

October 2025

Golden Valley Lodge #616 Newsletter

All Saints' Day

In Sweden, All Saints' Day falls every year on a Saturday between October 31 and November 6. On this day candles are lit in cemeteries around the country in memory of loved ones and relatives who have passed away.

Skogskyrkogården is considered one of the most important creations of modern architecture and is even included on UNESCO's World Heritage List. Skogskyrkogården is an example of a "designed experience", with the design created around the visitor's experience of the site.

Credits: Jens Lindström/Johnér/imagebank.sweden.se

Dear Brothers and Sisters:

Welcome to fall and to our October meeting. We will have Cuban Chicken, salad, rice & bean and Susanna Guerra is making a surprise dessert for Halloween. You may dress in costume if you choose.

I want to thank Peter and Jen for our wonderful Crayfish dinner last month and a thank you to Mark for the Snaps. We made \$35.00 on this event.

We will have initiations for new members in November and also our pin ceremony. Princess Torta to celebrate our anniversary.

The Cambria/Paso Robles wine trip will be October 20-23. We have 14 participants. Our Christmas dinner and Lucia will be Saturday, December 13. Please make your reservations soon because we can only have 150 members and their family members.

The T-shirts will be at the meeting so bring your \$15.00. (See page 3 for pictures of the shirts.)

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
as listed in the directory,
or bring to a meeting

Reimbursement for an expense:

Cecilia Danhi

Email: Ceciliadanhi@hotmail.com

GVL Happenings

Happy October/November Birthday!!!

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



NOVEMBER (11)

| | |
|----------------------|----|
| Joshua Wendt | 2 |
| Jennifer Norman-Lund | 7 |
| Anneli Brady | 3 |
| Natalie Taylor | 7 |
| Rut Eneberg | 8 |
| Inger Stephens | 8 |
| Richard Heinstedt | 9 |
| Sonja Andonian | 15 |
| Mia Waller | 17 |
| Cecilia Trowbridge | 19 |
| James Halvorson | 20 |
| Mary McMannes | 21 |
| Brandon Santana | 28 |

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: Bingitta 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

November Birthdays - Continued

| | |
|-----------------|----|
| Laurie Taylor | 29 |
| James Halvorson | 30 |
| Camille Duckett | 30 |

Tombola Donations Requested!

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

Donations Requested!

We are also interested in your lovely donations for the Christmas raffle! You may bring your donations to the attention of Kerstin Wendt at the October meeting. Kerstin will also be accepting donations at the November meeting which will give us extra time to clean out our stuff!

Lutefisk Alert!!

The Son's of Norway lodge, Van Nuys' is having its famous lutefisk and meatball dinner!

The date is November 8th. They have 2 seatings: 2:30, 4:30 & 6:30. Price \$25.

Vendors will be there from 2 through 7:30

Call Ole or Charlotte Olson at 818-342-5986 for reservations. It fills up very fast since this is the best and most likely the only one in Los Angeles. It is held at our old meeting place. Address: 14312 Friar St., Van Nuys



Credits: Emelie Asplund/imagebank.sweden.se

Rock carvings

The collection of rock carvings from the Bronze Age in Tanum in southwest Sweden is a World Heritage Site.

In total there are thousands of images called the Tanum petroglyphs. Scandinavian Bronze Age and Iron Age people were sophisticated craftsmen and competent travelers by water.

T-Shirts Available now!

See Ann-Sofi Holst \$15 each, sizes M, L, XL
The image- design is a riff on the Swedish bronze age petroglyphs. The red color is as close as we could get to the red iron oxide both used on houses Falu röd färg and painted to make the petroglyphs visible. The yellow is the yellow from the Swedish Flag.



Culture Corner: Finland's Wife Carrying Championship Races



English: US Final wife carry competition (wifecarryusa.com) Menahga Minnesota.

Date: 11 July 2015 Author: Msvctv

<https://upload.wikimedia.org/wikipedia/commons/5/52/WCwiki1.jpg>

Wife carrying (Finnish: *eukonkanto* or *akankanto*, Estonian: *naisekandmine*, Swedish: *kärringkånk*) is a contest in which competitors race while each carrying a partner. Whilst most teams consist of a man carrying a woman there are generally no rules about gender or marital status. The objective is for the runner to carry their team-mate through a special obstacle track in the fastest time. The sport was first introduced in 1992 in Sonkajärvi, Finland.

The competition is said to be based on the 19th-century legend of Herman “Herikko” Ronkainen – or: ‘Ronkainen the Robber’ - who supposedly tested aspiring members of his gang by making them lug heavy sacks of grain or live swine around obstacle courses.

Another version is that young men would go to neighboring villages, and abduct women to forcibly marry, often women who were already married. These wives were also carried on the backs of the young men; this was referred to as “the practice of wife stealing”.

Lastly, is the idea that Rosvo-Ronkainen trained his thieves to be “faster and stronger” by carrying big, heavy sacks on their backs, from which this sport evolved.

Competitions typically feature an obstacle course with a variety of challenges, including hurdles, water obstacles, and uneven terrain. If the partner being carried doesn’t weigh enough (108 lbs.) they will have a rucksack to make them heavier.

Though the sport is often considered a joke, competitors take it very seriously, just like any other sport. These competitions go on in many places all over the world now including Minnesota, as pictured above.

The Wife Carrying World Championships have been held annually in Sonkajärvi, Finland, since 1992, where the prize is the wife’s weight in beer!