

SISU CALGARY



Tammikuu - Maaliskuu
January - March 2026

SISU is the philosophy that what must be done will be done regardless of what it takes – strength, persistence, determination, resolve and GUTS.

Viesti puheenjohtajalta / Message from the President



Dear CFCA Members,

Hyvää uutta vuotta, Happy New Year!

Thank you to everyone who joined us for Pikkujoulut on December 6 and to all who helped make the event possible. It was a wonderful way to close out the year with great food, company, and entertainment – including a special performance from Little Finns.

Sanna
Kinrade
CFCA
President
2025-2026

The past year was another successful and busy one for CFCA. Thank you to our board, instructors, volunteers, and members who support our programs and events - from Little Finns and language lessons to Eepi Ursin's music workshops, Miska's internship and workshops, baking for the Scandinavian Christmas Market, our two-day Casino that helps fund our programming, and more.

A reminder that CFCA memberships expired on December 31. Please renew by the end of January if you have not already. Language classes continue in January, there may be some changes to Little Finns, and the Annual General Meeting (AGM) will be held on February 22.

As previously shared, I will be stepping away from the role of President at the AGM. I am grateful for this community and for the opportunity to serve CFCA over the past several years.

Kiitos for being part of CFCA's journey. Please get involved so Finnish culture can continue to thrive in Calgary!

Wishing you all a healthy and happy new year.

Ystävällisin terveisin – Friendly regards,

Sanna Kinrade

president@finlandiacalgary.com

CFCA Annual General Meeting

Sunday, February 22, 2026 at the Calgary Scandinavian Centre, 739-20 Ave NW, Calgary. More details to follow.



CFCA Annual Membership Renewals for 2026–2027

In December 2025, CFCA membership renewals are coming up. Please login to your Communal account to renew if you haven't selected Auto-Renew.

Memberships with the Calgary Finlandia Cultural Association help the community and Board of Directors to fulfill its long-standing mission of encouraging and raising awareness of Finnish culture, language and traditions within the Calgary and surrounding areas through the offering of special events, workshops, cultural celebrations and more. You make what we do possible!

CFCA Membership Prices 2026-2027

Individual (Henkilö) = \$25.00
Family (Perhe: 2+ Individuals) = \$40.00
Senior (+80 Years) = FREE

The Benefits of an Active CFCA Membership

DISCOUNTS: With an Active Membership, you will receive discounts on registrations and tickets to the many CFCA workshops and events held throughout the year. Some workshops and events are Free to attend for CFCA Members with active memberships.

OVER 80 YEARS OLD: CFCA Membership is Free to those adults over 80 years of age. Verification is required.

NEWSLETTER: CFCA Members will receive a quarterly newsletter emailed to their email address on file. This quarterly newsletter contains updates on events and workshops happening throughout the year. Throughout the year, the Board of Directors will send communication updates to the Active members about workshops, events and other happenings within the CFCA community.

LITTLE FINNS: For those with an Active CFCA Family Membership, your child(ren) can participate for FREE in the many workshops and activities hosted by the Little Finns, Finnish School of Calgary.

ONLINE FINNISH LANGUAGE LESSONS: Members may attend weekly Beginner, Intermediate and Advanced online language classes, for approximately 8 weeks. Textbooks are provided while supplies last.

SCAN CENTRE LIBRARY ACCESS: Did you know that the CFCA has a small library of Finnish books and literature located in the Saga Room at the Scandinavian Centre? CFCA members may borrow books from this library.

CFCA BOARD OF DIRECTORS: As an Active CFCA Member in good standing, your membership will allow you to be considered to sit on the CFCA Board of Directors (a volunteer position), IF a Board position is open and available. Acceptance is pending a final vote by the sitting Board of Directors. The CFCA Board of Directors is a very active group of volunteers therefore there are criteria to join, and a time commitment/participation is expected which includes regular board meeting attendance, just to name some of the criteria. For more information, please contact the email listed below.

To view the status of your CFCA Membership and/or renew please visit the CFCA Website, log into your Communal account or email info@calgaryfinlandia.com

TUNNIT JA KURSSIT / CLASSES & WORKSHOPS



LITTLE FINNS WINTER - SPRING REGISTRATION MORE INFORMATION TO COME

Little Finns is a community for children and parents to socialize and learn about Finnish culture and language together.

Children of any age and language level are welcome. Parents MUST stay and actively participate in the sessions unless otherwise instructed. Grandparents are also welcome!

For detailed WINTER – SPRING 2026 program information, refer to the sign-up form on Communal.

For more information about Little Finns visit the CFCA website.



ONLINE LANGUAGE CLASSES

Programs Resume January 2026

Beginner: January 8 – March 12

TIME: Thursdays, 7:00 - 8:00 PM

Intermediate: January 8 – March 12

TIME: Thursdays, 8:00 - 9:00 PM

Advanced: January 19

TIME: Mondays, 7:30 - 9:00 PM

NOTE: Suomen Mestari textbooks are usually provided to registrants free of charge while quantities last. Arrangements should be made by registrants to pick up their textbooks if they are located within Calgary, AB. For those located outside of Calgary, AB, then a small shipping fee is required to cover the cost of shipping via Canada Post.



If you are interested in leading a culinary workshop, please contact the CFCA for more details. We are looking for ideas on gluten & lactose free options and other ideas too.

Tulevat CFCA kulttuuritapahtumat / Upcoming CFCA Cultural Events

To register for any of events please email us at
info@finlandiacalgary.com



Vuokraukset ja kirjasto / Rentals & Library



Scandinavian Centre Library

Did you know that the Scandinavian Centre has a collection of books and other materials from Finland and other Nordic-Scandinavian countries? If you'd like more information on how to access this library, please send us an email.

Menneet CFCA tapahtumat / Past CFCA Events



MISKA KOUVALAINEN VISITS THE CFCA

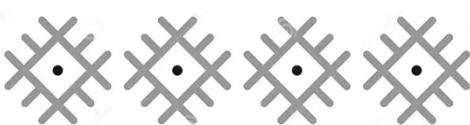
The Calgary Finlandia Cultural Association's Board of Directors was pleased to host University of Oulu student-teacher, Miska Kouvalainen, as part of a potential future internship/exchange program between universities in Finland and the Calgary Finlandia Cultural Association. As part of his university program internship, Miska selected Alberta to complete some of the necessary credits for his graduation. Miska volunteered his time and his skills to instruct CFCA members, including the Little Finns, on creating some traditional Finnish crafts and foods.

Miska was in Calgary for a month, from October 18 – November 17. In between workshops he explored the city and the surrounding areas learning about the beautiful province of Alberta, the uniqueness of the Canadian culture and the Finnish Canadian community in Calgary.



Miska was a pleasure to work with and inserted humour into each workshop. Miska facilitated workshops on the construction of himmeli, traditional Finnish foods, Finnish games and crafts. Each one was well received and enjoyed by all in attendance. It was a great learning opportunity for the Board of Directors too. One month passed quickly and before we knew it, it was time for Miska to return to Finland.

The CFCA Board of Directors is currently researching how to make future exchanges or internships possible with other university students from Finland as part of CFCA's ongoing mission to encourage Finnish culture, traditions and language in Calgary and the surrounding areas. We are grateful to Miska for choosing Alberta!





PIKKUJOULUT 2025

Thank you to the CFCA Board of Directors for organizing and hosting this year's event in the Viking Hall at the Scandinavian Centre. A special thank you to Leena Booth for the beautiful festive decorations and to Diane Lassila for helping with the buffet. Thank you to the CFCA members who prepared the delicious traditional Finnish foods and desserts. The Board of Directors would also like to thank Carlos and Veronica Charmel for tending bar again this year.

Jeremy Furlong, a Canadian comedian and CFCA member, along with past CFCA President, Outi McEachern graciously volunteered to emcee this event and kept everyone entertained. The Little Finns charmed the crowd with their performance of the new song they learned from visiting music instructor, Eepi Ursin. Natanael Sasaki, a master violin maker and restorer, originally from Finland, entertained the guests with beautiful violin solos. Special guest, Honorary Consul, Ms Judith Romanchuk, representing Finland in Calgary, highlighted the significance of Finnish Independence Day (108 years) during her annual Pikkujoulut address.

Several long time CFCA members were recognized with Volunteer Appreciation Certificates to acknowledge their years of volunteer service with the Calgary Finlandia Cultural Association and their contributions to the continuation of Finnish culture in the Calgary and surrounding areas. After a delay, guests were treated to the Joulu Buffet that featured joulukinkku (Finnish Christmas ham provided by Alpine Sausage), Swedish meatballs with gravy, various casseroles and vegetable dishes and desserts. This year there were a few more options for guests with dietary restrictions which the Board hopes to continue offering in the future. The evening eventually concluded with a visit from Joulupukki and many raffle prizes were given away.

This special annual event requires MANY volunteers to help make it successful, please consider volunteering for the next event in December 2026.



SCANDINAVIAN CENTRE CHRISTMAS MARKET & BAZAAR

On Sunday, November 9 the Viking Hall was once again filled with the sounds of Christmas shoppers eyeing all the delights of traditional Nordic foods from Finland, Sweden, Iceland and Norway. Crafters sold handmade items and crafts. Shoppers were lined up before the doors opened so they wouldn't miss out on the pulla and other tasty offerings.

This year CFCA had delicious vegan pulla. CFCA sold out of almost everything in record time! Thank you to the Calgary Finlandia Cultural Association Board of Directors for baking pulla, piirakka, cookies and other goodies. Thank you to the CFCA Members who made crafts and supported the organization during this event.

More bakers = more products!

Suomi-tuotteita / Places to Buy Finnish Goods

If you are new to Alberta and/or Canada, you may be wondering where Finnish Canadians find some of their favourite products. Visit the CFCA website for a regularly updated list on places that may sell Finnish products and foods online or in store. Here is a list of some in person and online shopping locations.

Viking Foods & Imports (Toronto, ON, M3A 1B2) www.vikingfoods.ca

Koti 28 (108 John St. N. Arnprior, ON, 613-623-7399) www.koti28.ca

Nordic Foods (Pickering, ON) www.nordicfoods.org

Edelweiss Village (1921 20 Ave NW, Calgary, AB) www.edelweissimports.com

Alpine Sausage (3919 Richmond Rd SW, Calgary, AB) www.alpinesausage.ca

IKEA Canada

Finn Goods (Langley BC) www.finngoods.com

Sini Cleaning Products (Finland): www.sini.com

Glimmis www.glimmis-canada.ca

Söpösöpö (Free worldwide shipping on orders over \$100.00) www.soposopo.com

Suomikauppa.fi (An online shop for Finnish goods) www.suomikauppa.fi

Kit Interiors (739 11 Ave SW, Calgary) www.kitinteriorobjects.com/brands/marimekko/

Holt Renfrew (510 8 Ave SW, Calgary, AB) www.holtrenfrew.com

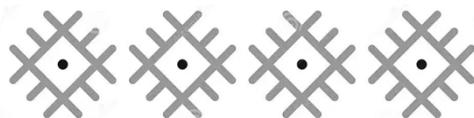
EQ3 (8180 11 St SE #100, Calgary, AB) www.eq3.com

Simons (304 8 Ave SW #100, Calgary, AB) www.simons.ca

Gravity Pope (clothing store; 1126 17 Ave SW, Calgary, AB) www.gravtypope.com

FinnPort (Thunder Bay, ON) www.finnport.com

If you have a Finnish recipe to share OR if you would like to suggest a place to purchase Finnish goods, please give us a call or send us an email.



SCANDINAVIAN CENTRE

For upcoming events hosted by all the groups who meet at the Scandinavian Centre please check the bulletin board outside of the Valhalla Room or visit the Scandinavian Centre website.

SCS BOARD MEMBERS FOR 2026 URGENTLY NEEDED

Both the Scandinavian Cultural Society (SCS) and the Co-op Boards urgently require members. The Cultural Society Board of Directors is URGENTLY seeking people to fill the positions of PRESIDENT, VICE PRESIDENT and Secretary. If you are interested, please email scancctr@telus.net or call the Scandinavian Centre directly.

Seniors Yoga (60+ years old)

Every Tuesday, 10:00-11:00 AM
Please register to attend.
Walk ins are not permitted.

Choirs

Adult Choir & Youth Choirs
(8-14 years old) are both seeking
new members

Volunteers Needed

If you are interested in
volunteering for the
Scandinavian Centre cultural
board, please visit the Scan
Centre website or call.

MEMBERSHIP INFO

CFCA encourages members to get the most out of the cultural offerings at the Scandinavian Centre, which just celebrated its 50th year in 2024, by becoming a Scandinavian Cultural Society (SCS) member.

SCS programs include Nordic Libraries, Language Lessons, Youth & Adult Choirs, Christmas & Spring Concerts with performances by the Nordic Folk dancers including Finnish selections. Very successful programs include their Christmas Bake Sale & Market and weekly Seniors Yoga which has brought together members in all of the Scandinavian / Nordic Internal Groups, especially for the 3 C's afterwards - Coffee, Cookies & Conversation.

Annual memberships may be purchased directly with the Scandinavian Centre

Membership information can be submitted by mail, via the website or emailed to scancntr@telus.net.
\$10 membership fee is payable in cash or cheque to Scandinavian Cultural Society of Calgary and may be dropped off or mailed to:
Scandinavian Cultural Society of Calgary, 739 - 20 Ave NW T2M 1E2.

PARKING AT THE SCANDINAVIAN CENTRE



On-site parking is limited at the Scandinavian Centre and is available on a first come, first served basis. Street parking is available. To prevent people from being blocked in, please leave your telephone number on your dashboard so that anyone blocked in may contact the other driver. Other options are to carpool or park on the street.

Parking is available for EVENTS ONLY. There is no overnight parking. To park outside of Scan Centre hours please call or email the Scan Centre office.

About the CFCA

2025-2026 Board of Directors

President: Sanna Kinrade
Vice President: Hannah Russwurm
Secretary: Aicha Kouyate
Treasurer: Rhiannon Major
Co-Treasurer: Katharina Marjusaari
Communications Director: Catherine Major

Members at Large:

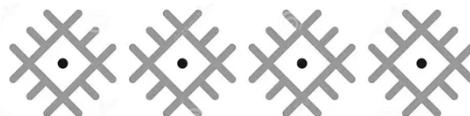
Chris Hylton
Raheel Khan
Mika Marjusaari
Outi McEachern
Jaan Narvanen
Tuija Roman

Scan Centre Office Hours

Mondays to Fridays
10:00 am – 2:00 pm

Holiday & Summer Hours:

Tuesdays & Fridays
9:00 am – 1:00 pm
403.284.2610



Hauskaa joulua & hyvää uutta vuotta!
Merry Christmas & Happy New Year!



From the CFCA Board of Directors 2025-2026



SISU CALGARY – CFCA NEWSLETTER

This newsletter is produced 4 times a year for CFCA members. Issues will be released in January/April, May/June, July/September and October/December. If you have items that you would like to see included in an issue, or if you have any questions regarding an issue, please send an email with the subject headline “Newsletter Contribution” to info@finlandiacalgary.com. Newsletter items will be accepted in either English or Finnish. Items for our blog can be submitted to the same email.

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