

February 2021

Golden Valley Lodge #616 Newsletter

All you need is love.
But a little chocolate
now and then doesn't hurt.
- Charles M. Schultz

Happy All Hearts' Day!

Swedish celebrations of Valentine's Day, or All Hearts' Day as the Swedes call it, is a fairly recent phenomenon. While there were some attempts at introducing this tradition in the 1950s and 1960s, Swedes didn't really take it to heart until the 1990s. A survey from 2017 showed that about half of all Swedes do something special for the occasion. Many give sweets or flowers to someone they like.

Credits: Lieselotte van der Meijs/imagebank.sweden.se



Dear Brothers and Sisters,

I hope you are doing well and are looking forward to a more healthful future. Maybe we will be able to return to our in-person meetings in March. We would have to meet on the patio with masks and distancing but if the weather permits, we might be able to.

I would like to introduce our 2021 board and we can vote on our zoom meeting and initiate at our first in-person meeting. Most of us are keeping our same positions as last year. New positions for

2021 are Vice Chair Andrea Tabanelli, Past Chair Maidie Karling, Chaplain Beth Bunnell, Financial Secretary Ann-Kristin Karling, Asst. Master of Ceremonies Nicolas Storch, and Trustee 3-year Wenche Eklund. We have added a new beverage team and they are Hanna, Valerie, and Dylan Olson. We will initiate the new people at our first in-person meeting. We will also have an initiation for new members.

See you Thursday, February 11 on Zoom.

Delphine

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

Questions? Ask:
AKarling20@yahoo.com

Please send your checks to:

Ann-Kristin 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 February Birthday!!!

Kristina Foley	1	Tyler Holstein	17
Hanna Claesson-Dios	3	Melissa Steffen-Coombes	19
Olof Wester	4	Keri Mikkelsen	21
Alice Karling	5	Tina DeHart	22
Mona Steffen	5	Michel Hamaoui	22
Stig Klintare	7	Bernice Dreher	24
Mikael Amador-Stromberg	10	Lage Engblom	27
Jason Trowbridge	11		
James Thorsen	13		

Ha en trevlig födelsedag!

Zoom Meeting

Here are the zoom instructions for the Thursday meeting.

The link for Thursday's Zoom meeting is:

<https://us02web.zoom.us/j/87972999942?pwd=NnZ-5bEx2eTJxaFpScG1EdGF5ZFNEdz09>

Time: Feb 11, 2021 06:00 PM Pacific Time (US and Canada)

To join via phone audio
+1 669 900 9128 (San Jose)
Meeting ID: 879 7299 9942
Passcode: 072315

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
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

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

I have started painting rocks again. It is very relaxing. It does worry me a little that I got so excited about a box of rocks being delivered to the house!
Has anyone picked up a new hobby, or rediscovered one from the past? Nick is that children's book done being illustrated?
Berit, is that Fiat 500 completed yet?
Please send your stories and pictures!
Let us know!

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



https://www.theguardian.com/environment/2021/jan/23/how-wildlife-crossings-are-helping-reindeer-bears-and-even-crabs-aoe?CMP=Share_iOSApp_Other&fbclid=IwAR3UhC-jngVRpZZ6muAlQxkFmHXKerYlyMVIrmZMEu7CwVrfZ97dPZE8gD28

A wildlife overpass in Banff national park, in the Canadian Rockies. Photograph: Ross MacDonald/Banff National Park

Sweden’s announcement this week that it is to build a series of animal bridges is the latest in global efforts to help wildlife navigate busy roads

Every April, Sweden’s main highway comes to a periodic standstill. Hundreds of reindeer overseen by indigenous Sami herders shuffle across the asphalt on the E4 as they begin their journey west to the mountains after a winter gorging on the lichen near the city of Umeå. As Sweden’s main arterial road has become busier, the crossings have become increasingly fractious, especially if authorities do not arrive in time to close the road. Sometimes drivers try to overtake the reindeer as they cross – spooking the animals and causing long traffic jams as their Sami owners battle to regain control.

“During difficult climate conditions, these lichen lands can be extra important for the reindeer,” says Per Sandström, a landscape ecologist at the Swedish University of Agricultural Sciences who works as an intermediary between the Sami and authorities to improve the crossings.

This week, Swedish authorities announced they would build up to a dozen “renoducts” (reindeer viaducts) to aid the crossings and allow reindeer herds to reach grazing more easily.

Reindeer viaducts in Sweden will keep herds safe from traffic as roam in search of grazing.



Reindeer viaducts in Sweden will keep herds safe from traffic as they roam in search of grazing. Photograph: Pawel Garski./Alamy

It is hoped the crossings will allow herders to find fresh grazing lands and alleviate traffic jams, and also help moose and lynx to move around the landscape. The country’s 4,500 Sami herders and 250,000 reindeer have been hit hard by the climate crisis, battling forest fires in the summer and freezing rain in the winter that hides lichen below impenetrable sheets of ice.

“The animals that will really benefit from this system are long-ranging mammals that are really not meant to survive in these small, isolated pockets,” says Sandström, who started his career in the US helping to create ecological corridors in Montana for grizzly bears.

The roadcuts are part of a growing number of wildlife bridges and underpasses around the world that aim to connect fractured habitats. On the Yucatán peninsula in Mexico, underpasses have been used to shield jaguars from traffic. Natural canopy bridges in the Peruvian Amazon have helped porcupines, monkeys and kinkajous pass over natural gas pipelines. On Christmas Island, bridges have been built over roads to allow millions of red crabs to pass from the forest to the beaches on their annual migration.



The wildlife bridges help avert some of the billions of animal deaths that happen on the roads every year around the world and counteract unintended consequences of human infrastructure.

In southern California, there have been signs of inbreeding among lions in the Santa Monica Mountains because busy freeways around Los Angeles have isolated populations with low genetic diversity. To help save the mountain lion population from local extinction, an \$87m (£63m) wildlife bridge is planned over the 101 highway north of LA, which would be the largest in the world.

“When habitat is isolated, we can have impact on individual animals where they might not be able to find water or food. We can also have impact on the genetic diversity of populations,” says Mark Benson, a member of the human-wildlife coexistence team for Lake Louise, Yoho and Kootenay at Parks Canada.

Red crabs on Christmas Island climb a bridge designed for their protection.

*Photograph: Chris Bray
Photography/Swell Lodge*

New Covid-19 test rules for foreign travellers to Sweden

New border rules came into force this past weekend, which means people travelling to Sweden from any country are required to show a negative Covid-19 test, although several exceptions apply. The tests should be no older than 48 hours.

One of the exceptions include foreign citizens who live in Sweden, and police confirm this includes “foreign citizens who are residents according to the Swedish Population Registry, hold a valid residence permit, residence right or residence status”.

The Public Health Agency confirms that antigen tests, PCR tests and LAMP tests are all approved, and the

certificate should be in Swedish, English, Norwegian and Danish.

Everyone is without exception urged to get tested on arrival and again on the fifth day in Sweden, and avoid contacts for a week.

The Local has previously published a guide to the new rules, and are working on an updated guide now that Swedish authorities have released more information.

<https://www.thelocal.se/20210203/explained-how-exactly-does-swedens-new-covid-test-requirement-for-travellers-work>

Romantic, or just plain fun, celebrate!

Lockdown-friendly date ideas for partners, friends or even if you're on your own and want to join in on the fun.



Adapted from Town and Country BY OLIVIA HOSKEN DEC 21, 2020 and <https://my.asiatatler.com/life/lockdown-valentines-day-ideas>

I just love this holiday! Doesn't matter if I am in a relationship or not, I love to celebrate it. Turns out there are others with plenty of reasons to celebrate too.

Whether you're in a committed relationship, together or apart this Valentine's Day, or if you want to do a little something special for yourself (because self-love is equally as important and Galentine's Day-13th February for ladies with their girlfriends and Singles Awareness Day is the day after Valentine's anyway.

Even before quarantining, many people preferred to celebrate Valentine's Day at home to avoid the hustle and bustle of the holiday. With many restrictions lifted, we are still limited as to where we can go out but there have never been more fun date options for staying in. The trick, whether planning a date or being in a relationship, or just wanting to enjoy the holiday is to really commit to it. Go all out with the decor, outfits, and food, whatever your theme may be. Here are some ideas for a memorable Valentine's Day at home (and most of them can be adapted as an equally fun treat with friends or whomever you are staying healthy around) and have something to look forward to.

Have an Indoor Picnic

Spread out on the living room floor with a gourmet spread and bottle of bubbles. Make sure to set the scene with a cheerful picnic blanket and pack a basket—they are worthwhile purchases if you don't already have them.

Dip Everything in Chocolate

This sounds good enough to be done regularly! Besides, dark chocolate is on the good list.

Relax with a Movie Marathon

One movie? That's just a regular Friday night. Giving yourself permission to watch as many as you want? That's a proper date night. Start with Baz Luhrmann's *Romeo & Juliet* or embark on a trilogy like the *Matrix* or *Before Sunrise* and enjoy a luxuriously lazy evening on the sofa. Of course, you are going to need popcorn and candy; splurge on the good stuff.

Become Mixology Masters

Sign up for cocktail-making class with James Beard honoree Lynnette Marrero and Ryan Chetiyawardana, the founder of Dandelyan, named the world's best bar at MasterClass. (Bonus, the subscription includes classes from Margaret Atwood, Dr. Jane Goodall, and other amazing celebrities.) Or, just tune in to Stanley Tucci. (https://www.instagram.com/stanleytucci/channel/?utm_source=ig_embed) For those who prefer alcohol-free festivities, try making a new recipe from Good Drinks: Alcohol-Free Recipes for When You're Not Drinking for Whatever Reason.

Game Night

Perk up your Valentine's Day dinner conversation by busting out a quiz book—it is always fun and surprising to learn new things about your partner. Organize a virtual date night and team up against other couples with virtual Jeopardy. Have everyone contribute to a winner's pot to amp up the friendly competition. Or why not play a classic game of Truth or Dare? This is

a fun way to test your knowledge with your partner or friends, and to also get them doing something embarrassing as a dare. Or, why not dust off the board games and have some good old fashioned fun.

Take a Cooking Class

Make preparing a Valentine's Day meal special by signing up for a virtual cooking class. Side note: this is another great group date with friends. Not your thing? Keep it simple with a good takeaway or delivery of a meal. You would be making a nice Valentine's for a local place that is hurting in these times too.

Indulge in Breakfast in Bed

Simple gestures like breakfast in bed become special when you take them to the next level. Make a huge spread of their favorite things on a cute tray—bonus points if things like pancakes or waffles are heart-shaped and serve with a favorite book, newspaper or magazine. If cooking isn't your strong suit, then order some chocolate croissants to serve gooey out of the oven and pick up their favorite coffee.

Embrace Your Creative Side

A virtual painting class will let you unleash your inner artists (or at least have a good laugh) and the finished results will be fun mementos to remember this unusual Valentine's Day.

Bundle Up in the Backyard

February might still be chilly, but make the most of it by dressing up in your warmest coats and building a fire. Bring out a bottle of good wine, toast some over-size marshmallows, play an outdoor game, and enjoy the outdoors during the time of year we are usually inside. If you want to take it to the next level, *Set Up Camp!* Why not use your outdoor space or garden as

your very own glamping 'getaway'? All you need is a tent, cosy bedding or an air mattress, fluffy pillows, fairy lights for that extra hint of romance, scented candles, a portable drink cooler, a chock-full of snacks, insect repellent (very important!), and some entertainment of your choice. Don't have an outdoor space? Unexpected bad weather? Simply move this indoors and turn your living room into a glamping site.

Finders Keepers

Make full use of your space by setting up the ultimate treasure hunt at home. Create your own clues or riddles (include an inside joke or two) on Post-It notes and hide them around the house. Don't forget to include a gift at the end!

Relax for a Spa Day

If a spa weekend isn't in the cards, pamper yourselves at home. Trade off giving massages with stress-relieving oil, a long bubble bath, and chill out with hydrating face masks.

Music

Put together a compilation of your all-time favorite songs, or love songs and listen to it all day.

Take A Trip Down Memory Lane

If you're stuck for ideas, have a look through your camera roll and reminisce on pre-Covid life together. A lovely activity would be creating a memory book with all your favorite pictures of your partner, friends or family. You can even include pictures of locations you want to visit or goals you have together - even if you are apart now. Perhaps, next Valentine's day you'll be able to review your goals together and see what you achieved.

Galentine's Day

I did not make this up, although I find it brilliant! Invented by Amy Poehler's Leslie Knope during a 2010 episode of Parks and Recreation, Galentine's Day has since materialized into an actual holiday where ladies gather, eat brunch, and tell each other how much they

love one another. The female friendships we so heavily rely on—the holiday is all about declaring love and affection to the girls who make up our support system.

Our Covid Companions



Grace and Burton Steffen (Mona)



Duffy Storch
It's a dog's life!



Dorothy has new pets named Maja and Dolly Burns to keep her company



These are the non-humans we have been locked down with. They come into our yard almost every night, swim in our pool, and destroy our grass by digging it up, looking for grubs. Pesky little masked critters!
Britt Anderson



Laurie and Luc's dogs Cupid and Venus Taylor... and some squirrels and a few hundred neighborhood birds. So far: hummingbirds (my favorite), House Finches/ Sparrows, American and Lesser Goldfinch, Black Phoebe, Mourning Doves, two Nuttall Woodpeckers, Northern Mockingbird, flocks of Bushtit, two Western Scrubjays (need to get them to take peanuts out of my hand like my Swedish grandmother used to do) and a Cooper's Hawk (least favorite - he scared away my wild ducks).



Nikki Taylor has two cats, (one was camera shy) Oreo & Princess, and a gecko named Kirby to entertain her.



Jennifer Norman & family have a cat and two dogs to keep them company.