



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

Newsletter - July 2022

Messages from the Board



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

Email trollhaugencamp@gmail.com if you are interested, or pass along to anyone else you think might be interested!

1. Trailer Unloading/loading - We need one person to rent a uhaul cube van, bring it to camp and lead this endeavor of unloading and distributing everything around camp. Any cost related to the truck will be reimbursed fully. This person would need to be there around 2 or 3 pm Sunday, and be prepared to not to leave until around 4 or 5 pm Saturday evthisening. Fellow campers are very helpful once these tasks are started!

This is an extremely important job that needs to be completed.

2. **We are looking for instructors!** We are looking for lead instructors in the following areas:
 - a. Norsk
 - b. Woodcraft
 - c. Ethnic Cooking
 - d. Viking Knit/Chain maile

Please contact trollhaugen.hr@gmail.com right away if you, or someone you know could teach any of these classes.

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

Email trollhaugencamp@gmail.com if you are interested, or pass along to anyone else you think might be interested!

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. Please contact Arden Neustaedter at arden.n@shaw.ca if you have anything you can donate or for more information.

★ Fundraising Committee

- TLAC prides itself on keeping registration fees low so that entire families can attend together.
- TLAC is run entirely by volunteers but we still have rental, food, and supply costs to cover.
- If you have fundraising ideas please let us know (keeping in mind, we have to manage the campaign on top of planning for camp - and we have camp families province-wide).
- If you can help us manage fundraising campaigns, we welcome the assistance!

★ Newsletter

- Let us know if you know of camp family members celebrating birthdays, anniversaries, achievements or any other special announcements!
- Anyone interested in helping to write or coordinate input please contact us.

★ 50th Anniversary (2023 Camp)

- Anyone interested in helping to plan our golden anniversary celebration!

★ Historian

- We are looking for some help updating and consolidating our camp records (photos and summaries of classes, themes, etc.)

★ Mentors / Mentees

- The TLAC Board is looking to help our camp family make connections with those who have skills they can pass on, and those looking to learn/develop certain skills. If you are willing to mentor, or want to be a mentee, please indicate your interests on the 'Staff Intent Form'.

We are beginning to confirm registrants, form classes, find instructors, and figure out the schedule! ***We are looking forward to getting in touch!***

Nossack Meats fundraising campaign - open until July 20th!

See flyer at the end of the newsletter!

Go to: <https://gfun.ca/trollhaugen>

Anyone from anywhere can order! Pick up will be at the end of camp, whoever is picking up the order can be noted in the "in support of" section.

Share the fundraising links on your social media:

<https://www.facebook.com/golden.fundraising.ab>

https://www.instagram.com/golden_fundraising/

https://twitter.com/G_Fundraising

Trollhaugen is waiting for the exact date of our next **Casino** - but it will be sometime in April/May/June 2023. Keep watching for dates.

Camp 2022 Theme - Then and Now

With a little more than 3 months until August, it's time to explore how we can incorporate 'Then and Now' into our classes. To help inspire you, here's some information!

Then

Norwegian dances, along with other Scandinavian dances, are primarily social in nature as opposed to religious or ritualistic. They were danced for fun at festive occasions, that is, weddings, midsummer, Christmas, and just plain parties. When we say Norwegian dances, we usually refer to the dances from the central and southern parts of Norway.

Norwegian dances are customarily divided into the categories described below.

BYGDEDANS (Country Dance)

These are the oldest known and documented dances, coming to Norway in the period 1600 to 1800. There are five main categories of bygdedans: *Springar (Springdans, Springleik, Gamalt), Gangar (Bonde, Jølstring), Pols (Polstdans, Rundom), Rull (Vossarull, Rudl, Rullar), and Halling (Laus, Lausdans)*. Each type is widely danced and known over a large area, although it varies considerably from district to district. The dances also vary from individual to individual in the same district. This creates a complex geographical pattern with gradual transitions in tradition from one region to the next.

*The last few years we've had some fun learning steps that can be incorporated into Lausdans and we learned some Springars a few years ago.

GAMMELDANS or GAMALDANS (Old-Time Dance)

Gammeldans has its roots in German and Austrian couple dances. The dances became popular in the courts at the end of the 1700s, were introduced in ballrooms in Paris in the early 1800s, and spread from there throughout Europe. They became very popular in Norway and were the social dance of the 1800s. They are usually grouped into four main categories: *Vals (Waltz), Reinlander (Schottische), Polka (including Hamborgar, Galopp, and Pariserpolka), and Masurka (Springpolka, Polkamasurka)*.

*Gammel Reinlander and Masurka Mixer are a couple of examples of Gmaldans we've danced at camp.

TURDANS (Figure Dance)

Turdans is a grab-bag category, and contains all the dances that don't fit anywhere else. Most of the dances have a fixed structure. The figures come in a fixed order, have a fixed length, and are bound to specific parts of the music. Many of the dances are done in group formations, requiring considerable organization. These dances were popular in towns and among the well-to-do in less mountainous areas and, for the most part, have not been a strong factor in Norwegian tradition. However, they are extensively used in organized folk dance in Norway and are the type **most easily included in the American folk dance repertoire**.

*This is where most of our dances fit such as Weaving dance or Klapdans

SONGLEIK (Song Games)

The only accompaniment to *Songleik* is singing, usually of rhymes. The dance is often a simple and stylized dramatization of the text. Songleik has very old roots; some of the texts can be traced back to the Middle Ages. However, it probably did not come to Norway until the end of the 1800s, arriving via Sweden and Denmark. *Songleik has been much danced in places where dance was/is forbidden for religious reasons*; it is not considered to be dance as long as it starts in a circle and there is no instrumental accompaniment. It is usually not danced together with other dance forms.

**Troll in the Knoll* is a favorite with our younger groups! The song is in English, but accompanies a fun game we enjoy playing at the end of class.

Now

In general, dance is becoming more of a specialty for interested individuals, and less a part of the fabric of society. A process of professionalization is occurring. Schooling in Norwegian dance is now offered at the university level. At the same time, gammeldans in the traditional setting, common only twenty to thirty years ago, has practically disappeared from the Norwegian countryside.

SONGDANS (Song Dance)

Songdans is danced to vocal accompaniment only. The songs are sung in unison, without harmony. The usual formation is a circle of couples; if it is crowded, there may be several concentric circles.

Songdans is not found in Norwegian folk traditions. It is mainly the work of Hulda Garborg in the period 1900 to 1910. She wanted to bring into use songs that had probably been danced to at one time. The Faroe Islands have a living tradition of singing long ballads while dancing a simple basic step (of the Pravo or Hora type). Hulda Garborg based her songdans on this tradition, and the two basic steps (Attersteg, Kvilesteg) are stylizations of the Faroe Islands step. *Songdans became popular in organized folk dance in 1910 to 1920, and today it is often viewed as one of the trademarks of Norwegian dance*. Even today, new dances are choreographed using appropriate songs: ballads, well-known country songs, and sometimes more recently written popular songs.

**Unfortunately we haven't had the expertise required to teach any song dances at camp for the past several years*

BYGDEDANS (Country Dance)

Today, musical accompaniment is nearly always a *solo instrument*, usually an ordinary fiddle or Hardanger fiddle, depending on the region. There are many melodies for each regional dance. Fiddlers often pursue music only from their own regions; for example, a fiddler from Telemark plays Springar and Gangar tunes from Telemark only.

Bygdedans is still a living tradition in some parts of Norway. In some places, versions of the dances suitable for the teaching environment have emerged.

GAMMELDANS or GAMALDANS (Old-Time Dance)

Today, musical accompaniment is most often a **modern orchestra**, including instruments such as fiddle, accordion, guitar, and bass (perhaps electric).

At the beginning of this century, gammeldans was extensively done extensively in traditional settings. The dances are still done today in a few places but they are often mixed with, or have given way almost entirely to, more modern dances such as Foxtrot and Swing. In the 1970s, there was a revival of interest in gammeldans. In recent years, however, the number of places to dance gammeldans has been dropping precipitously.

TURDANS (Figure Dance)

Today, turndans is done primarily by organized folk dance groups where participants learn dances very much as folk dancers in the United States learn dances. Although the dances come from particular regions or towns in Norway, they are now widely taught and danced all over the country. At parties, the musical accompaniment is often an orchestra, although a solo fiddle may also be used if no orchestra is available. A **solo fiddle or accordion** is the usual accompaniment in the weekly meetings for learning and dancing.

Did you know?

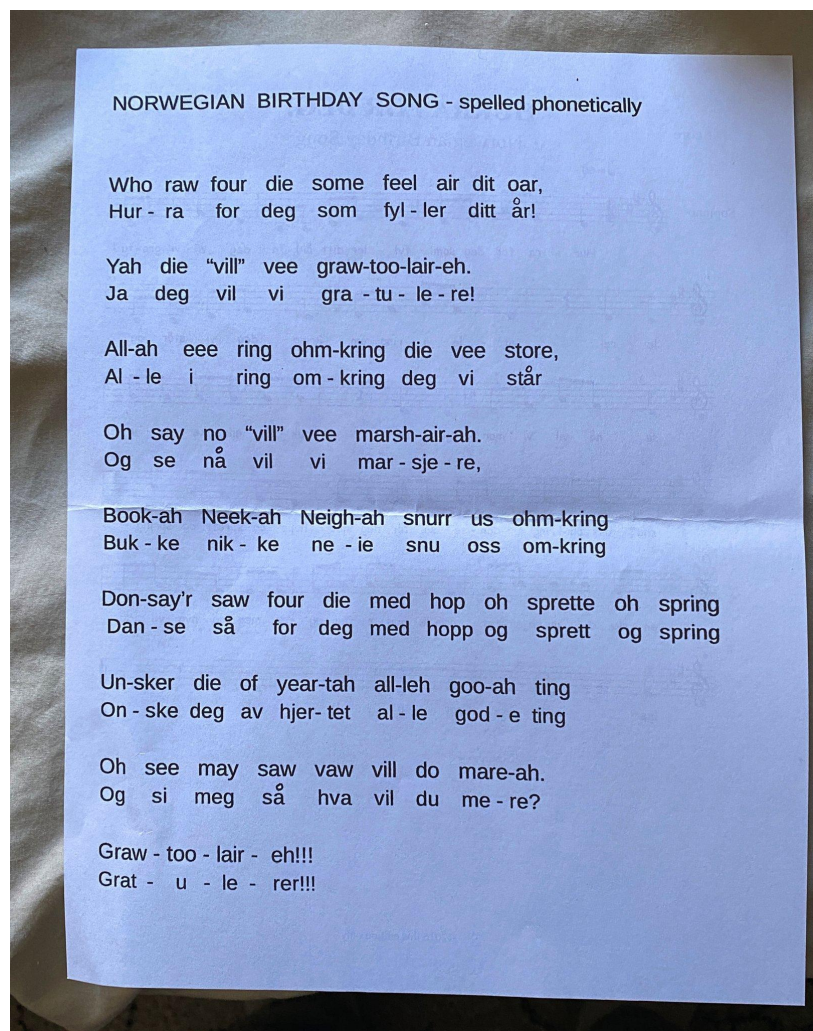
Copied from the Sons of Norway Solglyt Lodge 4-143 facebook page.

Norwegian Birthday Song - Hurra for deg som fyller ditt år!

<https://www.youtube.com/watch?v=ulMN9tC1bY8>

This song is the most difficult Birthday song in the world. It not only has a lot of lyrics, it also requires dance moves. In an English birthday song, all you need to learn is "Happy Birthday to you". You repeat that a certain number of times, sometimes with the name of the person you are celebrating with. Number of brain cells required to sing this song in English: 3. Number of minutes one needs to remember this sentence: 2.

In Norwegian you need to learn a minimum of 9 sentences, none of them repeating itself at ANY point.



The sentence structure of this song is very strange. It comes from old fashioned Norwegian (or should I say Danish?). Example: Alle i ring omkring deg vi står. Nobody ever says it like that in real life: Everyone in a circle around you we stand.

Ønske deg av hjertet alle gode ting: Wish you from our hearts all the good things. And what on Earth does Og si meg så mean?

Now try saying all these sentences very fast, in tempo, with the right melody, and with THE MOVES.

The dance moves Then you also need to learn when to hop and turn and bow. Yes, dance moves are required. And at the right moment in the song. Just look at the Prince and Princess singing for the King's birthday if you don't believe me.

Announcements

It is with regret that we inform you of the passing of Eileen Bantjes on June 13, 2022. Eileen played a very important part of Trollhaugen's history and success and her legacy will be felt with all campers in future generations. We send our condolences to her family.

Congratulations! Gratulerer!

Josh & Miranda Andersen welcomed Petra Marguerite Rose to the world on June 14th at 8:13pm. She was 9 lbs. 1 oz, and 18" long!

Cole Sandulak graduated High School!

Congrats Cole - We wish you well on your next chapter.

*Do you have an announcement to share, or someone to recognize?
email trollhaugencamp@gmail.com and we will include it in the newsletter!*

Fun Stuff

The Edmonton Heritage Festival, HERITAGEFEST is still at home, July 30-Aug 1, 2022. In our long term home, Hawrelak Park. <https://www.heritagefest.ca/what>

Joke Time!

LENA DECIDED that she and Ole needed a bit of culture so she bought tickets to the ballet. That evening, after watching the performance for about thirty minutes, Ole leant over to Lena and whispered in her ear,

"I don't see why they dance on their toes. Why don't they just get taller dancers?"

Recipe:

Potato Klubb (Norwegian Potato Dumplings)

- 2 cups all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon baking powder
- ¼ teaspoon ground black pepper
- 2 teaspoons salt
- 4 cups potatoes, peeled and grated
- 2 tablespoons grated onion
- 8 ounces cooked ham, cut into 1 inch cubes
- 1 cup melted butter

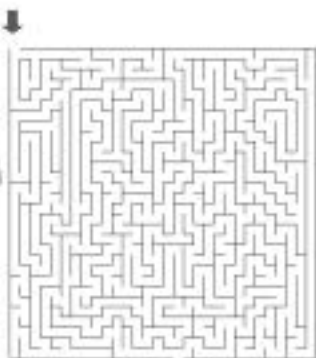
Directions:

1. Mix the flour, 1/2 teaspoon salt, baking powder, and pepper together in a bowl. Place the potatoes and onion in a large bowl, and stir in the flour mixture until thoroughly blended. Use floured hands to knead the potato mixture in the bowl until it takes on the quality of stiff bread dough. Add additional flour if the dough is too sticky.
2. Pinch off a tennis ball-sized piece of dough and shape it around a cube of ham, completely covering the ham, to form a ball. Repeat with remaining dough and ham cubes. Set aside any extra ham.
3. Fill a large pot with water, add 2 teaspoons salt and any extra ham, and bring to a boil over medium-high heat. Carefully slide the balls into the boiling water, a few at a time. Loosen any sticking to the bottom of the pot. Simmer for 45 minutes to 1 hour. Remove with a slotted spoon, and drain on a plate. Serve hot with melted butter.

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.

Dance Maze



Lucy the ballerina has lost her ballet shoes and can't do her dance exam. Can you help Lucy through the maze to find her ballet shoes so she can do her exam?



Fall Dance - Logic Puzzle

Saturday night, three couples went to the town's annual Fall Dance competition. Each couple dressed in matching colors and they all performed very well. The competition was fierce but friendly and everyone had a grand time. From this information and the following clues, for each couple, can you determine their surname, their place in the competition, and the color they wore?

1. Bill, who was married to Jean, placed better than Mary and her husband but worse than the West couple.
2. Mr. and Mrs. King came in 3rd place.
3. Bill Snow and his wife didn't wear the green outfits.
4. The couple wearing blue placed after the couple wearing brown, but before the King couple.

		Surname			Placed			Color Worn		
		King	Snow	West	First	Second	Third	Blue	Brown	Green
Couple	Bill/Jean									
	George/Brenda									
	John/Mary									
Color Worn	Blue									
	Brown									
	Green									
Placed	First									
	Second									
	Third									

Couple	Surname	Placed	Color Worn
Bill/Jean			
George/Brenda			
John/Mary			

play more logic puzzles on ahapuzzles.com/logic-puzzles

TROLLHAUGEN LANGUAGE, ARTS & CULTURE CAMP

SCAN CODE TO ORDER or VISIT
gfun.ca/trollhaugen



Visit the site above for product details!

BOX A



BOX B



BOX C



BOX D



FUNDRAISER DETAILS

Order Deadline: July 20

Order Pickup: August 13 @ 3pm, after the camp
wind-up performance (Deer Valley
Meadows - 39017 Range Rd 230, Alix)

Questions? Contact Carole 780-619-0968



Trollhaugen
Norwegian Heritage & Culture Camp Est. 1973

We appreciate your support!

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