

Golden Valley Lodge #616 Newsletter



Chairman's Message

There will be no message this month because we have been dark for months.

Tribute To Elvy Heinstedt



Ruth Wilkening, Elvy Heinstedt and Bengt Heinstedt

Elvy Eleonora Heinstedt, 85, born on February 12, 1928, in Värnamo, Sweden, passed away at home August 11, 2013. She resided in North Hollywood, California at the time of her passing. She is survived by her husband, Bengt, of 55 years, three sons and six grandchildren.

Funeral Service was held at Forest Lawn Hollywood Hills, Los Angeles, CA.

Please see page 5 for member's tribute.

Dates to Remember

- GVL September Meeting.....Sept. 12
- Autumnfest: Vasa Park.....Sept. 29
- Scholarship Applications Due.....Oct. 1
- Leif Erikson Day..... Oct. 9
- GVL October Meeting.....Oct. 10

Saca Report

From Gertie Lingstrom

Once again Golden Valley members stepped up to the plate when we were assigned by SACA to take care of the Hamburger/Hot Dog stand for the Midsummer celebration at the Vasa Park. We took over the breakfast stand at 11:00a.m. and by 11:15 we served the first hamburger.

William Osman, with parents Lena and Steve, together with Steve Tabenelli took charge of the grill. Andrea Tabenelli, Birgitta Clark and Dorothy Burns took charge of the money. Gunilla and Amanda Poultanowitch, a couple of my grandkids plated the hamburgers and hot dogs. And that was just the beginning! We had a lot of members that signed up, but never got a chance to help. Roy Olson got some good training by Steve Tabenelli, and now he has the knowledge of hamburger flipping.

The late shift was taken care of by among others, Anette and Brad Richards, Mary Locke and her husband Jeremy. I probably forgot to mention some of you that helped. I hope you forgive me!

Everything went perfectly. We even had a profit of \$1200. Thank you all. It was a great day at the park!

Happy September Birthday to You!

Sylva Pitters

September 1

Helen Roose

September 18

Monica Waton

September 22

Frank Muscarella

September 24

Arne Ljungren

September 26

Birgitta Glad

September 26

Bertil Winther

September 30





GVL Happenings

Buffet Buzz

You are not going to want to miss the September meeting. It is going to be prepared by Delphine Trowbridge and Dorothy Burns -- so it will be delicious!

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Scandinavian AutumnFest and Höstmarknad is this month!



Roy Olson's adorable grandkids enjoying the zipline!

Coming up on September 29th is Marknad at our beautiful Vasa Park. This year's events include the 5th Annual Swedish Meatball contest. There will be several events throughout the day including a pie eating contest, pool/slide, rock climbing, bingo, shopping, and music -- so there is something for everyone to enjoy! The Golden Valley Lodge will have three booths participating in the 5th Annual Meat-

Scholarship Due Date Reminder

The Golden Valley scholarship applications are due in less than a month! The deadline is October 1. The application forms can be downloaded from our lodge website.

Here's the URL:

<http://www.goldenvalleylodge.org/>

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Swedish folk music will be performed by LeRoy Anderson.



Traditional Swedish costumes and dances.



Lots of vendor booths with interesting and authentic food, crafts, and gifts.

ball contest this year: DAGMAR RYDBERG and family, the GOLDEN GIRLS with Maidie Karling and Delphine Trowbridge, and VASA YOUTH -- with Lars Heinstedt, Nikki and Natalie Taylor, and Jason Trowbridge. You may still have time to enter the Meatball contest -- check out the flier or contact Ann Heinstedt or Dorothy Burns at the next GVL meeting on Thursday.

Culture Corner: The Swedish National Anthem

Commonly known as *Du Gamla, Du Fria* English translation *Thou Ancient, Thou Free*

At our Golden Valley Lodge meetings we traditionally sing the Swedish National Anthem. I thought it might be interesting to learn more about it and some of the non-Swedish speaking members might like to have the lyrics so that they too can sing along.

The lyrics of *Du Gamla, Du Fria* were written by folklorist and ballad writer Richard Dybeck (1811–77) and set to a folk melody from the province of Västmanland in the mid-19th century. He entitled it “Sång till Norden” which translates to *Song of the North*. The song was created at a time when a “pan-Scandinavian” movement was strong, which is why it is a “Song to the North” instead of just to Sweden. This has led to other verses being written that are more patriotic to Sweden, but these additional verses have never gained popularity and have never been considered part of the national anthem.

It started to be considered as Sweden’s “national anthem”, differentiating it from the royal anthem that was being used as both a royal and national anthem.

Oddly enough, the anthem has never been officially legislated as Sweden’s national anthem. There was one attempt in the 1930s by a member of parliament who brought forth claims by the opposition of wanting state controlled patriotism. However, a bill in 1960 which attempted to make a different song the national anthem was defeated, which indirectly gave official support to “Sång till Norden”.

Translation of the Swedish National Anthem

Thou ancient, thou freeborn, thou mountainous North,
In beauty and peace our hearts beguiling,
I greet thee, thou loveliest land on the earth,
Thy sun, thy skies, thy verdant meadows smiling.
Thy sun, thy skies, thy verdant meadows smiling.

Thy throne rests on mem’ries from great days of yore,
When worldwide renown was valor’s guerdon.
I know to thy name thou art true as before.
In thee I’ll live, in thee I’ll die, thou North Land,
In thee I’ll live, in thee I’ll die, thou North Land.

The image shows a musical score for the Swedish National Anthem. It consists of three staves of music in G major, 4/4 time. The lyrics are written below the notes, and guitar chords are indicated above the staff. The lyrics are: "Du gam - la, du fri - a, du fjäll - bö - ga Nord, du tys - ta, du gläd - je - ri - ka skö - nal Jag häl - sar dig, vå - nas - te länd up - på jord, din sol, din him - mel, di - na äng - der grö - na, din sol, din him - mel, di - na äng - der grö - na". The chords are: G, Em, A7, D, G, Am, A7, D, G, A7, D, D7, G, D, G, C, C6, D, G, D7, G, D, G, Em, Am, G7, C6, D7, G.

Tribute to Elvy Heinstedt

February 12, 1928- August 11, 2013

After 50 years of family friendship, starting at Golden Valley Lodge on Sherman Way there are many memories. Through the years, there were family picnics, parties and get togethers at Elvy and Bengt's lovely home and patio in North Hollywood. Elvy and my relationship grew stronger through the next 8 years when I became children's club leader. She said she would help me if I needed. So for 8 years, we put on three programs a year, Father's Day at our beautiful Golden Valley Park, Mid-summer at Vasa Park and the Lucia program at the Golden Valley Lodge with a Christmas play. Those were the "good ole days" – catching frogs and tadpoles in the Vasa Park streambed and playing at the waterwheel. Elvy and I would meet every Saturday for rehearsals at our beautiful Golden Valley Lodge Park and when rehearsals were over and the children had gone home with their mothers, Elvy and I would relax with a glass of wine and some of Elvy's culinary goodies, in which she excelled in. Our kids at that time (7 in all before Mats) were having a great time lying in the grass examining the bees at the "water spigots", playing ball or climbing the rocks at the pool and falls,

at the far end of our little park. When I became District Youth Supervisor, Elvy was always there for me every step of the way. I don't know what I would have done without her help – thank you dearest friend for all our friendship.

Elvy and Bengt's oldest son, Robert, was always there to chauffeur Elvy and Bengt to the many classical concerts at the LA Museum or to Farmer's Market for summer concerts. Elvy and Bengt also like Big Band music so whenever the occasion arose, the three of us would go to the restaurant or diner, where they were playing and relive the "Big Band" era. Rikard, 2nd son, was always interested in cars and is making a successful living in the engineering field with his very energetic wife, Ann (What doesn't she do?!!!) Then "Little Mats", 3rd son to whom I am the godmother, and his wife, Grace, is very successful in their flower business together. No one will ever know how much I will miss Elvy, my nearest and dearest friend. Vasa Park picnics won't be the same anymore without you Elvy.

Lovingly,
Ruth Wilkening

Please send e-mail to Lineaa at lheinstedt@yahoo.com

Leif Erikson Day is October 9th

Scandinavians know who the true discoverer of America was: Leif Erikson.

Good thing then, that there's the annual Leif Erikson Day, an American observance which occurs on October 9. It was in 1874, that Rasmus B. Anderson's "America Not Discovered by Columbus" was published, and the book helped popularize the now familiar idea that the Vikings were the first Europeans in the New World. Leif Erikson (or Leifr Eiriks-son in Old Norse) was probably born around 970 and died around 1020, his mother was named Thjohild and his father was Erik the Red, an explorer and outlaw from Western Norway, who founded the first Norse colonies in Greenland.

According to the Saga of the Greenlanders, Leif had heard the story of merchant Bjarni Herjólfsson who claimed to have sighted land to the west of Greenland after having been blown off course. Leif approached Bjarni, purchased his ship, gathered a crew of thirty-five men, and mounted an expedition towards the land Bjarni had described.

Leif's father Erik was set to join him, but dropped out after he fell from his horse on his way to set sail, an incident he interpreted as a bad omen. Leif followed Bjarni's route in reverse, and landed first in a rocky and desolate place he named Helluland (Flat-Rock Land; possibly Baffin Island). After venturing further by sea, he landed the second time in a forested place he named Markland (Forest Land; possibly Labrador). Finally, after two more days at sea, he landed in a place Leif named Vinland (Wineland). There, Leif and his crew built a small settlement which was called Leifsbúdir (Leif's Booths) by later visitors from Greenland.

After having wintered over in Vinland, Leif returned to Greenland in the spring with a cargo of grapes and timber. On the return voyage, Leif rescued an Icelandic castaway and his crew, earning Leif the nickname "Leif the Lucky".

Source: <http://www.nordstjernan.com/>



Favorite recipe? Upcoming event happening?
Send your newsletter submissions to laurietaylor@hotmail.com.



Youth Group Update



The Youth Group is now accepting ideas for their next activity. Check out the Facebook group page for more information!

Although it is not officially a Golden Valley Youth Event, some of our young GVL members will be participating in the 5th Annual Meatball Contest at Vasa Park at the end of the month. They are excited about working together and feel they have a winning meatball recipe. Come out and meet our Golden Valley youths.

**Golden Valley Lodge #616
Vasa Order of America
14312 Friar St.
Van Nuys, CA 91401**

District Cultural Event

“Pathfinder” is a film based on an old Norwegian folk story.

It will be followed by a pizza dinner, drinks, and dessert. There is a \$7.00 donation.

This event will take place at:

**Brookfield Manor Club House
9850 Garfield Ave.
Huntington Beach, CA 92646
Sunday, October 20 at 4:00 P.M.**

For reservations or information, please contact the District Cultural Leader Nel Solt at 626 355-0111
E-mail: bobsolt@juno.com