



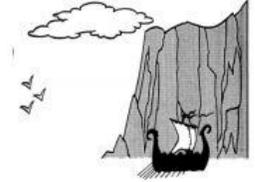
Nordkapen

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

September 8, 1 p.m.
Steak & Corn Roast
The Swedish Club

Sunday, October 27, 4 p.m.
Members Gathering
The Swedish Club

Saturday, Nov. 9, 10 a.m. – 4 p.m.
Scandinavian Market
The Finnish Center

Sunday, Nov. 24, 2 – 5 p.m.
Members Gathering
The Swedish Club

Sunday, December 15
Christmas Party
The Kilgour Scottish Centre
Troy, Michigan

Nordkap 2024 Officers

President: Haley Vingsness
Vice President: Heather Vingsness
Treasurer & Scholarship Chair:
Carmen Collins
Secretary: Mary Morehead
Membership Secretary
& Sunshine Director: Carol Jehle
Social Director & Greeter:
Eli Viik Steyskal
Cultural Director:
Karen Herche
Sports Director: Mike Jarasz
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

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

June/July/August 2024

Volume 94 Issue 4

Last Call for Scholarship Applications: June 30th Deadline is Approaching

If you're a college-bound student and need financial help, consider applying for a scholarship from the Nordkap Scholarship Fund. Last year our fund awarded four \$1,000 scholarships to deserving students who applied and met all requirements.

Scholarship Chair Carmen Collins stands ready to receive your application--but she needs it by the **deadline of June 30.**



Your application must include two letters of recommendation written within the last year. Letters can refer to volunteer community service, participation in extracurricular activities, academics, and/or employment.

Application forms are available at:

<http://www.detroitnorwegians.com/scholarship.html> or from Carmen at skicarmen@att.net .

Two Nordkap Members Honored with Scholarship Fund Donations

Nordkap has contributed two \$75 donations to our scholarship fund in honor of Rick Aardal and Elaine Keech, two longstanding Sons of Norway members we lost recently. Rick died January 22, 2024, at the age of 64. Elaine passed January 15, 2024, at 97.

We miss Rick and Elaine and treasure the memories of their friendship. You can also honor a loved one with a donation to the scholarship fund. Contact Carmen Collins at skicarmen@att.net .

GRATULERER MED DAGEN!



June Birthdays:

Sheryl Dalton, Jeff Hatteberg, Maureen Hatteberg, Kelsey Hibbs, Kathryn Injerd, Audrey Johnson, Isla Markusen, Laura Radwan, Edward Vingsness

July Birthdays:

Lorelei Jeanne Øye, Jayne Lafnear Bannister, Beatrice Barnes, Magdalene Barnes, Gilbert Bergsrud, Michael Duffy, Holger Ekanger, Christiana Hart, Ryan Hibbs, Debra Kraft, Frode Maaseidvaag, Greg Morehead, Mary Morehead, Ana Gjesdal Skidmore, Jacob Brian Skidmore, Jeannine Sturgeon, Abigail Sullivan, Erik Thomassen, David Thompson, Erik Vingsness, Bridget Wiley Robbins

August Birthdays:

Jarle Amundsen, Tove Bruning, Bryant Clary, Kristin Duus, James Green, Geir Gronstad, Øystein Gjertsen Hekneby, Lynn Herche, William Injerd, Marina Kozlova, Kara Markusen, Georgia Roed, Gene Skidmore, Margaret Sorensen, Lewis Vaal, Olivia Vaal, Kate Zawicki

Sunshine Update



Animal lover **Nancy Redilla** has been busy making a horse-appropriate version of carrot cake for her friend's three horses. Nancy misses her Norwegian friends and says "hello."



Tasting table of imported foods with servers (left to right) Haley Vingsness, Derrick Hendricks, Mary Morehead, and Eli Steyskal.

'Glorious' Food Highlights April Gathering

The theme for our members gathering in April was food – glorious Norwegian food. We sampled unfamiliar food from our Nordkap import store, enjoyed a meal of open-faced sandwiches we'd made ourselves, and talked – a lot – about food.

The winners were happy tummies and people who tried a food they hadn't tasted before, found they liked it, and were able to purchase it from our import store.

Some new-found favorites were a package of Rotmos (mashed root vegetables, such as potato, turnip, rutabaga, carrots, and sweet potatoes), Risen Grøt (rice pudding), and a Black Currant Drink Concentrate. Bob Giles even tasted Fiskeboller (fish balls)!

Handmade lefse from Mary Morehead's cooking class, selling at \$5 for a bag of five, raised \$50 for the Scholarship Fund. (*See related story on p. 6.*)



Delicious open-faced sandwiches we made





Hearts Fill with Joy on 210th Norwegian Constitution Day

A sun-filled Saturday in May brought our celebration of Norway's 210th Constitution Day to Farmington Hills with many familiar sights and sounds we know so well:

- Scandinavian musicians,
- Colorful bunads,
- A parade punched up with shouts of "Hurra for Norge,"
- Delicious hot dogs roasting on the grill,
- Norwegian heart waffles topped with whipped cream and strawberry jam,
- A tableful of desserts to die for,
- And News from Norway from Norway's Honorary Consul to Michigan, Dennis Flessland.



Mike Jarasz at the hot dog grill

But still there was more:

- More games and activities for children, including bubble blowing, face painting, balloon animals, clothespins pinned to adults, a sack race, and the bean pool (thank you, Jennifer Vingsness and David Thompson).
- And, yes, our infamous Cod Toss--prematurely laid to its final rest last year--was back with new hosts: Mike Jarasz and Haley Vingsness.



Olivia & Lewis Vaal in bean pool

The Swedish Club looked more beautiful than ever, with its well-tended grounds and flowers freshly planted by club president Dan Nelson. It was a day to be savored and enjoyed.

Certainly, the Cod Toss winners had their day: Nadia Harris in the Children's category; Eaven O'Meara for Young Adults; Haley Vingsness and Mike Jarasz for Adult Women and Adult Men. Also the sale of Mary Morehead's Norwegian flag birdhouses raised \$60 for the Scholarship Fund.

(See more photos on the following page.)



Tossable Fish heads



Photos lt. to rt. from top: Flagbearers in the woods; Dennis Flessland; bunads worn by Dennis & Janet Nordmoe and Jennifer Vingsness; Norwegian dessert buffet; Karen Lafnear & daughter, Jayne Lafnear Bannister; Kransekake and Bløtkake (Soft Cake); Eric Duus & mother, Harriet Duus.

Our members celebrated Norwegian Constitution Day in other ways and in other places. Some flew flags on cars--like the Giles--or at home like the Bruners and the Flesslands.



Others took their celebrations to Norway. P.J. Smith went to the small island of Kvitsoy on the southwest of Norway where her great-grandfather was born. Wade and Mary Tornquist also celebrated in Norway. Mary wrote, “The air was scented with lilacs, and the weather was perfect in Oslo for the national holiday. The king, queen and the rest of the gang remained on the palace balcony during the entire 2-plus hours-long parade. It was great fun to celebrate with so many Norwegians!”



Left: P.J. Smith with the Stone Cross at Kvitsoy, one of the tallest stone crosses in Norway. Above: Kvitsoy's Syttende Mai parade. Right and below right: The children's parade down Karl Johans gate. Below: The Tornquists enjoying the parade and the Royal Family on the Palace balcony.



IT'S LEFSE TIME AGAIN

Our lodge cooking chefs were back on Saturday, April 13, 2024, making lefse to sell for our Scholarship Fund at Mary Morehead's house. It wasn't hard to recruit our chefs to make lefse again. It's a lot of fun, and none of the lefse are the same size. However, we had to eat some of them for lunch with pølser (hot dogs) and also had to sweeten some up with butter, cinnamon, and sugar. YUMMY!! We ended up making 19 packages of lefse to sell at our April 28th Members Gathering.

But it's not all work. We must have some fun, too, as you can see below. The first picture on the left shows (left to right) Roy Marvel, Derrick Hendricks, Dee Marvel, and Eli Steyskal making patties from the dough. In the first two rows of pictures, you can see the chefs rolling the patties out and baking them on the lefse grilles--along with some comedy acts. You get slaphappy after a while! The last row shows all of the lefse we made and us enjoying our lunch. What a GREAT day!

--Story, photos, and layout by Mary Morehead



Norsk Fransk Løksuppe (Norwegian French Onion Soup) and Norsk Eple Pai (Norwegian Apple Pie)

--Story, photos, and layout by Mary Morehead

Another successful baking class was held on Saturday, March 9, 2024, at Mary Morehead's house. Norwegian French Onion Soup is a very basic recipe compared to other recipes. The ingredients are only butter, onions, beef stock with the normal croutons, and Jarlsberg cheese. It is very delicious! For dessert, we made another simple recipe: Norwegian Apple Pie. We topped it off with whipped cream. YUMMY!!

It was a fun-filled day, even with peeling and slicing 6 large, sweet onions. We should have had goggles on, but using a mandolin to slice the onions away from you helped a lot.



Dee and Roy Marvel
peeling and slicing the
onions



Sally Savasky and
Dee Marvel preparing the
soup for the oven



Carol Jehle and Sally
Savasky making the pie



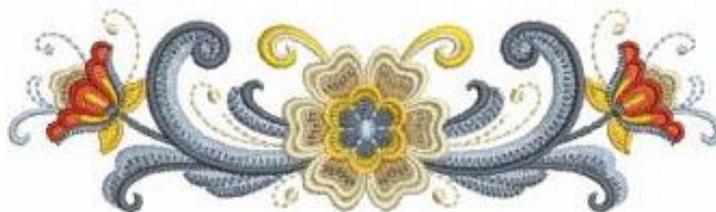
The soup was delicious. Pictured from left
to right: Roy, Dee, Mary, Sally, and Carol



Norsk Eple Pai
(Norwegian Apple Pie)



Enjoying the apple pie.
Pictured left to right: Roy,
Dee, Mary and Carol



Increase in Your Membership Dues Becomes Effective July 1, 2024

The International Sons of Norway President Ron Stubbings sent a message to all District Sons of Norway Leaders in April informing them of a dues increase for members approved by the International Board of Directors. Excerpts of that message include the following:

Like any other business, Sons of Norway has felt the impact of rising costs. Districts and lodges have also felt the impact of rising costs. To meet the increases in inflation, headquarters in all areas of operations has streamlined processes and services. These changes have been made to reflect best practices in both fraternal and insurance operations.

We all work to contain costs by reducing expenses to the extent possible. However, as you know, you can only cut so much. Recognizing that, it was necessary to examine the current dues structure...

In November 2023, an international board committee was assigned to evaluate dues as we continue to look at the overall budget. Member dues have not increased since 2018, while inflation has increased 21%. Inflation and the rising cost of doing business have not been reflected in the dues. After numerous meetings and data evaluation, the committee recommended a dues increase which was approved by the International Board of Directors.

- Single member dues will increase by \$2 per month for a total annual increase of \$24. Effective July 1, 2024, single member annual dues will be \$84.***
- Family membership will increase by \$4 per month for a total annual increase of \$48. Effective July 1, 2024, the family member dues will be \$144.***

The dues increase will be effective on July 1, 2024, therefore renewals from that date forward will be at the new rate. If the member's dues were due before July 1, 2024, and payment is received after that date, they will still be under the old structure. Likewise, if a renewal is due after July 1 and the member paid it early in June, it should be at the new increased rate. A message will be added to the invoices regarding the dues increase starting with the July 2024 invoices.

President Stubbing went on to list the values members receive:

- A magazine focused on their interests that is delivered 6 times per year*
- Membership and participation in local lodge and district activities*
- Access to a website and customer service personnel*
- Funding of lodges and districts with a portion of their dues*



A Letter from President Haley Vingsness:

Dear Nordkap members,

Happy summer! I hate to lead with sad news, but our summer solstice celebration will not be happening this year. Due to an overlap with our district convention, we simply won't have enough hands on deck to organize the event properly. However, I know our club is full of creative and resourceful individuals. I'd love to see how you're marking the occasion in your own ways! Please share photos of your solstice celebrations, your summer escapades, or your travel to Norway or elsewhere!

Fear not -- although we're taking a break from summer meetings, we're already planning casual outdoor gatherings like hikes and bike rides. Stay tuned for more details! I've also heard rumors of Scandinavian folk music jam sessions in Ann Arbor. I hope to pop in and see a friendly face at the Ann Arbor Community for Traditional Music and Dance! I might even learn a dance step or two... let's swap tips when we reconvene in the fall. In the meantime, I wish you all a wonderful summer filled with sunshine and laughter. Take care, and I look forward to seeing you all again soon.

Haley



Haley Vingsness on Constitution Day

* * *

Meet Roger Hewlett, a Man of Many Parts

If you attended our Norwegian Constitution Day celebration on May 18, you heard beautiful Nordic tunes coming from the accordion of Roger Hewlett. You also heard Roger and guitarist Steve Niemi playing as they marched in our parade around the Swedish Club.

And if you were really lucky, you heard Roger speak at the Finnish Cultural Center in Farmington Hills on May 5. The subject of Roger's talk was *Ships in the Keweenaw*, an hour-long presentation with PowerPoint slides and video.

Roger was a natural to cover this subject since his day job is working as a mariner and engineer on ships in the Great Lakes, and he's invested years of his own time researching the history of Great Lakes shipping. The photos and videos he's collected were wonderful illustrations for his talk. One of his most interesting topics was the many ships that ran aground and sank in terrible weather on the lakes. Navigating around the Keweenaw Peninsula was particularly perilous for scores of ships. Thankfully, modern developments like radar and advanced weathercasting have allowed most ships today to escape watery deaths in our Great Lakes.



Roger Hewlett



Roger & wife Jonene at Finnish Center lecture

Editor's note: *We are so happy to know that Membership Secretary Carol Jehle returned home on May 24 after a fall in early April that sent her to the hospital and then to rehab. Carol provided the following update for the newsletter:*



Jehle Carol at Fox Hills in 2022

“I am glad to be home after a week in Henry Ford Hospital, West Bloomfield, and time in Optalis Health and Rehabilitation of Canton following a fall I took outside in the cold that resulted in a muscle breakdown.

THANK YOU for all of the cards and calls from my Nordkap friends during this time; they were so appreciated!”

Carol Jehle

NORDKAP LODGE 5-378

c/o Louise Giles

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