



**SONS of  
NORWAY**

# MUSIC CITY VIKINGS 5-681

March/April, 2023 E-Newsletter



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## LODGE HAPPENINGS

March 19 meeting: Lina Sheahan presented her Belmont In Norway Maymester study abroad trip. Lina is the Music Librarian and a faculty member at Belmont University and created this experience in 2018 to bring students to Norway, teach them about Norwegian music and history, and share her Norwegian heritage. Some highlights of the trip include:

- A private tour of the Oslo Opera House
- Hiking in the forest around Oslo to Sognsvann Lake
- A private tour of Troldhaugen, Edvard Grieg's home, and a private piano concert of his works
- Celebrating Syttende Mai in Bergen and marching in the parade (pictured above)
- Visiting the Viking Village in Gudvangen
- Hiking and kayaking in Flåm

A few MCV members "volunteered" to chaperone on the next trip, and there was a discussion of planning our own visit to Norway. To see more pictures from the Belmont in Norway trip, follow their Instagram account @belmontinnorway. (Continued on page 2)



# 2023 Music City Vikings Officers

## President

Art Lensgraf

## President Emeritus/Councilor

Oscar Krosnes

## Vice President

Deb Sandvik

## Secretary/Treasurer

Lina Sheahan

## Social/Cultural Director

Evelyn McDaniels

## Publicity Officer

Sandy Towers

## Membership Secretary

Karen Kennedy

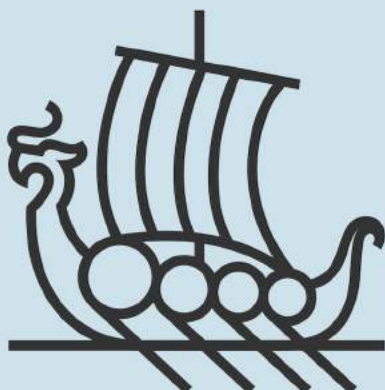
## Connect with Us.

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

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## LODGE HAPPENINGS, CONTINUED...

We also heard from Bill Bultinck, Zone 6 Director, who shared his experience with Sons of Norway In different locations and leadership positions. He highlighted programs, the adult cultural weekend in October and the Barnebirkie Youth Ski Tour held in February. Bill updated us on the task force to restructure Zone 6 and the potential locations for the 2023 District 5 Convention - Indianapolis or Hammond, IN. He also presented some fun ideas to increase attendance at meetings and engage our membership.

April 16 meeting: Art Lensgraf will present a 20-minute video about his genealogy and family history research, titled "From Lensegrav to Lensgraf." The video shares his family's work documenting two generations of his Norwegian ancestry. Oscar Krosnes will give a report of the 2022 District 5 Convention. We will continue discussing our plans for the Syttende Mai picnic on Saturday, May 20th, and if you are interested in helping, please contact Evelyn McDaniel! Our officers will also discuss some of the plans that our new board has for the lodge. The 2023 motto for District 5 is "District 5 is coming alive," and the same holds true for the Music City Vikings!

Pictured below is a photo of Art's Norwegian ancestors taken in the 1920s..





# FROM SONS OF NORWAY

## Viking Grave Discovery

An amazing discovery was made in the backyard of a house located in the Holmen neighborhood of Oslo. A new house was set to be built on the lot, but before that could happen, archaeologists were called to excavate the site. Their labors were fruitful as they determined there lay a burial site dating back to the Viking Age. Among the items found were gravestones, knives, horse equipment, a cloak ring buckle, and an entire wooden shield. All that was left of the rotted wooden shield was its metal centerpiece. There were no human remains found at the burial site as it was Viking tradition to cremate the deceased on a bonfire. The items found were just underneath the topsoil. Sciencenorway.no reported that about 60 Viking graves have been discovered in Oslo. However, this one is significant in that it was the first excavation by a team of archaeologists, rather than construction workers.



Two cardboard boxes holding metal artifacts found in the Viking Age burial, including knives, a cloak brooch and the remains of a shield. (Image credit: Courtesy of the Cultural Heritage Management Office of Oslo)

## UPCOMING EVENTS

### Syttende Mai Celebration

Saturday, May 20, 11am-2pm  
Aspen Grove Park, Franklin, TN

### Summer Break

Music City Vikings will take a break for June, July, and August and resume regular meetings in September. Enjoy your summer!







## Ukjent Arving - Genealogy Mysteries

An unknown caller tells you that a distant relation has left you 5 million kroner (roughly US \$500,000). But you have never heard of this relative- how did they track you down?

What happens when a Norwegian citizen dies without creating a will? NRK tv series *Ukjent Arving* (Unknown Heir) places genealogy at the forefront as host Tarjei Strøm and genealogist Kai-Samuel Vigardt race the clock to locate rightful heirs.

Each year between 10 and 20 Norwegians pass away without a will or any known next of kin. If no heir is found and proven within ten years, the deceased's estate goes to the Norwegian government. Often in the process of searching, the program uncovers poignant details about the life of the deceased, reconnecting heirs with lost family stories.

Do you have a genealogy mystery to unravel? The Sons of Norway Cultural Skills unit on Genealogy is great place to begin- log into [sofn.com](http://sofn.com) and click Genealogy under the Member Resources menu.

For tips on planning a will, refer to page 10 of your January/February 2023 copy of *Viking*.

# Gratulerer med Dagen!



### March

3 - Arlene Sandvik  
6 - Liv Slocum  
10 - George Gilbertson  
19 - Richard Acree  
25 - Diane Acree  
25 - Evelyn McDaniel

### April

29 - Bruce Evanson



## World's First Fully Electric Public Transit System

By the end of 2023, Norway hopes to have the world's-first fully electric public transit system. The city has invested in 450 electric buses to replace the remaining diesel-fueled buses. While the upfront costs of US \$51.3 million are higher than the price of diesel buses, they believe there will be great long-term savings as electric buses have lower maintenance and operation costs. The public transport authority for Oslo is also confident that the new buses will be more comfortable and quieter for passengers. This move is expected to not only reduce emissions but also improve public health by reducing air pollution.

It is part of Norway's grand plan to be emissions-free by 2030. Many would say Norway is on the right track as electric vehicles in Norway now outnumber gas cars on Oslo's roads. They have become a "global pioneer for the green transportation revolution," hoping that other cities will follow suit to shift away from fossil fuel use.



## Milk Carton Mysteries Return

The Norwegian national obsession with crime novels cannot be understated, especially around Eastertime. The holiday has been associated with mystery novels for a century, so much so, that there is a single word for it: *påskekrim*. This fascination with 'whodunits' extends beyond traditional books. For 25 years, dairy company TINE printed Easter detective series on the back of milk cartons so the whole family could put their heads together to solve a mealtime mystery. This tradition also led to a unique compound word: *melkekartongkrim*, milk carton mystery.

In 2021, TINE announced that they would no longer be printing crime stories on their cartons but switching to scannable QR codes leading to interactive web games. After widespread backlash and petitioning, TINE decided there was no shame in reversing course and brought back the carton crime series in 2022, introducing a new crime-fighting chicken on skis. TINE doubled down, adding a full nynorsk version for the first time on their cultured milk cartons. Read more about 100 years of the Easter crime novel in the March/April issue of *Viking*.



# RECIPE CORNER

## Vaffelhjerter / Waffle Hearts

In North America, waffles are eaten for breakfast, and the waffle irons are round or square with four sections. The usual toppings are butter and syrup. The *vafler* in Norway are served in heart-shaped sections and eaten for dessert or as a snack. They are richer and softer than American waffles and are almost always homemade.

### Ingredients:

6 eggs  
1/2 cup sugar  
1 tsp. ground cardamom  
1 1/2 cup flour  
1 tsp. baking powder  
pinch of salt  
1 cup sour cream  
1/2 cup melted butter  
3 Tbsp. butter for waffle iron



### Instructions:

**Step 1:** Mix eggs, sugar, and cardamom together in a big bowl.

**Step 2:** Add in flour, baking powder, and salt.

**Step 3:** Mix these ingredients and beat in sour cream and butter until the batter is smooth. Let the batter sit for about 20 minutes before you begin making the waffles.

**Step 4:** Heat up the waffle iron and brush some butter on the surface of the iron.

**Step 5:** Pour 1/4 cup batter over the iron and wait for the waffle to become light brown.

**Step 6:** Remove waffle (watch out, it's hot!) and serve warm.

**Step 7:** Top with jam and whipped cream, or sour cream. Try different toppings and make a sweet or savory waffle sandwich!





# RECIPE CORNER

## Påskekjeks / Easter Cookies

These decorative cookies make a cheerful addition to any Easter celebration. You can vary the fillings to suit your taste- this recipe calls for fillings of orange marmalade or hazelnut/chocolate.

The dough is a shortcrust pastry with almond flour. It needs to be completely cold before rolling out. Chill overnight, or an hour in the fridge works well. Test a little bit of the dough rather than rolling out a big piece that ends up sticky.

You can find egg-shaped cookie cutters online or in stores, or if you want to make these without buying anything, you can cut an egg template out of a cereal box and cut around it. Ingredients:

### Dough:

- 1 cup butter or margarine
- 1 1/4 cups all-purpose flour
- 1 1/4 cups ground almonds
- 1/2 cup powdered sugar
- 1 egg yolk (or substitute with 2 Tablespoons of water. )

### Fillings:

- 1/4 cup chocolate hazelnut spread like Nutella or Nugatti
- 2/3 cup melted milk chocolate
- Orange marmalade
- Powdered sugar for sprinkling

### Instructions:

**Step 1:** Put all dough ingredients into a bowl, mix with your hands until the dough forms.

**Step 2:** Wrap dough and refrigerate for an hour.

**Step 3:** Roll out the dough on a floured surface to approximately 1/8 inch thickness.

**Step 4:** Cut out 4-inch egg shapes and place on a baking sheet.

Bottom cookies will be full egg-shapes.

Use a smaller round cutter (1 inch diameter) to cut out a "yolk" into half of the cookies- these will be the top cookies.

**Step 5:** Bake in the middle of the oven at 400°F for 10 minutes.

**Step 6:** Remove from oven and cool on cooling rack.

(continued on page 08)



Photo Credit: krem.no



# RECIPE CORNER

(continued from page 07)

## Step 7: Making the fillings:

### Option 1:

Heat orange marmalade in the microwave or in a saucepan.

Spread marmalade on one of the bottom cookies.

Place the part of the cookie with the cutout on top and then fill the "yolk" with marmalade filling.

Sift powdered sugar on top.

Take a spoon dipped in water to bring shine to the "yolk."

### Option 2:

Melt the chocolate and mix with nougat spread.

Spread chocolate mixture on one of the bottom cookies.

Place the part of the biscuit with the cutout on top and then fill the "yolk" with nut/chocolate filling.

Top with a chocolate mini-egg or three.

These cookies have a long shelf life when stored at room temperature.

Source: Krem.no

## Syttende Mai 2022

