



Sandhill cranes at Sun Lake.

### 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 248-926-6219.*

#### Spring Scramble Golf Outing

The annual men's spring classic golf outing is on Sunday, June 7, at the Riverbank Golf Course, 24095 Currie Rd., South Lyon (10 Mile and Currie). Registration starts at 8:00 a.m., with tee-offs at 9:00. See Dave Niemi for more details.



Sunday, June 14, could be your lucky day at our annual fishing derby. The entrance fee is \$5. (This event is for members and their guests only; others are responsible for any nonderby beach fees.) Registration starts at 9:00 a.m., the fishing begins at ten and lunch is about noon. Fish for hours, enjoy a freshly cooked fish-and-chip lunch—and maybe even win a great prize!

— Kemmy Parisi

#### Swim Instructor Needed

We are still in need of a swim instructor for this year. Please notify Sally Evans at 248-669-0934 if you know someone or want to do this

### CALENDAR

#### June

- 4—Future Planning meeting, 7:30 p.m., Boardroom
- 7—Men's Spring Scramble golf outing, 8:00 a.m.
- 7—Board meeting, 10:00 a.m., visitors at noon; camp inspections
- 9—Sisu Sisters meeting, 6:30 p.m., Clubroom
- 14—Fishing Derby, 9:00 a.m., Sun Lake
- 15—Newsletter items due
- 24—Board meeting, 7:00 p.m., no visitors
- 20—**Juhannus**

#### July

- 8—Board meeting, 7:00 p.m., no visitors
- 19—Board-sponsored breakfast, 8:00–11:00 a.m.
- 26—Board meeting, 10:00 a.m., visitors at noon

#### Other:

- August 7–9: **Children's Weekend**
- August 14–16: **Finn Fest**

Clubroom summer hours: Wed., Fri., Sat., 7:00 p.m. to closing  
 Sauna summer hours: Wed., Sat., Sun., 3:00–9:00 p.m.

yourself. Flexible hours, and good pay for a talented person 16 or older! Without an instructor, we will not be able to host swimming lessons this summer.

### Juhannus

Our annual Juhannus celebration will be held on Saturday, June 20. We will celebrate Finn Camp's 90<sup>th</sup> year by dancing to traditional Finnish music starting at 6:30 p.m. in the Dance Hall, and there will be a DJ about 9:00 p.m. A horseshoe tournament, led by John Mazurek, will begin about 2:00 o'clock. Look for sign-up sheets. The *kokko* (bonfire) will be lit at 10:00 p.m. The kitchen will be open Saturday from noon to 9:00 p.m. and on Sunday from 8:00 a.m. to 11:00 a.m. Sign-up sheets for kitchen work hours will be at the beach. Juhannus buttons for grounds admission are \$5 for adults; children 18 and under are free. We will also have a 50/50 and a raffle: tickets are \$ 1 each or 6 for \$5. The drawing will be June 20 at 8:00 p.m. in the Dance Hall. You need not be present to win. All proceeds go to the Juhannus Committee. Raffle tickets are now on sale in the Clubroom, or see Mary Barie. Many hours of work are needed to make this event a success. Once again, Dick Pype will head up this committee. If you might be interested in helping, please call Dick at 330-416-4124 to schedule Juhannus work hours other than kitchen hours.

### Memorial Garden and Quilt Raffle



If you have time, during the week or on weekends, come help work on the memorial garden, just above the Clubroom door. To raise funds for the memorial garden I made a Finn Camp T-shirt Summer Quilt (*above*) to be raffled during Finn Fest weekend. The quilt is now on display in the Clubroom store. Tickets are \$2 each or three for \$5. Contact Lori Aro at 248-321-6828 for details.

### Yoopers Night at Comerica Park

Tentative bus trip to Yoopers Night at Comerica Park, Saturday, August 22, Tigers vs. Rangers. The cost will be about \$52 per person, which includes game ticket, round trip transportation from Finn Camp to Comerica Park, plus a souvenir t-shirt. If interested, please email Carol Melancon at

### Camps for Sale

*Nyt on oikea aika ostaa leiri.*  
Now is the time to buy a camp.



*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 106, west side*

New roof, many extras  
Call Tom:  
586-770-2156

### *Camp 137, West Side*

\$1,600 or best offer  
Call Chris Aho:  
248-804-2886  
Please: No calls from  
nonmembers

FinnCulture@yahoo.com or call 734-261-3889 with the number of tickets you would like to reserve. We need at least 50 people to sign up to make this happen!

### **Sisu Sisters**

The Sisu Sisters are offering you a chance to win an elegant Gourmet Raffle Dinner for eight—tickets on sale now! Dinner at the Covered Bridge? At Loon Lake? At the Sun Lake beach? A seven-course meal won by one lucky Finn Camper will include happy hour, an appetizer, soup, salad, an intermezzo, the main entrée, chocolate strawberries, dessert and coffee! The drawing will be held Saturday, August 22, during our first-ever Sisu Sisters Gourmet Breakfast & Flotilla. Tickets are \$5 each or five for \$20. You need not be present to win, and you have one year to redeem your prize. See the flyers around camp country for more info. Proceeds are to benefit the DFCSCA butterfly garden, for *Ravintola* screen replacement and other great garden projects. Mark your calendars for our Gourmet Breakfast full of epicurean delights and a sun-filled Flotilla Day at the beach where we latch together our rafts for fun, food and fellowship!

## **TACO WEDNESDAYS**



Back by popular demand: Taco Wednesdays, sponsored by the Future Planning Committee, will be returning this summer. Please look for information in upcoming newsletters. And don't forget to get in your work hours this year by helping out with Taco Wednesdays!

### **Results Just Out in Study of Saunas and Men's Health**

The results of a recent study, published in *JAMA Internal Medicine*, included 2,315 middle-aged men from eastern Finland who were studied over a period of 21 years on average. The authors wanted to see if the heart health outlook was changed by how often these men used a sauna. Investigators compared once-a-week sauna use to a more frequent pattern of two to three saunas a week, and to even more frequent use of four to seven times a week.

Men who used the sauna two to three times a week were 22 percent less likely to have sudden cardiac death compared to men

### **Lakes Area Bait Shop**

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who used it only once a week. Men who used the sauna four or more times a week were 63 percent less likely to experience sudden cardiac death compared to men who used it only once a week. Finns who spent more time in the sauna—more than 19 minutes per session compared to less than 11 minutes—were 52 percent less likely to develop sudden cardiac death. Men who used the sauna two to three times a week were 23 percent less likely to die from coronary artery disease than those who used it once a week. In men who used the sauna four or more times a week, the risk of dying from coronary artery disease was 48 percent lower than men who used it once a week. The lower risk of sudden cardiac death and death related to coronary artery disease was seen across different heart disease risk factors such as high blood pressure, diabetes, active smoking, and older age. And, finally, the risk reductions with sauna use were almost identical when the investigators looked at all types of heart disease.

Why did more frequent sauna use prove beneficial for the men who were studied? Some conclusions were that relaxation is good for your heart, strong social connections can help your heart, sauna use can stimulate your heart rate, and sauna use, like exercise, can lower your blood pressure.

#### **Condolences: John T. Wingert**



Finn Camp member since 2005 John Wingert, 72, died May 16 after a courageous battle with brain cancer. He was the son of the late Wayne and Helen Wingert and husband of Carol (née Ober) for 51 years. He was the father of Lori (Scott) Willmeng and Timothy Wingert, grandfather of Heather and Ashley Willmeng, brother of Wayne (Choux),

#### **Sherry's Sweet and Savory Pasties**

Beef: \$5 each; Pulla: \$4 per loaf  
Call Sherry Kurin to place order:  
248-535-6022

#### **Need a Seamstress?**

Call Cindi Maddick for all your alterations, custom work and mending at  
248-303-7337

#### **Cords of Firewood for Sale**

\$50 for members, \$60 nonmembers.  
Delivery extra.

Contact Mike Honka,  
ph. 248-860-5109

brother-in-law of Keith and Sandy Ober, and uncle of Dawn (Sean) Andonian, Chris (Amy) Ober and Eric Ober. A retired engineer from Chrysler, John loved the Michigan Wolverines, portrait painting, riding his Harley and walking with his beloved dog Rusty. Memorials may be made to Angela Hospice, 14100 Newburgh Rd., Livonia, MI 48154-5010 or a charity of your choice.

### **New Member Profile: Gina Parisi**



Gina Parisi joined the Finn Camp earlier this year and recently bought a camp. Gina grew up in Fraser, Michigan, and at the Finn Camp. She works as a caregiver for a disabled woman with hearing loss. Gina is working on obtaining state certification to be a sign language interpreter. Gina earned a bachelor's degree in Communications from Oakland University and an associate degree in Sign Language Interpreting from Oakland Community College. In her free time she enjoys dominating her fellow Finn Campers in fantasy football. She is the current reigning league champion. In the photo above, Gina is proudly displaying her fantasy football champion trophy from last season.

### **Trash Rules**

Dumpsters are for member use only! Do not put in large or long items that may wedge or jam the dumpster when it is being tipped into the truck. No major dumping on festival weekends. No overfilling.



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](mailto:Store@finncamp.org).

*No furniture, appliances, propane tanks, wood, construction materials or other large items are to be left in, by or around the dumpster. Large items can be placed at roadside near the tractor garage on Tuesdays for Wednesday pickup.*

Finn Camp or member camp construction materials can be placed in the dumpster by the pole barn.

## BOARD NOTES AND REMINDERS

The board would like to welcome new members Dick Pye, Remi Pye and his daughter Sophia, and Laina Benestad.

Camp inspections will take place June 7. Please make sure your leaves are raked and removed and your camp area is free of debris.

Please do not add anything to the *kokko* pile at Sun Lake. The City of Wixom Fire Department needs to approve the size of the fire pile, and nothing should be added to it.

The board is accepting bids for the old generator—a Homelite 4,800-watt unit—located at the Clubroom. Bids are due August 1. The generator is pictured at the right.

The popular Friday Night Grill has been run till now by Jim Santti and Dick Pye, but this is their last year with the grill. We are looking for someone to step up and continue this great Friday night tradition that so many have come to enjoy. Please contact Jim or Dick if interested.

Electrician needed—There is some electrical work the board is seeking help with. Please contact one of the Works Administrators if you have electrical skills. This is a great way to work off your work hours!

Cindy Maddick (248-303-7337) will be serving as camp reservations agent this summer.

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

## BOARD AND COMMITTEE MEETINGS

### Board of Directors

Sunday, June 7, 10:00 a.m., visitors at noon

Wednesday, June 24, 7:00 p.m., no visitors

### Future Planning Committee

Thursday, June 4, 7:30 p.m., Boardroom

### Sisu Sisters

Tuesday, June 9, 6:30 p.m., Clubroom

### Old Generator



### Finn Camp Newsletter

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