. Introducing Cecilia Brady, Mark Hanson, and Mary Locke. (Please, forgive any unnamed members and spelling errors - sometimes I just have to make it up as I go along!)



Our growing Youth Table! From left to right: Linnea Heinstedt, Nikki Taylor, Johnny Bell, Natalie Taylor, Jason Trowbridge, Lars Heinstedt, and Youth Leader, Ruzenka di Benedetto.



Elin Kindig will be representing our lodge as Columbia at Vasa Park's Midsummer celebration on June 24th. She is shown here with her family from left to right: her mother, Jane; her brother, Carl; her sister, Kirsten; Elin, and her dad, Norman



Above: Due to Delphine's recent surgery, there were two other helpers in the kitchen, Dorothy Burns and Linda Trowbridge (new member Jason Trowbridge's mother.)



More beautiful handpainted work by Mona Steffen!



The evening's musical accompaniment was Ruth Wilkening and Ann Heinstedt.



Our VERY talented member, Mona Steffen shared with us about rose malling and tole painting for our cultural portion of the evening. (Note: She even painted the shirt she is wearing!)



We have 151 members at the Golden Valley Lodge. In an effort to get to know each other better, we will be putting some bios in the newsletter each month. This month features Inga Francis.

INGA VIKING, WALLIN, FRANCIS - Inga was born in Vellinge, Sweden (in Skåne) to a 17-year-old unwed mother whose last name was Viking. Her mother tried to raise her, but at age seven months, she was abandoned in an apartment. No one knows how long she was alone, but neighbors heard her crying and she was hospitalized with malnutrition.



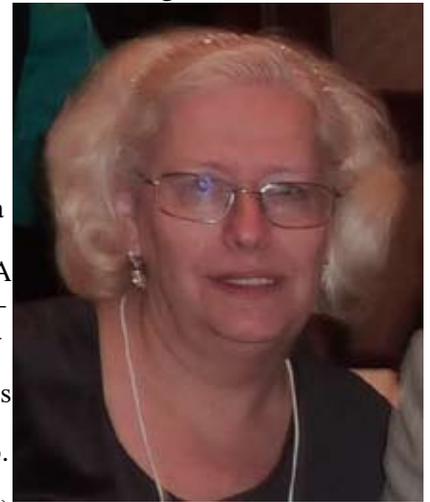
The Wallin's, a couple in their late 30's, adopted her. She was picked up from the hospital on a cold, rainy February day by her new Mom and Dad. Her Dad later told her, "You looked up at me and smiled." Inga said, "I guess I must have known I was home."

The Wallins lived in Lund. Her Dad was a printer for Akerlund & Raussing for 30 years. During the 50s, her Dad was supposed to be transferred to Australia, then Cuba (Castro took over) and then to the U.S. In 1960, when nothing happened, he decided to move the family to the US and they settled in East Los Angeles. Inga was 10 years old then and no one in her family spoke English. Four months after they arrived she had to start the 5th grade. The first year here, she didn't read or write but knew enough English to find her way around. The second year, she learned to read and the third year she was in Junior High and spent all her time studying to keep her grades up. She went to Montebello High School and then received her AA in Business at Rio Hondo College.

Inga's first job was with a finance company and that's where she met her husband, Earl Francis.

They were married for 15 years, but he died when he was only 44 years old. She worked for an insurance company for 25-1/2 years and for the last 12 years she has been working for a Psychiatric Workers' Compensation Company.

For the first three years in the US, she went with her parents and sponsor to Vasa Park in the old portion. In 2010, Inga went to an independence dinner at the Sons of Norway Norrona Lodge. She sat at a table with Wenche Eklund, who told her about the "Swedish" Golden Valley Lodge that meets in the same building. Eklund said it was the right background and they were a lot of fun, so Inga attended the next meeting and joined. Since then she has become very involved. Presently, Inga is our Golden Valley Lodge Secretary, SACAA delegate, District Assistant Master of Ceremonies, member of the Folk Dance Club of Los Angeles, Vasa Choir, and Viking Athletic Club. She is also a member of the worship team (vocals) for her Sunday school class. If she has any spare time, she likes to read, do handicrafts, and listen to music.



Inga said "The best thing I could have done was to join the Golden Valley Lodge and VASA. I now feel I have a family again. It is a wonderful feeling."

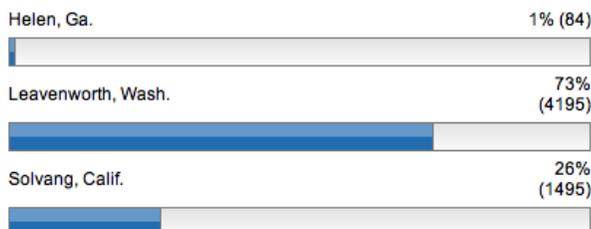
Solvang is (Now) Number One! Get Out the Vote!

There is power in numbers! Last month, Maidie Karling put out the request to make Solvang the *best European village* according to National Geographic. Since then, Washington's Leavenworth was at 4,195 and they went up to 4,291 (Less than 100 more votes came in, but the numbers have gone up significantly since my last visit to the site!) Solvang went from 1,495 up to 7,070! So, Solvang went up **5,575 votes!**

Solvang is still in the lead, but Washington has been steadily climbing. So, if you have not voted, here is the address: <http://intelligenttravel.nationalgeographic.com/2012/04/09/where-are-americas-best-european-villages/#.T4OzhXbuwVk.twitter>

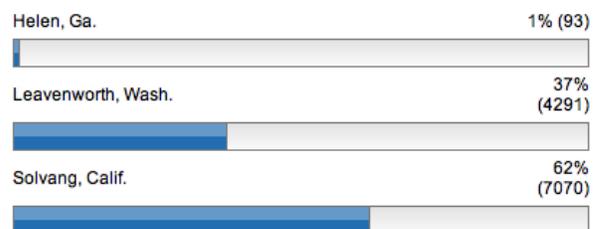
Votes at the time Maidie told us to vote

Where's the best faux European village?



Votes after we spread the word!

Where's the best faux European village?



Youth Central



Horseback Riding in the Hollywood Hills

By Ruzenka di Benedetto

Last month on May 19th the Vasa Youth Group had their first social activity. Early Saturday afternoon the young teens and young adults met at Sunset Ranch to spend an early afternoon horseback riding in the Hollywood Hills. A total of seven members and one guest participated in this activity. The weather was perfect, the skies were blue, and the horses were for the most part well behaved. We mounted our horses and off we were led by our tour guides on a three mile trail ride. The views were amazing. Nothing like horseback riding in the Hollywood hills. Everyone had an amazing time. After our hour ride exertion we dismounted, thanked our tour guides and our horses, and had lunch.

There were picnic tables up the hill from the Ranch and there we had a small pizza party. Ruzenna di Benedetto, was so thoughtful to get pizzas, sodas, and chips for everyone. We ate, talked, and munched on chips. The outing was a great opportunity for all the young adults to get to know each other a little better. The first social outing was a great success and can't wait for the next. More information will be provided in the next newsletter and facebook group page.

If you are interested in joining future social outing please email me at ruzenka28@juno.com and/or join the facebook VASA group page <https://www.facebook.com/groups/320892564627398/>. people to go to facebook and join. There are lots more pictures up there. Click on the facebook icon above to join in and learn more.



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New Attractions at Vasa Park!

The Family Picnic at Vasa park was a *wonderful* day. The weather was spectacular! If you missed it, here are some pictures of the very popular new attractions. I asked around and the families LOVED them! I tried out the new slide several times so I could bring you an accurate report. (But, you really know that it's because the slide is a **lot** of fun! Yes, that's me on the right, with the feet and arms in the air.)



New Vasa Mine

New (fun!) Tube Slide