



SONS of  
NORWAY

# MUSIC CITY VIKINGS 5-681

November/December, 2024  
E-Newsletter



## In this Issue.

Lodge Happenings  
Page 01

Knitting for Christmas  
Page 02

NEW at Julefest  
Page 02

From Sons of Norway  
Page 04

Upcoming Events  
Page 04

Lodge Birthdays  
Page 05

Recipe Corner  
Page 07

Membership Survey  
Page 09

## LODGE HAPPENINGS

Happy November! At our most recent meeting, we enjoyed a wonderful presentation by local folklorist Cory Thomas Hutcheson about the figures, creatures, and traditions of Christmas In Scandinavia. The lodge will not meet again until January, but we have two events coming up:

- **Saturday, December 7**, we will make lefse at the Lane's home
- **Sunday, December 8**, we will hold our annual Julefest at the Brentwood Country Club!

Information about both of these events is included in this newsletter along with the **2024 Membership Survey**, which we hope you will fill out to help us strengthen our lodge. We also have some great meetings, social, and cultural events planned for the new year. Watch for Information on our website and social media! We hope to see you In 2025!

**God Jul og Godt Nytt År!**

# 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)

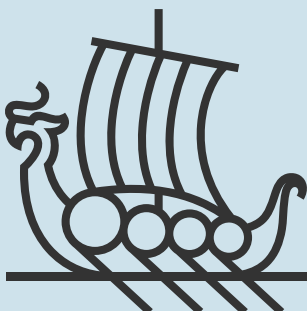
🌐 [www.musiccityvikings.org](http://www.musiccityvikings.org)

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*Have a photo or story to share? Send an email to:*

[mcvpublicity2010@gmail.com](mailto:mcvpublicity2010@gmail.com)



## Knitting for Christmas

Four Music City Vikings members met monthly to knit hats and scarves in support of the Seamens Church Institute's Christmas at Sea program. This program provides handknits and other treats to seafarers and mariners on both US coasts, the Gulf of Mexico, and the Mississippi River. Knitting these items also earned our members their level 1 knitting cultural skills pins!



## NEW at Julefest: Fundraising Sale!

At our 2024 Julefest, we will offer these beautiful ornaments - handmade by MCV member Sandy Lane - for sale for \$20 each, as well as lefse and a silent auction of gift baskets full of Scandinavian goodies! Cash, check, and card accepted.





# Julefest 2024

Sunday, December 8, 3-6pm  
Brentwood Country Club  
5123 Country Club Drive, Brentwood, TN

\$35 per person (\$15 for children under 12)  
payable by check and via Square on our website  
(+\$1.25 Square fee)

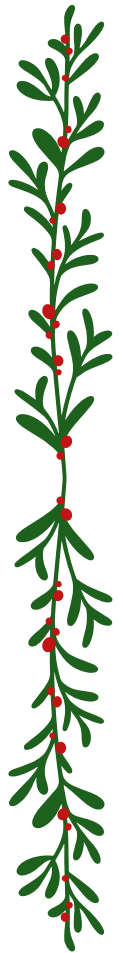
Checks payable to Music City Vikings 5-681  
Mail to:

Barbara Fletcher, Treasurer  
4701 Hazelwood Circle  
Nashville, TN 37220

RSVP by **November 27** to [musiccityvikings@gmail.com](mailto:musiccityvikings@gmail.com)  
\*\*Tickets are limited and secured with payment\*\*

Menu includes Norwegian meatballs, potatoes, vegetables, and salad  
\*Bring a Norwegian dessert to share\*

\*Music by American Jazz Company\* \*Silent Auction\* \*Lefse sale\*



## Lefse PARTY!

We will make lefse to sell at Julefest,  
but all are welcome to come learn and  
participate!

**December 7, 1:00 - done!**

At the Lane's Home:  
3022 Narrow Ford Lane  
Franklin, TN

Bring your lefse dough, griddle, turner,  
and a snack to share!

Lefse recipes shared in the Nov/Dec  
Music City Vikings newsletter. Email  
[musiccityvikings@gmail.com](mailto:musiccityvikings@gmail.com) to RSVP  
and for more information!



# From Sons of Norway

## Health Benefits of Gratitude

According to Norsk Helseinformatikk, Norway's largest resource of health information, gratitude can help you live longer. A study published in JAMA Psychiatry in July 2024 looked at whether feeling grateful affects longevity.



49,000 women were surveyed, and the study revealed that gratitude may have had a protective effect on them, especially in bolstering heart health.

Expressing gratitude also increases short-term happiness and lowers stress. While gratitude is thought to help with emotional challenges and social well-being, one of the clear findings was that grateful people seem to get better quality sleep.

Another study split subjects into two groups and found that the people who were instructed to express their gratitude felt 25 percent happier and more optimistic than before the study had started.

What are some ways to promote gratitude? Here are a few ideas:

- Write down or talk about what you are grateful for, once or twice a week
- Practice gratitude by setting aside a few minutes every day to think over what makes you grateful
- Tell someone how you appreciate them or their work
- Concentrate on the good things that happen and see if your well-being increases



## UPCOMING EVENTS

### Lodge Meetings

January 19 - Lodge Meeting, 2:30-4pm, Location TBA

February 16 - Lodge Meeting, 2:30-4pm, Location TBA

### Social and Cultural Skills Events

December 7 - Lefse-making party, 1pm, Sandy and Carrol Lane's home

December 8 - Annual Julefest event, 3-6pm, Brentwood Country Club

## Cranberries vs. Lingonberries

If you were asked to name a tangy red berry that grows in cool climates, what springs to mind? If you are thinking ahead to Thanksgiving, your first choice may be “cranberry.” But if you’ve recently had lunch at IKEA, you might default to answering “lingonberry.” Are there differences, and if so, what are they?

Let’s start with their similarities. Both berries are tart and have a dark red exterior color. They also both are highly nutritious in vitamins and antioxidants. Cranberries and lingonberries both belong to the same family of berries, which would explain why they overlap in quite a few areas. This makes them versatile in cuisine and you can often substitute one for the other in recipes.

However, they also differ in some ways. In appearance, the lingonberry (also called the cowberry), is smaller in size compared to its close relative. Cranberries are often lighter on the inside, with the flesh being almost white, whereas the lingonberry is more pink or red. Also, while both berries are in high demand, cranberries are more commonly cultivated and farmed, whereas lingonberries are more likely to be harvested from nature. Lastly, lingonberries are just a little bit naturally sweeter than cranberries.

Both berries make an excellent choice in tasty fall dishes, so go ahead and experiment with both this coming season.

### Fun Fact:

“Trollkrem,” a Norwegian mousse dessert made with lingonberries, translates to “troll cream” in English!



**Gratulerer  
med Dagen!**

### November

07 - Deb Sandvik

14 - Christopher Acree

29 - Lina Sheahan

### December

11 - Barbara Fletcher

12 - Philip Perdue

29 - Angela Cardosi



# Translation Practice

By Susan Perdue

December is a festive time of year in Norway. From Christmas markets to julebords, the sense of celebration is everywhere.

The first formal holiday of the month is Saint Lucia's Day - known as Lucia-dagen - on December 13; it celebrates bringing light into darkness. The most common food representative of this special day is lussekatt, an S-shaped bun made with saffron.

Christmas Eve or julaften is the main event of the Norwegian Christmas celebration. At 5pm, the bells ring out for Christmas and people gather in homes for the evening meal. Most families open gifts after dinner. According to visitoslo.com, the most popular Christmas Eve dinner is ribbe (pork ribs or pork belly with the bone in). Lutefisk (specially dried cod), pinnekjøtt (lamb ribs), boiled cod, ham roast, and turkey are also common dishes. Risengrynsgrøt (hot rice pudding) is a traditional dish. Many Norwegians like to have a malty "Christmas beer" called juleøl or warm, spiced wine called gløgg. Pepperkake is a Norwegian relative of the gingerbread cookie, and large numbers are consumed during the Christmas season. Finally, Norwegians are particularly fond of marzipan. In fact, over 40 million marzipan figures are consumed during the Christmas season!

Christmas day - juledag [jool-eh dah] - is also called "first Christmas." The day after Christmas is St. Stephen's Day or "second Christmas" - andre juledag in Norwegian. According to lifeinnorway.net, these two days mark the beginning of "romjul." "Romjul refers to a period of time in Norway marked by relaxation, family gatherings, and a slower pace. Many Norwegians take time off work to unwind, enjoy cozy indoor activities, or venture outdoors for skiing and hiking. In fact, some companies insist on holidays being taken at this time. Romjul captures the essence of Norwegian hygge, offering a peaceful close to the holiday season."

## Holiday Phrases to Know

### Norwegian:

God jul!  
Godt nyttår!  
Takk for gaven!  
Skål!

### Pronunciation:

[goo joohl]  
[goht nee-tarr]  
[tahck for gahven]  
[skohl]

### English:

Merry Christmas!  
Happy New Year!  
Thanks for the gift!  
Cheers!

And for all those long distance car rides, remember "Ut på tur, aldri sur!" which literally means "out on a trip, never sour." In America, we might translate that to mean "when we're out on a trip, never be grumpy." To pronounce the words, try [oot pah toor, all-dree soor]



## The Lane's Potato Lefse

### Ingredients

5 cups boiled and riced Idaho russet potatoes  
1/2 cup margarine  
2 cups flour  
1 tsp salt

Makes about 18 lefser



### Directions

1. Boil, then rice the potatoes through a potato ricer. Add margarine while the potatoes are still warm. Cool to room temperature then add flour and salt.
2. Mix with your hands. Knead well and then roll into a log.
3. Cut and measure into 1/3 cup portions and make a round ball of each portion. Press it down by hand, and it will be easier to keep round while rolling out.
4. Dust the large canvas-like cloth (pastry cloth) with flour. Press dough down, turn over, and press down again.
5. With a pastry sleeve covered rolling pin, roll as thin as possible into large 14-inch circles to fit the lefse grill. The secret to making thin lefse is using a covered rolling pin. For an even thinner dough, use a grooved lefse rolling pin for the last roll across the dough.
6. Roll dough on a lefse stick. Bake on lefse grill or griddle for a minute or two, until bubbles and brown spots appear, then turn with lefse stick.
7. Fold each lefse into halves or quarters. Cool between cloths and store in plastic bags.
8. Spread with butter or sprinkle with brown or white sugar. Roll up to eat.

NOTE: Lefse may be made without official lefse utensils and cloths, but take care to follow the principles of method provided by those traditional tools.



# Hardanger (Thick) Lefse Recipe

## (Recipe from Folkemuseet in Oslo)

### Ingredients

2 cup buttermilk (OR 2 c. oatmilk + 2 tsp. apple cider vinegar)  
1/2 cup margarine, melted (or vegan butter)  
3 large eggs (OR 9 Tbs vegan JustEgg)  
3/4 cup light corn or sugar syrup (OR agave or maple syrup)  
1 cup granulated sugar  
1/2 tsp salt  
2 tsp baking powder  
1 tsp baking soda  
7-8 cups flour, plus more for rolling

This recipe will make 12-24 lefser



### Directions

1. Whisk the buttermilk, melted butter, eggs, and corn syrup together. Add the sugar, salt, baking powder, and baking soda.
2. Add the flour a cup at a time, stirring with a large, heavy-duty wooden spoon, or using an electric mixer, until the dough is smooth and a little tacky to the touch. Cover and refrigerate overnight or until ready to bake.
3. Divide dough into small balls, about the size of a lemon.
4. Heat a cast iron skillet or griddle until moderately hot. Do not add any oil or grease. Working with one or two balls at a time, roll each one out on a well-floured surface and cook the lefse for about one minute and flip over and cook for another two to three minutes, or until nicely browned and cooked through. (If the heat is too hot, they will burn before they are cooked through.) Transfer to a plate to keep warm until ready to serve.
5. Serve warm with toppings such as butter, cinnamon sugar, jam, or any other toppings you desire!



Scan this code or visit <https://forms.gle/CmckAzc35TBn1xVp6> to fill out the survey online. You can also print, fill out, and mail these 3 pages back to Lina Sheahan by **January 3:**

605 Bell Trace Cir  
Antioch, TN 37013



\*The survey will also be available at Julefest

**Please take a moment to fill out this survey. Responses will remain anonymous, and your feedback will help us strengthen our lodge!**

How likely is it that you would recommend a Sons of Norway membership to a friend, family member or colleague? (10 = extremely likely; 0 = very unlikely.)

0 1 2 3 4 5 6 7 8 9 10

Why did you pick this number?

Which of the following Sons of Norway member benefits have you used in the past or do you currently use? **Check all that apply.**

- |  |  |
|--|--|
| <input type="checkbox"/> <i>Viking</i> magazine print edition                                    | <input type="checkbox"/> Travel discounts with partners like Borton Overseas   |
| <input type="checkbox"/> <i>Viking</i> magazine online archive                                   | <input type="checkbox"/> Cultural Skills programs                              |
| <input type="checkbox"/> Recipes (in <i>Viking</i> , the online Recipe Box or lodge newsletters) | <input type="checkbox"/> Culture and Language camps for you or family members  |
| <input type="checkbox"/> Norwegian language classes  | <input type="checkbox"/> Map service   |
| <input type="checkbox"/> Genealogical research   | <input type="checkbox"/> Volunteer opportunities                               |
| <input type="checkbox"/> Lodge meetings and social activities                                    | <input type="checkbox"/> Other online resources at the Sons of Norway web site |
| <input type="checkbox"/> Leadership skills through lodge participation                           | <input type="checkbox"/> Insurance/annuity products                            |
| <input type="checkbox"/> Discounts with partners like PerkSpot                                   | <input type="checkbox"/> Free financial checkup                                |
|  | <input type="checkbox"/> Youth cultural skills                                 |
|  | <input type="checkbox"/> Other lodge activities for children                   |

**Please circle your answers below:**

Do you feel you have enough access to the benefits of your membership? Yes/ No

Do you read your lodge newsletter or email newsletter each month it is delivered? Yes/No

What additions or changes do you feel would improve the newsletter?

Does your lodge have social media or a website? Yes/ No

If **yes**, on average, how often do you visit the lodge's social media or website?

Facebook page     Daily     Weekly     Monthly     Less than once a month  
Instagram page     Daily     Weekly     Monthly     Less than once a month  
Website     Daily     Weekly     Monthly     Less than once a month

If **yes**, why do you visit the lodge's social media or web site? **Check all that apply.**

Check the dates/times of meetings     Access the lodge e-newsletter  
 See what's new     Find other Norwegian links  
 Use resources     To get contact information  
 Purchase items     Other: \_\_\_\_\_  
 Register for events    \_\_\_\_\_

On average, how many lodge business and/or social meetings do you attend per month?

**Business**     None     1     2     3 or more  
**Social**     None     1     2     3 or more

Do you feel that gatherings have a friendly and welcoming atmosphere? Yes/ No

Why did you choose this answer?

If you chose **No**, what would make you feel more welcome?

Would you like our social and business meetings to be on the same night? Yes/No

Do you want more Norwegian culture and heritage to be incorporated into our meetings? Yes/No

Which of the following would you like to see more of at our meetings? **Choose up to three.**

Language classes     Guest talks     More general  
 Dance instructions     Dances/parties    social time  
 Cooking classes     Norwegian guests     Potlucks  
 Folk art instructions     Videos     Youth activities  
 Game nights     Member-led  
 Genealogy    discussions

On average, how many Sons of Norway social events or volunteer activities do you participate in each year?

\_\_\_ None    \_\_\_ 1    \_\_\_ 2    \_\_\_ 3    \_\_\_ 4 or more

Which social events or volunteer activities do you typically choose to participate in each year? What is most appealing about those?

What is your *favorite* thing about our lodge?

What would you *change* about our lodge?

Do you have any other suggestions or comments to improve our lodge?