



# Nordkapen

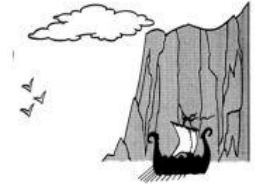
**Nordkap Lodge 5-378 - Sons of Norway**

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

**Nature Hike, Oct. 15 – 9 a.m.**  
**Kensington Metropark**

**Sunday, Oct. 23 – 4 p.m.**  
**Members Gathering**  
**The Swedish Club**

**Scandinavian Market**  
**Saturday, Nov. 12 – 10 a.m. -4 p.m.**  
**The Finnish Center**

**Sunday, Nov. 20 – 4 p.m.**  
**Members Gathering**  
**The Swedish Club**

## Nordkap 2022 Officers

**President:** Erik Duus

**Vice President:** Haley Vingsness

**Treasurer & Scholarship Chair:**  
Carmen Collins

**Secretary:** Mary Morehead

**Membership Secretary**

**& Sunshine Director:** Carol Jehle

**Social Director & Greeter:**

Eli Viik Steyskal

**Co-Cultural Directors:**

Karen Herche & Magda Pecsenye

**Sports Director:** Cathy Johnson

**Co-Youth Directors:**

Yana Thompson & David Thompson

**Foundation Director:**

Derrick Hendricks

**Co-Store Directors:**

Natalie Vaal & Dennis Flessland

**Editor & Publicity Director:**

Louise Giles

**Counselor:** Bob Giles

## **Contact us:**

[Nordkap@DetroitNorwegians.com](mailto:Nordkap@DetroitNorwegians.com)

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

**Photos by Bob Giles,**  
**unless otherwise indicated**

October 2022

Volume 92 Issue 6

## ***Enjoy a Torsk and Meatball Dinner – And Bring Your Item For ‘Show & Tell’ Oct. 23***

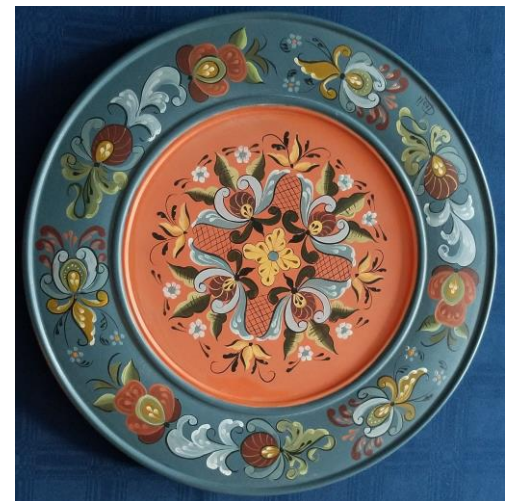
**Nordkap’s next regular get-together** is our Members Gathering on Sunday, Oct. 23. A social period begins at 4 p.m. at the Swedish Club at 22398 Ruth Street in Farmington Hills, Michigan, followed by dinner at 4:30.

You’ll want to be there for a delicious Norwegian meal of Torsk (codfish) and meatballs. The donation is just \$10 per person.

**Please bring a dessert to share.** If it’s a Norwegian sweet, all the better!

**The highlight of the evening will be “show and tell”**

with everyone present taking part. We invite you to bring an item of special importance to you that comes from or relates to Norway and that you can talk about. It could be a rosemaling article, a photo of a Norwegian ancestor, a fun Norwegian hat or T-shirt, something you got in Norway—almost anything relating to Norway would be of interest.



**We’ll start with our delegates** showing and telling about the Sons of Norway conventions they attended this summer. Then we will offer everyone the chance to “show and tell” what they brought.

October is Sons of Norway’s Foundation Month, and Nordkap’s Foundation Director **Derrick Hendrickson** will also speak about that at our gathering. See the next page for details.

## ***Sunshine Update***

Congratulations to Nordkap's Sports Director **Cathy Johnson** on retirement from her job of many years in Information Technology. Says Cathy of her new status, "It feels great!"

We're happy to report that Nordkap Counselor **Bob Giles** had successful cataract surgery on his right eye and will have the same on his left eye soon.

Our prayers go out to member **Judy Kirsch**, as she deals with her tragic loss of vision. Judy has great support from husband **Norman Kirsch** and has received additional help from a low-vision clinic and therapy sessions.

Nordkap President **Erik Duus** is scheduled for surgical repair of a torn rotator cuff. He had a similar operation earlier this year, but on a different shoulder. Best wishes to Erik for complete healing.



## ***GRATULERER MED DAGEN!*** **October Birthdays:**

Gerald Bayer, Simon Bryhn, Bob Giles, Kaitlyn Hattenberg, Eric Hetland, Katherine Hildre, Kristen Injerd, Carol Jehle, Cathy Johnson, Hans Jorgensen, Roy Marvel, Colin Miller, Catherine Moran, Erik Scharf, Trish Skorpen, Diane Stanard

## ***We Support Sons of Norway Foundation***

**Our October gathering will also feature a salute** to Sons of Norway Foundation for funding activities that preserve and promote Norwegian heritage.

The foundation has been a great resource for Nordkap Lodge over the years, awarding our lodge grants of several hundred dollars each to carry on our cultural and educational activities.

Nordkap Foundation Director **Derrick Hendricks** will offer a brief summary of the foundation's work, including the \$147,000 it distributed last year in scholarship awards, grants for Norwegian culture and heritage programs, and camperships for kids to attend Norwegian cultural camps.

**Derrick will also pass a piggy bank**, offering lodge members an opportunity to contribute to the foundation. Your dollars will add to the positive impact we make through community, youth, educational, and cultural projects.



## ***Donations Needed for Christmas Silent Auction***

Proceeds from our silent auction at the Christmas party on December 11 will again benefit our Nordkap Scholarship Fund. In 2022, the fund provided a total of \$4000 to four deserving college students.

You can help by supporting the auction with your donated items—particularly things with a Norwegian origin or theme.

**Please bring articles you want to give** to our upcoming Members Gatherings at the Swedish Club on October 23 and November 20 or to the Scandinavian Market at the Finnish Center on November 12. **Carmen Collins** and **Louise Giles** who organize the auction will be glad to receive your donations.

# #

**In Memoriam:** Nordkap has donated \$75 to the scholarship fund in memory of our late member **Sam Trupiano**.

## ***New Volunteer Message Board Planned for Future Gatherings***

Volunteers are the heart of our organization, and Nordkap is making it easier for volunteers to sign up to help.

**Mary Morehead** and **Eli Steyskal** have designed a Volunteer Message Board for display at Members Gatherings. The board will contain sheets of paper where Nordkap members can sign their names to assist at specific events, such as the Scandinavian Market in November and the Silent Auction at the December Christmas party.

The designated sheets will then go to the correct committee chairperson who will contact the member for further details. The time needed to help at any event may amount to just an hour or two of your time—or more if you like.

**Your volunteering not only helps Nordkap host successful events**, but it also fosters a spirit of teamwork among our members as they work on a project. Kindly look for the message board at future gatherings and volunteer to help.

## ***Don't Forget Nordkap's Nature Walk at 9 a.m. Saturday, October 15***

If you're a nature lover--or just want to stay fit by getting those important steps in—you'll want to join Nordkap's nature walk on Saturday, October 15.

Sport Director **Cathy Johnson** will be our leader at Kensington Metropark at 4570 Huron River Parkway in Milford, Michigan, as we witness the park and its wildlife transitioning to autumn.



*Bob Giles with bird in hand (Louise Giles photo)*

**Bring your camera, binoculars, and—if you like—a little seed for the birds.**

Join Cathy at 9 a.m. at the Nature Center parking lot inside the park. If you're driving to the park via I-96, take exit 151 – the westernmost park entrance --for the fastest way to the Nature Center.

There's a single-day entrance fee of \$10, unless you have a 2022 Metropark pass, where it is included.



*(Cathy Johnson photo)*

**If you have questions**, contact Cathy Johnson at [cjmichigan@comcast.net](mailto:cjmichigan@comcast.net) or 248-961-0326. She'll wear a Norwegian shirt to help you recognize her.



## ***Swedes Give Nordkap Volunteers Rave Reviews for Steak & Corn Roast***



***Nordkap volunteers (from left): Karen Herche, Mike Jarasz, Eli Steyskal, Russ Simms, Haley Vingsness, Lynn Herche, Louise Giles, Carmen Collins, and Bob Giles***

**Our Swedish friends had many nice things to say** about our Nordkap volunteers as we hosted their annual Steak and Corn Roast at the Swedish Club in Farmington Hills on September 11. Nordkap puts on the event with as a way of saying thanks to the Swedes for letting us rent their beautiful facility for our gatherings. The meal also serves as a fundraiser for the Swedes.

**We were able to keep costs low enough** to hold the price to the traditional \$15 per person, largely through the efforts of Haley Vingsness' friend, Mike Jarasz, who sourced all the food for the event. Consider how remarkable that price was, with food—beef in particular—shooting up in price in the past few years.

The Swedes were very appreciative. And the food was good, too—so good that they kept throwing compliments to our chefs, **Mike Jarasz** and **Russ Simms**.

**Thanks are also due to the other volunteers** who helped prepare and serve the food and then clean up: **Carmen Collins, Bob and Louise Giles, Karen and Lynn Herche, Eli Steyskal, and Haley Vingsness**.

Swedish Club President Dan Nelson thanked Nordkap at the end of the meal. We responded with a verse of the Norwegian national anthem, *Ja vi elsker*, and presented Dan a special gift: a toy stuffed mounted moose head to hang on the wall.

Nordkap Vice President Haley Vingsness rounded out the program with her five-minute report on news from Norway.

***(Continued next page)***



## ***Steak & Corn Roast***

*(Continued from previous page)*



***Top row from left: Lynn Herche and Haley Vingsness shuck dozens of ears of corn; Karen Herche turns cutting tomatoes into an art.***

***Bottom row from left: Russ Simms and Mike Jarasz man the grill, roasting corn, followed by steaks; Dan Nelson holds the toy mounted moose head presented by Bob Giles.***



## ***Here's Another Chance to Learn How to Make a Kransekake***

Who doesn't like Kransekake?

**Mary Morehead** is holding another one of her popular Kransekake classes in her home on Saturday, November 5th, from noon to 4 p.m. It will be a hands-on class, and you'll be able to take home a small Kransekake, the fabulous almond ring cake!

Class will be limited to 6 people and cost \$20 per person.

**If interested**, contact Mary by email at [mmor7725@gmail.com](mailto:mmor7725@gmail.com) or (248) 229-9332. That's Mary's photograph of a kransekake she made, on the right.



## ***Nordkap Is Looking for a Few Good Leaders --Like You***

People like success. The successes of our lodge have always attracted new members and kept us strong and viable as an organization.

**We want to keep this momentum growing**—especially now at this critical time of year when we nominate and elect new officers.

Our nomination committee of Chair **Haley Vingsness**, **Louise Giles**, and **Erik Duus** is developing a tentative slate of nominees for office to be announced at the lodge's next gathering on October 23. More nominees will be sought at that time. We urge you to seriously consider taking on the responsibility as an officer to ensure the continued success of our lodge.

An updated slate of prospective officers will be presented at our November 20th gathering and elections held on that date. The newly elected officers for 2023 will be installed on January 22.

**If you would like to seek a Nordkap office**, please email: [Nordkap@DetroitNorwegians.com](mailto:Nordkap@DetroitNorwegians.com) or call and leave a message at 248-919-8355.



***We installed our current 2022 Nordkap officers at our Members Gathering in January of this year.***

## ***Nordkap Book Club Meets to Review Ancient Viking Saga***

The second season of the Nordkap Book Club began on October 2nd with a lively discussion on Zoom of our first book, *The Saga of the Volsungs* edited by Eiríkr Magnússon and William Morris.



The seven book club members, led by Co-Cultural Director **Magda Pecsénye**, found the book interesting but difficult to read—largely due to the archaic language of the early 12th century when it was written. Overall, we found the volume provided an intimate look into an ancient world where Viking kings vied with one another for gold and prestige, using deadly and sometimes gruesome force to achieve their goals.

**The next book club gathering on Zoom is set for 7 p.m. November 13**, when we'll discuss *Echoes of the City* by Lars Saabye Christensen, a gentle, observational story about a family living in Oslo right after WWII. Yes, November 13 is a new date for this discussion—it replaces the date of October 30, which was previously announced.

**Discussion of the third book, *The Child* by Kjersti A. Skomsvold, will move** to January 8, instead of November 20.



## ***A Letter from President Erik Duus:***

**If it's true that bad things come in threes, then I'm *really* glad I only have two shoulders!** You'll never believe it...I didn't, and nor did my neighbors. Because the week after I finished my physical therapy after having surgery to repair a massive rotator cuff tear in my left shoulder, I tore my rotator cuff in my *right* shoulder...while throwing a frisbee at our street block party!

Thankfully, I was able to get a rush MRI and get in to see my surgeon quickly. He assured me that, like the other cuff tear, I likely had a prior tear, and it was only a matter of time before it fully tore. *Why now?* Jeg vet ikke. But I'm scheduled for surgery in about a week to repair 3 of the 4 tendons that make up the rotator cuff, along with a bicep tendon.



**“Get Hygge with It!”** While there are different definitions of the Scandinavian philosophy of “hygge” out there, a popular one – of which they print posters – defines hygge this way:

**hy • gge**

[hue-gah] *noun*

A calm, comfortable time with people you love. A complete absence of frustrations, or anything emotionally overwhelming, often enjoyed with good food and drinks, warm blankets and candlelight.

Now read it again one more time. While the “complete absence...” part seems beyond aspirational – unrealistic, really – “hygge” almost seems more like a verb than a noun. Because it requires that one makes deliberate, specific choices and decisions if “hygge” is fully practiced or just reached for. The elements that make up any part of any definition of hygge don't just happen-to-happen on their own without planning. And while scheduling time with people you love or enjoying a candlelight dinner out (or dinner in) seems easy, it's also important, and maybe more difficult, to make plans to **REDUCE** the things which cause emotional, overwhelming frustrations.

***(Continued next page)***





## **President's Letter**

*(Continued from previous page)*

**“Just Fall into Fall.”** October, the beginning of Fall, is already bringing new colors and temperatures, real “change,” to our physical and emotional landscapes. How are you embracing this very distinct seasonal change? While hygge is best practiced year-round, Fall is one of the best times to do hygge-like things. We have a Member’s Gathering on Sunday, October 23rd, that most definitely qualifies as “hygge-able.” Unfortunately, I will miss you all (as I recover from surgery) not just because I’ll be missing the chance to hear from the delegates who represented Nordkap at the Sons of Norway Convention, or because I’ll be missing out on a tasty torsk (cod) dinner, but because I’ll be missing ALL of YOU (*I think my girls used to call it “FOMO,” or “fear of missing out”*). So I can’t wait to hear about it!

Lastly, I want to say **“Tusen, Tusen Takk!”** to our lodge vice president, **Haley Vingsness**, who has graciously offered, again, to serve Nordkap Lodge by assuming my roles and responsibilities as lodge president while I take needed time to recover and rehabilitate (*and “mange takk” to the entire Board!*).

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

**Erik Duus**

**PS – REMINDER:** This is the time of year when Nordkap Lodge looks for, and needs, Lodge members interested in serving as a member of the Nordkap Board in the coming year (i.e. 2023). While we have a Nominating Committee, consisting this year of Haley, Louise, and myself, the bottom line is that **“WE WANT YOU!”** ...as the WWI saying goes. Please reach out to any of us with any thoughts about yourself or recommendations of others; and as always, if you have *any* questions, comments, feedback, suggestions, you can also shoot a quick (or long) email to:

[NordkapLodgeSuggestionBox@gmail.com](mailto:NordkapLodgeSuggestionBox@gmail.com)





**SCANDINAVIAN MARKET**  
**SATURDAY, NOVEMBER 12, 2022**

**10 am – 4 pm**

at

**Finnish Center Association**  
35200 W. Eight Mile Road, Farmington Hills, MI  
(248)478-6939 or (734)834-6085

**Public Welcome**

\$2 donation at the door

**Featuring:**

Imports from Norway, Denmark, Sweden,  
Finland and Iceland as well as Scandinavian art  
and food, UP recipe pasties, Pulla and Nisu,  
decorative art and crafts, Scandinavian clothing,  
rag rugs, books, jewelry, pottery and more.  
FinnFolk will provide music throughout the day.

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**NORDKAP LODGE 5-378**

**c/o Louise Giles**

**Box 1198**

**Royal Oak, MI 48068**