

September 2025

Golden Valley Lodge #616 Newsletter



Credits: Anna Hållams/imagebank.sweden.se



Dear Brothers and Sisters:

Welcome back. Our meeting will be September 11th and we will have Mark Landstrom's snaps tasting for Social hour. Jen and Peter are making a crayfish dinner for us. Susanne Guerra will also make some delicious food. October will be our next initiation of new members so the applications and introductions will have to be in September.

The Cambria/Paso Robles wine trip will be October 20-23. We have 14 participants and two of us are taking the train and the others will ride share.

We are looking for ideas for 2026 event so think about what you would like to do. Our Christmas dinner and Lucia will be Saturday, December 13th and the information to reserve the dinner and Lucia information will be out soon.

Jason

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:

Cecilia Danhi
Email: Cecilidadanhi@hotmail.com

GVL Happenings

Happy September/October Birthday!!!

SEPTEMBER (9)

Sylva Pitters	1
Stephanie MacDonald	2
Mark Landstrom	7
Dawn Coddling	7
Larry Klein	9
Linda Luna	10
Kevin Dewey	11
Cecilia Danhi	12
Iulian Lundberg	12
Jessica Eyler	16
Jason Blohm	19
Sandra Pehrsson	20
Teresa Zales-Shoemaker	24
Birgitta Glad	26
Ron Lockmann	26
Annika Buck	28
Bertil Winther	30

OCTOBER (10)

Gayle Landstrom	1
Hildur Barnhart	1
Jana Gasior	2
Gun Marianne Olin	2
Lilian Cropper	3
Anneli Anderson	5
Yvonne Klintare	5
Laila Weitz	7
Delphine Trowbridge	7
Larry Pulatanovich	7
Wenche Eklund	8
Lillemo Possecker	10
Heidi Klintare	12
Conny Klintare	13
Maggie Connelly	14
Daga-Karin Lindquist	15
Ingela Sorensson	15
Stephen Osman	16
Ann Heinstedt	16
Alex Klintare	19
Alexander Richards	21
Emma Rose Chiarelli	21
Lisa Eklund	23
Katarina Holstein	24
Michael Shearer	25
Bradley Richards	25
Gunvor Sabo	25



2025 Golden Valley Lodge Board & Service Positions

Chair:	Jason Trowbridge
Vice Chair:	Cecilia Brady
Past Chair:	Delphine Trowbridge
Recording Secretary:	Cecilia Danhi
Assistant Secretary:	Dorothy Burns
Membership Secretary:	Danielle Sommer
Financial Secretary:	Ann-Kristin Karling
Treasurer:	Birgitta Clark
Chaplain:	Beth Bunnell
Master of Ceremonies:	Stig Eneberg
Assistant MoC:	Anneli Brady
Cultural:	Laurie Taylor
Trustee Chairman 1 yr:	Kerstin Wendt
Trustee 2 yr:	Bertil Winther
Trustee 3 yr:	Delphine Trowbridge
Auditor chairman 1 yr:	Linda Trowbridge
Auditor 2 yr:	Britt Potter
Auditor 3 yr:	Wenche Eklund
Events Co-Chair:	Maggie Connelly & Delphine Trowbridge
Scholarships:	Hubert Pitters, Beth Bunnell
Financial:	Hubert Pitters
Historian & Vasa Star:	Laurie Taylor
Vasa Park:	Richard Heinstedt, Linnea Heinstedt, Dorothy Burns
Alternate Ann-SoFi Holst	
Bar:	Valerie & Dylan Olson
Newsletter:	Laurie Taylor
Youth Group:	Cecilia Trowbridge

October Birthdays continued

Saga Dios	27
Mark Dewey	27
Adela Alatraca	28
Alex Lund	30

Donations Requested!

Golden Valley Lodge is responsible for the Tombola at the Marknad - please bring your donated items to the September and October lodge meetings or bring to the park when you come.

Culture Corner: Norway's Kelp Fighting Climate Change



Off the coast of Norway, a quiet revolution is growing beneath the waves — massive ocean farms cultivating kelp at an industrial scale. These underwater forests aren't just about producing seaweed for food or fuel. Kelp absorbs carbon dioxide from the water at incredible rates, acting as a powerful natural climate tool. In fact, it captures carbon up to 50 times faster than land-based forests.

Floating on giant grids, long ropes are seeded with young kelp plants. As they grow, they stretch down into the sea like green curtains, soaking up sunlight and CO₂. This not only helps fight ocean acidification but also provides shelter for marine life, boosts biodiversity, and even improves water quality. The farms require no freshwater, fertilizers, or arable

land — making them one of the most sustainable farming methods on the planet.

Norway, with its vast coastline and cold nutrient-rich waters, is leading the way in turning kelp into a climate ally. The harvested kelp can be used in food products, biofuels, animal feed, and even biodegradable packaging. Some companies are exploring ways to sink carbon-rich kelp deep into the ocean, locking away carbon for centuries.

This ocean-based farming shows that the fight against climate change isn't just on land. With innovation and scale, kelp could become a frontline warrior in our battle to heal the planet — silently growing, cleaning, and capturing carbon beneath the sea's surface.

From the front page: Crayfish party

Crayfish parties are an annual tradition in Sweden where people come together to eat crayfish and to spend time together. The crayfish parties normally take place in August and mark an end to summer.

Friends are gathered to eat a heap of crayfish that are cooked in brine with plenty of crown dill. Paper hats and decorations are common and you drink beer and snaps and sing silly drinking songs.



SWEDISH CLASSES

Coming Sept 8



CLU Samuelson Chapel (in the lounge)
165 Chapel Lane, Thousand Oaks CA 91360

California Lutheran
UNIVERSITY

Monday Evenings
Sept 8 through Dec 1
6 o'clock to 7 o'clock
Zoom with Maria
7 o'clock to 8 o'clock
"Fika" with SACHF



Brought to you by the
Scandinavian American Cultural &
Historical Foundation (SACHF)



dnelson@callutheran.edu or
karendarnall@me.com
(805) 558-6916

13 Classes

Sept 8: Greetings, intro yourself, short phrases, interview partner
Sept 15: Family, friends, possessive pronouns, draw your family tree...
Sept 22: Small talk about the weather...
Sept 29: Meals & fika traditions, role play..
Oct 6: Work, school, teachers, bosses
Oct 13: Cities, streets, maps, traffic rules
Oct 20: Dates, times, holidays
Oct 27: Residences, home decor (IKEA)
Nov 3: Sports, music, films, recreation
Nov 10: Travel plans, airports, trains
Nov 17: Health & sickness, role plays
Nov 24: Winter traditions, music, food, learn Santa Lucia songs
Dec 1: Practice language skills, review, comments for next semester

SEP 16 2025



Maria Katinka is a full-time language teacher with 10 years' experience teaching English, German and Swedish, also born and raised in Sweden.

"Fika" is a uniquely Swedish cultural concept, a social coffee break that involves more than just drinking coffee. It's a time to pause and socialize and connect with others over pastries and finger foods.