

Golden Valley Lodge #616 Newsletter

Chairman's Message

It was a pleasant surprise to see so many people at the meeting in February even though several of our regulars were home with the flu. We had 62 attending, including two guests. Special thanks go to Mona Steffen and her family who volunteered for kitchen duty when the scheduled crew became unavailable.

With all the flu bugs gone away and with the spring season around the corner, I think we'll have an even greater turn-out at the next meeting. Our kitchen crew this time consists of Maria Jacobs, Laila Jensen and Gunvor Sabo. A little while ago I got a message from Maria saying they plan to serve a hearty (Swedish) winter dish. I have no idea what that means – perhaps we should have a contest where people get to guess what's on the menu. In any case, from experience I know it's going to be fantastic – when it comes to Swedish cuisine, this team is one of the very best.

Before we get to enjoy the good stuff, you will have to endure a brief business meeting. Fortunately, we have already gone through most of the items that show up on the agenda at the beginning of each year. There will be an abbreviated initiation ceremony, however. As of now, we have only two new applications for membership but I hope to get a few more before we start the meeting – next opportunity to become a member doesn't appear until October.

Pernilla Olsson, the new pastor of the Swedish church in San Pedro, was a guest speaker at our January meeting. In her presentation she informed us of their upcoming 60th anniversary. Here is a website where you'll find more information about this event:

<http://svenskakyrkan.se/default.aspx?id=861440>

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Our chairman, Bertil (Bert) Winther. See Getting To Know You to learn more about Bertil.

Dates to Remember

Golden Valley Lodge Meeting.....	Thursday, March 8, 2012
Daylight Savings.....	March 11- Spring forward!
Saint Patrick's Day.....	Saturday, March 17
IKEA Easter Smörgåsbord Dinner	March 23- Selling out! Buy tickets in advance.
April Fools' Day.....	April 1st– watch out!
Building Corp. Meeting.....	April 5th, 6:30pm
Easter.....	Sunday, April 8th
Scandinavian Days.....	April 14-15 at Cal Lutheran Sat. 10am-5pm Sunday 10am-4pm Adults \$7, kids under 12 free
Nordic Spring Picnic*.....	Sunday, May 6 \$5/car 10:00am-4:00pm, @ Vasa Park
Midsummer*.....	Sunday, June 24
Autumnfest & Marknad*.....	Sunday, September 16

* Vasa Park will have 2 NEW attractions! www.vasapark.org

(Chairman's Message: Continued from page 1)

To donate money for the anniversary program, you can download and fill out a payment form that appears at the bottom of the webpage.

In the February newsletter, I reported that The Vasa Star magazine in the future was to be issued only as a PDF-file on the web. Today I learned that the Grand Lodge secretary, Joan Graham, contradicted that report at our recently concluded District Convention in Woodland Hills. She stated that there will be four printed issues per year. Whether the Grand Lodge changed their decision or the original report was false is irrelevant at this point – I'm happy to hear that the magazine will continue in its printed form.

A few people also commented on my newsletter message about the combined 'tax' that we pay to the Grand Lodge and to our District Lodge. This year the amount went from \$19.05 to an even \$20 for each member. I should

have been more specific – the portion that is distributed to the Grand Lodge was unchanged at \$15.75. The increase of \$0.95 goes in its entirety to the District Lodge. My main point, however, was that the portion allocated to the Grand Lodge should be reduced if they stop printing and distributing The Vasa Star.

Have you ever been late at work because you forgot to reset your clocks? Well, it's that time of the year again. On March 11, at two o'clock in the morning, we 'spring forward' one hour. But if you happen to be in Sweden, you can relax and stay in the 'fall back' position a little bit longer – they don't spring forward until March 25.

I look forward to seeing you all at the general membership meeting on Thursday, March 8.

In truth and unity,

Bertil

**Vasa Order of America District Lodge Pacific Southwest No. 15
 98th District Convention**



District Officers: Left to Right, Front Row: Gunilla Wotkyns, Arlene Lundquist, Susan Premo, Gunlog Spaberg, Grand Master Bill Lundquist, Ann Hellgren, Isabella Muscarella, Nel Solt, Bob Solt Left to Right, Back Row: Anita Hedlund, Delphine Trowbridge, Ann Heinstedt, Siv Swan-Pierson, Russell Almquist, Robert Salk, Lon Kirkgaard, Mary Wright, Nathan Codding, Inga Frances, Mary Ethel Pierson, Elliott Codding

Photo: Thomas Jahn

Your Elected District Officers for 2012-13

Members of the Board:

*District Master Gunlog Spaberg
 Vice District Master - Ann Hellgren
 Past District Master - Susan Premo
 Secretary - Isabella Muscarella
 Assistant Secretary - Arlene Lundquist
 Treasurer - Bob Solt
 Executive Board Members - Mary Wright, Nathan Codding, Russell Almquist, Lon Kirkgaard
 Cultural Leader - Nel Solt*

Ceremonial Officers:

*Chaplain - Gunilla Wotkyns
 Master of Ceremonies - Elliott Codding
 Assistant Master of Ceremonies - Inga Frances
 Inner Guard - Delphine Trowbridge
 Outer Guard - Anita Hedlund
 Auditors - Kjell-Åke Hellberg, Ann Heinstedt, Siv Swan-Pierson
 Trustees - Thomas Jahn, Mary Ethel Pierson, Robert Salk*

GVL Happenings

On the Guest List

Our guest for the evening was William Hernandez, Director of the Valley Food Bank. He is pictured here with lodge member, Wenche Eklund. Hernandez shared information about the Food bank. It was suggested that if we have overloaded fruit trees, we could donate them to the food bank. They ask that the fruit be picked and bagged -- and they will pick up.

To learn more about the Valley Food Bank, visit their website at www.valleyfoodbank.org

After the business meeting, it was also suggested by some of our members that our lodge could run a food drive. Interested?

Flower March and Lottery Winner\$

Steve Tabanelli reports that \$127 in lottery tickets were sold. The Flower March brought in \$52. Bonnie Fornander was the lucky winner of \$25 in the capsule drawing. Her other half would have won, but he did not make it to the meeting! Let that be a lesson to the rest of us - show up to win. (*Really*, it happened to me!)

The raffle prizes went to Isabella Muscarella (\$35), Birgitta Glad (\$22) and Maria Jacobs (\$12).

The centerpieces were terrific! Each original Valentine centerpiece was filled with different goodies. Congratulations if you won one! Maria Jacobs won the lottery *and* a centerpiece.

Buffet Buzz

We really enjoyed the delicious meal at our last meeting. Did you notice the grapes and apples in the salad? Wasn't that good? Our hosts were Mona Steffen, Melissa Steffen, Kristina DeHart, Dagmar Rydberg, and Roger Steffen.

Our March meal will be prepared by Maria Jacobs, Gunvor Sabo, and Laila Jensen and our cultural leaders this month are Maria Jacobs and Gunvor Sabo.

Initiations

At the next meeting on March 8, 2012 we will be initiating two new members, one of whom is Eugene (Gene) Paulin, shown on the left. Welcome to the Golden Valley Lodge!

Welcome Back!

Inga Kozell has not attended our meetings for a few years. She came to our last meeting in February. Welcome back!

Janet Bell has been sick with pneumonia. We are happy to see you again! Welcome back, Jan!

Health and Wellness

Bill Wendt and Ruzenka Di Bendetto were out sick with cold/flu. It is really going around! Hope you are feeling better!



Steve Tabanelli: We have the world's most generous lottery - we don't take in as much as we give out!



Cultural Corner

Brief History of Daylight Savings Time in Sweden

(Adapted from Wikipedia)

In Sweden, daylight saving time was originally introduced on May 15, 1916. It was very unpopular at the time. Therefore, on September 30 in the same year, Sweden returned to year-round standard time. This situation continued for more than half a century.

On April 6, 1980, Sweden again introduced daylight saving time, and since then daylight savings time (DST) has been observed every summer in Sweden. Except for the introduction year of 1980, daylight saving time has always started on the last Sunday in March. It ended on the last Sunday in September during the years 1980-1995, and on the last Sunday in October from 1996 onwards, following a unification of start/end dates of DST within the European Union

(EU) as well as in several European countries then outside the EU.

Five days before the re-introduction of DST in 1980, a major Swedish newspaper took the opportunity to publish a *chaotic* April Fool's Day joke on April 1, 1980. The joke claimed that DST had been introduced -- almost in secret with nearly no public information -- everybody thought they were late everywhere and hardly anyone really knew what the correct time was!

The clocks in Scandinavia do not change until March 25th this year (this part is not a joke). We spring forward on the 11th, so for two weeks the people in Sweden will be only eight (8) hours ahead of us instead of the usual 9 hours.

Swedish Semlor

Semla is a wheat-flour, cardamom bun filled with almond paste and whipped cream. The delicious, plump, bun dates back to the 16th century, probably around 1541.

These Swedish desserts were traditionally served on "Fat Tuesday" (known as Fettisdagen in Swedish, meaning the day when all fat and other perishables are traditionally consumed before Lent. Swedish newspapers even have tasting surveys aimed at finding the best semla in town. Although it was traditionally eaten on Tuesdays, it has begun appearing in bakeries and shops as early as December or January. Now, Fat Tuesday would be more aptly named Fat January, Fat February and Fat March. They are happily eaten as often as they can be found!

Linnea and Ann Heinstadt graciously provided a well-tested recipe that makes wonderful semlor. Feel free to share your favorite recipes with us too!

LENTEN BUNS 12-15 buns

■ Oven temp: 250°C (450°F), convection 225°C (425°F)
100 g (7 tablespoons) stick margarine or butter
3 dl (1½ cups) milk
50 g (1½ ounces) fresh yeast or 2 tablespoons active dry yeast
½ teaspoon salt
1 dl (½ cup) sugar
1 egg
1½ teaspoons baking powder
scant 1 liter (4 cups) all-purpose flour
Brushing:
1 egg, lightly beaten
Filling 1:
150 g (5 ounces) almond paste
Filling 2:
125 g (1 cup) ground almonds
crumbs from inside of buns
1 dl (½ cup) hot milk
1 dl (½ cup) sugar
Garnish:
2 dl (¾ cup) whipping cream
powdered sugar
► Melt the butter and add the milk. Heat to 37°C (100°F). If using active dry yeast, heat to 45°C (115°F).

Crumble the yeast in a large bowl and add salt, sugar, milk mixture and egg. Combine baking powder and flour and add, kneading until smooth and elastic. Cover and let rise for 30 minutes in the bowl.

Turn out onto a lightly floured surface and knead until smooth and elastic. Form into round balls. Place on a greased or parchment-lined baking sheet. Cover and let rise until doubled.

Brush with beaten egg. Bake on the center oven rack for 8–10 minutes.

Let cool.

Cut off the tops of the buns and remove some of the crumbs in the center, but do not break through the outer surface of the buns. Fill with some of the fillings.

Filling 1: Place a little almond paste in each bun. It can be mixed with a little of the cream for garnish, if desired.

Filling 2: Combine all ingredients to a loose filling.

Whip the cream and place a spoonful on top of the filling, or pipe around the filling. Top with the lid. Sift powdered sugar over.



Photo: Camilla Degerman/imagebank.sweden.se

Getting to Know You

By Dorothy Burns

We have about 151 members at the Golden Valley Lodge. In an effort to get to know each other better, we will be putting a couple of bios in the newsletter each month. This month's issue features two of our Golden Valley officers -- Chairman, Bert Winther and Financial Secretary, Delphine Trowbridge.



BERTIL (BERT) WINTHER –The oldest of seven children, Bert grew up on a farm near Lund in the south of Sweden. He attended elementary school in Lund and graduated from high school in Malmo. After compulsory military service in the Swedish army, he moved to Stockholm to study aeronautical engineering. Five years later Bert received his master's degree from KTH (Royal Institute of Technology). During this time he also acquired a private pilot's license. After graduation from KTH he worked as a research engineer at Saab Aircraft in Linkoping. This was the time when the computer revolution got started, first affecting only the field of engineering but soon the entire world. The company sent Bert to a week-long computer programming class in Atvidaberg where he met Marianne. They married a year later.

After three years with Saab in Sweden he accepted a job offer from Boeing. The couple moved to Seattle where their daughter was born. Bert says it was a great time to be working in the American aerospace industry but life abroad was not quite as good for his wife who had bouts of homesickness. After nearly six years in Seattle, Bert decided to leave a promising career at Boeing and go back to Sweden. It turned out to be a temporary move. The couple separated and Bert got a job in California. The separation resulted in divorce a few years later. Their

daughter, Sophia, went to school in Sweden but spent a lot of time in California. She married at age 20 and lived in southern California with her husband for nearly a year before returning to Sweden where all four of her children were born.



Bert in 1982

Bert has now cut back on regular work hours. In 2006 he joined the Golden Valley Lodge and has served as its chairman or vice chairman since 2008. He likes to travel - in recent years he has visited Australia, New Zealand and several European countries. He is also an avid hiker and keeps in shape by jogging.

DELPHINE AGDA TROWBRIDGE – Golden Valley Financial Secretary: Delphine's maternal grandparents – the Karlsson's -- came from Hälsingland, Sweden and immigrated to the United States in 1906. Delphine was born in Michigan and moved to California in 1956. She married and had three children. She has kept up with some of the traditions her grandmother taught her and for the last few years has been learning Swedish language and culture. She joined the Thule Lodge in 2008, served as both a Convention delegate and Vasa Park Association delegate. When Thule Lodge folded in 2010, she became a member of the Golden Valley Lodge.

Delphine is often quick to volunteer. She is in her second year as Financial Secretary at Golden Valley, as well as continuing to be a Convention and Vasa Park Association delegate. She was just elected Inner Guard for Vasa Order of America, District 15. She has been one of the chefs at Vasa Park for Viking Village for several years and camps

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(Continued from Getting to Know You - Delphine Trowbridge)

overnight with the kids, making sure they get a good Swedish dinner and breakfast every day. She has



brought several new members into the lodge and now her grandson, Jason Trowbridge, will be old enough to join this year and would like to go again to Viking Village.

She also enjoys watching Swedish movies and has read all the books by Henning Mankel about Wallender, the police detective from Ystad, Sweden.

Delphine has been a Sierra Club member for 22 years and was honored in 2010 with a “Lifelong Service Award” by the Angeles Chapter. She met her sweetheart, Walter Ellert, 20 years ago while hiking in Griffith Park. Delphine leads many hikes locally and has led bus trips to Lompoc, Julian, and Solvang. She organized a trip to England where they walked the Cotswold Way – a long distance walk of about 100 miles – staying at bed & breakfast places along the way.

Currently, she is reading “Secret Staircase”, a book about stairway hikes in the Los Angeles area in preparation for more interesting hikes with her Sierra Club group. She is always organizing camping trips for her group, as well as fundraisers. On March 24, they will have a Marti Gras themed event in La Crescenta with lots of food, wine, and a murder mystery play.

If you are interested, please contact Delphine at the next meeting.

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Britt Potter: If you have not been at the Lodge for awhile, do come back. We're having a lot of fun!



Happy Birth(day) to You!

Royal Watch --There is a New Princess Second in Line to the Throne: Welcome to the World Estelle Silvia Ewa Mary

February 23, 2012: King Carl XVI Gustaf of Sweden announced, "We have now been given a little Princess Estelle in Sweden and we are all, particularly me and the family, very, very happy and joyful for that." Princess Estelle's official title is Duchess of Östergötland - a region just south of Stockholm.



Princess Estelle at 4 days
Photo: Kungahuset.se

Estelle's birth was greeted by two 21-gun salutes on Skeppsholmen island, opposite the royal palace in the capital Stockholm.

The baby's mother, Crown Princess Victoria, 34, is married to her former personal trainer Daniel, 38. As Victoria's first-born child, Princess Estelle is second in line to the Swedish throne. Sweden changed the constitution in 1980, three years after Victoria was born, to allow

the eldest heir to inherit the throne, regardless of gender. Prince Daniel said his daughter was 51cm (20in) long and weighed 3.28kg (7lb).

It is the first royal birth since Victoria's sister, Madeleine, was

Linnea Heinstedt	1 st
Johnny Bell	8 th
Britt-Marie Potter	22 nd
Kerstin Engblom	30 th
Maidie Karling	30 th

born in 1982 and the first grandchild for the king and queen. The roots of her name are not completely clear at this point but the name Estelle, is of French origin, derived from the latin word stella or star. The name has been in usage in Sweden since the 19th century but has never been very common. It is not expected in Sweden, but not unprecedented in the royal family because it has French roots. Estelle was the name of the American-born wife of the king's godfather, Count Folke Bernadotte. Bernadote was a U.N. mediator in the Israeli-Arab conflict. He was assassinated in Jerusalem in 1948.

Victoria and Daniel certainly made each of their mothers happy because Silvia is the name of Victoria's mother and Ewa is Daniel's mother's name! In Sweden there are 1,394 women called Silvia and 941 use it as their first name. There are 9,638 women in Sweden called Ewa, of which 4,655 use it as their first name. Lastly, the name Mary is not common in the Swedish royal family, but it is the name of Denmark's Australian-born crown princess.

Happy Birthday, little Princess Estelle!



Happy March Birthday to you all!



Princess Cake

Swedes are celebrating the birth of a new baby princess, and they choose to do it with the appropriately named Princess Cake. The cake recipe, a popular favorite with most Swedes, first appeared in the "Prinsessornas Kokbok" cookbook from 1930. The cookbook was published by Jenny Åkerström, a teacher of the young daughters to Prince Carl of Sweden and Norway, Duke of Västergötland.

The cake was originally called "Green Cake" because of the green covering of marzipan. Young princesses liked it so much that it soon became known as "Princess Cake".

Lodge and District News

April 22, 2012 is the coronation and lunch of the midsummer court.

Skandia's 99th Anniversary

Thursday, March 22nd at the Oaks in Pasadena 2954 East Del Mar Boulevard
Social hour 6:00
Buffet dinner: roast beef, chicken, fish, pasta

\$30.00 Per person. Please RSVP and mail remittance by March 16th to Jackie Ahlen 1843 Brigden Road, Pasadena, CA 91104 Phone: 626-794-0729



Gunlog and Gary Spaberg of the Evening Star Lodge No. 426. Gunlog was installed as District Master and Gary as Parliamentarian. For those who don't know this, they are Ann Heinstedt's parents and Linnea's grandparents.



Isabella and Frank Muscarella dancing.

Below: Scholarship winners.



Left: Golden Valley delegates to the convention: Inga Francis, Delphine Trowbridge, Kerstin and Bill Wendt.

