



**SONS of
NORWAY**

MUSIC CITY VIKINGS 5-681

March/April, 2024
E-Newsletter



LODGE HAPPENINGS

Happy March! The past two months brought two great lodge meetings and some unexpected snow to Nashville. In January, we enjoyed a wonderful guest presentation by Mitch Utterback from the Vesterheim Lodge, who shared his experience retracing the skis of the Heroes of Telemark. In February Meghan Perdue and Lina Sheahan (pictured above) presented the history, mythology, and modern uses of the Hardanger fiddle, including some masterful playing by Meghan.

Celebrate a St. Patrick's Day mash-up at our March meeting with a presentation by Ken Sheahan about the vikings in Ireland. At that meeting, we will also hold elections for all MCV board positions: President, Vice President, Secretary/Treasurer, Membership Secretary, Social/Cultural Director, and Publicity Officer. Please consider throwing your hat in the ring for a position!



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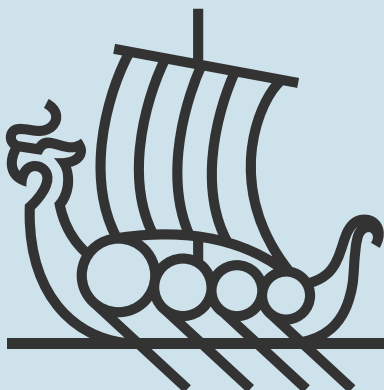
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Better (and more fun) Together

At the February meeting, Social/Cultural Director Evelyn McDaniel presented pins to Lina Sheahan and her mom, Grete Terjesen, for completing all three levels of the Sons of Norway Cooking Cultural Skills program. Grete just moved to Nashville and has been staying with Lina and her husband while finding a home. Knowing they would be together for the holidays, and knowing they would make a traditional Norwegian Christmas dinner, they decided to tag-team the program. However, Lina is vegan so they had to be creative and drew a lot of Inspiration from both the Arctic Grub blog and Lina's experience making vegan substitutions for her family recipes.

In addition to cooking all of the food, they each completed the required recipe reports as well as optional activities like researching the history of risgrøt and rømmegrøt, talking about a memory associated with food, and evaluating food blogs and websites. See page 3 for some of the results of their work!

Lina and Grete will start the Cultural Skills Program for knitting next and invite all who want to participate. They are planning to turn the level 1 knitting requirements into a service project for the lodge that will benefit the Seamen's Church Institute's Christmas at Sea program. Stay tuned for more information!



Better Together (the results)



Level 1: Rødkål;
Level 3: Kjøttkaker



Level 1: Kålrabistappe,
Ertestuing, Kålstuing;
Level 3: Karbonader



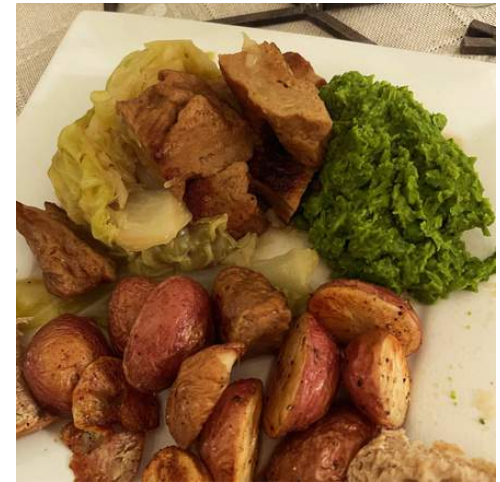
Level 2: Vafler



Level 2: Bløtkake



Level 2: Riskrem



Level 3: Får i kål

**If you are interested in completing any of the Cultural Skills programs, speak with Evelyn McDaniel, Social/Cultural Director for Music City Vikings.

UPCOMING EVENTS

Lodge Meetings

Sunday, March 17, 2:30pm, Green Hills Public Library

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

*For a complete Calendar of Events, see the Music City Vikings website.

From Sons of Norway

Brain Discovery

Neuroscientists and Nobel Prize Winners May-Britt Moser and Edvard Moser, have made yet another exciting discovery about the human brain. Along with their team of researchers at the Norwegian University of Science and Technology (NTNU), they studied lattice cells in mice and have found an interesting phenomenon. The cells follow a pattern that repeat over and over again. The neuroscientists' main focus was on the medial entorhinal cortex, which is the part of the brain that supports episodic memory. They set up an experimental environment for the mice to study neuron activity over a given period of time. The results excited them. Edvard Moser stated, "I believe we have found one of the brain's prototypes for building sequences." The hope is that this discovery will give them a look into how the brain places memories and experiences in time order. Interpreting the findings could help them understand Alzheimer's disease, as well as inspire further research into brain functions.



Gratulerer med Dagen!

March

3 - Arlene Sandvik

6 - Liv Slocum

19 - Richard Acree

25 - Diane Acree

25 - Evelyn McDaniel

April

29 - Bruce Evanson



Scandinavian vs. Nordic

What's the difference between "Scandinavian" and "Nordic?" Good question! For those outside of the region, the terms often get used interchangeably. However, if you look a little closer, you will discover that they are not one and the same.

- Geographically, Scandinavia refers to the peninsula that Norway, Sweden, and a small northern part of Finland sit on
- The most common use of the term Scandinavia refers to the three countries of Sweden, Norway, and Denmark which share geography, language, and history
- In general, speakers of Swedish, Norwegian, and Danish can understand each other well enough to communicate, because of the three languages' similarities
- Sámi people who live in Norway and Sweden may not identify as Scandinavian because of the complicated history of assimilation policies the countries had
- The term Nordic refers to five countries: Norway, Sweden, Denmark, Finland, and Iceland - and the autonomous regions those countries have jurisdiction over - the Faroe Islands, Greenland, and the Åland Islands
- Nordic countries are linked by cultural, historical, financial, and political influence on each other
- Nordic countries have a strong tradition of intergovernmental cooperation, with the foundation of the Nordic Council in 1952 that allowed citizens easy travel between the countries
- You won't hear people refer to themselves as "Nordic" because it's often seen as an added layer of their Norwegian, Swedish, Danish, Icelandic, or Finnish identity



A Color-Coded City

On the southern tip of the island of Karmøy in Norway, lies a charming village known as Skudeneshavn. Skudeneshavn is a coastal town that features narrow streets, seafront wharves, and a unique cohesiveness. In 2018, the King adopted the cultural environment protection in Skudeneshavn that is protected by the Cultural Heritage Act. This act recognizes the value of historic areas and seeks to maintain their cultural significance. It is the reason Skudeneshavn is so well preserved. The conservation means that there are regulations in place for the maintenance and upkeep of building exteriors and outdoor areas. Skudeneshavn has had a rich color history in respect to their building exteriors and those same colors are now portrayed in the city's color code as a result of its status as a culturally protected environment. Any maintenance or painting to one's house must be in line with the city's guidelines in a specific color palette and with the right technique/tools. The colors include white, shades of green, red, and blue. There is no doubt that the protection creates an authentic experience and draws forward the rich history of the town.

Ancient Rock Paintings Discovered in Norway

Out for a hike with his family on the outskirts of Oslo, in the municipality of Moss, Tormod Fjeld unexpectedly discovered history. The family had stopped for a snack break when something caught his attention. While many others likely would not have noticed, Tormod had a well-trained eye, since he likes to look for rock carvings in his free time. While not a carving, he noticed colors on a boulder near to where they were resting. He used an app on his phone to analyze the picture he took of the rock. It was immediately clear that there was something special about this rock and so he reached out to a friend that works in archeology. Experts from the Norwegian Institute for Cultural Heritage Research (NIKU) were soon called in and it was determined that this faint pattern on rock was in fact something that likely dates to the Bronze Age (3300 to 1200 BC). It depicts a boat with oarsmen and human and animal figures.

This is a significant discovery for many reasons. It's remarkable that they survived all this time, although a rock protrusion protected them from the brunt of the elements. Also, given the faintness of the images, the majority of people hiking in the area would likely not have given it a second glance. It's a fortunate happenstance that Fjeld was there with eagle eyes to spot this stunning discovery. This adds to an already impressive list of finds that he and two friends have made over the years and will hopefully continue making for years to come.

Sources:

Norwegian Family Discovers Bronze Age Rock Paintings on a Hike (mymodernmet.com)
Eagle-Eyed Hiker Spots Bronze Age Rock Paintings in Norway | Smart News | Smithsonian Magazine



Barnehage on the Move

Pre-schoolers in Norway are some of the most hardy and adventurous kids around. Each weekday, kids in barnehage are prepared for anything the weather can throw their way.

Growing up in the rugged countryside and even in cities, kids experience friluftsliv at a young age, braving the elements wearing tiny safety vests with their care providers.

Around 400 Norwegian daycare centers go on daily adventure outings with their 11,000 charges. The hope, according to Kristin Oftedal of the Norwegian Trekking Association, is that they "learn skills and attitudes that they can carry with them for their whole lives."

"We believe outdoor children are happy children," she adds.

The aim is to teach children simple and nature-friendly ways to be outside together, play, experience, wonder, explore and learn about nature. Oftedal says that she hopes this practice will produce a new generation of nature lovers.

Suksessterte med Sjokolade og Appelsin (Success Cake with Chocolate and Orange)

Source: Living a Nordic Life

Serves 12

Ingredients -

For the base:

- 4 egg whites or 8Tbs aquafaba
- 150g / about 3/4c. icing sugar or powdered sugar
- 150g / 1 1/3c. chopped almonds, but not ground. (Leave the skins on because it gives the tart its characteristic color and texture)
- 1/2 tsp. baking powder
- 90g / 1/2c. chopped chocolate or chocolate chips

For the topping:

- 100ml / scant 1/2c. double or heavy cream or vegan heavy cream
- 125g / 2/3c. sugar
- 4 egg yolks or 12 Tbs JustEgg substitute
- 150g / 2/3c. butter or vegan butter, at room temperature
- Grated rind of 1 orange

To decorate:

- A little melted chocolate
- Thin strips of orange peel
- Or go crazy with some chocolate mini eggs, sprinkles or whatever takes your fancy!

Method:

1. Preheat the oven to 160°C / 320°F.
2. Line the bottom of a 25 cm (about 10 inch) diameter springform cake pan with a circle of baking or greaseproof paper. There is no need to grease the tin.
3. Whisk the egg whites until they form stiff peaks. Sift the icing sugar and baking powder together and stir in the almonds and chocolate. Carefully fold this into the whipped egg white, taking care not to knock out too much air. Pour into the prepared cake tin and smooth the top.
4. Bake in the center of the preheated oven for about 30 minutes. When it's cooked it'll be a nice rich golden brown and rebound slightly to a light touch.



Method (continued from previous page):

5. Remove from the oven and let cool completely before even attempting to remove springform. Once cooled, run a blunt knife around the inside of the tin to loosen the cake.
6. Place a plate on the top and tip the pan upside down. Lift the tin off and carefully peel off the baking paper. Place a serving plate on top of the cake and tip it back so it is the right way up. Wash the ring part of the cake and slip it back over the cake to form a ring. Don't worry if you don't have a springform pan, simply make a ring shape from some foil and shape it around your cake to form a "wall."
7. To prepare the topping, put the cream, sugar and egg yolks into a pan and cook slowly over a low to medium heat stirring constantly. The mixture will gradually thicken and turn less opaque. You really do need to stir all the time or it will split. Try not to boil the mixture. It will take about 5 minutes.
8. Stir in the grated orange rind. Allow it cool for a minute or two before stirring in the butter a cube at a time. You will end up with a smooth, rich and shiny topping that is a beautiful golden color. Pour the topping over the cake and gently tease it to the edges. Put it in the fridge to cool and set for a couple of hours. When it's set, you can carefully remove the tin or foil from around it.
9. Decorate with melted chocolate and orange peel or however you like!

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Blandaball - Mixed Dumplings

A traditional dish from Møre.

Recipe source: [Recipe Reminiscing](http://RecipeReminiscing.com) and Oppskrift.klikk.no

4 servings

Main ingredients:

- 2.2 lbs / 1 kg fish fillets (preferably pollock, haddock or sole)
- 2 lbs / 900 g raw potatoes
- 1 large onion
- 1 Tbsp. salt
- 1/2 tsp. Pepper
- about. 2 Tbsp. coarse barley
- about. 2 Tbsp. Flour
- fried bacon crumbles

Typical sides:

- bacon - either crumbled as topping, or served in strips
- boiled rutabaga
- boiled carrots
- boiled potatoes



Directions:

1. Cut the clean fish fillet into pieces. Peel and cut potatoes and onions into pieces.
2. Shred fish, potatoes and onions in a meat grinder or food processor on coarse setting. Stir salt, pepper and flour into the mixture.
3. Form the mixture into round balls, and if desired, use your finger to make a hole and press pieces of bacon into the center of each ball.
4. Place the balls in simmering lightly salted water or fish stock, and let them simmer for 20-30 minutes. After 20 minutes, divide a ball in two to see if it is cooked through. Serve blandaball hot with sides of fried bacon and turnips, rutabaga, carrot and/or potatoes.

Leftovers can be pan-fried in slices or frozen.

