

January 2021

# Golden Valley Lodge #616 Newsletter



The Northern Lights, or Aurora Borealis, is a natural light display that is frequent during the winter months in northern Sweden thanks to the geographical proximity to the Arctic Circle and the magnetic north pole.

*Credits: Asaf Kliger/imagebank.sweden.se*



Dear Brothers and Sisters,

I hope you all had a good Christmas and a happy New Year and have remained in good health. We had a Zoom meeting scheduled on January 14 and a management meeting scheduled for January 15th. I am going to cancel the January 14th meet-

ing and include the business of that meeting for January 15. We have lots of business to discuss such as the 2021 board, reconciling the books for 2020 and future events for Golden Valley.

We will have a Zoom meeting February 11th at 6:30. I hope you all join us.

*Delphine*

**MEMBERSHIP DUES: \$25/  
per person for 2021 due  
in January**

Questions? Ask:

Maidiemouse@gmail.com.

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

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 January Birthday!!!

Isabella Muscarella	3
Birgitta Clark	5
Tyra Dios	7
Rigmor Johndotter	9
Mary Locke	11
Jennifer Dewey	13
Ruzenka di Benedetto	28
Lars Heinstedt	29
Mathew Locke	31

## Ha en trevlig födelsedag!

### Julgransplundring

Especially this year, Julgransplundring gives us a good reason to keep the tree up longer! Literally, “Christmas tree plundering” is a tradition in Sweden on St. Knut’s Day (13 January), which marks the end of the Christmas and holiday season, which includes Advent Sunday, Saint Lucy’s Day, Christmas, New Year, and Epiphany. It is also known as “Dancing out Christmas” (Dansa ut julen) or “Throw out the Tree” (Kasta ut granen). During the 20th century, Christmas trees were literally thrown out of the window or from the balcony, onto the street once they had been “plundered” and stripped of all ornaments.

Don’t forget to dance!

#### For the Good of the Order:

This is a very interesting interview with Sanja Gupta on warding off dementia and Alzheimer’s.

<https://www.cbsnews.com/video/sanjay-guptas-prescription-for-fighting-off-dementia/?ftag=CNM-00-10aac3a>

Probably no advice we don’t already know, but good reminders and intentions for the new year ahead!

## 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:** Laurie Taylor (Temp)  
**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

## Connecting Through Covid

No one admitted to having any New Year’s resolutions.

Hmmm...so, what are you doing?

Discovered a new hobby?

Re-discovered an old one?

What interesting things have you found to do during these changing times?

Who is keeping you company? Dog, cat, bird, guinea pig, snake, gecko, other?....

**Send a picture of your companion(s)!**

If you have any pictures or stories to share, please send them to [laurietaylor@hotmail.com](mailto:laurietaylor@hotmail.com)!



# Culture Corner: Our Royals



The King and Queen send an Advent greeting from Drottningholm Castle. December 20, 2020

*Photo: Victor Ericsson, Royal. Hovstaterna / Victor Ericsson, The Royal Court of Sweden*



Left: HM The King's Christmas speech. Drottningholm Castle, 25 December 2020

*Photo: Victor Ericsson, Royal. Hovstaterna / Victor Ericsson, The Royal Court of Sweden*

**Virtual Tours:** You can take a warm, comfortable, and free virtual tours all over Sweden at

<http://www.stockholm360.net>

For a tour of Drottningholm Palace grounds where the King and Queen reside:

[http://www.stockholm360.net/vtour\\_map.php?id=drottningholm](http://www.stockholm360.net/vtour_map.php?id=drottningholm)

Unfortunately, this tour does not go inside the beautiful castle.

**Ties to British Royals:** Queen Elizabeth II is related to King Carl XVI Gustaf of Sweden as they are third cousins. King Carl XVI ascended the throne following the death of his grandfather, King Gustaf VI Adolf, in 1973. The king is a descendant of Queen Victoria through two lines and is also related to Prince Philip.



# The Crown Princess family



The Crown Princess family wishes a happy Advent, Haga Castle. November 29, 2020  
*Photo: Sara Friberg, Kungl. Hovstaterna / Sara Friberg, Royal Court of Sweden*



HRH Princess Estelle  
Estelle Silvia Ewa Mary, Princess of Sweden, Duchess of Östergötland was born on February 23, 2012. She is the first child of The Crown Princess and Prince Daniel. She is the eldest grandchild of King Carl XVI Gustaf, and is second in line of succession to the Swedish throne.



HRH Prince Oscar  
Oscar Carl Olof, Prince of Sweden, Duke of Skåne, was born on March 2, 2016. He is the second child of The Crown Princess and Prince Daniel.

Prince Oscar was christened in the Royal Chapel at The Royal Palace on May 27, 2016.



## A Royal baby!



The Royal family issued a press release with the happy news that Princess Sofia is expecting a baby. Prince Carl Philip and princess Sofia have two sons, Prince Alexander and Prince Gabriel. The news of Princess Sofia's pregnancy came just weeks after it was confirmed that she and Prince Carl Philip had both contracted coronavirus. There has been intensive medical research around the world about the implications of coronavirus during pregnancy. Fortunately for Princess Sofia, she has experienced no problems and she and the Prince are both now healthy again. Their baby is expected in March or April of 2021 *Photo: Kungahuset*



*Photo: Victor Ericsson, Royal. Hovstaterna / Victor Ericsson, The Royal Court of Sweden*





Princess Madeleine's adorable three children, Princesses Leonore and Adrienne and Prince Nicolas

Princess Madeleine of Sweden, Duchess of Hälsingland and Gästrikland, is the second daughter and youngest child of King Carl XVI Gustaf and Queen Silvia.

Upon her birth, she was third in line of succession to the Swedish throne. She is currently seventh in the line of succession. Princess Madeleine is married to British-American financier Christopher O'Neill. They reside in Florida.

## Our Royals were Zooming this year too!



Screenshot/Fair Use





## R<sub>X</sub> Doctor's Orders: Scandinavian secrets to a happier, healthier life

A Message from Kaiser <https://thrive.kaiserpermanente.org/thrive-together/live-well/scandinavian-wellness-secrets>

*Credits: Tina Stafrén/imagebank.sweden.se*

Scandinavian winters are dark, cold, and long. Depending on the city, a typical day could have little to no sunshine, freezing temperatures, and lots of snow. Some people might see those conditions as a recipe for seasonal depression. But despite their harsh winters, Denmark, Sweden, Norway, Finland, and Iceland have topped the World Happiness Report — which surveys 156 countries by asking their citizens how happy they are — for several years in a row. So, what is it that makes Scandinavian people so content? The answer may lie in their approach to life — which contains several feel-good philosophies that promote an overall sense of well-being. Let's take a look.

### 1. Fika paus

The Swedish term *fika paus* roughly translates to “coffee break.” But there's more to it than just grabbing a cup of joe and rushing back to work. A *fika paus* is more like a social ritual, giving you time to rest and reset. It consists of coffee, typically accompanied by a sweet treat, and is meant to be enjoyed with others and away from work. In Sweden, *fika paus* is so important that work is often scheduled around these breaks — and not the other way around.

**How it helps:** Prioritizing time for breaks and socializing each day can help with work-life balance, which may reduce stress.

### 2. Friluftsliv

Spending time in nature is a practice that takes many forms in many cultures around the world. In Japan, it's known as *shinrin yoku*, or forest bathing. In Norway, it's known as *friluftsliv*, or open-air living. But while forest bathing encourages you to spend time immersed in nature for a few minutes each day, *friluftsliv* is more indulgent. Rain or shine, it's a commitment to getting the most out of those outdoor moments — whether it's long camping trips through the mountains or leisurely strolls on the beach with friends.

**How it helps:** Time spent outside — even if it's just at an urban park — can have a positive impact on our sense of well-being.

### 3. Gokotta

The Swedish idea of *gokotta* takes *friluftsliv* one step further. It's the act of waking up early in the morning to go outside and listen to the birds sing.

**How it helps:** On its own, waking up early can make you more proactive — meaning you're more likely to get things done. But with *gokotta*, you're also spending quality time in nature. So, from the moment you wake up, you're boosting productivity and your sense of well-being.

### 4. Hygge

The long, dark hours of winter can take their toll. But instead of dreading the winter months, the Danish concept of *hygge* encourages you to embrace them. *Hygge* is about celebrating coziness and turning it into a type of self-care. Lighting candles, sipping your favorite tea, putting on a pair of fuzzy socks — these acts are *hygge* in practice. And the key to this practice is to find the joy in feeling warm and fuzzy, inside and out.

**How it helps:** Focusing on the positives in life — like getting cozy when it's dark and snowy — can increase your overall sense of well-being.

### 5. Lagom

Balance is essential to living a healthy life. Roughly translating to “just the right amount,” the Swedish and Norwegian concept of *lagom* is about making it a priority to always find balance in every part of life.

**How it helps:** Many things can be harmful to your health if not done in moderation — from overeating to not moving enough throughout the day to working long hours without breaks. This is why the concept of *lagom* is important. Finding the right balance can help you avoid damaging your health.

### Bottom line

Happiness isn't a location — it's a state of mind. By putting these Scandinavian philosophies into practice, you may find yourself feeling happier over time and living a more fulfilling everyday life.



# Our members show their holiday spirit!



Left: Mary McMannes' clever holiday card



Right: Here is a picture which captures our holiday season this year. Happy New Year from Pastor Chuck and Beth!



Above: Not from a member, but found it funny!  
Don't know if this was their intentional display or the work of the wind. Either way, it fits for 2020!





The Storch Family Mantle



Left: Lisa Eklund's tree and Nativity Scene



Right: Wenke Eklund and her tree





Left: Laurie's Taylor's tree  
(Jul Goats were hiding below)

My only New Year's Resolution is attributed to Ralph Waldo Emerson who said:

***“Write it on your heart  
that every day  
is the best day of the year.”***

Below:

We didn't decorate much this year but went away for Christmas, for a few days. Two hours north of Boise to a town called McCall. By the way, this is where Knut Shoberg, built Scandia Inn years ago.

On Christmas day, we took a sleigh ride and saw a large herd of wild elk. What fun we had.

Happy New Year!

Christina Poe





T'was 4 days before Christmas, and all through the town, people wore masks, that covered their frown.  
The frown had begun way back in the spring when a global pandemic changed everything.  
They called it corona, but unlike the beer, It didn't bring good times, it didn't bring cheer.  
Airplanes were grounded, travel was banned. Borders were closed across air, sea, and land.  
As the world entered lockdown to flatten the curve, the economy halted, and folks lost their nerve.  
From March to July we rode the first wave, people stayed home, they tried to behave.  
When summer emerged the lockdown was lifted, but away from caution, many folks drifted.  
Now it's December and cases are spiking, wave two has arrived, much to our disliking.  
It's true that this year has had sadness a-plenty, we'll never forget the year 2020.  
And just 'round the corner - The holiday season, but why be merry? Is there even one reason?  
To decorate the house and put up the tree, who will see it, no one but me.  
But outside my window, the snow gently falls, and I think to myself, let's deck the halls!  
So, I gather the ribbon, The garland, and bows, as I play those old carols, my happiness grows.  
Christmas is not canceled and neither is hope. If we lean on each other, I know we can cope...

*Submitted by  
Mona Steffen*

*Jason Blohm's tree*



## **Good News! District Scholarship Application deadline extended**

The District's Scholarship Program deadline has been extended to January 22, 2021.

Due to on-line classes, difficulty in reaching teachers, and other issues related to CoVid-19, it may be difficult to gather all required documents, so the deadline has been extended for DLPSW #15's Scholarship program. However, by January 22, 2021, all documents for an application must be received by the committee.

If you are considering submitting a new application, please contact the Scholarship Committee at [scholarships@vasaDL15.org](mailto:scholarships@vasaDL15.org) to let them know your plans. They can help you track the required documents.



# Thoughts for the New Year: 50 Ways to Take a Break

