



<https://www.trollhaugenalberta.com/>

## Newsletter - March 2025

Please forward this to anyone you think might be interested. We are in the process of updating our mailing list - please confirm with your friends and family that they are receiving these newsletters. Contact [darcy@trollhaugenalberta.com](mailto:darcy@trollhaugenalberta.com) (\*note new address) if you need to be added to the list.

**Dean Kelly Memorial Award** - Dean's family and Trollhaugen camp will be presenting one group E camper with a monetary award each year. Additional details will be provided once they have been finalized.

### Messages from the Board

We are looking for volunteers to fill our **Camp Director** and **Assistant Camp Director** roles for the week of camp. Ideally we would like to have one male and one female to fill the positions, with the assistant available to be Camp Director in 2026. Please contact [Darcy@trollhaugenalberta.com](mailto:Darcy@trollhaugenalberta.com) for more information.

*\*A Friendly reminder that Trollhaugen memberships expired December 2024. Please renew your memberships!*

TLACS Board members have new email addresses!

[Trollhaguenboard@trollhaguenalberta.com](mailto:Trollhaguenboard@trollhaguenalberta.com) - will address the entire board.

[Darcy@trollhaugenalberta.com](mailto:Darcy@trollhaugenalberta.com), [Heidi@trollhaugenalberta.com](mailto:Heidi@trollhaugenalberta.com), [Arden@trollhaguenalberta.com](mailto:Arden@trollhaguenalberta.com), [Breana@trollhaugenalberta.com](mailto:Breana@trollhaugenalberta.com), [Alyssa@trollhaguenalberta.com](mailto:Alyssa@trollhaguenalberta.com), [Joan@trollhaugenalberta.com](mailto:Joan@trollhaugenalberta.com), [Vanessa@trollhaguenalberta.com](mailto:Vanessa@trollhaguenalberta.com), [Jennifer@trollhaguenalberta.com](mailto:Jennifer@trollhaguenalberta.com), [Charlene@trollhaugenalberta.com](mailto:Charlene@trollhaugenalberta.com)

Registrar will now be: [Registrar@trollhaugenalberta.com](mailto:Registrar@trollhaugenalberta.com) email transfers will also use this email! Make note for forms and for submitting fees and registrations!



Attention Trollhaugen families! There is a Culture Scholarship for camp sponsorship up to \$500 to cover camp registration. **They must be a Sons of Norway member for at least 6 months prior to the application deadline which is the end of March.**

Lodge's are always looking for new members. Children are free on a parent's membership until they reach 18.

For more information:

Karen Larson, Zone 4 Director

Sons of Norway - District 4

403 358-4036

[littlehorski@telus.net](mailto:littlehorski@telus.net)

Several **Sons of Norway** lodges are closing due to declining membership. Trollhaugen relies heavily on support from these lodges. Please consider **joining** your local Sons of Norway lodge (if you are not already). Please also encourage others to do the same!

Trollhaugen Language, Arts and Culture Camp is the last remaining **Norwegian culture camp** left in District 4. Thank you for the support you have provided to Trollhaugen to ensure the camp remains strong and continues to support the Boards aim of sharing Norwegian language, arts, and culture with families and friends in Alberta and beyond. ***We look forward to your continued support.***

**SAVE THE DATE - Camp will be August 10 to 16th, 2025.**

**Watch for forms to be released in March!**

**(Website and emails)**

**Deadline to register will be by May 15th, payment by June 1st.**

**Enter to win a \$50 Butikk credit if you register by May 15th!**



## Camp 2025 Theme - Norse Mythology

Guess what - Viking Vinland will be returning to Camp 2025!

In addition to our typical classes - Rosemaling, Hardanger, Ethnic Cooking, Swedish Weaving, etc. - We will once again be offering the following classes (E-Adult).

### Tablet Weaving

Tablet weaving (often card weaving in the United States) is a weaving technique where tablets or cards are used to create the shed through which the weft is passed. Most tablet weavers produce narrow work such as belts, straps, or garment trims. In this course, you will learn how to weave and be introduced to the historical supplies used, while using easier to obtain modern materials to create your own tablet woven belt or decorative trim.



### Pottery



In this class, we will introduce you to making pottery the way the Vikings did - No pottery wheels or expensive tools - but instead by using the coiling method. This class will supply you with enough clay to make your own viking age pottery cup. You can then air dry your cup, or it can be fired in an open fire - depending on the weather.



## Clothing Making / Embroidery



In this class, you are introduced to pattern drafting and Viking age clothing making. You may create either a Viking age Tunic style shirt, or a Viking age Tunic style dress for everyday wear. We will help you draft your pattern for this item of clothing, and assist you to sew that item. Sewing machines are supplied, but the number of these machines are limited and it may help to bring our own if you have one!

Please Note: Materials supplied for this course are limited. If you are wanting to make a piece of clothing in a certain colour or with a specific fabric you may need to supply your own.

## Leatherworking



### Birka bags

For Leatherworkers of all skill levels - Learn to create an impressive pouch based on archeological finds from birka. This belt pouch is a beautiful leather bag, made to hang on your belt and hold things close. The leather for this pouch is pre-cut, but you will have to learn to assemble the pouch, and create your own stitch marks using a leatherworking awl. This course comes with all the materials to create one pouch.



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NORWAY**



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## Drop spinning

A hands on tutorial to drop spindle spinning for complete beginners. You will learn everything you need to know from attaching the fiber, to finishing your yarn!  
This course comes with a drop spindle, and 100 grams of raw wool to begin spinning.



# Trollhaugen Butikk

Did you know that our Tollhaugen Butikk is available for **DONATIONS** and **CONSIGNMENT SALES**? The consignment fees have been reduced from 30% to 20%. If you are interested, please contact [trollhaugencamp@gmail.com](mailto:trollhaugencamp@gmail.com).



**MERCH ALERT!!!**

## Online sales for merchandise are still available.

To order and make arrangements for pick up/shipping, please email Jenn at [slettedej@gmail.com](mailto:slettedej@gmail.com).

Adult Sizes Prices:

Hoodies \$55

T-Shirts \$30

Youth Sizes Prices:

Hoodies \$35

T-Shirts \$20

Must send an E-transfer to confirm your order to [slettedej@gmail.com](mailto:slettedej@gmail.com)

Put the size, colour & design in the message box.



**YOUTH HOODIES**  
JERRZEE 996Y

	BODY LENGTH	CHEST WIDTH
SMALL	19	15
MED	22	17
LARGE	25	19
XL	28	20

COLOR: ROYAL

**YOUTH HOODIES**  
JERRZEE 996Y

	BODY LENGTH	CHEST WIDTH
SMALL	19	15
MED	22	17
LARGE	25	19

COLOR: ROYAL

COLOR: BLACK



Call for **donations to the Silent Auction**. This is one of the annual fundraisers that we do at camp and these funds help immensely to the operations of camp.

**Can't think of anything?**

***Bring a gift card (or lots of gift cards!)***

If you have any items to donate, please reach out to:  
Charlene Lipchen [charlene@trollhaugenalberta.com](mailto:charlene@trollhaugenalberta.com) (South) or  
Jen Whalen [Jennifer@trollhaugenalberta.com](mailto:Jennifer@trollhaugenalberta.com) (North).

## **Fun Stuff**

Norwegian Idiom:

## **Å ta beina på nakken**

Translation: To put your legs on your neck.

Meaning: To run away from something.





*The University of Oslo has recently launched the [Great Viking Survey](#), a wide-ranging study to explore how people across the world perceive and engage with the vikings as history and heritage, and to map the many ways in which contemporary media and academia shape these views. This online survey invites anyone, anywhere, over 18, to share their thoughts on the iconic viking warrior figure, as well as the enduring legacy and memory of the vikings in the modern world. In doing so, researchers will be able to shine an unprecedented light on the means and mechanisms that allow images and myths of the vikings to be shaped and spread in the public sphere.*

*The survey is part of the [Making a Warrior-project](#), a pan-Nordic network of scholars examining the concept of viking 'warriorhood' and its representations past and present. By determining how ideas and images of vikings are shared among different communities and demographics, the project is able inform future outreach and cultural heritage initiatives that respond to public interest, while fostering a nuanced appreciation of the Viking Age.*

*The Great Viking Survey is now live at [vikingsurvey.org](http://vikingsurvey.org), and remains open until mid-May 2025. The associated press release from the University of Oslo can be found [here](#).*

*Please feel free to share across your networks!*



**SONS of  
NORWAY**





## Recipe:

### DESCRIPTION

**Rømmegrøt** is a wonderful Norwegian classic dish that is warming, rich, and delicious. A rustic porridge recipe that is amped up with great ingredients like cream, sugar, butter, and flavor!

### INGREDIENTS

2 cups heavy cream  
1 cup whole milk  
½ cup flour  
2 Tablespoons sugar  
1 teaspoon salt

### FOR TOPPING

Melted butter  
Sugar  
Cinnamon

### INSTRUCTIONS

1. Heat milk just to a boil and then remove from heat. Stir to make sure milk does not scald.
2. While doing this, add cream to medium saucepan and bring to a simmer. Stir continually to ensure the dairy does not scald.
3. Allow to simmer while stirring for 5 minutes.
4. Slowly add flour to cream and stir in with fork. Add about 2 Tablespoons at a time
5. Once flour is fully incorporated, add 2 Tablespoons of sugar, salt, and stir in.
6. Slowly add in hot milk and stir at the same time until evenly mixed.
7. Put in dish, top with butter, sugar, and cinnamon. Serve.

*If you have tried any of our newsletter recipes, please send us a photo and review! We may include it in future newsletters! [trollhaugencamp@gmail.com](mailto:trollhaugencamp@gmail.com)*

*Feel free to submit a recipe you would love to share with the Trollhaugen family.*

