

December 2022

Golden Valley Lodge #616 Newsletter

God Jul



Dear Brothers and Sisters:

It is with a sad heart that I write this Chair's message today. Chase Dodd has passed away just before Thanksgiving. We will Drape the Charter at our January meeting. He will be missed. Cards can go to his niece: Valentina Dodd 5266 Corteen Place #307, Valley Village, CA 91607.

and Lucia. We have ordered extra heaters so everyone will be warm this year. We have a new chef named Alex who will serve a dinner created by Gertie Lingstrom who is spending the holidays in Sweden. For all our members who will not be at the Christmas Dinner, I wish you a God Jul och Gott nyår.

Our next meeting will be January 12, 2023. We will install our new board and begin a new and wonderful year with Golden Valley Lodge. See you then.

We have 107 people signed up for our Christmas Dinner

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

Delphine

Reimbursement for an expense:

Dorothy Burns
8201 Glade Avenue
Canoga Park, CA 91304

or
gladegal2003@yahoo.com

GVL Happenings

Happy December/January Birthday!!!

DECEMBER (12)

Laila Jensen	5
Robert Shoemaker	10
Susan Carlson	11
Chase Dodd 	15
Shannon Traxel	18
Robert Holstein	25
Merry Shepler	25
Hubert Pitters	27
Aili Luna	28
Gunilla Polutanovich	29
Lucas Taylor	29
Zoey Shoemaker	30
Nicolas Storch	31



Ha en trevlig födelsedag!



JANUARY (1) 2023

Linda Luna	
Lois Halvorson	3
Isabella Muscarella	3
Birgitta Clark	5
Tyra Dios	7
Andrea Benitese	9
Rigmor Johnsdotter	9
Mary Locke	11
Jennifer Dewey	13
Valentina Dodd	18
Chuck Bunnell	26
Aaron Gomes	27
Ruzenka di Benedetto	28
Ian Wolf	28
Theo Wolf	28
Lars Heinstdt	29
Mathew Locke	31



2022 Golden Valley Lodge Board & Service Positions

Chair: Delphine Trowbridge
Vice Chair: Andrea Tabanelli
Past Chair: Maidie Karling
Corresponding Secretary: Dorothy Burns
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 Heinstdt
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 Heinstdt
Bar: Valerie & Dylan Olson
Newsletter: Laurie Taylor
Youth Group: Nicolette Taylor



This beautiful and delicious cake was supplied by our dinner hosts Delphine Trowbridge, Linda Trowbridge and Maidie Karling

GVL November Meeting



Elvor Wester and Olle Wester 50 year pins



James Thornson/Kerstin Thornson 25 year pins



Jason Trowbridge 10 year pin



November Meeting Continued



November Meeting Continued



Culture Corner: Christmas in the Nordic Countries



Few regions encapsulate the spirit of the holiday season quite like Scandinavia. An area packed with ice and snow, roaring fires, and home comforts, Scandinavia paints the perfect picture of Christmas.

It's even a great place to find wild roaming reindeer!

Scandinavia brings the scenery you'll find on your favorite Christmas cards to life, with beautiful homely spaces that encompass the spirit of *hygge*, and many unique areas to explore.

It's no wonder that many of the traditions of our own Western Christmas celebrations come from Scandinavia.

Christmas in Scandinavia

Christmas in Scandinavia is an incredible experience. While many of the Nordic countries share similar traditions and ideas, each location comes with its own special points to remember.

One thing you'll find in every Scandinavian country is that Christmas celebrations don't just last a couple of days.

Most regions begin celebrating on December 13th, St Lucia Day. Some regions of Iceland start celebrating

on the first advent Sunday. Christmas in Scandinavia also lasts for a full 13 days — not just 12.

Many Nordic locals even manage to get two whole weeks off work for Christmas. Festivals often last up to January 6th, which the locals refer to as the day of Epiphany. Another common tradition of Nordic Christmas involves sharing and opening gifts early. In the UK and other western regions, most children will open their presents on Christmas morning.

However, in the Scandinavian region, mythical creatures begin visiting homes around 12 days before Christmas. At bedtime, children leave slippers by their windows in anticipation of the visitor.

If the children are good, they'll receive candies and cookies before Christmas day.

Christmas Eve is usually deemed much more important than Christmas day too. There's a lot of evidence that this fondness of Christmas Eve comes from Scandinavia's Viking heritage.

Vikings believe that a new day starts when the sun goes down on the day before. This could be why many

people start the festivities early on Christmas Eve.

After you've decorated your Christmas tree in Scandinavia, you gather the family around for a large dinner on Christmas Eve, complete with all the traditional trimmings, and wait for gifts to arrive.

As mentioned above, most families open presents on Christmas Eve and reserve the day of Christmas for visiting family. The day after Christmas (Boxing day) is when families put holiday items into boxes for the less fortunate and visit friends.

Nordic Christmas traditions

Christmas is the favorite celebration of the Nordic region, a space covering Iceland, Norway, Finland, Denmark, and Sweden.

Scandinavian Christmas is often the light at the end of the tunnel for locals dealing with harsh winters, sometimes offering only five hours of daylight per day.

Scandinavian Christmas tradition is an opportunity to find warmth and love with the people you care about. It's also a time to celebrate the return of light prevailing over the darkness.

Although Scandi locals generally don't decorate their homes with too many flashing lights, you'll notice many candles in the region around this season.

Candles and a decorated hearth are common parts of the Scandinavian Christmas tradition, passed down from celebrations of Winter Solstice.

Like most European Christmas celebrations, Scandinavian Christmas has its roots in Yule — a day-long feast that celebrates the winter solstice.

Yule evolved in the hands of Christianity around the 9th century, when missionaries began transforming it into the Christmas we know now. Jul or jol ([jʊ:ɾ]) is the term used for the Christmas holiday season in Scandinavia and parts of Scotland. Originally, "jul" was the name of a month in the old Germanic calendar. The concept of "jul" as a period of time rather than a specific event prevailed in Scandinavia; in modern times, "Jul" is a period of time stretching from the fourth Sunday before Christmas Eve, December 24, to

(traditionally) mid-January at the date of Epiphany with the month of December and Christmas, and the week up to the New Year, as its highlight. The modern English yule and yuletide are cognates with this term. The term "Jul" is common throughout Norway, Sweden, Denmark, Iceland, Greenland, Scotland and the Faroe Islands. Some Nordic Christmas celebrations still use the word Yule, or "Jul," "Jol" or "Joulu" today.

Compared the Western Christmas you know now, Nordic Christmas will usually seem quite old-fashioned and traditional. There's more of a focus on food, hygge, and celebrations, than expensive presents and huge flashy light displays.

Scandinavian Christmas traditions are more about spending time with your loved ones and remembering the origins of where your country or town came from as well as visiting the graves of those who have passed.

Where other parts of the world have evolved to celebrate a Christmas that concentrates heavily on commercialism and toys, Scandinavia is one of the few parts of the world that holds true to the original meaning of Yule.

Here is a look at the common Scandinavian Christmas traditions for each Nordic country.

Scandinavian Christmas traditions in Norway Merry Christmas in Norwegian is God Jul.

Like many Scandinavians, Norway starts Christmas celebrations early. There aren't any Thanksgivings celebrations to worry about, so Norwegians start decorating in late November.

You'll also see the streets of Oslo lined with decoration and Christmas trees in November too.

During the Advent period, Norway hosts tons of julebord parties, which are basically pre-Christmas celebrations held by private societies and companies.

December 23rd also comes with a celebration. On "Little Christmas Eve", families decorate trees, bake sweet goods, and make traditional risengrynsgrøt. On Christmas Eve, Norwegian churches ring bells, and people start opening gifts. You don't open your presents on the morning, as the day is more about

spending time with family members.

Norway also has a special Christmas Eve dinner, which usually includes dry-cured lamb ribs, or cod fish cured in lye. The drink of choice is a popular one across Christmas in Scandinavia — glogg. This is a mulled wine that you can dip cookies into.

Interestingly, if you're celebrating a Nordic Christmas in Norway, the 24th is actually a bigger event. It features a lot of last-minute shopping for gifts, and fairytale telling. Norway's mischievous Christmas elf, Nisse is commonly integrated with Sinterklaas — the Santa Clause in the region. Some families that still celebrate the Nisse will leave a bowl of rice pudding for him.

Goats also play an interesting role in Nordic Christmas in Norway. Yule goats are often part of Christmas decoration, and they link back to Viking traditions. Although it was once a Norse tradition to sacrifice a goat around Christmas — that's not so popular today.

If you visit Norway for Christmas, check out the huge gingerbread town of Pepperkakebyen, open from mid-November to the end of December.

Scandinavian Christmas traditions in Sweden

Merry Christmas in Swedish is also God Jul.

Swedes have free access to the countryside around them, which leads many to believe that they have the right to go and fetch a tree from the woods using anything they like (including shotguns). However, the Swedish authorities are trying to cut down on this!

Swedish Christmas traditions start with December 13th and St Lucia Day. In Sweden, Lucia was a martyr known for delivering food to Christians in hiding.

As per Nordic Christmas traditions, the eldest girl in the family may portray St Lucia on this day, wearing a crown of candles (not actually lit ones), and a white robe. She serves her parents mulled wine or coffee.

Swedes put up their Christmas trees a couple of days before the event and decorate them with flowers like a poinsettia. White amaryllis and red tulips are also popular. On Christmas Eve, Swedes celebrating

Scandinavian Christmas traditions visit the church. Usually, these families will return to a traditional Christmas Eve dinner that includes a buffet or smorgasbord with ham, fish, pork, and sweets.

Families celebrating a traditional Nordic Christmas might ask someone to dress up to the Christmas gnome, Tomte. This little gnome living in the forest and he hands out presents every year. Throughout Sweden, there are tons of amazing holiday events to check out in various cities. If you visit Stockholm, you can see performances that change every day according to the Christmas Calendar.

There are also various amazing festivals too.



The Danish woven heart above represents a tangible link to family tradition and absent loved ones. They are hung on the tree and filled with candy.

Scandinavian Christmas traditions in Denmark

Merry Christmas in Danish is Glædelig Jul.

Danish Christmas, like most Scandinavian Christmas celebrations, has a lot of unique traditions. Usually, the celebration starts with an advent wreath

of red berries and spruce leaves with four candles on top. You light one of these candles every Sunday leading up to Christmas Eve.

Similarly to Norway, Denmark is famous for Christmas Eve being more important than the day itself.

Candles also have a significant role in Nordic Christmas for Denmark, with a calendar candle with 24 marks on it. These decorated candles burn down from December 1st to the 24th at a rate of one mark per day.

Scandinavian Christmas in Denmark is all about the children, with television networks that air 24-episode specials to help children count down the days. Most families decorate their Christmas trees with a silver or gold star at the peak.

It's common to add strips of tin foil to reflect the light of the candles on the fireplace. Danish flags are a popular decoration.

Old folklore tales in Denmark suggest that animals can speak on Christmas Eve, so you typically give your dog or cat special treats on Christmas Eve, so they don't say anything bad about you.

Santa Clause in Sweden is called Julemanden, or Yule Man, and he has a reindeer drawn sleigh well as help from mischievous elves who families leave porridge out for, so they're not targeted by the elves' pranks. In some parts, Jultomten, or just tomten, is the being who brings the gifts at Julafton (the evening of December 24). The gifts are called julklappar, and are probably a modern version of the Yule log. Jultomten does not climb down the chimney, he delivers the gifts in person. This task is often performed by an old man who secretly dresses up as Jultomten and knocks at the door with a sack of gifts. The origin of the modern Jultomte is a hybridisation between the pre-Christian being called Tomte and the (originally Dutch) Santa Claus. A Tomte is mostly portrayed as a small, gnome-like spirit being who lives on a farm and takes care of it (or the family) while the farmer family are asleep. He might be a gift giver if the farmers treat him and the livestock correctly. The tomte is an echo of ancient ancestral cult. It is thought that the tomte was considered a spirit of previous generations at the homestead, and there are references to them following the family/

clan, when they move. Despite its different cultural roots, the Jultomte (Tomte of Jul) is today portrayed similarly to the commonly known image of Santa Claus.

Danish meals on Christmas Eve are incredibly elaborate. Common treats include stuffed goose or duck, with sweet potatoes, cranberry sauce, and red cabbage. Rice puddings are a huge part of dessert here, with options like risengrød and ris à l'amande leading the way.

On Christmas morning, everyone eats a cupcake called an ableskiver for breakfast, and lunch usually consists of cold cuts and various kinds of fish.

On Christmas night, most families gather to exchange presents, sing carols and spend time together.

Scandinavian Christmas traditions in Finland

Merry Christmas in Finnish is Hyvää Joulua

Finland is one of the most Christmassy countries in the world, so it's no surprise it comes with a lot of Scandinavian Christmas traditions. Finns often say that Santa Claus originally came from Finland.

Like most regions, Nordic Christmas in Finland starts on December 13th, with plenty of great activities and local markets to enjoy.

Finland shares a lot of Christmas traditions with its neighbor, Sweden. This includes the celebration of St Lucia's day on December 13th.

Interestingly, Finland also still calls Santa Clause by the pagan name Joulupukki in some regions. The name translates to "Yule Goat", which references the Swedish belief that goats play a huge role in Christmas.

On Christmas Eve in Finland, most Finns will attend mass, and many visit a sauna to purify themselves before the big day. It's common for Finnish families to visit cemeteries and remember their lost loved ones too.

Christmas dinner comes on Christmas Eve, and it usually features various forms of fish, and roast pork. Christmas dinner in Finland can also include oven-baked ham, beetroot salad, and numerous types of casserole.

Santa Claus visits houses with presents on Christmas



Eve that children can open on the next morning.

One of the biggest parts of a Scandinavian Christmas in Finland is dessert. Rice pudding is everywhere in Finland, and you eat it for breakfast too. Finland also has its own version of mulled wine, known as glögi.

Christmas celebrations are particularly impressive in Helsinki, and Aleksanterinkatu. The lane is usually lit with various forms of Christmas lights, and shops invite people in to avoid the cold.

There's also a popular department store named Stockmann that has an incredible display every year.

Scandinavian Christmas traditions in Iceland

Merry Christmas in Iceland is Gleoileg jol.

The Christmas season in Iceland is huge, lasting around 26 days. Here, the celebrations take place for Scandinavian Christmas in the darkest time of the year. There's rarely much daylight at all to enjoy, and the Northern Lights are visible more often. Iceland features some of the oldest Nordic Christmas traditions in the region. Known as jolasveinar, there are actually 13 different Icelandic Santa Clauses. Every one of these charac-

ters, otherwise called the "Yuletide lads", the Santas are said to be the children of a mean woman who boils naughty children alive (Gryla).

You can see a statue of Gryla in the Troll Garden at Fossatun. This location is about 80km north of Reykjavik, and it's accompanied by a waterfall.

In Iceland, children celebrating Nordic Christmas place shoes in their windows. If the kids have been good, one of the Santas leaves a gift. If they've been naughty — the children get a potato.

Shops stay open until 11:30pm on Christmas Eve, perfect for last-minute shopping.

Icelandic families eat all kinds of interesting foods for Christmas dinner. Grouse with berries is the most common meal for traditional families.

You'll also find plenty of portions of Glogg, along with rice pudding desserts for a warm sense of hygge after the meal.

If you're looking for opportunities to celebrate with the locals in Iceland — there are plenty. The Christmas market in Hafnarfjörður is one of the largest in

the region for Nordic Christmas shopping.

You'll also find tons of extra things to do and see, such as horse-drawn carriage rides and musical performances.

Quick facts about Scandinavian Christmas

Scandinavian Christmas is a fun and lighthearted time where loved ones get together to ward off the darker moods caused by months of darkness and cold.

Nordic Christmas celebrations are usually brimming with all the traditional images of the holiday season.

Chunky knitwear is everywhere, and people visit yule markets all the way up to the big event.

Here are some quick facts that you might not know about Scandinavian Christmas traditions:

Animals are everywhere in Nordic Christmas

Aside from goats, Scandinavian Christmas also has other animals too, like Jolakotturinn. Jolakotturinn is a Christmas cat from Iceland with a habit of eating unhelpful and rude children.

The Yule lads are huge characters

The Yule lads are another interesting tradition from the Nordic region. Each one has its own unique character, with one that loves Yogurt, and another that's fond of licking spoons.

Food is a big deal

Wondering, "what do Scandinavians eat at Christmas?" well there are a lot of options to choose from. Food is a huge deal in this region, with many Christmas-themed parties serving up boards full of foods like cold cuts, fish, and various sweet treats.


Many restaurants and venues around Scandinavia even offer their own juldord menus to choose from, so you don't have to stay home to get into the festive spirit.

Nords make ornaments out of straw

Scandinavian homes are often well-decorated for Christmas, with shiny baubles, candles, and various other shimmering objects to enjoy. However, you'll also find a lot of small ornaments made from straw. This act comes from a tradition that dates back to the Remembrance of Birds.

Farmers from the fall harvest used to leave bundles of wheat outside of their porches for birds to eat during

Traditions and old beliefs



- *Saunatonnttu* (the sauna elf), is a little gnome that was believed to live in the sauna. It was customary to warm up the sauna just for the gnome every now and then, or to leave some food outside for him.
- He warned the people if a fire was threatening the sauna, or punished people who behaved improperly in it.

winter. Offering straw meant that the Swedes could deter the birds from trying to get not their valuable grain stores.

Trips to the sauna are common

As mentioned above, a Nordic Christmas often involves a trip to the sauna in Finland. However, in all parts of Scandinavia, you can book a fun trip to the sauna before your festive celebrations. Saunas are a great way to purify and relax after all the stress of Christmas shopping.

It's common for a cup of porridge or treat from the festive table to go back to the sauna with Finnish families, as a gift to *saunatonttu*, the sauna elf.

Glögg is a must-have

Every region across Scandinavia has its own form of traditional alcohol drink for the Christmas season. Usually referred to as Glögg, the biggest Nordic Christmas drink features cloves and cinnamon, as well as vodka, bourbon, brandy, or aquavit — depending on what you have handy. Apparently, drinking this beverage helps to ward off evil spirits that tend to run amok in winter. Glogg is also handy for fending off the winter cold.

Scandinavian Christmas

Christmas in Scandinavia is an amazing celebration that's all about the spirit of *hygge*, family, and amazing local traditions. Few places on earth know how to celebrate the holiday season quite like the Scandinavians. Whether you're visiting Finland, Norway, Sweden, Denmark, or even Iceland, you're sure to find countless celebrations to fall in love with.

Nordic Christmas traditions often center around Yule and Viking history. However, there are also a lot of experiences that have continued to evolve over the years, driven by the changing attitudes of Nordic families. One thing remains certain — wherever you go in Scandinavia around Christmas time, you're sure to find plenty of people eager to welcome you into the party.

If your idea of the perfect Christmas includes plenty of sweet treats, tons of delicious food, and more than enough alcohol, you'll probably be right at home in a traditional Scandinavian Christmas setting.

Have a great yuletide celebration!

<https://scandification.com/scandinavian-christmas-traditions/>
https://wikiless.org/wiki/Yule_and_Christmas_in_Denmark?lang=en
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<https://www.tripsavvy.com/st-lucia-day-celebration-in-scandinavia-1626027>



These lovely ladies attended the 2nd Annual Nobel Peace Prize Dinner put on by the Glenn T. Seaborg Lodge No. 719

L to R Maggie Connelly, Andrea Tabanelli, and Delphine Trowbridge.