

VAASA DAILY

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

A GLOBE IN THE
CATHEDRAL

RUSSIAN WAR AGAINST
UKRAINE - DOCUMENTS

Autumn
Colours

48
informative
pages

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Editorial: The family doctor model is the answer to healthcare challenges

The Finnish Government's decision to support primary health care through the revised Kela reimbursement model has sparked lively debate among health care professionals and citizens alike. Most recently, the Finnish Medical Association has strongly criticised the new Kela reimbursement system, stating that the reform will not help to reduce waiting lists for treatment.

The increase in reimbursements and the related bureaucratic requirements have proved to be ineffective, as shown by Kela's statistics. According to the union, it is clear that this is not a solution to the strain on public health care.

The plan has been expensive, but the benefits have been non-existent. Although considerably more resources have been allocated to Kela reimbursements, only a marginal proportion of citizens have benefited from it. Public sector healthcare continues to struggle with waiting lists and resource shortages, and private healthcare has not been able to provide a solution in this way.

Cooperation between public and private healthcare is needed

The Medical Association makes a very important point: private healthcare should be seen as a resource that complements public health care, not competes with it. In this context, the family doctor model proposed by the Finnish Medical Association is a solution that could really help reduce waiting lists and improve citizens' access to health services.

The family doctor model, which has been successfully applied in many European countries, emphasises the long-term patient-doctor relationship. In the model, the patient has their own doctor who is responsible for their primary health care, which brings continuity and individuality to treatment. This not only facilitates the overall management of patient care, but also reduces unnecessary visits and procedures, which are a significant cost increase.

Government solutions are needed now, not tomorrow

It is worrying that the Government, while proposing to increase Kela reimbursements, has dismantled the two-week care guarantee in primary health care, which has only been in force for

one year. This sends a contradictory message: waiting capacity.

care can operate within its times in public health care. The challenges facing are being extended, while the Finnish healthcare system are well known, and private health services are being subsidised in an inefficient way.

The current government is committed to data-driven decision-making. In this context, it is time to turn positive support in principle for testing the family doctor model, which is a doctor model, but concrete demonstrably effective way measures are lacking. The message from the Medical Association is clear: the period of reflection is over.

launched immediately so that waiting lists can be dismantled and public health-





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The Wellbeing Services County Board of the Wellbeing Services County of Ostrobothnia will probably decide tomorrow to concentrate its radiological activities in three main units: Vaasa, Pietarsaari and Närpiö. The decision will be made at a meeting on 21 October 2024 as part of a larger adjustment programme to improve the efficiency of healthcare services.

According to Pia-Maria Sjöström, the decision is motivated by the need to save resources and ensure that X-ray services

can be offered efficiently in the future. Many of the smaller units have outdated equipment and lack sufficient patient volumes to justify continued operations.

Closure of several units Radiological activities in places such as Oravainen, Malax and Kristinestad will cease. From 2025, X-ray examinations from these locations will be directed to Vaasa or Närpiö. In the same way, the operations in Mustasaari will be discontinued and moved to Vaasa. Laihela, which has already been out of action since the beginning of the year, will not resume its X-ray operations.

More efficient use of resources and reduced costs

According to the wellbeing

services county's estimates, the concentration will result in annual savings of approximately EUR 550,000. In addition, the need for X-ray nurses is expected to decrease by two person-years, which is important as the shortage of X-ray nurses is a growing problem throughout Finland.

Vaasa Central Hospital, Pietarsaari and Närpes are considered to have sufficient capacity to handle the increased patient volumes. In addition to avoiding large investments in new equipment, efficiency will also be improved through better use of personnel and equipment.

Geographical disparities and regional equality

However, the decision to con-

centrate radiological services means that residents in some places will have to travel further to get access to X-ray examinations. This is especially true for residents of Malax, Oravainen and Kristinestad. The wellbeing services county emphasises that new processes must be established to ensure that emergency X-ray examinations can be carried out on time and that patients can have the examinations performed in a place that is as convenient as possible.

However, there will be no changes for residents of North Ostrobothnia, and Pietarsaari will continue to be responsible for the radiological activities in the area.

Future challenges and opportu-

THIS PAPER CAN BE READ ANYWHERE:



Like here in Svalbard (AI-generated photo)

nities
 Despite some geographical challenges, the wellbeing services county sees great advantages in the new structure, especially when it comes to dealing with the ageing population's increased need for diagnostic imaging. A new patient information system, to be introduced in 2024-2025, will also make it easier to share examination results between different units, improving both the efficiency and quality of care.

Political party subsidy investigation shakes up the wellbeing services county of Ostrobothnia

A recently published audit report has shed light on the management of party subsidies in the Wellbeing Services County of Ostrobothnia. The report, carried out by the wellbeing services county's own audit committee, points to several shortcomings in the process of applying, granting and reporting support to council groups.

Summary of the main points of

the report
 Missing principles: Although the Act on Wellbeing Services Counties provides the opportunity for financial support to council groups, there are no clear and formally adopted principles for how this support is to be distributed and used in Ostrobothnia. Unclear reporting requirements: The report criticizes the lack of requirements for receipts when council groups report how they have used the support. This makes it difficult to verify that the money is being used as intended.

Lack of clarity regarding party support: Although the report states that the support is not a direct party support, there are no clear formulations in the instructions that clarify this.

Deep dive into the problems
 Risk of arbitrariness: Without clear principles, the distribution of aid risks becoming arbitrary and creating suspicions of political influence.

Difficulties in verifying use: The lack of requirements for receipts makes it difficult for the audit to verify that the money is being used for its intended purposes.

This increases the risk of abuse. Lack of clarity for the council groups: Unclear rules can lead to uncertainty among the council groups about what is allowed to use the support for.

Comparison with other wellbeing services counties
 The report compares the Wellbeing Services County of Ostrobothnia with others and shows that several other areas have clearer requirements for reporting and receipts. This underlines the need for improvements in Ostrobothnia.

The audit report on political party subsidies in the Wellbeing Services County of Ostrobothnia reveals serious shortcomings in the current process. In order to restore trust and ensure that the money is used correctly, the wellbeing services county must take measures to create clear rules and effective control.

Suggested solutions
 Develop clear principles: The county board should draw up detailed principles for the distribution and use of support to council groups.
 Introduce requirements for

vouchers: To ensure that the money is used as intended, a requirement should be introduced that the council groups report their expenses with vouchers.

Increase transparency: The process of granting and verifying aid should be made more transparent.

Train the council groups: The council groups should be given clear information about the rules and their obligations.

Independent review: An independent review can provide additional insights and recommendations.

It is now up to the Wellbeing Services County of Ostrobothnia to address the problems identified in the report. By taking measures to create clear rules and effective control, it can be ensured that party subsidies are used correctly and that trust in the wellbeing services county is strengthened.

This weeks art experience:



Helene Schjerfbeck

10.7.1862 - 23.1.1946

Madonna de la Charité, after El Greco, 1941

NEWS

Helsingin Sanomat: The Tuira model can save Finnish healthcare

In an article published on Oct 3 in Helsingin Sanomat, titled "Could Oulu's Tuira GP model save Finland's healthcare?", the discussion focused on the GP 2.0 model used at Tuira's health centre in Oulu.

This model has attracted significant interest as it has successfully improved primary healthcare in an area known for challenges such as unemployment and socio-economic problems. The Tuira health centre serves around 65,000 residents, and the goal of the model has been to reduce the burden on emergency and specialist care while improving continuity in patient care.


The core of the GP 2.0 model is straightforward: the population is divided alphabetically, and each group is assigned a designated doctor. This doctor takes responsibility for the patient's care over time, building continuity and increasing the patient's trust that their needs are taken seriously. The model has been in practice in Tuira for two years, and the results are promising: emergency visits and the need for specialist care have decreased, care quality has

improved, and patient satisfaction has increased.

However, one of the model's biggest challenges is the high turnover of doctors. At Tuira health centre, roughly half of the doctors are replaced annually, making it difficult to build long-term patient-care relationships. While the model has slightly reduced turnover, further changes are needed to offer GP services to all patients.

The article also highlights that the GP model is not a new idea in Finland. In the 1980s and 1990s, Finland was an international pioneer in developing the GP system, but after the 1990s recession, the system broke down as doctors' responsibilities increased and their workload became unmanageable. Tuira has now modernised this old model, but for it to be implemented on a larger scale, more permanent doctors are needed.

The GP 2.0 model has also sparked interest in other parts of Finland. For example, both Espoo and Helsinki have proposed introducing the model as part of the solution to the crisis in primary healthcare. Although the model's biggest advantages are already visible in Tuira, experts say



**Podcast in English:
Can the Tuira Model save Finnish healthcare?
<https://vpress.ovh/podcasts.htm>**

it could take up to six years for the system to be fully implemented across the country.

A key issue is doctors' working conditions. Many doctors work part-time, which complicates the full implementation of the GP model. In Tuira, doctors often only work 80% of full-time hours, which partially extends waiting times for non-urgent appointments. To improve continuity and ensure patients have

their own doctor, more full-time GPs are needed in primary healthcare.

According to the article in Helsingin Sanomat, Oulu's Tuira GP model offers a promising solution to the challenges facing Finland's primary healthcare, but significant changes, particularly in the stability of doctors and resource allocation, are necessary for the model to be expanded nationwide.

NEWS



Vaasa City Theatre's new dance piece «Vaikutetut (Influenced)» explores the boundaries of power and influence

On 24 October, Vaasa City Theatre will premiere a new dance theatre production «Vaikutetut», which dives into the multi-layered questions of power and influence. The work delves into relationships between people and how we all influence each other – sometimes without even noticing. What is yours in you and what is the influence of others?

The dance piece, featuring the theatre's own dancers Ulla Hyväluoma and Miika Alatupa as well as young people from Vaasa Community College Alma, offers the viewer the opportunity to reflect on their own behaviour in relation to others and the surrounding society. The soundscape inspired by folk music complements the whole and creates a strong atmosphere.

The work has been directed and choreographed by Marjo Kuusela, a pioneer of Finnish dance art, Academician of Art, who has been active in dance since the 1970s. Kuusela promises that the work will be a bodily exploration of the themes of power

and influence.

«Influenced» is part of Vaasa City Theatre's theme of the season, «power», which reaches out with many voices to the phenomena of our time and society. Theatre director Seppo Välinen says that the work deals with power from the perspective of influencing and invites viewers to experience something unique and bodily.

The performances take place on the Julia Stage, and the age recommendation is for those over 13 years old. In addition, the theatre takes scent-sensitive spectators into account by arranging scent-free performances, in which case the audience is asked to arrive without fragrances.

Presentation details:

Release Date: 24.10.2024

Duration: approx. 1 h 15 min (no intermission)

Stage: Julia

Recommended age: over 13 years old

Fragrance-free shows:

Fri 8.11. at 1 pm

Fri 29.11. at 7 pm

There is a strong team behind the performance: in addition to choreographer Marjo Kuusela, Maria Antman is responsible for scenography, Jouni Tapio is responsible for sound design and Olli Haakana is responsible for lighting design.

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

Winter swimming area in the Inner Harbour to open at the end of October

The popular winter swimming spot at the Inner Harbour in Vaasa will reopen at the end of October, week 44. The winter swimming area, which can be

used free of charge by everyone, is open every day from 6 a.m. to 9 p.m.

Winter bathing area in the Inner Harbour, City of Vaasa / Christoffer Björklund

The winter swimming area at the end of Sandögatan has two warm changing rooms, one for women and one for men. The area around the jetty is illuminated and has recording camera surveillance.

The wake is kept open with the help of a pump. Down into the water you come along a ladder or less steep stairs.

The city has redeemed the changing rooms

The changing rooms with benches and coat hooks are open to everyone. In both changing rooms there are also four lockers for valuables, which you can lock with your own lock.



«We used to rent the changing rooms, but now we have redeemed them so that the city owns them. Now we can also make small improvements to the changing rooms, such as adding coat hooks and a floor drain,» says Jarmo Latvala, Service Manager of the green area team, who is responsible for the maintenance of the winter swimming area.

The winter swimming area, which opened in December 2023 and can be used free of charge by everyone, was very popular last winter: the number of visitors in the winter season exceeded 10,000.

(vaasa.fi)

NEWS

Consumption must change to save the climate Nordic report points the way towards lower climate impact

A new report from the Nordic Council of Ministers presents a number of measures that can significantly reduce our climate footprint. By focusing on consumption-based emissions, i.e. the emissions caused by the goods and services we consume, we can make a big difference to the climate.

The report highlights that our consumption in the Nordic region has a significant impact on the environment, both within our own borders and globally. Sectors such as food, electronics and fashion account for a large part of our emissions. To achieve the climate goals, we must therefore not only reduce our direct emissions, but also change our consumption patterns.

Wide range of measures

The report presents a long list of potential policy instruments to reduce consumption-based emissions. Everything from introducing requirements for sustainability in products to providing consumers with better information about the climate impact of the products. Experts who participated in the study highlight that a combination of different measures is the key to success.

Strong regulations: Imposing strict requirements on products, such as emission standards for electronics, can be an effective way to reduce emissions.

Information for consumers: By providing consumers with clear information about the climate impact of their products, they can make more informed choices.

Economic instruments: Taxes and fees on products with a high climate impact can also be an effective tool.

Cooperation across national borders

The report also emphasises the importance of Nordic co-

operation. By coordinating our efforts, we can achieve greater results and create more sustainable consumption throughout the region.

Challenges and opportunities

While the report presents a number of promising measures, there are also challenges. Changing consumption patterns is a complex issue that requires both political decisions and changing the behaviors of individuals and companies. It will take time and require cooperation from all sectors of society.

To achieve our climate goals, we need to change the way we consume. By implementing the measures proposed in the report, we can significantly reduce our carbon footprint and create a more sustainable future. However, it requires both political will and commitment from all of us.

Jonas Nylén named Promoter of the Year for Senior Wellbeing

The City of Vaasa has honoured Housing Manager Jonas Nylén with the Promoter of the Year 2024 award. The award was presented at the annual senior party organized by the Vaasa Senior Council on October 11.

Since 2000, the Council for the Elderly has annually rewarded people or groups who have made significant efforts to improve the quality of life for seniors. This year, the choice fell on Jonas Nylén, who in his role in the real estate sector has worked actively to create better living conditions for the city's elderly residents.

Committed to the work for age-friendly housing

According to the chairman of the Vaasa Elderly Council, Irmeli Mandell, Nylén has been a driving force in promoting accessibility issues and senior housing in the



city. He has led the work on the plan for an age-friendly city and made sure that the council for the elderly has been involved in the process.

"Jonas Nylén has done more than his job requires. His commitment to the extension of senior housing and the employment of housing advisors has been invaluable," says Mandell.

"We have achieved a lot together"

Jonas Nylén himself expressed his gratitude for the award and highlighted the importance of the collaboration with the Council of the Elderly.

"It has been both fun and important to work together with the council for the elderly. We have implemented several measures as part of the city's age-friendliness work," says Nylén.

Vaasa is a member of the WHO network of age-friendly cities, an initiative that originally came from the Elderly Council.

Well-being promoters are rewarded annually

Anyone can nominate candidates for the award via the Elderly Council's website or the

suggestion box in Berghemmet's banquet hall. The award is given to a person or group that has significantly improved the health, participation or quality of life of seniors, as well as worked to reduce loneliness and marginalization.

Photo: Vaasa Elderly Council has chosen housing manager Jonas Nylén as a promoter of the well-being of seniors. The diploma was presented to Nylén by the Chairman of the Vaasa Elderly Council Irmeli Mandell and member Jussi Perttola. City of Vaasa / Susanna Saari

Want to know more? Read Wasa Daily!

Those who are best informed are those who read Wasa Daily. With us, you always get the latest news, in-depth analysis and perspectives on what is happening both locally and globally. For those who want to know more – and understand more – Wasa Daily is the obvious choice.

Join us to stay up to date on what really matters.

EVENTS

ATENEUM**Gothic Modern – From Darkness to Light**

4 October 2024 to 26 January 2025.

Medieval and Renaissance art provided 20th-century artists with emotional material and ways to deal with fundamental human feelings, as well as birth, death, suffering and sexuality. The artists featured in the exhibition include Arnold Böcklin, Lucas Cranach the Elder, Akse- li Gallen-Kallela, Vincent van Gogh, Theodor Kittelsen, Käthe Kollwitz, Edvard Munch, Hugo Simberg, Helene Schjerfbeck, Marianne Stokes, and Gustave Van de Woestyne.

After its debut at Ateneum, the exhibition will travel to the National Museum, Norway and the ALBERTINA Museum, Vienna, where it will be curated by Vibeke Waallann Hansen and Cynthia Osiecki (Curators, National Museum, Norway) and Ralph Gleis (Director, Alte Nationalgalerie), respectively. The exhibition to be complemented by a comprehensive exhibition catalogue

ART CENTER TORNI

8.10-27.10.24

Jari Boelius Flower Flow Exhibition
Pitkätatu 66

RITZ

21.10.24

Myrskyluodon Lasse

- Lasse Mårtensons unforgettable melodies

Ami Aspelund

Jannike

Nicke Lignell

NATIONAL ENTREPRENEUR DAYS

Seinäjäki

11-12-10.2024

Entrepreneurship is a force that unites us all!

<https://me.yrittajat.fi/valtakunnalliset-yrittajapaivat/>

HELSINKI BOOK FAIR

24-27.10.24

Helsingin Messuhalli

<https://kirjamessut.messukeskus.com/>

WORLD OPERA DAY

25.10. 2024

World Opera Day is celebrated on 25 October, the birthday of Georges Bizet and Johann Strauss II

<https://www.worldoperaday.com/>

WORLD OPERA DAY OPERA

Opéra Orchestre National Montpellier Occitanie
La Bohème

Streamed on 25.10.2024 at 20h00. Available until 25.04.2025

"What better way to celebrate World Opera Day together than with La Bohème? Touching, comic, realistic and romantic, Puccini's most popular opera is a timeless testament to the power of love to blossom in the face of adversity."

<https://operavision.eu/>

LAUTASELLA-messut

About special diets
Helsingin Messuhallissa
26-27.10.24

www.keliakialiitto.fi/messut

RITZ

Michael Monroe - Acoustic solo tour

1.11.2024

www.ritz.fi

RITZ

16.11.24

at 14 and 19

AUTIOTALO

Musikaali Dingo-huumasta

www.ritz.fi

RUSK

Chamber Music in Jakobstad

19-23.11.2024

The Beauty of Longing

International creativity at the darkest time of the year
ruskfestival.fi

TIKANOJA**THE ART EVENT OF THE YEAR!**

Eero Järnefelts exhibition opens on Nov 23, 2024

RITZ

16.11.24

at 14 and 19

AUTIOTALO

Musikaali Dingo-huumasta

www.ritz.fi

RITZ

30.11.24

at 14 and 19

Paradise

BADDING-musical

www.ritz.fi

STUNDARS

1.12.24

Christmas Market

MEDIALANGUAGE (In Swedish) 2025: Seminar XX

Vaasa 22-23 Januari 2025



Media Language 2025 is organised by the Swedish Press Service and the Centre for Lifelong Learning at Åbo Akademi University

in collaboration with Svenska Yle, Hufvudstadsbladet Ab, HSS Media, ÅU Media, Friends of Swedish Public Schools, the Åbo Akademi University Foundation, the Swedish Cultural Foundation in Sweden, the Harry Schauman Foundation and Konstsamfundet.

<https://www.mediesprak.fi/seminariet/>

VAAASA CITY THEATRE**TOSCA-ooppera**

Premisere Jan 12.2025

<https://www.vaasa.fi/koe-ja-nae/kulttuurivaasassa-ja-seudulla/vaasan-kaupunginteatteri/tosca/>

ILMAJOKI MUSIC FESTIVAL

"BIG Wrath 1713-1721"

6.-15.6.2025

"This powerful and topical opera brings the years of hatred and the fates of our ancestors back to the banks of the Kyrönjoki River.

Big Wrath is a shaking and nourishing story about family ties, maternal love, perseverance, and the power of cooperation during a time, when Russia's brutal war of aggression against Finland burned Ostrobothnia to black soil."

www.musiikkijuhlat.fi

KORSHOLM MUSIC FESTIVAL

23.7.-30.7.2025

"Korsholm Music Festival 2024 and Tove Teuvalla Opera are over and autumn is approaching. Now we are already working on the Summer 2025 Music Festival. However, we want to return to the warm days and festival atmosphere of July and August."

Korsholm Music Festival will be held next year 23.-30.7.2025.

<https://korsholmmusicfes->

CLIMATE CHANGE

The Terrifying Reality of Climate Change in 2024

2024 has been a year of climatic extremes, highlighting the terrifying reality of climate change. This essay will explore the key findings from three reports published by the Copernicus Climate Change Service (C3S), which paint a grim picture of a warming planet and its devastating consequences.

The first report, examining September 2024, reveals that it was the second warmest September on record globally and for Europe. This alarming trend is particularly concerning as it marks the 14th consecutive month where global temperatures have surpassed 1.5°C above pre-industrial levels. These rising temperatures are not merely statistics – they translate to real-world consequences, as evidenced by the extreme rainfall events that struck parts of Europe in September.

The second report focuses on the summer of 2024, detailing the unprecedented heat stress experienced in southeastern Europe. This region witnessed record-bre-

aking heat, further amplifying the urgency of addressing climate change. The report also highlights the disparity in precipitation across Europe, with below-average rainfall in most areas and above-average levels in some northern regions. These changes in precipitation patterns can lead to droughts in some areas and floods in others, causing significant disruptions to agriculture and ecosystems.

Finally, the third report confirms that August 2024 was the joint-warmest August ever recorded globally. This finding aligns with the broader trend of rising global temperatures, with August marking the 13th month out of the past 14 where temperatures exceeded 1.5°C above pre-industrial levels. The report also highlights the concerning rise in average sea surface temperatures, which can have a profound impact on marine ecosystems and weather patterns.

The findings from these C3S reports serve as a stark reminder of the accelerating pace of climate change. The year



Podcast in English:
The Terrifying Reality of Climate Change
<https://vpress.ovh/podcasts.htm>

2024 has witnessed record-breaking temperatures, extreme weather events, and disruptions to hydrological patterns. These are not isolated incidents; they represent a consistent trend that demands immediate action.

Quantifying Climate Change and Its Impacts: Specific Statistics and Data from the C3S Reports

The Copernicus Climate Change Service (C3S) reports provide a

wealth of data to quantify the extent of climate change. Key findings include:

Global Temperature Rise: The reports consistently show that global temperatures are rising at an alarming rate. In 2024, several months surpassed 1.5°C above pre-industrial levels, a critical threshold identified by the Paris Agreement.

Extreme Heat Events: The summer of 2024 witnessed record-breaking heatwaves in

southeastern Europe, with temperatures soaring to unprecedented levels. These heatwaves had severe consequences for human health and agriculture.

Precipitation Anomalies: The reports highlight significant disparities in precipitation patterns across Europe. Some regions experienced below-average rainfall, leading to droughts, while others faced excessive rainfall, resulting in floods.

Sea Surface Temperature Increase: The average sea surface temperature has been steadily rising, contributing to warmer ocean temperatures and affecting marine ecosystems.

Real-World Impacts of Climate Change

The impacts of climate change are evident in various parts of the world. Here are some examples:

Heatwaves: Extreme heatwaves have become more frequent and intense, leading to heat-related illnesses and deaths. In 2024, many regions experienced record-breaking temperatures, putting vulnerable populations at risk.

Droughts: Prolonged droughts have affected agricultural production, water resources, and

ecosystems. In some areas, the lack of rainfall has led to water shortages and wildfires.

Floods: Heavy rainfall events have caused widespread flooding, damaging infrastructure, displacing communities, and causing economic losses. Climate change is increasing the frequency and intensity of these events.

Wildfires: Rising temperatures and drier conditions have contributed to a surge in wildfires, destroying forests, homes, and wildlife habitats. The smoke from wildfires can also pose significant health risks.

Rising Sea Levels: The melting of glaciers and ice sheets is causing sea levels to rise, threatening coastal communities and ecosystems. This phenomenon is exacerbated by thermal expansion of ocean water as it warms.

These are just a few examples of the real-world impacts of climate change. The consequences are far-reaching and affect all aspects of human life and the environment. Addressing climate change is essential to mitigate these impacts and ensure a sustainable future.



MUSEUM

The Lenin Museum in Tampere closes for good in November

A chapter in Finnish history comes to an end



The Lenin Museum in Tampere, one of Finland's most talked-about tourist attractions, will close its doors forever in November. The decision has been made by the museum's board after several years of financial difficulties.

The museum, which was inaugurated in 1946, has been a controversial place over the years. It has been both hailed as an important part of Finland's history and criticized for glorifying a dictator. The museum

has displayed objects from Lenin's life and work, and has been a popular destination for both Finnish and foreign visitors.

"A difficult decision"

"This is a very difficult decision to make." "But after careful consideration, we have come to the conclusion that running the museum is no longer sustainable."

In recent years, the museum has had difficulty attracting visitors, visitors from Russia have disappeared completely and revenues have fallen

sharply. In addition, it has also become increasingly difficult to find funding to maintain the museum.

What happens to the collections?

What will happen to the museum's collections has not yet been decided. There are discussions about donating the objects to other museums or archives.

A controversial story

The Lenin Museum has always been a controversial place. On the one hand, the museum has played

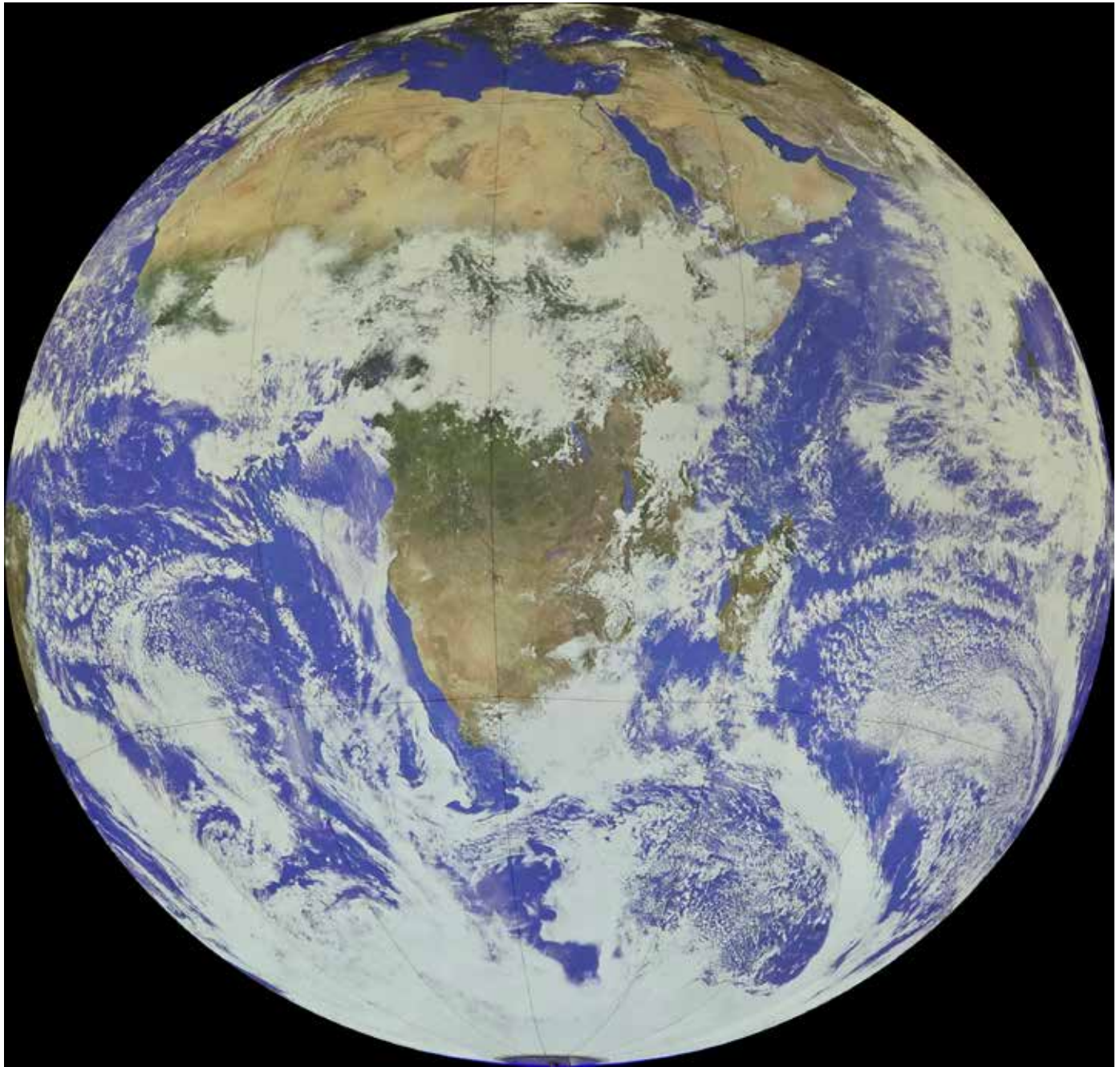
an important role in documenting Finland's history and the relationship between Finland and the Soviet Union. On the other hand, the museum has been criticized for glorifying a dictator who was responsible for the deaths of millions of people.

The closure of the Lenin Museum will undoubtedly provoke strong reactions. For many, it will be a sign that an era has gone to the grave. For others, it will be a relief.



GAIA IN THE HELSINKI CATHEDRAL

GAIA – A globe in the Helsinki Cathedral



Luke Jerram's impressive artwork Gaia has taken the world by storm and now it's Finland's turn. In October 2024, the seven-metre globe will adorn Helsinki Cathedral as part of the "Sustainable Future" event.

Gaia is more than just an art installation. It is an experience that aims to awaken a deeper understanding of our planet and our place in the universe. Based on detailed NASA images of the Earth's surface, Luke Jerram's impressive artwork Gaia offers visitors a unique opportunity to see the Earth from a whole new perspective – floating in three dimensions. What is the "Overview Effect"? The artwork is inspired by the so-called "Overview Effect", a sense of wonder, connection and responsibility that many astronauts experience when they see Earth from space. By creating a similar experience on Earth, Jerram wants to inspire us to take care of our planet and work towards a more sustainable future.

An exhibition for the future The exhibition at Helsinki Cathedral is part of a larger initiative to promote discussions about the future of our planet. By combining art, science and community engagement, the event aims to inspire both young and old to take responsibility for our environment.

Why is Gaia so special? It is worth not missing this unique opportunity to see the Earth more sustainably. Detailed images: NASA images allow you to recognize famous landmarks and oceans. Atmospheric experience: The specially composed sound enhances the experience and creates a feeling of floating in space.

Universal Message: Gaia speaks to everyone, regardless of background or interest.

Magnificent scale: The

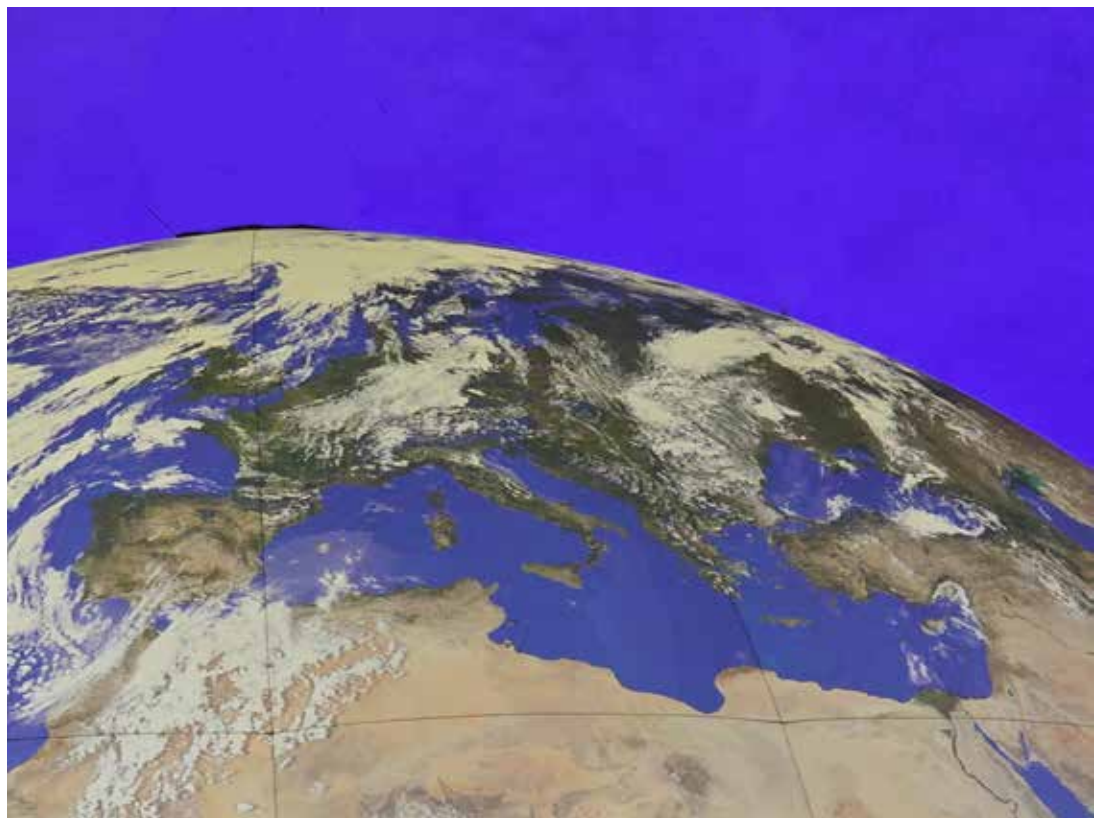


experience Gaia in Helsinki! The exhibition is a must-see for anyone interested in art, science, the environment and the future of our planet. Visit Helsinki Cathedral in October 2024 and let yourself be touched by Gaia.

Gaia offers the possibility of seeing the Earth in three dimensions and on an impressive scale: 1 cm in a work of art is actually equivalent to 18 kilometers on the Earth's surface. The work is surrounded by spatial sounds created by BAFTA-winning composer Dan Jones. The work will be shown as part of the Sustainable Future event. Multi-award-winning British artist Luke Jerram is known for his unique sculptures, installations and live art performances. He is particularly known for his large-scale public artworks, which have inspired and inspired people around the world. Jerram's work has been exhibited in more than 800 exhibitions in more than 50 countries. The Gaia artwork can be viewed during church visits for an entrance fee of five euros. The entrance fee does not apply to members of the Cathedral parish and people under the age of 18. School groups can visit the school for free during church visiting hours during the event.

The exhibition runs from 7 to 26 October and the cathedral's address may be known to everyone, but here it is: Uniongatan 29. The main entrance is closed for repairs, but the entrance from Senate Square is open.

When you see the globe, you are probably surprised at how small Europe is. In ordinary maps, Europe is disproportionately large



because of the map projections.

On Saturday 26.10, an evening service will be celebrated "under the globe" led by Aki Kekkonen and Inka Kinnunen. Theology student Riina Pelto speaks.

The Role of Art in Society: A Reflection from Gaia

Gaia, Luke Jerram's impressive Earth, is more than just a work of art. It is a catalyst for conversations about our planet and our place in the universe. By engaging our senses and emotions, art has the ability to awaken an awareness and create change in a way that words alone cannot.

The role of art in society can be summed up in a few important points:

Creating meaning and context: Art gives us an opportunity to reflect on our lives, our values, and our place in the world. Gaia, with its detailed depiction of the Earth, invites us to

see ourselves as part of something bigger.

Challenging norms and perspectives: By presenting new ways of looking at the world, art can challenge our prejudices and encourage us to think critically. Gaia, for example, can inspire us to question our relationship with nature and our consumption patterns.

Bringing people together: Art can act as a bridge between different cultures, generations, and social groups. Exhibitions like the one with Gaia can create meeting places where people can share their thoughts and feelings.

Driving social change: Art has a long history of being a tool for social change. By highlighting important social issues, art can inspire activism and change.

Gaia as a catalyst for change:

Gaia is an excellent example of how art can be used to drive social chan-

ge. By creating a visual and emotional experience of Earth, Gaia can:

Raising awareness about climate change: By showing the beauty and vulnerability of the Earth, Gaia can inspire us to take care of our planet.

Promote sustainability: The artwork can serve as a reminder that our actions have consequences for future generations.

Foster a sense of global citizenship: By showing that we all share the same planet, Gaia can foster a sense of belonging and responsibility.

Art, and especially works like Gaia, play an important role in shaping our society. By engaging our senses, challenging our thoughts, and creating meaningful experiences, art can inspire us to create a better world.



ASTRONOMY

Comet A3: A celestial visitor lights up our nights



Comet C2023 A3 photographed from the International Space Station
NASA/Matthew Dominick
Public domain

Right now we have an unusually spectacular guest in our solar system. Comet A3, also known as Tsuchinshan-ATLAS, has made its closest pass to Earth and is visible to the naked eye under the right conditions.

Comets are like time capsules from the early days of the solar system. They are made up of ice, dust and gas, and as they approach the Sun, they heat up and form a luminous tail. Comet A3, with its impressive brightness, has attracted a lot of attention from astronomers and stargazers around the world.

What makes comet A3 so special?

Brightness: One of the brightest comets in decades.

Visibility: Can be seen with the naked eye during dark and clear nights.

Long period: It is likely that comet A3 has a very long orbital period around the Sun, which means that it could be thousands of years since it was last close to Earth.

When and where can I see the comet? The best time to see the comet is just after sunset, when the sky is dark enough. Look for a diffusely luminous object with a tail extending out from a central core. The comet will be visible in [specify constellation, e.g. Leo] and will move across the sky in the coming weeks.

Tips for seeing the comet:

Find a dark spot: Light

pollution from cities can make it difficult to see the comet.

Use a telescope or telescope: For an even better view.

Check the weather forecast: Clear skies are a must to be able to see the comet.

Be patient: It may take a few minutes for your eyes to adjust to the darkness.

Why should we care about comets?

Comets provide us with a unique opportunity to study the early history of the solar system. By analyzing their composition, scientists can gain a better understanding of how the planets formed. In addition, comets can pose a danger to Earth, and by studying them, we can better prepare for future collisions."

By analysing the light reflected from the comet, the researchers can identify which chemical compounds are present in its nucleus. This can give us important clues about the conditions in the early solar system when the planets formed.

Comets like A3 are considered 'dirty snowballs' and can contain organic molecules, the building blocks of life. By studying these molecules, we can gain a better understanding of how life arose on Earth and whether there is life on other planets.

Don't miss this unique chance to see a comet with your own eyes! Bring a friend or family and head out under the starry sky. It's an experience you won't soon forget.

HEALTH

It Pays to Be Happy and Well-being: You Don't Get Dementia

As life expectancy increases and the global population ages, we are faced with an undeniable challenge: how to reduce the growing burden of neurodegenerative diseases like dementia. Dementia, with Alzheimer's disease as its most common form, has been on the rise for decades. An estimated 139 million people worldwide are projected to be living with dementia by 2050. Alarmingly, over 10 million new cases are diagnosed each year—roughly one every three seconds.

However, new research provides hope and offers a refreshing perspective: well-being may hold the key to preventing, or at least mitigating, the risk of dementia. While most public health strategies focus on biomedical interventions, emerging evidence suggests that promoting mental well-being and fostering positive emotions could serve as powerful tools in dementia prevention.

A Decade of Research Linking Well-Being to Brain Health

A landmark study conducted by researchers from the Well-being and Emotion across the Lifespan Lab (WELLab) at Washington University in St. Louis, and highlighted

in the 2024 World Happiness Report, shows a strong correlation between well-being and a reduced risk of dementia. This interdisciplinary research, spanning over a decade, makes a compelling case for the protective effects of well-being on the brain.

The study's findings are based on data collected from older adults in Chicago and Illinois, starting in 1997. Participants underwent annual evaluations of their cognitive abilities and provided self-assessments of their emotional states and overall well-being.

The researchers found that individuals who consistently reported higher levels of well-being were less likely to develop memory and thinking impairments, even when they had the biological markers associated with Alzheimer's disease.

While the exact mechanisms behind this link remain unclear, the results strongly suggest that maintaining high levels of well-being throughout life could help delay or even prevent the onset of dementia.

Well-Being: A Buffer Against Dementia?

The research also touches on a broader question: why is there a connection between well-being and brain health? According

to Dr. Emily Willroth, Director of WELLab and one of the study's lead researchers, there are several factors that might explain this relationship. "People who report higher well-being are more likely to engage in activities known to promote brain health, such as regular physical exercise, social interaction, and mental stimulation," says Dr. Willroth. These activities have long been associated with a reduced risk of cognitive decline, but the study goes a step further by suggesting that well-being may also act as a buffer against the harmful effects of stress, a known contributor to neurodegenerative diseases. Dr. Kyrsten Costlow Hill, another co-author of the study, explains that stress can damage the brain's critical systems responsible for maintaining cognitive function. Higher levels of well-being, on the other hand, may provide the resilience needed to withstand or counteract this damage.

What Does Well-Being Look Like for Those Already Living with Dementia?

While well-being is now recognized as a potential preventative measure, it also plays a crucial role in improving the lives of those already living with

dementia. The WELLab team emphasizes that well-being interventions can enhance autonomy, competence, and relatedness, even in advanced stages of dementia.

Simple activities such as physical exercise, spending time outdoors, and engaging in social activities have shown significant benefits for individuals with dementia. These interventions not only improve mood and cognitive function but also increase life satisfaction. Moreover, methods like reminiscence therapy, where individuals are encouraged to reflect on past memories, can foster emotional stability and enhance overall well-being. Aging in place—remaining in one's home rather than relocating to an institution—has been shown to be particularly effective in boosting the well-being of older adults with dementia. By using home adaptations, assistive technologies, and maintaining social connections, individuals can experience greater satisfaction with life. Dementia villages, which provide a safe yet familiar environment, have also emerged as a model for maintaining dignity and quality of life for those affected by the disease. The Path Forward: Acting



on What We Know
Despite the promising findings, Dr. Willroth stresses that there is no "miracle cure" for dementia. However, the evidence points toward actionable steps that can be taken today to reduce the risk of this devastating condition. Public health initiatives should prioritize well-being as a cornerstone of dementia prevention. As the global population ages, the demand for strategies that not only treat but also

prevent neurodegenerative diseases will continue to rise. Incorporating well-being into daily routines is not just a matter of living a happier life; it may also be the key to preserving cognitive function well into old age. Physical activity, social interaction, mindfulness practices, and positive emotional engagement are all accessible and effective means of improving both mental health and brain

health.

As the research suggests, investing in well-being pays dividends far beyond happiness—it may hold the key to unlocking a future with fewer cases of dementia. While we cannot completely eliminate the risk of developing neurodegenerative diseases, the steps we take today toward fostering mental and emotional well-being may reduce the likelihood of dementia for millions. In a world where dementia

remains one of the most pressing public health challenges, we must act now. Prioritizing well-being, both in our personal lives and through public health policies, can lead to healthier aging and, ultimately, a reduced burden of dementia on individuals, families, and society. After all, the cost of ignoring well-being is far too high—for our minds, our bodies, and our collective future.

ENERGY DRINKS

Should We Be Worried When Our Teenagers Drink a Lot of Energy Drinks?

Energy drinks have become increasingly popular among teenagers, with bright cans promising a quick boost of energy to power through long study sessions, sports, or social activities. But is this sudden surge in caffeine and other stimulants like taurine something parents and teachers should be concerned about? The short answer is: yes, there are reasons to be cautious.

The Ingredients: Caffeine and Taurine

Most energy drinks contain high levels of caffeine, often significantly more than what's found in a cup of coffee. Caffeine is a stimulant that affects the central nervous system, temporarily improving alertness and concentration. For adults, moderate caffeine consumption is generally safe. However, for teenagers, who are still developing physically and mentally, the story can be different.

In addition to caffeine, many energy drinks contain taurine, an amino acid that helps regulate water and mineral levels in the blood. While taurine is naturally present in meat and fish, the amounts found in energy drinks are much higher. Taurine has been shown to support heart and muscle function, but in combination with caffeine and other stimulants, its effects in adolescents are not fully understood.

How Much is Too Much?

The recommended daily limit of caffeine for teenagers is around 100 mg, roughly equivalent to one cup of coffee. Many energy drinks exceed this amount in just one can, and some teens consume multiple cans a day. Over-consumption of caffeine can lead to various side effects, including:

- **Increased Heart Rate and Blood Pressure:** Excessive caffeine intake can make the heart race, causing palpitations or

even arrhythmias in some cases.

- **Anxiety and Jitters:** Too much caffeine can lead to feelings of restlessness, anxiety, or even panic attacks, especially in teenagers who may already be prone to stress.

- **Sleep Disturbances:** Energy drinks consumed later in the day can interfere with a teenager's sleep, leading to insomnia or poor sleep quality, which in turn affects academic performance and mood.

- **Dependence:** Teens who rely on energy drinks may develop a tolerance to caffeine, needing more to feel the same effects, potentially leading to dependence.

What About Taurine?

While taurine is considered safe in moderate amounts, the long-term effects of combining it with high doses of caffeine are not well-studied, especially in young people. Some experts are concerned that the mix of caffeine and taurine in energy drinks can lead to overstimulation, particularly affecting the heart and nervous system. Though studies on taurine's specific risks are ongoing, it's a good idea to limit intake until more is known.

Academic Impact

Teenagers are often drawn to energy drinks to stay alert during study sessions or to perform better in school. But the temporary boost in energy is often followed by a "crash," leaving them more tired and less focused than before. Instead of improving academic performance, energy drinks may end up making it harder for students to concentrate, remember information, and manage stress.

Moreover, sleep is crucial for brain development and learning.

When teenagers regularly consume energy drinks and disrupt their sleep patterns, they may be undermining their ability to



retain information and perform well in school. Long-term sleep deprivation is linked to memory problems, lower cognitive functioning, and even mental health issues like depression.

Encouraging Healthier Alternatives

As tempting as energy drinks may be, there are healthier ways for teenagers to stay energized and focused. Encouraging a balanced diet, regular exercise, and proper hydration can provide natural and sustained energy throughout the day. Developing good sleep habits, such as going to bed and waking up at the same time each day, is key to long-term mental and physical health.

For teens who need a little extra boost during study sessions, sug-

gest drinking water, herbal tea, or a small cup of coffee within recommended limits. These alternatives provide hydration and a gentle energy lift without the extreme side effects of energy drinks.

Moderation is Key

While the occasional energy drink is unlikely to cause serious harm, consistent and excessive consumption can lead to health issues, especially in developing teenagers. The combination of high caffeine and taurine levels makes energy drinks a less-than-ideal choice for young students. As parents and educators, it's important to educate teens about the risks and encourage them to make healthier choices for sustained energy and well-being.

RUSKA - AUTUMN COLOURS

The Magic of Autumn: Nature's Colour Palette in Autumn

Autumn arrives, and the colors of nature become softer and deeper. The leaves, which glowed green in summer, now dress in variegated attire. Red, orange and yellow blend to create an unforgettable color palette in the landscape. This phenomenon we call autumn, and it is one of the most beautiful views of Finnish nature.

Autumn is much more than just a beautiful sight. It affects nature and people in many ways. Birds migrate to warmer countries, animals store food for the winter, and people go out to enjoy the brilliance of autumn colours. Autumn is also an important part of many cultures around the world.

It is natural that this reworks of colors has inspired many Finnish artists. Here are a few autumn paintings of Finland's art heritage.

Why do leaves turn colorful in autumn? The answer lies in the dyes contained in the leaves. In summer, the leaves are green thanks to chlorophyll, which helps the plant photosynthesize. In autumn, when the days get shorter and the temperature drops, trees reduce chlorophyll production. In this case, other dyes, such as yellow xanthophyll and orange carotene, appear. In addition, some trees produce

Ruska has indeed inspired poets, artists and musicians throughout the ages. Its beauty has aroused strong emotions in people and given rise to many beautiful works. Autumn is like nature's own work of art, which is constantly changing.

Finland is one of the best places to admire autumn. The forests are dressed in colourful costumes, the lakes reflect the colours of autumn and the air is filled with fresh scents. Autumn usually begins in the north and proceeds south. The best autumn months are September and October.

How can you enjoy the



Victor Westerholm
4.1.1860, Turku
19.11.1919, Turku
Oktoberdag på Åland, 1885
Lokakuun päivä Ahvenanmaalla, 1885

fall colour?

Go hiking: The forest is the best place to experience all shades of autumn.

Visit the lakeside: Water motifs make fall even more beautiful.

Admire the fall from home: If you can't get into the forest, you can also enjoy the fall from the window or balcony.

Take photos: Capture memories of beautiful autumn days.

Autumn is a miracle of nature that delights year after year. It is a reminder of how beautiful and diverse our world is. So let's enjoy this unique time and let autumn color our autumn.

Autumn is a miracle of nature that delights year after year. It is a reminder of how beautiful and diverse our world is. So let's enjoy this unique time and let autumn color our autumn.



Akseli Gallen-Kallela
26.4.1865, Björneborg
7.3.1931, Stockholm
Höstlandskap, 1911
Syysmaisema, 1911
Autumn Landscape, 1911



Magnus Enckell
9.11.1870, Hamina
27.11.1925, Tukholma
Maisema, jossa nainen, 1894 - 1895



Fanny Churberg 12.12.1845, Vaasa - 10.5.1892, Helsinki
Höstlandskap, 1878
Syysmaisema, 1878
Autumn Landscape, 1878



Torsten Wasastjerna
17.12.1863, Helsinki - 1.7.1924, Helsinki
Varisevia lehtiä (Varisevien lehtien tanssi), 1897

ENVIRONMENT AND HEALTH

Bed bugs - disgusting, but harmless Everything you want to know about bed bugs



Bed bugs can be one of the most feared household pests, often evoking feelings of disgust and anxiety. While bedbugs are certainly unwanted guests, they are generally considered harmless in terms of spreading disease.

In this article, we'll explore everything you need to know about bed bugs, including their history, appearance, how they infect living spaces, prevention strategies, and treatment options.

What are bed bugs?

History

Ancient pests: Bed bugs (*Cimex lectularius*) have been part of human history for thousands of years. They have even been found in Egyptian mummies. In London in the 1930s, about one in three homes had bed bugs, but after the war the incidence decreased drastically but gradually increased again.

They have lived with humans for so long that bedbug populations have learned to survive in human environments. They are very adept at hiding during the day when there is light. There is hardly a skirting board, behind which there would not be a gap large

enough for bedbugs to hide. This is one of the reasons why they are so difficult to manage. But at night, when it's dark and a person sleeps in the bedroom - o la la - now it's time for a meal!.

Bed bugs can survive almost a year without food. So the fact that the home has not been used for a long time does not guarantee that there can be no bed bugs there.

Decline and recovery: After a significant decline in pesticide use in the mid-20th century, bed bugs have made a significant comeback in recent years, largely due to increased international travel and resistance to common insecticides.

DDT was very effective against this defect, but it was banned almost 50 years ago for environmental reasons.

This year, it has been reported in the news that bedbugs are spreading badly in many large cities in Finland. This is likely to apply to Vaasa as well, although exact statistics are not available.

When people talk, it turns out that almost everyone knows someone in whose apartment this parasite was found.

Appearance

Physical characteristics: Adult bedbugs are small, flat and oval, about 4-5 mm

long. They are reddish-brown in color and become more and darker after feeding. In size and appearance are very similar to apple seeds.

Nymphs and eggs: Young bedbugs or nymphs are smaller and lighter in color, while eggs are small, white, and about the size of a needlehead.

How do you get bed bugs in your apartment?

Common sources: Bed bugs are introduced into homes mainly through used furniture, luggage or clothing. They can get a ride from contaminated places like hotels, public transportation, or shared living spaces.

Social settings: They can also spread in places where people gather, making them a concern in dorms, theaters, and other common areas.

How to avoid bed bugs

Inspection: Check your living space regularly, especially around mattresses, bed frames and furniture. Look for signs of bed bugs, such as dark spots (feces) or shedding skins.

Preventive measures:

Use tarpaulins for mattresses and box springs.

Avoid placing luggage in beds or upholstered furniture in hotels.

Wash and dry clothes over high heat after travel.

Do bed bugs transmit diseases?

Generally harmless: Although bed bugs can cause itching and discomfort due to their bites, they are not known to transmit disease

to humans. However, scratch bites can lead to secondary infections, which should be borne in mind.

How to treat bed bugs

Identification

Confirm the infection: If you suspect bed bugs, take a sample for identification or look for other signs such as bites, feces, or blood stains.

Treatment options

Professional destruction: Hiring a pest control professional is often the most effective way to eliminate a bed bug infestation. They have access to specialized treatments and insecticides.

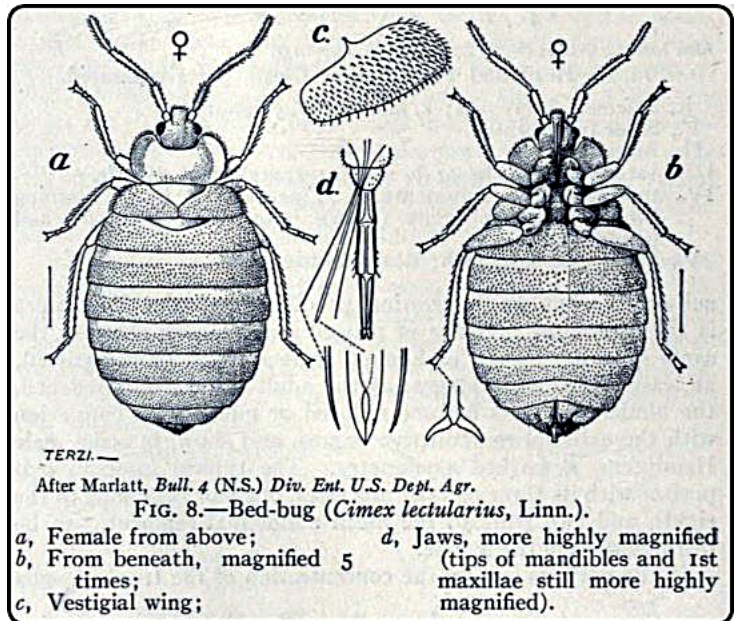
Do it yourself: Methods:
Washing: Wash all bedding, clothes and fabrics in hot water and dry them over high heat.

Vacuuming: Regularly vacuum areas where bedbugs can hide, including carpets, crevices, and furniture. Dispose of the vacuum bag immediately.

Steam cleaning: Use steam cleaners to treat contaminated areas because heat can kill bed bugs at any stage of life.

Conclusion

Although bed bugs can be disgusting and annoying, they are usually not a health hazard in terms of the spread of disease. Understanding their behavior, spread, and effective treatment of infestations can help you control this unwanted pest. By taking preventive measures and acting quickly



Encyclopædia Britannica:ssa 1911



Bed bug bite marks

if you suspect an infestation, you can protect your home from these resilient little critters.

Remember, staying up to date is your best defense against bed bugs!

And there really is no reason to panic! Bed bugs can be treated, but expertise is needed!

Harvard University, Dr. Gary Alpert; Dr. Harold Harlan; Richard Pollack. Photo Credit: Piotr Naskrecki
Public domain

Kuva 2: <https://archive.org/details/encyclopaediabrit13chisrich/page/260/mode/1up?view=theater>

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EXHIBITIONS

In Eero Järnefelt's exhibition fascinates the big and small themes of nature. On Nov 23, it comes to Tikanoja in Vaasa



On Nov 23, the Tikanoja Art House in Vaasa will host an exhibition covering the entire career of the masterful nature and portrait artist Eero Järnefelt (1863–1937), who sought emotion and truth. The exhibition presents the extensive work of a cosmopolitan cultural family and the artist's significance for Finnish art and Finnishness. Diverse descriptions of nature make one wonder whether the nature depicted by the artist in the 1800s and 1900s still exists.

Järnefelt sought to capture the essential elements of his works. Eero Järnefelt's art stems from his family's interesting cultural background and is characterised by the pursuit of essential features from nature as well as people. The artist was able to depict his subjects with detailed precision, delicate atmosphere and festive monumentality.

The exhibition sheds light on differ-

ent aspects of Järnefelt's conception of landscape and people. It also provides information about the Järnefelt family, his family, study trips, home conditions in Suviranna on Lake Tuusula and the connection of his art to the Finnish thinking of his time.

Järnefelt's paintings of nature and landscapes from Koli make you wonder whether the nature depicted by the artist in the 1800s and 1900s still exists – and what our relationship is to nature and landscapes today. In the artist's works, the magnificent landscapes of danger as well as the delicate details of the buttercup and the casserole are treated equally.

Järnefelt is also known for his portraits of prominent figures of his time. Included are interesting portraits of journalist, doctor and Member of Parliament Tekla Hultin and Mathilda Wrede, who dedicated her life to helping prisoners and the underprivileged.

The exhibition also includes a route designed for visitors with children, which encourages people to look at the works and discuss them from the

children's point of view.

The curator of the exhibition is Timo Huusko, Chief Curator of the Ateneum. Most of the works come from the collection of the Finnish National Gallery, but there are also plenty of loans from other museums and private collections. More than 200 works are on display.

The family's influence on Finnish cultural life was enormous

In the exhibition, you can also get to know the Järnefelt family and close family, whose influence on art and culture at the turn of the 1800s and 1900s was enormous. The Järnefelt siblings, critic Kasper, writer Arvid, musician Armas and later known as Jean Sibelius's spouse Aino, are remembered not only as authors of visual art, literature and music, but also as part of a wider network of cultural actors.

Eero Järnefelt's father, Alexander Järnefelt, made the development of the Finnish national movement his life's mission. Mother Elisabeth Järnefelt is especially remembered for her literary salon, the most famous participant of which was Juhani Aho.

ART EXHIBITION

ATENEUM

A New Exhibition:

Gothic Modern – From Darkness to Light

4 October 2024 to 26 January 2025

Medieval and Renaissance Art Inspires Modern Artists in Ateneum's "Gothic Modern" Exhibition

The Ateneum Art Museum is set to unveil an extraordinary exhibition titled Gothic Modern – From Darkness to Light, shedding light on an underexplored phenomenon in art history. Running from October 4, 2024, to January 26, 2025, the exhibition traces how the art of the Middle Ages and the Renaissance provided 19th and 20th-century artists with rich emotional material to explore profound human experiences, such as birth, death, suffering, and sexuality.

In Gothic Modern, viewers will encounter works by renowned artists like Arnold Böcklin, Vincent van Gogh, Akseli Gallen-Kallela, Edvard Munch, and Helene Schjerfbeck, alongside lesser-known talents like Fritz Boehle and Marianne Stokes. The exhibition will also feature seldom-seen objects, such as a music cabinet crafted by Akseli and Mary Gallen-Kallela in the late 1890s, highlighting how



Lucas Cranach vanhempi: Lucretia (1530). Kansallisgalleria / Sinebrychoffin taidemuseo. Kuva: Kansallisgalleria / Hannu Aaltonen.



Helene Schjerfbeck: John Chambers, kopio Hans Holbein nuoremman mukaan (1894). Kansallisgalleria / Ateneumin taidemuseo, valtion kopiokokoelma. Kuva: Kansallisgalleria / Aleks Talve.



Hugo Simberg: Garden of death (1896). Kansallisgalleria / Ateneumin taidemuseo. Image Kansallisgalleria / Jenni Nurminen.

artists found inspiration in medieval art not only for paintings but also for furniture and sculpture.

Launched as an international collaboration in 2018, the exhibition was curated through partnerships with the National Museum of Norway and the ALBERTINA Museum in Vienna. After its debut in Helsinki, the exhibition will travel to these esteemed institutions, where it will be curated by leading art historians including

Vibeke Waallann Hansen and Cynthia Osiecki.

At the heart of Gothic Modern is the idea that modern art did not always look forward but often drew inspiration from the past. Artists in the early 20th century, grappling with the aftermath of World War I, found resonance in the darker, more introspective aspects of Medieval and Northern Renaissance art. These historical periods provided a way to depict trauma, isolation,

and humanity's connection to nature, reflecting broader societal concerns.

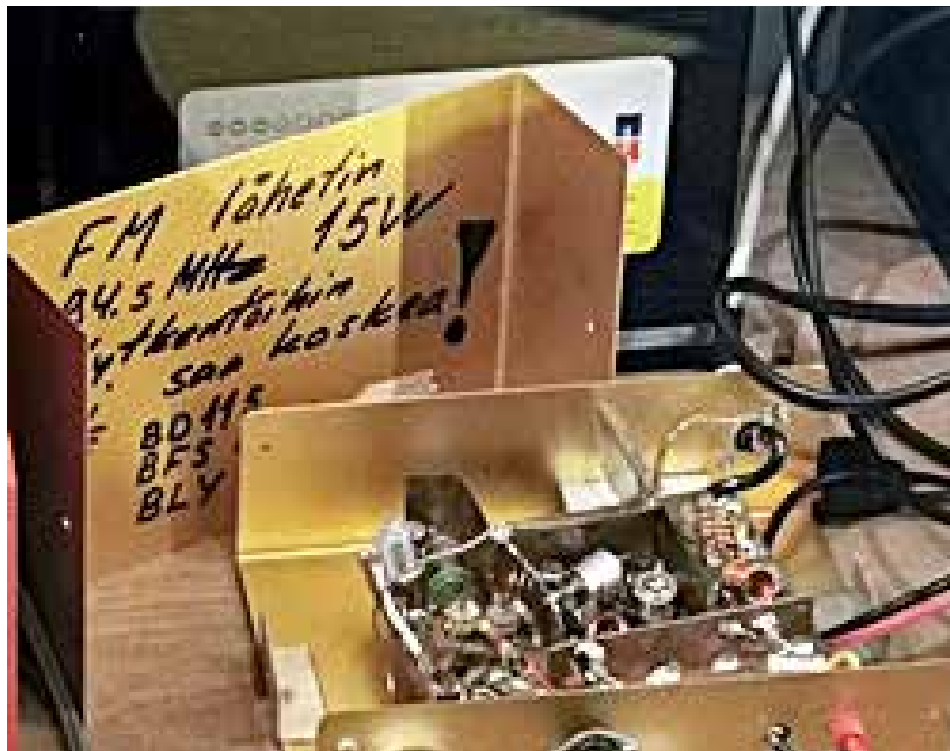
The exhibition catalogue, available in English, Norwegian, and Finnish, complements the show with essays from international art scholars, offering a deeper understanding of how medieval influences shaped modern artistic movements. The project brings a fresh perspective to art history, making Gothic Modern a must-see for anyone interested in the

intersections of past and present in European art.

The Ateneum's collaboration with international institutions on this groundbreaking exhibition not only reexamines modern art but also highlights its relevance in contemporary society. Through its exploration of universal themes such as loss, trauma, and identity, Gothic Modern connects with audiences in a world still grappling with these issues today.

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 kestäväenä viestintävälineenä.



AI RADIO

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

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/>

SCREENTIME



The Public Health Agency of Sweden: Recommendations for balanced screen use among children

As digital media becomes an increasingly integrated part of children and young people's lives, the Public Health Agency of Sweden has issued new recommendations to promote a balanced use of screens.

According to the latest guidelines, which were developed on behalf of the government, children under the age of 2 should avoid digital media completely, while older children are advised to limit their screen time to prioritize important aspects of life such as physical activity, sleep, and social relationships.

Recommendations

The Public Health Agency of Sweden's recommendations prescribe a maximum screen time of 1 to 3 hours

per day, depending on the child's age. Specific guidelines include:

Children 2–5 years: Maximum 1 hour of screen time per day.

Children 6–12 years: Maximum 1–2 hours of screen time per day.

Young people 13–18 years: Maximum 2–3 hours of screen time per day.

In addition, it is recommended that screens are not used before bedtime and that mobiles and tablets are left outside the bedroom during the night. This is intended to protect children's sleep and create a healthier environment for recovery.

Parental responsibility and cooperation

Olivia Wigzell, acting director general at the Public Health Agency of Sweden, emphasizes the importance of these guidelines being a support for both parents and children. She says: «We

hope it will contribute to a better balance, counteract problematic use and be a help in families' everyday lives.» It is important that parents actively control what content children take part in and discuss their activities on digital media. The guidelines also encourage parents to reflect on their own screen habits, as these also affect their children's behaviors and habits.

State of knowledge and research

A report presented in June by the Public Health Agency of Sweden and the Swedish Media Agency highlights the negative consequences of excessive screen use. Research shows that high use of digital media can lead to problems such as poorer sleep, depressive symptoms and dissatisfaction with one's own body. Many children and young people themselves confirm that they often get stuck in their screens at the expense

of important activities such as sleep, relationships and physical exercise.

Helena Frielingsdorf, doctor and investigator at the Public Health Agency of Sweden, adds: «Many young people have both positive and negative experiences of digital media and feel worried about how they are affected by their use. Through our recommendations, we hope to help them change their habits.»

With these new recommendations, the Public Health Agency of Sweden sets a clear framework for how children and young people should manage their screen time. By encouraging balance and awareness around digital media, we can help create a healthier upbringing for future generations. It is a joint effort where both parents, children and society need to work together to ensure that screen use does not affect the other important aspects of life.

HISTORY

The newspaper press in the 19th century in Finland

In order for a newspaper to be published, a lot of conditions must be met. At least part of the population must be literate. There must be access to paper and there must be printing houses. A certain amount of freedom of expression is also a prerequisite.

Literacy was quite common in Finland, as early as the 1600s, but literacy was probably a rather theoretical concept. The church required that men and women could read in order for them to be allowed to marry, which is why the motivation to learn to read was great. But there were not many schools, and for the general public, literacy was limited to being able to spell out a verse in the hymnbook slowly and laboriously. Incidentally, there was not much to read until the beginning of the 1800s. The hymnbook, the Bible and the Catechism were found in many well-to-do homes, but nothing else.

But there was also an elite in Finland who could read. The elite consisted of educated people, priests, doctors, civil servants, officers and usually also their spouses. It can be estimated that this cultural and literate elite in Finland comprised about 30,000 people. Unfortunately, some of the elite lost their literacy in old age, because there was no cure for eye diseases, and neither did glasses for that matter.

Johannes Gutenberg invented printing in the 1440s. In the following decades, printing houses were established in many European countries. Printed works reminiscent of newspapers began to appear in many cities in Europe in the early 1600s.

The first printing houses were founded in Sweden (to which Finland belonged) as early as the 1480s. But things were slow in Sweden, right up until the 1600s there was only one printing house. Sweden's first newspaper, *Ordinarie Post-Tijdender*, began to be published in 1645. For almost 100 years, this was the only newspaper in Sweden.

In Finland, the first printing houses were established in Turku in 1642, in

Vyborg in 1689 and in Vaasa in 1776. During the first half of the 19th century, all the important cities in Finland got a printing house. Developed "high-speed printing machines" came to the country in the 1840s, the first to Vaasa in 1847.

For a printing house to function, paper is needed. Up until the middle of the 1800s, paper was made by hand using rags as a raw material. Wandering rag dealers collected used textiles. But all this changed when the Tampere paper mill started industrial production of paper using cellulose as a raw material.

The first newspaper in Finland, *Tidningar Utgifne Af ett Sällskap i Turku*, began to be published on 15.1. 1771. The name was long and impractical, and was soon changed to *Turku newspapers*. Until 1809, this was Finland's only newspaper.

During the first half of the 19th century, there was a rapid development of the newspaper press. In 1866, 20 daily newspapers were published, of which 4 were published 6 days a week. In 1868 there were 9 Swedish-language newspapers and 8 Finnish-language newspapers. Of the latter, 7 newspapers were a "big" newspaper could have a circulation of 2000. But most of the newspapers were small, the circulation could move around 200 - 500. Advertising revenues were insignificant and the subscription fee did not go far. Most newspapers had only one editor, and this was sometimes part-time. It was certainly not easy to find material to fill all 4 pages - and therefore the newspapers copied each other, sometimes so that almost all of the newspaper's news was copied from other newspapers.

The most important Swedish-language newspapers in 1868

The Official Gazette of Finland, the official organ of the authorities, began publication in 1820. In 1831, the newspaper began to be published 6 days a week, and was then Finland's first real



*This hand-printing press from the early 1800s has been in a printing house in Old Vaasa. It is likely that *Vasabladet's* predecessor, the newspaper *Ilmarinen*, was printed with this press. When Vaasa burned down in 1852, the press fell through the floor to the basement and broke all 4 legs, but the printing press could be repaired and used even after this. The printing press is now at the Printing Museum in Stundars, near Vaasa.*

daily newspaper. As in several other newspapers, FAT contained "serials", usually foreign translated historical novels and can be said to be the "soap operas" of the time, which certainly increased the popularity of the newspapers since pastime was in short supply. The Finnish Official Gazette had a circulation of around 1500.

Helsingin Dagblad was the largest daily newspaper in Finland for a couple of decades. The newspaper was founded in 1861. In 1863 the circulation of the newspaper was already 1500 and the largest circulation in 1884 was 4250. The last issue of the newspaper was published on 31.12.1888, after which the Helsinki Newspaper ceased to be published, and the reason was probably mostly of a financial nature.



On 17.8.1844, the newspaper "Maamiehen Ystävä" published a map of Finland. For many readers of the time, this was probably the first map they had ever seen.

Hufvudstadsbladet's first issue was published on 5 December 1864 and the newspaper is published as known from now on. In 1868, the newspaper had 1750 subscribers.

Turku Underrättelser was founded in 1824 and is the oldest daily newspaper still published in Finland.

Wasabladet will also continue to be published. The newspaper began its operations in 1856.

All these newspapers are digitised on the National Library of Finland's portal.

The newspapers were small

In the 1840s, the newspapers were small in size, the smallest. e.g. Oulun Viikkosanomat was printed in a format smaller than A5. Gradually, the newspapers became larger - probably because the printing presses made this possible. The format of Helsinki Newspapers and

Suometar was similar to today's evening newspapers.

The number of pages was typical and almost always 4. A small format and a few pages - you might think that there was not much to read in these newspapers. But that's not true. The newspapers had no space-consuming headlines and no pictures, so there was probably a lot of text on these four pages. The number of columns depended on the size of the page, but four columns were probably typical in the 1860s.

Advance censorship

The newspapers must be shown to a censor 2 hours before publication. This was so that no inappropriate material, such as criticism of the rulers or the imperial family, was included in the newspaper.

The three important paragraphs of

the Press Ordinance issued on May 31, 1867 read as follows:

§ 31. Contains printed matter: Incitement to treason, mutiny, or rebellion; blasphemous or disrespectful remarks about the Emperor, Empress, Successor to Thron, or any other member of the Imperial House, the Estates, the Governor-General, or the Senate; the spreading of lies or false rumours, which may lead to the confusing and misleading nature of the public; distorted or misrepresented, interpreted or inappropriately presented the reproach of the actions of the Governing Authorities of the country, or the intentions thereof; abusive or insulting statements and information about public affairs within the Empire; insulting and discordant statements aimed at foreign powers, as well as insults against the rulers of foreign states and their envoys employed by the government of the country; the dissemination of state secrets in the national security as well as generally dangerous to society, as well as morality and decency hurtful representations; The Ombudsman shall suspend the publication of the printed matter for the time being, and immediately notify the Board of Press Affairs of the matter with regard to further appointments.

§ 33. In considering questions on which Article 31 is concerned, the Ombudsman and the Board of Governors should take into account not only the meaning and context of each letter which emerges from the wording, but also the references therein to persons and circumstances, even though these are not expressly mentioned, but only in a veiled though easily recognizable manner.

§ 34. Printers are obliged, with a fine of one thousand marks, to send two copies of them to the ombudsman before a letter from the printing house is delivered. Periodicals must be sent at least two hours before distribution, as well as a brochure, which is meant a printed publication of less than three sheets, twelve hours, and a writing of a larger volume fourteen days before delivery.

News about unrest or calls for it were almost never published during the years of need. But once in a while the censors missed an article, as in this notice published in Hufvudstadsbladet on



The newspaper editor's two important tools in the past - the telephone and the typewriter. The telephone and typewriter are located at the Printing Museum in Stundars, near Vaasa. Telephones probably only became more common decades after the famine years.

7.12.1867:

"From Oulu written in the O. W. S. on 30 Nov.: Alarming rumours have begun to be felt on the part of the working class. It is no less true than war against the rich if work is not given. That the merchants are primarily the object of these threats is self-evident. And it is certainly true that there is scarcely even in name of the many hundreds of workmen, both with and without families, who are to be found in the town, not to speak of the innumerable who pour in from the country, but — O. W. S. warns of misdeeds which can do nothing but bring misery upon those who undertake such things."

:
Making a daily newspaper in the 1860s

The following rather humorous account published in the Helsinki Dagblad on 12.1.1867 about what it was like to make a daily newspaper in the 1860s is worth reading:

Has anyone really understood the great machinery which must be set in motion, and what a strange apparatus of the most diverse persons and things must be set in motion before a major daily newspaper is ready to be distributed by the colporteurs?

Have you thought of it, indefatigable readers, when you open your door in the morning and take your spiritual morning food up from the carpet, or

take it from the safer hiding place in the drawer "for letters and newspapers," and then enjoy its very mixed elements together with your, as I hope, "unmixed" mocha; when you run through the leading article with a critical eye to see if the paper's foreign politicians have the same "justified" fear as you do, that the gunpowder explosion in Helsinki will exert a noticeable influence on the price of window glass on the foreign market: when you, as a co-owner of the steam sloop Ettan, read that the boat eats twice as much coal as it brings in; or when your aesthetic gaze clears when you read a critique of "the man from Eldsön"; Or when your heart beats sympathetically when you read about a horrible accident or something like that?

Have you, the most gracious of all readers, thought of this, when, with feverish speed and a crushing contempt for the events in Spain or the Prussian Landtag, the "traffic income from the canals" and the "Ship's List," you have plunged down to the basement to see what the end of the road Theobald took, when in the last issue he was just about to climb the bomb-proof tower in the twilight hour of midnight with a blind lantern in his mouth? who showed a row of pearly white teeth, and a pistol in each of the small aristocratic but powerfully built hands?

Have all the countless newspaper-devouring individuals of the century, from the statesman on the stool to the

coffee-lady in the market-place, have thought of this?

We dare to boldly answer no; and unless you have seen it yourself, you cannot get a true idea of the work that accompanies a newspaper until it is before you in its final form.

It is best to pay a visit to the editorial offices at 5 p.m. The machinery is in full swing, as the staff of the paper has certainly met with a lot of people, partly to bring about what they, according to the distributed rules of procedure, have produced during the morning, and partly to put the finishing touches on what the subscribers will take the next morning for their conversations in the offices, at the coffee table or in the pastry shops. The proofreader is already in his place and preparing his work.

The factor, the chief of the setters, who is called by the initiates by the horrible name of "The Switcher"—a name which almost makes one think of steps and wheels—looks in to the editor-in-chief, and asks: Can there be a manuscript for the first article?

He gets an affirmative answer, and hands over a couple of "menus" that are already on the table for him. A "menu," my lordship, is quite different from this palatable list, which in inns begins with "oysters" and ends with "beetroot and pickles." It can irritate everything except the palate, and sometimes contains such hard-digested crow's feet, that your brain, dear reader, could easily begin

to suffer from it from indigestion. The menus are those narrow strips of paper on which the pen often rushes with great haste, and which, for the sake of speed, obtain its spiritual content only on one side. When the entire staff, after well-distributed work, is in their business, a rather polite amount of such menus flies from their hands.

In addition to the articles and notices, the "switcher" usually receives a couple of "Publics" for the purchase, i.e., some of the essays sent in, which are included under the common heading. He now goes away in a while, laden with his prey.

Now comes the mail and with it a pack of letters and newspapers. The foreign affairs reporter hurriedly "devours" their contents, the shipping and trade reporter flies through the long lists of all the world's ships, in order to dwell for a moment on a ship's name which seems familiar to him — he must know Finland's ship's calendar by heart as far as possible — and now notes on which sea its flag has since been visible. A third, you take hold of the red pen and mark the arrived leaves in the margins, and then relegate them to the insatiable typesetting staff.

The letters are broken, read, and what is to be used at once is transferred into the hands of the errand boy, who moves like a perpetuum mobile between the bureau and the printing house; another part of the letter was to be put aside until the following day, others again wandered directly into the trash.

During all this, people come and go incessantly. One person takes some notice, another asks for a "nudge," a third only wants to pass the time at the bureau until it is enough for him to go in some company.

There is writing, talking, noise — and the whole thing is wrapped in tobacco smoke. Once more the wrapper sticks his head in:

"How do we stand today?" asks the editor-in-chief.

— Sixteen columns of text and six columns of ads ! (and there are 20 in all!) he says with a sorrowful look, which suggests a: Sorry!

"Then we will have some "publics" deleted, for example the one about the Miss Reform.

"Is it not going in at all?"

"No, it will have to wait until the next number. The mothers could be mothers for a day longer.

Eventually, the work at the firm is over. The clock is ticking until half past ten and the staff troop off, one after the other.

Only the proofreader stands faithfully at his desk, surrounded by strips of paper on which the proofs are drawn. He declares aloud what he reads; Without a break, the flow of words flows forward until he stops at a phrase that even a proofreader seems too strong. It is then something straight up the walls that has crept in. He smiles and corrects, that's his only joy. J, who with so much vehemence attacks the proofreader because a letter is upside down, J should realize what a heavy job he has, to stand and correct every day from 7 p.m. to 3 and 4 in the morning. It is so easy for him to turn a blind eye to one or two mistakes. But J did not turn a blind eye to his.

If we make a short visit to the printer's office, we find the typesetters at work in front of their castes. Not snapping or whimpering. The diligent hands pass incessantly between the special compartments in which the styles are distributed, and the inscriptions are thus gradually handed over letter by letter into the long rows of the "ships." So they stand in their diligent work all night, until the morning, when their work is finished, and when the turner remains alone, to break in the last part of the slit and "adjust" the iron frame in which each side is framed. Now he too has peace, after a last scrutinizing glance at the bureau has been devoted to the finished page. It is now 4 o'clock at night.

But do not think that the life of the printing house will thus end. When the printers set out, the printer and his henchmen come in through the door. They have enjoyed a short rest, and are now gathering to take further care of the leaf. You get ready, the paper is lined up, the molds are taken in and soon the press is started. Lucky if you can run it with a steam engine; In the opposite case, a few men are also used, whose dead eyes and hardened features imply that they represent here only "human power."

The voracious machine is incessantly fed with clean sheets of paper, which, after a formal acquaintance with the rollers and moulds, appear as ready-made newspapers. It goes little by little, until the edition is expressed.

The clock strikes six in the morning, and now a wing-footed relay was sent to the press ombudsman, who is to receive the pa-

per an hour before the distribution begins.

At the same time one hears a brisk and lively noise of loud, youthful voices. The crowd of colporters flocks in to receive the normal quantum newspaper copy. The boys' fingers are constantly running over the newspaper pocket, and not many minutes have passed before the flinter has folded—that is, folded—his leaves, tucked them into his bag at the side, and is ready to set out on the arduous walk of the day, which is sometimes rather thorny. But a test of patience still remains for the young mind. The clock has not struck seven, and before that no one is allowed to go out. The Press Act must be strictly observed.

But the fateful hour has finally arrived, and now it is off at a brisk pace and with singing joy, following the marching route that everyone has been laid out. The walk goes street up and down the street all over the city, the boy hits up to the third floor and down again, then again two flights of stairs up the next house, then down to the basement and so on endlessly. Down there in the cellar the people are already up, and they therefore get their paper properly, but one, two, and three flights of stairs up, where there is no special box for letters and newspapers, the paper is deposited on the floor, while at the same time the ring-machine is put into activity, and there it often happens that the owner lacks his morning homework; He complains to the office, and then the colporteur is blamed, though in reality the poor thing may be as clean as snow. For, notwithstanding the cheap price at which one can nowadays keep a newspaper, there are not a few individuals who prefer the less costly method of "subscribing to the floor," in other words, of borrowing the magazine laid in the stairwell, sometimes for the house next door. Such an industry has already systematically trained itself. Yes, even if the precaution is observed, that the newspaper is placed in the doorway, one cannot be sure. Some apprentice boy has begun the exciting short story in the series, he wants the sequel, and only out of the desire to read does he commit the illegal act of poking the leaf out of the doorway with a stick. To the credit of these additional subscribers, however, it may be said that they sometimes return the page to its proper place, once they have become acquainted with the contents.

But when the leaf has properly landed in the door, it first makes a round through the hands of the servant, the chambermaid, and the kitchen people, until at last it comes into the hands of the gentry.

Eemu Myntti, colourful artist from Vaasa

Eemil Aleksander Myntti (27 November 1890, Vaasa – 29 August 1943, Helsinki) was a prominent Finnish expressionist artist whose art was characterized by a strong and vivid use of colour. In his works, color was not only a visual element, but served as a means of self-expression, conveying emotional and soul worlds. Mynt's handling of colour was bold and open-minded, which made him an exceptional master of colour for his time.

Eemu Myntti was born into a wealthy family where his father Juho Myntti worked as an industrialist. However, his early years were not exactly straightforward. Myntti dropped out of school after failing his matriculation examinations, and in 1910 he made a bold decision to devote himself to art. He initially studied with Arthur Heickell, but soon the road took him to Paris, the mecca of art, where he delved into cubism. The trip took place with the support of Frithiof Tikanoja, and this period was a turning point in Mynt's artistic career.

Although Myntti was influenced by French masters such as Cézanne and van Gogh, he fashioned them into his own unique style. His art reflected Cézanne's precision and van Gogh's saturation of colours, but Myntti also brought his own profound and symbolic vision to his works. The ideals of earlier masters such as Giotto were important to him, and this manifested itself in his

work as a quest for a high level of artistic expression.

The 1920s were the pinnacle of Mynt's artistic career. He belonged to cultural circles and was in close contact with the writers and poets of the Fire Bearers group. In the company of these artist friends, he found inspiration and a shared passion for creative expression. Although Myntti spent most of his career away from his fellow artists in his home country, he still had contacts with both Finnish and foreign artists, which enriched his artistic world.

Mynt's works were exhibited for the first time in 1916, and his painting style evolved, especially in the field of portrait painting. His portraits of men were strong, almost sculptural, in which every feature was carefully thought out and at the same time soulful. Female portraits, on the other hand, combined poetic symbolism and architectural creativity, which made them particularly fascinating.

In Mynt's work, colours always evoked strong emotions. He used both oil and watercolours skilfully, and his works were diverse in both subject matter and technique. Especially the bright and fresh colours of Lapland received a new kind of expression



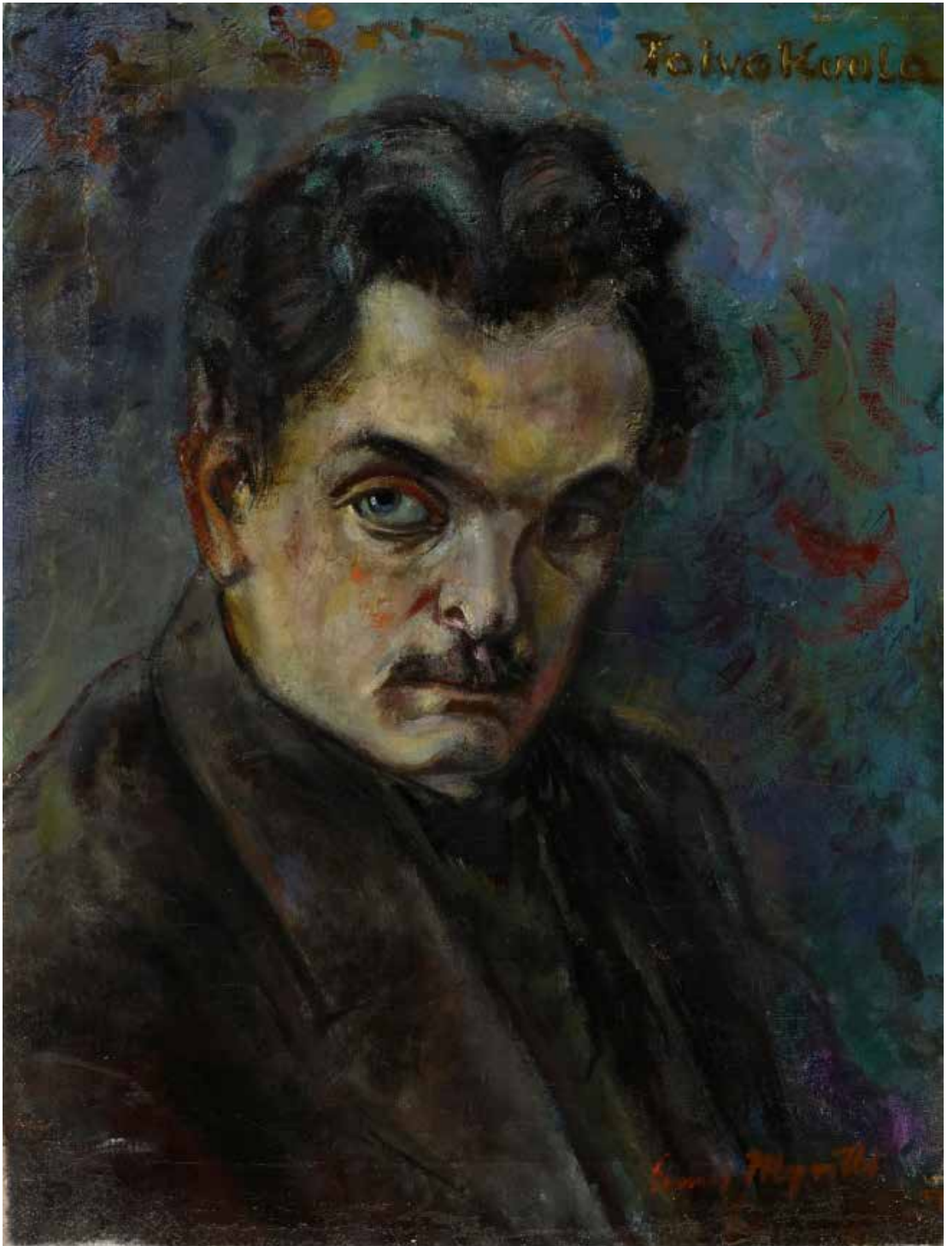
Emmu Myntti, 1931

from him, reflecting his own deep connection to nature and colours. Mynt's paintings not only presented their subjects, but they brought the viewer something new, fresh and vibrant – like an alpine sun that illuminates and refreshes.

Eemu Myntti left an indelible mark on the field of Finnish art. His bold, colourful and soulful way of dealing with colour makes him an artist whose works are still relevant and appealing.



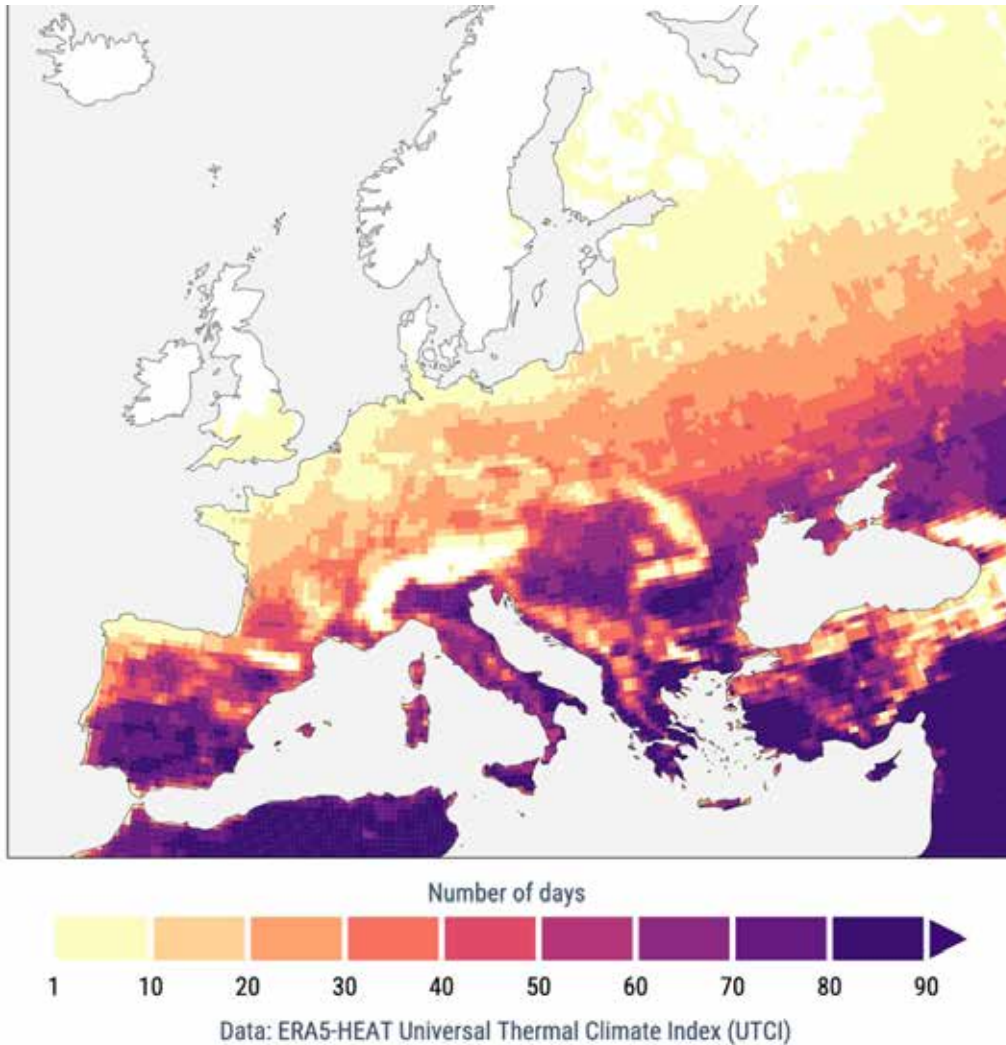
Maija, 1938



*Toivo Kuula portrait 1937
Images: Kansallisgalleria*

CLIMATE CHANGE

Europe Sizzles Through Record-Breaking Summer



PROGRAMME OF THE EUROPEAN UNION



Number of days with strong heat stress during summer 2024, defined as a daily maximum Universal Thermal Climate Index (UTCI), or feels-like temperature, exceeding 32°C. Data: ERA5-HEAT. Credit: C3S/ECMWF

Summer 2024 has officially been confirmed as the warmest on record for Europe, according to data from the Copernicus Climate Change Service. While parts of the continent experienced cooler temperatures, particularly in the northwest, southeastern Europe and northern Fennoscandia faced unprecedented heatwaves.

Southeastern Europe was particularly hard-hit, experiencing up to 60% more "warm daytimes" than average. This region also

endured "strong heat stress," with daily maximum "feels-like" temperatures reaching at least 32°C for around two-thirds of the summer period. This marks a record-breaking 66 days of extreme heat.

The Mediterranean Sea also experienced record-high sea surface temperatures in August, surpassing previous records set in July 2023.

While much of Europe saw a below-average number of wet

days, especially in the southeast, other regions, including the northern UK, Fennoscandia, and the Baltic countries, experienced significantly wetter conditions. In fact, these areas saw up to 20 more wet days than average.

Rivers across Europe also faced the brunt of the extreme weather. 35% of European rivers were notably or exceptionally low, especially in the southeast, while central Europe experienced exceptionally high average river

flows for the time of year.

The Copernicus Climate Change Service warns that these extreme weather events are likely to become more frequent and intense due to climate change. It is crucial to adapt and prepare for the impacts of a warming planet. the new norm.

HEALTH

Tooth inflammation causes stroke in young people, according to a Finnish study



Prevention of stroke!

A new Finnish study has linked periodontitis, a serious form of gum disease, to an increased risk of stroke in young adults. The research, published in the *Journal of Dental Research*, found that people aged 18 to 49 with periodontitis were significantly more likely to suffer cryptogenic ischemic stroke (CIS), a type of stroke with unknown cause. The study also found a link between recent invasive dental procedures and an increased risk of stroke, especially in people with a heart defect called patent foramen ovale (PFO). Researchers believe that the inflammation caused by periodontitis may play a role in the development of blood clots, which can lead to stroke. Additionally, dental procedures can introduce

bacteria into the bloodstream, potentially increasing the risk of stroke in susceptible individuals. The study emphasized the importance of good oral health, especially for young people. Regular dental check-ups and proper oral hygiene can help prevent periodontitis and its associated health risks.

The new Alzheimer's drug will arrive in Finland next year?

Alzheimer's disease is a devastating disease that gradually takes away memory and thinking ability. Although there is no perfect cure yet, there is light at the end of the tunnel on the horizon. The US Food and Drug Administration (FDA) has approved a new

Alzheimer's drug, Lecanemab, for the early treatment of the disease.

Lecanemab is a so-called disease-modifying drug that removes plaque from the brain, so-called beta-amyloid. These plaques have been linked to the development of Alzheimer's disease. Although the drug has not yet been shown to prolong the life of patients or cure the disease, it has shown promising results by slowing the progression of the disease.

Lecanemab has been shown in clinical trials to significantly reduce amyloid plaques in the brain. This is an important step forward, as previous studies have suggested that amyloid plaques are a key factor in the pathology of Alzheimer's disease. While Leca-

nemab is a promising drug, it's important to remember that it's not yet widely available. The safety and efficacy of the medicine still need to be studied in more detail. Additionally, the price may be high at first, which may limit its availability.

In Finland, lecanemab is expected to arrive next year if it is approved by the Finnish Medicines Agency Fimea, but the introduction of the drug will require careful evaluation and a clear selection of patients.

It is important to emphasize that research into Alzheimer's disease is ongoing and that new treatments are being developed all the time. Lecanemab is one of the promising alternatives, but it is not yet the solution to all problems for people with Alzheimer's disease. More research and development is needed to defeat Alzheimer's once and for all.

However, there is reason to hope that in the future there will be opportunities for more effective treatments and even prevention of the disease.

NB:

This article does not replace the information provided by the doctor. People with Alzheimer's disease should discuss their treatments with their own doctor.

RUSSIAN WAR AGAINST UKRAINE

We Are Developing Our Victory Plan in Communication with Our Partners; Additionally, Work is Underway to Prepare the Second Peace Summit – Address by the President



18 October 2024 - 18:34

I wish you health, fellow Ukrainians!

Today I am already in Kyiv. We are working on the results of our negotiations, which include meetings in Europe and discussions with our partners. There was a conversation with President Biden. We are preparing for meetings in Ukraine with the American

team of political and military representatives. Earlier, our representatives – the Chief of the General Staff and Deputy Prime Minister Stefanishyna – were in Washington. Minister of Defense Umerov, Minister of Foreign Affairs Sybiha, and Commander-in-Chief Syrskyi are working with their counterparts in Europe. We are developing our Victory Plan in communication with our partners.

Additionally, work is under – offering solutions, sug- way to prepare the second gesting paths, and directing Peace Summit – good faith work so that every partner diplomacy. We need to end benefits from cooperation the war in a way that gua- with Ukraine.

rantees security and peace And one more thing. for Ukrainians and all of Today, I would like to thank Ukraine. Relevant meetings our Ukrainian law enforce- will be held by the Head ment officers, particularly of my Office Yermak and the National Police, eve- Prime Minister of Ukraine ryone who works to ensure Shmyhal. I am grateful to law and order in Ukraine. every leader and every state Almost every week, they that has embraced our achieve results in fighting arguments on security and is crime. Recently, I received ready to help in ways that a report on one such ope- can steer the current situa- tion toward peace.

Today, there was also drug laboratories were eli- a report by Comman- minated. The turnover was der-in-Chief Syrskyi. It was almost UAH 350 million about the front. It was about per month. This was signifi- our directions. It was about cant, interregional criminal the Kursk Operation. We activity. The same goes for are defending our positions. countering arms trafficking, A meeting was held regard- illegal arms trafficking, and ing the railway operation protecting our people from in Ukraine. I am grateful other forms of crime. It is to everyone who works for very important that insti- tutions work to ensure in- the company. Right now, ternal security in Ukraine. Ukrzaliznytsia is holding And I thank all those who our country up in many res- are truly professional in pects. Today, Deputy Prime Minister Fedorov also de- this.

delivered a report – we have Glory to Ukraine!
some good results. And License: Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International. The use of any materials posted on the website is permitted provided you link to www.president.gov.ua regardless of full or partial use of materials.
this is what matters most for Ukraine – having daily, weekly results for our state and people. Having constant new support for our defense. And having more opportunities to bring peace closer. Ukraine must be a leader in any situation

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

TASS a few days before the Russian invasion into Ukraine

TASS 20 Feb 2022, 22:56

Russia not invading Ukraine and has no such plans – Russian ambassador to US

The leadership of our country has repeatedly declared and continues to declare its readiness to continue solving outstanding problems through diplomacy, Anatoly Antonov said

Federation, the United States, or any other country is no exception. Russian troops are on our sovereign territory. We don't threaten anyone. Why do other countries try to dictate to us where can we deploy our troops and how many. I would like to emphasize once again that this is our own territory. Can one even imagine that Russia will demand the U.S. not to deploy its troops in Alaska or Florida? I am sure that such a requirement would be unacceptable for the United States.," he said.

WASHINGTON, February 20. /TASS/. Russia has no plans of any "invasion" of Ukraine and is not implementing it now, Russian Ambassador to the United States Anatoly Antonov said in an interview with CBS.

"There are no such plans," he said.

"The leadership of our country has repeatedly declared and continues to declare its readiness to continue solving outstanding problems through diplomacy. <...> Every state has the right to protect its territory and borders. The Russian

The interview was aired on CBS on Sunday. The transcript released later demonstrated that the TV company has abridged Antonov's answers. The interview was not aired live.

The West and Kiev have recently been echoing allegations about Russia's potential invasion of Ukraine. Kremlin Spokesman Dmitry Peskov castigated these claims as "empty and un-

We don't threaten anyone.



founded", serving as a ploy to escalate tensions

Ukraine would have serious consequences.

Peskov pointed out that Russia did not pose any threat whatsoever to anyone.

Peskov pointed out that Russia did not pose any threat whatsoever to anyone. However, Peskov did not rule out the possibility of provocations aimed at justifying such claims and warned that attempts to use military force to resolve the crisis in southeastern

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Comment:

"Peskov warned that attempts to use military force to resolve the crisis in southeastern Ukraine would have serious consequences."

Yes. He was perfectly right. It did have serious consequences. Above all for Russia.

Image: Lexica.art

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

Parts of Putin's speech on February 24, 2022, the day when Russia attacked Ukraina

"It is not our plan to occupy the Ukrainian territory. We do not intend to impose anything on anyone by force"

I consider it necessary today to speak again about the tragic events in Donbass and the key aspects of ensuring the security of Russia.

I will begin with what I said in my address on February 21, 2022. I spoke about our biggest concerns and worries, and about the fundamental threats which irresponsible Western politicians created for Russia consistently, rudely and unceremoniously from year to year. I am referring to the eastward expansion of NATO, which is moving its military infrastructure ever closer to the Russian border.

It is a fact that over the past 30 years we have been patiently trying to come to an agreement with the leading NATO countries regarding the principles of equal and indivisible security in Europe. In response to our proposals, we invariably faced either cynical deception and lies or attempts at pressure and blackmail, while the North Atlantic alliance continued to expand despite our protests and concerns. Its military machine is moving and, as I said, is approaching our very border.

In December 2021, we made yet another attempt to reach agreement with the United States and its allies on the principles of European security and NATO's non-expansion. Our efforts were in vain. The United States has not changed its position. It does not believe it necessary to agree with Russia on a matter that is critical for us. The United States is pursuing its own objectives, while neglecting our interests.

In 1940 and early 1941 the Soviet Union went to great lengths to prevent war

Of course, this situation begs a question: what next, what are we to expect? If history is any guide, we know that in 1940 and early 1941 the Soviet Union went to great lengths to prevent war or at least delay its outbreak. To this end, the USSR sought not to provoke the potential aggressor until the very end by refraining or postponing the most urgent and obvious preparations it had to make to defend itself from an imminent attack. When it finally acted, it was too late.

As a result, the country was not prepared to counter the invasion by Nazi Germany, which attacked our Motherland on June 22, 1941, without declaring war. The country stopped the enemy and went on to defeat it, but this came at a tremendous cost. The attempt to appease the aggressor ahead of the Great Patriotic War proved to be a mistake which came at a high cost for our people. In the first months after the hostilities broke out, we lost vast territories of strategic importance, as well as millions of lives. We will not make this mistake the second time. We have no right to do so.

We had to stop that atrocity, that genocide of the millions of people

As I said in my previous address, you cannot look without compassion at what is happening there. It became impossible to tolerate it. We had to stop that atrocity, that genocide of the millions of people who live there and who pinned their hopes on Russia, on all of us. It is their aspirations, the feelings and pain of these people that were the main motivating force behind our decision to recognise the independence of the Donbass people's republics.



In this context, in accordance with Article 51 (Chapter VII) of the UN Charter, with permission of Russia's Federation Council, and in execution of the treaties of friendship and mutual assistance with the Donetsk People's Republic and the Lugansk People's Republic, ratified by the Federal Assembly on February 22, I made a decision to carry out a special military operation.

To protect people who, for eight years now, have been facing humiliation and genocide

The purpose of this operation is to protect people who, for eight years now, have been facing humiliation and genocide perpetrated by the Kiev regime. To this end, we will seek to demilitarise and denazify Ukraine, as well as bring to trial those who perpetrated numerous bloody crimes against civilians, including against citizens of the Russian Federation.

It is not our plan to occupy the Ukrainian territory

It is not our plan to occupy the Ukrainian territory. We do not intend to impose anything on anyone by force.

We will seek to demilitarize

and denazify Ukraine

To this end, we will seek to demilitarize and denazify Ukraine, as well as bring to trial those who perpetrated numerous bloody crimes against civilians, including against citizens of the Russian Federation.

I would also like to address the military personnel of the Ukrainian Armed Forces.

Comrade officers,

I urge you to refuse to carry out their criminal orders. I urge you to immediately lay down arms and go home. I will explain what this means: the military personnel of the Ukrainian army who do this will be able to freely leave the zone of hostilities and return to their families.

I want to emphasise again that all responsibility for the possible bloodshed will lie fully and wholly with the ruling Ukrainian regime.

Russia will respond immediately, and the consequences will be such as you have never seen in your entire history

I would now like to say something very important for those who may be tempted to interfere in these developments from the outside. No matter who tries to stand in our way or all the more so create threats for our country and our people, they must know that Russia will respond immediately, and the consequences will be such as you have never seen in your entire history. No matter how the events unfold, we are ready. All the necessary decisions in this regard have been taken. I hope that my words will be heard.

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

The advance of Russia and the new world

Here are parts of an article published by Ria Novosti (a Russian news agency surely never publishing anything without Kreml's permission") on February 26, 2022, two days after the start of the Russian military operation in Ukraine.

Two days after the start of the war - and Ria Novosti is declaring the victory over Ukraine. "Now this problem is gone - Ukraine has returned to Russia."

This article is also proof that the goal of Russia's war of aggression was to conquer all of Ukraine, incorporate it into Russia, and recreate the former Soviet Union. "Russia is restoring its unity - the tragedy of 1991, this terrible catastrophe of our history, its unnatural dislocation, has been overcome."

"Russia is returning."

"A new world is being born before our eyes. Russia's military operation in Ukraine has opened a new era - in three dimensions at once. And of course, in the fourth, domestic Russian one. Here a new period begins both in ideology and in the very model of our socio-economic system - but this is worth discussing separately a little later.

Russia is restoring its unity - the tragedy of 1991, this terrible catastrophe of our history, its unnatural dislocation, has been overcome. Yes, at a great cost, yes, through the tragic events of a de facto civil war, because now brothers, divided by their belonging to the Russian and Ukrainian armies, are still shooting at each other - but Ukraine as anti-Russia will no longer exist. Russia is restoring its historical completeness, gathering the Russian world, the Russian people together - in all its totality of Great Russians, Belarusians and Little Russians. If we had refused this, had allowed the temporary division to become entrenched for centuries, then we would not only have betrayed the memory of our ancestors, but would also have been cursed by our descendants - for allowing the disintegration of the Russian land.

Vladimir Putin has taken upon himself - without a drop of ex-

aggeration - historical responsibility, deciding not to leave the solution of the Ukrainian question to future generations.

After all, the need to solve it would always remain the main problem for Russia - for two key reasons. And the issue of national security, that is, the creation of an anti-Russia and an outpost for the West to put pressure on us from Ukraine, is only the second most important of them.

The first would always remain the complex of a divided people, the complex of national humiliation - when the Russian house first lost part of its foundation (Kyiv), and then was forced to come to terms with the existence of two states, not one, but two peoples. That is, either to renounce its history, agreeing with the crazy versions that "only Ukraine is the real Rus'", or helplessly gnash its teeth, remembering the times when "we lost Ukraine". Returning Ukraine, that is, turning it back to Russia, would be more and more difficult with each decade - the recoding, de-Russification of Russians and setting Little Russians-Ukrainians against Russians would gain momentum. And in the case of the consolidation of complete geopolitical and military control

of the West over Ukraine, its return to Russia would beco-

me completely impossible - it would be necessary to fight for it with the Atlantic bloc.

Now this problem is gone - Ukraine has returned to Russia. This does not mean that its statehood will be liquidated, but it will be restructured, re-established and returned to its natural state of being part of the Russian world. Within what borders, in what form will the union with Russia be secured (through the CSTO and the Eurasian Union or the Union State of Russia and Belarus)? This will be decided after the period in the history of Ukraine as anti-Russia is put to rest. In any case, the period of the split of the Russian people is ending.

And here begins the second dimension of the coming new era - it concerns relations between Russia and the West. Not even Russia, but the Russian world, that is, three states, Russia, Belarus and Ukraine, acting in geopolitical terms as a single whole. These relations have entered a new stage - the West sees Russia returning to its historical borders in Europe. And it loudly resents this, although deep down it must admit to itself that it could not have been otherwise.

Did anyone in the old European capitals, in Paris and

Berlin, seriously believe that Moscow would abandon Kiev? That the Russians would forever be a divided people? And at the same time, when Europe is uniting, when the German and French elites are trying to wrest control over European integration from the Anglo-Saxons and assemble a united Europe? Forgetting that the unification of Europe became possible only thanks to the unification of Germany, which happened by Russian good will (even if not very smart). To then set their sights on Russian lands is the height of not even ingratitude, but geopolitical stupidity. The West as a whole, and even more so Europe separately, did not have the strength to keep Ukraine in its sphere of influence, much less take it for itself. Not to understand this, one would have to be a geopolitical fool.

More precisely, there was only one option: to bet on the further collapse of Russia, that is, the Russian Federation. But the fact that it did not work should have become clear twenty years ago. And already fifteen years ago, after Putin's Munich speech, even the deaf could hear - Russia is returning."

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

What Russia Should Do with Ukraine

Published by Ria Novosti 09:15 04.04.2022

If Russia were to win the war of aggression against Ukraine and take control of the entire country, this would not mean an end to the suffering of the people of Ukraine, on the contrary, it would be the beginning of a new severe suffering for the next 25 years. This article, published in April 2022 by Ria Novosti, the state and state-controlled news agency that never publishes anything without the Kremlin's permission, shows the fate that Ukraine would be deprived of after a defeat.

Here are some important parts of this article.

RIA Novosti columnist Timofey Sergeytsev shared his thoughts on what the denazification of Ukraine implies and why it is needed. "RIA Novosti columnist Timofey Sergeytsev shared his thoughts on what the denazification of Ukraine implies and why it is needed."

A significant part of the people are Nazis

"Denazification is necessary when a significant part of the people - most likely, its majority - is drawn into the Nazi regime's policy. That is, when the hypothesis "the people are good - the government is bad" does not work. Recognition of this fact is the basis of the policy of denazification, all its measures, and the fact itself is its subject."

"Nazis who have taken up arms must be destroyed on the battlefield to the maximum extent possible.

No significant distinction should be made between the Ukrainian Armed Forces and the so-called national battalions, as well as the territorial defense that has joined these two types of military formations. All of them are equally involved in extreme cruelty towards the civilian population, equally guilty of the genocide of the Russian people, and do not

comply with the laws and customs of war. War criminals and active Nazis must be punished in an exemplary and demonstrative manner. Total lustration must be carried out."

A significant part of the masses are also guilty

"However, in addition to the top, a significant part of the masses, who are passive Nazis, accomplices of Nazism, are also guilty.

The further denazification of this mass of the population consists of re-education, which is achieved by ideological repression (suppression) of Nazi attitudes and strict censorship: not only in the political sphere, but also necessarily in the sphere of culture and education."

"The period of denazification cannot be shorter than one generation, which must be born, grow up and reach maturity under the conditions of denazification."

"In this case, the necessary initial steps of denazification can be defined as liquidation of armed Nazi

formations (which are understood to mean any armed formations of Ukraine, including the Armed Forces of Ukraine), as well as the military, information, and educational infrastructure that ensures their activity;

the formation of organs of popular self-government and militia (defense and law enforcement) of liberated territories, protecting the population from the terror of underground Nazi groups;

installation of the Russian information space;

confiscation of educational materials and prohibition of educational programs at all levels that contain Nazi ideological principles;

mass investigative actions to establish personal responsibility for war crimes, crimes against humanity, the dissemination of Nazi ideology and support for the Nazi regime;"

Forced labor as punishment for Nazi activities (from among those to whom the death penalty or imprisonment will not be applied)

lustration, publication of the names of accomplices of the Nazi regime, their forced labor to restore the destroyed infrastructure as punishment for Nazi activities (from among those to whom the death penalty or imprisonment will not be applied);

the adoption at the local level, under the supervision of Russia, of primary normative acts of denazification "from below", the prohibition of all types and forms of the revival of Nazi ideology;

the establishment of memorials, commemorative signs, and monuments to the victims of Ukrainian Nazism, perpetuating the memory of the heroes of the fight against it;

inclusion of a set of anti-fascist and denazification norms in the constitutions of the new people's republics;"

This will go on for 25 years

"creation of permanent denazification bodies for a period of 25 years."

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

Dmitry Medvedev's Rhetoric on Ukraine: A Glimpse into His Language and Ideology

Dmitry Medvedev, the former President of Russia and current Deputy Chairman of the Security Council, has once again attracted attention with a provocative and incendiary statement about the ongoing conflict in Ukraine. On August 30, Medvedev posted a message on Telegram that stands out for its harsh language and extreme accusations, revealing the extent to which Russian political discourse has escalated in recent years.

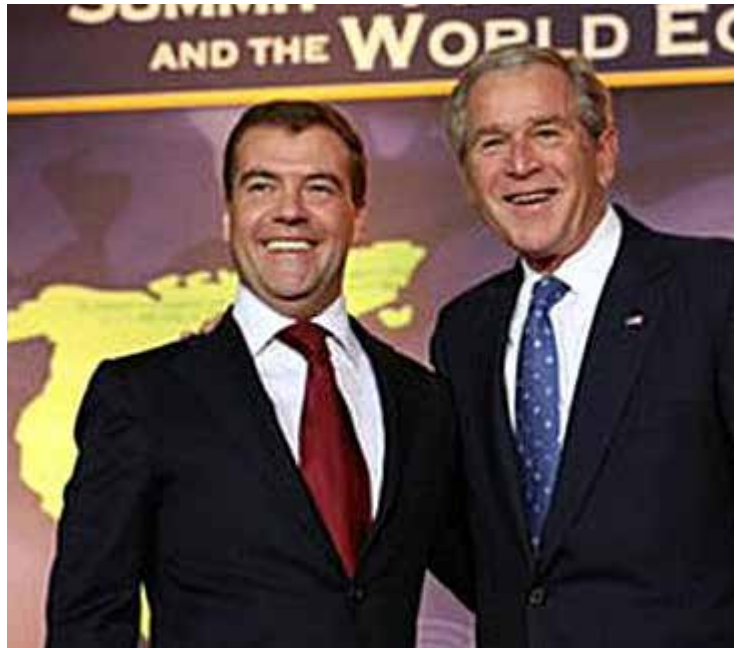
In his post, Medvedev launches into a tirade against the Ukrainian government and its Western allies, labeling them with a string of derogatory terms. He refers to Ukrainian leaders as "Kyiv neo-Nazis" and claims that they are "desperately supported" by what he describes as "rabid animals who guard the Western world today." These comments not only reflect a starkly hostile stance but also employ dehumanizing language, a tactic often used to demonize opponents and justify aggressive actions.

Medvedev goes on to make sweeping accusations about the motivations behind Ukraine's efforts to regain control over the Donbass region. He asserts that the Ukrainian leadership is driven solely by a desire for money, claiming, "The reason is banal: they need money. Cash - or money, in other words." According to Medvedev, this financial desperation stems from the alleged corruption and economic mismanagement by President

Zelensky's administration, which he describes as a "criminal clique" that has led Ukraine to "disaster."

One of the most striking elements of Medvedev's message is his use of grotesque metaphors and insults to describe both Ukrainian and Western figures. For instance, he refers to U.S. President Joe Biden's administration as "Biden's half-dead dog" and dismisses other Western leaders as "insignificant homunculi standing by a stinking trough in the so-called Baltics." Such language is unusually coarse for a former head of state, suggesting a deliberate attempt to provoke and appeal to a specific audience that resonates with such rhetoric.

Medvedev also delves into the economic aspects of the conflict, specifically focusing on Ukraine's mineral resources. He argues that Western countries are primarily interested in Ukraine because of its vast mineral wealth, particularly in the Donbass region. He notes, "according to open sources, the total value of Ukraine's mineral resource base is estimated at almost \$14.8 trillion," with a significant portion located in regions that are now controlled by Russia. This framing suggests that Medvedev views the conflict as not just a geopolitical struggle but also a resource war, with the West exploiting Ukraine for its natural riches.



Dmitry Medvedev and George W. Bush

In a particularly alarming section of his post, Medvedev accuses Western powers of having no regard for Ukrainian lives, claiming they are pushing for a war "to the last Ukrainian" in order to gain access to these resources. He writes, "The lives of ordinary Ukrainians do not matter. That is the entire cynical interest of the green meat and hairy dung flies from the Anglo-Saxon world." This vivid and repugnant imagery serves to further dehumanize both Western leaders and the Ukrainian people, painting them as mere pawns in a larger, malevolent scheme.

Medvedev's rhetoric culminates in a grim prediction for Ukraine's future, suggesting that the country is on the brink of "rapid decomposition and inevitable collapse." He argues that with much of its resource base now under Russian control, Ukraine

has little left to sustain itself and will soon face economic ruin. This apocalyptic vision is presented with a sense of satisfaction, as Medvedev concludes that the "resource base illegally obtained by Bandera's creatures at the end of the 20th century has returned to their native country."

Overall, Medvedev's Telegram post is a stark example of how the conflict in Ukraine is being framed within Russian political discourse. The use of inflammatory language, dehumanizing metaphors, and extreme accusations reflects not only the depth of hostility but also a deliberate strategy to vilify opponents and justify Russia's actions. For a former president of a global power, such rhetoric is both surprising and unsettling, highlighting the extent to which the norms of political communication have shifted in the current geopolitical climate.

CAUSERIE

Soil floor or concrete – an unexpected health issue?

We have long seen concrete floors as a sign of modernity and hygiene. But what if the old truth that dirt floors are unhealthy isn't true?

An ongoing study in Bangladesh is now challenging our prejudices about the role of flooring for our health.

The official name of the study is «Cement floors and child health (CRADLE): a randomized trial in rural Bangladesh» and it can be found online. The study is led by Jade Benjamin-Chung, a researcher at Stanford University in the United States.

Researchers in Bangladesh are now comparing whether small children in houses with soil floors get more intestinal infections than children in houses with concrete floors. The results of the study could have major consequences, not only for developing countries, but also for our own home environments.

What if it turns out that soil floors, with their natural materials, can actually have a positive impact on our health? Perhaps soil floors can contribute to a more balanced microbiome, that is, the billions of



bacteria that live in and on us. There is a growing body of research that shows that our gut flora plays a crucial role in our health.

If the study in Bangladesh shows that soil floors can be healthier, what does

that mean for us here in our Nordic countries? Should we start tearing up our concrete floors and replacing them with dirt floors? Maybe not fully, but it can force us to rethink our homes and our relationship with nature.

Perhaps we can be inspired by other cultures where dirt floors are a natural part of the living. Perhaps we can find ways to combine modern conveniences with more natural materials.

It's important to remember that a single study doesn't provide the whole truth. But it can ignite new thoughts and discussions. Maybe it's time to question some of our ingrained notions of what is hygienic and healthy.

So, while we wait for the results from Bangladesh, we can consider the following questions:

What advantages and disadvantages do we see with earth floors and concrete floors?

How can we create homes that are both healthy and comfortable?

How can we balance our needs for modernity and contact with nature?

Whatever the results of the study, it can contribute to an important discussion about our living environment and our health. Maybe it's time to look at our homes with new eyes and discover new ways to live more sustainably and healthily.

ASTRONOMY



Next year the sun and moon will get dark - as always

Next year, too, there will be regular activity in the sky again.

The sun and moon are doing what they have been doing for billions of years – getting darker. These celestial events have always aroused wonder and even fear in people, but today we know that they are only phenomena according to the laws of nature.

Lunar eclipse dates: A partial lunar eclipse will take place on March 25, 2024, and a partial lunar eclipse is also expected on September 17, 2024, both visible from Finland. A total solar eclipse will be seen around the world on April 8, 2024; However, it is not visible in Finland. Both lunar eclipses will therefore

be visible in Finland, which provides excellent observation opportunities.

Eclipses should never be viewed directly at the sun, as this can permanently damage the eyes

Solar and lunar eclipses are like the universe's own little theatrical performance. In a solar eclipse, the moon passes between the Earth and the sun, shading the light of the sun. In a lunar eclipse, on the other hand, the Earth passes between the sun and the moon, casting its shadow on the moon. These events can be seen in different parts of the globe every year, sometimes several times.

Although eclipses are recurring events, they are never exactly the same. The duration, field of vision, and even color of eclipses may vary. For example, solar eclipses

can be partial or total, and lunar eclipses can be reddish as sunlight refracts through the Earth's atmosphere.

Today, we have accurate computer programs that allow us to predict future eclipses decades in advance. This is a huge step forward compared to ancient peoples, who often interpreted eclipses as signs of wrath from the gods.

But why, then, are we still fascinated by the changes taking place in the sky? Maybe it's because eclipses remind us of our own smallness and that we are part of something much bigger. Or maybe it's just that amazing feeling of seeing the sky change in an instant.

Whatever the reason, it is certain that next year's eclipses will once again arouse people's curiosity and admiration. Following them is a great way to remind yourself of what a wonderful and diverse world surrounds us.

What's next?

If you are interested in follo-

wing next year's eclipses, you should check out your local astronomical societies or websites. Here you will find more detailed information about when and where the eclipses will be visible. You can also get yourself a small telescope or binoculars to observe events in the sky more closely.

Remember: Eclipses should never be viewed directly at the sun, as this can permanently damage the eyes. Always wear appropriate safety glasses or other protective equipment.

So next year, too, there will be regular activity in the skies again. The sun and moon are getting darker, as they always have been. These celestial events are a great opportunity to stop for a moment and admire the beauty of the universe.

AI

AI-Generated Podcasts: A New Era of Audio Content with NotebookLM

In the rapidly evolving landscape of digital media, artificial intelligence continues to push boundaries, reshaping industries and redefining creative processes. One of the most groundbreaking developments is Google's NotebookLM, an advanced language model with the potential to revolutionize the podcasting world. With its ability to generate human-quality audio content, NotebookLM is paving the way for a new era of AI-driven storytelling, education, and entertainment.

The Emergence of AI-Generated Podcasts

As the podcasting industry continues to grow at an unprecedented rate, content creators and media companies are always on the lookout for innovative tools to streamline production and enhance creativity. NotebookLM, initially celebrated for its ability to generate high-quality written content, has now ventured into the realm of audio. This cutting-edge technology is capable of producing podcasts that are nearly indistinguishable from those created by human hosts, opening up exciting possibilities for the future of digital content.

The appeal of Note-

bookLM-generated podcasts lies in several key features that set them apart from traditional podcasts:

Natural-Sounding Voice: NotebookLM can produce audio content with a voice that mimics the natural cadence and tone of human speech. This makes it difficult for listeners to discern that the podcast is AI-generated, offering a seamless listening experience.

Diverse Range of Topics: Whether it's breaking news, current events, or light-hearted storytelling, NotebookLM can tackle a wide array of subjects. Its versatility makes it an ideal tool for content creators looking to explore different genres without the constraints of time and labor-intensive production.

Customizable Formats: The model can generate podcasts in various formats, including monologues, interviews, and panel discussions. This flexibility enables creators to experiment with different styles and cater to the unique preferences of their audience.

Real-Time Generation: One of the most remarkable features of NotebookLM is its ability to generate content in real-time. This makes it possible to create

on-demand podcasts that keep up with rapidly evolving events, such as news reports or live commentary.

Potential Applications in Various Industries

The potential applications for NotebookLM podcasts are vast, and they have the ability to transform the way information is consumed across multiple industries:

News and Current Events: Journalists and media outlets can use NotebookLM to produce timely, accurate, and engaging news podcasts. The AI's capacity to quickly synthesize information ensures that listeners are always kept up to date on the latest developments.

Education: The rise of educational podcasts has made learning more accessible, and NotebookLM can enhance this trend. It can generate informative content on a wide range of subjects, from history and science to language learning, making education more engaging and tailored to individual needs.

Entertainment: AI-generated podcasts can entertain listeners with fictional stories, jokes, and even creative narratives. The model can generate plotli-

nes, characters, and dialogue, allowing for endless possibilities in the world of entertainment.

Personalized Content: By analyzing listener preferences, NotebookLM can tailor podcasts to suit individual interests. Whether a listener prefers in-depth political analysis or light-hearted conversations, the AI can craft content to match specific tastes.

Ethical Considerations and Challenges

While the potential of NotebookLM podcasts is immense, it raises important ethical questions. The rapid development of AI-generated content has sparked concerns about the accuracy and integrity of the information being disseminated. In particular, the risk of spreading misinformation or displacing human creators poses significant challenges.

The creators of NotebookLM acknowledge these concerns and stress the importance of responsible usage. As AI-generated content continues to evolve, it will be crucial to establish guidelines and regulations to ensure transparency and accountability in content creation. Protecting the integrity of



creators an opportunity to push the boundaries of creativity and efficiency. Whether it's through educational materials, real-time news reports, or entertainment, AI-generated podcasts have the potential to reach new audiences and offer a fresh perspective on content creation.

Creating Your Own Podcast with NotebookLM: A Step-by-Step Guide

For those eager to explore this new technology, creating a podcast with NotebookLM is a straightforward process. Here's how you can get started:

Define Your Concept: Begin by deciding on the topic, target audience, and format of your podcast. Whether it's a conversational format or a narrative-driven approach, having a clear vision will help guide the content generation.

Generate a Script: Use NotebookLM to create a script or outline. By providing the model with prompts or questions, you can guide the direction of the content and

ensure it aligns with your goals.

Refine and Edit: Once the script is generated, review it to make any necessary edits. This is where you can inject your personal touch or adjust the content to ensure it resonates with your audience.

Convert to Audio: You can then use a text-to-speech tool to convert the script into audio. NotebookLM can also provide suggestions for voices that suit the tone and style of your podcast.

Add Sound Elements: To enhance the listening experience, consider incorporating music, sound effects, or audio transitions that add depth to your content.

Publish and Distribute: Once your podcast is ready, distribute it on platforms like Apple Podcasts, Spotify, or Google Podcasts to reach a wider audience.

As NotebookLM continues to evolve, it promises to bring new opportunities for podcast creators, offering powerful tools to transform ideas into high-quality audio experiences. The future of podcasting is here, and it's powered by AI.

the information and safeguarding the role of human creativity must be prioritized as this new technology gains traction.

Moreover, the potential impact on employment in the media and creative sectors cannot be ignored. As AI takes on more roles traditionally reserved for humans, there may be an inevitable shift in the job market. However, AI could also serve as a tool to enhance human creativity, allowing professionals to focus on more complex tasks while the AI handles repetitive or time-consuming processes.

The Future of Podcasting with AI

NotebookLM podcasts represent a new frontier in the world of digital audio content. With the ability to generate high-quality, engaging, and diverse podcasts, this AI technology could significantly shape the future of media consumption. As with any technological advancement, it's important to strike a balance between embracing innovation and addressing its broader social and ethical implications.

As AI continues to integrate into everyday life, NotebookLM offers content

AI

Nordic Countries Unite for a Shared AI Future



The Nordic Council has set its sights on the development of artificial intelligence (AI) and its potential to shape the future of the Nordic region. At a summit in Copenhagen, a shared vision for 2030 was discussed, where the region would become a global leader in responsible and innovative AI development.

“We are in the midst of a digital revolution,” stated Karen Ellemann, Secretary-General of the Nordic Council. “The Nordic countries, with their strong research base and democratic values, have a unique opportunity to shape the development of AI in a way that benefits both our citizens and society as a whole.”

A Region with Enormous Potential

The Nordic countries have long been pioneers in digital innovation. With a highly educated population, a strong startup ecosystem, and international cooperation, the region is well-positioned to take a leading role in AI. By prioritizing human well-being and democratic values, the Nordic countries can develop AI solutions that are both innovative and ethical.

“We have a responsibility to be at the forefront of responsible AI,” emphasized Ellemann. “Through collaboration, we can maximize the potential of AI while minimizing the risks.”

Challenges and Solu-

tions

Despite the great opportunities, there are also challenges to overcome. One of the biggest is the shortage of qualified professionals in the field of AI. Educational institutions must adapt their programs to meet the growing demand for AI experts. Additionally, more collaboration is needed in data sharing to develop more advanced AI solutions.

“Data is key to successful AI development,” stated Ellemann. “We must find ways to share data securely and efficiently while protecting privacy.”

A Shared Vision for 2030

The Nordic Council has presented a vision for 2030

where the Nordic countries become world leaders in responsible AI. The goal is to use AI to strengthen competitiveness, improve public services, drive sustainable development, and secure cybersecurity.

“We want to create a future where AI serves people,” said Ellemann. “Through collaboration, we can shape a future where AI is a force for good.”

At the meeting in Copenhagen, representatives from both the public and private sectors discussed how this vision can be realized. While there is still much work to be done, it is clear that the Nordic countries have an ambitious goal to be a global leader in AI development.

AI

The best AI is yet to be decided



In the rapidly evolving landscape of artificial intelligence, a handful of models have emerged as frontrunners in the race to create the most capable and versatile AI assistants. GPT-3.5, GPT-4, GPT-4.0, Gemini Pro, Monica, and Claude 3.5 are all vying for the top spot, each with its own strengths and weaknesses.

As the AI industry continues to advance at breakneck speed, the question of

which model reigns supreme remains open for debate.

GPT-3.5 and GPT-4, developed by OpenAI, have garnered significant attention for their impressive natural language processing capabilities. GPT-3.5 offers a good balance of performance and cost-effectiveness, making it accessible to a wider range of users. GPT-4, on the other hand, boasts enhanced reasoning abilities and improved context understanding, but comes with a hefty price tag.

Google's Gemini Pro has entered the fray with promising multimodal capabilities, able to process and

ability to engage in more nuanced, emotionally aware dialogues sets it apart.

Claude 3.5, developed by Anthropic, has gained recognition for its strong emphasis on safety and ethical considerations. With built-in safeguards and a commitment to responsible AI development, Claude 3.5 appeals to users who prioritize trustworthiness and ethical alignment in their AI interactions.

As these models continue to evolve, their relative strengths and weaknesses shift. GPT-4.0, for instance, promises even greater capabilities than its predecessor, but details remain scarce.

generate both text and images. This versatility gives it an edge in certain applications, particularly those requiring visual understanding alongside language processing.

The rapid pace of development means that today's leader could be overtaken by tomorrow's innovation. Each model presents its own set of advantages and drawbacks. While some excel in raw processing power and breadth of knowledge, others shine in specific domains or in their approach to user interaction.

Monica, a lesser-known contender, has carved out a niche for itself with its focus on emotional intelligence and empathy in conversations. While it may not match the raw processing power of some competitors, its

As researchers push the boundaries of what's possible in AI, we can expect to see even more powerful and sophisticated models emerge. The competition between these AI giants drives innovation, pushing each to improve and differentiate itself from the pack.

For now, the crown of "best AI" remains unclaimed, with each model offering its own unique contribution to the field. As these technologies continue to advance, users and developers alike will need to carefully consider their specific requirements and ethical considerations when choosing an AI model.

The AI landscape is far from settled, and the best may indeed be yet to come. As we stand on the cusp of even greater breakthroughs in artificial intelligence, one thing is certain: the race to create the ultimate AI assistant is far from over.

AI

20 Everyday Abbreviations You Need to Know (and Maybe a Few You Don't)



Abbreviations are everywhere these days. From texting acronyms to technical jargon, those handy 3-letter (and sometimes longer) combos can be confusing if you're not in the know. But fear not, fellow abbreviation adventurer! This article will equip you with the knowledge to decipher 20 of the most common abbreviations you'll encounter in everyday life.

1. **LOL:** Laughing Out Loud (This one might already be a classic for many!)
2. **BRB:** Be Right Back (Perfect for a quick bathroom break during a chat)
3. **OMG:** Oh My God (Expresses surprise or strong emotion)
4. **IMHO:** In My Humble Opinion (A way to preface your opinion politely)
5. **** ASAP:**** As Soon As Possible (Lights a fire under someone... nicely)

6. **FYI:** For Your Information (A heads-up for someone)
7. **ETA:** Estimated Time of Arrival (Lets you know when to expect someone)
8. **RSVP:** Please Reply (Formal request for a response to an invitation)
9. **PDF:** Portable Document Format (A common file format for documents)
10. **JPG:** Joint Photographic Experts Group (A popular image file format)
11. **GIF:** Graphics Interchange Format (Another image format, known for animations)
12. **TIFF:** Tagged Image File Format (Used for high-quality images)
13. **WWW:** World Wide Web (The foundation of the internet we know)
14. **HTTP:** Hypertext Transfer Protocol (The language webpages use to talk)
15. **GPS:** Global Positi-

oning System (Helps you navigate the world)

16. **ATM:** Automated Teller Machine (Your friendly neighborhood cash dispenser)
17. **DIY:** Do It Yourself (For the handy folks out there)
18. **VIP:** Very Important Person (Someone who gets special treatment)
19. **TBA:** To Be Announced (Stay tuned for more information)
20. **TBD:** To Be Determined (We're still figuring things out)

This is just a taste of the abbreviation world, but with these 20 under your belt, you'll be well on your way to deciphering the everyday lingo, from casual texts to technical documents. So, the next time you see an abbreviation that leaves you scratching your head, remember this list and keep on exploring

the wonderful world of shorthand communication!

Wasa Daily

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

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

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

The magazine is available online for free.

Editor-in-chief Hans Björknäs. Readers' writings are welcome!

The magazine is locally owned and will remain so. For ever!

Editorial office: Wasa Daily, Koulukatu 37 B 7, 65100 Vaasa, tel. +358-40-5462455.

Helsinki editorial office: Wasa Daily, Toine linja 9 B 36, 00530 Helsinki. Phone +358-40-5462455.

Email: wasadagblad@gmail.com

What is this house?



Last weeks house: Railway Station

Photo

Those who know a little more are those who read Wasa Daily

Republiken president Alexander Stubb i Vaasa 27.4.2024
Kärfestival denna vecka!
 Kalevaspeleinen i Vaasa 27-30.6.2024
 Kremli gör narr av sina motsändare - 1939 liksom nu
HERE WE ARE
vpress.fi

En ny press: Grunden för lycka och demokrati
 Sinebryhoffin taidemuseo
KÖR-FESTIVALEN
 Kremli gör narr av sina motsändare - 1939 liksom nu
HERE WE ARE
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Puccinis "TOSCA" KOMMER TILL VAASA I JANUARI
 Sinebryhoffin taidemuseo
KUORO-FESTIVAALI
 Kremli gör narr av sina motsändare - 1939 liksom nu
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Photo Supplement
Sinebryhoffin taidemuseo
Sinebryhoffin konstmuseum
Sinebryhoffin Art Museum

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 Wasa Dagblad
 Photo Supplement
Pörtöm kyrka
Pirttikylän kirkko
The Church in Pörtom

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 Tasavallan presidentti Alexander Stubb Vaasassa 27.4.2024
 Jeff Goodell: The Heat will kill you first
 Kaleva kilpailut Vaasassa 27-30.6
Hylkeenpyynti Raippaluodossa 1895
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What a wonderful start week we have ahead of us!
Cycling Week in Vaasa this week
Climate Change's Profound Impact on Finland
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I K Inha (1865-1930)
I Replot 1895
Raippaluodossa 1895

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 Kaleva Games in Vaasa 27-30.6
 Jussi Adler-Olsen
 A tree for everyone in Vaasa
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HOROSCOPE FOR OCTOBER 2024

What's in the Stars for You This Month?

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

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

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

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

Leo (July 23 - August 22): As the star of your own

show, you're ready for the spotlight. Just make sure you let others shine too—unless, of course, it's karaoke night. Then by all means, belt it out like you're headlining Madison Square Garden.

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

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

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

Sagittarius (November 22 - December 21): Adventure awaits! But maybe skip

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

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

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

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

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



HUMOUR ONE HUNDRED YEARS AGO

MR WEST

A well-known joker once came in company into a restaurant, where he saw a familiar gentleman named Wester sitting drinking toddy.

"Listen, Wester," he exclaimed, "can you tell me what is the resemblance between the sun and a toddy?"

"No", he replied.

"Well, both go down in the west," was the answer.

make their children themselves.

DAMN LUCK

— Hello, my lord, cried the energetic flower seller, buy some flowers for your darling.

- I have no sweetheart, said the young man.

- Then buy some flowers for your wife.

— I have no wife.

— Well, lucky cheese, then buy some flowers to celebrate your damn luck.

WHERE THE CHILDREN COME FROM

There was a group of three flamboyantly dressed very little girls, with barks and ribbons and precious toys and neighbor dolls, and near them was playing on the sand a poor little girl of about the same age, scantily clad and with a home-made primitive doll in her arms. The three fine children discussed the interesting question of where they came from, which proved a highly interesting topic for toddler speculation.

— I come from a rose, mother said, uttered one of the little living dolls.

— And me again, interjected No. 2, I must have come from a head of cabbage.

"I, yes I was picked up by a stork," said number three.

Whereupon she, who had come out of a rose, scornfully and proudly turned to the poor little scantily clad girl child, and said nobly:

— And you, there, where did you come from?

— Alas, answered little Cinderella, we are so poor, so terribly poor back home, that mother and father have to

THE CUCKOO

The teacher (who told about the cuckoo):

— Well, what is it in the main that you now know about the cuckoo?'

Student:

— It does not lay its own eggs.

Astronomical image of the week:



Mars Hubble.jpg

NASA's Hubble Space Telescope took the picture of Mars on June 26, 2001, when Mars was approximately 68 million kilometers (43 million miles) from Earth — the closest Mars has ever been to Earth since 1988. Hubble can see details as small as 16 kilometers (10 miles) across. The colors have been carefully balanced to give a realistic view of Mars' hues as they might appear through a telescope. Especially striking is the large amount of seasonal dust storm activity seen in this image. One large storm system is churning high above the northern polar cap (top of image), and a smaller dust storm cloud can be seen nearby. Another large dust storm is spilling out of the giant Hellas impact basin in the Southern Hemisphere (lower right).

👤 NASA and The Hubble Heritage Team (STScI/AURA)

🔒 Public domain

NEXT WEEK:



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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