



Nordkapen

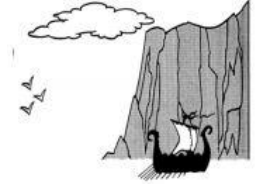
Nordkap Lodge 5-378 - Sons of Norway

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

Sunday, April 27, 4 – 7 p.m.
Movie Night
The Swedish Club
22398 Ruth Street
Farmington Hills, Michigan

Saturday, May 17, 11 a.m. – 4 p.m.
Syttende Mai
Norwegian Constitution Day
The Swedish Club

Monday, June 23, 6 – 9 p.m.
Midsummer – Sankthansaften
Heritage Park
24915 Farmington Road
Farmington Hills, Michigan

Sunday, September 7, 1 p.m.
Steak & Corn Roast
The Swedish Club

Nordkap 2025 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

Youth Director:

David Thompson

Foundation Director:

Derrick Hendricks

Co-Store Directors:

Natalie Vaal & Dennis Flessland

Editor & Publicity Director:

Louise Giles

Counselor: Bob Giles

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Facebook:

Norwegians in Michigan

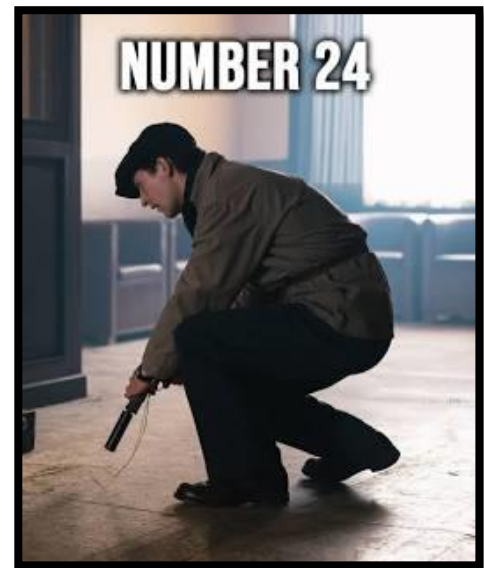
April/May 2025

Volume 95 Issue 3

Nordkap Movie Night Set for Sunday April 27

We'll be back at the Swedish Club with a special Movie Night on Sunday, April 27.

On our big screen will be the film *Number 24*, a dramatization of Norway's most decorated civilian war hero, Gunnar Sønsteby, codename "Number 24." For three years during World War II, he led an Oslo-based group of resistance fighters against the German occupation of their country.



We'll have popcorn and soft drinks to share plus the company of your favorite fellow Norwegian-Americans!

Members are welcome to bring their own snacks and drinks or purchase beer, wine, pop and water at the Swedish Club.

Join us from 4 to 7 p.m. at the Swedish Club, 22398 Ruth Street in Farmington Hills, Michigan.



* * *

We Want Your Ideas for a Nordkap T-shirt!

See page 7 for details about our T-shirt design contest.

Gratulerer med Dagen

April Birthdays:

Catie Hart, Laura Howe, Duane Kirking, Annette Lundberg, Constance Pike, Margarita Thompson, Mary Tornquist, Wade Tornquist

May Birthdays:

Anton Anderssen, Arne Borgnes, Sarah Duffy, Charlotte Duus, Myrtle Ebert, Thomas French, Margaret Haines-Hahr, Joseph Hart, Marilyn Kirking, Norman Kirsch, Kathleen Hanlon-Lundberg, Joseph Markusen, Jan Persson, Nancy Redilla, Gail Ritchie, Laura Roed, Lynn Rose, Susan Schotts, P. J. Smith, Jennifer Vingsness, Donald Wang

Sunshine Updates



Former Nordkap treasurer **Marge Sorensen** has moved to a memory care unit at Oak Court Terrace, 16351 Rotunda Dr., Dearborn, MI, and would very much appreciate having visitors. Please get details from Louise Giles at louiseagiles@gmail.com before your visit.

Members **Judy and Norm Kirsh** report they miss seeing everyone at our gatherings and want to say “hi our members. Their driving is limited due to health issues.

Best wishes to **Geir and Trish Skorpen**. Geir has been recovering from a broken leg that resulted in their missing the Christmas party. We hope to see both of them, soon.

Phyllis Skora reports that her son **Tim Roman** is scheduled for surgery on Good Friday. Tim will be treated for carpal tunnel syndrome and repair of a nerve affecting his arm and his elbow.

Mark Your Calendar for these Upcoming Events

Swedish Club grounds clean up: Please join this Nordkap community event on Saturday, May 10, as we help clean up the grounds for spring at the Swedish Club at 22398 Ruth Street in Farmington Hills.

We use the Swedes’ beautiful club for many of our gatherings throughout the year, so it makes perfect sense that we assist Swedish Club President Dan Nelson as he spruces up the club’s flower beds and grounds *for us* and our upcoming Syttende Mai celebration on May 17!

Plan to arrive at the clubhouse at 10 a.m. with gardening gloves and any gardening tools you care to bring.



Swedish Club in Spring

If you have students in your house who need volunteer hours for school, bring them, too. We can issue certificates to verify the hours students work.

Midsummer Celebration: We’ll gather from 6 to 9 p.m. on Monday, June 23, at Heritage Park at 24915 Farmington Road in Farmington Hills to celebrate Midsummer, one of the longest days of the year.

There’ll be a nature hike, bonfire, grilled hot dogs, S’mores, and the burning of a paper witch for good luck! Please consider bringing a side dish or dessert to share.

Norwegian Adult Culture Weekend: Anyone planning to attend the Sons of Norway 5th District Fall Adult Camp in Norway, Illinois, October 3 -5, should refer to its updated agenda. The weekend will be a celebration of the 200th anniversary of the Slooper Norwegian Immigration. Details can be found on the 5th District’s website <https://sonsofnorway5.com/> listed under News and Events, and then the Friendly First Friday News dated March 21, 2025.

Celebrate Syttende Mai--Norwegian Constitution Day on May 17

On Saturday, May 17th, we'll observe Norway's biggest holiday, Syttende Mai, with a festive parade, music, games, and picnic foods at the Swedish Club. Come help us celebrate the day that Norway's Constitution was signed in Eidsvold, Norway, in 1814.

Our celebration begins at 11 a.m. at the Swedish Club, 22398 Ruth Street in Farmington Hills, with Norwegian food imports and gift items for sale. The parade around the clubhouse starts at 11:30 a.m.

We'll fly the Norwegian flag, sing the Norwegian national anthem, turn out in bunads, and enjoy Scandinavian music, picnic foods, and Norwegian heart waffles.

Then we'll have the games! Among them will be Nordkap's traditional "Cod Toss"—tossing fish for distance.

A complimentary dessert and coffee buffet will follow the games. Events will conclude by 3 p.m.

Admission is \$5 payable at the door. Children 5 years of age and younger are free. This includes pølse (hot dogs), chips, soft drinks, Norwegian heart waffles with jam and sour cream, and desserts.

Please consider bringing a favorite Norwegian dessert to share at the dessert buffet. If you can volunteer to help out, please contact the organizer, President Haley Jarasz, at haleyvingsness@gmail.com.



Last year's Norwegian Dessert Buffet

Recent Nordkap Events out and about Were Interesting and Fun!

We had great fun cross-country skiing led by David Thompson on February 8 at Huron Meadows Metropark in Brighton. Weather conditions were perfect for skiing, and we had five skiers as well as a table of eight at the afterglow lunch at Brighton's Brewery Becker. *(Ski photos by Eli Skeyskal)*



Later that month, we tried something a little different, Aquavit Tasting, hosted by David Thompson with great help from Margarita Thompson. We tried four samples of the distilled spirit popular in Scandinavia but started first with a signature aquavit cocktail--the *Michigan Norwegian* created by David. (See recipe page 10.) We also enjoyed "small-bite" appetizers and heard a rendition of *Halen Gor*, the traditional aquavit drinking song, performed by Dennis Flessland, Bob Giles, and Russ Simms.



(Continued next page)

(Recent Events, continued from previous page)

Eight Nordkap members who purchased tickets for the Detroit Symphony Orchestra on March 8th saw native-born Norwegian, Tabita Berglund, conduct Beethoven's Piano *Emperor* concerto No. 5 and Mussorgsky's *Pictures at an Exhibition*. After the concert, our members attended a special reception for the conductor and piano soloist Lukáš Vondráček upstairs in Orchestra Hall.



Left, Tabita Berglund takes a bow with the DSO (Erik Duus photo); center, Nordkap members enjoy the reception; right, Paul Michalsen, a volunteer DSO usher, has a quiet moment with the conductor (Bob Giles photos).

On March 30, our **bowling fundraiser** at Country Lanes Bowling in Farmington Hills, organized by Bob Giles, raised \$800 for the Nordkap Scholarship Fund. Altogether, 18 adult bowlers, 8 child bowlers, and 12 “Viking Cheerleaders” enjoyed pizza and pop along with the bowling. Each of the children received a small chocolate Easter bunny. The top male and female bowlers received chrysanthemum plants. Stacey Torgerson took top honors for the women, with a total score of 296 for two games. Adam Hoff, a guest from Ohio, was tops for the men, with a total of 314 for two games.



In Remembrance

A longtime member of the Norwegian Club of Detroit, **Merle Foss**, 88, passed away on April 8, at Trinity Health Hospital in Ann Arbor. Merle was a man of many talents—a natural athlete, teacher, wrestling coach, hunter, fisherman, even had a pilot's license.

As Head Coach of the Wrestling Program at Luther College in Decorah, Iowa, from 1959-1964, Merle won 4 Iowa Intercollegiate Athletic Conference Titles. In 1968, after earning his Ph.D., he joined the what is now the School of Kinesiology at the University of Michigan, teaching there until his retirement in 2002. In 2024, he was inducted into the Luther Athletic Hall of Fame.

Memorial services will be held on Wednesday, April 16, at Zion Lutheran Church, 1501 W. Liberty Road in Ann Arbor, MI. Visitation from 10 – 11 a.m. Services at 11, with luncheon to follow.

Hans Jorgen Jorgensen passed away peacefully at home on February 10, 2025, at the age of 99. Hans was born in Trondheim, Norway. Soon after graduation from high school in the States, Hans was drafted into World War II, serving in the Army Air Corps from 1944 to 1945 before the Air Force was established. His career took him from drafting at Continental Aviation to designing and building strain gauges at William T. Bean before moving to on Ford Motor Company, where he worked as an engineer in the stress analysis lab for 35 years.

A kind man with a heart for animals, Hans was also an avid model airplane enthusiast and a longtime member of the Cloud Busters, building and flying model planes with friends. With his daughter **Elsa Jorgensen**, he joined Nordkap Lodge in 2014 to reconnect with his native language and heritage.

A Golden of Sons of Norway member, **Gilbert Allen Bergsrud**, 88, of West Bloomfield, Michigan, passed away on February 21st, 2025.

A passionate teacher, Gil moved from Minnesota to Michigan right out of college and began teaching at the age of 23 in the Waterford School District. He and his late wife Rita both taught in the Waterford district, retiring after many years of service there. Gil was also a member of Waterford's Christ Lutheran Church for 65 years, including decades as a member of the church choir.

He joined Sons of Norway in 1978 and was a member of Samhold Lodge until its merger on January 1, 2020, with Nordkap. He served on the Board of the 5th District Sons of Norway from 1998-2008 as Recreation Director and Vice President and was the District liaison for Nordkap Lodge. Gil was a person who brought joy, warmth, and positivity to everyone he met.



Merle Foss, right, with Bob Giles, president of the Norwegian Club of Detroit



Hans Jorgensen



Gil Bergsrud (family photo)

Items of Special Interest

A very beautiful event occurred on February 15 when Nordkap Lodge President **Haley Vingsness** married Nordkap Sports Director **Mike Jarasz** at Kirk in the Hills Presbyterian Church in Bloomfield Township. The bride's twin sister, **Heather Vingsness**, served as matron of honor. A reception catered by the groom and his mother followed at the Packard Proving Grounds Historic Site in Shelby Township.



There's more news about **Robert French**, son of member **Magda Pecsénye Zarin**.

Robert and his girlfriend Kat were waiting for federal funds to be released so they could start the jobs they'd been hired to do as firefighters during the wildfire season in the Northwest. While waiting to see if they could actually start work, they took a road trip down the West Coast. Robert sent Magda a photo from their trip, on the left, showing the sign outside a funny cafe in Port Orford, Oregon.



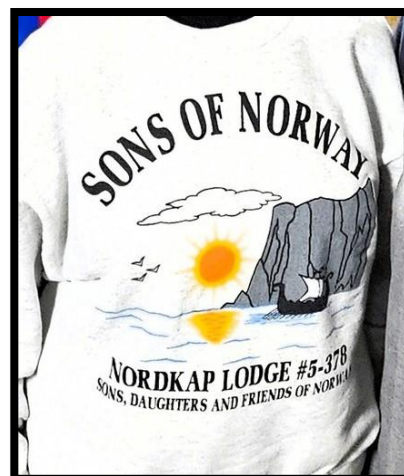
Enter Our Contest: You Could Design the next Nordkap T-Shirt!

Want to make your mark as a Detroit Norwegian? Please help us design a new T-Shirt for Nordkap members to wear with pride!

We'll be accepting original drawings beginning now through June 6, with the final design selected by vote at our Midsummer Celebration at Heritage Park in Farmington Hills on June 23.

You can submit a design on paper at our Constitution Day celebration at the Swedish Club on May 17. Or scan your design and email it to louiseagiles@gmail.com.

Designs are due June 6.



Vintage T-shirt design



Current T-shirt design

A Letter from President Haley Vingsness:



Hi friends,

It's easy to feel powerless as global tensions are on the rise. But here's the thing—cultural groups like ours actually *do* have power. We have the ability to build bridges where others build walls. Right now, creating space for connection, joy, and understanding is more important than ever.

Xenophobia is the fear of anything foreign or strange. Norwegian culture is foreign to many Americans, and you may have had personal experiences with xenophobia. Have you ever been asked, "Why aren't you taller?" or "Shouldn't you be blonde?" Maybe your friends told you that pickled herring sounds gross or your name is spelled weird. I know I've heard, "You weren't born in Norway, why do you care about that stuff?"

As Sons of Norway members, it benefits us when Norwegian culture is seen positively. No one enjoys being picked on. And I'd hope we can all agree that it's no fun for anyone else, either. But fear of rejection is incredibly powerful. Sometimes it's hard to be the one that sticks out.

You might think, "I'm just one person. I can't make much of a difference." I disagree. Let's be proud of Norwegian culture and talk about it openly. Having that personal connection helps others feel more comfortable. Holidays are full of perfect chances to talk about your heritage. If you have friends over for Easter dinner, mention that you're serving your grandma's Norwegian lamb recipe. Post those photos from your family's cabin weekend. Suggest a Nordic crime novel for your book club (we all know they're great). Little moments like these spark curiosity, open minds, and make different cultures feel personal instead of foreign.

We can also be purposeful about befriending those different than ourselves. Our lodge is a great place to do that! You might think, "Haley, aren't we all Norwegian?" But we welcome anyone interested in Norwegian culture, regardless of their heritage. Many other types of organizations self-select a narrow demographic — new moms, young professionals, veterans, gardeners, runners — people who tend to have the same level of education, socioeconomic status, spiritual beliefs, political affiliations, age, profession, gender, or life stage. Cultural groups are one of the only places where people of all ages and backgrounds come together.

Our recent event schedule includes more casual, welcoming get-togethers like movie nights and aquavit tastings. These are simple, fun ways to bring people together, start conversations, and share a little Nordic flavor (and maybe a toast or two).

Xenophobia thrives in silence and separation. But the antidote is connection—real friendships that cross age, race, background, and beliefs. The more we share our stories, food, music, and traditions, the more we chip away at stereotypes and build a more peaceful world.

To borrow from Marie Kondo's *The Life-Changing Magic of Tidying Up*, let's "spark joy." We can hold on to love and let go of hate that doesn't serve us. We can encourage others to do the same.

So keep sharing. Keep inviting. Keep connecting. You're making a difference.

**Warmly,
Haley**

Book Club's Final Choice: a French Woman's Journey to Norway

The Nordkap Book Club met via Zoom on March 2nd to discuss their fourth title for the season, *Grass of the Earth*, a biography by Aagot Raaen.

The book's theme of Norwegian immigration to the western prairies of the U.S. was now a familiar one to club readers, having just finished *Giants in the Earth*, a novel on the same subject by O.E. Rolvaag.

However, unlike the previous book, *Grass of the Earth* was structured as a series of diary entries for one pioneer family. Some of the club's readers found the entries too repetitive and detailed to sustain interest in the story.

Taking a break from books about immigration to America, the club's next selection is *A Frog in the Fjord: One Year in Norway* by Lorelou Desjardins. The author—a spirited French woman from Provence—writes about her adventures relocating for a job in Norway and discovering a land full of surprises and quirky customs.

The club will meet by Zoom at 7 p.m. on May 4 to exchange their thoughts about the book and its interesting twist on the subject of immigration.



Mary Morehead's recipe for Pie from our January 2025 gathering

Norsk Eple Pai (Norwegian Apple Pie)

Oven: 350°

Ingredients:

1-1/4 Cups Sugar
1 Cup Unshifted All-Purpose Flour
2 tsp Baking Powder
1 tsp Cinnamon
1/2 tsp Salt
2 Eggs
2 tsp Vanilla
2 Cups Peeled and Coarsely Chopped (2 Granny Smith Apples)
1 Cup Chopped Nuts



Directions:

1. Mix together Sugar, Flour, Baking Powder, Cinnamon and Salt until ingredients are combined.
2. Mix Eggs and Vanilla together then mix with dry ingredients.
3. Stir in Apples and nuts.
4. Pour into glass pie pan (coated with cooking spray).
5. Bake for 35 minutes

Recipe for David Thompson's "Michigan Norwegian" Cocktail

Fill a 5-oz glass with ice to half-full. Add the following.

1.5 ounces Aquavit*

0.5 ounces Lime Juice

Top Off with Vernor's Ginger Ale

Garnish with a spring of dill.



** This cocktail becomes truly a "Michigan Norwegian" if you use an Aquavit made in Michigan—along with Vernor's Ginger Ale that was first served to the public in 1866. "Vernor's" was created by Detroitier James Vernor, a well-respected pharmacist with a reputation for meticulous care with his prescriptions.*

If you don't have a Michigan Aquavit, Norway's Linie Aquavit is a good substitute.

NORDKAP LODGE 5-378

c/o Louise Giles

Box 1198

Royal Oak, MI 48068