



# Nordkapen

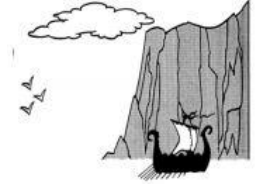
**Nordkap Lodge 5-378 - Sons of Norway**

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

**Sunday, Jan. 29 – 2 p.m.**  
**Members Gathering**  
**The Swedish Club**

**Sat., May 13 -- 11 a.m.**  
**Norwegian Constitution Day**

**Sunday, Oct. 22 -- 4 p.m.**  
**Members Gathering**  
**The Swedish Club**

**Sunday, Nov. 19 -- 4 p.m.**  
**Members Gathering**  
**The Swedish Club**

**Sun., Dec. 10 – 12:30 p.m.**  
**Christmas Party**

### Nordkap 2023 Officers

**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 Pecsénye

**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

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Call and leave a message at  
248-919-8355

Photos by Bob Giles,  
unless otherwise indicated

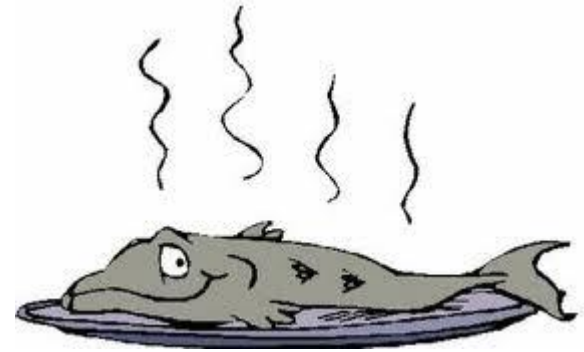
January 2023

Volume 93 Issue 1

## ***Meatballs & Lutefisk, New Officers in January***

**Our first Members Gathering of 2023** on January 29 will offer a meal with lutefisk—dried cod soaked in lye that's often served in Norway during the holiday season. If you haven't done so, this is your chance to try it!

We will also serve meatballs, red cabbage, potatoes, and dessert, so even people who hate lutefisk should find something to eat!



The donation for the meal is just \$10.

**We'll also have fun on the agenda** in the form of an unusual board game called "Om Meg" (About Me). The game features interesting facts about Norway and encourages players to share their travel stories and tell where their ancestors came from. The game is called an icebreaker, because it helps the players get to know each other better.

Another highlight of the gathering will be the swearing in of Nordkap officers for 2023.

**We've set an earlier time for this event**, 2 to 5 p.m., to help keep driving in the dark to a minimum.

**The gathering at the Swedish Club at 22398 Ruth Street in Farmington Hills starts at 2 p.m., on Sunday, January 29, with dinner planned for around 3 o'clock.**

***SPECIAL NOTE: See the last page for Nordkap's plans for the Outdoors and an Active Life in 2023.***

## Sunshine Update



Congratulations to **Magda Pecsénye and Mike Zarin** on their engagement. Mike popped the question in December and presented Magda with the ring she's wearing.

**Greg Morehead, Mary Morehead's husband**, is making a wonderful recovery from back surgery. Mary reports that "after suffering 24/7 of constant pain for the past 15 years, he hardly has any pain. When he does a little too much, he just rests and, if necessary, takes an Aleve."



**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, Will Hahr, Courtney Krause, Bobbie Lee, Cecilia Lundberg, Rebecca Medina, Timothy Nilsen, Sigrid Radwan, Sean Schnitzer, Deborah Simms, Annelisa Sturgeon, Elena Sullivan

## Nordkap's New Officers Slated for Installation

**Congratulations** to Nordkap's new slate of officers for 2023!

The following officers-elect will be installed at our January 29 gathering at the Swedish Club.

We thank them for their service and look forward to working with them for the continued success of Nordkap lodge!



- **President:** Haley Vingsness
- **Treasurer & Scholarship Director:** Carmen Collins
- **Secretary:** Mary Morehead
- **Membership Secretary & Sunshine Director:** Carol Jehle
- **Social Director & Greeter:** Eli Viik Steyskal
- **Co-Cultural Directors:** Karen Herche and Magda Pecsénye
- **Sports Director:** Cathy Johnson
- **Co-Youth Directors:** Yana Thompson and David Thompson
- **Foundation Director:** Derrick Hendricks
- **Co-Store Directors:** Natalie Vaal and Dennis Flessland
- **Editor & Publicity Director:** Louise Giles
- **Counselor:** Bob Giles

## Opportunities for Scholarships from Nordkap & Sons of Norway

**The Sons of Norway**

**Foundation** awards

approximately 25 scholarships to promising students each year. All scholarships are open for application from October 1 to March 1.



Scholarship descriptions and instructions on how to apply are available on the Sons of Norway website at

<https://www.sofn.com/foundation/scholarships/>.

**Nordkap Lodge has its own scholarship program.**

Information about the Nordkap program and a downloadable application form can be found on our website at

<http://www.detroitnorwegians.com/scholarship.html>

The deadline to apply for a Nordkap scholarship is June 30.

## ***Our Christmas Party 2022 Was Beautiful at Fox Hills***

We had another wonderful Nordkap Christmas Party at Fox Hills Golf and Banquet Center in 2022! The photos below really say it all, but let's reflect on these thoughts:

- **We hosted almost 90 people** (adults & kids) for dinner, silent auction, and good cheer!
- New this year were the beautiful Christmas cookies **Natalie Vaal** provided for each table.
- Many members received milestone membership awards, recruitment certificates, and cultural and sports awards from membership secretary **Carol Jehle**.
- Presiding at his last Christmas party as president, **Erik Duus** awarded the marzipan pig to **Sven Hahr** who found the almond in his rice pudding.
- Vice President **Haley Vingsness** conducted the election of new officers for 2023, then led the dancing around the Christmas tree.
- **Our regular Julenisse needed a sick day**, but a newly-recruited Julenisse came to the rescue—and the kids delighted in his gifts!
- **Our silent auction brought in \$1899.70** for the Nordkap Scholarship Fund. Many thanks to the many donors of items and the purchasers!

**Thanks especially to Christmas Party Chairperson, Mary Morehead**, and the merry band of volunteers who made this super event possible: Eli Steyskal, Connie Hart, Carol Jehle, Carmen Collins, Bob and Louise Giles, Yana Thompson, David Thompson, Heather Vingsness, Haley Vingsness, and Mike Jarasz.





## ***Nordkap Members Earn Special Awards in 2022***

**Milestone Memberships:** Congratulations to our Nordkap members who earned milestone membership pins in 2022 for their many years with Sons of Norway:

**Golden Member:** Donald Wang

**50-year pin:** Gilbert Bergsrud

**30-year pin:** Donald Wang, Bridget Wiley

**25-year pin:** Sven Hahr, Russ Simms

**20-year pin:** William Injerd, Ralph Pedersen

**15-year pin:** Kristine Dowhan

**10-year pin:** Erik Duus, Judy Kirsch, Norman Kirsch, Marina Kozlova, Sean Schnitzer

**5-year pin:** Charlotte Duus, Elizabeth Duus, Emily Eelnurme, Marsha Gilman, Paul Michalsen, Magda Pecsénye



**Recruitment Certificates:** Our thanks to those who helped our ranks grow in 2021:

**1 Member Recruited:** Paul Michalsen, Magda Pecsénye, Phyllis Skora, David Thompson

**2 Members Recruited:** Eli Steyskal, Sven Hahr

### **2022 Cultural Awards:**

**Cooking, Level 1:** Magda Pecsénye, Eli Steyskal

**Literature, Level 1:** Louise Giles, Karen Herche, Carol Jehle, Mary Morehead, Magda Pecsénye, Eli Steyskal, David Thompson

### **Sports Medals:**

**Walking:** Bronze medals went to Louise Giles, David Thompson; Silver medals went to Carmen Collins, David Thompson; Gold medals went to Bob Giles, Louise Giles; Enamel medals went to Mary Morehead, Mike Zarin

**Cycling:** Bronze medals went to Carmen Collins, Mary Morehead; Enamel and Sports Hero medals went to Cathy Johnson

**Sports/Fitness:** Bronze and Silver medals went to Carmen Collins, Mary Morehead; Gold medal went to Mary Morehead



*Examples of Cycling medals*

## ***Nordkap's Meatball Dinner again a Hit at Scandinavian Market***

After a two-year pause during the pandemic, Nordkap Lodge returned in November to the Scandinavian Market and found that hungry shoppers still love our meatball dinner.

**We sold approximately 120 dinners** in the Finnish Center lounge in Farmington Hills. Each meal included meatballs and gravy, potatoes, red cabbage, cucumber salad, crispbread, and coffee or lemonade for \$11 with a credit card (or \$10 cash). We also sold 60 Norwegian waffles with strawberry jam and sour cream for \$5.

At our Nordkap store inside the main hall, we practically sold out of imported Norwegian foods and gifts.

**Special sales at the store raised \$443 for the Nordkap Scholarship Fund.**

Only steady support from our hardy band of Nordkap volunteers could make it all happen. Our thanks to Carol Jehle, Dennis and Jan Flessland, Natalie and Olivia Vaal, Karen and Lynn Herche, Carmen Collins, Mary Morehead, Bob and Louise Giles, Eli Steyskal, Magda Pecsénye, Sally Duffy, Yana Thompson, David Thompson, Kristin Duus, Jayne Bannister, and Karen Lafnear.



## ***Cookie Fundraiser and Pasties Highlight November Gathering***

Nordkap served up a piping hot pasty dinner and conducted a cookie fundraiser on November 20 for the Nordkap Scholarship Fund.

**Members participating in the fundraiser each donated at least two dozen cookies.** The cookies were offered for sale at \$5/dozen. The fundraiser raised \$87.50 for the scholarship fund. Members voted Mary Morehead's cookies the best, and she was presented the prize of a Santa Sleigh cookie jar.



*Christmas cookies donated by members. (Mary Morehead photos)*



*Mary Morehead was voted best cookie maker.*



*Haley Vingsness serves hot pasties to Karen and Lynn Herche.*

## ***Letter from President-elect Haley Vingsness:***

**It's an honor to serve you** as your President once again! My last term ended in January 2020 (the "Before Times") when I moved to Brooklyn. Within 2 months, Covid-19 turned everything upside down. I'm amazed by how well our lodge adapted. I may have been in Brooklyn, but with our virtual meetings I felt like I was right here with you.

Many organizations didn't survive the pandemic. We were quite resilient, due to the incredible leadership and hard work of our members -- and especially our executive board. I can't thank them enough. We pivoted to Zoom overnight and are continuing to hold virtual board meetings. We also individually contacted each member to check in. Our Sunshine Director, Carol Jehle, is helping us keep that thoughtfulness.

**New Year, New You:** Our next step, after survive, is thrive. We've been gaining momentum every month. Now is the perfect time to bring your ideas and new-year energy to our Lodge. As we reinvent ourselves, let us know what you'd like to see! Or even better: be the change! Have you considered stepping up to serve as our Vice President?

We're back to meeting in-person. Don't miss out! Nothing beats a warm krumkake, a big hug, or a big bonfire. All we're missing is you, come join us!

I'm so excited to see where 2023 will take our lodge. We've planned an action-packed year of activities, and I hope to see you there!

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

**Haley Vingsness**



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### ***Uff da: Correction to previous newsletter***

A photo credit with this picture of a red-bellied woodpecker in the November/December Nordkapen newsletter mistakenly gave the wrong name for the photographer. The picture was taken by **Cathy Johnson**. Her surname was erroneously given as Collins.





## ***Norway's Tubfrim Charity Ceases Operations***

**The owner of Tubfrim**, Norway's National Association for Public Health, has shut down Tubfrim's operations. Among the reasons given were a drastic decrease in the amount of collected stamps and negative prospects for continuing to produce a profit.

The National Association for Public Health, the board of Tubfrim, and staff at Tubfrim thanked everyone who collected and sent stamps to Tubfrim over almost 100 years.

**But you may not want to stop** saving and trimming your used stamps for charity just yet! Our Fifth District Sons of Norway leaders are exploring other charitable options for lodges to send their stamps to. In the meantime, the District asks that you hold all stamps.

**Tubfrim was established in 1928** in Nesbyen, Norway, by postmaster Ditlef Frantzen. Nesbyen is located in the traditional district of Hallingdal. Tubfrim collected and sold used stamps, with profits used for tuberculosis work among children in Norway. Tubfrim was transferred to the National Association for Public Health in 1947. There were also changes to what the profits were used for. Most recently, the profits went to health and well-being measures for children and young people in Norway, and to the fight against tuberculosis.



## ***We're Going Active & Outdoors in 2023***

**In Norway, the people embrace 'friluftsliv'—life in the open air. Being active is healthy, fun, and it's something the whole family can enjoy.**

**That mindset is strongly endorsed** by Nordkap Lodge as we target more events in 2023 for the Outdoors and an Active Life.

**We hope you will join us and bring kids and grandkids to these events:**

- Cross-country skiing on Saturday, Feb. 25.
- A family bowling fundraiser in March for the Nordkap Scholarship Fund.
- A movie night Saturday, April 27, with popcorn and other snacks.
- A nature hike on Saturday, May 20.
- Outdoor games—including the Cod Toss—at our Syttende Mai event on May 13.

Please save the dates. We'll have more details in future newsletters.



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