



**SONS of
NORWAY**

MUSIC CITY VIKINGS 5-681

September/October, 2023

E-Newsletter



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LODGE HAPPENINGS

August and September were busy months for the Music City Vikings! On August 19, a group gathered at Evelyn McDaniel's house to watch the movie *The Last King*, a film set in 13th-century Norway that tells the story of the Birkebeiner's quest to deliver the heir to the Norwegian throne to Nidaros.

Our first post-summer meeting was September 17. Before the business meeting, each member shared a family heirloom, photo, or story of Norway. It was fun sharing our stories and connections! In the business meeting, we firmed up Julefest plans, discussed upcoming events, and adopted a Communications Plan for the lodge.

On September 19, we welcomed Norwegian multi-instrumentalist Vidar Skrede for a House Show hosted by the Perdue family. Vidar played both traditional tunes and original compositions on Hardanger fiddle, mandolin, and guitar. It was a wonderful night of Scandinavian music!

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CALENDAR OF EVENTS (SO FAR!)

Sunday, October 8, 12-3pm, Lina Sheahan's House

Cultural Skills Event - Hardanger Embroidery Workshop

This is a very informal gathering to work on the Hardanger requirements for the Cultural Skills Program. No experience necessary!

Sunday, October 15, 2:30-4pm, Green Hills Public Library

Lodge Meeting - Presenter: Sandy Towers

Sandy will share photos and stories from her summer 2023 trip to Norway.

Saturday, November 11, 1-3pm, Belmont Library

Cultural Skills Event - Music Listening Session

Bring a piece of music to share, and we will play each person's piece then discuss as a group. This will count towards a level of the Music Cultural Skills program.

Sunday, November 19, 2-5pm, Location TBD

Social Event - Lefse Making Party!

Make your lefse dough ahead of time, bring your griddles, rolling pins, and lefse turners, and get a head start on your holiday baking!

Sunday, December 10, 3-6pm, Brentwood Country Club

Annual Lodge Event - Julefest

Come enjoy *god mat, god musikk, og godt vennskap* (good food, good music, and good friendship) at our annual Christmas event.

Saturday, December 16, 1-4pm, Lina Sheahan's House

Cultural Skills Event - Hardanger Embroidery Workshop

This is a very informal gathering to work on the Hardanger requirements for the Cultural Skills Program. No experience necessary!

Sunday, January 14, 2:30-4pm, Green Hills Public Library

Lodge Meeting - Presenter: Mitch Utterback

Mitch, a member of the Vesterheim Lodge in Colorado, will give a presentation about his expedition that retraced the steps of the 'Heroes of Telemark.'

Saturday, January 20, 2-5pm, Lina Sheahan's House

Cultural Skills Event - Hardanger Embroidery Workshop

This is a very informal gathering to work on the Hardanger requirements for the Cultural Skills Program. No experience necessary!

From Sons of Norway

Bergen Walk of Fame

You may have heard of the Hollywood Walk of Fame, but did you know that the city of Bergen has its own Walk of Fame?

Along the sidewalks of Nøstegate, not far from the famous colorful wharf, Bryggen, there are 40 inlaid sidewalk tiles that celebrate the famous sons and daughters of Norway's second city.

Among those heralded are internationally-acclaimed musicians such as AURORA and Sondre Lerche, athletes like world-champion boxer Cecilia Brækhus and a gold-winning Olympic speed skating team, hard-boiled crime novelist Gunnar Staalesen and former Prime Minister Erna Solberg. Comedic brothers Bård and Vegard Ylvisåker (aka Ylvis of What Does the Fox Say? Fame) each have their own plaque, but composer couple Edvard and Nina Grieg share one. Other inclusions are bands, actors, journalists, artists and more. Citizens of Bergen choose who gets to be inducted next. Notably, there is one person in the mix without a direct connection to Bergen- Sir Paul McCartney.

The star-studded walk was launched in 2015 and now includes 40 tiles.



Gratulerer med Dagen!



September

- 6 - Cheryl Brand
- 6 - Karen Kennedy
- 14 - Sandy Towers
- 16 - Micah Cain
- 18 - Roger Stolen
- 27 - Ezra Henley

October

- 4 - Debra Sickler-Voigt
- 4 - Norbert Voigt
- 5 - Emilie Collins
- 20 - Ken Sheahan

From Sons of Norway

13-Year-Old Running Phenomenon

Norway has become known for producing fantastic athletes such as Karsten Warholm and the Ingebrigtsen brothers. Another such athlete might just be on the rise; 13-year-old Per August Halle Haugen of Stavern, Norway, has caught the attention of many with the success he's seen at such a young age. His natural talent was showcased when he became the second fastest 12-year-old boy to run a road 10K in 33 minutes, 17 seconds.

Halle Haugen is building upon his talents by participating in the "Norwegian endurance training method." The method consists of interval sessions and pricking one's finger to ensure that the body's lactate levels are in optimal range - at "threshold." It is believed that operating at threshold levels makes for a more effective workout and recovery. The method also teaches restraint and not to overexert before the runner is ready. Following this model that other great Norwegian athletes have used, Halle Haugen could very well be on track to participating in the 2032 Brisbane Olympics.



From Sons of Norway

Crown Princess Mette-Marit turns 50

Crown Princess Mette-Marit turns 50 on Saturday. Next week there will be a big backyard party at the palace for a double 50th anniversary celebration.

"When you turn 50, you actually realize that life is not endless." Crown Princess Mette-Marit told the magazine D2. "But there is something very good about this age, too. There is a feeling of security. I am much less concerned with what people think of me. There are other things that are more important now."

The birthday itself will be celebrated privately, according to the Royal Palace. But next week, the crown prince couple have been invited to a large joint 50th anniversary celebration. A big backyard party will be held at the palace. Around 380 guests from all over the country have been invited. "Guests from all over Norway are invited," reports the Royal Palace. There will also be people attending from the government, the president of the Storting [parliament] and other leaders from various organizations.

Crown Prince Haakon turned 50 on July 20th. Mette-Marit became engaged to Crown Prince Haakon on December 1, 2000. They married on August 25th the following year. That is also why they have chosen this date for their joint birthday celebration.

As crown princess, Mette-Marit has shown a lot of commitment to literature. Youth and mental health are also something she works a lot with. "It became important to me for several reasons," she says to D2. "Both as a result of the fact that I experienced a number of challenges when I was young myself. I struggled to find a foothold in my life. And because I think it was quite challenging during the period when I met my husband," says the Crown Princess.



From Sons of Norway

Norwegian Sweaters

It is well known that Norwegian sweaters have unmistakable characteristics and have stood the test of time. So how did they come to be?

It is believed that Norwegian sweaters have been knitted since the fifteenth century. They were knitted using local wool and plant-based dyes. The original hand-knit sweater known as the lusekofte is named after the "lice" stitch used in the sweater. Some of the other first patterns used in the sweaters were the Selburose motif and the Fana pattern. Over time, patterns, colors, and styles have evolved with new knitting techniques, tools, and dyes.

Today, Dale of Norway is one of the most well-known Norwegian sweater manufacturers. They have made the sweaters for the Norwegian Ski Team in the Olympics since 1956. The Marius-sweater is the other most common Norwegian sweater. In fact, it is the most hand-knitted pattern in Norway, making it a Norwegian icon. Not only are the sweaters loved within Norway, they have spread to other countries and have been adored by many others.



Kebabnorsk Explained

In Norway, there are a variety of different dialects that have mainly resulted due to geographical location. The dialects differ by vocabulary, accent, grammar, etc. One way of speaking in Norway that has become debated as to whether it should be considered a dialect is Kebabnorsk. This form of spoken Norwegian has been used often by young people in East Oslo. It is known as a multiethnolect, meaning the majority language (Norwegian) is mixed with other minority languages (in this case, Turkish, Arabic, and Kurdish to name a few).

A notable feature of a multiethnolect is that vocabulary words are "stolen" from the minority languages and accepted into the new form of the majority language. Kebabnorsk started gaining traction in 2005 when Andreas E. Østby released his "Kebabnorsk Dictionary." Since then, people have wondered if it should be given a new name as it could be considered offensive. Today, the language is quite popular and can be heard on the streets of Oslo, in Norwegian music and on TV.

RECIPE CORNER

Classic Gingercake with Brunost (Norwegian Brown Cheese)

<https://www.livinganordiclifelife.com/post/gingercake-with-brunost>

By Fiona McKinna, [livinganordiclifelife.com](https://www.livinganordiclifelife.com)

Ingredients

For the cake:

175 g / 6 oz. plain, all-purpose flour
1 1/2 tsp. baking powder
110 g / 4 oz. brown cheese
100 g / 3 1/2 oz. butter
100 g / 3 1/2 oz. sugar
2 medium eggs
2 Tbsp. milk
1 1/2 tsp. ground ginger

For the icing:

Powdered sugar / Icing sugar
Brown cheese (Norwegian brunost, or you can substitute caramel chips)
Milk

Method

Preheat the oven to 165°C/330° F.
Grease and line a 2 lb loaf pan.

1. Sift together the flour, ground ginger and baking powder. Cut the brunost into small cubes and toss in the flour. Cream together the butter and sugar until pale and slightly fluffy. Add the eggs one at a time beating well between each. If you find that your mixture is curdling add a spoonful of the flour mix. Fold in the flour and brunost mix and gradually add the milk. Pour the batter into the loaf tin and bake in the center of the oven for about 45 minutes until it rebounds to a light touch or a skewer inserted comes out clean.
2. Cool for a few minutes in the tin before running a palette knife around the inside and turning out to cool on a wire rack.
3. While you wait for the cake to cool, you can make the icing. In a small pan, melt some cubes of brunost with a little splash of milk. Once melted, add enough icing sugar to make a nice smooth, shiny icing. Drizzle over the cake and let it set for a couple of hours. Enjoy in thick slices with a glass of milk or a cup of coffee. *Vær så god!*

