



**SONS of  
NORWAY**

# MUSIC CITY VIKINGS 5-681

May/June, 2023 E-Newsletter



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## LODGE HAPPENINGS

"There's no bad weather, only bad clothing" is a classic Norwegian saying and one that the Music City Vikings lived at our Syttende Mai picnic on May 20 at Aspen Grove Park in Franklin, TN. Despite the weather, we welcomed around 35 people, including Sons of Norway members from Illinois, Minnesota and Colorado! We were visited by the Vice Presidents of Districts 1 and 5, the President of Mjosen Lodge 1-175, and several new or potential members of Music City Vikings!

After we all waved flags and sang "Ja, Vi Elsker," MCV President, Art Lensgraf welcomed everyone to the picnic and reminded us of some relevant Norwegian social rules! Wendy Winkleman, District 5 Vice President, also welcomed everyone to the picnic. Karen Kennedy, MCV Membership Secretary, then presented MCV member, Emilie Collins, with her final Sons of Norway walking pin for walking over 380 miles!

A delicious meal of hot dogs, various salads, smoked salmon, Norwegian waffles, (continued page 02)

# 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.

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

📷 [@musiccityvikings](https://www.instagram.com/musiccityvikings)

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bløtkake, ice cream, and krumkake followed. Many thanks to the Music City Vikings members who bought and made food to feed our hungry crowd! As we ate, there were lively conversations throughout the pavilion as old members welcomed new, family connections were made, and stories of Norway were shared.

## FROM THE PRESIDENT, ART LENSGRAF

First of all, I want everyone to know I am honored to serve as the new president of Music City Vikings 5-681 and will fulfill my duties to the best of my ability for as long as I hold the office. Secondly, I am glad our membership voted for our lodge to stay under the Sons of Norway national umbrella. I am also very thankful for Oscar's guidance and the entire slate of officers/volunteers we have on board. COVID may have knocked us down but not out! We are on our way to returning to our prior levels of success.

I also want to thank everyone for coming to our Syttende Mai picnic. It was so great to meet our guests and new members. I was especially pleased to welcome Wendy Winkelman, Vice President of District 5, Jerry Wright, the Vice President of District 1, and his wife Sue Wright, President of Mjosen Lodge 1-175. Thank you to all of our current members for throwing a great event and making everyone feel welcome!

Have a safe and restful summer, and I will see you at our next lodge meeting in September.



# Syttende Mai 2023.

"NO BAD WEATHER, ONLY BAD CLOTHING!"



# Syttende Mai 2023.



# Syttende Mai 2023.



# Syttende Mai 2023.



# MEMBERSHIP MAP AND SURVEY



If you have been on the Music City Vikings website recently, you may have noticed the interactive map on the left. This map shows where each of our stories start in Norway. All you have to do is visit the 'Membership' page of [musiccityvikings.org](http://musiccityvikings.org), click on one of the blue "pins" on the map, and a window will pop out with the name of the city and the member associated with that place.

At the Syttende Mai picnic, we asked each member in attendance to fill out a short member survey with their name, where in Norway their family is from, and 3 things they want from the lodge. The survey is below - if you could fill it out and either mail it to Lina Sheahan at 7734 Porter House Dr., Nashville, TN 37211 or email it

to [musiccityvikings@gmail.com](mailto:musiccityvikings@gmail.com), we would appreciate it! The lodge officers are going to use the information to plan events and programming, and we want to hear from you!

## MCV Member Survey

Your name:

Your email address:

Where, in Norway, is your family from:

What 3 things do you want from the lodge?

- 1.
- 2.
- 3.



## UPCOMING EVENTS

### Summer Social Events

(more details to be sent out via email)

**July 16 - Beginner Hardanger Embroidery**

12-3pm, at Lina Sheahan's home

**August TBD - Norwegian Movie Night**

At Evelyn McDaniel's home



## FROM SONS OF NORWAY



### Syttende Mai - Festival of Music

When we think of Norway's national day, Syttende Mai, flags, children, parades and party food may come to mind, but there is another element that plays a huge role in the festivities, that of music. Of course, the national anthem, "Ja, Vi Elsker" will be belted out at some point, but there is much more depth to the day's soundtrack.

Starting bright and early on grunnlovsdagen, choirs and glee clubs will assemble to perform patriotic anthems, including "Sønner av Norge" (Sons of Norway), "Norges Skaal" (To Norway), both previously in use as national anthems. "Kongesangen" (The Royal Anthem) may also make an appearance, which shares the same melody as "My Country 'Tis of Thee."

In the weeks leading up to the big day, brass bands will march through the streets in preparation, a cacophony of notes and percussion bouncing off buildings. Syttende Mai parades are peppered with the sounds of youth bands performing both patriotic and popular songs.

Modern favorites with warm sentiments for Norway include the sedate "Mitt Lille Land," (My Little Country) by Maria Mena and "Fedrelandet" (The Fatherland) by Robin og Bugge- both available on YouTube.

**Gratulerer med  
Dagen!**



#### May

15 - Terry Stengel  
19 - Sharol Hopwood  
19 - Sharon Lassiter  
24 - Eric Krosnes

#### June

2 - Kathy Slocum  
16 - Rhett Hansen  
29 - Tim Towers  
29 - Merwin Ullestad



## Barnebunader

The Norwegian national costume, known as the bunad, is worn on special occasions such as Syttende Mai or at weddings. There are many different types of bunads that represent different locations in Norway and there are even details that reflect status or age.

It is common to receive or purchase a bunad in your mid-teen years that will last your entire life. So, what do younger children wear on these special occasions? Because children outgrow clothes so quickly, they will often have a festdrakt. These costumes are much less expensive than the traditional bunad and are more generic. They are also more readily available.

Unlike bunads, the festdrakt is not bound by location and is not as strictly tied to traditional bunad practices, though they can look quite similar to bunads. Festdrakter are also worn by some adults as they can be customized to personal preference. Whether in a bunad or festdrakt, Norway is well dressed for special occasions!



## Sleep Education in Schools

In a recent youth study in Agder county, Norway, it was evident that there is a strong connection between mental health and sleep. Of the girls in the study who slept 6 hours or less, 44% had a high level of mental health problems and the boys' percentage was at 21%. The percentages were reduced significantly with just one additional hour of sleep.

Because sleep seems to be a root of mental health and stress among youth, psychologist Anne-Kristin Imenes believes that teaching about sleep should be part of the school curriculum. It is more important than what is currently being taught. Education on sleep has been attempted in some areas in Norway already, mostly online.

Imenes is hoping to analyze the data of the survey, talk with student councils at schools, and come up with ideas to combat poor sleep habits. The hope is that sleep awareness spreads to more people and that youth develop the tools they need.

## Five Trips En Route to 50

This summer both Crown Prince Haakon and Crown Princess Mette-Marit will turn 50. They will mark their special year with five trips to various parts of Norway, each excursion highlighting a different theme.

In February, Haakon went on a business trip to Stord in Vestland. At the end of March, the pair visited the towns of Vinje, Telemark and Bykle in Setesdal.

First they spent time at the Raulandsakademiet in Vinje, an institution of Norwegian folk tradition and artisanship. Crown Princess Mette-Marit was thrilled to receive a pair of hand-embroidered monogrammed mittens while Crown Prince Haakon was gifted a harmonica.

Hovden Ski High School was next to play host. The crown prince pair love to be active in nature and took in a mountaintop view with students and teachers. After a chat at 1209 m/3966 ft over vafler and a bonfire, the crown prince returned on back-country skis.

That evening, the royals were treated to a concert in the old Bykle church, a parish dating back to the 13th Century. The unique music and dance traditions from Setesdal were recently added to the UNESCO list of intangible cultural heritage.

Other destinations include Finnmark in April to connect with Sámi culture, and Træna, Nordland in May, to embrace maritime life. In August they'll throw a joint birthday bash at the Palace gardens.

When asked how it feels to be turning 50 soon, the crown prince replied: "Det er fint, det." — "It's nice."



# RECIPE CORNER

## Shrimp Canapés

Serves 4

### Ingredients:

16 slices bread

1/2 cup mayo

1/4 cup butter, softened

1 small jar capers

1 lemon, sliced in half moons

4 large sprigs fresh dill

20 boiled, cold shrimp, preferably still in the shell or head on



### Method:

1. Boil the shrimp. Mine were jumbo and took 7-8 minutes. (Small shrimp will only need 3-4 minutes). Shock in ice water to keep them from overcooking. Drain.
2. Lay out all ingredients in a DIY spread. Instead of using traditional white bread, I used slices of soft wheat bread cut into dainty circles with cutters. I loaded my canapés up with the salty capers, a splash of lemon juice and a sprig of dill. It was fun assembling each sandwich.
3. While it's not required, feel free to cut bread into small rounds to up the "cute factor."

Be sure to provide plenty of napkins, sparkling water, and enough smiles to light up the room.

Enjoy!

Source:

[Global Table Adventure](#)

# RECIPE CORNER

## Almond Bars

Spruce up your Syttende Mai party with these delicious bars. Great for sharing and enjoying a "taste of Norway."

### Ingredients

#### Bars:

- 1/2 cup butter, softened
- 1 cup sugar
- 1 egg
- 1/2 tsp. almond extract
- 1 3/4 cups flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 2 Tbsp. milk
- 1/2 cup sliced almonds

#### Glaze:

- 2 cups powdered sugar
- 1/2 cup milk
- 1/2 tsp. almond extract



### Directions:

1. Preheat oven to 325° F / 165°C. Line baking sheets with silpat pads or parchment paper.
2. In a mixing bowl, cream together the softened butter and sugar.
3. Add the egg and almond extract and beat until mixture is fluffy.
4. Add the flour, baking powder and salt until you have a soft dough.
5. Divide the dough into four parts and roll each part into an 8-inch log.
6. Place on prepared cookie sheets and flatten each log to 3 inches / 8 cm wide with your hands. Leave 4 inches / 10 cm or so between each rectangular bar.
7. Brush the tops with the milk and sprinkle on sliced almonds.
8. Bake for 15-20 minutes, or until edges are slightly browned.
9. While still slightly warm, cut crosswise into 1-inch-wide diagonal bars.
10. Cool, and then drizzle with glaze.

Glaze: In a bowl, beat together powdered sugar, milk and almond extract until smooth. Drizzle glaze over diagonal sections.

Recipe by Noelle Rulseh from:

<https://www.htrnews.com/story/life/2018/05/09/manitowoc-syttende-mai-norway-recipe-almond-bar-celebrate/588414002/>