



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

Newsletter - July 2024

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 trollhaugencamp@gmail.com if you need to be added to the list.

Messages from the Board

50/50 Raffle - <https://www.rafflebox.ca/raffle/trollhaugen2024>

Trollhaugen Language, Arts and Culture (TLAC) aims to give families an opportunity to share and learn the Norwegian language, arts, and culture. We are Alberta-based and welcome people from across North America.

Funds raised by this raffle will support the costs associated with hosting camp each year, including our efforts to bring in special instructors from beyond Alberta to teach language, folk dance and various arts. Fundraisers such as this allows TLAC to keep costs low allowing families to attend together.

The draw closes on August 17 at the camp windup. The winner will be contacted to claim their prize.

Thank you for your support!



Trollhaugen Butikk

Did you know that our Trollhaugen 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.





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.

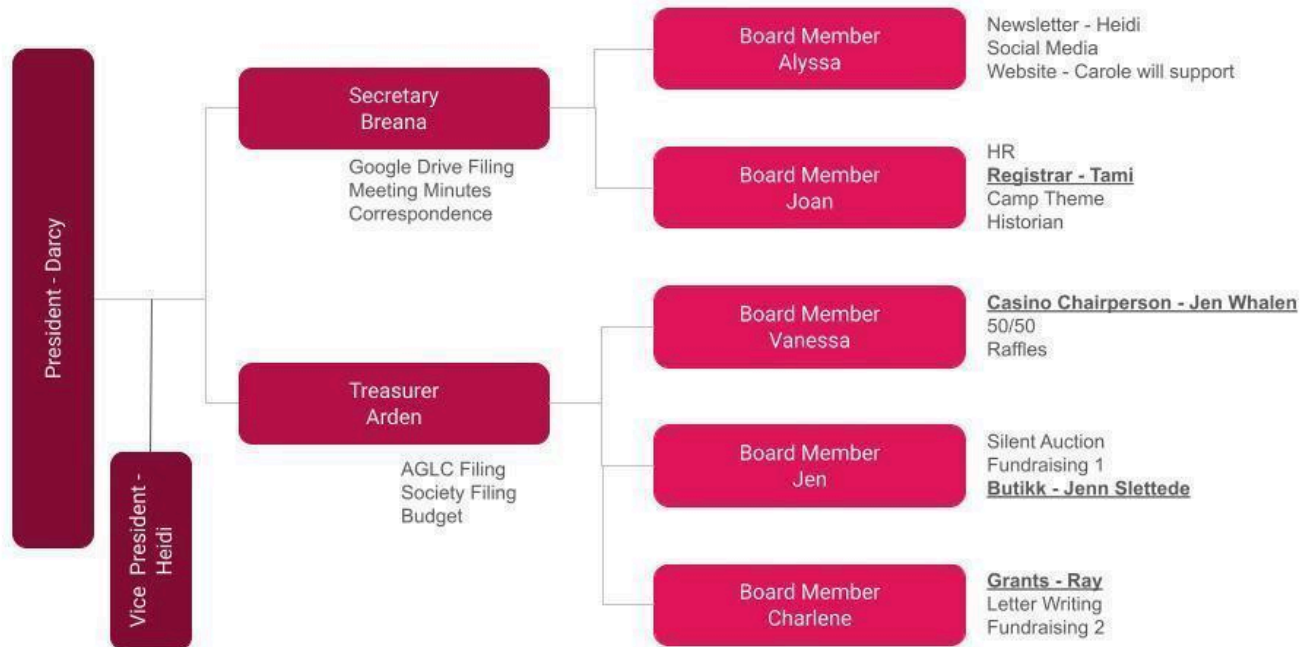
Can't think of anything? *Bring a gift card (or lots of gift cards!)*

If you have any items to donate, please reach out to Charlene Lipchen char.lipchen@gmail.com (South) or Jen Whalen jen_whalen@shaw.ca (North).

Trollhaugen Language Arts and Culture Camp is looking for your help!

Please take a look at the organizational chart, and various committees. If you are able to help in any way - please Email trollhaugencamp@gmail.com.

Trollhaugen Organizational Chart - 2024



Camp will be August 11 to 17th, 2024.

Registration has closed.

Spots are still available - please help us spread the word so that we can fill up!

We are excited to offer an online registration process (google forms) this year!

If you did not receive the google link, or you would like PDF forms, please visit

<https://www.trollhaugenalberta.com/> or troll.registrar@gmail.ca

This year's schedule and class times will be adjusted to accommodate meal preparation and better working hours for Deer Valley Meadows staff.

Breakfast: 8:30am-8:55am

Lunch: 12:30-1:25pm

Supper: 5:30-6:30pm

Class 1: 9:30-10:25am

Class 4: 1:30-2:25pm

Viking Story Time (Groups A-D,

Class 2: 10:30-11:25am

Class 5: 2:30-3:25pm

Adults) and E Dance: 7:00-7:55pm

Class 3: 11:30-12:25pm

Family Time: 3:30-5:25pm

Adult Dance: 8:00-8:55

Camp 2024 Theme - Vikings

Bring your lawn chairs (or beach blankets). We will be using the open area next to the gazebo for demonstrations and there are no benches. Please bring chairs, or blankets to sit on.

Viking Combatants - Bring Your Helmets to Camp!

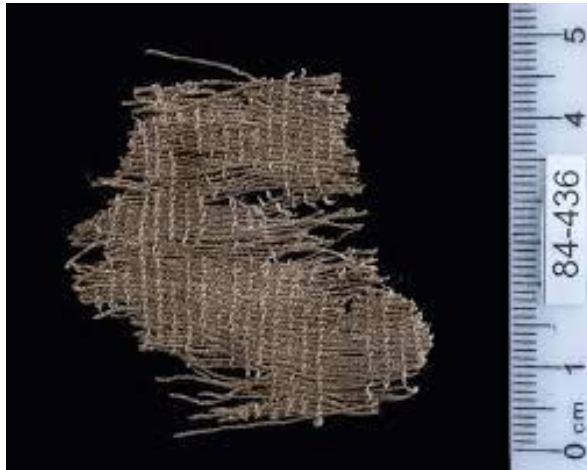
One of the many fun viking-themed activities at camp this year, brought to us by our friends at Vinland Vikings, will be Viking Combat Training for children ages 12 and under! Any children in this age group who wish to participate in Viking Combat Training ***must bring a sport helmet*** to camp this year. Any type of helmet will work - bike, hockey, skateboarding, skiing, etc, so long as the helmet is designed to protect the head and includes an adjustable chin strap.

Special Activities for Camp 2024 Theme – Vikings!	
Monday <i>mandag</i>	Every year, we declare our camp “Norway” for the week as we celebrate <i>syttende mai</i> with a parade, raising the Norwegian flag and singing the national anthem. But wait - are those <i>Vikings</i> we see on the horizon? And what’s that brightly-coloured flag they are carrying? Enjoy a special celebration to open this year’s camp with our Viking friends (but, watch out for the <i>swords!</i>)
Tuesday <i>tirsdag</i>	Our friends Janina and John return to camp this year to share beautiful Viking music and songs using traditional instruments. <i>Look out for those sneaky trolls... do you think they might enjoy a little music, too?</i>
Wednesday <i>onsdag</i>	We shall enjoy our traditional outdoor barbeque this year with a Viking twist! Try an authentic Viking dessert, cheer on your favorite Viking warrior, and try your hand at some friendly competition... <i>fancy a game of Kubb, tug of war, or stone throwing, anyone?</i>
Friday <i>fredag</i>	Some campers will have worked hard all week on making their very own Viking costumes. On this day, we will get to <i>show them off!</i>
Every Evening <i>Hver kveld</i>	Come down to the campfire and unwind with your family and friends each evening, as our Viking friends share <i>Viking songs and sagas</i> with us over a sweet treat.

More about Viking's - What else can you learn from Them?

Before both knitting and crocheting, there was a thread technology technique with roots in Scandinavia, called **Nålebinding**. This form of stitching was used to create a stretchy fabric of connected loops that were crafted into items of clothing and other textiles.

Early nalbinding pieces from the Viking Age are from approximately 800-1066 C.E.



In English this type of Scandinavian stitching is known as "knotless netting," "looped-needle netting," or "single needle knitting."

Fun Fact! The oldest Piece of Nalbinding was found in the middle east - and is from about 6000 BCE! It doesn't look like much, but it's amazing we have a piece of cloth that is that old!

Nalbinding is considered an endangered heritage craft - that means that the techniques to do this craft are being lost. Come to camp, learn how to nalbind from Viking age reenactors Kara and Kolfinna and keep the art alive!



Easy projects include hats, coin pouches, and carrying bags.



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.

Come to Camp, and Kolfinna will show you some of her amazing fiber art and help you to start weaving. She can set up Weaving in a flash, and you can make your own tablet woven belt or decorative trim.



Fun fact! Vikings had glasses for drinking and feasting - it's not just about drinking horns! (although - they did have drinking horns!)



Drinking Horns are meant for feasting and toasting to Victory. The horn can't be set down; so a Viking cannot stop drinking and start fighting – at least not without spilling beer!

One of the most famous examples of a drinking horn is in Odin's hands. Odin sits in the great halls of Valhalla, drinking Mead from a great drinking horn and sharing it with all the fallen Vikings who will fight by his side at Ragnarök – the last battle for the world.

So, what did they drink from?



Glass was rare and expensive for Vikings and was reserved for high class people and fancy functions.

Day to day, people used pottery cups! Pottery cups were relatively easy to make, and clay was inexpensive.



Vikings did not have expensive tools or pottery wheels, and instead used a technique of making a long rope of pottery, and then smoothing it out.

Want to learn? Vikings Vinland will show you - and then your cup can air dry before you take it home, or (weather depending) we can fire it in an open fire!



We have covered so many elements of Viking clothing - but something important is missing... **Leather!**

The use of animal skins for clothing is nearly as old as man himself. Leather items have been found dating back to 1300 BC. It was used for many domestic objects, such as water bottles, cups and bowls.

Leather also had its uses in warfare and, of course, footwear!



The most famous example of Viking age leatherworking we have is the Coppergate shoe. Leather and cloth do not preserve very well in the archaeological record, so pieces are rare and treasured when they are found.

Take it from Kara. you do not want to start your leatherworking journey with shoes! Kara and Runi are masters at leatherworking - and are thrilled to share this skill with you.

We will provide materials, patterns, and even pre-cut pieces to get you started. Learn to make a simple coin pouch, a leather ball, or for those with even more drive. Use Kara's pattern to make a reproduction from an archaeological find from Sweden.



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.

Condolences



We regret to inform you that Herman Thorsen passed away today, June 2, 2024. Herman taught woodworking for years at Trollhaugen and many campers loved and respected him. He continued to hang with the kids for years even when he wasn't teaching.

Congratulations

At the beginning of June, Heidi's ladies team won a GOLD medal in Ottawa at the Canadian 5 Pin Open Nationals. Heidi and 3 other of her teammates (plus their coach) were on the gold winning team last year making it a back to back win for them!

Wish Heidi luck again in Winnipeg as she competes with her Ladies team and the Canadian Master's July 1-4, 2024.



Fun Stuff
Joke Time!

Why were there no Vikings called Ruth?

Because they were Ruthless

Recipe: Rømmegrøt

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

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

GODS OF THE VIKINGS

The **Vikings** believed that the world was made up of nine different worlds. Different beings lived in each one. For example, people lived in Midgard, the Gods lived in Asgard and the Giants lived in **Jotunheim**. There was also **Helheim**, where all the thieves and bad people went after they died. Each of these worlds were held in the branches and roots of an ash tree called **Yggdrasil**.



ODIN

In Viking Mythology, **Odin** is the leader of all the Gods and Goddesses. He is the God of knowledge, war, and victory. He lives in Asgard in a silver tower called **Valaskialf**. He has one eye and he sends out two ravens, called **Hugin** and **Munin** that travel across the worlds and come back to Odin to tell him all that they saw and heard. He has a magic spear called **Gungnir** that can hit any target it is thrown at.



FREYA & FREYR

Freya and **Freyr** are twins and are the daughter and son of the God called **Njord**. Freya is the Goddess of love and beauty and is incredibly beautiful. She is admired by the gods, dwarves, and the elves. When she cries, her tears turn to gold. Freyr is the God of good harvest and peace. He is also the ruler of the Elves at their home called **Alfheim**.



THOR

Thor is the God of Thunder and is one of Odin's sons. He is the strongest of all the Gods and he protects the people in **Midgard**. Thor has a magic **hammer** that only he can lift. It can spark lightning bolts, tear down mountains, and will always return to Thor's hand. It was made by dwarves and it is called **Mjolnir**.



LOKI

Loki is known as the **Trickster** as he loves causing trouble for everyone, especially the Gods. He is very cunning and clever and is always looking for new ways to trick people. He is a shapeshifter, allowing him to change into any living creature. He lives in **Asgard**, with all the other Gods, and he is friends with Thor.



Every underlined word in each paragraph on the opposite page is hidden somewhere in the grid – forwards, downwards or diagonally.

There are 20 to find altogether.

GOOD LUCK!

L	N	J	O	R	D	A	F	T	E	M	L	O	S	G	U	R	P	V	A
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I	V	T	R	O	B	F	W	O	C	K	I	S	U	R	A	L	Y	E	P
D	G	A	J	T	V	E	F	R	L	O	M	K	C	W	I	B	Y	M	S
G	U	S	P	U	I	N	R	D	W	J	V	A	I	F	L	O	M	U	T
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We know about Norse Gods and Norse Mythology as many of those stories were written down. Many different creatures appear in Norse Mythology including giants, dwarves, and elves.