



Nordkapen

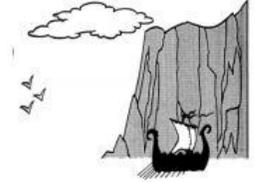
Nordkap Lodge 5-378 - Sons of Norway

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

Nov. 21 – Last call to place orders for the Drive-up Imports Store

Dec. 5 – Pick up orders placed with the Drive-up Imports Store, 2-4 p.m., the Swedish Club, 22398 Ruth St., Farmington Hills

Dec. 14 – Juletide Happy Hour on Zoom video conferencing, 4 p.m.

No January 2021 gathering – cancelled due to coronavirus concerns

Nordkap 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/)

November/December 2020

Volume 90 Issue 7

Celebrate Juletide with us on Zoom Dec. 13

We've made plans to celebrate the coming Christmas season together— but safely, on Zoom.

Please join fellow lodge members at 4 p.m. on Sunday, December 13, for a Juletide Online Happy Hour. That's the very date we would have had our regular Christmas party, had we not cancelled it out of an abundance of coronavirus caution.

Instead, we can join together in the safety of our homes, enjoy some Christmas cheer (Glogg, anyone?), and exchange greetings for Christmas and the New Year. Truly, 2021 can't come soon enough!

Heather Vingsness, our hostess with the mostess, will again lead us in video conference where:

--Members can tell how they're celebrating the holidays at home in a mindful, socially distant way.

--We can exchange greetings and higher hopes for the new year.

--Membership milestones for longtime lodge members and Cultural Skills awards for cooking will be announced.

--If everyone's good, we expect the Julenisse to pay us a visit.



To join **BY COMPUTER**, go to:

<https://us04web.zoom.us/j/78927596531>

The password is nordkap, all lower case.

ON A SMARTPHONE: Download the Zoom app from the App Store (if you have an Apple phone) or the Google Play Store (if you have an Android phone). Tap "Join a Meeting". You do not have to sign in. Enter the meeting ID 78927596531 and enter the password nordkap, all lower case.



GRATULERER MED DAGEN!

November Birthdays:

Erik Bryhn, Carmen Collins, Inger Ehrenfeld, Eileen Gjerpen-Shea, Karen Herche, Sheldon Johnson, Paul Michalsen, Nancy Radwan, Stacy Torgerson

December Birthdays:

Derrick Hendricks, Chet Jehle, Elsa Jorgensen, Marlene Kehoe, Sue Kohl, Karen Lafnear, Leiv Erik Lundberg, Gary Olson, David Pederson, Ed Radwan, Louise Sherwin, Russ Simms, Merete Stenersen-Eelnurme, Knut Erik Thomassen, Natalie Flessland Vaal

Did You Know?

This is King Harald "Bluetooth" Gormsson of Denmark and Norway.



His nickname allegedly comes from the extreme amount of blueberries he ate, staining his teeth. Commonly viewed as a great uniter, he's the inspiration for Bluetooth wireless tech. (because it 'unites' devices) and the logo is actually his initials in Nordic Runes.

$$H (\text{Hagall}) + B (\text{Bjarkan}) = \text{Bluetooth logo}$$

Order by Nov. 21 for Drive-up Imports Store!

Remember to place your order soon (if you haven't already) for those special Norwegian goods available from Nordkap's Drive-up Imports Store--such as one of these six-ring kransekakes (almond ring cakes) made by Mary Morehead.

Yes, this is your chance to get delicious items like these for the holidays. Other specialties available include Norwegian cheeses, candies, lefse, risengrot mix, lingonberry preserves, Glogg, flatbread, julekake (Norwegian Christmas bread) made by Dennis Flessland, and decks of playing cards featuring the winners of the Scandinavian Photo Contest.



Mini-kransekakes (Mary Morehead photo)

Your order must be received by November 21 so it can be processed and packaged for pickup on December 5, between 2 and 4 p.m. at the Swedish Club, 22389 Ruth Street in Farmington Hills.

Place an order with the form included with this newsletter or order electronically at <https://forms.gle/SAv8J1cu95S8tNBL8>

When arriving for your pickup, please observe coronavirus safeguards and wear your facemask.

Payment will be due by check or exact cash only at time of pick-up or delivery. Delivery within 25 miles of Huntington Woods will be available (on a different day than December 5) for a fee of \$5, to be donated to the Nordkap Scholarship Fund.

Sunshine Update



Golden Nordkap member **Art Peterson and his wife, Sue Ann**, live in Farmersville, California, where they operate an extensive walnut tree nut business. In light of the many wildfires recently burning in California, we were concerned about the Petersons' safety. Art reported that they "are fine and are not close enough to the fires to be very affected, except for the air quality. Our walnut trees have shown no distress."

Longtime Nordkap member **Patricia "P.J." Smith** is a retired physical education teacher in the Pinckney School district. She has been volunteering several hours each week at the Livingston County Gleaners Food Bank and at the food bank at Farley High School, where she taught.

Georgia Roed recently finished six weeks of chemotherapy and is now in a special treatment program to help ensure that cancer doesn't return. She continues training for certification as a master gardener and is maintaining three butterfly gardens that she and her daughter planted earlier this year. Georgia's now planning a dragonfly garden for her church.

Sandy Bliss, sister of Sheryl Dalton and Stacy Torgerson, is undergoing treatment for Non-Hodgkin's Lymphoma. In 2017, Sandy competed in our Nordkap Bowling Tournament and won "Top Adult Female Bowler" among all lodges participating in the 5th District competition that year.

Sheryl Dalton has purchased a house on Spider Lake in Traverse City as a future retirement home. It is presently being operated as an Airbnb, managed by Sheryl's sister, Sue Torgerson.

Erik Vingsness became engaged in September to Jasmin Herendeen. Best wishes to the happy couple!

Erik's father, **Ed Vingsness**, had the back surgery that was put on hold at the beginning of the pandemic and is reported to be doing well.

Heather Vingsness' husband, Jarrod Brown, recently earned a master's degree in software architecture from Pennsylvania State University. Congratulations, Jarrod!

Sam Trupiano is recovering from his September hernia surgery. He also sadly reports that his biological grandmother, Christiania, who served in the U. S. Army, passed away in late September. She will be buried next spring in a military graveyard.

'Viking' Article about Outstanding Young People Due in February Issue

There's good news to share about the Sons of Norway's plans to feature outstanding young lodge members in a future article in the *Viking* magazine.

Doris Kamstra from Sons of Norway International reports that they will be featuring four to five outstanding young members in the "Member Matters" section of the February 2021 *Viking*. Doris said their publishing company has assigned the article to a writer who will be talking with those who made the final list of nominees, but she didn't share the finalist's names.

Nordkap had three candidates who provided the information we needed to nominate them for the article. We continue to be hopeful of seeing one or all of them featured in the *Viking*!

Cheers! To Our Virtual Norwegian Happy Hour

If upbeat conversation and laughter are reliable indicators, we think our first-ever virtual Norwegian Happy Hour was a resounding success.

Some 25 of us joined by Zoom video conferencing the afternoon of October 25 to exchange notes on our life and times and describe the wide variety of beverages and snacks we each had chosen for the event:



- **Erik Duus**, drinking Norvig Ale from England (made from yeast from Bergen, Norway)
- **Bob and Louise Giles**, choosing the ever-popular Linie Aquavit
- **David Thompson**, sipping the Aquavit he makes from Vodka and seasons himself with carraway, fennel, or cardamom
- **Carmen Collins**, opting for non-alcoholic mango juice
- **George Roed**, imbibing on a Benedictine liquor
- **Wade and Mary Tornquist**, enjoying the beer made by their son
- Plus others whose choices included Carlsberg beer from Denmark, Voss water from Norway, and that all-time favorite Norwegian beverage, coffee

There must have been more drinking than eating, since just a few participants talked about their snacks. The munchies included M&M candies; Ski Queen Gjetost (brown cheese) from Norway; Norwegian waffles with sour cream and jam; Kransekake; and Wasa Wasabröd (multi-grain crispbread) from Sweden.

When hostess **Heather Vingsness** directed people to share “something boring about yourself,” we heard this: **Charlotte Duus** said she can yodel and was able to call animals by yodeling in Norway. **Lynn Herche** claimed the rare skill of being able to whistle in and out. **Haley Vingsness** confessed she’d been living without TV since moving to Northville. **Magda Pecsénye** said she’s studying Hungarian and now realizes that learning Norwegian is simple.

The real hits of the hour may have been not the people, but their cats. **Sarah Jahnke** shared the conference with her shy cat Bubba. But **Georgia Roed’s** black cat Fritz proudly hogged the screen on the special perch Georgia created for him.



Nordkap Members Present Talks on Nordic News

Nordkap members Bill Injerd (top) and Carmen Collins were recently featured presenters on *Nordic News*, the online show produced by the 5th District Sons of Norway every Tuesday night. Each show presents a different speaker on subjects of Nordic and Nordic-American heritage.

Bill's talk on October 13 told of his re-publishing a book about the Sloopers, the first large group to emigrate to the U.S. from Norway. Carmen made a genealogy presentation on October 27 explaining Norwegian Patronymic Naming Conventions and their use in research records.

All Nordic News programs are recorded. Bill's talk can be found at <https://www.screencast.com/t/91svAwpy2D4> The direct link to Carmen's talk is:

<https://www.screencast.com/t/rrpm14WXcr>



Learn about Norwegian Christmases on Next Nordic News

Olivia Cook will be presenting "Christmas Traditions in Norway" on the November 17th Nordic News. Olivia grew up in Dane county Wisconsin and went to school in Norway for six months after high school. She came back to the U.S. to go to college, then returned to Norway for a year and married a Norwegian man. Olivia is now completing her doctoral studies in North Carolina. The focus of her presentation will be to explain the differences between American and Norwegian Christmas celebrations.

Tune in on Tuesday, November 17th at 7:20 PM Eastern via computer at:

<https://gotomeet.me/SofN-D5> **From a smartphone or tablet**, use the GoToMeeting app and enter the meeting name: SofN-D5. **By phone**, dial 646-749-3112 (Access code: 509-077-557).

Your Miles Are Needed for Nordkap Report on our 'Walk to Norway'

Those of you who've been participating in the virtual walk to Norway (by way of Minneapolis and Sons of Norway headquarters) can start wrapping up your journey, as the challenge to complete this trek ends in mid-December.

This exercise in staying fit during the coronavirus was a way to celebrate the 125 anniversary of Sons of Norway and provide financial support for District 5's youth heritage camp, Masse Moro.

The idea was to log your miles spent walking, biking, or completing other physical activities and report them to Nordkap sports director, Carol Jehle. Anything that didn't involve actual distance could be timed and converted into steps and miles using the handy activities-to-steps conversion form on the district website at http://www.sonsofnorway5.com/programs/sports_and_recreation.php

Carol Jehle asks you to contact her at jehlecarol@yahoo.com to report your final miles. She needs your numbers by the deadline of December 12 so she can report to the district on Nordkap's complete "journey."

A Letter from President Erik Duus: At the time of this writing, I am NOT on social media, because I think it is way too social – I’m sorry, but I don’t need to know, or see, what you had for lunch – and I am conspiratorial when it comes to “big” media. Thankfully, my wife, Kristin, does Facebook, which keeps us connected with our girls away at school and also makes it easy to stay in touch with our relatives in Norway...and see what *they* had for lunch.

In the past couple days, Kristin shared two different posts with all her peeps (venner), but only now did I see how the two posts actually complement each other (maybe she saw it too, I’ll find out when she reads this)...

Facebook Post #1: Kristin asked, “*Who out there is planning on spending Thanksgiving with extended family? ...What does that look like for you [given COVID-19 concerns]?*”

The post garnered 48 comments and a myriad of different emojis representing everything from just celebrating among the household...to including relatives but not the grandparents...to skipping Thanksgiving altogether ☹️. A couple people were planning large family Thanksgiving dinners, and a couple other people explicitly warned against it, because their recent big family gatherings ended up becoming “super spreader” events! On the bright side, most everyone was looking forward to Christmas and the year 2021, with the hope of a vaccine in the coming weeks/months.

Facebook Post #2: Kristin shared that she heard the *Today Show* had a segment on the Norwegian outdoor living concept “friluftsliv,” and she posted a really good *National Geographic* article on how friluftsliv could help us this winter during the pandemic: <https://www.nationalgeographic.com/travel/2020/09/how-norways-friluftsliv-could-help-us-through-a-coronavirus-winter/>

SIDEBAR: If you printed out this newsletter (and because you cannot “click” on the link above with your mouse), just Google national + geographic + Friluftsliv, and it will show up as the top result.

It really is a good, timely piece that holds up Norway as a place and Norwegians as a people who have more than just the right outdoor gear – they have a “positive wintertime mindset.” Plus, the author proceeded to mention the well-known Norwegian [translated] response to weather complaints: “*There’s no bad weather, only bad clothing!*”

The article described not only how friluftsliv is a natural way of life in Norway, but also how it invariably helps to keep Norway’s COVID-19 cases down, since people are outside as much as possible. And it ends with a few excellent pointers on how to start small in connecting with the outdoors.

So let me ask you: *Who out there is planning on spending Thanksgiving with extended family? If so, are you planning on keeping a low profile until then due to COVID-19 concerns? What does that look like for you?*

No matter what you do this Thanksgiving – where you celebrate it, or with whom – maybe you can “JUST ADD FRILUFTSLIV” to make it not only healthier and happier, but also a bit more Norwegian. ***Have a safe and blessed Thanksgiving!***

Med vennlig hilsen (with best regards), Erik Duus

PS—For the record, I said that “my wife *does* Facebook” just to embarrass my daughters; I know people don’t “do” Facebook. It’s what Facebook is *doing* to our country and world (even Norway) that concerns me!

Nature Hike Brings out Small Turnout...but Beautiful Winged Wildlife

A small, but hardy group gathered on October 17 for an invigorating nature hike led by Nordkap Vice President Cathy Collins at Kensington Metropark in Milford.

The weather was cool, crisp, and clear as the group set off with Cathy ready to record an abundance of bird life on the trails of the 4,481-acre park. Cathy shared these photos she took that day of a Juvenile Green Heron (top) and a Sandhill Crane.



Undeterred by the small turnout, Cathy is planning future outings for the lodge. As she explained her thinking, we are Norwegians who love the outdoors--we should be out enjoying it.

She is already dreaming up future adventures to be staged on a more regular basis, perhaps a hike on snowshoes or cross-country skiing, weather permitting.

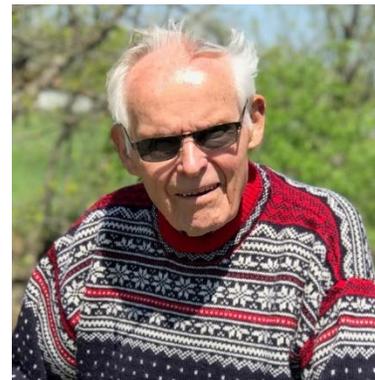


In Memoriam

We are sad to report the passing on November 1 of **James Russell Lafnear, husband of Karen Lafnear**, and a Life Member of Sons of Norway. Jim worked for 31 years for the Pontiac Police Department and retired as sergeant in 1983. After retirement, he worked ten years as a court officer at the 50th District court House in Pontiac. In 1995, he started working part time serving papers for the Oakland County Sheriff's Department/Probate Court. After 14 years of service there, he retired again in 2009. Jim was one of the promoters in organizing a local lodge of the Fraternal Order of Police in Pontiac in 1958 and served as its first president. At the 50th anniversary of the lodge, it was named in his honor as The James R. Lafnear Metro Pontiac Fraternal Order of Police Lodge #132. Besides his wife, he is survived by two children and four grandchildren. View his obituary at <https://www.wintfuneralhome.com/obituary/james-lafnear>



We lately learned that **Leif Sigvard Hauge**, a Lifetime Sons of Norway member, passed away quietly at 94 years of age in September 2018. Originally from Oslo, he spent much of his life in the Pacific Northwest, enjoying the active lifestyle of the outdoors and Puget Sound. He had recently moved to Michigan and spent much time with his daughter and son-in-law Robert Wolsek in Trenton. He transferred his membership to Nordkap Lodge several years ago after attending one of our Syttende Mai celebrations. With Leif's passing, his family carried some of his ashes back to Washington state, scattering them over Puget Sound. They plan to distribute more in Oslo when travel allows.



(portrait photos from families)

Virtual Genealogy Classes for Sons of Norway Members

The Norwegian American Genealogical Center & Naeseth Library in Madison, Wisconsin, is partnering with Sons of Norway District 5 to offer beginning Genealogy Classes online this fall and winter.

The two-day class will be offered twice, and students can choose which session they want to take.

- The first choice is fall classes held at 11 a.m. (Eastern Time) on Monday, November 30, and Tuesday, December 1.
- The second choice is winter classes at 11 a.m. (Eastern Time) on Saturday, January 9, and Saturday, January 16.

Each class will run from 11 am to 3 pm with 30 minutes for lunch. There can be time to visit informally during lunch.

The special fee for Sons of Norway members is \$125 for the two-day class and includes 30 days of access to online genealogy information through NAGC&NL and a copy of the updated *Research Guide for Norwegian Genealogy: For Beginning and Experienced Genealogists* (a \$25 value). Non-members of Sons of Norway may participate by either joining SofN or paying an additional \$25.

The instructor for the virtual genealogy classes is Dana Kelly, who serves as Executive Director of the NAGC&NL. She has been researching her own family history for nearly 30 years which led her to a Scandinavian Studies degree from University of Wisconsin-Madison where she learned to speak, read, and write Norwegian. She has served on the board of directors for the Koshkonong Prairie Historical Society since 2009 and is a member of several Norwegian cultural and genealogical organizations including Sons of Norway, Vesterheim, Society for the Advancement of Scandinavian Study, Dane County Area Genealogical Society, and International Society of Online Genetic Genealogists.

You can register by phone at 608-255-2224 or send an email to genealogy@nagcnl.org.

The Norwegian American Genealogical Center & Naeseth Library (NAGC&NL) is located at 415 West Main Street, Madison, WI 53703-3116.

More Online Classes Are in the Works

Plans for online classes in Norwegian-American history and Scandinavian woodcarving from the 5th District are also being developed, currently slated for January.

Watch future editions of this newsletter for further details.

#

Bløtkake & Kransekake Classes

Baking classes are always a fun-filled event. However, due to the COVID19, scheduled spring classes were cancelled. Everyone who signed up for the spring classes were all healthy and well, so we agreed to attend classes in October. Make-up Kransekake classes were held on Wednesday, October 7th, and on Saturday, October 10th. Bløtkake Class was held on Wednesday, October 14th. We'll never forget this year of these classes with face masks and rubber gloves. Despite the CDC guidelines, we had a lot of fun. Congratulations Dee & Roy Marvel, Sue Schotts, and Mary Morehead along with Derrick Hendriks and Carol Jehle (not pictured) for finishing their Sons of Norway Cultural Skills – Traditional Norwegian Cooking Skills Part One. Their Traditional Norwegian Cooking Pin Application Forms have been mailed to Sons of Norway along with pictures of our classes. A great achievement for all.

Article and photos by Mary Morehead



Sue Schotts



Dee & Roy Marvel



Magda Pecsénye



Eli Anita Steyskal



Erik Wren, Swedish Club Member



Mary Morehead



Chrissy & Connie Hart



Roy & Dee Marvel



Eli Anita Steyskal



Mary Morehead



Magda Pecsénye

January 2021 Gathering Is Cancelled

We Nordkap people are Viking Strong, and we like to get together to enjoy each other's company. However, due to continued concern about the spread of coronavirus, Nordkap has decided to cancel the member gathering normally held on the fourth Sunday of January at the Swedish Club.

We hope to resume getting together once conditions allow. The important thing now is to stay safe.

**Keep Calm
And Be Viking!**



NORDKAP
LODGE 5-378
c/o Louise Giles
Box 1198
Royal Oak, MI
48068

Drive-up Imports Store Order Form

Ordered by _____

Phone _____

Email _____

Address _____

Orders due by
Saturday, November 21st to:

Natalie Vaal
25718 Skye Ct.
Farmington Hills, MI 48336 or
nordkap.imports@gmail.com

Item	Description	Price	Quantity	Amount
01	Grandpa Lindquist Glogg (25.5oz bottle)	\$10		
02	Melkesjokolade – Milk chocolate bar	\$3		
03	Fireklover – Milk chocolate bar w/hazelnuts	\$3		
04	Kvikklunsj – Chocolate covered wafers candy bar	\$3		
05	Lingonberries (10oz)	\$8		
06	Risengrot	\$6		
07	Nordic Goods Lefse	\$6		
08	Mor's Flatbread	\$6		
09	Vestland's Lefse	\$6		
10	Bondost – Yellow farmers cheese w/caraway	\$11		
11	Ekte Gjetost – Brown cheese	\$11		
12	Gulost – Yellow cheese	\$11		
13	6 Ring Kransekake (limited baked goods available)	\$15		
14	Julekake (limited baked goods available)	\$15		
15	Deck of Scandinavian Photo contest playing cards	\$14		
<i>Delivery available within 25 miles of Huntington Woods, MI (on a different day than Dec. 5). Delivery fee will be donated to the Scholarship fund.</i>			\$5	
			TOTAL	

******Pick-up from 2-4PM on Saturday, December 5, 2020******

@ The Swedish Club, 22398 Ruth Street, Farmington Hills, MI 48336

Attention: Please know that these are the items we hope to offer. Our inventory depends on what is available from our suppliers and we do not yet have item confirmations. Baked goods will be available in limited quantities as well on a first come basis. Please use this order form as a guide of what you would like to order. Orders will be pre-packaged for pick-up, we will do our best to complete orders as received. Final bill will be given at pick-up.

Payment due at time of pick-up or delivery by check or exact cash ONLY