



**SONS of  
NORWAY**

# MUSIC CITY VIKINGS 5-681

November/December, 2025  
E-Newsletter



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## LODGE HAPPENINGS

God Romjul! The end of our lodge year was very productive! At our November meeting, we elected our new lodge officers to their 2-year terms, and we enjoyed a presentation by Carol Fidler celebrating Crossings 200, the anniversary of the arrival of the first settlers from Norway aboard the ship Restauration.

Our annual Juletrefest was the first weekend in December. It was a wonderful afternoon celebrating Norwegian Christmas, our lodge, and each other. We enjoyed music by the American Jazz Company, a great Norwegian meal (and desserts!), dancing around the Christmas tree, and a lovely program from Carol Fidler and Lina Sheahan. The lefse sale and silent auction were a success, and we honored several members with cultural skills pins for music and knitting. Susan Perdue was honored with an "Above and Beyond" award for all of the work she does for our lodge - congratulations, Susan! God Jul, alle sammen!

# 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

## Publicity Officer

Meghan Perdue

## Membership Secretary

Karen Kennedy

## Connect with Us.

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🌐 [www.musiccityvikings.org](http://www.musiccityvikings.org)

📷 [@musiccityvikings](https://www.instagram.com/musiccityvikings)

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**Have a photo or story to  
share? Send an email to:**

[mcvpublicity2010@gmail.com](mailto:mcvpublicity2010@gmail.com)



## Lodge Elections Results

The Music City Vikings held its lodge elections at the November meeting. We want to congratulate the members of our 2026-2027 Board:

- President - Lina Sheahan
- Vice President - Meghan Perdue
- Secretary - Ellen Levernier
- Treasurer - Phil Perdue
- Cultural Director - Carol Fidler
- Social Director - Evelyn McDaniel
- Membership Secretary - Grete Terjesen
- Publicity Officer - Meghan Perdue

We also want to thank Art Lensgraf and Karen Kennedy for their many years of Board service. This lodge would not exist without Karen, who is a founding member. Tusen takk fra oss!

## Next Wave Collective News

The Next Wave Collective held its first event in November. Three members met for drinks at Crazy Gnome Brewery - a super fun night! Next year, the group is planning events like...

- Axe throwing (viking-adjacent!)
- Playing games in a local park
- Volunteering with a local animal shelter
- Regular Nordic Happy Hours

Stay tuned to our website, socials, and your email for more information!





## CROSSINGS

NORWAY & NORTH AMERICA

1825 • 2025

MCV Member and Social Director, Carol Fidler, traveled to New York this past October to greet the replica of the ship Restauration. Crown Prince Haakon gave a speech, and she even met a descendant of Cleng Peerson, the man who organized the first crossing from Norway and is considered the "father" of Norwegian Immigration. It was a wonderful event celebrating 200 years of Norwegians in America!



## UPCOMING EVENTS

### Lodge Meetings

January 11 - Officer Installation and visit from District 5 officers

February 22 - Celebration of Norwegian foods potluck

# Juletfest 2025



# 2026 Tentative Calendar of Events

**January 11** - Regular meeting: Officer Installation and visit from District 5 Officers

**February 22** - Regular meeting: Celebration of Norwegian foods potluck

**March 15** - Regular meeting: Speaker TBA

**April 26** - Regular meeting: Norway at Eurovision and music cultural skills activity

**May 16 or 17** - Annual Syttende Mai picnic

**June 28** - Sankthans (St. John’s) Day bonfire and picnic

**July** - Happy summer! Social event TBA

**August 2-6** - District 5 Convention In Stoughton, WI. Lina and Meghan attending as lodge delegates.  
Cultural Committees will meet to plan fall events

**September 20** - Regular meeting: Fall kick-off, speaker TBA

**October 3** - Celebrate Nashville Cultural Festival at Centennial Park

**October 18** - Regular meeting: Speaker TBA

**November 15** - Regular meeting: Celebrating Norwegian Christmas traditions

**December 6** - Annual Juletrefest dinner

We hope that you will find a way to get Involved with the lodge In 2026. In addition to these meetings and events, the Board has many more Ideas up their sleeves for cultural celebrations, outdoor events, and community service. Watch your email, our website, and our social media pages for more details!



## Si det På Norsk (Say it in Norwegian)

<u>English</u>	<u>Norwegian</u>	<u>Pronunciation</u>
Hi, how are you?	Hei hei, hvordan har du det?	Hi hi, voordun har due deh?
I am doing well, and you?	Jeg har det bra. Hva med deg?	Yai har deh bra. Vah meh day?
Have a nice day.	Ha en fin dag.	Hah enn feen dahg.
Bye. See you later!	Ha det. Vi ses!	Hah deh. Vee sehes.

# From Sons of Norway

## Slidreøyen Prison Butikk

In the middle of Valdres, Norway, there is an island called “Slidreøya” that functions as a low-security prison. The prison can house up to 25 inmates and one of its main focuses is rehabilitation. The prison works towards this goal by giving the residents certain responsibilities, opportunities, and activities to cultivate a daily sense of motivation. One such example is the prison shop (butikk) where they sell wooden goods and vegetables produced by the inmates.

Two inmates who are responsible for the prison shop are Geir Langseth and Arne Søberg. They appreciate the opportunity to serve their sentence in this way and gain new skills while doing so. Geir even says he “looks forward to going to work every day.” Previously, the prison shop had a self-service booth in town that customers could shop at. However, the prison is now inviting customers to the island to purchase goods at the butikk. The shop has become popular, offering mutual benefits to customers who purchase its products and to inmates who gain a sense of pride from their contributions.



## Open Village Experience

The cruise company Hurtigruten is taking a new approach to tourism and has an intriguing new offering. They have introduced “Open Village” experiences, which will occur along Norway’s remote coastline. Tourists will have the chance to visit three villages on the coast and get to experience everyday life in these places. The stopovers include: Træna, Bessaker and Sæbø. The voyages will be offered from May to September and guests can experience activities such as church concerts, guided town tours, live music, and homemade treats.

One of the reasons this new offering is so innovative is that the cruise company will be contributing 250 Norwegian kroner per guest to each community visited, which is a major benefit for the people and businesses that reside there. Additionally, the idea also helps the problem of overtourism in the most visited destinations. It seems like a win-win for guests who may never have had this opportunity, and it also means that locals can benefit economically.



# Norway's Top Scorer Changes Jersey Name

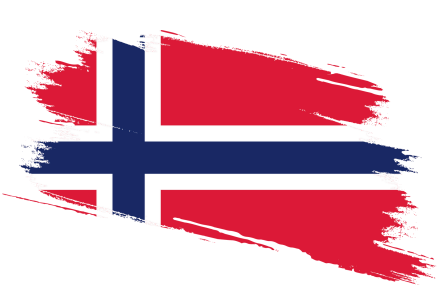
Norway's soccer phenom Erling Braut Haaland, 25, has decided to switch things up on his Team Norway jersey.

The star striker, who plays in the Premier League for England's Manchester City team, is now using both of his surnames, "Braut Haaland" on his national team uniform.

Previously, his jerseys sported the Norwegian spelling Håland with an å. But when he was being recruited to play abroad, he began using the spelling "Haaland" for ease.

The update may be a way of thanking his mother, Gry Marita Braut, who along with his father Alf-Inge Håland has been a steadfast supporter of her son's career. Both parents are former distinguished athletes- his father was a professional soccer player in England and his mother was Norway's the national champion in the heptathlon.

It has become increasingly common in Norway to use both parents' surnames without a hyphen. While the star has always gone by both parents' surnames, he didn't initially use both professionally. Time will tell whether he starts using "Braut" on his jersey in England.



HEIA NORGE!

Gratulerer  
med Dagen!

## November

29 - Lina Sheahan

## December

- 11 - Barbara Fletcher
- 12 - Phil Perdue
- 29 - Angela Cardosi



## Creamy Baked Barley Risotto with Mushrooms

A vegetarian comfort food perfect for a winter's day. It's both healthy and easy, since most of it is made in the oven. While risotto is often associated with Italian cuisine, swapping rice for barley—a Nordic staple — gives the recipe a fresh twist.

### Ingredients

For the Risotto:

- 4 cups chicken or vegetable broth
- 1 cup water
- 1 Tbsp. extra-virgin olive oil
- 1 onion finely chopped
- 2 garlic cloves minced
- 2 tsp. chopped fresh thyme
- 1 1/2 cups pearl barley
- 1/2 cup dry white wine
- 3/4 cup shredded parmesan cheese
- 2 Tbsp. unsalted butter
- Chopped fresh parsley or chives for serving
- Coarse salt and freshly ground pepper

For the Mushrooms:

- 2 Tbsp. extra-virgin olive oil
- 2 10-ounce packages cremini mushrooms (about 4 cups) cleaned and sliced
- 2 garlic cloves, minced
- 1 Tbsp. soy sauce
- Coarse salt and freshly ground pepper

Instructions:

1. Preheat the oven to 375F. Heat the olive oil over medium heat in a large saucepan or Dutch oven with a tight-fitting lid. Add onion and sauté until soft and translucent, about 3-5 minutes. Add garlic and thyme and cook for one more minute.
2. Add barley, 3 cups of the broth and 1 cup of water. Bring to a simmer and then cover the pot and remove from the heat. Transfer the pot to the oven and bake until the barley is tender, about an hour.
3. Meanwhile, cook the mushrooms: Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the sliced mushrooms. Cook, stirring frequently, until the mushrooms are tender and browned, about 10 minutes. Remove from the heat and add the soy sauce, scraping up any brown bits that have accumulated on the bottom of the skillet. Season to taste with salt and pepper and set aside.



4. Remove the pot from the oven and transfer to the stove top. Turn the heat to medium-low. Add the wine and remaining cup of broth. Stir constantly until the ingredients are incorporated and the mixture is creamy, about 3 minutes.
5. Remove from the heat and stir in the butter and parmesan. Season to taste with salt and pepper. Gently fold in mushroom mixture, including any accumulated juices. Top with chopped fresh parsley or chives if desired and serve immediately.

Notes:

- You must use PEARL BARLEY for making risotto (also sometimes called medium barley). Hulled barley or a quick barley will not work in this recipe.
- You can use either chicken broth or vegetable broth.
- Any variety of mushroom will work in this recipe. The recipe calls for cremini mushrooms as they are easy to find and have good flavor.
- Just a splash of soy sauce added to the mushrooms at the end of cooking time brings a big umami boost to this dish.

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## Am I yours?

This lovely cake server was left behind at Juletrefest. If it belongs to you, let us know!

Email [musiccityvikings@gmail.com](mailto:musiccityvikings@gmail.com), and we'll figure out how to get it to you!



*Vi ønsker alle God Jul  
og Godt Nytt År!*

# Spiced Pear Cake with Cardamom

A quick, easy and koselig dessert! Grab your 10-cup capacity bundt cake pan and get started.

## Ingredients

3 cups all-purpose flour  
2 tsp. baking soda  
1 tsp. salt  
1 tsp. ground cardamom  
1 ½ tsp. ground cinnamon  
1/3 tsp. ground ginger  
1/2 cup unsalted butter  
1/3 cup canola or vegetable oil  
1 cup packed light brown sugar  
1 cup granulated sugar  
2 large eggs  
1/2 cup sour cream  
2 tsp. vanilla extract  
3 cups peeled and chopped ripe pears about 4 medium pears  
Powdered sugar for dusting (optional)



## Instructions:

1. Preheat oven to 350F. Grease and flour a 10-cup capacity bundt pan. Set aside.
2. Place the butter in a medium skillet (preferably not nonstick or cast iron, so that you can more easily see the color change) and heat over medium, swirling the pan frequently. Once the butter has melted, continue to cook, swirling frequently, until the butter has a nutty aroma and is golden brown in color. Immediately transfer to a bowl to cool briefly. (Don't skip this step!)
3. In a large bowl, whisk together flour, baking soda, salt, cinnamon, cardamom, and ginger. Set aside.
4. Combine brown butter, oil, sugar and brown sugar in the bowl of a stand mixer fitted with the paddle attachment. Mix on medium speed until thoroughly combined, about 2 minutes. Add the eggs one at a time, fully incorporating one before adding the next. Add the sour cream and vanilla and mix until fully incorporated and smooth. Add flour mixture and mix on low until just combined - don't overmix! Fold in the ripe pears with a rubber spatula.
5. Transfer the cake batter into the prepared pan and smooth the top. Bake until a skewer inserted into the middle comes out clean, about 55-60 minutes.
6. Cool on a wire rack for 15 minutes. Run a knife around the edges of the pan to loosen it from the cake and invert onto a serving plate. Allow to cool completely. Dust with powdered sugar, a dollop of whipped cream, a drizzle of caramel sauce, or a scoop of Ice cream if desired, and serve!