November 2026

Golden Valley Lodge #616 Newsletter



Credits: Henrik Trygg/Imagebank.sweden.se

Forest bathing The Swedish forest consists mainly of spruce and pine varieties but also beech, oak and ash and covers nearly 70 per cent of the country. This makes Sweden a perfect place to experience the mindful, meditative practice of forest bathing. Enjoy the healing powers of nature with all your senses.



Dear Sisters and Brothers:

Welcome, fall is here and the evenings are cool. Our November 12th meeting will be a Thanksgiving celebration with turkey dinner prepared by Peter and Jen. We will have our social time with appetizers and drinks served by our wonderful bar team.

Sadly, we lost another brother, Gary Andonian. We will drape the altar Thursday.

Our Christmas Dinner and Lucia will be December 12 and we will start the list so send in your reservations. The same wonderful price of free for the dinner and member's guests will pay only $40.00. The reservation check of $35., from members will be applied to 2027 dues. The flyer with all the information will be sent with the newsletter.

We want to remind all members to please wear your name tags. We will be selecting delegates to the District Convention. We will also nominate our Golden Valley 2027 board at this meeting.

See you Thursday.

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

November and December Birthdays!!

October birthday missed: Margareta Hedlund 27

NOVEMBER (11)

Joshua Wendt	2
Jennifer Norman-Lund	3
Anneli Brady	3
Natalie Taylor	7
Joey Haines	7
Inger Stephens	8
Rut Eneberg	**8**
Jennifer DeHart	9
Richard Heinstedt	9
Sonja Andonian	15
Rolf Gustafsson	16
Cecilia Trowbridge	19
James Halverson	20
Mary McMannes	21
Brandon Santana	28
Laurie Taylor	29

DECEMBER (12)

Susan Carlson	12
Rebecca Westberg	20
Robert Holstein	25
Merry Shepler	25
Hubert Pitters	27
Aili Luna	28
Gunilla Polutanovich	29
Zoey Shoemaker	30
Nicolas Storch	31

2026 Golden Valley Lodge Board & Service Positions

Chair: JasonTrowbridge
Vice Chair: Cecilia Brady
Past Chair: Delphine Trowbridge
Recording Secretary: Cecilia Danhi
Assistant Secretary: Jennifer Norman Lund
Membership Secretary: Jana Gasior
Financial Secretary: Ann-Kristin Karling
Treasurer: Birgitta Clark
Chaplain: Beth Bunnell
Master of Ceremonies: Stig Eneberg
Assistant MoC: Alex Lund
Newsletter: Laurie Taylor
Trustee Chairman 1 yr: Bertil Winther
Trustee 2 yr: Delphine Trowbridge
Trustee 3 yr: Kerstin Wendt
Auditor chairman 1 yr: Britt Potter
Auditor 2 yr: Wenche Eklund
Auditor 3 yr : Linda Trowbridge
Events Co-Chair: Maggie Connelly & Delphine Trowbridge
Scholarships: Hubert Pitters, Beth Bunnell, Gunilla Thelin, Wenche Eklund, Britt-Marie Potter
Financial: Hubert Pitters
Vasa Park: Richard Heinstedt, Linnea Heinstedt, Dorothy Burns
Alternate Nicolette Taylor
Bar: Valerie & Dylan Olson
Youth Group: Cecilia Trowbridge

Six European Countries Ditch AI, Tablets and Screens, To Bring Back Paper Books

Six European countries are ditching digital devices in classrooms while expanding the use of printed textbooks, handwriting, and face-to-face learning. Sweden, Finland, Norway, Denmark, France, and Italy have all announced reforms aimed at limiting smartphones, tablets, and — in Norway's case — artificial intelligence in schools, following concerns about declining reading performance, reduced concentration, and student wellbeing.

Christmas Raffle

It is time to think of Christmas again, and with that our famous "Christmas Raffle"
We are looking for some nice donations for the raffle. Please give them directly to me or Mona at the meeting. **Last time to donate will be at this November meeting**.
Thank you,
Kerstin Wendt

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

Culture Corner

Denmark Gives Schoolchildren a Weekly Lesson in Empathy

Imagine being a child at school and having one hour every week when nobody is asking you to memorize a formula, finish a worksheet or compete for the highest grade.

Instead, you sit with your classmates. You talk. You listen. You share your experiences and work through problems together.

That is the idea behind "Klassens tid," or "Class's Hour," a long-standing tradition in Danish schools.

As part of this practice, children aged 6 to 16 have dedicated time to focus on their classroom community, well-being, relationships and social development. Schools are expected to set aside roughly one lesson a week for this purpose.

It isn't technically a graded subject called "empathy," as some viral posts suggest. Rather, it is an opportunity for children to develop the skills that help them understand one another and live together.

If a student is having a problem with another child, the class can talk about it. If someone is struggling, they can be heard. If there is tension within the group, students can work toward understanding instead of simply ignoring it.

The teacher isn't just there to lecture. The classroom becomes a place where students learn that other people's feelings, experiences and perspectives matter.

And that may be one of the most important lessons a child can learn.

Because children don't only need to know how to solve math problems. They eventually need to know:

How to resolve disagreements.
How to apologize and take responsibility.
How to listen when they're angry.
How to recognize when someone else is hurting.
How to include the child sitting alone.
How to disagree without becoming cruel.
How to understand that being different doesn't make someone less worthy.

Denmark's approach reflects a broader recognition among educators of the importance of social-emotional learning, empathy and a sense of belonging in children's development.

Of course, no school system is perfect, and bullying remains a concern, including online. But making dedicated time for children to talk, listen and work through challenges offers an important opportunity to build stronger relationships.

And there's a lesson here for all of us.

We spend years teaching children how to become successful. Maybe we should spend just as much time teaching them how to become good human beings.

Because someday, those children will become coworkers, spouses, parents, neighbors, teachers, leaders and friends.

And the way they treat other people may matter far more than the grades they received along the way.

What if every school gave children one hour a week simply to learn how to listen, understand, resolve conflict and care about one another?

Sometimes, lessons about how to treat people are just as important as lessons from a textbook.

Sources: Denmark's Ministry of Education; Education Week; France Culture. Kay Koster/Facebook

October Meeting















Queen Mary Our 80th Anniversary Celebration

Thank you to Ann-Kristin and Lisa Eklund for the pictures!



Princess Torte Anniversary Cakes - 80 years! The beautiful Dala Hasts painted by Cecilia Brady



Our musical entertainment



Jason our emcee





Queen Mary Our Anniversary Celebration

Thank you to Lisa Eklund and AnnKristin for the pictures!













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Golden Valley Lodge Christmas Dinner and Lucia Pageant 2026

Prince of Peace
Lutheran Church
9440 Balboa Blvd.,
Northridge, CA 91325



Saturday, December 12, 2026 at 5:30 p.m.

RSVP with deposit check required as we always sell out quickly!
We will have reserved tables for families and larger groups.
Walk-ins will be turned away :(

The festivities begin at 5:30 p.m. with appetizers, glögg, raffle, snaps, and wine bar. Enjoy a delicious traditional Swedish Christmas dinner followed by Lucia in the church sanctuary. Scholarships will then be awarded. Afterwards, we return for cookies, coffee, dancing around the tree and SANTA (but only if you've been good!)

Cost: $35.00/per Golden Valley Lodge member; $40.00/guest of member.
Lucia participants and children up to 12 are free.

Please send separate check for non-members.
Member's checks will be applied to their 2027 annual dues.
Mail your deposit check (with number of adult/children attendees) and the total number of guests in your group - to:

Delphine Trowbridge P.O. Box 9035, Canoga Park, CA 91309
Questions: (818) 482-6146 or Email: dtrowbridge36@gmail.com