

WASA DAILY

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EERO JÄRNEFELT

Ozempic

Jupiter

**New National
Nutrition Guidelines**

**Meta Isæus-Berlins
näyttely Kuntsissa**

LUX HELSINKI

HERE WE ARE:

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Editorial: Orange Days: A Global Fight to End Violence Against Women

The story behind Orange Days

The international campaign Orange Days against Violence Against Women was launched by the UN Secretary-General in 1999. The campaign is part of the United Nations Initiative to Eliminate Violence Against Women and Girls, which has a deep-rooted history in the global struggle for human rights. The Orange Days begin every year on November 25, the International Day for the Elimination of Violence against Women, and end on December 10 on the International Human Rights Day.

The symbolic colour orange stands for a future free from violence and calls for action and awareness. During the campaign, events, seminars and lighting of buildings around the world are arranged in orange to draw attention to the problem. Violence Against Women: A Global Crisis

Violence against women is one of the most widespread human rights violations in the world. It takes many forms – physically, psychologically, economically and sexually – and affects women of all ages and social classes. The UN estimates that one in three women globally has been subjected to some form of violence during her lifetime.

In many societies, violence is normalised, and victims do not always



Photo: City of Vaasa

have access to legal or social support. To combat this, the UN and other international organizations have worked to raise awareness of the issue and engage both governments and civil society.

Connection with Human Rights Day

Human Rights Day on 10 December marks the adoption of the UN Universal Declaration of Human Rights in 1948. The fact that the Orange Days campaign ends on this very day underlines the connection between violence against women and human rights violations. The right to live without violence is a fundamental human right, and the campaign highlights the importance of protecting it.

Finland and violence against women Despite its reputation as one of the world's most gender-equal countries, Finland has a dark side when it comes to violence

against women. Statistics from 2022 show that one in ten women in Finland was a victim of domestic violence. This is a challenge that requires coordinated efforts from both authorities and civil society. Early intervention, victim support and awareness-raising campaigns are key to breaking the cycle of violence.

Vaasa participates in the campaign

The City of Vaasa is also actively participating in this year's Orange Days campaign. The city has illuminated two of its landmarks – the Alskatie Light Traffic Bridge and the De Geer artwork on Handelsplanadi – in orange light as part of the global movement. The aim is to create awareness and show solidarity with victims of violence around the world.

On 30 November, a discussion event will be held at the Alma Adult Education Centre, where the theme is how violence against women

violence.

Orange Days is not just a symbolic campaign, but a call to action. It reminds us that violence against women is an issue that affects us all – as members of society, neighbours and fellow human beings. By supporting victims, reporting suspected violence and participating in campaigns like this, we can all contribute to creating a world where women and girls can live in safety and dignity.

Let's take note of the message behind the orange light that illuminates Vaasa's bridges and artworks: violence against women must end – and it is a fight we must all participate in.

Photo Supplement



Photo Supplement - vpress.ovh

Cover picture:

NEWS

Sustainable Food for Health – New National Nutrition Guidelines Published

The National Nutrition Council released Finland's updated nutrition recommendations on November 27, 2024.



The new guidelines emphasize more plant-based diets for both health and environmental reasons. The goal is a diet that is diverse, balanced, moderate, and enjoyable – without forgetting the joy of eating.

By following these recommendations, we can promote our own health while reducing the environmental impact of our food choices.

What do the recommendations mean in practice?

The updated guidelines encourage increased consumption of vegetables, berries, fruits, whole grains, and legumes while reducing the intake of red meat, processed meat products, salt, and saturated fats. Key examples include:

- Vegetables, berries, and fruits: A minimum of 500–800 grams daily, significantly more than current consumption levels.
- Legumes, such as beans and lentils: 50–100 grams per day, compared to the current average of only 13 grams.
- Red meat: Limited to a maximum of 350 grams per

week, a considerable reduction for many.

The guidelines aim to lower the risk of non-communicable diseases, such as cardiovascular diseases, while dietary shifts – like increased plant-based consumption – also help reduce the environmental impact of food.

“Small actions can lead to big changes”

Professor Maijaliisa Erkkola highlights that the recommendations balance health and sustainability: “Almost all Finns need to improve their intake of



Professor Maijaliisa Erkkola



salt, saturated fat, and fiber. A plant-forward diet can prevent diseases while benefiting the environment.”

Legumes, whole grains, and sustainably sourced fish are especially recommended as alternatives to meat. Juha-Matti Katajajuuri, a researcher at the Natural Resources Institute Finland, stresses: “A plant-based diet reduces not only health risks but also climate impacts and biodiversity loss.”

Key Recommendations at a Glance

- Vegetables, berries, and fruits: At least 500–800 g per day in diverse forms – fresh, cooked, or frozen.
- Whole grains: Prioritize wholegrain cereals like oats and rye, at least 90 g per day.
- Legumes: 50–100 g of beans, peas, or lentils per day.
- Fish: Sustainably caught or farmed, 300–450 g per week, with at least 200 g of fatty fish.
- Red meat and processed meat products: A maximum of 350 g per week, ideally less.
- Oils and fats: Use vegetable oils, limiting butter and tropical oils.

- Beverages: Tap water is the best thirst-quencher; coffee and tea are fine in moderation. Scientific Basis of the Recommendations

The new nutrition guidelines are based on robust scientific evidence and aim to improve public health while supporting a more sustainable food system.

The recommendations can be found on the web:

https://www.julkari.fi/bitstream/handle/10024/150005/URN_ISBN_978-952-408-405-5.pdf?sequence=1&isAllowed=y

Source: Valtion Ravitsemusneuvottelukunta, Terveiden ja Hyvinvoinnin laitos: “Kestävää terveyttä ruoasta - kansalliset ravitsemussuositukset 2024, Helsinki 2024



Professor Ursula Schwab



Researcher Juha-Matti Katajajuuri

WITH A TABLET YOU CAN READ THIS PAPER ANYWHERE:



Like here in Voitto

The services of the Vähänkylä wellbeing centre will continue as before, reports the Pohjankylä magazine

On Monday, the regional government of the wellbeing services county of Ostrobothnia unanimously decided that the services of the Vähänkylä wellbeing services centre will remain unchanged. In the original proposal, it was planned that doctor's and nurse's appointments would be transferred to the Laihia Social Services and Health Care Centre, but the regional government decided on a different solution. Vähänkylä will retain appointment-based doctor's and nurse's appointments, maternity and child health clinic services, oral health care and home care. In the decision, the Vähänkylä wellbeing centre and the Laihia social and health care centre will be administratively merged into the same unit, but services will continue in both units. In addition, the staff of the Vähänkylä wellbeing centre participate in the development of digital services. The decision was made by Päivi Karppi (PS), a member of the Regional Board from Vaasa, whose proposal was supported by, among others, Gösta Willman (Swedish People's Party) and David Pettersson (Swedish People's Party). Satu Korkkivuori, a physician at the Vähänkylä health centre, had just written a commendable article about this for the audience section of Ostrobothnia, and it can be assumed that this contri-

buted to the decision. And it would be amazing if the wellbeing services county had closed the only health centre where my family doctor already works, when the goal is to switch to a family doctor system throughout the country.

Independence Day is celebrated in Vaasa with traditional ceremonies

Puppet theatre and workshops for families with children

The City of Vaasa is once again preparing for the celebration of Independence Day on 6 December with a diverse programme. During the day, residents are offered traditional festivities at the graves of heroes, the church and the War Veterans Museum. In addition, a special celebration for families with children brings joy and doing things together to City Hall.

Traditional celebrations honor history

The Independence Day morning programme begins in the traditional way with lighting candles at the graves of the heroes at 7.30 am. The solemn flag raising at the Kasarmintori Heritage Wall at 9.00 am will remind us of national symbols and the significance of indepen-

dence. A bilingual service will be held at Vaasa Church at 10.00 a.m., after which wreath patrols will leave to pay tribute to the heroic dead at Vaasa Cemetery. The War Veterans Museum opens its doors at 12:00 and welcomes visitors to learn about the history and heritage of veterans.

At the end of the day, a Finnish mass will be held in Vaasa Church at 16.00. In the evening, students take part in a torchlight procession and choir singing and an Independence Day greeting will be heard at the Statue of Liberty.

Children's celebration brings light to a winter day

Vaasa City Hall opens its doors for families with children from 14.00 to 16.00, when the children's Independence Day celebration, which has already become a tradition, is celebrated. The programme includes puppet theatre, craft workshops and a shared festive atmosphere.

Puppet theatre-Annos performs the play "Fools' Job" in the ballroom, which combines beloved silly stories with the world of silent films. The performance is non-verbal, making it suitable for viewers of all ages and languages. Screenings of the play begin at 14:00, 14:45 and 15:30, and the audience gets to watch the wooden "fool's house" build on the stage.

The workshops emphasise creativity and personal strengths. In the "My Place in Finland" workshop, meaningful places are crafted or drawn, while in the "My Superpower" workshop, children can create a medal that reflects their strengths.

The event is open to everyone and free of charge. Juice will be served, and the celebration will be organised by the city's cultural and library services.

Vaasa celebrates communally

Vaasa's diverse Independence Day programme reflects the city's way of combining traditions and new generations. The celebration of families with child-

ren is an excellent example of how cultural heritage can be conveyed through joy and creativity. The entire programme can be found on the City of Vaasa website, and the city welcomes everyone to celebrate Independence Day in a communal spirit.



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 impro-

ving 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 health-care in Finland.

**They, who know
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are
They, who read
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Capital prize and the European Green Leaf award for smaller cities going to Águeda (Portugal) and Vaasa (Finland).

The 2026 European Green Capital winner was awarded to Guimarães based on its commitment to achieving continuous improvement regarding all sustainable challenges and developments, as well as realising comprehensive results in all seven environmental management areas.

The jury recognised that Guimarães has successfully made sustainability part of its culture, with support available across the whole community, including to citizens, academia, and the private sector.

It was also impressed with how the city connects creativity with science and data.



Vaasa was represented by Strategy and Regional Services Manager Suvi Aho, Mayor Tomas Häyry and Energy and Climate Specialist Johanna Punkari in the final in Valencia. Photo: European Commission

Guimarães, Águeda, & Vaasa win 2026 European Green Capital and Green Leaf Awards

The three winners will receive prize funds, as well as the benefits of recognition, such as attracting investment opportunities and building a better quality of life for citizens.

Largo do Toura in Guimarães, the 2026 European Green Capital Award winner

The Commission announced the winners of the 2026 European Green Cities Awards on Wednesday (27 Nov), with Guimarães (Portugal) taking the European Green

With its heartfelt enthusiasm, “One Planet City” motto, and strong connections nationally and in Europe, the city can help inspire other cities to maintain their ambitions and continue learning, improving, and progressing to a sustainable future for all.

The jury commended all Green Capital finalist cities for their exceptional accomplishments and dedication. They recognised the tough competition among three outstanding candidates and acknowledged that they are an inspiration for other cities.

Both Green Leaf winners, Águeda and Vaasa, impressed the jury with their unique approaches to engaging their communities in the green transition.

Águeda was praised for its comprehensive and structured approach to sustainability, with numerous inspiring measures for all

Viikon taide-elämys:



Fanny Churberg

12.12.1845 in Vaasa - 10.5.1892 in Helsinki

Winter landscape 1860-1869

environmental areas. Its extensive communication and participatory strategy is supported by online dashboards available to the whole community.

The jury also recognised art and culture as powerful driving forces behind the sustainable transition. As a Green Leaf winner, the city can count on its local “Green Ambassadors” and is well-connected, which enables it to help other cities in Portugal and Europe.

The other winning city, Vaasa, was commended for its bold ambition to be “Carbon Neutral Vaasa 202X”, using its growing energy sector as an incubator and driver for systemic sustainable transitions.

The jury recognised “the Nordic energy capital” for raising awareness among citizens through energy education from a very young age, thanks to which sustainability becomes ingrained in the community.

As a Green Leaf winner, the city will continue to be a showcase for using innovative technological solutions to empower and make its citizens greener.

The jury praised all four Green Leaf finalist cities for their dedication with limited funds. They genuinely connected the local community and the city’s administration, and are warmly welcomed into the European Green Leaf network as an example to other similar cities.

(Source: European Commis-

sion)

Always call first!

Always call the treatment needs assessment first, even in urgent matters, says the Wellbeing Services County of Ostrobothnia

Do not come and queue at the health centre unnecessarily – instead, always call the need for care assessment first, even when your case is urgent. In the treatment needs assessment, professionals assess what kind of help you need and how quickly.

At the moment, many clients are waiting at health centres unnecessarily, even though their non-urgent matter could have been handled by phone or via the wellbeing services county’s chat service. For example, prescription renewals and prolonged knee pain are non-urgent matters.

“Even though you sometimes have to queue for the telephone service of the need for care assessment, you are likely to be served faster by phone than at the health centre. In the worst case, clients have had to wait for their turn for three hours at the health centre,” says head nurse Marlene Väger.

The operations of the health centre operate according to the appointment principle. Without an appointment, you can pick up or return forms or sign forms that you have been asked to sign. All other contacts must be handled by phone, the

chat service or the digital appointment booking service.

– Always call first or send a message via chat so that our professionals can make a decision on your matter. The matter is then clarified with clarifying questions. You will then either be given self-care instructions or booked an appointment with a professional who can help you,” says ward nurse Erja Lahti.

You can connect with the chat by clicking on the chat icon in the bottom right corner of the website. Via the chat, you can discuss with nurses in Vaasa, Laihela, Mustasaari, Pietarsaari, Pedersöre and Larsmo.

In Vaasa, Vähäkyrö, Laihela, Pietarsaari, Pedersöre, Larsmo and Usikaarleby, you can also book a telephone appointment for the care needs assessment digitally.

“In this case, the nurse will call you at the appointment you have booked and, depending on your situation, can book an appointment, consult a doctor or write a laboratory referral,” says Väger.

How to contact the treatment needs assessment

Needs for care assessment 06 218 9000, in Kristinestad 06 218 6019.

Open Monday–Thursday 8 a.m. to 3 p.m. and Fridays 8 a.m. to 2 p.m. The waiting time on the phone varies from day to day. You can also leave a ring bid on Mondays–Thursdays at 1 pm and Fridays until 12 noon.

On this website, you

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.

can book an appointment for a treatment needs assessment digitally (Vaasa, Vähäkyrö, Laihela, Pietarsaari, Pedersöre, Larsmo and Uusikaarleby): <https://osterbottensvalfard.fi/digital-tidsbokning/>

In the evenings and weekends, call 116 117 when you are considering going to the emergency department or need urgent health advice. In emergencies, always call the emergency number 112.

Wärtsilä joins hydrogen-argon power cycle project – aiming for emission-free energy production

The technology com-

pany Wärtsilä is part of a new research project exploring innovative technologies for cleaner and more energy-efficient engines using a closed-loop combustion process. Research focuses on the use of argon – a non-toxic ideal gas found in the atmosphere – to increase the efficiency of balancing power motors. The co-innovation project is led by the Integrated Hydrogen-Argon Power Cycle (iHAPC) consortium led by the University of Vaasa in cooperation 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.

Business Finland and an extensive partner network.

In an internal combustion engine, the energy obtained from fuel combustion is directly converted into mechanical force by controlled combustion of fuel in a confined space. In the argon power cycle, the air normally used to burn fuel in an internal combustion engine is now replaced by argon and oxygen. Research focuses on scaling argon power cycle to medium-speed engines with full argon recovery. Argon allows for significantly higher thermodynamic efficiency due to its properties.

When using hydrogen, oxygen and argon as input, the only products of the process are water and inert argon. Argon is circulated from the exhaust to the inlet,

forming a closed-loop combustion process. Hydrogen and oxygen, the only inputs in the integrated hydrogen-argon power cycle, are both products of electrolysis, increasing the efficiency of the entire power-to-hydrogen-to-power process.

Rasmus Teir, Vice President, Sustainability and Future Power Plant Concept at Wärtsilä Energy, says: “We have the technologies to realise a 100% renewable energy future. Our goal is to continuously innovate solutions that further improve affordability and sustainability. Argon force rotation is an innovative technology that has the potential to positively influence these factors.”

Balancing power motors are a key part of the transition towards renewable energy systems, providing essential power to balan-

ce variable wind and solar power and ensure grid stability. The most efficient engines today run on gas, but they are also ready to be converted to run on sustainable fuels such as hydrogen when widely available. Sustainable fuel production is projected to reach 38 million tonnes by 2030 (a third more than current demand), so this energy transition is expected to be possible within the next decade.

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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

Opera&Ballet, Helsinki

Leevi Madetojas Opera The Ostrobothnians 22.11.2024 – 4.1.2025 <https://oopperabaletti.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

Vaasa Church

9.12.24 at 7 pm

Together for a Christmas concert Christmas concert with the youth choir Merina and the chamber choir Canticum Maris.

Kuula-opisto

10.12.24 at 7 pm

Kuula-opisto Christmas concert Kuula-opisto accordion, violin and cello students and a children's choir will perform

Toivo Kuula Hall,

Skeppsgatan 16

Vaasa Church

11.12.24 at 7 pm

Pohja Men's Christmas Concert

Traditional and lesser-known Christmas carols sung by the

male choir.

The choir is conducted by: Anne Tienhaara and Yuri Kadar. Piano accompaniment: Anne Tienhaara <http://www.pohjanmiehet.fi>



Brage Lucia, Vaasa 13.12.2024

Lucia in Bragen will be crowned in Vaasa Church at 10 a.m.

and in the evening in Fanny's Cultural Centre at 6 p.m. Free admission!

<http://www.vasabrage.fi>

Palosaari Church

13.12.24 at 7 pm

Anne Mattila's Christmas tour Artist Anne Mattila embarks on her traditional Christmas tour. This year, too, there will be atmospheric Christmas concerts, whose repertoire consists of beloved, traditional Christmas songs, which Anne herself has recorded for two albums.

Ticket 27 € Tickets at the door 30 € if left behind.

VASA SÄNGGARGILLE

Christmas concert

Trinity Church

Friday 20.12 at 20.00 and Saturday 21.12 at 18.00

Our most loved Christ-

mas 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.

MEDIALANGUAGE (In Swedish) 2025: Seminar XX

Vaasa 22-23 Januari 2025

Media Language 2025 is organised by the Swedish Press Service and the Centre for Lifelong Learning at Åbo Akademi University in collaboration with Svenska Yle, Hufvudstadsbladet Ab, HSS Media, ÅU Media, Friends of Swedish Public Schools, the Åbo Akademi University Foundation, the Swedish Cultural Foundation in Sweden, the Harry Schauman Foundation and Konstsamfundet.

<https://www.mediesprakerak.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

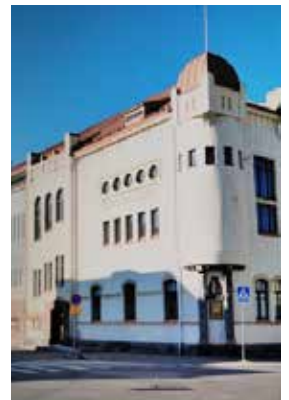
Science Night is science's own city event in Helsinki. The event, which is organized annually in January, will be celebrated next time

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>



VAASA CITY THEATRE TOSCA-opera

Premiere Jan 12.2025 <https://www.vaasa.fi/koe-ja-nae/kulttuurivaasassa-ja-seudulla/vaasan-kaupungintenterit/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

ART

Eero Järnefelt's Kaski has travelled around the world And now it is in Vaasa



Eero Järnefelt's painting *Kaski*, completed in 1893, has become one of the best-known works of the golden age of Finnish art. However, this work depicting slash-and-burn is much more than just a skilful depiction of the Finnish countryside. It has also made a remarkable trip around the world,

visiting numerous exhibitions around the world.

When Järnefelt painted *Kaski*, he could hardly have imagined that the work would become so popular and that it would be presented to such a wide audience. At that time, slash-and-burn was still an essential part of Finnish agriculture, but at the same time it was in the throes of change. The development of forestry gradually replaced traditional slash-and-burn farming, and Järnefelt wanted to immortalize this

disappearing phase of life.

Kaski has been exhibited in numerous exhibitions both in Finland and abroad. The work has travelled to Japan, the Nordic countries, major European cities such as London, Madrid, Barcelona and Rome. In 1900, *Kaski* was seen at the Paris World's Fair, where it was awarded a gold medal.

Exhibition trips have been a significant part of *Kaski*'s history. They have enabled the work to reach a wide audience and present Finnish art to the world. At the same time,

exhibition trips have also been challenging, as the safety of the work must be carefully taken care of. *Kaski* is protected with plexiglass to keep it in the best possible condition for future generations.

Kaski's world travels tell a lot about how art can transcend cultural boundaries and unite people. The work has acted as an ambassador of culture, presenting Finnish identity and landscapes around the world. At the same time, it has also sparked discussion about the transformation of Finnish society and the

disappearance of traditions.

Järnefelt's *Kaski* is much more than just one painting. It is a work of art that has lived a life of its own and traveled around the world. It is also a significant part of Finnish cultural history, reminding us of our past and at the same time prompting us to reflect on our future. The painting's home is at the Ateneum in Helsinki.

But now this painting is in Vaasa, Tikanoja Art Home.

NEW NUTRITION RECOMMENDATIONS

Sustainable food for health – national nutrition recommendations published on 27 November 2024



The new national nutrition recommendations of the National Nutrition Council steer towards more plant-based diets for both health and environmental reasons. The recommended diet is varied, varied, moderate and enjoyable – not forgetting the joy of eating. By making food choices in accordance with the recommendations, we produce well-being for ourselves, future generations and nature.

The recommendations aim to add vegetables, berries and fruits, whole grains, legumes, sustainably caught or farmed fish to plates, and to reduce red meat, meat products and the amount of salt.

Food choices can reduce the risk of diseases and promote environmental well-being. Diets in accordance with the recommendations can

reduce the risk of endemic diseases and mortality. "Our common health challenge is to increase and diversify the consumption of whole grains, vegetables, berries and fruits, and to reduce the consumption of red meat and meat products," says Professor Maijaliisa Erkkola, chair of the recommendation working group. "Almost all Finns consume too much salt and have too much hard fat in their diet, which predisposes to heart disease, among other things. Fibre intake is also too low," continues Professor Ursula Schwab, vice-chair of the recommendation working group.

Finns currently eat few legumes, "On average, we eat only 13 g of legumes a day. Legumes are an excellent source of vegetable protein. Together with grain products, they can replace meat in the diet, which also reduces the environmental impact of food consumption," says Docent Jelena Meinilä from the University of Hel-

sinki.

"Ultimately, how everyone eats is a personal choice, but it is good to be aware that a more plant-based diet reduces not only health risks but also climate load, eutrophication and the pressure of global species extinction," says Juha-Matti Katajajuuri, Senior Scientist at Natural Resources Institute Finland.

The most important goal of nutrition recommendations is to promote the health of the population with the help of nutrition. The nutrition recommendations are based on high-quality scientific research and consistent research evidence.

The main points of the recommendations:

If we lived and ate according to these new recommendations, the diet would change substantially.

For example, vegetables, berries and fruits should

be eaten significantly more. Men now eat 320 g per day, women 380 g, while the minimum recommendation would be 500 g, preferably up to 800 g. Men eat 760 g of red meat per week, whereas the current recommendation would be no more than 350 g per week. The recommendation for whole grain is 90 g per day, reaching it only 11% of men and 2% of women, so the recommended change is noticeable.

Cereal products

Grain products, i.e. breads and porridges, should mainly be whole grain, and the recommended amount is at least 90 g per day. All cereal products should give preference to low-salt alternatives. The fibre content of soft bread must be at least 6 g/100 g and dried bread at least 10 g/100 g. Rice is recommended to be replaced with other whole grain cereals.

Vegetables, berries and fruits
It is recommended to consu-

me at least 500-800 g of vegetables, berries and fruits per day.

Half of this should be vegetables and root vegetables, and the rest - berries and fruits. These are recommended to be consumed both uncooked, cooked as well as as raw materials for various dishes.

Frozen vegetables and berries are good options.

Candied or salted preparations are not recommended. A small amount of whole bee can be part of the berry and fruit recommendation for adults.

Potato

Potatoes are a recommended part of a health-promoting and environmentally friendly diet. The potato uses to safeguard the adequate intake of several vitamins and minerals, such as vitamin C, vitamin B6, niacin, folate, potassium and phosphorus. Fatty and salty potato dishes should be avoided.

Legumes and leguminous preparations



The most common foods in this group are peas, beans and lentils. These are a good choice for health and the environment. A gradual increase in use is recommended and the amount of daily use could be 50-100 g when ripe.

Nuts and seeds

Nuts and seeds include nuts growing on trees, Jerusalem artichoke and seeds. Commonly used nuts and seeds include peanut, hazelnut, almond, pecan, walnut, cashew, Brazil nut, pistachios, and sesame, chia, hemp, pine, pumpkin, sunflower and flax seeds. These are recommended to be consumed between 20 and 30 g daily

Fish

It is recommended to consume 300-450 g (mature, edible part) of fish per week, varying different species of fish and favouring sustainably caught or farmed alternatives. At least 200 g/week of this amount should be oily fish, such as natural fish such as vendace and bream.

Red meat

Red meat means beef, pig, sheep, goat, deer, reindeer and elk meat and their organs. Processed meat refers to sausages, cold cuts and sausages made from all types of meat. Pork has a better fatty acid composition than beef and lamb. For health reasons, it is recommended to consume no more than 350 grams of beef, pork and lamb as cooked meat per week (about 500 grams of raw meat), of which processed meat should account for as little as possible. This means that men would have to almost halve their

consumption of red meat. For environmental reasons, the consumption of red meat at the population level should preferably be even lower than mentioned above, i.e. significantly less than 350 grams per week. Reducing meat consumption should be replaced primarily by plant-based food, such as legumes and whole grains, or sustainably caught and farmed fish.

Poultry meat

Due to the large volume of consumption, broiler meat is one of the most natural non about foods that weaken diversity in the Finnish diet. Soy feed used in poultry meat production undermines biodiversity on a global scale. The climate impact of poultry meat is significantly lower than that of beef. It is recommended that processed poultry meat should be consumed as little as possible. Reducing the consumption of red meat should not be replaced by meat from wing cattle. It is recommended to reduce poultry meat consumption from the current amount due to environmental impacts.

Milk and milk products

Use of skimmed or low-fat milk products 350-500 gram land per day is enough to satisfy the need for calcium, iodine and vitamin B12, while the diet also includes legumes, dark green vegetables, fish, nuts and seeds. Milk and sour milk should be skimmed or contain no more than 0.5% fat. Yoghurt, viili and quark must be skimmed or contain no more than 1% fat and contain no or only a little free sugar. Among cheeses, it is recom-

mended to choose products containing less salt (up to 1.2%) and no more than 17% fat. Depending on the type of cheese, 10-20 g of cheese corresponds to about 100 g of milk. Of the plant-based alternatives to milk, preference should be given to calcium, Drinks and other foods fortified with vitamin D, iodine and vitamin B12.

Eggs

Moderate egg consumption, no more than 1 egg per day including Also chicken eggs used in cooking and baking, can be part of a health-promoting and environmentally friendly diet. However, this recommendation is not recommended if you have arterial disease, diabetes or elevated levels of LDL cholesterol in your blood.

Dietary fats

At least 25 g of vegetable oils should be used daily to safeguard the intake of alpha-linolenic acid.

The use of butter and tropical oils should be limited, and vegetable oil-based spreads with at least 60% fat and high in unsaturated fatty acids should be preferred.

Sugary foods

Foods high in free sugar are used as little as possible.

Beverages

The recommended daily amount of drinks is 1-1.5 liters, in addition to the liquid contained in food. Long-term moderate consumption of coffee and tea is beneficial to health and no negative health effects have been observed. However, coffee is one of the foods that weakens global biodiversity the most in the Finnish diet. From an environmental point of view, tap water is the most recommended drinker.

There are no more detailed recommendations for energy drinks in these instructions. The Finnish Food Authority's other pages also contain in-depth information on these:

"Not recommended for pregnant women, children and adolescents under 15 years of age. If the product contains more than 150 mg/1 of caffeine, it must bear a label indicating the caffeine content (mg/100 ml) and a warning: "High caffeine content. Not recommended for children, pregnant or breastfeeding." In addition, the Finnish Food Authority has instructed that the maximum daily use of the product is indicated on the packaging. A small can (2.5 dl) of energy drink contains 80 mg of caffeine and a large can (5 dl) contains about 160 mg."

Summary of drink recommendations:

Tap water is the primary thirst drink. Moderate consumption of filtered coffee (about 1.25-5 dl per day) and tea can be part of a health-promoting diet.

It is recommended to limit the consumption of unfiltered coffee (raises cholesterol) and other beverages containing caffeine and sweetened with sugar, such as cola and energy drinks.

The total intake of caffeine from all sources should not exceed 400 mg per day. Pregnant and lactating women should limit caffeine intake to no more than 200 mg per day.

The limit for safe caffeine intake in children and adolescents (1-18 years) is no more than 3 mg per kilogram of body weight per day.

Coffee consumption should also be kept low for environmental reasons.

Alcoholic beverages

Alcohol is high in energy, 29 kJ (7 kcal) gram per ground. Heavy alcohol consumption can lead to excessive energy intake and poorer diet quality. Alcohol (ethanol) is usually consumed as beer (2.5-6.0% alcohol by volume), wine (12% vol.) or spirits (40% vol.). Alcohol is a toxic substance that affects all organs of the body.

As it has not been possible to set a limit for safe alcohol consumption, it is not recommended. However, if alcohol is consumed, the amount should be as small as possible.

For children, adolescents, pregnant and lactating women, as well as the elderly, alcohol consumption is not recommended at all.

Recommendations can be found online:

https://www.julkari.fi/bitstream/handle/10024/150005/URN_ISBN_978-952-408-405-5.pdf?sequence=1&isAllowed=y

The Swedish translation will be available in the coming weeks.

Source: National Nutrition Council, National Institute for Health and Welfare: "Sustainable health from food - national nutrition recommendations 2024, Helsinki 2024



JULFIILIS

Christmas Fiilis: A Magical Christmas Experience in Vaasa



Between 30 November and 8 December 2024, Lofter in Vaasa will be transformed into a fairytale Christmas paradise during the Christmas Fiilis. The site, which is located on the corner of Vaasaesplanadi and Raastuvankatu (entrance from Raastuvankatu 28), offers an atmospheric environment where the joy and community of Christmas are at the centre.

An Event for Everyone

Julfiilis is more than just a Christmas market – it's an annual cultural event that brings together people of all ages and backgrounds. With a focus on spreading Christmas spirit and community, the event offers a rich program with something for everyone.

Music and Performances: Every day, visitors can enjoy local choirs and musicians filling the air with atmospheric music.

Family activities: Children and families can participate in craft workshops, see puppet shows, or have

fun with theme park games. The daily visits of cozy farm animals are a highlight that especially the youngest look forward to.

Food and Drink: A wide range of good food and the obligatory warming mulled wine mean that no one has to go hungry or cold.

A magical atmosphere

What really makes Julfiilis unique is the carefully created atmosphere. The place is adorned with dreamlike Christmas lights, and the background music helps to create a sense of enchantment. The combination of visual and audio elements makes the event an experience for all the senses.

Christmas Fiilis as a Tradition

Christmas fiilis is a reminder of how holidays can bring people together and bring joy in the darkest of winters. For Vaasa and its inhabitants, it has become a cherished tradition that spreads light and warmth.



LIGHT FESTIVAL

Lux Helsinki 8.-12.1.2025: Illuminating the Darkest Days



As the winter tightens its grip on Helsinki, a radiant counterpoint emerges: Lux Helsinki.

This annual light festival, taking place from January 8th to 12th, 2025, transforms the city's familiar landscape into a breathtaking canvas of light art.

Lux Helsinki is more than just a spectacle; it's a celebration of creativity and community. For five magical nights, the heart of Helsinki is bathed in a kaleidoscope of colors and enchanting installations. Public buildings become luminous sculptures, parks morph into ethereal wonderlands, and streetscapes are imbued with an other-

worldly glow.

The festival's strength lies in its diversity. From immersive, interactive experiences to awe-inspiring large-scale projections, Lux Helsinki caters to all artistic tastes. Local and international artists come together to showcase their innovative visions, pushing the boundaries of light as a medium. Wandering through the illuminated city becomes an adventure, with each corner revealing a new marvel.

Lux Helsinki's impact goes beyond aesthetics. It fosters a sense of connection and shared joy during a time of year often associated with

darkness and solitude. The festival encourages exploration, inviting residents and visitors alike to rediscover the city under a new light. It's a reminder that even in the depths of winter, beauty and wonder can be found.

Whether you're a seasoned art enthusiast or simply seeking a magical escape from the cold, Lux Helsinki is an experience not to be missed. So bundle up, embrace the crisp winter air, and immerse yourself in the luminous heart of Helsinki. Let Lux Helsinki illuminate your January and ignite your sense of wonder.





HEALTH

Semaglutide (Ozempic): A Promising Tool in the Fight Against Alcohol Abuse



Alcohol use disorder (AUD) is a complex health condition characterized by persistent and problematic alcohol use. While numerous treatments exist, many individuals struggle to maintain sobriety. Recent scientific research has shed light on a potential new therapeutic avenue: semaglutide.

Semaglutide, originally developed as a treatment for type 2 diabetes and obesity, has shown promising results in reducing alcohol consumption and binge-like

drinking behaviors. This medication belongs to a class of drugs known as glucagon-like peptide-1 (GLP-1) receptor agonists. GLP-1 is a gut hormone that regulates appetite and blood sugar levels. By mimicking the effects of GLP-1, semaglutide can help reduce cravings, promote satiety, and curb impulsive behaviors associated with alcohol abuse.

Preclinical studies have demonstrated the efficacy of semaglutide in animal models of alcohol dependence. Researchers have observed significant reductions in alcohol intake and the rewarding effects of alcohol consumption in ro-

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The Winter War began 85 years ago

Moods in Finland on 30 November 1939

On November 30, 1939 - yesterday, 85 years ago - the Soviet Union launched a surprise and brutal attack on Finland. This day marks the beginning of the Winter War, a war that would define Finland, both as a nation and in the eyes of the world.

The initial attack shocked not only the Finns, but also international opinion. The bombing of Helsinki, Vyborg, Lahti and other places created chaos, grief and anger, but they also awakened a deep-rooted determination to fight for freedom and independence.

A nation in shock and mobilization

The news of the attack spread like wildfire through Finland. In Helsinki and other cities, sirens were heard, and residents rushed to bomb shelters or sought safety in panic. Air raid sirens followed one another, and in several cities, civilian targets were hit, including hospitals. Newspaper reports the next day testify to the devastation caused by the bombings, especially among women and children. Despite the shock, there was a clear realization that this war could not be avoided.

President Kyösti Kallio declared a state of emergency, and the country's defence forces were mobilised immediately. For the Finns, this was not just a military attack, but an existential crisis. As Foreign Minister Eljas Erkkö expressed in his speech to the United States: "We have no other way out than to fight for our freedom and existence."

International reactions

The attack on Finland aroused immediate disgust around the world. In the United States, President Roosevelt and Secretary of State Hull reported on the crisis and discussed possible measures against the Soviet Union. American public opinion was greatly outraged by the attack, especially given that the Soviets had violated a previous non-aggression pact without warning. In Europe, there were many expressions of sympathy for Finland. Denmark's King Christian

sent his condolences to President Kallio, while Western newspapers condemned the Soviet action as a violation of international law and of fundamental human values.

The Soviet Union's propaganda machine tried to justify the attack with claims of Finnish provocations, but few outside the Soviet Union were convinced. Unity and fighting spirit While Finland was facing this national crisis, the people showed remarkable unity. All social classes were united in a common effort to defend the country.

Although the Soviet Union was a military superpower and Finland a small nation, it was clear that the Finns would not give up without a fight. In Turku and other cities, initial reactions were marked by a certain distrust - could this really be the beginning of a full-scale war? But as soon as the first air raid sirens sounded and the official reports were confirmed, this distrust was replaced by decisiveness. Volunteers signed up in droves for the army, and the civilian population organized to support the defense efforts.

Historical perspectives

What followed on 30 November was one of the most heroic and talked about periods in Finland's history. Despite its inferiority in men and equipment, the Finnish army managed to resist the Soviet superiority for several months. This will to resist was not only rooted in military strategy, but in a deep-rooted desire to defend one's independence, one's way of life and one's national pride.

The attack of November 30, 1939, was not only the beginning of a war; it was the beginning of a story of courage, togetherness and perseverance that still forms the cornerstone of Finland's national identity today. The mood of that day, a mixture of sadness, anger, and determination, came to define an entire people's struggle against overwhelming odds.

№ 279 Helsingfors, fredagen den 1 December 1939

SVENSKA PRESSEN

Lin. 1 mk.

NYTT HÄFTIGT BOMBANFALL MOT HELSINGFORS

Två flygalarm hittills i dag ett kl. 9,30, ett annat 1,15.

Inga bomber vid första angreppet, ett flertal vid det andra

I Helsingfors gavs i dag på morgonen klockan 9.10 flygalarm. Klockan 10.10 gavs signal om att faran var över. Inga bomber föllades över staden.

Kl. 1.15 ljudde en ny flygalarm. Åter ströde några ryska bombplan i över Helsingfors - ett osynligt oppger antalet till sex - och den som gick till bombkällarena inte vänta på sig länge. Ett flertal starka detonationer hördes i rask följd. De första nedslagen torde enligt de första observationerna ha varit i staden norrifast och södra östra. Bl. a. föll en bomb på stadsgränd Tavastgatan 57, dock utan att någonsin träffa mark. Bomber nedföll även vid Södraströmen och Adolfs Kirkgatan. Vid Helsingborgs stadsdelen antades ett träslag av en brandbomb. På ett par ställen i Ströms länns bomber, vilka inte exploderade.

Pölsen föredade vid ett samtal med Svenska Pressen kl. 2, att anfallet var över, att antalet dödsfall också i dag är stort.

Man förmodar att angreppet gällde gas- och elektricitetsverks i Sibirien.



En sprängbomb föll ned vid Tavastgatan. Rök och ånga steg uppåt och kändes i hela staden.

Indignation i Englands press.

"Så få människor dödade vid denna slagning i Finland." - "Så få människor dödade vid denna slagning i Finland." - "Så få människor dödade vid denna slagning i Finland."

Roosevelt begär offentligt löfte om ömsesidigt humant luftkrig

Budskap till Moskva och Helsingfors.

Washington, fredagen. Roosevelts budskap till Moskva och Helsingfors. Roosevelts budskap till Moskva och Helsingfors. Roosevelts budskap till Moskva och Helsingfors.

Tysklands hållning minskar Sveriges handelsfrihet.

Dagens Nyheter: Den tysk-ryska paktens härsk över Finland som Sverige i en ytterligare öngynsam situation.

Flygalarm på Offren för gårdagens bombanfall.

Bl. a. en gång i Hangö och Lahtis, två gånger i Viborg, fyra i Borgå.

Fyra skräk i Lovén i går, ett i dag.

Fyra skräk i Lovén i går, ett i dag. Fyra skräk i Lovén i går, ett i dag. Fyra skräk i Lovén i går, ett i dag.

Till kulan

Till kulan. Till kulan. Till kulan. Till kulan. Till kulan.

Tidningen i Tammerfors.

Tidningen i Tammerfors. Tidningen i Tammerfors. Tidningen i Tammerfors.

Kukkausitilanaajat! Uudistakaa lehtenne tilaus tänään!

No 325 (1939) Helsingfors, Perjantain joulukuun 1 p. 1939

HELSINGIN SANOMAT

Perjantain joulukuun 1 p. 1939

Kokonaan	1000	Kokonaan	1000
Kokonaan	1000	Kokonaan	1000
Kokonaan	1000	Kokonaan	1000

VENÄLÄISET aloittaneet sotatoimet Suomea vastaan.

Monin paikoin maahan tunkeutuneet joukot löytyä takaisin.

Venäläiset lentokoneet pommittaneet useita paikkakuntia.

Kokonaan siviiliväestöön kohdistuneen pommituksen uhreina etupäässä naisia ja lapsia.

Neljä venäläistä pommikonetta ammuttu alas ja neljä hyökkäysvaunua tuhottu.

Suomi julistettu sotatilaan.

Tasavallan presidentti antoi eilen seuraavan julistuksen sotatilan: Valtakunnan puolustuksen turvaamiseksi ja oikeusjärjestyksen ylläpitämiseksi julistetaan Suomen tasavallan sotatilaan. Helsingfors, 30. marraskuuta 1939 kello 19.22.

Kyösti Kallio, Tasavallan presidentti. Jaho Niukkanen, Puolustuskommissio.



Neuvostojoukot hyökkäsivät eilen aamulla yli rajojenmaahamme.

NE LYOTIIN KUITENKIN kaikkialla takaisin.

Lentokoneet pommittivat useita kaupunkeja, m.m. Helsinkiä ja Viipuria.

Lentopommituksissa sai siviiliväestöä surmansa.

4 venäläistä hyökkäysvaunua ja 3 lentokonetta tuhattu.

Puolustusministeriön sanomatilasto ilmoittaa torstai-päivän tapahtumista seuraavaan:

Venäläiset ylittivät torstain aamuna ilman sodanjulistusta useissa kohdoin rajan. Monin paikoin maahan tunkeutuneet joukot lyötiin heti takaisin rajan taakse. Eräissä kohdoin hyökkäjiä kuitenkin alkoi siä jalsin-sijaa, mutta itäpäivällä venäläisten eteenpäin pösy-tettiin kaikkialla. Kannaksella valmistelut ja tukivat venäläiset hyökkäystään voimakkaalla tykistönselällä. Käsienlehdessä Laatokan pohjoisosuella tuhottiin torstai-na kaksi venäläisten hyökkäysvaunua, samoin Kan-naksella. Omat joukkomme eivät missään ylittäneet rajaa.

Päivän kuluksa olivat venäläiset lentokoneet varoittamat-ta pommitaneet useita paikkakuntia. Helsinkiä pommitettiin kaksi kertaa. Pommitus kohdistui kokonaan siviiliväestöön ja muodostivat sen seuraukset tuboksi. Useita asuinrakon-nuksia tuhutti ja sytyi palamaan. Uherin, jotka etupäässä olivat naisia ja lapsia, loukkaantui ja vielä tuettiin. Lisäksi pommitettiin Viipuria, missä kolme pientä rakennusta sytytti tuleen. Samoin pommitettiin Lahtea, jossa aineelliset va-hingot olivat mitättömät, mutta jossa neljä henkilöä menetti henkensä ja 13 haavoittui, kaikki siviilihenkilöitä. Lisäksi pommitettiin päivän kuluksa Hanko, jossa yksi henkilö sai surmansa, Kotkaa, Kemijärveä, Kittilää ja Petsamo-pommitettiin myös. Vauriot ovat varsin vähäiset.

Venäläisten lentohyökkäyksen aikana Sakkolassa ammut-tiin myöhemmin sadon tiedon mukaan alas kaksi pommi-konetta. Helsingissä ensimmäinen hyökkäyksen aikana am-muttiin yksi pommitus alas.

Venäläiset lentokoneet pommittivat niinkään rautatieä Utiin ja Kaipiaisten luona. Tästä hyökkäyksestä ei ollut tu-loksia.

Venäjän laivasto pommitti päivän kuluksa Setikaria ja joi-takin rannikkoseutuja.

Joukkojemme mieliala on rohkea ja innostunut ja kansa suhtautuu tapuksiin tyynesti ja päättäväisesti.

Just tämä suurvaltapolitiikar-okea luonne ja tehdä siitä johtopäätökset.

Tilanne on tällä hetkellä ei-viellä epäselvä, ettei ole varmaa tietoa siitä, miten Yh-dysvaltain tekemä välitystyö-työ on. Neuvostoliitto tui-tale siitä hyväksyntään, joten sotatoumet todennäköisesti jatkuvat ja saavuttavat laajem-mat mittasuhteet läpäisi-vään.

Kansamme on kohtavaa ti-män kohtalonhetkenä yksi-mielisempänä kuin koskaan aikaisemmin, rahallisen päät-tävöisenä ja tietoisena siitä, että taistelu almistä ja hu-lemasta on väkivallattomuuden edessä. Musta mahdollisuutta ei tällä hetkellä ole. Ja Suo-men kansa tulee taistelemaan. Maailma tulee niukemmin kun-niakaan, epätoivoisen taiste-lun, jota pieni kansakunta käy-viimeiseen hengenvetoonsa saakka. Uutta Tehtokoslova-kian tapasta ei synny. Kan-sakunnalla, joka ennenmin kaatumis kein alituu, on mah-dollisuus jälleen nousta, malle antautunut kansakunta on tuomittu jatkavaan orjuuteen. Kansamme ei kaipaa tälli hetkellä suuria saattoja, vaan tekoiä. Ja näitä tekoiä tulee olemaan. Jokaohsamme on mies, johon luotamme vuore-nvarmasti ja jonka kanssa käymme taistelusemme — ei eläköön-huolien kaukuisessa ja alihetjessä tasavahvuus-tien vallassa, vaan kymien päättyvänsä ja täysin tietoi-sina siitä, että tämä taistelu tulee mahdollisesti olemaan viimeiseksi.

Kainka maaperällämme voisi ol-la? Ensimmäistä kertaa ei näin tapahu kansamme historiaan. Tämä sukupolvi ei tule olemaan edellisiä huonompi. On ennenkin ikkety ryssä ja iäkkään syihin.

Suomen kansa koska küh-touhetki on lähtenyt. Kor-keimman johdolla ja hänen luottan se täytyykyös!

Maa julistettu sota-tilaan.

Tasavallan presidentti antoi eilen seuraavan asetuk-sen sotatilasta: Valtakunnan puolustuksen turvaamiseksi ja oikeus-järjestyksen voimaansäilyttämiseksi julistetaan Suomen tasavallan sotatilaan.

Helsingissä marraskuun 31 pnä 1939. Kyösti Kallio, tasavallan presidentti. Juho Niukkanen, puolustusministeri.

Yhdysvallat tarjonnut välitystään.

Asiaaohitaja eilen Moskovassa Petemkinin puheilla.

Washingtonissa toivotaan aloitteen onnistuvan.

MOSEKOVASTA toimitaan. Ehdollin kaista. Yhdysvaltain lääkäreiden vieraile-vien ammattilaisien edustaja-le aselään tiedon mukaan on Yhdysvaltain Moskovaan oleva asiantuntija Walter Thurston toimitaan heti klo 12 jälkeen lä-kerönsä aikaa lähtenyt silloin-aiheksensaamerin Petemkinin luona. Niiden tehtävänä oli tarjota Neuvostoliiton hallitukselle hyviä palveluksia väkivoimien skaan-saakkien jälkeen ja Neuvosto-liiton skakkoissa.

WASHINGTONISTA toimitaan. Tilansaohittamiseksi He 11:n tu-dotuus Yhdysvaltain hyvien palve-lusten tarpeesta Suomeen ja Neuvostoliiton väkivoimien skakkoissa ilmoitettiin samanaikaisesti uikkonintietoa ja presidentti Rooseveltin väkivoimien skakkoissa, tein jälkeen.

Amerikan johtavalla taholla eil-in sitä meitä, että zopen ainaan parituttuun oli välitystouesta ja että tavalliset diplomaattiset mo-dollisuudet sytytyttävään, että skakkoissa lähteen laajutuen puhkamisen, mikä mahdollista, otettavissa. Tämä on ensimmäi-sotatilaan.



Presidentti Roosevelt kertoi Euroopassa vuoden 1938 kriisin jälkeen, kun Yhdysvaltain hallitus tarjosi hyviä palveluk-sia.

PAIVAN SANA.

Kokaisluksessa 1. 12. 1939.

NEUVOSTOLIITTO HYÖKKÄÄ. Eilinen päi-vä miinodotui ratkaisevaksi Suomen ja Neuvostoliiton väli-säe skakkoissa, jotka vii-me aikoina ovat kiristy-mistään kiristyneet. Venäläi-set lentokoneet tekivät eil-läpäivän kuluksa lukuisia hyök-kyksiä maamme eteläosan kaupunkeja ja erästä teilli-soukkuksensa kohtaan. Vahin-got eivät liene huomattavat, mutta joukko siviililäisiä joutui pommien aluksi hyök-kyksiä maamme eteläosan kaupunkeja ja erästä teilli-soukkuksensa kohtaan. Vahin-got eivät liene huomattavat, mutta joukko siviililäisiä joutui pommien aluksi hyök-kyksiä maamme eteläosan kaupunkeja ja erästä teilli-soukkuksensa kohtaan. Vahin-got eivät liene huomattavat, mutta joukko siviililäisiä joutui pommien aluksi hyök-kyksiä maamme eteläosan kaupunkeja ja erästä teilli-soukkuksensa kohtaan.

NE LYOTIIN KUITENKIN kaikkialla takaisin.

Lentokoneet pommittivat useita kaupunkeja, m.m. Helsinkiä ja Viipuria.

Lentopommituksissa sai siviiliväestöä surmansa.

4 venäläistä hyökkäysvaunua ja 3 lentokonetta tuhattu.

Puolustusministeriön sanomatilasto ilmoittaa torstai-päivän tapahtumista seuraavaan:

Venäläiset ylittivät torstain aamuna ilman sodanjulistusta useissa kohdoin rajan. Monin paikoin maahan tunkeutuneet joukot lyötiin heti takaisin rajan taakse. Eräissä kohdoin hyökkäjiä kuitenkin alkoi siä jalsin-sijaa, mutta itäpäivällä venäläisten eteenpäin pösy-tettiin kaikkialla. Kannaksella valmistelut ja tukivat venäläiset hyökkäystään voimakkaalla tykistönselällä. Käsienlehdessä Laatokan pohjoisosuella tuhottiin torstai-na kaksi venäläisten hyökkäysvaunua, samoin Kan-naksella. Omat joukkomme eivät missään ylittäneet rajaa.

Päivän kuluksa olivat venäläiset lentokoneet varoittamat-ta pommitaneet useita paikkakuntia. Helsinkiä pommitettiin kaksi kertaa. Pommitus kohdistui kokonaan siviiliväestöön ja muodostivat sen seuraukset tuboksi. Useita asuinrakon-nuksia tuhutti ja sytyi palamaan. Uherin, jotka etupäässä olivat naisia ja lapsia, loukkaantui ja vielä tuettiin. Lisäksi pommitettiin Viipuria, missä kolme pientä rakennusta sytytti tuleen. Samoin pommitettiin Lahtea, jossa aineelliset va-hingot olivat mitättömät, mutta jossa neljä henkilöä menetti henkensä ja 13 haavoittui, kaikki siviilihenkilöitä. Lisäksi pommitettiin päivän kuluksa Hanko, jossa yksi henkilö sai surmansa, Kotkaa, Kemijärveä, Kittilää ja Petsamo-pommitettiin myös. Vauriot ovat varsin vähäiset.

Venäläisten lentohyökkäyksen aikana Sakkolassa ammut-tiin myöhemmin sadon tiedon mukaan alas kaksi pommi-konetta. Helsingissä ensimmäinen hyökkäyksen aikana am-muttiin yksi pommitus alas.

Venäläiset lentokoneet pommittivat niinkään rautatieä Utiin ja Kaipiaisten luona. Tästä hyökkäyksestä ei ollut tu-loksia.

Venäjän laivasto pommitti päivän kuluksa Setikaria ja joi-takin rannikkoseutuja.

Joukkojemme mieliala on rohkea ja innostunut ja kansa suhtautuu tapuksiin tyynesti ja päättäväisesti.

Just tämä suurvaltapolitiikar-okea luonne ja tehdä siitä johtopäätökset.

Tilanne on tällä hetkellä ei-viellä epäselvä, ettei ole varmaa tietoa siitä, miten Yh-dysvaltain tekemä välitystyö-työ on. Neuvostoliitto tui-tale siitä hyväksyntään, joten sotatoumet todennäköisesti jatkuvat ja saavuttavat laajem-mat mittasuhteet läpäisi-vään.

Kansamme on kohtavaa ti-män kohtalonhetkenä yksi-mielisempänä kuin koskaan aikaisemmin, rahallisen päät-tävöisenä ja tietoisena siitä, että taistelu almistä ja hu-lemasta on väkivallattomuuden edessä. Musta mahdollisuutta ei tällä hetkellä ole. Ja Suo-men kansa tulee taistelemaan. Maailma tulee niukemmin kun-niakaan, epätoivoisen taiste-lun, jota pieni kansakunta käy-viimeiseen hengenvetoonsa saakka. Uutta Tehtokoslova-kian tapasta ei synny. Kan-sakunnalla, joka ennenmin kaatumis kein alituu, on mah-dollisuus jälleen nousta, malle antautunut kansakunta on tuomittu jatkavaan orjuuteen. Kansamme ei kaipaa tälli hetkellä suuria saattoja, vaan tekoiä. Ja näitä tekoiä tulee olemaan. Jokaohsamme on mies, johon luotamme vuore-nvarmasti ja jonka kanssa käymme taistelusemme — ei eläköön-huolien kaukuisessa ja alihetjessä tasavahvuus-tien vallassa, vaan kymien päättyvänsä ja täysin tietoi-sina siitä, että tämä taistelu tulee mahdollisesti olemaan viimeiseksi.

Kainka maaperällämme voisi ol-la? Ensimmäistä kertaa ei näin tapahu kansamme historiaan. Tämä sukupolvi ei tule olemaan edellisiä huonompi. On ennenkin ikkety ryssä ja iäkkään syihin.

Suomen kansa koska küh-touhetki on lähtenyt. Kor-keimman johdolla ja hänen luottan se täytyykyös!

Ylipäällikkömmme.



Tasavallan presidentti on torstaina antanut seuraavan päätöksensä: Valtioneuvostossa tänään tekemällini päätöksellä luov-tuvin Suomen tasavallan puolustusvoimien ylimmän päällikkyyden sotamarsalkka Carl Gustaf Mannerheimille.

Kyösti Kallio, tasavallan presidentti.

Suomen puolustusvoimat ja koko kansa tervehtivät tätä suurimmalla tyydytyksellä sotamarsalkka Mannerheimin nimittämistä puolustusvoimien ylimmäksi päälliköksi. Se ra-jaton luottamus, jota kaikkialla maassamme tunnetaan hirt-tä tehtävänsä. Sotamarsalkka Mannerheimilla on mitä parhaimmat edellytykset tähän tavattoman vaativaan tehtä-vään. Jo kerran aikaisemmin hän on vaikuttanut ratkaise-valla tavalla kansamme kohtalonhetkellä ja nyt hän on jäl-leen ylin päällikkömmme. Sovellampaan miestä ei ylipääl-likkö tehtävään o'isi voinut löytä. Sotamarsalkkamme joh-dolla käymme voittoa tai kuolemaan!

Palopommeja Lahteen. Lahdessa ammuttiin kello 12 torstainä ilman lämmällytyä, joka jatkui vielä kello 14.30. Kolme venäläistä lentokonetta ker-teli kaupungin yläpuolella ja heitti palopommeja, jotka hämätti ylittäneet taivasta.

Ilmahälytys Turussa. Kello 11.40 ammuttiin Turus-sa ilmahälytys, joka jatkui vielä kello 12.

7 palopommiä Nuujamaalle. Kello 9.15 ilmestyi Nuija-maan yläpuolelle venäläistä lentokonetta, joka heittävi 7 palopommiä, joista yksi ei sytyt-tyyt. Muutamat eivät aiheut-taneet mitään vauriota.

Kyösti Kallio, tasavallan presidentti. Juho Niukkanen, puolustusministeri.

Ilmahälytys Turussa. Kello 11.40 ammuttiin Turus-sa ilmahälytys, joka jatkui vielä kello 12.

Turun Sanomat

No 1330 1934 Perustettu Suomessa 1 p:nä 1839 25 vuorokautta

Neuvostoliitto hyökkänyt törkeästi Suomen kimppuun

Useita sotatouhukansia pommittettu ilmassa — Hyökkäys ilmailu- ja merivoimilla, etupäässä näistä ja tapista, saanut surmansa

Helensinkissä, Viipurissa ja Lahdessa räjähdys- ja palopommitukset aiheuttivat eniten tuhoa. — Aineelliset vahingot yleensä verrattain pienet

Verälliset miehitettiin Kalastajasääntöön. — Kaikkialla muualla etenemisrytmeet lyhyt lakaisin

Hyökkääjät menettäneet ainakin kolme pommikonetta ja neljä hyökkäysvaunua

Hyökkäysneuvoston puolesta on todettu, että neuvostoliiton sotavoimat ovat käyttäneet useita sotatouhukansia pommittamalla ilmassa. Hyökkäys on ollut ilmailu- ja merivoimilla, etupäässä näistä ja tapista, saanut surmansa useita sotatouhukansia pommittamalla ilmassa. Hyökkäys on ollut ilmailu- ja merivoimilla, etupäässä näistä ja tapista, saanut surmansa useita sotatouhukansia pommittamalla ilmassa.

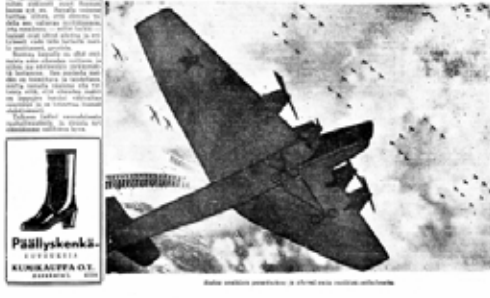


Yhtymäjohtaja S. S. S. S.

Sotamarsalkka MANNERHEIM puolustusvoimien ylimmäksi päälliköksi

Suomi julistettu sotatilaan

Toukokuun puolivälissä on Suomessa julistettu sotatila. Sotatilan julistaminen on tapahtunut ilman, että Suomi on ollut sotatilaan aiemmin. Sotatilan julistaminen on tapahtunut ilman, että Suomi on ollut sotatilaan aiemmin.



Ilmasotavoimien pommittaminen on ollut yksi sotatouhukansien tärkeimmistä osista.

VASABLADET

No 218 (-) Fredagen den 1 december 1935. Årgång 94

Ryssarna gingo i går till väpnat överfall på Finland.

En rad flygbombarderingar mot olika orter i landet. — Artillerield mot kustorter på Karelska näset.

Amerikansk opinion för utarbetade af förhållandena mot Sovjetstaterna. — Medlingen arstagen.



Yhtymäjohtaja S. S. S. S.

Kristillidat präkserades i går i Finland.

Republiken präkserades i går i Finland. — Präkseringen var ett stort uttryck för kristenheten i landet.

Finnarnas Mannerheim åter bjöds till ett överenskommet.

Republiken präkserades i går i Finland. — Präkseringen var ett stort uttryck för kristenheten i landet.

Ryska angrepp.

Republiken präkserades i går i Finland. — Präkseringen var ett stort uttryck för kristenheten i landet.

Amerikanska repressivens efterlysnade av bota affär.

Republiken präkserades i går i Finland. — Präkseringen var ett stort uttryck för kristenheten i landet.

Franka stäm.

Republiken präkserades i går i Finland. — Präkseringen var ett stort uttryck för kristenheten i landet.

Amerikansk smärta vid arstagen förhållanden i Finland.

Republiken präkserades i går i Finland. — Präkseringen var ett stort uttryck för kristenheten i landet.

En andra flygning mot Helensinkis i går.

Republiken präkserades i går i Finland. — Präkseringen var ett stort uttryck för kristenheten i landet.

Stora skador för den andra flygningen mot Helensinkis.

Republiken präkserades i går i Finland. — Präkseringen var ett stort uttryck för kristenheten i landet.

Repressiverna på nytt efterlysnade.

Republiken präkserades i går i Finland. — Präkseringen var ett stort uttryck för kristenheten i landet.

Stora skador i Helensinkis.

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En andra flygning mot Helensinkis i går.

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Stora skador för den andra flygningen mot Helensinkis.

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Repressiverna på nytt efterlysnade.

Republiken präkserades i går i Finland. — Präkseringen var ett stort uttryck för kristenheten i landet.

Sotatouhukans i går.

Republiken präkserades i går i Finland. — Präkseringen var ett stort uttryck för kristenheten i landet.

Stora skador i Helensinkis.

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Stora skador i Helensinkis.

Republiken präkserades i går i Finland. — Präkseringen var ett stort uttryck för kristenheten i landet.

<p>SAVO</p> <p>SAVO TILGÅRDSKONSTRUKTION AB</p> <p>SAVO LINDSTEDTSKONSTRUKTION AB</p>	<p>SAVO</p> <p>SAVO TILGÅRDSKONSTRUKTION AB</p> <p>SAVO LINDSTEDTSKONSTRUKTION AB</p>
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Ryssens røyhkeydellä ei ole rajoja.

Ilman sodanjulistusta hyökkäsivät lentokoneet Suomen kaupunkiin. Siviiliväestö ja sairaalat mieluisina erikoiskohteina.

Maarajan yli tunkeutuneet hyöt verisräpäin takaisin. Suurta suuttumusta kaikissa sivistysmaissa. Ryökkäystoiminta on suora haaste Yhdysvaltoja vastaan.



Sotatouhukansin johtaja S. S. S. S.

Suorta suuttumusta kaikissa sivistysmaissa.

Ryökkäystoiminta on suora haaste Yhdysvaltoja vastaan.

Maarajan yli tunkeutuneet hyöt verisräpäin takaisin. Suurta suuttumusta kaikissa sivistysmaissa. Ryökkäystoiminta on suora haaste Yhdysvaltoja vastaan.

Maa julistettu sotatilaan.

Maarajan presidentti on tehnyt päätöksen sotatilan julistamisesta. Tämä päätös on saanut suuren vastustuksen.

ILKKA

No 325 Maanantai 1 p:nä 1.12.1939. Perustettu Suomessa 1 p:nä 1839. 25 vuorokautta.

Neuvostoarmeija hyökkäsi eilen, tunkeutuen useissa kohdin rajan yli

Lentopommituksia m.m. Etelä-Suomen rannikkokaupungeissa ja Lapissa

HELSINKIIN tehtiin kaksi ilmahyökkäystä, palopommituksia talpaloja ja ihmisheiken menetyksiä

Kolme vihollisen konetta pudotettiin ja neljä hyökkäysvaunua tuhottiin eilis-päivän kuluessa. — Vihollinen löytyi takaisin

YHDYSVALLAT katsovat diplomaattiset suhteet Neuvostoliiton? — Suuttumusta Ranskassa ja Englannissa

Suomi julistettu sotatilaan

Suomen presidentti on tehnyt päätöksen sotatilan julistamisesta. Tämä päätös on saanut suuren vastustuksen.

Sotamarsalkka Mannerheimin puolesta on julistettu sotatilaan

Suomen presidentti on tehnyt päätöksen sotatilan julistamisesta. Tämä päätös on saanut suuren vastustuksen.

Neuvostoliiton kolme pommikonetta tuhoutui eri osiin

Neuvostoliiton kolme pommikonetta tuhoutui eri osiin. Tämä on suuri voitonmerkki Suomelle.

Kaksi venäläistä konetta ammuttu alas

Kaksi ilmahyökkäystä pääkeskien



Sotatouhukansin johtaja S. S. S. S.

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-

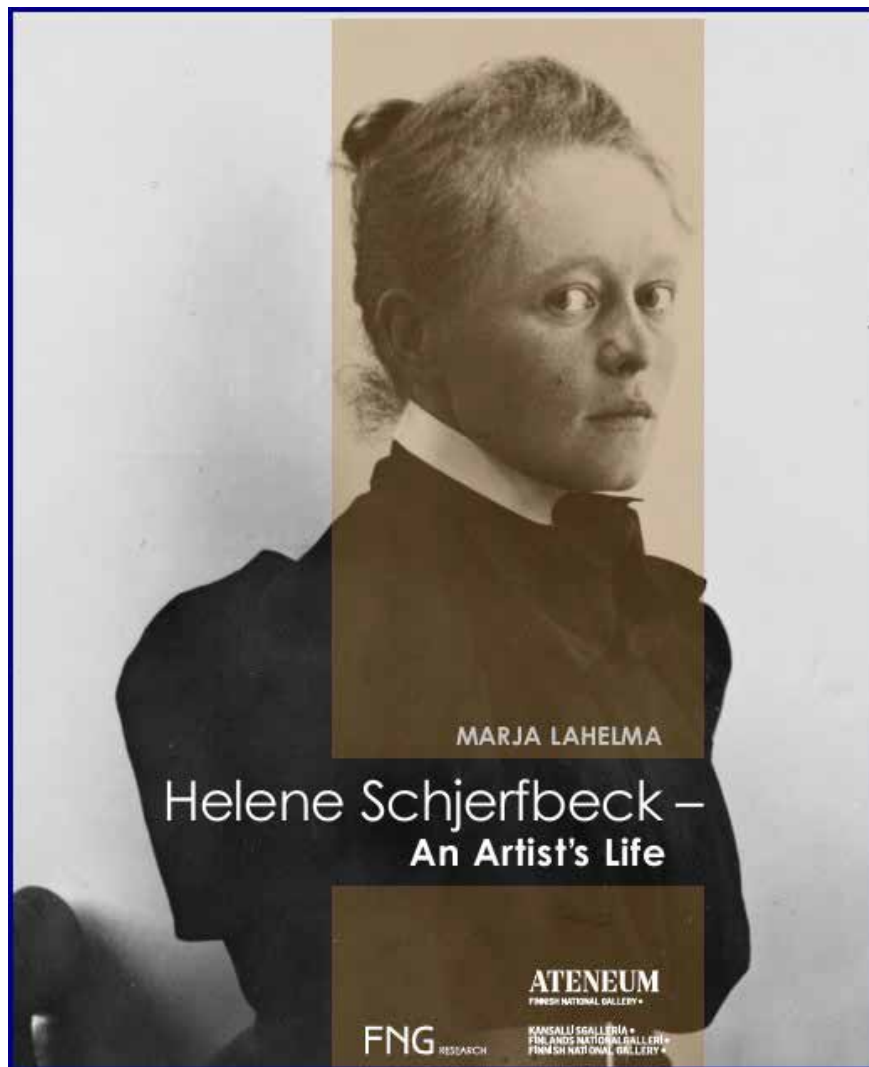
on for art but also her adaptability and innovation. Transitioning from naturalism to modernist expressions, she forged a unique path that continues to captivate audiences today.

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 can find the book here:

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

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
Public Domain

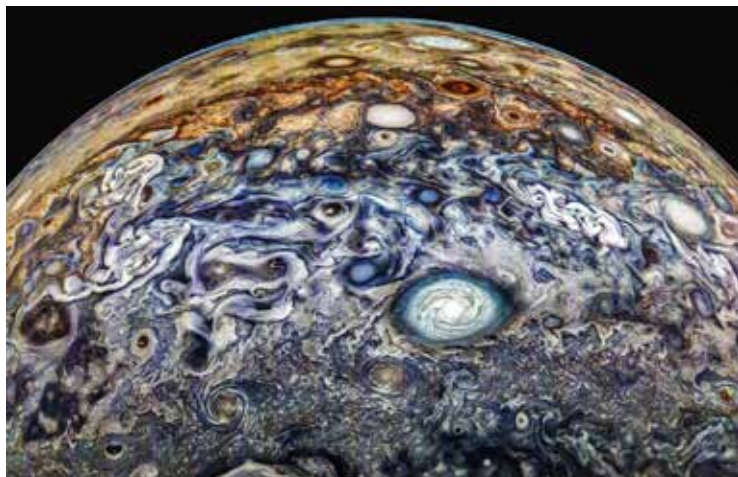


Image: Captured by Juno during his 66th close flight and further processed by Jackie Branc. Source: NASA / SwRI / MSSS / Jackie Branc © CC BY 3.0

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
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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

All about Cutaneous Coeliac Disease

Dermatitis herpetiformis, the form of celiac disease that affects the skin, was first described in 1884 by the American professor of dermatology Louis Adolphus Duhring. He named the condition Dermatitis herpetiformis, a term still in use today, though for a long time it was commonly referred to as Duhring's disease.

In 1884, Louis Duhring published a 20-page book detailing the disease. Here is the introduction to his description:

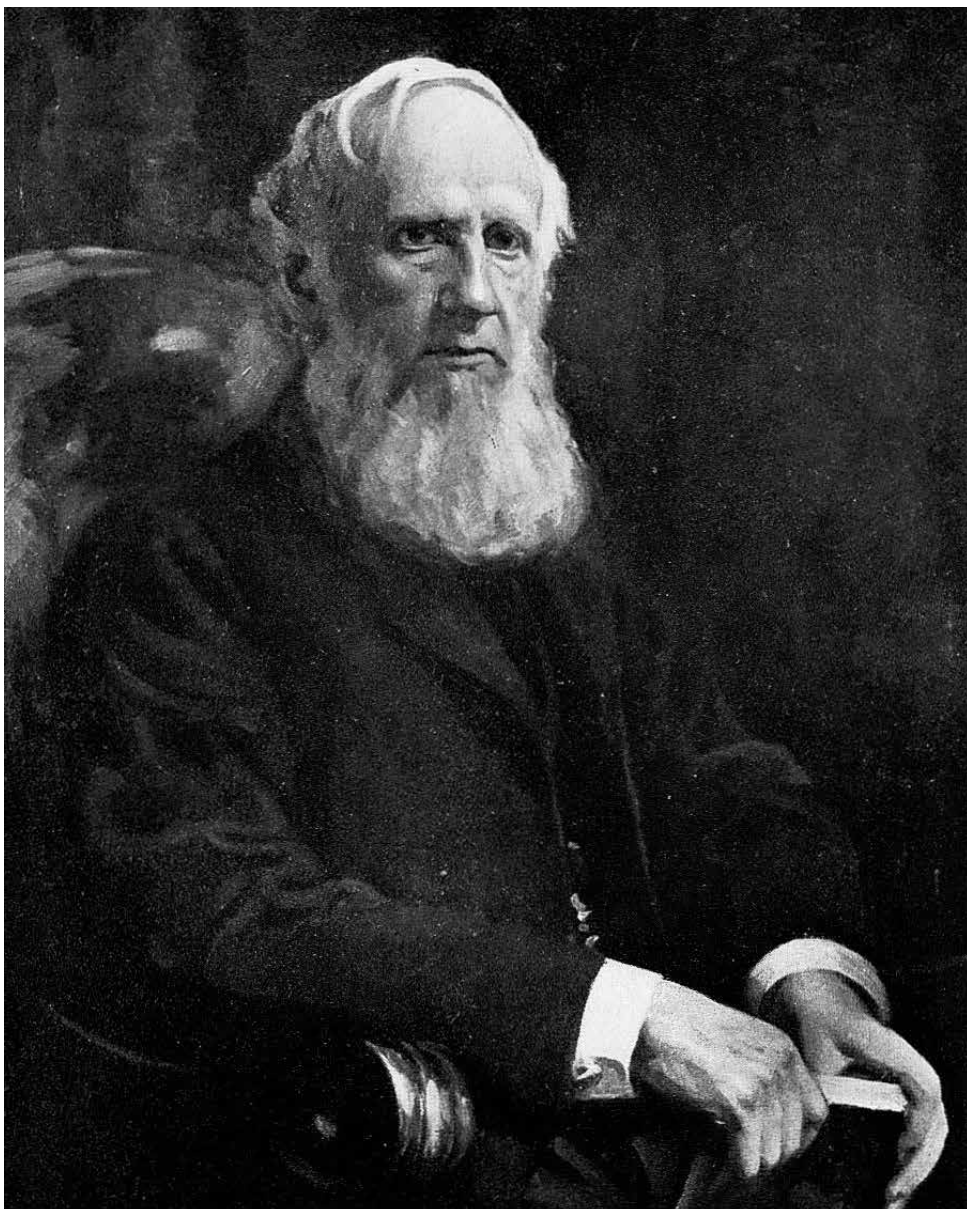
"Under the name Dermatitis Herpetiformis, I propose to group a number of cases of a skin disease I have encountered from time to time. These cases are mostly nameless, having been regarded and diagnosed either as peculiar manifestations of one or another of the more common known diseases, such as eczema, herpes, or pemphigus, or, in certain instances, as undescribed afflictions. From these remarks, it will be concluded that the disease is rare, which is, to some extent, true. At the same time, I have encountered a sufficient number of cases in the past fifteen years to justify the view that the condition deserves special description and a name. I first recognized this skin disease as distinct as far back as 1871, but with the few cases observed at that time, it was difficult to classify or handle them satisfactorily. Since then, I have encountered several other cases illustrating similar and variant forms of the disease."

Duhring also vividly described the itching associated with the disease:

"The most striking symptom is the itching. Burning is also not uncommonly complained of. However, itching dominates and is, in all cases, violent or even intense. Patients report it to be entirely disproportionate to the amount of the outbreak. Furthermore, it is persistent, causing the affected individual to scratch constantly. It usually precedes the outbreak and does not subside until the lesions have ruptured. Experienced patients, familiar with the natural course of the process, have informed me that they cannot find relief until the lesions burst. From my observation, I would say that the itching is both more severe and more persistent than in vesicular eczema. Vesicles appear slowly, taking several days or even a week to fully develop."

In the years that followed, Louis Duhring published numerous works about this disease. However, it was not until 1967 that the link between celiac disease and dermatitis herpetiformis was definitively established. Since then, a gluten-free diet has become the primary treatment for this condition as well.

Symptoms



Louis Adolphus Duhring (1845-1913), an American physician who in the 1860s studied skin diseases in Paris, London and Vienna, and then opened a clinic for skin diseases in Philadelphia, USA. Wikimedia Commons, Creative Commons Attribution 4.0 International

Dermatitis herpetiformis and celiac disease are essentially the same condition, with the former manifesting in the skin and the latter primarily affecting the intestines. Both forms of celiac disease, however, can cause changes beyond the skin and intestines.

Symptoms of dermatitis herpetiformis include small, red blisters that typically appear on the elbows, knees, back, and buttocks. The rash is usually symmetrical but can also occur elsewhere, such as on the neck or even the face. The itching is severe, intense, and clearly impacts quality of life. These blisters can cause significant discomfort, often disrupting sleep and leading to scarring from constant scratching.

The medical literature includes numerous vivid accounts of the itching. In *Celiac Disease: The Hidden Epidemic*, Rory Jones describes their own experience:

"I now refer to it as my 'seven-year itch.' The itching was so bad I wanted to scratch through to the bone. It kept me awake at night. I wore long-sleeved shirts and pants in ninety-five-degree heat to cover the outbreaks. No cream or lotion stopped the itching, which increasingly consumed my waking hours. There was a certain irony as I used both my left and right hands to scratch the mirror-like outbreaks in tandem".

The ultimate conclusion about the cause of my 'unexplained dermatitis' was stress. Since our



The rash on the elbows may be insignificant at a calm stage of skin celiac disease. Despite this, the itching can be bothersome.

skin is a living, breathing organ influenced by both physical and mental health, this began to make sense to my irritable, sleep-deprived brain. After seven years of itching, joint pain, and constant fatigue, if nothing else, I was certainly stressed.”*

The eventual identification of gluten as the culprit transformed treatment, proving that a gluten-free diet is critical for alleviating not only intestinal celiac disease but also dermatitis herpetiformis

“*I now refer to it as my ‘seven-year itch.’ The itching was so bad I wanted to scratch through to the bone. It kept me awake at night. I wore long-sleeved shirts and pants in ninety-five-degree heat to cover the outbreaks. No cream or lotion stopped the itching, which increasingly consumed my waking hours. There was a certain irony as I used both my left and right hands to scratch the mirror-like outbreaks in tandem”

Epidemiology

Dermatitis herpetiformis is extremely rare in children and adolescents. The average age of onset is around 50 years. Men and women are affected about equally, with a slight predominance in men. The oldest patient diagnosed with this disease was over 80 years old.

In a 40-year follow-up in Finland, it was shown that the average age at diagnosis was around 35 years in the 1970s, and then gradually increased to almost 50 years. At the same time, the disease has become increasingly rare. The reason for this may be that the dietary intake of gluten has halved during this period.

Of all celiac disease patients, a little over one in ten has dermatitis herpetiformis.

People with dermatitis herpetiformis rarely have severe symptoms indicative of common celiac disease. Although the disease affects the skin, it seems to affect the small intestine to a small extent. However, if a gastroscopy is performed to obtain small intestine biopsy samples, typical villous atrophy will be seen in most dermatitis herpetiformis patients, while a smaller proportion has completely subtle changes.

Diagnosis

Diagnosis of dermatitis herpetiformis can be difficult because the symptoms can resemble other skin diseases, such as eczema or psoriasis. However, the localization of the skin changes is very typical. The worst changes are often found on the outside of the elbows, knees, and buttocks.

A reliable diagnosis is obtained by taking a sample from healthy skin, which is then examined using an immunofluorescence method.

If a gastroscopy is performed to obtain small intestine biopsy samples, typical villous atrophy will be seen in most dermatitis herpetiformis patients, while a smaller proportion has subtle changes. However, since the diagnosis is already certain with a skin biopsy, it is not necessary to examine small intestine biopsies in dermatitis herpetiformis.

Treatment

A gluten-free diet is also the treatment for this form of celiac disease. And the diet is lifelong. Oats are allowed, but it must be pure oats that do not contain any contamination from other grains.

However, the gluten-free diet must be followed extremely strictly. And even if the diet is followed, it can take quite a long time before the rash and itching disappear. It can take weeks or months, but after two years of a gluten-free diet, the itching and rash are usually gone.

But it is not easy to cope with itching for weeks or months, even if you follow a strict diet. Therefore, medication is often needed as a complement to the diet, at least for a while.

The medication used is called dapsone. This is a sulfonamide with antibiotic properties. Dapsone has a valuable role in the treatment of leprosy and malaria.

It is unclear why dapsone helps against the itching of dermatitis herpetiformis. But the effect is striking. After a few days of treatment, the itching is relieved. The usual dose for adults is 25-50 milligrams per day, sometimes the dose can be increased to 100 milligrams. However, as the gluten-free diet takes effect, the dapsone dose can be reduced, and often discontinued after a couple of years.

Dapsone has a number of side effects, which is why the drug should never be used unnecessarily. The most serious side effect is methemoglobinemia, that is, a change in the blood’s hemoglobin that impairs the blood’s ability to transport oxygen and turns the blood blue, which can cause a change in skin color and blue lips and nails. Other drugs can also cause methemoglobin, such as trimethoprim, metoclopramide, and several anesthetics.

Dapsone has other side effects such as liver inflammation.

Dapsone treatment is carried out in Finland by dermatologists. Regular laboratory tests are necessary due to the risk of side effects.

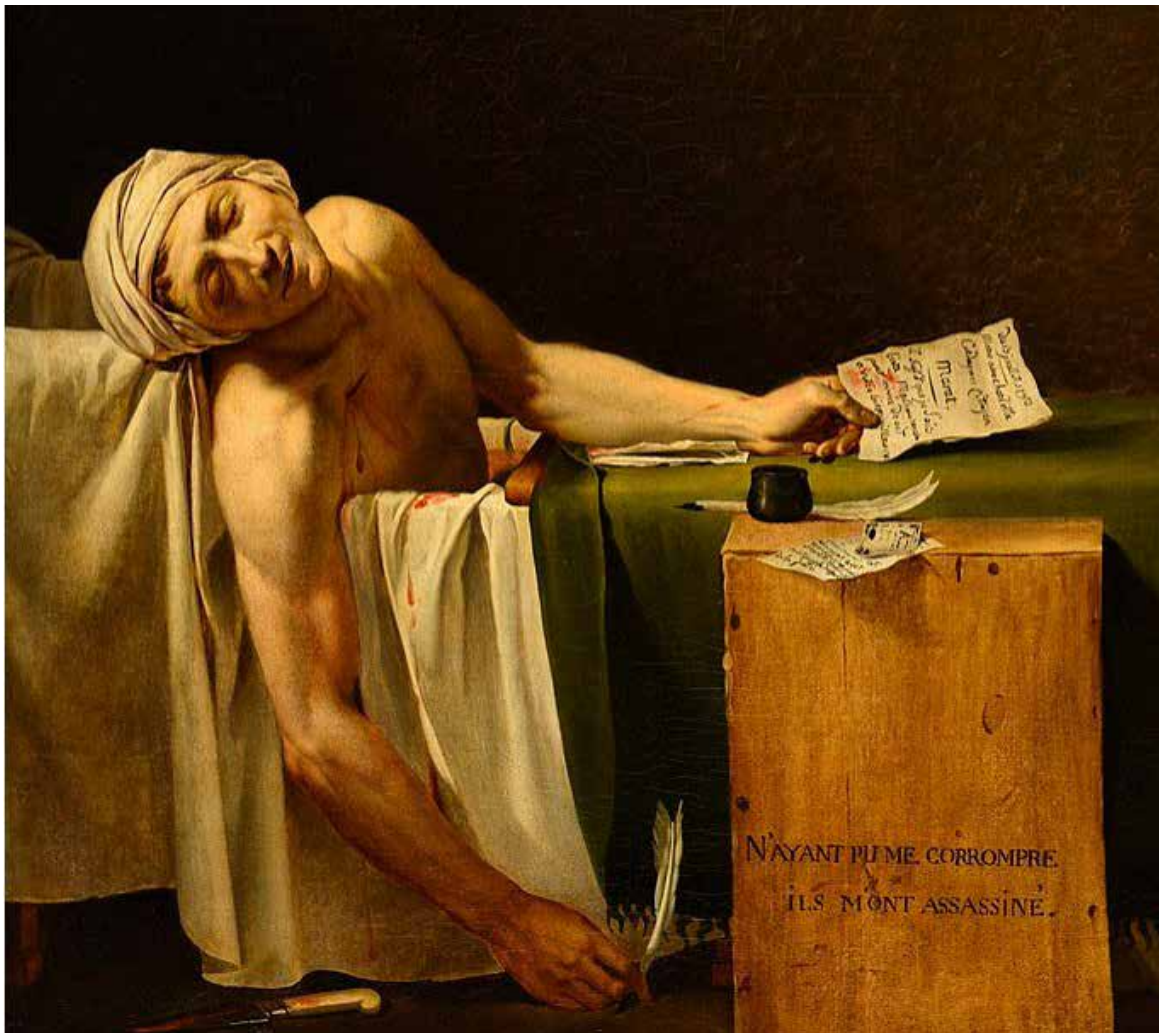
Finally, it is worth pointing out: Although dapsone is effective against symptoms caused by dermatitis herpetiformis, the drug is definitely not an alternative to a gluten-free diet.

Prognosis

As long as dermatitis herpetiformis is undiagnosed and untreated, it has a major impact on a person’s quality of life. The intense itching keeps the patient awake, which has many harmful consequences.

But when the diagnosis of dermatitis herpetiformis has been made and a strict gluten-free diet has been started, the prognosis is good in the long term. The patient can live a normal life, the disease does not affect life expectancy, and the risk of complications is minimal. In fact, a Finnish study suggested that people with treated dermatitis herpetiformis live slightly longer than healthy people. A disease that prolongs life can be a comfort and encouragement to maintain a strict diet.

The risk of complications is minimal, but it exists. In the first few years after diagnosis (when the protective effect of a gluten-free diet has not yet taken effect), there is an



The Death of Marat, a painting by Jacques-Louis David. Public Domain

Jean-Paul Marat and Dermatitis Herpetiformis

Jean-Paul Marat (1743-1793) was a French physician, scientist and revolutionary, one of the leading figures of the French Revolution.

During the last five years of his life, he was bothered by a violently itchy rash. The only relief he could get was in a bathtub, where he spent his last years all day long. There he received his guests, and there he wrote his revolutionary newspaper articles, which were published in his own newspaper "L'ami du peuple." He had made many political enemies, and one of them was Marie-Anne Charlotte de Corday d'Armont.

And in the bathtub, he was reading a newspaper at the moment when his life came to an abrupt and violent end. Lying in his bathtub, he was murdered by Charlotte Corday. She stuck a kitchen knife into his chest. Charlotte Corday was immediately arrested, sentenced to death, and then publicly executed by guillotine. The murder caused a period of terror in France, around 1400 people were executed, among them Queen Marie Antoinette.

The newspaper, his own "L'ami du peuple", he read is preserved at the Bibliothèque Nationale de France in Paris. And on the newspaper there were blood stains that DNA tests were carried out. It is said that many infectious diseases could be ruled out, although not with complete certainty. Unfortunately, HLA tests were not done for celiac disease.

Marat's skin disease has aroused a lot of interest and expert doctors have spent a lot of time trying to determine the diagnosis. There is much to suggest that the diagnosis was dermatitis herpetiformis, including the appearance and location of the rash. He had also lost considerable weight, suggesting malnutrition consistent with celiac disease.

increased risk of malignant diseases, such as lymphoma.

Lymphoma, a malignant disease originating from lymphoid tissue.

Lymphoma can be a serious but fortunately rare complication of untreated celiac and dermatitis herpetiformis. The two

main types are Hodgkin's lymphoma and non-Hodgkin's lymphoma, the latter of which can occur with celiac and dermatitis herpetiformis.

Celiac disease, including dermatitis herpetiformis, is an autoimmune disease, which means that people with

celiac disease have an increased risk of developing other autoimmune diseases. Such diseases include type 1 diabetes, thyroid diseases, and skin diseases such as alopecia areata.

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 Fin-nish 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 agree-ments 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 Manila 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.

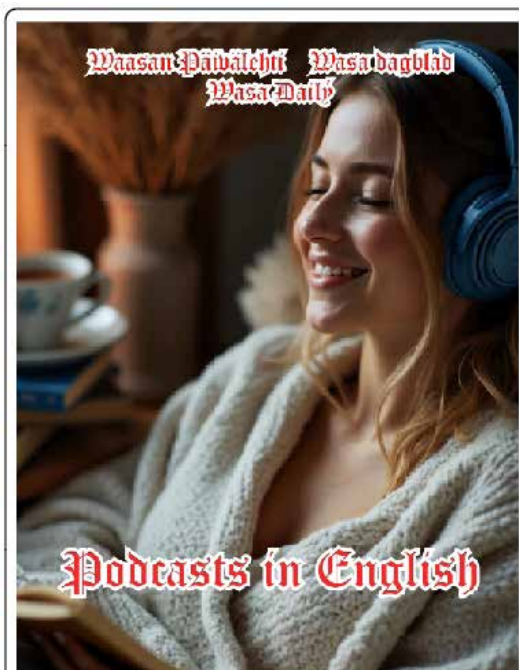
Fleeing the country: Many will try to leave the country to find better living conditions. This could lead to a mass exodus and create additional problems for neighbouring countries.

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 (digi.kansalliskirjasto.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

Republiken president Alexander Stubb i Vaasa 27.4.2024

Kalevaspeleinen i Vaasa 27-30.6.2024

Kremlin gör natt av sina motståndare - 1939 liksom nu

Kärlfestival den 11-13 vecka!

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Kommitté för utvärderingen djupgående konsekvenser för Finland under de kommande 50 åren

KOR-FESTIVALEN

Sinebrychhoff Konstmuseum

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PUCCINI'S "TOSCA" KOMMER TILL VASA I JANUARI

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Sinebrychhoffin taidemuseo

Sinebrychhoffin konstmuseum

Sinebrychhoffin Art Museum

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Pörtöm kyrka
Pirttikylän kirkko
The Church in Pörtom

WASAAN PÄIVÄLEHTI
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ihana kuofestivaali tulossa!

Tasavallan presidentin Alexander Stubb Vaasassa 27.4.2024

Jeff Goodell: The Heat will kill you first

Kaleva kilpailut VAASASSA 27-30.6

Hylkeenpyynti Raippaluodossa 1895

Jussi Adler-Olsen

Venäjän omittainen diplomaattinen kieli

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MAA LEHDISTÖ: Ummellisuuden ja demokratian perusta

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Puolue "Tosca" Näin löydät tieoppaan on tulos kirkkoon!

NAISTEN ÄÄNI-elämäkertakirja

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Mysterious green giants in the Laasi-palatsi square, Helsinki

Mystical East in Ika-noja
All EU-candidates

Puolue "Tosca" is coming to Vaasa

ROAD CHURCHES
The Kremlin mocks its opponents

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What a wonderful start week we have ahead of us!

Cycling Week in Vaasa this week

Climate Change's Profound Impact on Finland

Kaleva Games in Vaasa 27-30.6

Just After-Orlans

Hylkeenpyynti Raippaluodossa 1895

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A Free Place: The Hedrick of Happiness and Democracy

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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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Kaleva kilpailut Vaasassa 27-30.6

Jussi Adler-Olsen

Vaasaan istutetaan 70 000 puita

Hylkeenpyynti Raippaluodossa 1895

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Finland's president Alexander Stubb in Vaasa 27.4.2024

Jeff Goodell: The Heat will kill you first

Kaleva Games in Vaasa 27-30.6

Jussi Adler-Olsen

A tree for everyone in Vaasa

ROAD CHURCHES

HERE WE ARE vpress.se



HOROSCOPE FOR DECEMBER 2024

December Horoscope: What the Stars Have in Store for You

Aries (Mar 21–Apr 19)
Santa knows if you've been naughty or nice, Aries. But knowing you, you're probably organizing his gift list and suggesting a reindeer rebrand. Take a breath—December's all about fun, not micromanagement.

Taurus (Apr 20–May 20)
Your love for all things cozy hits its peak this month. Expect a lot of fuzzy socks, mulled wine, and arguments over whether the tree is perfectly symmetrical. Spoiler: It's not, but that's okay.

Gemini (May 21–Jun 20)
You're the life of every holiday party... unless there are three at the same time, which you'll somehow attend simultaneously. Just remember: you can't RSVP "Yes" to everything—unless you clone yourself.

Cancer (Jun 21–Jul 22)
Cancers, December is your time to shine... in the kitchen, wrapping gifts, and orchestrating heartfelt traditions. But be careful: not everyone appreciates hand-knit elf costumes for

their pets.

Leo (Jul 23–Aug 22)
You're the star at the top of the tree this month, Leo. But don't hog the spotlight too much; let someone else light a candle or two. Sharing is the greatest gift, even if it's just the last gingerbread cookie.

Virgo (Aug 23–Sep 22)
Your December checklist includes organizing Secret Santa, color-coding decorations, and perfecting your "surprised" face for predictable gifts. Try to relax. Even if the bows aren't perfectly tied, the world will keep spinning.

Libra (Sep 23–Oct 22)
December has you torn between binge-watching holiday movies or hand-making snowflakes for every window. Tip: Do both. Balance is your superpower—just don't try to bake and gift-wrap at the same time.

Scorpio (Oct 23–Nov 21)
You've got strong opinions about eggnog and even stronger ones about who gets to control the holiday playlist. Channel that passion into spreading joy, not just enforcing Mariah Carey exclusivity.

Sagittarius (Nov 22–Dec

21)
Sagittarius, you're practically a snow globe of cheer this month. Travel, adventure, and mistletoe shenanigans are in your stars. Just don't forget to text your family back between ski runs and mulled cider.

Capricorn (Dec 22–Jan 19)
You've probably planned your New Year's resolutions already, Capricorn. Take a break and enjoy the moment. Life isn't just about productivity—sometimes it's about eating your weight in holiday fudge.

Aquarius (Jan 20–Feb 18)
Your unconventional spirit makes for unique celebrations. A disco ball instead of a star on the tree? Genius. Just don't expect Grandma to embrace your "ugly sweater/dance-off" theme immediately.

Pisces (Feb 19–Mar 20)
Pisces, you're a soft-hearted snowflake this December. Embrace your dreamy side, but don't get so lost in holiday sentimentality that you forget where you hid the gifts. Hint: Check the freezer.



NEWS 100 YEARS AGO



The Evening Courier

Sunday, December 1, 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

The impending communist revolt in Tallinn this morning.

The Reds suddenly took up arms and occupied several government buildings After bloody battles, government troops restored order. The rebels shot and killed Minister Karki.

TALLINN DECLARED UNDER RED SIEGE.

Tallinn, today. (BTI). Early this morning the Reds here took up arms, took possession of the railway station, and attempted to take possession of the offices, telegraphs and telephones. Many police officers were killed in this case. The military was mobilized and order was restored after scattered fighting using hand bombs and machine guns, among other things. The main railway station did not fall into the hands of state troops until 8 a.m. Tallinn has been declared under siege. General Laidoner has all the powers. Now peace has been restored.

Government troops have occupied all official buildings. Toompea Castle is also isolated. Minister of Transport Karki was shot dead on his way to the station. There are many dead and wounded. Other details are missing.

Cocaine use increased. It is sold in Helsinki

Already last spring, it was reported that cocaine had started to be used as a narcotic drug in Finland. The doctors said at the time that this substance would not be used much in our coun-

try yet. To date, the National Board of Health has received no information on deaths from cocaine poisoning. However, several doctors and private hospitals have treated several patients who have ruined their nervous systems with cocaine. The fact that cocaine consumption in Helsinki is no longer a rare phenomenon is best

illustrated by the fact that cocaine is sold on the streets at night. The price of one gram on the street is FIM 100, while the pharmacy price is FIM 14. Gr. The use of cocaine has also spread in Vyborg and it is thought that it was transported there secretly from Russia. (Vaasa magazine)

KANSALLIS-OSAKE-PANKKI
ARVOPAPERIOSASTO
 VÄLITTÄÄ osakkeiden ja obligatioiden kauppaa 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 perunkirjoituksia ja perinnönjakaja.
 Puhelin Ce 20 031 (keskuspuhelin).
 5311

Pyydämme saada kiinnittää arvoisan yleisön huomiota

Pääomatilimme
 tarjoamini etuihin.
 Pääomatilillä suoritetaan korkeinta kypää talletuskorkoa.
 Pääomatilillä maksetaan ilman irtisanomista aina 20,000 markkan korkuudessa, ja korko maksetaan kuukausittain.
 Pääomatilillä suoritetaan neljä kertaa vuodessa, tahi listataan seljännäsuositin pöytäkirjan tallettajien huolittua, josta rahat siirretään kaavaksi korkeaa korolla.
 Tuloja voidaan lähettää myös ostaise.
 Helsingin OsakePankki.

Moljerimiehet! Karjanostajat!
 Eikä korkeimmalla voimallisyksinnolla ole enää mitään merkitystä moljerimiehistämme!

Vainvientiilikke
Osakeyhtiö J. Emil Roman, Hangossa
 näyttää kaikenlaistaista moljerimiehistä korkeimmat markkinat, jonka säilytykset ovat todennet.

Huom! Kaikki voimme arvostella Valtion Voimavaroja Hangossa.

Halkojoja
 sivellä ja pilkottuna myy
 Houkka O. Yrjö
 Halkojoja, Puh.
 5260 & 7994
 (SLS)427:4071

Halkojoja
 PARASTA KUIVAA KOIVUA
 pitkinä ja pilkottuna, milloin tahtii.
JÄTKÄSAAREN HÄSKÖLIIKES
 C. H. Lemström & Co. Puh. 105 77.

HUVEJA

SUOMEN KANVALLITEATTERI
 Esitelmä 25. XI. Klo 7,30 alkuun. Min.
Siniparran kahdeksas vaimo
 5810

Kansan Näyttämö
 Esitelmä 25. 11. klo 7.30.
 Alkuehtoinen Minäin.
Laulu tulipunaisestä kukasta
 2209

PUNAINEN MYLLY Erottaja 16-17. Puh. 09122
 Klo 4, 6 ja 8. Kassa suljetaan klo 9.45.
 Jatko tilimä
„KOHTALON LEIKKIKALUJA“
 on saapunut ja sitä esitellään tänään romanomittaisella alkuehtoinen sinnelelle

RAKKAUDEN MURHENÄYTelmä.
 Emil Janninen. Eriko

Kino-Palatsi Kaleva
 2:nä viikk.
MERIHAIKKA
 PAROISSA:
 Milha Silla, Emil Bennett, Wallace Boery.

Merihaiikka
 ... Ennen esitelmä välitöissä, että mieheksi Milha Silla on nykyisin Helsingin biografiessän keskustassa erikseen suodettu, lähellä liian eronanki kuuluttajia, kuin itse jumalalla Valentinillä. (Dialekti.)

Ritortilisuutta, romaattikka, rakkaus.
 Tämä fitni on esitelmällä viikolla löyryt kaikki kaunokenttä.


Säätää lausella.
 Näytännöt: Kino-Palatsissa 8.45, 9. — Kalevassa klo 4:45 alkuehtoinen.

HYOM! Kino-Palatsi, maan suuri taitei. Huolimatta paikka 12 en, valkoseala lausasta, vastalen väkään keskellä sulla pöytäkirjoista testitöistä.

Scala
 2:nä viikk.
Merin kurimuksessa
 Teatterin pöytäkirjoista täällä olemme esitelmällä edellisen näytännönkäs täällä hienoa hienoa muuttajilla. Nauruuta, rakkaus, jännitys. Näytännöt: 8. 6.45 ja 9.30 ip. Suunnit. myös 8.15 ip. Lausella säätää.

SIEMENS' „LUZETTE“

Behagligt, sken, propert utseende och prisbilliga



Elektriska Aktiebolaget
Siemens-Shuckert
 Helsingfors, Mikaelsg. 11
 Tel. Ce 20061
 Filialer i Åbo och Wasa

HUMOUR ONE HUNDRED YEARS AGO

IN COURT

Offender: I would like a defense attorney,
The judge: When you were captured, you had your hand in a stranger's pocket. What do you think a defense lawyer can say in defense of such a person?
The culprit: That's exactly what I'm terribly curious to hear.

SLOW TRAIN

Two high-speed trains. The passenger: Say, can't we get to town a little faster?
Stinsen: We can, but we should probably take the train with us.

A THOUSAND HEMORRHOIDS

Two four-year-old girls are talking to each other:
The first: My father is so rich that he owns several stone houses and factories.
The other: What are they, but my grandmother has a thousand hemorrhoids.

TEETH

— Grandfather! How often do we get teeth?
— Three times, the first two times we get them for free, but the third time we have to pay for them ourselves.

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 interesting question of where they came from, which proved a highly interesting topic for toddler speculation.
— I come from a rose, mother said, uttered one of the little living dolls.
— And me again, interjected No. 2, I must have come from a head of cabbage.
"I, yes I was picked up by a stork," said number three. Whereupon she, who had come out of a rose, scornfully and proudly turned to the poor little scantily clad girl child, and said nobly:
— And you, there, where did you come from?
— Alas, answered little Cinderella, we are so poor, so terribly poor back home, that mother and father have to make their children themselves.

DAMN LUCK

The astronomic picture of the week:



Messier83 - Heic1403a.jpg

This new Hubble image shows the scatterings of bright stars and thick dust that make up spiral galaxy Messier 83, otherwise known as the Southern Pinwheel Galaxy. One of the largest and closest barred spirals to us, this galaxy is dramatic and mysterious; it has hosted a large number of supernova explosions, and appears to have a double nucleus lurking at its core.

Credit: NASA, ESA, and the Hubble Heritage Team (STScI/AURA)
Acknowledgement: William Blair (Johns Hopkins University)
Public domain

From our readers

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

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