

Golden Valley Lodge #616 Newsletter



If you feel like
You're Losing Everything,
Remember That Trees
Lose Their Leaves Every
Year And They Still
Stand Tall And Wait
For Better Days To Come.

Difficulties in
your life **don't**
come to destroy
you, but to **help**
you **realize** your
hidden potential.
www.werbestquotes.com



Nick Storch Instagram: <https://www.instagram.com/teenscanmakeadifference>



Delphine

If you have not paid your membership dues, they are past due.
Questions? Ask:
Maidiemouse@gmail.com

Next meeting is on Zoom

Thursday, September 10, 2020 - 6:30 p.m.

Delphine will be sending out her Chairman's message with the Zoom instructions next week. You will be sent a Zoom address and there will also be a practice session a day or so ahead for those who haven't done zoom before. (see page 2 for basics)

Please send your checks to:

Maidie Karling
13752 Burbank Blvd.
Sherman Oaks, CA 91401

Reimbursement for an expense:

Dorothy Burns
8201 Glade Avenue
Canoga Park, CA 91304

or
gladegal2003@yahoo.com

GVL Happenings

Happy September Birthday!!!

Sylva Pitters	1	Jason Blohm	19
Stefanie MacDonald	2	Birgetta Glad	26
Dawn Mathews	7	Annika Buck	28
Kevin Dewey	11		
Cecilia Elisabeth Danhi	12		

Ha en trevlig födelsedag!



ZOOM Basics

Desktop or laptop: You don't actually need to install anything to use Zoom on a desktop or laptop. All you need is a web browser.

When you get the invitation to join a Zoom meeting, click on the meeting URL. A new tab will open in your preferred browser, and if you have the desktop client app installed, the meeting will bounce over to the app. However, if you don't have the desktop client software, then the Zoom browser window will ask you to download it. Ignore that suggestion and skip down to the fine print underneath: "If you cannot download or run the application, join from your browser."

Click the highlighted text in "join from your browser" and you'll be presented with a Zoom meeting page. Sign in with your name and join the meeting.

Cellphone: If you're on mobile, you can go with the Zoom app available in Apple's App Store for iOS or Google Play for Android devices.

You may want to also google a video tutorial before we send you instructions to familiarize yourself with Zoom. It is quite easy!

Thanks for all the great responses to my request for information on what you have been doing during the pandemic! If I missed you somehow, it can go in the next newsletter! Feel free to send pictures and updates. It is a nice way to connect during these times.

laurietaylor@hotmail.com

Culture Corner: The Steel Grandpa



In 1951, Gustaf Håkansson signed up for an endurance race traversing virtually the entirety of Sweden, only for his submission to be rejected because of his age – he was 66.

Their reasoning was that he would have neither the strength nor the stamina to compete with the 50 other racers, all of whom were more half his age.

Nevertheless, having ridden 600 miles to GET to the starting line, Håkansson was there on race day in the saddle of his roadster complete with mudguards, a headlamp and panniers. (He had also donned a home-made bib with the number 0 on it.)

Due to the volume of racers, Håkansson crossed the starting line about 20 seconds after the race had started, but five days, five hours and 1,000 miles later, he crossed the finish line first – more than a day ahead of the next rider.

It soon came to pass that Håkansson had sort of cheated, neglecting one rule that the other ‘official’ participants were forced to follow – he didn’t sleep.

As part of race regulations, competitors were expected to meet and stop at a checkpoint at the end of the day to recharge and restart the next morning.

Instead, Håkansson took just an hour’s rest before setting off again in the middle of the night. This allowed him to make up for the 10 miles he was behind after 300 miles and put a 20-mile gap between him and the rest of the pack.

After three days and only five hours’ sleep, Gustaf was leading the field by more than 120 miles. At one point the police tried to persuade him to stop for a medical examination, but he only laughed – and pedaled on.

Eventually, with only 800 yards or so to go, Stålfarfar

or steel grandpa (as he became known in the villages he’d passed through) came to an abrupt halt. But it wasn’t sheer exhaustion that had stopped him – the old man’s bicycle had suffered its first and only flat tire. Unperturbed, Gustaf dismounted and set towards the finish line where, with only a few yards to go, he remounted to cross the line at 2:15pm on July 7, 1951. Despite the albeit unofficial victory, a subsequent audience with the king of Sweden and generally being showered in fame and honour, Gustaf’s greatest satisfaction came from proving wrong the doctors who had thought he was better suited in a rocking chair than he was in a saddle.

Håkansson was subsequently paid to appear in adverts, and he toured a long time in the country’s folkparks and old people’s homes with his religious songs. He made a record at Liseberg, and became known as the world’s oldest recording artist at the time.

In 1959 Håkansson rode his bicycle to Jerusalem to visit the holy sites. His last cycling trips were made after he reached the age of 100 years. He was almost 102 and his wife Maria, who died a year before Håkansson, almost 105. The couple are buried in Kvistofta cemetery along with a son, who predeceased them.

The Steel Grandpa had continued to ride bicycles until his death in 1987 at the age of 102 and if that isn’t a testament to the health benefits of riding a bike, then I don’t know what is.

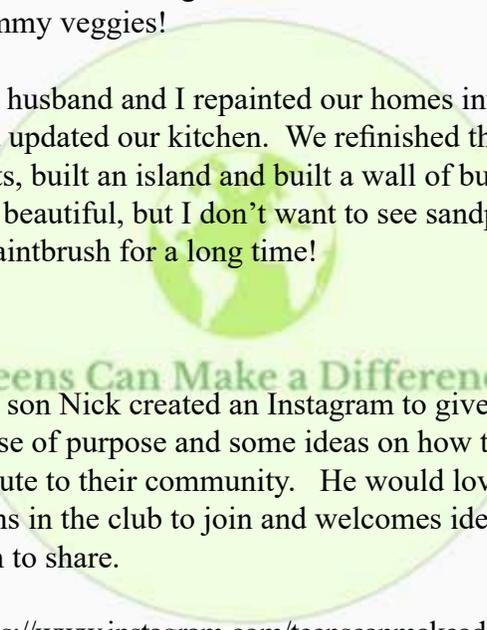


At Johannamuseet in Skurup, Scania there is a permanent exhibition about "Stålfarfar."

From Tiffany Storch

My son created a garden. Can't wait for the yummy veggies!

My husband and I repainted our homes interior and updated our kitchen. We refinished the cabinets, built an island and built a wall of built ins. It's beautiful, but I don't want to see sandpaper or a paintbrush for a long time!

A circular logo with a green and white color scheme. Inside the circle, there is a stylized globe with a green leaf-like shape on top. Below the globe, the text "Teens Can Make a Difference" is written in a green, sans-serif font.

Teens Can Make a Difference

My son Nick created an Instagram to give teens a sense of purpose and some ideas on how to contribute to their community. He would love for the teens in the club to join and welcomes ideas for him to share.

<https://www.instagram.com/teenscanmakeadifference>

Nick also wrote a children's book that is almost done being illustrated. He kept busy! He said he needed to stay busy to keep the blues away. I think we all kinda felt that way.

From Gertie Lindstrom

A lot has happened in my life after Sven's passing in June. I moved from our house in Upland. I'm now living in Rancho Cucamonga. That will add 10 minutes travel time to our meetings at the GVL that I look forward to opening up again very soon.

My daughter Annika is lending me her back house. I have been packing and sorting day out and day in. I am two weeks ahead of my scheduled move. Our house in Upland will stay in the family.

My granddaughter Tiffany and family is taking it over in the middle of September.

I'm now waiting for Sweden to let me back in. I'm planning on getting an apartment in Kristianstad. My time will get divided between Sweden and US.

Hello everybody,

I'm in Sweden and we are not så lock-down. We are careful, keep distance, washing hands a lot and use desinfektion. Every store is mostly open, restaurants pretto much full outside.

We have been to a funeral in Västergötland a 70 years Birthday in Dalarna. We also went to Gothenburg for s 75-years Birthday and also visited friends in Båstad, so the summer passed by pretty good,

All the best to all of you,
Rigmor Johnsdotter



From DagaKarin

We are doing fine here in Spokane.

Our lodge is still not back meeting, we usually have BBQ in September outside but I believe this will be cancelled as well.



From Maidie Karling

What I have done during the pandemic are planted zucchini and tomatoes. I have baked 6 zucchini bread so far and the zucchini are good to eat raw, cooked or fried. The cherry tomatoes have recently riped.

Otherwise I have read books and done lots of Puzzles. Some I break apart and then redo.

As my daughter is working, I am helping her with my granddaughter.

TV has also kept me somewhat occupied.



We have enjoyed almost daily soccer games together. For the holidays 2019 we bought our son portable foldable soccer goals, that he could use at home and to bring to fields when playing with his friends. We have used them daily and we usually have played 3 against 1 because my son is so good and we have no chance to beat him (we still don't but he has to work harder:). Overall, we feel that we have gotten to spend more time together which is nice in today's busy world.

Cecilia Danhi



Greetings from Boise Idaho!

Our family is spread far and wide, and all in good health. Of course we self quarantined in March along with everyone.

In May, my husband and I took out our travel trailer to South Dakota and visited Mt. Rushmore. We had a lovely trip meeting many wonderful people along the way including cafe owners and ranchers.

In July, we camped on the Oregon coast with our daughter, Tiffany Storch and her family. Of course we kept social distancing with masks.

The rest of the summer? Staying home, reading and trying new recipes.

Wishing everyone all the best,

Christina Poe





We have done a lot under the "quarantine" time. Walking, reading, garden, cleaning, organizing, puzzles, watch old Swedish TV series on Netflix or Amazon Prime.

But the best and most fun thing has been building LEGO. Fantastic. We can highly recommend it. It is both elaxing and fun..Just finished the first

project: VW bus, 1300 pieces. (see pictures)
Next project is a Fiat 500.

Big hug to everyone,

Stay safe and healthy,

Berit Stenhoj



From Thomas and Britt Anderson

Being a member of the high risk group, we find ourselves spending most of the time catching up on favorite books and movies. This in the safety of our home. How lucky we are.

From Hubert and Sylva Pitters

It has been a good time to work on the yard and house. Cleaned out old stuff.

Sylva has been scanning pictures from old photo albums and I have been editing and cataloging the results. Great way to relive our life's journey with its challenges.

It is amazing the many beautiful people crossed our lives – family, friends, and acquaintances. Great way to connect with family through sharing pictures / memories.

The process helps us cope with today's environment.



I taught Mona how to sew a bag and she taught me how to use fabric paints. Sure makes the time fly!

Well, I have been painting on canvases, also put in a garden area. Cherry tomatoes, and beef steak tomatoes, also dill, zucchini and mint, and parsley. I was late getting plants but the tomatoes really took off. I went back to Home Depot and Lowe's, but the plants looked almost over. Love my garden and plan on putting in a fall one with pumpkins and few cooler type plants. I am a nature girl.

Take care,
Andrea

Hi,

Kids homeschooling both high school and college, they are resilient and just go with the flow.

I am furloughed and unemployed which gives me opportunity to work on my painting skills. Some of my art is on instagram @jazanik hope you enjoy. Good to hear from you and hope all is well.

Best,
Sissi Brady



From Jen Norman and Family



Lund and Shoemaker not socially distancing except for the blow up head thing Alex Lund is "wearing." Socially distancing. Not just masks but full- on waterproof helmets: Alex Lund and Zoey Shoemaker.



Classic 450SL 1974 repair work... Vasa Meatball Apron, mask and all. How else would you work on a car in a pandemic?



We're building a wall. It not cheap -- but less than \$6 billion.



Kayaking in Seattle with aunt Laurie Lund, stylish masks and all.

From the Enebergs

Well, let me tell you about a few things I have done during this strange time.

I also have a small garden of tomatoes and cucumbers. I have baked a few different kinds of breads and also a real good Rum cake. I made plum jam. Doing some stitchery and knitting. Reading mystery books by Mike Connelly plus having had fun doing jigsaw puzzles.

Miss seeing all of you!

Rut Eneberg



Mona Steffan and Family: We were gone almost two months and keeping to ourselves in the Motorhome. Great for social distancing only had to restock once every two weeks.



This mother moose had cute twins. Reminded me of Sweden!



Our trip was a success. Lots of wonderful animal mothers to be seen this year! Bear #399 has had 12 litters of Cubs most with one or two but 4 this year. And her grand daughter had 2 cubs last year but they were seen several days in a row playing and rough housing to our delight.



Our favorite isn't the old faithful geyser but the prismatic spring and surrounding walks



Can you see the tomte's face?



My painting club of ladies paints backpacks to donate for kids displaced to use for their clothes or items leaving home. So I've done a few to keep busy.



Last but not least another child's backpack. Only wish I could know who got them.



My grandson will have to grow into his... lol