



**SONS of
NORWAY**

MUSIC CITY VIKINGS 5-681

March/April, 2025
E-Newsletter



In this Issue.

Lodge Happenings
Page 01

Get Involved
Page 02

Syttende Mai Info
Page 03

Upcoming Events
Page 03

From Sons of Norway
Page 04

Translation Practice
Page 07

Recipe Corner
Page 08

LODGE HAPPENINGS

February and March were busy months for lodge governance! At our March meeting, we passed both our Lodge Bylaws and Lodge Policies and Procedures documents. The Bylaws were then approved by Sons of Norway HQ and both are uploaded to the Music City Vikings website. We also experienced transition in our Treasurer position as Barbara Fletcher stepped down and Phil Perdue assumed the role. Thank you to Barbara for her service, and thanks to Phil for volunteering!

Our publicity officer, Meghan Perdue, has set up a password-protected, members-only section of our website, which is where the lodge directory will live as well as meeting minutes and other future documents. If you are a *current member* and would like the password, please email musiccityvikings@gmail.com.

2025 Music City Vikings Officers

President

Art Lensgraf

Vice President

Lina Sheahan

Secretary

Grete Terjesen

Treasurer

Phil Perdue

Cultural Director

Evelyn McDaniel

Social Director

Carol Fidler

Publicity Officer

Meghan Perdue

Membership Secretary

Karen Kennedy

Connect with Us.

✉ musiccityvikings@gmail.com

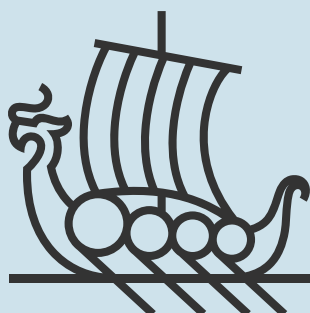
🌐 www.musiccityvikings.org

📷 @musiccityvikings

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

*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

The Nominating Committee:



In November, we will be electing Music City Vikings officers for the 2026-2028 term. Susan Perdue will be chairing the nominating committee and needs two members to join her to determine the slate. She promises to feed you! Please let her know if you are willing to help by emailing her at 2superdue@gmail.com, calling or texting her at 240-418-4334, or speaking to her in person at our April 27 meeting.

Julefest Pre-Prep!

Our 2024 Julefest silent auction was a great success and we will repeat it In 2025. SO...It's time to start thinking about Items that you can donate to the silent auction baskets:

- Norwegian housewares
- Handmade Norwegian Items
- Jewelry
- Christmas ornaments
- Christmas decorations
- Books, CDs, DVDs
- Other Items
- Baskets/bins for us to fill



You can bring silent auction Items to any meeting or event, but the main collection day will be the October lodge meeting.

Sons of Norway Lodge Vitality Grant

In January, we applied for a Lodge Vitality Grant from the Sons of Norway

Foundation, and we recently found out that we were awarded the full \$650 that we asked for! This money will be used for promotional and other materials to support our participation at the Celebrate Nashville Cultural Festival the first weekend of October. Mark your calendars, plan to volunteer, and let's show Nashville who we are!



Syttende Mai 2025



 **SONS OF NORWAY**
Music City Vikings 5-681 | Nashville, TN

**Syttende
Mai 2025!**

**Join the Music City Vikings
(Sons of Norway Lodge 5-681)
for Norwegian Constitution Day!**

Saturday, May 17, 1-5pm
Pond Pavilion at Jim Warren Park
705 Boyd Mill Avenue, Franklin, TN

\$10 suggested donation for adults,
\$5 for students and children
(cash, check, card (+\$1.00) accepted)

RSVP by **May 14, 2025** to
musiccityvikings@gmail.com

Food, Fun, Games!
Hope to see you there!

*Easter is
April 20*

**GOD
PÅSKE**



UPCOMING EVENTS

Lodge Meetings

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

Social and Cultural Skills Events

May 17 - Annual Syttende Mai picnic, 1-5pm, Jim Warren Park pond pavilion

*Watch our social media for announcements about summer social events!

From Sons of Norway

How Oslo Got Its Name

The capital of Norway—Oslo—is one of the easier names to pronounce in the list of Norwegian cities. However, Oslo hasn't always been its name. In fact, it has taken on a few different names throughout history. Originally, the name was Ánslo or Áslo around the year 1040. It is believed that the second part of the name, 'lo', meant "meadow" and the first part of the word, 'Ás' meant "hill" or "ridge", which makes the entire name translate to "meadow beneath the ridge." In 1314, when the city officially became the capital, the spelling transitioned to what we know today: Oslo (pronounced "ooh-shloo") However, when the city burned down in 1624 and plans were discussed to rebuild, King Christian VI of Denmark and Norway decided the new city would take his name and become Christiania. With the language reform movement that followed in the next few centuries, the city was then spelled with a K, becoming Kristiania. Finally, around 1924, the city went back to its roots and was officially renamed Oslo, which stemmed from some of the eastern parts of the city being referred to as "Oslo" in maps at the time.



Northern Lights Museum Display

The Northern Lights have long been an awe-inspiring sight to the eyes. You are considered lucky, if you've had the chance to see them in person. Fortunately, those of us who haven't been so lucky can still enjoy the phenomenon through photos. However, the journey to capturing the aurora borealis hasn't been an easy one.

Some of the first attempts to capture the Northern Lights were just sketches by scientist and Danish-born teacher, Peter Tromholt, as photographic plates weren't sensitive enough to capture them. These images were on display at the Polar Museum at the Scott Polar Research Institute in Cambridge, England this February.



In 1882, Tromholt spent a year in Kautokeino, Norway, where he lived amongst Sámi people and completed his sketches. He became known to some as the "star man." Tromholt is considered a pioneer in this subject and is praised for his research contributions.

Stavanger Celebrates 900 Years

Stavanger was founded in 1125, with the completion of its cathedral. Today, this southwest coastal city stands as the country’s third-largest city and is central to the country’s oil and gas industry.

To mark the occasion, the city is taking the entire year to celebrate with the theme of Stavanger 2025: Past, Present, Future. Over the course of the year, events will occur that include themes of origin, cultural heritage, community, urban life, and natural wonder. The topics of innovation and sustainability will also be evident.

Festivities kicked off in January, with an estimated 17,000 in attendance for light festival events. Spring and summer festivities will be full of music, dance, performances, reenactments, and food celebrations. One of the biggest highlights will happen in July when the replica ship Restauration sets sail from Stavanger harbor to re-enact the start of Norwegian mass migration to America in 1825. The year-long commemoration will conclude in December with an event called Into the Future, that will focus on technology and innovation topics.



**Gratulerer
med Dagen!**

March

- 03 - Arlene Sandvik
- 06 - Liv Slocum
- 19 - Richard Acree
- 25 - Diane Acree
- 25 - Evelyn McDaniel

April

- 29 - Bruce Evanson

Metal Detectorist Discovery

Norway is no stranger to archeological digs. Given its rich Viking history, it is no surprise that there are significant and frequent excavation discoveries. In 2023, some amateur metal detectorists from the Bjørgvin Detector Club stumbled across a site in Fitjar, on the Skumsnes farm in southwestern Norway. The group alerted a local museum who enlisted the assistance of Søren Diinhoff from the University Museum of Bergen.



It was immediately evident that this was a significant find. The archaeologists discovered coins, jewelry and stones from the grave sites. While the items themselves are not unusual, what sets this site apart is that they believe the items belonged to high status Viking Age women. It is theorized that the women specialized in textile production. The jewelry and coins suggest that the women were involved in trade with others outside of the region. One brooch was repurposed from a book clasp, which experts believed may have been plundered from an English or Irish monastery, while another was forged from Frankish sword belts. One rare coin was likely made in southern Denmark between 823 and 840 A.D.

There are a total of twenty or more graves at the site, of which only two have been fully excavated and a third is being analyzed. Time is of the essence for these digs because the graves are mostly just below the surface, meaning that they are at high risk for exposure and erosion of the contents. It is likely that this isn't the last we have heard about this rich historical site.

Magnus Carlsen Reviews Queen's Gambit Chess Moves

The Netflix original series *The Queen's Gambit* premiered in late 2020, during the middle of the Covid-19 pandemic. Set between 1958 and 1968, its main character, orphan Beth Harmon learns to play chess in grade school and becomes an elite chess player who crowds flock to watch. The show was such a sensation that it hit #1 in 12 countries, including the U.S.

The stylish drama made it cool to play chess, causing chess boards to fly off shelves and into homes while sparking the highest interest in chess since the 1970s faceoffs between Boris Spassky and Bobby Fischer.

Norway is home to current world champion Magnus Carlsen, who is happy to see his sport portrayed in such a glamorous series. Netflix asked the Norwegian grandmaster to review the final game between Beth and adversary Borgov and it is fascinating to see that Carlsen thinks that the film's chess was "very, very well done."

Translation Practice

By Grete Terjesen

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

The following words and phrases will prepare you for our Syttende Mai celebration!

ENGLISH	NORWEGIAN	PRONUNCIATION
17 th of May	Syttende mai	SEEH-ten-dah MY
national day	nasjonaldag	nah-sho-nahl-dahg
the big day	den store dagen	Den stooreh dahg'n
Hip Hip Hooray!	Hipp Hipp Hurra!	Hip hip hu-rah!
Congratulations on the day	Gratulerer med dagen	Graah'tuh ler'er meh dahg'n
Agree and believe until the Dovre Mountains fall	Enig og tro til Dovre faller	Eh-nig oh troo til dov-ruh fal-ler
Hooray for 17 th of May!	Hurra for Syttende mai!	hur-ah four SEEH-ten-dah MY
Children's parade	barnetoget	barn-eh toh-geht
Flag parade	flaggetoget	fla-geh-toh-geht
The people's parade	folketoget	folk-eh-toh-geht
Student music groups	korps	corpse
Palace balcony	Slottsbalkongen	shlott's bahl'kong'en
Royal family	Kongefamilie	kongeh-fam-eel'een
Ice cream and hot dogs	is og pølser	ees oh pulser
17th of May speeches	Syttende mai-taler	SEEH-ten-dah MY tahlur
wreath laying	kransenedleggelse	krahn'seh nedd leg'else
Party clothes	festklær	fest klahr
Traditional dress	bunad	buuh'nod



Norwegian Potato Stew (Lapskaus)

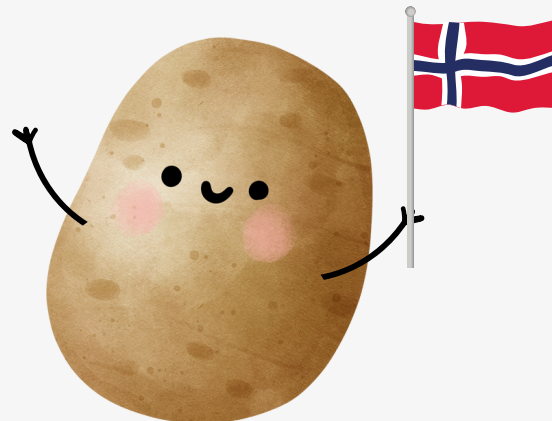
Serves 6

15 minutes prep time

30 minutes cook time

Ingredients:

- 2 turnips, peeled and chopped
- 3 lbs. russet potatoes, peeled and chopped
- 2 carrots, peeled and chopped
- 1 stalk celery, chopped
- 1 onion, diced
- 8 oz. ham steak, cubed
- 2 Tbsp. salted butter
- 1 quart chicken broth
- 2 bay leaves
- 1 Tbsp. fresh parsley, minced
- Kosher salt and freshly cracked black pepper, to taste



Directions:

1. Using a large Dutch oven or heavy-bottomed pot, add all ingredients to the pot and bring the stew up to a simmer. Let cook for 20-25 minutes or until the vegetables are soft.
2. Season the stew with salt and lots of cracked black pepper. Using an immersion blender or hand masher, lightly blend some of the stew to create a thicker viscosity. Garnish with parsley.
3. Enjoy!



Appelsinkake / Orange Cake

This refreshing and easy recipe is a Norwegian favorite at Eastertime.

Ingredients:

150 g (2/3 cup) butter
2 dl sugar (3/4 cup plus 1.5 Tbsp.) sugar
3 eggs
1 lemon
1 orange
3 dl (1 1/4 cup) all-purpose flour
2 tsp. baking powder
2 dl (3/4 cup plus 1.5 Tbsp.) powdered sugar



Glaze:

2 Tbsp. lemon juice
2 Tbsp. orange juice
1 Tbsp. softened butter

Directions:

Preheat the oven to 175° C / 350°F.

Wash the fruit. Zest the peel and squeeze the juice of both the lemon and orange.

Beat the butter and sugar until white and fluffy. Add the eggs, one at a time, and then the zested peel and fruit juices (reserve 2 Tablespoons of lemon and 2 Tablespoons of orange juice for the glaze).

Sift together the flour and baking powder and mix this with the wet ingredients.

Pour the batter into a greased and floured bundt cake pan. Bake the cake for approximately 45 minutes. Use a knitting needle or toothpick to know if the cake is fully baked. No batter should remain on the needle/toothpick. Cool the cake.

Glaze:

Mix the icing sugar, softened butter and reserved fruit juice to make a smooth glaze. Pour glaze evenly over the cake. If desired, sprinkle a bit of grated orange peel over top before the icing hardens.

