

MINI-PRESENTATIONS

These short scripts containing interesting information about Norwegian culture, history and geography are a great resource to have on hand. There are nearly 60 in all and each one has been designed specifically to be used at lodge meetings or other speaking engagements. Each mini-presentation is approximately three minutes long and can greatly enhance any event.

Vikings

- #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 Year

Literature

- #330 Kristen Lavransdaughter
- #341 Giants in the Earth
- #352 Johan Wessel

Food

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

Traditions

- #301 Trolls
- #303 Bunads
- #304 Lucia
- #340 The Nisse

Stories

- #343 Hunting
- #344 April Poetry
- #351 Dale Gudbrand

History & Geography

- #302 Maihaugen
- #309 1905--Norway's Independence
- #314 The Battle of Kringen - A story of the heroine Guri
- #317 Norwegian-Danish Union
- #319 The Black Death
- #327 The Norwegian Flag
- #334 Kon-Tiki
- #338 The Great Maelstrom
- #342 Hardanger Fiddle
- #346 Russ
- #347 Salmon Fishing
- #348 The Tall Ships
- #349 The Statue of Liberty
- #350 An Emigrant Story
- #353 Svalbard
- #354 Nobel Prize
- #355 Stave Church
- #357 Dompap

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
- #326 Edvard Grieg
- #329 King Olav V
- #331 Edvard Munch
- #332 Vilhelm Bjerknes
- #333 Fridtjof Nansen
- #335 Ole Bull
- #356 Kirsten Flagstad
- #359 Ben Eielson



**SONS OF
NORWAY**

**INFORMATION
BANK &
MINI-PRESENTATIONS**

Looking for great programming ideas?
Check out the Sons of Norway
Information Bank & Mini-Presentations.

Download materials from the members' section of sonsofnorway.com for immediate use.

Email a list of selections (program names and ID numbers) to culture@sofn.com.

Call (800) 945-8851 to request titles by phone.

Mail a selection request to Sons of Norway, 1455 West Lake St, Minneapolis, MN 55308 using the following order form:

Name: _____
 Member Number: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Telephone number: _____
 Email: _____

Program name

Program Number

1) _____
 2) _____
 3) _____
 4) _____
 5) _____
 6) _____
 7) _____
 8) _____
 9) _____
 10) _____

INFORMATION BANK

The Fraternal Department has developed the Information Bank to educate members about various aspects of Norwegian customs and culture. It is designed to answer some of the most commonly asked questions about the subjects covered and provide further information and resources for continued study. Whether you use them to satisfy your curiosity or to incorporate them into a lodge program or newsletter, the Information Bank is a great place to start learning about Norway.

We have Information Bank units in the following categories:

Holidays & Special Events

- #201 Syttende Mai
- #204 Norwegian Christmas
- #216 Norwegian Christmas Carols
- #218 Norwegian Wedding
- #220 Shrovetide, Easter & Midsummer Eve

Traditional Art & Costumes

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

Literature

- #208 Some Norwegian Proverbs and Literary Quotes
- #214 Norwegian Poetry in English

Children & Youth

- #209 Some Norwegian First Names
- #210 Information on Norway for Children
- #211 Scandinavian Study in Norway and North America

General

- #212 Basic Genealogy Information
- #213 A Summary of the Norwegian Almanac
- #217 Trolls and Other "Norwegians"
- #222 The Family Tree-Viking Articles
- #223 Summarized History of Norway
- #224 Norwegians and Norwegian Americans of Importance in American History
- #225 A Brief History of Sons of Norway
- #226 The Sons of Norway Emblem
- #227 Language in Norway
- #228 Norwegian Immigration to the United States
- #229 Informasjon på Norsk om Slektsforskning

Games

Encourage members to be involved in lodge meetings and interact with each other with games. The games listed here are specifically designed to educate about Norway.

- #12 Norwegian Bingo
- #17 American Heritage Game
- #32 Tug of War

Organization

When planning an event or activity, pulling things together in an organized fashion is often a struggle. These ideas will help with the planning stages of your lodge activities.

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

New programs are continually being added. For a complete list of all programs, please visit the members' section of sonsofnorway.com.

