

March 2021

# Golden Valley Lodge #616 Newsletter

*May your troubles be less  
and your blessings be more  
and nothing but happiness  
come through your door.*



## Hugs and Smiles



Dear Brothers and Sisters,

I hope you are all well. We are planning on having our March 11 meeting on the church patio with a Zoom option for those who are not ready to join us at this time. The meeting will start at 6:30 and we will have a partial setup so that we can still distance ourselves. Masks will be mandatory.

We will have a possible initiation of new members and installation of officers for 2021 board. Our sunshine mission, for our members who are not in good health, was for Barbro Granath and her daughter Monica Carabas. Barbro, a gold star member in her 90's who suffers from dementia

and Monica is on oxygen all the time. Linda Trowbridge did the sunshine and took groceries and an orchid plant over to them. Andrea Tabanelli will take over the sunshine so if any of our brothers or sisters are ill, please let Andrea know.

We will have our usual happy hour, thanks to the Olson's. Our dinner will be Cuban chicken, rice and beans brought by Linda Trowbridge and our special treat will be semlor baked by Gertie Lingstrom. We will have our heat lamps but please dress warm. Reminder to pay dues and the new financial secretary will be Ann-Kristin Karling. See you soon.

*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 March Birthday!!!

<b>Linnea Heinstedt</b>	<b>1</b>
<b>Cecilia Brady</b>	<b>8</b>
<b>Beth Bunnell</b>	<b>16</b>
<b>Morgan Klintare</b>	<b>20</b>
<b>Valerie Olson</b>	<b>21</b>
<b>Britt-Marie Potter</b>	<b>22</b>
<b>Kerstin Engblom</b>	<b>30</b>
<b>Maidie Karling</b>	<b>30</b>



Ha en trevlig födelsedag!

## 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

## Zoom Option

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: March 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



## Irish Sayings



*Wishing you a pot o' gold,  
and all the joy your heart can hold.  
Like the warmth of the sun  
and the light of the day,  
may the luck of the Irish  
shine bright on your way.*

*These things, I warmly wish for you:  
Someone to love, some work to do, a bit  
of o' sun, a bit o' cheer and a guardian  
angel always near.*



*May you have the hindsight to know  
where you've been  
the foresight to know  
where you're going  
and the insight to know  
when you're going too far.*

*May you always have walls for the winds,  
a roof for the rain, tea beside the fire,  
laughter to cheer you,  
those you love near you,  
and all your heart might desire.*

*May the lilt of Irish laughter  
lighten every load,  
May the mist of Irish magic  
shorten every road,  
And may you taste the sweetest pleasures  
That fortune ere bestowed,  
And may all your friends remember.  
All the favors you are owed.*

*Wherever you go  
and whatever you do,  
May the luck of the Irish  
be there with you.*



## History of the Pinching!

Leprechauns are actually one reason you're supposed to wear green on St. Patrick's Day—or risk getting pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see.

# Happy Saint Patrick's Day!



From the London Eye to the Great Pyramids, see iconic landmarks turn green in honor of St. Patrick's Day. Every year on March 17, people around the globe celebrate Irish culture and heritage with food, drink, and lively parades in honor of St. Patrick's Day. Saint Patrick's Day is celebrated in more countries than any other national festival.

A little history: The great potato famine of 1845 in Ireland brought a large wave of Irish immigrants to New York City, Boston and Philadelphia. With this immigration, St. Patrick's Day became an important holiday in the US. It marks the death date (461 AD) of Saint Patrick who is the patron saint of Ireland. It celebrates the arrival of Christianity in Ireland. It was made an official Christian feast day in the 17th century observed by the Church of Ireland, the Catholic Church and Lutheran Church.

Modern day St. Patrick's Day in the US is normally a day of parades, parties and good food. This year's parades will probably be with minimal spectators. Many of us will enjoy corned beef and cabbage or other Irish recipes at home. For the Irish, the habit of eating corned beef began in New York City. The newly arrived Irish liked to eat Irish bacon with their cabbage. Immigrating to NYC, they learned from their Jewish immigrant neighbors that corned beef was delicious and much less expensive than Irish bacon. So, corned beef became a staple of the Irish, and hence, corned beef and cabbage.

## Corned Beef and Cabbage for Dinner

Even though times have changed, on St. Pat's Day, we can still enjoy the good food of the Irish and a few cable shows celebrating the Irish. We can go to our cookbooks or look on-line for menu ideas. If you are cooking for family, you can each follow your favorite recipe for corned beef and cabbage.

If you are cooking for yourself, a tip for cooking corned beef is to cook the corned beef by itself the night before. Refrigerate it overnight. When you cook the vegetables the next day – potatoes, onions, carrots, cabbage, you can add a portion of the slices of the corned beef. This way you can portion the corned beef and not have to cook the entire meal at the same time. You can use the remaining corned beef for sandwiches, a reuben, corned beef hash, cabbage soup with corned beef, & more. Or, you can just cook everything together at once and make it easy.

If you prefer other menu options, an easy one is crock pot Irish stew, beef in beer, etc. Or, for those of us who are used to our new leisure life, we know what to do - order in, or follow our habits. McDonald's has its shamrock shake. Live it up!

Just know Irish thoughts are being sent your way: May pleasure walk with you; That luck smile upon you; and May joy be at home in your heart.  
Happy St. Patrick's Day.

Since the 1960's, the city of Chicago has been dyeing the Chicago river green in honor of St. Patrick's Day. The local Plumbers Union adds an orange powder which turns green when it hits the water into the river. It takes about 45 minutes to color the river and the river stays green for up to 5 hours.

Nine men of Irish ancestry signed the Declaration of Independence.

St Patrick's Day for the year 2021 is celebrated/ observed on Wednesday, March 17th.

St. Patrick's Day also called Feast of St. Patrick, and St. Patty's day is observed on March 17 and marks the death date of Saint Patrick who is the patron saint of Ireland. In the early 17th century, it was made an official Christian feast day observed by the Church of Ireland, the Catholic Church, the Eastern Orthodox Church, and Lutheran Church. The day celebrates the arrival of Christianity in Ireland as well as the culture of Ireland, and commemorates the death of Saint Patrick.

### **Saint Patrick's Day around the world**

In Europe, Ireland, England, Malta, Russia, Bosnia and Herzegovina, Scotland, and Switzerland all celebrate St. Patrick's Day. Other countries around the world celebrating the Day are Japan, Korea, Malaysia, Canada, Mexico, Argentina and the United States. Celebrations include recognition of the local Irish populations and a tribute to their culture and Christian religion.

### **Is St Patrick Irish?**

St Patrick came from Wales or Scotland where he was abducted at the age of 16 and brought to Northern Ireland as a slave. So no he was not Irish. He was then brought to Slemish Mountain in County Antrim to herd sheep and escaped. He ended up staying in Ireland preaching, baptizing and building churches until his death in the year 461.

### **Days to St. Patrick's Day 2021**

Wednesday, March 17th is day number 76 of the 2021 calendar year with 1 month, 8 days until St Patrick's Day 2021.

## **The real facts about St. Patrick's Day**

### **Prepare to be shook!**

St. Patrick wasn't really Irish Originally a Roman citizen of Britain, he was kidnapped by Irish pirates as a teenager and sold into slavery in Ireland, where he later made it his mission to spread Christianity.

St. Patrick isn't a real saint Well, not technically. Official canonization in the Roman Catholic Church was not established until after his death.

St. Patrick didn't banish all snakes from Ireland Just more fake news! Experts believe that snakes never existed in Ireland to begin with.

St. Patrick's original color isn't green The official color of the Order of St. Patrick is blue, and St. Patrick is traditionally shown wearing blue robes. So how did green become the color representing St. Patrick — and Ireland? The color started out as the symbol of Irish nationalism and anti-British rebellion, and over time green became associated with Ireland itself. Now, all over the world on St. Patrick's day, the color green is displayed in his honor.

Corned beef isn't an Irish specialty Like most traditions associated with St. Patrick's Day, the habit of eating corned beef began in the United States, specifically in New York City, where 19th-century Irish immigrants found a less expensive substitute for their customary Irish bacon in the corned beef sold by the delis of their Jewish immigrant neighbors.

And finally, what about leprechauns? It is said that those who are wily enough to capture this cantankerous Irish fairy will obtain his hidden pot of gold at the end of the rainbow! And who are we to tell you otherwise?

### **St. Patrick's Day family, food, crafts, and fun**

Modern-day St. Patrick's Day promises parades, parties, and fun for all ages. Even though the continuing pandemic will keep us from honoring every tradition, there are still plenty of opportunities to make the holiday special for your family by celebrating with festivities at home.

Plan a St. Patty's Day party with your kids! They'll 5

enjoy helping you decorate with crafts like this festive banner and shamrock stained glass, or this creative art project for toddlers. Make shamrock-shaped printable pins for everyone to wear. And don't forget to set a leprechaun trap. The little ones will have even more fun designing their own. Make yummy sweet treats that will delight the kids (and the grown-ups), like Copycat Shamrock Shakes or St. Patrick's Day Chocolate Marshmallow Pops. Try these delicious slow-cooker or Instant Pot Irish specialties. Or make the best corned beef ever with these brilliant tips. And enjoy an adult beverage or two that isn't green beer. Say "Sláinte!" to a St. Patrick's Day Green Tea cocktail.

A notable difference between traditions widely observed in the United States versus those of Ireland is the consumption of corned beef, which is not a traditional Irish dish, but rather one that was adopted by the new immigrants upon their arrival in the 19th Century. Today, Saint Patrick's Day is widely celebrated in America by Irish and non-Irish alike. For most Irish-Americans, this holiday is both religious and festive.

Taking place every March 17, St. Patrick's Day commemorates the death of Ireland's patron saint, St. Patrick, renowned for bringing Christianity to Ireland.

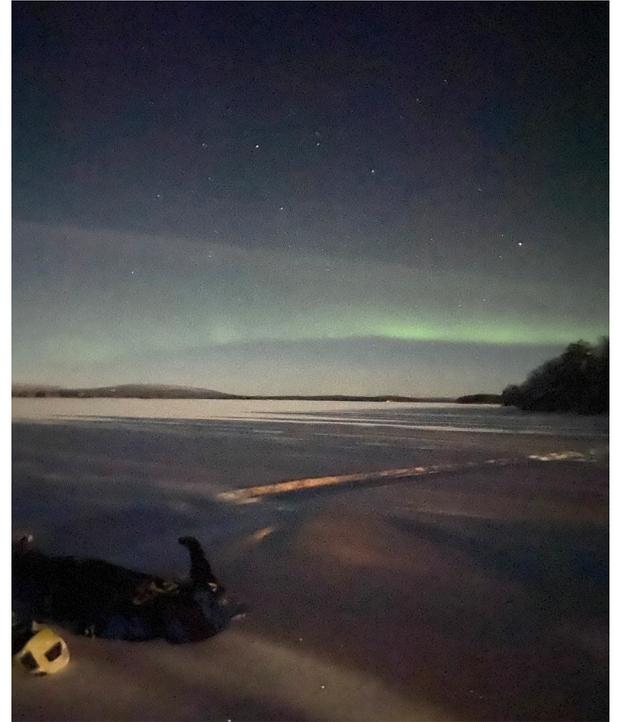
However, St. Patrick's Day as we know it is not a true Irish holiday. According to historian Mike Cronin, co-author of *The Wearing of the Green: A History of St Patrick's Day*, the United States is the real home of St. Patrick's Day.

Since the founding of America, generations of proud Irish Americans transformed a modest Irish feast day into the green-themed festival we love today, celebrated by Irish and non-Irish alike the world over. "Once it was established as a bona fide American cultural phenomenon... St. Patrick's Day became a full-fledged celebration whose spirit was reimported in its Americanized form back to Ireland itself," Cronin wrote.



A Northern Swedish Traffic Jam

# Nordic Lights



Maria Jacobs sent some pictures of the Nordic/Northern lights because she told some stories about them after the business part of the Zoom meeting ended.

Maria: The location of my nephew's evening trip is in a city called LULEA located at the waterfront in Northern Sweden at the Gulf of Bothnia 1 1/2 hr from Finland and 2 hrs south of the Arctic Circle. If you fly from Stockholm it takes about 1 hr 15.min.

Sylva Pitters pictures (below) are from approximately 2 hrs North of the Arctic circle..This is were Sylva grew up. Her Brother sent her these pictures the same night we had our last lodge meeting..so that means the

condition was perfect all over Northern Sweden for this magical experience.

It is magical...you become another person..you feel like you are in some performance in "what is in front of you" and the light flashes all over the dark sky.

Now you will see the intensity of the NORDIC LIGHTS...Norrskjen..up in LAINIO..

This is where Sylva's brother and family live. They call this place "End of the Road" and only approx. 36 people live there.This road is up in Lapland above the Arctic Circle ends here.



## Culture Corner: Swedish Easter - It is April 4th



In Sweden and parts of Finland, a mini-Halloween takes place on either the Thursday or Saturday before Easter. Little girls dress up in rags and old clothes, too-big skirts and shawls and go door to door with a copper kettle looking for treats.

The tradition is said to come from the old belief that witches would fly to a German mountain the Thursday before Easter to cavort with Satan. On their way back, Swedes would light fires to scare them away, a practice honored today by the bonfires and fireworks across the land in the days leading up to Sunday.

### Celebrations in the countryside

Although contemporary Swedes are an urban people, most of whom live in cities or large towns, the vast majority still have one foot in the countryside. If they don't have any family left in rural parts, they often possess a holiday cottage there.

An agrarian strain runs through Sweden's self-image: this is a nation of strong, sinewy peasants, raised on meat and turnips. Most people are agreed that festive occasions in Sweden should be celebrated in the countryside. Easter is no exception.

Easter is the first extended weekend of the spring, and for many this means the first trip out to their holiday cottage, which has been locked and deserted all winter. There are window shutters to be opened and stuffy rooms to be aired. The woodstoves are lit, and the smoke fills the kitchen, naturally.

Coughing and spluttering, you flee out to the yard, where the wagtails – if you live in southern Sweden, that is – have just begun their mating ritual and the last of the snowdrifts are melting in the pale spring sunshine. In the north, Easter is more of a skiing holiday.

Once the cottage has been cleaned, swept and warmed up, Easter can begin. The members of the family arrive from near and far. At Easter, the aim is to gather as many relatives as possible.

### Secular holiday

While in other countries Easter is specifically a religious holiday, it has become a secular one in Sweden. The Swedes are well down in the statistics when it comes to church visits per year, and even if Easter

swells the numbers slightly, most people celebrate it at home with their families and relatives.

Many of the practices associated with Easter have religious origins, but this is not something that bothers Swedes much. They eat eggs because they have always done so – not because they have just completed a fast.

Nowadays, eggs are a favourite accompaniment to the dish of pickled herring that is the centrepiece of most Swedes' Easter meals. And few associate the omnipresent birch twigs – nowadays decorated with brightly coloured feathers – with the suffering of Christ. Easter has its own rituals.

### From sweets to salmon

Children dress up as Easter witches; clad in discarded clothes, gaily coloured headscarves and red-painted cheeks, they go from house to house in the neighbourhood and present the occupants with paintings and drawings in the hope of getting sweets in return.

Having consumed all these sweets, they are then given Easter eggs filled with yet more. Parents who are more ambitious let the children search for the eggs themselves in a treasure hunt – following clues and solving riddles until they find their prizes.

A traditional Easter lunch is likely to consist of different varieties of pickled herring, cured salmon and Jansson's Temptation (potato, onion and pickled anchovies baked in cream). The table is often laid like a traditional smorgasbord (or smörgåsbord as it's written in Swedish). Spiced schnapps is also a feature of the Easter table. At dinner, people eat roast lamb with potato gratin and asparagus, or some other suitable side dish.