



Nordkapen

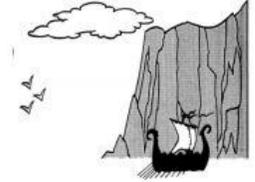
Nordkap Lodge 5-378 - Sons of Norway

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>



January 2021

Volume 91 Issue 1

NORDKAP CALENDAR

No January 2021 gathering – cancelled due to coronavirus concerns.

(Nordkap Lodge has taken an extended break due to the COVID-19 pandemic. Future in-person gatherings will be published once it is safe for us to congregate again.)

Nordkap 2020 Officers

President: Erik Duus

Treasurer & Scholarship Chair:
Carmen Collins

Secretary: Mary Morehead

Membership Secretary

& Sports Director: Carol Jehle

Cultural Director: Karen Herche

Social Director: Connie Hart

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/)

Call and leave a message at:
248-919-8355

Yuletide Zoom Gathering Brings Holiday Cheer

Nordkap gathered its members--virtually via Zoom video conferencing--on Sunday, December 13, to exchange holiday greetings while enjoying favorite beverages in the comfort of our homes.



Meade

(fermented honey) was a beverage favored by several of those gathered, including Connie Hart, who sampled some that daughter Chrissy had brought home from England. David Thompson was sipping home-made aquavit, but he was looking forward to the maturing of the first batch of meade he was making at home.

Heather Vingsness led the cheerful gathering that featured a message from Nordkap President Erik Duus, assembled with his family for the event. The family planned to go caroling with their church after the conference. Lynn and Karen Herche reported that they had enjoyed a St. Olaf College Christmas concert. Magda Pecsénye said she had taken advantage of some spare time to join her college choir.

Several people recommended Norwegian films they had been watching. Coco Bruner suggested the Stellan Skarsgård film, *Out Stealing Horses*. Barry Rabe and Dana Runestad said they liked the TV series *Occupied* and *Slow TV* from Norway. (See the article on page 4 of this newsletter for other Norwegian shows of note.)

The highlight of the day had to have been the surprise visit from the Julenisse, who explained who the Nissen were and how they helped protect Norwegian farms. You can view highlights of the event on YouTube at <https://youtu.be/x-hicq2gqDo>

Sunshine Updates

Robin Aardal, cousin of Rick Aardal and Debbie Simms, had knee replacement surgery late last year and has been experiencing a slow recovery.

Surgery for **Joseph Himmel**, Carmen Collins' husband, to return his GI tract back to normal (following the surgery he had last year) has been delayed at Beaumont hospital due to the increase of hospitalized COVID-19 patients. Beaumont is not currently scheduling elective surgeries that require overnight hospitalization, which would apply to Joe. He may be able to have the surgery later this month or in February.

Merete Stenersen-Eelnurme had bilateral knee replacements in mid-December and has been making a speedy recovery. Merete was our Norwegian language teacher before COVID-19 forced the suspension of classes. She is thinking of teaching Norwegian virtually on Zoom once circumstances improve.



GRATULERER MED DAGEN!

January Birthdays:

Sissel Amundsen, Donald Bjornrud Jr., Peter Blom, Lillian Bryant, Nina Bryhn, Veda Bryhn, Douglas Czinder, Sally Duffy, Elizabeth "Lolly" Duus, Erik Duus, Elsa Green, Bobbie Lee, Cecilia Lundberg, Rebecca Medina, Brandt Monson, Timothy Nilsen, Heidi Roed, Spencer Roed, Sean Schnitzer, Deborah Simms, Annelisa Sturgeon

Drive-up Imports Store Supplies Holiday Treats

Nordkap Lodge completed its pandemic-compliant Drive-up Imports Store on December 5, with happy members picking up their Norwegian candies, cheeses, lefse, Kransekake, Glogg, Julekake, and other treats for the holidays.

All orders were placed in advance and pre-packaged for pickup at the Swedish Club, with payment by check or exact cash. Our thanks to Dan Nelson and the Swedish Club of Michigan for a great "drive-up" location.

Spearheaded by members **Natalie Vaal** and **Dennis Flessland**, shown with member **Sally Duffy** below, the "drive-up store" made it easy to deliver these food items right to the cars. You can tell by the eyes that there are big smiles behind those masks!

For several shut-ins, Vaal and Flessland drove the goods to their homes.

In all, this lodge event brought in a total of \$2,003. Some \$1,323 was designated for the lodge General Fund and, thanks to members' donations and to Dennis Flessland and Mary Morehead who donated the baked goods, another \$680 went to the Nordkap Scholarship Fund.

To see more of how the happy pickup day went, see page 6 of this newsletter and go to **Bob Giles'** YouTube video at https://www.youtube.com/watch?v=Ox_anGiGTmA



Nordkap Members ‘Walked to Norway’—and then Several Times Over!

The challenge was figuratively to ‘Walk to Norway’ by counting the steps we took in various activities as part of a 5th District benefit for its youth heritage camp, Masse Moro.

We’ve been at it for over a year, converting our activities to steps and then miles as we walked, cycled, swam, played basketball, worked in the yard, gardened, and cleaned. Some 15 of us joined in, keeping a running tally of what we accomplished for Sports Director Carol Jehle. A chart to help us convert hours to steps to miles was indispensable.

The end of our ‘journey’ came in mid-December when the challenge concluded, and Carol had to turn in miles to the District.

Our lodge needed 4,673 miles to get from our Farmington Hills meeting place to Norway (by way of Sons of Norway headquarters in Minneapolis). If we wanted to get back home, we had to accumulate 9,346 miles, enough for a round trip.

We dearly wanted to avoid having only enough miles to get just half-way across the Atlantic and being stuck, figuratively speaking, in mid-ocean, but what we accomplished was probably well beyond our dreams!



Sports Hero Merete (Merete's photo)

Carol was able to report our total as 23,256 miles—enough for about 2-1/2 round trips to Norway. OK, we admit, we had a ringer in our group, Merete Stenersen-Eelnurme, who singlehandedly cycled 12,439 miles, a little over half of that impressive total. Yay, Merete!

Yet even without Merete’s astonishing accomplishment, our lodge would have made it one time to Norway and back, with 10,817 miles.

So, teamwork was the name of the day, and credit goes to all those who participated: Carmen Collins, Bob and Louise Giles, Karen and Lynn Herche, Carol Jehle, Carol’s grandkids Chet and Emma Jehle, Cathy Johnson, Greg and Mary Morehead, Magda Pecsénye, Sue Schotts, Merete Stenersen-Eelnurme, and David Thompson.

The 5th District will be sending personal certificates for all who participated to each lodge’s president for sharing. To support camp Masse Moro, Nordkap contributed \$50 to the District.

Sports Medals Awarded to 14 Members

Many of those participating in **Walking to Norway** put in enough time and miles to earn special Sports Medals from the Sons of Norway. Congratulations to the awardees!

Sports Director Carol Jehle announced the following medals:

- **Bronze Medals for Walking:** Carmen Collins, Bob Giles, Louise Giles, Karen Herche, Lynn Herche, Carol Jehle, Greg Morehead, Magda Pecsenye, Sue Schotts
- **Bronze and Silver for General Activity (2 medals):** Chet Jehle
- **Bronze, Silver, Gold, Enamel, and Idrettshelt (Sports Hero) for General Activity (5 medals):** Emma Jehle
- **Bronze, Silver, and Gold for Walking and for Cycling (6 medals):** Cathy Johnson
- **Bronze, Silver, and Gold for Walking (3 medals):** Mary Morehead
- **Bronze, Silver, Gold, Enamel, and Idrettshelt (Sports Hero) for Cycling (5 medals):** Merete Stenersen-Eelnurme

Have You Seen These Norwegian Films?

Besides the film ***Out Stealing Horses*** recommended by **Coco Bruner** on our Juletide Zoom meeting, here are some other interesting Norwegian films you might want to view: *Insomnia*, *Buddy*, *Trollhunter*, *A Somewhat Gentle Man*, *Hawaii Oslo*, the 2012 version of *Kon-Tiki*, *Max Manus*, *Kitchen Stories*, and *Headhunters*.

Two other excellent films were recently screened when our lodge hosted special “movie nights” at the Swedish Club. These were *The King’s Choice* and *O’Horten*. Also as previous issues of this newsletter have noted, Netflix has many feature-length films in the Norwegian language available, with English subtitles as an option.

You will definitely want to watch for the new PBS Masterpiece series, *Atlantic Crossing*, coming to public television this spring. The series is currently being promoted as shown below:

Princess Märtha Risks It All to Defend Norway in New Drama

“Norway’s royal family thought that neutrality would protect their nation from hostile takeover, but they were caught unawares when the Germans invaded in 1940.



“A new historical dramatization, *Atlantic Crossing*, recently debuted on NRK, Norway’s National Broadcasting Corporation. The epic Norwegian American production finds Crown Princess Märtha (played by Sofia Helin of *The Bridge*) and her three children fleeing Norway to find political refuge in the White House.

“Märtha forges a close friendship with Franklin Delano Roosevelt (played by Emmy-nominated Kyle MacLachlan of *Twin Peaks*) and helps steer Norway’s destiny.

“PBS Masterpiece has picked up the 8-hour series for U.S. release in Spring 2021. *Atlantic Crossing* will appeal to fans of historical dramas.”

A Letter from President Erik Duus: Godt Nytt År! (Happy New Year!)

I've always loved wishing people "Godt Nytt År!" Saying "God Jul" to others is *still* my favorite holiday greeting – maybe because it rolls off the tongue easier or because, to me, celebrating the New Year can't hold a candle to Christmas – but the greeting "Godt Nytt År" comes in a close second.

SIDEBAR: Saying "God Påske" at Easter has never quite sounded right to me; I'm thinking it's because "Påske" sounds similar to "Porsgrund," which reminds me of my favorite Norwegian porcelain!

If you think that's odd, I like to say these Norwegian holiday greetings to most everyone I meet...not just to family and friends, other Norwegians, or fellow Lodge members. It's a great icebreaker into sharing my Norwegian heritage.

Speaking of "weird," 2020 was MORE THAN weird! I don't know who coined the phrase "What a Difference a Year Makes," but I don't think there's been a time in world history when that sentiment rang truer than now.

Typically, our January issue of Nordkapen reflects back on the previous year's Lodge highlights and looks forward to the planned Lodge events to come; and typically, we list upcoming Lodge events prominently in the left-hand margin on the front page. If you were to pull out last January's issue – or even our February/March issue – we looked like we didn't have a care in the world! Little did we know that all of our in-person events and gatherings would have to be canceled for the remainder of 2020. Thankfully, because of technology like Zoom video conferencing (and our own Zoom emcee Heather Vingsness) we were still able to gather remotely and SEE each other; we even celebrated Syttende Mai online... "hipp, hipp, hurra" to that!

A friend recently encouraged me to look at the year 2020 differently – to look back at things learned during this very challenging time of self-isolation, including new ways of doing things and new ways of thinking. I don't know about you, but it has helped me have a new outlook on what is really important and what is not.

I know our COVID-19 lockdowns and social-distancing have been especially challenging for our senior members, many of whom have not been able to see family and friends due to their increased risk of severe illness. We have been so concerned for all of you and appreciate how difficult this must be. It appears that the new vaccines will become more available in Michigan in the coming weeks, and I am encouraged that as people are immunized, we will be able to gather together again as a Lodge and that people will be able to reunite with those they love.

My wife, Kristin, received a book for Christmas called, *The Art of Gathering: How We Meet and Why It Matters*. The book reflects on the importance of in-person gathering such as what we TYPICALLY do as Nordkap Lodge. People are wired for connection, and it is my hope that being a Nordkap Lodge member helps you develop new friends, tend to seasoned friendships and assists you in learning more about your Norwegian heritage.

Med vennlig hilsen (with best regards), Erik Duus

PS—In case you didn't know, you can easily find and copy/paste those extra Norwegian letters (æ, ø, å) from the Internet. If you type "happy new year in Norwegian" in the search box of your favorite search engine, you'll get "godt nytt år" to copy/paste into your document or email...OR you can copy/paste the letters individually (in both upper and lowercase) from this page:

https://en.wikipedia.org/wiki/Danish_and_Norwegian_alphabet

Drive-up Imports Store Provides Welcome Moment to Socialize

With social-distancing guidelines being carefully observed, the December 5th pickup day for Nordkap's Imports Store was a happy occasion for people to see each other again after months of in-person gatherings being suspended. It was also a welcome way to purchase those special Norwegian treats that were not available earlier this year at events like the Finnish Center's Scandinavian Market, which was canceled. Here are a few photo highlights.



Clockwise, from top: Natalie Vaal and Dennis Flessland; Julekake; Mary Morehead with Roy and Dee Marvel; Marina Kozlova with Gjetost (brown cheese) and Dennis Flessland; Tove and Pres Bruning with Natalie Vaal and Dennis Flessland; Norm Kirsch with Natalie Vaal and Dennis Flessland, holding the Julekake he made.

You're Invited to a Sons of Norway Virtual Seminar on January 23

Zone 3 of the 5th District Sons of Norway is holding a Training Seminar on Saturday, January 23, for all local lodge leaders in the District and any other lodge members who wish to attend.

The meeting will be in a virtual format on Zoom beginning at 10 a.m. Eastern Time.

The seminar will cover topics designed especially for leaders at local lodges, but it's open to any members who simply want to know more about Sons of Norway and to those who think they may be interested in future leadership positions.

Scheduled speakers include:

- **Mark Agerter**, Sons of Norway International Vice President, who will share news from the International Board meeting held in November and membership information for 2021
- **Greg Ragan**, a Sons of Norway insurance professional
- **Robin Fossum**, District 5 International Director, who will report on news from the Foundation Board and its 2020 fundraising campaign
- **Sandy Olson**, District 5 Youth Director, who will detail changes in the District's scholarships
- **Judy Ghastin**, District 5 Cultural Director, who will report on the success of the virtual cultural classes organized during the past few months
- **Darlene Arneson**, District 5 Secretary, who will speak about zone alignment
- **Mike Palecek**, District 5 Treasurer, who will discuss finances, fundraising, and online courses being offered
- **Cheryl Wille-Schlessler**, District 5 Vice President, and **Karen Eberhardt**, District 5 Publicity Director, who will cover lodge resources and updates

A 10-minute stretch break will be included in the schedule.

If you wish to attend, you can sign up to receive the Zoom connection details and receive advance handouts from the presenters by sending your name and e-mail address to Louise Giles at Nordkap@DetroitNorwegians.com or phone (248) 919-8355 and leave a message.

Kudos to Two Nordkap Members Called 'Outstanding' in the Viking

There's good news to share about two of our outstanding young Nordkap members.

The Sons of Norway's *Viking* magazine has informed **Chrissy and Catie Hart** that they have been selected for a feature about outstanding young Sons of Norway members in next month's issue of the *Viking* magazine.

Plans are for the "Member Matters" section in the February *Viking* to profile four to five outstanding young members, with Chrissy (Christiana Hart) and Catie (Caterina Hart) among them.

Catie, 17, and Chrissy, 22, are the daughters of Nordkap Social Director **Connie Hart**. Look for the full story in next month's *Viking*.

Norwegian American History Course Offered Online in January

A **16-week course**, the *Norwegian-American Settlement History in Wisconsin, Illinois, and Michigan*, is now being offered online at a reasonable cost (minimum of \$25) to anyone interested in Norwegian-American heritage and history. Although intended for the District 5 of Sons of Norway members, this course is not limited to members.

Participants can choose to take the class on Saturdays, beginning January 23, or on Mondays, beginning January 25.

The class will cover early settlements of Norwegian immigrants throughout Wisconsin, Illinois, and Michigan during the 1800s, with some discussion through 1917. A brief overall history of Norwegian Americans in the United States will be given in the first three weeks of the course.

Three books and a DVD will be used and are recommended for purchase.

For further details and an enrollment form, go to <http://www.detroitnorwegians.com/>
Or e-mail Nordkap member Bill Injerd, one of the course teachers, at: binjerd@gmail.com.

Milestone Members Awarded Special Membership Pins

Congratulations to the 18 Nordkap members who earned milestone membership pins in 2020 for their many years with Sons of Norway! We hope their membership has been as rewarding for them as it's been for us to have them as members, sharing their friendship and volunteering their service to Nordkap.

Normally the pins are given out by Membership Secretary Carol Jehle at our festive Christmas party. Not being able to have a party this year, the lodge instead asked Carol to announce the awards at our Juletide Zoom Happy Hour in December. Carol did so and is now mailing pins to the awardees.

Here are the longstanding members we are pleased to honor and their pins:

- **60-year pin:** Constance Pike
- **50-year pin:** Debbie Simms
- **45-year pin:** Lillian Bryant
- **35-year pin:** Gary Olson
- **20-year pin:** Sheryl Dalton
- **15-year pin:** Sherry Rose, Wade Tornquist, Haley Vingsness, and Heather Vingsness
- **10-year pin:** Lilje Grønstad, Steven Keech, and Jeannine Sturgeon
- **5-year pin:** Connie Hart, Kaitlyn Hatteberg, Kathryn Injerd, Laura Roed, Merete Stenersen-Eelnurme, and Stacy Torgerson



Six Win Cultural Skills Awards in Traditional Norwegian Cooking

Congratulations to Derrick Hendricks, Carol Jehle, Dee & Roy Marvel, Sue Schotts and Mary Morehead for finishing their Sons of Norway Cultural Skills “Traditional Norwegian Cooking Skills Part One.”

This award (shown at the right) was earned by attending five Norwegian traditional cooking classes taught by Mary Morehead. The classes were Bløtkake, Kransekake, Krumkake, Lefse, and Vafler.

We had so much fun in these classes where we shared memorable Norwegian family and baking stories and even became creative with the recipes. A great achievement for all.

--Article and Photos by Mary Morehead



Carol Jehle



Sue Schotts



Dee & Roy Marvel



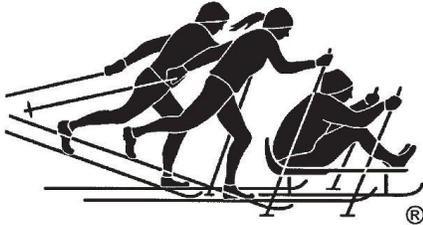
Derrick Hendricks



Mary Morehead

Ski for Light Charity for Impaired Adults Going Virtual for 2021

Ski for Light, a charity historically supported by Nordkap Lodge, this year is going virtual via Zoom video conferencing due to the continuing threat of COVID-19. See <https://www.sfl.org/events/next/>



SKI FOR LIGHT, INC.

Founded in 1975 to teach blind, visually-and mobility-impaired adults cross-country skiing, Ski for Light pairs each disabled skier with an experienced, sighted, able-bodied cross-country skier who acts as ski instructor and guide.

This year's event from January 27 – 30 will not feature skiing, but will include fitness activities, information on how to participate in the future as a guide or visually- or mobility-impaired skier, a live auction, and a Saturday night “banquet” (dress-up optional, BYO

everything) with inspiring speakers, awards and other festivities.

There's no cost to attend, but the sponsors ask everyone who wants to be a part of the week to complete and submit a short application at <https://www.sfl.org/events/virtual/>

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