

WASA DAILY

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EERO JÄRNEFELT

Ozempic

Jupiter

**Meta Isæus-Berlins
näyttely Kuntsissa**

HERE WE ARE:

vpress.ovh



TODAY

Editorial: Can Art Prolong Life? Exploring the Science Behind the Claim

It's a poetic notion: art prolongs life. But is there truth to the idea that engaging with the arts—whether by creating, observing, or experiencing it—can actually extend our years? Emerging research suggests the answer might be a qualified "yes."

Art's impact on human well-being is increasingly recognized in the scientific and medical communities. Studies reveal that regular engagement with cultural activities such as visiting museums, attending concerts, or creating art can have measurable health benefits. For example, a 2019 study published in *The BMJ* found that people who frequently engaged in the arts were at a lower risk of dying prematurely.

The research conducted by Professor Daisy Fancourt and published in *BMJ* revealed that individuals who participated in receptive arts activities infrequently (once or twice a year) had a 14% lower risk of dying at any point during the follow-up period (809 out of 3042 deaths, hazard ratio 0.86,

95% confidence interval 0.77 to 0.96) compared to those who did not participate at all (837 out of 1762 deaths). Moreover, those who engaged in receptive arts activities more frequently (every few months or more) experienced a 31% lower risk of dying (355 out of 1906 deaths, hazard ratio 0.69, 95% confidence interval 0.59 to 0.80), regardless of demographic, socioeconomic, health-related, behavioral, and social factors. The results remained consistent across various sensitivity analyses, showing no influence of sex, socioeconomic status, or social factors. It is important to note that this study was observational, thus causality cannot be inferred.

The study concluded that participation in receptive arts may have a protective association with longevity in older adults. This association could be partially attributed to differences in cognition, mental health, and physical activity between those who engage in the arts and those who do not, but it persists even when these factors are accounted for in the model.

Creating art is especially powerful. Neu-

roscientists have found that painting, drawing, or crafting activates the brain's reward system, releasing dopamine, which is crucial for mood regulation. Furthermore, the meditative aspects of artistic creation can lower cortisol levels, combating stress—a known contributor to numerous chronic diseases.

Engaging with art also fosters social connection, a key factor in longevity. Loneliness has been identified as a risk factor for premature death, on par with smoking or obesity. Art-based social activities, such as group painting classes or choral singing, provide opportunities for community building, promoting emotional resilience and physical health.

The link between art and physical health isn't just anecdotal. Researchers at University College London found that attending cultural events can improve cognitive function, which is associated with longer life spans. This aligns with findings in gerontology: maintaining mental stimulation and learning new skills as we age helps stave off neurodegenerative diseases.

Art's capacity to evoke awe and wonder might also be a factor.

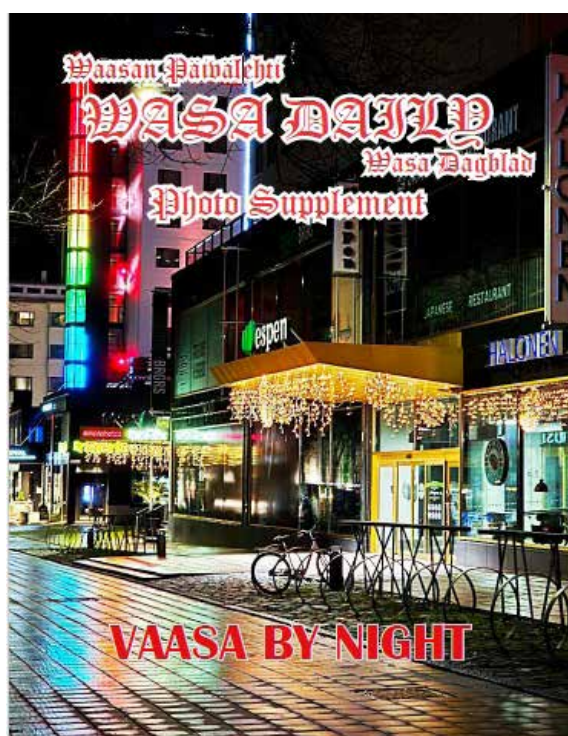
Experiencing awe has been linked to improved heart health, reduced inflammation, and greater psychological well-being. Visiting a gallery or being moved by a symphony isn't just a fleeting pleasure—it could be a subtle act of self-preservation.

So, does art truly prolong life? While it might not work like a miracle cure, the evidence suggests that living a life enriched by creativity and culture can enhance both the quality and quantity of our years. In a world that increasingly prioritizes productivity

over introspection, art reminds us to pause, reflect, and connect—with ourselves and others.

The takeaway is clear: art is not a luxury, but a necessity. Whether you paint, sing, or simply appreciate the arts, these activities are investments in your health and well-being. If you haven't yet embraced the arts as part of your daily life, now might be the perfect time to start. After all, the canvas of life is richer—and perhaps a little longer—when painted with the colours of creativity.

Photo Supplement



Cover picture: Sunset in the Sundom Archipelago

Photo Supplement - vpress.ovh

NEWS



Eero Järnefelt exhibited in Vaasa – a tribute to nature and Finnish culture

The exhibition at Tikanoja opened yesterday

One of Finland's best-loved artists, Eero Järnefelt (1863–1937) has an extensive retrospective exhibition at Tikanoja Art Home in Vaasa. The exhibition,

which opened yesterday 23 November 2024 and runs until 25 May 2025, offers an in-depth look at Järnefelt's life and artistry. Digital presentations of some 70 original

works and 30 sketches highlight the exhibition's passion for nature, people and Finnish identity.

The enchanting details of

nature

Järnefelt is best known as a photographer of Finnish nature and folk life. His iconic works such as *Koli Landscape* and *Rye Workers/Sveden* (1893) demonstrate his ability to capture both the great and the subtle in nature. His detailed and emotional performances raise questions about today's relationship with the environment – is the nature he depicts even left?

The exhibition highlights Järnefelt's fascination with nature's wonders, big and small. His art reflects a deep respect for both forest areas and delicate aquatic plants.

Portraits of Finnish cultural figures

Järnefelt was also an important portrait painter, capturing many of the most influential figures of his time. His portraits include Profes-

sor August Ahlqvist, known for his critique of Aleksis Kivi's *The Seven Brothers*, and author and Member of Parliament Tekla Hultin. During the interwar period, Järnefelt achieved almost official portrait painter status.

Cultural heritage with roots in Vaasa

Järnefelt's connections to Vaasa go back to his childhood, when his father Alexander Järnefelt was the governor of Vaasa County. The family lived in Rantagatan and spent their summers at Maxmo's Tottesund manor, where Eero's sister Aino married Jean Sibelius. The Järnefelt siblings were significant in the field of culture and science, from conductor and composer Armas to Sibelius's wife Aino.

Questionable exhibition



Landscape in Koli, 1928

WITH A TABLET YOU CAN READ THIS PAPER ANYWHERE:



Like here in Athen, Greece

The exhibition is curated by Timo Huusko, Director of the Ateneum, and it is a collaboration between the Ateneum Art Museum and Vaasa museums. In addition to Järnefelt's paintings, there are also his graphic works, especially masterful soft etchings, which feature prominently in Finnish art history.

The richly illustrated exhibition catalogue in Swedish, Finnish and English deepens understanding of his life, family and works. Texts have been written by, among others, historian Teemu Keskisarja and literary researcher Minna Majjala.

Events and in-depth investigation

The exhibition includes guided tours, concerts and special events, such as a curatorial tour led by Timo Huusko. Tikanoja Art Home invites you not only to experience Järnefelt's art but also to reflect on his place in Finnish cultural history. The exhibition opens the door to a time when art, nature and culture went hand in hand – and reminds us of the value of preserving them for future generations.

Eero Järnefelt: A Painter of Finland's Soul

Eero Järnefelt (1863–1937) stands as one of the foremost figures of Finnish art, celebrated for his contributions to the Golden Age of Finnish painting. A master

of naturalism and realism, his work captures the essence of Finland's landscapes, people, and cultural identity during a time when the country was striving to define itself amidst political and social changes.



Omakuva

Early Life and Education
Born into a cultured and artistic family in Vyborg, Järnefelt was immersed in an environment that valued education and creativity. His father was a general in the Russian army, and his siblings also pursued notable careers in literature and music. This intellectual upbringing laid the foundation for Järnefelt's later success.

Eero studied at the Finnish Art Society's Drawing School in Helsinki before continuing his education in Paris, where he was deeply influenced by the French naturalists, particularly Jules

Bastien-Lepage. This period shaped his artistic philosophy, emphasizing the depiction of everyday life and the close observation of nature.

Themes and Style

Järnefelt's art is characterized by a profound connection to Finnish landscapes and rural life. His works often depict the rugged beauty of Karelia, the serene stillness of Finnish lakes, and the resilience of the country's agrarian communities.

One of his most famous paintings, "Under the Yoke (Burning the Brushwood)" (1893), is a poignant portrayal of slash-and-burn agriculture. The painting, with its earthy tones and detailed depiction of toil, captures both the physical

Järnefelt and the National Identity

Järnefelt's work is deeply intertwined with Finland's national awakening in the late 19th and early 20th centuries. During this era, artists, writers, and musicians sought to articulate a distinct Finnish identity as the country moved toward independence from Russian rule.

Järnefelt's art celebrates the natural beauty of Finland and the resilience of its people, embodying the ideals of the Finnish national romantic movement. His landscapes, in particular, evoke a sense of timelessness and reverence for nature that resonates deeply with Finnish cultural values.

Legacy

Eero Järnefelt's contributions to Finnish art extend beyond his paintings. As a professor at the Finnish Art Society's Drawing School, he influenced a new generation of artists and helped establish the foundations of modern Finnish art education.

Today, Järnefelt is remembered as a painter who captured the spirit of Finland during a pivotal moment in its history. His works are housed in major Finnish museums, including the Ateneum Art Museum, and continue to inspire audiences with their emotional depth and technical brilliance.

Eero Järnefelt was more than an artist; he was a chronicler of Finland's landscapes, people, and soul. His paintings remain a vital part of Finland's cultural heritage, offering timeless reflections on the beauty, struggle, and resilience of a nation and its people. Through his art, Järnefelt ensured that the stories of Finland's land and its inhabitants would be preserved for generations to come.

Government Launches "My Doctor" Program to Improve Primary Healthcare

The Finnish government is taking a significant step to enhance access to and continuity of care in primary healthcare by launching the "My Doctor" program. Led by the Ministry of Social Affairs and Health in cooperation with the Ministry of Finance, the initiative aims to develop and strengthen models where patients have a designated physician. The program combines resources from both the public and private sectors and will run from November 19, 2024, to April 1, 2027.

Promoting the "My Doctor" model is part of Prime Minister Petteri Orpo's government program and builds on the positive results of previous pilot projects. – The "My Doctor" model has already shown promising results. Now it's time to ensure its success across the country. The goal is to improve access to care, continuity, and also to enhance patient satisfaction and equality, emphasizes Minister of Social Affairs and Health, Kaisa Juuso.

Research Supports the "My Doctor" Model

Research strongly supports the implementation of the "My Doctor" model. Studies show that continuity of care – where the same general practitioner follows a patient over time – improves the quality of care, reduces morbidity and mortality, and lowers overall healthcare demand and costs. It also leads to greater patient satisfaction.

Several welfare areas are already running projects to develop "My Doctor" models, team-based care models, and contractor-based systems. The Ministry of Social Affairs and Health is gathering data from these projects to identify best practices that can be scaled nationally. – Our goal is to support welfare areas in developing and sharing the best solutions to improve people's access to services and continuity of care. Familiar doctors and nurses make accessing care easier for patients, explains Minister of Local Government and Regions, Anna-Kaisa Ikonen.

Private Sector Collaboration and Kela Reimbursements

In addition to utilizing public

sector capacity, the government plans to involve the private sector, for example, through contractor-based models. A pilot program will also link the "My Doctor" model to the development of Kela reimbursements.

– The government is committed to using every possible tool to improve access to care for Finns. Kela reimbursements are an important pathway to advance the "My Doctor" model, enhance patient choice, and allow individuals greater influence over their own care, says Minister of Social Security, Sanni Grahn-Laasonen.

A Vision for Better and More Equitable Care

The "My Doctor" program is a significant step toward a more personalized and patient-centered healthcare system in Finland. By combining research, experience, and innovation, the government demonstrates its commitment to improving care quality and equality.

The program highlights the importance of continuity of care – a factor that fosters trust and delivers long-term health benefits for the population. With its collaborative approach, integrating public and private sector efforts, the program reflects a modern and pragmatic vision for the future of healthcare in Finland.

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

Vasa Youth Council Named Finland's Youth Council of the Year 2024!

The Vasa Youth Council has received a significant accolade: the Finnish Youth Councils' Association has named it Youth Council of the Year 2024. The award was presented during the association's general assembly held in Tampere on November 17, 2024. This recognition highlights the youth council's active and

impactful work on behalf of Vasa's young people.

A Year of Active Engagement

The Finnish Youth Councils' Association praised the Vasa Youth Council for its extensive and diverse activities throughout the year. Notable achievements include:

securing a seat on the City Council, providing multiple statements on key issues, organizing innovative events such as "Nuva Goes Back to School" and a free movie night for young people. These initiatives underscore how the Vasa Youth Council has amplified the voice of young people and strengthened their influence in local decision-making.

The chair of the Vasa Youth Council, Aaro Helo, expressed pride in the recognition and optimism for the future:

"This is a wonderful acknowledgment of our active term, and our youth council remains full of ideas and enthusiasm for improving young people's opportunities to make a difference in our city."

A New Chapter Begins
The current term of the Vasa Youth Council ends at the turn of the year, with the newly elected youth council set to take office on January 1, 2025. Helo took the opportunity to thank the outgoing council members for their dedication and encouraged the incoming members to continue their great work:

"We hope the new youth council members will carry on this excellent work in the upcoming term."

Vasa Sets the Standard
The success of the Vasa Youth Council is a shining example of how active participation can empower young people and enhance their role in municipal decision-making. This award not only celebrates the achievements of Vasa

Viikon taide-elämys:



Fanny Churberg

12.12.1845 in Vaasa - 10.5.1892 in Helsinki
Church on the Shore 1876

but also serves as inspiration for youth councils across Finland to continue developing their work.

Vasa is leading the way – proving that an engaged and determined youth council can truly make a difference!

New era for Wasa Theatre – Ann-Luise Bertell resigns as theatre director

After ten years as theatre director, divided into two periods, Ann-Luise Bertell will end her successful time at Wasa Theatre on 31 July 2025. The decision means that Bertell will focus on his writing and other artistic activities in the future.



"The time has come for me to devote myself entirely to my writing and creation. The work as a theatre director takes too much time to make that possible," says

Bertell, who at the same time leaves the door open for future collaborations with the theatre in other roles.

Bertell's time as theatre director, first between 2011 and 2015 and again from 2020 to 2025, has been characterised by strong artistic development and broad audience success. Productions such as Botnia Paradise and Vend om min längtan have attracted full auditoriums, while significant investments in children's and youth theatre have strengthened the theatre's position in the region.

Martin Norrgård, director of the Swedish Ostrobothnian Association for Education and Culture (Söfuk), praises Bertell's efforts: "Ann-Luise has made invaluable contributions and been a driving force behind Wasa Theatre's success. At a time when the cultural sector is facing major challenges, her leadership has been a security and an inspiration.

Söfuk will soon begin the recruitment process to find Bertell's successor. The goal is a smooth transition that ensures the theatre's continued development.

"Of course, it's sad that Ann-Luise is leaving us, but I understand her decision. It's difficult to combine leadership with artistic crea-

tion," says Norrgård. Ann-Luise Bertell will continue her work until the summer of 2025, and during her remaining time, several projects are planned that will further strengthen the theatre's position as a central cultural institution in Ostrobothnia. (Source: Wasa Theatre, press release)

Four New Work Ability Teams Established to Support Employment in Ostrobothnia

The Ostrobothnia Welfare Area has launched four work ability teams as part of an innovative and cross-sectoral initiative aimed at supporting individuals facing challenges with employment. These teams offer tailored assistance and introduce a new model to promote work ability and employment opportunities in the region.

Comprehensive Support Tailored to Individual Needs

The work ability teams bring together professionals from various fields – a healthcare nurse, a social worker, a doctor, and experts from Kela and municipal employment services



– alongside the client. The focus is on assessing the client's work and functional capacity, health, and potential for education.

The teams operate through single meetings, where experts collaborate with the client to identify solutions and paths forward. The goal is to find the right services and support to enhance the client's chances of entering the workforce. While the service primarily targets young adults under 30, anyone of working age with identified challenges requiring cross-sectoral assistance can be referred to the teams. – The most important thing is that the client is motivated and wants to change their situation, says Meri Saikko, a healthcare nurse and coordinator for one of the teams.

A Long-Term Commitment to Preventive Action The work ability teams are part of the EU-funded Prima Botnia Project, which focuses on improving access to care and services while reducing care and service backlogs. Following the project's completion, the Ostrobothnia Welfare Area has decided to make the work ability teams a permanent part of its service offerings. – Investing in work ability teams is a step towards a more effective and customer-oriented service system that helps people find their way into working life, explains project coordinator Helena Hyvönen. The teams aim to provide preventive services with a focus on early identification of needs and referrals to the appropriate servi-

ces. By fostering cross-sectoral cooperation, the initiative builds a unified and high-quality operational model that benefits the entire welfare area.

A Positive Step Forward for Employment and Well-Being

This initiative represents a significant leap forward in addressing employment challenges in Ostrobothnia. By coordinating efforts and creating clear service pathways, individuals in challenging situations can more easily access the support they need.

The work ability teams demonstrate how collaboration between different actors can lead to innovative solutions that strengthen both individual opportunities and societal resources. These teams are not just a lifeline for those outside the workforce – they are also an investment in the region's future prosperity.

Nicotine pouch law collapsed due to competition issues – government promises improvements

The expected change in the nicotine pouch market has been delayed. The President of the Republic rejected a law passed by Parliament that would have opened markets for new operators and flavour alternatives. The Government justifies the decision on the grounds that the law could have distorted competition. The Ministry of Social Affairs and Health is now working on a new act that will safeguard fair competition and at the same time reduce the

harmful effects of smoking. There were sections of the law that might have favoured one company, located in Pietarsaari.

IKEA Finland Reintroduces Product Information in Swedish – A Customer-Centric Decision

IKEA Finland has announced the reintroduction of Swedish-language product information on shelves in its stores and planning studios. This decision, driven by customer feedback, marks a significant step towards improving the customer experience. The earlier change, which removed Swedish-language information as part of a digitalization initiative, did not meet customer needs.

– We apologize for the disappointment our previous decision caused. We moved too quickly and did not fully consider the impact this change would have on the customer experience, says Timo Hulmi, Managing Director of IKEA Finland.

Hulmi emphasizes the importance of learning from experiences and listening to customer feedback: – This experience has taught us the value of carefully evaluating changes from multiple perspectives before making decisions. Our Swedish-speaking customers are extremely important to us, and we are deeply grateful for the valuable feedback we have received.

The reintroduction of Swedish product information will begin as soon as possible and will be implemented in phases. Simultaneously, IKEA Finland will continue its efforts in digitalizing product information, now with a more customer-focused and carefully planned approach.

A Meaningful Step for Bilingualism

The decision to reintroduce Swedish text is not just a practical improvement for customers – it also signals respect for Finland's bilingualism and its core values. IKEA's actions highlight the strength of listening to customers and adapting to their needs, even when earlier decisions have missed the mark. With this step, IKEA Finland reaffirms its role as a customer-oriented company that understands the importance of being accessible and relevant to all its customers – in both Finnish and Swedish..

Instructions for preparing for incidents and crises have been compiled in the Suomi.fi online service

The new Preparing for incidents and crises guide aimed at the entire population has been published in Suomi.fi.

The Suomi.fi Preparing for incidents and crises guide deals with situations that would have a broad impact on society and communities.

Situations that require preparation include long power cuts, water outages and interruptions in telecommunications, extreme weather phenomena and major accidents, and longer-term crises, such as a pandemic or military conflict. In addition to instructions, the guide also contains information on hybrid and information influence activities and helping others.

– “The guide contains information on, for example, preparing for epidemic and pandemic situations and maintaining one's own functional capacity in a crisis situation,” says Research Professor Hannu Kiviranta, chief of Preparedness at the Finnish Institute for Health and Welfare (THL).

You can only prepare in advance

Preparedness means preparing for various incidents and crises and emergency conditions in advance. As a result, the Suomi.fi preparedness guide is also intended for familiarisation in situations with no ongoing incidents in society.

If something extraordinary happens, everyone's preparedness and actions affect how well people will be able to cope and also help others close to them. When people are able to manage independently for a few days, the authorities can focus on their task of resolving the situation and helping those in most need.

Everyone has different starting points for preparedness, which is why preparedness should be seen as a set of various means. The basis of preparedness is home emergency supplies, but it also involves knowledge and skills to act when something extraordinary happens. Everyone should be prepared in some way according to their needs, opportunities and abilities.

Compiling instructions makes the information easier to find

Preparedness is a matter that concerns society as a whole and involves the work inputs of several authorities and organisations. Compiling instructions in a single guide makes it easier for citizens to find information. When the guide is published, the content of the instructions does not change significantly.

The Finnish, Swedish and English versions of the online guide are accompanied by the signs for the main parts of Finnish and Finland-Swedish sign language. The guide is accompanied by a PDF summary compiling basic information on preparedness in 15 different languages, which users can print out for themselves, their loved ones or service points.

The guide is part of the communications package on individual emergency planning launched by the Ministry of the Interior in 2022, which strengthens the preparedness competence of the population. One of the objectives of the current government programme is to strengthen the psychological crisis resilience and competence in independent preparedness of all population groups. The Ministry of the Interior funded the implementation of the guide and was responsible for producing the content. The project involves the Digital and Population Data Services Agency, which maintains the Suomi.fi online service.

The following parties were involved in producing the guide: Digital and Population Data Services Agency, Financial Supervisory Authority, National Emergency Supply Agency, Finnish Meteorological Institute, Finnish Transport and Communications Agency Traficom, MIELI Mental Health Finland, Ministry of Agriculture and Forestry, Martha Association, Rescue Services, Poliisi, Ministry of Defence, Finnish Defence Forces, Financial Stability Authority, Ministry of Social Affairs and Health, Finnish Security and Intelligence Service, Bank of Finland, Finnish National Rescue Association, Finnish Red Cross, Radiation

Fire trucks to Ukraine – many wellbeing services counties donate equipment



Several wellbeing services counties are supporting Ukraine by donating decommissioned rescue vehicles that are in good condition. One such vehicle, a 40-year-old Volvo full of rescue supplies, is heading towards a war-torn country these days.

As a result of the rolling stock, which is regularly renewed, the wellbeing services county has accumulated vehicles that are still fully usable. Instead of selling old rescue vehicles at auction, it has been decided to donate them where they have a more urgent need.

The wellbeing services county of Ostrobothnia has donated a fire extinguishing vehicle

”We had reached the targets set in the budget for the sale of old equipment, so we can safely donate these vehicles,” said Regional Fire Chief Kaj Enqvist. Although the donated Scania was already of model year 1990, it was in good technical condition.

”The car has served the Närpes and Tiuka region faithfully for years, and even though it has aged, it is still very usable,” Enqvist adds.

Towards a safer Ukraine

Although donations do not solve the war, they bring concrete aid to a war-torn country.

and Nuclear Safety Authority, Finnish Institute for Health and Welfare, Secretariat of the Security Committee, Finnish Institute of Occupational Health, Prime Minister’s Office, Ministry of Finance, Ministry of the Environment. (THL.fi)

Crisis information is also shared in Sweden

The new brochure About the crisis or the war will be sent out to over five million households

As of November 18, the Swedish Agency for

Community Safety and Preparedness (MSB) will begin distributing the updated version of the brochure About the crisis or the war will come to the entire population of Sweden. Over a two-week period, 5.2 million copies will be distributed, making this one of the largest emergency preparedness information campaigns in the country’s history.

The digital version of the brochure, which was released at MSB website in October, has already been downloaded about 55,000 times. With

Helsinki Central Station’s artwork comes to life



The hundred-year-old work of art in the restaurant hall of the Central Railway Station in the heart of Helsinki, the painting Landscape from Koli by Eero Järnefelt, A.W. Finch and Ilmari Aalto, will be given a new lease of life through an extensive restoration project. VR Group has decided to invest in renovating the station building and preserving the artwork, and hundreds of thousands of euros have been reserved for the project.

The view from Koli has been part of the railway station’s history for over a hundred years and it is one of Finland’s most significant works of art. The aim of the restoration is to restore the painting to its original splendor and ensure its preservation for future generations. ”We are very happy to be involved in preserving this valuable work of art for future generations,” says a representative of VR Group. ”The landscape from Koli is part of the Finnish cultural heritage, and it deserves all the care we can give it.”

The restoration project is part of a larger renovation of the railway station, which includes renovating the restaurant hall and other public areas. In connection with the renovation, the station’s other artworks will also be carefully reviewed and, if necessary, renovated.

this printed version, the message about the importance of preparations for both crises and ultimately war is reinforced.

- Read the brochure, follow the advice and save it. The security policy situation is serious, and we all need to contribute to strengthening Sweden’s resilience, says Mikael Frisell, director general at MSB.

Increased focus on war preparedness The new brochure contains several concrete advice and checklists to make it easier for hou-

seholds to absorb the information. Among the new topics are:

- Advice on evacuation.
- How to stop a bleeding.
- Support for people with special needs.
- Preparedness for pets.
- How to talk to children about crises and war.
- Project manager Christina Andersson emphasizes the importance of the information effort:
- Through the brochure, we are reminded that crisis preparedness needs to be a natural part of our everyday life.
- Accessibility for all

The brochure is primarily sent out in Swedish, but it is also available in easy-to-read Swedish, English and several other languages as well as a read, braille and sign language interpreted version. At MSB website, digital versions can also be downloaded in 14 different languages, including Arabic, Finnish and Sami.

With this broad information effort, MSB hopes to reach the entire population and strengthen Sweden’s preparedness for future challenges.

EVENTS

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

Eero Järnefelts exhibition opened on Nov 23, 2024

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, Akseli 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 exhibi-

tion catalogue

RUSK

Chamber Music in Jakobstad

19–23.11.2024

The Beauty of Longing International creativity at the darkest time of the year

ruskfestival.fi

Opera&Ballet, Helsinki

Leevi Madetojas Opera The Ostrobothnians

22.11.2024 – 4.1.2025

<https://oopperabaletti.fi/>

TOWN SQUARE IN**VAAASA****CHRISTMAS OPENING**

23-24.11.2024

Markus Lytts & Ralf Nyqvist, Krista Siegfriids & Mark Levengood, the Etradi Choir from the Kuula Institute, soloist Alicja Musielak, Animals from Aavakerttu Farm, Arne Alligator & Jungle Drum

BLACK FRIDAY

Friday 29.11.24

A big shopping day especially for electronics

Snellman Hall, Kokkola 29.11.2024 at 19.00

MÖK's concert Voces Intimae On the programme: Jean Sibelius and Edith Södergran with Stina Ekblad and Mellersta Ostrobothnia Chamber Orchestra. The concert will also be performed at the House of Nobility in Helsinki on 30.11 at 19.00.

RITZ

30.11.24

at 14 and 19

Paradise

BADDING-musical

www.ritz.fi

STUNDARS

1.12.24

Christmas Market

Kristinestad's 375th anniversary concert

5.12.24 at 6 p.m

Kristinestad's church

www.baroque.com

Teuva Church

6.12.2024 at 16.00

A patriotic spiritual concert in Teuva Tove Teuvalla Opera soloists Mika Nikander and Minna-Sisko Mutanen, who played Erland Luoma and old Eevi in the opera, will perform in Östermark's church again.

THE MOST BEAUTIFUL BAROQUE CHRISTMAS SONGS

Trinity Church

8.12.24 at 18.39

Vaasa Baroque Ensemble with friends www.baroque.com

VASA SÅNGGÄRILLE

Christmas concert

Trinity Church

Friday 20.12 at 20.00 and Saturday 21.12 at 18.00

Our most loved Christmas carols and three newly written arrangements of modern Christmas carols by Mikael Svarvar. Guest artist is star tenor Markus Nykänen. Organist Jimi Järvinen also takes part in the concert.

MEDIA LANGUAGE (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/>

LUX HELSINKI

8.–12.1.2025

Finland's most brilliant light festival, Lux Helsinki, is an annual light festival that spreads around Helsinki at the beginning of January around Epiphany. The event presents a wide range of different forms of light art. The Cathedral is usually a very special attraction at the festival. So if you're going to Helsinki at the beginning of January, check it out.

www.luxhelsinki.fi

SCIENCE NIGHT

9 January 2025 in

Helsinki

Science Night is science's own city event in Helsinki. The event, which is organized annually in January, will be celebrated next time on Thursday 9 January 2025. A motley group of program organizers guarantees that during the evening and night you will be able to enjoy engaging lectures as well as insight by doing it yourself. Admission to all Science Night events is free!

In the summer, we have an Arts night in Vaasa.

When do we get Science Night in winter?

<https://www.tieteidenyo.fi/en>

**VAAASA CITY THEATRE****TOSCA-ooppera**

Premisere Jan 12.2025

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

koe-ja-nae/kulttuurivaasassa-ja-seudulla/vaasan-kaupungintatteri/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."

A greeting from festival director Viktor Nygård: "I am very much looking forward to working with the Korsholm Music Festival and I have many exciting ideas for how we can continue to develop the festival. I can already promise that next year it will be a fantastic festival with something for everyone."

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

<https://korsholmmusicfestival.fi/>

CHRISTMAS SEASON OPENING

God jul och gott ny
ristmas and a Hap





Krista Siegrids & Mark Levengood wished us all a Happy Christmas







MUSICAL

Helsinki City Theater's Moulin Rouge! is this autumn's theatrical event



Photo: Otto-Ville Väätäinen Helsinki City Theatre



Helsinki City Theater's Moulin Rouge! -musical is this autumn's theatrical event that will not leave anyone cold.

A sprinkling of velvet, satin and feathers fills the grand stage as the bohemian life of 19th century Paris comes to life in all its glory. In addition to visual splendor, the musical offers a touching love story that combines the depth of emotions and the power of music.

International story, Finnish touch Helsinki's Moulin Rouge! -matching is part of Nordic cooperation, but Finnish authors have brought a unique distinctiveness to it. Jennie Storbacka shines in the role of Satine.

Jennie Storbacka is a Finnish singer and performer who has conquered both theater stages and concert halls. Her voice is versatile and powerful, and her performance always carries a deep vibration of emotion and art. Storbacka's career extends widely, and he has come a long way in the Finnish music field.

Storbacka is above all known for her musical roles. She has received attention, among others, for her role now in Moulin Rouge! -musical at the Helsinki

City Theatre, where she brings to life the iconic role of Satine. Her interpretation of Satine is a combination of sensitivity and strength, and she takes the viewer deep into the emotions of the story. His ability to combine technical skills and emotionality cannot help but be impressed.

Storbacka is not only a star of musicals, but also has a long experience in different musical styles. She has performed at a wide variety of events, from jazz gigs to the president's party, and his wide vocal range has enabled him to perform a wide variety of roles and performances. Her role in The Voice of Finland competition, where she reached the final, made her known to a wider audience as well.

Jennie Storbacka is an example of an artist who is not afraid to take risks and explore new forms of expression. His character and talent make him a special performer who awakens with her detailed interpretation as well as his comprehensive stage presence. You can learn a lot about the depths and sources of power of art and performance from her journey.

As Jennie's new partner, Martti Manninen's Christian grows from a shy com-

poser to a strong and brave lover who challenges both himself and his destiny.

Risto Kaskilahti's charismatic performance as the Moulin Rouge nightclub host and Joel Mäkinen's impressive role as the malevolent duke complete the cast. The story of the musical runs painfully through the themes of love and giving up, but in the end it also offers a message of hope and the joy of life.

Visual fireworks and musical celebration Moulin Rouge! is above all a visual and musical spectacle. The set draws from the art nouveau style of 19th century Paris, and the costume design shows the glamor of the turn of the century. More than a hundred outfits, feather-filled costumes and corsets create an unforgettable world on stage.

Although the look of the musical is funny, downright hilarious, the story itself is tragic. The young and beautiful Satine falls in love with a poor composer, but just when the couple's luck should be defeated so ... Well, if we don't reveal the plot too far here,

Music is the soul of a musical. Moulin Rouge! -in the performance, no fewer

than 70 well-known songs from seven different decades will be heard, including Lady Gaga's "Bad Romance" in Finnish. Conductors Ville Myllykoski and Eeva Kontu lead an orchestra that transports the audience seamlessly from one emotional state to another.

Art and emotions for all senses

Moulin Rouge! is not just a musical – it's a complete experience. It takes the viewer into the whirlwinds of love, sadness and joy and reminds how important it is to live every moment to the fullest. Although the story culminates tragically with Satine's death, the last scenes of the show rise to a jubilant celebration. The intoxicating rhythm of Can-can and the energetic dance of the actors will leave a smile on the viewer's face in the end.

The Helsinki City Theater has once again shown why its musicals are in the hearts of Finns. Moulin Rouge! is a masterful demonstration of Nordic cooperation and local talent. It's theater magic at its best – enchanting, sparkling and unforgettable.

- The show must go on - and this show is really worth seeing!

Moulin Rouge! also exists as a movie

Moulin Rouge! is a jukebox musical and romantic drama premiered in 2001, directed, produced and partially written by Australian Baz Luhrmann. This film is the third part of Luhrmann's so-called Red Curtain trilogy, which also includes Strictly Ballroom (1992) and Romeo + Juliet (1996).

The film takes place in Paris at the end of the 19th century, in the artist district of Montmartre, where the Moulin Rouge cabaret pulsates with bohemian life. The story is about the Scottish poet Christian (Ewan McGregor), who falls passionately in love with Satine (Nicole Kidman), known as a cabaret star and courtesan. A passionate and tragic relationship is built between the lovers, which is overshadowed by the obstacles in the structures of society and power.

Moulin Rouge! known for its visual exuberance and innovative use of music. The film features re-arranged songs from several decades, and these compositions drive the story forward in an unforgettable way. The set and costumes respect the art nouveau aesthetic, which brings showiness and splendor to this film's cabaret portrayal.

Nicole Kidman and Ewan McGregor's interpretations are powerful and emotional, and their chemistry makes the love story captivating. Kidman's performance as Satine earned her an Oscar nomination, and the film itself received a total of eight Oscar nominations, winning two: Best Production Design and Best Costume Design.

Moulin Rouge! is a film that combines theater and cinema in a magical way.

PHOTO EXHIBITION

Fashion world photo sensation Tyler Mitchell Helsinki Museum of Photography K1 presents bold and thought-provoking works by the American star in its Nordic premiere exhibition



Tyler Mitchell, one of the brightest stars of contemporary photography, arrives in Helsinki with his exhibition *Wish This Was Real*, which is open in the K1 space of the Museum of Photography until 23 February 2025. The exhibition offers a unique opportunity to explore Mitchell's pioneering portrayal of beauty, utopia and the everyday lives of Black people in a way that challenges traditional notions of portraiture and photography.

The museum can be found at Mikonkatu 1, in the basement of Kämp Galleria, very

comfortable premises. The museum also has a well-stocked shop with photography-related literature for sale.

Visual poetry and cultural resistance

Mitchell's works are not only aesthetic – they are also political. Her photographs contrast dreams and reality, everyday moments and historical layers. They invite the viewer to reflect on how Black leisure and everyday life can be portrayed through the lens of freedom, joy and dignity, as a protest against marginalization and discrimination.

In the three themes of

the exhibition – *Lives/Liberties*, *Postcolonial/Pastoral and Family/Fraternity* – Mitchell explores youth, community and landscape, not forgetting the beauty of moments where people connect with each other and with their surroundings.

"I hope my photos have an honest look," Mitchell says. He strives to capture worlds where tranquility and refuge are not just dreams, but real possibilities.

Career that attracted international attention

Mitchell, who lives in Brooklyn, has made history several times: in 2018, she became the

first Black photographer to photograph the cover of *American Vogue*, and her career already spans significant private and public collections around the world. His works are exhibited at the Museum of Modern Art in New York, the FOAM Museum in Amsterdam and the Museum of Fine Arts in Boston, among others.

Mitchell is also known for his collaborations with major fashion houses and publications – but his artistic expression transcends fashion. His images not only capture reality, but also suggest new possible worlds where freedom, joy and

solidarity are at the center.

An exhibition that will not leave you cold

Tyler Mitchell's exhibition *Wish This Was Real* is a unique opportunity to dive into the pinnacle of contemporary photography, where art meets history, identity and visions of the future. The Helsinki Museum of Photography offers Nordic audiences a rare opportunity to see the world through a new kind of lens.

Don't miss out – the exhibition inspires, challenges and delights, while highlighting the power of photography to tell stories that change the world.



HELENE SCHJERFBECK

Helene Schjerfbeck – A Trailblazer in Art Marja Lahelma’s biography reveals a bold and determined artist whose life and art are deeply intertwined.

Helene Schjerfbeck (1862–1946) stands as one of Finland’s most iconic artists, and her work has gained increasing recognition internationally in recent years. Marja Lahelma’s *Helene Schjerfbeck – An Artist’s Life* provides a comprehensive look at her life and artistic journey, elevating her position within global art history. This English-language biography is not only a much-anticipated contribution to Schjerfbeck research but also a cultural milestone, opening Finnish art history to a broader audience.

A Biography That Redefines

Lahelma dismantles longstanding myths, portraying Schjerfbeck as a resilient and purposeful figure. Earlier biographies, such as Einar Reuter’s 1951 work, painted her as a reclusive and fragile artist, a characterization that long shaped perceptions of her art. Lahelma, however, reveals a different side: Schjerfbeck was not an isolated genius but an active artist engaged with her peers and influenced by international trends, often through art and fashion magazines.

Schjerfbeck’s lengthy career, beginning in her childhood, reflects not only her personal passi-

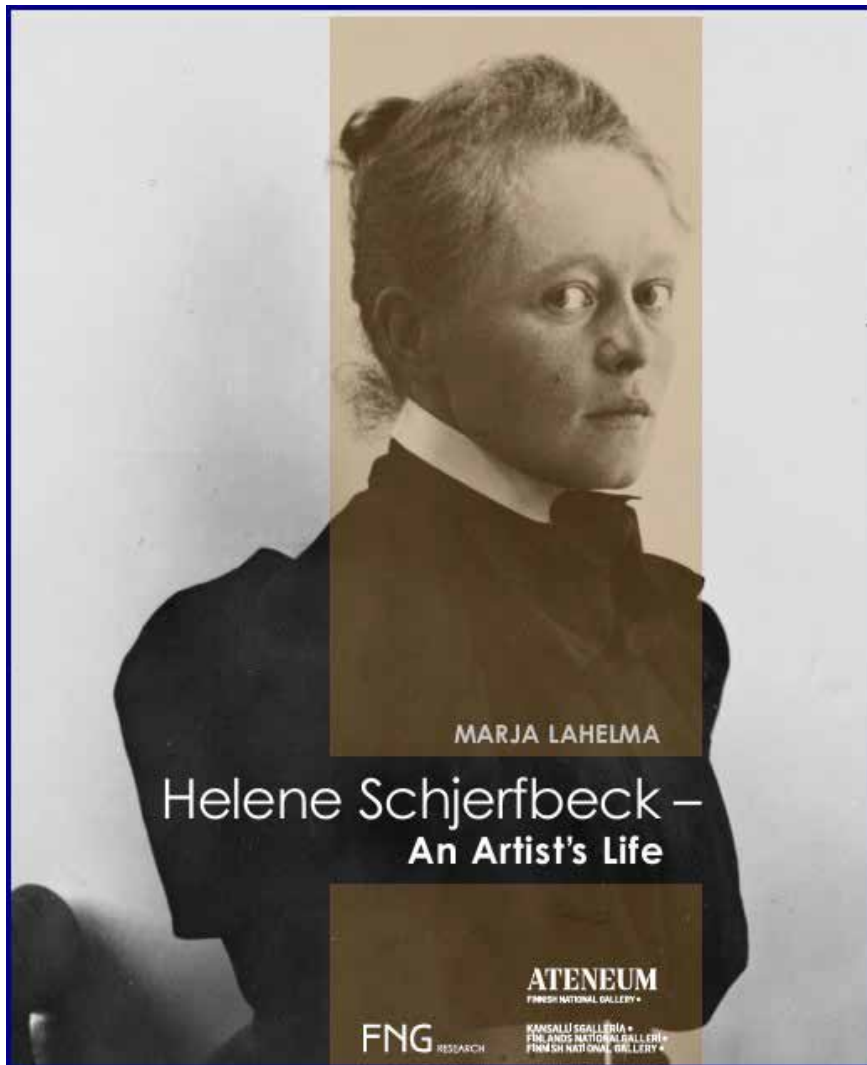
on for art but also her adaptability and innovation. Transitioning from naturalism to modernist expressions, she forged a unique path that continues to captivate audiences today.

The Strengths of the Book Lahelma organizes the biography into six chapters, tracing Schjerfbeck’s artistic and personal milestones from her early years to her later life. The book draws extensively from archival materials, correspondence, and artworks, offering a holistic view of her life and creative process. Notably, Lahelma reframes Schjerfbeck’s physical disability not as a limitation but as an integral aspect of her life, one that she seamlessly incorporated into her art.

The book also emphasizes Schjerfbeck’s importance to Finnish art. Unlike many of her contemporaries from Finland’s late 19th-century „Golden Age,“ steeped in national romanticism, Schjerfbeck charted her own course, focusing on intimate subjects and pursuing an international career. Lahelma highlights these facets while positioning Schjerfbeck within broader artistic currents, both nationally and globally.

Review

Helene Schjerfbeck – An



Artist’s Life is an essential read for art historians and enthusiasts alike. It not only documents Schjerfbeck’s life but also offers a fresh interpretation, challenging old narratives and providing a deeper understanding of her work. Lahelma’s analytical yet empathetic writing

style makes the book accessible while maintaining academic rigor.

This biography reaffirms Schjerfbeck’s status as one of Finland’s most cherished artists and expands the understanding of her significance on the international art stage.

I wholeheartedly recommend this biography to anyone interested in Schjerfbeck’s art and extraordinary life. This book offers a window into an artist’s world—a world where courage and dedication lead to the creation of timeless beauty.

You find the book here:

https://research.fng.fi/wp-content/uploads/2023/04/fngr_2023-1_hs_print.

THEATRE

Keväällä kaikenlaista kivaa! Vaasan kaupunginteatterin lavalla odotettuja vierailuesityksiä



Arja Koriseva, IMAGE Motopark Creative Commons Attribution-Share Alike 3.0

Vaasa City Theatre's spring season 2025 offers a diverse selection of wonderful guest performances that are sure to warm and touch the audience. Three highly anticipated performances will arrive on the theatre's Romeo stage this spring: Arja Koriseva's anniversary concert *Leipä, Lempee ja Lämpö* 35 years, *Green Hall* soi starring Sirpa Kähkönen and Seela Sella, and *Old Boys*, based on Juha Vainio's songs.

First up will be Arja Koriseva's anniversary concert *Leipä, Lempee ja Lämpö* 35 years, which will bring a touch of nostalgia of yesteryear to the stage on Sunday 16 February. Koriseva performs her familiar classic tunes from fiery tangos to musical tunes together with the five-piece *Fortuna* orchestra. The concert promises joy and a heartfelt celebration of music – the perfect start to the spring theatre season!

In March, Sirpa Kähkönen's touching and multidisciplinary work *Green Hall Rings*, based on Kähkönen's novels *Memorial Grass* and *Green Hall*, will arri-

ve on the Romeo stage. The work, which will be performed on Saturday 8 March, deals with love that transcends the boundaries of life and death, as well as the comfort and beauty that nature offers. Acting legend Seela Sella brings the text to life as a reader, and Kähkönen herself acts as narrator. Music by soprano Pia Freund and pianist Kristian Attila completes the unique atmosphere of the performance.

The spring's guest performances will be crowned by the musical play *Old Boys*, which arrives at Vaasa City Theatre on Wednesday 9 April. This beloved play has garnered audience acclaim with its previous performances. In the play, four men meet on Lake Saimaa and share stories, hopes and dreams accompanied by Juha Vainio's memorable songs. The stage will feature charismatic veterans Taneli Mäkelä, Esko Roinne, Tuomas Uusitalo and Puntti Valtonen, and live music will be provided by Antti Paalanen and Kiharakolmio's band.

CLIMATE CHANGE

2024: The Year We Crossed the 1.5°C Threshold



The Copernicus Climate Change Service (C3S) has issued a stark warning: 2024 is on track to become the first year on record to exceed the critical 1.5°C global warming threshold. This grim milestone, outlined in a recent press release, underscores the urgent need for immediate and decisive climate action.

C3S, along with the Copernicus Atmosphere Monitoring Service (CAMS), has been diligently monitoring and analyzing key climate indicators. Their data reveals a disturbing trend of rapidly rising global temperatures, driven by the relentless increase in greenhouse gas emis-

sions.

The implications of crossing the 1.5°C threshold are far-reaching and potentially catastrophic. Scientists warn of more frequent and intense heatwaves, droughts, floods, and rising sea levels. These extreme weather events will disproportionately impact vulnerable communities and ecosystems worldwide.

To combat this crisis, C3S and CAMS emphasize the importance of leveraging their data and insights. By utilizing Copernicus data, policymakers, scientists, and businesses can make informed decisions, develop effective climate adaptation and mitigation strategies, and accelerate the transition to a sustainable future.

Key areas where Copernicus data can make a significant impact include:

Renewable Energy Optimization: Assessing solar and wind potential to maximize renewable energy output.

Climate Change Projections: Projecting future climate conditions to inform planning and investment decisions.

Greenhouse Gas Monitoring: Tracking emissions and concentrations to identify sources and evaluate the effectiveness of mitigation policies.

The free availability of Copernicus data makes it a valuable resource for anyone working to address climate change. By harnessing the power of this data, we can collectively work towards a more sustainable and resilient planet.

As the world convenes at COP29, the findings of C3S serve as a stark reminder of the urgency of the climate crisis. It is imperative that global leaders take bold action to reduce greenhouse gas emissions, invest in clean technologies, and protect vulnerable communities. The future of our planet depends on it.

Source: C3S Press release 11.11.2024

CLIMATE CHANGE

Urban Heat Makes Towns Uncomfortable – and Unhealthy



As our cities grow, so too does a hidden threat: urban heat. This phenomenon is more than just the usual summer discomfort; it intensifies temperatures to levels that impact health, productivity, and our environment.

From vast expanses of concrete that trap the sun's heat to air conditioning units that push warm air back into the streets, urban heat is driven by human development patterns and, ironically, our efforts to cool down. The effects are felt widely, particularly during heatwaves, when these areas can be several degrees warmer than their rural surroundings—a phenomenon

known as the “urban heat island” effect. Fortunately, there are several strategies that cities can adopt to address this escalating problem.

The Problem of Urban Heat

The urban heat island effect is caused primarily by materials like asphalt, concrete, and metal that absorb, trap, and radiate heat. Unlike natural landscapes that retain moisture and provide shade, these urban surfaces have limited capacity to cool down, creating a layer of hot air that lingers in cities. High-rise buildings that block air flow further intensify the heat, and as populations continue to grow in urban areas, air conditioning use has become essential. Ironically, air conditioning units also emit waste heat, further warming the outdoor environment.

This compounded heat exposure doesn't just

make urban living uncomfortable—it makes it dangerous. Excessive heat can lead to dehydration, heat exhaustion, and even deadly heatstroke, especially for vulnerable groups such as the elderly, children, and those with pre-existing health conditions. Additionally, high temperatures exacerbate air pollution, as ground-level ozone, a component of smog, forms more readily in the heat. Thus, for people with respiratory issues, hot urban environments can be particularly harmful.

Solutions for Cooling Urban Spaces

Addressing urban heat requires a combination of nature-based solutions, innovative urban planning, and community action. By creating cooler, greener, and more shaded spaces, cities can improve both the comfort and health of their residents. Some effective

solutions include:

1. Increasing Green Spaces and Urban Trees

Parks, green roofs, and urban trees are among the most effective ways to mitigate urban heat. Green spaces provide shade and release moisture through a process called evapotranspiration, which cools the surrounding air. Trees in particular offer several benefits: they absorb carbon dioxide, filter pollutants, and reduce surface temperatures by providing shade. Research shows that neighborhoods with abundant greenery can be up to five degrees cooler than surrounding areas without green cover. Moreover, adding parks and green spaces offers social and recreational benefits, improving the overall quality of life.

2. Using Reflective and Permeable Materials

The materials used in urban infrastructure play a key role in managing

heat. Using reflective materials in buildings, roofs, and sidewalks can help reduce the amount of heat absorbed by surfaces. White or light-colored materials reflect more sunlight than dark ones, preventing the surfaces from heating up as much. Cool roofs—those covered with materials designed to reflect more sunlight—can be particularly effective. Permeable materials, such as porous pavement, can help reduce heat by allowing rainwater to filter through, cooling the surface and preventing excess runoff.

3. Green Roofs and Walls

Green roofs, covered with vegetation, not only help insulate buildings but also provide additional green space that mitigates heat. By adding layers of soil and plants to building rooftops, they reduce surface temperature and absorb rainwater, allevi-

ating pressure on urban drainage systems. Similarly, green walls—vertical gardens on the sides of buildings—can help shade structures, cool the surrounding air, and improve air quality. These green surfaces also offer a pleasant aesthetic appeal, integrating natural beauty into urban settings.

4. Designing for Natural Ventilation

Urban planning and architectural design that prioritize airflow can greatly reduce heat retention in cities. Narrow streets and closely packed buildings limit ventilation and create “heat canyons,” trapping hot air between structures. By planning open spaces, wider streets, and breezeways that facilitate airflow, cities can reduce trapped heat. Building orientation and materials can also play a role; for example, positioning windows and vents to take advantage of prevailing winds can encourage natural cooling within buildings, decreasing the need for air conditioning.

5. Community Action and Awareness

Community-driven initiatives can help raise awareness and foster collaboration in tackling urban heat. Neighborhood groups and local councils can organize tree-planting campaigns, encourage the installation of cool roofs, and provide residents with information on coping with heat during peak summer months. Public cooling centers, shaded transit stops, and hydration stations can also offer relief during extreme heatwaves, ensuring that people, especially those who are vulnerable, have a safe space to cool down.

6. Using Technology to Monitor and Mitigate

Urban Heat

Innovative technology can play a role in combating urban heat. Cities are increasingly using thermal imaging and sensors to identify “hot spots” where temperatures are highest. With this data, municipalities can prioritize high-impact areas for interventions like tree planting, reflective materials, or public cooling stations. Additionally, smart city technology, such as adaptive street lighting and energy-efficient building systems, can reduce heat emissions by decreasing overall energy demand.

The urban heat island effect is caused primarily by materials like asphalt, concrete, and metal that absorb, trap, and radiate heat.

The Future of Cooler Cities

While it’s clear that urban heat poses a serious challenge, it’s also an opportunity to rethink our approach to city planning and development. Integrating natural solutions, building more resilient infrastructure, and promoting climate-conscious designs can create cities that are both cooler and healthier. Cities like Singapore and Los Angeles have already taken major strides, introducing large-scale green roofing programs, expanding tree canopies, and experimenting with cool pavements. Their success serves as a model, demonstrating how urban areas can create a sustainable balance between human needs and environmental resi-



lience.

Mitigating urban heat will not happen overnight, but by making targeted improvements, cities can make meaningful strides toward a more livable future. For residents, cooler cities mean

more comfortable, enjoyable outdoor spaces. For vulnerable populations, these changes can mean the difference between safety and risk during a heatwave. Addressing urban heat may be challenging, but with a com-

bined effort, towns and cities worldwide can rise to meet this test, creating urban areas that are not just more comfortable but ultimately more resilient and sustainable.

ART EXHIBITION

Vaasa artists Fanny Churberg and Alexandra Frosterus at Ateneum exhibition this spring – **Boundary Crossing Boundaries** changes our view of 19th-century female artists



Fanny Churberg Girls on the shore 1869

In spring 2025, the Ateneum will shine a spotlight on 19th-century women artists in the groundbreaking exhibition *Boundary Crossers* – 19th-century travelling female artists. From 7 March to 24 August, visitors will be treated to a multifaceted account of how brave women, despite major obstacles, struggled to create art and influence their time. Among the Finnish artists highlighted are two prominent names from Vaasa: Fanny Churberg and Alexandra Frosterus-Sältin.

Pioneering work in art research

The exhibition, curated by Anne-Maria Pennonen, curator at the Ateneum, sheds new light on a number of artists who were previously overshadowed by their male contemporaries.

With works by over 50 female artists from the Nordic countries, the Baltic States, Germany and Poland, their lives and works are depicted, often marked by adversity, creativity and boundary-crossing ambitions.

The artists travelled to Germany – an art centre in the 19th century – to study and create. Here they developed their skills despite limited opportunities for education, as women were often referred to private studies or special women's art schools. The travels, which were both demanding and risky, were also reflected in their choice of subjects: flowers, still lifes and portraits were often more accessible subjects than landscapes, as women's freedom of movement was limited.

Fanny Churberg and Alexandra Frosterus-Sältin –

local icons on the international stage

Fanny Churberg, known for her evocative landscapes, and Alexandra Frosterus-Sältin, whose religious and historical paintings aroused respect, represent two sides of the same struggle. They are symbols of how women defied expectations and claimed their place in a male-dominated art world. Churberg and Frosterus are not only part of Finnish art history, but also of a larger, international movement for women's rights and recognition in the arts.

A historical and artistic depiction

The exhibition not only provides an insight into the artists' lives, but also a picture of the time. Women fought for their dreams in an era when suffrage was a distant

thought and marriage often meant the end of an artistic career. With role models like these, they paved the way for later generations, among them Helene Schjerfbeck and Ellen Thesleff.

The Ateneum offers an invaluable opportunity to see works that have never been shown before in Finland, many of them on loan from prestigious museums such as the Alte Nationalgalerie in Germany and the Nationalmuseum in Sweden. In addition, works by pioneer Hilda Olson, Finland's first female scientific illustrator, will be presented.

International cooperation and deepening

The exhibition is a collaboration with the Kunstpaal in Düsseldorf, where a version of the exhibition will be shown later in the

autumn of 2025. An extensive catalogue in Swedish, Finnish and English accompanies the exhibition, with articles by international researchers that deepen the understanding of the lives and works of female artists.

A tribute to those who broke boundaries

Boundary Crossing is more than an exhibition – it is a celebration of the courage, vision and artistic power of the women who defied the limitations of their time. For Vaasa residents, it will be a unique chance to see two of the city's own artists in an international context, while at the same time reflecting on how far we have come – and how much we still have to learn from history.

The exhibition opens on 7 March 2025 and runs until 24 August at the Ateneum in Helsinki.

ART

A flooded bathroom at the Kuntsis Museum of Modern Art Meta Isæus-Berlin's exhibition until 30.3.2025

Swedish contemporary artist Meta Isæus-Berlin brings her works to Finland in a large solo exhibition at the Kuntsi Museum of Modern Art in Vasa.

The exhibition, titled *Philosophy*, opens on November 2, 2024, and runs until March 30, 2025, showcasing a selection of around 50 works that span Isæus-Berlin's 30-year artistic career, including ten new installations never seen before in Finland.

Meta Isæus-Berlin is a renowned Swedish contemporary artist whose work often blurs the lines between dream and reality. Her unique style, characterized by a blend of surrealism, symbolism, and domestic imagery, has captivated audiences worldwide.

Born in 1963, Isæus-Berlin's artistic journey has been marked by a constant exploration of the subconscious and the everyday. Her installations, paintings, and sculptures often feature domestic objects, such as chairs, beds, and tables, transformed into enigmatic and dreamlike compositions.

One of her most striking works, "Chair Beside Bed," is a haunting and evocative piece that invites viewers to contemplate the nature of sleep, dreams, and the subconscious. The chair, a seemingly ordinary object, is placed beside a bed, suggesting a moment of transition between wakefulness and slumber. The stark white color palette and the minimalist composition create a sense of stillness and intro-

spection.

Isæus-Berlin's work frequently references historical and mythological narratives. She draws inspiration from ancient myths, fairy tales, and religious iconography, reimagining these stories in a contemporary context. Her paintings often feature figures that seem both familiar and alien, caught in dreamlike states or engaged in enigmatic rituals.

The artist's ability to create a sense of atmosphere and mystery is one of her greatest strengths. Her work often evokes a feeling of nostalgia and longing, inviting viewers to delve into their own memories and dreams. By exploring the subconscious, Isæus-Berlin offers a glimpse into the hidden depths of the human psyche.

In recent years, Isæus-Berlin has gained international recognition, participating in prestigious exhibitions such as the Venice Biennale and the Istanbul Biennial. Her work can be found in major collections around the world, including the Moderna Museet in Stockholm and the Museum of Contemporary Art in Los Angeles.

Whether you are a seasoned art lover or a casual observer, Meta Isæus-Berlin's work is sure to captivate and inspire. Her ability to transform the ordinary into the extraordinary makes her one of the most significant contemporary artists of our time.

Isæus-Berlin's art does not offer direct answers but rather leaves space for the viewer to interpret and reflect on their own experiences. The exhibition in Vasa has also borrowed works from significant Swedish museums, including Moderna Museet and Malmö Art Museum. Additionally, a catalog has been published where the artist shares her

interpretations and creative processes.

One of the most interesting objects in the exhibition is the Bathroom, the construction of which has been financed by the Gröndal Brothers' Foundation. It cannot be described, it must be seen!

This exhibition represents a significant international art event in Finland, and Meta Isæus-Berlin's strong presence at the Kuntsi Museum invites the audience to see familiar places and objects with new, poetic eyes.

The exhibition is open from November 2, 2024, to March 30, 2025, at the Kuntsi Museum of Modern Art in Vasa.



This work of art, which is normally found at the Moderna Museet in Stockholm, was made in 1993. On the wall are 2000 water-filled silicone gloves.

ART EXHIBITION

In Eero Järnefelt's exhibition fascinates the big and small themes of nature. On Nov 23, it came 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.

EERO JÄRNEFELT'S ALTARPIECES

Eero Järnefelt's exhibition opens in Tikanoja – altarpieces remain in churches



The Taulumäki Church in Jyväskylä

On 23 November, Tikanoja Art Home will open an impressive exhibition showcasing the work of Eero Järnefelt (1863–1937). The exhibition offers a comprehensive overview of the art of this Finnish master, but one group of works by Järnefelt will be missed this time: the altarpieces.

It is understandable that altarpieces cannot be moved to the exhibition, as they are large in size and often permanently attached to the interior decoration of churches. However, this does not diminish their artistic and historical value, and visitors to the exhibition can admire images taken from the altarpieces.

Six altarpieces in four decades

During his lifetime, Eero Järnefelt painted six altarpieces that adorn churches

around Finland. His altarpieces can be admired, for example, in the new church in Keuruu, the Taulumäki church in Jyväskylä, the church of Littoinen, the church of Raahe and the St. John's Church in Helsinki.

The best-known of these is probably the altarpiece of Taulumäki Church in Jyväskylä, which is an exceptional ensemble of two works of art. At the top is Järnefelt's work "Christ Walks on Water" (1892–1893), which miraculously survived the fire of the first church in Taulumäki. Below, the whole is complemented by the painting "Jesus – The Good Shepherd" (1929) by Jonas Heiska from Jyväskylä.

Although Järnefelt's altarpieces cannot now be seen physically in Tikanoja's exhibition, the devout atmosphere and masterful handwri-

ting conveyed by them can be seen through the images. Exploring the exhibition is a unique opportunity to delve deeper into Järnefelt's extensive oeuvre and the multidimensional nature of his art.

The exhibition will be open at Tikanoja Art Home from 23.11.2024.

Erik (Eero) Nikolai Järnefelt (8 November 1863, Vyborg – 15 November 1937, Helsinki) was a Finnish painter and professor (1912). Järnefelt's best-known works include paintings of Koli's landscapes and portraits of prominent figures of his time.

On the left, his self-portrait.







At the top, the altar of Lieto Church, below is the attach of St. John's Church in Helsinki



SOCIETY

Click your way to change? About clicktivism and slacktivism



What is clicktivism and slacktivism?

Have you ever shared an outrageous news article on social media, signed an online petition, or participated in a digital protest? If so, you may have unconsciously taken part in the phenomena of clicktivism and slacktivism.

These terms, coined by researchers Evgeny Morozov and Alice Marwick in 2017, describe a form of activism that is carried out online. It's about showing your support for a cause by clicking a button, sharing a picture, or writing a comment. It's simple, fast, and requires mini-

mal commitment.

Clicktivism focuses on the individual clicks that form the basis of digital activism, such as signing a petition or sharing a link.

Slacktivism is a more general term that refers to the perception that digital activism is often superficial and does not lead to real change.

Why is it problematic?

Even though it can feel good to do something, no matter how small, for a thing you care about, there is criticism of clicktivism and slacktivism. Critics believe that:

It is not a substitute for real action: Clicking

a button or sharing a picture is not the same as participating in a demonstration, donating money or getting involved in political processes.

It can create the illusion of change: It can give a false sense that you have done something to change the world, even if your actions don't have much of an impact.

It can undermine more in-depth engagement: By making it so easy to be an "activist," clicktivism can make people less likely to engage in more demanding forms of activism.

It can be manipulated: Large amounts of clicks and likes can be

used to influence decision-making processes and create a false image of public opinion.

Deliberation and democracy

Another problem with clicktivism is that it can undermine the democratic process. A healthy democracy requires an informed and nuanced debate on important issues. When we rely on simple "like" buttons and quick reactions on social media, we risk losing the ability to have deeper conversations and to absorb different perspectives.

So what can we do?

It's important to remember that digital activism isn't completely useless. It can be a way to raise awareness of important

issues and mobilize people. But to create real change, it takes more than just a few clicks.

To contribute to a more meaningful and democratic debate, we can:

Get involved in local issues: Participate in local meetings, write to our politicians and get involved in volunteer work.

Support organizations that work for change: Donate money, become a member or spread the word about their work.

Deepen our knowledge: Read about the issues that are important to you and try to understand different perspectives.

Have critical conversations with others: Discuss important issues with friends, family, and colleagues.

MUSEUM

The Lenin Museum in Tampere closed for good on November 3rd A chapter in Finnish history came to an end The new "Nootti"-museum will open in February

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.



ASTRONOMY

Juno – The probe that takes amazing pictures of Jupiter. Here are some astonishing new pictures!



Artist's reproduction of JUNO above Jupiter.
NASA/JPL
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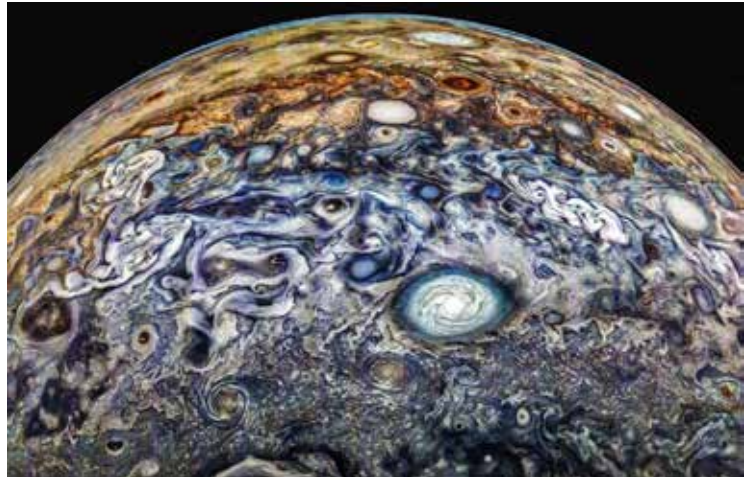


Image: Captured by Juno during his 66th close flight and further processed by Jackie Branc. Source: NASA / SwRI / MSSS / Jackie Branc © CC BY 3.0

The Juno spacecraft is an impressive project from NASA that helps us understand more about Jupiter, our solar system's largest planet. Juno was sent into space in 2011 and reached Jupiter in 2016 after five years in space. Juno has since given us some of the most detailed and fascinating images of Jupiter we have ever seen.

What is Juno and why was it sent to Jupiter?

Juno was built to investigate Jupiter's atmosphere, magnetic field, and internal structure. Jupiter is a giant planet with gases such as hydrogen and helium, and the researchers want to know more about how Jupiter formed and what is hidden under the thick clouds. By studying Jupiter, the researchers also hope to learn more about how other planets in our solar system were created.

Juno traveled over 2.8 billion kilometers to reach Jupiter. Once there, it began to orbit the planet in a polar orbit, meaning that it flies over both Jupiter's north and south

poles. On its orbit, Juno takes many images and collects data to analyze Jupiter's storms, polar lights and cloud formations.

One of the biggest discoveries so far is that Jupiter's polar lights (aurora) are stronger than those we see on Earth. Juno has also revealed that Jupiter has large storms that can be hundreds of years old. The most famous is the Great Red Spot, a huge storm so big that the whole Earth would fit inside it!

Juno's images have fascinated both researchers and the general public. The camera, called JunoCam, is built to take close-up images of the planet's cloud cover and atmosphere. The images we receive from Juno show swirling clouds in beautiful colors, huge storms and a colorful polar light shining across the planet's surface. The images are so detailed that we can see how the gases on Jupiter move, creating amazing patterns. JunoCam was originally intended to

be used for just a few months, but because the images are so precious and beautiful, the camera continues to capture images long behind its original plan.

Juno was supposed to have completed its mission in 2021, but NASA has extended the mission to 2025 because there is still a lot to learn about Jupiter. Juno will continue to study Jupiter's atmosphere, its moons and even its rings. Each new image and analysis helps us understand a little bit more of the Solar System's most enigmatic giant.

Juno is a groundbreaking space probe that has brought us closer to Jupiter than ever before. Through Juno's images and data, we learn more about the solar system's largest planet, its storms and its secrets. Juno's images from Jupiter are not only beautiful works of art; They are a gateway to a deeper understanding of our place in the universe. And thanks to Juno, we get to see incredible images that

remind us how amazing is and diverse our universe



Jupiter's Great Red Spot

This striking view of Jupiter's Great Red Spot and the turbulent southern hemisphere was captured by NASA's Juno probe during a close flight of the gas giant. The images were taken on February 12, 2019, between 9:59 a.m. PST and 10:39 a.m. PST, during Juno's 17th scientific pass of Jupiter. At the time of the images, the probe was between 16,700 miles (26,900 kilometers) and 59,300 miles (95,400 kilometers) above Jupiter's clouds, at a latitude ranging from about 40 to 74 degrees south. Citizen scientist Kevin M. Gill created this image using data from the JunoCam camera. Note that the original images were taken very close to Jupiter's clouds and projected to look like a sphere in post-processing. JunoCams raw images are available to the public on missionjuno.swri.edu/junocam to explore and process. More information about Juno can be found online at nasa.gov/juno and missionjuno.swri.edu. The JPL (Jet Propulsion Laboratory) manages the Juno mission for principal investigator Scott Bolton at the Southwest Research Institute in San Antonio. Juno is part of NASA's New Frontiers program, which is managed at NASA's Marshall Space Flight Center in Huntsville, Alabama. The probe was built by Lockheed Martin Space Systems in Denver. Caltech in Pasadena, California, manages JPL for NASA. Source: NASA/JPL-Caltech/SwRI/MSSS/Kevin M. Gill Public Domain

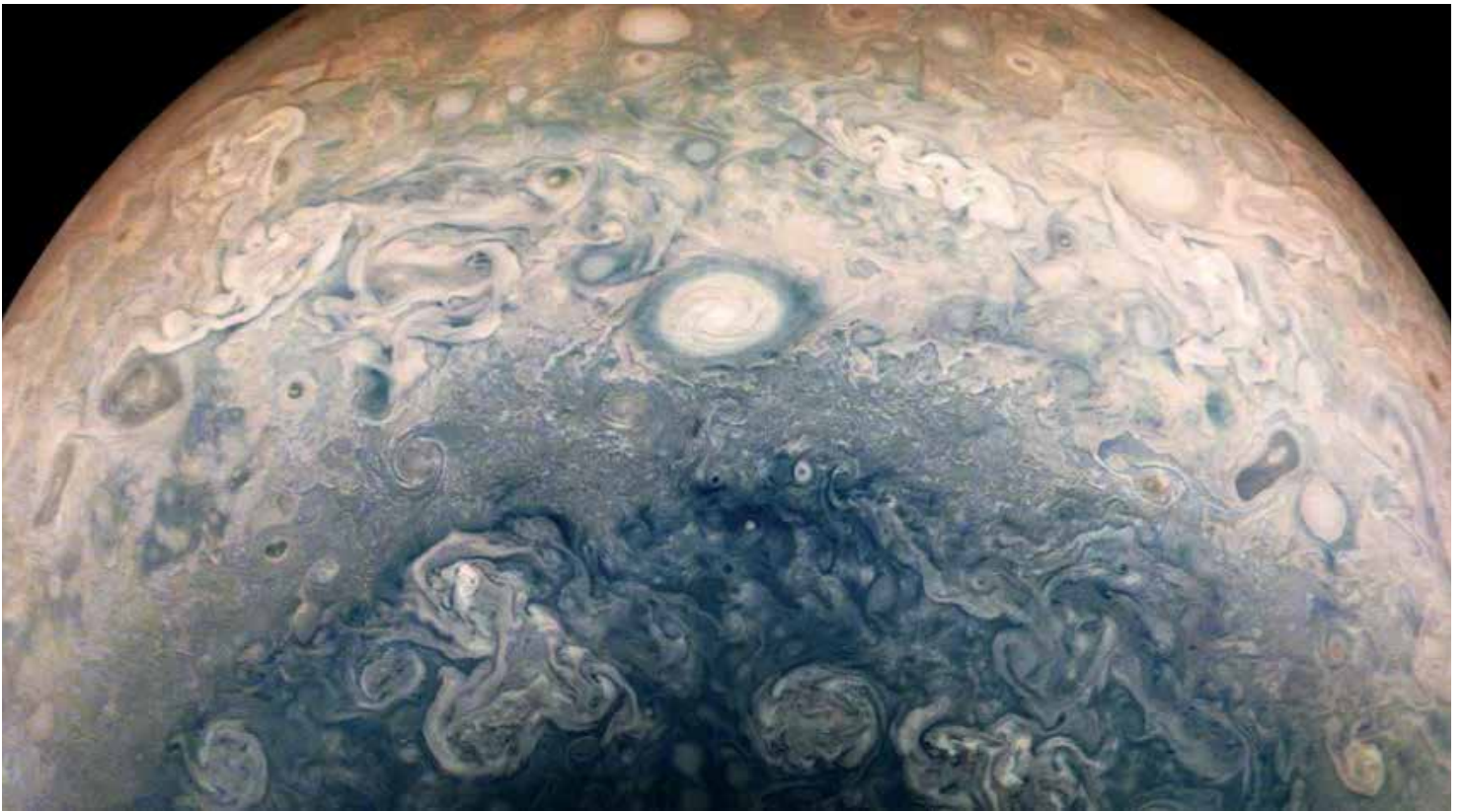
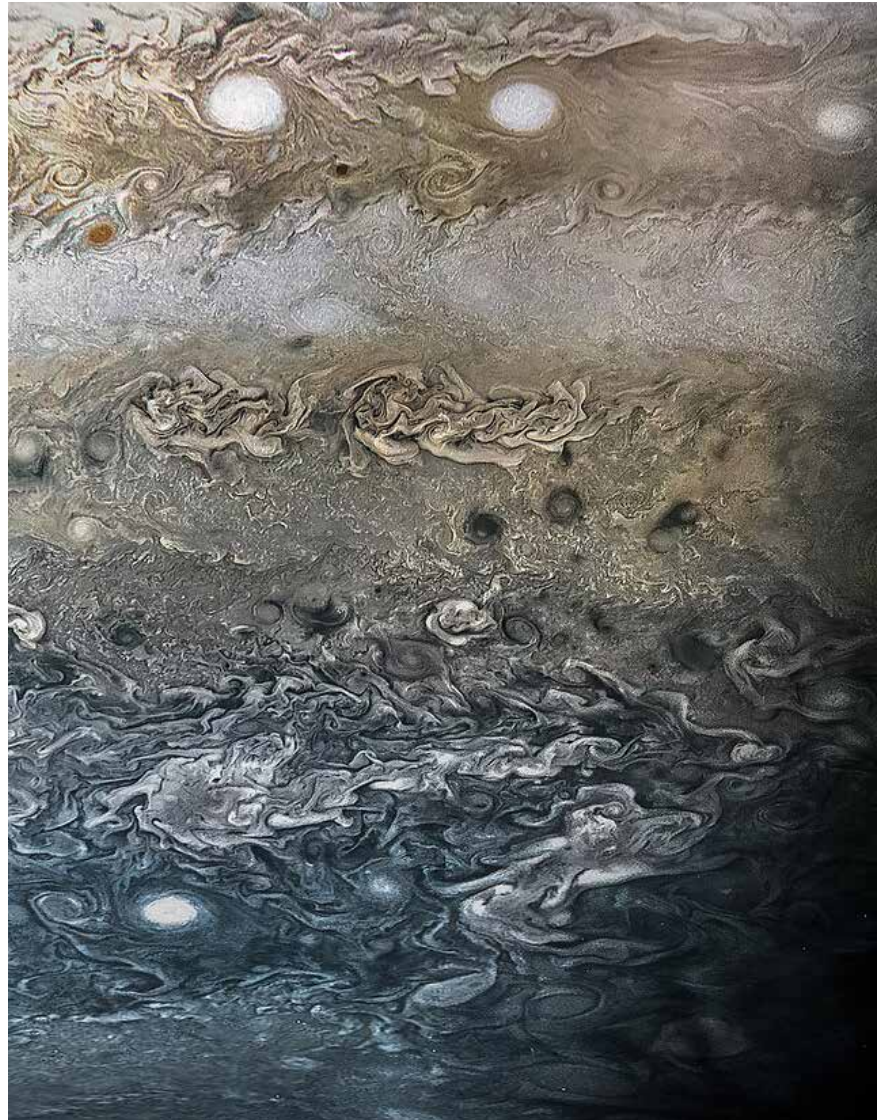


Image taken by Juno during its 66th close flight, then further processed by Jackie Branc. NASA / SwRI / MSSS / Jackie Branc CC BY 3.0



*Picture from Jupiter taken by Juno
Nova Dawn Astrophotography
Creative Commons Attribution-Share Alike 4.0*



*Jupiter - Juno close flight 6 - 19 May 2017 , Redesigned and contrast enhanced.
NASA/JPL-Caltech/SwRI/MSSS/Kevin M. Gill
Kevin Gill from Los Angeles, CA, USA
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ASTROLOGY

Jupiter Retrograde and Its Consequences: Hold On to Your Hats and Horoscopes!

This winter, October 9, 2024 - February 4, 2025, as Jupiter pulls out all the retrograde stops, prepare for a season of cosmic quirks, oversized ambitions, and possibly an urge to re-read ancient myths (or your horoscope) with a raised eyebrow.

When we hear that Jupiter—the grand, gassy giant and ultimate astrological good guy—is “going retrograde,” our minds immediately jump to a season of existential wobble. Jupiter, ruler of wisdom, expansion, and wealth (and possibly dodgy advice from “that one friend”), usually showers us with blessings. But when retrograde hits? All bets are off! Jupiter in retrograde can mean “too much of a good thing,” or worse, “not enough of a good thing at all.” For astrologers and astrology lovers alike, it’s like someone put your life in the cosmic blender, threw in some Jupiter juice, and hit “chaos.”

So What Exactly Is Jupiter Retrograde?

In scientific terms, Jupiter retrograde is the period when Jupiter appears to be moving backward in the sky due to Earth’s orbit overtaking Jupiter’s in their respective celestial racetracks. This reversal happens about once a year and lasts for roughly four months. Ancient astrologers didn’t have telescopes or spacecraft (or TikTok) to explain this celestial switch-up, so they decided Jupiter must be taking a breather, maybe rethinking

its life choices. And if Jupiter, the mighty ruler of growth, is re-evaluating, it’s only fair that we mere mortals should do the same, right?

The Astrological Forecast: More Self-Help, Less Help from the Stars When Jupiter goes retrograde, astrologers say it’s time for inner growth rather than outer expansion. Forget big business ventures, grand vacations, and maybe even that edgy hair color you were considering—it’s a time for contemplating, not consuming! Jupiter retrograde encourages us to look inward, think deeply about our choices, and, ideally, avoid the urge to move to a tiny cabin in the woods to “find ourselves.”

Jupiter rules over philosophy and higher learning, so during retrograde, the wise thing might just be a little reflection: “Do I really need 17 plants in my apartment?” or “Maybe those online philosophy courses weren’t a waste after all!” The retrograde often coincides with a shift in our goals, too. Just as Jupiter pumps the brakes on its forward motion, we may find ourselves reconsidering ambitions and realigning dreams. This doesn’t mean abandoning goals—it means making them sturdier. (Or maybe just less ridiculous.)

Historical Consequences of Jupiter Retrograde: A Mix of Mischief and Majesty Throughout history, Jupiter retrograde has shown up during some pretty monumental moments. In



ancient Rome, they might not have known Jupiter’s retrograde from a hole in the ground, but they did know that strange things seemed to happen when Jupiter went “wonky.” For instance, Emperor Augustus would sometimes consult astrologers during Jupiter retrogrades to see if Rome’s fortunes were about to shift (though he probably didn’t ask about his love life).

And then there’s the Middle Ages: Jupiter retrograde was rumored to be a bad omen for kings and conquerors. Knights went into battle only when Jupiter was in a favorable position. Otherwise, swords stayed sheathed, and the knights focused on jousting, mutton feasts, or whatever they did on their off days. Even the voyages of exploration were said to be “retrograde-wary,” with astrologers warning sailors and explorers that Jupiter’s backward gaze

might not bode well for new endeavors (especially those involving new continents).

Your Retrograde Survival Kit: The Essentials

If you’re looking to weather Jupiter retrograde with all the grace of an ancient philosopher—or, you know, your favorite podcast astrologer—here are some top tips for making the most of this time:

1. Journal Your Grand Plans – Just because you shouldn’t act on your grand ideas doesn’t mean you shouldn’t think about them. Write down those wild dreams; there’s always post-retrograde for making them a reality.
2. Reflect, Don’t Reject – Jupiter retrograde is all about re-evaluation. Before ditching a big project or relationship, see if it just needs a little tweaking.
3. Embrace Wisdom over Wit – Jupiter is wise, not snarky. Leave the sar-

casm aside and focus on uplifting others (even if it’s as simple as complimenting someone’s new haircut).

4. Ditch the Extravagance – During retrograde, splurging on luxuries might just lead to regret. So maybe skip the life-size sculpture of your dog or the three-story inflatable Santa Claus (yes, even if it’s on sale).

5. Check Your Horoscope

– In times of planetary chaos, there’s no harm in seeing what your favorite astrologer has to say. Sometimes, a little cosmic reassurance is all we need.

So there you have it. Jupiter retrograde might throw a cosmic wrench in our plans, but it also opens the door for some quality soul-searching and a bit of celestial laughter. Don’t worry—soon enough, Jupiter will be back on its regular path, and so, hopefully, will we.

HEALTH

The miracle medicine Ozempic helps for everything? No, it doesn't, but...

Ozempic – a drug that has taken the world by storm and quickly become a topic of conversation both in medical circles and among the general public.

Used primarily to manage type 2 diabetes, but is also associated with weight loss, improved heart health, and most recently with the hope that it may even have a slowing effect on Alzheimer's disease. This drug has raised many questions about its potential and also some concerns about its side effects and ethical implications. Is Ozempic really the miracle drug that can solve everything – or is there reason to take it with a certain skepticism?

What exactly is Ozempic?

Ozempic is not just a new fad drug for weight loss. Basically, it's a drug to treat type 2 diabetes, and its active ingredient, semaglutide, is a so-called GLP-1 receptor agonist. This substance mimics a natural hormone in the body that helps regulate blood sugar levels. By stimulating insulin secretion when blood sugar is elevated and reducing the production of sugar from the liver, Ozempic helps diabetics manage their disease. Keeping blood sugar under control is crucial for avoiding long-term complications such as nerve damage, kidney problems, and heart disease. In that sense, Ozempic is a clear success.

But what really made Ozempic a talking point was its unexpected effect on body weight. A lot of studies have shown that patients who take Ozempic can experience significant weight loss. For people struggling with obesity – a problem that often goes

hand-in-hand with type 2 diabetes – this is an enticing side effect. And perhaps this is where the miracle medicine stamp came about.

Benefits of Ozempic – Not Just a Matter of Weight

Ozempic's weight-reducing effect has proven to be an added bonus, but there are more aspects to consider. High blood pressure and coronary artery disease can be positively affected by the drug, as Ozempic improves insulin sensitivity and reduces inflammation in the body – factors that can directly affect cardiovascular health. This means a significant improvement in quality of life for many, and it is no exaggeration to say that Ozempic can indeed have a big impact on the health of people with type 2 diabetes or obesity.

A weight loss of 5 kg is healthy for most of us, and with Ozempic, such a weight loss is easy to achieve. However, for the weight loss to be lasting – this can be worse and may mean that you have to use Ozempic all the time.

A more surprising discovery is Ozempic's potential effect on Alzheimer's disease. Research suggests that semaglutide may have a neuroprotective action, meaning it may help protect brain cells and possibly slow Alzheimer's progression. Of course, the idea that a diabetes drug can also have benefits for brain health raises hopes – and some skepticism.

As with any medication, Ozempic has its own side effects. One of the most common complaints is nausea and other stomach problems, especially at the beginning of treatment. More serious risks include inflammation of the pancreas, a rare but serious side effect. Perhaps the most eye-catching side effect that has at-



racted attention, however, is the "Ozempic face". This term refers to the changes in facial structure that some users have experienced after losing weight with the help of the drug.

When body fat decreases rapidly – which often happens when losing a lot of weight in a short period of time – it can lead to a loss of volume on the face. This causes the skin to become saggy and the face to have a more aged appearance. For a medicine that is supposed to improve health, this side effect may seem paradoxical: you may feel healthier, but the mirror image shows otherwise.

And it is important to know that the knowledge of Ozempic's side effects with very long-term use is unknown. What happens if you

use Ozempic for decades. No one can know that yet at this stage.

Ozempic raises a lot of questions, not only about health but also about ethics and society. An important aspect is the cost and availability of the drug. Ozempic is expensive, and for many people, price can be a determining factor in whether they can access the medication. This creates a potential inequality in healthcare, where a treatment that could benefit many people may be unavailable to those with lower incomes.

In addition, there is a risk that Ozempic is used by people without diabetes solely for the purpose of losing weight. A drug intended for a disease becomes in some circles a shortcut to a slimmer appearance, which can

lead to addiction and to side effects in healthy people. The question is whether this is a problem for society or whether it is up to the individual to decide. In any case, it reminds us of how complex medical ethics can be, and how difficult it is to draw a line between what is necessary and what is merely desirable.

Ozempic has undeniably revolutionized the treatment of type 2 diabetes and has been shown to have significant benefits for weight loss and heart health. It is difficult to turn a blind eye to the potential of this drug – not only for individuals but for the healthcare system as a whole. But miracle medicine is perhaps an exaggeration.

Ozempic does not solve everything, and it is important to understand that the medication comes with risks and ethical question marks. The Ozempic face is a reminder that all change has a downside, and the cost and availability of the drug remind us of the inequalities that still exist in healthcare.

Perhaps Ozempic is more of a symbol of the medical aspirations of our time: a powerful tool that, with the right handling, can help many, but which also reminds us of the importance of taking a step back and seeing the big picture. The future will tell whether Ozempic was a medical fad or a long-term solution to our biggest health problems – until then, we should receive this "miracle" with our eyes open and a healthy measure of caution.

Ozempic is a prescription medication. It is found in Finland but has become so popular that it can sometimes be difficult to obtain. A month's treatment costs over 100 €.

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. Alarming, 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 ef-

fects 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.

RUSSIA'S STRANGE DIPLOMATIC LANGUAGE

The Kremlin mocks its opponents

When tensions between the two countries increase – as in recent years between Russia and Ukraine – it is common for the aggressor to ridicule its counterpart. We have seen examples of this. Russian state television is doing its best to spoil Ukrainian President Volodymyr Zelensky and the Ukrainian leadership. According to the Kremlin, Zelensky is a Nazi, a drug addict, a clown, a liar, a traitor, a criminal, a psychopath.

It is important to note that these attacks are false and unjustified. Zelenskyy is a democratically elected leader who has shown great courage and determination in the face of Russian aggression. He is overwhelmingly supported by the Ukrainian people and widely respected by world leaders. That he is a Nazi is not of this world, Zelensky is Jewish and one of the pillars of Nazism is hatred of Jews. But Russia thinks anyone who opposes Russia's aggression is a Nazi.

The Kremlin's use of derogatory adjectives against Zelensky is a sign of despair and weakness. They cannot defeat Ze-

lenskyy on the battlefield, so they resort to personal attacks in an attempt to discredit him. However, these attacks only hook and further strengthen Zelenskyy's determination and the unity of the Ukrainian people.

Then there is reason enough to say that the President of Ukraine is not the only one exposed to derogatory and mocking adjectives. The German leader is a "sausage maker" and the leader of the USA is a senile dementia elderly.

This is not a new phenomenon. In particular, the word clown seems to be popular in the Kremlin when someone dares to oppose plans to conquer Russia. On 26.11.1939, a few days before the start of the Winter War, Pravda published the following sensational article about Finnish Prime Minister Aimo Kaarlo Cajander:

"Finland's government fears appearing before the country's parliament. Instead, Prime Minister Cajander, on November 23, happily performed at a concert. The music played, the prime minister gave a speech. Finland's citizens must be entertained in their current sad situation. Cajander tried



Aimo Kaarlo Cajander

to entertain the audience as best he could. He displayed clownish talent. Cajander turned the concert venue into a simple circus arena. Like Pelle Jöns, he somersaulted, spoke non-sense, stood on his head, walked around the arena on his hands.

First, he dragged out several portraits of Russian tsars onto the arena and bowed down to these images. These humble bows he performed with the ingrained subservience of a born servant. He spoke of 'the policy beneficial to Finland, followed by Alexander I and Alex-

ander II and approved by all the people of Finland.' Then Pelle Jöns stood on his head and threatened the Soviet Union with one of his feet because Moscow was thinking of threatening Finland's independence. It was truly a majestic attitude!

It is known that the Russian tsars, whether named Alexander or Nikolai, suppressed all attempts by the Finnish people to gain independence in every way. The tsarist policy, which aimed to oppress, subjugate, and paralyze the people, was only accepted by the reactionary-minded,

corrupt Finnish bourgeoisie. Cajander et consortes served the Russian tsars as faithful lackeys and court jesters. When tsarism was overthrown by the people's fatal blow, the temporary go-vernment refused to grant Finland independence. For this independence, the Bolsheviks Lenin and Stalin fought in cooperation with the Finnish people. From the Soviet government, the Finnish people have received their independence, which Finland's bourgeoisie always displays and still sells as a commodity on the market of imperialism. Such are the facts.

Cajander believes that when he makes his somersaults, the world goes off the rails. A ridiculous illusion! Pelle Jöns makes his somersaults, but the facts stand unyieldingly where they stand. This whole pathetic comedy is played out only to avoid answering the Finnish people's question to its ridiculous, intrigue-ridden government: why have Latvia, Estonia, and Lithuania concluded treaties with the Soviet government guaranteeing their independence, peace, and secure work, while the Finnish government has interrupted negotiations and caused anxiety and worry for the Finnish people? Here one cannot avoid the issue by just dodging. Cajander makes so-mersaults, crows like a rooster, suddenly bursts into tears. He cries, moans, tears his clothes to pieces, strikes around with the words of a circus clown, scatters ashes.

Not on his own head, but on the heads of the ministers of Estonia, Latvia, and Lithuania. Through tears, Cajander cries out: '...These three vigorous Baltic states,



*Hufvudstadsbladet den
27.11.1939*

which had a brilliant future ahead of them, have suddenly been transformed from independent states into realms more or less dependent on the Soviet Union. D

This has made a crushing impression on us Finns." Cajander weeps for the political leaders of Estonia, Latvia, and Lithuania. They have turned out, you see, to be very shortsighted. But Pelle Jöns in the role of prime minister, behold, he is farsighted. He is a politician who has been schooled by the far-sighted Beck, by the clear-sighted Moscicki. May he experience how they feel, these Polish Pelle Jöns, who have forever lost their commitment. Soon enough, Cajander may have the opportunity to realize that it is not the Finnish government's puppets who are foresighted, but Estonia's, Latvia's, and Lithuania's current leaders, who have concluded agreements with the Soviet Union guaranteeing the independence of these states.

But Cajander and his cronies cannot avoid giving the Finnish people the answer they increasingly demand.

Why have you, gentlemen Cajander and your associates, interrupted the negotiations? The people have not demanded this of you. Who has demanded that the negotiations be interrupted? Finland's prime minister wriggles like an eel, he cries and snivels and wipes the tears from his dirty face: "As much as we have tried to find a common basis for our negotiations, they have nevertheless been temporarily interrupted.

This must be regretted all the more as Finland sincerely wishes to maintain good relations with all its neighbors." Cajander "regrets"! Cajander "has temporarily" interrupted the negotiations! Cajander sheds crocodile tears. Crocodile tears are said to be the most deceitful, the most vile, the most disgusting in the whole world. But even more repulsive, even more vile, even more deceitful are the tears shed by Pelle Jöns as he imitates the crocodile. It is a perversion of a reptile that lacks sharp teeth, that lacks strength, but is full of the cunning and voracity of a little predator.

And yet Cajander and his henchmen will not escape answering the question that the Finnish people increasingly threateningly pose to them, as they see the country being drawn into a shameful and dangerous game by provocateurs. Why have you, Cajander and your gang, interrupted the negotiations? You are "independent" (?) only of the Finnish people, who in fact seek the friendship of the Soviet people. Who, then, are you dependent on? Whose will do you fulfill, whose instructions do you follow? And Pelle Jöns in the prime minister's office runs anxiously,

cowardly around, letting his faded eyes wander in all directions and swearing to God: "Finland has not been in need and has not received instructions from other states. By God, it has not received any!" A clown's oath, invoking God!

The receipt for "foreign states' instructions" having been fulfilled has been published. It is found in the English imperialist press's approval of Cajander's speech. The Daily Herald pats its Finnish Pelle Jöns friendly on the shoulder: "you have done well, dear brother".

Can one then be surprised that Cajander and his entourage have not found "a common basis" with the Soviet government? Pelle Jöns performs his somersaults on the warlike imperialism's "general platform," lets the jazz orchestra clang, lets the saxophone jam, lets the circus director's whip whistle.

Will this political circus continue for a long time? We must hope: not too long. We must hope that the Finnish people will not allow puppets like Cajander and his associates to steer Finland's ship of state further towards the brink of destruction, where Beck and Moscicki have suffered shipwreck."

This text's Swedish translation was published in Hufvudstadsbladet on November 27, 1939. In Pravda, it was published on November 26, incidentally the same day as the shots in Maimila were fired, evidently by the Russian side.

RUSSIAS WAR AGAINST UKRAINE

The President and the First Lady Honored the Memory of Holodomor Victims in Ukraine Address by the President



RUSSIAN ECONOMY

Is hyperinflation coming up in Russia?

An analysis of Russia's economic crisis

Russia's economy is facing one of its biggest challenges in modern times. The economic sanctions that followed the invasion of Ukraine, combined with an increasingly isolated position in the global market, have created a perfect storm for the Russian ruble.

The drastic increase in the policy rate to 21%, with the prospect of further increases, is a clear sign that the Russian central bank is trying to fight inflation that threatens to spiral out of control.

Official statistics versus reality

The Russian government reports an inflation rate of around 8%. However, economists and experts agree that this figure does not reflect the real situation. The rising demand for goods, especially food and other basic goods, combined with disruptions in supply chains, has led to a significant increase in prices. Many Russians testify that the prices of food and other necessities have more than doubled in the past year.

Banknote presses run hot

To finance the war in Ukraine and compensate for the reduced revenues from oil and gas exports, the Russian government has had to print large

amounts of money. This has led to a sharp increase in the money supply in circulation, which in turn drives up inflation. Free currency trading has been abolished, and the ruble has depreciated sharply against other currencies. Although the official exchange rate is 100 rubles per dollar, in practice it is impossible for Russians to buy dollars at this rate.

A population in panic

The economic uncertainty has led to increased anxiety among the Russian population. Many Russians are trying to protect their savings by buying physical assets, such as housing and groceries. The phenomenon of hoarding buckwheat, a staple of the Russian diet, has become increasingly common.

The risk of hyperinflation in Russia is high. Historically, countries that have been hit by similar economic crises have often experienced hyperinflation. Hyperinflation is an extremely high rate of inflation, which can lead to a total collapse of a country's economy. To avoid hyperinflation, the Russian government must take drastic measures to stabilize the economy and regain the confidence of investors and the population.

Hyperinflation can occur very quickly, at a time when the population is suffering from something that could be called mass psychosis and everyone is rushing to the shops at the same time to get rid of their almost worthless banknotes.



This is not something new in Russia. In the early 90s, Russia had a period of over 1000% inflation. In a short time, the ruble lost over 90% of its value.

The high inflation, the reduced availability of foreign currency and the increased uncertainty pose a major threat to the standard of living of the Russian population. If the Russian government does not succeed in reversing the trend, the country risks ending up in a deep economic crisis with long-lasting consequences. The worst possible consequence is hyperinflation.

Consequences of a possible hyperinflation for the Russian population

Hyperinflation, an extremely high inflation rate, would have devastating consequences for the Russian population. Here

are some of the most likely outcomes:

Greatly reduced purchasing power: Money quickly loses its value, which means that wages and savings become worthless. Panicked buying accelerates, people buy everything they can as long as you get something for the rubles and in the end all the shelves are empty. People will no longer be able to buy the goods and services they need to survive.

Social unrest and instability: Economic crisis often leads to social unrest and political instability. Dissatisfaction with the government may increase, which may lead to protests and demonstrations.

Hunger and malnutrition: High food prices make it difficult for people to get enough food. This can lead to starva-

tion and malnutrition, especially among children and the elderly.

Loss of lifelong savings: Pensions, savings accounts, and other savings will be wiped out. Many people will lose everything they have worked for throughout their lives.

Fleeing the country: Many will try to leave the country to find better living conditions. This could lead to a mass exodus and create additional problems for neighbouring countries.

Disintegration of society: Hyperinflation can lead to a breakdown of society, with increased crime and violence.

Loss of confidence in the economic system: People will lose confidence in the economic system and the Russian ruble. This can lead to an increased use of alternative currencies or barter.

AI

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



**Podcast in English:
Russian disinformation**
<https://vpress.ovh/podcasts.htm>

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 NotebookLM-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.

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 Positioning 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 Osthrobotnia region

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

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

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

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

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

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

Email: wasadagblad@gmail.com

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

Wasa Daily
Wasa Dagblad
Photo Supplement

República's president Alexander Stubb in Vaasa 27.4.2024

Kärlfestivalen denna vecka!

Kalevaspeleinen i Vaasa 27-30.6.2024

Kremlin gör natt av sina motsståndare - 1939 liksom nu

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Pörtöm kyrka Pirttikylän kirkko The Church in Pörtöm

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Fero Järnefelt (1863-1937)

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I K Inha (1865-1930) i Replot 1895

Raippaluodossa 1895

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Vaasan istutetaan 70 000 puita

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A free for everyone in Vaasa

ROAD CHURCHES

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HOROSCOPE FOR NOVEMBER 2024

November Horoscope: What's Written in the Stars?

Aries (March 21–April 19): Your enthusiasm will hit an all-time high this month, Aries! But beware: not everyone is ready for your energy before their third cup of coffee. Channel that passion into something productive, like reorganizing your sock drawer. Hey, it's the little victories!

Taurus (April 20–May 20): November brings you a cozy vibe, Taurus. You'll feel an irresistible urge to cocoon yourself in blankets and binge-watch your favorite shows. Productivity? Overrated. Comfort? Essential. Don't let anyone tell you otherwise.

Gemini (May 21–June 20): You'll be juggling more tasks than a circus performer this month, Gemini. Multitasking is your superpower, but remember: responding to emails while doing yoga is how things get weird. Take a breath—or five.

Cancer (June 21–July 22): This November, your emotions will be as unpredictable as the weather. One moment you're ready to hibernate, the next you're planning a spontaneous road trip. The good news? Your friends already know they're in for a rollercoaster—so just enjoy the ride.

Leo (July 23–August 22): You're feeling extra fabulous this month, Leo! Strut your stuff like every sidewalk is a runway, but don't be surprised if you trip over your own feet once in a while. It's all part of the charm. Just remember, confidence can get you out of almost anything!

Virgo (August 23–September 22): November is all about organizing, Virgo. You'll get a kick out of color-coding your life down to the last detail. But don't go overboard—your friends may not appreciate it when you start alphabetizing their kitchen spices.

Libra (September 23–October 22): You'll be the diplomat of the group this month, Libra. Everyone will turn to you to settle disputes, from dinner plans to who gets the last slice of pizza. Just don't overdo it—you deserve that pizza slice, too!

Scorpio (October 23–November 21): It's your season, Scorpio, and you're feeling mysterious and magnetic. You might be tempted to brood a little, but don't forget: even you need to laugh sometimes. Embrace your inner comedian—you're funnier than you think!

Sagittarius (November 22–December 21): Adventure calls, Sagittarius! But before you go booking a last-minute trip to a distant land, maybe start with clea-

ning out your fridge. That expired yogurt won't survive until your return, but your wanderlust will!

Capricorn (December 22–January 19): You're in work mode, Capricorn, but don't let the grind get you down. Remember, even superheroes take breaks (and look good doing it). So grab a cup of tea, put your feet up, and let the world handle itself for a few minutes.

Aquarius (January 20–February 18): You're brimming with ideas this month, Aquarius, and your genius will be hard to contain. Just make sure your friends are ready for your next big invention—it might involve more cardboard and glitter than they anticipated.

Pisces (February 19–March 20): Dreamy and creative as always, Pisces, you'll find yourself drifting into day-dreams mid-conversation. Don't worry if you forget what someone was saying—what were probably coming up with your next masterpiece. Just nod and smile; it works every time!

Happy November, and remember: even the stars can't predict when you'll finally stop hitting snooze!



NEWS 100 YEARS AGO



The Evening Courier

Sunday, November 24, 1924

This is a fictional daily newspaper that contains completely authentic news from exactly 100 years ago with the aim of giving the reader an idea of what everyday life

PÖRTOM CIVIL GUARD MEETING

The autumn camp meeting of the Pörtom Civil Guard took place on the 15th and 16th. The camp meeting was located in the church village's spacious youth room. The induction took place on Saturday morning at 8 o'clock, and happily a large number of Civil Guard members had obeyed the call to the camp meeting.

At the line-up, the group was counted as many as 50 brisk Civil Guard members, who for two days had said goodbye to the civilian and had come together to acquire the knowledge that every good Civil Guard member needs to be able to successfully defend our freedom. The work during the camp days went on with speed and squeeze, and despite the strenuous

service, there was an excellent good atmosphere. Every man, from the old knight to the recruit, strove to learn as much as possible. The new drill regulations were taught in both closed and open order. It turned out to be both practical and simple, so it can be taken for granted that the training of the Civil Guards will henceforth be more interesting and easier than has been the case hitherto.

In addition to the exercise, the program included lectures in outpost service, march guarding, gfuþprad tactics, Civil Guard doctrine and practical and theoretical training; demonstration of the use of Bergman's submachine gun. In addition to the service program, a response shooting with

miniature rifles was included. The shooting took place at a distance of 16 m, 5 shots in a standing position.

The five best results were as follows: 1) J. Åback, Sidbäcks pl. 42 p., 2) M. Ahlbäck, S dbäcks pl. 41, 3) V. Norrback, Nonb eks pl. 40, 4) U. Norrback, Norrbacks pl. 39 p., 5) Hj. Hannus, 3 Kretsen 38 p.

The successful camp days ended at 7 a.m. on Sunday evening and left a good impression on the participants. A special mention deserves the Lottas, who during the camp meeting commendably provided for the food of the Civil Guards. The camp meeting was inspected from the District Staff by military instructor Lillbroända. The next meeting of the Civil

Guard will take place in the spring in the month of April, and then it is to be hoped that all Civil Guard members and also those who now of one way or another. reasons considered that they were prevented from participating in the instructive camp days, should show up in large numbers, for if one was once a member of the Civil Gu-

ard, one also has duties to one's detachment and to one's own Civil Guard. A Civil Guard, in name only, is of no use either to his corps or to the great purpose of the Civil Guards. (Kaskö tidning- newspaper)

KANSALLIS-OSAKE-PANKKI

ARVOPAPERIOSASTO

VÄLITÄÄ osakkeiden ja obligatioiden kauppa sekä Helsingin arvopaperipörsissä että sen ulkopuolella. Osto- ja myyntitahvat voidaan myöskin antaa kaikkien haarakonttorien kautta. Puh. 119 81 & Ce 20 031 (keskuspab.).

NOTARIAATTIOSASTO

VASTAANOITAA säilytettäväksi ja hoidettavaksi kaikenlaisia arvopapereita.

TOIMITTAA palkkojen, vuokrien y.m. maksujen suoritusta ja perimistä.

LAATII yhtiösopimuksia, kauppakirjoja, velkakirjoja, testamentteja, avioehtosopimuksia y.m.s. asiakirjoja.

TOIMITTAA peruskirjoituksia ja perinnönjakaja.

Publiin Ce 20 031 (keskuspuhelin).

5311

Pyydämme saada kiinnittää arvoisan yleisön huomiota

Pääomatilimme

tarjoonin etuisiin.

Pääomatilille suositetaan korkeinta käypää talletuskorkoa.

Pääomatilille maksetaan ilman irtisanomista aina 20,000 markkan korkuudessa, ja korko maksetaan kuukausittain neljä kertaa vuodessa, tahi listataan neljän vuosittain pöytäkirjan huolellista, josta rahat sille kasvavat korkoa korolla.

Kakaja voidaan lähettää myös ostaise.

Helsingin OsakePankki.

Moljerimiehit Karjanomistajat!

Eikä korkeimmalla voimalla työkannalla ole enää mitään merkitystä moljerimiehitönsä.

Voinvientiilike

Osakeyhtiö J. Emil Roman, Hangossa

Näitä kaikenlaisia moljerimiehitä korkeimmat markkinat, jonka säilytyskannalla.

Huom! Kaikki voimme arvostella Valtion Vointarhastustaita Hangossa.

Halkojoja

siivoksi ja pilkottuna myy

Houkka O. Y:n Halkojoja, Puh. 5260 & 7994 (S)04274071

Halkojoja

PARASTA KUIVAA KUIVAA pitkin ja pilkottuna, millään lailla.

JÄTKÄSAAREN HALKOJILLE C. H. Lemström & Co. Puh. 10577.

HUVEJA

SUOMEN KANVALLITEATTERI

Ensimmäinen 25. XI. Klo 7,30 alkuun. Min.

Siniparran kahdeksas vaimo

5810

Kanjan Näyttämö

Ensimmäinen 25. XI. klo 7.30. Alkuehtoinen Minäin.

Laulu tulipunaisestä kukasta

2009

PUNAINEN MYLLY Erottaja 16-17. Puh. 09122

Klo 4, 6 ja 8. Kassa suljetaan klo 9.45.

Jatko tilin

„KOHTALON LEIKKIKALUJA“ on saapunut ja sitä esitetään tänään romanssitaiteita aikaisen sinänsä.

RAKKAUDEN MURHENÄYTELMÄ.

Emil Janninen. Eriko

Kino-Palatsi Kaleva

2:nä viikk.

MERIHAKKA

PAROISSA: Mikko Siltä, Emil Bennett, Wallace Boery.

... Ennen erohtyne välitöissä, että mieheksi Mikko Siltä on nykyisin Helsingin biograafisen keskuksessa erikoisesti suudinta; hänellä liian erittäin kaikkialla, kuin itse junailla Valen-tinolla. (Dialekti.)

Ritvillisuutta, romaattikka, rakkaus.

Tämä fitni on ensinnäköillä viikolla löyryt kaikki kaun-ennätyksen.

Säätin lausella.

Näytännöt: Kino-Palatsissa 5.67, 2. - Kalevassa klo 4:45 alkua.

HYOM! Kino-Palatsi, maan suuren laulun. Ensimmäinen paikka 12 en, valkoisella laus-kaasta, vastalen väkään kes-koilla sulla pöytäkirjoista testitöistä.

Scala

2:nä viikk.

Merén kurimuksessa

Teatterin pöytäkirjoista täällä olemme esitellyt edellisen näytännön tästä hienoa hienoa muusikkilä. Nuo-ruutta, rakkautta, jännitystä.

Näytännöt: 5. 6.45 ja 8.30 ip. Suunnit. myös 2.15 ip. Lapulle mailla.

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Helsingfors, Mikaelsg. 11
Tel. Ce 20061

Filialer i Åbo och Wasa

HUMOUR ONE HUNDRED YEARS AGO

WIDOW

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

SWIMMING COMPETITION.

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

EINSTEIN

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

SEEN WITH YOUR OWN FEET

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

Mail man

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

real letters?"
»Yes then!»
»Where did you get them from then?»
»Yes, yes, find them in mother's desk drawer. It was open, and they were so beautiful and there was a whole bunch of them tied with red silk ribbons.»

Art furniture.

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

MR WEST

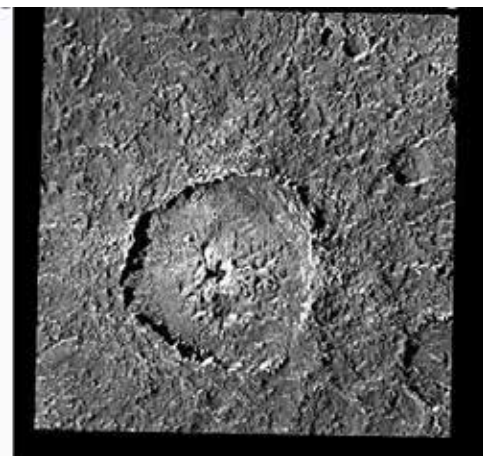
A well-known joker once came in company into a restaurant, where he saw a familiar gentleman named Wester sitting drinking toddy.
"Listen, Wester," he exclaimed, "can you tell me what is the resemblance between the sun and a toddy?"
"No", he replied.
"Well, both go down in the west," was the answer.

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 interes-

ting 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 make their children themselves.
DAMN LUCK
— Hello, my lord, cried the energetic flower seller, buy some flowers

The astronomic picture of the week:



Callisto Tindr PIA01657.jpg

Courtesy NASA/JPL-Caltech ([!]) The crater Tindr on Callisto, photographed by Galileo.

Galileo

Public domain

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.

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

Next week:



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