

October 2024

Golden Valley Lodge #616 NEWSLETTER



Trick or treat

Since the early 1990s, Halloween is one of the fastest-growing celebrations on the Swedish calendar, complete with candy, scary costumes and, of course, pumpkins. Despite originating in Celtic tradition, Sweden imported the feast from USA. There is, however, some confusion among Swedes as to when to celebrate it. Most parties take place on a weekend around 31 October.



Welcome Brothers and Sisters,

We have a busy October meeting ahead. Andrea and Mona will be hosts for the meeting.

We will have initiations for many new members overseen by membership chair Danielle.

We will decide on our planned trips for 2025, and

we will present our Christmas Dinner and Lucia plans for December 14th. Lisa Eklund will be taking reservations this year.

We are asking for donations for our Christmas raffle. Please bring items that people will want to take. Bring them to the October and November meetings

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:

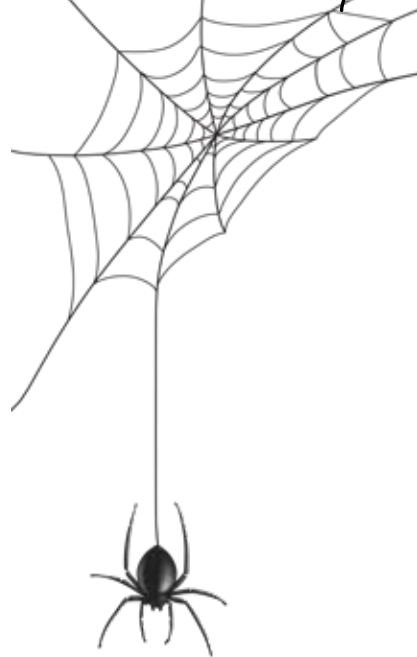
Dorothy Burns
8201 Glade Avenue
Canoga Park, CA 91304

or
gladegal2003@yahoo.com

GVL Happenings

Happy October/November Birthday!!!

OCTOBER (10)	
Gayle Landstrom	1
Hildur Banhart	1
Jana Gasior	2
Gun Marianne Olin	2
Lilian Cropper	3
Annili Anderson	5
Yvonne Klintare	5
Laila Weitz	7
Delphine Trowbridge	7
Larry Pulatanovich	7
Rut Eneberg	8
Wenche Eklund	8
Lillemo Possecker	10
Heidi Klintare	12
Conny Klintare	13
Maggie Connelly	14
Daga-Karin Lindquist	15
Ingela Sorensson	15
Stephen Osmond	16
Ann Heinstedt	16
Alex Klintare	19
Alexander Richards	21
Emma Rose Chiarelli	21
Lisa Eklund	23
Katarina Holstein	24
Bradley Richards	25
Gunvor Sabo	25
Dios, Saga	27



NOVEMBER (11)	
Joshua Wendt	2
Jennifer Norman-Lund	3
Anneli Brady	3
Natalie Taylor	7
Joey Haines	7
Inger Stephens	8
Jennifer DeHart	9
Richard Heinstedt	9
Sonja Andonian	15
Rolf Gustafsson	16
Cecilia Trowbridge	19
Mary McMannes	21
Brandon Santana	28
Laurie Taylor	29
Anne Hansen Cegon	29

Reservation Notice

Are there any member or non-member's children or grandchildren interested in performing in this year's GVL Santa Lucia program?

Ann-Kristin would like to ask Santa Lucia performers and their families to sign up for their Christmas dinner reservations as soon as they become available.

2024 Golden Valley Lodge Board & Service Positions

Chair: Delphine Trowbridge
Vice Chair: Jason Trowbridge
Past Chair: Maidie Karling
Recording Secretary: Dorothy Burns
Assistant Secretary: Cecilia Danhi
Membership Secretary: Danielle Sommer
Financial Secretary: Ann-Kristin Karling
Treasurer: Birgitta Clark
Chaplain: Beth Bunnell
Master of Ceremonies: Stig Eneberg
Assistant MoC: Lucas Taylor
Cultural: Susanne Moreland
Trustee Chairman 1 yr: Maria Jacobs
Trustee 2 yr: Kerstin Wendt
Trustee 3 yr: Bertil Winther
Auditor chairman 1 yr: Ann Heinstedt
Auditor 2 yr: Britt Potter
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
Alternate Ann-Sofi Holst
Bar: Valerie & Dylan Olson
Newsletter: Laurie Taylor
Youth Group: Cecilia Trowbridge
Vasa Star: Laurie Taylor

Please dress up in Halloween outfits for our October meeting. We will have an award for the Best Costume of the night.
 Join in the fun!
 Don't be a party Boor!

Do you have any very nice items you are willing to donate to our Christmas raffle? If so, please bring them to the October or November meetings. **Please do not bring anything to the Christmas party, as it will not be displayed.**

The new Swedish hiking trail linking Stockholm to car-free island paradises

The archipelago's 30,000 islands and islets fan out east from Stockholm into the Baltic Sea.



When it opens to the public in October 2024, the Stockholm Archipelago Trail will link 21 islands and give Stockholm-bound visitors easy access to the nation’s exquisite nature.

On my first boat trip out into the Stockholm Archipelago, the color palette was vivid. The mirror-like shimmer of the labyrinthine straits divided up the green of densely forested islands, whose boulder-strewn shores were weathered to the hue of white gold. Fairy tale-like rust-red cabins peeped out of the trees or perched atop rocks. As my boat passed one such stretch of coast, another quickly came into view, stretching to one horizon and then the next. This idyllic group of 30,000-odd isles and islets comprises one of the world’s largest archipelagos, with five times the number of Greek islands.

I was here to hike the newly created Stockholm Archipelago Trail (SAT), which opens to the public in October 2024. Connecting the archipelago from **Arholma** island at its northern end to Oja in the far south by waymarked paths for the first time – and becoming one of the world’s only archipelagos to be linked end-to-end by trail – the SAT will open the islands to the public like never before.

While the archipelago has been long used for leisure by boaters and beachgoers, the establishment of the 270km SAT sends the message out loud and clear that these islands are perfect for deeper exploration by foot. The route will run across 21 islands representative of the archipelago’s abundant natural beauty, and in so doing will also showcase the need to protect its fragile ecosystems.

“We want to encourage everyone to walk here to raise the profile of the islands,” said SAT creator Michael Lemmel. “Many people already come, but often use the islands in particular ways. For example, it is popular to visit by private boat, but those who do so will likely travel no more than 50m inland from the boat dock. The SAT [will] spread visitors out over a

wider area than just, say, a marina.”

Lemmel and other proponents of the SAT believe the archipelago – a 1,700-sq-km span of tree-carpeted islands and rocky islets edged by sandy beaches and etched by skerry-peppered bays – has huge potential to redistribute the Stockholm region’s influx of tourists more evenly. “The archipelago tourism window is very specific: an eight-week boom from late June to August and almost nothing the rest of the year,” Lemmel said – but the walking season extends from May to September or October, meaning the route will take pressure off hotspots and peak visiting times.

Despite the archipelago being a regional highlight, a 2022 Visit Stockholm survey found that while 81% of overseas visitors to Stockholm sightsee in the city, only 26% take a boat ride out to see its islands. And there is so much to see and do there: basking on the beaches of **Sandhamn** and **Nåttarö**; kayaking across island-speckled bays; relaxing in remote cabins where views of sea, sky, forest and birdlife loom large through the windows; and, above all, soaking up the pervading sense of tranquility that’s harder to find elsewhere in the vicinity.

Visitors cannot bring cars across to the islands the SAT traverses, boats can only dock at certain points and the route is unsuitable for bikes, which makes walking the best way of getting around, whether that’s for adventurers keen to trek the entire island-to-island route or more leisurely outdoor-lovers wanting to walk just the stages that appeal to them. Paths have been made welcoming with impeccable signage and strategically placed benches to take in the view. At the same time, the SAT’s own environmental impact is negligible. Waymarks (blue for the sea, yellow for the sand) are attached to trees on removable bands so as not to permanently scar the trunk and the route follows pre-existing human and animal paths

so new ones did not need to be cut. Despite the archipelago being a regional highlight, a 2022 Visit Stockholm survey found that while 81% of overseas visitors to Stockholm sightsee in the city, only 26% take a boat ride out to see its islands. And there is so much to see and do there: basking on the beaches of Sandhamn and Nåtårö; kayaking across island-speckled bays; relaxing in remote cabins where views of sea, sky, forest and birdlife loom large through the windows; and, above all, soaking up the pervading sense of tranquility that's harder to find elsewhere in the vicinity.

“Making the trail is also a means for people vested in protecting the islands to subsist on the archipelago for much of the year,” added Marie Östblom from the Stockholm Business Region, which is overseeing the trail's implementation. “Walkers will spur extra demand for sub-businesses like lodgings and localized tours. Most islands have few residents, so making important decisions about everything, conservation included, then becomes more efficient.”



Nåtårö is home to pine- and birch-fringed white-sand beaches.

In six days, I was able to hike the SAT across six islands – **Finnhamn, Grinda, Sandhamn, Utö, Alö** and **Nåtårö** – taking in more than a quarter of the entire route. So numerous are the islands and so thick the forest cover on most that locals say the only sure way to identify somewhere from the water is by the shape

of its trees – but when I was on them, I found each island possessed distinctive traits.

Finnhamn is the only archipelago island with oak trees, and huge rocky outcrops burst out of its forest floor, making for a thrilling hike. Grinda is a gentler mixture of forest and agricultural land. Both are nature reserves. Sandhamn is the most touristed island, yet the sandy pine forests stippling its south and west sides are serene and exquisite. Neighboring Utö and the Ålö-Rånö nature reserve ratchet up the drama with deep skerry-strewn inlets and higher elevations that set up the archipelago's finest panoramas. Meanwhile Nåtårö's pine and birch fringed white sand beaches are unparalleled, and the island has become one of Sweden's first marine nature reserves.

Getting between the islands:

Each island on the route is linked by public ferry either to the next island on the route or to a mainland port, making access easy for those visiting Stockholm without their own transport. One trail stage on Nåtårö is just 30 minutes' voyage from mainland Stockholm commuter town Nynäshamn. Electrification of ferries serving the archipelago is beginning in 2025 too, rendering a visit to the islands an even greener proposition.

“We want to bring people out here to see these treasures for themselves,” Lemmel said. “It's harder to care about conserving the islands without appreciating what they offer, and right now even Stockholmers don't know so much about them. We've got thousands of islands – some also on the SAT – that are wildernesses, within a short boat ride of the capital city. How many places can say that?”

Despite their natural beauty and their status as a wildlife bastion for seabirds, including Sweden's most significant sea eagle population, the archipelago is vulnerable to pollution. Its intricate web of waterways means polluted water

from the Baltic Sea and from over-fertilization in the Swedish river system can get trapped here. But this has often meant the archipelago has become a drawing board for developing long-term solutions to ecological threats.

On Utö, the SAT emerges from forest to encircle a man-made wetland home to a seminal scheme that, according to its creator Thomas Hjelm, can rejuvenate sea life across the entire Baltic. Through introducing top-level predator fish that had been fished to near-extinction like pike and perch and releasing them into the sea through the wetland, he has created a self-sustaining circulatory system. This decontaminates water within the fish's swimming radius of about eight kilometers, as these predator fish reduce algae levels. Wetland reeds grow quickly, too. When cut, Hjelm told me, they can make a viable alternative for fertilizer without the CO2 that turf-cutting, the standard means of creating fertilizer, releases.



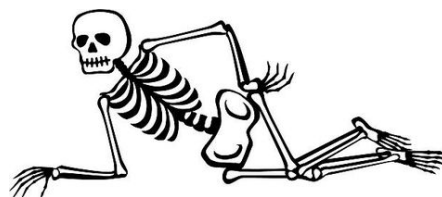
The trail starts at Arholma island in the north-eastern part of the Stockholm archipelago,

“This wetland is the blueprint to show others how it can be done,” said Hjelm. “But several hundred of these around the Baltic seaboard would make a massive improvement.” The

Sandhamn section of the trail is the busiest due to the popularity of the island's pretty port and beach. One of Sandhamn's main hotel owners, Lena Josefsson of Sandhamn Seglarhotel, told me that offering a sustainable travel experience was more challenging on the archipelago because of how basic services – recycling facilities and larger supermarkets, for example – were often located a boat ride away on the mainland. “We've come up with a few schemes,” she said. “We've just started to get all the food waste from our restaurant collected and made into fertilizer. Also, we're opening an off-grid retreat on a lighthouse offshore from Sandhamn. We hope this will attract a different type of guest, one with a lower carbon footprint.”

As I walked the SAT, I took Lemmel's point about needing to see the archipelago to care about its ecological value. “Amazon” and “Arctic” are environmental trigger words: the Stockholm Archipelago is currently not. And this is what the trail does: it lets visitors experience the wonder of the trees giving way to a serendipitous beach or a silent inlet thronged by eider ducks; and, more importantly, it makes them think about why these things are so precious.

“And now is the best time to come,” smiled Östblom. “Late August to October is our magic season. The summer crowds are gone but the water remains several degrees warmer than on the Swedish mainland.” And after six days of rugged hiking on the SAT, the water did look extremely inviting: millpond calm and tinged by golden autumn light. So, in I jumped.



September Meeting Pictures



Our Dinner Hosts!



September Meeting Pictures

