



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

Newsletter - April 2024

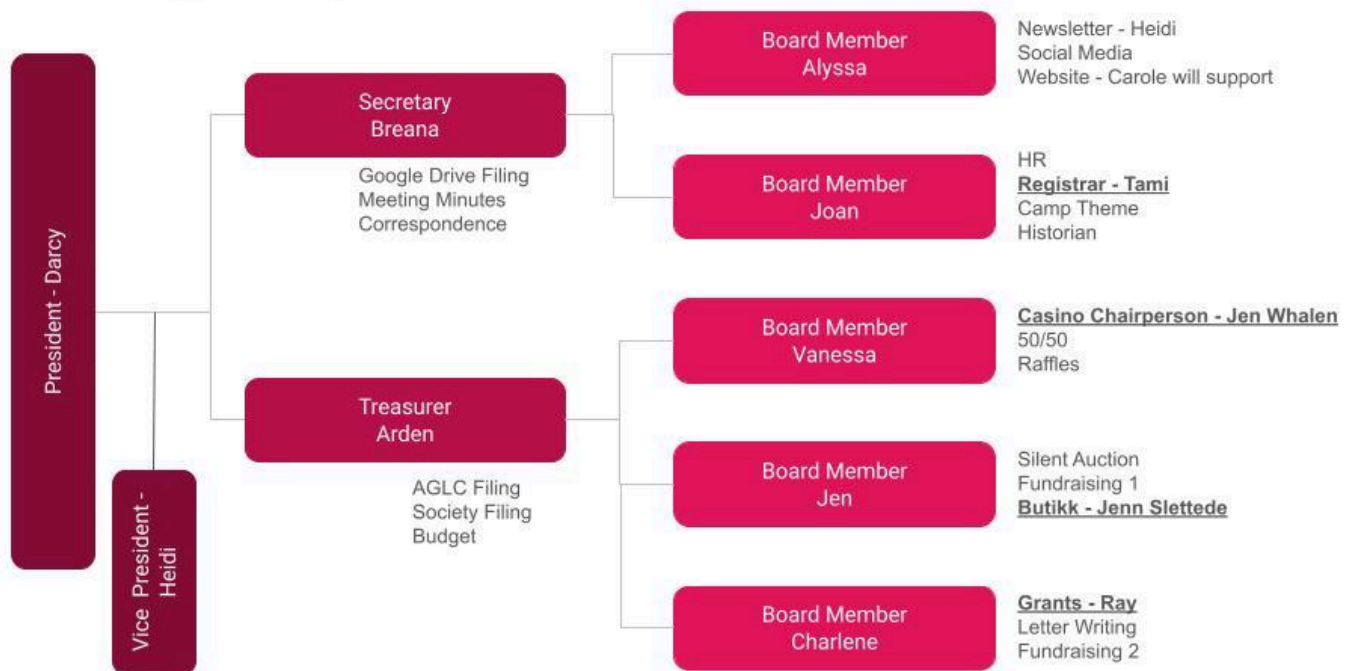
Please forward this to anyone you think might be interested. We are in the process of updating our mailing list - please confirm with your friends and family that they are receiving these newsletters. Contact trollhaugencamp@gmail.com if you need to be added to the list.

Messages from the Board

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

Please take a look at the organizational chart, and various committees. If you are able to help in anyway - please Email 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 (South) or Jen Whalen jen_whalen@shaw.ca (North).

Hello Trollhaugen community,

*Are you interested in teaching **Norwegian language** courses at camp? Like many areas of specialty instruction, Norsk is a dynamic class to teach, requiring some knowledge of the language and deliberate lesson development. Please contact Kalli Lirette if you are interested in **joining a mentorship program** to train as a potential Norsk instructor. Basic language instruction and/or support in lesson planning will be offered to all interested participants.*

kallilirette@gmail.com

Tusen takk!

Kalli

Trollhaugen Butikk

Did you know that our Trollhaugen Butikk is available for **CONSIGNMENT SALES**? The consignment fees have been reduced from 30% to 20%. If you are interested, please contact trollhaugencamp@gmail.com.



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

Registration is out!!!

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

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

Introducing the Vikings Vinland!

The Vikings Vinland is a non-political, non religious organization focused on Viking age reenactment. They set up interactive, museum quality, living history displays. They also practice real steel, live combat!

Started in 2006 - When a group of History loving folks joined with their parent organization - The Vikings Dark Age reenactment (the oldest and largest dark ages reenactment group in the United Kingdom). In 2014, Vikings Vinland was founded and the rest is history!

Viking Vinland meets socially across North America during the year, and performs at events (weather permitting). There are multiple groups in Alberta - Red Deer, Calgary, and Edmonton. There are also groups located in Denver and Wyoming.

Our Alberta groups are some of the oldest and most active historical reenactment groups in Canada - they focus on teaching history, and showcasing the best the Viking Age has to offer.

This year, the Vikings Vinland is excited to be a part of Trollhaugen - and share the love of Viking age crafts and history with our campers! There are several talented crafters and combat specialists lined up, and they look forward to teaching old crafts to new pupils!

For Pictures: <https://www.vikingsvinland.com/events-1>

Camp 2024 Theme - Vikings

Innovative ship design

The design of the Vikings' iconic vessels, called longships, was adopted by several other cultures and influenced shipbuilding for centuries. Briefly described, the method involves overlapping planks of oak that are nailed together and protected by layers of tarred wool and sometimes animal hair.

The secret behind the fast-moving longship is its long, narrow hull, kept stable by a keel. Light enough to be carried, it was designed for speed and easy navigation in shallow waters. The longship was double-ended, allowing it to reverse direction without the need to turn. This was a significant advantage in a sea filled with concealed icebergs and sea ice.

Longships had oars along almost the entire length of the vessel, with later versions adding sails.

Multipurpose vessels

The ships were used for plundering and other attacks, as well as for peaceful trade. Many Vikings died in battles in continental Europe. In 876, around 4,000 men and 120 ships were lost in a massive storm off the south coast of England. When prominent Vikings died, they were laid to rest in a burial ship along with their *clothes, jewelry, and even their horses and livestock*. One of the most significant graves found in Scandinavia is the Oseberg burial mound. In the year 834, the *Oseberg queen was buried in an impressive ship together with her precious belongings*. The grave also contained the remains of a second female of unknown origin.

The Oseberg ship burial has a large amount of textile making tools that *Vinland Viking* will be showing in the camp for tablet weaving!!!!

Did you know?

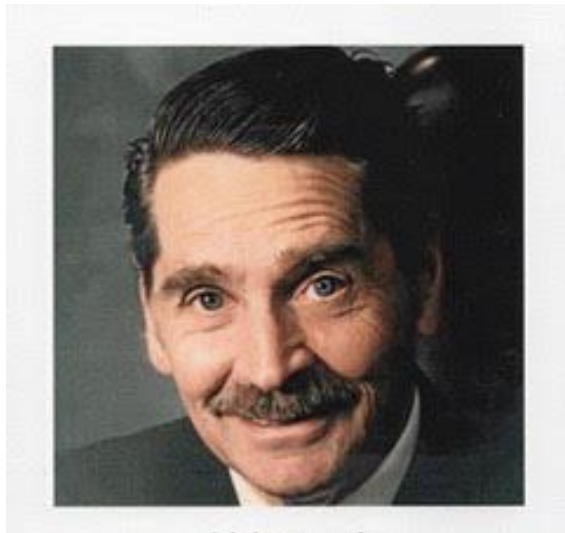
What role did women play in Viking history?

Women are said to have had a stronger position in Viking society than in most other parts of Europe. They usually had the right to divorce, and if their spouse passed away, they would inherit his estate and retain ownership of his belongings. They had partial legal protection against sexual harassment. A woman was respected as the head of the farm when her husband was away, which he could be for a long time.

Condolences

Our Condolences to the friends and family of Kunt Haga. Knut was a long time member of our camp family. He taught Norsk and will be remembered for his quick smile and kindness. He was a mentor to many of us, and will be greatly missed.

Knut Haga May 18, 1933 - February 20, 2024



Knut was born on May 18, 1933, in Oslo Norway. Most of his working life was spent in the construction industry, of which he was a dedicated and hardworking member of the trade. He was a proud member of Sons of Norway and dedicated much of his time to volunteering with the organization. Knut's passion for life was evident in his love for the Stampeders, bowling, and folk dancing. He was also a drummer for the Rhythm Rogues for nearly 25 years.

Knut's greatest achievement was receiving the Medal of Honour from the King of Norway. He was an avid birdwatcher and found joy in watching them around his yard. Knut's love for his family

was unmatched, and his fondest memories were made during family vacations. Knut is survived by his beloved wife, Bernice, loving son Karl, daughters Natalie, Angela and Heather, five grandchildren, Candace, Chris, Curtis, Alex and Jenni: six great-grandchildren, and many nieces, nephews, and extended family members.

Knut was predeceased by his parents, Solveig and Karl; grandson Shayne, as well as four brothers and four sisters.

Fun Stuff

Joke Time!

Let's be honest, viking helmets didn't have horns – they're just myths-staken.!

Recipe: Fish Soup

The Vikings in and around Ribe had quick access to the Wadden Sea, and so fish and shellfish were an important supplement to the diet and a great source of protein.

This is the Hvidinggaard fish soup:

<https://www.ribevikingecenter.dk/en/learn-more/viking-slow-food/recipes/fish-soup.aspx>

Ingredients:

5 carrots	Cress
5 medium sized onions	1 cup cream
Butter	Salt
Water ca. 1.5 litre	750 g cleaned fish eg. salmon or trout
Chervil	Finely chopped top of spring onion

Instructions:

1. Clean and dice the onions and carrots. Rinse the herbs and chop medium fine.
2. Melt the butter in a cooking pot. Add the onions and carrots and cook for a couple of minutes. Add the water and bring to a boil. Leave to simmer until the vegetables are 'al dente'. It's now time to add the herbs and the cream.
3. Cut the fish in bite-sized pieces and add them to the soup. Let it simmer over low heat until the fish is tender. Season to taste.
4. Sprinkle with chopped spring onion and serve with bread.

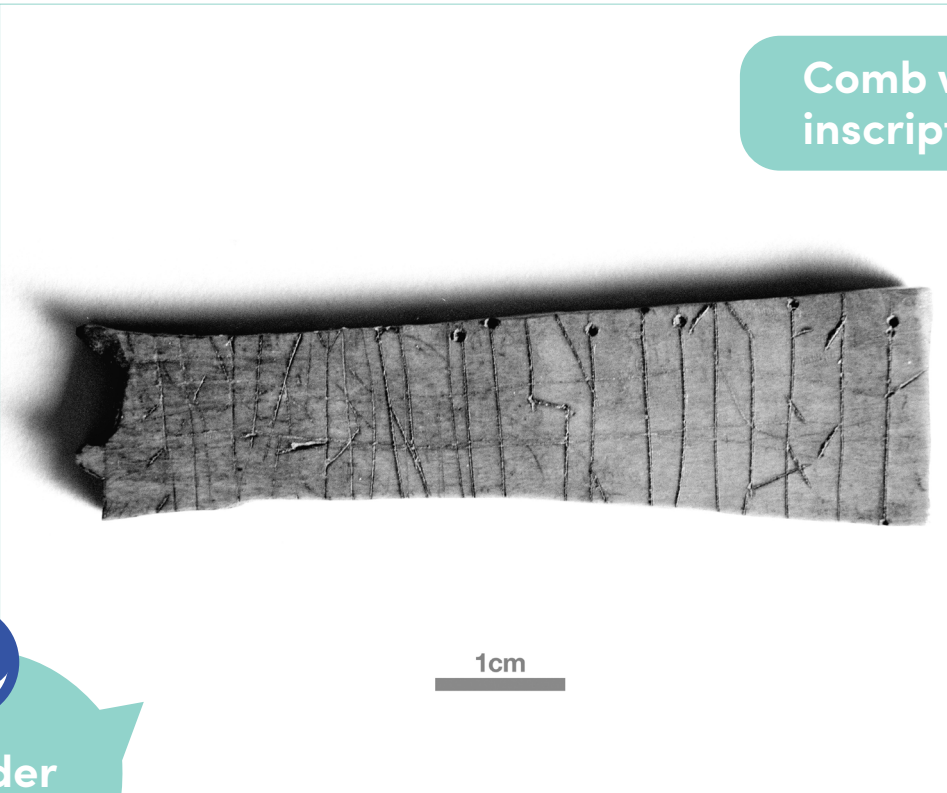
If you have tried any of our newsletter recipes, please send us a photo and review! We may include it in future newsletters! trollhaugencamp@gmail.com

Feel free to submit a recipe you would love to share with the Trollhaugen family.

The Viking's Alphabet

The Vikings had their own type of writing, with symbols, called runes. The word rune itself comes from the old Norse (Viking) word, Runa, meaning a secret or mystery. Their alphabet using these runes was called the runic alphabet.

Comb with runic inscription



I wonder what these lines are?

Viking Runes

Tell me about Runes!

Runes were inscribed, or written, on large stones in the countries where the Vikings came from, Sweden, Norway and Denmark. Runes were often used to write a persons name but sometimes they had a magic message.

museum

National Museum of Ireland
Ard-Mhúsaem na hÉireann

Runes in Ireland

Runes were also written onto objects. Animal bones with runes engraved onto them have been found in Ireland. Some of the objects were discovered by archaeologists when they were excavating Viking houses and towns.

Deer antler with
runic inscription



This deer antler, antler combs and a sword with runes are on display in the National Museum of Ireland - Archaeology.

museum

National Museum of Ireland
Ard-Mhúsaem na hÉireann

Viking Objects in Dublin

Archaeologists found a deer antler and part of a Viking comb with runes on them at Fishamble Street, Dublin.

The Runic Alphabet

Here is the Runic alphabet written out. The Runic alphabet was called the Futhark, after the first six letters.

F U T H A R K G W

H N I J P E R

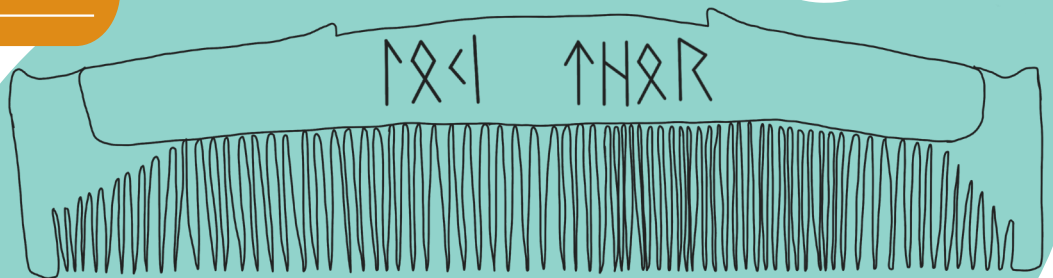
T B E M L N G D O

Do you think this is like A, B, C?

Here's a Task!

Discover the name of the two of the Viking Gods written below on the outline of the Viking Comb.

Viking God Names:

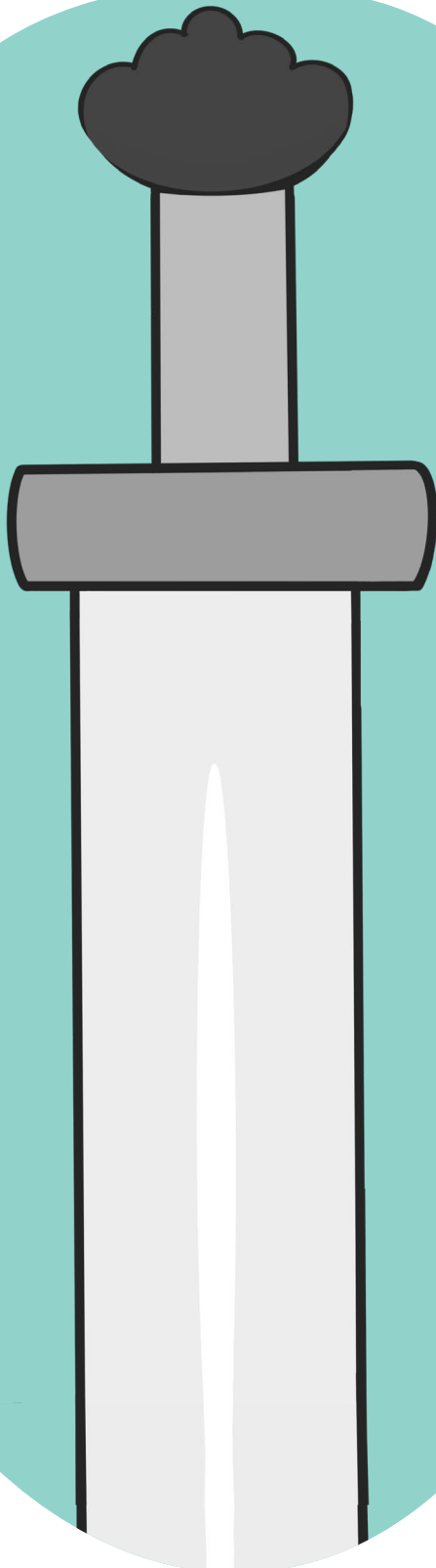


museum

National Museum of Ireland
Ard-Mhúsaem na hÉireann

Here's a Task!

Give the sword a name and write it in runes on the blade.



Why not also decorate your sword?

Special Sword Names!

In the stories, or sagas of the Vikings, swords were often named, one was called Fierce. Sometimes the names explained special powers, like foot-biter. Swords were often decorated at the hilt, or handle, with gold and silver.

museum

National Museum of Ireland
Ard-Mhúsaem na hÉireann