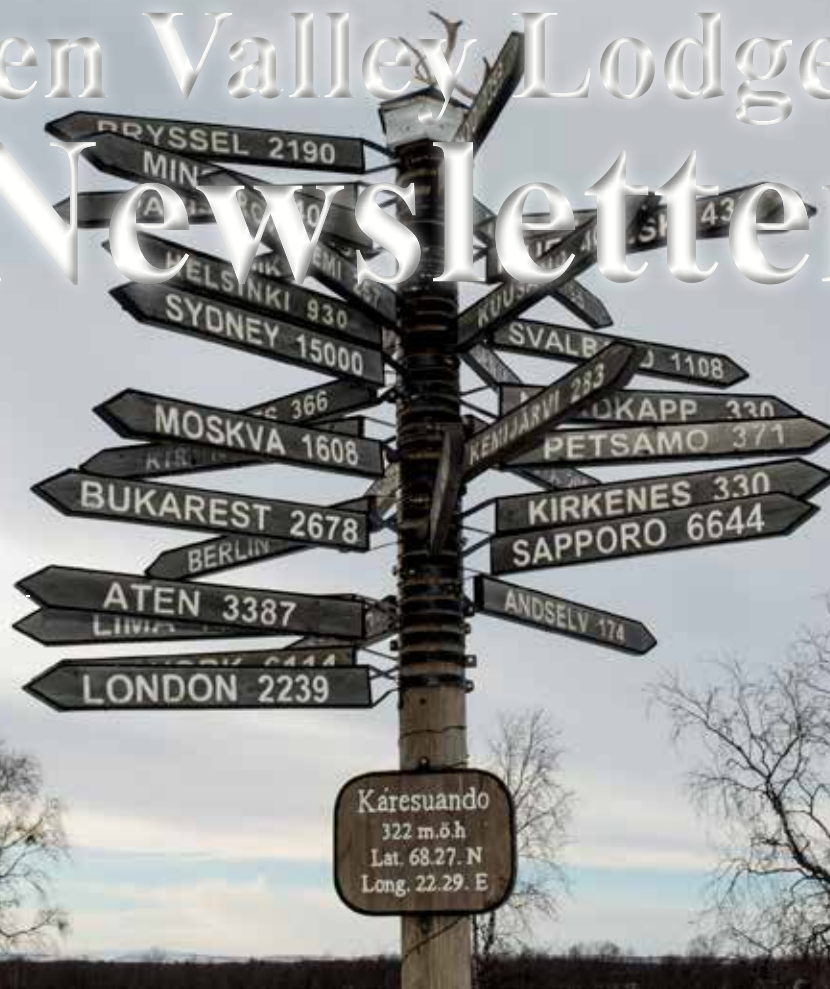


April 2020

Golden Valley Lodge #616 Newsletter



Sign post: Karesuando's way of "boasting" about its location far up in the north of Sweden. Home to a few hundred people, it is the northernmost locality in Sweden.

Credits: Jerker Andersson/imageban.sweden.se

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Stay Home!
Stay Safe!
Stay Well!

Captain Art Bjorkner, our Grand Master, sent the following hopeful message:

“Our members are to stay safe and healthy and as time permits and the Pandemic ceases, we will once again enjoy the camaraderie of our meetings and events with renewed enthusiasm.”

ATTENTION: We will not be having a GVL meeting in April, but some checks will still need to be approved and sent out. If you have a request for a reimbursement, please send to the GVL secretary as soon as possible and she will prepare a voucher for the Treasurer. Send to:

Dorothy Burns
8201 Glade Avenue
Canoga Park, CA 91304
or
gladegal2003@yahoo.com

Golden Valley Lodge #616 • Vasa Order of America •
Meeting: Prince of Peace Lutheran Church | 9440 Balboa Blvd | Northridge, CA 91325
info@goldenvalleylodge.org • www.goldenvalleylodge.org

GVL Happenings

Happy April Birthday!



Natalie Mikkelsen 1

Eivor Wester 1

Nikki Taylor 5

Barbro Granath 5

Tommy Eneberg 6

Kristina Thorsen 11

Kerstin Wendt 13

Ann-Kristin Karling 14

Erik Karling 16

Jessica Santana 16

Rebecca Mikkelsen 16

Tommy Eneberg 16

Clinton Lien Jr. 21

Marianne Farm-Reinholds 24

Gunilla Hamaoui 29

2020 Golden Valley Lodge Board & Service Positions

Chair: Delphine Trowbridge

Vice Chair: Chase Dodd

Past Chair: Inga Francis

Corresponding Secretary: Dorothy Burns

Assistant Secretary: Mona Steffen

Financial Secretary: Maidie Karling

Treasurer: Birgitta Clark

Chaplain: Andrea Tabanelli

Master of Ceremonies: Lucas Taylor

Assistant MoC: Dylan Olson

Cultural: Position not filled

Chaplain: Andrea Tabanelli

Chairman of Trustees: Kerstin Wendt

Trustee -3: Maria Jacobs

Trustee -1: Bertil Winther

Chairman of Auditors: Maidie Karling

Auditor #2: Britt Marie Potter

Membership Chair: Maidie Karling

Events Co-Chair: Maggie Connelly
& Delphine Trowbridge

Scholarship Chair: Beth Bunnell

Financial Chair: Hubert Pitters

Historian: Laurie Taylor

Vasa Park: Richard Heinstedt

Bar: Roy & Hanna Olson

Newsletter: Laurie Taylor

Youth Group: Nicolette Taylor

“Spring adds new life and
new beauty
to all that is.”

— Jessica Harrelson

Ha en trevlig födelsedag!

If you have any pictures or stories to share, please send them to laurietaylor@hotmail.com!

...Sad Goodbyes

VIOLA KINSTRAND
1932 - 2020



Viola Kinstrand was born on February 6, 1932 in Sweden and passed away of natural causes on February 26, 2020.

Viola was a long time Golden Valley member and she was also a gold member. She was active in the Swedish Hollywood Club. Many years ago Viola also held the position of secretary for our lodge.



CULTURE CORNER: Ingmar Bergman a Swedish director, writer, and producer



This house on the island of Fårö, north of Gotland, became filmmaker Ingmar Bergman's home in the 1960's. Today it is a museum in his memory.

Credits: Simon Paulin/imagebank.sweden.se



Ernst Ingmar Bergman (14 July 1918 – 30 July 2007) was a Swedish director, writer, and producer who worked in film, television, theatre, and radio. Considered to be among the most accomplished and influential filmmakers of all time, Bergman's films include *The Seventh Seal* (1957), *Wild Strawberries* (1957), *Persona* (1966), *Cries and Whispers* (1972), *Scenes from a Marriage* (1973), *Autumn Sonata* (1978) and *Fanny and Alexander* (1982); the last two exist in extended television versions.

Bergman directed over sixty films and documentaries for cinematic release and for television screenings, most of

which he also wrote. He also directed over 170 plays. He eventually forged a creative partnership with his cinematographers Gunnar Fischer and Sven Nykvist. Among his company of actors were Harriet and Bibi Andersson, Liv Ullmann, Gunnar Björnstrand, Erland Josephson, Ingrid Thulin and Max von Sydow. Most of his films were set in Sweden, and many films from *Through a Glass Darkly* (1961) onward were filmed on the island of Fårö.

Philip French referred to Bergman as "one of the greatest artists of the 20th century ... he found in literature and the performing arts a way of both recreating and questioning the human condition." Director Martin Scorsese commented; "If you were alive in the 50s and the 60s and of a certain age, a teenager on your way to becoming an adult, and you wanted to make movies, I don't see how you couldn't be influenced by BergmanIt's impossible to overestimate the effect that those films had on people."

Berman Photo By Louis Huch Svenska filminstitutet, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=2484712> 4

Things to Do

Parts derived from:

<https://ohmygoodguide.com/productive-fun-things-to-do-at-home-coronavirus-lockdown-quarantine/>

Nowadays, the message is very clear: #STAYHOME! Many countries are in Coronavirus Lockdown and we must stay home, as that is the only “vaccine” we have for now. So, what to do to fight boredom at home during this quarantine? If you have time to be bored at home, then you have time to change your life! Boredom is a sign that things are comfortable and easy. It’s time to challenge yourself! See your boredom as an opportunity to realign your goals, learn something new, or change your life’s path. So...let’s go for it! Trying out new things is an excellent way to help you learn and grow. Push yourself out of your comfort zone:

- Switch up your morning routine

Some examples: Start with exercise and drink some lemon water first. No screen time until breakfast. Eat a real breakfast and set your goals for the day.

- Teach yourself something amazing!

It could be dance lessons, a pottery class, or some new management skills. How? Tap the Internet: Search on YouTube for whatever skill you find interesting. There’s a tutorial for EVERYTHING these days! The best part? These resources are often FREE.

- Cook new international dishes
Try making varied dishes at home.

- Play Board Games or design your own!

Why not take advantage of this Coronavirus quarantine lockdown and start playing again some table games with your children and family? Back to the non-Internet age! Indeed, playing the most popular board games like Monopoly can be a fun time for children; and not only.

- Learn a foreign language! With Duolingo.com it is completely free and they make it fun!

- Have a Karaoke Night!

Improvise home concerts with all the karaoke videos you can find in Youtube.

- Have a Themed Movie Night

Choose a topic, a director, a country, an actor... there are millions of possibilities.

Comedies are helpful for stress!

- Read a good book

Why should reading a book be on this list? Well, reading a book is not something new, but reading a good book can be! Take advantage of all this free time in quarantine and make a good choice.

- Become a pro Flamenco singer, dancer or player! Or learn some other type of dance that you have always wanted to “when you have the time”.

- Arts and Crafts: Get creative!

If you are possessing a good hand at art, then why not try new things at it. It may take years to become an artist, but there is nothing wrong in trying a little for the same. Strive for making new things. Search on the internet for new ideas: try Pinterest website for inspiration.

- Find and follow a new interesting blog

Blogs are nowadays a really good way of learning new things. Choose a topic you like, do a little bit of research and find the perfect one for you. There are blogs about everything and you can always stay tuned by subscribing to its newsletter!

- Have a salt bath and embrace aromatherapy

Relax after a day full of new experiences at home and treat you well with a nice salt bath and aromatherapy that will transport you anywhere you wish.

Personal development is all about being the best you can be. It’s about making incremental improvements each and every day and continuously leveling yourself up.

Hone your talent. Figure out what you’re good at and work on getting even better.

Read a personal development book. There are a lot of amazing choices out there!

Do some goal setting.

Work on your weaknesses: Weakness can be non-effective communicating skills, bad handwriting, poor grammar or vocabulary and so on. Consult books for this or you may even go through the online applications that help to fight your weaknesses. Utilize the time and turn your weakness into your strength.

Prioritize your things: Start prioritizing your things and make a to-do list. The things you won't do should also be noted down so as to bring effectiveness out of what you do.

Give a podcast a good listen. They're perfect to listen to while commuting, making dinner, you name it.

Watch a motivational TED Talk

Write a letter to your future self

Health: Whether you strive for a healthier mind or body, being healthy will allow you to feel better, look better, and do better.

Do yoga or try meditating. This will enhance your spiritual development as well as train your mind and body to become more mindful. (Oprah has a few series of free meditations that last from once to a month.)

Get motivated and try something new physically.

Of course, EXERCISE. It's an awesome mood booster, stress reliever, and ideal body maker. Use different apps to help you make progress in the right direction.

Go 'airplane mode': take a break from technology for a little while.

Imagine what your ideal healthy-self looks like. Create a plan to achieve that body for optimal health.

Social Connectedness: Feeling strange or lonely?

Now more than ever, we need our family and friends.

Evidence shows that social connectedness is as important for our health as diet, movement and sleep.

Try recreating your social interactions through video calls — you could organize a virtual dinner via apps like Zoom, Houseparty or good old Google Hangouts, or take a friend on a virtual walk or do a housebound activity together, like craft or drawing.

Interact with your neighbors from over a fence or

across balconies

Check in with your friends, family, fellow lodge members, and neighbors regularly. Wherever you can, assist people in your life who may be more vulnerable (for example, those with no access to the Internet or who cannot easily use the Internet to shop online)

Spend the time connecting with the people you are living with. Use this time to improve your existing relationships

Call to a long-distance friend: It may be too long since you had called your true and long-distance friend. If it really is, then move ahead and make a call.

Organize: To conclude our list of Productive & Fun Things to Do at Home during Coronavirus Quarantine or Lockdown, you should try getting organized.

Plan out your day or week ahead of time

Plan your meals for the upcoming week

Make backups of everything

Sort out your mailbox

Sort out your photos

Update your CV

Update your bucket list

Organize your bills and paperwork

Clear space on your phone

Create email templates for personal and professional email

We'll win the COVID-19 battle! With each new experience, you'll learn more about yourself and understand what inspires you. Remember to find ways to continue to LAUGH.

So say goodbye to boredom and say hello to creating a better life.

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Travel Plans Changed? Here's a Massive List of Museums, Zoos, and Theme Parks Offering Virtual Tours

You can see Frida Kahlo at MoMA or visit the Shedd Aquarium without leaving the couch.

Just search/Google "virtual tours" + one of the places mentioned below

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Museums

The Louvre: You don't have to book a ticket to Paris to check out some of the famous pieces in the world's largest art museum. The Louvre has free online tours of three famous exhibits, including Egyptian Antiquities.

Solomon R. Guggenheim Museum: The works of Pablo Picasso, Piet Mondrian, Jeff Koons, and Franz Marc are just some of the 625 artists whose work are a part of the Guggenheim's Collection Online.

Smithsonian National Museum of Natural History: Move at your own pace through the 360-degree room-by-room tour of every exhibit in the museum.

Van Gogh Museum: You can get up close and personal with the impressionist painter's most famous work thanks to Google Arts & Culture.

Getty Museum: Los Angeles's premiere gallery has two virtual tours, including "Eat, Drink, and Be Merry," which is a closer look at food in the Middle Ages and Renaissance.

The Vatican Museum: The Sistine Chapel, St. Peter's Basilica, and Raphael's Room, are just some of the sites you can see on the Vatican's virtual tour.

Thyssen-Bornemisza Museum: Madrid's must-see art museum has the works of some of the continent's most celebrated artists like Rembrandt and Dali available online.

Georgia O'Keeffe Museum: Six virtual exhibits are available online from this museum named for the "Mother of American Modernism."

National Museum of Anthropology, Mexico City: Dive into the pre-Hispanic history of Mexico with 23 exhibit rooms full of Mayan artifacts.

British Museum, London: The Rosetta Stone and Egyptian mummies are just a couple of things that you're able to see on a virtual tour of the museum.

NASA: Both Virginia's Langley Research Center and Ohio's Glenn Research Center offer online tours for free. Also, you can try some "augmented reality experiences" via The Space Center Houston's app.

National Women's History Museum: Have a late International Women's Day celebration with online exhibits and oral histories from the Virginia museum.

Metropolitan Museum of Art: Though the Met Gala was cancelled this year, you can still have a peak at the The Costume Institute Conversation Lab, which is one of the institution's 26 online exhibits.

High Museum of Art, Atlanta: This museum's popular online exhibits include "Civil Rights Photography"

— photos that capture moments of social protest like the Freedom Rides and Rosa Park's arrest.

Detroit Institute of Arts: Mexican art icon Frida Kahlo is the focal point of two of the four available online exhibits.

Rijksmuseum, Amsterdam: The Golden Age of Dutch art is highlighted in this museum which includes the work of Vermeer and Rembrandt.

National Museum of the United States Air Force: You can't take a ride in Franklin D. Roosevelt's presidential airplane, but you can check it out, in addition to other military weapons and aircraft, online in the Air Force's official museum.

MoMA (The Museum of Modern Art): New York's extensive collection is available for view online.

Museum of Fine Arts, Boston: The 16 virtual exhibits include a special section on 21st Century Designer Fashion.

Zoos and Aquariums

The Cincinnati Zoo: Check in around 3 p.m., because that's the time the Zoo holds a daily Home Safari on its Facebook Live Feed.

Atlanta Zoo: The Georgia zoo keeps a "Panda Cam" livestream on its website.

Georgia Aquarium: Sea-dwellers like African penguins and Beluga Whales are the stars of this aquarium's live cam.

Houston Zoo: There are plenty of different animals you can check in on with this zoo's live cam, but we highly recommend watching the playful elephants.

The Shedd Aquarium: This Chicago aquarium shares some pretty adorable behind-the-scenes footage of their residents on Facebook.

San Diego Zoo: With what may be the most live cam options, this zoo lets you switch between koalas, polar bears, and tigers in one sitting.

Monterey Bay Aquarium: It can be Shark Week every week thanks to live online footage of Monterey

Bay's Habitat exhibit.

National Aquarium: Walk through tropical waters to the icy tundra in this floor-by-floor tour of the famous, Baltimore-based aquarium.

Theme Parks

Walt Disney World: Set aside some time, because there's plenty to see here. Virtual tours you can take include Magic Kingdom, Animal Kingdom, and Epcot, just to name a few. There are also unofficial YouTube

videos that feel just like you're on famous rides like the Frozen Ever After ride, It's a Small World, Monsters, Inc. Mike & Sulley to the Rescue!, and Pirates of the Caribbean.

LEGOLAND Florida Resort: The Great Lego Race and Miniland USA are just two of the attractions you can check out in a virtual tour of the park.

SeaWorld Orlando: The virtual tour of Seaworld includes a tour of Discovery Cove and the option to "ride" the steel roller coaster Mako.

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“The first blooms of spring
always make my heart sing.”

— S. Brown

“If you've never been thrilled to the very edges
of your soul by a flower in spring bloom, maybe
your soul has never been in bloom.”

— Audra Foveo



Spring Blossoms Credits: Anders Tedeholm/imagebank.sweden.se