



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

Newsletter - March 2024

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 trollhaugencamp@gmail.com if you need to be added to the list.

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. Please contact Katrina Hansen at 1kat2@telus.net 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.

★ 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'.

Camp will be August 11 to 17th this year - save the date!

**We are excited to offer an online registration process (google forms) this year!
Watch for those links.**

This year's schedule and class times will be adjusted to accommodate meal preparation and better working hours for Deer Valley Meadows staff.

Breakfast: 8:30am-8:55am

Class 1: 9:30-10:25am

Class 2: 10:30-11:25am

Class 3: 11:30-12:25pm

Lunch: 12:30-1:25pm

Class 4: 1:30-2:25pm

Class 5: 2:30-3:25pm

Family Time: 3:30-5:25pm

Supper: 5:30-6:30pm

Viking Story Time (Groups

A-D) and E Dance:

7:00-7:55pm

Adult Dance: 8:00-8:55pm

We are excited to offer some special classes this year!

There may be additional costs for some classes. Stay tuned for details!

Wire weaving – Trichinopoly

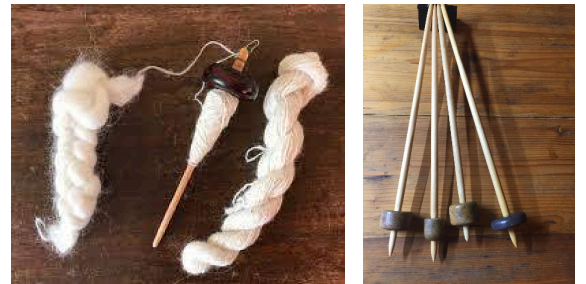
A hands-on introduction to Trichinopoly, sometimes called wire weaving, wire knitting, or Viking Knit. This technique produces beautiful chains documented to multiple ages and cultures, useful for necklaces, adorning clothing, and for practical use. Students will learn how to start, loop, add additional wires, and finishing options. Materials included in the course include all the materials needed to complete a necklace. It may be helpful to bring in an additional set of needle nose pliers to help with your project.



Drop spinning

A hands on tutorial to drop spindle spinning for complete beginners. You will learn everything you need to know from attaching the fiber, to finishing your yarn!

This course comes with a drop spindle, and 100 grams of raw wool to begin spinning.



Naalbinding



Before both knitting and crocheting, there was a thread technology technique with roots in Scandinavia, called Nálebinding. This form of stitching was used to create a stretchy fabric of connected loops that were crafted into items of clothing and other textiles.

Early nalbinding pieces from the Viking Age are from approximately 800-1066 C.E. In English this type of Scandinavian stitching is known as "knotless netting," "looped-needle netting," or "single needle knitting."

In this course you will learn how to Nalbind - and all the important techniques to get you creating, with all the supplies you need to create a Viking Age hat.

Tablet Weaving

Tablet weaving (often card weaving in the United States) is a weaving technique where tablets or cards are used to create the shed through which the weft is passed. Most tablet weavers produce narrow work such as belts, straps, or garment trims. In this course, you will learn how to weave and be introduced to the historical supplies used, while using easier to obtain modern materials to create your own tablet woven belt or decorative trim.



Pottery



In this class, we will introduce you to making pottery the way the Vikings did - No pottery wheels or expensive tools - but instead by using the coiling method. This class will supply you with enough clay to make your own viking age pottery cup. You can then air dry your cup, or it can be fired in an open fire - depending on the weather.

Clothing Making

In this class, you are introduced to pattern drafting and Viking age clothing making. You may create either a Viking age Tunic style shirt, or a Viking age dress for everyday wear. We will help you draft your pattern for this item of clothing, and assist you to sew that item. Sewing machines are supplied, but the number of these machines are limited and it may help to bring our own if you have one!

Please Note: Materials supplied for this course are limited. If you are wanting to make a piece of clothing in a certain colour or with a specific fabric you may need to supply your own.
Materials needed:

Tunic - 2-3 metres of linen.
Dress - 3-4 Metres of Linen.

Hoods - .5 to 1 metre of fabric

Tunic (2-3 metres)
Dress (3 - 3.5 - metres)



Spoon carving



Vikings did not eat with their hands - they ate with spoons! Learn to carve your own spoon from soft wood. Materials are included for one Spoon.



Sea Chest

Vikings needed a safe place aboard ships to not only store belongings, but also take a seat! Learn how to create a small sea chest based on the Oseberg 178 sea chest. Perfect for storing your tools, and keeping your items dry at sail!

Leatherworking



Birka bags

For Leatherworkers of all skill levels - Learn to create an impressive pouch based on archeological finds from birka. This belt pouch is a beautiful leather bag, made to hang on your belt and hold things close. The leather for this pouch is pre-cut, but you will have to learn to assemble the pouch, and create your own stitch marks using a leatherworking awl. This course comes with all the materials to create one pouch.

Shield painting

Want to come away with a viking age shield of your very own? Show how your own unique Viking style by painting your own shield to fight with!



Camp 2024 Theme - Vikings

The Vikings were **craftspeople, farmers, seafarers, merchants, and warriors** from the Nordic countries. They lived during what is known as the Viking Era, which lasted from approximately 800 CE to 1050 CE. Vikings embarked on expeditions to other parts of Europe and beyond to trade and form new settlements, but also to conquer and plunder.

Raids, looting, colonization, and trade brought the Vikings to many destinations in the known world and beyond. In the beginning, only a few seafaring Vikings survived the rough voyages, but the fleets grew over time, and there were soon hundreds of vessels known as longships. They sailed across the **Baltic Sea** and down Russian rivers as far as the **Black Sea** and the Caspian Sea to **Byzantium** and the Caliphate of **Baghdad**. Vikings were also the first Europeans to reach Greenland and North America. In fact, the Viking explorer Leiv Eiriksson arrived on the shores of **North America** around the year 1000, 500 years before Christopher Columbus.

The Vikings **founded many cities and colonies**, including Dublin in Ireland and the region of Normandy in France. Dublin was held as a significant settlement for more than three centuries. Between the years 879 and 920, Vikings colonized Iceland, which in turn became the springboard for the colonization of Greenland. Remains of a Viking settlement at L'Anse aux Meadows in Newfoundland have been carbon dated to around the year 1000.

How could a small and scattered people conquer so much territory? The Norwegian Vikings are characterized by their courageous, fatalistic outlook which made them naturally born risk takers. The raiding groups seem to have had a fantastic ability to shrug off losses, whether in land battles or in dangerous sea expeditions. The number of deaths caused by war was sometimes shockingly high in relation to the total Viking population, but it did not satisfy their hunger for conquest and exploration for around 250 years.

Did you know?

The Vikings are mostly known for their relentless pillaging, and rightly so. At the same time, many of them lived peacefully as traders and farmers, and many expeditions were based on barter deals. Those who stayed home supported their families through simple farming activities. Their daily life might have been tough and demanding, but was not without joy. The most well-known Viking drink is mead (mjød in Norwegian), an alcoholic beer-like brew sweetened with honey.

Announcements

Congratulations! Gratulerer!



Esten Andersen won his first bowling tournament with this partner and Coach Josh (a.k.a Dad). They were +98 over their average!



Adam Mapstone and his team earned Bronze medals in the boys team division at Provincials!



This YOUNG camper celebrated a birthday on Feb 28th.

Happy 98th Birthday Kathy!

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

Fun Stuff

Joke Time!

Did you hear about the Viking who wrote a book on Norse mythology?

It was a real Saga!

Recipe:

Found here: <https://www.pantsdownapronson.com/crockpot-medieval-viking-stew/>

Ingredients

2 large onions - roughly diced
4 cloves garlic - crushed
2 large potatoes - chopped into chunks
450 g (1 lb) Meat of choice - Beef shin, Venison, Smoked sausage
225 g (0.5 lb) bacon - optional but necessary and chopped roughly
½ cabbage - or other vegetables like carrot or celeriac roughly chopped or grated
500 ml (2.11 cups) beer - Dark beer works best
500 ml (2.11 cups) water/meat or vegetable stock

Instructions

1. Place all the ingredients together into the pot and mix it well.
2. Cook it at low medium temperature for about 5 hours monitoring it every now and again adding water or stock if needed.
3. Season with salt and pepper when done.
4. You can also chop up some herbs(parsley, marjoram, dill)and add it in when done.

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.

Kids Activity: colour the viking map. Choose a colour for each square in the legend and then colour the matching patterns on the map.

The Viking World

790 AD - 1100 AD

