

About the Cultural Skills Program

Sons of Norway's Cultural Skills Program provides a framework for learning about traditional and contemporary Norwegian culture. Each unit consists of three levels of skill-specific activities to guide you as you learn. You can complete the units on your own, through your lodge or through a special class or group. For each level, you'll complete a few activities, email (or mail) them to a lodge or district officer, and earn a pin in recognition of your accomplishments. As a benefit of membership, the Cultural Skills Program is available only to members of Sons of Norway.

When you complete part 1 of your first unit you'll receive a Cultural Skills pin, a skill bar, and a level 1 bar. You'll receive additional level bars when you complete parts 2 and 3 of that skill, and new skill bars when you complete part 1 of a new skill.

Going Further with Cultural Skills

Want to take your skills to a new level? Members who have completed multiple units or mentored others in the program can earn special recognition.

- A Master of Cultural Skills is someone who has completed multiple units. Finish all three parts of any three units for the bronze level, all parts of six units for the silver level and all parts of nine units for the gold level.
- A Cultural Skills Mentor instructs or guides others to learn about Norwegian cultural skills. If your instruction has helped other members earn Cultural Skills awards, you can earn a mentor pin.

For more information about the Sons of Norway Cultural Skills Program, call (800) 945-8851 or email culturalskills@sofn.com.



1455 W. Lake Street, Minneapolis, MN 55408 (800) 945-8851 or (612) 827-3611 www.sonsofnorway.com

Introduction

Stamp collecting is one of the most popular hobbies in the world. Through stamps, collectors can learn about the history and culture of distant countries. This unit of the Cultural Skills Program will help guide you in building a collection of Norwegian and North-American stamps.

Stamps are classified into several categories according to their intended use. For this unit, we'll focus on just three broad categories of stamps. Definitive stamps are printed in unlimited quantities for specific postal rates and are available for several years. These are what people typically use day to day to send mail. Commemorative stamps are printed in limited quantities and honor important people, events or special subjects of national appeal or significance. Special stamps include issues that supplement the regular stamps, for example Christmas stamps and "LOVE" stamps.

Because Sons of Norway has lodges in the US, Canada and Norway, we'll focus on those three countries for the Required Activities in each Part of the unit. In Part 1, you'll get hooked by collecting commemorative stamps from one country. In Part 2 you'll fill out your collection with a number of definitive stamps from two countries. In Part 3, you'll add a few special stamps from all three countries, and do some research on the story behind one special stamp of your choice. The three parts of this unit can be completed in any order. This unit has been designed to fit anyone just starting out with stamp collecting as well as established collectors; if you're just beginning to collect you will probably want to do the three parts of this unit in order; if you're already a stamp collector, you may instead want to do them out of sequence, depending on what you already have in your collection.

There are lots of different ways to start your collection. Check incoming mail, ask family and friends to save envelopes when they receive mail and/or correspond with people in Norway, US and Canada to help build your collection. You can also ask the people you correspond with to use interesting stamps and ask long-term collectors if they will share some of their duplicates.



1893 =

The United States issued its first commemorative stamp, the \$1 Columbian Exposition issue, "Isabella pledging her jewels."



1947

Alexander Graham Bell commemorative issue completed in recognition of 100th anniversary of his birth.

ALL-TIME TOP 10 MOST POPULAR COMMEMORATIVE STAMPS:

Issue	No. Saved (Millions)
Elvis 1993	124.1
Wonders of America 2006	87.5
Wildflowers 1992	76.1
Rock & Roll/ Rhythm & Blues	75.9
DC Comics Super Heroes 2006	73.0
Greetings from America 2002	71.4
Insects and Spiders 1999	61.0
Art of Disney: Romance 2006	57.2
Legends of Baseball 2000	53.9
Art of Disney: Celebration 2005	52.8

PART 1: COMMEMORATIVE STAMPS

In part 1 you will build a collection of commemorative stamps from one country. Commemorative stamps are limited edition stamps that pay tribute to famous politicians, artists, activists, musicians and more. Feel free to define your collection of commemorative stamps however you want to; you could focus on a particular category

Organize your collection as it accumulates and protect the stamps so that they do not get damaged or lost. You can use a stock-book, which is an album with plastic or paper pockets on each page. Packets of album pages and stamp hinges are readily available for purchase in coin/stamps shops, bookshops, hobby stores, etc. You can also use a three-ring binder and attach your stamps to heavy loose-leaf paper.

Part 1 Activities

Activity 1: Collect 50 commemorative stamps from the US, Canada or Norway.

Collect at least 50 commemorative stamps from one country. If you're just starting out, it will probably be best to start with your own home country. Organize your collection in a stamp book, 3-ring binder or digital collection using stamp collecting software. Show your collection to your lodge cultural director (or other officer) and have them sign off on the Pin Application Form. If you're not a member of a local lodge, you can also make scans or copies of your collection instead. Note that stamps used for Activity 1 cannot be reused for Activity 2 or other parts of this unit.

Activity 2: Complete one Elective activity.

Choose from any of the elective activities listed on page 11.

Submitting your work

Complete the Stamp Collecting Pin Application Form included in this section, and submit all of the following items:

- ☐ Activity 1 requirements
- ☐ Elective activity report
- □ Unit evaluation form

Send materials by email or mail to your lodge or district cultural officer, who will order your pin from the Lodge Leader Supply Store.

- Send materials by email or mail to your lodge or district cultural officer, who will order your pin from the Lodge Leader Supply Store.
- Keep a copy of your report for your records.

Name:		
Mailing address:		
City:	_ State/Province	:
Zip/Postal Code: E-mail addı	ress:	
Phone: ()		
ODGE AFFILIATION INFORMATION:		
Required) Membership #: D	District #:	Lodge #:
(Name of Lodge Cultural Skills Admin/Offic If you're not a member of a local lodge,	•	Date
and include them with this form. 2. Elective activity # If your elective activity requires you to w you need more space, simply attach you	vrite a short summ	ary, include it below. If
3. Evaluation Form Have you received Cultural Skills Program pin av	wards previously?	? □ Yes □ No
f yes, please list:		

PIN APPLICATION FORM - STAMP COLLECTING PART 1



Unit Evaluation Form - STAMP COLLECTING 1			
For each of the four questions below, please check the box that fits your opinion most accurately.			
	Agree	Disagree	
1 Instructions for this part were easy to follow.			
2 Requirements for this part were reasonable.			
3 Elective activities provided a lot of choices.			
4 Required activities were interesting.			
This part has (check all that apply):			
\square Helped me gain a better appreciation of Norwegian h	eritage & cu	ulture.	
,	Increased my involvement with other lodge members (such as participation in formal & informal discussions, presentations, formal group activities, etc.).		
Increased the interest of my lodge in the Cultural Skills Program because of my participation through special interest groups, presentations, or cultural fairs.			
Offered me an opportunity to involve or pass on this skill/interest to family members or other interested individuals.			
Helped prepare me to participate in the district and/or International Folk Art Exhibition & Competition.			
FEEDBACK: To improve the unit, please add comments and suggestions. Your comments are confidential and in no way affect the awarding of your earned pin or bar.			
Scan and email this form to culturalskills@sofn.com (preferred) Cultural Skills Program Sons of Norway 1455 West Lake Street	or send it b	y mail to:	
Minneapolis, MN 55408			



PART 2: DEFINITIVE STAMPS

For Part 2, you will expand your collection of stamps by adding some definitive stamps from the country you started with in Part 1 as well as one additional country.

Part 2 Activities

Activity 1: Collect 100 definitive stamps.

Collect 100 definitive stamps. These stamps should come from the country you started with in Part 1 and one other country. The idea here is to expand your collection, so these should be 100 new stamps. Show your collection to your lodge cultural director (or other officer) and have them sign off on the Pin Application Form. If you're not a member of a local lodge, you can also make scans or copies of your collection instead. Stamps used for Activity 1 cannot be reused for Activity 2 or other parts of this unit.

Activity 2: Collect 15 stamps focusing on a specific topic.

Next, collect 15 additional stamps focusing on a specific topic. These stamps can be of any type, but should share a common subject or theme. Feel free to choose any topic, but here are a few suggested ones to help you get started:

- Animals
- Sports
- Historic events

- Famous people
- Politicians
- Royal family

Try to collect stamps from more than one country to enrich your collection. Stamps used for Activity 2 cannot be reused from Activity 1 or other parts of this unit. Include them with your new stamps from Activity 1 and show them to your lodge cultural director to sign off on. If you're not a member of a local lodge, you can also make scans or copies of your collection instead. Add them to the rest of your stamps, and prepare scans or copies to include with your pin application form.

Activity 3: Complete one elective activity.

Choose from any of the elective activities listed on page 11.

Submitting your work

Complete the Stamp Collecting Pin Application Form included in this section, and submit all of the following items:

- ☐ Activity 1 requirements
- ☐ Activity 2 requirements
- ☐ Elective activity report
- ☐ Unit evaluation form

Send materials by email or mail to your lodge or district cultural officer, who will order your pin from the Lodge Leader Supply Store.



TUBFRIM: COLLECTING FOR A CAUSE

For decades Sons of Norway has supported the work of Tubfrim, a Norwegian organization that raises funds for charitable causes by selling used stamps and more. As you build your collection you can help support Tubfrim's work and earn elective activity credit in the Cultural Skills Program. To participate, simply clip and save stamps you receive in the mail. Leave at least a quarter inch margin around the stamp. Send the stamps directly to Tubfrim or send them through your district Tubfrim coordinator. To find out who your district coordinator is, contact your district officers.

Tubfrim is owned by the Norwegian Health Association (Nasjonalforeningen for folkehelsen). Today the profits are used to help children and youth with disabilities, and children and youth with handicaps in Norway, and to finance the efforts to eradicate tuberculosis.

Contact information: Tubfrim 3540 Nesbyen Norway www.tubfrim.no (47) 32 07 10 94

- Send materials by email or mail to your lodge or district cultural officer, who will order your pin from the Lodge Leader Supply Store.
- Keep a copy of your report for your records.

CONTACT INFORMATION:		
Name:		
Mailing address:		
City:	State/Provinc	ce:
Zip/Postal Code:	E-mail address:	
Phone: ()	_	
LODGE AFFILIATION INFORMATION:		
(Required) Membership #:	District #:	Lodge #:
(Name of Lodge Cultural Ski	ills Admin/Officer)	Date
(Name of Lodge Cultural Ski	lls Admin/Officer)	Date
and include them with th		s or copies ot your collection
2. Elective activity #	– equires you to write a short sumi	many include it below If
	imply attach your summary as c	
		

PIN APPLICATION FORM - STAMP COLLECTING PART 2

3. Evaluation For	m
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Have you received Cultural Skills Program pin awards previously?	☐ Yes	□ No	
If yes, please list:			



For each of the four questions below, please check the box accurately.	x that fits your op	inion most
	Agree	Disagree
1 Instructions for this part were easy to follow.		
2 Requirements for this part were reasonable.		
3 Elective activities provided a lot of choices.		
4 Required activities were interesting.		
This part has (check all that apply):		
☐ Helped me gain a better appreciation of Norweg	ian heritage & cu	lture.
Increased my involvement with other lodge members formal & informal discussions, presentations, formal		•
Increased the interest of my lodge in the Cultural Skills Program because of my participation through special interest groups, presentations, or cultural fairs.		
Offered me an opportunity to involve or pass on this skill/interest to family members or other interested individuals.		
 Helped prepare me to participate in the district a Exhibition & Competition. 	nd/or Internation	al Folk Art
FEEDBACK: To improve the unit, please add comments and are confidential and in no way affect the awarding of your		
Scan and email this form to culturalskills@sofn.com (prefe	rred) or send it by	y mail to:
Cultural Skills Program Sons of Norway 1455 West Lake Street Minneapolis, MN 55408		

UNIT EVALUATION FORM - STAMP COLLECTING PART 2





COLLECTING STAMPS FROM OTHER NORDIC COUNTRIES

One of the elective activities (page 11) focuses on collecting stamps from the wider Nordic region. If you choose this elective you can collect stamps from Denmark, Sweden, Iceland and Finland as well as some of the lesser-known Nordic countries and territories. Here are a few with their own postal services and proud stamp traditions.

Greenland is a self-governing territory of Denmark and is considered part of the Nordic region. Greenlandic stamps reflect the country's unique Native American/Scandinavian heritage. Learn more at www.stampsshop.gl

The Faroe Islands are also a self-governing territory of Denmark, located between Scotland and Iceland. This tiny nation of about 45,000 people has its own postal service and is known by collectors worldwide for its unique and imaginative stamps. Learn more at www.stamps.fo

Åland is an autonomous territory located off the coast of Finland and populated by Swedish-speaking Finnish citizens. Learn more at www.posten.ax



1973

The U.S. Postal Service has issued Love stamps for Saint Valentine's Day annually since the 1973 issue designed by Robert Indiana. The first issue was an 8 cent stamp with a printing production of 320 million stamps.

PART 3: SPECIAL STAMPS

For Part 3 you'll add a new twist to your collection by finding special stamps. Special stamps are unique pieces of art issued at different times for different reasons. One famous example would be the iconic "LOVE" stamps issued by the USPS beginning in the early 80s. Canada Post and Posten Norge also issue special stamps.

Part 3 Activities

Activity 1: Collect 30 special stamps.

For Part 3 you'll be collecting special stamps from the US, Canada and Norway. Because special stamps can be more difficult to find, you'll only need to collect 10 each from the three countries. Be sure not to duplicate any stamps from parts 2 or 3. As in the previous parts, show your collection to your lodge cultural director or other officer and have them sign off on your Pin Application Form. If you're not a member of a local lodge, you can also make scans or copies of your collection instead.

Activity 2: Research one of your special stamps.

Choose one of the stamps you collected for this part and do some basic research about it. Then write up a short report (100 words or so) about what you learned. Who is the artist? When was the stamp issued? Was it well-received, or did it become the source of controversy? Attach your report as a separate document.

Activity 3: Complete one elective activity.

Choose from any of the elective activities listed on page 11.

Submitting your work

Complete Pin Application Form included in this section, and submit all of the following items:

- ☐ Activity 1 requirements
- ☐ Activity 2 special stamp report
- □ Elective activity report
- ☐ Unit evaluation form

Send materials by email or mail to your lodge or district cultural officer, who will order your pin from the Lodge Leader Supply Store.

- Send materials by email or mail to your lodge or district cultural officer, who will order your pin from the Lodge Leader Supply Store.
- Keep a copy of your report for your records.

CONTACT INFORMATION:		
Name:		
Mailing address:		
City:	State/Province	e:
Zip/Postal Code:	E-mail address:	
Phone: ()	-	
LODGE AFFILIATION INFORMATION:		
(Required) Membership #:	District #:	Lodge #:
· ·	a local lodge, just make scans	Date or copies of your collection
, , ,	s form. quires you to write a short sumn nply attach your summary as a	**
4. Evaluation Form Have you received Cultural Skills Pro	rogram pin awards previously	? □ Yes □ No
If yes, please list:		

PIN APPLICATION FORM - STAMP COLLECTING PART 3



For each of the four questions below, please check accurately.	the box that fits your op	oinion most	
	Agree	Disagree	
1 Instructions for this part were easy to follow.			
2 Requirements for this part were reasonable.			
3 Elective activities provided a lot of choices.			
4 Required activities were interesting.			
This part has (check all that apply):			
\square Helped me gain a better appreciation of	Norwegian heritage & cı	ulture.	
Increased my involvement with other lodg formal & informal discussions, presentation		•	
Increased the interest of my lodge in the Cultural Skills Program because of my participation through special interest groups, presentations, or cultural fairs.			
Offered me an opportunity to involve or pass on this skill/interest to family members or other interested individuals.			
 Helped prepare me to participate in the district and/or International Folk Art Exhibition & Competition. 			
FEEDBACK: To improve the unit, please add commare confidential and in no way affect the awarding			
Scan and email this form to culturalskills@sofn.com Cultural Skills Program Sons of Norway	ກ (preferred) or send it b	y mail to:	
1455 West Lake Street Minneapolis, MN 55408			

UNIT EVALUATION FORM - STAMP COLLECTING PART 3





WHAT'S A SUMMARY OR A REPORT?

The writing required by an elective activity is used to explain what you've experienced or learned. Focus on what you learned and not on spelling or grammar; your report is not graded. And, if it makes writing easier, just imagine writing a letter to a friend! Please write a minimum of 2 or 3 paragraphs unless otherwise stated in the elective. However, if you wish to write more and would like to enclose additional photos, articles, etc. please feel free to do so.

Select one elective activity for each part of this unit. All the activities are appropriate for all three levels of this unit.

- Select three commemorative stamps to represent the US, Canada and Norway. Research the history of the stamps and write a short report (suggested length: 500 words). Present your findings at your Sons of Norway lodge, local school or community club, or submit your story to the local lodge news letter for publication. Include your report with your Pin Application Form.
- 2 Select three stamps to represent American, Canadian and Norwegian modern-day life, for example technology, current events or famous people. Learn as much as you can about the topics and write a report (suggested length: 500 words). Present your information at your Sons of Norway lodge, local school or community club, or submit your report to the local lodge newsletter for publication. Include your report with your Pin Application Form.
- 3 Read magazines and books that will help you become a knowledgeable collector of stamps. Join or form a club for collectors in your community. If possible, visit a stamp-collectors' store or attend a stamp collectors' convention. (See suggested resources.) Write a brief report (suggested length: 500 words) about your chosen activity and include it with your Pin Application Form
- 4 Meet with other stamp collectors and consider forming a special-interest group in your local lodge. Meet monthly (or a minimum of three times) to share, exchange stamps and learn about other collections. Write a brief report (suggested length: 500 words) about your meetings, including how valuable they are to you and a sample of interesting things you have learned and include it with your Pin Application Form
- Participate in or start a Tubfrim collection effort in your lodge or community. Tubfrim is a charitable organization based in Norway that raises money to help sick children and others by selling stamps and other collectible materials. Sons of Norway has supported their work for over 50 years. Many lodges get together to clip and pack stamps for Tubfrim. For more information about participating, just check out www.sonsofnorway.com. Write up a short report about your contribution to the Tubfrim cause, or take a picture of yourself helping out and submit it with your Pin Application Form.
- 6 Create a dictionary of terms that are unique to stamp collecting. Expand the dictionary as your collection grows. Here are a few suggested terms to get you started.
 - Definitive stamps
 - Special stamps
 - Postage-due stamps
 - Official stamps
- Commemorative stamps
- Airmail stamps
- Semi-postals (e.g., Red Cross Surcharge Stamp)

Define these and any other unfamiliar terms you've encountered during your collection. Include a copy of your glossary with your Pin Application Form.

RESOURCES, MUSEUMS AND CLUBS

Canada

- British Columbia Philatelic Society http://www.bcphilatelic.org
- British North American Philatelic Society http://www.bnaps.org/
- Calgary Philatelic Society
 http://www.calgaryphilatelicsociety.com/
- Medicine Hat Coin & Stamp Club http://www.mhcasc.ca

Norway

- Norsk Filatelistforbund www.filatelist.no
- Postens frimerketjeneste (Posten Norge's stamp service) frimerketjenesten@posten.no
 Tel: (47) 23 14 78 70 http://www.posten.no/produkter-og-tjenester/frimerker-til-samling
- Postmuseet (Norwegian Post Museum)
 Maihaugvegen 1
 2609 Lillehammer, Norway
 https://postmuseet.no/
- Scandinavian Philatelic Society http://www.scandps.org.uk/

United States

- American Philatelic Society / American Philatelic Research Library 100 Match Factory Place Bellefonte, PA 16823-1367 814-933-3803 www.stamps.org
- American Stamp Dealers' Association www.asdaonline.com
- American Topical Association www.americantopicalassn.org
- Smithsonian National Postal Museum 2 Massachusetts Ave., N.E. Washington, DC 20002 http://www.postalmuseum.si.edu/

- Smithsonian National Postal Museum 2 Massachusetts Ave., N.E. Washington, DC 20002 http://www.postalmuseum.si.edu/
- Postal History Foundation
 920 N. 1st Avenue
 Tucson, AZ 85719
 (520) 623-6652
 www.postalhistoryfoundation.org
- United States Stamp Society www.usstamps.org

Nordic Region

- Denmark
 - Post Danmark
 www.postdanmark.dk
- Greenland
 - Post Greenland
 http://www.stamps.gl
- Faroe Islands
 - Posta www.stamps.fo
- Finalnd
 - Posti http://www.posti.fi/english/
- Iceland
 - Posturinn http://www.postur.is/en/
- Sweden
 - Posten AB www.posten.se
- Åland
 - Posten Åland http://www.posten.ax