



**SONS of
NORWAY**

MUSIC CITY VIKINGS 5-681

September/October, 2025
E-Newsletter



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LODGE HAPPENINGS

Welcome back after what we hope was a restful summer break! The Music City Vikings started off their year with a great presentation by our President, Art Lensgraf, at our September meeting.

In early October, we had a booth in the global village at the Celebrate Nashville Cultural Festival. It was a wonderful day chatting with our neighbors about the Music City Vikings lodge and our love of Norway! Mange takk to Susan Perdue, Grete Terjesen, Lina Sheahan, and Meghan Perdue for making the lefse that was a huge hit; to Susan and Phil Perdue, Grete Terjesen, Lina Sheahan, Evelyn McDaniel, and Art Lensgraf for working the event; and to the **Sons of Norway Foundation** for the grant that paid for our beautiful promotional items!

2025 Music City Vikings Officers

President

Art Lensgraf

Vice President

Lina Sheahan

Secretary

Grete Terjesen

Treasurer

Phil Perdue

Cultural Director

Evelyn McDaniel

Social Director

Carol Fidler

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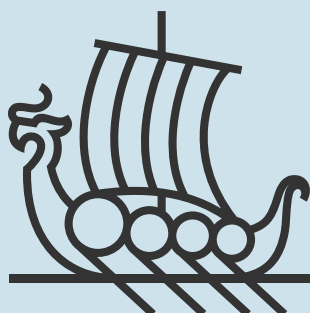
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mcvpublicity2010@gmail.com



Juletrefest Pre-Prep!

Our 2024 Juletrefest silent auction was a great success and we will repeat it in 2025. SO... It's time to start thinking about Items that you can donate to the silent auction baskets:

- Norwegian housewares
- Handmade Norwegian Items
- Jewelry
- Christmas ornaments
- Christmas decorations
- Books, CDs, DVDs
- Other Items
- Baskets/bins for us to fill



The main collection days will be the October and November lodge meetings, so bring any items that you plan on adding to the silent auction to our upcoming gatherings!

The Next Wave

Lina Sheahan, Vice President, participated in a call focused on hearing the stories and experiences of younger members of the organization. On that call, she met Andrea Hamre, a long-time member of Sons of Norway In Washington state, who told the group about a movement she started in her lodge called The Next Wave Collective. The goal of The Next Wave Collective is to unite the younger members of her lodge through social events.

With Andrea's blessing, our very own Music City Vikings chapter is starting our own branch of The Next Wave Collective by offering events geared toward younger members, potential members, and members with families.



Join us for our first event - a Nordic Happy Hour - on **Friday, November 14, at 6pm at Crazy Gnome Brewery**. We will share drinks, food (vegan and gluten free options available), and fellowship. Hope to see you there!

Juletfest 2025

Sunday, December 7, 3-6pm
Brentwood Country Club
5123 Country Club Drive, Brentwood, TN

\$40 per person (\$15 for children under 12)
payable via credit card on our website (+\$1.25
Square fee): <https://www.musiccityvikings.org>
or send your check made payable to:
Music City Vikings, 5-681



and mailed to:
Phil Perdue, Treasurer
P.O. Box 128038
Nashville, TN 37212

RSVP by **December 4** to musiccityvikings@gmail.com
****Tickets are limited and secured with payment****



Menu includes Norwegian meatballs, potatoes, vegetables, and salad
Bring a dessert to share

Music by American Jazz Company *Silent Auction* *Lefse sale*

Did You Know?

"Juletre" means "Christmas Tree" in Norwegian. While "Julefest" just means "Christmas Festival" and is used in multiple Nordic countries, the term "Juletfest" is exclusively Norwegian!

UPCOMING EVENTS

Lodge Meetings

October 26 - Lodge Meeting, 2:30-4pm, Lila D. Bunch Library, Belmont

November 16 - Lodge Meeting, 2:30-4pm, Lila D. Bunch Library, Belmont

Social and Cultural Skills Events

December 5 - Juletfest Prep, 11am, The Perdues' Home

December 7 - Juletfest, 3-6pm, Brentwood Country Club

Celebrate Nashville Cultural Festival



Syttende Mai 2025

*Our newsletter editors took a little summer break so this Syttende Mai update is delayed, but here's a great group shot from a wonderful afternoon!



From Sons of Norway

Youngest Hero to Receive Rescue Diploma

In April, the Norwegian Rescue Service Diploma was awarded to the youngest-ever person to receive the honor. The recipient was seven-year-old Freya Nikolaisen of Tromsø, Norway.

Earlier this year, Freya's family, which includes a one-and-a-half-year-old brother, were relaxing near a pool in Zambia when Freya heard their nanny shouting. Freya's brother, Logan, had jumped into the pool in search of a toy and he couldn't swim.



Without any hesitation, Freya jumped in to rescue her brother, who had probably been in the pool for minutes.

Freya's mother came running and as soon as Logan was pulled out, her mother performed lifesaving first aid and he was quickly transported to a local hospital.

Because of Freya's quick actions, her brother's life was saved. When the Rescue Service heard about the courageous act, they were extremely impressed by Freya's resourcefulness and drive.

They honored Freya with the diploma shortly afterwards, in conjunction with the Mayor of Tromsø, Gunnar Wilhelmsen. Thankfully, Logan is doing well today and always has his sister's protecting eyes on him.



Going Paperless

As of September 1, membership cards will no longer be mailed for annual renewals. Members can print off their card from the website under their profile or save a digital copy to your phone to show proof of membership. For members that belong to a lodge with property, card mailings will stop December 1.

This change is being made due to the ongoing rising costs of postage and our desire to continue to be good stewards of our resources. Please create a profile at www.sofn.com so that you can access the card and print from your computer.

Best in the World

Chocolate lovers can celebrate a new winner declared during the International Chocolate Awards in the dark chocolate category. The top prize went to Vigdis Rosenkilde, a Norwegian chocolate maker for her 70% cacao Quellouno bar. She splits her time between Norway and Peru, where she sources the heirloom variety of cacao from a family farm. The combination of high altitude and other factors give the beans a unique flavor that varies a bit each harvest. The award-winning chocolate only has two ingredients - cacao and sugar; but the process of making each batch is complex.

Rosenkilde's bar was judged alongside many other submissions and part of the International Institute of Chocolate Tasting competition, in which more than 50 judges select winners in various categories. By the end of the competition, four final winners were declared, including the dark chocolate Quelluono bar. The artisan credits letting the cacao speak for itself with its unique and complex flavor profile that included berries, pecans, cream, port wine, and hints of other fruits.



Photo Credit: hellochocolate.com

Gratulerer med Dagen!

September

- 06 - Cheryl Brand
- 06 - Karen Kennedy
- 14 - Sandy Towers
- 27 - Ezra Henley

October

- 04 - Debrah Sickler-Voigt
- 04 - Norbert Voigt
- 05 - Emilie Collins
- 20 - Ken Sheahan

Leif Erikson

Leif Erikson [Leiv Eiriksson] was a Norse explorer, known for the discovery of Vinland around the year 1000. Leif and his companions may thus have been the first Europeans to “discover” America.

Leif was the son of the Norwegian-born Eirik Raude [Erik the Red] and his Icelandic wife Tjodhild. He grew up in Greenland.



According to Erik the Red's saga, Leif Erikson sailed to Norway in 999. Here he was baptized and commissioned to introduce Christianity to Greenland. His father is said to have refused to accept the new faith, while his mother was baptized and built the first Greenlandic church.

We do not know for sure when Leif died. He is last mentioned alive in 1019, and was probably dead before 1025, because according to the Fostbrødrene's saga, his son Torkell had by then become chieftain in Eiriksfiord and lived on Brattalid.

The Vinland Expedition

According to Erik the Red's saga, Leif went off course on his way home to Greenland from Norway in 999 and discovered a land with self-sown wheat fields and vines (Vinland). In Grønlandingen's saga, however, it is said that Leif's discovery of Vinland was the result of a planned expedition.

A Norse settlement was found in the 1960s at L'Anse aux Meadows, on the northern tip of Newfoundland in Canada. This has been interpreted as the Vinland of the sagas. If Vinland refers to a land where wine grapes grow, the latter option is most likely.

The memory of Leif's voyage to Vinland

The memory of Leif Erikson and the significance of his discovery were seriously raised at the end of the 19th century. At the World's Fair in Chicago in 1893, which was dedicated to the 400th anniversary of Christopher Columbus' first voyage to America, Christian Krohg's painting of Leif Erikson was sent from Norway, and the ship Viking, a copy of the Gokstad ship, was taken by Magnus Andersen across the Atlantic to Chicago and became the subject of great attention.

In 1964, US President Lyndon B. Johnson proclaimed October 9 as an official national day of remembrance in memory of Leif Erikson's discovery. The date of Leif's arrival in Vinland is not specified in the sagas, but it is said to have been in the autumn. October 9 was chosen because the Norwegian emigrant ship Restaurationen arrived in New York on this date in 1825.



The Norwegian Version of French Toast

Try this hearty, delicious version of French toast for breakfast or lunch. You can't go wrong!

Serves 2

Ingredients:

3 slices of bread
2 eggs
2 Tbsp. sugar
1.5 dl milk
1 tsp. ground cardamom
1 tsp. ground cinnamon
2 Tbsp. butter for frying
1 orange
4 Tbsp. sour cream
4 Tbsp. blueberry jam
1 Tbsp. liquid honey



Directions:

1. Beat together eggs, milk and sugar. Add cinnamon, cardamom and the zest of an orange. Stir well.
2. Dip the bread slices in the mixture and fry in butter over medium heat until golden brown.
3. Cut the orange segments out of the orange and cut into smaller cubes.
4. Serve warm with diced apples, liquid honey, a good dollop of sour cream and freshly made blueberry jam.



World's Best Chocolate Mousse

Time to make: 60 min

Chill time: 3 hours or overnight

Makes 5 portions

Ingredients:

For the mousse:

130 g dark chocolate, 65% cocoa

100 g egg yolks, **room temperature**

120 g sugar (100+20 grams)

160 g egg whites, room temperature

optional: 2 Tbsp. rum, whiskey or cognac

Directions:

Make the mousse:

1. Chop the chocolate and melt it in a bowl over a water bath with simmering water, not boiling. Turn off the heat and let the chocolate melt slowly.
2. Beat room-temperature egg yolks and 100 grams of sugar until white and fluffy for about 8-10 minutes until it forms a thick foam.
3. Beat room-temperature egg whites stiff in another bowl with 20 grams of sugar to create a chewy meringue.
4. First fold 1/3 of the egg yolk mixture into the chocolate and distribute well with a whisk. Then add the rest of the egg yolk mixture and fold together with a spatula.
5. Then fold the stiffly beaten egg whites into the mousse and make sure everything is distributed well. Flavor with rum, whiskey or cognac if desired.
6. Carefully pour the chocolate mousse into a piping bag and pipe the mousse into small bowls, glasses or similar that hold approximately 2 - 2.5 dl. The mousse can also be spooned or poured directly into the bowls.
7. Refrigerate the chocolate mousse for at least three hours or overnight until the mousse has set.

Garnishes: Make the Chocolate Straws

- Chop the chocolate and melt it in a bowl over a bain-marie with simmering, not boiling, water. Turn off the heat and let the chocolate melt slowly.
- Spread the melted chocolate in a very thin layer with a metal spatula on the back of a baking sheet or a cold marble slab. Let the chocolate set, approximately 25 minutes, without it becoming hard.
- Scrape or pull the spatula in a 45-degree angle towards you, so that small tubes or shavings automatically roll up. Place them on baking paper on a plate and store them in the refrigerator until ready to use.

Serving:

- Cut the blueberries in half and spread over the chocolate mousse. Garnish with lightly whipped cream, cocoa nibs and chocolate shavings.



For chocolate straws:

100 g dark chocolate

Additional garnish:

120 g blueberries

2,5 dl whipping cream

4 Tbsp. cocoa nibs