



**SONS of
NORWAY**

MUSIC CITY VIKINGS 5-681

January/February, 2024
E-Newsletter



LODGE HAPPENINGS

Godt Nyttår (Happy New Year)! On December 10, the Music City Vikings lodge hosted the annual Julefest dinner, welcoming 80 people to the Brentwood Country Club. We enjoyed a dinner of meatballs, vegetables, and potatoes followed by an overflowing dessert buffet. After dinner, we were treated to entertainment by Solveig Leithaug and Meghan Perdue and ended the night with a dance around the Christmas tree. It was a wonderful evening!

The lodge has many events coming up In 2024, from our regular lodge meetings to workshops and *friluftsliv* events. The full list of upcoming events (so far!) is on page 5. Stay tuned to your email, our website, and social media for event updates!

In January, we will welcome a guest speaker, Mitch Utterback, from the Vesterheim Lodge in Colorado. Read more about his presentation on page 2.

We hope to see you In 2024!

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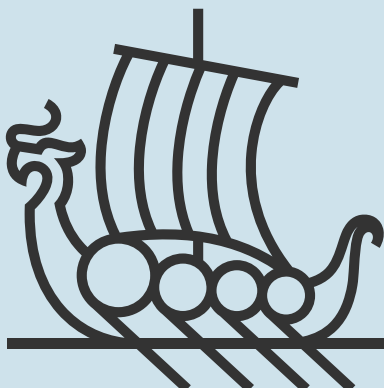
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The Heroes of Telemark: 80 Years Later

In February 1943, Norwegian commandos overcame starvation, blizzards, and the German Army to accomplish one of WWII's most daring sabotage operations. The stakes could not have been higher - their mission was to disable a component of Hitler's atomic weapons program and slow the progress on the Nazi atomic bomb.

Eighty years later, an international team of 12 military veterans retraced the route of the saboteurs, skiing from Vemork, Norway to the Swedish border. One of those veterans was Boulder, Colorado Vesterheim Lodge member Mitch Utterback.

What does it take to cross-country ski across the Hardanger plateau during the Norwegian winter? How did the commandos do it in 1943 with the equipment then available, while pursued by the Germans? What can we learn about ourselves when we induce risk, push boundaries, and do it in service to a cause greater than ourselves?

Join Mitch at our January 14 meeting, and he will answer those questions and many more. His presentation will include photos and a documentary film about his team's expedition.



Julefest

DECEMBER 10, 2023



Julefest

CONTINUED



2024 CALENDAR OF EVENTS (SO FAR)

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 ski 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. RSVP requested but no experience necessary!

Sunday, February 18, 2:30-4pm, Location TBA

Lodge Meeting - Presenters: Lina Sheahan and Meghan Perdue

Lina and Meghan will present a history of the Hardanger fiddle, and Meghan will play for us. If you liked her performance at Julefest, make sure you come to this meeting!

Saturday, March 9, 1-3pm, Bunch Library, Belmont University

Cultural Skills Event: Music Listening Session

Bring a piece of Norwegian 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, March 17, 2:30-4pm, Green Hills Public Library

Lodge Meeting - Presenter: Ken Sheahan

To celebrate St. Patrick's Day, Ken will do a presentation about the Scandinavian viking influence in Ireland.

Sunday, April 21, 2:30-4pm, Green Hills Public Library

Lodge Meeting - Presenter TBD

This is our regular April lodge meeting. If you are interested in presenting, let us know!

Saturday, May 4, 1-3pm, Centennial Park

Friluftsliv Event - Games In the Park

Bring a lawn game or play a round of the Norwegian game Kubb and spend some time outdoors like ekte Nordmenn (true Norwegians).

Day TBD, Time TBD, Aspen Grove Park, Franklin (Most Likely)

Annual Event - Syttende Mai Picnic

Join the Music City Vikings at our annual picnic in celebration of Norwegian Constitution Day! More details to come.

Gratulerer med Dagen!



January

2 - Susan Perdue

6 - Art Lensgraf

9 - David Andersen

10 - Marc Stengel

21 - Lynell Syler

24 - Marc Slocum

28 - Ken Sersland

29 - Edmund Pettersen

29 - Ottar Johansen

31 - Sten Vermund

February

2 - Andrew Mule

21 - Gloria Kleve

22 - Sandy Lane

From Sons of Norway

15 Fun Facts About Norway

1. Norway is home to the world's longest road tunnel, the Lærdal Tunnel, which is 15 miles long.
2. The world's-most remote island is a Norwegian territory in the South Atlantic Ocean called Bouvet Island.
3. Norway has a 120-mile land border with Russia.
4. Norway is home to Hell, a small village within walking distance of Trondheim's international airport.
5. A Norwegian delegation introduced salmon sushi to Japan in the 1980's.
6. There are two official versions of the Norwegian language - Bokmål and Nynorsk.
7. Modern and ancient skiing were invented in Norway.
8. Norway has won more winter medals than any other country in Olympic history.
9. Europe's biggest herd of wild reindeer lives in Norway and roams Hardangervidda, Europe's biggest mountain plateau.
10. Norway has a volcano on the uninhabited island of Jan Mayen in the Norwegian Sea.
11. Norway gave the world the cheese slicer, which was invented in 1925 by Thor Bjørklund.
12. Norway isn't powered by oil - Around 98% of Norway's domestic power usage is drawn from hydroelectric power plants.
13. The Colonel-in-Chief and mascot of the Norwegian King's Guard since 1972, is a Scottish penguin named General Sir Nils Olav III, Baron of the Bouvet Islands.
14. No one knows exactly how long Norway's coastline is!
15. Norway supplies London with a Christmas tree every year as an ongoing thank you for Britain's help during WWII.

Source: [25 Fascinating Facts About Norway \(lifeinnorway.net\)](https://lifeinnorway.net)



Combatting the Long Winter

As winter approaches and the days get darker, it is common for moods to do the same. In fact, many people suffer from seasonal affective disorder during this time of year. With this knowledge, how can we be proactive in combating the effects of a long winter? Perhaps we take notes from residents in Tromsø, Norway. During the winter months in Tromsø, there are only two to three hours of indirect sunlight, however its inhabitants don't seem to be as affected by seasonal sadness as one might think.

A study done at the University of Tromsø found that sleep was slightly disturbed but there was "no increase in mental distress during the winter." Health psychologist, Kari Leibowitz, concluded that one's mindset was the vital factor in determining how they would be affected by the winter. A positive mindset toward stressful events, such as a dark wintertime, not only enhanced moods but also influenced physiological responses. Amazingly enough, she also found that attitudes increased with latitude showing that positive thoughts were present where they were most needed.

Viking Discovery on Jomfruland

While looking for a lost gold earring in their garden, a family in Norway uncovered 1,000-year-old Viking artifacts. The Aasvik family, from a small island called Jomfruland, became the first to find a Viking-era discovery on the island. They had stumbled across it by using a metal detector to search for the earring in their yard.

The metal detector alerted them underneath a large tree, so they began digging. Among the findings was a brooch and an additional item that was likely part of a Viking-era burial. Both were believed to have once been covered in gold and were engraved with depictions of animals. The brooch is believed to date back between 780 and 850. These artifacts help prove the Vikings' existence on the island. Experts knew of settlements on the island dating back only to the Middle Ages, making this Viking discovery rather significant.



Soccer Star's Unique Diet

Top athletes are known for being notoriously picky about what they eat. Norway's top male soccer player Erling Braut Haaland takes his menu choices to the next level, airlifting salmon from his hometown to his team in England.

When Haaland won the 2020 breakthrough of the year award for Norwegian soccer at age 19, he thanked a certain tante (auntie) in his acceptance speech. He credits Torbjørg Haugen, his former team's chef at Molde Soccer Club, for transforming him from a gangly teen into a soccer phenom. Haugen revealed that Haaland still sends her photos to prove that he's eating properly.

When Haaland became a striker for Manchester City in England, he brought his specific tastes with him. And the food at the team's campus was just not passing muster. So, he convinced coaching staff to fly Norwegian salmon to Manchester. He didn't stop there, but also had the nutritionist bring over chefs from a top fish restaurant in Norway to prepare the fish.

This change has been a hit with his teammates and staff, who say that, although costly, it's the best salmon they've ever had.

Source: <https://www.dailymail.co.uk/news/article-12766795/Manchester-City-striker-Erling-Haaland-reveals-flies-Norwegian-salmon-UK-fish-stadium-isnt-scratch.html>

Historic Landing in Antarctica

Last year, Norse Atlantic Airways made history by landing the first Boeing 787 Dreamliner on Troll Airfield in Antarctica. The Norwegian low-cost airline and its crew landed the plane on a blue ice runway approximately 9,800 feet long and 100 feet wide. The runway was prepared in advance for the landing by carving grooves in the ice for better traction. Other considerations that can complicate this type of endeavor are that weather conditions in Antarctica can change rapidly and planes landing on ice cannot use typical braking methods. They also must account for additional weight since planes cannot refuel and must carry enough in reserves for the return flight.

The aircraft left Oslo on November 13 with researchers and gear aboard. It then landed in Cape Town, South Africa for a layover before the final leg of the journey to Queen Maud Land in north central Antarctica, completed on November 15. This area is claimed as a dependent territory of Norway and houses the Troll Research Station. While the wide-bodied 787 can carry over 300 passengers, it landed on the airstrip with a total of 45 scientific researchers and 12 tons of gear, equipment, and supplies. While the majority of researchers on this historic flight work for the Norwegian Polar Institute, researchers and scientists from other countries were also on board and heading to other research stations on the continent. This is a common occurrence, since the territory hosts 11 nations which can coordinate, pool resources, and share costs of the research they conduct.

The Boeing 787 joins a growing list of aircraft that have made a successful trip to and from Antarctica and is proud to also have made history in being the first Dreamliner to do so.

RECIPE CORNER

Nordic Winter Vegetable Soup

Warm up this winter with this delicious, simple and healthy soup.

Recipe from: <https://www.foodandwine.com/recipes/nordic-winter-vegetable-soup>

Ingredients:

- 2 Tablespoons extra virgin olive oil
- 1 large onion, thinly sliced
- 2 leeks, white and tender green parts only, thinly sliced
- 2 garlic cloves, minced
- 1 cup pearl barley
- 8 cups low-sodium vegetable broth
- 4 cups water
- 10 thyme sprigs
- 2 bay leaves
- 1 1/2 lbs. celery root, peeled and cut into 1/2-inch cubes
- 1 lb. parsnips, peeled and cut into 1/2-inch pieces
- Salt and freshly ground pepper
- 1 lb. baby spinach
- 1 teaspoon freshly grated nutmeg

Directions:

1. In a large pot, heat the oil. Add the onion, leeks and garlic and cook over moderate heat, stirring occasionally, until tender, about 5 minutes.
2. Stir in the barley. Add the vegetable broth, water, thyme and bay leaves and bring to a boil.
3. Add the celery root and parsnips and season with salt and pepper. Simmer over moderately low heat until the barley and root vegetables are tender, about 40 minutes.
4. Stir in the spinach and nutmeg and simmer for 5 minutes. Season the soup with salt and pepper and serve in deep bowls.



Serve with: Hearty whole-grain rye bread

Grov Rengakake / Whole Grain Spiral Rolls

From Rana, Nordland

The origin of this dish, translated from norsktradisjonsmat.no:

No one knows how long *rengakake* has existed as a baked good, but it has probably been several hundred years. The farmers in Rana grew barley, and thus barley flour could be used to bake *rengakake*.

In the past, *rengakaka* was an everyday staple, but today it is most often baked for holidays such as Christmas and Easter. It is a traditional bake in many homes. Rengakake is baked in both whole grain and white flour variants. But in the eyes of many, it is the whole grain rengakake that is the authentic one. Rengakake keeps well and can be stored for longer than yeasted breads.

This recipe was submitted by Nord-Rana Bygdekvinnelag, the Nord-Rana Rural Women's Association to the Tradisjonsmatjakten, the Traditional Food Hunt under the auspices of the Norges Bygdekvinnelag (Norwegian Rural Women's Association) in 2017.

Grov Rengakake - Whole Grain Spiral Rolls

4 cup (400 g) barley flour
3/4 cup (100 g) wheat flour
1/2 cup or 1 stick (100 g) margarine
2 Tablespoons horn salt (or baking powder or soda)
13.5 oz or 1 cup plus 2 Tablespoons (4 dl) milk
2 Tablespoons sour cream

Directions:

Mix together dry ingredients. Crumble in the margarine, sour cream and sprinkle with milk. Mix into a dough that should be easy to roll into long thin ropes. Knead the dough well and divide into small pieces, rolling into smooth ropes about the width of a pencil and between 25-30 inches (65-75 cm long).

Coil the dough into a spiral on a baking sheet- each rengakake should have 5-6 rings and be roughly palm-sized. Leave a small opening in the middle. Taper the outer end of the end of the rope and tuck it under the edge, so the rounds are completely flat.

Optional: once all of the dough is ready to bake, brush roll tops with milk, to give it a shiny finish.

Bake at 400° to 425°F / 200°C to 225°C degrees for approximately 25 minutes or until golden brown.

