



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

Newsletter - May 2023

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!

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 Roxy Kjosness (north) or Arden Neustaedter (south) if you have anything you can donate or for more information. roxy.destino@gmail.com arden.n@shaw.ca

★ Fundraising Committee trollhaugencamp@gmail.com

- 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 trollhaugencamp@gmail.com

- 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) trollhaugencamp@gmail.com

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

★ Historian trollhaugencamp@gmail.com

- 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'.

50th Anniversary Promotional Clothing



For our 50th 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.

<https://trollhaugen-buttikk.square.site/>

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 was included with the forms and can also be found on the website! Or email trollhaugenbuttikk@gmail.com

Camp 2022 Theme - 50th Anniversary



LIVE MUSIC

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

Malin Røysland Skårberg is 20 years old and comes from Tinn in Telemark. She has been practicing traditional Norwegian folk singing (kveding) since she was 5 years old, and Norwegian folk dance since 2015. Malin is currently studying Norwegian folk music at the University of South-Eastern Norway, campus Rauland.

She has taught some classes in both singing and dancing. She has also been performing at different performances in Norway.



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

2023 Camp - tentative schedule

In addition to the live musicians, we are working to secure additional guests to help us celebrate our 50th camp. Stay tuned for more information!

Monday - Syttende Mai parade and celebrations
Tuesday - Janina Carlstad, Historical Norse Music & Instruments
Wednesday - BBQ and Fjord Horses
Thursday - Viking reenactments
Friday - Family Dance
Saturday - Wind-up, Banquet and Dance

*** Banquet and dance is included with camp registration (along with accommodations for Saturday night). Guests are welcome to attend, see trollhaugenalberta.ca for tickets.**

The history of Trollhaugen....

*Information up to 2006 as supplied by our late Astrid Hope's *Trollhaugen Saga*. The books, which include pictures will be available to look through at camp.

1999 to 2009....

Our memories are a little fuzzy with the whirlwind of the past 20 odd years. We are looking for someone to compile and organize any of the records and photos that might still be available from these years. Let us know if you are interested!

Attendance during this period was strong averaging around 160, even up to almost 190 one year. During this time, Trollhaugen continued to share Norwegian culture through skits and plays. We also celebrated the talent among our campers through talent shows.

The abundance of campers also meant we needed more volunteers to share the teaching. The list of 'staff' volunteers each year is extensive - certainly longer than the lists associated with the first few years of camp. We also started seeing an entire generation of campers grow up and become 'teachers' themselves - this is a testament to the success of Trollhaugen.

Of course, as the kids aged, so did the adults. With each passing year, our Trollhaugen family loses a few more. It is heartbreaking to lose our friends and family. Each person has left a lasting effect on camp and it is thanks to those dedicated campers and volunteers that we have such a strong foundation for Trollhaugen, and a legacy that will last for generations.

Trollhaugen looked for ways to encourage and develop the next generation of 'teachers' through the addition of assistant teachers and a leadership class.

Trollhaugen has also helped Deer Valley Meadows (DVM) over the years. Did you know that the playhouse near the dinning hall was originally built by Red Deer Sons of Norway and Trollhaugen volunteers, and in the 90's funds were donated to update the playhouse. Funds have also been donated to DVM for other various upgrades such as the shower house and wood shop.

Trollhaugen volunteers cooked all their own meals up until about 2000. With aging volunteers, and changes to food preparation policies it made sense to have DVM begin serving our meals.

Did you know?

In Norway, one whole almond is added to the rice pudding. The person who gets the almond is to receive good luck all year!

Announcements

CASINO - Thank you

The Trollhaugen Board would like to thank the many individuals and organizations who came out to support the Trollhaugen Casino.

Sons of Norway Edmonton, Torske Edmonton, Torske Calgary, the Scandinavian Cultural society and of course our Trollhaugen campers.

A heartfelt thanks goes to:

Roxy Kjosness, Brenda Virag, Denny Hansen, Linda DeMaere, Joanne Maynard, Bjorn Neustaedter, Arden Neustaedter, Joan Samuelson, Jen Whalen, John Kamp, Nancy Crockroft, Alyssa Slettede, Christina Mazur, Jen Mac Tavish, Leanne Boraas, Jen Thompson, Darcy Slettede, Ashley Reeves, Arvid Pederson, Brandon Olson, Josh Andersen, Charlotte Evjen, Mike Weir, Kalli Lirette, Stacey Sandulak and Vanessa Moerike.

We would like to thank Jen Whalen, our amazing organizer, you did such an amazing job! We would like to thank those who volunteered who were not connected to these groups, if we have missed anyone, we are sorry!

Thank you to Roxy and Breana for hosting volunteers from out of town. The savings from the hotel costs can be put towards camp!

Fun was had by all, and we missed you!

Congratulations! Gratulerer!

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

Condolences

Peacefully, holding his wife's hand and surrounded by his family, Inge Anderson passed into the arms of his saviour Jesus, on March 30, 2023, at the age of 89.

Our condolences to our friends and family.



Pearl Anna Johnston passed away peacefully at Royal Oak Village, Lacombe on Wednesday, April 26, 2023 at the age 92 years. Pearl's passing has left behind a legacy of love and care that will be cherished by all who knew her.

Our condolences to our friends and family.

Fun Stuff

Joke Time!

Q: How do you say "genius" in Norway?

A: Tourist.

Recipe:

Flat Bread

DESCRIPTION

A quintessential traditional Norwegian recipe: A thin, crispy, very slightly sweet flatbread that is good eaten plain, with butter or as a part of a Scandinavian-style appetizer spread.

INGREDIENTS

3 cups buttermilk
1 cup bran
 $\frac{1}{3}$ - $\frac{1}{2}$ cup sugar
2 tsp salt
2 cups flour

1 cup rolled oats (not instant)
3 cups whole wheat flour
1 tsp baking soda
2 tsp baking powder
1 cup melted butter

INSTRUCTIONS

1. Mix baking soda, salt, baking powder, and white flour together.
2. Add oats, bran, whole wheat flour, and mix well.
3. Make a well in the dry ingredients, and add melted butter and buttermilk. Mix well.
4. Taking spoonfuls at a time, roll out very thinly.
5. Bake on an ungreased griddle at 325 degrees and turn when brown. Place in a warm oven to dry.
6. Stacked flatbread can be covered with a cloth and a weight to keep them flat after they have cooled.

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.

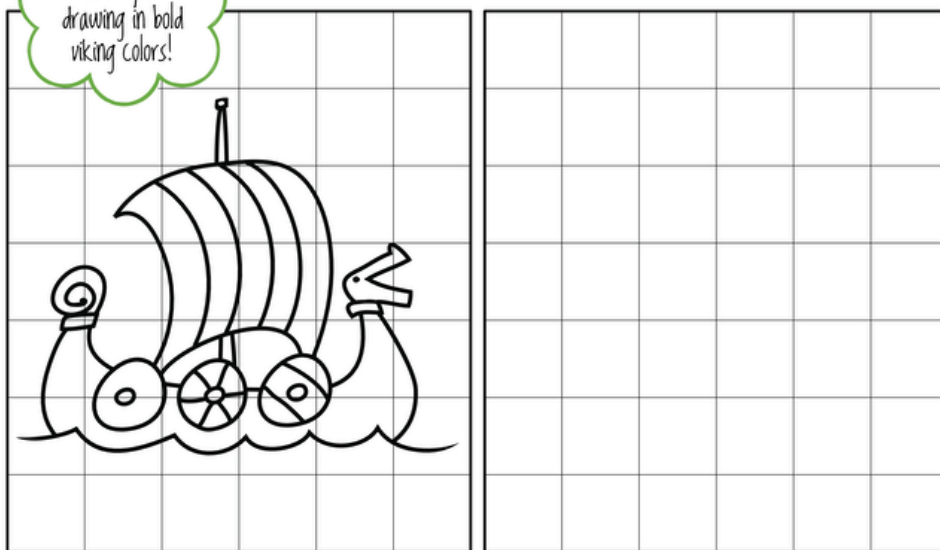
JUST FOR KIDS



COPY THE PICTURE

Use the grid lines to help draw the same picture.

Color your drawing in bold viking colors!

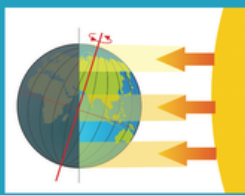


FUN FACTS

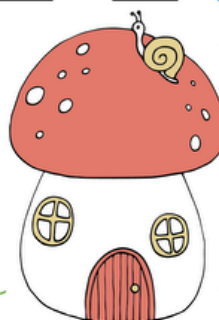
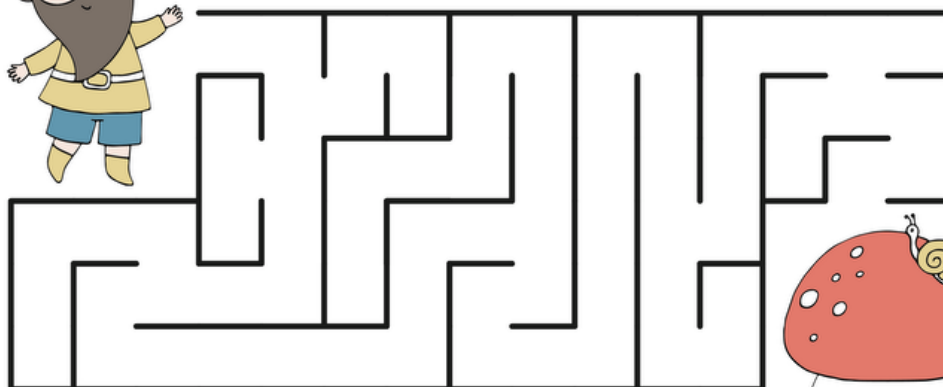
ABOUT THE MIDNIGHT SUN

Some areas above the Arctic Circle in Norway receive 24 hours of sunlight from April 20 through August 22—that's 124 days of sun!

The midnight sun occurs because Earth's northern hemisphere is tilted toward the sun.



HELP THE GNOME FIND HIS HOME!



For Family Matters pages from previous issues, go to sonsofnorway.com. Log in, click on "Member Benefits" on the top tool bar, then "Family Matters."



Save the Date!

50th Anniversary Camp **August 13th to August 19th**

Join us for the Special Celebrations to mark our 50th 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



In Celebration of our 50th Year of Camp this year, camp will be extended to include Saturday Night, a Banquet and Dance. If you are registering as a camper for the week, this special night of celebration and opportunity to honor members of the camp that have contributed to the longevity and success of this amazing week, is included in your camp fees.

We would like to allow you to invite other people in your life to also attend this special evening that will feature Musicians and Dancers from Norway, as well as our Silent Auction, and other great events to wrap up this years camp.

If you know that you would have people who would be joining us for this special evening, please indicate below as an RSVP, so that we can provide appropriate numbers to Deer Valley Meadows in planning. There is also a \$25.00 cost for each additional guest to cover the cost of the meal.

_____ # of extra guests x \$25.00 = _____ Total

Please include this amount with your registration fees.



SONS OF NORWAY **SOLGLYT LODGE 4-143**

17.mai.2023 – Syttende Mai
Norway's Constitution Day
Norwegian Flag Day

Dutch Canadian Centre
Home of the Scandinavians
13312 – 142 Street, Edmonton

5:30 p.m. Assembly and Welcome
Flag Raising - Solglyt's Legacy Flagpole
Parade around the Windmill

refreshments/light snacks

(Donations for food expenses accepted)

Solglyt's #110 – June 10 – tickets available
(ticket info: newsletter & sofnedmonton.ca)

Everyone Welcome!

info@sofnedmonton.ca



SONS of NORWAY

Solglyt Lodge 4-143

SOLGLYT LODGE MEMBERS INVITE YOU TO
CELEBRATE OUR 110TH ANNIVERSARY WITH US!

Saturday, June 10, 2023

Dutch Canadian Centre/Home of the Scandinavians
13312 – 142 St. NW Edmonton, AB T5L 4T3



3:30–5:00 pm - Cultural Exhibits and
Valhalla Junior Scandinavian Folk Dancers
5:00 pm - Social Hour 6:00 pm - Dinner
Susan Gobbs, District Four Vice President, Sons of Norway
Swans of Winter Project – Historical Norse Music

Tickets: \$40/Adult 15+; \$15/5-14 yrs; Free/Under 5

Ticket Order: (PREFERRED) solglyt110@gmail.com

Jim or Sylvia: 780-470-0166 No answer: leave message

All cheques payable to: **Sons of Norway, Solglyt Lodge**

Mail to: Jim Colleton
 2 - 25519 Twp Rd 512A
 Spruce Grove, AB T7Y 1A8

Ticket purchase deadline: May 31st
50-50 Draw & Silent Auction

Anniversary Email: sofn2013@gmail.com

Lodge Email: info@sofnedmonton.ca

www.sofnedmonton.ca

{1913 Nordpolen Solglyt 2023}