



## Sankthansaften

Norway's premier June tradition is Sankthansaften (or Jonsok), celebrated annually on June 23rd to honor the summer solstice and the birth of St. John the Baptist. Across the country, especially along the coast, locals gather with friends and family to light massive community bonfires, enjoy grilled seafood, and celebrate the endless daylight of the Midnight Sun.

### The Core Celebrations

- **The Bonfires:** Colossal bonfires are lit on beaches, lakesides, and mountain peaks to celebrate the power of the sun and ward off evil spirits.
- **The Feast:** Traditional meals include grilled seafood, summer sausages, strawberries, and a sip of aquavit.
- **Folklore & Magic:** Ancient traditions survive alongside the modern festivities, such as young singles picking seven types of wildflowers to place under their pillows to dream of their future spouses, and decorating homes with birch twigs to symbolize summer vitality.





## Midsommer



Midsummer marks the summer solstice—the longest day of the year—and is one of Norway’s most cherished traditions. Festivities typically feature a relaxed, communal meal, the raising of a decorated maypole, and the wearing of flower crowns. Singing, dancing, and the occasional schnapps toast add to the lively atmosphere. Traditional dishes often include pickled herring, freshly harvested potatoes with dill, strawberries, and cured salmon.

### Celebrate Scandinavian culture all year long



### Join your local Club!

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

### Looking for some recipes to for your celebration?

<https://true-north-kitchen.com/36-delicious-recipes-for-celebrating-midsummer/>





## SEEKING SILENT AUCTION ITEMS

Trollhaugen's silent auction is a much beloved fundraiser for our camp. We collect everything from assembled baskets, jewelry, gift cardstoys, 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! email [jennifer@trollhaugenalberta.com](mailto:jennifer@trollhaugenalberta.com) to let us know what you can contribute.

25% of the proceeds from the silent auction are contributed to the Dean Kelly Memorial Award. This 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.

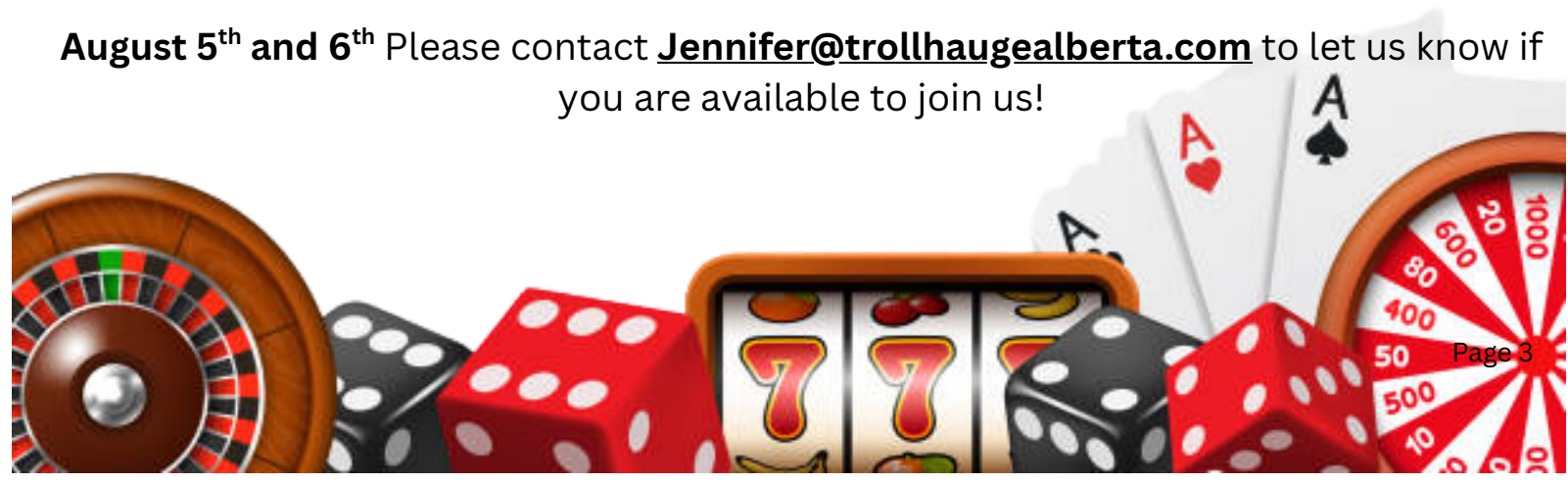
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## Our 2026 CASINO Relies on Volunteers Like You!

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. Gaming funds help us bring in specialty instructors and keep our registration fees low.

We are seeking volunteers to work shifts at the **Grand Villa Casino in Edmonton**. We have many different rolls to fill. If you have never worked one before - it is an evening that goes by fast when you are working in such great company. We would love for everyone who can to please participate however you can.

**August 5<sup>th</sup> and 6<sup>th</sup>** Please contact [Jennifer@trollhaugealberta.com](mailto:Jennifer@trollhaugealberta.com) to let us know if you are available to join us!





## Norway in the News

### Norway Stuns Canada In Historic Bronze!

In one of the biggest upsets in international hockey history, Norway beat Canada 3-2 in overtime in the bronze medal game at the 2026 IIHF Ice Hockey World Championship.

It is Norway's first medal in IIHF history in any top-division tournament.

**2026 MEN'S WORLD CHAMPIONSHIP - BRONZE GAME**

Canada (7-1-1-1) **2-3** (OT) Norway (5-2-1-2)

**R.Thomas (2)**  
**R.Thomas (3)**

**M.E.Pettersen (1)**  
**S.Solberg (1)**  
**N.Steen (7)**

IIHF

J.Greaves 21/24 @ Zürich, SWITZERLAND H.Haukeland 44/46



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