

January 2023

Golden Valley Lodge #616 Newsletter

Dear Brothers and sisters:



Happy New Year to all of you. We are looking forward to a great 2023 with our lodge. For our January dinner we will have pea soup, salads, and dessert. We need our members to sign up for dinners for the rest of the year. We will have another social in May and ask Taco Guy to come back. Please sign up for a dinner when we pass our list around during the meeting.

On a sad note, we lost one of our loyal members in 2022. We will drape the charter for

Credits: Rikard Lagerberg/imagebank.sweden.se

Chase Dodd who passed away before Thanksgiving. We will miss him.

We will also have the installation of officers for the 2023 board. We are still looking for a Master of Ceremonies. I want to thank all the members who worked so hard for Christmas Dinner and Lucia. It was a very successful evening. Ann-Kristin presented a very beautiful Lucia and Gertie Lingström developed a menu that was amazing, and her chef Alex did an fabulous job implementing it.

See you all Thursday.
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

Reimbursement for an expense:

Dorothy Burns
8201 Glade Avenue
Canoga Park, CA 91304

or
gladegal2003@yahoo.com

GVL Happenings

Happy January/February Birthday!!!

JANARY (1) 2023

Linda Luna	
Isabella Muscarella	3
Birgitta Clark	5
Tyra Dios	7
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 Heinstedt	29



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 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: Valerie & Dylan Olson
Newsletter: Laurie Taylor
Youth Group: Nicolette Taylor

Ha en trevlig födelsedag!

FEBRUARY (2)

Hanna Claesson-Dios	3
Olof Wester	4
Alice Karling	5
Mona Steffen	5
Stig Klintare	7
Mikael Amador-Stromberg	10
Jason Trowbridge	11
James Thorsen	13
Tyler Holstein	17
Melissa Steffen-Coombes	19
Keri Mikkelsen	21
Tina DeHart	22
Michel Hamaoui	22
Bernice Dreher	24
Lage Engblom	27



Cover picture: Northern Lights

The Northern Lights, or Aurora Borealis, is a natural light display that is frequent during the winter months in northern Sweden thanks to the geographical proximity to the Arctic Circle and the magnetic north pole.

These colorful ribbons of light appear as solar particles collide with gases in the earth's atmosphere. Your best chance of catching a glimpse of the Northern Lights is away from the lights of civilization, on cold winter nights when the sky is clear and there is little to no moonlight.

GVL Christmas Party

Picture Credits to: Andrea Tabanelli, Jason Blhom, Sandra Pehrsson, Laurie Taylor





Our fabulous Lucia Celebration



Scholarship recipients







Youth Group in Disneyland!



Coffee, or as I like to refer to it nectar of the Gods, takes many forms here and in Scandinavia. I have covered the fika in other newsletters but here is a ‘drop’ more about coffee!

Swedish fika

A traditional Swedish ‘fika’ often consists of a cinnamon bun and a coffee. However, the concept of ‘fika’ is so much more than just having a bite to eat. It is about taking a break for quality time, either at work, with friends and family, or just in the peace and quiet by yourself.

The love of coffee in Sweden is as old as the history of coffee itself. Thanks to the successful trading businesses of the country, coffee made its way from the middle east to this cold country in the 18th century, and Swedish people fell in love with it instantly.

Credits: Alexander Hall/imagebank.sweden.se

Coffee and the Saucer

Nowadays, coffee has become a subculture. We all start the day with a cup of our favorite coffee, in a personalized mug, mixed with creams, ice, alcohol, tea, or a dessert.

A bit later, we meet our friends for a cup of coffee, and then look forward to the coffee break at work. In the evening, many of us enjoy a lighter variant of this amazing drink in front of the TV or while reading a book. To put it simply, we adore coffee and cannot get enough of it. It seems that there is never a bad time for a cup of coffee!

However, did you know that people in the past enjoyed this beverage by sipping it from the saucer? Namely, in the not so distant past, all coffee cups were part of a two-piece set that consisted of a cup and a saucer. Saucers were invented much earlier, but they became popular during the colonial America period. To learn about this history of cups and saucers, first we need to look at the history of tea cups and coffee cups in the first place. Tea cups were created in the 1700s as cups made of porcelain and clay, imported by the East India Trading Company from China. In 1750, handles were added to the cups to make them easier to hold.

Saucers were added to the design of both coffee cups and tea cups in the 1700s as well. Although drinking tea from a tea bowl was customary, tea drinkers eventually found that pouring a small amount of tea into a

saucer helped it to cool faster. Because of this, saucers became a commonplace part of a tea or coffee setup, allowing people to enjoy their beverage without burning their tongues or having to wait long amounts of time as the beverage cooled. It was more efficient, and considered more polite, to drink coffee from a saucer rather than slurping it while it was hot.

It was commonly practiced in Russia and Scandinavia, and the Swedish had a tradition known as “dricka på bit” or “drink with a lump. “ They purposely overflowed their cups to sip from the saucer. They put a lump of sugar between their front teeth and drank the coffee through it. I remember my grandmother used to have a sugar cube in her mouth with her coffee, but I always thought she just overpoured accidentally!

The practice continued into the 20th century, but it became considered less polite. The coffee is still usually served with a saucer for reasons like convenience and neatness, and we use it to rest the spoon, to share the pastry with a friend at the coffee shop, to carry the cup, and catch drips. Many of us don’t even get their coffee served with a saucer anymore.

Yet, you might try it next time you have a chance, and your coffee might be even tastier!



Photo: This vintage Swedish coffee pot is made of white enamelware with black trim and is decorated with folk art flower designs. On both sides of the pot is a blue square with a popular Swedish saying written in calligraphy. It says “Kaffetären den bästa är av alla jordiska drycker” (a drop of coffee is the best of all earthly drinks).

A Swedish tradition: Egg coffee

Now, every country has their trademark drink - or at least a curious ingredient that, seen through a different cultural lens, can seem rather unappealing to most. Some drink coffee with salt, others spice their coffee with spices like ginger and cardamom - and others, like in Norway, use olive oil to give their coffee a special touch.

Swedes love coffee and guess what
They put eggs in their coffee
Swedish Egg Coffee (Kaffe)
Here is Swedish traditional coffee making at its best.
Always smooth, never bitter.
Measure 12 cups of fresh cold water into a large old-fashioned blue and white speckled enamel stove-top percolator or a Swedish one, as shown. Bring water to boiling and add a pinch of salt. When the water is boiling, turn the heat down to medium, enough to maintain a slow boil.
Break an egg (shell washed) into a small mixing bowl and beat well. Set aside the shell for later.
Mix raw egg and one cup (dry measure) ground coffee.

Stir the ground coffee into the egg and mix well to the consistency of wet sand.
Add the egg/coffee mixture to the boiling water and drop in the shell. Mix with a long wooden spoon. Continue stirring because the coffee will foam up and otherwise boil over.
Boil on medium for about three — ten minutes, or until the coffee is as strong as you like it.
Remove from heat and allow a couple of minutes for the coffee to settle. The coffee/egg will float in blobs at first, then settle to the bottom. Add 1/4 cup cold water will help the grounds sink to the bottom.
Pour slowly, and the grounds will stay on the bottom.



Coffee cheese

Coffee and kaffeost (coffee cheese) served in a Sámi wooden guksi. The coffee cheese is a traditional snack from Northern Sweden, characterized by the squeaky sound it produces when it's chewed. It is less salty than other types of cheese and is commonly served in coffee, which reduces its rubbery texture.

Credits: Pernilla Ahlsén/imagebank.sweden.se

<https://www.wideopeneats.com/drinking-coffee-from-a-saucer/>
<https://realgoodcoffeeco.com/blogs/realgoodblog/swedish-coffee-culture>
imagebank.sweden.se