



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

Newsletter - April 2025

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 darcy@trollhaugenalberta.com (*note new address) if you need to be added to the list.

Dean Kelly Memorial Award - Dean's family and Trollhaugen camp will be presenting one group E camper with a monetary award each year. Additional details will be provided once they have been finalized.

Messages from the Board

We are looking for volunteers to fill our **Camp Director** and **Assistant Camp Director** roles for the week of camp. Ideally we would like to have one male and one female to fill the positions, with the assistant available to be Camp Director in 2026. Please contact Darcy@trollhaugenalberta.com for more information.

**A Friendly reminder that Trollhaugen memberships expired December 2024. Please renew your memberships!*

TLACS Board members have new email addresses!
Trollhaguenboard@trollhaguenalberta.com - will address the entire board.

Darcy@trollhaugenalberta.com, Heidi@trollhaugenalberta.com, Arden@trollhaugenalberta.com,
Breana@trollhaugenalberta.com, Alyssa@trollhaugenalberta.com, Joan@trollhaugenalberta.com,
Vanessa@trollhaugenalberta.com, Jennifer@trollhaugenalberta.com, Charlene@trollhaugenalberta.com

Registrar will now be: Registrar@trollhaugenalberta.com email transfers will also use this email! Make note for forms and for submitting fees and registrations!



Several **Sons of Norway** lodges are closing due to declining membership. Trollhaugen relies heavily on support from these lodges. Please consider **joining** your local Sons of Norway lodge (if you are not already). Please also encourage others to do the same!

Trollhaugen Language, Arts and Culture Camp is the last remaining **Norwegian culture camp** left in District 4. Thank you for the support you have provided to Trollhaugen to ensure the camp remains strong and continues to support the Board's aim of sharing Norwegian language, arts, and culture with families and friends in Alberta and beyond. ***We look forward to your continued support.***

SAVE THE DATE - Camp will be August 10 to 16th, 2025.

Forms have been distributed!

(Website and emails)

Deadline to register will be by May 15th, payment by June 1st.

Enter to win a \$50 Butikk credit if you register by May 15th!



Camp 2025 Theme - Norse Mythology

The Vikings were a Scandinavian people who lived between the 8th and 11th centuries AD. They travelled to lots of other parts of the world, and invaded Britain several times over the centuries. Their culture was called Norse culture, and included lots of myths and legends that are still familiar to us today, including the story of *Beowulf, Loki, and the Valkyries*.

As well as hundreds of novels, operas, shows and films about the Viking Gods, they're probably best known today as the inspiration for the Marvel characters with the same names. *Thor, Loki* and their dad *Odin* have been the stars of numerous Marvel comic books and films, and prove just as popular as their mythical counterparts! Maybe that's where you first heard about them?



The Vikings had lots of gods, not just one, and their leader was a god called Odin. *Odin was the god of war*, and always had his animal companions with him, two wolves and two ravens. He was also the god of poetry and magic, and only had one eye (having swapped the other one for more wisdom). He was also supposed to have discovered the runic alphabet (the system of language used by the Vikings)

The home of the gods was called Asgard, and it was divided into several realms. It was supposed to be somewhere in the sky, and you could get there from Midgard (the human world) by Bifrost, a bridge made from a rainbow. Asgard is similar to other legendary homes of the gods, like Mount Olympus in Greek Mythology.

Asgard and Midgard are just two of nine total realms in Viking mythology.

The others are:

- Vanaheim (home of one tribe of gods),
- Jotunheim (the giants land),
- Alfheim (home of the elves),
- Niflheim (an ice world),
- Muslepleim (a world of fire),
- Nidavellir (home of the dwarves) and
- Hel (land of the dead).



Only Midgard was a real, physical place, the rest were in a spirit realm unseen to mortals.



**SONS of
NORWAY**



Unlike other myths about gods, the Norse gods didn't all hang out together in one big party. They were actually divided into two tribes - the **Aesir** (who lived in Asgard) and the **Vanir** (who lived in Vanaheim). The Aesir were the oldest group, and included Odin, his wife Frigg, and thunder god Thor. The Vanir included Freyr, Freya, and Njord . The two groups often fought wars with each other.



Odin's wife was a goddess called **Frigg**. She was the queen of Asgard and the most important goddess. She was a goddess of fertility, love and fate, and was also the mother of several other gods, including Balder, Hodor and Hermod. Balder is her favourite child, a god who had the odd distinction of shining very brightly.

Thor is probably one of the best known Norse gods today. Thor was the god of thunder, lightning, storms and strength, amongst other things. His dad was Odin and he had a great big hammer called Mjöllnir (that's meant to be the noise of the thunder!). Thor was also a symbol of paganism - Vikings would wear jewellery with his hammer on it to show they weren't Christian!





Loki is what's known as a 'trickster god'. These are gods and spiritual beings who like to mess with mortals by tricking them, using disguises and generally being annoying! Loki liked changing into animals, other gods and even other genders! His most famous (and controversial) act was killing Odin's son Balder, who's only weakness was mistletoe. Loki tricked another god into throwing a spear made of mistletoe at Balder, which killed him! Pretty mean of Loki, really.

Freya was the most beautiful of all the gods, and she is associated with love, fertility and beauty. Lots of stories in Norse mythology involve other gods fighting over Freya - she was a bit like Aphrodite in Greek mythology, or Venus in Roman mythology.



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Four of our modern weekdays are named after Norse gods! There's Tiw, god of war, who's day is **Tiw's day** (Tuesday) Odin (or Woden) is **Woden's day** (Wednesday), **Frigg's day** became Friday, and **Thor's day** is Thursday! The other days are sun day, (Sunday) moon day (Monday) and, randomly, Saturn's day (Saturday) after a Roman god!



You've probably heard about the **Valkyries**, the fearsome female warriors of Norse myth. But did you know they were also spirits who supported Odin? Their job was to transport fallen warriors to Valhalla for Odin's army, although it's a bit more sinister than that - they were also in charge of killing those in battle who they thought would make good warriors in the afterlife. It's a bit sneaky!

Although we associate her name with **Hell**, the Norse goddess of the underworld wasn't a bad god. In Norse mythology, a bit like Greek and Roman mythology, the underworld of the dead wasn't a place you went if you were bad, it was a place everyone ended up. Hel presided over the Viking underworld, and looked after anyone who came her way. Although she did look a bit creepy - she's described as pale and a bit spooky!



Ragnarök is the Norse term for the end of the world, a bit like the apocalypse, and it's still to come! According to Norse myths, Ragnarök will be a battle between the gods and evil creatures like giants, and this battle will be so huge it will cause the world's destruction. Let's hope it's not anytime soon!



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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 darcy@trollhaugenalberta.com.



🔴 MERCH ALERT!!! 🔴

Online sales for merchandise are still available.

To order and make arrangements for pick up/shipping, please email Jenn at slettedej@gmail.com.

Adult Sizes Prices:

Hoodies \$55

T-Shirts \$30

Youth Sizes Prices:

Hoodies \$35

T-Shirts \$20

Must send an E-transfer to confirm your order to slettedej@gmail.com

Put the size, colour & design in the message box.





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 charlene@trollhaugenalberta.com (South) or
Jen Whalen Jennifer@trollhaugenalberta.com (North).

Condolences

Our condolences go out to the family and friends of Gladys Hansen. Gladys was a longtime family member of Trollhaugen. She was a true artist and our family benefited from her instruction in Rosemaling.

[Obituary](#)



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Fun Stuff

Norwegian Idiom:

Å ta beina på nakken

Translation: To put your legs on your neck.

Meaning: To run away from something.



The University of Oslo has recently launched the [Great Viking Survey](#), a wide-ranging study to explore how people across the world perceive and engage with the vikings as history and heritage, and to map the many ways in which contemporary media and academia shape these views. This online survey invites anyone, anywhere, over 18, to share their thoughts on the iconic viking warrior figure, as well as the enduring legacy and memory of the vikings in the modern world. In doing so, researchers will be able to shine an unprecedented light on the means and mechanisms that allow images and myths of the vikings to be shaped and spread in the public sphere.

The survey is part of the [Making a Warrior-project](#), a pan-Nordic network of scholars examining the concept of viking 'warriorhood' and its representations past and present. By



determining how ideas and images of vikings are shared among different communities and demographics, the project is able inform future outreach and cultural heritage initiatives that respond to public interest, while fostering a nuanced appreciation of the Viking Age.

The Great Viking Survey is now live at vikingsurvey.org, and remains open until mid-May 2025. The associated press release from the University of Oslo can be found [here](#).

Please feel free to share across your networks!

Recipe:

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.



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