

December 2019

# Golden Valley Lodge #616 Newsletter



Imagebank.sweden.se/Helena Wahlman

Brothers and Sisters,



December is a special month for Golden Valley as we close out the year with a bang. We will initiate 4 new members at our meeting this month. We will elect our board for 2020 and select our delegates for the Convention. If you want to be a delegate and cannot attend the December meeting, just let me know. Our convention for 2020 will be held in Palm Springs and Golden Valley pays for most of the expenses.

December 14 is our Christmas Dinner and Lucia. The response has been overwhelming.

We have about 115 people signed up and 12 Lucia participants. The evening begins at 5:30 and helpers should come by 3:30 to get everything ready. We will award our scholarships at the Christmas dinner.

All our dinners for 2020 have filled and I want to thank everyone who signed up. I think we are going to have a wonderful year to come.

In Truth and Unity,  
*Delphine*

*The next meeting is Thursday, December 12, 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 Delphine and Maidie for the November dinner!!! Thank you Nathan Coddling for picking it up!



The mystery as to where it came from has been solved! Our thanks go out to Jennifer Norman-Lund for donating the new coffee urn.

## 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 December Birthdays!

Laila Jensen	5	Robert Holstein	25
Robert Shoemaker	10	Hubert Pitters	27
Chase Dodd	15	Gunilla Polutanovich	29
Shannon Traxel	18	Lucas Taylor	29
Terry Sjolander	21		
Eva Brown	25		



Ha en trevlig födelsedag!

## CULTURE CORNER: Advent



Imagebank.sweden.se/Emelie Asplund

By December, Sweden has very few hours of daylight. The first Sunday of Advent comes as an eagerly awaited sign that Christmas is approaching. Time to light the candles, heat up the mulled wine, or glögg, and get into the Christmas mood. While the commercial decorations are there for a specific purpose, they also have a wider effect – they keep the dark at bay. Throughout the country, Swedes help by putting electrical candlesticks in their windows and arranging lights on a Christmas tree – or any other tree for that matter – in the garden.

In agrarian times, Advent was a hectic period when all farm work was to be completed so that people could take Christmas leave. By 9 December, ‘Anna Day’, the Christmas brew was to be ready, the lutfisk was to be soaked in lye and the baking was to begin. On Lucia Day, 13 December, candles were to be made and animals slaughtered for the Christmas table, and after ‘Tomas Day’, 21 December, all milling, and spinning was to cease. Christmas fairs were then held in town. Since the Middle Ages, Swedes have drunk hot mulled wine/glögg, during Advent.

Although the culture no longer revolves around farming, December is still one of the most hectic months for Swedish (and Swedish-American) families. The burden of work is always heavy at this time of year. There is much to be done in a short space of time before everyone can sit back and relax.

The countdown to Christmas begins on the first Sunday of Advent, four weeks before Christmas.

People light the first candle in the Advent candlestick. This is always a special event, eagerly awaited. Each Sunday until Christmas, a candle is lit (and blown out after a while), until all four candles are alight.

The children’s expectations grow with every candle. On TV, there is a special Christmas calendar show for the young with 24 episodes. It, too, serves as a countdown to the big day. In towns and cities, Christmas fairs selling handicrafts and decorations are a common sight, while at home people start baking in preparation for the holiday. Traditional treats include Lucia buns - sweet yeast rolls that are served during the Christmas season and are flavored with golden saffron and dark raisins, and Pepparkakor. These are gingersnaps are customarily cut in the shape of little men and women, pigs or hearts, and are often decorated with frosting. It is not uncommon for children to help build little houses out of gingersnap dough to celebrate Christmas.

Swedish custom says to place a Pepparkakor in the palm of your hand. Then you make a wish and using the index finger or thumb of your other hand, tap the cookie in the middle until it breaks. Tradition says that if the Pepparkakor breaks into three pieces, your wish will come true. But remember, it’s just like a birthday wish: make sure not to tell your wish to anyone, or it won’t come true!

<https://sweden.se/culture-traditions/advent/>



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## Gingerbread (Pepparkakor) Making

In Sweden, Christmas is not Christmas without pepparkakor/gingerbread. The gingerbread are customarily cut in the shape of little men and women, pigs or hearts, and are often decorated with frosting. It is not uncommon for children to help build little houses out of gingersnap dough to celebrate Christmas. Gingerbread are eaten year round, though most of the time they are not homemade.

Annas Pepparkakor was founded by two sisters in 1929 and Annas recipe is still a well guarded secret. Today they are Royal Warrant holders and produce over 4000 tons of gingerbread and other cookies, out of which half is exported around the world. In 2002 they opened their second gingerbread factory in Canada.



### Grandma Astrid's Pepparkakor Cookie Recipe

My Swedish grandmother was an *amazing* cook.

Following, is her Pepparkakor recipe that we traditionally use at Christmas and Easter. It has a subtle flavor that does very well with icing or plain. For Christmas eve it is a Santa cookie with red and white icing. Easter day it becomes a bunny with white icing, coconut fur, and a red cinnamon eye.

**Stir 2-1/4 cups flour with 1 teaspoon baking soda, 1-1/2 teaspoons each of ginger, cinnamon and 1/2 teaspoon of clove. Set aside.**

**In another bowl, cream together 1/2 cup butter and 3/4 cup sugar.**

**Add 1 egg, 1 tablespoon light molasses, and 2 tablespoons grated peel and juice from a lemon. Stir all into the flour mixture. Cover and chill until firm enough to roll. Roll into 1/8 inch thickness. Cut into desired shapes. Place on a slightly greased cookie sheet and bake at 375 degrees for 8-10 minutes. Cool and frost with icing and enjoy!**



Astrid Bergquist

# Golden Valley Pin Ceremony -- 40 Year Pin



Laila Jenson and Ann Heinstedt

## Laila Jenson

Daga Karin sponsored Laila into GVL in 1977. Her children became members of the children's club called Blåsippan that Ruth Wilking led, then Maidie & Daga Karin were leaders.

Laila, her daughter Jennifer Dewey and Keri Mikkelsen organized the Kern River Lodge around three years ago. She is a secretary there.

At Golden Valley Lodge, she has been an assistant secretary, financial secretary and then a secretary and received a Chairman by Degree pin for that position. She was also Chair of the first scholarship group at GVL.

She volunteered for a week at Viking Village for four years. She was lucky to stay in a motorhome the first year, but the following years she and her daughter Jennifer stayed in a tent. Jennifer now volunteers the whole week.

She has been a Delegate to convention for GVL and Kern River Lodge.

Bertil Winther, Dorothy Burns, and Lisa Eklund awarded our 10, 25, 30 and 40 year members their pins.

## Ann Heinstedt

In 1978, Ann first joined Evening Star when she became 14 years old. Been in Vasa junior folk dance club when Nils and Kjersten Jonsson led the group. When she was 16 in the Morning star children's club of the Evening Star Lodge, she was Lucia. When she was 17, she got to go to Sweden with the folk dance group.

In 1982, she met Richard Heinstedt at the midsummer ball, and they got married in 1988. Richard had a house ready for them in Valencia and after their honeymoon they moved there. That same year, she joined the Nordic Heritage Lodge and became a charter member.

In the Nordic Heritage Lodge, she was Chairman for 2 years and also a secretary, auditor, trustee and a delegate to the convention and the Vasa Park Association. When that lodge closed, Ann became a member of the Golden Valley Lodge. She has been auditor and sometimes Treasurer for our lodge.

Throughout the years of Nordic Heritage and Golden Valley she has been a delegate to the conventions as well as Youth Supervisor of the Children's club for many years.

One of her most fulfilling achievements has been the organization of Viking Village at Vasa Park. That began 13 years ago in 2006. It started with 19 kids and now we have up to 40 kids attending, including the youth leaders.

Ann continued being a delegate to the Vasa Park Organization and has served 5 years as Treasurer. She just completed a HUGE job of working with the insurance company on our fire damage claim and also many many hours working with County officials on SAVE THE PARK and continues that project.

Pin Ceremony - Photos provided by Kerstin Wendt

