



Winterfest 2015

UPCOMING EVENTS

Note: Not all events are listed on this and other DFCSA calendars. If you are planning an event and wish to check the availability of a specific facility on a certain date, please call Karen Pype (248-926-6219).

St. Urho's Party

The 2015 St. Urho's party will be held on Saturday, March 14, in the Clubroom starting at 8:00 p.m. There is a \$6 cover. Come enjoy a DJ, prizes, raffles, fun, food and the crowning of the new king and queen. And don't forget to wear your purple and green, so you don't get fined! St. Pat's kin are very welcome too! Weather permitting, camp country may be open. —The St. Urho's Committee

Spring's the Thing

"The life in us is like the water in the river. It may rise this year higher than man has ever known it, and flood the parched uplands; even this may be the eventful year."

—Henry David Thoreau, *Walden*, 1845

CALENDAR

March

- 8—Forest Management Committee, 10:00 a.m., pole barn
- 10—Sisu Sisters meeting, 6:30 p.m., Clubroom
- 14—**St. Urho's Party**, 8:00 p.m., Clubroom
- 22—Board meeting, 10:00 a.m., visitors at noon

April

- 2—Future Planning meeting, 7:30 p.m., Boardroom
- 12—Forest Management, 10:00 a.m., pole barn
- 19—Board meeting, 10:00 a.m., visitors at noon
- 26—**Annual meeting:** registration, 11:00 a.m.; meeting starts at noon

Other:

- May 3—**Talkoo**
- 17—Board meeting, 10:00 a.m., visitors at noon

Winterfest 2015 a Great Success

Thank you to all who helped to make Winterfest 2015 such a great success, beginning with our “ice hole” crew of Larry Gooden, David Taipala, Maxine Halperin, Keith Maddick, Paul Salo, Tim Santti and Robert Taipala. Thanks to Karl Aro for being our sauna master, to Mike and Denise Niemasz, Dick Pye and Sue Slaughter for selling buttons, and to Bev Jokinen for making the beautiful buttons. Thank you to Chili Master Chuck Rudzski, Greg Pelto and helpers Lindsey Taipala and Will Allen. Thank you to Mary Burck, Kim and Jim Ziegler, Gina Parisi, Crystal Soli, Ginger Wing, Cindi Maddick, our bartenders Pam Linick and Joni and Denny Sennhenn and a special thank you to Lauri Taipala, who helped me every step of the way. We had a day with beautiful weather and a great turnout. There were more than 50 polar dippers, we had 19 chili entries and there was an overabundance of raffle prizes. I would like to thank Randy Kashat of Marco’s Pizza and also the New Hudson Inn for donating gift certificates for the raffle. Our chili cook-off winners were:

First place, Jason Evans

Second place, Mark Estelle

Third place, Mary Barie

Again, thank you to everyone who helped and supported this fun wintertime event. I apologize if I missed anyone.—Linda Gooden, Chairperson



Regardless of whether you’re looking backward fondly to Winterfest or forward eagerly to St. Urho’s, like those above, you’ll be interested in the latest announcements from the scientific front, below.

More Lore: Ready for a Hot Spot? Think Finland

“Finland is heating up twice as fast as any other country in the world,” according to Markku Ketola in the February *Finnish American Reporter*. Reporting on a recent study, he relays that “since 1850 the average temperature in Finland has risen 3.6 degrees Fahrenheit, compared to the global average of 1.35 degrees F.

“This trend helps to explain why lakes in Finland have frozen over later and later each year, and, in the spring thaw sooner—as well as why the trees have begun budding earlier and earlier.

Camps for Sale



Camp 103, West Side

Charming cottage-style cabin with high-end materials: real stucco exterior, terra-cotta tile, Old World textured walls and ceiling. Under-cabin storage conceals yard tools, larger patio items. Fully decorated and furnished: ceiling fan, vinyl windows, bedside sconces, trundle bed (sleeps 4), all patio furnishings, gas grill, mini-fridge, micro-wave, electric fireplace, bistro table, 5 storage dressers for dishes, cooking utensils, linens, bedding—everything you need—just pack your clothes and come out for the weekend. \$8,000 cash, \$10,000 rent-to-own or \$2,000 down with \$2,000 per for 4 years. For a tour or more information, call Crystal: 248-421-3975.

Camp 128, West Side

Good condition. Hide-a-bed, working refrigerator, built-in bunk beds with foam mattresses. Family owned since 1925! Asking \$2,500. Contact Pam Hoffmann (owner): 803-407-0341.

“And to top it off, last year was the second warmest on record. . . . only 1938 was warmer.”

Ketola doesn't think that this warming trend will affect how many saunas there are in Finland: about one per household, or 2 million saunas for 5 million people.

Yet another tip about winter health comes out of a long-term Finnish ultrasound study of vitamin D deficiency in childhood which shows that this lack may be linked to hardening of the arteries in middle age. The study, begun in 1980 with 2,148 children aged 3 to 18, showed that children in the lowest one-quarter for vitamin D levels were nearly twice as likely to have thickening of the carotid artery as those in the other three quarters, according to a report February 17 in the *New York Times*. The lead author, Dr. Markus Juonala from the University of Turku, said not only that “there's a lot of data showing that vitamin D insufficiency is bad for health” but also that “we found evidence that it is connected to artery health as well.”

How to redress a lack of vitamin D has previously been explored. In 2008, Deborah Kotz wrote in *U.S. News & World Report* (June 23) that “in the winter, it's impossible to produce vitamin D from the sun if you live north of Atlanta because the sun never gets high enough in the sky for its ultraviolet B rays to penetrate the atmosphere. But summer is a great time to stock up on the nutrient. When the sun's UV-B rays hit the skin, a reaction takes place that enables skin cells to manufacture vitamin D. If you're fair skinned, experts say going outside for 10 minutes in the midday sun—in shorts and a tank top with no sunscreen—will give you enough radiation to produce about 10,000 international units of the vitamin. Dark-skinned individuals and the elderly also produce less vitamin D, and many folks don't get enough of the nutrient from dietary sources like fatty fish and fortified milk. “. . . But many experts believe that these recommendations are far too low to maintain healthful vitamin D levels. They advocate for supplementation in the winter of about 2,000 IUs per day and a dose of daily sunshine in the summer.”

From the Auditors

The Finn Camp Store, Recreation Committee and Sisterhood are required to turn in their financial records for the year to any one of the auditors (Greg Peltó, Mary Johnson, Ed Elkhill, Sam Dernberger), or give them to a board member to put on the Boardroom table. We need the inventory from the store and the financial records from both the Sisterhood and the Recreation Committee. We will have them back to you as soon as we can. Please indicate how much money you have in cash. Thank you for your cooperation.—Sam Dernberger

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Cords of Firewood for Sale

\$50 for members, \$60
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Contact Mike Honka,
ph. 248-860-5109

BOARD NOTES AND REMINDERS

The board is now accepting applications for the Sun Lake beach manager for the 2015 season. Letters of application will be accepted by mail or email. See the contact information below.

The board is accepting bids for the aluminum Finn Camp paddle boat that has been at Sun Lake. All bids due April 15. The boat must be removed from Finn Camp property.

Members with suggestions, comments or board-related business are asked to e-mail board@finncamp.org. Those looking to add to their work hours should email the Works Administrators at work@finncamp.org. General questions may be answered by visiting www.finncamp.org.

BOARD AND COMMITTEE MEETINGS

Board of Directors

Sunday, March 22, 10:00 a.m., visitors at noon

Forest Management Committee

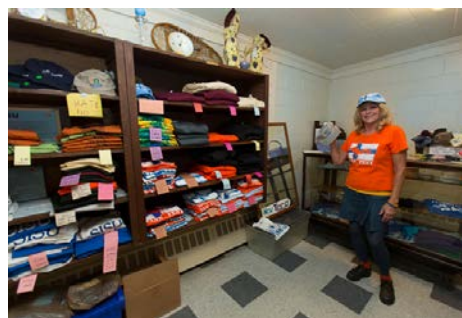
Sunday, March 8, 10:00 a.m., meet at pole barn

Sisu Sisters meeting

Tuesday, March 10, 6:30 p.m., Clubroom

Future Planning Committee meeting

Thursday, April 2, 7:30 p.m., Boardroom



Shop the Finn Camp Store, in the Clubroom, whatever the season! We have t-shirts, hats, hoodies, koozies, and Finnish CDs. For access to the store during off hours, call Patti Leppi, at 248-921-1432, or email her at Store@finncamp.org.

Finn Camp Newsletter

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