



Nordkapen

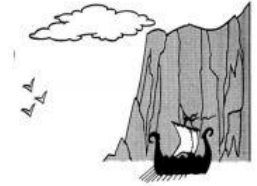
Nordkap Lodge 5-378 - Sons of Norway

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 Norway Lodge in Michigan

<http://www.DetroitNorwegians.com>



NORDKAP CALENDAR

Sunday, January 28 – 2 p.m.
Movie Afternoon
The Swedish Club
22398 Ruth Street
Farmington Hills, MI

Sunday, February 25, 2 – 5 p.m.
Members Gathering
The Swedish Club

Saturday, May 18, 11 a.m. – 3 p.m.
Syttende Mai Celebration
The Swedish Club

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

Nordkap@DetroitNorwegians.com

Call and leave a message at
248-919-8355

Photos by Bob Giles,
unless otherwise indicated
Stay Connected on Facebook at
Norwegians in Michigan

<https://www.facebook.com/groups/104416144749/>

January 2024

Volume 94 Issue 1

‘Movie Afternoon’ Planned for January 28

Important changes are in store for Nordkap’s first gathering of the year at the Swedish Club on January 28.

- We’ve moved the usual gathering time up to 2 p.m. to avoid driving home in the dark after sunset.
- The gathering will actually be a “Movie Afternoon” rather than a dinner event. Refreshments will include popcorn, soft drinks, and coffee provided by the lodge. Members are encouraged to bring their own other beverage of choice.
- A brief installation of new officers for 2024 will precede the movie showing.

***The Trip*, a Norwegian action horror comedy film** was chosen for the showing by President Haley Vingsness and fiancé Mike Jarasz. The story concerns a dysfunctional couple who head to a remote cabin to reconnect, but each has intentions to kill the other. Before they can carry out their plans, unexpected visitors arrive and they face a greater danger.

Rest assured, the film is a lot of fun, according to Haley and Mike, so be prepared to laugh at some absurd plot lines and enjoy the comradery of fellow lodge members.

See you at the Swedish Club at 2 p.m. on Sunday, January 28, at 22398 Ruth Street in Farmington Hills.



Sunshine Updates



Donald Ebert (family photo)

We sadly note the passing in November of **Donald Ebert**, 94, husband of Nordkap member Myrtle Ebert. Don and Myrtle were married for 68 years and had three children. At an early age, Don became fascinated by a crystal radio that his father gave him, sparking a lifelong interest in electronics and communications.

Earning a B.S. degree in Electrical Engineering from the Illinois Institute of Technology, Don worked in the aerospace industry and in network communication systems.

* * *



Kathie & Bill Injerd (their photo)

Nordkap member (and former Samhold President) **Bill Injerd** spent a good part of last year dealing with advanced prostate cancer. Thankfully, the medical treatment was successful.

Bill and his wife **Kathie Injerd** (also a Nordkap member) enjoyed a belated ocean cruise in the summer to Hawaii and Alaska, a gift from their children for their 40th wedding anniversary in 2019. In Ketchikan, Alaska, Bill and Kathie took part in a native dance with the Tlingit tribe.

Next Up for our Book Club: Rick Steves on Travel

The next meeting of the Nordkap Book Club is Sunday, January 21, at 7 p.m. on Zoom. Up for discussion will be the third of our non-fiction books for this season, travel writer Rick Steves' *Traveling as a Political Act*.

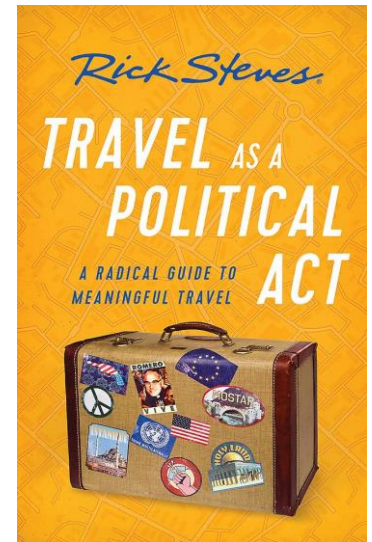
At its previous session on December 3, the book club thoroughly dissed its second selection, *Across the Deep Blue Sea: The Saga of Early Norwegian Immigrants* by Odd S. Lovoll. Club members found the tedious statistics about Norwegians immigrating to America by way of Canada to be tiresome in the extreme. Amidst all the numbers, what seemed to be lost was the fascinating account of immigrants coming to a new land and their own individual stories. Very little of that made its way to the pages of this book.

One positive lesson from *Across the Deep Blue Sea* was that in the 19th Century both Canada and the United States were aggressively recruiting European immigrants—especially those with experience as farmers, miners, or skilled craftsmen. Those people had a strong work ethic and were needed to populate and develop the new, mostly empty lands. Booklets extolling the virtues of North America were printed in foreign languages and distributed across Europe where the languages were spoken. Recruiting agents were sent abroad to talk up the benefits of immigrating and to offer financial support to those who made the move.

Lesson learned: Even a least favorite book can make an important point.

GRATULERER MED DAGEN! January Birthdays:

Sissel Amundsen, Donald Bjornrud Jr., Lillian Bryant, Douglas Czinder, Sally Duffy, Elizabeth “Lolly” Duus, Erik Duus, Elsa Green, Will Hahr, Courtney Krause, Cecilia Lundberg, Rebecca Medina, Timothy Nilsen, Sigrid Radwan, Sean Schnitzer, Deborah Simms, Annelisa Sturgeon, Elena Sullivan



Busy Holiday Season Closes Out 2023

Whew! It's been a busy few months for Nordkap members and the Detroit area Scandinavian Community leading up to the Christmas holidays. Hope you were able to be part of the action!

- **The Scandinavian Market** at the Finnish Center on November 11 brought Nordkap back with our meatball dinner and popular imports store. Our meatball sales brought in over \$2,400. The imports store produced \$1,743. And our Nordkap Scholarship Fund grew by \$338.



- **The Cookies for College fundraiser** at Nordkap's November 19 gathering produced another \$105 for the scholarship fund. Our members enjoyed a pasty dinner, learned to make woven Scandinavian hearts, and also elected Nordkap officers for 2024.



- **The Nordic Fellows Lutefisk Luncheon** on December 3 drew the men together for lutefisk, drinks, and Ole and Lena jokes.



- **The Swedish Chamber of Commerce annual dinner** brought Nordkap members to the Birmingham Country Club on December 7 for food, gløgg, and an American speaker about living in Sweden with her family.

- **IKEA's Swedish Julbord Christmas buffet** saw hungry Scandinavians flock to the Canton store on December 8. Salmon gravlax, Jansson's Temptation, and much more filled stomachs and hearts with delight.





Christmas Was Merry & Bright at Scottish Kilgour Centre in Troy

Nordkap's annual Christmas Party had to move to a new location in 2023. Despite initial concerns about the change in place and format, the party on December 10 at the Kilgour Scottish Centre in Troy came off with rave reviews.

The response was so positive we're planning to host the party at the same location this year.

The Kilgour Centre atmosphere reminded us of an Old World lodge, with multiple working fireplaces and wood-beamed ceilings (see photo above). The dinner buffet, catered by Lukich's Family Dining in Troy, provided abundant servings of salmon and ham along with chicken tenders and fries for the children and tasty side dishes.

We kept the old traditions—the hidden almond that earned winner Kari Lauwry a marzipan pig; the visit from the Julenisse, bringing presents for the children; and the singing and dancing around the Christmas tree led by Nordkap President Haley Vingsness.

Importantly, the Silent Auction raised nearly \$1,200 for the Nordkap Scholarship Fund. Tusen takk to auction organizers Carmen Collins, chair, and Louise and Bob Giles, as well as the helpers who aided in setting up and closing out the auction. Also our imports table made sales of just over \$400.

Mange takk to the Christmas Party Committee, Chair Mary Morehead, Eli Steyskal, Connie Hart, and Natalie Vaal (who made fantastic Christmas cookies!).

(See more Christmas party photos on the next page)

2023 Christmas Party



Erika LeBarre & parents Pres and Tove Bruning.



The Julenisse and kids gather before the fireplace.



Dancers circle the tree.



Twins Heather & Haley Vingsness



Natalie Vaal's cookies & Mary Morehead's Kransekake



Lewis & Olivia Vaal (top) and Emma Jehle have fun with Christmas glasses.



Recognition of our Members at the 2023 Christmas Party

MEMBERSHIPS PINS/MEDALS Congratulations 2023

Life Member: 30 years Member, over 65 years of age (before 1998)

Lisa Green 3/1964

Golden Member: 30 years member, over 65 years of age (after 1998)

Constance Pike 10/1960
Jan Persson 2/1964
Karen Lafnear 3/1964
Gilbert Bergsrud 3/1972
Inger Ehrenfeld 3/1973
James Green 9/1973
Donald Bjornrud 7/1974
Lillian Bryant 10/1975

Art Peterson 4/1976
Tove Bruning 6/1984
Marge Sorensen 12/1984
Gary Olson 6/1985
Debbie Simms 3/1970
Pat Smith 12/1991
Donald Wang 2/1992

5 Year Pin

Eileen G Shea 1/2018
Kevin Duffy 4/2018
Michael Duffy 4/2018
Sally Duffy 4/2018
Christiana Hart 5/2018
Joseph Hart 5/2018

Sarah Stalmack 6/2018
Ted Redilla 9/2018
Sonja Grønstad 9/2018
Bill Edwards 10/2018
Janet Flessland 12/2018
Debra Kraft 12/2018

10 Year Pin

Jeff Hatteberg 5/2013
Maureen Hatteberg 5/2013
Douglas Czinder 6/2013

Lynn Rose 10/2013
Gerald Bayer 10/2013

15 Year Pin

Lynn Herche 4/2008

Cynthia Keech 4/2008

20 Year Pin

Geir Grønstad 4/2003
Karen Herche 10/2003
Richard Hole 12/2003

Audrey Johnson 11/2003
Sheldon Johnson 11/2003

25-Year Pin

Dennis Flessland 1/1998

30-Year Pin

Derrick Aardal 7/1993

40-Year Pin

Jayne Lafnear Bannister 3/1983

50-Year Pin

James Green 9/1973

Walking Medals

David Thompson-Gold & Enamel
Mike Zarin-Sports Hero

Sports/Fitness Medals

David Thompson-Bronze
Margarita Thompson-Bronze
Carmen Collins-Gold



Skål! Toasting their cooking success are, left to right, Derrick Hendricks, Carol Jehle, Eli Steyskal, Mary Morehead, Dee Marvel, and Roy Marvel. (Mary's photo)

Boller Klassen (Rolls Class) Closes Out Norwegian Cooking for the Year

--By Mary Morehead

Another successful baking class was held on Saturday, November 18, 2023, at Mary Morehead's house. Each student customized their own rolls (Inger Ehrenfeld's recipe), and they were all delicious. This was our last class for Sons of Norway Level Two Norwegian Cooking (5 classes altogether) where each one received their second level and cooking pins.

We celebrated with a shot of Michigan "Cinnamon Girl" Hard Apple Cider provided by Eli Steyskal. Everyone enjoyed each other's company and had loads of fun.

* * *

Grandkid Pleaser

Someone who learned to make woven paper hearts at our November gathering put that lesson to good use!

Mary Morehead filled each of the woven heart baskets she made with one York Peppermint Patty and small Tootsie Rolls.

After Thanksgiving, she hung the baskets on a small tree in her living room. Mary says her grandkids loved the tree -- especially the candy-filled ornaments.



(Mary's photo)

It's a Pizza Party in February -- Plus Initiation and Election of Delegates

Like our January Gathering, our Members Gathering in February will also be an afternoon event. Please save the date of Sunday, February 25, from 2 to 5 p.m. for a make-your-own Norwegian pizza party at the Swedish Club. Details will come in our February newsletter.

We will also initiate new Nordkap members and elect delegates to the biennial 5th District Sons of Norway Convention. The convention this year is June 19 to 22 in Indianapolis, Indiana. Nordkap usually elects 4 delegates plus an alternate for each delegate.

What do you do at the convention?

If you go as a delegate or on your own as an observer, it's a good idea to plan your trip so you can enjoy the many attractions in the Indianapolis area before and after the convention. Members asked for classes and activities that delegates could enjoy, so classes and speakers will begin on Wednesday, June 19, and continue through Saturday morning, June 22.

Delegates who are not on a committee can take part in a class or enjoy speakers on Wednesday and Thursday. Everyone will be able to enjoy the evening programs on Wednesday, Thursday, and Friday besides the banquet on Saturday evening.

Those who are not delegates can attend all three-and-one-half days of their class of choice or learn from the presentations offered during that time or take a local trip.

What are the responsibilities of a delegate?

1. **READ** the delegate book which will be sent to all elected delegates. It contains resolutions and has important information for delegates to consider in advance.
2. **SERVE** on a committee if asked. Committees meet in person Thursday morning of convention week. They might also meet in advance on Zoom. Committees have specific roles ranging from making recommendations on any resolutions submitted to dealing with financial business.
3. **CHOOSE** extra activities carefully to avoid conflict with responsibilities. For instance, as a delegate you may attend cultural classes on Wednesday and Thursday (unless serving on a committee) but need to be at business meetings all day Friday and Saturday.
4. **ENJOY** special activities, speakers, and cultural classes before the district lodge meeting (Wednesday and Thursday) and activities each evening.
5. **SHOW UP** and attend all business sessions.
6. **LISTEN** to reports and proposals.
7. **ASK** questions. Take an active part in decision-making.
8. **VOTE**.
9. **OPTIONAL "RESPONSIBILITY:" CELEBRATE** at the banquet Saturday night with lively Scandinavian music by a well-known professional duo and enjoy the presentation of District and International awards.
10. **ACCEPT** any awards your lodge earned and present them to your lodge.
11. **SHARE** experiences and ideas with your lodge.

A Letter from President Haley Vingsness:

Dear Nordkap members,

Chat GPT uses a powerful technology called Generative AI to generate insights. It's answered every question I've put to it, even the frivolous ones. (It writes fantastic haikus about puppies!) I've discovered it's also a fantastic tool to provide insights into Norway's vibrant culture and entertainment scene.

You can try it out free with Microsoft Bing! Just go to www.bing.com and select "Chat."



AI can suggest Norwegian movies or songs, tailored just for you. Just ask for something you like: maybe "best Norwegian-language comedy movies on Netflix" (*Home for Christmas*) or "most popular Norwegian rock bands from the 1970s" (*Junipher Greene*). You can also ask it questions, like "Are there any Norwegian movies about dinosaurs?" (*Sadly, no.*)

Planning a summer trip to Norway? AI can help you with that too! It's like having a personal travel advisor who knows Norway inside out. For example,

plan a 2 day itinerary of the most popular tourist attractions near Bergen, Norway

Day 1:

Mount Fløyen and the Fløibanen
Bergen Tourist Information Centre
Lepramuseet at St. Jørgens Hospital

Day 2:

Bergen Technical Museum
Bryggen Hanseatic Wharf
Fish Market

Want to explore the breathtaking fjords or experience Bergen's nightlife? AI can help you tailor your itinerary to match your preferences.

update the itinerary to add more nightlife

Sure, here's some popular nightlife spots in Bergen, Norway:

Day 1:

Fincken

Day 2:

Harbour Café
Lille Bar

I've even used it to generate ideas for our Lodge meetings! (*movie night, food tasting, ski trip*)

So, what are you waiting for? Dive into the wonders of Norway with the help of AI and let your curiosity lead the way.

Happy exploring!

Haley Vingsness (with the help of Chat GPT)

Check out these Scholarship Opportunities for College Students

Did you know that there are three different levels of scholarships offered through the Sons of Norway?

- **The International Sons of Norway** in Minneapolis lists a series of scholarships at its Sons of Norway Foundation. International scholarship applications are due January 15. Applications for domestic scholarships are due February 15. See: <https://www.sofn.com/foundation/scholarships/>
- **The 5th District of Sons of Norway** (of which Nordkap is a part) has its own scholarships. The deadline for applications is March 15. See: https://sonsofnorway5.com/financial/district_scholarships.php
- **Nordkap Lodge** has its Nordkap Scholarship Fund. Applications are due June 30. See: <http://www.detroitnorwegians.com/scholarship.html>



Good luck to all the applicants!

NORDKAP LODGE 5-378

c/o Louise Giles

Box 1198

Royal Oak, MI 48068