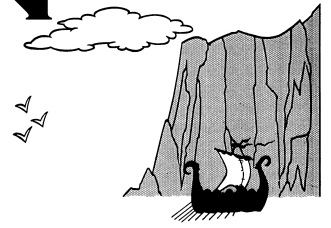




NORDKAPEN

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 10 August 1929 - The First Lodge in Michigan
<http://www.detroitnorwegians.com>



February 2013

A NON-PROFIT FRATERNAL BENEFIT SOCIETY

Volume 82 Issue 2

fra Presidenten



Sporty Norwegians?

There are so many sport events where Norwegians don't excel. You never see any of us in the Super Bowl, hit a ball with a stick or toss that ball into the basket. However, where we are good, we are very, very good.

Being close to nature and wide open empty spaces – on the water, in the forests or in the mountains, Norwegians are often venturing outdoors, sailing, hunting, skiing or just taking a *Søndagstur* (go for a walk on a Sunday). No wonder the sports in which Norwegians dominate are indeed in a boat, shooting, cross-country/downhill/ski-jumping as these are the most-winning events for Norway in the Olympic games.

Norwegians are active people. In a recent survey, the average Norwegian spends 3.5 hours a week on exercises that “make you be out of breath (andpusten) and/or sweating.” The most common activities are walks/exercising outdoors (76%), health club (46%), organized sports (26%), take your pet for a walk (25%), at school or workplace (23%).

In the Ministry of Culture, the Department of Sport Policy “allocates funds to the Sports Federation, and sports receive one-third of the profits of the state-run football pools and "Lotto". Of these funds, about 60 per cent are spent on developing sports facilities, and the rest goes to the Federation. There are between ten and twelve thousand sports centres in Norway, from the most modest local ground to big stadiums and indoor halls. A great deal of work on sports facilities is local and voluntary.” (reisenett.no).

cont'd on Page 4

**Sunday, February 17, 2013
4:00 PM**

**Swedish Club
22398 Ruth Street
Farmington Hills
248-478-2563**

February Meeting Will Chase the Chill With Chili and Norwegian Show and Tell

Nordkap members will share their knowledge of Norway in “Norwegian Show and Tell” at our Sunday, February 17th, meeting at the Swedish Club. The idea is for everyone to bring a favorite object from—or about—Norway and to take a few minutes to tell fellow members about it: What makes it unique and what it tells us about Norway.

The meeting will begin at 4 p.m. and feature a meal of Marge Sorensen's homemade chili with special toppings and crispy bread.

Following Show and Tell, we will continue our pursuit of the Sons of Norway Cultural Skills program. In particular, we will look at beginning those programs our members expressed interest in at the last meeting:

- Traditional Norwegian cooking
- Literature
- Rosemaling
- Genealogy

We look forward to developing our skills in these areas—and to seeing you February 17 th. .

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and to provide quality insurance and financial products to our members.



Parents please note: We are now offering supervised activities for youngsters during our meetings.

Nordkap members and friends who have internet access:

Be sure to check our website <http://www.detroitnorwegians.com> for our *Calendar of Events* and other up-to-date information. Copies of our newsletter are also posted on the site.

If you are receiving a paper copy of Nordkapen in the mail and would rather be on our email list, let Marge Sorensen know.

Those of you who need paper copies, we will continue to keep you informed that way!

Happy February Birthday

- 3 Greydon Hyde
- 4 Kristine Dowhan
- 6 Dennis Flessland
- 10 Judith Kirsch
- 10 Hannah Peterson
- 14 Deborah Gummerus
- 15 Sven Hahr
- 15 Corrine Ristad-Wendt
- 17 Art Peterson
- 18 Annele Richards
- 21 Louise Giles
- 21 Emma Jehle
- 26 David Nelsen
- 28 Mary Hansche



Save Your Cancelled Stamps

Carol Jehle will be collecting your cancelled postage stamps for Tubfrim at our meeting.

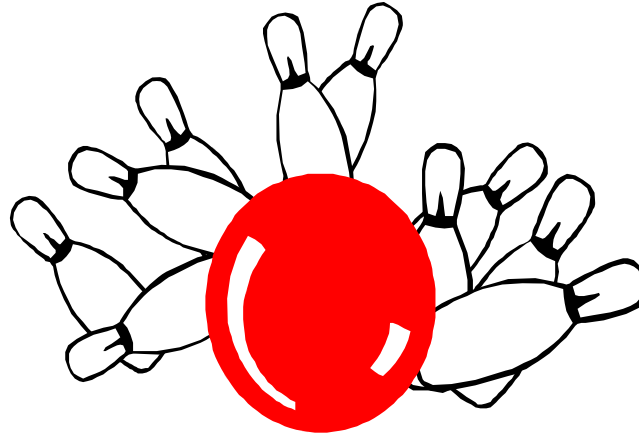
2012 Volunteer Hours

Please remember to mail, email, or phone your volunteer hours and points for 2012 to Carol Jehle so she can tabulate them for our quest to be awarded Lodge of the Year by Sons of Norway District 5. The deadline to get your info to Carol is February 17.

Carol Jehle
Phone 248-626-2148
jehlecarol@yahoo.com
7347 Coach Lane
W Bloomfield MI 48322-4020

President, Geir Gronstad 248-302-5196 Vice President, Louise Giles 248-398-5976
Secretary, Jennifer Vingsness 734-427-2485
Financial & Membership Secretary, Carol Jehle 248-626-2148
Treasurer & Editor, Marge Sorensen 313-563-2280
Counselor, Bob Giles 248-398-5976

REGISTER NOW!



**Nordkap Lodge Bowling Fundraiser
For 5th District Scholarship Fund
GREAT FAMILY EVENT!**

For your \$5.00 donation you get:
Three games, shoe rental and
Freshly baked pizza & pop dinner.

SUNDAY March 17, 2013 3:00 PM

Luxury Lanes

600 East Nine Mile

Ferndale, MI

(You don't have to be a professional bowler
to have fun with us, but you need to register!)

Money raised to go to the Sons of Norway
Fifth District Scholarship Fund.

To register or for more information

Contact Bob Giles (248-398-5976)

Let's keep the bowling ball rolling in 2013:

Last year Nordkap Lodge set a District 5 record for money raised
and had these results for the three games bowled:

Adult men - 362 Dan Nelson, 360 Geir Gronstad

Adult women - 355 Debbie Simms, 346 Lori Gronstad

Youth - 292 Lee Stinson (highest in all of District 5!)

WWII Bowlers - 357 Thad Aardal

Wear Your Green! It will be St. Patrick's Day

Cont'd from page 1

However, the single most popular activity must be “sport watching”

You may have seen the Norwegian sport fans, who may be camping out in the wilderness (actually Holmenkollen) next to a cross-country trail, dressed up like a lost May 17th parade in March, waving flags and cow bells, and cheering on Norwegian and foreign skiers since we are that good that the competition needs to get any encouragement to even hope they have a chance.

If we do not see the event in person, we have multiple TV-channels that will cover everything. It is a state right. The government has stipulated that the following sporting events are “important for the Norwegian identity and culture, and promote unity in the Norwegian society” and must be broadcasted free of charge to the public:

- Olympic games,
- World/European cups in soccer for men – including qualifying games for the Norwegian national team,
- World/European cups in team handball for women – including qualifying games for the Norwegian national team.
- World championships in all skiing disciplines
- Holmenkollen Ski Festival
- World championships in all skiing disciplines
- Holmenkollen Ski Festival

Norwegian sport commentators are known to go slightly overboard when things are going well. Memorable Norwegian sport moments are enhanced by the TV/radio commentators, such as the time the Norwegian skier broke his pole (Oddvar Brå,) the runner who finally won a championship (Grete Waitz), the cyclist sprinting to the finish line (Thor Hushovd) and the penalty kick that sealed the victory over Brazil.

Please stop by our meeting in April where we will re-live many of these glory moments, especially the one that accomplished the golden rule in Norwegian sports. “It does not really matter who wins the race, as long as we beat the Swedes!”

In honor of our Viking cousins in Ireland, please wear something green at the annual bowling event. Best outfit will be recognized as such!

—Geir o'Gronstaddy



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