



Nordkapen

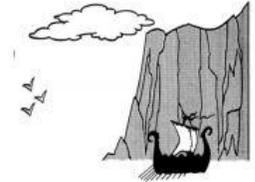
Nordkap Lodge 5-378 - Sons of Norway

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>



June/July/August 2020

Volume 90 Issue 4

NORDKAP CALENDAR

PLEASE NOTE: All events are tentative and subject to change.

Oct. 25 – Lodge Gathering,
4 p.m., the Swedish Club

Nov. 14 – Scandinavian Market,
10 a.m. - 4 p.m., Finnish Center

Nov. 22 – Lodge Gathering,
4 p.m., the Swedish Club

Dec. 13 – Christmas Party, 2 p.m.,
Fox Hills, Plymouth

2020 Officers

President: Erik Duus

Vice President: Cathy Johnson

Treasurer & Scholarship Chair:
Carmen Collins

Secretary: Mary Morehead
Membership Secretary

& Sports Director: Carol Jehle
Cultural Director: Karen Herche

Social Director: Connie Hart

Youth Director:
Heather Vingsness

Foundation Director:
Derrick Hendricks

Store Director: Natalie Vaal
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/)

Visit Our Website at:

<http://www.DetroitNorwegians.com>

We Celebrated Syttende Mai—Online!



Nordkap Lodge cancelled its live celebration of Norwegian Constitution Day this year due to the governor's stay-at-home order and concerns about COVID-19. However, we did hold a festive virtual celebration via Zoom video conferencing with nearly 30 people joining in. Our 17th of May chairperson **Heather Vingsness hosted the event and recorded it, including the screenshot, above. As a result, you can now re-play the video and relive the fun:**

- Hear **Dennis Flessland**, Honorary Consul of Norway to Michigan, give his update on significant news in Norway.
- Listen to Nordkap President **Erik Duus** reflect on our unusual coronavirus-impeded celebration.
- Get instructions from Nordkap Counselor **Bob Giles** on how to hold your own "Cod Toss"—the game we traditionally play on Constitution Day at the Swedish Club.
- **Here's the link:** <https://youtu.be/5jMiLMrLIGQ>

SUNSHINE UPDATES



Still smiling & waving (Duus photo)

Erik Duus (above) had a freak accident with a large piece of glass that broke into shards on his head and severed a tendon in his right hand. He had surgery on June 5. Daughter **Charlotte Duus** said it went well, and they were headed home.

Nancy Redilla had aortic valve replacement surgery at the end of May at the Cleveland Clinic. The surgery went well, and Nancy went home shortly thereafter. She said the experience proved she is Viking Strong!

Tove Bruning receives daily help from her husband Pres, as she deals with the discomforts of Parkinson's disease and awaits surgery on her left eye.

Carmen Collin's husband Joe Himmel had surgery for a perforation in his ileum (part of the small intestine) on May 13. There were a number of complications. Joe continues his recovery at the hospital with daily visits by Carmen.

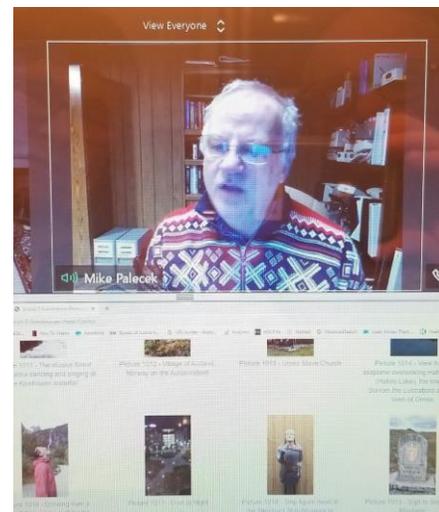
Sincere condolences to **Mary Morehead** whose brother-in-law, Ken Kemp, 77, passed away in Windsor, Ontario, after struggling for six weeks with COVID-19.

Best wishes to **Sheryl Dalton**, scheduled for total knee replacement on June 17.

Connect with Your Heritage on 'Nordic News'

Nordic News introduces you to experts on Nordic and Nordic-American heritage. The show is produced by Mike Palecek, treasurer of the Fifth District Sons of Norway, seen in the screenshot at the right. It begins online every Tuesday at 6:20 PM (Central), 7:20 PM (Eastern).

The session opens 10 minutes early to give you time to connect. The meeting finishes about 40 minutes later.



You can participate by:

Computer at <https://gotomeet.me/SofN-D5>

Telephone at 646-749-3112 (access code: 509-077-557)

By iPhone, iPad, or Android tablet/phone: download the GoToMeeting app from the Apple or Google Play Store. Launch the app and enter the meeting code: SofN-D5

You can watch past episodes of Nordic News at:
http://www.sonsofnorway5.com/programs/speakers_bureau.php

Gratulerer med Dagen!

June Birthdays: David Ray Bryhn, Sheryl Dalton, Donald Eickholdt, Jeff Hatteberg, Maureen Hatteberg, Kelsey Hibbs, Kathryn Injerd, Laura Radwan, Samuel Trupiano

July Birthdays: Jayne Lafnear Bannister, Gilbert Bergsrud, Monica Dowhan, Michael Duffy, Holger Ekanger, Christiana Hart, Ryan Hibbs, Debra Kraft, Greg Morehead, Mary Morehead, Ana Gjesdal Skidmore, Jacob Brian Skidmore, Jeannine Sturgeon, Erik Thomassen, David Thompson, Erik Vingsness, Bridget Wiley Robbins, Lorelei Jeanne Øye

August Birthdays: Rick Aardal, Jarle Amundsen, Louis Amundsen, Karin Arneson, Tove Bruning, Kristin Duus, Alexa Francis, Peggy Gjerpen, James Green, Geir Gronstad, Øystein Gjertsen Hekneby, Lynn Herche, Richard Hole, William Injerd, Marina Kozlova, Georgia Roed, Gene Skidmore, Margaret Sorensen, Michele Thomassen, Lewis Vaal, Olivia Vaal



Sons of Norway Report on Protests and Damage in Minneapolis

This 'Update from Minneapolis' was downloaded from Sons of Norway website June 2

“Minneapolis has been the site of significant riots in the past week. The epicenter of these riots has been Lake St. in south Minneapolis where the new Sons of Norway headquarters building is located.

“We at Sons of Norway are grieving the racism that is still so prevalent in our society and the violence we’ve seen in our streets in response. We continue to hope and work for a more peaceful, just, and inclusive society; and believe our fraternal purpose of strengthening our communities continues to play an important role in achieving this shared goal.

“Our staff is safe and no one has been harmed or seen property destroyed. We are most thankful for this.

“The new Sons of Norway headquarters has not been damaged. This is in spite of the fact that the building is only a few blocks from some of the worst of the riots. Again, we are so grateful that the new building we are scheduled to move into later this month has not seen any damage.

“We have not received our mail the last several days. The post office where Sons of Norway’s mail is routed was in the middle of the affected area and has been closed indefinitely. It is possible some mail was destroyed in the damage on May 27th, but limited to afternoon mail only. Since May 28, 2020 we have not been able to receive our mail from the postal service.

“We are working with the USPS to retrieve our mail in a timely and expedited fashion, but this serves as a good time to remind all of our members to only mail checks to our PO Box:

Sons of Norway
PO Box 856812
Minneapolis, MN 55485-6812

“We so appreciate all of your concern for the wellbeing of our staff and Sons of Norway’s physical assets. We are continuing to stay focused on our mission and delivering value and excellent service to our members.”

[Editor’s Note: Sad to report, however, this store in Minneapolis that many of you may be familiar with, Ingebretsen's Scandinavian Gifts, 1601 E Lake St., sustained a broken window, possible interior damage, and was looted.—Photo from social media sources]



How We've Been Helping During the COVID-19 Pandemic

Life radically changed with the rise of COVID-19, bringing heartache and hardship to people around the world. Like thousands of others who stepped forward to help, here's what some of our Nordkap members have done:

Mary Morehead began baking up a storm and sewing face masks in a wide variety of materials which she donated to friends, family, and first responders. She was up to 84 masks at last count. See Mary's photo, on the right.



Mary's son-in-law, **Eric Zawicki**, owner of Sam's Sorrento Pizza in St Clair Shores, donated pizza and salad twice a month to Beaumont Grosse Pointe and St John's Hospitals. On the left, Matt, manager of the pizzeria, delivers pizzas and salads to some of the nurses at Beaumont Grosse Pointe Hospital. (Beaumont Health photo)



Bob Giles came up with the idea that launched the St. Andrew's Society of Detroit's Covid-19 Response Fund. The effort raised \$8,000. Some \$3,000 was donated to Portofino Restaurant in Wyandotte to provide a "Scottish Sunday Dinner" for the Healthcare Staff at Henry Ford Wyandotte Hospital and the Wyandotte Police Department (see Portofino photo at right). The remaining \$5,000 was distributed to five of the Society's annual charities hurt by the pandemic.

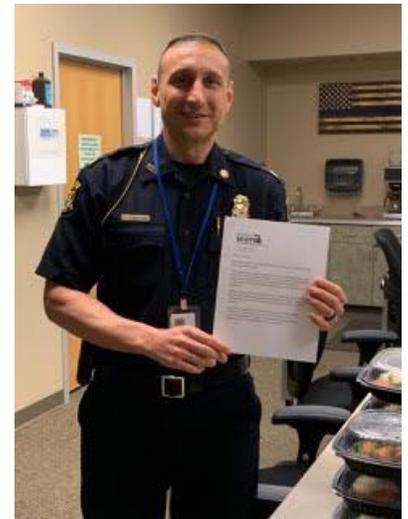
Geir Gronstad, working from home for General Motors, volunteered to deliver face masks GM was making to various first responders in the Detroit area.

Rick Aardal and **Sheryl Dalton** continued their work as nurses, Rick at Henry Ford Hospital and Sheryl at Beaumont Royal Oak.

The Nordkap Board of Officers made phone calls to our members, updating them on plans for the 17th of May Zoom video conference and offering assistance to anyone needing help during the pandemic crisis.

Inger Ehrenfeld has been baking bread and sharing it with her neighbors.

If you've been volunteering your services or otherwise working to help the community, please let us know at Nordkap@DetroitNorwegians.com.



Advice from the Sons of Norway

A Letter from President Erik Duus: **Hipp, Hipp Hurra!** I want to say how “hyggelig(t)” it was to be with so many of you during our “virtual” Syttende Mai Nordkap Lodge Celebration on the actual day of the 17th of May! Mange takk (many thanks) to all of you who participated and to Heather Vingsness who made it all possible via Zoom video conferencing.

Now did you know that our Nordkap records, including newsletters, are archived for safekeeping at the Bentley Historical Library at the University of Michigan? Because of this, I would be remiss if I didn't acknowledge what happened just three miles away from our Sons of Norway headquarters in Minneapolis on May 25, 2020.

A man whose name we all now know, George Floyd, was tragically killed there and our country has since been experiencing both an awakening and an upheaval since that dreadful day. Though the aftermath of Floyd's death is fraught with controversy, my thought is that it needed to be mentioned here. Norwegians have always been known for their commitment to human rights – and this is something of which we can be proud. The best of American ideals have not yet been perfectly realized in our country, but we can each individually, and collectively (another Norwegian model), move toward justice and peace.

The tumult in our streets has erupted while we are still under continued threat of coronavirus and the need (and challenges) to re-open our state's/nation's economy. Also, lest we forget, the devastating flooding in Michigan's Midland communities, which has caused heartbreaking loss. What a 2020 so far!!

Peacemaker Dag Hammarskjold, the Swedish economist, author, diplomat, Nobel Peace Prize recipient, and the second United Nations Secretary-General, said:

“The longest journey is the journey inward.”

Inward means our community. Joining birthday and graduation (“honking”) drive-bys or participating in peaceful protests like we saw in Flint. Making sure to give a generous tip when you order food for carryout/pick up (which is NOT a natural “Norwegian” thing to do, LOL!).

Inward means our Lodge. Like recently having thanked our Lodge members **Rick Aardal** and **Sheryl Dalton** for their service as frontline healthcare workers with a letter of appreciation -- and a “Thank You” gift card -- from all of us at Nordkap.

*...speaking of healthcare, please keep **Carmen Collins' husband, Joe Himmel**, in your thoughts and prayers. Joe had abdominal surgery a month ago but he's still in the hospital with serious complications. We hope and pray for his healing and recovery, for his doctors and nurses, for his family and friends (who are not allowed to visit due to COVID-19), and for Carmen, that she will remain strong and healthy, restful and trusting.*

Inward means our family. Whether going out for fresh air together or streaming a movie/show in your air-conditioned home. Reaching out to a family member who has lost his/her job (especially when it could be “lost” for a while).

Inward means you and me. The rest of that Hammarskjold's quote continues...*“Of him who has chosen his destiny, who has started upon his quest for the source of his being.”* For me, that could mean to: Read. Walk. Learn. Grow. Try. Fail. Pray. Love. Give. Accept. Carry On.

Med vennlig hilsen (with best regards), Erik Duus PS—May you and yours have a happy Fourth of July/Independence Day! Remember, you can wear the same colors you wore on Syttende Mai. ☺

Keep These Traditions in Mind as You Celebrate Midsummer

While Nordkap plans no lodge celebration of Midsummer this year due to the coronavirus pandemic, you may find inspiration for your celebration from this Sons of Norway heritage article:

The Norwegians celebrate Midsummer Eve on June 23 or the Saturday closest to this date. The Midsummer fest originated in the ancient Norse society long before Christianity was introduced and has been observed ever since.

The Old Norse honored the sun with pagan ceremonies at summer solstice. The turning of the sun was believed to be a perilous event. If the sun failed to take the right course, mankind was doomed to perish. At this critical time, the world of the living was open to the beings of the nether world. Trolls, ghosts, and other creatures roamed the earth.

When Christianity was introduced, the ancient sun festival was replaced by the celebration of the birthday of John the Baptist. The Church realized that a mere ban on the pagan fest would not dispel the deep-rooted folk beliefs connected with this day. So while the celebrations were given a new purpose, the customs and superstition surrounding Midsummer Eve existed hand in hand with the Christian tradition.

Fire has always played a significant role in the Midsummer celebrations. The old Norse kept blazing bonfires going to give renewed power to the sun. The bonfires were also believed to drive away the supernatural beings which threatened both man and beast at this time.

In our time, the bonfires still flame all over Norway on Midsummer Eve, but the celebration has taken on a new meaning. The superstitious beliefs seen in connection with the fest are half forgotten. Instead, Midsummer, or St. Hans ('Sahnkt 'HAHNS) as it is called, is a celebration of the blonde, Norwegian summer, the short, light summer nights, and nature in general.



Along the coast, bonfires blaze on every islet and skerry. Boats filled with high-spirited and cheerful people gather together and form long processions which parade along the coast to the accompaniment of accordion music. There are evening picnics served in every little cove and on every rock shelf along the shoreline. Laughter and music drift through the summer night. In some places, people meet for a community celebration of Midsummer, build a huge communal bonfire, and have grand festivities with entertainment programs, good food, and dancing.

Norwegians decorate with birch twigs at the Midsummer festivities. This custom is of ancient origin. To the old Norse, the birch twigs symbolized the life force which awakened in nature in the spring and early summer. Another ancient tradition which might have had some influence on the present tradition is the custom of using birch twigs as a symbol for peace and armistice at the places where people came to trade.

According to folk belief, evil was a constant and realistic threat at Midsummer. But also good forces were believed to be especially strong at this time. It was, for instance, the best time of the year to collect medicinal plants and herbs. These were believed to possess strong healing properties at summer solstice.

The ancient celebrations were surrounded by mysticism. Even a modern-time Norwegian will admit that the St. Hans night still has a touch of the mysterious to it. Everyone who has experienced the magic of a Nordic Midsummer night will be under its spell forever.

More Support Comes in for our Virtual 'Bowling' Event

When COVID-19 led us to cancel our annual bowling event, we came up with an alternative way to raise money for the Nordkap Scholarship Fund: a virtual "Bowl at Home" event.

The idea was to have people pose for a photo holding a bowl. Each "bowler" then would contribute \$10 (or more) to the scholarship fund, and their "bowling" photo would be published in this newsletter. To date, this initiative has raised \$305.

The first batch of bowling photos produced some interesting results and were published in our April/May edition. Now we have three more to add to the mix. The two "bowlers" in the Duus family photos below, left to right, are Charlotte Duus—with rosemaling--and Lolly Duus, with her big "bowl."



Under normal circumstances, Nordkapen has a policy of avoiding bathroom humor. But Nordkap President Erik Duus thought you'd enjoy this photo of him (on the right) that his daughter took in the Bath Department at Home Depot.

If you would like to take part in our fundraiser, please mail your check made out to Nordkap Lodge 5-378 to lodge editor Louise Giles at P.O. Box 1198, Royal Oak, MI 48068. Then, e-mail your photo with your "bowl" (no more toilet bowls, please!) to Nordkap@DetroitNorwegians.com.

Looking for Outstanding Young Members!

We have been asked to help identify outstanding young members of Sons of Norway in our lodge for a possible story in the *Viking* magazine. Ideally these are members age 30 and younger who have been recognized for an exceptional achievement at their young age. If you have a candidate you would like to nominate, please contact Nordkap Editor Louise Giles at Nordkap@DetroitNorwegians.com.



Cod Toss Champion Moves out of State , ‘Tosses’ Trophy Back

Brandt Monson showed us his mighty arm last year when he won the champion’s title in our 17th of May “Cod Toss” tournament. His toss of a frozen fish for distance soared high above the playing field before landing up yards away, in the weeds.

Brandt showed us even more of what he’s made of about a week ago. The Ford engineer had accepted a new job that would take him out of state and unlikely to return to toss cod with us again. Yet just before leaving, he made special arrangements to turn in the rotating “Oh My Cod” trophy to make it available when the next champion is chosen, probably in 2021.

This year’s tournament was cancelled along with our usual 17th of May celebrations at the Swedish Club due to the restrictions of the COVID-19 pandemic.

With the restrictions still in effect, it was an unusual sight on June 1 when Brandt handed over the trophy to cod-toss organizer Bob Giles for safekeeping. Both men were masked and kept social distance to avoid contagion as they posed for the photo below with the trophy. It could only have been better Bob said, if the trophy itself were wearing a mask!

We wish Brandt well as his heads to Maryland and a job writing code for NASA, the National Aeronautics and Space Administration. He plans to seek out Norwegian heritage events in his new location.



Brandt Monson, left, delivers rotating Cod Toss trophy to Bob Giles.

Competition Gets Hot in Scandinavian Photo Contest

The Fifth District Sons of Norway's Scandinavian Photo Contest is really heating up, with approximately 100 wonderful entries of scenes of Norway, Sweden, Denmark, and Iceland submitted so far. They are still looking for photos from Greenland.

To view the pictures submitted to date, use this link:

<http://www.sonsofnorway5.com/galleries/details/27-District-5-Scandinavian-Photo-Contest>

The deadline to submit your photo is July 5. Remember, the winning photos will be printed on a deck of Scandinavian playing cards, available for purchase in October 2020.

The rules for the contest and an entry form can be found at:

http://www.sonsofnorway5.com/conventions/convention_contest.php



Photo from Steinsdalsfossen, by unidentified photographer

Last Call for Nordkap Scholarship Applications, due June 30!

All college-bound students looking to qualify for Nordkap scholarships should be finalizing their applications to send to the scholarship chairperson.

Applications must be postmarked or sent by e-mail no later than June 30.

Printed applications sent by mail are preferred, but due to concerns about the ongoing pandemic, e-mailed applications will be accepted.

Application forms are available at <http://www.detroitnorwegians.com/scholarship.html> or from scholarship chairperson Carmen Collins at skicarmen@att.net.



Coming Soon: Viking for Kids

As part of its 125th anniversary celebrations, the Sons of Norway is announcing the return of *Viking for Kids*.

Coming this August, *Viking for Kids* will be a quarterly digital publication that will be available for download on the Sons of Norway website. It will include Scandinavian-inspired articles, quizzes, coloring pages, and more. This will once again give the organization's young "heritage members" a magazine of their own.

For updates, visit sofn.com/vikingforkids.

Go Online to Stay Connected to Your Norwegian Community:

Nordkap Lodge won't be scheduling live meetings for a while, but you can still stay connected to your Norwegian heritage. Visit the following sites for up to date information and good ideas!

Nordkap Lodge website: <http://www.detroitnorwegians.com>

Facebook: Norwegians in Michigan

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



Sons of Norway 5th District website: <http://www.sonsofnorway5.com/>

District 5 Facebook: <https://www.facebook.com/groups/1410575062591249>

Sons of Norway website: <https://www.sofn.com/>

Official Sons of Norway Facebook: <https://www.facebook.com/groups/SonsofNorway>

NORDKAP

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