



**SONS of
NORWAY**

MUSIC CITY VIKINGS 5-681

July/August, 2023 E-Newsletter



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LODGE HAPPENINGS

We hope everyone is having a relaxing summer and safe travels! This summer, the MCV Board wanted to offer some more social events to cultivate community and learn more about Norway. The first was on July 16, MCV members and Emilie Collins and Lina Sheahan spent the afternoon doing Hardanger embroidery. Lina worked on a piece for her Level 3 Cultural Skills pin, and Emilie began working on the creamer and sugar pattern for her Level 1 pin (see page 2 for more Information about the Sons of Norway Cultural Skills program. It was a lovely afternoon of stitching, sharing family stories, and eating delicious snacks!

The next social event - a Norwegian Movie Night - is tentatively scheduled for August. Watch your emails, the website, and social media for more Information!

2023 Music City Vikings Officers

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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

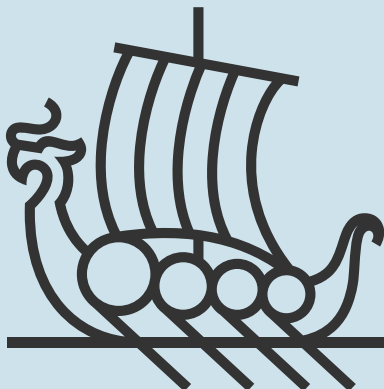
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Cultural Skills Program.

A NOTE FROM WENDY WINKELMAN DISTRICT 5 VICE PRESIDENT

At your Syttende Mai celebration, I mentioned the wonderful Cultural Skills opportunities that exist for SofN members to participate in. You will also earn a beautiful pin that you can wear proudly at your future lodge events. Here is a little information about how to get started.

You will need to make a Profile at <http://www.sofn.com>. You will need your member #, and if you need help getting that, one of your lodge Exec. Officers or I can get that for you. Once you log in, you will need to go to Member Resources then click on 'Cultural Programming.' These are the skills that are available:

- Traditional Norwegian Cooking
- Literature
- Collecting Norwegian and North American Stamps
- Norwegian Rosemaling
- Genealogy - Family History
- Knitting
- Norwegian Language and Culture
- Hardanger Embroidery
- Figure Carving
- Weaving
- Ornamental Woodcarving
- Chip Carving
- Folk Dancing
- Music and Musicians of Norway

There are also options for Youth Cultural Skills:

- Figure Carving
- Folk Dancing
- Handknitting
- Hardanger Embroidery
- Collecting Norwegian and North American Stamps

Meet Your Officers!

President, Art Lensgraf



What do you do for work? Chiropractor since 1976

Where in Norway is your family from? Telemark - Drangedal Kommune

How long have you been a member of Music City Vikings? About 4 years - since 2019.

Why did you join Sons of Norway? Reconnect to Norway by learning of culture / Viking magazine

What is your favorite part of being a member of Music City Vikings (and/or Sons of Norway)? Sharing common interest with other members

What is a 'fun fact' about yourself or something that you want the MCV membership to know? You know it's been said you can always tell a Norwegian BUT NOT MUCH !

President Emeritus, Oscar Krosnes

What do you do for work? Retired

Where in Norway is your family from? Mother Is from Lillehammer, Father Is from Nøtterøy

How long have you been a member of Music City Vikings? Founding Member

Why did you join Sons of Norway? To meet other local Norwegians

What is your favorite part of being a member of Music City Vikings (and/or Sons of Norway)? The fellowship; learning Norwegian customs; eating Norwegian food

What is a 'fun fact' about yourself or something that you want the MCV membership to know? Oscar was one of the engineers during the construction of Percy Priest Dam. When it was to be dedicated, LBJ attended, and he was up until midnight building a platform to Secret Service specifications!



UPCOMING EVENTS

Social Event

August TBD - Norwegian Movie Night

At Evelyn McDaniel's home

Lodge Meeting:

Sunday, September 17, 2:30pm

Green Hills Public Library



Vice President, Deb Sandvik



What do you do for work? Executive Director for HopeKids Middle TN (local chapter of national charity) serving families with a child diagnosed with cancer or other life-threatening medical condition.

Where in Norway is your family from? Both of my parents have Norwegian heritage. My Dad's grandfather (Peder Pedersen) was born in Sandviken, Vaga, Oppland Norway. My Mom's grandfather (Ole Andreas Michaelson) was born in Egersund, Rogaland Norway.

How long have you been a member of Music City Vikings? 5 years.

Why did you join Sons of Norway? To meet others who are proud of their Scandinavian ancestry.

What is your favorite part of being a member of Music City Vikings (and/or Sons of Norway)? Meeting new people and feeling a "connection" to others interested in genealogy and all things Norwegian!

What is a 'fun fact' about yourself or something that you want the MCV membership to know? Early in my career, I booked and produced concerts and then traveled the world with several music icons.

Secretary, Lina Sheahan

What do you do for work? Music Librarian at Belmont University

Where in Norway is your family from? Morfar (Maternal Grandfather) from Nøtterøy; Mormor (Maternal Grandmother) from Follafoss/Steinkjer

How long have you been a member of Music City Vikings?

About 10 months!

Why did you join Sons of Norway? I love sharing my Norwegian heritage, and this is a group that will listen to me!

What is your favorite part of being a member of Music City Vikings (and/or Sons of Norway)? Being able to talk about Norway with others who share the same passion and interest.

What is a 'fun fact' about yourself or something that you want the MCV membership to know? I have been on Norwegian news 3 times - ask me why!



Gratulerer med Dagen!

July

5 - Carol Michaelson-Haughey

6 - Caroline Acree

14 - Carol Fidler

August

8 - Grace Jerving

9 - Oscar Krosnes

12 - Catherine Acree

16 - Carrol Lane

31 - Carla Engbretson

Publicity Officer, Sandy Towers



What do you do for work? For 20 plus years I was Founder and Director of Gilda’s Club Nashville - a cancer support non-profit. Now, I still do some consulting and event planning.

Where in Norway is your family from? My Grandmother grew up in Levanger near Trondheim. My grandfathers family were located in the Sogn Fjord region. Most of my relatives today live in Tonsberg (south of Oslo) with a few in Bergen.

How long have you been a member of Music City Vikings? 6 years.

Why did you join Sons of Norway? I have close ties with my family in Norway and I thought it would be nice to share Norway and Norwegian experiences with those that are connected as well.

What is your favorite part of being a member of Music City Vikings (and/or Sons of Norway)? Hearing stories from Norway.

What is a 'fun fact' about yourself or something that you want the MCV membership to know? I have traveled to Norway four times in the last 8 years and will spend two weeks in Tønsberg area this summer.

Social/Cultural Director, Evelyn McDaniel

What do you do for work? Retired Interior Architect.

Where in Norway is your family from? My father came from Trondheim, SørTrøndelag, my mother from Oppdal, SørTrøndelag.

How long have you been a member of Music City Vikings? I have been a member of Music City Viking since ?

Why did you join Sons of Norway? The reason I joined was to get together and discuss past and present Nordic culture and their traditions and share it with others.

What is a 'fun fact' about yourself or something that you want the MCV membership to know? I was born on a little island that only had two houses on, ours and the other one was were they packed dried cod that hung on the island, and was shipped to other countries.



Card shower for Oscar

On August 9, our former long-time president, now serving as our president emeritus, Oscar Krosnes, will celebrate his 92nd birthday. He took a bad fall in April, spent a couple of weeks at Vanderbilt and has been at Life Care Center of Old Hickory since early May. We think he would enjoy a card shower. If you are so inclined, send your greetings to:

Oscar Krosnes
Life Care Center of Old Hickory
1250 Robinson Rd
Rm 138 B
Old Hickory, TN 37138



Membership Secretary, Karen Kennedy



What do you do for work? Work at Matchless transportation.
Where in Norway is your family from? Vestfold (4th generation), Hallingdal - Buskerud (3rd generation), Hadeland - Oppland (3rd generation), Vossestrand - Hordaland (2nd generation), and Telemark (2nd generation)

How long have you been a member of Music City Vikings?
Founding/charter member

Why did you join Sons of Norway? My Vossestrand grandmother came over by herself at not yet 18 years of age and had many memories of Norway, which she shared with me.

To meet other local Norwegians. Arlene Christopherson started lodges in California, Arizona and Knoxville. Somehow, I got her number and called her and asked if she had any thoughts about starting one in Nashville. She said she already had planned on that, but wanted to get Knoxville going first. When she was ready, she called me to arrange an "interest meeting"...which was held at Hermitage Methodist Church. The word got out and a number of people showed up. That day, we decided on the name and elected our first officers. Arlene remained our "go-to person " for quite a while and was a dear, personal friend.

What is your favorite part of being a member of Music City Vikings (and/or Sons of Norway)? The fellowship with friends I have made through the years; Learning Norwegian customs (thanks to Evelyn, Carol, and Sten); Enjoying the Norwegian food that those who know how to make it generously share; Finding new people to add to my mailing list of possible members.

What is a 'fun fact' about yourself or something that you want the MCV membership to know? Worked in the music business for 40+ years in various capacities (still have a publishing company); In the 90's I Compiled genealogy books on each of my grandparents' families complete with facts, pictures, and stories. I am still the go-to person for family members who want to know about relations; Been to Norway twice and keep in close touch with many friends and relatives there.



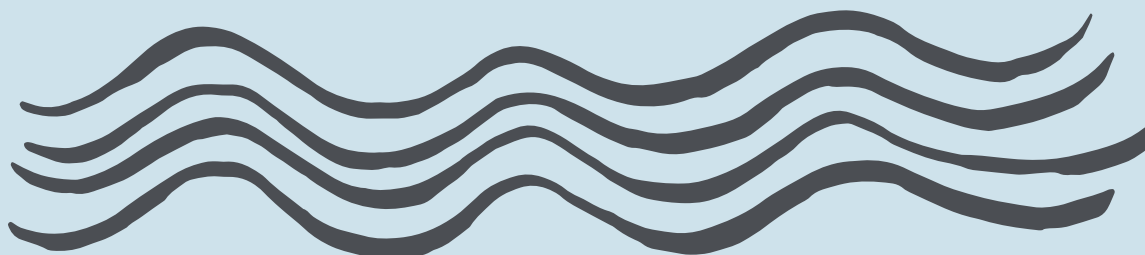
From Sons of Norway

Royal Homecoming for One Ocean

The Statsraad Lehmkuhl, considered one of the world's oldest and most beautiful square-riggers, recently docked in Bergen after a 22-month voyage around the world. The voyage began in August of 2021 as part of the "One Ocean Expedition" project, aimed at researching the oceans and collecting data. During the journey, the ship went to 24 different countries, 37 ports, and spanned 60,000 nautical miles. Aboard the ship, there were students, researchers, cadets, and crew. The main theme of the circumnavigation was to share knowledge about the role of the oceans and how humans affect it. The ship's arrival on April 15, 2023, kicked off the first annual One Ocean Week, an event that will continue to share the ocean's importance in sustainable development. The ship was also welcomed back to its home port in Bergen by King Harald, himself. The celebration included singing, a royal dinner on board, and a chance for the people of Bergen to go onboard the ship.



Photo Credit: Ronnie Robertson, Wikimedia Commons



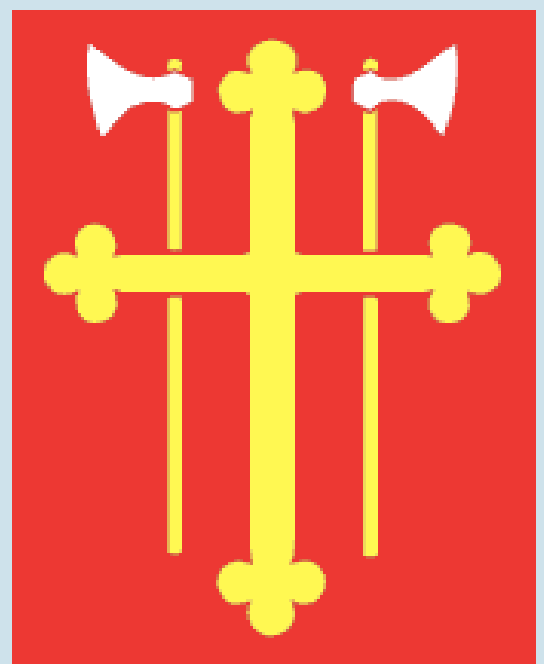
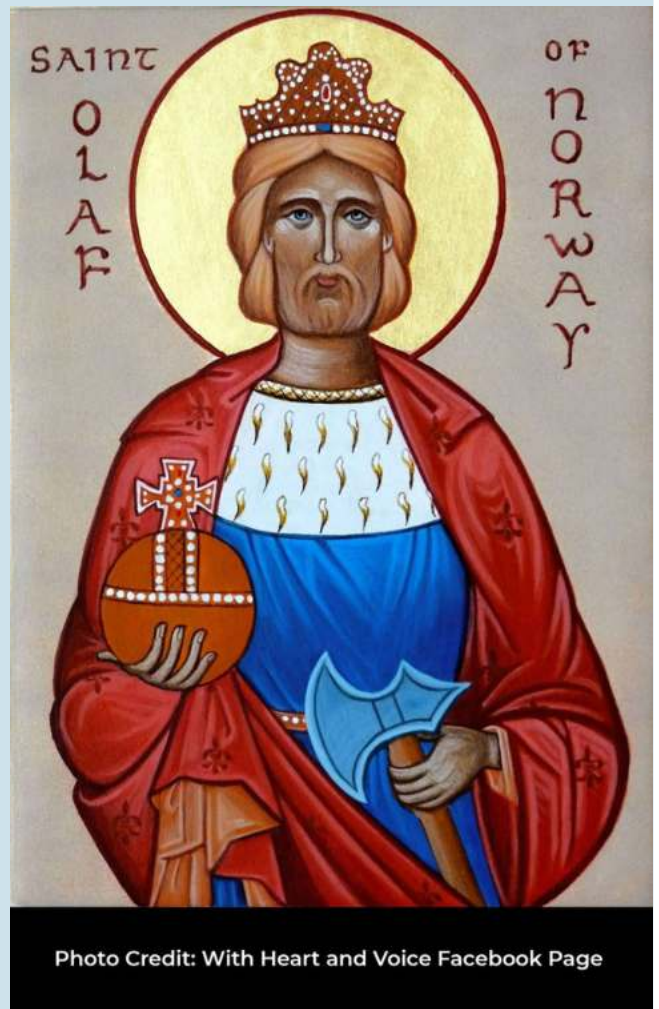
St. Olaf's Day

July 29th marked Olsok, or St. Olaf's Day. Originally celebrated to honor the King—and later Saint—Olaf, the day has more than 900 years of history behind it. Who was Olaf II of Norway and why is he celebrated today?

Much of what we know about King Olaf comes from the sagas, written in the late twelfth century. Written almost two centuries after Olaf's death, the Heimskringla contents are often questioned but recount the tales of many of Norway's early Kings. He was born sometime around 995 near what is now Ringerike. He was the great-great-grandson of Harald Fairhair, the first king of Norway. Olaf himself would take the throne in 1015 at about the age of 20. Within a few years, Olaf consolidated his power by eliminating rivals to the throne. But the wealthy men in Norway grew discontent with King Olaf's strong-handed ruling and supported Canute the Great's invasion of Norway in 1026. After a series of battles, King Olaf would eventually die in the Battle of Stiklestad in 1030.

King Olaf made several significant contributions during his short reign, most notably the spread of Christianity across Norway. For this he was eventually named the Patron Saint of Norway. His sainthood led Olaf to become a major figure in medieval literature in Norway.

St. Olaf continues to be a major influence in Norwegian culture. Olav/Olaf has been a popular name amongst Norwegian males for centuries. The St. Olav medal is the highest decoration the Norwegian crown awards. This year Olsok was celebrated with festivals and feasts across Norway, to mark the official day of Rex Perpetuus Norvegiae, Norway's eternal celebrated with festivals and feasts across Norway, to mark the official day of Rex Perpetuus Norvegiae, Norway's eternal king.



Norwegians in Canada

Norwegians have a history of migration to Canada spanning more than a thousand years. The Norse were the first Europeans to land in North America via Iceland, establishing a settlement called Vinland at L'Anse aux Meadows on the coast of Newfoundland around 1000 A.D.

The largest wave of Norwegian immigrants to Canada occurred much later. Between 1850 and 1915, nearly 681,000 Norwegians landed in both the eastern and western coastal provinces. Their reasons for leaving home included a lack of employment, little available land and political inequality.

Settlements sprang up on the prairies and in Western Canada. Settlers established churches, newspapers and communities based on ethnicity, and Norwegians who migrated north from the U.S. brought Norwegian-American organizations with them, such as Sons of Norway.

Norwegians streamed into the country between 1900 and 1915—over 18,000 from Norway and thousands of Norwegian-Americans. 21,500 Norwegians arrived between 1915 and 1929.

[The Canadian Encyclopedia](#) reports that today over 463,000 Canadians claim Norwegian ancestry. Nearly one-third of Norwegian-Canadians live in British Columbia and they are one of the largest European ethnic groups in the country.

Famous Norwegian-Canadians include: singer/songwriter Joni Mitchell (née Anderson); cross-country skier Herman "Jackrabbit" Smith-Johannsen, who lived to be 111; Torill Kove, film director, animator and Academy Award winner for her animated short *The Danish Poet*; Fred Stenson, writer of historical non-fiction and fiction; Martha Ostenso, novelist, screenwriter and poet.



Famous Violin Awarded to Young Norwegian Talent

22-year-old Norwegian-Swedish violinist Johan Dalene has accumulated a list of impressive awards and critical success. Despite his youth, he's performed solos with orchestras in London, Berlin, Prague, Paris, Leipzig and Vienna, as well as Oslo and his home city of Stockholm. This spring, Dalene even played Carnegie Hall during his US debut tour.

Born to musician parents, Dalene got an early start with music and attributes his tenacity to his first violin teacher, who made his music lessons a joy. Beginning with lessons at age four, he was already performing professionally at seven.

The young talent has been recognized for his ability to reach audiences with his singular artistry.

He's recently been the recipient of the Norwegian Soloist Prize, a distinguished award of 100,000 kroner (about US\$ 10,000) for young musicians. The prize comes with the bonus of playing with the Bergen Symphony Orchestra and connects bright young musicians with other performance opportunities.

Now the rising star has received a new honor- he was chosen as the recipient of a rare Stradivarius, a 1725 'Duke of Cambridge' violin. On loan from a Norwegian foundation, the violin previously was entrusted to performer and Oslo Royal Conservatory professor Camilla Wicks, who was knighted for her musical contributions to Norway.

"So happy and grateful to get to play this incredible instrument," Dalene posted on social media.



RECIPE CORNER

Bløtkake - Strawberry Cream Cake

Ingredients:

For the Cake:

3/4 cup cake flour
1 tsp. baking powder
6 eggs, separated
1 cup sugar

For the Filling:

3 egg yolks
2 Tbsp. butter
2 Tbsp. corn starch
1 1/2 cups half-and-half
1/4 cup sugar
2 tsp. vanilla extract
1/2 cup strawberry or apricot jam, warmed and strained
1 pint fresh strawberries (stemmed and quartered or sliced), fresh blueberries or blackberries

For the Topping:

1 1/2 cups whipping cream
2 Tbsp. powdered sugar
1 tsp. vanilla

Make the cake:

Step 1: Blend the flour with the baking powder and set aside.

Step 2: In a large bowl, whip the separated egg whites until fluffy; add in the sugar to the whipped egg whites gradually. Beat the mixture until it gets to a stiff meringue-like consistency.

Step 3: In a separate small bowl, beat the egg yolks until frothy. Gently fold the egg yolks and flour mixture into the egg whites and mix until well combined.

Step 4: Preheat your oven to 350° F.

Step 5: Butter and flour two 9-inch round cake pans. Divide the batter between the two pans.

Step 6: Bake the 9-inch layers until the centers spring back when touched with finger, approximately 30 minutes.

Step 7: Set on a rack to cool, leaving the cake layers in the pans. When cooled the centers of the layers may sink slightly.



For the Custard Filling:

Step 1: In a small saucepan mix the egg yolks, butter, cornstarch, half-and-half and sugar.

Step 2: Cook the mixture, stirring constantly over medium heat until it attains a smooth, thick and creamy texture.

Step 3: Remove from the heat, cover and cool. Once cool stir in the vanilla.

Assembling the Cake:

Step 1: Cut the 2 9-inch layers in half horizontally. Place one of the layers on a cake plate or serving plate and spread with some of the custard and place some of the fruit and berries into the custard.

Step 2: Add an additional layer of cake and spread with the strawberry or apricot jam, adding more of the fruit. Add the third layer and spread again with custard and add berries.

Step 3: Top with the remaining layer of cake. An hour before serving whip the cream and flavor with the powdered sugar and vanilla. Spread the whipped cream on top of the cake and garnish with some of the strawberries.

