



Påskeferie Traditions

Oranges, along with Kvikk Lunsj chocolate bars and crime novels (Påskekrim), are the defining staples of the Norwegian "påskeferie" (Easter holiday).

Oranges are a quintessential Norwegian Easter tradition. With around 5 million inhabitants, over 20 million oranges are consumed during the holiday. Packed for skiing trips and cabin stays, they symbolize the sun, spring's arrival, and provide a Vitamin C boost after winter. This tradition originated when the sweetest, best-quality oranges arrived in Norway around Easter

Symbolism: The bright color represents the sun, which Norwegians crave after long, dark winters.

Usage: They are eaten fresh, used in desserts (like mousse), and sometimes in savory dishes

History: Until 1956, fruit imports were restricted, making oranges a rare, expensive, and anticipated treat that arrived just before Easter.

Appelsinris Recipe



Traditional Norwegian Appelsinris is a creamy orange rice dessert served throughout Scandinavia, especially during Easter. This light and refreshing Appelsinris recipe combines classic rice pudding with freshly whipped cream and bright citrusy orange, creating the perfect balance of richness and springtime flavor.

<https://globalkitchentravels.com/appelsinris-norwegian-orange-rice-pudding/>



Registration for our 2026 Camp is OPEN!

Our multi generational summer camp was formed over 50 years ago to promote and preserve Norwegian heritage through the teaching of history, language, dance, crafts, traditional skills, and culture. Although the focus is Norwegian, all things Scandinavian are embraced at Trollhaugen.

**Register early
for a chance
to win a \$50
Butikk Gift
Card!**

Registration

This year camp will be held
August 9-15th

Application deadline is May 15, 2025, or
when maximum registration is reached.

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

What We Offer

- Multi-Generational Family Camp
- Classes for adults and youth 5-18 years
- Instruction in Norwegian crafts, language, dance and culture
- Sports program
- Held at the beautiful Deer Valley Meadows near Alix, Ab.
- Dormitory and RV Accomodations

Rates

Non-Member - Adult	\$495
Member - Adult	\$450
Youth - 12 to 17 years	\$425
Youth - 5 to 11 years	\$355
Child - 3 to 4 years	\$175
Preschool - 0 to 2 years	\$30
Senior	\$235
Yearly Membership Fee	\$20

Youth Classes Include

- Norsk Language
- Nature Study
- Tablet Weaving
- Woodworking
- Leatherwork
- Ethnic Cooking
- Rosemaling
- Sports
- Folkdance
- Embroidery
- Chip Carving
- Pottery



SEEKING SILENT AUCTION ITEMS

Trollhaugen's silent auction is a much beloved fundraiser for our camp. We collect everything from assembled baskets, jewelry, toys, art, handmade items etc. Please start setting aside items that you believe will find a good home with our campers, family and friends on the last day of camp!

DEAN KELLY MEMORIAL AWARD

A cash award is presented annually to 1 or 2 E group campers who are recognized for being exceptionally kind hearted and participating in camp to the best of their ability. These campers are nominated by their instructors each year at camp. 25% from Silent Auction proceeds from camp will be allocated for the Dean Kelly Memorial Fund every year.

We cannot make camp happen each year without all of our volunteers, instructors, donations and your direct participation. There are so many different ways to contribute to the success of our camp.

VOLUNTEER INSTRUCTORS

Let us know what your strengths are and what you are interested in instructing at camp this year! Each class results in a partial credit towards the instructor's registration at camp.



2026 CASINO

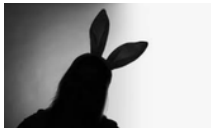
Alberta Gaming has provided us with the dates for our Casino this year. Funds from working the Casino are a large part of what allows us to make camp happen.

We are seeking volunteers to work shifts at the Grand Villa Casino in Edmonton - August 5th and 6th. Please contact Jennifer@trollhaugealberta.com to let us know if you are available!



EASTER CRIME??

Påskekrim (Easter Crime) is a unique Norwegian cultural tradition where, during the Easter holiday, people consume massive amounts of crime fiction, including novels, TV series, radio plays, and games. Originating from a 1923 book advertisement stunt, the tradition now involves publishers releasing new thrillers, special TV schedules, and murder mysteries on milk cartons. TV stations and radio (notably NRK) fill their schedules with "Nordic Noir" and British detective shows (e.g., Poirot).



No matter the origin the tradition lives on!



Celebrate Scandinavian culture all year long





Join your local Club!

<https://www.norway.no/en/canada/norway-canada/scandinavian-associations-in-canada/>

Norwegian Laft Hus Society's

Festival!

 June 13th, 2026 
10:00am to 3:00pm

Food truck, Scandinavian dancers, goats on the roof, fjord horses, lundehund dogs, stilt walker, Fight the Knight, face painting, artisan vendors, and more!



**ZED 98.9
will be
on site!**

Demonstrations in: bark carving, chip carving, chainsaw carving, Norse instruments, lefse making, krumkake making, rosemaling, and hardanger embroidery