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WASA DAILY - a modern newspaper with a layout from the 1870s. At that time, most newspapers had this format, corresponding to A4, and 4 pages. Lots of text, but no pictures at all, so there's a lot to read in a few pages. The newspaper contains quotes from old daily newspapers, taken from the National Archives (digi.kansalliskirjasto.fi). Text in this publication is generated in part with GPT-3, OpenAI's large-scale language-generation model. Upon generating draft language, the texts has been reviewed, edited, and revised the language and the newspaper takes ultimate responsibility for the content of this publication. Wasa Daily will continue to be published on Sunday mornings, but our aim is that it will eventually be published every day. The magazine can be read online for free, printed single issues cost 1 €. Advertising price 6 €/ millimeter, but standard ads are cheaper (25 mm high=140 €, 50 mm = 280 €, 75 mm=400 €. Repeated ads = 50% discount). Send ads to wasadagblad@gmail.com as jpg, tiff or png, the advertisements are then reduced to a column width of 46 mm. If the advertisement does not fit, we will contact you (space is limited). Editor-in-Chief: Hans Björknäs. Mail: Wasa Dagblad, Skolhusgatan 37 B 7, 65100 Vasa, telephone +358-40-5462455. E - mail: wasadagblad@gmail.com

Вітаємо всіх українців у Ваасі! Сподіваємося, вам тут сподобається і навіть залишитесь після закінчення війни в Україні! A warm welcome to all Ukrainians in Vaasa! We hope you will enjoy yourself here and even stay after the war in Ukraine is over!



Here we are:
www.vpress.ovh

Malax - second best in Finland
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TODAY

Malax second best. Positive trends in social assistance numbers reflect regional success.

KELA's recent release of statistics on the recipients of basic social assistance in non-municipalities provides a glimpse into the economic well-being of various regions across Finland. These numbers offer insights into the effectiveness of social safety nets and the prevalence of poverty in different communities.

At first glance, the data paints a promising picture, with Malax emerging as the second-best municipality in terms of the population share of recipients of basic social assistance. This achievement reflects positively on the region, suggesting that Malax has relatively few individuals facing financial hardships. The presence of five coastal Ostrobothnian municipalities among the top ten further underscores the strength of social support systems in these areas.

It's worth noting that while these statistics offer valuable insights, they do not include Åland, which may have its own unique dynamics regarding social assistance and poverty alleviation.

Conversely, the numbers also shed light on areas facing greater challenges. Municipalities like Vantaa, Kerava, and Outokumpu demonstrate higher proportions of residents relying on basic income support. In Vantaa, for example, the population share of social assistance recipients stands at a staggering 11.4%,

highlighting significant disparities compared to municipalities like Malax.

The concentration of higher rates of social assistance recipients in large cities like Helsinki, Tampere, and Turku raises important questions about urban poverty and the effectiveness of social support systems in densely populated areas. It's imperative for policymakers to delve deeper into the root causes of these disparities and implement targeted interventions to address them.

In Finland, social assistance serves as a vital safety net provided by Kela and municipalities. While Kela covers basic social assistance, municipalities are

responsible for supplementary and preventive measures. It's essential to recognize social assistance as a temporary solution designed to support individuals and families during periods of financial hardship.

As we celebrate the success of regions like Malax in navigating these challenges, we must also redouble our efforts to support communities facing greater socio-economic disparities. By fostering collaboration between government agencies, local authorities, and community organizations, we can work towards building more inclusive and resilient societies where every individual has the opportunity to thrive.

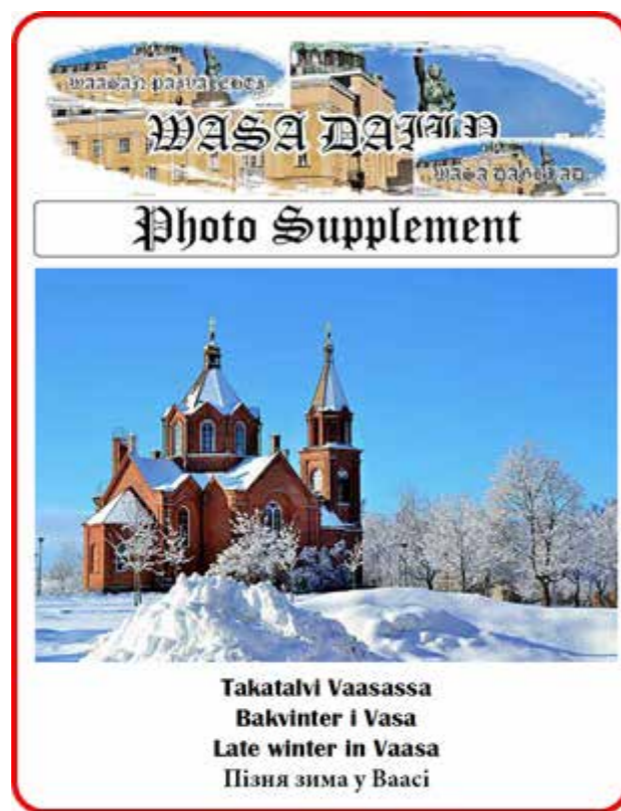


Photo Supplement - vpress.ovh

NEWS

Today You can still visit the Berndt Lindholm exhibition at Tikanoja



Berndt Lindholm: A pioneer in Finnish landscape painting

Berndt Adolf Lindholm (1841-1914) was a Finnish-Swedish landscape painter who is considered one of the pioneers of Finnish outdoor painting. He was born in Lovisa, Finland, and studied at the Turku School of Art and the Academy of Arts in Düsseldorf. In 1876 he was awarded a medal at the Centennial Exposition in Philadelphia and received the Finnish State Prize the following year. In the same year, he settled in Gothenburg and became curator of the city's art collection in 1878. Lindholm's paintings are characterized by their realism and sense of detail. He often painted coastal scenes, but he also painted forests, mountains and other landscapes. His work is known for its use of light and shadow, and for its atmospheric effects.

Based on these numbers, we are doing well. Malax second best.

KELA has published statistics on how large a number of people receive basic social assistance in non-municipalities. Since it can be assumed that the recipient of basic income support is, if not completely poor, then at least poor, the lower this share is, it is better. And that's where our region copes well. Malax is the second best and it can therefore be said that there are very few people in Malax who have problems with their income. The top ten are Luoto, Korsholm, Närpes and Pedersöre. In other words, five of the top ten municipalities are from the coastal area of Ostrobothnia. However, Åland is not included in these statistics, Municipality Population share of recipients of basic social assistance:

- Masku 1,3 %
- Malax 1,5 %
- Pyhäntä 1,5 %

Berndt Lindholm was a talented and influential artist who played a major role in the development of Finnish landscape painting. His works continue to be admired by art lovers worldwide.

- Municipality of Pedersöre 1.7%
- Muonio 1.8%
- What about the worst municipalities? In Vantaa, 11.4% receive basic income support. In other words, seven times more people get this support there compared to Maahti. Here are the ten worst municipalities: Municipality Population share of social assistance recipients:
- Vantaa 11.4 %
- Kerava 10.6 %
- Outokumpu 10.0%
- Lahti 9.9%
- Helsinki 9.2%
- Jyväskylä 9.0%
- Tampere 9.0 %
- Kemi 8.9%
- Kotka 8.8%
- Turku 8.6 %
- Large cities seem to be in trouble, the list includes all three of the largest, i.e. Hels-

THIS NEWSPAPER CAN BE READ ANYWHERE



Like here in Pompeiji, Italy

inki, Tampere and Turku. In Finland, social assistance is paid by Kela and municipalities.

Kela pays basic social assistance, and the municipality is responsible for supplementary and preventive social assistance. Social assistance is the financial support of last resort for a person or family that covers basic life expenses. Social assistance is intended as a short-term benefit. (Statistics from kela.fi)

The ice swimming area in the inner harbour will be closed on 23.4.

The swimming season at the ice swimming area of Vaasa Inner Harbour ends on 23.4.2024. No decision has yet been made on the continuation of the ice swimming location for next season. (Vaasa.fi)

The Wellbeing Services County of Ostrobothnia co-operation negotiations

According to the first outline of the Future and Adjustment Programme for 2025–2026, there are plans to reduce personnel costs by EUR 20 million. Ahead of 2025, there is a savings requirement totalling SEK 34.2 million, of which the reduction

in personnel costs is calculated at SEK 9.1 million.



A more detailed planning of operations and budgets for 2025 will now be initiated, which means that co-operation negotiations with the personnel will also be initiated. The co-operation negotiations will affect the entire personnel. In Seinäjoki, the plan is to lay off the entire staff for 3–14 days, including doctors, but in Vaasa there are no layoffs. But redundancies are not excluded. The co-operation negotiations are based on production-related and financial reasons. The negotiations will examine the consequences and effects of organisational and operational changes as well as other cost-saving and efficiency measures. The co-operation negotiations are expected to last six weeks, so that they will be completed before the county board discusses the future and adjustment programme in June.

A new tax: The Greens wants an EU-tax

The Greens are advocating for the EU

to have the ability to levy taxes, which would allow it to become more financially independent and have more resources to address pressing issues. They want the EU to have more power and autonomy compared to the member states

There is now a lot of street dust in the air

Even healthy people can get irritation symptoms.

Street dust season is now underway, and air quality can be moderate or poor in many places. Exposure to street dust, for example, on the way to work, school or outdoors causes symptoms such as a runny nose and burning eyes. Street dust is a major health hazard in cities. People sensitive to the serious effects of street dust are, for example, asthmatics and people with coronary heart disease or COPD. Street dust can worsen the symptoms associated with the underlying disease and require medication, a visit to the doctor or even hospitalization. High levels of street dust can cause irritation symptoms even in healthy adults, such as runny nose, cough, rough throat, itchy and burning eyes.

“People belonging to sensitive population groups are advised to avoid exposure to street dust during the worst periods of street dust and to take care of the

Art Experience of the Week:



Robert Wilhelm Ekman 1808-1873

The country's most influential artist in the middle of the 19th century, considered by many to be the father of painting in Finland. Lemminkäinen and the Fiery Eagle, 1867

appropriate treatment of any underlying disease,” says Taina Siponen, Senior Specialist at THL. (thl.fi)

Kela releases 2024 edition of maternity package

The 2024 edition of the maternity package contains 39 products. This year, quality has once again been the most important criterion when procuring products. Kela will start distributing the 2024 edition when stocks of the 2023 edition run out. Kela has released the 2024 edition of the maternity package. This year, the maternity package contains 39 products. The aim of the maternity grant provided by Kela is to support the wellbeing of the parent and the child. Recipients of the maternity grant can choose between a maternity package and a tax-free cash benefit of EUR 170. Approximately two-thirds choose the maternity package. “First-time parents usually choose the maternity package, while the cash benefit is often chosen by parents who already have small children and products from those children’s maternity packages or by pa-

rents whose friends or family have given them products from the earlier editions of the maternity package,” says Veera Petäjä, coordinator at Kela.

Parents can see the products included in the maternity package on Kela’s maternity package page and use that information to decide whether they want the maternity package or the cash benefit. Petäjä reminds that the clothes in the maternity package can be passed on to another family with a newborn when the baby grows out of them. Kela’s website also includes tips for extending the lifespan of the products in the maternity package.

Quality is the basis for the maternity package

While the range of items remains largely the same from year to year, the colours of the textiles and the number of products vary. As mentioned in the Government programme, the aim is to add a ball to the maternity package in 2026 at the earliest. The products in the maternity package are selected via a yearly competitive tender process. Kela tests the products to ensure their quality and safety. “It is important to us that the products are

safe and durable. Zippers must not scratch the baby, and there must be no long pieces of loose threads, since they can wrap around the baby’s toes or fingers. Seams and snap buttons must be durable,” says Johanna Aholainen, lawyer at Kela.

In addition, the products in the maternity package should inspire shared moments. Aholainen mentions that the package contains a book intended to strengthen the interaction between the child and the parent.

The maternity package box is illustrated with animal families

The illustration of the maternity package is called Satumetsä (Fairytale Forest). It depicts familiar forest animals in their native environment in Finnish nature. The illustration was designed by the illustrator and graphic designer Heli Hyppönen. The illustration was chosen by a public vote. “I am glad to see my illustration on this year’s maternity package. The illustration was inspired by different animal families roaming through Finnish nature at different times of the year. I hope that the rich

illustrations and their warm atmosphere bring joy to every family," Hyppönen says.

The application period for the summer job voucher has begun

The City of Vaasa's summer job voucher offers a summer job for a young person from Vaasa in a company, association or cooperative that employs fewer than 50 people. You can apply for the summer job voucher until 15 May. A young person looking for a summer job can contact the employer and ask for a summer job, after which the employer will apply for a summer job voucher to hire the young person. Another option is for the employer to first apply for the voucher and use it to find an employee. The application period for the summer job voucher is 1.4.–15.5.2024.

The application is submitted in the city's e-services at: <https://asiointi.vaasa.fi/> (Vaasa.fi)

They, who know a little more are They, who read Wasa Daily



Vaasan Sähköverkko invests EUR 17 million

In the development of the electricity network in 2024, Vaasan Sähköverkko will invest EUR 17 million in developing the capacity of the electricity network and improving the security of supply. In the largest projects, the electricity network, substations and substations. The electricity network will be renovated on the Archipelago Road in Sundom, Vaasa, and on Bredskäret in Södra Vallgrund, Mustasaari. Electricity cables will be buried in the ground in Veikars, Mustasaari. will be renewed and parts of the electricity network will be buried in the ground.



Statue of Liberty

Aimo Nyberg and Ilkka Virtanen will lecture on the history and symbolism of the Finnish Statue of Liberty at the Almas Adult Education Centre.

An open and free lecture on the history and symbolism of the Finnish Statue of Liberty will be held at the Almas Adult Education Centre in Vaasa on Wednesday, April 24, 2024, from 6:00 to 7:30 PM. The lecture will take place at the Almas Adult Education Centre, located at Raastuvankatu 31, in auditorium B231, on the 2nd floor. The event will be conducted in the Finnish language.

Vaasa has several war memorials, among which the Finnish Statue of Liberty is undoubtedly the most impressive. During the lecture evening at the Almas Adult Education Centre, the history and symbolism of the Finnish Statue of Liberty will be explored by examining the details of the monument.

There are three national memorials in Vaasa that relate to the early moments of our country's independence and thus speak to Vaasa's significance in our nation's critical times. The most important of these memorials is the Finnish Statue of Liberty, created by Professor Yrjö Liipola and unveiled with grand ceremonies in Vaasa's square on July 9, 1938.

These memorials draw inspiration from and serve as a lasting reminder of the efforts and sacrifices required to achieve independence. The greater demands and heavier sacrifices of later wars to secure the achieved independence have transformed the attitude towards these memorials, now perceived more comprehensively as symbols of our country's independence and freedom. This is particularly evident

in the case of the Statue of Liberty, which has become an important and beloved symbol of patriotic thought for our veterans of recent wars.

The lecturers are art teacher Aimo Nyberg and Professor Ilkka Virtanen. Together, they will discuss the history and symbolism of the Finnish Statue of Liberty. The lecture will provide an overview of the different phases of the monument project, from Mannerheim's initiative in 1918 to Liipola's realization in 1938, as well as a guided virtual tour around the statue to explain its symbolism.

"Can this be true?"

A fortunate woman from Mustasaari won two prizes of 100,000 euros each in the Keno evening draw. She played the winning lines at Sale Replot in Mustasaari and at Rewell Center in Vaasa.

On Monday, April 8, luck was on the side of the woman from Mustasaari in the Keno evening draw. She participated in the draw with two game coupons purchased from different locations but with identical numbers. When luck struck this particular line, the 100,000 euro prize also doubled. So, the woman won a total of 200,000 euros.

"Oh my goodness! Is this even real? Can this be true?" exclaimed the winner in amazement after receiving a congratulatory call from Veikkaus.

The lucky winner's numbers are well remembered by her because they are linked to important dates for her. Initially, she played the familiar Keno numbers on a regular shopping trip without giving it much thought. Later the same day, while running other errands, she decided to stop by a gaming hall and play the familiar Keno numbers, as she couldn't remember for sure if she had already submitted the line earlier in the day.

The fortunate player did not follow the Keno draw, but only learned about her double luck a few days later.

"I still can't comprehend this or believe it's true. I need to take a breather and let the dust settle. Well, now I can at least plan my future without worries and also help my loved ones," said the winner amidst an emotional whirlwind.

The double luck came from a Keno line played at level 9. With a win multiplier of 50,000, a two-euro bet on the line resulted in a 100,000 euro win per line.

Miapetra Kumpula-Natri

Europarlamentarian Miapetra Kumpula-Natri from Vaasa has been appointed as a goodwill ambassador for the international human rights organization Orphan's

Feeding Foundation (OFF). OFF is doing important work to ensure the rights of Ukrainian children. Since the start of the Russian invasion war, tens of thousands of Ukrainian children have been kidnapped to Russia. Although Ukrainian authorities have identified about 20,000 of these children, the actual number of abducted children is believed to be significantly higher.



OFF collaborates with Ukrainian authorities to locate and repatriate the kidnapped children back to Ukraine. Additionally, the organization provides aftercare to children who have returned to Ukraine, which is crucial for addressing the traumatic experiences.

Kumpula-Natri commented in a press release: "Using children as tools in warfare is cruel and ruthless. We must do everything we can to ensure that the abducted children return to their homeland. We work to ensure that the rights of abducted children are respected and that this appalling situation comes to the attention of decision-makers."

Guided tours of the old cemetery.



On Monday 22.4. at 14.00-15.00 and at 16.00-17.00 guided tours of the old cemetery. Start at the cemetery gate, Vöyrinka-

tu 2. Tours are organised in both Finnish and Swedish.

Vaasa Old Cemetery was founded in 1864. The cemetery has also been called Almaudd after the first deceased buried there. On the guided tours you will hear about Vaasa's history, social influencers and heroes of war and peace. Visitors can also see the cemetery's many monuments and areas with war graves. Registration by Friday 19.4. at 18.00: <https://forms.gle/vBGs4GrooqA5FyGA8Or> organizer: Vaasa-Mustasaari guides ry Vaasa-Mustasaari guides ry.

Kela Proposes a General Practitioner - Nurse Collaborative Model

The history of healthcare reimbursements in Finland dates back to 1967, when Kela began reimbursing the costs of private specialist

visits, aiming to facilitate access to specialist care. As of the beginning of 2024, Kela reimbursements have been decided to be increased. The goal of the new Kela reimbursement model is to improve access to primary care and the continuity of care. There are currently no detailed plans regarding the continuation of Kela reimbursements for current specialist visits.

The benefits of continuity in patient-physician relationships were also recognized in the late 1980s in the Kela-funded general practitioner model as part of the Ministry of Social Affairs and Health's general practitioner trials. Two other general practitioner trials were carried out by reorganizing the activities of health centers to operate on a population responsibility basis and by making physicians' working hours flexible. In all three general practitioner trials, the activities were compared to conventional health center operations.

In Kela's general practitioner pilot project from 1985 to 1993, private practitioners committed to seeing patients within 3 weekdays. Kela paid reimbursements to general practitioners based on the population size, age structure, and physician's experience. Specialist visits and laboratory and radiology costs were covered by Kela to medical centers. General practitioner services as well as laboratory and imaging tests were free of charge to patients. Continuity of patient-physician relationships improved most for individuals without occupational health care. In addition, through specialist consultations in hospital sectors, the use of emergency services was reduced, and referral practices to hospital clinics were modified.

The new Kela reimbursement model could be based on a general practitioner - nurse collaborative model. Any resident of the welfare area could choose, if desired, a general practitioner who operates in the private sector as their primary healthcare service provider, along with a nurse as their collaborator, instead of a welfare area health center. This would lighten the workload of the welfare area, and overlapping activities would not be supported by Kela reimbursements. Other professionals (such as physiotherapists, mental health nurses, psychologists, or social workers) from either the private sector or the welfare area could support the team as needed.

A general practitioner - nurse collaborative pair operating under the new Kela reimbursement model would follow regionally agreed-upon care escalation and care pathways. Diagnostic services would be provided by the welfare area or equivalent service providers at the same cost.

National Board of Antiquities: Grants of EUR 430,000 for projects of local museums

Kaskinen, Kronoby, Korsnäs and Sundom have received grants

The Finnish Heritage Agency has awarded project grants for local museums for 2024. Grants totaling just over EUR 430,000 were awarded to 78 projects. Even small sums contribute to the preservation of local cultural heritage. A total of 146 grant applications were received, and the total amount applied for was approximately EUR 1.3 million. A total of 78 projects totalling EUR 432,610 received grants. The largest grant awarded was EUR 7,000 and the lowest EUR 1,600. The average grant amount awarded was EUR 5 546.

Typical projects to be assisted in 2024 include repairs to the roofs of museum buildings and work related to collection management, inventory and electronic cataloguing. Regional museums steer and supervise the use of grants.

"Local museums serve as local cultural services for the residents of the area, and thus they support the prerequisites for a good life. There are about 70 local museums in the North Savo region, which indicates the communities' strong sense of homeland and active citizenship. The work of local museum volunteers is also significant," says Tarja Kekäläinen, Chief Curator at Kuopio Museum of Cultural History.

Among the recipients are:

Informaatitekniiikan Museoyhdistys ry, Kurikka, Etelä-Pohjanmaa: Sähkölaitosmuseon sei-nien ja ikkunoiden korjaukseen 7 000 euroa

Kaskö hembygds- och museiförening r.y., Kaskö, Österbotten: Reparation av vattentaket 7 000 euro

Kauhajoen Museoyhdistys r.y., Kauhajoki, Etelä-Pohjanmaa: Kauhajoen kotiseutumuseon museorakennusten korjaaminen 7 000 euroa

Korsnäs Hembygdsförening r.f., Korsnäs, Österbotten: Stabilisering av väderkvarnen 7 000 euro

Kronoby hembygdsförening r.f., Kronoby, Österbotten: Byte av tak på loftbyggnaden vid Tolvmansgården 6 000 euro

Nanoq rf, Pietarsaari, Pohjanmaa: Kokkelmien luettelointiin 6 510 euroa

Siirtolaisuusmuseon Tukiyhdistys ry, Seinäjoki, Etelä-Pohjanmaa: Perusnäyttelyn uusimi-seen 4 000 euroa 67.

Sundom Bygdeförening rf, Vasa, Österbotten: För renovering av huvudmuseibyggnadens yttre fönsterbågar 6 000 euro

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International conference on media in Helsinki on 25 and 26 April

Gilles Marchand, Director General of the Swiss Broadcasting Corporation SRG SSR, and Professor Kristina Riegert from Stockholm will be the keynote speakers at the conference on Nordic public service media history.

The Yle 100 research program is holding an international conference called Northern Narratives and Digital Horizons at Iso Paja in Pasila, Helsinki, from 25 April to 26 April 2024. The event has three core themes: Digital Horizons, Media and National Identity, and Navigating Nordic Voices.

The conference will open with a keynote speech by Gilles Marchand, Member of the Executive Board of the European Broadcasting Union (EBU) and Director General of the Swiss Broadcasting Corporation SRG SSR, on Thursday, 25 April. On Friday, 26 April, Professor Kristina Riegert from Stockholm will be the keynote speaker.

On Thursday, 25 April, there will be a special focus on the relationship between Yle, Finland and the Finns during the first decades of Finnish independence. On Friday, 26 April, the focus will be on Yle and culture as well as Yle's road to digital services.

The full programme and registration information for the conference can be found on the research program's home page. You can follow the conference via an open stream on the same page.

"Finns have always been interested in Yle as a company. Researchers have also been interested in it. The Yle 100 Research Program has assembled current Finnish Yle research, and it also wants to inspire new academic research on Yle. In addition to the international speeches, more than 20 researchers' presentations on Yle as a public service media will be heard at the conference. This is an investment in the knowledge capital about Yle for the future," says Ismo Silvo, who is in charge of the Yle 100 Research Program at Yle. (YLE Press Release)

They, who know a little more are They, who read Wasa Daily

Helsinki-Vantaa Airport Among Top Performers in Skytrax World Airport Awards

Helsinki-Vantaa Airport has been recognized as the Best Airport in Northern Europe at the 2024 World Airport Awards, held recently at Passenger Terminal EXPO in Frankfurt. The awards, presented by Skytrax, are based on passenger surveys and evaluate various aspects of the airport experience.

While Hamad International Airport in Doha took home the top prize for World's Best Airport 2024, Helsinki-Vantaa's achievement highlights its position as a leading airport in the Nordic region. This recognition reflects the airport's commitment to providing a smooth and enjoyable travel experience for passengers.

Other notable winners from the ceremony include Singapore Changi Airport (2nd place globally), Seoul Incheon Airport (3rd place globally and World's Most Family Friendly Airport), and Tokyo Haneda Airport (World's Cleanest Airport, World's Best Domestic Airport, World's Best Airport PRM & Accessible Facilities).

The awards showcase the diverse strengths of airports worldwide. Passengers flying through Helsinki-Vantaa can be assured they'll experience a top-notch air-

port in Northern Europe, while travelers through other winning airports can expect exceptional service, amenities, and facilities.

The World's Top 20 Airports for 2024

1. Doha Hamad Airport
2. Singapore Changi Airport
3. Seoul Incheon Airport
4. Tokyo Haneda Airport
5. Tokyo Narita Airport
6. Paris Charles de Gaulle Airport
7. Dubai Airport
8. Munich Airport
9. Zurich Airport
10. Istanbul Airport
11. Hong Kong Airport
12. Rome Fiumicino Airport
13. Vienna Airport
14. Helsinki-Vantaa
15. Madrid-Barajas
16. Centrair Nagoya Airport
17. Vancouver Airport
18. Kansai Airport
19. Melbourne Airport
20. Copenhagen Airport

Radio news with AI voices from 5.4.24

Starting Friday 5.4.2024, STT's news will be heard again on several radio stations as Bauer Media expands the use of the pilot AI news anchor to its 11 radio stations, according to the press release.



News written by STT's journalists and read by artificial intelligence reaches an audience of millions, as news broadcasts are heard on Bauer Media's most popular channels, such as Radio Nova, Iskelmä and Radio Nostalgia.

For decades, the Finnish News Agency was known among the general public specifically for its radio news. Although the news is now read by a virtual news anchor, artificial intelligence does not modify the content of the news, but it is written by STT's professional journalists and has gone through the editorial process. The news heard on the radio is therefore as reliable as any other STT production. The final choice of news that ends up on air is also made by humans.

EU-ELECTION

EU-Election 2024: Where, when, how?

The next elections to the European Parliament will take place in June 2024.

The next elections to the European Parliament will take place in June 2024.

Finland:

Election day: Sunday 9.6.2024

Early voting:

In Finland: 29.5.–4.6.2024

Abroad: 29.5.–1.6.2024

Constituency: All of Finland, including Åland

Number of Members of the European Parliament: 15

Composition of Parliament:

Kela, digitalisation and the European elections: four important perspectives

Kela believes that special attention should be paid to sustainable digitalisation, labour mobility, mental health and integration in the European elections. The European Parliament elections will take place from 6 to 9/06/2024. In the run-up to the elections, Kela would like to point out that the EU has an impact on Finnish legislation and directly on the implementation of social security and official services. Kela's operations particularly reflect EU regulations concerning digitalisation and the coordination of the social security rights of persons moving within the EU.

Kela's experts actively participate in international cooperation, such as the work of the European Commission's subgroups. They also cooperate regularly with representatives of other countries.

"We want to be actively involved in

developing social security and its implementation also at the international level. Kela has a huge amount of information that can also be utilised in EU decision-making, says Outi Antila, Director General of Kela.

Kela highlights four perspectives that should be focused on in the European elections:

1. Sustainable and efficient digitalisation
2. Social security supports labour mobility
3. Well-being by investing in mental health
4. Smoother integration through immigration legislation

EU regulations have a practical impact on Finnish social security

Many new EU digitalisation initiatives affect Kela and Kela's customers. Now is the time to focus on their effective implementation rather than making further proposals. Important issues for Finnish social security institutions include the amendment concerning the EU's digital identity and digital wallets, the Artificial Intelligence Regulation and the Single Digital Data Exchange. A preliminary agreement has been reached on the proposal for a European Health Data Space (EHDS), so it is also timely to prepare for the implementation of the flow of electronic health data. The goal of EHDS is the smooth flow of health data in Europe, and in Finland it is implemented with the help of the Kanta services.

Increasing labour mobility is important for the vitality of the EU. By developing EU legislation, we can ensure that social security is able to respond agilely to the needs of changing working life. When updating and advancing the EU's social security coordination regulations, attention must be paid to, among other things, increased teleworking and atypical employment relationships. It would be essential to complete the changes proposed al-



ready in 2016.

Mental health problems weaken well-being and work ability. The objectives of the EU strategy on mental health must be promoted at EU level in order to ensure the prevention and treatment of mental disorders. The price tag for mental problems throughout Europe is around EUR 600 billion per year.

When developing EU legislation on migration, it is important to take migrants' families into account and enable integration through work. At EU level, greater attention must be paid to ensuring that a clear social security package also supports the integration of workers coming to the EU and their families. Efforts must also be made to establish uniform and clear rules.

During the spring, Kela's perspectives on the European elections will be explained in more detail in speeches published on Kela's website. The first speech will be published in April.

Kela organises a European election panel on digitalisation

Kela will organise the European election panel "How to survive in the EU's digital jungle" on 3.5.2024.

(Source: Kela.fi)

EVENTS

NATIONAL VETERANS DAY in Vaasa this year

Veterans' Day 2024 will be celebrated on Saturday 27.4.2024 in Vaasa. The main event will be held in the Bothnia Hall.

VAASAN KUOROFESTIVAALI - VASA KÖRFESTIVAL - VAASA CHOIR FESTIVAL

9-12.5.24

30 years old!

www.vaasa.fi

VAASA CITY ORCHESTRA

50 years of music!

EIN DEUTSCHES REQUIEM

FRIDAY 29.3 AT 14.00 Kokkola church

AT 20.00 Vaasa church

Vaasan kaupunginorkesteri & Keski-Pohjanmaan kamariorkesteri dir. Tomas Djupsjöbacka

sol. Marjukka Tepponen, sopraano, Ville Rusanen, baritoni

Kamarikuoro Canticum Maris & Vokalensemblen Röster

Johannes Brahms: Ein deutsches Requiem, op. 45

ILMAJOKI MUSIC FESTIVAL

ARMi-opera

7.6 - 16.6.24

Solist: Lilli Paasikivi

www.musiikkijuhlat.fi

PRIDE-WEEK in Vaasa and Korsholm

10-16.6.24

<https://www.regnbagsallians.fi/>

VAASA AIR SHOW 15.-16.6.

Finland's biggest air show in 2024! The main air show of the Finn-ish Aeronautical Association The air show is organized by a team of Vaasa Flight Club professionals. Our organization is ready to make your participation successful. The annual main air show of the Finnish Aviation Association (SIL) is also the main air show of the Finnish Air Force, the Army and the Finnish Border Guard. The air show will be organised together with Finland's most experienced air show organisers, who have experience in organising 20 international air shows in Finland, Europe

and Asia.

<https://vaasaairshow.fi/fi/etusivu>

Lisää Löylyä Rockfestival - 2 dagar 14-15.6

Lisää Löylyä Rockfestival 14.6 - 15.6 2024 in Vaskiluoto, on the former Wasalandia area.

<https://lisaaloyly.fi/>

KALEVAN COMPETITIONS in Vaasa 27-30 June 2024

The Athletics Championship, or the Kaleva Games, will be held in Vaasa on June 27-30, 2024. It is one of the most significant national sports events of the year in Finland

<https://kk2024.fi/>

HERÄTTÄJÄJUHLAT IN VAASA 5.-7.7.2024

Vaasa is set to host the city's second-ever awakening festival in the summer of 2024, a remarkable 60 years after the last event. The theme for the days is "Let the wind fill the sails."

The festival grounds are located in the city center, alongside many hotels and restaurants, making it easy to move around on foot or by bike. In Vaasa, you are truly by the sea, as the distance from the market square to the beach is just a few hundred meters. A tranquil evening stroll along the water-front, a visit to the playground, or exploring the city's magnificent cultural offerings can be easily done in the immediate vicinity of the festival area.

"Körttiradio" will broadcast programs around the clock throughout the event days.

TANGOMARKKINAT 40 Years!

10-14.7.2024

Seinäjäki

<https://www.tangomarkkinat.fi/>

KORSHOLM MUSIC FESTIVAL 2024

24.7-31.7.2024

www.korsholmmusicfestival.fi

TOVE TEUVALLA-OPERA

Östermark kyrka .Teuvan kirkko

3.8.24 - 11. 8.2024

<https://www.korsholmmusicfestival.fi/tove-teuvalla/operan-tove-teuvalla>

VAASA FESTIVAL

1-3.8.2024

<https://vaasafestival.fi/>

NIGHT OF THE ARTS

The eagerly awaited folk festival Night of the Arts will be celebrated in Vaasa on 15.8.2024 in the spirit of carnival.

WASA FUTURE FESTIVAL

5-10.8.2024

The Wasa Future Festival 2024 is set to take place from 5th to 10th August. This event gathers knowledgeable and motivated individuals from the business world, universities, regional decision-making bodies, and ministerial corps to focus on solving issues in Vaasa and across Finland. The festival covers themes ranging from industrial innovations to cultural aspects, offering a platform for collaboration and problem-solving.

The event can be followed on Wasa Future Festival YouTube channel.

Wasa Innovation Center

Gerbyntie 18

65230 Vaasa

<https://wasafuturefestival.fi/>

TIKANOJA

THE ART EVENT OF THE YEAR!



Eero Järnefelts exhibition opens on Nov 23, 2024

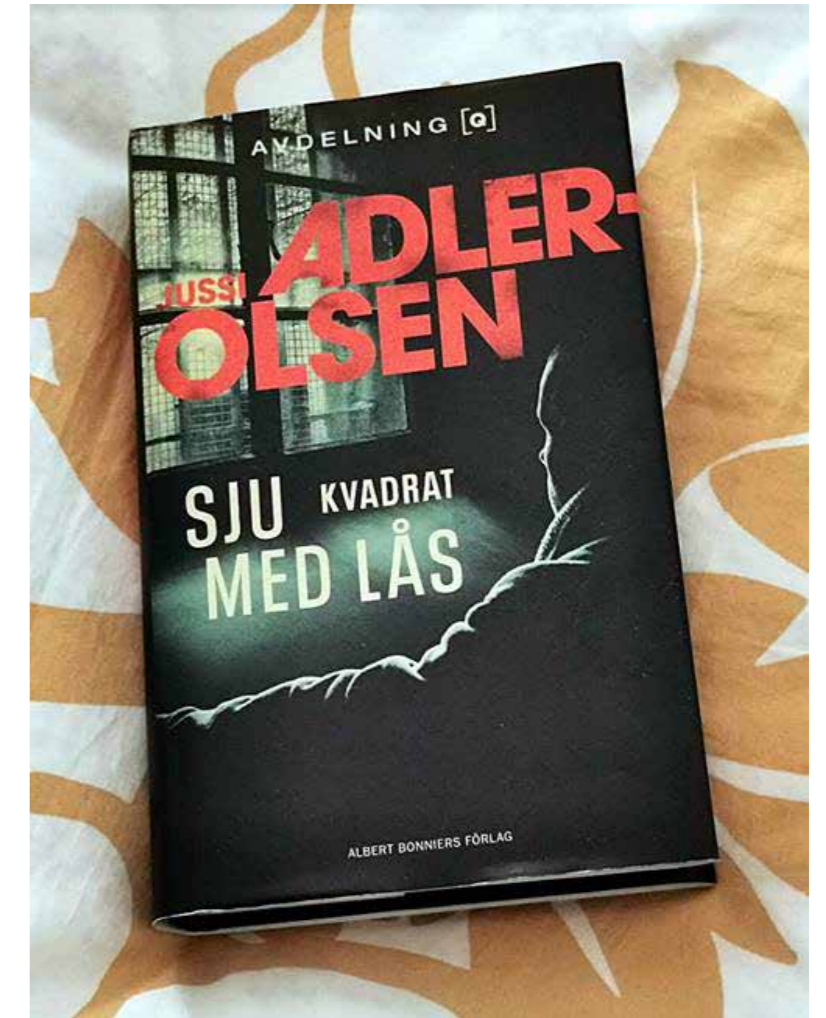
BOOKS

Justice Served Cold: A Thrilling Conclusion to Adler-Olsen's Department Q Series

Jussi Adler-Olsen's "Locked In," the gripping finale to his internationally bestselling Department Q series, delivers a satisfying conclusion that will leave fans breathless. This isn't just another detective story – it's a high-stakes race against time where the line between hunter and hunted blurs dramatically.

The narrative centers around Carl Mørck, the gruff and troubled leader of Department Q, a cold case unit relegated to the basement of Copenhagen's police headquarters. Mørck finds himself imprisoned, facing a past case that has come back to haunt him with deadly consequences. With his life in danger and his freedom at stake, the remaining Department Q team – Assad, Rose, and Gordon – must delve back into a chilling unsolved mystery to uncover the truth and exonerate their leader.

Adler-Olsen masterfully weaves together multiple timelines, keeping the reader on the edge of their seat as the past and present collide. The investigation throws light on Mørck's past, revealing hidden depths to his character and motivations. This introspective journey adds a layer of emotional complexity to the story, making Mørck even more compelling.



In Swedish the book is named "SJU KVADRAT MED LÅS".

The supporting characters are equally well-developed. Assad, the brilliant analyst, and Rose, the tenacious investigator, utilize their unique skills to piece together the puzzle. Gordon, the ever-optimistic archivist, provides a touch of humor amidst the tension. Their teamwork and unwavering loyalty to Mørck are central to the narrative's emotional core.

"Locked In" is a masterclass in suspense. Adler-Olsen's prose

is sharp and concise, perfectly capturing the urgency and claustrophobia of Mørck's situation. The plot twists are expertly crafted, keeping the reader guessing until the very end.

This is a must-read for fans of Nordic noir and police procedurals. But even newcomers to the Department Q series will find themselves captivated by the intricate plot, relatable characters, and a sense of justice finally served, albeit cold.

VETERANS WEEK 22.-28.4.2024

Programme in Vaasa and Korsholm during Veterans Week 22.-28.4.24

National Veterans Day will be celebrated in Vaasa on Saturday 27.4. During Veterans Week, there will also be additional activities related to the theme, from guided tours to singing together, lectures and exhibitions.

Main celebration

On National Veterans Day 27.4. at 13.30–15.00 at Botnia Hall in Korsholm (audience arrives no later than 13.00). Food and coffee are served at Botnia hall from 11:30 to 13:00.

Music at the celebration will be provided by the Navy Band, conducted by conductor Tero Haikala. The soloists are music major Juha Ketola and singer-actress Sarah Nordergård. The Wasa Singers' Guild choir, the Estradi choir of Kuula-opisto and the Fading choir, consisting of music classes from Onkilahti comprehensive school, will also perform at the festival. The event will be hosted by journalist Manu Myllyaho.

The event will be broadcast live on Yle1 and Yle Areena. Before the main celebration on 27 April, the flag will also be hoisted at the Statue of Liberty of Finland at 9.00 at Vaasa Market Square and

at 10.00–11.00 at Trinity Church an ecumenical, bilingual service. After the service, you can take the free bus to Botniahallen, which leaves from the town hall and then back after the party.

There will also be free additional activities during Veterans Week

From 8 April to 31 May, the Main Library's Countries and Cultures Department (second floor) will host a book exhibition about the veterans of our wars. Literature related to the Winter War and the Continuation War can be borrowed from the book exhibition.

Vaasa City Library's collections also include the Poison Cabinet, i.e. a cabinet containing prohibited books. The poison cabinet is located on the second floor of the main library of the Ministry of Social Affairs and Economy. The books in the locker cannot be borrowed, but you can read and study them in the library. There are many books in Finnish libraries, and some books have also been reprinted. The Poison Cabinet book list can be found on the Vaasa City Library website: <https://kirjasto.vaasa.fi/sv/-/erikoiskokoelmat>

On Monday 22.4. at 14.00-15.00 and at 16.00-



17.00 guided tours of the old cemetery. Start at the cemetery gate, Vöyrinkatu 2. Tours are organized in both Finnish and Swedish.

Vaasa Old Cemetery was founded in 1864. The cemetery has also been called Almaudd after the first deceased buried there. On the guided tours you will hear about Vaasa's history, social influencers and heroes of war and peace. Visitors can also see the cemetery's

many monuments and areas with war graves.

Registration by Friday 19.4. at 18.00: <https://forms.gle/vBGs4GrooqA-5FyGA8> Organizer: Vaasa-Mustasaari guides ry

Tuesday 23.4 at 15-16.00 Guided tour of the barracks area. Start from at the Setterberg statue, Kirkkopuistikko 34.

The barracks area in Vaasa is one of Finland's best-preserved wooden

barracks from the 1800s. On the guided walking tour, you will hear about the history, architecture and future of the area. We walk through Koivuspuisto to the beach, where the guide will tell you about the Jaeger statue and the memorial to the Finnish Air Force.

Registration by Monday 22.4 at 18.00: <https://forms.gle/mXixs67tj3b-4Kp2q6> Organizer: Vaasa-Mustasaari oppaat ry Vaasa-Mustasaari guides ry.

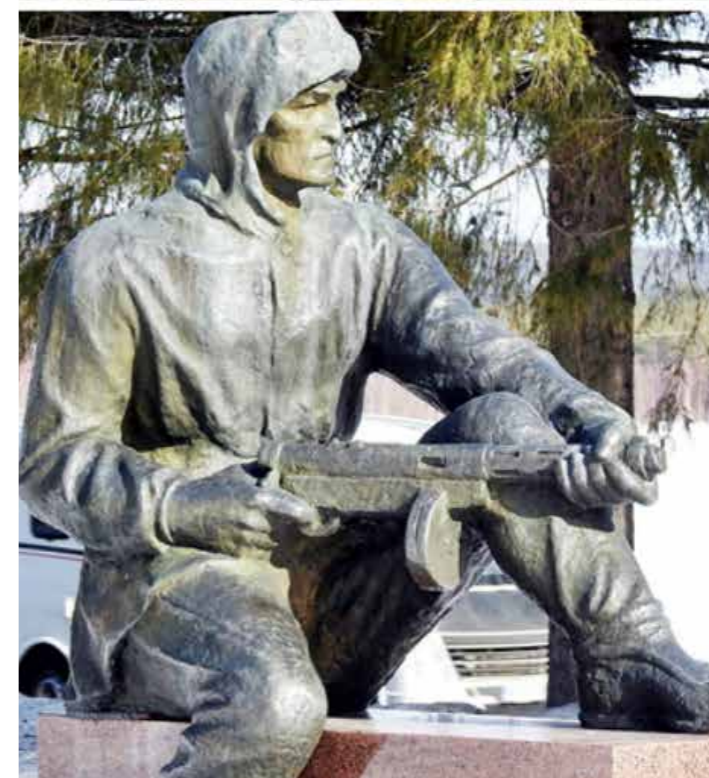
Tuesday 23 April at 18.00–19.00 lecture Laitonta, moraalitonta ja lihattavaa: Suhtautuminen paritansseihin ja sota-ajan tanssikielto Suomessa (On attitudes towards couple dancing and the ban on dancing in Finland during the war). The drama room in the main library.

Historian and Adjunct Professor of Finnish History Marko Tikka. The lecture will be held in Finnish. No registration.

Wednesday 24.4 at 18.00–19.30 lecture Suomen Vapaudenpatsas ja sen symboliikka (about the Statue of Liberty of Finland and its symbolism). Adult Education Centre, Raastuvankatu 31, auditorium B231.

Teachers of fine arts Aimo Nyberg and Professor Emeritus Ilkka Virtanen.

There are several such war memorials in Vaasa, of which there is only one in Finland. The Jaeger Statue and the Memorial to the Finnish Air Force



(Eagle Statue). Of them, the Statue of Liberty is by far the most impressive. At the lecture, you will hear about its history and symbolism.

The lecture will be held in Finnish. Registration: <https://uusi.opistopalvelut.fi/vasa/fi/course/66306>

Thursday 25.4 at 15.00 Allowed sing-alongs for

the war time. Rewell Shopping Centre, Viljos Torg.

The male vocal group Vox Liminum invites the audience to join in with songs from the wartime and performs selected songs arranged for the group.

The vocal group is led by Jari Ojalainen and Katriina Korkman. The ac-

companiment is provided by Bo Lund (accordion). The master of ceremonies for the event is Ralf Holmlund.

Admission is free and no advance registration is needed.

Friday 26.4 Vaasa 400 exhibition - guided tours free of charge. at 13.00 in Swedish, at 14.00 in Finnish. Museum of Ostrobothnia, Museokatu 3.

The Vaasa 400 exhibition gives visitors an insight into the 400-year history of the City of Vaasa. The exhibition tells stories from the history of the city of Vaasa, which begins when the city was founded in 1606. The themes of the stories are conditions and events that have shaped society, administration, education, people's livelihoods, everyday life and celebrations.

Registration: museoinfo@vaasa.fi.

Saturday 27.4 at 10-12 and Sunday 28.4 at 12-14 Vaasa War Veteran Museum is open. Kirkkopuistikko 22 A.

The Vaasa War Veterans Museum exhibits war history from the Finnish War to the end of the Continuation War. The museum's collections consist mainly of weapons, medals, uniforms and war material. Groups can agree on times separately. Contact 050 537 7909.

ARCHITECTURE

Säynätsalo Town Hall: A Gem of Finnish Modernism Designed by Alvar Aalto

Nestled amidst the picturesque lakeside scenery of Säynätsalo, Finland, stands a masterpiece of modern architecture: the Säynätsalo Town Hall. Designed by the legendary Finnish architect Alvar Aalto, this iconic building transcends its function as a civic center, becoming a cultural landmark and a testament to Aalto's visionary approach to design.

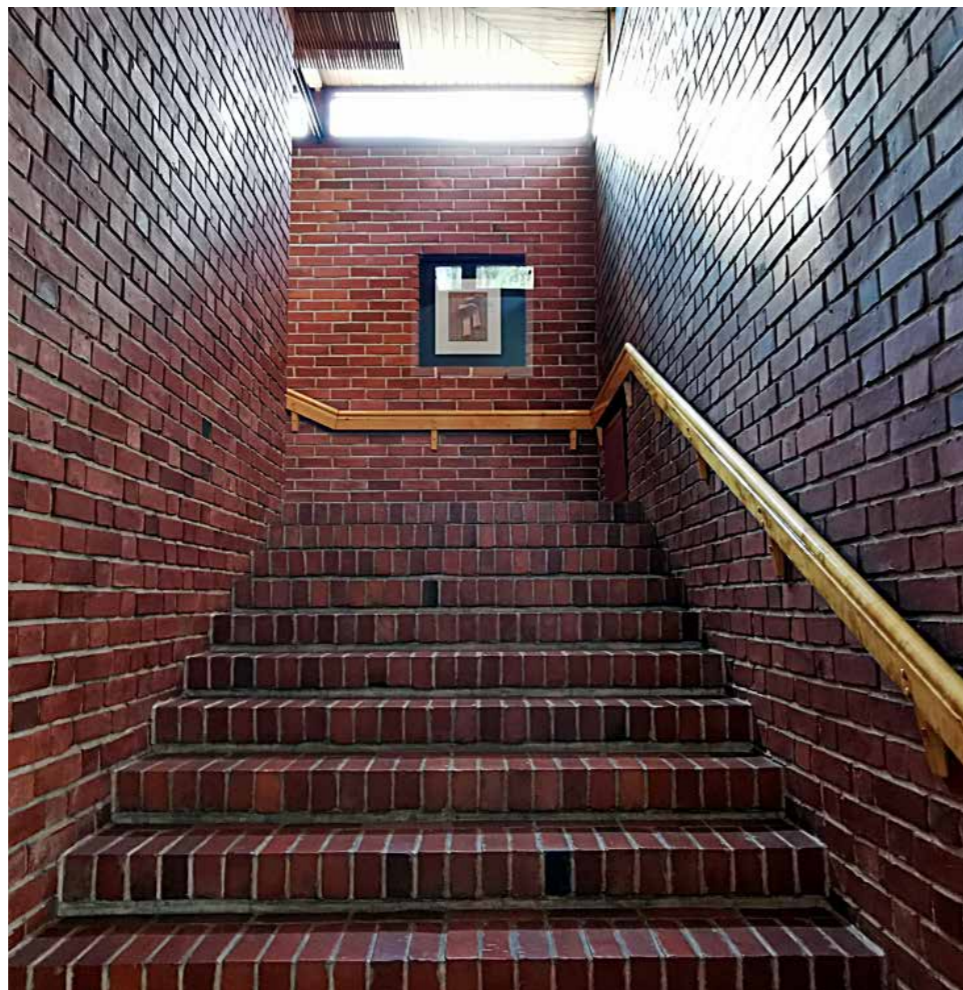
Aalto's Vision Comes to Life

Aalto received the commission for the Säynätsalo Town Hall in 1949, following a design competition. Säynätsalo, a former factory town, was undergoing a period of growth, and the new town hall was envisioned as a focal point for the community. Aalto, known for his harmonious blend of nature and functionality, embraced the lakeside setting. The resulting design comprised two main buildings organized around a central courtyard:

- A U-shaped council chamber and town hall building with administrative offices.
- A community library with apartments for rent.

Aalto's Signature Style

The Säynätsalo Town Hall exemplifies Aalto's signature style. Red brick, a recurring element in his work, dominates the exterior, echoing the warm tones of the surrounding landscape. The undulating roof, clad in copper, reflects the ripples of the nearby lake. Large windows blur the lines between the interior and exterior, inviting natural light and fostering a con-



nection with nature.

Beyond Functionality

While the building serves its administrative purpose efficiently, Aalto's genius lies in his creation of a space that transcends functionality. The sloping walls of the council chamber, inspired by the Finnish landscape, create an intimate and inspiring setting for meetings. The central courtyard, a haven of tranquility, serves as a gathering space for the community.

A Legacy of Innovation

The Säynätsalo Town Hall wasn't without its challenges. Construction delays and budget constraints forced Aalto to make modifications to his original plans. Despite these hurdles, the building remains a testament to his innovative spirit and his ability to adapt to unforeseen circumstances.

A Must-See for Architecture Enthusiasts

Today, the Säynätsalo Town Hall stands as a beloved landmark, not just for Säynätsalo but for all of Finland. It attracts architecture enthusiasts from around the globe, eager to witness firsthand Aalto's masterful use of space, light, and natural materials. The building is open for tours, allowing visitors to experience the unique atmosphere Aalto created.

In the summer, the town hall is visited by about 8,000 visitors, a third of whom are from abroad, including Japan, the United States and Germany.

A Symbol of Säynätsalo's Identity

The Säynätsalo Town Hall is more than just a building; it's a symbol of Säynätsalo's identity. It reflects the town's commitment to modern design and its deep connection to the natural world. Aalto's creation continues to inspire and serve the community, solidifying its place as a cornerstone of Finnish architectural heritage.

ARCHITECTURE

Barcelona's Crown Jewel: The Sagrada Familia Nears Completion



Towering over Barcelona's cityscape, the Sagrada Família is a masterpiece of Antoni Gaudí's modernist vision. Construction began in 1882, and this iconic basilica has captivated audiences for over a century with its unique blend of Gothic and Art Nouveau influences.

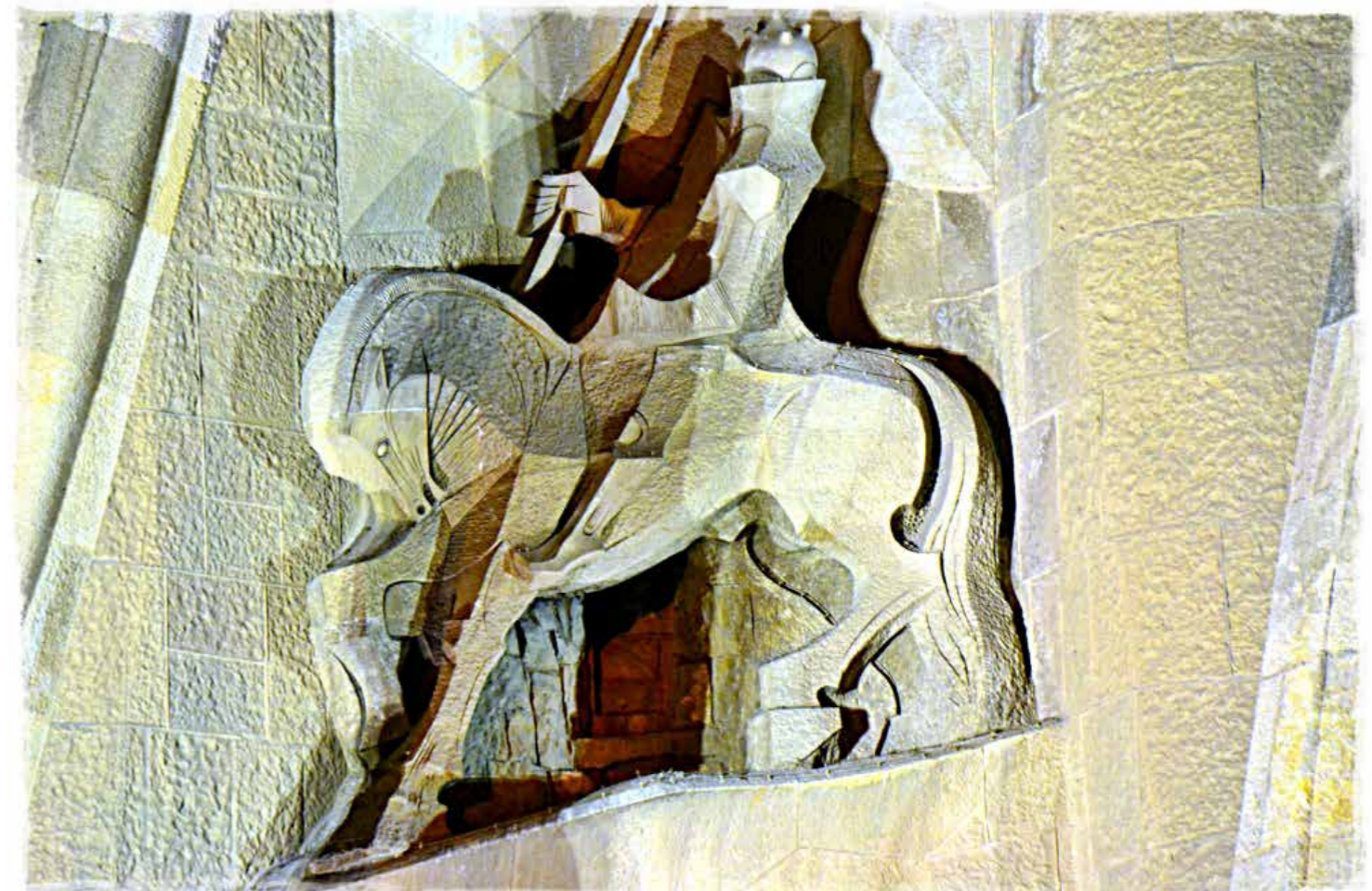
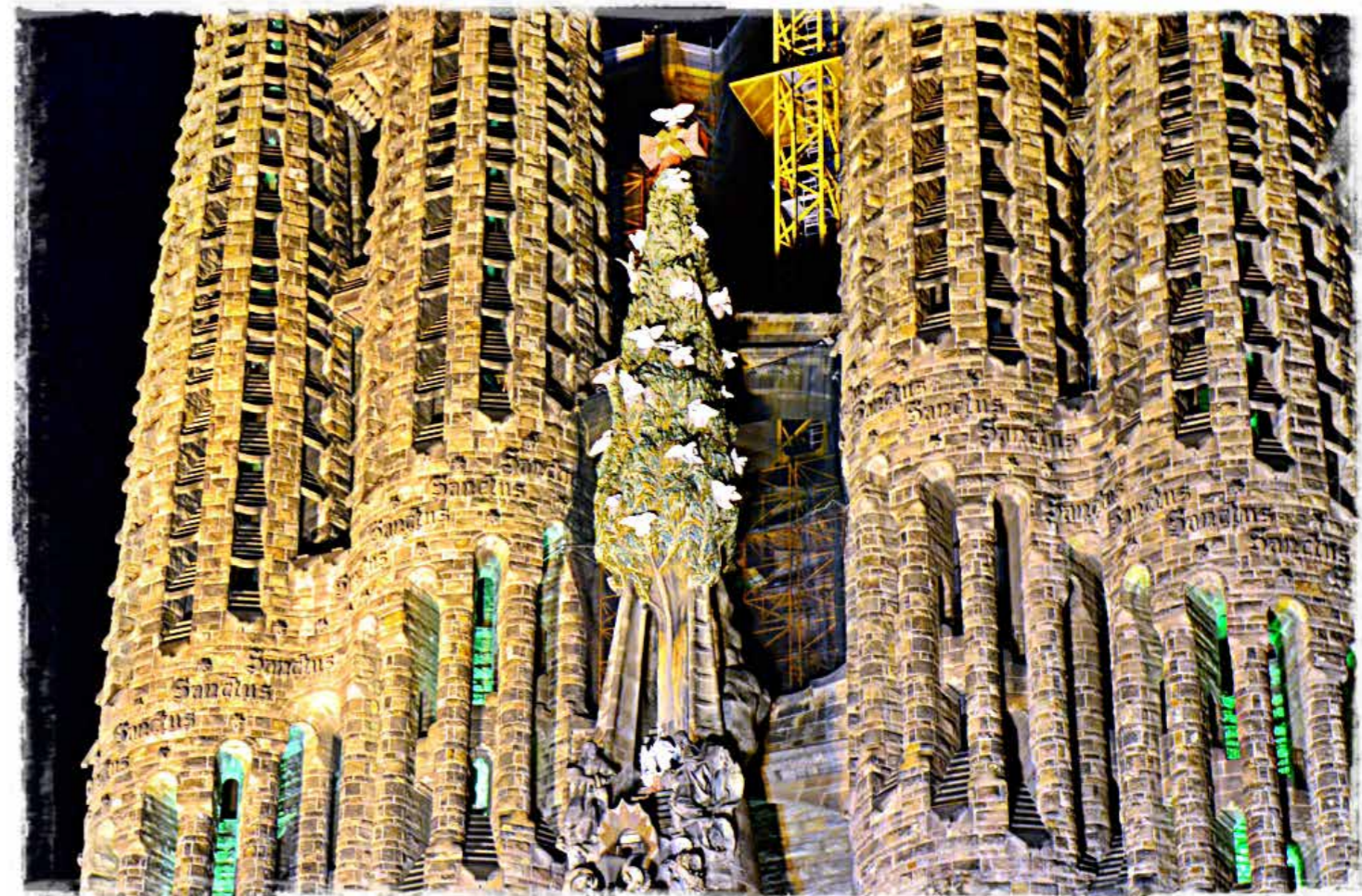
Gaudí dedicated his life to the Sagrada Família, and upon his death in 1926, only a quarter of the project was complete. Following Gaudí's intricate plans and relying on interpretations and some adap-

tations, generations of architects have continued the painstaking work.

The Sagrada Família boasts an impressive Nativity facade, adorned with intricate sculptures depicting the birth of Christ. Visitors can also marvel at the Passion facade, a stark contrast reflecting the suffering of Jesus. The soaring towers, a distinctive feature of the Sagrada Família, are still under construction. The completion of the Virgin Mary tower in late 2021 marked a significant milestone.

This architectural marvel is expected to be completed in 2026, coinciding with the 100th anniversary of Gaudí's passing. Even after its completion, some minor aspects, like a debated stairway, might continue being built until 2034.

Whether you're a devout pilgrim or an architecture enthusiast, the Sagrada Família offers a breathtaking testament to human creativity and perseverance. So, don't miss your chance to witness this architectural wonder as it nears its grand completion.



EXHIBITION

Riding The Radio Waves - an interesting exhibition in Tampere Vapriikki-museo



A 15 W FM-transmitter used in pirate radio in Tampere in the 80ies



Commodore, the first computer for everyone in Finland

“On the crest of the radio wave – From crystal machine to podcast” opens up Finnish radio history from the 1920s to the present day

The Tampere Vapriikki Museum opens a fascinating exhibition that delves into the roots of Finnish radio history. “Riding the radio waves – From crystal machine to podcast” takes the visitor on an enchanting journey into the multifaceted history of radio. The exhibition delves into what has made radio enchanting for creators, listeners and enthusiasts for decades, and why this magical device has maintained its position in the age of the internet and digital communication.

Although radio may seem like a transitory format in today’s media storms, it is still a globally significant means of communication. Internet access, mobile networks, electricity and access to digital information are not available everywhere in the world. Radio is also proving to be a valuable communication channel in crisis situations, as its network is designed to withstand longer power outages compared to, for example, mobile phone networks.

Radio amateurs, in particular, appear to be critical pillars of communication and communication in crisis situations. The exhibition invites the visitor to think about the magic that a device hidden on the radio manages to create, from everyday listening to necessary crisis connections. This unique exhibition offers an opportunity to delve into the history of radio and understand its continued importance as a versatile and sustainable means of communication. en jatkuvan merkityksen monipuolisena ja kestäväna viestintävälineenä.



AI-RADIO

Nordic's First Fully AI-Produced Radio Channel Launched in Finland

Finland's AI Radio began its operations as a web radio channel on Wednesday, November 29, 2023. Bauer Media takes a significant step in the audio market by launching the Nordic's first radio channel whose content is entirely produced using artificial intelligence. This innovation combines technology and entertainment and strengthens Bauer's position as a pioneer in the audio industry.

"We are excited and proud to introduce the Nordic's first AI Radio to the market. This is an exciting milestone in the radio industry and a testament to our commitment to delivering new and innovative content to our listeners in the future," says Sami Tenkanen, CEO of Bauer Media.

In the initial phase, AI Radio's content consists of the following features:

Audio productions produced with the assistance of artificial intelligence

Nationally significant traffic announcements produced by AI

National weather warnings for inclement weather, produced by AI
Entertainment news read by AI from the entertainment portal Voice.fi.

New features for AI Radio are planned continuously to keep it interesting and relevant to its listeners. Advertisers are also considered through innovative audio advertising solutions.



An image made by AI showing what an AI radio looks like

"This launch represents Bauer's commitment to innovation and leveraging the latest technology to develop the radio business. We will continue to actively work on development even after the launch to offer listeners even more personalized and tailored experiences in the radio industry," says Sini Kervinen, Head of Innovation.

AI Radio is also expanding to FM frequencies. In Helsinki, the channel can be heard on frequency 102.0 MHz and in Kangasala on frequency 101.6 MHz until April 8. The channel can also be listened to online on <https://radioplay.fi/tekoalradio/>

CULTURE

The culture of instant gratification and diminishing attention spans is not good for our mind

Feeling glued to your phone, endlessly swiping through TikTok? You're not alone. Dr. Anna Lembke, in her book "Dopamine Nation," argues that the modern world is manipulating our dopamine system, the brain's pleasure and reward center, leading to a culture of instant gratification and diminishing attention spans.

Anna Lembke (born November 27, 1967) is an American psychiatrist who is Chief of the Stanford Addiction Medicine Dual Diagnosis Clinic at Stanford University. She is a specialist in the opioid epidemic in the United States, and the author of Drug Dealer, MD, How Doctors Were Duped, Patients Got Hooked, and Why It's So Hard to Stop.[1] Her latest book, a New York Times bestseller, Dopamine Nation: Finding Balance in the Age of Indulgence, was released in August 2021.

Lembke appeared in the 2020 Netflix documentary The Social Dilemma.

Dopamine, a neurotransmitter, motivates us to seek rewards and engage in necessary activities. The problem lies in overstimulation. Social media platforms, video games, and even certain foods can trigger dopamine releases, creating an "addiction spectrum" where even non-substances can become compulsive.

This "dopamine culture" prioritizes instant hits of pleasure over activities requiring effort. While platforms like TikTok offer a constant stream of dopamine, the constant barrage of stimulation can



Anna Lembke

make it difficult to focus on longer tasks like reading a book or engaging in deep thinking. The craving for novelty and frustration with delayed rewards further hinders our ability to appreciate slower forms of enjoyment.

However, technology itself isn't the villain. Social media and other platforms can be powerful tools for learning and connection. The key is to be mindful. Setting boundaries with technology, prioritizing sleep and exercise, and cultivating mindfulness can help us regain control.

Dr. Lembke offers a way forward: a healthy relationship with dopamine. We can enjoy its benefits

without succumbing to its addictive potential. By understanding the dopamine system and its manipulation in our daily lives, we can navigate the digital world while fostering long-term well-being and fulfillment. So, put down your phone for a bit, grab a book, and give your brain a dopamine detox!

Anna Lembke's book can be found here, for free:

<https://www.studocu.com/en-us/document/stanford-university/affective-neuroscience/dopamine-nation-pdf-dopamine/61634553>

Image; EthicsinSociety, Creative Commons Attribution 3.0

Eero Järnefelt: Finland's eminent nature and portrait painter

Eero Järnefelt (1863–1937) was a prominent figure in Finnish art, known for his captivating landscapes and insightful portraits. Born into a prominent family of artists, Järnefelt was surrounded by creativity from a young age.

His father was a general and his mother was a baroness with artistic interests. His sister Aino married the acclaimed composer Jean Sibelius. The artistic milieu undoubtedly approached Järnefelt's own artistic talents. Järnefelt's artistic journey began in Paris, where he studied under the tutelage of famous French artists such as Fernand Cormon. He absorbed the

influences of naturalism and impressionism, which is evident in his use of light and focus on capturing fleeting moments.

After returning to Finland, Järnefelt was captivated by the natural beauty of his homeland, especially the majestic landscapes around Koli National Park. His paintings captured the stillness and grandeur of these landscapes, often with a muted colour palette and an emphasis on the vastness of the Finnish wilderness. These Koli-themed paintings remain some of his most recognizable works. Järnefelt was also a gifted portrait painter. He painted prominent figures in Finnish society, capturing their personali-

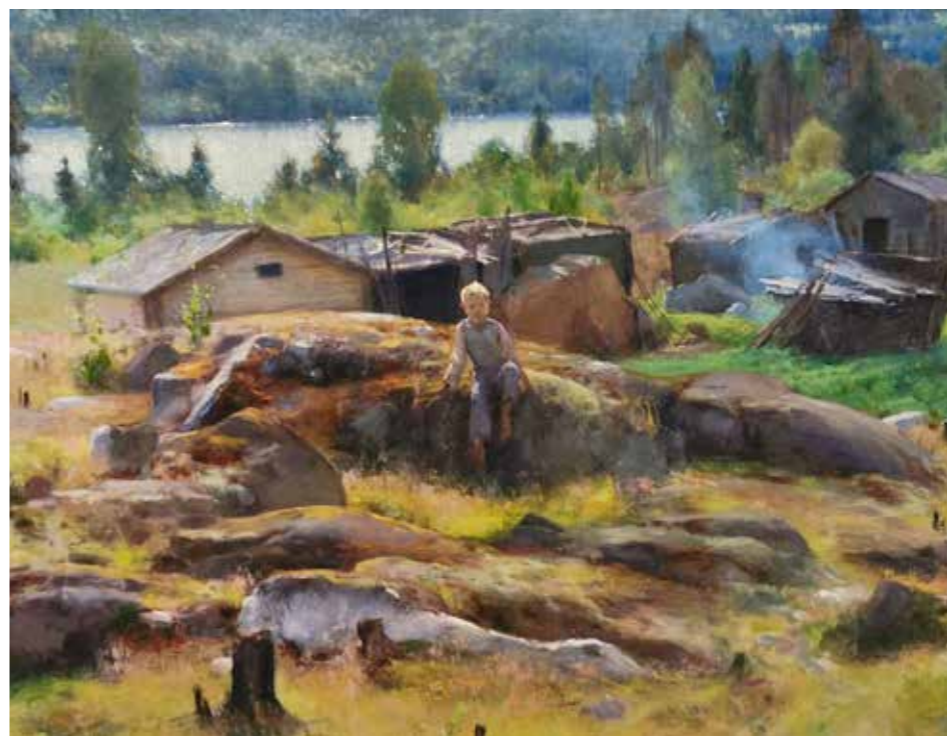
ties and expressions with remarkable detail. His portraits were known for their psychological depth and ability to convey the inner world of their subjects. In addition to his artistic endeavours, Järnefelt played a significant role in shaping Finnish art education. He worked as a professor at the University of Helsinki's drawing studio for more than two decades, inspiring generations of aspiring artists. Key features of Eero Järnefelt's art:

Landscapes: Focus on capturing the beauty of the Finnish wilderness, especially Koli National Park. Use of muted colors and emphasis on vastness.

Portrait: Psychological depth and



J K Paasikivi's portrait



ability to depict the inner world of subjects.

Influences: Naturalism and impressionism evident in his use of light and focus on capturing fleeting moments. Legacy: Eero Järnefelt is regarded as one of the leading figures in the Golden Age of Finnish art. His paintings continue to be admired for their beauty, technical skill, and ability to capture the essence of Finland's landscape and people.

Some of Järnefelt's paintings:

"Under the Yoke" (1893): This is widely considered to be Järnefelt's most iconic work and a milestone in Finnish art. It depicts a group of weary farmers who clear land by burning rice. The painting is a powerful social commentary and highlights the harsh realities of rural life in Finland at the time. The figures are stoic and silhouetted against a smoke-filled sky, conveying a sense of hardship and resilience.

"Saimi in the Meadow" (1892): This portrait shows Järnefelt's wife, Saimi, sitting gracefully in a sunlit meadow. The painting is known for its idyllic atmosphere and the soft light that seeps through the trees. Järnefelt's skill in capturing light and shadow is evident, as is his tenderness in portraying his wife. The use of a muted color palette with hints of vivid green and yellow creates a harmonious and peaceful composition.

"Koli" (1935): Painted later in Järnefelt's career, this landscape represents his long-standing fascination with the magnificent nature of Koli National Park. The vastness of the lake and the rolling hills dominate the foreground, while the distant mountains rise majestically in the background. The use of a cool blue and green color scheme conveys the serenity of the Finnish wilderness. This painting exemplifies Järnefelt's ability to translate the grandeur of nature into canvas.



Frans Ali Krogius' porträtt

with a sense of calm and awe.

Most of Eero Järnefelt's paintings are in public collections in Finland, especially those focusing on Finnish art. Here are some prominent places where you can find his work:

Ateneum Art Museum, Helsinki: This is Finland's National Gallery and houses the largest collection of Järnefelt's paintings, including iconic works such as "Under the Whip (Burning Rice)" and "Saimi in the Meadow".

Järvenpää Art Museum: Located in Järvenpää, a city with a rich artistic history, this museum has a significant collection of Järnefelt's works and offers a more focused exploration of his artistic journey.

Other Finnish Museums: Many museums across Finland feature Järnefelt's paintings, including regional art museums and those with broader collections of Finnish art. Some examples include:

- HAM Helsinki Art Museum
- Turku Art Museum
- Sara Hildén Art Museum, Tampere

The collections of various university museums

Private collections: While most of Järnefelt's works are in public museums, a smaller portion can be found in private collections.

An exhibition of 200 paintings by Eero Järnefelt opened at the Ateneum in Helsinki the day before yesterday. The exhibition is open until 25 August. In November 2024, part of this exhibition of about 80 paintings will be on display at the Tikanoja Art Gallery in Vaasa.



ECONOMY

"Shrinkflation" and "Cheapflation" in the Age of Inflation

Paying More for Less: Decoding "Shrinkflation" and "Cheapflation" in the Age of Inflation

While inflation pinches wallets at the checkout stand, consumers are facing a double whammy: a phenomenon known as "shrinkflation" and its stealthier cousin, "cheapflation."

Shrinkflation: A Familiar Foe

Shrinkflation, a portmanteau of "shrink" and "inflation," is a well-documented practice where manufacturers subtly reduce the quantity of a product while maintaining, or even raising, the price. This means you're essentially paying more for less of the same product.

For instance, your favorite chocolate bar might have shrunk slightly in size, or your cereal box might now hold a few fewer flakes. While the change may seem insignificant at first glance, it can add up significantly over time, especially for budget-conscious consumers.

Enter Cheapflation: A Sneaky Strategy

Cheapflation takes this strategy a step further. Here, manufacturers not only reduce the quantity but also tweak the recipe itself, replacing higher-quality ingredients with cheaper alternatives. This can go unnoticed by consumers relying solely on brand recognition.

Foodwatch, a Belgian consumer protection organization, recently



exposed this practice. They identified instances where products like surimi sticks contained less fish, mayonnaise had a lower egg yolk content, and chocolates skimmed on cocoa. Disturbingly, these changes often coincided with price increases, leaving consumers feeling doubly deceived.

The Manufacturers' Defense

Manufacturers often cite rising raw material costs as justification for these practices. While inflation does put pressure on production, critics argue that the lack of transparency surrounding recipe changes and price hikes is unacceptable.

The Fight for Fairness

Foodwatch's investigation highlights the need for increased transparency from manufacturers. Consumers deserve to know exactly what they're paying for, especially when faced with rising

food costs. Regulatory bodies also have a role to play in ensuring fair practices and protecting consumer rights.

So, what can you do?

Become a label detective: Read ingredient lists carefully and compare product sizes and prices across brands.

Choose value brands: You might be surprised by the quality of store-brand alternatives.

Embrace bulk buying: If you have the storage space, buying in bulk can offer better value for staple items.

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 we're getting the best bang for our buck.

MY HEALTH

Hepatitis E on the rise in Finland, should You be worried?

In early 2024, more hepatitis E infections than usual have been detected in Finland. The National Institute for Health and Welfare (THL) has reported more than 100 cases, of which 44 have resulted in hospitalisation. This has caused concern among citizens.

This disease has been rare in Finland, but is now on the increase, as it is in the EU as a whole. However, globally it is a common disease, according to the WHO, there are 20 million cases a year, but only one in six of those infected develop symptoms. From time to time, we see large-scale epidemics, usually in connection with civil unrest or natural disasters. In India, hepatitis E is the most common form of hepatitis.

What is hepatitis E?

Hepatitis E is an inflammation of the liver caused by a virus. It is most common in developing countries, but it is also found in Europe. Transmission usually occurs through food, especially pork and wild boar meat.

Infectious road

The Finnish Food Authority has examined food samples on the basis of the brands revealed in THL's investigations. Metwursty produced by a Finnish manufacturer has been found to contain hepatitis E virus. These batches are no longer available for sale. The investigation is still ongoing, but at this stage salami is strongly considered on the list of suspects.



Finding out the route of infection is difficult, because people hardly remember everything they have eaten during the month.

What are the symptoms?

Symptoms begin about 2 to 6 weeks after being infected. The virus is present in the patient's stool as early as a week before he starts showing symptoms, and for about a month thereafter, during which time absolutely careful hand hygiene is necessary.

Most of those infected have no symptoms at all. Especially children are usually asymptomatic. When symptoms appear, they may resemble the flu and include fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, joint pain, dark urine and gray stools. In the most severe cases, inflammation of the liver can develop, manifested by yellowing of the eyes and skin, the so-called icterus.

Is there any reason to be worried?

Most hepatitis E infections resolve on their own. There is no drug treatment for this disease.

However, the risk group includes pregnant women, immunocompromised persons and the elderly. In them, the disease may be more serious and require hospitalization. How can infection be prevented? The risk of infection can be reduced by:

- Cooking pork and wild pork thoroughly.
- Wash your hands thoroughly after going to the toilet and before eating.
- Avoid raw mussels and oysters.
- When traveling, drink only bottled water.

What to do if you suspect an infection?

If you suspect hepatitis E infection, you should consult a doctor. Your doctor may do a blood test to confirm the diagnosis.

There is certainly no medical treatment, but it is good not to burden the liver with this disease in any other way, such as alcohol. During the disease, hand hygiene is important, and although there are no official recommendations, it is probably good that the sufferer does not participate in cooking.

HISTORY

The Freemasons Tomb in the Kaisaniemi Park, Helsinki

This fenced tomb in the northern part of Kaisaniemi Park (near the Botanical Garden fence) rests Major Fredrik Granatenhjelm (1708 - 1784). Fredrik Granatenhjelm was one of the first Freemasons in Finland at the time, although this is not entirely certain. He wanted to be buried in this place, where he had often walked.

Freemasonry had come to Finland in 1777.

After Finland came under Russian rule, Masonic organizations were banned in 1821. But there were Freemasons in Finland even before the country gained independence, and in 1908 meetings began at the grave of Major Granatenhjelm. An official meeting was held to cherish the memory of the Major, secretly at the meetings there were plans to begin Masonic work when circumstances permitted.

The grave of Major Fredrik Granatenhjelm is the oldest monument in Helsinki. The stone does not bear his name, but the inscription: "Lika godt / om verden vet hvem här hvilar / alt nog / Gud k  ner hvad Han gjort / och / v  lsignar / HANS minne". ("Just as well, does the world know who rests here. Yes, God knows his works and blesses his memory.")



MY HEALTH

Epoxy-coated water pipes emit BPA in hot water

A study by the National Institute for Health and Welfare (THL) shows that epoxy-coated water pipes release the harmful chemical bisphenol A (BPA) into hot water. BPA was not found in cold water.

The survey was carried out in ten housing companies around the country. In all housing companies, BPA was found in the hot water pipes, but not in the cold water pipes.

"A good general guideline is not to use hot water from the tap for drinking or cooking," says THL's Senior Researcher Jani Koponen. "Allowing the water to run before use can further reduce the health risks caused by chemicals that may have been emitted from the material in the water pipes and by microbes, such as bacteria and mould."

Bisphenol A can damage the immune system and has been classified as a reproductive toxicant and endocrine disruptor. The maximum permissible value for the BPA content of cold household water is 2.5 micrograms per litre. Hot domestic water is not intended for drinking or cooking, so no maximum permissible value has been set for it.

The Finnish Institute for Health and Welfare is planning a follow-up study to investigate the impact of BPA in hot water on human exposure. The exposure will be investigated by measuring the level of BPA in the residents' urine.

In most cases, the number of microbes in the samples from epoxy-coated pipes was the same as in the water when it arrived at the housing company.

The investigation shows that there is a risk that epoxy-coated water



pipes can leak BPA into hot water. THL recommends that you do not use hot water from the tap for drinking or cooking.

Facts about BPA

Bisphenol A (BPA) is a chemical used in many different products, including plastic packaging, plastic toys, and receipts.

BPA can damage the immune system and has been classified as a toxic to reproduction and endocrine disruptor.

The maximum permissible value for the BPA content of cold household water is 2.5 micrograms per

litre.

Hot domestic water is not intended for drinking or cooking, so no maximum permissible value has been set for it.

Tips to Reduce Exposure to BPA

Use glass or metal containers to store food and drinks.

Avoid reheating food in plastic packaging in the microwave.

Wash your hands thoroughly after handling receipts.

Source: National Institute for Health and Welfare (THL)

HEALTH and POLITICS

Parliament question about ADHD

Written question in Parliament on the effects of ADHD becoming more common Member of Parliament Mia Laiho has written a question about the ADHD epidemic (although she does not use the word epidemic).

In the basics of the question there is general information about this disease. Setting a diagnosis of ADHD requires information about the presence of symptoms and functional capacity in different situations, the person's state of health, developmental history, life situation and other possible influencing factors. In differential diagnostics, it must be assessed whether the symptoms are explained by other diseases or disorders. Many other essential disorders can also co-occur with ADHD. Good treatment is planned according to individual needs and goals, and its goal is to alleviate the harm caused by ADHD symptoms and improve functional capacity. It is important to ensure continuity of care, especially during childhood and adolescence.

If left untreated, ADHD can hinder studying, employment and increase the risk of psychiatric disorders, social exclusion and substance abuse. It is important that the division of labour and cooperation between primary health care and specialised medical care are agreed locally.

It is worrying that the use of ADHD drugs has increased strongly in Finland in recent years. According to Kela's latest data, the use and reimbursements of medicines used to treat ADHD have increased strongly over the past five years. In boys, diagnosis is more common than in girls, and regional differences are significant. For example, in North Karelia, more than 20 per cent of boys under the age of 13 have an



Parliament member Mia Laiho. Image: Eduskunta.fi

ADHD diagnosis, while in Ostrobothnia less than six per cent. Professor of Child Psychiatry Andre Sourander has estimated that a large number of children and young people in Finland have been misdiagnosed with ADHD, and it is necessary to thoroughly investigate the causes of the phenomenon and diagnostic practices. In addition, it has been found that children born at the end of the year are diagnosed with ADHD more often than those born early in the year. A national expert working group and programme are needed to address the challenges of increasing ADHD and find solutions. This would be an important step towards equal and high-quality care throughout Finland.

And the question ends with a suggestion:

In the light of the above, we ask what measures the government intends to take to ensure that regional disparities, the quantity and quality of diagnoses, the internationally high level of medication and the possibilities for decoding diagnoses are regularly assessed. In addition, we ask whether there are plans for a national expert working group and programme to address the challenges of increasing ADHD and the search for solutions.

URHEILU

Kaleva Games in Vaasa 27-30.6

Vaasa prepares for the Kaleva Games: Karlsplan is being prepared for competition

The Finnish Athletics Championships, Kalevan, will take place in Vaasa on 27–30 June 2024, according to a press release from the city. It is one of Finland's leading national sports events, and the City of Vaasa has been preparing for the event for several years.

The Kaleva Games are expected to attract about 20,000 visitors to Vaasa. The implementation of the event requires significant cooperation from the sports clubs in the region. The main organizer is Vaa-

sa Sports Society in cooperation with Palosaaren Urheiluseura, Vaasan Toverit, Vaasan Vasama, Vähänkyrön Viesti and IF Femman. Mika Lehtonen, Head of Sports Activities, says that the City of Vaasa has started preparing for the event already several years ago.

One of the most visible improvements is the installation of a new scoreboard at Karlsplan, which replaced the old one last year.

"The new digital scoreboard is a 14.7 x 5.8 metre LED screen, where we can show, in addition to results, live broadcasts from the pitch and replays in slow motion. The old painting was mechanical," says Lehtonen.

"It's quite cold in the main stand because it's in the shade. The glass walls will reduce the draught and wind, Lehtonen explains.



Kaleva Competition 2018 - 3000 m, Jyväskylä

From left to right: Sandra Eriksson, Camilla Richardsson, Astrid Snäll, Linnea Harala, Lotta Mäkinen, Emma Hakala, Hilikka Kontro, Pihla Hokkanen, Amanda Virtanen, Oona-Mari Hakulinen, Mona Af Forselles, Janna Hautala.

Image Tuomas Vitikainen. Wikimedia Commons.

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The running tracks on the pitch will be washed and the lines will be repainted. In addition, minor repairs will be carried out across the entire plan, and old power and data cables will be replaced with new ones.

The equipment and equipment on the pitch must also be in good condition for the competition.

"We update equipment such as javelins, bullets, crossbars and scaffolding. After the Kaleva Games, everyone who uses the pitch will be able to benefit from the new equipment, Lehtonen says.

The event will have a significant impact on traffic, and temporary traffic arrangements and parking areas have already been planned for a long time. More information on this will be provided closer to the event.

The Kaleva Games also extend beyond Karlsplan.

"The women's and men's walking competitions will take place on the new pedestrian and cycling track in the beautiful seaside environment of Onkilahti," says Lehtonen.

The Kaleva Games will feature both top national athletes and promising young talents. The competition takes place between the European Championships and the Olympic Games, so it is possible that we will also see Finnish medalists from the European Athletics Championships in Rome at Karlsplan.

"We hope that the people of Vaasa will mark the Kaleva Games on their calendars and gather in large numbers to follow the competitions," says Lehtonen.

CLIMATE CHANGE

Copernicus: March 2024 is the tenth month in a row to be the hottest

March 2024 was 1.68°C warmer than the average March temperature, during the related pre-industrial period (1850-1900). Another important statistic is the last twelve months were 1.58°C above the pre-industrial level and the warmest 12 months on record.

The global average sea surface temperature is also at a record high level at 21.07°C, marginally above the 21.06°C recorded for February. Ocean temperatures have now been at unprecedented warm levels for over 12 months as shown in Climate Pulse.

Read the March 2024 Surface air temperature update in full.

March 2024 was wetter than average in most of western Europe, for the three main hydrological indicators monitored by C3S; precipitation, surface air relative humidity and surface soil moisture (with some exceptions like eastern Spain).

The Iberian Peninsula, northern Italy and southern France experienced storms causing heavy rainfall. Eastern Scandi-

navia and parts of north-western Russia were also wetter than average, while the rest of Europe remained drier than average.

Elsewhere, Australia experienced an exceptionally wet month, and it was wetter than average in parts of North America, in Central Asia, Japan, much of the Arabian Peninsula, Madagascar and parts of South America.

Surface air temperature for March 2024

March 2024 was warmer globally than any previous March in the data record, with an average ERA5 surface air temperature of 14.14°C, 0.73°C above the 1991-2020 average for March and 0.10°C above the previous high set in March 2016.

This is the tenth month in a row that is the warmest on record for the respective month of the year. The month was 1.68°C warmer than an estimate of the March average for 1850-1900, the designated pre-industrial reference period. The global-average temperature for the past twelve months (April 2023 – March 2024) is the highest on record,

at 0.70°C above the 1991-2020 average and 1.58°C above the 1850-1900 pre-industrial average.

The average European temperature for March 2024 was 2.12°C above the 1991-2020 average for March, making the month the second warmest March on record for the continent, only a marginal 0.02°C cooler than March 2014. Temperatures were most above average in central and eastern regions.

Outside Europe, temperatures were most above average over eastern North America, Greenland, eastern Russia, Central America, parts of South America, many parts of Africa, southern Australia and parts of Antarctica.

The El Niño continued to weaken in the eastern equatorial Pacific, but marine air temperatures in general remained at an unusually high level.

The global sea surface temperature averaged for March over 60°S–60°N was 21.07°C, the highest monthly value on record, marginally above the 21.06°C recorded for February.

RUSSIA'S UNPROVOKED ATTACK ON UKRAINE

The Budapest memorandum

Budapest Memorandum 1994: Upholding Ukraine's Borders

In the wake of the dissolution of the Soviet Union, Ukraine found itself at a pivotal moment in its history, charting a course towards independence and sovereignty. Among the agreements that emerged during this transformative period, the Budapest Memorandum stands out as a symbol of international commitment to safeguarding Ukraine's territorial integrity.

Signed in 1994, the Budapest Memorandum on Security Assurances was a landmark diplomatic pact involving Ukraine, Russia, the United States, and the United Kingdom. At its core lay a crucial promise: the signatories pledged to respect the sovereignty and existing borders of Ukraine, reaffirming their commitment to the principles of non-aggression and refraining from the threat or use of force against the territorial integrity or political independence of Ukraine.

The memorandum represented a significant diplomatic achievement for Ukraine, offering reassurance in a time of uncertainty and vulnerability. It provided a framework for Ukraine's security and stability, underpinned by the collective assurances of major global powers.

However, the Budapest Memorandum's significance would be tested in the years to come, particularly in the context of Russia's annexation of Crimea in 2014 and its ongoing involvement in the conflict in eastern Ukraine. These events underscored the complexities and challenges of international diplomacy, raising questions about the efficacy of agreements like

the Budapest Memorandum in a rapidly evolving geopolitical landscape.

In the aftermath of Russia's actions, there were calls for the signatories of the Budapest Memorandum to honor their commitments and take concrete steps to support Ukraine's sovereignty and territorial integrity. Yet, the response from the international community remained varied, reflecting divergent interests and geopolitical calculations.

For Ukraine, the Budapest Memorandum served as both a source of hope and frustration. While it represented a vital pillar of its security architecture, the failure of some signatories to uphold their obligations highlighted the limitations of diplomatic assurances in the face of determined aggression.

Despite these challenges, the Budapest Memorandum endures as a symbol of international solidarity and the imperative of upholding the principles of sovereignty and territorial integrity. Its legacy serves as a reminder of the enduring importance of diplomacy in resolving conflicts and advancing peace and security in an interconnected world.

Russia Disrespected the Budapest Memorandum

The Budapest Memorandum of 1994 was an agreement between Russia, Ukraine, the United States, and the United Kingdom. In the agreement, Russia pledged to respect Ukraine's sovereignty and territorial integrity, including its borders. The memorandum was a significant milestone in shaping European security after the fall of the Soviet Union.

However, Russia has failed to uphold its

commitments under the Budapest Memorandum. In 2014, Russia annexed Crimea, a peninsula belonging to Ukraine. In 2022, Russia launched a full-scale invasion of Ukraine, resulting in a humanitarian crisis and thousands of casualties.

Several reasons explain Russia's disregard for the Budapest Memorandum. Firstly, Russia has long held an imperialist view of Ukraine. It considers Ukraine part of its "historical sphere of influence" and has opposed Ukraine's aspirations to become an independent democratic nation.

Secondly, Russia has become increasingly authoritarian in recent years. President Vladimir Putin has consolidated power and cracked down on any dissent. This makes it difficult for Russia to cooperate with other countries in good faith.

Thirdly, Russia holds a revisionist view of international law. It believes it has the right to use force to achieve its goals, even if it violates international laws and norms.

Russia's breaches of the Budapest Memorandum have severe consequences for European security. It demonstrates that Russia is not a reliable partner and is willing to use violence to achieve its objectives. This has heightened tensions in Europe and complicated the construction of a stable and peaceful security order.

The international community must respond decisively to Russia's violations of the Budapest Memorandum. Russia needs to be held accountable for its actions, and there must be clear repercussions for its aggression. Additionally, the international community needs to work towards supporting Ukraine and aiding its reconstruction efforts in the aftermath of the war.

The Budapest Memorandum serves as a stark reminder of the importance of international law and respecting a state's sovereignty and territorial integrity. Russia's violations pose a serious challenge to European security, demanding a strong and unified response from the international community.

Our paper one year ago:



Printed 1 € Free on the Net
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WASA DAILY - a modern newspaper with a layout from the 1870s. At that time, most newspapers had this format, corresponding to A4, and 4 pages. Lots of text, but no pictures at all, so there's a lot to read in 4 pages. The newspaper contains quotes from old daily newspapers, taken from the National Archives (digi.kansalliskirjasto.fi). GPT3 does some of the routine editorial work. Wasa Daily will continue to be published on Sunday mornings, but our aim is that it will eventually be published every day. The magazine can be read online for free, printed single issues cost 1 €. Advertising price 6 €/ millimeter, but standard ads are cheaper (25 mm high=140 €, 50 mm = 280 €, 75 mm=400 €. Repeated ads = 50% discount). Send ads to wasadagblad@gmail.com as jpg, tiff or png, the advertisements are then reduced to a column width of 46 mm. If the advertisement does not fit, we will contact you (space is limited). Editor-in-Chief: Hans Björknäs. Mail: Wasa Dagblad, Skolhusgatan 37 B 7, 65100 Wasa, telephone +358-40-5462455. E-mail: wasadagblad@gmail.com

Вітаємо всіх українців у Ваасі! Сподіваємось, вам тут сподобається і навіть залишитеся після закінчення війни в Україні! A warm welcome to all Ukrainians in Vaasa! We hope you will enjoy yourself here and even stay after the war in Ukraine is over!

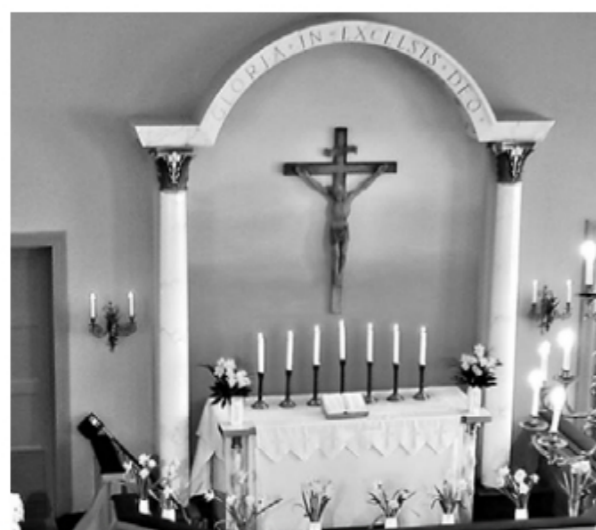
Satu Rämö visits Vaasa on 10.5.

The Icelandic-Finnish writer Satu Rämö visits Vaasa and talks about his books on 10.5 at 5.30 pm in the Drama Hall at the city library. She has written several books, including a guide for aspiring writers.

Her first detective story with a touch of Icelandic mystery was Hildur and now the sequel, Rósa & Björk, has come out. "A strange murder takes place in the remote Icelandic fjords. An influential municipal politician is found shot to death on a ski slope. During the investigation of the murder, detective Hildur Rúnarsdóttir, who surfs the icy waves of the Atlantic, and Jakob Johanson, a Finnish police trainee who has taken up knitting sweaters, are faced with a difficult question. Is it worth finding out all the secrets?"

Sanna Marin did not lose the election because she was a woman

Dr Federica Caso, lecturer in international relations at La Trobe University, warns that growing militarization across the world due to Russia's invasion of Ukraine could mean uncertainty for all female leaders around the world. In the English newspaper Guardian, she explains:



Sundom church is an architecturally valuable wooden church and the wooden church in Vaasa. Visitors are greeted by a warm, homely and dignified atmosphere that the church creates. Originally built as a house of prayer in 1929, the church was consecrated later that year. The Easter Sunday service was televised from the church and can still be seen at the YLE Arena.

"Sanna Marin pushed for Finland to join NATO ... but in general, voters tend to see men as more reliable when it comes to defense and security," she says.

Newspapers like the Guardian can't always be right. And now the newspaper is probably wrong. Sanna lost the fight for the post of prime minister, not because she was a woman but because her politics were not good for the country.

Corona vaccine as a nasal spray

A completely new type of vaccine is being developed in Finland. It is given in the nose and

By vaccinating against this virus, a large number of diabetes cases could be prevented. But many investigations are still needed before this vaccine can be used.

And cancer vaccines

Within 10 years there will be vaccines against certain cancers. The vaccine can prevent these types of cancer, but also cure certain malignant tumors, writes Iltalehti.

Nicotine bags may be sold freely

Strong nicotine pouches, so strong that they are definitely dangerous to health, can now be sold freely. This is after they are no longer classified as medicines, and no legislation prohibits trade and import. But a change in the law is coming.

Previously, only bags with 4 mg of nicotine could be sold. Now you can sell bags with 100 mg, which is directly harmful to health and can cause the need for hospital care.

Ohisalo resigns

Maria Ohisalo announced on 10.4 that she is not running for re-election as chairman of the Greens. After the election loss, a new leadership is needed for the party, she says.

Speed limits end

This week, and until the end of April at the latest, the speed limit on many roads will be increased from 80 to 100 km/h.

Sanna Marin

HUMOUR ONE HUNDRED YEARS AGO

WELLBEING

Chamber of Commerce Y. in one of Finland's northern coastal cities generally refused to do anything. With almost unfailing regularity his life passed in the eating of party dinners and party suppers, occasionally interrupted by party breakfasts. The consequences of this mildly spartan way of life finally made themselves felt. Chamber of Commerce Y's state of health gave rise to various remarks, which is why he decided to go to Dr. Westerlund in Enköping. His wife, who also had not cleared the table and was therefore not at full strength either, came along. Once in Enköping, the doctor was consulted. After the obligatory waiting hours or days, they finally got priority before the mighty one. And vented his ailments. Long and elaborate. When they had finished their litany the doctor rose from his chair. Spoke and said:
— The diagnosis is well-being — — five kroner!

THE WEATHER GAME.

The Sensitive Lady:
— I always feel it when it rains, in my legs and back.
The sensitive gentleman:
— I also feel all the changes in the weather. The other night I woke up to the barometer falling'
— They're not possible!
— Well, you see, it fell to the floor.

WIDOW

The teacher asked: — can one of you explain to me what "widow" means..
— A widow, answered little Anna, is a wife who lived with her husband for so long that he died.

SWIMMING COMPETITION.

Little Karl was with his mother at a swimming competition. Now follows - said the mother - 100 meter breaststroke for ladies.
Little Karl: — Mother — is it forbidden to use the arms?

EINSTEIN

— Has the lady read Einstein's theory of relativity?
— Well, yes, I'll wait until it comes out as a film.

SEEN WITH YOUR OWN FEET

— I have a good friend who usually says that you never know anything about anything until you have seen with your own feet where the shoe pinches.

Mail man

"Where have you been, my little darling?" asked little Albert's mother, when he came home after being gone for a couple of hours.
"Yes, we were out with Kalle and Olle playing postman," answered the darling.
"Oh really! How did it happen then?"
»Well, we went around to all the houses around here and put letters in all the boxes.»
"But were they really real letters?"
»Yes then!«
»Where did you get them from then?»

What house is this?



Last weeks house:
Salteriet in Björköby

This weeks astronomical picture:



Nasa EV Lacertae 250408.jpg

Featured image of NASA. Explosión de EV Lacertae:

For many years scientists have known that our sun gives off powerful explosions, known as flares, that contain millions of times more energy than atomic bombs.

But when astronomers compare flares from the sun to flares on other stars, the sun's flares lose. On April 25, 2008, NASA's Swift satellite picked up a record-setting flare from a star known as **EV Lacertae**. This flare was thousands of times more powerful than the greatest observed solar flare. But because EV Lacertae is much farther from Earth than the sun, the flare did not appear as bright as a solar flare. Still, it was the brightest flare ever seen from a star other than the sun.

What makes the flare particularly interesting is the star. EV Lacertae is much smaller and dimmer than our sun. In other words, a tiny, wimpy star is capable of packing a very powerful punch.

How can such a small star produce such a powerful flare? The answer can be found in EV Lacertae's youth. Whereas our sun is a middle-aged star, EV Lacertae is a toddler. The star is much younger than our sun, and is still spinning rapidly. The fast spin, together with its churning interior, whips up gases to produce a magnetic field that is much more powerful than the sun's magnetic field.

 Casey Reed/NASA

 Public domain

»Yes, yes, find them in mother's desk drawer. It was open, and they were so beautiful and there was a whole bunch of them tied with red silk ribbons».

Art furniture.

The understanding customer: "Yes, I'm happy to admit that these modern chairs are incredibly nice and elegant, and beautiful and artistic, and excellent in every way, and yes, I like them so much, but I don't understand how to sit in them!"

Necessary evil.

He; "A girl shouldn't encourage a man to propose if she doesn't intend to say yes." Her; "But maybe that's the easiest way to get rid of him."

A thrift friend.

Olle: "Mom, didn't dad say we needed to save?" Mom: "Yes, my boy." Ollie; "What do you think, mother, if we saved on castor oil."

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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**Eero Järnefelt
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