



Nordkapen

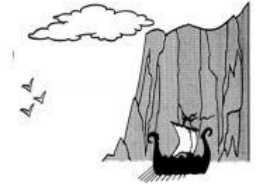
Nordkap Lodge 5-378 - Sons of Norway

The North Cape 71° 10' 21" North Latitude – The Top of Europe

A Congenial Society of Sons, Daughters and Friends of Norway

Organized August 10, 1929 – The first Sons of Norway Lodge in Michigan

<http://www.DetroitNorwegians.com>



NORDKAP CALENDAR

IMPORTANT NOTICE:

Due to an abundance of caution during the COVID-19 pandemic, the live lodge gatherings formerly scheduled for October 25 and November 22 have been canceled.

The Christmas party originally planned for December 13 has also been cancelled.

Nordkap also will not be participating in the Scandinavian Market at the Finnish Center in November.

We look forward to better days when we again can gather in person. Meanwhile, several virtual events are being considered and will be announced when plans are finalized.

2020 Officers

President: Erik Duus

Vice President: Cathy Johnson

Treasurer & Scholarship Chair:
Carmen Collins

Secretary: Mary Morehead

Membership Secretary

& Sports Director: Carol Jehle

Cultural Director: Karen Herche

Social Director: Connie Hart

Youth Director:

Heather Vingsness

Foundation Director:

Derrick Hendricks

Store Director: Natalie Vaal

Editor & Publicity Director:

Louise Giles

Counselor: Bob Giles

Contact us:

Nordkap@DetroitNorwegians.com

Photos by Bob Giles,
unless otherwise indicated

Stay Connected on Facebook at
Norwegians in Michigan

[https://www.facebook.com/groups/
104416144749/](https://www.facebook.com/groups/104416144749/)

September 2020

Volume 90 Issue 5

Congratulations to Five Nordkap Scholars!

The Nordkap Scholarship Fund has again awarded scholarships to five outstanding college students. Honored this year are:

Charlotte Duus, a junior in elementary education at Central Michigan University in Mount Pleasant, Michigan

Elizabeth “Lolly” Duus, a senior in theatre performance/acting at the University of Michigan in Ann Arbor, Michigan

Robert French, a freshman in creative writing at Warren Wilson College in Swannanoa, North Carolina

Halee Stalmack, a sophomore in psychology at Hope College in Holland Michigan

Yana Thompson, a freshman in engineering at Purdue University in West Lafayette, Indiana

Charlotte and Lolly are the daughters of Erik and Kristin Duus. Robert is the son of Magda Pecsénye. Halee is the daughter of Sarah Stalmack and niece of Sheryl Dalton. Yana is the daughter of David Thompson.

The awards were recommended by the Nordkap Scholarship Committee (seen in their Zoom meeting below). The committee is chaired by Nordkap treasurer Carmen Collins (top left) and includes (clockwise) Bob and Louise Giles, Dennis Flessland, and Bill Injerd. The awards were approved by the Nordkap Board at a special online meeting July 23.



SUNSHINE UPDATES



Sheryl Dalton had a successful knee replacement in June and continues her recovery.

Following surgery on his right hand in June to repair two severed tendons and nerve damage, Nordkap President Erik Duus admits that those physical therapy exercises really were important, and that he's glad he's been doing them. He is very grateful that his [dominant] hand is recovering so well and he thanks everyone for their thoughts and prayers.

Erik's mother **Harriet Duus** took a fall on a sidewalk and broke her hand in two places.

Hans Jorgensen had an aortic heart valve replacement in mid-August. After the operation, daughter Elsa Jorgensen says the surgeons remarked, "Your dad is awesome!" Hans is currently home receiving care from a visiting nurse and physical therapist but is having issues with low blood pressure. Continued prayers and thoughts are appreciated.

Nordkap Membership Secretary **Carol Jehle** is recuperating from bursitis in her right hand. She's getting around it by using her left hand and first finger on her right hand to type!

Carmen Collins' husband Joe Himmel returned home in early July after a long hospital stay and surgery to repair a perforation of his small intestine. A troublesome sebaceous cyst sent him back to the hospital in August for a brief stay. Joe is home again recovering with attentive care from Carmen, Nordkap's treasurer.

Prayers are in order for Nordkap's former member and Norwegian language teacher **Adrienne Shepard**. The breast cancer she thought was resolved in 2018 has returned and metastasized to her lymphatic system, bones, and liver. Adrienne's husband, Dr. Reid Shepard, says she has started to undergo chemotherapy and is preparing for a long, tough battle ahead.

Kraft Presents 'Viking Funeral' on Nordic News

Nordkap member Debra Kraft (right) was the featured presenter on the July 14 edition of *Nordic News*, the online show produced by the 5th District Sons of Norway every Tuesday night during the pandemic.



Each show presents a different speaker on subjects of Nordic and Nordic-American heritage. Debra's presentation detailed the Viking-like funeral staged for her parents.

All Nordic News programs are recorded and can be accessed online at the 5th District website at:

http://www.sonsofnorway5.com/programs/speakers_bureau.php

The direct link to Debra's talk is:

<https://transcripts.gotomeeting.com/#/s/c5e8da1fd1bd108d6258baf522037f52587016da21d258f18cfa4f142168e4d6> .

Nordic News continues its live shows, beginning at 7:20 p.m. Eastern every Tuesday. You can participate and connect to other online viewers by:

Computer at <https://gotomeet.me/SofN-D5>

Telephone at 646-749-3112 (access code: 509-077-557)

iPhone, iPad, or Android tablet/phone: download the GoToMeeting app from the Apple or Google Play Store. Launch the app and enter the meeting code: SofN-D5

Gratulerer med Dagen!

September Birthdays:

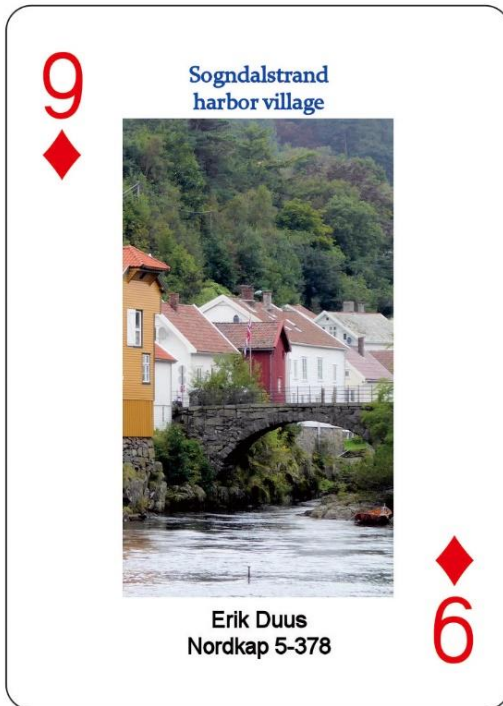
Janice Capler, Marsha Gilman, Connie Hart, Elaine Keech, Gregory Kehoe, Anne Kristine Kilen, Ted Redilla, Sherry Rose, Jason Schnitzer, Eli Viik Steyskal, Haley Vingsness, Heather Vingsness, Paul Wiekierak



Erik Duus and Bob Giles – Top Nordic-American Photographers

--By Mike Palecek, Treasurer, 5th District Sons of Norway

In the 2020 District 5 Scandinavian Photo Contest, Erik Duus and Bob Giles were picked as top photographers throughout Wisconsin, Illinois, Indiana, Michigan, Ohio, and Tennessee for their excellent views of Nordic life. Their winning photos will be included in a playing card deck from Sons of Norway District 5. Here's what their playing cards will look like:



9-Diamonds: Erik Duus Sogndalstrand harbor village: #1285 on the district's photo gallery

[See Erik's President's letter next page for his description of the photo.]

2-Hearts: Bob Giles

Oslo Opera House: #1257 on the district's photo gallery

Here's Bob's description of his photo: "A remarkable piece of architecture that has gained world recognition and has become a 'must-see attraction' for tourists and locals alike when visiting Oslo, Norway. This amazing waterfront structure is a world-class opera venue. Visitors can climb its sloping roof right to the very top. Once they are there, it is a wonderful vantage spot to take in all of Oslo and the harbor activity. I took this photo from the end of a nearby promenade."

[Other Nordkap members who entered were Carmen Collins, Louise Giles, Greg Morehead, and Mary Morehead.]

You can view all 331 photos entered in the contest here:

<http://www.sonsofnorway5.com/galleries/details/27-District-5-Scandinavian-Photo-Contest>

You can order the Scandinavian Photo Contest playing cards with the link below (or see the order form later in this newsletter):

http://www.sonsofnorway5.com/financial/district_5_merchandise.php

A Letter from President Erik Duus:

I never win anything! And I'm not complaining, but it's true. Our daughter, Charlotte, is the "lucky one" in the family who wins contests and sometimes doesn't even remember having entered! Even my mom has won things, but she shies away from contests and drawings because she thinks it's "gambling."

Well you may have heard, but my luck seems to be changing, and my photography skills have paid off! Along with our awesome but unpaid Lodge photographer Bob Giles, I had a winning photograph in the Sons of Norway District 5 Scandinavian Photo Contest. It is a picture of "Sogndalstrand," a lovely little fishing village walking distance from where my mom was born (there's even a Wikipedia article about it).

But when I saw that the photo I had submitted had been cropped so much to become the "9 of Diamonds" in a deck of cards ...

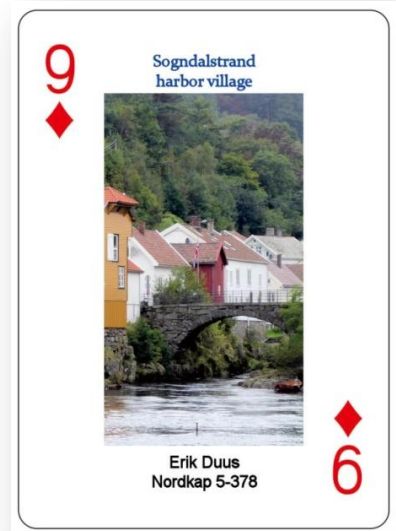
...I found myself kind of wishing that the final product would have been placemats instead! I mean just look at what was not included in my winning photo (and I'm not complaining, but it's true)...

Now even though "a picture is worth a thousand words," for the contest I could only describe Sogndalstrand in 100 words or less; here are my 100 words:

"Sogndalstrand started out as a fishing village and trading port in the 1600's; now a popular tourist destination. It's known for its painted wood buildings – in traditional red, white and yellow – and its decoratively-painted doors, which are just inches from the cobblestone street. It humbly boasts a culture hotel, village shop, gallery and even an outdoor amphitheater where Sissel, Norway's songbird, has performed. Most importantly, Sogndalstrand is the beautiful small part of Norway near where my mom comes from and where much of my family still lives. It is where I first fell in love with nature and the sea...xoxo."

Not only could have I have easily exceeded 1000 words, but those words would barely scratch the surface in describing the range of experiences (from fun to spiritual), emotions, memories, and relationship "deposits" that came from being at that place, like:

(continued next page)



Erik's photo before cropping

President's letter (continued from previous page)

- The fun I had casting heavy “North Sea” fishing lures from the rocks with my father...
- Climbing and running on the rock formations at the base of the mountain, just feet from the sea (by myself as a teen, please don't tell my mom)...
- Walking up an adjacent mountain with my mother and her cousin to take in the full panoramic view of both the harbor and sea...
- Hand-line fishing from a boat with a relative and hauling in so many mackerel it almost felt illegal...
- And in 2016 spending some time alone with God before throwing an urn as far as I could into the North Sea.

You see, our firstborn, Isaiah, died two days after being born prematurely twenty years prior in 1996. Long story (really, miracle) short, we had gotten pregnant on our honeymoon which is what led to the detection and treatment of Kristin's growing cervical cancer (because we were young and living out of state for a job assignment of mine, we had no reason to get checked out by doctors).

Conceiving Isaiah saved Kristin's life. Yet Isaiah's life would not be fully lived out with us in this world. Thankfully, God's “fingerprints” were over everything and we knew it and felt it all along! Much family got to “meet” and hold Isaiah in the hospital's NICU, and even more family and many friends helped us mourn him at his funeral, and beyond. However, Kristin and I never felt at peace keeping his remains in that urn the funeral home handed to us on that heartbreaking and disorienting day. We both felt his remains needed to be somewhere that connected him to his foremothers and fathers. His resting place now is at the Sokndal Church where my mother was raised and in the North Sea that holds such a deep connection to me.

It took me 20 years to bring my entire family to Sogndalstrand for their first time. As conveyed, roots run deep there for me. And now it is also a special (and sacred) place to my wife and daughters.

So during this season we are all in - which too shall pass! - I encourage you to not only look back and remember life's blessings, beautiful times in majestic places (i.e. Norway), and loving relationships, BUT to also look forward because life is precious and we need to actively live it...with people we love and in places that are a part of us.

I know I speak for the entire Nordkap Lodge Board when I say that not gathering with you during this COVID-19 pandemic has been such a loss and has felt so awry. **We very much look forward to saying “Takk for Sist” (“Thanks for the Last Time”) the next time we do.**

**Med vennlig hilsen (with best regards),
Erik Duus**

PS—If you type "Norway - Sogndalstrand" into the YouTube search bar you will see a 4:04 minute video that shows so much more than my card and placemat pictures...most importantly, you will see the sea!

Order Your D5 Scandinavian Photo Contest Playing Cards Today



Deal yourself a great hand with the District 5 Scandinavian Photo Contest playing cards. Enjoy the best, beautiful Scandinavian scenes from our 2020 contest, submitted by Sons of Norway members from 25 lodges in District 5. The cards will be available on or before October 1 and will ship to your home. What a great Christmas stocking stuffer for your friends, relatives, and lovers of all things Scandinavian! Proceeds will support District 5 Nordic Legacy Foundation projects including Masse Moro Norwegian cultural youth camp.

ORDER FORM (WITH SHIPPING) - SCANDINAVIAN PHOTO CONTEST

- | | | | |
|--------------------|--------------------|----------------------|--|
| ___ \$14 (1 deck) | ___ \$46 (4 decks) | ___ \$100 (10 decks) | D5 ordered 1,000 decks |
| ___ \$25 (2 decks) | ___ \$56 (5 decks) | ___ \$250 (30 decks) | (when they're gone, they're gone) |
| ___ \$36 (3 decks) | ___ \$75 (7 decks) | | |

Make checks out to "**D5 Nordic Legacy Foundation**"
Checks will not be cashed until orders ship to you.

*Want more than 10 decks, one ship-to?
 Order at \$10/deck.*

Name: _____

Address: _____

City/St/Zip: _____

Email: _____

Phone: _____ Lodge: _____

Send your order to: Mike Palecek, SofN D5 treasurer, 5747 Sandy Lane, Racine WI 53406

Questions: email: mikep@sonsofnorwayracine.com

How Far Have We Come on Our Virtual Walk to Norway?

In honor of the Sons of Norway's 125th anniversary, the 5th District has challenged its local lodges to take a virtual walk to Norway by way of the Sons of Norway headquarters in Minneapolis. Besides celebrating the anniversary, the idea is to promote fitness and provide financial support for the district's youth heritage camp, Masse Moro.

If you've been taking part in this challenge, we hope you're at least halfway there **yourself** by now—and that you've been logging your miles and reporting them to Nordkap sports director, Carol Jehle. The financial support will come from Nordkap when Carol turns in her report by the December 15 deadline. Contributions from your sponsors are welcome as well!

Carol says that the cumulative miles reported by our members to date show our lodge has already passed the halfway point to Norway. A total of 4700 miles is required, and we had 3400 as of August 27.

The details and forms needed for you to take part in this challenge are posted on the District website at http://www.sonsofnorway5.com/programs/sports_and_recreation.php.

While on that page, look on the right side and click on the following:

- Second link gives a sheet of activities and how to convert time to steps
- Fourth link gives the Tracking Sheet for 2020 Challenge

Carol asks that you contact her at jehlecarol@yahoo.com to report the miles you've logged as of the end of August.

It's Here! Download 'Viking for Kids' Now!

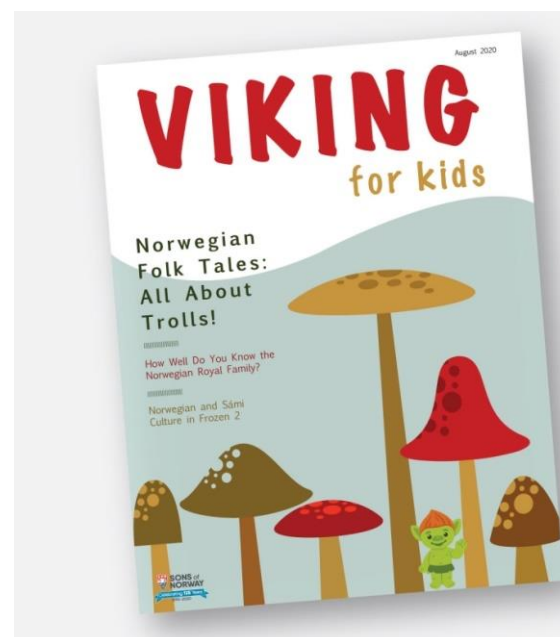
https://www.sofn.com/member_benefits/viking-for-kids/

As part of the Sons of Norway's 125th anniversary celebration this year, they are announcing the launch of *Viking for Kids*. Now available for download, *Viking for Kids* is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages, and more.

Sons of Norway says, "We are excited for our heritage members to have a magazine of their own, and we look forward to seeing it in use."



Are we there yet?



From Viking Cruises:

Norwegian- Style Meatballs

Ingredients

- 1 lb. (454 g) lean ground beef
- ½ lb. (227 g) ground pork
- 1 lg egg
- ¾ C (60 g) panko
- 1 tsp (5 g) salt
- ½ tsp (1 g) pepper
- ¼ tsp (0.6 g) nutmeg
- ¼ tsp (0.5 g) ginger
- ⅛ tsp (0.6 g) allspice
- ½ C (118 ml) milk
- 1 C (201 g) yellow onion, minced
- ¼ C (10 g) fresh parsley, chopped
- 6 T (86 g) butter, divided
- ¼ C (31 g) flour
- 4 C (946 ml) low sodium chicken broth
- ¼ C (118 ml) red wine



Bob Giles' version

Directions

Combine beef, pork and egg in a large bowl; make a well in the center and add breadcrumbs, salt, pepper, ginger, allspice and milk; let stand 2 minutes. Add onion and parsley and mix together with your hands until completely incorporated; form into 1-inch (25-mm) balls. Place 2 T (29 g) butter in a large skillet over medium high, and working in batches, brown meatballs on all sides until cooked through, about 8 minutes per batch. Transfer to a serving bowl; cover loosely to keep warm. Reduce heat to medium, place remaining butter in skillet, add flour and stir to form a thick paste. Cook, stirring constantly, 2 minutes; then whisk in broth and wine. Bring to a boil, reduce heat; simmer until thickened, about 7 minutes. Pour over meatballs, tossing to coat. Serve immediately.

Prep time: 6 minutes. Cook time: 25 minutes. Makes 6 servings.

Young People Respond with Information for 'Viking' Article

As reported in the last issue of this newsletter, we were recently contacted by the 5th District Sons of Norway asking for information about outstanding young lodge members who might be featured in a future article for the *Viking* magazine. The District said the search was aimed at spotlighting members age 30 and younger who had been recognized for an exceptional achievement at their young age.

Three extraordinary young Nordkap members came forward with the information requested. The profiles they provided were forwarded to the 5th District for processing. Tusen takk to Elizabeth “Lolly” Duus, Christiana (Chrissy) Hart, and Caterina “Catie” Hart for helping us respond to this appeal!

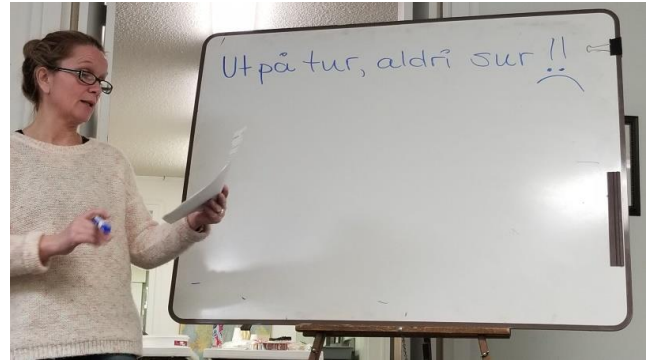
Snakker du Norsk? Keep Your Language Skills Sharp!

While our Norwegian classes are halted during the pandemic, you can still try to keep your language skills sharp.

Here are a few resources where you might find help:

Merete Stenersen Eelnurme, our language class teacher (on the right), invites students to her private Facebook page, “La oss snakke Norsk sammen” (Let's speak Norwegian together) at

<https://www.facebook.com/groups/651427035642281>



The Sons of Norway offers members a series of lessons called, “Norwegian in 5 Minutes a Month, with Sound!” You can access it by connecting to the Sons of Norway website at <https://www.sofn.com/>.

Once there, log in with your user name and password, then click on “Member Resources” at the top. Under that menu, choose “Cultural Programming,” then scroll down to “Language Lessons” to find simple, easy-to-use audio language lessons to help you learn Norwegian at your own pace. The URL for that final page for members is

<https://members.sofn.com/members/showPage.jsp?document=memberresources/learnnorwegian.html>. This is one of many benefits of membership for Sons of Norway members!

An interesting video with some history of the Norwegian language is “Norwegian! A North Germanic Language of Norway” at

https://www.youtube.com/watch?v=cntxv3w_xyE&feature=share&fbclid=IwAR37PK0Bj1OefAda93RHI57K_qKRHgmUzMduTzz9BdhZDbg6Su_KzX9XfbQ

And don't forget Duolingo, the free mobile app or website offering bite-size lessons in 30 + languages. See <https://www.duolingo.com/>.

More Help from a Nordkap Member during COVID-19

Susan Schotts is yet another Nordkap member who volunteered her services to help the community during the coronavirus pandemic.

She got busy at her sewing machine in March when the Ann Arbor Sewing Center sent an email to their customers asking them to make facial masks that could be used by some workers at St. Joseph Hospital and other health care facilities. The center provided a mask pattern and instructions online and had a drop off box behind the store where people could bring their masks.

Susan made a total of two dozen masks, choosing bright colors to be as uplifting as possible.



Graphics provided by Sue Schotts

HaikUff-Da Poetry Contest Winners

Sponsored by Ingebretsen's Nordic Marketplace and the Norwegian American newspaper

Contestants were asked to write a haiku on topics related to Nordic-American culture. A Haiku is an unrhymed poetic form consisting of 17 syllables arranged in three lines of 5, 7, and 5 syllables respectively. Here are three of our favorites among the winners:

**The extroverted
Norwegian stared at my shoes.
I stared at them too**
--John Otstehage, Greenwood MN

**“For crying out loud”
Ole yelled before car crash
A true Saab story**
--Dale Mattson, Bloomington MN

**Edvard Munch ate lunch
Lutefisk with Tabasco
Then screamed for ice cream**
--Ruth Younger, Chico CA

Ingebretsen's *gathered all submissions into a digital booklet available at:*

https://www.ingebretsens.com/media/wysiwyg/Events/2020%20HaikUff-Da/HaikUff%20Da%20Digital%20Booklet_2020.pdf

NORDKAP

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