



Huhtikuu - Kesäkuu April – June 2025

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



Sanna
Kinrade
CFCA
President
2025-2026

Dear CFCA Members:

Spring is here and we are excited to see our 2025 programs and events in full swing, including:

- Beginner's Language Lesson session starts on April 10: Register via Communal. Free textbooks are available to members while supplies last.
- Global Gala fundraiser for the Calgary Immigrant Women's Association (CIWA) was held on March 28. CFCA was at Knox United Church with mini karjalanpiirakkas and Runebergin torttu samplers to support a great cause.
- Vappu on May 4: This year's celebration is a collaboration with Little Finns at Rosemont Community Centre. Expect picnic food, games, and bubbly drinks like sima.
- Juhannus on June 21: Save the date! Our annual picnic will be at Edworthy Park.

A big thank you to everyone who attended our AGM on February 22. We had a productive meeting, and I am pleased to welcome our new board members: Jaan, Chris, Katharina, and Mika!

We are still waiting on an update for our 2025 Casino date and just a heads up that we decided to pause plans for a group trip to FinnFest USA this year.

If you are interested in teaching a culinary workshop or have ideas for future events and collaborations, we'd love to hear from you!

Ystävällisin terveisin – Friendly regards,

Sanna Kinrade
finlandiacalgary@gmail.com



CFCA Membership 2025 Increase

The price of CFCA memberships has increased by \$5. This is the first price adjustment in over a decade. Individual membership is now \$25 per year and family membership is now \$40 per year. Membership continues to be for the calendar year (Jan 1 to Dec 31). These price increases will help to ensure that we can continue to provide programs and events to our members at the lowest price possible, when expenses are ineligible for AGLC proceed use (e.g., ingredients for culinary workshops, food for events, etc.).

TUNNIT JA KURSSIT / CLASSES & WORKSHOPS

Registrations are closed for the 2025 classes. New dates to follow.
Must be a Calgary Finlandia Cultural Association member to register.



LITTLE FINNS

Little Finns is a community for families to socialize and learn about Finnish culture and language.

Since the fall, they have been working on Minun Suomeni scrapbooking project where the families explore their relationship to Finnish heritage through topics such as people, places, food, and nature.

Little Finns have experienced the Finnish culinary culture through pipari and karjalanpiirakka baking workshops. They have also tasted various other Finnish foods and treats like lakritsi, ruisleipä and laskiaispulla!

For more information about Little Finns click on the image or visit the CFCA website.



LANGUAGE CLASSES Beginner to Advanced

ONLINE ONLY

- **Beginner:** Thursday, 7:00 – 8:00 PM
- *The Beginner series consists of 3 sessions that build on one another thus new beginners should start with session 1 of 3.*
- **Intermediate:** Thursday, 8:00 - 9:00 PM
- **Advanced:** Monday, 7:30 – 8:30 PM

There is no fee for these lessons, but you do need a textbook, available through the CFCA. Currently, the textbooks are free. Please connect with your Instructor if you require a textbook.

CLASSES RESUME SPRING 2025
Beginner Series 2 & Intermediate: April 10, 2025
Advanced Finnish: March 31, 2025

Is there a Finnish dish that you enjoy making and would be willing to teach others?

CULINARY INSTRUCTORS NEEDED

If you would like to facilitate a culinary workshop, please contact the CFCA for more details. Culinary Instructors with the Calgary Finlandia Cultural Association are eligible for \$30/hour pay. Please reach out if you are interested in teaching a culinary workshop.

Tulevat CFCA kulttuuritapahtumat / Upcoming CFCA Cultural Events

To register for any of events please call 587.896.5586 or email finlandiacalgary@gmail.com



ROSEBUD SENIOR'S TRIP

April trip registration is now closed. Please stay tuned for future senior's bus trips.



VAPPU 2025

TO VOLUNTEER: Volunteers are needed to help with set up (2:30 - 3:00 PM) and clean up (5:00 PM).

To volunteer please contact calgaryfinlandiaevents@gmail.com

Sunday, May 4, 2025

TIME: 3:00 - 5:00 PM

LOCATION: Rosemont Community Association

ADDRESS: 2807 10 Street NW, Calgary

Celebrate Vappu 2025 with us at the **ROSEMONT COMMUNITY ASSOC.** Our FREE, family-friendly event will feature indoor and outdoor activities for the kids and treats and refreshments for everyone. Dress up in your most festive Vappu costumes and bring your silly hats and masks with you! Please bring a lawn chair or blanket to enjoy the outdoor events, weather permitting.



JUHANNUS 2025

Additional details will be available on our website and Communal.

Saturday, June 21, 2025

TIME: 3:15 - 9:15 PM

LOCATION: Edworthy Park, SITE A

ADDRESS: 5050 Spruce Dr. SW, Calgary

Join us at Edworthy Park for Juhannus 2025! Celebrate midsummer at this family-friendly event featuring a potluck meal, and traditional muurinphjaletut (letut). Try your hand at some traditional Finnish Juhannus games! Bring a lawn chair and your appetite.

PHOTOGRAPHY DISCLAIMER

Events hosted by the Calgary Finlandia Cultural Association may be photographed with images being shared to our website, email list, and/or social media. If you prefer not to be photographed, please inform the event organizer in-person or email us at calgaryfinlandiaevents@gmail.com.



Vuokraukset ja kirjasto / Rentals & Library

The CFCA has a small number of traditional Finnish attire available to rent. A deposit fee is required.
For more information, please call, visit the CFCA website or email us.



Kansallispuvut (Finnish National Costumes)

Finnish National Costumes are an important part of Finland's rich history and cultural identity.

To read the articles (available in English and Finnish) recently published in the *Kanadan Sanomat* about the history and care of these national treasures please visit the Calgary Finlandia Cultural Association website.

PHOTO: Finnish women rowers wearing national costumes. Source: Finnish Heritage Agency.

Menneet CFCA tapahtumat / Past CFCA Events

Please visit our Facebook and Instagram pages for more photos



RAJATON TRIBUTE TO ABBA

March 28 & 29, 2025, Jack Singer Concert Hall

Sponsored by the Swedish Society of Calgary and Calgary Finlandia Cultural Association

Rajatón "brought the house down" on Saturday evening with their tribute to the Swedish band, Abba. Performing a cappella and then with an accompaniment by the Calgary Philharmonic Orchestra, attendees were dancing in their seats to popular favourites such as "Dancing Queen, Does Your Mother Know, Fernando, Voulez-vous and Super Trouper" just to name a few. Rajatón did not disappoint the sold-out crowd and promised they would be returning to Calgary in the future.



LOHIKEITTO & SUOLAKALA AND RONEBERGIN TORTTU CULINARY WORKSHOPS

Thank you to everyone who participated in the Lohikeitto and Suolakala (Salmon Soup and Gravlax) and the Runebergin Torttu (Runeberg Cakes) culinary workshops on January 18 and February 1 respectively. A special thank you to Tiina Narvanen for her fantastic guidance throughout each of these sold-out workshops.

Participants were treated to a brief history about each of these traditional Finnish foods and a breakdown of all the ingredients plus hints on where to purchase in Calgary. The YW Inglewood kitchen was a flurry of activity as participants followed each neatly laid out recipe to prepare Finnish culinary delights. The workshops concluded with taste testing, conversation and a few take out containers with tasty creations.

Please stay tuned for future culinary workshops. If you are interested in facilitating a Finnish culinary workshop, please contact CFCA.



Nordic Events

SCANDINAVIAN CULTURE WEEKEND 2025

The Scandinavian Culture Weekend, held in Red Deer, is happening June 13-20, 2025. This event is open to the public, ages 18 years old and over. Tickets are now on sale for this 3-day weekend event with Early Bird Specials now in effect. The Scandinavian Culture Weekend is proudly hosted by the Sons of Norway Aspelund Lodge Red Deer.

For more information, how to register and ticket information please visit the Calgary Finlandia Cultural Association website, call 403.358.4036 or email littlenorski@telus.net.

Scandinavian Culture Weekend
June 13, 14, 15, 2025 Red Deer Alberta

Friday Night - 200 Crossings Presentation by Professor Ingrid Urberg
Saturday - Culture Competitions, Tournaments & Laft Hus Festival
- Banquet & The Traveling Mabels Folk Concert
Sunday - Tour the Central Alberta Scandinavian Trail by Motor Coach

EARLY BIRD SPECIALS:
- \$100 if received by March 30
- \$125 if received by April 30
- \$150 May 1 to May 30 (while space permits)

Includes 4 meals.
Email littlenorski@telus.net for registration forms.
Aspelund Lodge #4-571 may be reached at 403.358.4036



SONS of NORWAY



LAKE BONA VISTA SAUNA CLUB

Do you live in the community of Lake Bonavista and are interested in forming a Sauna Club. The long-term objective would be to gather enough community support for the construction of sauna facilities and the organization of future sauna and cold plunge related events.

If you are interested or would like more information, please contact Patricio Venegas at venegas@sqsc.ca or call 403-796-9234.

CFCA Member Spotlight: Hannah Russwurm



CFCA’s VP, Hannah Russwurm, is the first Finnish Skeleton athlete to compete in a World Cup race!

Hannah had an incredible season this year. She started out this year in October, with pre-season training in Norway, then in November represented Finland in Korea for the Asian Cup races, placing 4th and 6th in the respective races.

Then Hannah travelled to North America, where in Canada she placed 5th in Whistler, BC and in the USA she placed 8th in Park City, Utah.

Hannah then went to do some development training in Whistler, Canada and Lake Placid, USA before returning to compete in Norway as the first Finnish athlete to compete in a World Cup race. This World Cup race also corresponded with European Championships; earning Finland 24th place overall and a spot in the top 25 for the 2025 season!

Last weekend, Russwurm competed in the Canadian Championships, taking fourth place!

Currently, Russwurm is sitting only 4 places away from an Olympic spot. “It is a steep competition, but I do have a shot”.

This year she already earned a new personal best push of 5.31s, knocking two tenths off from last year. Downtime in all tracks has improved with a new personal best in Whistler of 56.70s, and a new top speed of 133 km/hr!

Right now, Hannah is very light on her sled too; “Over the summer I want to improve my strength, gain some healthy weight, and turn that into power!”. The heavier the better but can’t be more than 102kg.

Call for Partnerships:

Next year, Russwurm will compete in the Olympic qualification races. Olympic spots are announced Jan 18, 2026, then the Olympics are two weeks later. This is not a lot of time to find corporate partnerships so if you or someone you know may be interested in partnering with Team Russwurm, please contact Hannah at TeamRusswurm@gmail.com.



Where to Buy Finnish Foods in Calgary

If you are new to Alberta or a long-time resident, you may be wondering where Finnish Canadians find some of their favourite products. Below is a list of Calgary establishments that may sell Finnish foods.

Viking Foods & Imports (31 Railside Road Unit 5, Toronto, Ontario, M3A 1B2) Since 1955 Viking Foods has imported Finnish products to Canada. (www.vikingfoods.ca)

Suomikauppa.fi is an online shop for Finnish goods (<https://suomikauppa.fi>)

Nordic Foods is a small shop specializing in breads and pastries located in Pickering, Ontario. (<https://www.nordicfoods.org>)

Edelweiss Village (1921 20 Ave NW) is a European deli with specialty German, Dutch, Polish & Scandinavian groceries, gifts & a cafe. Finnish goodies that have recently been spotted include licorice (Halva, Panda, Fazer), Cloetta Skipper pipes, Fazer chocolates, Dan Sukker Pearl Sugar, Finnish mustard, Moomin Nordqvist tea.

Alpine Sausage (3919 Richmond Rd SW) is a deli that provides locally sourced quality meat and poultry products with a Danish influence and contemporary taste. Not long ago, we found Finnish candies, salmiakki, näkkäri, and herring at their store. You can also make a Wishlist and they will import.

IKEA (8000 11 St SE): This popular Scandinavian chain has recently been selling Finnish Dumle and salty toffee Fazer chocolate bars!

Many stores throughout Calgary such as London Drugs and Real Canadian Superstore often carry Finn Crisp, a whole grain rye crisp bread baked with 100% rye flour.

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.

BOARD MEMBERS FOR 2025-2026 URGENTLY NEEDED

Both the Scandinavian Cultural Society (SCS) and the Co-op Boards urgently require members. If you are interested please email scanctr@telus.net or call the Scandinavian Centre directly.

Seniors Yoga (60+ years old)

Every Tuesday, 10:00-11:00 am

Choirs

Adult Choir

Youth Choir (8-14 years old)

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 scanctr@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
Treasurer: Rhiannon Major
Co-
Treasurer: Katharina Murjusaari
Secretary: Aicha Kouyate
Communications Director:
Catherine Logan-Major
SCSC Board Rep: Jaan Narvanen

Members at Large:

Chris Hylton
Loki Khan
Mika Marjusaari
Outi McEachern
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

SISU CALGARY – CFCA NEWSLETTER

This newsletter is produced 4 times a year for CFCA members. Issues will be released in January/April, May/July, August/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 finlandiacalgary@gmail.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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Our mailing address is:

Calgary Finlandia Cultural Association:
c/o Calgary Scandinavian Centre
739 - 20 Avenue NW, Calgary, Alberta
T2M 1E2

PHONE: 403.284.2610

EMAIL: finlandiacalgary@gmail.com

WEBSITE: www.finlandiacalgary.com

Facebook: Calgary Finlandia Association

Instagram: Calgary Finlandia Association

