

Does COVID Have You Down?

Try Learning A New Norwegian Skill!!



Through the Sons of Norway Cultural Skills Program members can earn medals or pins for learning about different Norwegian cultural skills. The Cultural Skills Program hopes to encourage active participation in the traditional and contemporary Norwegian-American pursuits, enrich the lives of our members, and provide new reasons for people to join Sons of Norway.

To get started, you can contact Shelly Hansen, Cultural Director at 715-828-1144 or hansens@uwstout.edu and/or go to the Sons of Norway website and look under Cultural Skills Program for brochure and information.

Cultural Skills Program

For those of you who are unfamiliar with our Cultural Skills Program, it's a fun, educational program designed to encourage active participation in traditional and contemporary Norwegian pursuits. With 14 areas of study to choose from, ranging from Rosemaling to chip carving to folk dancing, there's definitely something for everyone. In each of the 14 categories, there are three different levels that can be attained. Also, there are four different tracks participants can follow:

- **Specialist:** One who wishes to go in depth in one area, e.g. Hardanger embroidery or genealogy, etc.
- **Generalist:** One who samples several skills and qualify for the basic level in each, for example: stamp collecting, crafts, and Norwegian foods.
- **Mentor:** One who is skilled in activities offered in the Norwegian Cultural Skills Program can do a different challenge: mentor others who need formal or informal instruction. The mentor is an extremely important person in passing on the Norwegian heritage to others.
- **Master of Cultural Skills:** One who has completed at least three levels of three different skills, or nine individual basic activities. It's a great program that can be done alone, or easily adapted into a group activity.

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.

Units The Cultural Skills Program covers a wide variety of subjects, ranging from Norwegian cooking to music appreciation. Each unit is designed to provide skill-specific activities at the beginner, intermediate and advanced levels to foster learning and advancement with each newly acquired skill.

#1 Traditional Norwegian Cooking #2 Reading Norwegian and Norwegian-American Authors #3 Collecting Norwegian and North American Stamps #4 Rosemaling #5 Genealogy--Family History #6 Hand Knitting #7 Norwegian Language and Culture #8 Hardanger Embroidery #9 Figure Carving #10 Weaving #11 Ornamental Woodcarving #12 Chip Carving #13 Folk Dancing #14 Music and Musicians of Norway

Youth Cultural Skills Five units just for kids are also available. While these units are tailored specifically for children, adult guidance and supervision is encouraged. #30 Folk Dancing #31 Figure Carving #32 Handknitting #33 Norwegian and North American Stamps #34 Hardanger Embroidery

If you'd like to learn more about the Sons of Norway Cultural Skills Program, contact the lodge Cultural Director - Shelly Hansen 715-828-1144 or hansens@uwstout.edu

Cultural Skills Medals Currently Available

- 1. Traditional Norwegian Cooking**
 - Level 1--Your Favorites
 - Level 2--Baked Goods and Desserts
 - Level 3--Meat or Fish Dishes
- 2. Reading Norwegian and Norwegian-American Authors**
 - Level 1--Your Favorites

- Level 2--Fiction
- Level 3--Nonfiction
- 3. **Collecting Norwegian and North American Stamps**
 - Level 1--Collect General Norwegian & North American Stamps
 - Level 2--Specialize Your Stamp Collection
 - Level 3--Complete a Collection of a Ten-Year Period
- 4. **Norwegian Rosemaling**
 - Level 1--Basic Strokes, Flower Form, and Scroll
 - Level 2--Completed Design
 - Level 3--Create an Original Design
- 5. **Genealogy--Family History**
 - Level 1--Complete people 1-7 on a four-generation ancestor chart, etc.
 - Level 2--Complete four more people on the ancestor, family group chart, and document
 - Level 3--Complete all information for 15 people on the charts--document and write an essay
- 6. **Hand Knitting**
 - Level 1--The Basics
 - Level 2--Knit with Two Colors
 - Level 3--Create a Two or Multicolored Sweater (Based on Norwegian Designs)
- 7. **Norwegian Language and Culture**
 - Level 1--The Basics of Norwegian Language
 - Level 2--A Sampling of Norwegian Culture
 - Level 3--A Topic from Norwegian Language or Norwegian Culture
- 8. **Hardanger Embroidery**
 - Level 1--The Basics
 - Level 2--Complete a Larger Item
 - Level 3--Using Your Skills in Creative Ways
- 9. **Figure Carving**
 - Level 1--The Basics
 - Level 2--Complete a Detailed Carving
 - Level 3--Complete an Original Carving
- 10. **Weaving**
 - Track I**
 - Level 1--The Basics-Make a Sampler
 - Level 2--Inkle or Card Weaving or Rigid Heddle--Complete a Project
 - Level 3--Create an Original Design
 - Track II (Floor or Table Loom Weaving)**
 - Level 1--Produce a Sampler
 - Level 2--Make a Finished Project
 - Level 3--Create an Original Design
- 11. **Ornamental Woodcarving**
 - Level 1--The Basics
 - Level 2--Flatskurd
 - Level 3--Carve the Acanthus

12. **Chip Carving**

Level 1--The Basics

Level 2--Carve Borders

Level 3--Carve Rosettes

13. **Folk Dancing**

Level 1--Easy Dances

Level 2--Intermediate Dances

Level 3--Advanced Dances

14. **Music and Musicians of Norway**

Level 1--Folk Music: Roots of Norwegian Music

Level 2--The Nineteenth Century: Edvard Grieg & Contemporaries

Level 3--The Twentieth Century: Composers, Performers, Conductors

