



Registration for our 2026 Camp is already HALF FULL!

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. Getting your registrations completed in a timely manner helps the volunteers behind the scenes who make all the arrangements for camp.

This year camp will be held August 9-15th

Application deadline is May 15, 2026, or when maximum registration is reached.

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





NORWAY IN THE NEWS



Viking Coins Found!

Archaeologists in eastern Norway have uncovered what is believed to be the largest Viking coin hoard ever found in the country, describing the discovery as both rare and historically significant. Nearly 3,000 silver coins have been recovered so far from a field near the town of Rena in the Østerdalen region, and further excavation may reveal even more. The hoard was initially discovered on April 10 by two metal detectorists, who promptly reported their find to authorities.

The coins date from the late 10th to mid-11th centuries C.E., a key period during the Viking Age. Many are foreign in origin, particularly from England and Germany, along with elements from Denmark and Norway. This reflects the fact that foreign currency dominated Norwegian trade before King Harald Hardrada introduced a national coinage during his reign beginning in 1046. Archaeologists believe the hoard was buried around the time this transition began.



Smørrebrød

Smørrebrød (Danish pronunciation: ['smœ̃r̥p̥œ̃ð̥]; originally smør og brød, "butter and bread"), smørbrød "butter bread" (Norwegian), or smörgås ['smœr̥go:s] "butter goose" (Swedish), is a traditional open-faced sandwich in the cuisines of Denmark, Norway and Sweden that usually consists of a piece of buttered rugbrød (a dense, dark rye bread) topped with commercial or homemade cold cuts, pieces of meat or fish, cheese or spreads, and garnishes. They are eaten with a knife and a fork

Bread: Bread is a very important part of the Scandinavian diet, primarily rugbrød, which is sourdough rye bread. It is a dark, heavy bread which is often bought sliced, in varieties from light-coloured rye to very dark, and from refined to whole-grain. Some toppings are served on franskbrød ('French bread'), a very light, crusty wheat bread. The bread is usually buttered, though for some variants, a spread of lard is customary.

Toppings: Traditional toppings include pickled herring (plain, spiced or curried); thinly sliced cheese in many varieties; sliced cucumber, tomato and boiled eggs; pork liver-paste; dozens of types of cured or processed meat in thin slices, or smoked fish such as salmon; mackerel in tomato sauce; pickled cucumber; boiled egg, and rings of red onion. Mayonnaise mixed with peas, sliced boiled asparagus and diced carrot, called italiensk salat ('Italian salad'). It is customary to pass the dish of sliced bread around the table, and then to pass around each dish of toppings, from which people help themselves.





SEEKING SILENT AUCTION ITEMS

Trollhaugen's silent auction is a much beloved fundraiser for our camp. We collect everything from assembled baskets, jewelry, gift cards, 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! email 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.

Celebrate Scandinavian culture all year long



Join your local Club!

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

ANNUAL NORWEGIAN LAFT HUS FESTIVAL
Free Admission
June 13 2026 10 AM - 3 PM

Food trucks, Scandinavian dancers, goats on the roof, fjord horses, lundehund dogs, balloon artist, Vikings, face-painting, Fight the Knight, artisans, vendors, and more!

Heritage Square (behind Rec Centre)
4402 - 47 Avenue, Red Deer, Alberta

Our Sponsors: Calgary Food Festival, CO-OP, RYSCO KORROSION SERVICES INC., Red Deer, servus credit union, Edmonton Heritage Festival



Trollhaugen 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. We have many different rolls to fill and would love for everyone who can participate.

August 5th and 6th

Please contact Jennifer@trollhaugealberta.com to let us know if you are available!

