

October 2026

Golden Valley Lodge #616 Newsletter

All Saints' Day

In all Scandinavian countries, it is custom to visit cemeteries on All Saints Day, to remember friends and family members who have passed away. People in Sweden light candles and place flowers on graves or so-called minneslund (remembrance grove). Minneslund (space for remembrance) is a specially demarcated place in a cemetery for discreet and anonymous spreading of ashes after cremation. In landscaped memorial groves, the urn is lowered in its entirety into the ground. *Credits: Lieselotte van der Meijs/imagebank.sweden.se*



Dear Sisters and Brothers:

Please join us for our October meeting on the 8th. The Halloween meeting is always fun and we will continue the tradition. Linda and Delphine will be doing the meal and Danielle Sommer will be decorating. Costumes are welcome.

October is also our Queen Mary event on the 24th. We have 70 guests attending. We will be celebrating our 80th Anniversary at the event rather than at our November meeting.

We have selected Cecilia Brady for our elections chair for 2027 board. November we will have the nominations and the election will be in December. Our Christmas dinner and Lucia pageant will be on December 12. More information will be presented at the meeting.

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

October and November Birthdays!!

OCTOBER (10)

Hildur Banhart	1
Gayle Landstrom	2
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
Michael Stearer	25
Gunvor Sabo	25
Dios, Saga	27
Adela Alatraca	28
Alex Lund	30

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

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
Cultural: 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
Newsletter, Historian & Vasa Star: Laurie Taylor
Vasa Park: Richard Heinstedt, Linnea Heinstedt, Dorothy Burns
Alternate Nicolette Taylor
Bar: Valerie & Dylan Olson
Youth Group: Cecilia Trowbridge

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 the November meeting.
Thank you ,
Kerstin Wendt

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

Culture Corner



For years, humans have made decisions about when horses should wear blankets, when they should be ridden, and what they need to remain comfortable and healthy. But researchers in Norway and Sweden have been exploring a surprisingly simple question: what if we gave horses a way to tell us what they want?

The HorseVoice project takes an approach built around horse welfare and communication. Equine students train horses to use symbols to express preferences, giving them a greater opportunity to participate in decisions that affect their everyday lives. The idea is not that horses can suddenly speak human language, but that they can learn a simple communication system that allows people to better understand their choices.

One of the best-known examples involves blankets. Norwegian researchers trained 23 horses to use a board displaying three symbols. One symbol meant "put my blanket on," another meant "take it off," and a third meant "leave things as they are." Through reward-based training, with small pieces of carrot and just 10–15 minutes of practice each day, the horses gradually learned the meaning of the symbols. On average, they reached the free-choice stage around the 11th day, and all 23 horses successfully learned the task within 14 days.

Then came the more interesting question: **what would the horses actually choose?**

The researchers tested them under different weather conditions. In cold, wet and windy conditions, the horses were substantially more likely to choose the symbol requesting a blanket. When conditions were more pleasant, they generally preferred to remain without one. Their choices varied with the environmental conditions rather than appearing to be random.

A later study using the same basic communication method found similar patterns. Horses showed greater interest in blankets at very low temperatures and at moderate temperatures when rain or strong wind was present. When temperatures rose above roughly 10°C, very few horses requested a blanket.

These findings don't demonstrate that horses understand human language. They demonstrate something more subtle—and potentially more important. With appropriate training, horses can learn to use symbols consistently enough to communicate a preference about an aspect of their own comfort.

That raises a much bigger question about the relationship between humans and horses.

If a horse can communicate whether it wants a blanket, could similar methods eventually help us understand what it wants in other situations? Could a horse communicate discomfort, pain, fear, or other physical symptoms more clearly? And could communication eventually extend to activities such as riding?

Those questions are particularly significant as the equestrian

world continues to debate how horses should be treated—not simply as athletes or sports performers, but as sentient animals with individual needs, personalities and experiences.

From a rider's perspective, however, giving an animal a choice does not mean that every preference can always be followed. There are circumstances in which responsible care may require humans to make decisions on a horse's behalf. A horse might, for example, refuse a blanket after exercise even when cold weather creates a potential welfare concern. A horse's immediate preference and its longer-term health do not necessarily point in the same direction.

That creates an important distinction between listening to an animal and simply obeying it.

The value of projects like HorseVoice may therefore lie less in giving horses complete control and more in giving humans better information. If a horse can tell us what it prefers, we have another piece of evidence to consider alongside veterinary knowledge, environmental conditions, physical health and responsible horsemanship.

The deeper lesson is that communication can change the relationship itself. Instead of assuming that humans always know what is best, we can create opportunities to ask—and then pay attention to the answer.

For years, people decided when horses should wear blankets.

Now, researchers are exploring what happens when the horse gets a say.

And perhaps the most exciting possibility is that the next generation of these communication systems will allow horses to tell us not only when they are comfortable, but when something is wrong.

Because sometimes the most important thing we can do for an animal isn't simply to care for it.

It's to give it a way to be heard.



https://www.horseminute.com/giving-horses-a-voice-norway-and-swedens-symbol-method-lets-horses-choose-their-blankets/

Facebook: Things You Don't Know

How to do Halloween in Scandinavia (and it's of course stylish!)

Only celebrated across Scandinavia since the early 1900s, Halloween has quickly become a blend of spooky fun and age-old tradition.

Coinciding with the school autumn break and a welcoming distraction from the ever-lengthening dark nights, our Scandinavian friends and relatives have fully embraced the scary costumes, sweet treats and, of course, pumpkins. So much so that on the Swedish island of Öland in the southern Baltic Sea, the arrival of Halloween has led to a surge of pumpkin growing. While Copenhagen's Tivoli Gardens is now taken over by spooky spiders, cawing crows and more than 20,000 lanterns. Tivoli Gardens lie in the heart of Copenhagen, the third-oldest amusement park in the world (since 1843), Tivoli has welcomed guests to a world of enchanting experiences with a rich history. But don't worry, if you're not brave enough to experience the thrilling rides, there's also open-air stalls, spell-binding illuminations and the 'Monster Night Out' parade.