



**SONS of
NORWAY**

MUSIC CITY VIKINGS 5-681

May/June, 2026
E-Newsletter



In this Issue.

From the President
Page 01

Welcome, Looking Ahead
Page 02

Upcoming Events
Page 03

Lodge News
Page 04

From Sons of Norway
Page 05

Recipe Corner
Page 07-08

FROM THE PRESIDENT

I'm proud to report that we successfully held our first hybrid lodge meeting in April and were able to meet one of our new "long-distance" members, Doug Askegaard! We learned all about Norway's role in the Eurovision Song Contest and several members completed another level of the Music Cultural Skills pin.

We did not slow down for May, attending a Nashville Soccer Club game where we met some new Norwegian friends and were treated to a meet and greet with player Eddi Tagseth after the game! May 16 was also our annual Syttende Mai picnic, a lovely afternoon of food and celebration.

A gentle reminder that our regular lodge meetings are on pause for the summer, but we have some fun social events coming up. Hope to see you there!

Med vennlig hilsen,
Lina Sheahan

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mcvpublicity2010@gmail.com



Welcome New Members!

🇳🇴 Amy Long

Looking Ahead

It's never too early to start thinking about our annual Juletefest! Clean out your cupboards and closets, do a little online Scandinavian shopping, or get crafty and make items to donate to the silent auction. We will start collecting those items at the September lodge meeting.

This year, Juletefest is on St. Lucia Day, and we would love to put together a small Lucia procession. If you have a child age 7-13 that could participate, please reach out to Grete Terjesen, Membership Secretary (mcmembership2010@gmail.com).

We also want to expand our baked goods sale beyond lefse. If you normally bake "de sju slag" (7 kinds of Christmas cookies), consider making an extra dozen or two to sell!

More information to come! We hope to see you all there!



Save the Date

JULETEFEST 2026

* * * * *

Sunday, December 13, 3-6pm
Brentwood Country Club

- Bake sale
- Silent auction
- Kjøttkake dinner
- Dancing around the Christmas tree

...and a few surprises!

Stay tuned for more information!

MCV @ NSC



Members of MCV had a blast at the Nashville Soccer Club! We saw a fantastic game and made new friends - including fellow Norwegian Eddi Tagseth! Thanks again, Eddi!!



UPCOMING EVENTS

Lodge Meetings

*We are on pause for the summer. See you in September!

Social and Cultural Events

- June 22 - World Cup Viewing Party | Norway vs. Senegal
- June 28 - Sankthans/Midsommer bonfire
- July 11 - Troll 2 movie night
- August TBA - Next Wave Happy Hour

Syttende Mai 2026

The Music City Vikings celebrated Syttende Mai on May 16 at Christ Lutheran Church in Nashville. It was a wonderful afternoon celebrating Norwegian Constitution Day, eating delicious food, and handing out membership and Cultural Skills pins!



Si det På Norsk (Say it in Norwegian)

English
Summer

Norwegian
Sommer

Pronunciation
SOHM-er

Swimming

Bade

BAH-de

Strawberries

Jordbær

YOORD-bahr

Midnight sun

Midnattssol

MID-naht-sool

From Sons of Norway

Norwegian Film Award

After breaking its own record for the most gold medals at a winter Olympics, Norway got to add one more feat—this time in the form of an Oscar. For the first time, a Norwegian film was awarded the honor in the category of International Feature Film at the Academy Awards. It had a total of 11 nominations including in the categories of Best Original Screenplay, Best Actress, Best Actor, and Best Director. This was also the first time a Norwegian film had been included for nomination in the Best Picture category.



Sentimental Value (Affeksjonsverdi) tells the story of a dysfunctional and estranged family. The father, played by Swedish actor Stellan Skarsgård, is a film director who has fallen out with his two adult daughters because of always putting career before family.

The family drama has received much critical acclaim and attention, including from Norway’s Prime Minister, stating “This is a big day for Norwegian film,” when the nominations were announced. Upon accepting the honor, director, Joachim Trier said in part, “This film is about a very dysfunctional family, and it’s the opposite of what I felt with this beautiful group behind me. I think I’ve made films to feel at home with people, and I’ve really felt at home with the crew. There’s 1,072 people in these credits and I love them all, and I share this with them. The cast behind me, I’ve never been so proud. Thanks for wanting to work with me.”



Monet in Norway

Most people might immediately answer “water lilies” if asked to name a subject Monet painted about. However, the French Impressionistic artist painted other nature scenes, too. Monet employed an en plein air, or “in the open air” method of painting, which helped him capture his natural surroundings, including the light, in the best way possible. While he had long desired to capture a winter and snow scene in his portfolio, living in France denied him of an ideal opportunity. Then in early 1895, Monet decided to take a trip to Norway both to visit his oldest stepson and make his vision a reality. He arrived in Oslo, known at the time as Kristiania, and settled at a farmhouse in Sandvika, just west of the city. During his time in the Bærum area, he created a total of twenty-eight winter scenes, including a series of thirteen paintings capturing the local mountain, Kolsåstoppen, in different lights. He remained devoted to his open-air painting method, battling temperatures below zero at times. Monet shared with a friend in a letter that, “I painted part of the day today, while it was snowing continually: you would have laughed to see me entirely white, my beard covered in icy stalactites,” While many paintings in the series are in private collections, or part of exhibits, one of the renditions was purchased and brought back to Norway through generous donations to be enjoyed for years to come.

Experience Norway in June

Summer months in Norway with their longer days and extended sunshine are meant to be lived to their fullest. Here are some ways to kick off summer in Norway.

Fjord fun: The verdant mountains surrounding the fjords are in full bloom- it's time to get out and explore. Hike the hills, launch a boat, or jump in for a brisk swim!

Sørlandet: Plan a getaway to southern coastal towns like Mandal and Spangereid. Quaint small towns and coastal life are a popular summer destination among Norwegians.

Beach life: Norway has an epic coastline with both sand and rock beaches. Hit the waterfront with a paddleboard, picnic or kayak. Or just go for a swim!

Hit the highway: Roadtrip, anyone? Choose one of Norway's 18 national tourist routes and explore some of the most beautiful views of the Norwegian countryside.

Happiness on two wheels: Norway is teeming with interesting cycling routes- plan a trek on the Rallarvegen in Hardanger, a 92 kilometer cycling route that winds between Haugastøl and Flåm.

Arctic train ride: Take the Nordlandsbanen from Trondheim to Bodø. The stretch is not only beautiful, but an architectural feat: en route to your Arctic Circle destination, you'll pass 293 bridges and 154 tunnels!

Telemark canal: Take a historic boat ride through the Telemark Canal, a waterway named "the eighth wonder of the world" when it was built in 1892. The canal stretches 105 kilometers from Dalen at the foot of the Hardanger Plateau, to Skien, passing through 18 lock chambers.

Day trip on the Oslofjord: Learn about the dramatic sinking of the German war ship Blücher and meander through the tunnel tour. Oscarsborg Fortress is a jaunt away from Oslo by boat or car.



**Gratulerer
med Dagen!**



May

10 - Bill Bultinck
15 - Terry Stengel
16 - Molly Engen
16 - Meghan Perdue
19 - Sharol Hopwood
19 - Sharon Lassiter
24 - Eric Krosnes
26 - Dan Haugen

June

03 - William Hansen
16 - Rhett Hansen
29 - Tim Towers
29 - Merwin Ullestad
30 - Leah Rose Engen



Homemade Prim

You can ready-made prim, a spreadable brown cheese, when in Norway - or make it yourself at home with brunost. This delicious caramel-like topping will appeal to the tastebuds, especially to little kids.

Ingredients:

250 g / 8.8 oz. TINE® Gudbrandsdalsost, geitost or other type of brown cheese

2 dl / 6.75 liquid oz. skim buttermilk

1 dl / 3.4 liquid oz. whipping cream

1 tsp. sugar

Directions:

1. Cut the brown cheese into pieces and place in a saucepan with the buttermilk, cream and sugar.
2. Stir until the brown cheese is melted and then simmer over low heat for 30 minutes.
3. Cool by placing the saucepan in a bath of cold water and stirring so that the prim does not become grainy during cooling.

Hint:

You can store the prim in airtight jars for several weeks in the refrigerator. A fun, edible gift to give to the person who has everything. Serve with bread, crackers or lefse. Enjoy!



Lemon-Flecked Norwegian Sunshine Cake (Solskinnskake)

Source: DaytonaDanielson.com

For the cake:

6 eggs, separated
1 tsp. cream of tartar
1/8 tsp. salt
1 1/4 cup sugar
Grated zest of 1 lemon
2 tsp. lemon juice
1 cup cake flour, sifted

For the icing:

1 1/4 cups powdered sugar, sifted
2 Tbsp. whipping cream
2 Tbsp. lemon juice
Grated lemon zest for garnish, optional



Directions:

1. Preheat oven to 350°F. Lightly grease a 9-inch springform pan. Beat the egg whites in a large bowl for a minute or so until frothy. Add the cream of tartar and salt and continue to beat until stiff. Add the sugar, then beat until stiff again.
2. In a small bowl, beat the egg yolks. Add the whites, lemon zest, and lemon juice and carefully fold in. Fold in the flour just until incorporated, then pour the batter into the prepared pan. Bake for 40 minutes, or until a toothpick inserted in the middle comes out clean. Set on a wire rack to cool, then run a knife along the perimeter and remove from the pan.
3. While the cake cools, make the icing. In a medium bowl, whisk the powdered sugar with the cream and lemon juice until smooth. Spread the icing on the cake and serve. Garnish with a little more lemon zest, for color, if you'd like.

Serves 8

Photo: *Daytona Danielson*

