



## January Newsletter



## Godt nytt år!

Often paired with a toast at midnight, Norwegians will raise their glasses and cheer “Godt nytt år!”—which simply means “Happy New Year!”.

It's common to say both “Skål!” and “Godt nytt år!” in the same toasting moment.



### Evening Gatherings and Festive Meals

In Norway Family and friend gatherings are common on New Year's Eve ("nyttårsaften"), reflecting the cozy "koselig" atmosphere. Popular dishes include ribbe (roast pork ribs), pinnekjøtt (dried lamb ribs), or seafood buffets.



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# LOOKING FOR VOLUNTEER INSTRUCTORS

Do you have a skill you want to share? Interested in passing down your Scandinavian culture to the next generation? Fill out an interest form today!



**TROLLHAUGEN CAMP 2026**

9<sup>th</sup>- 15<sup>th</sup>  
August

We hope to see you there!

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### **In Memory - Joan Onerheim**

July 12, 1934 - November 28, 2025.

It is with heartfelt sadness we share the passing of Joan Onerheim, after a courageous battle with cancer. She faced her illness with the same strength, grace and quiet resilience that defined her entire life.

Celebrating Norwegian Christmas early this year became an unexpected gift and a final blessing her family with cherish forever.



### **In Memory - Sonia Kennedy**

July 21, 1940 – December 14, 2025

We are sad to share the news that Sonia Kennedy passed away this month.

Sonia was beloved at camp and many people remember her gift for music. She was also behind many pranks with her fun loving spirit. She will be very missed.

Her obituary can be found here:  
[www.sunsetltd.ca/obituaries/sonia-kennedy](http://www.sunsetltd.ca/obituaries/sonia-kennedy)

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### Olympics 2026



Current Olympic Winter Games 2022

This year the 2026 Winter Olympics are happening in Milan and Cortina d'Ampezzo, Italy from February 6 to 22, 2026.

Norway is globally dominant in several winter sports, reflecting both grassroots participation and elite performance. Keep an eye out for them on the podium in:

#### \* Member pricing for Camp

#### Ski Jumping

- Norway is a powerhouse with 36 Olympic medals (12 gold). It remains one of Norway's top winter sports.
- At the 2025 FIS World Ski Championships, Norway won 3 out of 4 ski jumping events, including gold in the Mixed Team Large Hill.

#### Speed Skating

- Norway ranks third overall in Olympic speed skating, with 87 medals (28 gold).
- In recent events like the 2025 European Championships and World Cup, Norwegians have started overtaking traditional powers like the Netherlands.

#### Cross-Country Skiing

- This is the most successful winter Olympic sport for Norway, with 129 medals, including 52 gold.
- They regularly sweep World Cup podiums and leads in World Championships

#### Biathlon

- Norwegian athletes have a strong medal count in biathlon, with 55 Olympic medals (22 gold).
- In recent World Cups and Championships, Norway frequently tops relay and individual events

**This year our camp theme is Sports in Norway! We are looking forward to seeing everyone's skills August 9-15<sup>th</sup> at Deer Valley Meadows!**



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Our summer camp was formed to promote and preserve Norwegian heritage through history, crafts, traditional skills and culture classes. Although the focus is Norwegian, all things Scandinavian are embraced. Attendees do not have to be of Norwegian or Scandinavian descent or a member of any affiliated groups.

Check out our website! [www.trollhaugenalberta.com](http://www.trollhaugenalberta.com)

### Generations Award Nominations

Do you know someone who should be recognized for their contributions to Trollhaugen over the years?

If so, please contact our Generations Award Committee.  
Alyssa@trollhaugenalberta.com

### Trollhaugen Memberships Are Past Due!

Current memberships expire December 31. Please contact Tami to renew your membership at [registrar@trollhaugenalberta.com](mailto:registrar@trollhaugenalberta.com).

### Seeking: 2026 Trollhaugen Assistant Camp Director

Do you know someone who would be a great fit? Contact:

[heidi@trollhaugenalberta.com](mailto:heidi@trollhaugenalberta.com)

Do you have an event coming up or an idea for something we should include in a future newsletter? Reach out to:

[miranda@trollhaugenalberta.com](mailto:miranda@trollhaugenalberta.com)