

HOMELESS

The Night of the Homeless in Vaasa on October 17, 2025



ON OCTOBER 17, Finland once again marks Asunnottomien yö – The Night of the Homeless – which coincides with the UN’s International Day for the Eradication of Poverty. This year’s theme is striking and timely: “No Home, No Safety.”

In Vaasa, the event will take place at the Main Library’s Drama Hall from 5 p.m. to 8:30 p.m. The evening will feature a lecture, a multidisciplinary panel discussion, and an in-interview with a person who has experienced homelessness. The city’s greeting will be delivered by **Jasmin Granholm**, Chair of the City Board. Visitors will be offered pancakes baked by the Martha Association, meals prepared by Vaasan Ruoka-apu, as well as coffee and juice. The Ukrainian sand and visual artist Svetlana Matvienko will provide an artistic performance, while the musical trio Jenny, Jones & Jaulimo will offer soulful interpretations described as “like a warm fire in your chest or waves crashing on the shore.”

The national citizens’ movement behind the Night of the Homeless aims to raise awareness about insecurity in a society where homelessness is once again on the rise after years of decline. In 2024, evictions increased by 23 percent in Helsinki and 11 percent nation-wide, putting more people at risk of losing their homes — including students, low-income workers, single parents, and pensioners. The event is organized by Vaasan Ruoka-apu, the Finnish Red Cross – Ostrobothnia District, Attendo, Mielle ry, the Finnish Parish of Vaasa, Mieli Pohjanmaa, and the Martha Association. “A home is the foundation of a dignified life. Its absence affects us all,” the organizers re-mind. Homelessness is not an individual failure — it is a structural failure of society.

WINTER SWIMMING

Winter swimming area in the inner harbour opens



The winter experience in the Inner Harbour of Vaasa is once again upon us: the winter swimming area opens on Tuesday 4 November! The free and open space is open to everyone daily from 6 am to 9 pm and offers a refreshing way to enjoy the fresh winter air in the middle of the city.

On the jetty at the end of Sandholmsgatan there are two heated changing rooms, separate for women and men. The water can be accessed either via a ladder or a softer staircase, and they are kept melted by heating elements. The pier area also has lighting and recording camera surveillance so that visitors can feel safe.

“The changing rooms have benches and coat racks, and the lockers can be locked with their own lock,” says Jarmo Latvala, Service Manager of the Green Area Team. “This is the perfect place for winter recreation – a little adventure in the middle of the city!”

Vaasa’s place for free winter swimming opened for the first time in December 2023 and has since established itself as a favorite place for the winter season. Winter swimming is not only exercise, but also courage, energy and winter atmosphere at the same time – a small refuge for city dwellers in the middle of everyday life.

VAASA

Renting electric scooters requires a permit in Vaasa

The City of Vaasa is preparing new rules for renting electric scooters. From the beginning of next year, all professional rental of electric scooters in Vaasa will require a micro-mobility permit granted by the city.

The city has published a draft of the new permit conditions that rental companies must follow in order to obtain an operating permit. The conditions concern, among other things, safety, parking practices and maintenance of equipment.



UNIVERSITY OF VAASA

Energy flexibility will change the Finnish electricity market



The future of the Finnish electricity market may be surprisingly dependent on the everyday choices of households. In his doctoral dissertation, Nayeem Rahman, who defended his doctoral dissertation in the field of marketing at the University of Vaasa, shows that consumers have more and more influence through energy flexibility – and this is changing electricity consumption, costs and sustainability.

For a long time, the low price of electricity did not offer consumers a reason to change their habits. The rise in prices in recent years, especially as a result of the war in Ukraine, has increased interest in energy use. Digitalization, on the other hand, enables easy and almost automatic participation through smart devices and mobile applications that react to the market in real time. “The goal is that the consumer’s participation requires as few measures as possible. The end result is a win-win: households reduce their bills and electricity companies avoid expensive purchases of electricity on the exchange,” says Rahman. Rahman’s research highlights three key mechanisms: utilities create business models that reward flexibility; digital platforms connect consumers to the electricity grid; And consumers become prosumers, both consuming and producing electricity. These dynamics are changing the structure of the market and affecting the entire energy ecosystem.

WÄRTSILÄ

Wärtsilä’s ten-year contract strengthens the reliability of LNG carriers



Vaasa-based technology company Wärtsilä has signed a ten-year life cycle agreement with Hong Kong-based O’Pearl LNG Ship Management. The agreement covers a total of 14 liquefied natural gas (LNG) carriers and aims to improve vessel reliability, reduce downtime and optimize maintenance intervals.

The contract was recorded in Wärtsilä’s order book in the third quarter of 2025. The increased global demand for LNG makes security of supply even more important. O’Pearl’s CEO, Sea Captain Nomura, emphasizes the importance of the agreement: “Our delivery times are tight and every downtime costs money. The long-term cooperation agreement with Wärtsilä helps us to keep our vessels efficient and deliveries on time. Wärtsilä’s technology and know-how support the sustainability and performance of our fleet.” The agreement includes Wärtsilä’s dynamic maintenance planning, 24/7 remote support and the Expert Insight service, which utilises artificial intelligence and real-time data analytics.

The solution helps detect anomalies before a failure occurs, enabling a quick response and reducing unexpected maintenance interruptions. “Shipping is becoming increasingly complex and competitiveness requires data-driven solutions that also support the goals of carbon neutrality,” says Andrea Morgante, Vice President, Performance Services, Wärtsilä’s Marine Power unit. The vessels covered by the agreement will be delivered between 2025 and 2027. Each of them will be equipped with Wärtsilä’s 34DF dual-fuel engines and gas valve units. O’Pearl LNG Ship Management is a joint venture between China Merchant LNG, CNOOC and Japan’s NYK, which was founded in 2023 to be responsible for the ship management of its owners. The new agreement strengthens Wärtsilä’s position as the world’s leading supplier of sustainable maritime technology.

PHOTO: Wärtsilä has signed a 10-year life cycle agreement with O’Pearl LNG Ship Management. The agreement covers a total of 14 LNG carriers © O’Pearl LNG Ship Management

WASA DAILY
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Vaasa Universities
Free help with hearing aids
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Nobes Prize in Medicine



UNIVERSITIES

The University of Vaasa retained its place among the top 500 universities in the world



The University of Vaasa has once again shown its strengths: in the Times Higher Education (THE) World University Rankings 2026, it is ranked 401–500 among the world’s 2,191 universities, as it was last year.

In particular, the university was successful in the quality of research, where it was ranked 106th, the best

Improving its position from the 2025 ranking (108th). The development was also clear in the area of internationality: Vaasa rose to 472nd place (482nd in the previous year).

The University of Vaasa stands out among Finnish universities: it was the best in terms of the quality of research – last year it was second – and in terms of internationality, it was the third most successful Finnish institution.

“We are very proud of our result. In international competition, we have managed to establish ourselves as one of the best,” says Martin Meyer, Vice President for International Affairs.

The THE ranking is based on five main categories: teaching, research environment, quality of research, internationality and cooperation with companies.

This ranking strengthens the position of the University of Vaasa as a research university that can compete both domestically and internationally. Improved results in internationality open doors for new cooperation projects, student exchanges and international recruitment.

What is convincing about the University of Vaasa is that its impact can also be seen in the competition for departments that do science: as a small university, its achievements emphasize quality, focus and long-term work.

The big challenge is to maintain and strengthen this trend in the coming years – but this year’s ranking shows that Vaasa is heading in the right direction.

Photo: University of Vaasa Image freely available

Åbo Akademi

University among the top 600 universities

Åbo Akademi University is also ranked at the top of the Times Higher Education (THE) 2025 world ranking – among the world’s top 501–600 universities.

This is a clear indication of the University’s strong profile in research and teaching. THE’s ranking is based on several different indicators, such as teaching, research,

AUTUMN HOLIDAYS

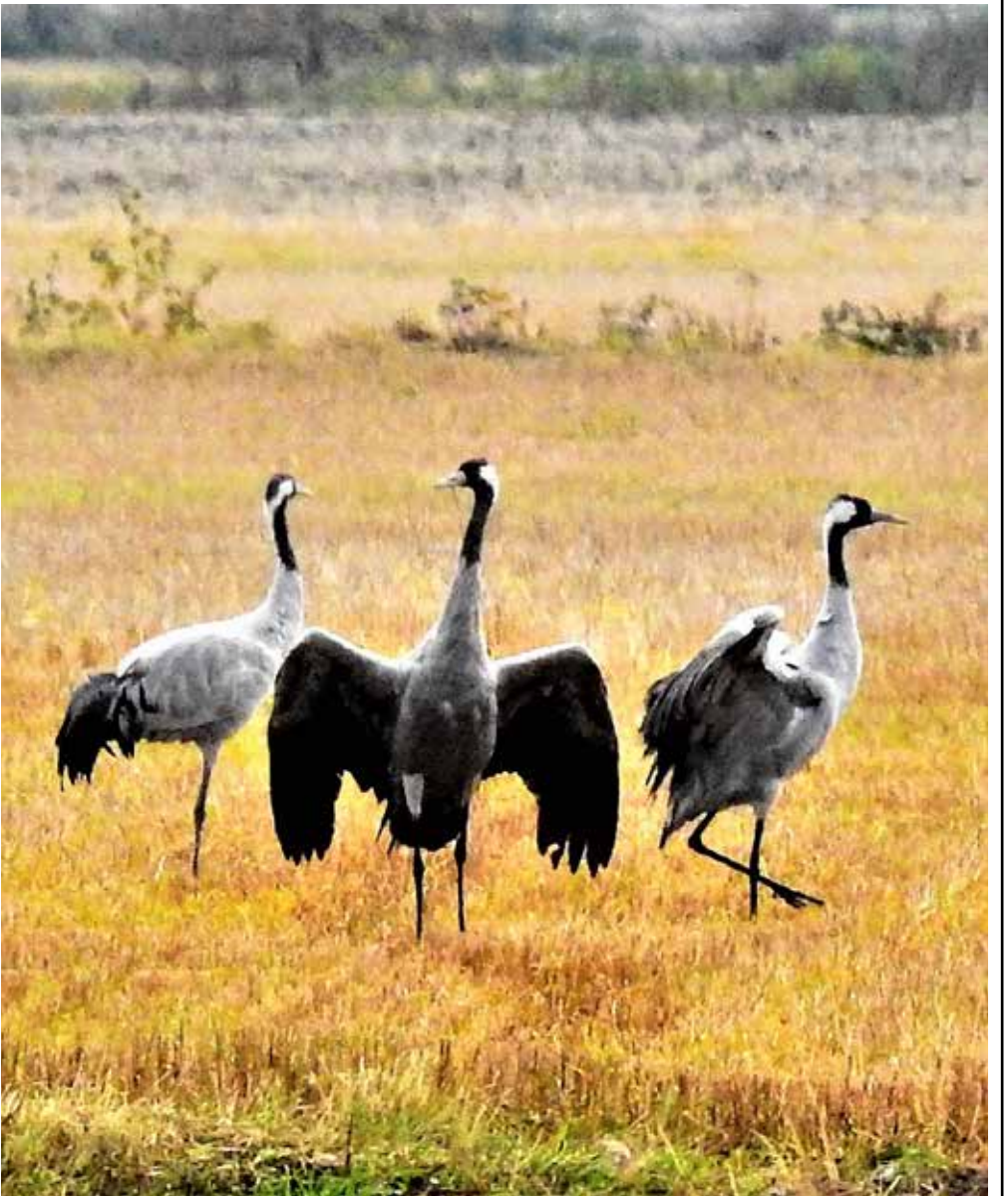
The Onkilahti traffic park will be open during the autumn holidays



During the autumn holiday week, children can try a pedal car, cycle or walk on the 640-metre-long track in Onkilahti traffic park.

The park is like Vaasa in miniature, with models of the City Hall, the railway station, the Market Square and several other famous buildings. The children learn traffic rules in a playful way. Driving tours are booked on site and start every half hour (every 20 minutes on weekends). The last tour of the day starts half an hour before closing. The recommended age for a pedal car is 6–12 years, younger children can drive together with an adult. Your own vehicles are not allowed, but helmets are recommended. The traffic park is free of charge and is kept open: Wednesday 15/10 at 12.00–18.00 Thursday 16/10 at 12.00–18.00 Friday 17/10 at 12.00–18.00 In case of heavy rain, the park may be closed. The City of Vaasa’s Youth Services is responsible for the traffic park.

Image of the Week:



Cranes on Söderfjärden

TODAY

Editorial: Finnish Road Safety Council – Now It’s Time to Wear Your Reflectors



You won’t be seen without...

Autumn brings dark mornings, dim evenings, and slippery roads. It also brings an annual reminder of something simple yet vital: now is the time to put on your reflectors – or better yet, attach them permanently to your jackets and bags.

According to a recent survey by the Finnish Road Safety Council (Liikenneturva), as many as 99 percent of Finns believe that using a reflector while walking is very or fairly important. That’s an unusually strong consensus in a country known for its diverse opinions. Yet only about 82 percent say they actually wear one always or usually. This means that nearly one in five still walks in the dark without being seen.

A reflector is small but significant. It’s a cheap life insurance policy that can determine whether a driver has time to stop or not. Many assume that streetlights make reflectors unnecessary – but that’s a dangerous misconception. Even in well-lit urban areas, shadows, trees, and glare make pedestrians hard to spot. A reflector gives a driver that crucial extra second to react.

Liikenneturva’s campaign “No Excuses” has the right message. In traffic, excuses don’t save lives. Forgetting a reflector is human – but it’s not a good enough reason when safety is at stake.

The best thing you can do this autumn is simple: attach reflectors to every coat and bag now. Then you can’t forget them – they’re always ready. Reflectors aren’t just for children; they’re for everyone who steps outside, including drivers who eventually walk from their cars to the door.

Finns take safety equipment seriously, and rightly so. Seatbelts save lives in a crash, but reflectors can prevent the crash from happening in the first place.

A reflector isn’t just a light in the dark – it’s a sign of care, for yourself and for others.

Photo Supplement

Waaan Päivälehti
Photo Supplement
Wasa Dagblad Wasa Daily

Vaasa ylhäältä päin
Vasa från ovan
Vaasa from above

Photo Supplement - bpress.ovh

VAASA

Seniors in Vaasa get more walking opportunities – six walking groups start around the city



THERE ARE NOW SIX open and free walking groups for seniors in different locations in Vaasa – an offer that will make it easier to move around and make contacts locally. Interested parties do not need to register in advance, and there is no pressure to participate each time.

In the city centre, Vaasan seniorit runs on Wednesdays at 12.30 starting at the Orthodox Church, the distance is about 4 km and ends with a 20-minute stretch. Thursday’s walk, led by the Vaasa Swedish Pensioners’ Association (VIPs), departs at 10 am from Kulturhuset Fanny, with the opportunity to divide according to different walking paces. On Sundays, you gather at the market square to walk either 5 or 10 km – with the opportunity for coffee afterwards.

In Hietalahti, a leaderless walk will be held on Wednesdays from 10 a.m. to 11 a.m. from the Brage Museum’s parking lot. From 22 October, they will move indoors to Vaasan Sähkö Arena during the winter months. In Huutoniemi, you walk on Mondays at 10 a.m. at a leisurely pace – even a walker can be used – while the Palosaari group meets on Tuesdays at 1 p.m. at the Settlement Centre.

In addition, the City of Vaasa is launching the Go for Healthy Years challenge, which will run until the beginning of 2026. Participants can bring walking cards and participate in raffles that encourage regular physical activity.

If you want to suggest a walking group where you live, contact Vaasa Sports Services or register your interest via the city’s website.

SOURCE: City of Vaasa

WASA DAILY

Our magazines have a cool new layout



AFTER ALMOST THREE YEARS of faithful coverage of the Vaasa region – focusing on the latest in theatre, art, music, film and all the things that shape our daily lives – it’s now time for something new: our three magazines will have a modern broadsheet layout.

This new design is made to be clear, airy, and easy to navigate. For those of you who read on tablets, it will be easier than ever to quickly get an overview of the articles. Interested in a particular article? Two fingers are enough to enlarge the text and read more effortlessly. A layout that feels safe and familiar to anyone who has read newspapers in previous decades – but which is also updated to fit today’s digital habits.

The broadsheet format gives every article room to breathe, the images and headlines are more prominent, and the entire reading experience more enjoyable – both in print and on screen. We want to give you the reader both what you are used to and something you did not know you longed for: a combination of classic journalistic feeling and modern readability.

Discover the difference already when you read this issue – our magazines have been given a new format. We think you’ll appreciate the better readability, more structured expression, and how much smoother it will be to access the content you like the most. Here you see good old newspaper traditions in a modern version.

VAASA

Money is now being distributed to young people’s own events and projects

THE VAASA YOUTH CONCIL has decided to distribute a total of 1,700 euros in support for youth-driven initiatives. The support can be applied for for projects, events, leisure activities in small groups or as co-financing of larger events planned and implemented by young people themselves.

The application is open until 31 October 2025, and grants can be awarded to groups consisting of at least two people between the ages of 13 and 29, who live or study in Vaasa. The Youth Council will decide who will receive support at its meeting on 20 November 2025, and the projects must be implemented by 31 May 2026.

HEALTH

Plant-Based Diet May Protect Against Dementia in Heart Disease Patients

New study shows healthy eating can lower dementia risk even for those with cardiovascular disease and diabetes

Eating a healthy plant-based diet may significantly reduce dementia risk in older adults with heart disease, stroke, or type 2 diabetes, according to groundbreaking research from Karolinska Institutet published in JACC: Advances.

People with cardiometabolic diseases—including heart disease, stroke, and diabetes—face elevated risks of developing dementia. However, this new study demonstrates that lifestyle factors, particularly diet quality, can substantially mitigate this risk.

What the Research Found

Researchers investigated whether a healthy plant-based diet and other lifestyle behaviors could lower dementia risk in people already living with cardiometabolic diseases. The results showed that adhering to a high-quality plant-based diet was associated with reduced dementia risk, even among this high-risk population.

Importantly, the study distinguished between healthy and unhealthy plant-based diets. A plant-based diet rich in healthier plant foods was associated with lower dementia risk, while a plant-based diet emphasizing less-healthy plant foods was associated with higher risk. This means the quality of plant foods matters—whole grains, vegetables, fruits, nuts, and legumes provide benefits that processed plant foods

do not.

Why This Matters

Cardiometabolic diseases such as heart disease, stroke, and type 2 diabetes are strongly associated with increased dementia risk. Until now, it has been unclear whether dietary interventions could effectively reduce this risk once these conditions develop.

The findings suggest that even after diagnosis with cardiovascular disease or diabetes, adopting healthier eating patterns may protect brain health. This offers hope for millions of people living with these conditions worldwide.

The Heart-Brain Connection

The link between cardiovascular health and brain health is well-established. Conditions that

damage blood vessels in the heart also affect blood flow to the brain, potentially contributing to cognitive decline. Plant-based diets rich in antioxidants, fiber, and anti-inflammatory compounds may protect both cardiovascular and brain health through multiple mechanisms.

Practical Implications

The research emphasizes that diet quality remains modifiable even for those already diagnosed with serious health conditions.

The study’s focus on older adults with existing cardiometabolic diseases makes these findings particularly relevant for real-world clinical practice, where prevention of additional complications is a primary concern.

NOVA

Free help with hearing aids – NoVa Teaching Clinic opens service

DO YOU USE A HEARING AID in the Wellbeing Services County of Ostrobothnia? Now you can get free help with cleaning and basic maintenance of your device – at the NoVa teaching clinic in Palosaari.

At the visit, you can also get blood pressure and blood sugar measurements, or counselling on mental well-being. The new service is aimed at all hearing aid users, from toddlers to the elderly.

It is important to maintain your hearing aid regularly – for ex-



ample by changing the tube, wax filter or battery – to keep the hearing aid working optimally. The clinic reminds you to bring your own accessories to your visit.

The NoVa Clinic is run in cooperation with Vaasa University of Applied Sciences and Novia, where students provide low-threshold services under supervision. At the same time, you can also get lifestyle advice, support for mental well-being and help with digital services.

Visits do not require an appointment – but it is also possible to call and book an appointment. All services are free of charge.

SOURCE: Wellbeing Services County of Ostrobothnia

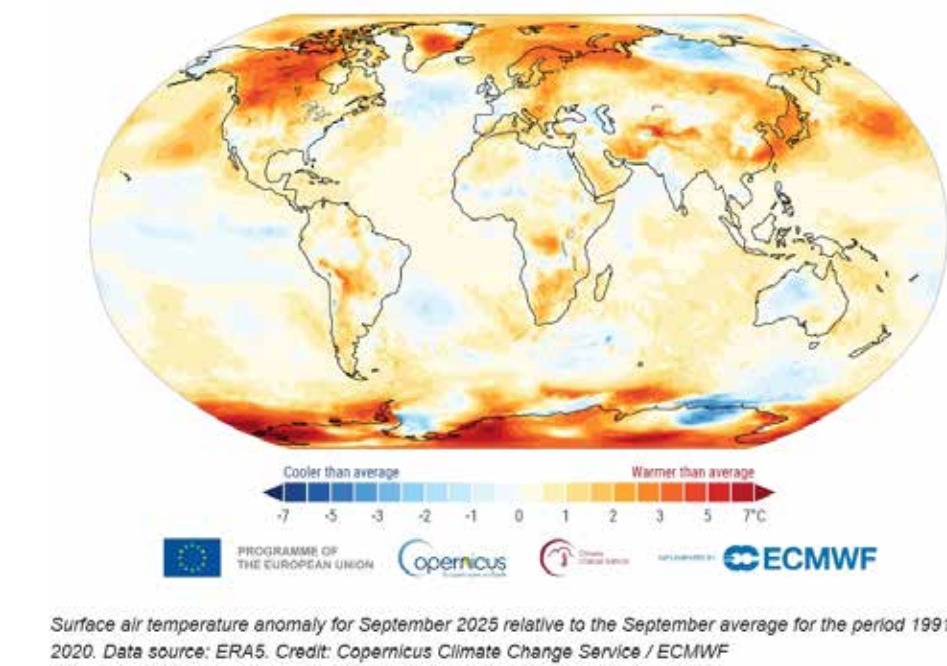
CLIMATE CHANGE

Third-warmest September on record – oceans stay hot

September 2025 was the third-warmest September ever recorded, according to the Copernicus Climate Change Service (C3S). Global surface air temperatures averaged 16.11°C, 0.66°C above the 1991–2020 September norm and 1.47°C higher than pre-industrial levels (1850–1900).

The month was only slightly cooler than September 2024 and 2023, showing that high global temperatures are not an anomaly but part of a persistent trend. The 12-month average from October 2024 to September 2025 was 0.63°C above the modern baseline, confirming continued heat on land and at sea.

“The global temperature remains extremely high, reflecting the lasting effect of greenhouse gases in the atmosphere,” said Samantha Burgess of ECMWF.



C3S relies on the ERA5 dataset, which compiles billions of measurements from satellites, ships, aircraft, and weather stations worldwide. Data show that oceans are heating steadily, which

can fuel extreme weather, disrupt marine ecosystems, and accelerate ice melt.

Scientists warn the trend underscores the urgent need for climate

action. While policy measures are crucial, individual efforts also matter. With temperatures so persistently high, the planet is facing new climate challenges that demand attention now.

CLIMATE CHANGE

EEA: Europe’s environment is under threat



A new report from the European Environment Agency (EEA) warns that Europe’s nature and environment are in acute danger. Despite the progress made in reducing emissions and cleaning the air, the situation appears to be serious: the outlook for most environmental trends is negative.

The report highlights that biodiversity is declining in both terrestrial and aquatic ecosystems, and that overexploitation and destruction are overexploitation. Climate change is also becoming more evident and risks to ecosystems, communities and economies are increasing.

A worrying fact: 30% of Europe’s surface area and 34% of the population suffer directly from water stress. The report also notes that many of the EU’s environmental targets for 2030 are unlikely to be met.

At the same time, it commends the fact that greenhouse gas emissions and air pollution have decreased significantly in recent decades. However, the EEA calls for urgent action: policies already adopted need to be implemented urgently and further reforms are needed to protect natural resources, reduce pollution and increase climate resilience.

The State of the European Environment 2025 report is the most comprehensive environmental analysis in Europe in five years, and it is based on data from 38

countries. It shows that Europe’s environment is not only about nature management, but also about the economy, safety and quality of life.

If the pace of environmental policy does not increase, the continent risks missing out on important environmental and climate-related sustainability goals. The future of Europe depends on how quickly we act and how effectively we protect our common environment.

IMAGE: EEA

EKONOMY

Pay more, get less: “Shrinkflation” and “Cheapflation” in the age of inflation



Inflation is emptying wallets at the checkout, but consumers are facing a double whammy: the phenomenon of “shrinkflation” and its more insidious cousin “cheapflation”.

Shrinkflation: A well-known enemy
Shrinkflation, an amalgamation of the words “shrink” and “inflation,” is a well-documented practice in which manufacturers subtly reduce the quantity of a product while maintaining or even increasing the price. In practice, this means that you pay more for less of the same product.

For example, your favorite chocolate bar may have shrunk slightly in size, or your cereal packet may now contain a few fewer cereal. While the change may seem insignificant at first glance, it can accumulate to significant sums over time, especially for budget-conscious consumers.

Cheapflation: A Cunning Strategy
Cheapflation takes this strategy a step further. Here, manufacturers not only reduce the quantity, but also adjust the recipe itself, replacing higher-quality ingredients with cheaper alternatives. This can go unnoticed by consumers who rely solely on brand awareness.

Foodwatch, a Belgian consumer protection organization, recently exposed this practice. They identified cases where products such as surimi sticks contained less

fish, mayonnaise had a lower egg yolk (håmlång = content), and chocolate contained less cocoa. Worryingly, these changes often coincided with price increases, leading to consumers feeling doubly cheated.

Manufacturers’ defense
Manufacturers often cite rising raw material costs as a justification for these practices. Inflation is certainly putting pressure on production, but critics say that the lack of transparency around recipe changes and price increases is unacceptable.

The fight for justice
Foodwatch’s survey underlines the need for increased transparency from manufacturers. Consumers deserve to know exactly what they’re paying for, especially when faced with rising food prices. Regulators also have a role to play in ensuring fair practices and protecting consumer rights.

What can you do?
Become a label detective: Read ingredient lists carefully and compare product sizes and prices across brands.
Choose budget brands: You might be surprised by the quality of your store’s private label products.
Bulk shopping: If you have storage space, buying staples in larger quantities can provide better value for money.
Advocate for transparency: Support organizations like Foodwatch that promote consumer rights and fight for fair practices.
By staying informed and making informed choices, we can navigate the complexities of inflation and ensure that we are getting value for money.

NOBEL PRIZE

The body’s own peacekeepers: Why they will receive the Nobel Prize in Medicine



Mary E. Brunkow, Fred Ramsdell and Shimon Sakaguchi are awarded the 2025 Nobel Prize in Physiology or Medicine. Their groundbreaking research has solved one of the immune system’s greatest mysteries: How can the body’s powerful defenses attack invaders, such as viruses and bacteria, without simultaneously destroying the body’s own healthy cells?

The three researchers are rewarded for their discoveries about peripheral immune tolerance. It sounds complicated, but it’s basically about identifying the immune system’s built-in “security guards”.

The discovery of the Regulatory T cells

For a long time, scientists believed that most immune attacks against the body’s own cells were stopped at an early stage in the thymus. But sometimes dangerous immune cells, which can attack the body’s own tissues, slip into the bloodstream. This is where the discovery of the laureates comes in.

Shimon Sakaguchi was the first to identify a completely new class of immune cells, which

he called regulatory T cells. He showed that these cells act as “security guards” that actively monitor and calm down other immune cells that try to attack the body’s own tissues. They are essential for maintaining immune tolerance.

Mary Brunkow and Fred Ramsdell made the second key discovery when they examined mice with a severe autoimmune disease. They traced the disease to a mutation in a specific gene, which they called FOXP3. Later, that gene was linked to a rare autoimmune disease in children (IPEX syndrome).

Together, the research was able to show that the FOXP3 gene controls the development of Sakaguchi’s regulatory T cells. It was the puzzle that explained the mechanism behind the body’s ability to avoid harming itself.

What does this mean for us?

Their discoveries have transformed immunology and given humanity new tools to fight some of the most difficult diseases:

1. Cure for Autoimmune Diseases: When the regulatory T cells stop working, autoimmune diseases such as type 1 diabetes, multiple sclerosis (MS), and rheumatism develop. By understanding how to strengthen or increase the number of regular T cells, researchers hope to cure or effectively treat these chronic conditions.
2. Improved Cancer Treatments: Tumor cells are smart –

HELSINKI RAILWAY STATION

The Koli landscape painting is now in its original location - and will remain there for the next 100 years



George Orwell 1984 PART ONE Chapter 1 2.

The Ministry of Love was the really frightening one. There were no windows in it at all. Winston had never been inside the Ministry of Love, nor within half a kilometre of it. It was a place impossible to enter except on official business, and then only by penetrating through a maze of barbed-wire entanglements, steel doors, and hidden machine-gun nests. Even the streets leading up to its outer barriers were roamed by gorilla-faced guards in black uniforms, armed with jointed truncheons.

Winston turned round abruptly. He had set his features into the expression of quiet optimism which it was advisable to wear when facing the telescreen. He crossed the room into the tiny kitchen. By leaving the Ministry at this time of day he had sacrificed his lunch in the canteen, and he was aware that there was no food in the kitchen except a hunk of dark-coloured bread which had got to be saved for tomorrow’s breakfast. He took down from the shelf a bottle of colourless liquid with a plain white label marked VICTORY GIN. It gave off a sickly, oily smell, as of Chinese rice-spirit. Winston poured out nearly a teacupful, nerved himself for a shock, and gulped it down like a dose of medicine.

Instantly his face turned scarlet and the water ran out of his eyes. The stuff was like nitric acid, and moreover, in swallowing it one had the sensation of being hit on the back of the head with a rubber club. The next moment, however, the burning in his belly died down and the world



began to look more cheerful. He took a cigarette from a crumpled packet marked VICTORY CIGARETTES and incautiously held it upright, whereupon the tobacco fell out on to the floor. With the next he was more successful. He went back to the living-room and sat down at a small table that stood to the left of the telescreen. From the table drawer he took out a penholder, a bottle of ink, and a thick, quarto-sized blank book with a red back and a marbled cover.

For some reason the telescreen in the living-room was in an unusual position. Instead of being placed, as was normal, in the end wall, where it could command the whole room, it was in the longer wall, opposite the

window. To one side of it there was a shallow alcove in which Winston was now sitting, and which, when the flats were built, had probably been intended to hold bookshelves. By sitting in the alcove, and keeping well back, Winston was able to remain outside the range of the telescreen, so far as sight went. He could be heard, of course, but so long as he stayed in his present position he could not be seen. It was partly the unusual geography of the room that had suggested to him the thing that he was now about to do.

But it had also been suggested by the book that he had just taken out of the drawer. It was a peculiarly beautiful book. Its smooth creamy paper, a little yellowed by age, was of a kind that had not been manufactured for at least forty years past. He could guess, however, that the book was much older than that. He had seen it lying in the window of a frowsy little junk-shop in a slummy quarter of the town (just what quarter he did not now remember) and had been stricken immediately by an overwhelming desire to possess it. Party members were supposed not to go into ordinary shops (‘dealing on the free market’, it was called), but the rule was not strictly kept, because there were various things, such as shoelaces and razor blades, which it was impossible to get hold of in any other way. He had given a quick glance up and down the street and then had slipped inside and bought the book for two dollars fifty. At the time he was not conscious of wanting it for any particular purpose. He had carried it guiltily home in his briefcase. Even with nothing written in it, it was a compromising possession.

The thing that he was about to do was to open a diary. This was not illegal (nothing was illegal, since there were no longer any laws), but if detected it was reasonably certain that it would be punished by death, or at least by twenty-five years in a forced-labour camp. Winston fitted a nib into the penholder and sucked it to get the grease off. The pen was an archaic instrument, seldom used even for signatures, and he had procured one, furtively and with some difficulty, simply because of a feeling that the beautiful creamy paper deserved to be written on with a real nib instead of being scratched with an ink-pencil. Actually he was not used to writing by hand. Apart from very short notes, it was usual to dictate everything into the speak-write which was of course impossible for his present

UKRAINE PRESIDENT

Volodymyr Zelenskyy Held a Phone Call With Alexander Stubb



President of Ukraine Volodymyr Zelenskyy held a phone call with President of Finland Alexander Stubb.

The Head of State expressed gratitude for the consistent and steadfast support of our country.

Alexander Stubb shared details of his meeting with U.S. President Donald Trump. Volodymyr Zelenskyy congratulated Finland on concluding an agreement with the United States on joint icebreaker construction, which will enhance security in the Arctic.

The leaders discussed security guarantees for Ukraine, which are currently among the top priorities. The Head of State emphasized that our state values the U.S. readiness to support these guarantees. It is crucial to accelerate work with European partners and finalize all details. The President of Ukraine noted that preparations are ongoing for active work within the Coalition of the Willing in October and November. Volodymyr Zelenskyy and Alexander Stubb coordinated their joint steps.

The Head of State also spoke about the preparation of a UN General Assembly draft resolution condemning the abduction and deportation of Ukrainian children.

Ukraine counts on support from its partners.

Volodymyr Zelenskyy informed Alexander Stubb about the situation in the energy system. Russia has once again inflicted a vile strike on Ukraine’s critical infrastructure. Our country understands all the intentions of the Russians and will defend itself. The President of Ukraine appealed to consider how Finland might help.

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ART EXPERIENCE OF THE WEEK



Alexandra Frosterus-Såltin

6.12.1837, Ingå

29.2.1916, Vasa

Båtfärd till kyrkogården Venematka hautausmaalle Rowing to the graveyard. 1861

purpose. He dipped the pen into the ink and then faltered for just a second. A tremor had gone through his bowels. To mark the paper was the decisive act. In small clumsy letters he wrote:

April 4th, 1984.

He sat back. A sense of complete helplessness had descended upon him. To begin with, he did not know with any certainty that this was 1984. It must be round about that date, since he was fairly sure that his age was thirty-nine, and he believed that he had been born in 1944 or 1945; but it was never possible nowadays to pin down any date within a year or two.

For whom, it suddenly occurred to him to wonder, was he writing this diary? For the future, for the unborn. His mind hovered for a moment round the doubtful date on the page, and then fetched up with a bump against the Newspeak word DOUBLETINK. For the first time the magnitude of what he had undertaken came home to him. How could you communicate with the future? It was of its nature impossible. Either the future would resemble the present, in which case it would not listen to him: or it would be different from it, and his predicament would be meaningless.

For some time he sat gazing stupidly at the paper. The telescreen had changed over to strident military music. It was curious that he seemed not merely to have lost the power of expressing himself, but even to have forgotten what it was that he had originally intended to say. For weeks past he had been making ready for this moment, and it had never crossed his mind that anything would be needed except courage. The actual writing would be easy. All he had to do was to transfer to paper the interminable restless monologue that had been running inside his head, literally for years. At this moment, however, even the monologue had dried up. Moreover his varicose ulcer had begun itching unbearably. He dared not scratch it, because if he did so it always became inflamed.

To be continued

CULTURE

LATIN QUOTES

Of course, the Romans were wise!



Yes, they were. These quotes, which are used if not daily then very often, are all created in the Roman Empire.

The Roman Empire was a cradle of wisdom and intellect. Many of the proverbs and quotes coined during this time have survived the centuries and continue to inspire and provide us with insights to this day. In this article, we'll explore some of the most memorable Latin quotes and their meanings.

- Memorable Latin Quotes
 - "Carpe diem"
 - Meaning: Seize the day.
 - Explanation: This famous quote by the poet Horace urges us to seize every moment and enjoy life to the fullest.
 - "Veni, vidi, vici"
 - Meaning: I came, I saw, I overcame.
 - Explanation: These words were uttered by Julius Caesar after a quick victory in war. They symbolize efficiency and determination.
 - "Alea iacta est"
 - Meaning: The die is cast.
 - Explanation: This quote also comes from Julius Caesar and was said when he crossed the Rubicon River with his army, thus starting a civil war.
 - "Errare humanum est"
 - Meaning: To err is human.
 - Explanation: This proverb reminds us that no one is perfect and that we all make mistakes.
 - "Dum spiro, spero"
 - Meaning: While I breathe, I hope.
 - Explanation: This quote expresses a sense of unwavering hope and perseverance in the face of difficulties.
 - "Ad astra per aspera"
 - Meaning: Towards the stars through difficulty.
 - Explanation: This quote, often used as a motto, emphasizes that success requires effort and overcoming obstacles.
 - "Memento mori"
 - Meaning: Remember that you are going to die.

- Explanation: This quote is a reminder of the transience of life and the importance of living in the present.
- "Si vis pacem, para bellum"
 - Meaning: If you want peace, prepare for war.
 - Explanation: This quote, often attributed to Publius Flavius Vegetius Renatus, suggests that military force may be necessary to maintain peace.
- "O tempora, o mores!"
 - Meaning: What times, what customs!
 - Explanation: This expression of Cicero is used to express concern or dissatisfaction with the current situation.
- "Festina lente"
 - Meaning: Hurry slowly.
 - Explanation: This quote, attributed to Emperor Augustus, calls for a balanced approach combining speed with accuracy.
- "Vox populi, vox Dei"
 - Meaning: The voice of the people, the voice of God.
 - Explanation: This quote expresses the idea that public opinion has a certain authority or validity.
- "Amor vincit omnia"
 - Meaning: Love conquers all.
 - Explanation: This quote by Virgil celebrates the power of love and its ability to overcome obstacles.
- "Audere est facere"
 - Meaning: To dare is to do.
 - Explanation: This quote emphasizes the importance of taking risks and taking action to achieve one's goals.
- "De gustibus non est disputandum"
 - Meaning: The taste is like the buttocks, divided.
 - Explanation: This quote reminds us that taste is subjective and that it is pointless to argue about it.

The Latin quotes above are just a small sample of the wisdom that the Roman Empire has given us. These sayings and quotes continue to be relevant to this day, providing us with valuable insights into life, love, success, and more.

HUMOUR ONE HUNDRED YEARS AGO

WHERE DID LASSE COME FROM?

Little five-year-old Lasse came home from kindergarten and asked his mother

- Where did I come from?

His mother thought this was a good time to tell Lasse all the basics of life. How his mother had once met Lasse's father. How they had fallen in love and dated. And then all about flowers and bees. And how his mother's belly had started to grow. And how nine months later there had been a trip to the maternity hospital. And everything that had happened there. Lasse listened to this story for almost half an hour, feeling a little disappointed. Then he said

- My friend has come from Porvoo.

PELLES' PHILOSOPHY

Pelle (who was hit by his mother); "Think, father, how we would have had a good time and been allowed to do as we pleased, if you had not married mother!"

PUTTE WANTS MEDICINE FROM GRANDMA

MODERN: "But, Putte dā, why do you only want medicine from grandma and not from me?"

PUTTE: "Well, you know, mom, grandma's hand shakes so!"

NEWS

A; "You must have written in your newspaper that I am a fake gambler and a fraud! B: .Impossible! My magazine only contains news!

BORN TO DANCE

"Don't you think, captain, that one must be born to dance?"

"Sure. . . I have never seen an unborn dance".

THE MORE YOU GET, THE MORE YOU WANT

"It's quite peculiar, the more you get, the more you want!" "Listen, tell me one thing! Have you ever had twins?"

WITH A MAN ON THE BEACH

Him: A week ago you had no idea that you would now be sitting on the beach with a man you didn't know at all.

Her: Well, I probably did.

Him: But dear little friend, you didn't know me then.

She: No, but I knew myself

DO NOT STAND THE LIGHT OF DAY

— You say that he has a job that doesn't stand the light of day?

— Yes, he develops plates with a photographer!

WOMEN'S CLOTHING

Nothing dresses a woman better than nothing.

NERVOUS LADY

An anxious, nervous woman, accompanied by her husband, approached the station inspector at a small outlying railway station and asked: "Has the quarter-past train leaving

already?"

»Yes, ten minutes ago,« was the reply.

"When does the four-and-twenty train come?"

»It takes quite a while.«

»And before doss there are no trains at all?»

"No."

»And not any passenger trains?»

"No."

»Some freight train then?»

»No, no trains at all.«

"Is it absolutely safe?"

»Yes, absolutely sure!»

"Then, John, can we cross the track."

Mrs. BROWN

The pastor's wife is visiting Mrs. Brown and tells, among other things:

- I just received a letter that my son received a scholarship.

- I am really very happy. I understand your feelings so well. I used to feel exactly the same way, when our pig won first prize at the farm meeting.

IN SCHOOL

- Was it you, Hans, who wrote on the board: "The teacher is a donkey".

- Yes it was.

- Well, it pleases me in any case that you stick to the truth.

TWO ANECDOTES ABOUT KANT

Two anecdotes about Kant, which prove his great presence of mind, are reported by Otto Schöndörffer in the

"Philosophischer Almanach" dedicated to Kant's memory. Kant once followed his habit of equanimity and strolled on the so-called Philosopherdamm near Pregel, lost in deep thought. Then suddenly a man rushed up to him with a large butcher's knife in his hand and shouted: I must butcher you!

Kant saw at once that he was dealing with an insane butcher's flock. He therefore calmly and firmly said to him: "You are mistaken, dear friend!" Today is not slaughter day. It's Wednesday, because slaughter day is on Friday. Namely, there were specific days of the week established for butchers to slaughter on. The madman started and laughed confusedly; You're right.

He let the already menacingly raised arm drop and slowly withdrew.

Another time the philosopher was walking through a narrow and crooked street in the old Königsberg, when suddenly two galloping horses rushed towards him. Kant did not have time to turn away, which was otherwise impossible on the narrow street. Now he had once read that horses never touched people who were lying on the ground, but that even during the fastest race they did not touch them. He therefore threw himself hastily down on the ground, and indeed the two horses dashed away over him without injuring him in the least.

WELLBEING

Astronomic picture of the week:

Cosmic Fireworks



The spiral galaxy NGC 925 reveals cosmic pyrotechnics in its spiral arms where bursts of star formation are taking place in the red, glowing clouds scattered throughout it.

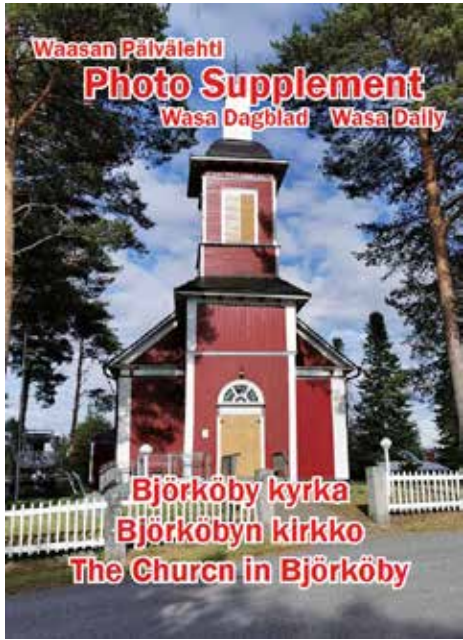
Credit: KPNO/NOIRLab/NSF/AURA

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Next week:



What's in the Stars for You This Month?

Aries (March 21 - April 19): You're feeling bold, Aries! But before you start rearranging your furniture or challenging your boss to a dance-off, remember: moderation is key. Use your energy wisely (maybe just redecorate one room).

Taurus (April 20 - May 20): This month, comfort is calling your name. Whether it's extra blankets or extra snacks, lean into your cozy instincts. Just don't let Netflix ask, "Are you still watching?" more than three times in a row.

Gemini (May 21 - June 20): You'll be juggling social plans like a circus performer, but careful, Gemini—drop too many balls, and you might end up at two dinner parties on the same night. Pro tip: Bring snacks to both!

Cancer (June 21 - July 22): The mood swings are strong, but so is your ability to turn a crisis into a dramatic monologue. Channel your inner soap opera star and add some flair to your daily life. Who says grocery shopping can't be theatrical!

Leo (July 23 - August 22): As the star of your own show, you're ready for the spotlight. Just make sure you let others shine too—unless, of course, it's karaoke night. Then by

all means, belt it out like you're headlining Madison Square Garden.

Virgo (August 23 - September 22): Lists, lists, and more lists. But here's the twist: not everything needs to be planned. Surprise yourself this October by doing something spontaneous. Don't worry, you can still make a checklist about it afterward.

Libra (September 23 - October 22): October is all about balance, Libra, but you already knew that. Just remember, balance means a little bit of cake and kale. Enjoy your treats without feeling guilty—life's all about those sweet and savory moments!

Scorpio (October 23 - November 21): You're mysterious, Scorpio, and this month your secretive side is working overtime. Whether it's keeping Halloween costume ideas under wraps or dodging awkward conversations, your poker face is flawless.

Sagittarius (November 22 - December 21): Adventure awaits! But maybe skip the bungee jumping and stick to exploring

new coffee shops. Your sense of humor will be your best compass this month, so laugh it off when you end up in a cafe with no Wi-Fi.

Capricorn (December 22 - January 19): You're climbing that mountain of success, but October reminds you to take a break. Celebrate the little victories—like finally organizing your sock drawer. Yes, that counts!

Aquarius (January 20 - February 18): Your quirky ideas are in full bloom this month. Maybe it's time to finally start that weird hobby you've been thinking about—macramé plant holders, anyone? The sky's the limit for your creativity!

Pisces (February 19 - March 20): Your dreamy side is on overdrive, Pisces. Just don't get too lost in your fantasies, or you might accidentally miss that important Zoom meeting. Maybe set a few extra reminders (and make sure they're not all daydreams!).

Happy October, everyone—may your stars be aligned and your socks always have matches!

BLOG WRITERS

Join Wasa Daily as a Blog Writer!

Are you passionate about sharing your thoughts, stories, or expertise with the community? Wasa Daily is looking for enthusiastic blog writers to contribute engaging content for our readers.

Whether you love writing about local events, culture, lifestyle, business, or personal experiences, we welcome your voice!

Writing for Wasa Daily is a great opportunity to reach a wider audience, connect with fellow locals, and showcase your creativity. No prior experience is needed—just bring your ideas and enthusiasm! We value diverse perspectives and fresh voices that reflect the vibrant spirit of our community.

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Contact us at wasadagblad@gmail.com for more details. We can't wait to hear from you!

Wasa Daily

A modern newspaper with a layout with features of the press of the 1870s. Back then, newspapers had only 4-8 pages. Lots of text, but no images at all, so there's a lot to read on a few pages. Our paper is one of the very few newspapers in English serving English-speaking inhabitants in the Ostrobothnia region

The magazine contains quotations from old daily newspapers taken from the National Archives (digikansalliskirjasto.fi). GPT3, Gemini, Aria and Monica do some of the routine editing work, such as translation, corrector reading, and short notice writing. All texts have been checked by journalists and the editorial staff is responsible for all the content of the texts.

Wasa Daily is a daily newspaper type publication, so far it is published on Sunday mornings. But our goal is for it to come out every morning in the future.

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

The magazine is locally owned and will remain so. Forever!

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From our readers

We very much welcome submissions from our readers. Comments, stories, memories, debate, news from home. Probably this will be the most important part of this spring paper. But space is limited, so please write as short as possible! So please send posts to:

wasadagblad@gmail.com

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