



## Heinäkuu - Syyskuu July – September 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,**

I hope you are all enjoying a relaxing and sunny start to the summer.

Kiitos to everyone who joined CFCA for this year's Vappu celebration! The new location, Rosemont Community Hall, was a hit, and I heard that the games, food, and sima were the perfect way to celebrate spring together.

Unfortunately, Juhannus was cancelled this year due to last-minute inclement weather. We've been fortunate with beautiful Juhannus weather in past years. Perhaps next year we'll consider booking Rosemont Hall again as a hybrid indoor-outdoor option - your feedback on this is welcome!

Looking ahead, save the date for our CFCA Casino on November 19 & 20. These Casino events are critical to funding our programs and activities and hope you will be able to help volunteer.

We're also excited to share that we are organizing a one-month unpaid internship with a teaching student, Miska, from Oulu, Finland. He will be arriving mid-October. Plans are already underway for a variety of cultural workshops and community events during his stay - we can't wait to share more soon.

On a personal note, I'm sad to announce that I've made the difficult decision to take a significant step back from CFCA. This change comes as I navigate increasing professional and personal demands. That said, I will still support

where I can, just not in as active a role as before. It has been a privilege to be part of such an incredible community, and I look forward to seeing how our association continues to grow.

As always, if you're interested in volunteering, teaching a workshop, or collaborating on a new event idea, our Board of Directors would love to hear from you.

Ystävällisin terveisin – Friendly regards,  
Sanna Kinrade  
president@finlandiacalgary.com

## New CFCA Email Address



This year the CFCA Board of Directors made a switch to Microsoft Office 365 products to improve efficiency and security. **A new general mailbox email address will replace the old Gmail address.** Please update your address book so that you won't miss any correspondence from the Board.

**The new GENERAL MAILBOX address is: [info@finlandiacalgary.com](mailto:info@finlandiacalgary.com)**

## TUNNIT JA KURSSIT / CLASSES & WORKSHOPS

**LITTLE FINNS**  
Little Finns is a community where parents/guardians come together to socialize and to organize activities around Finnish culture and language for their children. Little Finns is Free with a Calgary Finlandia Cultural Association (CFCA) membership.

- Children are welcome regardless of Finnish skill level
- Programs run twice monthly unless otherwise specified
- Parents and grandparents encouraged to participate in planning
- Access to a lending library of Finnish children's books

Scan the QR code for registration info and session dates

Calgary Finlandia Cultural Association  
finlandiacalgary.com  
info@finlandiacalgary.com

### LITTLE FINNS

Registrations are over for the summer but will resume in September.

A special thank you to the instructors, parents and guardians, families, volunteers and all the Little Finns for another successful year of fun events and programs.

*For more information about Little Finns visit the CFCA website.*

**LANGUAGE CLASSES**  
Beginner, Intermediate and Advanced Lessons use textbooks, Suomen Mestari 1 or Suomen Mestari 2. Participants should have a working microphone and camera. Lessons are Free with a Calgary Finlandia Cultural Association (CFCA) membership.

- Participants are welcome regardless of Finnish skill level
- Learn Finnish in the comfort of your own home
- Lessons range from 60-90 minutes weekly
- Textbooks are available through the CFCA while supplies last

Scan the QR code for registration info and session dates

Calgary Finlandia Cultural Association  
finlandiacalgary.com  
info@finlandiacalgary.com

### ONLINE LANGUAGE CLASSES Beginner to Advanced

Language classes are on hold for the summer. Please check our website for more information on when they will resume.

Thank you to our language Lessons instructors, Inkeri and Malla, for introducing CFCA members to the world of conversational Finnish. Kiitos paljon!

### **CLASSES RESUME - AUTUMN 2025**

*Please check the website for more details and how to register.*

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 contact the Board 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 [info@finlandiacalgary.com](mailto:info@finlandiacalgary.com)*



### AIRDRIE CULTURE FEST

Tuesday, July 1, 2025  
TIME: 11:00 AM - 6:00 PM  
ADDRESS: Nose Creek Regional  
Park  
1691 Main St., South, Airdrie

### NO REGISTRATION REQUIRED

CFCA will participate for the first time at the Airdrie Culture Fest. Please come out and support our organization and visit the other cultural associations taking part.

### 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.*



## 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



### VAPPU

Thank you to everyone who attended Vappu this year at Rosemont Community Association. We had great attendance and the weather was warm enough for some outdoor activities. Special thanks to the Little Finns instructors and parents/guardians who hosted a craft area for the children to express their creative skills. Participants enjoyed a lunch of sandwiches, salads, snacks and desserts plus a special candy station with some Finnish licorice followed by homemade sima, coffee and conversation.



### JUHANNUS 2025

Due to inclement weather, unfortunately Juhannus had to be cancelled.

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## CFCA Member Spotlight: Ellinor V Stenroos



Thank you to Ellinor V Stenroos, a newer CFCA member and Calgary based entrepreneur who agreed to answer some questions about her beautiful jewelry and silverware designs.

Growing up in Ostrobothnia, Ellinor found her calling in jewelry design and metal work creating unique pieces suited for every day or special occasions. Working with well-known designers in the fashion industry and having her work featured in international publications, Ellinor attributes her success to humble beginnings, quality craftsmanship, perseverance and of course, sisu.

WEBSITE: [www.evstenroos.com](http://www.evstenroos.com)

Instagram @evstenroos

Facebook @evstenroos

Twitter @evstenroos

LinkedIn @ellinorstenoos

Q: How long have you been a member of the Calgary Finlandia Cultural Association?

A: I'm rather recent member. I believe that I'm only in my second year as an official member.

Q: Your logo is simple yet powerful in its clean lines and use of negative space. Does it have any special symbolism or significance?

A: With my Swedish speaking Finnish last name translating into 'Stone Rose' in English we thought it would be neat to combine the outline of a rose together with that of a diamond, to highlight the literal translation of the last name.

Q: After reading through some articles your work and watching the video clips available, one thing stood out to me about you as an artist. The word "storyteller" came to mind. Would you consider yourself a storyteller through the materials you use and your creations?

A: I have been known to write and ramble on in great length, so being called a "storyteller" certainly wouldn't be far-fetched. I love people's life stories, creating connections and being energized by others, and I think in many ways that reflects them in the work I am commissioned to create for them.

Q: In looking at your jewelry pieces, I can see the influence of ancient and contemporary Nordic and Scandinavian art and architecture. Your pieces are introspective and relatable, appearing in the 2011 and 2012 Toronto Fashion Week events with collaborations with designer Lauren Bagliore yet they also appear comfortable and suitable for everyday wear. Was this your intention? What are your greatest sources of inspiration for your jewelry, silverware and tableware designs? Do the materials provide additional inspiration to the designs you envision? What materials are your favourite to work with?

A: I think it is impossible to not be influenced by the very strong design culture that we have in Finland; whether you think you have been influenced or not - it's just always \*there\*. Growing up on the countryside and relatively remotely I think I early on had to channel my imagination and creativity to play and do crafts. If we couldn't afford it, I would learn how to sow it, build it, paint it, write it... so in many ways the lack of "everything extra" fueled my desire to create. I'm driven by some sense of practicality and one of my biggest pet-peeves is 'throw-away'-culture. I like to create things that work and that give neither the consumer or the creator grief throughout years of being enjoyed.

Oddly enough I think my greatest inspiration is 'lack thereof' - I always think of the barren landscape in Ostrobothnia, and it inspires me to add a little bit of a 'silver lining', metaphorically and literally. When I create silverware, I love being able to include other materials than precious metals. My grandfather was an avid hobby woodworker, so I have always had an affinity for including wood and working with wood. I would say that the inspiration is circular to some degree. Sometimes the materials inspire the piece and other times the piece demands the materials. I don't have a favourite medium/material to work in, but I love all high-quality materials... as far as precious metals go, the difference between 10 karat, 14 karat and 18 karat is tremendous, and I will always gravitate towards the better, denser and gold rich alloys.

Q: In coming from modest beginnings and a culture that values humility, privacy and quiet, your professional history has an incredible list of accomplishments, awards and special recognitions that should be recognized as a self-made, independent female entrepreneur. What do you consider your greatest accomplishments, both professionally and personally?

A: Greatest accomplishment professionally is by far "making it" - I had no savings, I wasn't even prepared to start my own business when I did, much out of necessity. And due to not being the savviest with book-keeping, accounting and knowing the Canadian small business ins and outs when I got started, I found myself really struggling - ultimately paying back tax on money that my siblings or parents had given me to make ends meet. It was a rough go at first, and then you toss in personal life complications, recessions, unethical vendors, fluctuating

gold price and a pandemic... and it was all a rather unpleasant roller-coaster. I'm now in a position that I can say that my business is flourishing and I have more projects on the go than I can keep up with -almost! I'm very grateful for that... but also proud for not having given up. (Sisu is a real thing)

Personally, I am proud of the network of people I have built up and get to draw inspiration, friendship, support and advice from here in Calgary. This August marks 20 years since I moved here and I am proud to say I know so many amazing people in this city, and country even! I'm very fortunate to have the circles I have, surrounding me!

Q: As a female entrepreneur, what advice would you give to other women who are planning to establish their own businesses?

A: Go where you create magic. Hire those who feel the same about an area of your business that you are not passionate about.

Q: With the rapid pace of fast fashion and the acceptance of disposable fashion including jewelry and accessories, why would you recommend custom designed, quality pieces over those from mass marketed, franchised jewelry stores?

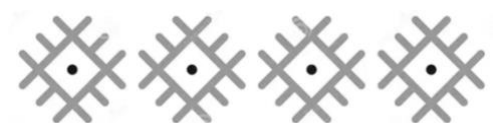
A: I don't think it is foreign to Nordic people to invest in things that are made well. We value quality and would rather buy one great set of plates for the house, than new ones every two years. If things are created well, they work better... the same goes for jewelry! People in Canada are traditionally quite rough on their jewelry so it must be crafted well when it will get worn every day, doing several hands-on activities. Something that is meaningful, sentimental and important can still be both pretty and functional -that's where a custom jeweler comes in handy!

Q: Superbly crafted, custom jewelry constructed from high quality materials is not only a reflection of personal taste but is also considered an investment. Do you find that the younger generations are more or less interested in investing in custom jewelry pieces? Why do you think they should be more interested in this type of investment?

A: More than anything I would say it's about financial investment. As a younger professional you probably don't have \$5000 kicking around for a nice thick gold chain - so their styles and fashion tends to lean more towards the delicate and perhaps "recycled" gold, or heavily gold-plated silver jewelry. What I love about precious metals is that if at any point your taste and style changes dramatically you don't need to regret buying a gold chain - you can easily liquidate it, perhaps not at retail value, but gold-scrap value at minimum... I think that's a great little 'rainy day' fund for a person to have. A tattoo of your dog on your arm might be meaningful, but it sure can't help you pay a surprise bill if you find yourself in a pinch. So yeah, I think precious metals are a fantastic investment. (Disclaimer: I have nothing against tattoos, but it's an easy comparison to make of what 'adornment' young people easily can spend thousands of dollars on.)

Q: World events and economic shifts have always influenced fashion. How do you see peoples' jewelry and silverware choices changing, if any?

A: With the very high gold price right now I am predicting silver to make a strong comeback and for gold looks to remain a bit more 'delicate'. I think fun colour combinations of gemstones will become more prevalent, and we will see lots of huge man-made diamonds on younger people.



## Hannah Russwurm Visits Little Finns



In May, Hannah Russwurm visited the Little Finns with her Skeleton sled to talk about the sport and her goal of joining Team Finland for the upcoming Olympics in 2026.

### 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](mailto:TeamRusswurm@gmail.com).



## 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](http://www.vikingfoods.ca)

**Koti 28** (108 John St. N. Arnprior, ON, 613-623-7399) [www.koti28.ca](http://www.koti28.ca)

**Nordic Foods** (Pickering, ON) [www.nordicfoods.org](http://www.nordicfoods.org)

**Edelweiss Village** (1921 20 Ave NW, Calgary, AB) [www.edelweissimports.com](http://www.edelweissimports.com)

**Alpine Sausage** (3919 Richmond Rd SW, Calgary, AB) [www.alpinesausage.ca](http://www.alpinesausage.ca)

**IKEA Canada**

**Finn Goods** (Langley BC) [www.finngoods.com](http://www.finngoods.com)

**Sini Cleaning Products** (Finland): [www.sini.com](http://www.sini.com)

**Glimmis** [www.glimmis-canada.ca](http://www.glimmis-canada.ca)

**Söpösöpö** (Free worldwide shipping on orders over \$100.00) [www.soposopo.com](http://www.soposopo.com)

**Suomikauppa.fi** (An online shop for Finnish goods) [www.suomikauppa.fi](http://www.suomikauppa.fi)

**Kit Interiors** (739 11 Ave SW, Calgary) [www.kitinteriorobjects.com/brands/marimekko/](http://www.kitinteriorobjects.com/brands/marimekko/)

**Holt Renfrew** (510 8 Ave SW, Calgary, AB) [www.holtrenfrew.com](http://www.holtrenfrew.com)

**EQ3** (8180 11 St SE #100, Calgary, AB) [www.eq3.com](http://www.eq3.com)

**Simons** (304 8 Ave SW #100, Calgary, AB) [www.simons.ca](http://www.simons.ca)

**Gravity Pope** (clothing store; 1126 17 Ave SW, Calgary, AB) [www.gravitypope.com](http://www.gravitypope.com)

**FinnPort** (Thunder Bay, ON) [www.finnport.com](http://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.**

## Nordic Events in Canada



### Lake Bonavista Sauna Club

Do you live in the community of Lake Bonavista and are interested in forming a sauna club? For more information, please email [venegas@sqsc.ca](mailto:venegas@sqsc.ca) or contact the CFCA Board of Directors.



### LEIC Presents the Traveling Icelandic Tapestry: Njál's Saga Travelling Tapestry

July 12 -13, 2025

TIME: 11:00 AM - 3:00 PM

ADDRESS: Scandinavian Centre

TICKETS: \$10.00 (includes admission, Icelandic hotdog, ice cream)

The Leif Eiriksson Icelandic Club of Calgary will be hosting a 90m long traveling tapestry at the Scandinavian Centre. Traditional Icelandic hotdogs (pyslur) will be available. For tickets, please purchase by e-transfer to the LEIC Treasurer at [treasurerleic@gmail.com](mailto:treasurerleic@gmail.com).

# 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 2025 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](mailto:scanctr@telus.net) or call the Scandinavian Centre directly.

### Seniors Yoga (60+ years old)

Restarts August 2025  
Every Tuesday, 10:00-11:00 am

### Choirs

Adult Choir September 2025  
Youth Choir (8-14 years old)  
Begins September 2025

## 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.**

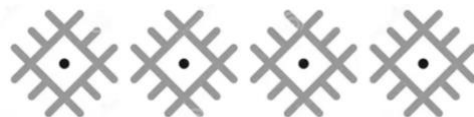
Membership information can be submitted by mail, via the website or emailed to [scanctr@telus.net](mailto:scanctr@telus.net).  
\$10 membership fee is payable in cash or cheque to Scandinavian Cultural Society of Calgary and may be dropped off or mailed to:  
Scandinavian Cultural Society of Calgary, 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  
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  
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/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](mailto: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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Our mailing address is:

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c/o Calgary Scandinavian Centre  
739 - 20 Avenue NW, Calgary, Alberta  
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WEBSITE: [www.finlandiacalgary.com](http://www.finlandiacalgary.com)

Facebook: Calgary Finlandia Association

Instagram: [finlandiacalgary](https://www.instagram.com/finlandiacalgary)

