



Nordkapen

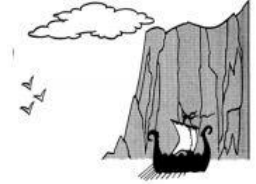
Nordkap Lodge 5-378 - Sons of Norway

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 2022

Volume 92 Issue 1

NORDKAP CALENDAR

Jan. 30 – Zoom Happy Hour 4 p.m.

Saturday, Feb. 26 – Family Outing,
TBD

Nordkap 2020 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 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

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

Visit our website at:

<http://www.DetroitNorwegians.com>

Join Nordkap Happy Hour on Zoom Jan. 30 & Consider a Trip to Wisconsin as a Delegate

Start 2022 right with a safe way to socialize with your Nordkap friends. We've missed your company and want to reconnect!

There's so much we have to catch up on. How did your holidays go? What are your plans for 2022? Could a summer trip to Wisconsin be in your future?

We hope you will join this discussion from the security of your own home when Nordkap holds its Happy Hour via Zoom video conferencing at 4 p.m., Sunday, January 30,.

The gracious and friendly **Heather Vingsness** will again be our host. Sit back, enjoy a beverage of your choice, and chat with your friends.

We will also use the occasion to elect four delegates and four alternates to the 2022 Sons of

Norway Fifth District Convention on June 15-19 at the Madison Marriott West in Middleton, Wisconsin. Nordkap gives each delegate a stipend that helps but doesn't cover all costs of the convention.

If you wish to be elected a delegate, contact Mary Morehead at mmor7725@gmail.com or 248- 299-9332 or Haley Vingsness at haleyvingsness@gmail.com or 906 231-9246. You can also express interest on our Zoom gathering.

The Zoom link for our Happy Hour will be emailed to members a few days before the gathering.

Please save the time and date: 4 p.m., January 30th.



Heather Vingsness, her photo

Sunshine Updates



Derrick Hendricks and Cassy Hendricks-Sinke were married in a beautiful ceremony on November 6, 2021. Congratulations to the happy couple! (*Hendricks photo*)

Kudos to **Heather Vingness** and husband **Jarrold Brown** for their volunteer work at Catholic Central High School. Heather took a break from teaching at Catholic Central last year to accept a position in corporate training at ZingTrain (part of the Zingerman's Community of Businesses). Yet Heather elected to continue coaching Catholic Central's robotics team and recruited her husband Jarrold, a software engineer, to help.

GRATULERER MED DAGEN!



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, Courtney Krause, Bobbie Lee, Cecilia Lundberg, Rebecca Medina, Timothy Nilsen, Sigrid Radwan, Heidi Roed, Spencer Roed, Sean Schnitzer, Deborah Simms, Annelisa Sturgeon

We Had Birds in the Hand on Fall Nature Hike



Cathy Johnson captures Sally Duffy handfeeding birds.

Who knew you could feed wild birds right out of your hand? Or that Sandhill Cranes will walk right up to you and emit a loud, discordant squawk?

These were some of the experiences we had on November 20 when former Nordkap Vice President Cathy Johnson led seven of us on her third Nordkap nature hike at Kensington Metropark in Milford. To hear the squawky cranes, view Bob Giles' video at <https://www.facebook.com/bob.giles.tv/videos/841735159829776>

That day in November was fresh and bright. OK, it was also seasonably cold, but we were Norwegians and wore good clothes, so we were prepared and comfortable! We not only saw outstanding wildlife and woodlands, but also experienced warm comradery with our group and like-minded hikers along the way. Making the hike (below, right) were Lynn and John Hughes, Cathy Johnson, Sally Duffy, Eli Steyskal, Louise and Bob Giles, and Heather Vingsness.



No Humbug Here—We Celebrated Christmas Again!

After a year's hiatus due to the COVID-19 virus, Nordkap was again able to hold its Christmas Party at Fox Hills Golf and Banquet Center in Plymouth. A limit was set on attendance to better maintain social distancing, and the party on December 11th was a sellout with 81 guests and raves for the food.

Many guests wore masks to prevent spread of the virus, but even with face coverings it was obvious that people were happy to have a chance to socialize in person again.



The silent auction of donated items to benefit the Nordkap Scholarship Fund drew strong interest, raising \$1,375.17. An additional \$325 was donated for the scholarship fund, bringing the total earmarked for scholarships to \$1,700.17.

President Erik Duus served as host for the

evening. He awarded the traditional marzipan pig prize--for finding the almond in a dish of rice pudding--to Swedish Club member Bette Clary (*right, Heather Vingsness photo*).



Membership Secretary Carol Jehle awarded milestone membership pins. (See page 4.)

The Julenisse once again found our gathering and brought a bagful of gifts for the children. Vice President Haley Vingsness closed out the festivities, leading the traditional dancing around the Christmas tree.

Tusen takk to the Christmas party committee of chairman Carman Collins, Mary Morehead, and Connie Hart for staging our successful celebration. Thanks to our silent auction committee, helpers, and donors. And thanks to Kathy Injerd for providing the Scandinavian Star table favors and Derrick and Cassy Hendricks for donating the individual hand sanitizers.



Jacob Brian Skidmore catches some ZZZZs.



Congratulations to Nordkap's New Officers for 2022

The following slate of officers was elected at the Christmas party to lead Nordkap this year.

We appreciate the work of our nominating committee of Carol Jehle, Louise Giles, and Haley Vingsness in creating the slate of candidates and thank Haley for conducting the election.

Best wishes to our new officers! We're thankful they stepped forward to lead our lodge!

President: Erik Duus

Vice President: Haley Vingsness

Secretary: Mary Morehead

Treasurer: Carmen Collins

Membership Secretary & Sunshine Director: Carol Jehle

Social Director: Eli Viik Steyskal

Co-Cultural Directors: Karen Herche and Magda Pecsénye

Sports and Recreation Director: Cathy Johnson

Co-Youth Directors: Yana and David Thompson

Foundation Director: Derrick Hendricks

Co-Store Directors: Natalie Vaal and Dennis Flessland

Sunshine Director: Carol Jehle

Greeter: Eli Viik Steyskal

Editor/Publicity Director: Louise Giles

Counselor: Bob Giles

Members Awarded Special Membership Pins, Sports Medals

Congratulations to the 22 Nordkap members who earned milestone membership pins in 2021 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.

Members awarded milestone pins by Membership Secretary Carol Jehle:

55-year pin: Berit Willett

45-year pin: Art Peterson

40-year pin: Peter Blom

30-year pin: Pat "PJ" Smith

25-year pin: Louise Giles, Carol Jehle, Elaine Keech, Nancy Redilla, Georgia Roed, and Sue Schotts

20-year pin: Bob Giles, David Pederson, and Sam Trupiano

15-year pin: Rebecca Medina

5-year pin: Carmen Collins, Harald Ehrenfield, Derrick Hendricks, Anne Kilen, Cathy Johnson, Mary Morehead, Janice Wiekierak, Paul Wiekierak



Carol, also Nordkap's 2021 Sports Director, awarded these sports medals for 2021:

For Walking:

Silver medals to Bob and Louise Giles

Bronze, silver and gold medals to Mike Zarin

Silver and gold medals to Magda Pecsénye

General Fitness: Bronze and silver medals to Magda Pecsénye

In Memoriam

Sadly, we experienced the passing of dear friends over the past two months:

Longtime Nordkap member **Howard Skovlund** of Farmington Hills passed away November 19, 2021, at the age of 98. A World War II veteran, he was the beloved husband of the late Anita, father of Cheryl (Frank) Quinn, grandfather of Jocelyn Jocque and Ryan Quinn, and great grandfather of Nathan and Adrian Jocque.

Howard was one of 11 children born in Bruce, South Dakota, to Ludvig and Minnie Skovlund. He grew up on a farm and attended a one-room schoolhouse through the 8th grade. He had to move away from home to go to high school and earn money to pay for his own schooling.

After graduation, Howard was drafted and served in the Army's 26th Division in Europe. He saw action in four major battles in France, Belgium, the Rhineland, and Germany. As part of a medical unit, Howard distributed medical supplies to aides who tended the wounded. For seven long months in combat, Howard's unit dealt with the wounded and dying. He narrowly escaped becoming wounded himself, when an enemy bullet slammed through a truck he was riding in -- right in front of Howard's face.



*Howard Skovlund
(family photo)*

Once victory in Europe was declared, Howard's unit was re-assigned to distributing food to refugees in Austria. He was promoted to staff sergeant and was scheduled to join the fight against Japan in Burma. But before he left for that fight, the A bomb ended the war, and Howard came safely home to South Dakota where he earned a degree in electrical engineering from South Dakota State University.

He was employed as an engineer at several companies, including GM's Detroit Diesel Division, and eventually owned his own businesses. Howard was active in his church as a choir member and, in retirement, learned to play the banjo, performing with several groups.



During his 40-plus years as a Nordkap member, Howard served as president of Nordkap lodge from 1986-1987. In 2015, marking the 60th anniversary of the end of World War II, Nordkap's Bob Giles drove him in the Farmington Founders Day Parade, paying him honors as a WWII vet (see photo at left).

In recognition of Howard's many years of membership and service as an officer in Nordkap, the lodge is making a \$75 contribution to the Scholarship Fund in his honor.

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Bella Saunders, mother of Nordkap member Jan Flessland, passed on November 29, 2021, in Midland, Michigan, at the age of 92. Born in Lincoln Park, Michigan, Bella married the late Lloyd Saunders in 1949 and often spoke of her wedding as the “day her life truly began.”

Bella and Lloyd resided in Westland for many years, raising two children, Janet and David. She volunteered as room mother and always made the best cookies for elementary school parties. She attended many a sporting event to cheer on her son and even let the Spanish Club build a homecoming float in her garage.



***Bella Saunders**
(family photo)*

Bella and Lloyd retired to St. Helen in 1978 and lived there until moving to Midland in the mid-1990s. They did quite a bit of traveling around the United States pulling their trailer behind them.

Bella enjoyed family camping vacations, crafting including needlework, quilting and ceramics. She made the most excellent Halloween costumes for her children and grandchildren. She liked playing cards and was a member of a card club for many years. She was always an avid reader.

Her greatest joy was spending time with her family, especially her granddaughters Natalie Vaal, Lindsay LaFave, and Erica Saunders, and great grandchildren Olivia and Lewis Vaal.

* * *

Joseph A. Himmel III, died peacefully at home in Troy, Michigan, on December 2, 2021, at the age of 76. He was the husband of Nordkap Treasurer Carmen Collins, father of his sons, Joseph A. Himmel IV (Elaine) and Steven W. Himmel (Allison), and grandfather to his grandchildren, Jillian, Addie “Blue,” and Molly “Sparks” Himmel.

Joe served proudly with the United States Army during the Vietnam War. Professionally, he established his own business at Himmel Dental Laboratory in Clinton Township where he worked as a Dental Technician making partials and dentures for dentists. He enjoyed travel, hunting, fishing, and downhill skiing.



***Joseph Himmel**
(family photo)*

He met Carmen skiing at Boyne Mountain, Michigan, during Carnival weekend in 1985. For many years, they enjoyed skiing together--not only in Michigan, but also at other ski resorts in New York, Idaho, Utah, Wyoming, and Colorado that they travelled to with their ski club.

Carmen described Joe as both an environmentalist and a man’s man. The two were married for 27 years.

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Martha Marie Rothgangel Blom of Orchard Lake, Michigan, passed on December 5, 2021, at the age of 96. She is survived by her husband of 73 years, Nordkap member Gustav Peter Blom, their three daughters, Karen Spoto (Thomas), Julie Blom, and Kristin Blom (Dudley), four grandchildren, two step-grandchildren, and six great-grandchildren.



Martha Blom (family photo)

Martha was born in Belleville, Illinois, and attended the University of Illinois where she met Peter, who was serving in the Navy. After marriage, she completed training at Oakland University's Continuum Center which prepared her to be a co-founder of the Women's Survival Center in Pontiac, an organization which provided support services to victims of domestic abuse.

Martha was also very active with the Oakland County Democratic Party and served in many capacities on the board. She ran for State Senate in 1986. In addition to politics, Martha had many other passions in her life which included classical music, opera, sports (baseball was her favorite), bird watching, needlepointing and dogs.

Martha was always passionate about social justice and peace. About eight years ago she started making peace bracelets. If anyone noticed and admired them, she would gift it to them. Together Martha and Peter made thousands of peace bracelets, "spreading peace one bracelet at a time" throughout the world.

Another Thank You from a Nordkap Scholarship Recipient

Kevin Duffy, one of Nordkap's scholarship winners in 2021, is studying language and literature at the University of Porto in Portugal. The mail from Portugal has proved to be rather slow, so Kevin decided to speed things up by asking his mother Sally Duffy in Livonia, Michigan, to write on his behalf, expressing thanks for his Nordkap scholarship.

Sally's picture postcard--appropriately featuring the Marshall M. Fredericks Sculpture Museum in Saginaw, Michigan--was received in November by your *Nordkapen* editor. On it, Sally conveyed Kevin's heartfelt "Tusen Takk!" to Nordkap's members for their support of scholarships.

Sons of Norway Scholarship Applications Due March 1st

The International Sons of Norway in Minneapolis announced that applications for its domestic scholarships are due on March 1st. This year, Sons of Norway is offering 16 different scholarships, including, for the first time, the Elaine Nelson Scholarship for student members studying Business, Agriculture, or Education. Descriptions of all the scholarships and instructions on how to apply are available on the Sons of Norway website at <https://www.sofn.com/foundation/scholarships/>.

Of course, our 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> Applications to Nordkap are due June 30.

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

So are you a “new year’s resolution” person? A lot of people are. If you’re a member at a health club – for the first few weeks of any given year – you can’t help but notice way more people using the equipment you want to use, than in, let’s say, September.

I guess when it comes to setting goals or making plans, I fall somewhere between Woody Allen and Solomon from the Bible:

“If you want to make God laugh, tell him about your plans.” – Woody Allen
“We can make our plans, but the LORD determines our steps.” – Proverbs 16:9 (NLT)

January is the month when many people “take inventory,” not only of the previous year, but of their lives in general. I remember how excited our daughter, Lolly, was when she learned about, and completed, the Myers–Briggs Type Indicator personality assessment a few years ago. Lolly’s an “ENFP” (Extroversion, Intuition, Feeling, Perceiving), and I’m an “INFP” (the same but I’m “Introversion”). For example, a few ideal “career matches” for Lolly would be entrepreneur, actor, teacher, and social worker, which make sense.

Have you heard of Gallup’s “StrengthsFinder” (now called “CliftonStrengths”)?

This strengths-based assessment has become very popular because it helps one discover one’s natural talents & strengths, and then provides a report and resources to help live (and work) in those strengths.

There are 34 themes divided into 4 categories: **1. Strategic Thinking** (*i.e. Analytical, Context, Futuristic, etc.*); **2. Relationship Building** (*i.e. Connectedness, Empathy, Positivity, etc.*), **3. Influencing** (*i.e. Activator, Maximizer, Woo, etc.*); & **4. Executing** (*i.e. Achiever, Discipline, Focus, etc.*).

While I highly recommend *Now, Discover Your Strengths & StrengthsFinder 2.0*, taking the online assessment was a HUGE “aha moment” for me, and would also be helpful for college students, people going through career change, or anyone wanting to improve their team or organization.

My wife, Kristin, and I went through the “StrengthsFinder” assessment with other leaders at our church 10+ years ago. We learned much about ourselves and each other. One glaring difference between us is that Kristin rates high in the “Context” theme; she enjoys pondering the past and understands the present by researching history. Conversely, I rate high in the “Futuristic” theme; I’m inspired by the future and what could be, and I [seek to] energize others with my vision of the future.

Thankfully, Kristin and I see the importance in *both* looking back AND looking forward. We’re a good balance to each other, and the place we often meet – between the past and the future – is in the “present.” **Nordkap Lodge “welcomes” 2022, as we continue to learn from our past, prepare for our future, and live in the present.**

I also “welcome” our new Board Members for 2022: Cathy Johnson, Magda Pecsénye, Eli Anita Steyskal, and David & Yana Thompson...and “tusen takk” to our entire Nordkap Lodge Board for your loving service to us all!

Med vennlig hilsen (with best regards),

Erik Duus

PS – You may have heard that Kristin and I had Covid in October, and we were both fully vaccinated (*our vaxxed daughter gave it to us, even though she had just tested negative*). While I still can’t smell or taste, I’m thankful we now have natural antibodies. What worked for us: Monoclonal Antibody Infusion, Prednisone (steroid), Z-Pak (antibiotic) and the supplements we had already been taking (*i.e. Vitamins C, D, B-Complex, Zinc, Quercetin, NAC*). **Be well!**

Important Updates from Our Zone 6 Meeting in November

Four Nordkap members attended the Zoom meeting on November 6, 2021, to hear the latest news affecting Sons of Norway, our District 5, and our Zone 6 of the district.

The virtual meeting was open to all Nordkap members. Attending for our lodge were President Erik Duus, Membership Secretary Carol Jehle, Magda Pecsénye (now Co-Cultural Director), and Editor and Publicity Director Louise Giles.

Highlights of the meeting included:

- Insurance regulators are behind Sons of Norway's upcoming plans to change its governance system from voting by delegates to direct voting by benefit members (those who own Sons of Norway financial products). An announcement of the governance changes is expected in the *Viking* magazine in early 2022.
- Andy Johnsen, president of District 5 for five years, will be stepping down after the district convention in Wisconsin this June.
- Mike Palecek, treasurer of District 5, will be running for district president.
- Lodges will need to elect delegates soon to attend the district convention.
- Lodges should explore alternate means like Zoom to reach members while we all try to stay safe from the coronavirus. Mike's lodge in Wisconsin requested people be vaccinated to attend their Christmas party.
- Recruiting new members and retaining existing members will continue to be important. Lodges need to find ways to make themselves visible to attract new members. Suggestions include picnics, special outings, bake sales, and promoting the benefits of memberships, such as noteworthy discounts. Look at the Sons of Norway District 5 Facebook page for additional suggestions.
- The District 5 Board of Directors approved a shipping grant for any lodges that have ordered membership pins for their members in 2021. This grant will continue to be in effect for successive years until revoked. [Editor's note: Nordkap's Carol Jehle was instrumental in getting the district to offer this.]
- Lodges with any special concerns should consult their zone director. Nordkap's zone director is Andy Johnsen.
- Another District 5 Zoom meeting will be scheduled after the holidays.

Sign Up for Classes in Creative Leadership offered by District 5

District 5 of the Sons of Norway is offering an 8-week Creative Leadership course, beginning on February 5 & 8. Each class will be 90 minutes long and will be offered on Zoom video conferencing. The leadership skills in the course will apply to all walks of life, but the discussion and examples will focus on leadership in local Sons of Norway lodges.

Participants can take either the 10 a.m. (Eastern Time) Saturday classes, beginning February 5, or the 7:30 p.m. (Eastern Time) Tuesday classes, beginning on February 8. Classes will wrap up at the end of March. There is no required reading. The fee for Sons of Norway members is \$25; for non-members, it's \$100. See more at https://sonsofnorway5.com/programs/leadership_workshop.php

Family Outing Planned for February

Nordkap is working on plans for a special family outing in February. Look for details in next month's newsletter and tentatively save the date of February 26 for this event.



NORDKAP LODGE 5-378

c/o Louise Giles

Box 1198

Royal Oak, MI 48068