



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

Newsletter - June 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.

Camp will be August 10 to 16th, 2025.

Forms have been distributed!

(Website and emails)

Deadline to register has passed, however, we will consider late applications until camp is full - don't delay, we are almost full!

Congratulations to Alyssa Mapstone for winning the draw for the \$50 credit to the Butik!

TLACS Board members have new email addresses!

Trollhaugenboard@trollhaugenalberta.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!



Messages from the Board

We are looking for volunteers to fill our **Camp Director** roles for the week of camp. Ideally we would like to have one male to fill the positions. Please contact Darcy@trollhaugenalberta.com for more information.

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.***

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.



Camp 2025 Theme - Norse Mythology

Swedish Weaving will also be doing some bookmarks! It will be a great opportunity to try out your favorite embroidery on a *finer cloth*.



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).

Fun Stuff

Joke Time!

Two Norwegians are driving at night.

The driver starts to worry something is wrong with his blinkers so he pulls over and asks the other Norwegian to get out and check them.

"Hey," the guys yells from the front of the car, "It works... Wait it doesn't work... No now it works... Wait it doesn't work... No wait, now it works... Oh sorry, it doesn't work..."



Recipe:

Cardamom Ring Cake

INGREDIENTS

Cake:

3 packets active dry yeast
3/4 cup tepid milk
3 eggs (1 for brushing the cake)
4 cups all-purpose flour

3 1/2 Tbsp. sugar
1/2 Tbsp. salt
1 Tbsp. cardamom
11 Tbsp. butter

Filling:

9 Tbsp. butter
4 1/2 Tbsp. sugar
4 Tbsp. raisins
4 Tbsp. candied citron, chopped
4 Tbsp. almonds, chopped

INSTRUCTIONS

Step 1:

Combine yeast and warm milk in a medium bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

Step 2:

Sift together the flour, sugar, salt and cardamom. Once well-combined, cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.

Step 3:

Prepare your filling while the dough is rising. Whip together the butter and sugar until light and creamy. Cover and set aside in a cool place.

Step 4:

Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6" x 34" long ribbon.

Step 5:

Spread filling all over the dough. Sprinkle with raisins, chopped candied citron, and chopped almonds for extra taste, if desired.

Step 6:

Roll up dough starting on the long side and form into a twist on a baking sheet. Cover and let rise again. After rising, brush with egg white, sprinkle with granulated sugar and chopped almonds. Bake for 20 minutes in a hot oven (400°-450°F).

Recipe taken from Norwegian Home Cooking by Rikke and Nils Lie published and sold by Hedmarksmuseet, 2300 Hamar, Norway.

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.



**SONS of
NORWAY**



LAFT HUS FESTIVAL

June 14, 2025

10:00 a.m. - 3:00 p.m.

Heritage Square, 4402 - 47 Avenue, Red Deer



Goats on the roof, lundehund dogs, fjord horse, Viking re-enactment, Scandinavian dancers, kubbe game, mobile axe-throwing truck, demonstrations in wood carving, rosemaling painting, hardanger embroidery & lefse making, Crossings 200 exhibit, Norwegian items for sale, food trucks and other vendors.

