

March 2022

Golden Valley Lodge #616

Newsletter



Credits: Patrik Svedberg/imagebank.sweden.se



Dear Brothers and Sisters:



We have a wonderful March 10th meeting planned for you. We will initiate our soon to be new members. Ann and Richard are preparing a delicious, corned beef and cabbage dinner.

Gertie Lingstrom is making semlor for dessert. We will have our bar on the patio without masks.

Our Yosemite trip is full, but we will take names for a waiting list. May 12 will be a social meeting and I am looking for a food truck or backyard caterer. Some help would be appreciated. I hope to see you all at the meeting.



Delphine



If you have not paid your membership dues, they are due. Questions? Ask: akarling20@yahoo.com

Please send your checks to: Ann-Kristin Karling 13754 Burbank Blvd. Sherman Oaks, CA 91401

Reimburment for an expense: Dorothy Burns 8201 Glade Avenue Canoga Park, CA 91304

or glade.gal2003@yahoo.com

GVL Happenings



Happy March and April Birthday!!!

MARCH (3)

Linnea Heinstedt	1
Cecilia Brady	8
Beth Bunnell	16
Morgan Klintare	20
Valerie Olson	21
Britt-Marie Potter	22
Kerstin Engblom	30
Maidie Karling	30

April (4)

Natalie Mikkelsen	1
Eivor Wester	1
Nikki Taylor	5
Barbro Granath	5
Tommy Eneberg	6
Kristina Thorsen	11
Kerstin Wendt	13
Ann-Kristin Karling	14
Erik Karling	16
Jessica Santana	16
Rebecca Mikkelsen	16
Clinton Lien Jr.	21
Marianne Farm-Reinholds	24
Gunilla Hamaoui	29

2022 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: Lucas Taylor
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!

Culture Corner: The Nordic Region

With all that is going on in the world and the devastation in the Ukraine, I needed to learn more about the Nordic Region. Here is compilation of the facts I gathered from the Nordic Co-Operation website. norden.org. The Nordic Region consists of Denmark, Norway, Sweden, Finland, and Iceland, as well as the Faroe Islands, Greenland, and Åland. (The term “Scandinavian” sometimes refers to these, but usually just Sweden, Norway and Denmark.) You can find some interesting information about the Nordic Region and each of its countries here.

Facts about Denmark



Denmark, the most southerly country in the Nordic Region, is a small, densely populated country, made up of a large number of islands skirted by lovely beaches.

Denmark borders Sweden to the east and Germany to the south. The Øresund Bridge connects Sweden to the largest Danish island, Zealand. Jutland, which is a peninsula, connects Denmark with Germany. The third-largest island in Denmark is Funen, which is connected to Zealand by the Great Belt Bridge and to Jutland by the Little Belt Bridge.

Politics in Denmark

Denmark is a constitutional monarchy. Queen Margrethe II has no real political power, and the parliament, Folketinget, is the country’s highest authority. Denmark is a member of the EU, but has retained the krone as its currency. ***It is also a member of NATO.***

National day: 5 June (Constitution Day, 5 June 1849)

Form of government: Constitutional monarchy

Parliament: Folketinget (179 seats)

EU membership: Since 1 January 1973

NATO membership: Since 4 April 1949

Head of state: Queen Margrethe II

Head of government (since June 2019): Prime Minister Mette Frederiksen (Social Democrat)

Population

With a population of around 5.8 million, Denmark is the most densely populated country in the Nordic Region. Roughly 1.3 million people live in and around the capital city, Copenhagen.

Economy

The most important sources of revenue in Denmark are oil and other forms of energy, the medical industry, agricultural produce, shipping and IT services.

Geography

Denmark is the smallest of the five nations in the Nordic Region, with a total land mass approximately the same size as Finnmark County in Norway. On the other hand, Denmark has plenty of good arable land, and makes the most of this natural resource.

Danish

The official language in Denmark is Danish, which belongs to the North Germanic language group along with Icelandic, Faroese, Norwegian and Swedish. It uses the Latin alphabet with the additional letters æ, ø and å.

Facts about Finland



Finland is full of lakes and forests and is famous for its education system, Angry Birds, the Moomins and design. In the north, Finland has land borders with its Nordic neighbours Norway and Sweden, and the three nations’ borders all meet at Treriksröset (The Three-Country Cairn). Finland also has a land border with Russia and sea borders with Estonia and Åland.

Politics in Finland

Finland is a republic. The directly elected President has real power over foreign affairs, EU policy and major military decisions. In all other matters, parliament is the supreme authority.

Finland is a member of the EU and uses the euro as its currency. ***It is not a member of NATO.***

National day: 6 December (Independence Day 1917)

Form of government: Republic

Parliament: Eduskunta/Riksdagen (200 members)

Membership of the EU: Since 1 January 1995

Membership of NATO: No

Head of State (March 2012): President Sauli Niinistö
Head of Government (December 2019): Prime Minister Sanna Marin (Social Democrat)

The population of Finland

Finland has a population of just under 5.5 million, around 1.1 million of whom live in and around the capital, Helsinki.

The Finnish economy

The forestry, technology and metal industries are Finland's most important sources of income.

The geography of Finland

Finland is called "the land of a thousand lakes" as inland lakes and rivers make up 10% of the country. Large areas of forest cover almost two thirds of the land mass and only 6% of the country is arable.

The climate and environment in Finland

The climate is temperate in the south but sub-Arctic in parts of the north.

Languages in Finland

Official languages: Finnish and Swedish (national languages)

Facts about Iceland



Iceland, the volcanic island in the north Atlantic is famous for its hot springs and dramatic scenery.

Iceland is a republic, located on an island just south of the Arctic Circle. Iceland doesn't share any borders with other countries, and its nearest neighbours are Greenland, Norway and the United Kingdom.

Politics in Iceland

Iceland is a republic with a directly elected president. The president formally nominates the prime minister. The Althing (Alþingi) is the parliament and highest authority in Iceland.

Although Iceland is not an EU member, it is a signatory to the EEA Agreement, so is part of the European Economic Area. *Iceland is a member of NATO.*

National day: 17 June (Independence Day, 17 June 1944)

Form of government: Republic

Parliament: Althing (Alþingi) (63 seats)

Member of the EU: No

Member of the EEA: Since 1 January 1994

Member of NATO: Since 4 April 1949

Head of state: President Guðni Th. Jóhannesson.

Head of government: Prime MinisterKatrín Jakobsdóttir

Population

More than half of the population of 370,000 live in and around the capital, Reykjavík.

Economy

Fish and fishery products are still the country's main source of income, followed by aluminium and ferrosilicon exports. In recent years, growth has been recorded in sectors such as biotechnology, software and tourism.

Geography

Iceland is two and a half times the size of Denmark, but only a little over 1% of the land is fit for growing crops. Most of the landscape consists of big lava fields and glaciers.

Climate and environment

Iceland has a coastal climate which balances between cold polar currents and the warm Gulf Stream. The summers are cool and the winters are mild. The average temperature in Reykjavík is +0.4°C in January and 12.5°C in July. The average for the whole year is 5.5°C. The northern coast and most inland areas have a tundra climate.

Icelandic

Icelandic (islenska) is a West Nordic language spoken by approximately 300,000 people, mainly in Iceland, where it's been the official language since 2011. Icelandic has much in common with Norse, which was also spoken in Norway until around the 13th century. Modern Icelandic is characterised by a conservative language policy with an emphasis on language proficiency and the creation of new words.

Facts about Norway



For many people, Norway is synonymous

with oil and mountains, with dramatic and beautiful scenery – from the beaches and cliffs of the south, to the mountains in the middle and the midnight sun at the North Cape.

Norway is a country of mountain ranges, huge forests, vast empty expanses and only about 3% arable land. The population is approximately 5.3 million, around 1.2 million of whom live in and around the capital city, Oslo.

Politics in Norway

Norway is a constitutional monarchy. King Harald V wields no real political power and the parliament, Stortinget, is the highest authority. Although not in the EU, **Norway is part of the European Economic Area and a member of NATO.**

National day: 17 May (Constitution Day, 17 May 1814)

Form of government: Constitutional monarchy

Parliament: Stortinget (169 members)

EU membership: No

EEA Membership: Since Saturday, 1 January 1994

Head of state: King Harald V

Head of government (since September 2021): Prime Minister Jonas Gahr Støre (Labour)

Politics in the Nordic countries

The population of Norway

Norway has a slightly smaller population than Denmark and it is spread out over a much larger area – from Lindesnes in the south to Kirkenes in the north. About 1.2 million people live in and around Oslo.

The Norwegian economy

The biggest source of national income is the extraction and export of offshore oil and gas. Other significant industries include fishing, steel, shipping and tourism. The geography of Norway

Norway has an extensive coastline and is surrounded by sea. Although long, it is not very wide. The scenery is varied and includes deep valleys and high mountains. The highest peak is Galdhøpiggen, 2,469 metres above sea level. Norway also includes the islands of Svalbard and Jan Mayen.

The climate and environment in Norway

The climate in Norway is varied, reflecting the size of the country. In the north, close to the Finnish and Russian borders, winters are long and cold, in the south it is milder due to the coastal climate.

Norwegian

The official national language is Norwegian. Uniquely, it has two written forms – Bokmål and Nynorsk – both of which enjoy equal status. Work on Nynorsk commenced under Ivar Aasen as a reaction to the fact that Bokmål is based more on written Danish. The idea was to reflect the many, unique dialects in the country.

Official website: www.norge.no

Official language: Norwegian

Facts about Sweden



Sweden is the largest country in the Nordic Region and has the biggest population. For many people, it is synonymous with flat-pack furniture, innovation, iron and steel. The country spends 3% of GDP on research and development.

Sweden shares land borders with Norway in the west and Finland in the northeast. It also has coasts facing its Nordic neighbours Denmark, Norway, Åland and Finland.

Politics in Sweden

Sweden is a constitutional monarchy. King Carl XVI Gustaf has no real political power, and the parliament, Riksdagen, is the country's highest authority.

Sweden is a member of the EU, but has retained the krona as its currency. **It is not a member of NATO.**

National day: June 6 (National Day)

Form of government: Constitutional monarchy

Parliament: Riksdagen (349 MPs)

Membership of the EU: Since 1 January 1995

Membership of NATO: No

Head of State: King Carl XVI Gustaf

Head of Government (November 2021): Prime Minister Magdalena Andersson (Social Democrats)

Population

Sweden has the biggest population in the Nordic Region at 10.3 million. Nearly 2.4 million of them live in and around Stockholm. The northern part of the country is sparsely populated.

Economy

Sweden is a major exporter of goods and services. Its largest exports are electronics, machinery, cars, paper, iron and steel. Currency: Swedish crown (SEK)

Geography

Historically, Sweden was divided into Svealand, Götaland and Norrland.

Almost 10% of the country consists of lakes and rivers. It also has huge coniferous forests, but despite this has 27,000 km² of arable land.

Climate and environment

The climate reflects Sweden's geography. Large parts of the country have a temperate climate, but the mountainous area in the north has a sub-Arctic climate.

Languages in Sweden

Official language: Swedish (main language)

National minority languages: Finnish, Meänkieli, Sami, Romani and Yiddish

Official website: <https://sweden.se/>

Facts about the Faroe Islands



Fisheries and rugged scenery characterise the Faroe Islands, an archipelago in the North Atlantic.

The Faroe Islands – 18 islands of various sizes connected by tunnels and ferries – is one of three autonomous territories in the Nordic Region. The landscape is rugged with steep cliffs, grassy ridges and a very few trees.

Politics in the Faroe Islands

The Faroe Islands are part of the Kingdom of Denmark but have extensive home rule. The parliament, known as Lagtinget, is the highest authority in the islands. The country is not a member of the EU, but has entered into a fisheries and trading agreement with the Union.

National day: July 29 (Ólavsøka)

Form of government: Home rule – within the kingdom of Denmark

Parliament: Lagtinget (33 MPs)

EU membership: No

NATO membership: Since 1949 (as part of Denmark's membership)

Head of state: Queen Margrethe II

Head of government (since September 2019): Bárður á Steig Nielsen (Sambandsflokkurin/Union Party)

Population

The population of the Faroe Islands is 52,934, almost half of whom live in the capital, Tórshavn.

Population in 2021: 52,934 (January 2021)

Economy

Fishing is by far the most important industry in the Faroe Islands, and about 90% of exports consist of fishery products. Shipping and tourism are other important industries.

Currency: Danish krone (DKK)

Geography

The Faroes consist of 18 islands. At 1,400 km², it has the smallest landmass of the three autonomous territories in the Nordic Region.

Climate and environment

The Faroe Islands have mild winters and cool summers. Weather and precipitation levels vary greatly from island to island, with most rainfall in the north.

Faroese

Faroese, like Danish, Norwegian, Swedish and Icelandic, is a North Germanic language. About 70,000 people speak it. Official language: Faroese

Facts about Greenland



Greenland has been populated for 5,000 years, by people from Arctic region and Europe.

Although part of the North American continent, geopolitically the island is part of Europe.

Greenland is part of the Kingdom of Denmark but has wide-ranging autonomy, which was extended in 2009. However, this does not include foreign and security policy or currency policy.

Politics in Greenland

Greenland is not a member of the EU, but has a special fisheries agreement and was accepted as one of the overseas countries and territories with special association with the EU.

National day: 21 June (longest day of the year)

Form of government: Self-government, within the kingdom of Denmark

Parliament: Inatsisartut (31 seats)

EU membership: From 1 January 1973 to 1 February 1985

NATO membership: Since 1949 (as part of Denmark's membership)

Head of state: Queen Margrethe II

Head of government (since April 2021): Múte Bourup Egede (Inuit Ataqatigiit)

Population

Greenland has around 56,000 inhabitants of whom about 18,000 live in the capital Nuuk.

Economy

Sealing, whaling, fishing and hunting are the main sources of income, The country also has a growing income from tourism as well as some mining.

Currency: Danish krone (DKK)

Geography

Greenland is the world's biggest island. Almost 80% of it is covered by the ice cap and glaciers. The ice-free area is almost as large as Sweden, but only a very small part of it is arable.

Climate and environment

Greenland is in the polar zone, where winter temperatures reach as low as -50°C and summer temperatures rarely exceed 10–15°C. Due its size, however, temperatures can vary considerably from one part of the country to another.

Greenlandic

The official language, Greenlandic, is spoken by the majority, although a small proportion of the population considers itself bilingual and uses Danish as a parallel language. Official website: <http://dk.nanoq.gl/>

About Åland



Åland consists of 6,757 islands situated midway between Sweden and Finland. Although Åland is part of Finland, Ålanders speak Swedish. Åland's largest island is Fasta Åland, where the capital Mariehamn is located. West of Åland lies the Sea of Åland, a waterway between Roslagen in Sweden and Åland. To the east, the Åland archipelago borders the Åboland archipelago in Finland.

Politics in Åland

Although Åland is part of the Republic of Finland, it

has its own autonomous parliament. In areas where Åland has its own legislation, the group of islands essentially operates as an independent nation.

Åland is a demilitarised and neutral zone. The Ålandic Parliament, the Lagting, is the highest authority.

Åland is a member of the EU and its currency is the euro, but Åland's relationship with the EU is regulated by way of a special protocol. In order to maintain the important sale of duty-free goods on ferries operating between Finland and Sweden, Åland is not part of the EU's VAT area.

National day: 9 June (to celebrate the day Åland gained self-governance on 9 June 1922)

Form of government: Home rule, within the Republic of Finland

Parliament: Lagting (30 members)

Member of the EU: Since 1 January 1995 (doesn't belong to the EU VAT area)

Member of NATO: No

Population

With around 30,000 inhabitants, Åland has the smallest population of the three autonomous territories in the Nordic Region. One third of the population lives in the capital Mariehamn. The official language of Åland is Swedish. The Population in 2021: 30,129

Population of the capital in 2021: Mariehamn (municipality): 11,705

Economy

Important sources of income for Åland are shipping and ferry services, tourism, and the processing of agricultural and fishery products. Currency: Euro

Geography

The Åland archipelago boasts cliffs and heathlands, and there are large areas of coniferous forests. Roughly 9% of Åland is cultivable.

Climate and environment

Åland has a temperate climate with significant rainfall.

Languages of Åland

The official language of Åland is Swedish, whereas Finland has two official languages – Finnish and Swedish. In practice, many Ålanders can speak Finnish to varying degrees, but far from all of them.

Official language: Swedish

Kiruna, Sweden - A town on the move



Kiruna, a mining town, is the northernmost town in Sweden. The entire town is in the process of moving, house by house, a little to the east. The ground under the town is about to become too unstable to support buildings due to the deep mining close by. Kiruna's move will happen slowly, under a period of 85 years. As new neighborhoods are built on Kiruna's eastern edge, old ones will be torn down. The

idea is to preserve as much as possible of the town heritage, such as the earliest structures, including a clock tower and a church. Buildings will be taken apart and reassembled in the new town center. Other materials will be recycled and reused in new Kiruna's rebuilding and repair. Old Kiruna will be transformed into parkland.

February Meeting Pictures



February Dinner Hosts:
Linda Trowbridge, Cecilia Trowbridge, and
Michael Barahona



Raffle winners - Photo by Maidie Karling



