



Sons of Norway
HERITAGE PROGRAMS



IdeaBank#28

SONS OF NORWAY FOUNDATION SKIT **"A-COIN-A-DAY"**

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A Coin-a-Day

The purpose of this Idea Bank Installment is to provide a short skit about the work of the Sons of Norway Foundation emphasizing the Cent-a-Day program, now often referred to as Coin-a-Day Program. Included are a script with accompanying songs plus a cast list, a suggested list of props and Coin-a-Day labels for collection cans. This skit may be produced in 10–15 minutes and requires eight characters.

CAST

John (a blind skier)	Vivian Anderson (receptionist)
Virginia (ski guide)	Paul Armstrong (disabled person)
Mary (student)	Lodge Foundation Director
Sue (student)	Lodge Member

SUGGESTED LIST OF PROPS

2 sets of cross country skis and poles.

Ski outfits for 2 skiers (at least cap and gloves)

2 large manila envelopes

Several school books

1 heritage medallion

1 desk or card table.

3 chairs

1 sign “Vinland National Center”

Crutches or wheelchair, if possible

1 box of Coin-a-Day cans, labels attached

(Before skit begins, audience should have song copies in hand)

(The Foundation Director approaches, carrying a Coin-a-Day can in hand)

SCENE I

Member: What'cha got there?

Director: This is a fundraising idea from the Sons of Norway Foundation. It's called The Coin-a-Day plan.

Member: *(doubtfully)*
Coin-a-Day plan? Sons of Norway Foundation?

Director: A Coin-a-Day to collect money for the Foundation. The Sons of Norway Foundation is the humanitarian arm of our order. (Glances at member.) You look confused. I think we can help. I've got some folks here who can illustrate what the Foundation is all about. John, Virginia, you're on.

John, a blind skier, is seated on a chair, holding his skis (or they may be propped nearby). Virginia enters, carrying her skis. She approaches John and touches his shoulder as she identifies herself.

SCENE II

Virginia: Hi John! It's Virginia! *(Hand on his shoulder momentarily.)* I hope you haven't been waiting long. I overslept a little after all the excitement last night meeting everybody here at Ski for Light. They haven't started loading the buses yet though, so no problem.

Are you all set?

John: I think I have everything with me. *(Checks for cap and gloves.)* Everything except the know-how! Like I told you last night, I've never been on skis before.

Virginia: Well, as the Norwegians say, if you can walk, you can cross-country ski!

John: So I've heard! I have several friends who have really gotten excited over the Ski for Light program and I'm eager to try it too. The Sons of Norway Foundation has certainly promoted this idea of a chance for people with differing abilities to learn to ski, haven't they?

Virginia: *(seating herself next to John)*

Yes, the Foundation played a big part in bringing this concept from Norway to the United States. That's over 15 years ago now. The Foundation also funded the 10th anniversary book about Ski for Light. The book is entitled "If I Can Do

This...The Saga of Ski for Light” and is available from Heritage Department, Sons of Norway, 1455 West Lake St., Minneapolis, MN 55408.

John: I’d like to take one of those home. I have to get my Ski for Light shirt too. I’ll need some souvenirs of my first time on skis. *(pause)* Assuming I’ll want to remember. I guess I’ll be falling a lot!

Virginia: I’ve been cross-country skiing for several years now, John, and I still fall sometimes too. Everyone does. It’s a first for me too, you know—being a Guide. We’ll probably both fall. But I just know we’re going to have a great week!

C’mon! *(She stands.)* The buses are here!

(John stands, Virginia helps place his arm on her elbow and she leads John off-side. They may stand to side so all aspects of Sons of Norway Foundation continue to be represented, or they may exit.)

Foundation Director:

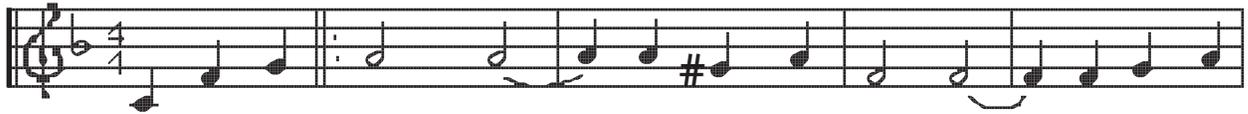
Ski for Light Week is full of surprises for everyone. Let’s all sing an old Ski for Light favorite, “You Are My Ski Guide.”

(All sing—or a special singing group. A copy of the words and music is provided on next page. Tune: “You are My Sunshine.” Make copies as required.)

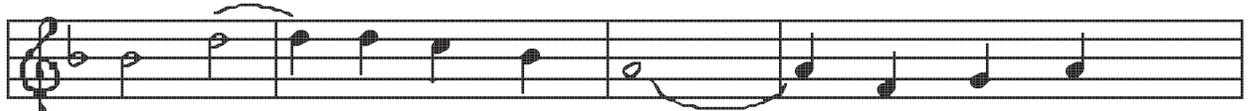
YOU ARE MY SKI GUIDE

by Debbie Hoover, Jane Mc Iver, Vicki Ratcliffe and Richard Villa

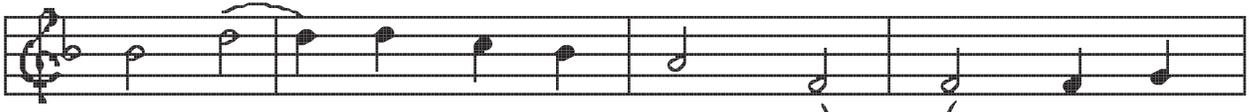
(In keeping with the traditions of Talent Night, several participants composed a song at Telemark Lodge, Ski for Light 1983. Debbie Hoover; Jane McIver; Vicki Ratcliffe and Richard Villa created "You Are My Ski Guide," sung to the melody, "You Are My Sunshine.")



1. You are my ski guide, my trusty ski guide I have no
 2. morning when we were skiing, I thought I
 3. teacher, Bjorne Eikevik, teaches Nor-
 4. ski guide, my trusty ski guide. I have no



fears _____ when you are near. _____ You are so
 had you _____ by my side. _____ But when you
 we—gian _____ ev—'ry day. _____ The on— ly
 fears _____ when you are near. _____ You are so



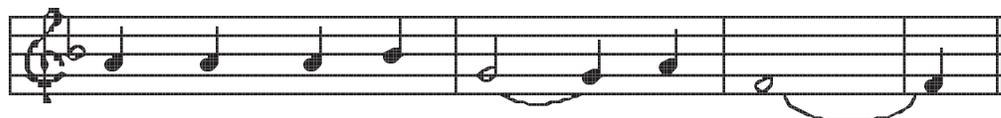
pa—tient with my frustra—tions, _____ Will you
 looked back, I was in the wrong track. _____ Please don't
 prob—lem is he doesn't trans—late. _____ So we
 pa—tient with my frustra—tions, _____ Will you

1. _____



1. guide me a—gain— next year? _____ The o—ther
 2. take— my ski poles a— way. _____ Our il—lus—trious
 3. don't know what he's teaching us to say. _____ You are my

2. _____



4. PLEASE guide me a— gain__ next year?

(Sue and Mary enter from opposite sides, each carrying school books and a large manila envelope.)

Mary: Hi Sue! Where are you going?

Sue: Oh, hi Mary! I'm so excited! I'm on my way to the post office. I'm mailing my application for a scholarship to go to Camp Norway next summer through the Sons of Norway Foundation.

Imagine! Five weeks in Norway! Remember that year we both went to Heritage Camp? I had so much fun! Camp Norway sounds even better and I can even get college credit for it!

Mary: This is a coincidence! I'm applying for a scholarship in Norway too! I want to attend the University of Oslo. As you probably know, the Sons of Norway Foundation also has a King Olav V Fund for students from either the United States or Norway. It's for studying heritage. We go there; Norwegians come here. I'm hoping to continue learning Norwegian.

Sue: Who would have thought five years ago when we giggled together after Lights Out at camp that we'd both apply for scholarships to Norway?

Mary: It is kind of incredible, isn't it? Well, Good Luck! If we both get to go, maybe we can get together over there for a weekend.

Sue: Great! *(Grins at Mary)* Maybe we can learn to giggle in Norwegian!

(They giggle and go to stand by John and Virginia, or exit.)

Vivian Anderson is seated at the desk or table. On the table is a sign "Vinland National Center - Welcome." As she works at her desk, Paul Armstrong approaches, either on crutches or in a wheelchair. She looks up as he nears her desk.

Vivian: Hello! May I help you?

Paul: I'm Paul Armstrong. I'm looking for the Registration Desk.

Vivian: Well, you've come to the right place! I'm Vivian Anderson; *(Stands up to shake hands.)* I'll help you register. Welcome to Vinland National Center, Paul!

Paul: I've heard so much about the programs you have here.

Vivian: We're delighted you could join us, Paul. Dinner will be out on the patio in an hour or so *(gestures offside)*. There are several here already for the new session. As you see, Lake Independence is very handy for our water activities. Have you ever tried the sit-ski?

Paul: No, but I've heard about it. And also about the par course.

Vivian: Yes, the trail for the par course winds down by the lake. It's all black-topped, thanks to Sons of Norway Put-A-Foot contributions and Trail of the Lodges.

Paul: Is that a canoe I see down there?

Vivian: Sure is! We also offer archery, beep-ball—you name it, we do it! Our physical therapist will help you work out a suitable exercise program. And here's a list of the scheduled seminars on nutrition, stress reduction, and other topics.

Paul: Sounds terrific! Just the kind of program I've been looking forward to. Could we go out and meet the others? *(They either join the other four or exit.)*

(The Lodge Foundation Director enters again, wearing a heritage medallion and carrying a Coin-a-Day can. A lodge member approaches, looks at the can, shakes head.)

Member: Can a penny-a-day really do all of that? *(Said incredulously.)*

Lodge Foundation Director:

Not one penny a day from one member. But remember that little rhyme we all learned years ago? *(Pauses as if recalling, then recites:)*

Little drops of water

Little grains of sand

Make a mighty ocean

And a pleasant land.

A Coin-a-Day The Foundation Way is not the Foundation's only source of income. There's the King Olav V Fund acquired through promoting the heritage medallions. *(Holds his medallion up, which he's wearing.)* And there is the Crown Princess Sonja Fund which supports lodge activities and larger projects.

Then there's the Astrid Cates Scholarship Fund. And we've had the drives Vivian mentioned, like Trail of the Lodges.

The Coin-a-Day campaign is just one of several ways the Foundation raises money in order to promote a variety of heritage programs like, for example, Camp Norway.

In 1985, during the first year of the Coin-a-Day program, \$11,000 came in about half from various lodges and the other half from individuals.

So, NO, *(emphatically)*, one penny a day by itself can't do all that. (long pause)

To do all that, it takes A-Coin-a-Day the Foundation Way! (said enthusiastically)

Member: *(Drops penny in director's can.)*

That's for your fine thoughts. *(Drops in another.)* And that's a Coin Today for the Foundation Way. C'mon, I'll help you pass out more of these cans. *(Takes out box of cans with labels already on them—the two go around room, passing out cans. Perhaps recruit another member or two so this is done quickly.)*

Foundation Director:

Mange Tusen Takk! Our lodge has _____ members (Presenting lodge fills in number). At a Coin-a-Day the Foundation Way, we could send $(\$3.65 \times n)$ at the end of 12 months.

If that still sounds like a drop in the bucket, just remember, Sons of Norway has over 75,000 members. That would be nearly \$275,000 a year to promote our Norwegian national heritage. I'll bet we could do it too!

Thank you, everybody, for helping me tell about the Foundation. Let's close by everyone singing, "Let Us Live For One Another." We'll do the first verse in English, then in Norwegian, followed by _____ *(verses as desired)*. *(A copy of this song accompanies the skit. Copies need to be made for the audience and handed out prior to start of the skit.)*

You GUIDED ME

by Patrice Brandt, Paula Jordan and Shirley Palmer

1. When winters came I used to wear a frown,
But now this year, I'm acting like a clown
I came from home just to learn to ski,
And you never laughed the time I hit the tree;
Somehow you rescued me.
2. You gave me strength to stand alone again,
To face the snow out on my own again.
You put me high upon that putting green,
So high I thought that it would be the end of me.
But, you guided me, you guided me.

BRIDGE:

And I can't believe it's you, I can't believe it's true.
I needed you, 'cause you had sight,
And I'll never leave, why should I leave, I'd be a fool;
'Cause I finally taught you how to tell your left from your right.

3. You held my hand when it was cold.
When I forgot, you did not scold.
You gave me hope when I was at the end
And you got my skis back into the track again,
You even called me friend.
4. You gave me strength to stand alone again,
To face the snow out on my own again.
You put me high upon that awful hill;
So high that I was sure I'd take a sprawling spill.
But you guided me, you guided me, you guided me,
you guided me.