



**SONS of
NORWAY**

MUSIC CITY VIKINGS 5-681

November/December, 2023
E-Newsletter



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LODGE HAPPENINGS

At our October meeting, Sandy Towers shared a sweet story of connection (and re-connection) with her family in Norway. She highlighted her most recent trip to Norway this past summer, where she visited Tønsberg, Rjukan, Stavanger, and Lofoten. The pictures were beautiful!

The holiday season will be busy for the Music City Vikings! We have several events on the calendar for the rest of the year:

- Cultural Skills Music Listening Session: November 4, 1-3pm, Bunch Library, Belmont University
- Lefse-making party: November 19, 2-5pm, The Perdue's Home
- Annual Julefest: December 10, 3-6pm, Brentwood Country Club
- Cultural Skills Hardanger Workshop: December 16, 1-4pm, Lina Sheahan's Home.

We hope to see you at an upcoming event!

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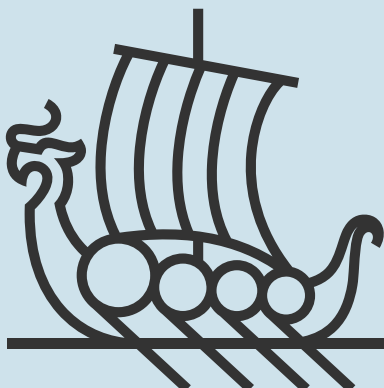
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Lefse Making Party!

Pull out your griddles, dust off your rolling pins, and join us for a lefse making party! On November 19, we will gather at the Perdue Family's home and bake lefse together. If you want to bake with us, here's what you need to do!

1. The day before, make your lefse dough and refrigerate overnight. Use your favorite recipe or one of the ones in this newsletter.
2. The day of, gather your lefse tools and other supplies, and bring them to the Perdue's home:
 - a. Rolling pin and cover
 - b. Lefse turning stick
 - c. Cast Iron skillet or lefse griddle
 - d. Lefse baking apron and pot holder
 - e. Flour for the potato lefse recipe plus extra for rolling (not needed for Hardanger lefse recipe)
 - f. A snack to share
 - g. Your beverage of choice
3. At the party, some people will roll and some will bake, and at the end we will have delicious lefse!

If you also want to bring butter, jam, and brown cheese for *immediate* sampling, I am sure nobody will complain!



Potato Lefse.

(RECIPE COURTESY OF WENDY WINKELMAN)

Ingredients:

- 9 c. hot water
- 3 sticks butter, melted (OR 3 sticks vegan butter)
- 5 tsp. salt
- 3 Tbs. sugar
- 3 c. dried milk (OR non-dairy milk powder)
- 9 c. potato flakes (Idaho or Hungry Jack)

This recipe will make 48 patties. Feel free to cut the recipe in half

Steps:

1. Using a hand mixer, mix all ingredients together very well.
2. Put the mixture in a covered rectangular container. Cool overnight. (stop at this step and bring to the Perdue's House).
3. The day of the party, divide the mixture into thirds. Knead in 1 1/2 c. flour in each 1/3.
4. Form each 1/3 of the dough into a roll about 2 1/2" diameter.
5. Cut each roll in half, each half in half, and so on until you have 16 patties (in each 1/3).
6. Roll and put on grill. Flip once bubbles form on the dough and the underside is browning (about 1-2 minutes each side).



Hardanger Lefse.

(RECIPE FROM FOLKEMUSEET IN OSLO)

Ingredients:

2 c. buttermilk

(OR 2 c. oatmilk + 2 tsp. apple cider vinegar)

1/2 c. margarine, melted (or vegan butter)

3 large eggs (OR 9 Tbs vegan JustEgg)

3/4 c. light corn or sugar syrup (OR agave or maple syrup)

1 c. granulated sugar

1/2 tsp. salt

2 tsp. baking powder

1 tsp. baking soda

7-8 c. flour, plus more for rolling



This recipe will make 12-24 lefser.

Steps:

1. Whisk the buttermilk, melted butter, eggs and corn syrup together. Add the sugar, salt, baking powder and baking soda.
2. Add the flour a cup at a time, stirring with a large, heavy-duty wooden spoon, or using an electric mixer, until the dough is smooth and a little tacky to the touch. Cover and refrigerate until you get to the Perdue's House.
3. Divide dough into small balls, about the size of a lemon.
4. Heat a cast iron skillet or griddle until moderately hot. Do not add any oil or grease. Working with one or two balls at a time, roll each one out on a well-floured surface and cook the lefse for about one minute and flip over and cook for another two to three minutes, or until nicely browned and cooked through. (If the heat is too hot, they will burn before they are cooked through.) Transfer to a plate to keep warm until ready to serve.

JULEFEST 2023

Sunday, December 10, 3-6pm
Brentwood Country Club
5123 Country Club Drive, Brentwood, TN



\$30 per person, payable by check, cash, and via Square on our website (+\$1.17 Square fee).

RSVP by **December 1** to musiccityvikings@gmail.com. Tickets are limited and secured with payment.

Menu includes Norwegian meatballs, potatoes, vegetables, and salad
Bring a Norwegian dessert to share



Gratulerer med Dagen!

November

- 7 - Deb Sandvik
- 14 - Christopher Acree
- 29 - Lina Sheahan

December

- 11 - Barbara Fletcher
- 12 - Philip Perdue
- 29 - Angela Cardosi

Dieterman Donation

Our lodge was gifted Items from Arlene Dieterman, a founding member of Music City Vikings. Included In the donation are Items such as a Norwegian Barbie, a Hardanger doll, wooden krumkake rollers, and Norwegian mugs. There are also several books, Including *The Last of the Vikings*, *Giants In the Earth*, and *Peder Victorious*. Right now, President Art Lensgraf has the Items, but they will most likely make an appearance at a lodge meeting to be distributed among members.

From Sons of Norway

Sweater Legacy

Annemor Sundbø enjoys rolling up her sleeves and bringing things back to the start. In 1983, she inadvertently set her life's course when she bought the last shoddy mill in Norway, a piece of equipment that breaks down old woolen textiles, allowing them to be re-spun and knitted into new garments. Since then, she has done her utmost to re-use wool fibers, preserve and recreate lost knitting patterns and has also taken on the role of knitting historian. Sundbø has written several books on knitting and the history of Norwegian sweater patterns, among other topics.

In 2020, her latest book, *Koftearven*, *Historiske Tråder og Magiske Mønstre*, [translation: *Sweater Legacy - Historical Threads and Magical Patterns*, sold in English as *Norway's Knitted Heritage - The History, Surprises and Legacy of Traditional Nordic Sweater Patterns*] was awarded Southern Norway's Literature Prize. This book places Norwegian kofte (sweater/cardigan) traditions into a global context, showing how the motifs that are considered native to Norway fit into the bigger picture, with ties to all kinds of far-flung cultures.

Ever the textile educator, Sundbø's book would not be complete without several knitting patterns and hundreds of images of sweaters with richly-colored multi-strand patterns.



WWII Submarine Discovered

During a scientific trip, an 83-year-old British submarine wreck was spotted off the coast of Rogaland county in southern Norway. Mareano, a research group, was mapping the seabed and discovered the submarine along with six other objects. The craft is thought to be the remains of the HMS Thistle, which now sits 525 below the surface. Research cruise leader Kyrre Heldal Kartveit said, "We knew what characteristics we should look for; thus, we were able to identify the wreck as 'Thistle,' but with a small caveat that it is the Royal Navy who is responsible for the final identification."

The last voyage of the HMS Thistle set out on April 10, 1940 and was sunk by a German U-Boot. None of the Thistle's crew survived. Since the sub's last position was only approximate, it is possible that the craft has drifted over time. Photos of the plant-riddled wreckage reveal a possible torpedo tube wedged in the hull. Along with the submarine, the expedition also located several shipping containers, and what turned out to be a WWII aircraft engine.

Celebrate Lille Julaften

Christmastime is one of the high points of the year in Norway with many rituals leading up to the big day of julaften—Christmas Eve. Weeks of preparation include cookie baking, Christmas market visits and gift-buying, lending a festive atmosphere in every town. The anticipation is almost too much to bear! Thus, Norwegians get a head start on the merriment, celebrating lille julaften "Little Christmas Eve," on December 23rd.

But this is no recent addition- lille julaften has been celebrated as early as the 12th century in Norway and other Nordic countries. Tradition dictates that this day is for cleaning the house to make way for the juletre, the Christmas tree: everything had to be tidy and the whole family bathed, to ensure no evil spirits could invade and spoil Christmas. Today Norwegians might buy their tree on the 23rd, without first having to banish the dark forces. Next comes tree decorating with popular ornaments such as Norwegian flags, candles, white lights, tinsel and red and white woven heart baskets.

For supper, it is common to enjoy creamy risgrøt (rice pudding) with a dash of cinnamon and sugar on top. Then it's time to settle in for some favorite shows: trivia quizzes like Julenøtter [Christmas stumpers], some favorite cartoons and Christmas films, the list of which grows longer every year.



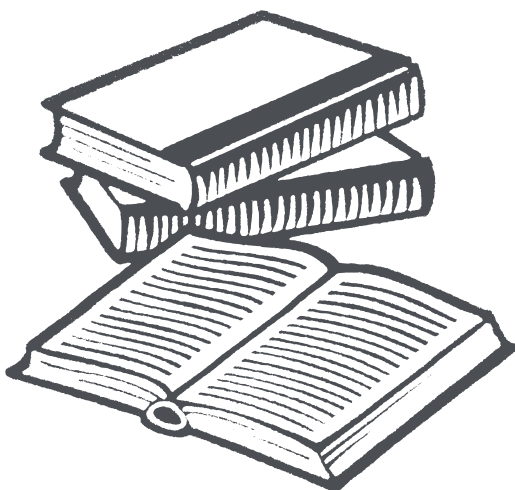
Jon Fosse Wins Nobel Prize for Literature

Norwegian novelist, translator and playwright Jon Fosse, whose work is based on his Norwegian roots, has won the Nobel Prize for Literature.

Raised in Kvam along the Hardanger fjord, Fosse says that the novels of Jens Bjørneboe inspired him to start writing in his early teens. His body of work includes seventy novels, poems, stories, essays, children's books and plays. His award-winning publications have been translated into over 50 languages. The author's minimalist prose takes on life, death, anxiety and other elemental human themes.

Fosse's style is referred to as postmodern minimalism and he writes in a spare Nordic style in novels such as *Morgon og kveld* [Morning and evening] and *Septologien* [The Septology], an epic in seven books consisting of a single sentence. He is the fourth Norwegian to receive a Nobel Prize for Literature, and the first one in 95 years.

As the first Nynorsk writer to receive this award, Fosse attributes his win to his use of the lesser-used official version of the Norwegian language.



RECIPE CORNER

Sandkaker (Sandbakkels)

https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/sandkaker/

Ingredients:

3/4 cup + 2 Tbsp. butter

1 cup + 1 1/2 Tbsp. flour

7 Tbsp. or about 1/2 cup almonds, blanched and ground

(OR 1/2 cup almond flour)

1 egg

7 Tbsp. sugar

Instructions:

1. Mix butter and flour until crumbly. Add ground almonds/almond flour, egg, and sugar. Work ingredients together with your hands. Let dough rest for an hour in the refrigerator.
2. Press into greased sandkake/sandbakkell forms. Bake at 350°F /175°C for 10-15 minutes.
3. Let cookies cool slightly before you remove them from the forms.

Excerpted from December 1999 Viking Magazine "Velkommen til Bords." Recipe from TINE Norske Meierier, the Norwegian dairy cooperative. Recipe is translated and converted from metric to U.S. measurements.

