

January 2026

Golden Valley Lodge #616 Newsletter



Dear Brothers and Sisters:

Welcome to 2026! I hope everyone had a wonderful holiday. We have a special dinner planned for our January 8th meeting. Ann-Sofi is making Smörgåstårta, for our dinner. In case you don't know what this dish is, it is a delicious fish sandwich.

We have a busy meeting with the swearing in of our 2026 management team, draping the altar for Ernie Jurgens and planning our event for the new year. The suggestions we have so far are Harbor dinner cruise, a day at Avalon, Viking Festival in San Diego, Hollywood Bowl and picnic, Train to Santa Barbara Zoo, Mission Capistrano by Metro, and Magic Castle brunch. We can also have new suggestions so think about what you might want to do.

It looks like another great year for Golden Valley.

Jason

If you have not paid your membership dues, they are due. 2026 rate is \$35
Questions? Ask:
akarling20@yahoo.com

Please send your checks to:
Ann-Kristin Karling
as listed in the directory,
or bring to a meeting

Reimbursement for an expense:

Cecilia Danhi
Email: Ceciliadanhi@hotmail.com

GVL Happenings

January and February 2026 Birthday!!

JANUARY (1)

Isabella Muscarella	3
Birgitta Clark	5
Jonathan Östergren	4
Susanne Moreland	6
Tyra Dios	7
Rigmor Johnsdotter	9
Jennifer Dewey	13
Chuck Bunnell	26
Aaron Gomes	27
Ian Wolf	28
Theo Wolf	28
Lars Heinstedt	29
Susanne Moreland	30

FEBRUARY (2)

Hanna Assad	3
Olof Wester	4
Alice Karling	5
Mona Steffen	5
Stig Klintare	7
Mikael Amador-Stromberg	10
Jason Trowbridge	11
James Thorsen	13
Anna Maj Lis Aasa	13
Tyler Holstein	17
Melissa Steffen-Coombes	19
Keri Mikkelsen	21
Michel Hamaoui	22
Annika Cropper	26
Lage Engblom	27



2026 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, Gunilla Thelin, Wenche Eklund, Britt-Marie Potter
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

A note from Kerstin Wendt:

I would like to thank everyone that made donations to our Christmas raffle. We had a lot of nice items, all in all the raffle brought in \$577 .
Thanks to all!

Cultural Corner Stuff

Norway is the first country in the world to officially ban deforestation.

Norway has taken a monumental step in the fight against climate change by becoming the first country to officially ban deforestation. This bold move aligns with the nation's commitment to combat environmental degradation and protect its vast forests, which play a crucial role in storing carbon and preserving biodiversity. By passing this ban, Norway has set a new standard for global environmental policies and is leading the way in sustainable land management.

Forests are essential for maintaining the balance of the Earth's ecosystems. They provide habitat for wildlife, purify the air, and help regulate the climate by absorbing carbon dioxide. The decision to ban deforestation is a clear signal that the protection of these vital resources is a priority for future generations. This policy

will not only help reduce carbon emissions but also preserve the rich biodiversity that forests support.

Norway's ban on deforestation represents a shift toward sustainable development. Rather than sacrificing natural resources for short-term economic gain, the country is prioritizing long-term ecological health and climate stability. This forward-thinking approach demonstrates that environmental protection and economic progress can go hand in hand.

The global impact of this decision extends beyond Norway's borders. By taking a stand, Norway is encouraging other nations to follow suit in protecting their own forests and taking proactive measures against climate change. This move shows that meaningful action can be taken at the policy level, sparking hope for the future of the planet.

Older Swedes turn to learning for pleasure

Record numbers of retired people in Sweden are signing up for a university run by pensioners for pensioners. The increase is linked to growing loneliness among older people and a strong interest in learning and meeting others in person.

The university, called Senioruniversitet, works with Sweden's adult education organisation Folkuniversitetet. It has around 30 branches across the country. These branches offer study groups, lectures and courses on subjects such as languages, politics, medicine and architecture.

The Stockholm branch is the largest. Since it was founded in 1991, it has grown so much that it now uses several venues across the city. About 100 volunteers help run it. Its most popular event, weekly Tuesday lectures, attracts around 1,000 people.

One volunteer, 71-year-old Joachim Forsgren, is a former doctor. He now gives lectures on topics such as drugs and tuberculosis. He says volunteering gives older people a sense of purpose after retiring.

Forsgren believes many retirees feel they stop contributing once they leave work. Through volunteering and learning, he



says, they continue to play an important role in society. The university also helps people think critically about information, which is important at a time when online misinformation and populism are increasing.

2025 Christmas Party





