Calgary Finlandia Cultural Association

SISU CALGARY



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 all had a wonderful summer.

After a brief hiatus, the CFCA is back and gearing up for an exciting fall season. Here is a look at what is coming up:

- **Culture Fest Cochrane – September 6**: CFCA / Finland will proudly represent the first Nordic country to participate in this multicultural celebration. Enjoy food from 23+ countries, crafts, and various entertainment. There may be pulla and mustikkapiirakkas… Don't miss it!
- **Advanced Adult Finnish Lessons – Resume September 15**. Online for continuing learners from 7:30-9:00 pm with instructor, Malla.
- **Little Finns & Eeppi Ursin Music Workshop – September 28:** Award-winning Finnish artist, Eeppi Ursin, is coming to Calgary to launch the Fall term of Little Finns with a special music workshop. Little Finns will collaborate with Eeppi to create an original song. Registration is required. This workshop is made possible through the Finlandia Foundation National, Casino funds, and our amazing CFCA team.
- **Beginner & Intermediate Adult Finnish Lessons – Start October 9**. Instructor Inkeri will be teaching online on Thursdays from 7 to 8 pm for beginners and 8 to 9 pm for intermediate. Registration required.

- **Special Guest, Miska - October:** Teaching student, Miska, from Oulu, Finland, is joining CFCA in October for a one-month unpaid internship. Keep an eye out for details about his workshops and offerings.
- **Deerfoot Casino - November 19 & 20 - Volunteers Needed!** Our next casino fundraiser is coming up very soon. We are still in need of 16 volunteers, mostly for the **6:45 pm - 3:00 am** shifts. This event is one of the most important ways we support our programming, so please consider helping out…you will receive free food and be in good company! Thank you to everyone who has already signed up - we are extremely grateful for your support and time.

Lastly, the CFCA is looking to start up a Special Events Committee to help plan and execute CFCA events. If you are interested in event planning and contributing to the promotion of Finnish culture, we urge you to join by emailing *info@finlandiacalgary.com.*

Thank you to our Instructors and Board of Directors who keep our programs and events running and to our members who make it all worthwhile.

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



Join the NEW CFCA Special Events Committee

The Calgary Finlandia Cultural Association's NEW Special Events Committee is seeking enthusiastic volunteers to assist the Board of Directors to plan and execute our events. We are looking for individuals with a passion for Finnish language and culture and a desire to contribute to the vibrant atmosphere of our organization. This committee will work collaboratively with the CFCA Board of Directors to create memorable experiences and foster a sense of community through special events.

Event planning experience is an asset but not a requirement. Completion of the FREE online AHS Food Safety Basics for Special Events certificate course is an asset. No prior experience is necessary, just a willingness to help support the Calgary Finlandia Cultural Association's mission of promoting Finnish language and culture in Alberta, Canada.

Casino Volunteers

CFCA's most critical funding is raised during a 2-day casino every 18 months. Monies raised support our cultural programming and go toward rental fees, instructor stipends, fixed expenses and other eligible operational costs. We need your help to fill volunteer positions for the 2025 casino to be held on **Wednesday, November 19 and Thursday, November 20, 2025**.

No experience is necessary!

Each casino is held at the Deerfoot Inn & Casino (1000, 11500 – 35 Street SE Calgary, AB T2Z 3W4)

HOW TO SIGN UP

The open positions are listed below. Please send us an email if you'd like to sign up OR if you are interested in a specific position, please state that in your comment. Kimmo Korvela is our casino Chairperson and casino General Manager. If you have any questions, please send him an email at kimmokorvela@gmail.com.



We appreciate your cooperation as a valued part of our Finnish community in Calgary. Thank you for contributing your time so that the CFCA may continue to offer more beneficial Finnish cultural programmes and events in the future.

For more information about the Deerfoot Inn and Casino, visit **www.deerfootinn.com**. Free self-parking and accessible parking are available on site.

SHIFTS: Deerfoot Inn and Casino

WEDNESDAY - **DAY SHIFT (5)**

- Wednesday, November 19, 11:00 am – 7:00pm (Deerfoot Inn & Casino)
- Roles: Banker (1), Chip Runner (2), Cashier (2)

NIGHT SHIFT (5)

- Wednesday, November 19, 6:45 pm – 3:00 am (Deerfoot Inn & Casino)
- Roles: Banker (1), Chip Runner (2), Cashier (2)

COUNT ROOM SHIFT (6)

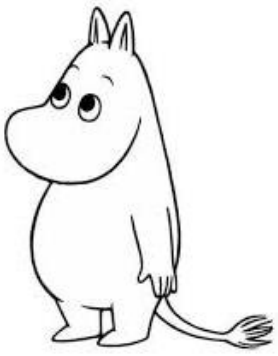
- Wednesday, November 19, 11:00 pm – 3:00 am (Deerfoot Inn & Casino)
- Count Room Supervisor (1) & 5 other positions

THURSDAY - **DAY SHIFT (5)**

- Thursday, November 20, 11:00 am – 7:00 pm (Deerfoot Inn & Casino)
- Roles: Banker (1), Chip Runner (2), Cashier (2)

NIGHT SHIFT (5)

- Thursday, November 20, 6:45 pm – 3:00 am (Deerfoot Inn & Casino)
- Roles: Banker (1), Chip Runner (2), Cashier (2)



COUNT ROOM SHIFT (6)

- Wednesday, November 19, 11:00 pm – 3:00 am (Deerfoot Inn & Casino)
- Count Room Supervisor (1) & 5 other positions

TUNNIT JA KURSSIT / CLASSES & WORKSHOPS



LITTLE FINNS FALL – WINTER REGISTRATION NOW OPEN

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 will stay and actively participate in the sessions unless otherwise instructed. Grandparents are also welcome!

This fall, you can sign up for each session separately. Choose just one or all five sessions! There is no fee, but an active CFCA family membership is required for 2025.

The fall term will begin with a special Finnish song-writing workshop on September 28. Other fall activities coming up are outdoor games and crafts, and baking/cooking workshops. For detailed fall program information, refer to the sign-up form on Communal.

For more information about Little Finns visit the CFCA website.



ONLINE LANGUAGE CLASSES

Beginner: October 9 - December 11

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

Intermediate: October 9 - December 11

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

Advanced: September 15

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

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



CULTURE FEST COCHRANE

Saturday, September 6, 2025

TIME: 1:00 - 4:30 PM
ADDRESS: SLS Centre, 800 Griffin St., Cochrane

NO REGISTRATION REQUIRED

CFCA will be participating for the first time at the Culture Fest Cochrane. Finland will be represented at this event for the first time. There will be approximately 25 cultural groups represented and up to 14 cultural performances. **This Free family-friendly event will have door prizes, free food samples and entertainment.** Free self-parking available on site.



SPECIAL PRESENTATION BY SWEDISH AMBASSADOR TO CANADA

Thursday, September 25, 2025

TIME: 7:00 PM - 8:00 PM
DOORS OPEN: 6:30 PM
ADDRESS: Scandinavian Centre, Calgary
TICKETS: $25.00/person via e-transfer or CASH at the door

For ADVANCE TICKETS:
e-transfer to scanctr@telus.net
(Please include your "name & Sept 25" in details for entry list)

The Swedish Ambassador to Canada, H.E. Signe Burgstaller, will be making a special presentation on the Baltic Security Situation at the Scandinavian Centre. The event is open to members of the Scandinavian Centre and the general public.

PLEASE NOTE: This event will not be recorded nor will a recording be available after.

Hosted by the Calgary Scandinavian Centre Co-op Ltd.



PIKKUJOULUT

Saturday, December 6, 2025

TIME: 4:00 PM - 8:00 PM

More information to follow

PHOTGRAPHY 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



AIRDRIE CULTURE FEST

On Canada Day, CFCA Board Members Hannah Russwurm and Rhiannon Major represented the Calgary Finlandia Cultural Association at the annual Airdrie Culture Fest at Nosehill Park.







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*

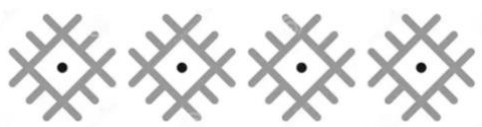
EQ3 (8180 11 St SE #100, Calgary, AB) *www.eq3.com*

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

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



Nordic Events in Canada

VISIT WINTER SUN'S AUTHENTIC SAUNA & HELP BUILD CALGARY'S SAUNA CULTURE

In August 2025, CFCA President Sanna Kinrade and her husband Alexander visited a Winter Sun sauna to see if it could live up to Finnish standards. Did it deliver soft, even heat? Was the ventilation right? Most importantly, was the löyly good? Their verdict was yes.

Now we invite you - the Finnish community in Calgary - to experience it for yourselves. Each month, we open our wood-burning backyard sauna for a limited number of free evening sessions starting at 7:30 PM.

Sauna culture is thriving in Thunder Bay, Minneapolis, and other cities with strong Finnish roots. Too often in North America, though, sauna has been reduced to a gimmick: a dry health club box, a backyard barrel, or a modernist glass cube. We want to show Calgarians that authentic sauna feels restful, social, and deeply rejuvenating.

Our roots are Ukrainian, and our love of sauna developed from the banya tradition and visits to the Russian and Turkish Baths in New York City. These, along with other bathing experiences - from Icelandic geothermal pools to hammams, onsen, jjimjilbang, and, of course, saunas - have shaped our understanding of what makes communal bathing so uniquely meaningful.

Our dream is to build not only backyard saunas, but also a public sauna facility in Calgary. In the sauna, everyone comes together as equals, families gather across generations, milestones are marked, and burdens are eased. We want Calgarians to discover the magic of sauna year-round and to make it a vital part of their lives. Together we can build a true sauna movement in Calgary. Join us by booking a free session. Enjoy the heat and share your thoughts. Consider bringing a sauna home with your own custom backyard build.

To book your free session, contact Lisa at *hello@wintersun.ca* | 587-890-1759 | *wintersun.ca* | Instagram @wintersunyyc





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* or contact the CFCA Board of Directors.

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 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.
$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

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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Instagram: finlandiacalgary