



**SONS of
NORWAY**

MUSIC CITY VIKINGS 5-681

July/August, 2026
E-Newsletter



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FROM THE PRESIDENT

When the board met in April and started talking about Norway playing in the World Cup, I never thought it would end with a partnership with a local Norwegian-owned business and a HUGE gathering of Norwegians for the England game. We are now going to act on this momentum by planning more social events to get to know our new friends and keep the spirit of the viking RO! alive!

At time of sending this newsletter, Meghan and I are in Stoughton, Wisconsin. We are excited to serve as your delegates for the District 5 Sons of Norway convention and look forward to learning more about the recent merger between SoN and Better Life, how we can best serve our members, and what is going on at the district level. We will report back at our September meeting!

Med vennlig hilsen,
Lina Sheahan

2026-28 Music City Vikings Officers

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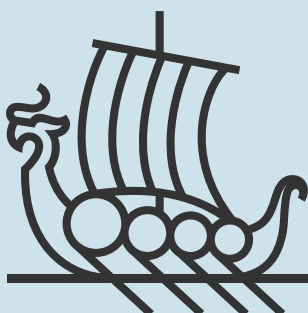
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🌐 www.musiccityvikings.org

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Have a photo or story to share? Send an email to:
mcvpublicity2010@gmail.com



Welcome New Members!

🇳🇴 Mark Andersson

🇳🇴 Tracy Andersson

🇳🇴 Henry Andersson

🇳🇴 Owen Andersson

🇳🇴 Kara Miller

🇳🇴 Beth Vakevainen

Juletfest 2026

Tickets are on sale NOW for Juletfest 2026! We are offering early-bird pricing of \$40 per-person (\$42 via Square) until **November 1** as well as ticket deals for families. After that date, tickets will go up to \$43 per person (\$45 via Square).

Since Juletfest is on St. Lucia Day, we are putting together a Lucia procession and need as many children as we can get to participate! Please reach out to Grete Terjesen, Membership Secretary, at mcvmembership2010@gmail.com if you have a child interested in participating. Music will be provided.

If you have items for the silent auction, we will collect those at the October and November lodge meetings. If you are a baker, consider making an extra two dozen cookies to sell! It's going to be a great night - hope to see you there!

Juletfest 2026
Sunday, December 13, 3-6pm
Brentwood Country Club
5123 Country Club Drive, Brentwood, TN

\$40 per person (family ticket deals available!)
payable via credit card on our website (+\$2 Square fee):
<https://www.musiccityvikings.org>

or via check made out to:
Music City Vikings, 5-681
c/o Phil Perdue, Treasurer
P.O. Box 128038
Nashville, TN 37212

For early-bird tickets, RSVP by **November 1** to musiccityvikings@gmail.com
After November 1, \$43 per person (+\$2 Square fee)

****Tickets are limited and secured with payment****
Menu includes Norwegian meatballs, potatoes, vegetables, and salad
Bring a dessert to share

Lucia Procession *Silent Auction* *Bake sale*

Nashville Meets Norway: VM 2026

If you heard the Viking RO! sounding throughout the city, chances are it was coming from one of the awesome World Cup meet-ups organized by Music City Vikings! We started our journey with the Norway vs. Senegal game at the Perdues' house and welcomed new friends that we met in April at the Nashville Soccer Club game (right)!



The fun continued at Fogg Street Lawn Club for the Norway vs. France game, where we met some friends that were visiting from Norway! (below)



After officially partnering with Fogg Street, we welcomed 25 friends for the Norway vs. Brazil game and celebrated Norwegian victory!



UPCOMING EVENTS

Lodge Meetings

September 20 - 2:30pm, Lila D. Bunch Library, Belmont University

Social and Cultural Events

August 15 - 4:00pm, Axe Throwing, Bad Axe Throwing, Nashville
(also FREE rooftop concert at 7:00pm, Fogg Street Lawn Club)

September 12 - 5:00pm, Next Wave Happy Hour, Living Waters Brewing (East)

Our World Cup saga ended with the biggest meetup yet! By our count, 75 people came to cheer on Norway vs. England, including 20 people from Norway who found us after our social media post was shared on a “Norwegians in America for the World Cup” Facebook page. Even though we did not win, it was an incredible day!



In May, Sons of Norway agreed to merge with Better Life. Under the agreement, Sons of Norway will retain its name, brand, lodges, district structure, foundation, cultural programs, and publications—including *Viking* magazine. Members will continue participating in the same local activities and traditions that define the organization, and the Sons of Norway Foundation will continue to support members and celebrate Norwegian heritage and culture. BetterLife is a community-based organization that shares Sons of Norway’s long-standing commitment to service, connection, and financial protection. BetterLife brings experience supporting legacy member-owned organizations and a strong financial position that will help ensure continuity and resilience for Sons of Norway members well into the future.



**SONS of
NORWAY**

BetterLife
A different kind of life insurance company

Following completion of the transition, Sons of Norway members (including those in Tennessee) are also expected to gain access to additional financial products and enhanced member benefits offered by BetterLife, while continuing to enjoy the cultural programs and local experiences that define Sons of Norway membership. BetterLife and Sons of Norway expect the transaction to be finalized later this summer, pending regulatory approval, with full integration anticipated by the end of the year. Additional information for members will be available at sofn.com/newpartnership, which will be updated as the transaction progresses.

Si det På Norsk (Say it in Norwegian)

<u>English</u>	<u>Norwegian</u>	<u>Pronunciation</u>
Summer holiday	Fellesferie	Fell-es-FEH-rih-uh
World Cup	Verdensmesterskap	Vehr-dehns-MEH-ster-SKAHP
August	August	ow-GOOST
July	Juli	YOOL-ee

From Sons of Norway

Whale Watching

Seeing whales off the coast of Norway is not highly unusual. However, seeing a beluga whale swimming in a river near Oslo is. Recently, residents along the Drammenselva river spotted a Beluga whale swimming upstream. Word spread of the strange sight, drawing onlookers and gawkers alike.



Beluga whales are distinct in appearance, with their white coloring and lack of a dorsal fin. These adaptations help them navigate under ice better when they are in their more natural environment of the Arctic. While they have been known to stray off course from time to time and end up in rivers like this one, it is likely the lost whale will find its way back to the sea in time and will have better food options once it does.

In the meantime, marine experts warn that the animal should not be disturbed, and boats should do their best to avoid going near it. They state that if the animal becomes stressed, it runs a higher risk of getting beached and unable to get back into the water.

The Otolith - A New Museum in Northern Norway

An exciting new museum opened at the end of June, in the Lofoten area in Norway. This museum is known as The Otolith and will be part of the SKREI center for knowledge and experiences. Skrei is the Norwegian word for Northeast Arctic Cod, the fish that travels from the Barents Sea to the Norwegian coast to spawn. It has been instrumental to the Lofoten fishery, as well as Norway's culture and economy. The main exhibit at The Otolith will lead guests through an engaging experience of Lofoten, its fishery, the people who fish, and the impact fishing has today and in the future. The new building will also feature a museum shop, restaurant, and changing exhibitions. Visitors to The Otolith will receive access to the Lofoten Museum, Aquarium, and Espolin Gallery. All in all, the collection of attractions will give guests a deep understanding of the backbone of the area, while offering something for everyone.



Ålesund the Art Nouveau City

The city of Ålesund is considered “the pearl” of Norway’s western coast and like many other coastal towns, is known to have a large fishing industry. Another unique distinction of this city’s center is its architecture – done almost entirely in the Art Nouveau style.

Art Nouveau was a popular trend across various art mediums, including architecture from about 1890-1910. The style follows a naturalistic philosophy, taking its cues from nature and shies away from straight lines and perfect symmetry. The houses and storefronts in Ålesund feature pastel colors and ornamental flourishes such as Norwegian dragon carvings, and spires that mimic stave churches.

It is unusual that one town would have such uniform architecture, but Ålesund’s current beauty came from a tragic past. Originally, the buildings were all wooden, until a fire broke out in January 1904, destroying 850 structures and leaving 10,000 residents homeless.

The city was rebuilt in just four years, using safer brick and stone materials. The young architects that came to design and build, came primarily fresh from being trained in the Art Nouveau style, resulting in the concentrated and uniform look that the city has today.



**Gratulerer
med Dagen!**

July

10 - Grete Terjesen
11 - Ellen Levernier
14 - Carol Fidler

August

07 - Audrey Askegard
11 - Cynthia Mason
16 - Carrol Lane
25 - Heather Kjellesvik
30 - Kara Miller



Plums with Blue Cheese, Walnuts, and Crispbread

This summer appetizer is the perfect mixture of unique Scandinavian flavors. It will quickly become a go-to for your summer gatherings.

Ingredients:

4 plums, or a combination of plums and pluots
6 oz. blue cheese*
3 oz. walnuts
1 small bunch fresh dill
Honey, for drizzling
2 large circles of crispbread, roughly broken into large pieces

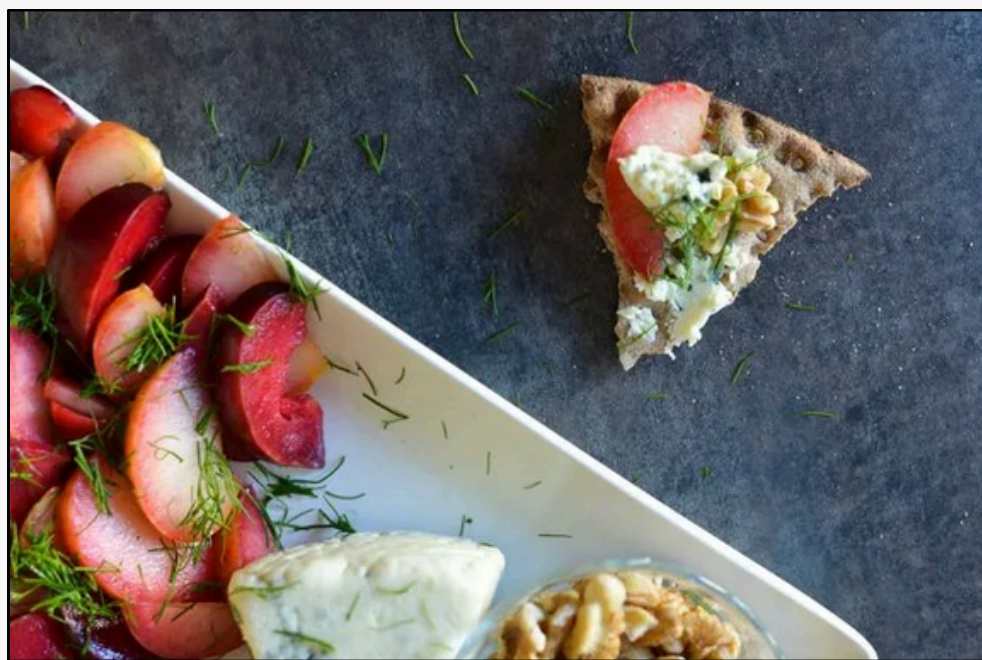
Directions:

1. Halve the plums, discard the pits, and cut into thin wedges. Arrange on a platter with the blue cheese and walnuts.
2. Roughly chop the dill and scatter over the fruit.
3. Drizzle honey over the fruit and serve with a bowl of crispbread pieces.

Serves 6.

*You can also use gorgonzola for a milder taste.

Recipe and photo from: <https://daytonadanielsen.com/plums-with-blue-cheese-walnuts-and-crispbread/>



Havrekjeks / Oat Crackers

Ingredients:

250 g butter
50 g sugar
2.5 dl milk
250 g oatmeal
250 g flour
4 tsp. baking soda
Brunost for serving



Directions:

1. Melt butter. Mix together butter, sugar and milk.
2. Pour mixture over the oatmeal and let it rest until the next day.
3. Mix baking soda and flour. Mix everything together.
4. Roll out the dough until 4 mm thick. Cut into circles or squares.
5. Bake at 400°F / 200°C for 8-10 min.

Serve crackers with brunost, Norwegian brown cheese.

Recipe and photo credit:

<https://www.tinebrunost.com/recipes/norwegian-oat-crackers>

<https://www.tine.no/oppskrifter/bakst/brod-og-rundstykker/kjempegode-havrekjeks>

We Can All Be Vikings - Together

At the April board meeting, the board discussed how the Music City Vikings can lean into the “Vikings” part of our name to bring together Scandinavians in Nashville! Like the Danish King Harald Blåtand (Bluetooth) united Scandinavia, we have the opportunity to be the uniting force for all people of Nordic heritage in our city. This was especially evident during the World Cup when we had 2 new Danish friends find us via Google and ask if they could join us for the watch party at the Perdue’s, and as we welcomed a new member, Beth Vakevainen, who has Finnish heritage (that we look forward to learning about!).

Similarly, a SWEA (Swedish Women’s Education Association) chapter was just formed in Nashville, and our President is in touch with them about our groups collaborating on events and projects. We are excited to expand our opportunities to grow and learn from each other while we establish ourselves as the Nordic community hub in Nashville. As modern-day vikings, we welcome the chance to share our Norwegian and Scandinavian heritage with all! Hurra!!

