

District Six Resource Book – Programs

Lodge Solskinn Lodge #150, Palm Desert, CA

Idea Lodge Names – Historical Figures

This would be an excellent program for teachers or former teachers. It could be presented by one person or split between several presenters. It could be great to get members involved, each doing one short report or 'mini-class.' Select several Lodge names to research and present. Select a couple of the lesser-known names such as:

Anders Jacob Johansen, known as Ulabrand, was a maritime pilot who lived in Ula in Vestfold, Norway.

Andrew Furuseth of Åsbygda, Hedmark, Norway was a merchant seaman and an American labor leader.

Hulda Garborg was a Norwegian writer, novelist, playwright, poet, [folk dancer](#), and theatre instructor.

Andrew Furuseth #49, Richmond
Bjørnstjerne Bjørnson #14, Oakland
Fridtjof Nansen #9, Long Beach
Garborg #56, Modesto
Henrik Ibsen #7, San Francisco
Nordahl Grieg #52, San Jose
Peer Gynt #22, Los Angeles
Roald Amundsen #48, Sacramento
Snowshoe Thompson #78, Yuba City
Ulabrand #24, San Pedro
Vigeland #155, Redwood City
Leif Erikson #83, Salt Lake City

District Six Resource Book – Programs

Lodge Solskinn Lodge #150, Palm Desert, CA

Idea UNESCO World Heritage Sites in Norway Program

This would be an excellent program for teachers or former teachers. It could be presented by one person or split between several presenters. It could be great to get members involved, each doing one short segment. A PowerPoint presentation could be made with photos while a presenter reads or talks about the site. Involve the audience if someone has been to the site. Select several or all sites.

See <https://www.visitnorway.com/places-to-go/unesco-world-heritage-sites/> or other websites.

- 1. Bryggen in Bergen**
- 2. Urnes Stave Church**
- 3. West Norwegian Fjords – Geirangerfjord and Nærøyfjord**
- 4. The Røros Mining Town**
- 5. Rock Art of Alta**
- 6. Vegaøyan – The Vega Archipelago**
- 7. Struve Geodetic Arc**
- 8. Rjukan–Notodden Industrial Heritage Site**
- 9. Traditional music and dance in Setesdal**
(On UNESCO's list of intangible heritage)

What is a UNESCO World Heritage Site

World Heritage is the designation for places on Earth that are of outstanding universal value to humanity and as such, have been inscribed on the World Heritage List to be protected for future generations to appreciate.

District Six Resource Book – Programs

Lodge: Gulldalen Lodge 6-128, Grass Valley, CA

Idea: Folk Crafts Teasers & Workshops

Make your meetings more engaging by offering a variety of hands-on folk crafts at meetings. Our lodge has worked with talented lodge members or Sons of Norway members from out of the area to teach the crafts.

- Rosemaling – a lodge member taught a rosemaling teaser during a meeting. She led us all through painting a simple monochromatic Christmas ornament to take home.
 - The lodge bought a set of brushes to keep and use for future events.
- Tablet card weaving – we invited a talented Tablet weaver from another lodge to present at our lodge meeting and the next day we hosted a full day workshop for members
 - A lodge member hosted our guest at their home to make it feasible for our guest to stay
 - We've also followed this format for genealogy workshops
- Viking Wire Knitting – a lodge member led a workshop during our meeting on the basics of wire knitting. Participants were able to make a simple bracelet.

District Six Resource Book – Programs

Lodge: Gulldalen Lodge 6-128, Grass Valley, CA

Idea: Outdoor Movie Night

Host an outdoor Scandinavian movie night in a member's backyard. Use a project and a screen (or a white sheet against a wall) for the screening. Don't forget to hook up a speaker to make sure everyone can hear. There are numerous fun and educational Scandinavian movies to pick from.

Encourage attendees to bring a chair or blankets and pillows. Provide popcorn and snacks or make it a potluck.

A great casual meeting idea for the summer months.

District Six Resource Book – Programs

Lodge District Membership Committee 2014

Idea Music Program

Membership Recruitment Program—Find Your Musical Scandinavian Heritage

The District Six Membership Committee has prepared a template for your lodge to use for membership recruitment. This can be added to a currently planned program. It is recommended to advertise in a local newspaper, free calendar, on line calendar or local freebie that advertises events in your area. Many lodges have found that using paid ads helps promote your lodge events and brings potential members in.

Below is a template ad, just fill in the blanks with your information.

Learn about your musical Heritage. Sons of Norway invites you to a Musical Event on _____ (day), _____ (date) at _____ (time) at _____ (lodge name) located at _____ (address) for further information please contact _____ (contact name and phone number)>

Come, enjoy, listen and learn about Norwegian Folk Music. A variety of Norwegian folk music will be presented.

Sample Ad

FIND Your Musical Norwegian Heritage

Sons of Norway invites you to experience a Musical Event Saturday, February 15, at 4:30 PM at Solskinn Lodge, which meets at Hope Lutheran Church at Portola Ave. For Further information please contact Luella Grangaard xxx-xxx-xxxx

Sample Event

Introduce Unit 14: Music and Musicians of Norway start with Part 1. This activity can be started as a group and completed as a group or after introducing individuals may complete on their own.

Activity 1:

This unit is completed by listening to, four recordings of traditional Norwegian folk music. The listening's may be obtained by links on the Sons of Norway website under this culture Skills unit. There are links on the Sons of Norway website to the music as well as all forms.

Activity 2:

Following the listening complete the listening form.

Activity 3: complete one Learning Activity.

There are 12 learning activities to choose from

- Attendance in a lodge music group for the completion of the skills program can be used to meet the requirement of option Number 1. Keep class attendance. Prepare for each lodge member their attendance on a sheet of paper with dates and time in class to include in their submission.
- Number 4. Have a group lead a sing-a-long.
- Number 8 is just completion of a listening form after listening to Sissel Kyrkjebø
- Or watch one of DVD as a lodge event and complete the form.

Additional- Resources

In addition the Committee has prepared a list of resources for additional programming at this event if you wish to use it.

- Ingebretsen's Scandinavian Center 1-800-279-9333
www.Ingebretsens.com
- Vesterheim Museum Store
- You-tube is free
- Amazon.com

Sample Newsletter Article

Cultural Skills Program Music and Musicians of Norway

Come join a culture skills program and don't miss out on the fun. Part 1: Folk Music: Roots of Norwegian Music. This section emphasizes folk music and folk instruments. How old is Norwegian folk music? An exact answer of course is not possible. Songs are frequently mentioned in Old Norse sagas, which date from pre-Christian Norway. Nor can we say which are older—ballads that were sung or the instrumental music that was played. Folk music is of great age and variety, unique to different areas of Norway, and based on long standing traditions. The sharply divided valleys, isolated communities where people lived their lives steeped in inherited customs and limited outside influences all contributed to create and enrich their longstanding traditions.

In the 19th century, the Norwegian spirit of nationalism was roused, and in 1848 Ludwig Lindeman received a state subsidy to travel around Norway to collect songs and instrumental tunes. Between 1853 and 1863, he published nearly 750 Norwegian folk tunes in his *Older and Newer Norwegian Mountain Melodies* and subsequent volumes with similar names. These melodies left a strong mark on church hymn-tunes and on Norwegian and other Scandinavian composers. After World War II, when Norwegian musicians again sought to define their music independent of German culture influences, there was a resurgence in Norway of interest in the folk heritage. The following musicians, among many others, helped preserve the roots of Norwegian music:

Torgeir Augundsson Møller (1799-1872), legendary Hardanger fiddler

Ole Bjørneman Bull (1810-1880), eccentric concert violinist and composer

Ludwig Mathias Lindeman (1812-1881), organist and folk music archivist

-----Sons of Norway Unit 14: Music and Musicians of
Norway

Come join us on _____

District Six Resource Book – Programs

Lodge: Roald Amundsen Lodge #6-048, Sacramento, CA

Idea: Viking Festival

Our Lodge has an annual “Viking Festival” in the fall. We have traditional foods such as an open-faced sandwiches and our own “Vikings on a Stick” which is a deep fried meatball on a stick (very popular), Fish soup, waffles, riced cream pudding, cookies and lefse. We have vendors and some entertainers. We hand out old Viking magazines with a new label (over the old label) showing our lodge information. We try to have a representative from the Sons of Norway financial insurance also. It runs from 10 am to 3 pm and we usually have a great turn out. We advertise in the local paper and Facebook plus our own newsletter.

District Six Resource Book – Programs

Lodge Leif Erikson #6-083, Salt Lake City, Utah

Idea Folk Dancing

We recently had an evening of Norwegian Folk Dance history, demonstration and participation. Our lodge is fortunate to have a member couple that teach folk dance and have participated in folk dance workshops in the U.S. and Norway.

This was one of our best attended events and we were entertained with a variety of dance styles all accompanied by someone playing the Hardanger Fiddle. We then had the opportunity to learn a couple of simple dances and almost everyone participated and had a great time. We concluded the evening with a little food, potluck Norwegian style

District Six Resource Book – Programs

Lodge: Gulldalen Lodge 6-128, Grass Valley, CA

Idea: Celebrate Friluftsliv Month

Sons of Norway recognizes Friluftsliv month in February. Get your lodge members outside to partake in this fun Norwegian lifestyle concept, which translates to “free air life.”

Our lodge holds an annual hiking day in February to celebrate. You could also have a backyard campfire, ski trip, or a picnic to celebrate life in the great outdoors.

With it being in February you might have to embrace the old Norwegian adage, “There is no such thing as bad weather, only bad clothing.” So bundle up and get out there!

District Six Resource Book – Programs

Lodge Fjelldalen Lodge 6-162, Denver, CO

Idea Genealogy Club

Fjelldalen Slektforskingklubb Genealogy meets on the first Saturday of the month on zoom at 9:30 am to about 11:30 am. The meetings usually take place every month with different topics and research ideas / hints and help. There are at least three different individuals who have presented topics to the genealogy group. Tony Hjelmstad, Marylee Hagen and Karen Campbell, Tony Hjelmstad does most of the topics and group discussions on a wide range of topics for the month of June the topic will be Etymology of Norwegian Names.

The research can be both in the United States and in Norway. Marylee Hagen has done some topics on adoption and tracing your ancestors to their homeland. Karen Campbell has done some programs on how to use FamilySearch.org along with RootsTech. The group can average between twelve to twenty people all who attend on zoom. We have individuals from different lodges within District Six and from California, Arizona, Michigan, Montana and Colorado along with individuals from Norway plus some non-members. There even has been a District Six board member who has attended the meetings on several occasions. The meetings are posted to Fjelldalen Lodge 6-162 website after the class has been completed and can be viewed at any time and by anyone.

District Six Resource Book – Programs

Lodge Solस्कinn #6-150, Palm Desert, CA

Idea Viking ship construction and race

Reason/Need for this program/idea: Information ship construction and Viking heritage.

Lodge participants

Material, supplies needed:

Activity one: The ships. See attached instruction sheet for building a "Viking ship". Prizes for contest of viewing the ships.

Activity 2: Ballots for bets on the race. Lone plastic planters about 3 feet long for the race. Do heats of races. Sinner gets a prize. Winners of bets get pay off.

Ideal location: lodge location

Preparations:

Activity 1: Run an article in newsletter to solicit Viking ship builders. Have a contest for "best built", "most sea worthy" and "most likely to sink". Have lodge members vote and give prizes.

Activity 2: Fill planters with water. This needs to be on a narrow table with the planters next to each other. Each participant blows on the sail to propel their ship.

[DIY Viking Ship from Recycled Items - Ziggity Zoom Family](#)

District Six Resource Book – Programs

Lodge: Trollheim 6-110, Denver, CO

Lefse Academy

Host a Lefse Academy—

Prep dough and refrigerate day before

Setup grills and equipment

Remind volunteers to show up

Advertise in newsletter and media prior to even.

Need experienced teachers—regular dough and potato flake dough.

Equipment: griddles, aprons, lefse sticks, dishtowels, plastic bags (to share lefse)

Plate butter, cinnamon sugar,

Day of prep tables, griddles-get them rolling in the aisles.

Demo making lefse hands on, sample and bag.

Clean-up-issue lefse academy certificate.

District Six Resource Book – Programs

Lodge: Trollheim 6-110, Denver, CO

Utilizing Vesterheim and you tube video's to increase cultural awareness.

Coordinate SON topics with videos from you-tube and Vesterheim on a variety of topics for lodge meetings. We utilized a presentation on Sami people at one of our lodge meetings which successfully sparked an amazing discussion.

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District 6 2024 Convention

Viking Literature Level one Sons of Norway Skills Program

Part I activities

1. Prior to convention read 3 books of Norwegian or Norwegian North American authors or authors on Viking topics from the Viking list attached.
2. Prior to the class complete one Reader Response Form. This form can be found on the Sons of Norway website. [Unit-2-Literature-2023-P1-min.pdf \(sofn.com\)](https://www.sohn.com/Unit-2-Literature-2023-P1-min.pdf)
3. Completed the elective activity by writing a review of one of your books for your lodge newsletter.
4. Give all completed forms to your lodge culture director.

Viking reading list

Historical

Gods and Myths of Northern Europe. HR Ellis Davidson

A History of the Vikings. Gwyn Jones

Cross and Scepter: The Rise of the Scandinavian

Kingdoms from the Vikings to the Reformation. Sverre Bagge

The Oxford Illustrated History of the Vikings. Peter Sawyer

The Real Valkyrie. Nancy Marie Brown

The Ivory Vikings. Nancy Marie Brown

The Far Traveler: Voyages of a Viking Woman. Nancy Marie Brown

River Kings by Cat Jarman

Viking Language 1: Learn Old Norse, Runes, and Icelandic Sagas. Jesse L. Byock

The Penguin Historical Atlas of the Vikings. John Haywood

Viking Age Iceland. Jesse Byock

The Vikings. Jonathan Clements

The Viking Diaspora. Judith Jesch

The Vikings: A History. Robert Ferguson

The Sea Wolves: A History of the Vikings. Lars Brownworth

Nordic Runes. Paul Rhys Mountfort

Children of Ash and Elm: A History of the Vikings. Neil S. Price

The Viking Way: Magic and Mind in Late Iron Age Scandinavia. Neil Price

Sagas

Egil's Saga, Trans. Bernard Scudder

Heimskringla, Trans. Lee Hollander

Hrafnkel's Saga, Trans. Harmann Palsson

Njal's Saga, Trans. Magnus Magnusson, Trans. Robert Cook

The Sagas of the Icelanders. Robert Kellogg, ed. Penguin Classics, 2001 (Anthology)

The Saga of the People of Laxardal, Trans. Keneva Kunz

The Saga of the Volsungs, Trans. Jesse Byock, Trans. Kaaren Grimstad

The Vinland Sagas, Trans. Magnus Magnusson and Hermann Palsso aga

Fiction

The Saga of Gudrid, the Far-Traveler. Nancy Marie Brown

The Dragonseeker Saga: New Tales of the Nine Worlds. Douglas "Dag" Rossman

Way of the Elves: A Nine Worlds Saga. Douglas "Dag" Rossman

The Northern Path: Norse Myths and Legends Retold and what they Reveal. Douglas "Dag" Rossman

Beowulf

Odin's Betrayal. Donovan Cook

Loki Deceit. Donovan Cook

The Seven Wives of Harald FairHair. Marcia Lee Liaklev

The Legend of Sigurd and Gudrun. J.R.R. Tolki

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