

March 2016

# Golden Valley Lodge #616 Newsletter

Happy St. Patrick's Day!

Happy Easter!

Next meeting: March 10, 2016

*Photo Credit Lola Akinmade Imagebank Sweden.se*

# GVL Happenings



## Reminder:

Annual membership dues are \$25

Bring money to meeting or mail to:

**Chase Dodd**  
5305 Ambridge Drive  
Calabasas, CA 91304

Thank you to our kitchen hosts from last month. It was a delicious dinner!



## Happy March Birthdays!

Linnea Heinstedt	1st
John Bell *	8th
Lillemor Stromberg	13th
Morgan Klintare *	20th
Valerie Olson *	21st
Britt-Marie Potter	22nd
Maidie Karling	30th
Kerstin Engblom	30th

\* signifies youth group

Ha en trevlig födelsedag!



# District Convention 2016

Pictures shared by Kerstin Wendt



# District Officers 2016

## Members of the Board:

District Master - Peter Lindgren  
Vice District Master - Haakan Spaberg  
Past District Master - Bertil Winther  
Secretary - Delphine Trowbridge  
Treasurer - Vacant  
Assistant Secretary - Linda Kosvic

## Executive Board Members:

Kristine Hofve (1 yr)  
Valerie Larson (1 yr)  
Lisa Dackow (2 yr)  
Beau Stocking (2 yr)

Cultural Leader Nancy Kingston

Chaplain - Inga Francis  
Master Ceremonies - Maidie Karling  
Asst. Master of Ceremonies - Carol Kerr  
Inner Guard - Anita Hedlund  
Outer Guard - Nathaniel Walker

## District Auditors:

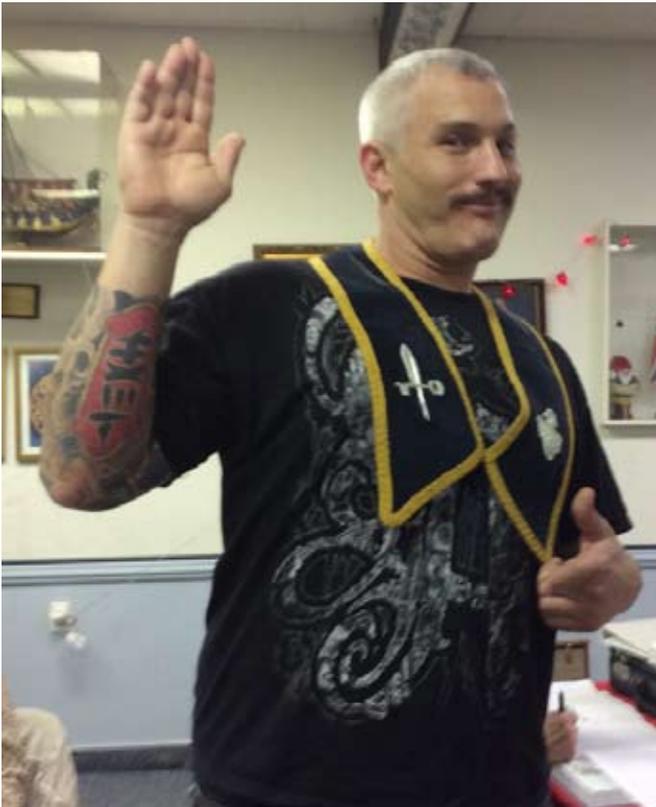
Ann Heinstedt (1 yr)  
Ernie Mauritsen (2 yr)  
Lori Wennbo (3 yr)

## District Trustees:

Gunlog Spaberg (1 yr)  
Ann Hellgren (2 yr)  
Russell Almquist (3 yr)

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## February's Meeting Pictures



Chase getting initiated as Treasurer



Delphine winning the capsule drawing!



Photo Credit Mikaela Gustavsson Imagebank.Sweden.se

## Waffle Day

In Sweden, people celebrate what is commonly referred to as “waffle day” or “vårfrudagen” which means in English “Our Lady’s Day”. In vernacular Swedish it sounds almost like Våffeldagen (waffle day) and many think it just caught on that way.

“Our Lady’s Day” is the traditional name for the Feast of the Annunciation. In some religions such as the Catholics, the New Testament tells the story of when the archangel Gabriel announces to the Virgin Mary that she has been chosen to be the mother of Jesus.

Traditionally this day falls on March 25th, exactly nine months before Christmas. March 25 was also considered the first day of Spring, and preparations would be made for the spring planting. The light was returning, giving everybody a much needed reprieve from the winter darkness, and the hens would start laying eggs again, providing much needed vitamin D to sunstarved farmers. Special dishes would be prepared with the eggs, among them waffles, which would have been a treat after the boring winter foods.

They are usually served with whipped cream and some kind of berry jam and make a delicious dessert when eaten hot off the waffle iron. Many Swedes will still eat waffles on March 25th today. In the United States, National Waffle Day is celebrated August 24, the date of a U.S. patent on a waffle iron.



Photo Credit Lena Granefelt Imagebank.Sweden.se

## Easter In Sweden

### A Swedish Easter: The symbols, the food, the traditions

Palm Sunday, the beginning of the Easter Week. Easter in Swedish is called “påsk” and comes from the Hebrew word “pesah” meaning passing. Easter in Sweden is decidedly yellow. The yellow color has nothing to do with the liturgical colors for Easter, which are black, white and violet. No, Easter’s yellow comes from the fact that many of the symbols we have for Easter seem to be yellow (as opposed to Christmas for instance, which is red): the feathers, the daffodils and the chickens on the Easter cards. Still checking all of the numbers but 1,500 tons herring, 2,000 tons of eggs and SEK 1.5 billion on flowers .. Easter, is in Sweden a serious Holiday for sure.

### Påskägget

The Easter egg (påskägget) is a paper or plastic egg with pictures of chickens on it, which gets filled with candy and is given to children. Since Swedes don’t have an Easter Bunny in their celebration, these eggs are very important to children. But the egg is also the main Easter symbol in that it embodies the message of death and resurrection. The egg’s shell is a symbol of the grave, and what it contains is a symbol of new life, the chicken growing inside eventually opens its own grave and walks out.

*Continued on page 6*

# Cultural News (continued)

*Continued from page 5*

## **Påskris**

The colorful twigs with feathers (påskris) that you see everywhere in Sweden at this time of year, has less jolly implications. Bound by birch twigs, the påskris was in the 17th century used for Long Friday's flagellation. Today you buy it at the local market and tie colorful feathers to it. You can also decorate your påskris with blown out eggs that you dye yourself, or you can buy plastic eggs. Roosters, hens, chickens and witches are also used to decorate not only the påskris but your house as well.

## **Påskkärringar**

The "påskkärring" or "påskakärring," is an old tradition that has its roots in the activities of Maundy Thursday. According to folklore, all the world's bad spirits were let lose the instant Judas Iscariot betrayed Jesus. During the 17th century the belief in the devil created witch hunts, and women (mostly) were executed for having participated in the banquet of the devil on Maundy Thursday. Where did it all take place? On the island of Blåkulla (also known as Blå Jungfrun) situated in the Kalmar Strait of the Baltic Sea. The witches flew there on brooms. Swedish children dress up like påskkärringar complete with grandma's dress, apron and a kerchief tied under the chin, they paint rosy cheeks and freckles on their faces and therefore don't much resemble the American picture of a witch. A påskkärring also carries a broom, an old-fashioned coffee pot and a basket, and walks around the neighborhood, Halloween-style, giving out drawings in exchange for candy. When this tradition began is hard to tell, it seems it started in western Sweden some time in the beginning of the 1800's.

## **Food for Easter**

Each region or "landskap" in Sweden has its own traditions when it comes to what to eat for Easter, but most of the dishes include eggs, lamb and salmon. Unlike the food we eat for Christmas, Easter food is much lighter and almost always includes marzipan and candy-filled Easter eggs for dessert. There's also the "påskbord" (Easter smorgasbord) with eggs, pickled herrings, salmon and Jansson's temptation.

## **Marzipan egg recipe**

Making eggs out of marzipan isn't that difficult. All you need is basic marzipan.

## **Ingredients for Basic Marzipan**

2 cups sugar  
1/8 teaspoon cream of tartar  
4 cups ground almonds (or almond meal)  
2 egg whites  
powdered sugar for dusting

1. Prepare a workspace by sprinkling powdered sugar over a marble slab, wooden cutting board or large baking sheet. Fill your sink or a large bowl with cold water.
2. Place the sugar and 2/3 cup water in a large heavy saucepan and heat gently, stirring, until the sugar dissolves.
3. Add the cream of tartar and turn up the heat. Bring to a boil and cover, boiling for 3 minutes.
4. Uncover and boil until the temperature reaches soft-ball stage, 240 degrees on a candy thermometer.
5. Place the bottom of the saucepan in the cold water you've prepared, stirring the sugar mixture constantly until it becomes thick and creamy.
6. Stir in the ground almonds and the egg whites, then place back over low heat and stir for 2 minutes more until the mixture is thick.
7. Spoon the marzipan onto your prepared work surface, and turn it with a metal spatula until it cools down enough to touch.
8. Coat your hands in powdered sugar and begin to knead the marzipan, working it until it is smooth and pliant.
9. Your marzipan can be used immediately or stored by wrapping it in plastic wrap and keeping it in an airtight container.

Now that you have marzipan you can make påskägg (Easter eggs) or other figures with a little bit of yellow food dye and baking chocolate (approximately 100 g). Melt the chocolate. Just use a few drops of the food dye. Shape little eggs of the marzipan, then dip in melted chocolate. Let cool in the fridge.

Source:

<http://www.nordstjernan.com/news/traditions/1167/>

# HRH Prince Oscar Carl Olof, Duke of Skåne

Stories shared by Dorothy Burns and Delphine Trowbridge



**Crown Princess Victoria has given birth to a son at 8:28pm local time on Wednesday. The new prince weighed eight pounds and measured 22 inches long. Prince Daniel was there the entire time and he cut the umbilical cord.**

On Thursday 3 March, a Council of State was held at the Royal Palace of Stockholm in connection with Crown Princess Victoria having given birth to a son.

At the Council of State, The King announced that The Prince will be called Oscar Carl Olof, and will be known as Oscar. The Prince will be assigned the Duchy of Skåne.

A statement of witness was drawn up earlier in the day, as is traditional on the occasion of a royal birth. Speaker Urban Ahlin, Prime Minister Stefan Löfven, Marshal of the Realm Svante Lindqvist, Mistress of the Robes Kirstine von Blixen-Finecke, obstetrician Lennart Nordström and midwife Cecilia Lind were the witnesses.

## **About the duchy**

Skåne is bordered by Halland and Småland to the north and Blekinge to the northeast. It is 11,007 km<sup>2</sup> in size, and has 1,271,779 inhabitants (2014 figure). Skåne has coastlines with the Baltic Sea to the east and south, the Öresund Sound to the West and the Kattegat to the

northwest. The islands of Hallands Väderö and Hven are included in the province. The province of Skåne includes most of Skåne County. (Östra Karup is part of Halland.) The province flower is the oxeye daisy, and the province animal is the red deer.

King Gustav VI Adolf (1882-1973) was Duke of Skåne.

## **Council of State**

On the occasion of a royal birth, a Council of State is held. The King convenes the Council of State in accordance with Chapter 5, Article 3 of the Instrument of Government, which states that the Government shall hold a Council of State chaired by the Head of State.

At the Council of State, The King informs the Government of the title, name, given name and assigned duchy of the heir to the throne.



## District News

District Lodge Pacific Southwest No. 15  
invites you to our  
Fourth Annual SWEDISH EASTER  
LUNCH

Join In An Easter Hat Contest With Prizes!!

**March 19, 2016 at 12 Noon**

**Skandia Lodge Lodge No. 247,**

**2031 E Villa St., Pasadena, CA 91505**

**Social Hour at 12 Noon Make your own påskris**

**Lunch to be served at 1:00 p.m.**

Donation: Adults \$18.00; ages 12 and under \$10.00  
Prepaid reservations no later than March 15, 2016 to:

Nel Solt

505 N. Hermosa, Sierra Madre CA 91024-1116

No ticket sales at door • Non-Vasa friends welcome



**Golden Valley Lodge, #616**  
**Vasa Order of America**

## Calling All Princesses!

The Midsummer Coronation will be held on April 24, 2016 at Skandia Lodge in Pasadena. Therefore, it is time to start recruiting young ladies between the ages of 15 and 22 who are interested in participating in the Midsummer Pageant. The Midsummer picnic will be taking place on Sunday, June 26, 2016, at Vasa Park.

Whether you are participating in the SACA organization or not, your Lodge may know of a young lady, child or grandchild, of one of your members who is interested in representing one of the Swedish organizations participating in SACA. If you are aware of an interested young Scandinavian lady, please have her, her parents or yourself contact secretary noted below. The deadline for receipt of applications is Wednesday, March 30, 2016.

Lisa M. Eklund, Secretary SACA

(626) 932-0120

319 Violet Avenue, B Monrovia, CA

91016 e-mail: EklundL@yahoo.com