

November 2019

# Golden Valley Lodge #616 Newsletter



Photo credit: Rosmarie Grannas-Rissanen  
(Rosemarie is my cousin from Finland)



Dear Brothers and Sisters:

During our November meeting we will celebrate our anniversary rather than at our December meeting which is 2 days before our Christmas dinner. Maidie will provide a delicious meal plus Princess Torta. We will also have our pin ceremony and Laila Jensen and Ann Heinstedt will get 40-year pins. There are 15 members who can receive 30-year pins, 1-25 year, and 17-10-year pins.

Please bring your items for the Christmas raffle and send your reservations for the dinner into Lisa. Our Christmas party will be another wonderful event with Lucia in the church, traditional dinner and social time in our patio.

We are searching for candidates for 2020 board. We will read the list of those who are interested in running and we hope others will add their names to the list. We will vote in December and initiate in January 2020 meeting. (Continued on page 10)

*The next meeting is Thursday, November 14, 2019*

**Please remember to RSVP to [dtrowbridge36@gmail.com](mailto:dtrowbridge36@gmail.com) every month!!**

Golden Valley Lodge #616 • Vasa Order of America •

Meeting: Prince of Peace Lutheran Church | 9440 Balboa Blvd. | Northridge, CA 91325  
[info@goldenvalleylodge.org](mailto:info@goldenvalleylodge.org) • [www.goldenvalleylodge.org](http://www.goldenvalleylodge.org)

# GVL Happenings



Thank you to our October dinner hosts - Kristina, True, Chase, and new member, Grace!



Thank you to Lisa Eklund and Jason Blohm for many of the pictures at Marknad!

## 2019 Golden Valley Lodge Board & Service Positions

- Chair:** Delphine Trowbridge
- Vice Chair:** Chase Dodd
- Past Chair:** Inga Francis
- Secretary:** Lisa Eklund
- Assistant Secretary:** Mona Steffen
- Financial Secretary:** Dorothy Burns
- Treasurer:** Birgitta Clark
- Chaplain:** Andrea Tabanelli
- Master of Ceremonies:** Lucas Taylor
- Assistant MoC:** Dylan Olson
- Cultural:** Ruzenna & Ruzenka di Benedetto
- Guard:** Cecilia Trowbridge
- Incoming Trustee:** Kerstin Wendt
- Auditors:** Britt Marie Potter & Maidie Karling
- Historian:** Laurie Taylor
- Vasa Park:** Richard Heinstedt
- Bar:** Roy and Hanna Olson
- Newsletter:** Laurie Taylor
- Youth Group:** Nicolette Taylor

## Happy November Birthdays!

Joshua Wendt	2	Rolf Gustafsson	16
Jennifer Norman-Lund	3	Anna LaCarr	19
Natalie Taylor	7	Cecilia Trowbridge	19
Rut Eneberg	8	Mary McMannes	21
Jennifer DeHart	9	Ruth Wilkening	25
Richard Heinstedt	9	Laurie Taylor	29
David Lundberg	10	Anne Hansen Cegon	29
Sonja Andonian	15		



Ha en trevlig  
födelsedag!

# OCTOBER MEETING



Initiation Ceremony for Grace Foley and Elizabeth Wubler.





# MORE OCTOBER MEETING



Our cultural presentation





Halloween Vectors by Vecteezy

# Marknad @ Vasa Park



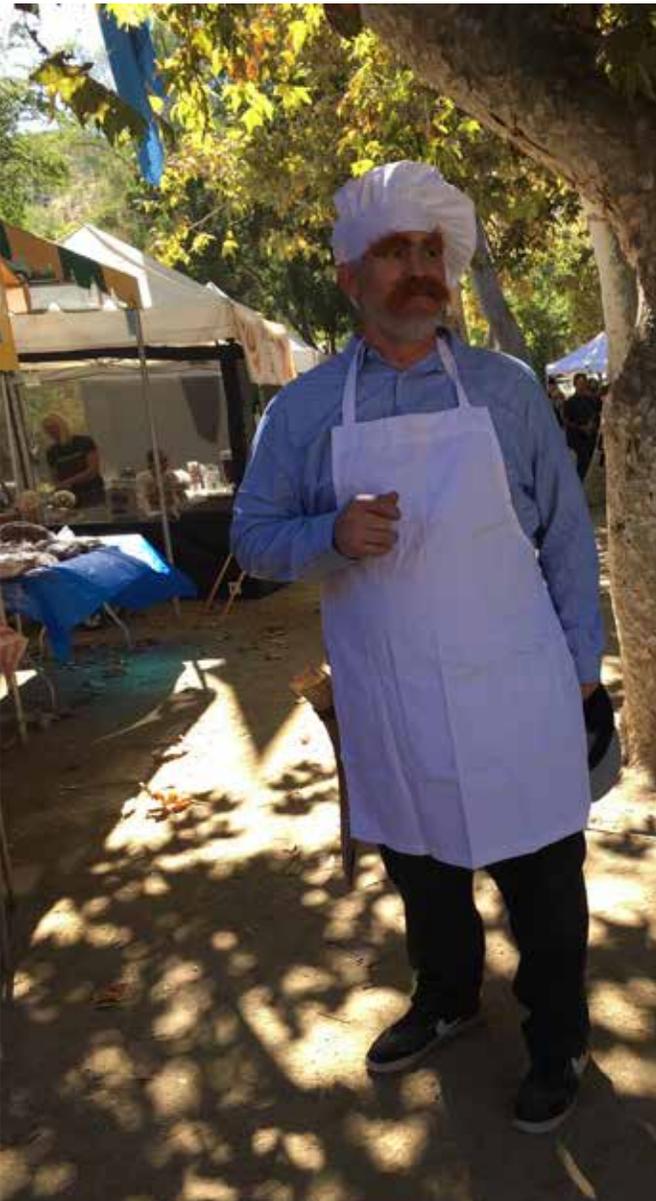
Members of the Vasa Park Association



# Marknad @ Vasa Park



# Marknad @ Vasa Park



The Swedish Chef made an appearance!



*Thank you, Kerstin, for the picture!*



## CULTURE CORNER: Viking Helmets

Get the complete story at:

[http://www.hurstwic.org/history/articles/manufacturing/text/viking\\_helmets.htm](http://www.hurstwic.org/history/articles/manufacturing/text/viking_helmets.htm) and

<https://www.historyhit.com/types-of-viking-helmets/>

When most people think of viking helmets, those helmets with horns almost always come to mind, but there is actually very little evidence that Viking age helmets ever had horns!

Unfortunately, the iconic Viking helmet that we all know from popular culture — think the Skol beer branding or the Hägar the Horrible comic strip — is actually a fantastical confection dreamt up by the costume designer Carl Emil Doepler.

It was Doepler's designs for an 1876 production of Wagner's *Der Ring des Nibelungen* that first showcased the sort of horned Viking helmet with which we are now so familiar.

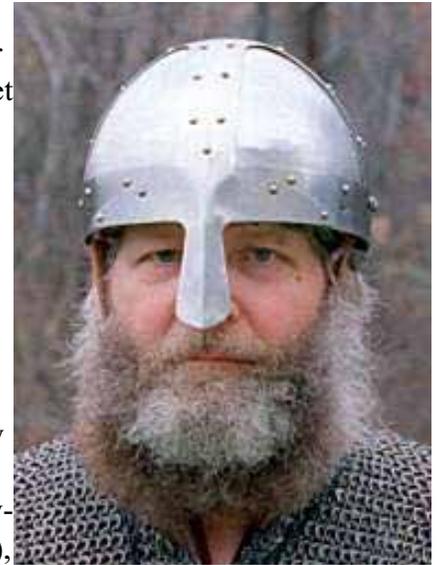
Scholars have pointed out that the iconic Viking "brand" owes rather a lot to German nationalism. At the time Doepler conceived of his Viking costumes, Norse history was popular in Germany as it offered a classical alternative to Greek and Roman origin stories, helping to define a distinct sense of German identity.

In the process of shaping this Romanticised Nordic identity, some sort of stylistic hybrid seems to have emerged. This hybrid intertwined elements of Norse and medieval German history to arrive at, among other things, Vikings wearing the sort of horned helmets more typical of Germanic tribes from the Migration

Period (375 AD–568). During the Viking age, helmets were typically fairly simple: a bowl with a prominent nose guard, as shown in the photo of a reproduction helmet to the right.



Both before and after the Viking era, helmet bowls were made from one piece of iron, hammered into shape (such as the reproduction Norman helm shown to the left). However, during the Viking era, helmets typically were made from several pieces of iron riveted together (below), called a spangenhelm style of helm. It's easier to make a helmet this way, requiring less labor, which may be why it was used. It is possible that Viking-age smiths were incapable of making a single piece of iron large enough to create the bowl for a helmet, due to the limitations of the bog iron widely used in the Viking age.



The spangenhelm used a single iron band that circled the head around the brow, riveted to two more iron bands that crossed at the top of the head. The four openings were filled with riveted iron plates to create the bowl. In some cases, hard leather may have been used to fill the four openings, rather than iron, to reduce cost, as seen in the replica shown to the right. The nose guard was riveted to the brow.

It's not clear what was used inside the helmet. Something is needed to lift the helmet up off the head and to spread out and absorb the force of a blow. If the iron of the helmet rested directly on the skull, a blow to the helmet would be transmitted directly to the skull, providing limited protection. A few surviving helmets (and pieces of helmets) have rivet holes which suggest that some sort of leather suspension system was used. In addition, it's likely that a cap made from an absorbent material such as sheepskin was used, not only to absorb the blow, but also to absorb sweat, in order to help prevent the helmet from rusting from the inside.

The sagas suggest that powerful blows with a weapon could penetrate a helmet. A blow to the head which didn't penetrate the helmet could still be a useful

attack, since the blow would likely disorient an opponent, making a follow-up attack much easier.

Some form of chin fastening is required. Without it, the helmet simply falls off in a fight. Unfortunately, there's little evidence for chin straps. There's no convincing archaeological evidence and little pictorial evidence.

On the other hand, helmets both before and after the Viking age routinely used chin straps. From Grágás, the medieval Icelandic lawbook, we know that some people wore hats with chin straps, since there are laws regarding them.



Other styles of helmets have been found. The well known helmet (left) found at Gjermundbu in Norway has a spectacle-like covering for the face. The spectacle style is somewhat frightening both for someone on the outside looking in, and for someone on the inside looking out.

From the outside, it presents a frightening visage to the opponent, since the face is covered and made anonymous. But it's even more scary from the inside, since the spectacles catch incoming spear tips and sword points and guide them right into the wearer's eyes. A near miss is converted into a "bullseye" by the eye openings.

Yet the Gjermundbu helmet has clear evidence of battle damage (a sword blow and an arrow puncture), suggesting it was used in earnest fights. So either the Viking age fighters who used these helmets didn't perceive any additional risk from the spectacle guard, or the additional risk was thought to be worth the benefits offered by the spectacle guard.



Some helmets from the period had mail curtains or solid plates to provide additional protection. The reproduction helmet (shown above) has mail on the neck and solid cheek plates. These defenses provide significant protection against cuts to

vulnerable parts of the head and neck. Other forms of solid cheek and neck protection may have been used as well.

The Gjermundbu helmet has a spike at the crest. The spike is similar to that of the reproduction helmet. The spike turns a simple head butt into a nasty piece of work.

The modern helmet reproductions weigh about 4lbs (a bit less than 2kg), although some of the larger helmets (with mail and additional protection) may have weighed more than 4kg (10lb). In the Viking era, fighting men probably wore their helmets all day.

The stories suggest that helmets were marked in some manner before a large battle so combatants on each side could identify one another. However, we don't know what the nature of the markings might have been.

Because iron was difficult to make during the Viking era, it was expensive. As a result, helmets were expensive and thus not common. Anyone who could afford one would certainly want one, but not too many people could afford one. Helmets were prized and carefully preserved, repaired as needed, and passed from generation to generation. Some may well have been used for centuries before the iron became too thin and weak to provide any real protection.



Few Viking helmets have survived. The Gjermundbu helmet is the only more-or-less complete Viking-age helmet from the Viking lands. Most Viking helmets survive only as fragments. There are, however, surviving helmets contemporary with the Vikings found in lands to the east, as well as helmets from Scandinavia that substantially predate

the Viking age, such as the 7th century Valsgärde helmet shown above.

The fact that only one *complete* Viking helmet remains — itself reconstructed from fragments — is striking and suggests that many Vikings may have fought without a metal helmet.

(Viking Helmets continued)

Archaeologists have suggested that headgear like the Gjermundbu helmet would have been beyond the means of most Vikings so may only have been worn by high-ranking warriors. It is also possible that such helmets were simply regarded as heavy and impractical by many Vikings, who may have favored leather helmets instead. These would have been less likely to survive the centuries.

## A Big Thank You from Kern River Lodge No. 763

Kern River Lodge very much appreciated the generous donations from several Golden Valley Lodge member to KaffeStugan at our HstMarknad in Vasa Park - Gertie's delicious kanel bullar; Marie;s scrumptious cookies; Lisa's delightful cookies; Maidie's great zucchini bread & cookies; and Wenche's delectable cookies!

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# Get well soon!



Ann and Richard Heinstedt recently visited Ruth Wikenning.  
We all sure miss Ruth!

Chairman's Message  
(Continued from page 1)

December 12th meeting, we will choose delegates to the convention so if you are interested, please attend or let someone on the current board know of your interest. The convention will be held February 28-29 and March 1st. It will be held in Palm Springs area and any member can be nominated as a delegate.

In Truth and Unity,

*Delphine*



## Christmas Party and Lucia Program

Saturday, December 14, 2019

Please let us know as soon as possible if you would like to participate in this year's LUCIA program. Last year we had 19, which is a probably a record!

Good News! We will not be using a cassette because Alex Richardson volunteered to accompany us on the piano.

We may need to make more hats if there are more than 7 boys. So, we need to get a count as soon as possible. For both boys and girls, please let us know **your measurement from shoulder to ankle** so we can determine if there are enough gowns.

Who is little Tomte going to be?

Dorothy Burns - [gladegal2003@yahoo.com](mailto:gladegal2003@yahoo.com) - 818-340-6465

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Please bring nice things  
to use for the holiday  
raffle to the lodge at  
our next meeting!!!

# Golden Valley Lodge Christmas Dinner and Lucia Pageant

Saturday, December 14, 2019 5:30 p.m.

Please RSVP by November 28

So we know how many to plan for!

Prince of Peace Lutheran Church  
9440 Balboa Blvd., Northridge, CA 91325

The festivities begin at 5:30pm with appetizers, glögg, raffle, snaps and wine bar. Enjoy a delicious traditional Swedish Christmas dinner followed by Lucia in the church sanctuary. Afterwards, we return for cookies, coffee, dancing around the tree and SANTA (but only if you've been good!)  
RSVP with deposit check required by November 28.

Cost: \$20.00/per person\*

\*Golden Valley Lodge members, Lucia participants and children under 14 are free and will get their deposit check back at the event.

Mail your deposit check (with number of adult/children attendees) to:  
Lisa Eklund, 319 Violet Ave. #B, Monrovia, CA 91016 (626) 932-0120

