



**SONS of
NORWAY**

MUSIC CITY VIKINGS 5-681

March/April, 2026
E-Newsletter



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FROM THE PRESIDENT

I was told many times that our February meeting was the best we have ever had. Unfortunately, I was out of town, but the reports of people staying well past 5pm because they were enjoying the event so much warmed my heart. This is community, and because of its success, we decided that our February meeting every year will be a potluck. I will absolutely be there next time!

At that meeting, we also voted for me and Meghan Perdue to be the lodge delegates to the District 5 convention In August. We are excited to represent the group and hope to bring back valuable Information for our membership!

We are not slowing down at all as we roll Into summer and have a lot of social and cultural events coming up (see pages 2-3). I hope to see you soon!

Med vennlig hilsen,
Lina Sheahan

2026-28 Music City Vikings Officers

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Lina Sheahan

Vice President

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Ellen Levernier

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Phil Perdue

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Connect with Us.

✉ musiccityvikings@gmail.com

🌐 www.musiccityvikings.org

📷 @musiccityvikings

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Have a photo or story to share? Send an email to:
mcpublicity2010@gmail.com



Welcome New Members!

We are sad to report that the Shawnee Skogen lodge recently disbanded, but we are pleased to welcome some of their members to our lodge!

Doug Askegard
Audrey Askegard
Hazel Bliss
Bill Bultinck
Trevin Bultinck

Boden Bultinck
Colin Engen
Molly Engen
Leah Rose Engen
Heather Kjellesvik

Upcoming Events

Syttende Mai 2026

Join the Music City Vikings
(Sons of Norway Lodge 5-681)
for Norwegian Constitution Day!

Saturday, May 16, 2-5pm
The Pavilion at Christ Lutheran Church
299 Haywood Lane, Nashville

\$10 suggested donation for adults,
\$5 for students and children
(cash, check, card (+\$1.00) accepted)

RSVP by May 13, 2026 to
musiccityvikings@gmail.com

Food, Fun, Games! See you there!

SONS of NORWAY
Music City Vikings 5-681 | Nashville, TN



YOU'RE INVITED
**EDDI TAGSETH
 NIGHT**



MCV



NSC

**SATURDAY
 MAY 9, 2026
 08.00 PM**

**GEODIS
 PARK
 STADIUM**

**\$24
 PER
 TICKET**

**WE HAVE A LIMITED NUMBER OF TICKETS.
 EMAIL MUSICCITYVIKINGS@GMAIL.COM
 IF YOU WANT TO COME!**

Our lodge is getting tickets to attend "Eddi Tagseth Bobblehead Night." Eddi (Edvard) Tagseth is a Norwegian member of the Nashville Soccer Club from the Neset team in Trøndelag. We need to order tickets by April 15 so RSVP ASAP if you want to join us to cheer him on!



The MCV Strikkevenner (knitting friends) are meeting May 3 for some crafts and conversation. If you don't know how to knit and want to learn we will teach you, but all crafts are welcome! Hope to see you there!



MCV STRIKKEVENNER

OUR KNITTING GROUP WILL MEET FOR AN AFTERNOON OF CRAFTING AND CONVERSATION. ALL CRAFTS WELCOME!

Sunday, May 3, 2:30-5pm
 The Perdue's Home
 Email musiccityvikings@gmail.com for address

If you want to knit for Christmas at Sea, you will need:
 2 skeins worsted weight yarn (#4 medium, in a dark or neon color)

1 set knitting needles (size according to yarn label)

Patterns: <https://seamenschurch.org/programs-services/christmas-at-sea/patterns-publications/>

NO KNITTING EXPERIENCE NECESSARY – WE WILL TEACH YOU!

*Completion of 2 scarves for the Seamen's Church Institute will fulfill the requirements for level 1 of the knitting cultural skills program



UPCOMING EVENTS

Lodge Meetings

April 26 - Norway at the Eurovision Song Contest
 *plus a chance to complete Music Cultural Skills pin activity!

Social and Cultural Events

- May 3 - Crafts and Conversation
- May 9 - MCV @ Nashville Soccer Club
- May 16 - Annual Syttende Mai picnic

February Potluck

We shared good food, friendship, and conversation. Tusen takk to the Perdues for hosting and to everyone in attendance for making delicious *norsk mat*!



* New * Hybrid Meetings!

We are excited to announce that we will now have hybrid monthly lodge meetings (in-person + Zoom)! We want the emphasis to be on In-person attendance but recognize that distance, illness, or schedules may make that difficult, and we still want you to be part of the community. Zoom links will be sent out to membership via email with the meeting announcement. This is an experiment, and there may be tech issues, so we appreciate your patience as we work out this exciting opportunity.



* New * Facebook Page!

At our February meeting, we announced the new lodge Facebook page. This page was created so that all of our social media has one voice and is in line with the expectations of our International Office.

Give us a like at:

www.facebook.com/musiccityvikings5681



Si det På Norsk (Say it in Norwegian)

English

Spring

Norwegian

Vår

Pronunciation

Voor



Spring flowers

Vårblomster

VOOR-blohm-ster

Happy Easter

God påske

GOO Paw-skuh

Shall we have an outdoor beer?

Skal vi ta en utepils?

Skahl vee tah ehn oo-teh-pills

From Sons of Norway

Free to Ski

Learning to ski at a young age has its benefits. While many Norwegians are “born with skis on their feet,” many others might come to learn the sport a little later in life. No matter when you’ve learned to ski, it can be a lifelong sport and hobby.



Many ski resorts in the US recognize this too and are offering free daily lift passes for skiers of a certain age. The savings add up quickly, being that a daily pass can be anywhere from \$100-\$200+ dollars a day. The tradition is said to have started when Norwegian American ski champion Alf Engen founded Alf Engen Ski School at a resort in Utah. He believed that skiers of all ages should be welcomed on the slopes.

While age requirements for a free pass vary, it is clear that these incentives are widely used by older skiers. When one writer hit the slopes to see how many seniors are out there, he was pleasantly surprised to find a thriving group of senior skiers ranging anywhere from 55 to 100 years old. Junior Bounous, at over 100 years old, is still on the slopes and teaching others his passion, proving you’re never too old to ski (for free).

Comeback Story

The Olympics are rich with moving tales of overcoming the odds, and setbacks that make athletes better in the end.

You may recall the loud pants that the Norwegian men’s curling team rolled out at the Vancouver Olympics in 2010. The story goes that the official Team Norway pants had not arrived in time, so one of the curlers ran out and bought red, white and blue pants, to match their jerseys.



That year, Team Norway landed an Olympic silver medal. Spectators took note, and the wacky pants even inspired a fan site on Facebook. As long as the team was together under team skip Thomas Ulsrud, they donned all kinds of wild patterns-zigzags, Norwegian flags, argyle, hearts and more.

In 2019, Team Ulsrud disbanded at the end of the season, and the pants tradition went with them. The president of the World Curling Federation called the team “huge ambassadors for the sport,” thanks to the visibility the players brought to curling.

Shortly after the 2022 Beijing Olympics, Ulsrud passed away from cancer. At the 2026 Games in Milan, the Norwegian men’s curling team broke out the funky pants for one more game, to pay tribute to Thomas Ulsrud’s legacy. Photo: Bjarte Hetland, via Wikimedia Commons

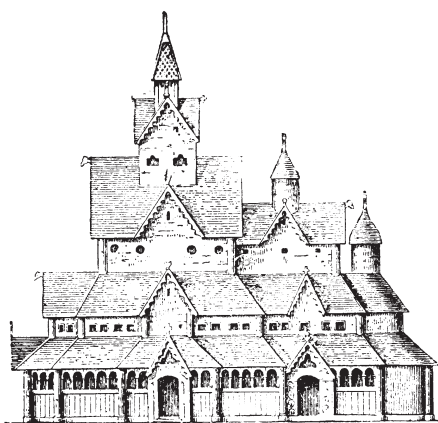
A New Stave Church

During the Middle Ages, while builders across Europe were creating cathedrals made of stone and glass, in Norway arose a different type of church. Stave churches were built with wood and named after the post and lintel construction that was used to make them.

It is believed that at one point, there were anywhere from 1,000 - 2,000 of these structures around Norway. Today, fewer than 30 survive. However, one more will be added to the roster by 2030, if all goes to plan. What makes this project unique is that the plan is to create a new stave church using only the tools and methods that would have been originally used. No cranes or power tools, just pure craftsmanship and hard work. This labor of love has a team of over 1,000 people lending their time and talents to bring this vision to life.

The building site is in Setesdal, a valley in Southern Norway. While the area used to have the Hylestad stave church, it was destroyed in 1664. The new stave church will be built near that original site, using the Borgund stave church in Lærdal as its blueprint. Those working on this passion project soon found out their enthusiasm was contagious, and interest was sparked both in and outside of Norway. The team believes this will ultimately lead to other business opportunities for the area and be an asset to the community.

Photo: dokaspar,
CC BY-SA 3.0,
via Wikimedia Commons



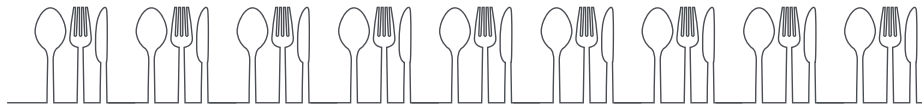
**Gratulerer
med Dagen!**

March

03 - Arlene Sandvik
06 - Liv Slocum
25 - Evelyn McDaniel
25 - Diane Acree
30 - Trevin Bultinck

April

16 - Ken Litland
29 - Bruce Evanson



Norwegian Orange Cake

This moist and sweet orange cake is a simple bundt cake with chunks of bittersweet chocolate topped with a light citrus-y icing and preserved orange zest, making it a perfect Easter dessert, and a great kickstart to spring!

Ingredients:

3/4 cup (1 1/2 sticks) butter, softened
1 cup sugar
3 eggs
Grated zest of 1 orange
1/3 cup plus 2 tablespoons orange juice, divided
1 1/3 cups (5.7 ounces) flour
1 1/2 teaspoons baking powder
3 ounces dark chocolate (preferably 70%), finely chopped
3/4 cup powdered sugar
Candied orange peel for garnish



Instructions:

1. Heat the oven to 350 degrees. In the bowl of a stand mixer using the beater attachment, or in a large bowl using a hand mixer, beat the butter and 1 cup sugar until light and fluffy, 3 to 5 minutes. Add the eggs, one at a time, until thoroughly incorporated. Beat in the orange zest and one-third cup juice.
2. In a medium bowl, sift together the flour and baking powder. With the mixer running, slowly add the flour mixture until combined to form the cake batter. Fold in the chopped chocolate.
3. Place the batter into a greased and floured 9-inch Bundt pan, smoothing the top of the batter. (The batter will come slightly less than halfway up the sides of the pan.)
4. Bake the cake until puffed and lightly browned on top and a toothpick or cake tester inserted comes out clean, 45 to 55 minutes. Remove from the oven and cool in the pan on a cooling rack, then remove from the pan. The finished cake will be about 3 inches tall in the center.
5. While the cake is cooling, make the icing: In a medium bowl, sift the powdered sugar. Add the remaining 2 tablespoons orange juice and whisk to form the icing.
6. Drizzle the icing over the cooled cake, then garnish with the candied orange. Candied orange peel is generally available at gourmet and cooking supply stores, as well as at select well-stocked markets.

From the LA Times story: [Foods at the heart of Easter celebrations in Scandinavia](#)

Lingonberry-Glazed Venison Meatloaf (Viltkjøttpudding)

Source:

<https://northwildkitchen.com/lingonberry-glazed-venison-meatloaf/>

Serves 6 to 8

For the meatloaf:

14 ounces (400 g) minced venison, moose, or elk
14 ounces (400 g) minced beef
1 medium onion, finely chopped
1 large egg, at room temperature, beaten
1 cup (large handful) old bread
(small pieces or breadcrumbs)
2 1/2 tsp. salt
1 tsp. black pepper
1 tsp. ground nutmeg
1 tsp. dried thyme
1 cup (240 ml) milk

For the lingonberry glaze:

1 cup (125 g) lingonberries
or chopped cranberries
3/4 cup (115 g) brown sugar, loosely packed
1/2 cup (120 ml) apple cider vinegar



Instructions:

1. Preheat the oven to 350°F (180°C). Butter a 23 x 13 x 6 cm (9x5x3") loaf pan.
2. In a large bowl, using your hands, thoroughly combine the venison, beef, onion, egg, bread, salt, pepper, nutmeg, thyme and milk. Set aside.
3. For the glaze, in a small heavy-bottomed saucepan, bring the lingonberries, brown sugar and apple cider to a simmer over medium-high heat, stirring often. Cook for 10 minutes or until the sugar has dissolved and the mixture has thickened and been reduced by half. Pour half of the glaze in the bottom of loaf tin. Gently press the meatloaf mixture on top to form an even shape. Pour the remaining glaze over the meatloaf. Bake for 50 to 60 minutes or until the meat is thoroughly cooked through.
4. Serve with the extra juices from the pan, potatoes, and your favorite vegetables.

Photo: Nevada Berg, North Wild Kitchen

