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I. INTRODUCTION

This Social/Cultural Reference Section serves as a valuable resource for planning your lodge annual schedule of social and cultural activities. It contains useful guidelines for appointing committees, fundraising, conducting a publicity campaign and organizing social events. Practical ideas and materials for programming is also presented.

Sons of Norway is always expanding its resources for lodges to enhance social and cultural activities. Be sure to check www.sonsofnorway.com often and read the Viking Resource for the most up-to-date information

II. PLANNING SUCCESSFUL PROGRAMS

UTILIZING COMMITTEES

A good first step for social and cultural directors is to put together a committee to help plan activities. Naturally you will want to select members in the lodge who are interested in helping out, work well with others, and have ideas about things the lodge can do. The committee should consist of about 3-5 people, but choose more or fewer depending on your needs. If your lodge has both a social and cultural director, be sure to include the other officer on your committee. It may also be a good idea to have the lodge president involved.

When approaching members about serving on the committee, remember that they will be donating their time and work, so try to be as clear as possible about the time and responsibility involved. The most successful committees are organized for a specific purpose, like planning a Syttende Mai party, for example, and that's a good way to limit the time commitments. To ensure the success of the committee, choose members who have relevant skills, and try to match the size of the committee with the amount of work to be done. Finally, work with your committee to establish a regular meeting schedule. This will make it easier for committee members to organize their time.

PUBLICIZING EVENTS

To increase attendance at your programs, events and activities, you will want to make announcements to the membership and/or public well in advance.

Work closely with the publicity director to help him or her get the word out about your event.

If your lodge does not have a lodge publicity director, it may be a good idea to appoint a person for each event to handle publicity. You can also refer to the publicity director's section of the Guide for Leadership for step-by-step guidelines for writing press releases, making flyers and otherwise publicizing events. The Lodge Publicity Toolkit, available in the members section of the Sons of Norway website, is an additional resource.

Your lodge newsletter editor can place announcements in the lodge newsletter well in advance of the event or activity. Be sure to "advertise" your event early and often in this publication. Find out what the editor's deadline for receiving the event information is. The editor may be able to create a special look for your event announcement in order to draw readers' attention.

Post your event on your lodge website, your district's website and in the events section of the Sons of Norway website at www.sonsofnorway.com.

BETTER EVENTS, PROGRAMS AND ACTIVITIES

Carefully planned events and programs will keep your lodge healthy and growing. Some suggestions concerning the actual event itself that might be useful, and should be passed on to the event chairs:

- Checking all equipment ahead of time. Make sure it is ready to go and you know how to use it.
- Setting a time frame for the program and stick to it as much as possible.
- Giving speakers and entertainers clear times to begin and end their presentations.
- Being prepared for emergencies. Keep a "plan B" in mind in case a speaker or entertainer falls through.
- Finishing on time. If necessary, reschedule or shorten the rest of the program.

FUNDRAISING

Some of the projects, which your lodge will be involved in throughout the year, will help raise money for your lodge. Fundraising events should also be fun and interesting to the members.

If the fundraising is for a particular group (for example: youth scholarships) make sure that members of that group participate directly in the fundraising. Once the group has received the funds, ask them to participate in a lodge program to thank the members for their support.

Here are some idea starters for your consideration. Adapt and refine them to your needs or develop your own.

HERITAGE DINNERS

Serve torsk, meatballs, lutefisk, smørbrød (*open face sandwiches*), smørgåsbord, etc. Ticket prices for charity dinners are higher than normal and a higher price for non-members should be charged.

NORSK BAKE SALE

Schedule bake sales before a holiday: Thanksgiving, Christmas, Easter, and Syttende Mai are good times. Sell coffee and lunch snacks at the sale for extra profits.

RAFFLES

These can be for members only or open to the general public.

HERITAGE FESTIVAL

Festivals offer heritage, culture, individual involvement and the opportunity to make money. Food should include Norwegian or Scandinavian selections. Arts and crafts demonstrations and sales will also be of interest to those who come for a day of fun and excitement. Idea Bank #5, "A Heritage Festival", has a lot of ideas.

DANCES

CAKE WALKS

CARD PARTIES, NORSK SCRABBLE, DICE GAMES, NORWEGIAN BINGO

FOOD AND CRAFTS BOOTHS AT LOCAL EVENTS

The list of program ideas and resources later in this reference section should get you thinking of other fundraising possibilities.

LODGE LIABILITY INSURANCE COVERAGE

Group liability insurance, which is mandatory for events, programs and activities hosted by lodges, is secured through Sons of Norway Headquarters. Questions on the coverage should be directed to the Sons of Norway controller at 800-945-8851.

III. PROGRAMMING RESOURCES

Here's a complete list of the many cultural resources at your disposal from Sons of Norway Headquarters.

SONS OF NORWAY'S CULTURAL SKILLS PROGRAM

The Sons of Norway Cultural Skills Program is a series of instructional units that can help members learn about a variety of aspects of Norwegian culture, from rosemaling to folk music, stamp collecting to genealogy. Participants send in worksheets that are graded by Sons of Norway staff, and earn pins for their accomplishments. Members can participate on their own or in groups through their lodges. Some of the units are available from www.sonsofnorway.com. All can be ordered for free by calling Sons of Norway Headquarters at 800-945-8851. New lodge cultural or social directors may order a complete set of all 14 units.

NORWEGIAN CULTURAL SKILLS

ADULTS:

- Unit 1** Traditional Norwegian Cooking
- Unit 2** Norwegian Literature
- Unit 3** Norwegian and North American Stamps
- Unit 4** Rosemaling
- Unit 5** Genealogy
- Unit 6** Hand Knitting
- Unit 7** Norwegian Language and Culture
- Unit 8** Hardanger Embroidery
- Unit 9** Figure Carving
- Unit 10** Weaving
- Unit 11** Relief Carving
- Unit 12** Chip Carving
- Unit 13** Norwegian Folk Dancing
- Unit 14** Music and Musicians of Norway

YOUTH:

- Unit 30** Folk Dancing
- Unit 31** Wood Carving
- Unit 32** Hand Knitting
- Unit 33** Collecting Norwegian and North American Stamps
- Unit 34** Hardanger Embroidery

IDEA BANK

The Idea Bank is a collection of helpful program ideas for lodges to utilize in planning programs. Successful lodge programs of many types are made available to the Sons of Norway leadership at no charge. Most Idea Banks are available on the Sons of Norway website or can be ordered from Sons of Norway Headquarters.

Some Idea Bank programs are purely social in character, others are cultural. If you have a successful program idea, order Idea Bank #20, "How to Submit an Idea for the Idea Bank."

SKITS: CONTAINS TEXTS

- #4 This is Your Life Skit - a program to "star" one of your lodge members
- #19 America Fever - play w/audience participation
- #25 Skits for Fun and Learning - text using Norwegian and English
- #26 Christmas Memories - a lodge play
- #29 The Troll & the Leprechaun Trade Tales Skit
- #34 About Nisse and Other Matters Skit
- #35 Christmas in Norway - script, songs and music
- #39 The Unfinished Saga Skit
- #47 Viking Dinner Fantasy
- #51 About Norway's National Anthem
- #57 "The Enemy of the People" - A readers theater about the life and times of Henrik Ibsen

- #58 "Christmas Adventure" Reading - A readers theater about Norwegian Christmas traditions
- #63 "The Voyage of the Restauration"
- #65 "The Founding of Sons of Norway"

AWARDS & HONORS: CONTAINS DETAILS FOR SETTING UP PROGRAMS

- #3 Honor Your Presidents - a program to "star" your present and past lodge presidents
- #7 Honor Your Members - a "Miss/Mr. America" program for members
- #14 Tusen Takk Award program & certificate to award outstanding members
- #16 Procedures for Welcoming New Members

FUNDRAISERS: CONTAINS INSTRUCTIONS AND DETAILS

- #13 Viking-on-a-Stick - selling batter-dipped meatballs
- #38 Norskies - selling fried dough with cinnamon
- #56 Hand-Knit Watch Cap and Scarf - selling hand-knitted items
- #62 Lapskaus for a Crowd
- #64 Dugnad: Work Day

FESTIVALS AND SPECIAL EVENTS: CONTAINS DETAILS FOR SETTING UP PROGRAMS/EVENTS

- #5 A Heritage Festival
- #6 Leif Eriksson Day Celebration
- #8 Norwegian Frokost/Brunch
- #15 Santa Lucia Service (see *Children and Youth*)
- #27 Winter Games - Weekend Festival
- #31 Nordic-American Thanksgiving Breakfast
- #36 Planning a Major 17. Mai Event -

- May 17th, Norway's Constitution Day
- #37 How to Plan a Heritage Dinner
- #42 Norwegian Fortune Cookies & Basket Social
- #43 Ellis Island Evening - a social celebrating Norwegian immigration
- #44 How to Plan a Family Reunion
- #46 Sons of Norway Viking Boats and Regatta
- #47 Viking Dinner Fantasy

MISCELLANEOUS IDEAS: CONTAINS DETAILS FOR LODGE PROGRAMS AND PROMOTION OF SONS OF NORWAY IN THE COMMUNITY

- #11 Bouquet of Great, Little Ideas
- #20 How to Submit an Idea for the Idea Bank
- #22 How to Send Press Releases & Public Service Announcements
- #50 The Book That Blossomed - a pictorial lodge directory
- #61 126 Ways to Improve your Sons of Norway Lodge

GAMES:

- #12 Bingo in Norwegian
- #17 American Heritage Game - identifying characters from American history
- #30 Norwegian Heritage Game
- #32 Tug of War
- #33 Norwegian Heritage Game Tournament Guidelines
- #52 Counties in Norway

ORGANIZATION:

- #9 How to Hold Cultural and Heritage Classes
- #10 Lodge Year Mini Directory
- #45 New Member Interest Questionnaire

FOUNDATION:

- #18 Scholarship Night Program
- #28 Sons of Norway Foundation Skit, "A-Coin-a-Day"
- #48 Tubfrim
- #49 A-Coin-a-Day - The North Dakota Way (*skit*)

CHILDREN AND YOUTH:

- #1 How to Start a Heritage Day Camp
- #2 How to Start a Viking Oriented Youth Club
- #15 Santa Lucia Service (*See Festivals and Special Events*)
- #23 Immigration Play for Children
- #24 Preserving a Heritage - An interviewing project with children - adult interaction
- #40 Manual for Planning a Barneløpet - a children's ski race (*BM 3008*) Updated: 2006
- #41 Orienteering Manual (*OM 3009*) Education
- #21 How to be a Guest Speaker for a Local School
- #53 Norge i dag (*Norway today*) Panel Discussion
- #54 Norwegian in 5 Minutes a Month
- #55 Internet News from Norway for Lodge Newsletter
- #59 Adopt-a-School Program - Guidelines for creating a school presentation

INFORMATION BANK

The Information Bank is a reliable and diverse collection of informational essays on a variety of topics: Christmas, Syttende Mai, poetry, Norwegian Christmas carols, wedding traditions and more.

TRADITIONAL ART AND COSTUMES

- #203 About the Folk Costumes of Norway
- #205 Hardanger & Hardangersøm Embroidery
- #206 Woodcarving
- #207 Rosemaling

HOLIDAYS AND SPECIAL EVENTS

- #201 Syttende Mai
- #204 Norwegian Christmas
- #216 Norwegian Christmas Carols
- #218 Norwegian Wedding
- #220 Shrovetide, Easter and Midsummer Eve
- #221 Scandinavian Events in North America Literature
- #208 Some Norwegian Proverbs and Literary Quotes
- #214 Norwegian Poetry in English
- #215 An Anthology of Sons of Norway Poetry

CHILDREN AND YOUTH

- #209 Some Norwegian First Names
- #210 Information on Norway (*for children*)
- #211 Study in Scandinavia and North America

GENERAL

- #202 Heritage Book Catalog
- #212 Basic Genealogy Information
- #213 A Summary of the Norwegian Almanac
- #217 Trolls and Other "Norwegians"
- #219 Addresses of Norwegian Officials

- #222 "The Family Tree" - Viking articles by Gerhard Naeseth
- #223 Summarized History of Norway
- #224 Norwegian-Americans of Importance in American History
- #225 A Brief History of Sons of Norway
- #226 The Sons of Norway Emblem
- #227 Norwegian Language
- #228 Norwegian Immigration to the United States
- #229 Informasjon på norsk om slektsforskning
- #230 Leif Eriksson and the Discovery of North America

MINI-PRESENTATIONS

Why not give a brief talk on your local radio station next May 17 on Syttende Mai customs and what they mean to Norwegians? Publicize our heritage with the three-minute essays available through the Fraternal department or at www.sonsofnorway.com.

They complement in many ways the Information Bank and are sent to all members at no charge. You may also read them at lodge meetings, as a basis for skits or discussions or use in your lodge newsletter.

NORWAY

- #305 Viking Customs
- #306 Viking Women
- #307 Viking Navigation
- #310 First Viking Child in America

- #320 Viking Dress

HOLIDAYS

- #311 Easter Vacation
- #312 Syttende Mai
- #313 Olsok/St. Olav's Day
- #321 Valentine's Day
- #322 St. Patrick's Day
- #324 Midsummer Fest
- #328 Summer Vacation
- #358 Romjula - the days between Christmas and New Years

LITERATURE

- #330 Kristin Lavransdatter - a novel
- #341 Giants in the Earth - a novel
- #344 April - poetry
- #352 Johan Herman Wessel

FOOD

- #336 Lutefisk
- #337 Lefse
- #339 Favorite Norwegian Foods

TRADITIONS

- #301 Trolls
- #303 Bunads
- #304 Lucia
- #340 The Nisse
- #342 The Hardanger Fiddle
- #346 Russ
- #347 Salmon Fishing
- #348 The Tall Ships
- #357 Dompap - Bullfinch

STORIES

- #343 Hunting
- #351 Dale Gudbrand

HISTORY & GEOGRAPHY

- #302 Maihaugen
- #309 1905 - Norway's Independence
- #314 Battle of Kringen/Prillar-Guri
- #317 Norwegian-Danish Union
- #319 The Black Death
- #327 The Norwegian Flag
- #334 The Kon-Tiki Expedition
- #338 The Great Maelstrom
- #349 The Statue of Liberty
- #350 An Emigrant Story
- #353 Svalbard - Spitsbergen
- #354 The Nobel Prize
- #355 Stave Churches

FAMOUS PEOPLE

- #308 Leonhard Seppala, Dog-sled Champion
- #315 Snorre Sturlason, Author of Sagas
- #316 Princess Kristina of Tunsberg
- #318 Myllarguten - A Master Fiddler
- #323 Birger Ruud, Ski Jumper
- #325 Snowshoe Thompson, Skier
- #326 Edvard Grieg, Composer
- #329 King Olav V
- #335 Ole Bull
- #360 The True Saga of Cleng Peerson
- #361 Edvard Munch, Artist
- #362 Gustav Vigeland
- #363 Fartein Olav Valen
- #364 Bjørnstjerne Bjørnson
- #365 Roald Amundsen

MEDIA LENDING LIBRARY

The Sons of Norway Media Lending Library is a tremendous resource you will want to be sure to take advantage of. The library offers hundreds of films, CDs and slide presentations available for no charge to all members. For a complete list of all media available, check out the "Members Login" section of www.sonsofnorway.com.

To use the library, contact Sons of Norway Headquarters at 800-945-8851 or e-mail culture@sofn.com. To ensure the availability of the media you need, it is best to make a reservation 6-8 weeks in advance. The media will be sent to you via UPS. The only cost to you is return postage when you're finished

1. SLIDE PRESENTATIONS

SONS OF NORWAY INFORMATION:

- Collecting Norwegian and North American Stamps
- Sons of Norway
- Trollhaugen in District 2
- The Sons of Norway Foundation
- What is the Norwegian Cultural Skills Program Anyway?

HISTORY

- Norwegian Tapestry Through 700 Years
- Norwegian Immigration
- Our Heritage from Norway

VIKINGS

- The Gods of the Norsemen
- The Viking Exhibition
- Vikings - Life Beyond Viking
- Jorvik/York

FAMOUS PLACES

- Akershus Castle
- Karl Johan
- 1994 Olympics in Lillehammer Norway
- Maihaugen
- Norwegian Folk Museum
- Troldhaugen
- Ross Rig
- Vesterheim

TRADITIONS AND CUSTOMS

- Stave Churches
- Coats-of-Arms of Norwegian counties
- Bunads: Norwegian Folk Costumes
- Superstition I
- Superstition II
- Norwegian Christmas

FAMOUS PEOPLE

- Bjørnson and Aulestad
- Edvard Munch
- Henrik Ibsen and the Summer of 1862
- Theodore Kittelsen's Folk-tale Characters
- Pictures from King Olav's Life (1905-1939)
- King Olav V

GEOGRAPHY

- Geilo
- Hedmark County
- The Sami People of Finnmark
- Norway Today Series
 - Karlsøy - in Troms
 - Værøy - in Nordland
 - Beiarn - in Nordland
 - Nord-Trøndelag
 - Ørland - in Sør-Trøndelag
 - Selbu - in Sør-Trøndelag
 - Sunndal - in Møre og Romsdal

Engerdal - in Hedmark
Oppland - including Lillehammer
Luster - in Sogn og Fjordane
Lærdal - in Sogn og Fjordane
Eidsvoll - in Akershus
Bergen - in Hordaland
Eidfjord - in Hordaland
West Telemark
East Telemark
Nome - in Telemark
Hjartdal - in Telemark
Råde - in Østfold
Rogaland
Winter fishing in Lofoten

ART

- The Düsseldorfers
- Norwegian Painting in the 1880s
- Seter Life in Norwegian Art

2. VIDEOS**CHILDREN/YOUTH**

- Askeladden og de gode hjelperne
- Asterix hos Britene
- Balto
- Bjørnen Yogi
- David the Gnome
- Den Lille Havefruen: Kong Tritons Skatt
- Det var en gang
- Flåkklypa Grand Prix
- Fra Chamonix til Lillehammer
- Jakten på Nyrestein
- Karius og Baktus
- The Littlest Viking
- Prinsessen i Eventyrriket
- Snurre Sprett
- Snøbarna
- Solan, Ludvig, og Gurin Med Reverompa
- Troll Tales

TOURIST

- The Best of Norway
- Nordic Good Morning America - Scandinavia Tour 1997
- Nordkapp
- Norge Norge the Video
- Lonely Planet: Norway
- Norway North of the Ordinary: Country of Contrasts
- Norway: Land of Enchantment: The Beauty and Music of Norway
- Norway! Savoring the Seasons
- Norwegian Coastal Voyage
- Scandinavia: Denmark, Sweden, Finland, Norway
- A Taste of Norway with Julia Child
- Travels in Europe with Rick Steves: Scandinavia
- Visions of Norway Part I
- Visions of Norway Part II
- The Wonders of Norway

GEOGRAPHY

- Ålesund
- Bergen: the Fjord Capital
- From the Castle's Hill (*Tønsberg*)
- Happy Business to Bergen
- Kristiansand 1909-1991
- Offisiell Jubeliumsvideo Trondheim 1997
- Vigeland Park

FAMOUS PEOPLE

- Commemorative Film of HM King Olav V
- A King for the People
- Crown Princess Märtha: The American Story
- Det Kongelige Bryllup (*Royal Wedding*)

- Edvard Grieg's Life and Music
- Edvard Grieg's Mountain Odyssey
- Edvard Munch: The Norwegian Expressionist
- Funeral of King Olav of Norway - Part I
- Funeral of King Olav of Norway - Part II
- King Olav of Norway: Heirs to the Vikings
- The Kon-Tiki Expedition
- Letters from America: The Life and
- Times of O.E. Rolvaag
- Sonja Henie: Queen of the Ice
- The Sound of Norway

CULTURE

- Bryllup i Fargo
- Building a Dream: The Moorhead Stave Church
- Christmas in Norway
- Emigration Festival
- Flight of the Eagle
- Greetings from Norway - Besso
- Greetings from Norway - Heather Alps
- Greetings from Norway - Herdalsetra
- Greetings from Norway - Hjørunfjorden
- Greetings from Norway - Kystturisme
- Greetings from Norway - Mørketid
- Greetings from Norway - Naturgas
- Greetings from Norway - Saltstraumen
- Greetings from Norway - Sami/Troll
- Greetings from Norway - Stave Churches
- Greetings from Norway - A Tale of Two Islands
- Lindesnes Trekkspillklubb
- Little Norway Festival
- Norway... Charting a Course...21st c.
- Norwegian Emigration Center

- Norwegian Folk Art
- The Norwegian Way
- The Norwegians
- On Horseback Across America
- Sapmi
- Scandinavia (*Programs 1-4*)
- Scandinavia (*Programs 5-8*)
- Scandinavia (*Programs 9-10*)
- Top of Norway
- Welcome to Norway - Edition 1 (1995)
- Welcome to Norway - Edition 4 (1995)
- Welcome to Norway - Edition 5 (1995)
- Welcome to Norway - Edition 6 (1995)
- Welcome to Norway - Edition 7 (1995)
- Welcome to Norway - Edition 8 (1995)
- Welcome to Norway - Edition 9 (1996)
- Welcome to Norway - Edition 10 (1996)
- Where the Home Fires Died

HISTORY

- The Birkebeiner Tale
- Echo Minnesota
- Fifty Years Remembered: Norway to the Puget Sound
- The Heroes of Telemark
- Hitler's Sunken Secret (*DVD and VHS*)
- Leif Erickson
- New Found Land
- Report from "No. 24" - Parts I + II
- Report from "No. 24" - Part III
- Rescue in Scandinavia
- The Saboteurs of Telemark
- Televåg Tragedien (*Televåg Tragedy*)
- VE Day in Norway 1945-1995

- The Vikings in North America (*Ancient Mysteries*)
- Viking Voyage
- Viking Voyages Discovery Channel
- Vikings (1): The Empire of the Northern Shores
- Vikings (2): The Ultimate Outpost
- Vikings (3): Hammer of the North
- Vikings (4 & 6): England at Bay
- Vikings (5): Half Dan was There
- Vikings (7): An Island Called Thule
- Vikings (8): From the Fury of the Northmen
- Vikings (9): King Harold is Killed

INSTRUCTIONAL

- Cooking Norway Style - Christmas Foods
- Drill Team Video
- Figure Carving Scand. Style w/H. Refsal
- Kolrosing w/J. Rilger
- Learn to Make Potato Lefse
- Make a Family Video Album
- Norwegian Dances for Children
- Norwegian Folk Dance Instructional Tape I
- Norwegian Folk Dance Instructional Tape II
- Norwegian Folk Dance Instructional Tapes I + II
- Ornamental Woodcarving - Vol. 1
- Rosemaling with Ruth Green - Rogaland Style #1
- Rosemaling with Sigmund Aarseth #2
- Rosemaling with Rhoda Fritsch - Telemark Style #3
- Scandinavian Pantry, Video #1
- Valdres Springar
- Wood Carving Techniques with Hans Sandom

SONS OF NORWAY

- 1999 Barnebirkie
- Norway Park (*Leif Eriksson Lodge, 2-001*)
- Operation Day's Work: Norway
- Sons of Norway Centennial Video - 100 Years of Heritage
- Sons of Norway Centennial - 1995 Oslo Rådhus
- Sons of Norway: Ski for Light
- Sons of Norway Sponsorship: The Tubfrim Story
- Visiting with Huell Howser - Lutefisk Dinner, Norrøna Lodge, 6-050

SPORTS

- Norway Cup
- Olympic Venues '94
- Orienteering
- Viking Kick Sled
- The World of Skiing

FILMS

- Cool & Crazy
- A Dollhouse
- Elling - Enemy of the People (*DVD only*)
- Hamsun
- Hedda - I Remember Mama (*DVD only*)
- Kitchen Stories (*DVD only*)
- Kristin Lavransdatter Tape 1
- Kristin Lavransdatter Tape 2
- Mendel
- Song of Norway - Part 1 of 2
- Song of Norway - Part 2 of 2
- Viking Sagas
- The Wild Duck

