



Greetings to our dear members of the Swedish Cultural Society,

We hope that you, your families and friends have avoided the Covid-19 virus. These are such strange times that we are experiencing and we know that the virus reaches and affects every one that lives and operates in communities where the virus has appeared.

Our sympathies go out to all who have been sick and to all who have or have had family members, friends, neighbours or work colleagues struggle with this virus. There is so much anxiety and uncertainty to bear for everyone at this time in history.

Our hearts go out to all that have lost family members, friends, neighbours and work colleagues due to the virus. We are so sorry for your loss, recognizing that it is an extremely difficult burden to carry in solitude, a solitude imposed by the restrictions to stay at home and keep up the physical distancing to help flatten the curve.

This outbreak has caused and is still causing a big transformation of everyone's day-to-day lives. Many occupations, especially the amazing people working within health care and caring for the elderly now have an enormous increase in workload with associated elevated risks of stress, and becoming burned out. Other occupational groups have faced employment terminations and are also experiencing stress and anxiety wondering what both immediate and long-term future implications will hold in store for them.

We are all impacted of how the world, our community and family life has changed after Covid-19 was declared a pandemic. Covid-19 has shaken the whole world. In its dark shadow, under which we still are, it is more important

than ever to take care of each other and take care of ourselves.

We need to create positive events and actions to counteract the unavoidable and natural negative feelings, worries and moods that are caused by the uncertainty of Covid-19 along with the isolating restrictive society rules that are now in place.

Due to the current social restrictions, the Swedish Cultural Society has cancelled all upcoming cultural events planned for Spring and early Summer, everything from Walpurgis to National Day celebrations. The Scandinavian Community Centre is also closed and a decision has also been made to cancel this year's Midsummer Festival.

A positive outcome that we would like to share is that our Swedish School has shifted its educational services from lessons in person in a classroom setting to digital education by internet and Zoom! "Thank you so much!" to the teachers and administrators of Swedish School who have made this digital shift so smoothly and professionally! "Thank you so much!" to all young students and their parents and all adult students who all have adapted so quickly to this new educational format! It is amazing how quickly we can learn new technology!

Although we are unable to meet in person at this time for Swedish Cultural Society's events, we can find other ways to experience and observe Swedish traditions and culture, and find other means to socialize with and care for our friends within the Swedish Cultural Society.

Attached in this newsletter are links to online sources with Swedish culture and society content, links that

the Board has compiled as suggestions and ideas of "digital Swedish culture". We have focused on finding positive and in some cases entertaining content to counterweight the often depressing news in print and media. Travel by internet and visit Walpurgis and

Midsummer celebrations in Sweden! Read about Sweden (maybe you will learn something new?! Rediscover funny Swedish movies and skits!

Remember to get in touch with your friends by phone or skype and have a chat, this is usually a good way to spread joy, which in turn ends up boosting our own spirits. The Swedish Cultural Society has a Facebook page, if you haven't already take the time to connect to this page and expand your social circle!

We need each other more in times of crisis. Together we can persevere, stand strong and keep our spirits high until the eradication of Covid-19. Make it a priority to let some sunshine in to lighten the shadow of Covid-19. Be Swedish sunshine! Although we are apart, we are still together. We long for the day that we can gather and celebrate together again as a Swedish family. Please let us know if you need anything! Stay home, stay safe and we will soon meet again.

Warm Regards,
On behalf of your SKF Executive,
AnnaKarin Tornqvist & Ellen Petersson



CONTACT INFORMATION

Chair: Ellen Petersson, artfromtheheart.petersson@gmail.com

Secretary: Monica Severinsson, secretary@swedishculturalsociety.com

All members are welcome to attend the Swedish Cultural Society's monthly meeting held every second Tuesday of the month at 7 PM at the Scandinavian Community Centre, 6540 Thomas Street, Burnaby BC.

For more information about our society, activities and events, please visit our website at scandinaviancentre.org

Certainly, there are things worth experiencing even during a pandemic!

Here we have gathered a number of links that you can look at now when you have a little more time. Some beautiful, others interesting - and some really fun!

Experience Sweden and Swedish traditions at their best.

Swedish traditions

Sit back and enjoy some classic Swedish traditions. When most things are set, we can at least get through the screen.

Sweden.se (English)

Here you will find [a lot about most things..](#)

Valborg (Swedish)

www.swedishnomad.com/sv/valborg/

Lucia. (Swedish)

[Check out a short movie here](#)

Needing a fika? (English)

If you are not already you will [after watching this movie](#)



About Sweden

Here we have gathered some different links, about what is happening in Sweden and Sweden information in general.

Sharing Sweden (English)

Here you will find lots of interesting material, to [update yourself or share with others.](#)

SVT (Swedish)

SVT (former Sveriges Television) has the ambition that everyone in Sweden should find something to be affected by. Wherever you live and whoever you are, you should learn something, be amused or inspired.

[Read more here.](#)

From the perspective (English)

The Local's writers are from abroad and gives their picture of Sweden and what happens. [Worth a read.](#)

Swedish Shock (English)

Mark Wolters gives his own view of what to think of when visiting Sweden.

[10 Things That Will SHOCK You About Sweden](#)

[The DON'Ts of Sweden](#)

Visit Sweden on Facebook

If you want to follow what is happening, like [Visit Sweden's Facebook page.](#)

Swedish humor

Finally! Some Swedish humor classics that's [worth seeing again.](#)



Are you or someone you know here for a short time? Register to the Swedish List.

At the Swedish List you can provide information about where you are and how you can be contacted during your stay abroad. If necessary, the information can be used by the Ministry of Foreign Affairs or the embassy to contact you should a consular crisis situation occur. They are saved during the time period you specify, up to one year. If you plan to stay longer, an annual renewal is required. You can unsubscribe at any time. [You sign up here.](#)

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Coronavirus: Will Sweden ever have a total lockdown?
In the fight against the coronavirus, Sweden has stood out for its focus on voluntary measures rather than enforcing a lockdown. But could that change?

Airline: Norwegian reports Danish and Swedish subsidiaries bankrupt!

Sweden: edis obesity is list of coronavirus high risk groups

RAVVALF FREE
Coronavirus LATEST: Concern raised as revellers appear to be ignoring social distancing

Coronavirus outbreak in Sweden: raises fears of 'blind spot' in some communities

Watch: Who were the 1.3 million Swedes who once emigrated to the US?

Coronavirus unemployment: Which Swedish regions are the worst affected?

Here to Serve You
Order your Seafood Packs on Line Now. Simple and Fast. Cool. Harddock, Salmon, and Much More

For Members Read all »

11 ways to get money back from your Swedish tax return
Currently in the process of filing in your Swedish tax return? Make sure you don't miss out on any deductions you may be eligible for. This local highlights some of the more common ones here.

Coronavirus: Foreign workers need flexibility from the government and Migration Agency

The Swedish School is looking for more students – and an administrator and a teacher.

Swedish School for children still has spots available for the school year 2020/2021.(in all the classes)
[Register here.](#)

The school is also looking for a teacher and an administrator. Those positions are paid part time positions. For more information contact Sandra Benholm at vancouver-swedish-school@gmail.com