



**SONS of
NORWAY**

MUSIC CITY VIKINGS 5-681

January/February, 2025
E-Newsletter



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LODGE HAPPENINGS

Happy February!

We ended 2024 with a fantastic Julefest celebration, complete with lefse and ornaments made by our members to support the lodge. Thanks to Social Director **Carol Fidler** (pictured above at Julefest), our lodge has a new meeting place for 2025 - Bethel World Outreach Church!

This newsletter contains important updates about opportunities to serve on **two committees** for the lodge and about the new **directory** being built for our members. Check out those updates on Page 02. And don't miss the first edition of this year's Translation Practice section on Page 06!

Editor's Note:

My apologies for the delay in getting this edition of the newsletter sent out. Between starting a new job and dealing with some health challenges, the beginning of 2025 has flown by! Thank you for your patience!

-Meghan Perdue, Publicity Director

2024 Music City Vikings Officers

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Lina Sheahan

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Grete Terjesen

Treasurer

Barbara Fletcher

Cultural Director

Evelyn McDaniel

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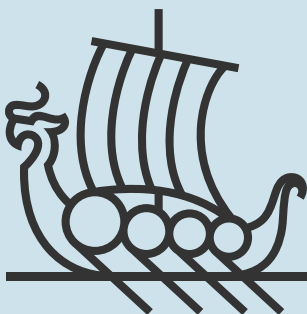
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Have a photo or story to share? Send an email to:

mcvpublicity2010@gmail.com



Get Involved with Music City Vikings

The lodge is looking for members who would be interested in joining two committees for 2025:

The Budget and Audit Committee (2 volunteers)

The committee examines the financial statements and verifies year-end bank and investment balances together with a review of receipts and disbursements reported by the treasurer.

Members of this committee are **appointed** and can be any volunteers not related by blood or marriage to the lodge President or Treasurer.

The Nominating Committee (3 or 5 volunteers)

Identifies, reviews, and submits eligible candidates for the election of the local lodge officers and directors. The nominating committee meets to develop a slate of candidates to run for the offices of the local lodge. At the first regular meeting in October, the committee shall present to the lodge its slate of candidates recommended for office. Nominations may also be made from the floor at the time of election. Members of this committee are **elected** by lodge vote.

If you would like to volunteer for one of these committees, email musiccityvikings@gmail.com and mcvpresident2010@gmail.com. Thank you!

Important Note: Lodge Directory

As one of the important purposes of our lodge is to build relationships among our members, we are producing a directory that will include each member's name, mailing address, email address, and telephone number. This directory is solely for the convenience of the membership. It should not be used for soliciting clients, customers or donations. If you would like to OPT OUT of having your information included, please email musiccityvikings@gmail.com by no later than April 1, 2025. If you do not have access to email, please call or text 301-208-0488 by no later than April 1, 2025. If no one is available to answer, please clearly spell your first and last name when you leave a message on the voicemail.

From Sons of Norway

The Digitization of Norway

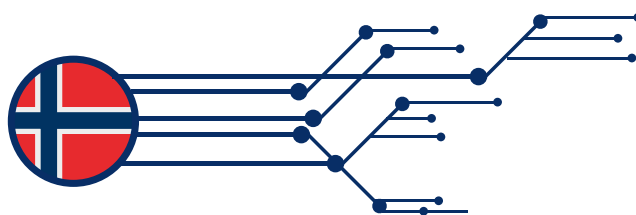
Norway has its sights set on becoming the world's most digitized country by 2030. While that date seems far away, the work has already begun. This initiative is part of a new national digitization strategy that was created to set clear goals to achieve the digital Norway of the future. Prime Minister Jonas Gahr Støre points to three main benefits that will result from this strategy: a simpler and safer everyday life, a more competitive business sector, and a more modern public sector.



The digitization initiative is a response in part to other factors, including a growing elderly population with a shrinking work force. Despite this, work tasks will continue to grow and the need to remain competitive in the global market will continue.

The strategy contains five core measures that planners say are vital to its success. Included in these measures are offering high-speed broadband services, education and training, building infrastructure around AI, faster processing, and safeguards in digital marketing and use.

The collaboration of Norwegian government leaders, private sector business, social, and research communities all know that this is an ambitious endeavor but are confident that the foundation that is now laid will result in success.



UPCOMING EVENTS

Lodge Meetings

March 16 - Lodge Meeting, 2:30-4pm, Bethel World Outreach Church

April 27 - Lodge Meeting, 2:30-4pm, Bethel World Outreach Church

Social and Cultural Skills Events

March 14 - Concordia College Choir Concert, 7-9pm, First Presbyterian Church (Franklin, TN), get tickets at [this link](#)

Catching Up with New Scandinavian Cooking

Chef Andreas Viestad is known for New Scandinavian Cooking, which revolutionized the cooking show by placing the food and its origins in the foreground of breathtaking Norwegian nature.

A unique aspect of the show is that it is actually filmed twice—first in Norwegian for domestic tv—named En Bit Av Norge—A Piece of Norway. Then the entire show is re-shot in English for its worldwide viewers.

Since its inception in 2003, New Scandinavian Cooking has been shown in over 130 countries. Viestad has toggled as host with chefs from Sweden, Denmark and Finland. In 2020, Norwegian **Christer Rødseth** (pictured below) became the host of Season 16.

Hailing from Aurskog outside of Oslo and called “a young star in the cooking stratosphere” by culinary team Nortura Proff, Rødseth started cooking at age 9, inspired his grandmother. Now there is seemingly no end to the irons that Chef Rødseth has in the fire—he is a restaurateur in Oslo, appears regularly on Norwegian tv, wins international culinary competitions and has written several cookbooks.

Find mouth-watering recipes on the [NSC website](#) and gaze at photos on the show’s [Instagram](#).



**Gratulerer
med Dagen!**

January

02 - Susan Perdue
06 - Art Lensgraf
09 - David Andersen
10 - Marc Stengel
21 - Lynell Syler
24 - Marc Slocum
28 - Ken Sersland
29 - Edmund Pettersen

January (cont.)

29 - Ottar Johansen
31 - Sten Vermund

February

02 - Andrew Mule
21 - Gloria Kleve
22 - Sandy Lane

Back When the Rebels Wore Bunads

A hundred years ago, you could be spat on for walking around town wearing a bunad. Back then, a bunad meant rebellion against the elite and Swedish power.

This is according to Anne Kristin Moe, cultural historian and conservator at the Norwegian Folk Museum. In collaboration with author and publisher Laila Durán, she recently published the book *Embroidered Bunads: One Hundred Years of Norwegian Bunad History*.

At the end of the 1880s, girls at Norwegian folk high schools began wearing village clothing as a symbol of Norwegian identity. It was a way to rebel.



The reactions were strong. In the cities, the girls were spat on, says Moe.

Hulda Garborg was a radical and ardent champion of all things Norwegian. She traveled around the country, teaching Norwegian folk dance. During her travels, she gained a lot of knowledge about Norwegian folk costumes. These were both everyday clothes and special occasion clothes, which were unique to people in a certain geographical area.

Garborg was the trendsetter of her day. Now even the city folk began to take an interest in how to make costumes inspired by the village clothes, says Moe. Garborg thought that bunads should be a Norwegian alternative to the fashionable dresses from Paris and Rome, which had now become common in Norway.

The fabrics were to be wool, and they were to be woven in Norway. The colors were to be made from Norwegian plants. For Garborg, it was important that most people could make the bunads themselves. They wove the fabrics themselves, dyed the yarn and usually sewed the costume themselves. It took a long time, but it was manageable financially.

After the war, a new bunad ideology emerged. Then it became very important that the bunad be historically correct and linked to local traditions. Most often, the old folk costume in the area was the most important piece of inspiration for new bunads. Where the folk costume could not be used, other things were collected, such as spoons, ladles, and cupboards with rosemaling, or embroideries from sleigh cushions.

Translation Practice

By Michele Frolla

<https://www.theintrepidguide.com/basic-norwegian-phrases-perfect-for-travellers/>

Are you ready to learn more Norwegian in 2025? We certainly are!

The following phrases come from a guide that introduces basic Norwegian terms and phrases. The English word or phrase is on the left, Norwegian is in the middle, and a pronunciation guide is to the right. Happy practicing!

ENGLISH

NORWEGIAN

PRONUNCIATION

Greetings

Hello	Hei	<i>hi</i>
Good morning	God morgen	<i>gooh mor-gehn</i>
Good afternoon	God ettermiddag	<i>gooh eh-ter-mee-dahg</i>
Good night	God natt	<i>gooh naht</i>
Goodbye	Hadet	<i>hah-deh</i>
How are you?	Hvordan går det?	<i>vor-dahn gor deh</i>
I'm well, and you?	Bra, med deg?	<i>brah, meh dye</i>
Good, thanks	Bra, takk	<i>brah, takh</i>

Essentials

Please	Vær så snill	<i>var soh snil</i>
Thank you	Takk	<i>tahk</i>
You're welcome	Vær så god	<i>var soh gooh</i>
Yes	Ja	<i>yah</i>
No	Nei	<i>ny</i>
I'm sorry	Unnskyld	<i>een-shool</i>
I don't understand	Jeg forstår ikke	<i>yaiee for-storh ee-kah</i>
Do you speak English?	Snakker du engelsk?	<i>snah-kerh doo en-gelsk</i>



Soft Oatmeal Chocolate Chip Cookies

Recipe source: <https://www.nrk.no/mat/store-myke-sjokoladekjeks-1.6914054>

Ingredients

160 g (1 and 1/3 sticks) butter at room temperature
200 g (1 cup) granulated sugar
150 g (heaping 3/4 cup) brown sugar
360 g (3 cups) flour
2 tsp. baking powder
1 tsp. vanilla sugar
1/2 - 1 tsp. ground cinnamon
3 eggs
350 g (or 1 3/4 cup) chocolate chips or chopped dark or milk chocolate
100 g (or 1 cup) oatmeal

Directions

1. Mix together the sugar and butter in a food processor. Add the flour, baking powder, vanilla sugar and cinnamon and mix it together to a crumbly mass.
2. Add eggs and chocolate. Work the dough together quickly.
3. Form the dough into a thick sausage shape using baking paper. Let it rest in the fridge or freezer.
4. Cut the dough into 1 cm thick slices and bake at 180 °C (or 350°F) for 10-15 minutes.



Coffee Steak Rub

From Viking magazine, March 2020

The smoky aroma of coffee pairs beautifully with spices for this dry rub mix. Use it on beef steaks such as flank, hanger or ribeye. Let the rub sit on the steak for 1 hour or overnight before cooking. Makes 1/2 cup dry rub mix.

Ingredients

- 2 Tbsp. finely ground coffee
- 3 Tbsp. brown sugar
- 1 Tbsp. kosher salt
- 1 Tbsp. ground coriander
- 1 1/2 tsp. caraway seeds, ground
- 1 1/2 tsp. ground black pepper
- 1 1/2 tsp. ground cinnamon
- 1 1/2 tsp. ground ginger



Directions

Mix all ingredients together and store in an airtight jar. It will last for 6 weeks at room temperature.

Dry rub tips from [Just Cook with Sally](#):

Apply your dry rub liberally and work it into the meat. It is called rub, not a sprinkle, for a reason. Once coated, I place the meat on a nonreactive dish, cover it with paper towels, and stick it in the refrigerator. The time air drying in the refrigerator aids the meat in developing a crispy exterior. Before cooking, use your fingers to wipe off excess dry rub and remember not to add any additional salt, either directly or in salty additions such as soy sauce or canned broth, unless it's labeled low sodium.

After the meat has finished cooking, let it rest. This allows the juices to settle and the muscle to relax. Keep in mind that larger cuts of meat will continue to cook while resting. They can increase 5 degrees while resting, pushing them from medium-rare to medium. Use a meat thermometer and remove from the oven with the resting factor in mind. Steaks and smaller cuts of meat should rest 10 minutes, tented with foil. Larger meats, like a turkey or a standing rib roast, need 15 minutes to a half hour, tented. When you're working out your meal timeline, make sure to account for rest time.