



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

## Newsletter - May 2024

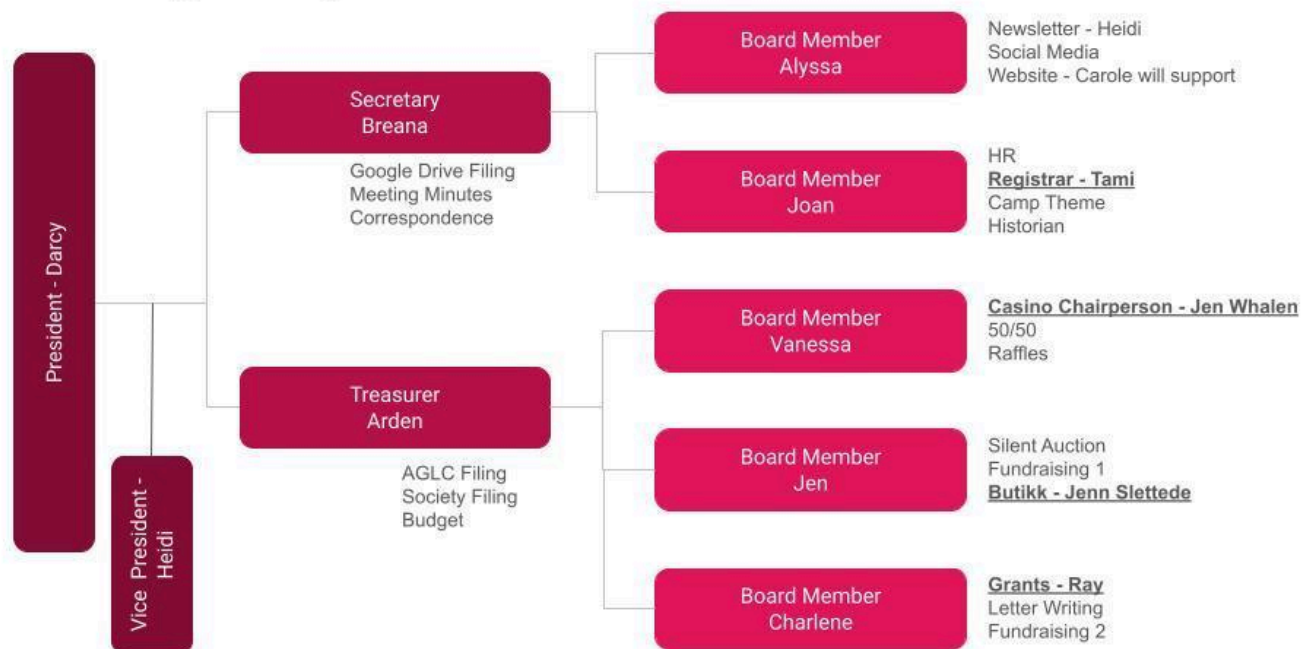
Please forward this to anyone you think might be interested. We are in the process of updating our mailing list - please confirm with your friends and family that they are receiving these newsletters. Contact [trollhaugencamp@gmail.com](mailto:trollhaugencamp@gmail.com) if you need to be added to the list.

### Messages from the Board

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

Please take a look at the organizational chart, and various committees. If you are able to help in anyway - please Email [trollhaugencamp@gmail.com](mailto:trollhaugencamp@gmail.com).

## Trollhaugen Organizational Chart - 2024





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. If you have any items to donate, please reach out to Charlene Lipchen [char.lipchen@gmail.com](mailto:char.lipchen@gmail.com) (South) or Jen Whalen [jen\\_whalen@shaw.ca](mailto:jen_whalen@shaw.ca) (North).

## **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 [trollhaugencamp@gmail.com](mailto:trollhaugencamp@gmail.com).



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

**Register before May 15th!**  
**Late fees may be applied after May 31st.**

**We are excited to offer an online registration process (google forms) this year!**

If you did not receive the google link, or you would like PDF forms, please visit

<https://www.trollhaugenalberta.com/> or [troll.registrar@gmail.ca](mailto:troll.registrar@gmail.ca)

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,

Adults) and E Dance: 7:00-7:55pm

Adult Dance: 8:00-8:55pm

## Camp 2024 Theme - Vikings

Special Activities for Camp 2024 Theme – Vikings!	
<b>Monday mandag</b>	Every year, we declare our camp “Norway” for the week as we celebrate <i>syttende mai</i> with a parade, raising the Norwegian flag and singing the national anthem. But wait - are those <i>Vikings</i> we see on the horizon? And what’s that brightly-coloured flag they are carrying? Enjoy a special celebration to open this year’s camp with our Viking friends (but, watch out for the <i>swords</i> !)
<b>Tuesday tirsdag</b>	Our friends Janina and John return to camp this year to share beautiful Viking music and songs using traditional instruments. <i>Look out for those sneaky trolls... do you think they might enjoy a little music, too?</i>
<b>Wednesday onsdag</b>	We shall enjoy our traditional outdoor barbeque this year with a Viking twist! Try an authentic Viking dessert, cheer on your favorite Viking warrior, and try your hand at some friendly competition... <i>fancy a game of Kubb, tug of war, or stone throwing, anyone?</i>
<b>Friday fredag</b>	Some campers will have worked hard all week on making their very own Viking costumes. On this day, we will get to <i>show them off</i> !
<b>Every Evening Hver kveld</b>	Come down to the campfire and unwind with your family and friends each evening, as our Viking friends share <i>Viking songs and sagas</i> with us over a sweet treat.

The Vikings are coming!

In this year's camp, we are having some expert craftspeople join us from Vikings Vinland- and they are taking over many of our Classes!



**Fun fact!** Did you know that “Viking” is a profession?

To go on a Viking means to go out on a raid, rather like a pirate. Most Norsemen who are now called Vikings had seasonal jobs.

One season was for farming, and another season was for raiding!  
The Vikings were a seafaring people

that consisted of several individual groups around Scandinavia. They sailed as far as North America and the Middle East and were both traders, farmers and warriors.

## Want to learn to be a Viking?



For our younger warriors, our combat trained masters will be at camp to teach you!

Paint your own shield, and then learn some sword fighting skills!

The sword is a high class Viking age weapon - a good sword could either accompany a warrior to Valhalla - or pass from father to son!

Vikings could also earn their sword - Gifted from a wealthy Jarl to his top warriors.

If you were a Viking warrior with a sword - that means you are a trained warrior, ready to fight and not as likely to earn a living as a farmer.

**Learn some of our combat skills** at camp - we teach a modified fencing style that focuses on looking cool, and keeping you safe!

Watch the Vikings **demonstrate** our fighting style on **Monday and Wednesday** - and then learn to fight like your favorite warrior!

**Thorin**, First to the Battle and First to the Feast likes to dominate the battle with his large size and quick movements - using a sword, spear, or a large battle axe known as the dane axe!



**Steinerr Kofrison**, The merchant, is a more calculated fighter - his defense is almost unbeatable! Learn to spot your opponents weakness and strike swiftly with your sword to end the fight!

**Runi**, The cautious, fights with a short axe. He is a quiet fighter - but that's because he doesn't need to brag. Runi is ready to put himself on the line to defend his village!



**Join the Vikings** to learn the art of Trichinopoly. Viking Wire weaving (also known as Viking Knit or Trichinopoly) is an art practiced by the Norse people as far back as the 8th century and by the people of Iceland and Denmark as far back as the 1st century BC.



Vikings could use Coin silver - melted down and turned into a fine wire that makes beautiful jewelry!



Norse men favored large chunky pieces of chain - but modern silver wire can have you making fine jewelry so quickly!



Have you ever seen a **Norwegian Sheep**? Such fine wool. A Really cool Fact - they shed, so you wouldn't have to shear them!

Norsemen (Norsewomen?) would have depended on this wool for clothing – and also for making sails for the boats! After all, It takes a full year of growing and processing linen to make a shirt - but wool is up to how fast you can spin!

There is something downright magical about spinning your own yarn. Creating something out of nothing, and letting your inner-most yarn dreams come true in the process.



**Did you know?** One of the few Viking artifacts found in Canada is a drop spindle? Vikings came to Newfoundland - but didn't stay long! One poor person left behind a drop spindle, a piece of a bone needle, and a whetstone (for sharpening!).

This wool could be used to make clothing on a loom, or used for finer work like Nalbinding or Tablet weaving. Join us to learn how!

**Clothing is everything to a Norseman!** All Viking age cultures placed a ton of importance on clothing.

Richer, deeper colours are the mark of a wealthy man - the more important a person was, the more embroidery and fancy clothing he was likely to wear.

Norwegian Vikings didn't wear a lot of jewelry - so status was shown mostly by clothing, colour choice, and weapons.



Want to make some Viking clothing? The Vikings Vinland can teach you! Bring your own linen in natural colors - or choose from what we have available!



**Viking woman** typically wore a strap dress with an undergarment or smock underneath.

The strap dress is a close fitting apron dress - often with gussets sewn into the side to give it shape, and the larger the gussets - the wealthier the women.

The strap dress fitted over the chest and was held up by a strap on each shoulder. The strap was fastened at the front with a shell-shaped brooch. Between the two brooches there was often a string of beads.

Under her strap dress the woman wore an undergarment or smock. Research shows that Danish Viking women preferred plain undergarments, whilst Swedish Viking women wore pleated ones.

There was therefore even an element of fashion in undergarments. This is basically a longer version of the male tunic - with shape to fit the body. This underdress can be worn alone, without the apron for everyday wear.

Often, the borders of a Woman's dress is decorated with tablet weaving - another way to show some wealth! Or She can use it as a belt!

Alas! No Pockets - women had to carry a belt pouch, or suspend tools from the brooches on her dress,

The **Viking male** often wore a tunic, trousers and a cloak.

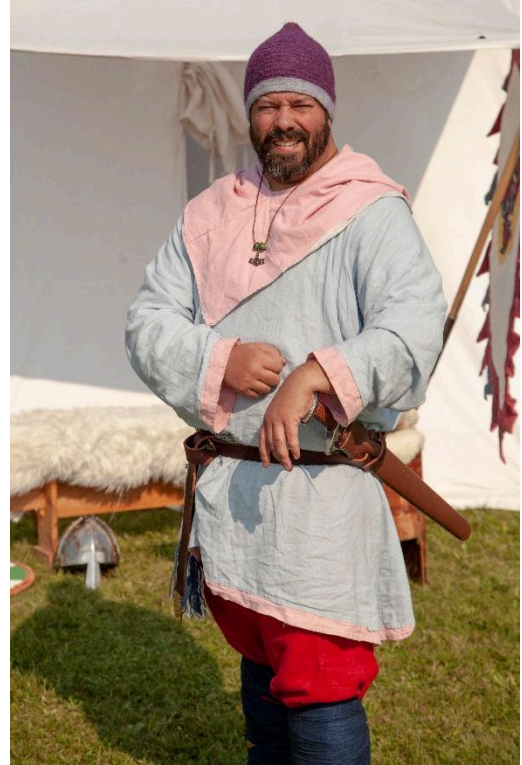


The tunic was reminiscent of a long-armed shirt without buttons that goes down around the knees. Over his shoulders the man wore a cloak, which was fastened with a brooch. The cloak was gathered over the arm that he drew his sword or axe with. In this way it was possible to see whether a Viking was right- or left-handed.

We do not know a great deal about the shape of the trousers. Most drawings we have show a type of plus fours, which were gathered up under the knee. The plus fours must have required socks or leg wraps to draw them in under the knee.

**Fun Fact!** Vikings wore leather shoes -so leg wraps would act like the tops of boots to keep the legs dry and warm in colder weather!

Since they had no pockets, belts had to hold a purse for men. A bag for holding various items, like a flint, comb, nail cleaner, gaming pieces and silver coins.



Vikings prided themselves on being clean – more so than any other culture at the time!

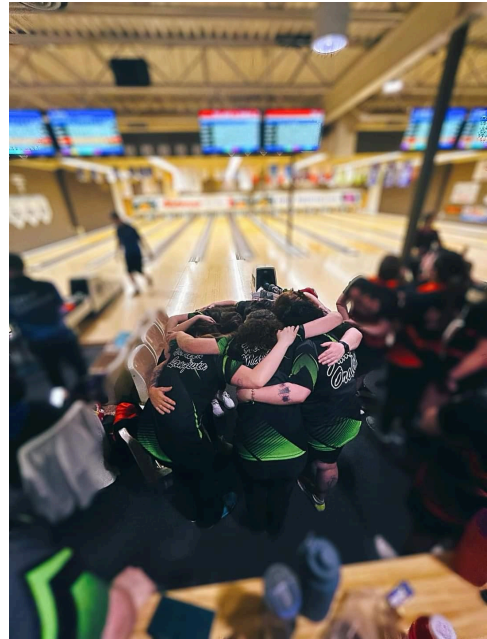
A later chronicle says

*“The danes made themselves too acceptable to English Women by their elegant manners and their care of their person. They combed their hair daily, according to the custom of their country, and took a bath every saturday, Changed clothing frequently, and improved the beauty of their bodies with many such trifles, by which means they undermine the chastity of wives.”*



## *Congratulations*

Heidi Mapstone will be representing Alberta on 2 Alberta 5 Pin ladies teams again this year. Good luck to Heidi in Ottawa May 29-June 1 and in Winnipeg June 30-July 4!



## **Fun Stuff**

### *Joke Time!*

*What do you call a Viking who can build ships in his sleep?*

A snoresman.

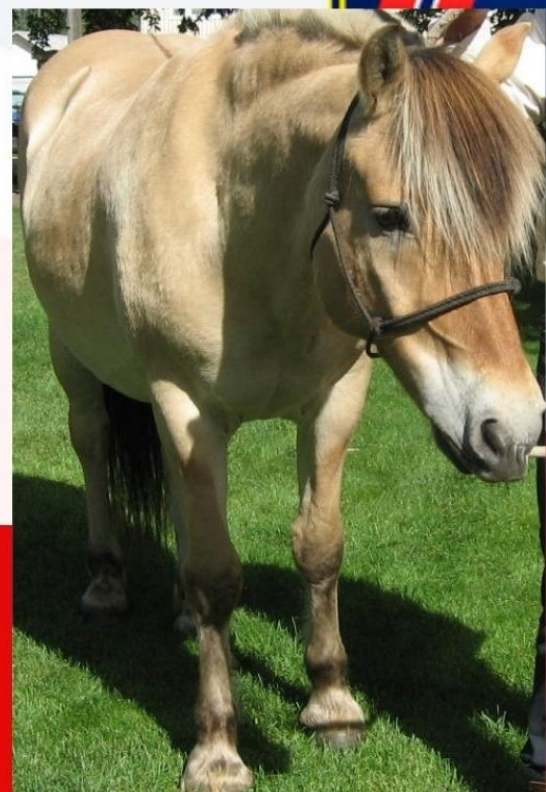




# Norwegian Laft Hus Festival 2024 June 22 10am - 4pm

Goats on the Roof - Fjord Horses - Vikings -  
Scandinavian Dancing - Axe-throwing - Museum -  
Folk Art Demos - Norwegian Gifts - Games -  
Frozen bouncer - Balloon twister - Baking

**FREE ADMISSION**



Norwegian Laft Hus Society  
Heritage Square, 4402 - 47 Avenue , Red Deer  
(behind Recreation Centre or south of Red Deer Museum)

## **Recipe:**

### **Brunost Cheese**

\* from the Trollhaugen Cookbook 2019

Translated it means 'Brown Cheese' also called mysost (whey cheese) in other parts of the world. Brunost is primarily produced and consumed in Norway. Is it regarded as one of the country's most iconic foodstuffs, and is considered an important part of Norwegian gastronomical and cultural identity and heritage.

#### Ingredients:

4 L whey

1 pint of good heavy cream

#### Directions:

1. Put the whey into a large pot and simmer down to about 1-2" from bottom. It should resemble melted caramel.
2. Add Cream. Simmer for a while longer.
3. Stir constantly while it is cooling. Put into mold
4. Leave in the fridge overnight.

*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.*