



# Nordkapen

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

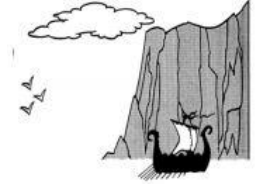
The North Cape 71° 10' 21" North Latitude – The Top of Europe

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

**Sat., February 24, 10 a.m. – noon**  
**Cross-Country Skiing**  
**Huron Meadows Metropark**

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

**Sunday, March 24, 1 – 3 p.m.**  
**Bowling Fundraiser**  
**Country Lanes Bowling**  
**30250 W. Nine Mile Road**  
**Farmington Hills, MI**

**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](mailto: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**

February/March 2024

Volume 94 Issue 2

## ***Norwegian Pizza Party Set for February 25***

**Did you know Pizza is a favorite food of Norwegians—so much so that it's sometimes called Norway's National Dish?**

You can learn more about Norwegians and pizza at Nordkap's February Gathering on February 25 when:

- President Haley Vingsness shares her knowledge about Norwegian pizza.
- You create your own Norwegian pizza from toppings supplied by the lodge--or maybe just bring your own: Herring or Lutefisk, anyone? Maybe a little shrimp or salmon? Jarlsberg cheese with ketchup? Whatever you like, you can add it to the pizza you create.



Salad and dessert will be served. A \$10 donation is requested.

**We will also elect 4 delegates** to represent Nordkap at the 5th District Sons of Norway convention in Indianapolis in June. Four alternate delegates will also be chosen to serve only if the elected delegates can't make it. (See page 6 for more information.)

**Plus, we will initiate members** who joined the lodge in recent years but were never sworn in. Among the those eligible are:

Elizabeth Aprahamian, Heidi Aprahamian, Emily Barnes, Bob and Coco Bruner, Bette and Bryant Clary, Margaret and Will Hahr, Michael Jarasz, Marilyn Kirking, Courtney Krause, Kelsie Pung, Timothy Roman, Trish and Geir Skorpen, Margarita Thompson and her daughters, Yana and Kalina Thompson.

**See you on Sunday, February 25, beginning at 2 p.m.** at the Swedish Club, 22398 Ruth Street, Farmington Hills.

If there's snow, you're invited to come early and bring your sled or skis to enjoy the grounds at the Swedish Club before we meet at 2.

## GRATULERER MED DAGEN!

### February Birthdays:

Heidi Aprahamian, Wyatt Boman, Kevin Duffy, Bill Edwards, Dennis Flessland, Janet Flessland, Louise Giles, Sven Hahr, Emma Jehle, Cynthia Keech, Steven Keech, Judith Kirsch, Erik Lundberg, David Nelsen, Magda Pecsénye, Arthur Peterson, Kelsie Pung, Yana Thompson

### March Birthdays:

Miriam Amundsen, Harald Ehrenfeld, Karen Frelinghuysen, Robert French, Lilje Gronstad, Sonja Gronstad, Tim Miller, Barry Rabe, Linda Radwan, Dana Runestad, Avery Jean Skidmore, Phyllis Skora, Sarah Stalmack, Hannah Thomassen, Jenna Thomassen

## Sunshine Updates

Member **Cathy Johnson** will be having surgery in March for a bone spur/calcification caused from some old surgeries years ago to repair a rupture in her Achilles tendon. Cathy regrets that the surgery means she won't be able to lead her usual hike at Kensington Metropark in the spring.

\* \* \*

**Heather Vingsness** is celebrating the achievement of her cousin Ryan Elenich, captain of the Farmington United Hockey Team. Ryan is the first hockey player this season in the Michigan High School Athletic Association to record 50 points.



*Ryan Elenich (family photo)*



## *Bowling in March for Fun & Scholarship Fund*

**This is a great way to raise money** for the Nordkap Scholarship Fund—bowling with friends for fun. We'll have some nominal prizes for bowlers, but the real objective is raising money, with half the funds raised going to the scholarship fund.

**The date to join us** with your kids and grandkids is Sunday, March 24, from 1 to 3 p.m. at Country Lanes Bowling, a spacious facility with lots of parking at 30250 W. Nine Mile Road in Farmington Hills, Michigan.

If you don't want to bowl, you can still come to observe and enjoy the comradery as a "Viking cheerleader."

The price for adults who bowl is \$25. For kids and non-bowlers it's \$10. For bowlers, this includes two hours of bowling, shoe rentals, two slices of pizza, and a soft drink. Non-bowlers get the pizza and soft drinks.

**You don't have to be a professional bowler to have fun with us, but you need to register! To register or for more information contact Bob Giles 248-302-2222 or [BobGiles@NewCarNews.tv](mailto:BobGiles@NewCarNews.tv)**

If you can't attend bowling but still want to contribute to scholarships, please write a check to Nordkap Lodge 5-378 with a note on memo line "for the scholarship fund" and send to Bob Giles, P.O. Box 1198, Royal Oak, MI 48068.



## ***In Memoriam***

We sadly note the passing of two Nordkap members—Derrick “Rick” Aardal and Elaine Keech.

**Rick Aardal** was just 64 when he died peacefully at home in Bloomfield Hills. His unexpected death was a shock to many friends who remember him as the kind man with a smile and friendly word for all.

His notable love for singing began early in school at Redford Union High School and continued throughout his life. He wrote music and sang at many family weddings and in a number of choirs, including the Detroit Lutheran Singers where he was a member for 30 years.

**Rick was a registered nurse** and employee in the pulmonary department of Henry Ford Hospital in Detroit. He recently celebrated 36 years with Henry Ford.

He was a longtime member of Nordkap Lodge and was to receive his lifetime membership of 30 years this year. Many members recall Rick's late parents, Thad and Audrey Aardal. Thad was president of Nordkap for many years and Audrey was our historian.

Rick was the brother of Debbie (Russ) Simms and Randy Aardal, the uncle of Justin (Colleen) Simms and Jeff (Megan) Simms, and great uncle to Benjamin, Jamison, Izabelle, Cayden, and Conrad. He shared his life with Gary Heppard for 38 years.

\* \* \*



***Rick Aardal (family photo)***



***Elaine Keech (family photo)***

**Elaine Joyce Keech**, 97, passed away peacefully in her home in Warren with her daughter Cynthia. Elaine was a member of Sons of Norway for nearly 28 years, most of it with the former Samhold Lodge before it merged with Nordkap in 2020.

Elaine was a life member of the Order of the Eastern Star, Jefferson Chapter 489, and a Past Queen of Ahmose Temple #63, Daughters of the Nile of North America.

**Friends remember her as a vibrant lady** and a kind and loving person. Besides her daughter, Cynthia, Elaine is survived by daughter Cathryn Diane (Michael) Morse of Jerome, Michigan, and son Steven Keech of Roseville, Michigan. She is also survived by her brother Kenneth (Joyce) Bergum of Huntley, Illinois; sisters Marlene Hinkley of Fountain Hills, Arizona, and Ruth Ann Wilder of Crookston, Minnesota; and several nieces, nephews, grandnieces and grandnephews.

## ***Come Ski with Us at the Metropark & Grab a Brew in Brighton***

Once again, Nordkap invites you to rediscover your Norwegian roots and join our cross-country skiing event on Saturday, February 24, from 10 a.m. to noon at Huron Meadows Metropark at 8765 Hammel Road, Brighton, Michigan. Yes, it's the same great place we offered our ski outing for the past two years!

**Whether or not you ski that day,** you're welcome to join us with your family at the park and afterwards at a brewpub in Brighton

For skiers and non-skiers alike, the metropark has a nice Ski Center offering a heated lounge, restrooms, and a concession stand. If you need a little instruction, Nordkap's Co-Youth Director David Thompson can be on hand between 10 a.m. and noon to help, but only for appointments set up

in advance (please text or call David at 734-276-8709 to set up a time). Then stay as long as you like. The park is open for skiing 9 a.m. to 7 p.m. on Saturday. Remember you need to purchase a \$10 daily vehicle pass for the park.

Huron Meadows offers miles of groomed trails for skiers. Winter closures, conditions and grooming updates are posted by the park daily by 10 a.m. on weekdays and 8:15 a.m. on weekends/holidays. Check the postings at <https://www.metroparks.com/park-closures/#HuronMeadowsMetropark>

**Not enough snow? You can buy a \$5 pass and ski on Bucks Run, the park's 1.5-mile loop refreshed with snow guns.**

Bring your own ski equipment, otherwise ski rentals are available at the Ski Center at \$15 for adults and \$9 for youths under 16. You must reserve ski rentals, but no more than five days in advance.

Reservations must be made online at

<https://mihuronclintonweb.myvscloud.com/webtrac/web/search.html?Action=Start&keyword=116-1-1135&module=AR&display=Calendar>

Be advised that ski reservation times can fill up fast, so do plan to reserve a few days in advance. For more information, see <https://www.metroparks.com/huron-meadows-metropark/#cross-country-skiing>

**After Nordkap wraps up our event around noon, everyone's invited to Brewery Becker** at 500 W. Main Street in Brighton to purchase ales and lagers, or non-alcoholic beverages. There's also a light food menu to choose from. Meet up with us at the brewpub around 1 p.m.



*Previous ski outing at Huron Meadows Metropark*

## ***Oslo is Saved from a Troll...and our Officers Are Sworn In***

**Our Movie Afternoon in January gave us a new movie selection** and some surprising sympathy for the gigantic troll who threatened to destroy Oslo.

The movie finally chosen was *Troll* billed as a “fantasy-adventure” in place of the original selection, *The Trip*, an “action-horror-comedy.”

**We nibbled on delicious popcorn** made by Mary Morehead as the film began and a frightening troll emerged from Dovre mountain after being buried for a thousand years. It steadily made its murderous trek toward Oslo while Norwegian authorities frantically sought to destroy it and save the city and its people.



*Paying rapt attention to the fantasy-adventure tale of a troll*

Before that could happen, we learned the lonely troll was just trying to find his old troll family buried in catacombs under the Royal Palace. So trolls have families, too! A few of us may have been tearing up in the dark as the troll met its inevitable end. Still Oslo was saved, and a brilliant Norwegian scientist did it. Hurra for her and Norway!

**And hurra for Nordkap’s new officers and directors** installed at our gathering that afternoon.

Sworn in by Counselor Bob Giles was Nordkap President Haley Vingsness. Haley in turn installed Treasurer & Scholarship Director Carmen Collins, Membership Secretary & Sunshine Director Carol Jehle, Social Director & Greeter Eli Steyskal, Cultural Director Karen Herche, Sports Director Mike Jarasz, Co-Youth Director David Thompson, Co-Store Director Dennis Flessland, Editor & Publicity Director Louise, and Counselor Bob Giles.



*(Left) Bob Giles swears in Haley Vingsness; (right) Haley swears in 2024 officers*



## ***Other reasons to go to the D5 Convention in Indianapolis in June!***

**The following classes will be offered** at the Sons of Norway District 5 Convention in Indianapolis in June 19 – 22.

**Classes will start Wednesday, June 19,** to allow delegates to attend two days of class on Wednesday and Thursday, including:

- Figure Carving
- Rosemaling
- Hardanger Embroidery
- Stamping with D5 commissioned stamps
- Sami-influenced Bracelet Making\*
- Needle Felting\*
- Knitting (pending)
- Hardanger and regular fiddle (pending)

**The following speakers are also scheduled:**

- **Jorn Langseth**, will speak on topics related to the Sami culture each day of the convention. His wife, Annegrete, will also give a presentation.
- **Daron Olson**, Ph.D. will share research he has done with a presentation about Vikings.
- **Sara and Rick Long** own Fjord horses. They will share their experience working with these special horses. If arrangements can be made, they may bring one along.
- **Jim Nelson** has a varied repertoire of presentations including scholarly topics, humor, and music, and one will be chosen.
- **Adolf Hanson** wrote a book about growing up in a Norwegian community in the Bronx. He will share some of his experiences.
- **John Arneson** packed up the family vehicle, persuaded his wife to be the navigator, and followed the trail of his great-grandfather's Civil War experience. He will talk about that trip and share genealogy resources he found helpful.

**Note: Any Nordkap member who isn't a delegate** but still wants to attend the convention can do so simply as a self-paying attendee. Attendees may observe the convention and take part in activities, classes, and presentations available for all. Non-delegates are able to take the full classes Wednesday through Saturday.

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*\*indicates one-day classes*

### **RACING TO THE FUTURE**



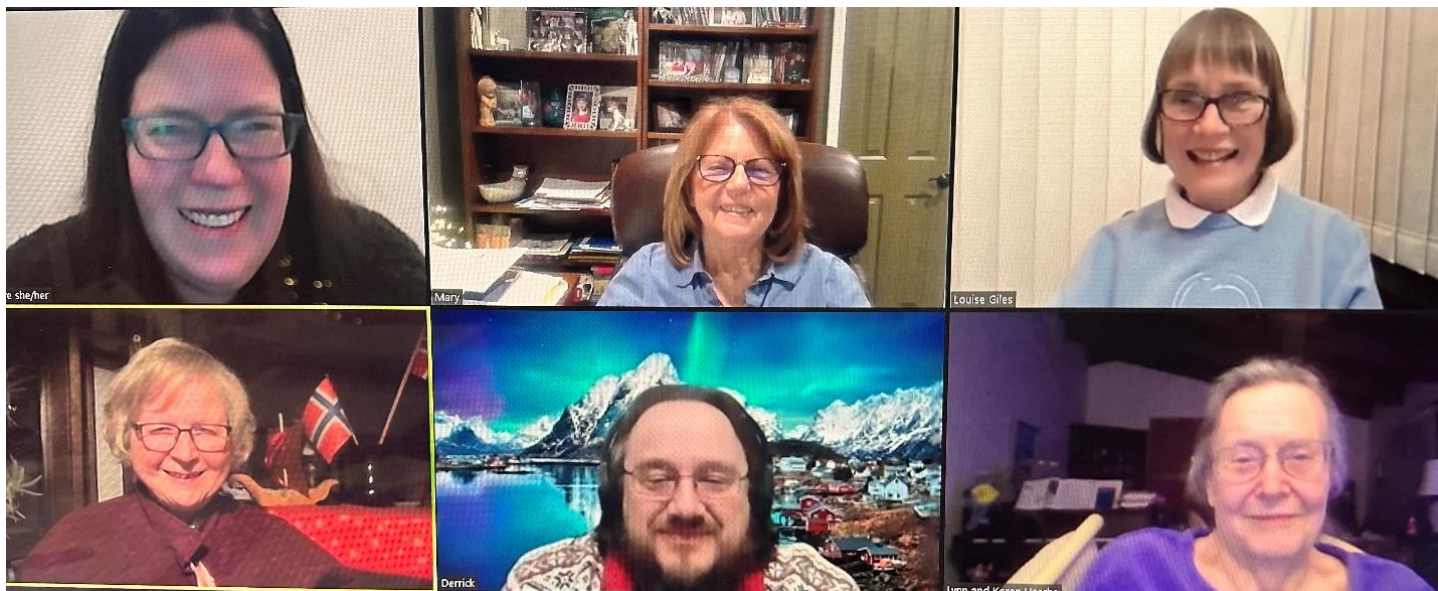
**SONS OF NORWAY**  
District 5 Convention  
Indianapolis, Indiana  
6/19/24 - 6/22/24



## ***Nordkap Book Club Ventures into Politics with Travel Writer Rick Steves***

*--By Louise Giles*

**Travel was the subject for discussion** by our Nordkap Book Club in its Zoom gathering on January 21. The travel we were talking about was not the sight-seeing kind, but rather a form of travel recommended by best-selling author Rick Steves in his book *Travel as a Political Act*. The book was the third in the series of non-fiction books the club is currently reading.



***Nordkap Book Club, left to right from top: Magda Pecsénye, Mary Morehead, Louise Giles, Carol Jehle, Derrick Hendricks, and Karen Herche. (Zoom screenshot by Mary Morehead)***

In this book, Steves puts his sights on travel as an educational experience. He believes that travelers armed with a broader perspective from their journeys should return home to help shape public opinion about world affairs and become activists for positive change in their own communities.

**He encourages travelers to take the least-traveled paths** away from tourists spots, to find local people to engage in meaningful discussions, to learn about their troubles and how they view the United States and the rest of the world. Steves argues that knowledge gained from this approach can be quite eye-opening and cause travelers to rethink their own long-held opinions about the world.

Steves relates how he has practiced this method since his early days as a backpacking student traveler and, more recently, as the renowned travel expert he has become.

**What Steves suggests may be a big ask** of that traveler simply seeking a restful vacation in a beautiful spot far from the troubles at home. But Steves definitely offers food for thought and provides insightful background on many of the interesting places he's traveled—such as Denmark, Morocco, El Salvador, Iran, Turkey, and Israel.

## ***A Letter from President Haley Vingsness:***

### **Kia ora (Māori for “Hello”) from New Zealand!**

As I flew over the South Island, I was struck by how similar the landscape is to the western coast of Norway. I arrive tomorrow [February 10] at Fiordland National Park... named for its similarity to the Norwegian fjords (but spelled differently. Maybe to ensure no confusion on which country it's in?) It's summer in New Zealand, but it will get down to freezing temperatures at Milford Sound fjord.

**The glaciers here are shrinking rapidly.** A hiking trail that 10 years ago allowed you to walk into Franz Josef glacier now ends 750m from the ice. I'm reminded of how green it's been at home this winter. The weather has hardly been able to support a Nordkap ski trip this winter—but now scheduled for Saturday, February 24. (See story, page 4.) I hope we'll be able to make the most of the situation with biking and hiking. I look forward to seeing you on my return at our February meeting!

**Haley Vingsness**



*New Zealand's Milford Sound (photo by Wikikiwiman at English Wikipedia)*

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