

June 2021

Golden Valley Lodge #616 Newsletter



Daffodils in Bloom Credits: Mona Loose/imagebank.sweden.se



Dear Brothers and Sisters,

This will be our last meeting until September. We will meet indoors with our regular set up since most of us are vaccinated. Kerstin and Dorothy will provide our dinner. We will not have a zoom option at this meeting.

Our events for the rest of this year and our Yosemite trip for next year are all in place. We can look forward to a wonderful summer and meeting again in the fall.

In Truth and Unity,

Delphine

If you have not paid your membership dues, they are past due.

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 June Birthday!!!

Linda Trowbridge	2
Dylan Olson	3
Daniel Buck	5
Lars-Ove Nilsson	6
Thomas Anderson	6
William Osman	7
Hanna Olson	9
Christina Poe	12
Daniel Wendt	13
Robert Linfors	15
Lindsey Wendt	17
Nathan Coddling	18
Gary Andonian	20
Jessica Osman	29



2021 Golden Valley Lodge Board & Service Positions

Chair: Delphine Trowbridge
Vice Chair: Andrea Tabanelli
Past Chair: Maidie Karling
Corresponding Secretary: Dorothy Burns
Assistant Secretary: Mona Steffen
Financial Secretary: Ann-Kristin Karling
Treasurer: Birgitta Clark
Chaplain: Beth Bunnell
Master of Ceremonies: Jason Trowbridge
Assistant MoC: Dylan Olson
Cultural: Laurie Taylor (temp)
Chairman of Trustees: Kerstin Wendt
 Trustee 2 years Maria Jacobs
 Trustee 3 years Wenche Eklund
Chairman of Auditors Maidie Karling
 Auditor 2 years Britt Potter
 Auditor 3 years Ann Heinstedt
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 and Hanna Olson
Newsletter: Laurie Taylor
Youth Group: Nicolette Taylor

Next event at
Vasa Park

Midsummer, Sunday,
June 27, 2021

Learn about Midsummer on page 6

Grattis på födelsedagen

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

Culture Corner: Rosendal's Garden



Rosendal's Garden is one of Stockholm's most popular spots in the summer. It is an open garden, presenting biodynamic (organic) garden cultivation to the general public. Notable features of the garden are the orchard with some hundred apple trees, many planted in the 1860's, there is also a wine garden and a rose garden. There is also a café and a plant and garden shop.

Rosendal's Garden is an oasis in the heart of Stockholm, a inspiration for enjoyable, sustainable living. For more than thirty years Rosendal's Garden Foundation has cultivated and spread biodynamic farming practices and has been a driver of the farm to fork concept. The renowned cafe/ restaurant, wood-fired stone oven bakery and farm shop are focused on highlighting the beauty and variety of flavours of locally produced organic ingredients including vegetables, fruits, herbs, flowers and honey from the garden. Explore the orchard that boasts over 50 different kinds of apples, the rose garden, pre-school teaching greenhouse and garden, vineyard, green houses, a garden center, vegetable and flower gardens. Opening times vary through the season.

History

The area today known as Rosendal's Trädgård was in 1817 sold to the Swedish king Karl XIV Johan (Charles XIV John of Sweden), also known as Jean Baptiste Bernadotte. Bernadotte transformed the area into an English park. In 1819, the architect Fredrik Blom constructed a royal castle linked to the area known as "Rosendal's Trädgård". At the same time a winter garden was also built, creating an opportunity to cultivate tropical plants even during wintertime. In 1848 the Swedish king Oscar I built an orangery, where exotic plants such as palms could be explored. The one person that has been most influential in the development of Rosendal's Trädgård is



probably Queen Josefina. Queen Josefina had a great interest in gardening and made it possible for the development to take place by establishing a number of plantations and greenhouses. In 1861, Queen Josefina also collaborated with the Swedish Gardening Society, something that made it possible to start a gardening-academy in the area. Together they reformed and structured the garden and its administration after their ideal, the Royal Horticultural Society in London. All the work that was implemented during Queen Josefina's lifetime led to a development that made Rosendals Trädgård flourish. During the fifty years that the garden academy was up running, the garden begun its transformation towards its current structure. Though, when the Garden academy was closed and the Swedish Garden Society ended their activity in the area, Rosendal went into a period of less activity. The Royal administration of Djurgården, who now owned the garden, demised the area for private practise and the garden transformed to several horticultural business garden. But in the late 1960s the Royal Administration of Djurgården acceded Rosendals Trädgård and restored it into its former glory of Queen Josefina.

The Garden and its flora

The Fruit Garden

The fruit garden has, during the development of Rosendals Trädgård, been one of the most famous parts of the garden. Every autumn, the many different kind of apple-sorts that are represented in the almost hundred trees, becomes mature. During the Swedish Garden Society's days of glory, there were nearly 400 apple-trees in the fruit garden. During this time, Rosendals fruit garden had a big importance on the spread of fruit-trees in Sweden, since the Garden academy portioned out free plants to farmers etc. Over 24 500 fruit trees, 30 000 currant bushes, as well as 22 000 park trees was portioned out all over Sweden, something that made a greater spread of the many different apple-sorts that exist in Scandinavia possible. Other fruits, such as cherries, prunes, pears etc. are also cultivated in the fruit-garden. In Lars Krantz's book, "Rosendals Trädgård", the author (a former gardener in Rosendals Trädgård) describes the yearly-reappearing apple exhibition in Rosendals Trädgård, where almost 250-300 different apple-sorts is represented: all of them cultivated in Sweden.

The Rose Garden

The rose garden was found in 1988 and today over 100 different species are cultivated there. The rose garden is situated on a slope just beside the old orangery and is perfect for cultivating roses. Due to the harsh rose climate in Sweden Rosendals Trädgård mostly cultivate bush roses which have favourable properties, such as hardiness.

Stiftelsen Rosendals Trädgård is a non-profit organisation; all profits are reinvested into the operations. 4



National Day 2021 – celebrate with Sweden!
The full show will be broadcast on **sweden.se** as well as on
facebook.com/swedense at 10:00 and 20:00 CEST on 6 June 2021.

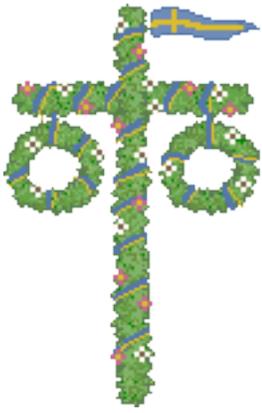
Sweden's National Day - the origins

Since 1983, Sweden has celebrated its National Day on 6 June. This is the date on which Gustav Vasa was elected king in 1523, which laid the foundation of Sweden as an independent state, and on which a new, important constitution was adopted in 1809.

The original idea came from Artur Hazelius, who founded the Skansen open-air museum in Stockholm and held a national day celebration there on 6 June as early as the 1890s.

At the 1893 World Fair in Chicago, Sweden presented Midsummer Day as a form of Swedish national day, so in the 1890s Sweden celebrated the occasion twice a year.

In 1916, June 6 became the Swedish Flag Day, celebrating the fact that Sweden had acquired its own flag following the dissolution of the union with Norway in 1905.



Swedish Midsummer

Midsummer has been celebrated for many centuries and some traditions predate Christianity. Traditionally all turning points of the solar year were celebrated, and midsummer was originally celebrated

as the summer solstice. That is when the nights are shortest of the year in the northern hemisphere. Midsummer used to be celebrated in many countries, but now only the Nordic and Baltic countries hold celebrations, probably because that is where the differences in seasons can be seen so clearly.

In 1316 this pagan party became a Christian one because the church did not approve of the heathen traditions. Midsummer and the birthday of St. John the Baptist fell on almost the same day and it was convenient for the Church to combine these two events and eradicate the pagan customs. But the Church wasn't very successful; people were used to all the prophecy and magic. Since 1954, Midsummer has been celebrated on the Saturday that falls between June 20 and 26. In Swedish, it is called midsommar, in Finnish it is juhannus.

Midsummer has been an event full of customs and superstitions, most of which have to do with weather, wealth and future life partners. During the 19th century, superstitions were the most essential part of festivities. It was believed that demons and witches were on the move at Midsummer and they had to be driven away. That is why people made loud noises and built bonfires. Over the centuries fires burned all over Europe: in Russia, Scandinavia, the Alpine countries and Ireland. Presently Finland is about the only country which still holds this tradition. In Sweden they replaced bonfires with Midsummer poles in the 19th century. In the Swedish-speaking parts of Finland maypoles that are decorated with foliage have replaced the bonfires.

Treasure fires were believed to burn during the darkest time of this short night. Spirits and ghosts cleaned their valuables of mold and rust by putting them into the fire. These treasures were said to date back to the wars Finland had gone through; people used to hide

their valuables in the ground when the enemy was coming. These treasures were guarded by spirits and fierce animals, and one could get the treasures if he could answer the questions asked by the guards.

The forest-fern is a plant which never blooms. However, they were said to bloom and produce seed for a brief period during Midsummer night. Anyone who collected a seed or a flower could become invisible, beautiful, healthy and rich. This belief was taken so seriously that in 1612 the Catholic Church forbade collecting forest-fern seeds on Midsummer night.

During olden times, predicting weather was a big part of Midsummer. Farmers tried to find signs of the forthcoming harvest and started to get ready for hay-making and harvest. During those early times, people didn't clean their houses or wash their clothes as often as we do today. They usually did those chores before the big celebrations of Christmas and Midsummer. They also washed themselves, and going to sauna was a main event of Midsummer. There was one night when all sexual laws of peasant society were suspended. That was the short Midsummer's Eve. An old saying: Midsummer night is not long, but it sets many a cradle rocking.

Midsummer never had traditional foods such as are eaten today at Christmas, for example. One reason was the shortage of food people suffered from during the spring and into Midsummer. They usually ate dairy products because cows started giving milk again after the harsh winter. Presently people eat sausages, new potatoes, herring, and pancakes during Midsummer.

Getting drunk during Midsummer has a long tradition. In earlier times drinking alcohol was supposed to help get a good harvest. Alcohol is one of the things people most generally associate with Midsummer. Statistics show that five times more alcohol is sold during the day before Midsummer Eve than any other day.

Nature played a big part during Midsummer. Most decorations that were used date back to pre-Christian times. They decorated rooms with flower garlands, greenery and birth branches to bring the fresh forest



aroma indoors. And some people thought it might bring good luck with their cattle. In Ostrobothnia, people brought long slim spruce to their yards. In 1734 using branches or young trees for decorations was forbidden because it was thought to be a threat to the forests in Finland. Later this order was repealed.

Midsummer is thought to be a favorable time to find a partner. Many weddings take place on Midsummer. Most of the Midsummer spells have to do with seeing your future husband's face. According to one tradition, you were supposed to pick nine different flowers and put them under your pillow and you would see him in your dreams. If you already knew who you wanted, there were many ways of making him want you.

Although Midsummer was mainly a rural celebration, city people also participate. Many people go to their summer cottages and go fishing, or sleep late. In earlier times people went to church. It is an important summer event: the celebration of the mid-point of summer and also National Flag Day (since 1934). Sometimes the ecclesiastical meaning is forgotten, but it is an important day for the Church and is a popular day for confirmation and getting married.

Midsummer wouldn't be complete without a traditional dessert and the taste of Swedish summer. If you want to know what Swedish summer tastes like, look no further than Swedish strawberry cake. For many Swedes, this cake is essential to midsummer and birthday celebrations (if they don't go with the other traditional Princess cake).

Every year, in the days leading up to midsummer, the cost of strawberries tends to skyrocket in Sweden. This is because Swedes have to eat strawberries and, more specifically, strawberry cake on midsummer's eve – no matter what the cost.

An authentic Swedish strawberry cake is as simple as it is spectacular. It is essentially a regular sponge cake filled with vanilla cream on the first layer, strawberry jam on the second and then smothered in whipped cream and strawberries. Once finished, the strawberry cake is a sight to behold in all its red and white glory – colourful, decadent, and absolutely mouth-wateringly delicious.

The next page has just that cake!



Classic strawberry and cream-cake aka jordgubbstårta

Credits: Alexander Hall/image-
bank.sweden.se

batter into the cake tin and bake in the middle of the oven at 180°C / 355°F for about 30 minutes or until the cake is set. Allow the cake to cool completely, loosen the tin sides and cover the cake with plastic or a kitchen towel. Don't be afraid that the cake will be dry, It's even better if you bake this the day before.

Recipe:

Makes 6 pieces

Ingredients:

Sponge cake:

4 eggs
140 g of caster sugar
2 dl self raising flour
25 g melted butter

Vanilla cream:

6 egg yolks
6 dl double cream
6 dl standard milk standard milk
1 vanilla pod
3 tbsp of caster sugar
4 tsp cornstarch
5 dl double cream

1-1.5 liters of strawberries (alternatively half
can be frozen strawberries)

3 dl roasted chopped nuts and almonds (mix them)

15-20 small meringues
Icing sugar

Method:

Start making the sponge cake for the Swedish Jordgubbstårta. Grease and flour(or line) a round tin with removable edges (about 24 cm in diameter) Add egg and caster sugar to at bowl that fits in a saucepan with water. Bring the water to bowl meanwhile whisking the eggs and sugar. Whisk and heat the batter until it is about 60°C / 140°F. Measure with a kitchen thermometer. Remove the bowl from the saucepan and continue whisking (or mix it in a stand mixer) at low speed until the mixture is cooled down and you have a white and fluffy egg batter. It takes about 10 minutes. Sift and fold down the flour, 1/3 at a time, in the batter. (use a spatula) Finally, fold in butter into the egg batter. Pour the

Now make the vanilla cream. Mix everything in a saucepan (add both seeds and the scraped bean from the vanilla pod) and boil on medium heat while stirring. Boil until the mixture begins to thicken, and then pass it through a fine sieve. Pour the sauce into a clean bowl and place it in a cold water bath. Whisk the sauce until it has cooled down and is nice and thick. You might have to change water in the water bath to cool it quicker. Vanilla cream can be prepared 1-2 days before making the actual cake.

Divide the sponge cake in three parts. (use a long sharp knife, such as a fillet knife). Take the first bottom of the sponge cake and put on the cake stand (cut wide strips of parchment paper and lay them around, they can then be removed when the cake is completely finished.) Spread a layer of vanilla cream over the bottom cake, divide strawberries cut into pieces on top. Add another part of the cake (the middle on) Add whipped cream on this layer and some more strawberries cut into pieces. Lay the top layer of cake on top of this but turn it upside down so that you have the cut side up. Add a big dollop of whipped cream and spread it over the whole cake, bot top and sides. Put the meringues in a ring around the cakes top. Spread out strawberries (either whole or divided in 2 or 4 pieces depending on their size) in the middle and top with toasted, chopped nuts. If possible also put some nuts in the cakes sides as well. Sift some icing sugar on top before serving.

The Strawberry cake is lovely to serve after 1-2 hours, but it is also really nice the day after when it gets a bit juicy. Although it looks better the same day.

Recipe by Lisa Lemke

May Meeting & Spring Picnic - Thank you to Mona Steffen, Kerstin Wendt. and Lisa Eklund for the pictures!

Golden Valley Lodge dinner meeting May 2021 was celebrated with a crayfish dinner prepared by Jennifer and Peter Lund. (right)



Spring Picnic at Vasa Park May 23rd, 2021

