



**SONS of
NORWAY**

MUSIC CITY VIKINGS 5-681

January/February, 2026
E-Newsletter



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FROM THE PRESIDENT

Hei hei! I am pleased and honored to write this first update as your President. In January, we welcomed two members of our District 5 Board: Cheryl Wille-Schlessor, President, and Connie Aiello, Foundation Director and At-Large Director. The new board had a wonderful meeting with them, sharing our concerns, ideas, and hopes for the future.

I am a librarian, and I did some demographic research on Davidson County, TN. According to Nielsberg Research, there are 4,425 people in Davidson County, TN that identify as Norwegian in some way. My goals are for us to figure out how to connect with those people, for the Norwegian-American community in Nashville to grow, and for Music City Vikings to be at the forefront of that growth. To paraphrase our District President: We are standing on the precipice - let's soar!

Med vennlig hilsen,
Lina Sheahan

2026-28 Music City Vikings Officers

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

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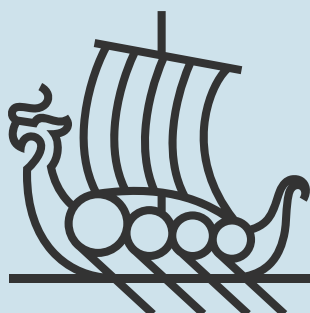
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mcvpublicity2010@gmail.com



Welcome New Members!

The Music City Vikings lodge has had five new members join in the last few months - velkommen to our newest members!

- 🇳🇴 Pat Johnsen
- 🇳🇴 Dan Haugen
- 🇳🇴 William Hansen
- 🇳🇴 Ken Litland
- 🇳🇴 Laura Litland



Growing Pains? We Must Be Human!

Saying good-bye to former ways can be difficult, emotionally wrenching, and uneasy to face. Occasionally, ill feelings develop, anger arises, harsh words are spoken and ill feelings form. Negativity can creep in, and that is certainly not needed when your lodge wants to soar!

Have you ever heard this before, we have never done things that way, or that is not what we usually do! This lodge sits poised on a precipice planning great activities and events that will lead to celebrations of all things Norsk. Notoriety can be yours.

Does changing your ways involve risk? 100%!

Consider each situation. If your lodge decides to do something new, it may be a fantastic decision leading to more engagement, new members for your lodge, and citywide acknowledgment. You might find yourself inviting others to attend your meetings or to join you at a special event. Could there be a trip to Norway in your lodge's future? Absolutely! Norwegians or Norwegian Americans could come out of the woodwork! What a great problem that would be!

If it fails, there is little loss. You can revert to what was done previously or let the idea percolate. Redesigning an event or dismissing it entirely are options. A reminder...If you always do what you have always done, you will always get what you have always got! Act boldly!

I encourage you to TRY! Blaze new trails, mend the broken fences, gel for the betterment of your members, and the continuity of this lodge.

I wish all of you the absolute best as new lodge leaders take the helm here. Their tasks are not easy, and the hours can be exceptionally long. A forty hour week of planning is not unusual for large events.

Lina has stepped up to lead this lodge with energy and enthusiasm for your heritage. You may not agree with every decision, but she took the oath of office to lead this lodge fearfully for the success of all. Please give her the support she needs to make the Music City Vikings Lodge one of our award winners.

Tusen takk-a thousand thanks,

Cheryl Wille-Schlesser

District 5 President • 608-219-4464 • cwschlesser200bc@gmail.com

A Note from VP and Publicity Director, Meghan Perdue:

This essay was contributed to the newsletter by the District 5 President, Cheryl Wille-Schlesser. As our lodge begins a new chapter with new leadership, she wanted to encourage us to embrace change and work together to grow our lodge into the best that the Music City Vikings can be! Thank you for your dedication and care, Cheryl!

UPCOMING EVENTS

Lodge Meetings

February 22 - Celebration of Norwegian foods potluck

March 15 - Getting Started with Genealogy

Norway at the 2026 Winter Olympics

At our January lodge meeting, Vice President and Publicity Director Meghan Perdue gave a short presentation about Norway’s participation in the Winter Olympics. Below are some details about Norway at the 2026 Winter Olympics:

What sports does Norway compete in?

You can expect Norway to both compete and excel in the sports of **alpine skiing, biathalon, cross-country skiing, Nordic combined, ski jumping, ski mountaineering, and speed skating**. Norway is also competitive in **curling, freestyle skiing and snowboarding, and ice hockey**. It must be true that Norwegians are born with skis on their feet!

When are the 2026 Winter Olympics?

The official dates are **February 6-22, 2026**, but Norway will be competing in pre-games curling events starting as early as **February 4**.

How can I watch Norway compete?

To watch via streaming or on TV, check out **NBC** and its subsidiary, **Peacock**; stream through **HBO Max**; or watch at one of the following links:

- www.nbcolympics.com
- www.ebu.ch/sport
- tv.nrk.no



How do I access the official competition schedule?

The official schedule will be updated continuously through the games at this link: <https://www.olympics.com/en/milano-cortina-2026/schedule/overview>

Wait, the Winter Olympics are in Italy - what time are the events airing here?

To calculate the time difference between Italy and Central Time, subtract **7 hours** from the posted time slot. For example, an event scheduled to start at 19:05 (7:05 PM) in Italy will be streaming at 12:05 PM here. Major events shown on NBC will generally air around **7 PM Central Time**.

Si det På Norsk (Say it in Norwegian)

English	Norwegian	Pronunciation
Cozy	Koselig	KOOS-eh-lee
It is cold today	Det er kaldt i dag	Deh ar callt ee dahg
Snowflake	Snøfnugg	SNUHF-noog
Have a cozy evening!	Ha en koselig kveld!	Hah ehn KOOS-eh-lee kveld!

Meet the New Board!

Our new board of officers for 2026-2028 was installed at the January lodge meeting. The picture below includes the new officers as well as the members of the District 5 Board who came to do the officer installation. From left to right, the new officers are:

(Cheryl Wille-Schlesser, District 5 President)

Ellen Lavernier: Secretary and Golden Member of the Sons of Norway (50+ years!)

Meghan Perdue: Vice President and Publicity Director

Grete Terjesen: Membership Secretary

Lina Sheahan: President

Phil Perdue: Treasurer

Evelyn McDaniel: Social Director

(Connie Aiello, Foundation Director and At-Large Director)

(not pictured -
Carol Fidler: Cultural Director)



From Sons of Norway

Mølje - A Fisher's Feast

In the northern part of Norway, during the winter months, a certain and unique meal takes the stage. This meal is known as Mølje. The main ingredient of mølje is cod, but more specifically it is cod, cod roe, and cod liver.

The migration pattern of Arctic cod is the main reason for the dish being a common cuisine in the winter. The cod spawn in the archipelago of Lofoten, Norway, from January to April, which provides an abundant catch for the fishery there.

For many years, the fisherman of Lofoten have enjoyed what the waters have to offer. They would take their one cooking pan and add cod roe, potatoes, and water to cook. Then they would add the liver and cod for a few more minutes and mix it all together.

Today's preparation of mølje is a bit more complex with upwards of four pans used to prepare each ingredient separately. You can enjoy this delicacy in restaurants in Northern Norway in season. In fact, it is a "self-contained meal" and will give you everything you need by adding some carrots and potatoes. What a unique meal to try.

Photo: www.seafoodfromnorway.us



King Harald Opens Sámi Parliament

The 10th Sámi Parliament, held October 15, 2025, in Karasjok, Norway was opened by a special guest. The King of Norway, His Majesty King Harald, was present to perform the ceremonial opening. Also in attendance was His Royal Highness Crown Prince Haakon.

There was an extensive crowd gathered to see the King and Crown Prince enter the Sámi Parliament. Many students from Troms also traveled to the event to see the King and other Sámi institutions.

In his speech, the King spoke of the reconciliation work that is going on with the Sámi people. He highlighted the importance of feeling proud of one's origins and encouraged all to add to the public conversation.

The Sámi Parliament functions as a central voice for the interests of Sámi people with the Norwegian government and the Storting. It was established to help safeguard the traditions, culture and language of Sámi people. The Parliament's elections event occurs every four years and is where they vote on representatives. Silje Karine Muotka, President of the Sámi Parliament, felt very grateful for the King's presence and knows it means so much to the entire Sámi population.

Photo: Royal World News via Facebook



Did You Know?

The Sámi are the indigenous people of Norway, and Sámi culture is the oldest culture in large areas of Northern Norway. Today, around 2,600 Sámi people in Norway make their living from herding reindeer, and the majority of the region of Northern Norway is actually used for raising reindeer.



Reminder: Going Paperless

As of September 1, 2025, membership cards will no longer be mailed for annual renewals. Members can print off their card from our website under their profile or save a digital copy to their phone to show proof of membership. For members who belong to a lodge with property, card mailings stopped as of December 1.

These changes are being made due to the rising costs of postage and our desire to continue to be good stewards of our resources. Please encourage members to create a profile so that they can access the card and print one from their computer.

New Forest Finn Museum in Grue

The Norwegian Forest Finn Museum of southeastern Norway hosted its opening ceremony in October 2025. The ethnic group is a minority in southeastern Norway, with the name skogfinnene—Forest Finns—referring to the descendants of Finns who first immigrated to Sweden in the 16th century and then migrated to Norway in the 1640s.

The museum has been 25 years in the making and was a joint effort by four institutions of cultural preservation. Opening events featured tours, speeches and the typical Forest Finnish dish motti, roasted oat porridge served with fried pork, pork fat and lingonberries.

Her Majesty Queen Sonja opened the new building that lies in Finnskogen (The Finnish Forest). Along with the leader of Young Forest Finns, Marikken Bruvold, she cut a rope covered with birch bark.

The Queen called Forest Finn culture part of Norway’s history, which needs to be preserved and said that the museum “is like a cathedral, with pillars that give the impression that you are out in the forest.”

The Norwegian Forest Finnish Museum is located in Svullrya in Grue municipality within Innlandet County.

Photo: <https://skogfinskmuseum.no/en>



**Gratulerer
med Dagen!**



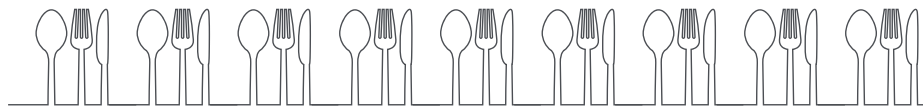
January

- 02 - Susan Perdue
- 06 - Art Lensgraf
- 09 - David Andersen
- 10 - Marc Stengel
- 21 - Lynn Jordan
- 21 - Lynell Syler
- 24 - Marc Slocum

- 29 - Ottar Johansen
- 31 - Pat Johnsen
- 31 - Sten Vermund

February

- 21 - Gloria Kleve
- 22 - Sandy Lane



Roasted Beet Hummus

A delicious, creamy and visually stunning homemade hummus with just a hint of earthy sweetness thanks to the addition of a roasted beet. Perfect for dipping!

Ingredients:

- 1 medium beet, scrubbed and trimmed
- 2-3 cloves of garlic, unpeeled
- 4 Tbsp. extra-virgin olive oil divided (plus more for roasting the beet and garlic)
- 1 tsp. hot water
- 1 can chickpeas, rinsed and drained
- 1/2 tsp. ground cumin
- 2 Tbsp. tahini paste
- 2 Tbsp. fresh lemon juice
- 1 tsp. coarse salt plus more to taste

To garnish:

- Extra-virgin olive oil for drizzling
- Chopped fresh parsley or chives



Instructions:

1. Preheat oven to 400°F / 200°C. Drizzle beet and garlic cloves with olive oil and rub to coat evenly. Wrap tightly in aluminum foil and roast until tender, about an hour. Unwrap and allow to cool slightly.
2. Once the beet is cool enough to handle, use a paper towel to rub the skin off of the beet. Slice into quarters and place in the bowl of a food processor. Peel the roasted garlic and add it to the bowl along with the beet.
3. Add one tablespoon of olive oil and the hot water. Process until smooth, scraping down the sides of the bowl as necessary.
4. Add remaining ingredients except olive oil. Process again until smooth. While the machine is running, slowly add remaining 3 tablespoons of olive oil through the feed tube. Continue to process until fully combined, scraping down the sides of the bowl occasionally.
5. Transfer hummus to bowl. Season to taste with salt. Chill until ready to serve.
6. To serve, drizzle with olive oil and sprinkle with chopped fresh parsley or chives, if desired.

Recipe and photo source: True North Kitchen

<https://true-north-kitchen.com/roasted-beet-hummus/>

Homemade Cardamom Granola with Almonds

Easy and delicious homemade granola recipe featuring oats, cardamom and sliced almonds.

Ingredients:

4 cups old-fashioned rolled oats
1 cup sliced almonds
1/2 cup raw pepitas (pumpkin seeds)
1 tsp. ground cinnamon
1 tsp. ground cardamom
1/2 tsp. ground ginger
1 tsp. fine salt
1/2 cup canola oil
1/2 cup real maple syrup
1 tsp. vanilla extract
1/2 tsp. almond extract



Instructions:

1. Preheat the oven to 350°F / 175°C. Line a baking sheet with parchment paper and set aside.
2. Combine oats, almonds, pepitas, cinnamon, cardamom, ginger and salt in a large bowl. Stir well, ensuring that the salt and spices are evenly distributed throughout the mixture.
3. Add oil, syrup and extracts. Using a rubber spatula, stir well to combine.
4. Transfer granola to prepared pan. Pat down with a rubber spatula to distribute the mixture in an even layer. Bake for 15 minutes.
5. Remove granola from the oven and stir with a metal spatula to redistribute on the baking sheet. Firmly press down on the mixture using the back of your spatula, creating an even and tight layer of granola. Bake for an additional 12-15 minutes or until granola is toasty and golden brown.
6. Remove from the oven and allow to cool completely on the baking sheet.
7. Use a spatula to transfer the granola to glass containers for storage (or freezer bags, if freezing). Granola keeps for about two weeks at room temperature or several months in the freezer

Notes:

Let the granola cool completely before removing from the pan. If the granola is still warm when you package it, you run the risk of soggy granola.

Freeze for long-term storage. For longer storage, freeze in Ziploc freezer bags.

Recipe and photo source: True North Kitchen

<https://true-north-kitchen.com/nordic-morning-granola/>