



**SONS of  
NORWAY**

# MUSIC CITY VIKINGS 5-681

September/October, 2024  
E-Newsletter



## In this Issue.

Lodge Happenings  
Page 01

Trolls at Cheekwood  
Page 02

Vidar Skrede Concert  
Page 02

From Sons of Norway  
Page 03

Upcoming Events  
Page 03

Lodge Birthdays  
Page 04

Recipe Corner  
Page 07

## LODGE HAPPENINGS

Happy October!

Our lodge meetings are in full swing for the year! At our September meeting, Art Lensgraf and Karen Kennedy shared their experience at the District 5 convention this summer as well as some of the updates from Sons of Norway International. Lina Sheahan shared the tentative calendar of events, and we started planning Julefest on December 8 in earnest. It is going to be a great event!

As we continue lodge meetings through April, we are always on the lookout for **ideas and presenters for meetings, ideas for social events**, as well as a **new lodge "home"** in some form of church space. If you have any suggestions, please email them to [musiccityvikings@gmail.com](mailto:musiccityvikings@gmail.com). We would love to hear from as many lodge members as possible so we can continue to plan for another fantastic year!

# 2024 Music City Vikings Officers

## President

Art Lensgraf

## Vice President

Lina Sheahan

## Secretary

Grete Terjesen

## Treasurer

Barbara Fletcher

## Cultural Director

Evelyn McDaniel

## Social Director

Carol Fidler

## Publicity Officer

Meghan Perdue

## Membership Secretary

Karen Kennedy

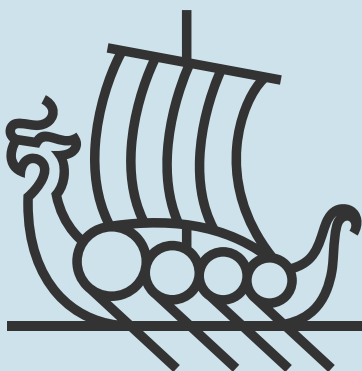
## Connect with Us.

✉ [musiccityvikings@gmail.com](mailto:musiccityvikings@gmail.com)

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

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

📘 [www.facebook.com/  
musiccityvikings](https://www.facebook.com/musiccityvikings)



## Trolls at Cheekwood

Several Music City Vikings members enjoyed seeing Thomas Dambo's "TROLLS" exhibit at Cheekwood in September, even with a surprise downpour of rain right at the start!



## House Concert with Vidar Skrede

On October 2, the Perdues opened their home again to the talented Scandinavian multi-instrumentalist, Vidar Skrede. It was a wonderful night of traditional music and new compositions!



# From Sons of Norway

## New Sámi Sport Spreads Awareness

Odin Alexander Krokmo Iversen (13) is trying out a new sport – it's not just new to him, but to the whole world. Earlier this year, Sámi Valaštallan Lihttu (SVL), the Sámi Sports Federation, showcased the new activity in Bodø.

"The easiest thing is to compare it to the biathlon. The principles are the same," said Ole Henrik Somby, who was in Bodø promoting the Ovttas Project.

Through their demo during the National Championships in road cycling, the Ovttas Project was able to call attention to more serious topics. Project reps talked with teams, coaches and parents about Sámi discrimination, and plan to travel around the northern counties Nordland, Troms, and Finnmark to make Sámi culture visible through sports.

This demo sport combines two skills: cycling and lasso throwing. Odin demonstrates the basics: first you cycle a lap, then dismount and throw a lasso five times at reindeer antlers, mounted on stands. Any mistakes result in a penalty lap.

Odin's verdict: "It's a lot of fun. I like to do both—cycling and throwing the lasso," he exclaims after his first round.



Sámi flag



## UPCOMING EVENTS

### Lodge Meetings

October 20 - Lodge Meeting, 2:30-4pm, Bunch Library, Belmont University

November 17 - Lodge Meeting, 2:30-4pm, Bunch Library, Belmont University

### Social and Cultural Skills Events

October 26 - Cultural Skills: Knitting, 2-4pm, Nashville Public Library  
Edmonson Branch

## Alma the Healing Dog

There is no question that a bond between a person and a dog can be something remarkable. This is evident in the story of a young girl from Norway named Nora and a dog named Alma.



Nora was unable to walk and was having a difficult time after a serious illness that lasted almost two years. To lift her spirits and aid with her healing, she was assigned a therapy dog named Alma. Alma was trained by an organization called Dyrebar Omsorg [an animal-related wordplay meaning Precious Care] that uses interaction with animals to promote health. A study conducted in South Korea proves that spending quality time with dogs can help with relaxation, concentration and the reduction of stress.

Through their time together, Nora was slowly coaxed out of her hospital bed. She and Alma enjoyed walks together in her wheelchair, shopping, and Alma even kept Nora company when she started back at school after two long years away. Nora attributes her healing to Alma and continues to meet with her, even though she is out of her wheelchair and doing much better.



# 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

## ***litt på norsk...***

### **Vellykket friluftsferie? Følg disse tipsene**

Vil du ha en hyggelig ferie i norsk natur? Da bør du stille forberedt.

Nordmenn er kjent for turer i skog og mark. Også mange utenlandske turister kommer for å se norsk natur. Noen områder er ekstra populære.

Å gå i flokk kan gjøre turen lite hyggelig. Kanskje risikerer du dette akkurat i år:

Den Norske Turistforening (DNT) har en nettside med turforslag som heter UT.no. Den har fått ekstra mange besøk i sommer. Tallene er sammenlignet med samme periode i fjor.

- Vi har en økning i antall brukere på 43 prosent. Det sier Veronica Solbak i en pressemelding. Hun er redaktør for UT.no.xx

DNT sier dette kan vise at interessen for friluftsliv i Norge er høy i sommer. De har hentet ut de fem turmålene det søkes mest etter på nettsiden. Det er:

Dronningstien i Hardanger, Aurlandsdalen, rundtur på Hardangervidda, Romsdalseggen og Trekanten i Trollheimen.

Drømmer du om ett av disse turmålene? Kanskje bør du vente til en annen gang om du vil unngå mye folk.

## ***a little in English...***

### **Successful outdoor vacation? Follow these tips**

Do you want to take a pleasant vacation in Norwegian nature? Then you should be prepared.

Norwegians are known for hiking in forests and fields. Many foreign tourists also come to see Norwegian nature. Some areas are especially popular.

Walking in a crowd can make your trip less enjoyable. You may run the risk of it this year:

The Norwegian Tourist Association (DNT - Den Norske Turistforening) has a website with tour suggestions called UT.no. It has received a huge number of visitors this summer, compared with the same period last year.

"We've had a 43 percent increase in the number of users," says Veronica Solbak in a press release. She is an editor for UT.no.

DNT says this can show that interest in outdoor activities in Norway is high this summer. They have extracted the five destinations most searched for on the website. They are:

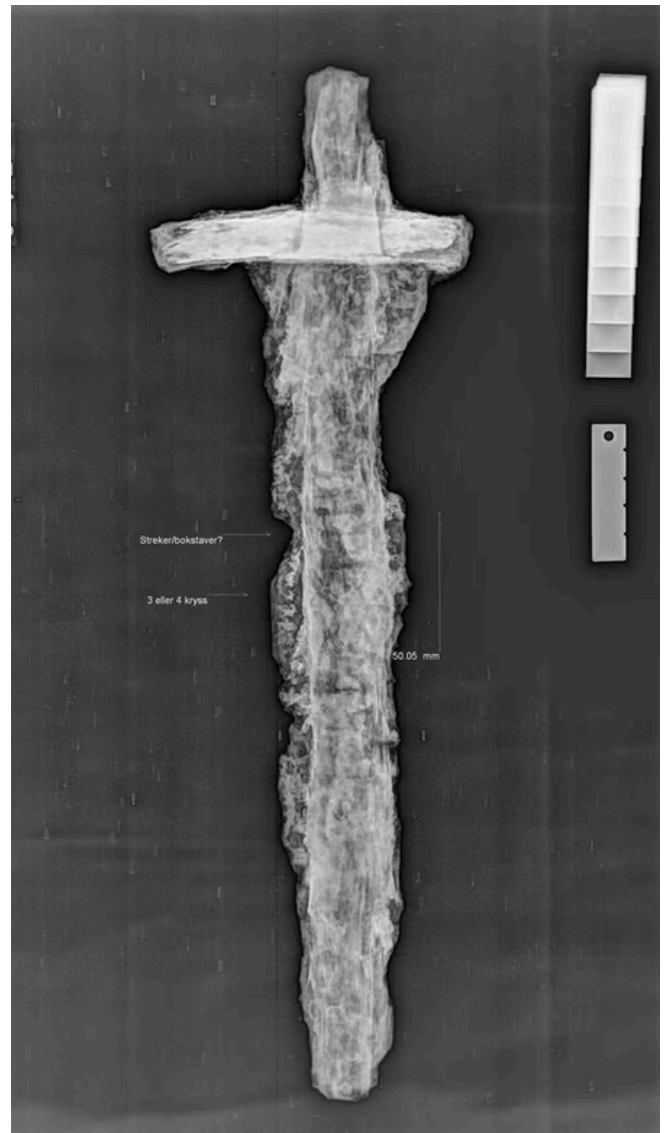
Dronningstien in Hardanger, Aurlandsdalen, tour of Hardangervidda, Romsdalseggen and Trekanten in Trollheimen.

Are you dreaming of one of these travel destinations? Maybe you should wait until another time if you want to avoid a lot of people.



## Viking Sword Unearthed in Rogaland

A first of its kind Viking discovery was recently made in Rogaland, Norway. While a Norwegian man, Øyvind Tveitane Lovra, was clearing his farm, he came across a 1,000-year-old Viking sword. The discovery was particularly surprising, as the field he and his son were preparing to sow new grass on hadn't been ploughed for many years. Mr. Lovra says that they were picking stones and explains: "I spotted an iron object that I was about to throw, but just as I was about to throw it, I discovered that it was a sword."



The sword was examined by archeologists who were able to take x-rays which revealed inscriptions on the blade. The inscriptions led them to believe the sword could be a Ulfberht sword, which were made between 900 and 1050 AD. The sword was covered in clay, which helped preserve it from rusting away.

Around three to four thousand swords from the Viking Age have been uncovered in Europe. Of these, only 45 with inscriptions have been unearthed in Norway making this an exciting, rare find.



## Mushroom Lamb Stroganoff

The last Thursday in September is a celebration of Fårikal, the beloved national dish made with lamb (or mutton) and cabbage. Other seasonal flavors in the fall include root vegetables and mushrooms. This recipe is a combination of both delicious things.

Serves 2-3

### Ingredients

Leftover roast lamb - about 2 cups, cubed (or 400 grams raw lamb, cubed)  
12 (approximately) chestnut mushrooms  
1 medium onion  
1 clove garlic  
100 ml cream  
25 g butter  
2 Tbsp. flour  
a splash of sherry (optional)  
1/4 tsp. paprika  
1/2 tsp. dried rosemary  
1 cup lamb stock  
salt & pepper to taste



### Directions

Cube the lamb, crush the garlic and slice the onions and mushrooms. Heat the butter in a heavy-bottomed frying pan and sauté together the onions, garlic and lamb. If the lamb is pre-cooked, sauté the onions and garlic until the onions are translucent and beginning to brown, then add the lamb to heat through. Add the mushrooms at the very end, as they need minimal cooking.

Once the mushrooms, onions, lamb and garlic are done, remove from the pan with a slotted spoon and keep warm. Stir the flour into the pan juices, stirring to pick up any bits sticking to the bottom of the pan. Cook for a minute or two, then add a splash of sherry (optional), the paprika and rosemary, followed by the stock. Mix well and remove from heat before adding the cream, stirring all the time to prevent lumps. Return to heat and stir to get a smooth sauce. (If the sauce is too thick, add a little milk to thin it.)

Stir the lamb, onion and mushroom mix into the sauce, heat through and serve on a bed of creamy mashed potatoes.



# Easy Rutabaga Soup

Kålrabi or kålrot (rutabaga, in American English) is a root vegetable with a somewhat confusing name. It is a hybrid between a turnip and a wild cabbage, with a purple exterior and a yellow inside. Since rutabagas are hardy in cold climates, they thrive in Norwegian growing conditions and have been a staple of the Norwegian diet for centuries. Note: there is also a green root vegetable named kohlrabi in English - this is not the same vegetable.

4 servings

## Ingredients

olive oil  
1 medium onion, chopped  
2 garlic cloves, chopped  
17.6 oz. (500 g) rutabaga, cubed  
14 oz. (400 g) potatoes peeled, cubed  
2 medium carrots, sliced  
33.8 fl. oz. (1 l) vegetable stock (hot)  
1/2 bunch of parsley, chopped  
1 Tbsp. chopped dill  
salt, pepper  
chili flakes (optional)  
plain yogurt (for serving)  
some more chopped dill (for serving)



## Directions

1. Peel the onion and garlic and chop it finely. Peel the rutabaga and cut it into cubes. If your rutabaga has leaves, you can use them as well (without the stems) and chop them finely. Peel the potatoes and cut them into cubes. Peel the carrots and cut them into thin slices. Wash, dry, and chop the parsley. Set everything aside.
2. Add some oil to a large pot (or Dutch oven) and heat up. Add the onions and sauté until soft and glossy. Add the garlic, rutabaga, potatoes, and carrots to the pot and continue cooking for 2-3 minutes while stirring often. Add the hot veggie stock, chopped parsley, and chopped rutabaga leaves (if you have some), season with salt and pepper and bring everything to a boil. When the soup starts boiling, cover the pot, reduce the heat and let everything simmer for about 25-30 minutes or until the veggies are done.
3. Add the chopped dill and continue cooking for 2-3 minutes. Use an immersion blender or a potato masher and puree/mash a small part of the veggies in order to get a soup with a thicker consistency - this is optional. Season with more salt and pepper. If you like it hot, add some chili flakes as well. Serve with some yogurt and more chopped dill sprinkled on top.