

October 2021

# Golden Valley Lodge #616 Newsletter

happy  
halloween!

**Chair message:** Our meeting Thursday will be a Halloween/Octoberfest meeting and all vaccinated members are welcome to attend. Feel free to dress up in a costume if you wish. We will have an initiation ceremony for about 6 people which we will welcome to our group.



We have so many wonderful events to look forward to this fall. Our 75th Anniversary celebration at the Crown Plaza on November 13th. Call Kerstin Wendt, 818-521-5212, if you still need to make a reservation.

We have our Christmas Dinner on Saturday, December 18th and we are asking for donations for our raffle. Please donate something useful. Lisa Eklund is taking reservations. Ann-Kristin Karling oversees the Lucia Pageant and is looking for participants. Sign up early because this is a popular event and we have limited space.

We will not have a Thursday Business meeting this year in November because we will have our 75th anniversary event just two days later.

See you Thursday.  
*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  
13754 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

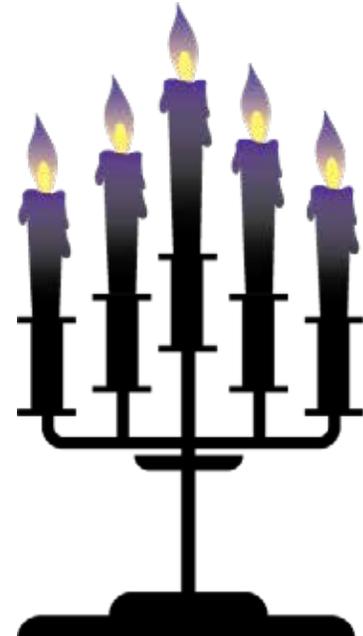


Happy October Birthday!!!

Gun Marianne Olin	2
Annili Anderson	5
Yvonne Klintare	5
Laila Weitz	7
Delphine Trowbridge	7
Larry Pulatanovich	7
Wenche Eklund	8
Lillemo Possecker	10
Heidi Klintare	12
Conny Klintare	13
Maggie Connelly	14
Daga-Karin Lindquist	15
Ingela Sorensson	15
Caitlyn Haggerty	16
Stephen Osmond	16
Ann Heinstedt	16
Alex Klintare	19
Alexander Richards	21
Emma Rose Chiarelli	21
Lisa Eklund	23
Katarina Holstein	24
Bradley Richards	25
Gunvor Sabo	25
Rikard Siwerson	26

## 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  
**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



Ha en trevlig födelsedag!

If you have any pictures or stories to share, please send them to [laurietaylor@hotmail.com](mailto:laurietaylor@hotmail.com)!

# Culture Corner: Bioprinting



NO ECHOLOCATION? THAT'S JUST EERIE!  
HMMM...I WONDER HOW IT TASTES?  
ME THINK IT GOOD CREATION!



Sofia Sabel/ imagebank.sweden.se

Sweden is one of the world's most innovative and research-intensive nations. Several universities place high in European rankings, and their research has contributed to the global success of Sweden's many high-tech companies.

Cellink is a global leader in the fields of bioprinting and 3D cell culturing. They use nanocellulose to 3D print complex models such as livers, pancreas and neural tissues. They equip hundreds of labs worldwide with cutting-edge technologies that fuel ground-breaking scientific breakthroughs.

## Humble Beginnings

In 2015, realizing that it was impossible to purchase bioink for 3D bioprinting, Erik Gatenholm and Hector Martinez set out to create a universal bioink that could be used by anyone working in bioprinting.

Having created a product and formed Cellink, the company's rise under Gatenholm – now CEO – and

Martinez – now CTO – since that point has been staggering. With the first sale of their ink coming within its first 24 hours on the market, Cellink listed on the Nasdaq First North stock exchange merely 10 months later after a 1070 percent oversubscribed IPO.

Shares have since risen in value by 400 percent and the firm's market capitalization stands at around USD 255 million as of May 2019. Its founders have also been catapulted into the spotlight, with Gatenholm making the 2018 Forbes '30 Under 30' list of influential young businesspeople.

## Tech Specs

Cellink's value proposition is a combination of bioink and bioprinters. Bioink is a gel that can be extruded through a printing nozzle and mimics the suspension lying between cells, known as the extracellular matrix.

As Alberto Iglesias Fraga of Business Insider notes, "Cellink's gels are unique, in that they have very spe-

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cific qualities: they're viscose, gelatinous, can be built into networks, can be manufactured in next to no time, and have an incredible level of tensile strength."

Using its own printers, which are extraordinarily accurate and extremely fast, Cellink can create skin, liver cells and various other organs. An entire ear can be built in just 20 minutes. On the market for USD 39,000, Cellink's Bio X printer is "up to 10 times cheaper than that of our direct competitor," states the company's chief scientific officer, Itedale Namro Redwan, potentially expanding access to 3D bioprinting technology across the globe.

### **Cancer Research**

In addition to printing body parts to be implanted on patients, Cellink's technology also allows for the reproduction of specific cancerous tumors. By printing out these tumours, doctors can experiment with treatment options in vitro without endangering the life of the patient.

Gatenholm states that the technology gives doctors the chance to test, "which treatment could specifically work on that patient."

Stakeholders across the healthcare continuum are starting to take note, with Cellink having

already received a EUR 2.5 (USD 2.8) million grant from the European Union to develop these tumor modelling printers.

### **Looking Forward**

Cellink's founders have grand ambitions for the future as pioneers of 3D bioprinting technology. "What we're doing here is developing the technology which allows scientists and researchers to create human organs and tissues using a biological ink, modified 3D printers and human cells," said Gatenholm in an interview with Digital Trends. "What we do at Cellink is to provide this entire package of components to customers and users worldwide so that they can get started as easily as possible."

Martinez adds, "In the coming decade we would like to continue to push the boundaries of 3D bioprinting until it becomes an established technology in the medical field. We have the vision of becoming the first and number one provider of bioprinters, bioinks, software and technical know-how for the next generation of medical device manufacturers."

**Source:** <https://pharmaboardroom.com/articles/3d-bioprinting-swedish-firm-cel-link-at-the-forefront/>

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*"Don't judge a book by its cover"*

*is an expression that fits perfectly for the Human Library*

The idea of this non-profit organization was born in Denmark in early 2000. Founded by Ronni Abergel it has spread to more than 70 countries such as Sweden, Iceland, Finland, US, Norway, Italy, Holland, Slovenia, Belgium, UK, Portugal or Australia.

In a Human library you won't find books, you can borrow a person for 30 minutes instead. These people are willing to share their story to challenge our prejudices and stereotypes towards them.

### **How does it work?**

The "book" volunteers to share his personal experience and the "reader" feels secure to ask questions in a friendly conversation. The idea is to realise we have more things in common than we think, that there's nothing to be afraid of but our own prejudices and stereotypes. Vol-

unteers come from religious minorities, races, victims of sexual abuse, refugees, people with HIV, alcoholics, homeless, transgender, disabled, single mothers, people with tattoos... in fact, any person who falls outside the preconceived "norm" of our society.

### **When is the next event in Sweden?**

There are no permanent Human Libraries. The events are organized by volunteers and last a few days. In Sweden, the latest events took place on the 24th of February in Östersunds and on the 23rd of April, in Malmö. So, stay tuned through their Facebook page to see the upcoming events.

**Source:** <https://www.facebook.com/humanlibraryorg/events/>



## Elephant Rock - Iceland

The Elephant Rock of Iceland fascinates visitors because it resembles the head of a giant elephant which has submerged half its trunk underwater, as if attempting to quench its thirst with the Atlantic Ocean.

The entire archipelago of the Westman Islands rests in the Southern Iceland Volcanic Zone, and was formed during numerous volcanic eruptions. As a result, the islands boast multiple remarkable rock formations and unmatched

volcanic landscapes. Fundamental to the rock's realistic appearance is the fact that it's entirely made from basalt; this makes the "skin" of the creature appear wrinkled.

Reasons to visit the Westman Islands include its incredible birdlife and whale watching opportunities. It is home to the largest population of nesting Atlantic Puffins in the world in summer, and the country's number one hot spot for finding creatures such as Fin Whales and Orcas.

## A Bit of Iceland Trivia

### Iceland Once Hunted Male Witches

Iceland may seem idyllic in many ways, but the country does have a dark history. Just like the U.S. and many parts of Europe, Iceland went through a period of witch hunts from 1654 to 1690. Only one woman was prosecuted as a witch during this time though because men were the primary targets.



### Many Icelanders Believe In Elves

Some surveys indicate that a high portion of the nation believes in the existence of huldafólk, invisible elves & trolls living in the countryside, with many others being at least open to the possibility. You can see evidence of this belief in the small wooden álfhól "elf houses" that some people build for the elves to live in. Iceland even has an official Elf School where you can learn about Icelandic elf history. Some claim the stories of elves may have been fun tales rather than actual beliefs, possibly a harmless trick used by the tourism industry to entice visitors. 5



Hubert Pitters surprised Delphine Trowbridge with a princess torta at last Thursday's Financial meeting to celebrate her 85th birthday.



Our dinner hosts for the September meeting: Lilian Cropper, Mona Steffen, Britt-Marie Potter, Andrea Tabanelli, and Birgitta Clark. October's hosts will be Delphine Trowbridge, Cecilia and Linda Trowbridge.



Saturday, December 18<sup>th</sup>, 2021  
GOLDEN VALLEY CHRISTMAS PARTY  
And  
LUCIA PROGRAM  
At The Prince of Peace Lutheran Church

Please let me know if your child/grandchild wants to participate in the LUCIA PROGRAM this year. It will be very special as it will be held in the sanctuary of the Prince of Peace Lutheran Church. All Golden Valley Lodge members will have a lovely dinner.

I need to know as soon as possible who wants to participate in the Lucia program. If you know someone interested, please either give me their contact information or please reach out to them and have them contact me. If there are new children this year, we can have a rehearsal for the new participants.

Please call me – 818-605-9432 and give me the child's name and age, parent contact information ... and measurement from shoulder to ankles so I can set aside the correct Lucia gown for them.

Ann-Kristin Karling – 818-605-9432 or email: [akarling20@yahoo.com](mailto:akarling20@yahoo.com)

# Golden Valley Lodge Christmas Dinner and Lucia Pageant

Saturday, December 18, 2021 5:30 p.m.  
Please RSVP by Saturday, November 29  
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 29.

*Please send a separate check for non-members.*

Cost: \$20.00/per person\* / Guests \$30.00 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

