



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

Newsletter - June 2022

Messages from the Board

The deadline for registration has passed - *however, we haven't reached capacity!*
Please return your forms as soon as possible to ensure your spot at camp.

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

Watch for our **Nossack Meats** fundraising campaign! Estimated to run June to July with delivery of the meat to be at camp! Up to 40% of the sales goes to Trollhaugen.

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.

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.

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!

★ 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 family 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'.

Special Thank you!

Donations

#1 Trollhaugen received a donation in the memory of *Leif Turning* through the Sons of Norway Foundation in Canada, the amount was **\$100.00**, the donation was made on behalf of Barb Olson.

Thank you for your generosity *Barb Olson*, and thanks for honouring Leif Turning. Leif was involved in Trollhaugen and Sons of Norway for many years and he will be deeply missed.

#2 A **\$5,000.00** cheque from a Trust Account held by *Goldeye Foundation Society*. That trust account originated from Alberta Sons of Norway lodges. When the Sons of Norway Foundation was advised of the trust, they were also made aware of Goldeye's desire to clear the account.

A decision was made to request a refund payment of \$5,000.00 to the Sons of Norway Foundation and the assumed interest earnings of \$2300.00 (+) be retained by the Goldeye Foundation Society as a goodwill donation.

Since the trust originated from an Alberta group dedicated to youth development, the Sons of Norway Foundation Board of Directors decided to forward the full refund payment to Trollhaugen Language, Arts and Cultural Society.

We would like to thank *Helen Evjen* for sitting on the Foundation Board for years and putting Trollhaugen forward to this board. **Thank you Helen and thanks to the Sons of Norway Foundation and Goldeye Foundation Society!**

Tusen takk for the donations and we encourage you to make a donation to camp as these funds go directly to programming and the sustainability of Trollhaugen. *We honour our donors!*

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

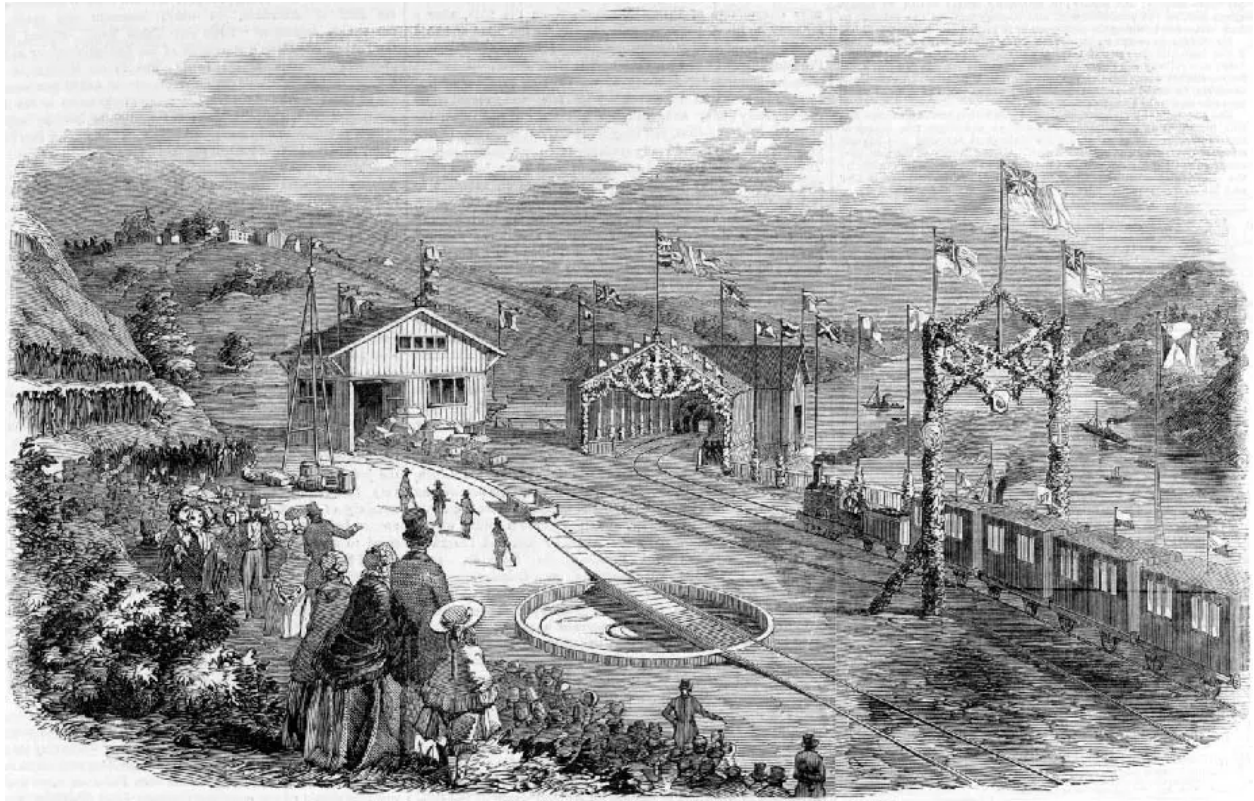
For thousands of years, the Norwegians relied on boats, horses, reindeer, and their own two feet to transport both goods and people. With its mountains, fjords, valleys, waterways, and forests, Norway was never the easiest of landscapes to travel through.

Within [Scandinavia](#), the earliest known reference to skiing dates back to around 3,000-4,000 BC. Primitive carvings depict human figures walking on skis. The first primitive ski found in Scandinavia was uncovered in a peat bog in Sweden's Jämtland County. It dates back to 4,500-2,500 BC. Other notable finds include a Finnish discovery dated to 3,245 BC, Sweden's Kalvträskskidan ski dated to 3,300 BC, and Norway's [Vefsn Nordland](#) ski, dated to 3,200 BC. More than 20 well-preserved skis or ski fragments have been found in drained bogs in Norway.

These discoveries in particular indicate skis have been used in Norway—especially in the north—since prehistoric times. Early written evidence includes Procopius' description of Sami people as (translated) as “ski-running sami's”. In fact, the very old Sami word for skiing čuoigat suggests Sami people have skied for several thousands years.

According to mythology, several Norse gods were described as hunting on skis. In fact, [Ullr and Skaði](#) have later been regarded as the god and goddess of skiing and hunting. It's no surprise that the act has been immortalized in the gods given that it was of such importance to early transportation.

When the Norwegians started work on their first railway initiatives, they looked to England, which had the best railway engineers of the day. In the UK, the first public railway-line was the Stockton & Darlington Railway in northern England, which opened in 1825. In the 1840s, Robert Stephenson – son of George Stephenson, by many deemed to be the father of the railway – came to Norway to inspect and give advice.



The early Norwegian railway projects opened up the inland regions, and improved the transportation of natural resources and goods to the coastal ports; mainly timber and agricultural produce. And even more importantly, a lot more of the processing of the natural resources – and thus the wealth creation – could now happen locally, for example in sawmills or other types of factories. Prosperity, quite literally, followed in the railway's tracks.

Now

Norway has a well-established public transport system and a large network of buses, ferries, trains and planes. There are many different transport companies in Norway, some of which specialize in local services, while others run long-distance services.

Telemark skiing:

Sometimes in the 19th century, skiers in the Telemark region challenged each other on wilder slopes that included steep mountains, steep jumps and sharp turns.

Ski jumping:

Ski jumping was first contested in Norway in the late 19th century, although there is evidence of the practice taking place in the 18th century. The first records suggest that Sondre Norheim (remember him!?) won the first ever competition with prizes in 1866.

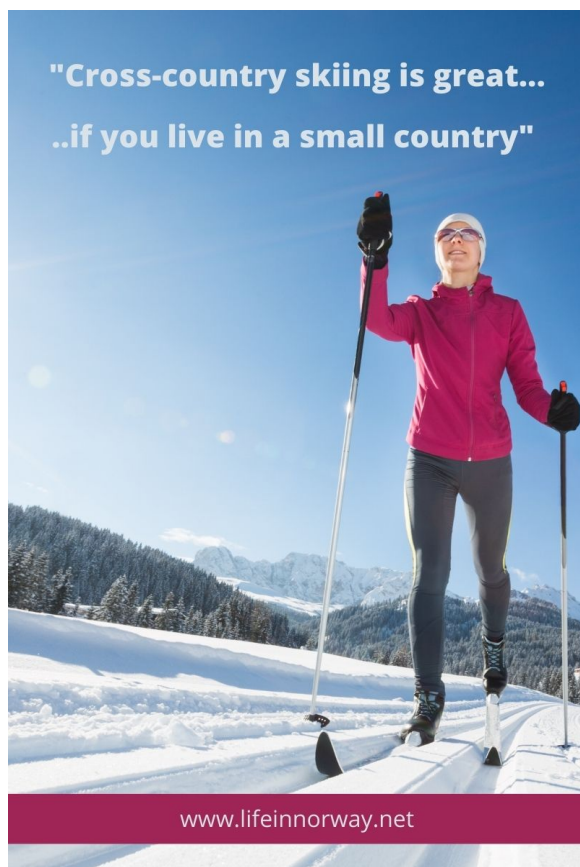
Did you know?

Most people know that the term ski is a Nordic word. Its origin is from the Old Norse word **skíð**, which means “cleft wood” or “stick of wood”. Even today, ski in Norwegian and Swedish remains a noun, not a verb.

In Norwegian, the equivalent verb for skiing is **å gå på ski**, which literally means to walk on skis. To reference a skier, you may call them a **skiløper**, which literally means a ski runner. But the vocabulary doesn't stop there. Other skiing-related words are of Nordic origin too, such as slalom (from **slalåm**).

The Oslo-Eidsvoll Line, and the connecting Lillestrøm-Kongsvinger Line, were both made with the track-width used in the UK and elsewhere in Europe – 1,435 mm. But to save money, the Trondheim-Støren, Hamar-Grundset, and Drammen-Randsfjorden lines only had a track-width of 1,067 mm. Having two different railway systems was not a very forward-thinking choice, and eventually, all Norwegian railways were given the 1,435 mm width.

Joke Time



Announcements

It is with a heavy heart we pass along the news that long time Trollhaugen family member, *Eileen Banjtes* has been diagnosed with terminal cancer of the kidneys.

A party is planned to **celebrate** Eileen and her life on **Sunday, June 5th** at the Golden Circle from 11:00 a.m. to 2:00 p.m. All are welcome.

Congratulations! Gratulerer!

Breana Olson has graduated from the University of Alberta with her Bachelors of Education
Congrats Breana!!

Introducing DR. Kalysha Closson, PHD



Kalysha Closson attended Trollhaugen for many years, she also danced with Calgary's Youth Folk Dancers, we would like to acknowledge Kalysha on her tremendous achievement of receiving her PHD in medical research.

Kari-Lynn Black and Roxy Kjosness have both **RETIRED!**

Heidi Mapstone is off to two Nationals for 5 Pin Bowling! She competes in Newfoundland for the Canadian 5 Pin Open Nationals June 1-4 and in Edmonton for Canadian Masters July 1-4.

Go Heidi Go!

Rebecca Woolf is **ENGAGED!!!!** We wish her and Chad a long and happy life together.

Hakon and Mikayla had their baby girl! *A future camper!*
Claire Brynleigh Neustaedter May 3rd at 1:33pm, She was 8lbs, 8oz.



Josh & Miranda Andersen are expecting baby #2 in June 2022!

Fun Stuff

Laft Hus Festival June 18, 2022

<https://www.norwegianlafthussociety.ca/>

The folk dancers from Red Deer and Calgary will be performing on 2022 June 18 at the Laft Hus, there will be three performances that day, come out and support the Laft Hus and the Folkdancers.

Red Deer Cultural Heritage Society - July 1, 2022 - Canada Day Bower Ponds

Nordic Folkdance Society will also join Fanatullen Folkdancers 2022 July 1 at Bower Ponds for a performance. Look for them there!

https://rdchs.com/index.php?option=com_content&view=article&id=98&Itemid=255

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>

Recipe:

Cool Onion Cucumber Salad

When it comes to Norwegian recipes, this is one of the simplest starters with cucumber I have ever seen. The refreshing and light salad contains grated red onions and diced cucumbers that are folded with a sweet and slightly salty vinegar dressing.

Although the simplicity in terms of making and flavoring of the salad, it is a great accompaniment with flavorful meat dishes.

Ingredients:

- 3 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 2 tablespoons fresh lemon juice
- 1 tablespoon dried dill
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3 medium cucumbers, thinly sliced (about 6 cups sliced)
- 1 medium red onion, thinly sliced (sweet onion may be substituted)

Directions:

1. Whisk together olive oil, red wine vinegar, lemon juice, dill, salt and pepper.
2. Add sliced cucumbers and onion to a large bowl and toss with dressing. If needed, add additional salt and pepper to taste. Cover refrigerated until ready to serve.

Ski Trip



BOOTS
CHAIRLIFT
GLOVES
GOGGLES
GONDOLA
POLES
POWDER
RESORT

SKIS
SLOPES
SNOW
SUNGLASSES
SUNSCREEN
TRAIL
WINTER

