

Summer 2023

Golden Valley Lodge #616 Newsletter



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Dear Brothers and Sisters:

I hope everyone is enjoying the summer and are keeping cool. September 14th will be our next meeting and our fall Golden Valley life will resume.

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

Golden Valley Lodge #616 • Vasa Order of America •

Meeting: Prince of Peace Lutheran Church | 9440 Balboa Blvd | Northridge, CA 91325
info@goldenvalleylodge.org • www.goldenvalleylodge.org

GVL Happenings

View from Catalina Island



Youth Group

The Youth Group has a planned adventure to Camp Emerald Bay at Catalina Island for September 8 to September 10th. A scheduled boat will transport participants from Long Beach to Two Harbors. Participants will sleep in cabins or tents complete with shower facilities. There is a picnic area and a dining hall for meals. There will be supervised waterfront activities, access to single person kayaks and two-person canoes. Other activities will be BB-Gun and archery ranges, opportunity to go to the Pennington Marine Aquarium and the usual campground activities.

Golden Valley Lodge is providing this opportunity for \$30.00 per person total fee to each participant. We have agreed to 25 people, and we have 16 youth and counselors so far and we need 9 more people. We can accept youth and more counselors. If you are interested, please contact Cecilia at ceciliatrowbridge@gmail.com.

2023 Golden Valley Lodge Board & Service Positions

Chair: Delphine Trowbridge
Vice Chair: Jason Trowbridge
Past Chair: Maidie Karling
Corresponding Secretary: Dorothy Burns
Membership Secretary: Tiffany Storch
Financial Secretary: Ann-Kristin Karling
Treasurer: Birgitta Clark
Chaplain: Beth Bunnell
Master of Ceremonies: Wenche Eklund
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
Scholarships: Beth Bunnell, Hubert Pitters
Financial: Hubert Pitters
Historian: Laurie Taylor
Vasa Park: Dorothy Burns, Richard Heinstedt, Linnea Heinstedt Alternative Ann-Sofi Holst
Bar: Valerie & Dylan Olson
Newsletter: Laurie Taylor
Youth Group: Cecilia Trowbridge
Vasa Star: Jennifer Norman-Lund

If you have any pictures or stories to share, please send them to laurietaylor@hotmail.com!

Shrimp "FROSSA" party

**Evening Star Lodge No. 426
and Mayflower Lodge # 445**

Saturday, August 19, 2023 at 5:00 p.m.
This event will be held at the Mayflower Lodge #445

18815 Crenshaw Blvd, Torrance, CA 90504

Will hold a

Shrimp "FROSSA" party

The cost will be \$25.00 for Vasa Member, non-member is \$30. We request that you bring a complimentary dish: salad, main dish or dessert for 6-8 people to share.

Wine, beer and lemonade will be provided along with shrimp and bread. Contact Gunlog Spaberg as to what kind of a dish you would like to provide.

Entertainment by Sandra Pehrsson.

Deadline for registration is August 11, 2023. Must have reservation.

For additional information, please contact Committee Chairman Mona Suero at 714-777-5564 or Gunlog Spaberg at 559-925-9693

A flyer is also attached.



Gunny (Gunhild) DePaoli lives in the desert. She is a long-time member of GVL and goes back to the Hollywood Club. She is seeking to get in touch with some of her old friends. Her email doesn't work anymore, but she likes telephone calls or mail:

Gunhild DePaoli
78725 Golden Rod Drive
Palm Desert, CA 92211
760-772-2461

Crayfish party (From page one image)

The crayfish party, at which people gather to eat, drink and be merry, is a typically Swedish festivity marking the end of summer.

A traditional crayfish party takes place only in August. All you need is some friends, a heap of freshly boiled crayfish, paper hats and decorations, some beer and schnapps and a selection of silly drinking songs. Crayfish are cooked in brine, with plenty of dill.

Reminder:
Please share your positive stories and pictures to help save Vasa Park!
Instructions were in an email a few days ago.

Culture Corner: Swedish Proverbs About Life

<https://www.swedishpod101.com/>

You know those sayings that make you feel all fuzzy inside, and leave you with a lovely feeling of knowing what life's all about? Well, Swedes have quite a few of those!

These Swedish proverbs about life will make your heart melt like an icicle in front of a fire.

Rädsla mindre, hoppas mer; Ät mindre, tugga mer; Gnälla mindre, andas mer; Prata mindre, säg mer, Älska mer, och alla goda ting kommer att bli din.

Literal translation: "Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; love more; and all good things are yours."

This one is pretty self-explanatory, if a bit long! Basically, it says that a great life boils down to relaxing, not worrying, and not being greedy.

Älska mig mest när jag förtjänar det minst för då behöver jag det bäst.

Literal translation: "Love me when I least deserve it, because that's when I really need it."

Again, pretty clear, yet poetic.

De som önskar att sjunga hittar alltid en låt.

Literal translation: Those who wish to sing, always find a song.

English equivalent: To make one's own luck

If you really want something, you'll find a way to get it.

Ett liv utan kärlek är som ett år utan sommar.

Literal translation: A life without love is like a year without summer.

I mean, imagine a year in Sweden with no summer. That's how important love is in life. You can definitely see how much Swedes love their summers!

Oro ger små saker en stor skugga.

Literal translation: Worry often gives a small thing a big shadow.

This is a beautiful way of saying, "Don't worry."

Borta bra, men hemma bäst.

Literal translation: Away is good, but home is best.

English equivalent: Home sweet home.

This phrase is usually said after spending some time away from home.

Ibland kan man inte se skogen på grund av alla träd.

Literal translation: Sometimes you cannot see the forest because of all the trees.

This is something along the lines of a certain Zen proverb: "When the sage points at the moon, the fool looks at the finger." Look beyond, and see the bigger picture!

Delad glädje är dubbel glädje; delad sorg är halverad sorg.

Literal translation: Shared joy is a double joy; shared sorrow is half a sorrow.

Always share with your loved ones, both in joy and in sorrow.

Practical Swedish Proverbs

There are sentimental truths about life, like the ones we just looked at. And then there are practical truths, like "a watched pot never boils" (I've tried, it's a real thing!).

So let's dive into some practical Swedish sayings that will make our lives easier!

Det bästa stället att hitta en hjälpande hand är i slutet av din egen arm.

Literal translation: The best place to find a helping hand is at the end of your arm.

English equivalent: God helps those who help themselves.

This has basically the same meaning as the English version. If you want a better life, just make it happen.

Dra inte alla över en kam.

Literal translation: Don't pull everybody over the

same comb.

English equivalent: Don't judge a book by its cover. This proverb just means that you shouldn't generalize people.

Det finns inget dåligt väder, bara dåliga kläder.

Literal translation: There is no bad weather, there are only bad clothes.

This one is widely used in the winter months, and for a reason! But if you think there's something wrong with the Swedish winter, think again: you're probably just wearing the wrong clothes.

Den enes bröd är den andres död.

Literal translation: One man's bread is another's death. One person's fortune is another's misfortune. This one is often said in a philosophical manner to describe a situation where one prospers from the misfortune of another.

Future Of Cruising? Norway's Hurtigruten Unveils Radical Zero-Emission Ship Design

David Nikel

Senior Contributor

Norwegian cruise line Hurtigruten has unveiled a radical new design concept for a zero-emission cruise ferry, which could be put into service as early as 2030. The fully-electric vessels would charge in port and feature retractable sails with solar panels among many other technological firsts.

Hurtigruten Norway operates many of the daily departures on the Norwegian coastal voyage, a historic 130-year route that connects big cities and small communities all along the vast coastline from Bergen to Kirkenes. The line also operates expedition cruises around the world, although this design is intended for the coastal route.

The radical design explained

The proposed design follows a rigorous technology feasibility study, done as part of a multi-partner research project. "We are committed to delivering a ship that surpasses all others in terms of energy efficiency and sustainability within just a few years," said Hedda Felin, the CEO of Hurtigruten Norway, adding that

Den som köper det han inte behöver stjäla från sig själv.

Literal translation: He who buys what he does not need steals from himself.

This is a great anti-consumerist Swedish proverb. If you don't need something, just don't buy it!

När den blinde bär den lame går båda framåt.

Literal translation: When the blind man carries the lame man, both go forward.

English equivalent: Unity is strength.

It's a weird way of saying it, but it basically promotes collaboration to overcome problems... The Blind Man and the Lame is actually a Greek fable!

Lycka ger aldrig; den lånar bara ut.

Literal translation: Luck never gives; it only lends.

English equivalent: Luck is loaned, not owned.

You may have a lucky strike, but rest assured it won't last!

"we have pinpointed the most promising technologies for our groundbreaking future cruise ships."

Norway fleet will be fully-electric with 60-megawatt battery packs that charge while docked. Norwegian coastal ferries dock every few hours, so this plan is more feasible than it may first appear.

The line said the new vessels are expected to "feature numerous firsts and improved solutions that do not exist on cruise ships today."

Such technology includes the eye-catching retractable sails with solar panels, artificial intelligence maneuvering, contra-rotating propellers, and multiple retractable thrusters.

The new 443-foot-long ship will hold 500 guests across 270 cabins, with space for up to 99 crew. That's in addition to a significant hold for cargo and cars as featured in today's fleet.

Innovation on Norway's coastal route

For some time now operations on the coastal route have pointed towards the future of cruising. Both Hurtigruten and recent competitor Havila Voyages have promised to slash emissions on the coastal route, in line with government requirements in Norway.



Our dinner hosts: Great decorations, dinner and desserts!





