



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

## Newsletter - March 2023

### CASINO

TROLLHAUGEN'S Casino dates are April 5th and 6th, 2023!

Shifts that need to be filled are:

Wednesday April 5

6:15pm - 3:45am Cashier

6:15pm - 3:45am Chip Runner (x2)

11:30pm - 3:45am Count Room (x5)

Thursday April 6

6:15pm - 3:45am Cashier

6:15pm - 3:45am Chip Runner (x2)

11:30pm - 3:45am Count Room (x5)



Please contact our Casino Coordinator Jen Whalen if you are able to volunteer on either or both of these dates. [jen\\_whalen@shaw.ca](mailto:jen_whalen@shaw.ca)

Compensation for anyone traveling more than 100km is available. This includes mileage and accommodation.

## Messages from the Board

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

Email [trollhaugencamp@gmail.com](mailto: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. **Rosemaling, hardanger, chip carving items are HUGE sellers! Start your donation today.**

Please contact Arden Neustaedter at [arden.n@shaw.ca](mailto:arden.n@shaw.ca) if you have anything you can donate or for more information.

#### ★ Fundraising Committee

- If you can help us manage fundraising campaigns, we welcome the assistance!

**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).

#### ★ 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'.



# Save the Date!

## **50<sup>th</sup> Anniversary Camp** **August 13<sup>th</sup> to August 19<sup>th</sup>**

Join us for the Special Celebrations to mark our 50<sup>th</sup> Year of TLAC

Musicians & Dancers from Norway

Special Events and Guests throughout the week!

**Saturday Night Banquet & Dance**

If you haven't been in a few years, this is the year to join us again.

If you haven't been to camp before, this is the year to start.

Don't miss out on this amazing week of Culture, Family & Fun!

Registration Forms Available soon on our website:

[www.trollhaugenalberta.ca](http://www.trollhaugenalberta.ca)

## 50th Anniversary Promotional Clothing



For our 50<sup>th</sup> anniversary you will be able to preorder special clothing! We may not have these available at the buttikk, so please be sure to preorder yours. [trollhaugenbuttikk@gmail.com](mailto:trollhaugenbuttikk@gmail.com)

We are offering a t-shirt, zip up hoodie and sweatpants.

The t-shirt is 100%cotton, midweight fabric. It is available in adult sizes S to 5XL. Childrens size S to XL. **The cost is \$25.**

The hoodie is a 50/50 blend of cotton and polyester with a metal zipper. It is available in adult sizes S to 5XL. Childrens size S to XL. **The cost is \$45.**

The sweatpants are a 50/50 blend of cotton/polyester in a midweight fleece fabric. It is available in adult sizes S to 2XL. Childrens size S to XL. **The cost is \$35.**

Children's sizes are S(6-8), M(8-10), L(10-12), XL(14-16)

Additional ordering information will be available soon!



## Camp 2022 Theme - 50th Anniversary



### LIVE MUSIC

We are bringing 3 musicians to camp. In no particular order, introducing Vilde!



Vilde is 21 years old, she is studying Norwegian folk music at the university of South Eastern Norway, Campus Rauland. This semester she is finishing her bachelor's degree. She plays the hardanger fiddle and dances both halling and couple dances from many areas of Norway. The last couple of years, Vilde has done a lot of teaching both in Norway and the US, both to kids and adults. Vilde is also very fond of organizing and participating in performances. The last couple of big events was a performance based on an old ballad from Telemark, where Vilde was the director, and a concert at the Osa festival in Voss.

We look forward to welcoming Vilde to Trollhaugen this year!

**Be sure to get your registrations in early, this camp may fill up FAST!!!!**

**We will also be hosting a banquet and dance Saturday evening! Stay tuned for more information.**

## The history of Trollhaugen....

\*Information as supplied by our late Astrid Hope's *Trollhaugen Saga*. The books, which include pictures will be available to look through at camp.

## The Early Years....

1973 and 1974 were both held at the Silver Summit Ski Lodge. In 1975 the camp moved to the Mulhurst Lutheran Camp at Pigeon Lake until 1980. Camp Kuriakos hosted us from 1981 until 1986. The camp spent one year at Hastings Lake before finding Deer Valley Meadows in 1988!

Camp attendance jumped to 50 campers (from 42 the first year) in 1974, and then took a dip to 26 in 1975. Fortunately, attendance steadily climbed over the next few years so that by 1979 and 1980, we were proudly camping with 95 of our friends and family. From 1981 to 1987 attendance fluctuated from year to year, but averaged around 85.

Even in the beginning, the camp was a success due to the volunteers and their hard work. Some of the names that appear regularly in the history are Astrid Hope, Bea Huser, Harry Huser, Elaine Ayre, Avis Vigen, Chris Hale, and Anne Heggen. There are many more names, and MANY more volunteers - to which we are grateful to.

Classes were dependent on who could volunteer, but often included dance, rosemaling, cooking, hardanger, crafts, and nature. The largest focus was on the Norwegian language as well as sharing traditions, the history, the people, and the culture of Norway. Camps were full of plays and skits, often written by Bea and performed by campers - with enthusiasm!

The first Trollhaugen Syttende Mai celebration was in 1978 when the camp theme was 'Trollhaugen - a festival'. The camp started off with their own May 17th celebration and each day focused on other festivals and celebrations from Norway.

1983 was the first time the final program included dances by each group with costumes. Dancing appears fairly regularly in the final program after 1986 - with Vava Vadmal (weaving dance) first being performed in ....oh wait, not before 1988! [Stay tuned](#).

Reading through these first few years of camp, it was impressive how much planning went into them. The camps were overflowing with language, arts, crafts, history, and CULTURE!

## Did you know?

Our 'Trolls' first made an appearance at our Camp in 1984.

## Announcements

*Congratulations! Gratulerer!*

Trollhaugen welcomes **Nora-Lynn Cassidy Low**, born back on November 21, 2022.

Nora's mom is Jill Black, making Jeff Black an uncle and Kari-Lynn Black a grandmother, congratulations to them all!

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

## Condolences

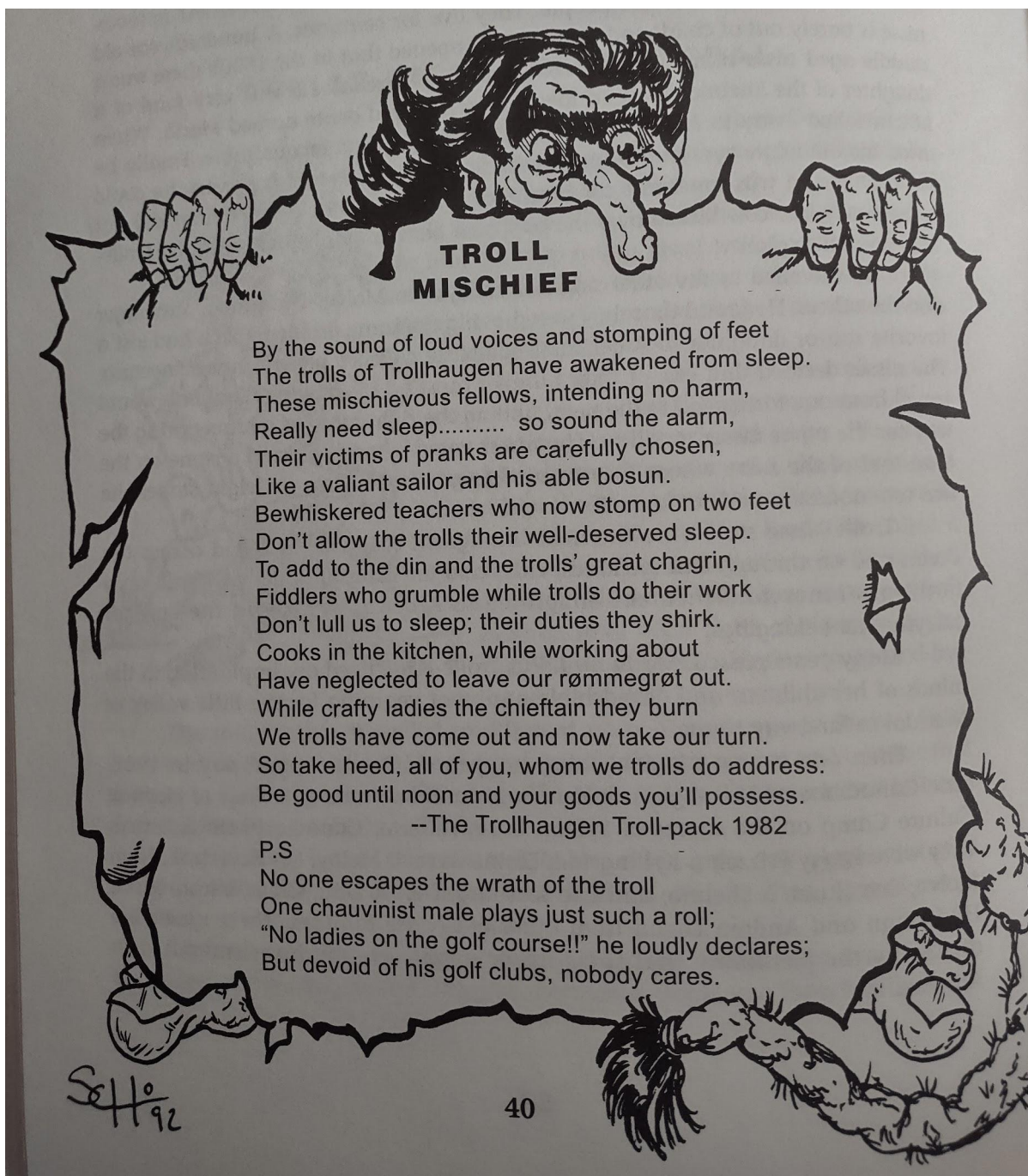
Sonja Hudson passed away Jan 21, 2023. Sonja was an active member of the Sons of Norway and both taught at and took all her grandkids to Trollhaugen Norwegian Camp for decades. She was proud of her Norwegian heritage and culture, enjoyed some travels to Norway, and could bake ALL the Norwegian food and goodies.

Our condolences to her friends and family.



## Fun Stuff

Our predecessors were talented artists - but they seemed to have neglected the trolls. This note was found 1982, and the image added to the Trollhaugen Trove in 1992.





# SONS of NORWAY

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*Solglyt Lodge 4-143*

**Save The Date**  
**Saturday**  
**June 10, 2023**

SUPERCENTENARY CELEBRATIONS

SOLGLYT LODGE INVITES YOU TO  
ENJOY AND MARK THE OCCASION  
OF ITS 110<sup>TH</sup> ANNIVERSARY  
EDMONTON, ALBERTA, CANADA



Afternoon Social & Dinner Event  
Details to be Determined

[sofn2013@gmail.com](mailto:sofn2013@gmail.com)  
[www.sofnedmonton.ca](http://www.sofnedmonton.ca)



## ***Joke Time!***

Q: Why did the Norwegian bring a rolled-up piece of sandpaper to the desert?

A: They thought it was a map.

## **Recipe:**

### **Pickled Herring**

In the Nordic countries, once the pickling process is finished and depending on which of the dozens of herring flavourings (mustard, onion, garlic, lingonberries etc.) are selected, it is eaten with dark rye bread, crisp bread, sour cream, or potatoes. This dish is common at Christmas, Easter and Midsummer, where it is frequently accompanied by spirits like akvavit.

#### **Ingredients:**

\* from the Trollhaugen Cookbook 2019

1lb. fresh herring  
¾ medium sweet onion, sliced  
5 cups white vinegar  
5 T. sugar  
2 T. peppercorns  
2-5 T. all spice berries  
1 T. whole cloves  
6-8 bay leaves  
1 T. mustard  
1 T. caraway seeds  
1 T. anise seed  
sea salt

#### **Directions:**

1. Soak herring in a mix of 2 cups water and 1 ¾ oz. sea salt for 3 hours. Drain.
2. Slice herring into strips
3. Boil vinegar and spices. Cool.
4. Mix herring and vinegar in a bowl, or layer herring and sliced onions in jars. Pour brine over. Seal and refrigerate for 5 days.

*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.*

# JUST FOR KIDS

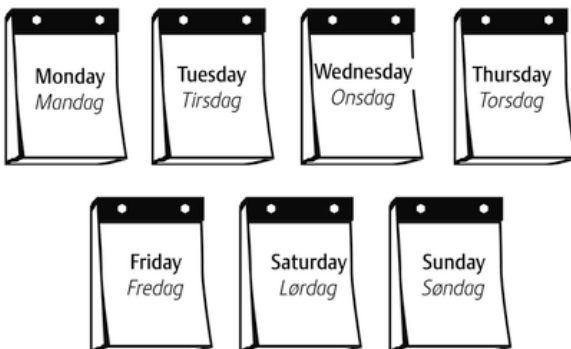
FIND  
5  
DIFFERENCES

ANSWERS  
ON  
PAGE 34.



## VOCABULARY LESSON

Learn the days of the week in Norwegian



For more Just for Kids pages from previous issues, go to [sofn.com/justforkids](http://sofn.com/justforkids). The "Family Matters" archive is available on the Just for Kids webpage.

## DID YOU KNOW?

Father's Day in the United States is on the third Sunday in June, but Father's Day in Norway (called *Farsdag*) lands on the second Sunday in November. The holiday originated in the U.S. but caught on in Nordic countries after World War II.





Media for Sons of  
Norway Members

# Get Social!

Are you following Sons of Norway on social media? It's a great way to stay connected and up to date on all the latest happenings in the organization.



July 15

#sofn125years



Did you know: Sons of Norway was originally called *Sønner av Norge*, a name created by Norwegian Nationalist author Bjørnstjerne Bjørnson.



Aug. 7

@SonsofNorway



Spent the afternoon sampling the music from our upcoming Nordic Christmas concert series with VocalEssence. They have commissioned a series of Christmas carols to commemorate our 125th anniversary in 2020. Concert tickets are now on sale at [vocalessence.org](http://vocalessence.org).



June 3

@SonsofNorway



While banana bread might not be the first thing that comes to mind when thinking of traditional Scandinavian eats, Brönte Aurell (@bronteathome) shares her banana recipe with a special Scandinavia twist. Up on the blog now: [sofn.com/blog](http://sofn.com/blog)

Answers from page 31



## Did you know?

Sons of Norway has a blog! Check it out at [sofn.com/blog](http://sofn.com/blog) for updates from headquarters, Nordic news and extras from *Viking*.