

# Golden Valley Lodge #616 Newsletter



## Valentine's Day

Swedish celebrations of Valentine's Day, or All Hearts' Day as the Swedes call it, is a fairly recent phenomenon.

While there were some attempts at introducing this tradition in the 1950s and 1960s, Swedes didn't really take it to heart until the 1990s. A survey from 2017 showed that about half of all Swedes do something special for the occasion. Many give sweets or flowers to someone they like.



Dear Brothers and Sisters:

Our new board will take their places at this meeting. We will want to support them in their new positions. We will do an initiation of new members during our April meeting and at our May meeting, we will have a social and hopefully Taco Guy will be with us.

Our District 15 convention is Saturday, February 25th and Golden Valley will have Beth Bunnell at Chaplain, Linda Trowbridge as Master of Ceremonies,

Maidie Karling as assistant Master of Ceremonies and Maggie Connelly as past District Master. We also have 5 delegates going to the convention. We will honor our departed members at a ceremony on that day.

For our February dinner we will have a nice, catered Valentine's day dinner by Cecilia and Linda Trowbridge.

See you all Thursday. *Delphine*

If you have not paid your membership dues, they are due. Questions? Ask: [akarling20@yahoo.com](mailto: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](mailto:gladegal2003@yahoo.com)

# GVL Happenings

## Happy February/March Birthday!!!

### 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



## Ha en trevlig födelsedag!

### MARCH (3)

Linnea Heinstedt	1
Lois Halvorson	3
Cecilia Brady	8
Jack Storch	11
Beth Bunnell	16
Morgan Klintare	20
Sara Buck	21
Valerie Olson	21
Britt-Marie Potter	22
Kerstin Engblom	30
Maidie Karling	30



## 2022 Golden Valley Lodge Board & Service Positions

**Chair:** Delphine Trowbridge  
**Vice Chair:** Jason Trowbridge  
**Past Chair:** Maidie Karling  
**Corresponding Secretary:** Teresa Zales-Shoemaker  
**Recording secretary:** Merry Shepler  
**Membership Secretary:** Tiffany Storch  
**Financial Secretary:** Ann-Kristin Karling  
**Treasurer:** Birgitta Clark  
**Chaplain:** Beth Bunnell  
**Master of Ceremonies:**  
**Assistant MoC:** Lucas Taylor  
**Cultural:** Nicolette Taylor  
**Trustee Chairan 1 yr:** Kerstin Wendt  
**Trustee 2 yr:** Maria Jacobs  
**Trustee 3 yr:** Andrea Tabanelli  
**Auditor chairman 1 yr:** Britt Potter  
**Auditor 2 yr:** Ann Heinstedt  
**Auditor 3 yr :** Linda Trowbridge  
**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:** Cecilia Trowbridge



# GVL January Meeting



Ann Heinstedt after we draped the charter for Chase Dodd. She spoke a little about his life and all his many contributions to our lodge.



Initiations of new board members



Initiations of new board members



Initiations of new board members



Some of our youth group members socializing after the meeting.

# Culture Corner: Swedish Kärleksmums “love treats”



For enjoying on alla hjärtans dag (Valentine’s Day, but really “everyone in my heart’s day”)! The cakes keep well in an airtight container for about a week and they also freeze well.

A plate of Swedish Kärleksmums (Love Treats)

## Ingredients

220 g (1 cup) butter  
150 ml (2/3 cup) water  
3 large eggs  
150 g (2/3 cup) caster (superfine) sugar  
175 g (1 1/3 cups) plain (all-purpose) flour  
2 tsp baking powder  
pinch salt  
3 1/2 tbsp good quality, unsweetened cocoa powder  
150 g (5 1/4 oz) dark chocolate (70% cocoa solids), coarsely chopped

## Topping

150 ml (2/3 cup) whipping cream (heavy whipping cream)  
2 tbsp strong black coffee, cold  
150 g (5 1/4 oz) dark chocolate (70% cocoa solids)  
50 g (2/3 cup) desiccated coconut (unsweetened shredded coconut)

Kärleksmums, also called mockarutor or snoddas, is one of Sweden’s most popular chocolate cakes. The icing, which has a wonderful chocolate and coffee flavor, is topped with unsweetened shredded coconut.

Kärleksmums does not translate easily and so they are known by many different names in English including Love Cakes, Love Mums, Choco-coco Squares, Love Yums and, my favorite, Love Treats.

This recipe is chocolatey and uses less sugar than some other recipes.

1. Preheat the oven to 200°C (400°F, gas 6, fan 180°C). Line a 20 x 30 cm (8 x 12”) baking tin (pan) with greaseproof paper or grease the pan and sprinkle with breadcrumbs. (Swedes use breadcrumbs to help prevent cakes sticking to the tin.)
2. Melt the butter and then mix in the water and leave to cool.
3. Whisk the eggs and sugar together until light and airy—2 or 3 minutes on maximum speed using an electric whisk.
4. In a separate bowl, mix the flour, baking powder, salt and cocoa powder and then fold into the egg mixture. Gradually add the butter and water mixture and, when thoroughly incorporated, pour it into the prepared tin (pan). Finally, sprinkle the chopped chocolate over the top.
5. Bake in the centre of the oven for about 15 minutes until just set—a skewer should come out slightly sticky. Leave to cool in the tin.
6. Meanwhile, boil the cream, then pour in the coffee and leave to cool slightly.
7. Break the chocolate for the glaze into rough pieces and add to the hot cream mixture. Stir until thoroughly mixed.
8. Spread over the cake and then sprinkle with the coconut.
9. When cold, cut into 5 x 5 cm (2” x 2”) squares... or cut the cakes out with a heart shaped cutter and share them with everyone close to your heart, not just your lover!