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HERE WE ARE:

vpress.ovh

Municipal administration – a cornerstone of our society

Tomorrow, the Vaasa City Council celebrates its 150th anniversary. This can be an excellent opportunity to stop and reflect on the importance of the municipality for all of us.

Local government, which is often invisible but a crucial part of our society, has a long and rich history in Finland. Its roots can be traced back to the Middle Ages when parishes and parishes had a high degree of autonomy. The 1863–1864 Diet of Helsinki under the leadership of the progressive Tsar Alexander II gave us the first municipal ordinance, which came into force in 1865.

From their roots in medieval parishes, communes have evolved into a complex organization that touches on all aspects of our lives.

It is easy to take the work of the municipal administration for granted. It is behind things that we see as self-evident: schools, health care (now via the welfare counties), care for the elderly, water and sewage, roads and parks, libraries and other culture. The municipalities have a large part of the work to maintain the Nordic welfare society.

But it is precisely this proximity to the everyday lives of citizens that makes municipal administration so important. It is at the local level that democracy becomes concrete and where citizens have the opportunity to influence their local environment.

Why is municipal administration so important for us?

Cover picture: On ice

Proximity and participation: The municipal administration is close to us citizens. This is where we can influence decisions that affect our everyday lives, from the planning of new residential areas to the design of our local parks.

Services for all: Municipalities are responsible for a variety of services that are crucial to our quality of life. This includes everything from childcare and schools to care for the elderly and social support.

Local development: Municipalities play an important role in local development. They can create attractive environments for businesses and residents, contributing to a vibrant and dynamic region.

The cornerstone of democracy: Municipal administration is a cornerstone of our democracy. This is where we learn to be active citizens and to take responsibility for our society.

Challenges for the future

Despite its important role, local government faces a number of challenges. An aging population, climate change and digitalization are some of the factors that place new demands on municipalities. In order to meet these challenges, municipalities need to collaborate both with each other and with other actors in society.

What needs to be done?

Sufficient resources: Municipalities need sufficient resources to maintain a high level of service.

Development of skills: Municipal

employees need to continuously develop their skills in order to be able to meet new challenges.

Enhanced collaboration: Collaboration between municipalities and other actors is crucial to solving common problems.

Citizen participation: It is important to increase citizens' participation in municipal politics.

Municipal administration is a cornerstone of our society. It affects our everyday lives in many ways and plays an important role in our quality of life. To ensure a continued strong and efficient municipal administration, we must all take our responsibility and engage in the local community building.

This spring we have municipal elections. Voting is a great way to thank the municipality for everything it does for us!

Photo Supplement



Photo Supplement - vpress.ouh



* VAASA CITY COUNCIL

Vaasa City Council celebrates its 150th anniversary tomorrow, 27.1.2025

Vaasa celebrates the 150-year history of the City Council on Monday 27.1. The formal sitting will take place at the City Hall from 5.10 p.m.

"The Vaasa City Council has played a central role in the city's development for 150 years. It is important to remember our history and at the same time look to the future," says Mayor Tomas Häyry.

A day full of events

The day starts at 3 pm with a celebratory

service in Vaasa Church. A wreath will then be laid in the City Hall Park on the statue of Joachim Kurtén, chairman of the city's first city council.

The formal session will include keynote speeches, an overview of the city's development and the views of the council groups. In addition, the Philharmonic Orchestra offers a musical experience.

A music and convention center as a festive decision?

As an anniversary decision, the City Council proposes that the City Board investigate the possibility of building a music and congress centre in Wärtsilä's old workshop area.

The formal meeting can be followed in person or online.

Everyone is welcome to watch the formal session in the gallery of the City Hall Ballroom or online. More information about the event can be found on www.vaasa.fi/kaupunginvaltuusto150/.

* UNEMPLOYMENT

Unemployment Lowest in our region – Yet Challenges Persist

The unemployment rate in the Ostrobothnia ELY Centre region (Ostrobothnia and Central Ostrobothnia) remains the lowest in mainland Finland.

However, by the end of 2024, the labor market situation had become increasingly challenging. At the end of December, the region had a total of 9,012 unemployed jobseekers, 391 more than a year earlier and 996 more than in November.

NEWS

WITH A TABLET YOU CAN READ THIS PAPER ANYWHERE:



Like here in the Sundom Archipelago

In December, the unemployment rate increased by 0.9 percentage points in the Ostrobothnia ELY region, while the number of newly available job openings dropped by 53 percent compared to the previous year. In the Vaasa region, the number of unemployed rose by 7 percent, and in the Jakobstad region, it surged by 16 percent.

Nevertheless, there were some positive developments. The Kaustinen region saw a 10 percent decrease in unemployment, while the Coastal Ostrobothnia subregion recorded an unemployment rate of only 5.9 percent - the lowest not only in the region but also in all of mainland Finland.

According to the ELY Centre, the increase in unemployment and the decline in job openings present challenges for the region's labor market, despite the overall situation remaining relatively strong in a national context.

Source: STT/info/Pohjanmaan ELY-keskus

* ENTREPRENEURS WANTED Invitation to market dialogue / Metlahti Café and Proosa Café at the library

In the spring of 2025, the City of Vaasa will be looking for an eager café entrepreneur who has many ideas for the café building at Metlahdenpuisto, as well as an entrepreneur for the Prose café at the Vaasa City Library, according to the city's press release.

The café at Onkilahti

Today, the Metlahti area is a significant recreational area, with various activities that attract many people to spend time in the area.

The Proosa café at the library

The main library of Vaasa will also be looking for a café entrepreneur who wants to run lunch and café activities.

Info meeting

On Monday 10 February 2025 at 3-5 p.m., both of the above-mentioned café locations will be held in the Drama Hall of the library, where both of the above-mentioned café locations will be presented. Everyone who is interested in running a café is welcome

* TRAIN TRAVEL

Journey from Vaasa to Helsinki with an old rusty locomotive



On Tuesday 21 January at 5.44 am, the locomotive of a train departing from Vaasa was broken. But don't worry, there was an old rusty freight train locomotive somewhere that could pull five wagons all the way to Helsinki.

This old locomotive was quite slow, though. But we got to Helsinki, two hours late.



And what about the return journey?

Another rusty slow train had been found in VR's warehouses. On this mentlin return trip to Vaasa. We were an hour and a half late.

The trains are comfortable and the longer the journey takes, the cheaper the journey becomes. VR compensates for delays just fine.

But still. Surely VR won't make this a habit between Vaasa and Helsinki?

NEWS

* LEADERSHIP

Max Oker-Blom's award to Sirkku Jyrkkiö from Turku: Award for exemplary leadership

This year, the Finnish Medical Association's prestigious Max Oker-Blom award was awarded to Sirkku Jyrkkiö, a specialist in oncology and radiotherapy.

Jyrkkiö received the award in recognition of his long-term and high-quality leadership work and his significant contribution to the development of Finnish health care. The prize was awarded on Doctor's Day on 22 January. This is stated in a press release from the Finnish Medical Association.



Jyrkkiö's impressive career spans both clinical work and strategic management, where he has served as an exemplary and equal supervisor. Since 2017, he has worked as the Head of Operations and Oncology at Tyks (Tyks), where he has been determined and listened to all parties.

In addition, she has been a key player in the development of cancer treatments throughout the country and is a member of the steering group of the Finnish National Cancer Centre (FICAN). Her work in developing palliative care in Southwest Finland and her education and campaign work to prevent cancer have been greatly appreciated.

The jury particularly praised Jyrkkiö's ability to combine strategic leadership and people-oriented leadership. The core of his leadership style has been to create a culture of open discussion and promote teamwork.

"In good leadership, it is important to ask the right questions and give people the opportunity to express their own point of view. Discussion is key. When the law is at its best, they are places where you give but also receive," Jyrkkiö said in his acceptance speech.

In his humorous speech, he also shared practical tips for stress management and

reminded listeners of the importance of humor and team spirit in demanding work.

Sirkku Jyrkkiö's diverse career and her long-standing commitment to the development of healthcare in Finland make her an exceptional influencer in her field - and a well-deserved recipient of the Max Oker-Blom Prize.

In his humorous acceptance speech, Sirkku Jyrkkiö gave a lot of advice to all of us. Among other things, how to avoid stress according to Turust.fi website (and this text cannot be translated into another language):

- 4 vinkki
 Stressin vähentämiseksi
1. Älä luule et sun täytyy olla nokkas kans jokapäiväks ja jokast varte.
 2. Ei kaikki tartte tehrä täyrellisesti.
 3. Pyydä ja hyväksy apu ennenku sää olet polvilläs
 4. Sortteeraa vähän mikä o tärkeä.
- Ei se o koko maailma vaikk loput ei järjestyiskä.

* EURO ZONE

Euro Zone Urged to Emulate US Growth Strategy, IMF Report Reveals

The International Monetary Fund (IMF) has called on the Euro zone to adopt a more assertive global investment strategy, taking cues from the United States. In its latest economic outlook, the IMF projects a 2.7% growth rate for the US in 2024, far outpacing the Euro zone's modest 1%.

The IMF's report underscores the need for the European Union to enhance its unified market by eliminating restrictive, country-specific regulations that hinder cross-border business and investment. According to the IMF, these changes are critical for Europe to strengthen its competitiveness on the global stage.

* VIKTOR ORBAN

Hungary Prime Minister Orban concerned over EU Sanctions Amid Rising Energy Costs



Hungary's Prime Minister has voiced concerns over the renewal of EU sanctions on Russia, citing their impact on the country's economy. Speaking about the sanctions, the prime minister suggested that Hungary might consider vetoing their extension, a decision expected by January 31.

The disruption of Russian gas transit through Ukraine has led to soaring energy prices in Hungary. The government claims that EU sanctions have cost the nation €19 billion, prompting calls for financial support and intervention from Brussels.

Despite being a long-standing critic of EU sanctions against Moscow, Hungary has previously voted in favor of them. However, growing public discontent and escalating energy costs have intensified domestic pressure to rethink its stance.

* RUSSIA

Ukrainian Drones Target 14 Russian Regions in Overnight Strikes

Ukraine launched a massive drone attack on 14 regions of the Russian Federation last night, marking one of the most extensive operations of its kind. According to the Russian Defense Ministry, air defense systems intercepted 123 unmanned aerial vehicles (UAVs) during the assault.

The strikes come amid heightened tensions between the two countries, as Ukraine continues to resist Russian aggression while expanding its military capabilities.

* GREENLAND

Donald Trump Reportedly Demanded Greenland from Denmark



The new US President Donald Trump has once again sparked controversy, with the Financial Times reporting that he demanded Denmark hand over Greenland during a phone call with Danish Prime Minister Mette Frederiksen.

The conversation, described as far from amicable, echoes

Trump's earlier, widely criticized suggestion to purchase the autonomous territory in 2019.



The Danish government has consistently rejected such proposals, reiterating that Greenland is not for sale.

* AIRLINE CRASH

Azerbaijan Airline Crash: Investigators Blame Missile Strike

Russian investigators have confirmed that an Azerbaijan Airlines flight that crashed near Aktau last December was brought down by an air defense missile.

The investigation identified the missile launcher involved and the officer who issued the strike order. According to the findings, electronic warfare systems caused malfunctions in the aircraft's control systems before the crash. Despite the crew's emergency landing request, clearance was denied.

This tragic incident has raised serious concerns about the region's airspace security, with international aviation bodies urging transparency and preventive measures to avoid future disasters. Images: Wikimedia Commons

The JANUARY SUNDAY



The January Sunday Celebration in Vaasa Jan 26

The tradition of January Sunday continues in Ostrobothnia, when Sunday 26 January is celebrated in Vaasa to commemorate the beginning of the War of Independence.

The festive program is closely intertwined with both national history and local traditions, and the event attracts a large number of participants each year.

The Beginning of the Civil War and the Significance of the January Sunday

Oak Sunday originally refers to January 27, 1918, the day when the Finnish Civil War is considered to have begun. At that time, the Ostrobothnian Civil Guards would begin to disarm the Russian garrisons on the night of Monday 28 January. However, the events started earlier than expected, as the Russian Hulm garrison in Laihela was disarmed already on Sunday evening. The memory of this still lives on in the memorial to the Battle of Hulm, on which the names of the Laibbeans who died in disarmament are engraved.

The story is based on a situation in which the Council of People's Commissars of Russia had already recognised Finland's independence, but Rus-

sian troops were still in the country. The White Commander-in-Chief Carl Gustav Emil Mannerheim decided to start disarming in order to secure the defence of Finland's independence.

The festive tradition continues strong

The memory of January Sunday has been cherished almost continuously during Finland's independence, especially in Ostrobothnia. The significance of this day is still emphasized in local communities, and the events offer both spiritual and cultural offerings.

Events in Vaasa 26.1.25

The Ostrobothnian Defence Guild will organise a traditional January Sunday celebration at Vaasa City Hall on 26.1.2025.

Events in January Sunday 26.1.2025:

- 16.00 Wreath laying ceremony at the traditional wall at Kasarmitori Square; Flags of national defence organisations to participate in the event
- 16.00 Coffee service in the Soldier's Home
- 17.00 Celebration of January Sunday in the City Hall's ballroom
- Vaasa War Veterans Museum (Kirkkoesplanadi 22 A) open 2 pm-4 pm



Event at the City Hall at 5 p.m.

Minister for European Affairs and Ownership Steering Joakim Strand will speak at the main event, which will begin at 17:00 at the City Hall.

The school children, winners will also receive a prize in a writing competition.

Music is performed by the Navy Music Corps, Chief Conductor, Commander Captain Jarkko Aaltonen.

ARCHITECTURE

Aalto Works: Finland's Bid for UNESCO World Heritage Status



The Church in Seinäjoki

Finland may soon add an eighth site to its UNESCO World Heritage list. The Finnish Heritage Agency is finalizing an ambitious nomination titled *Aalto Works*, featuring 13 buildings and areas designed by Alvar and Aino Aalto.

These architectural masterpieces not only represent the pinnacle of modernist design but also reflect the values and development of Finland as a Nordic welfare state. The nomination will be submitted to UNESCO in February 2025, with a decision expected in 2026.

Aalto Architecture on the Global Stage

The Aalto Works series highlights the universal significance of the Aaltos' architecture in promoting well-being and advancing modern architecture. The nomination includes iconic sites such as Paimio Sanatorium, Finlandia Hall, Säynätsalo Town Hall, Villa Mairea, and the Aalto Centre in Seinäjoki. These buildings are not just architectural landmarks; they are deeply rooted in Finnish culture and societal progress.

Tiina Merisalo, Director General of the Finnish Heritage Agency, emphasizes the nomination's impact:

"The preparation of this nomination has already strengthened

the appreciation of Aalto architecture nationally and deepened understanding of its international significance."

A Long Journey of Preparation

The road to this nomination has been years in the making. Work began in 2018 with updates to Finland's tentative World Heritage list, and active preparation for Aalto Works started in 2022. The process has involved extensive collaboration between building owners, cities, experts, and the Finnish Heritage Agency. Key contributors include the Alvar Aalto Foundation and international experts from ICOMOS, the global advisory body on cultural heritage.

The idea of Aalto architectu-

re as a potential World Heritage Site dates back decades. In 1986, Sunila's factory area and Villa Mairea were first discussed as possible nominations, but neither was added to Finland's tentative list. In 2004, Paimio Sanatorium was included in the list but withdrawn from consideration due to early evaluations. Now, the Aalto Works series seeks to secure the international recognition long awaited for the Aaltos' legacy.

A Story Told Through Architecture

The 13 sites in the nomination represent the diversity and societal impact of Aalto architecture:

- Paimio Sanatorium: A groundbreaking hospital designed to support patient well-being through architecture.
- Säynätsalo Town Hall and the Aalto Centre in Seinäjoki: Centers of local democracy that prioritize community needs.
- Finlandia Hall: A cultural and political landmark of global significance.
- The House of Culture in Helsinki: A beacon for working-class culture and a hub for physical and intellectual activities.
- Villa Mairea: A perfect union of architecture and home, designed for close friends Maire and Harry Gullichsen.

Other key sites include the Aalto House and Studio in Helsinki, which combine modern family living with creative workspaces, and the Experimental House in Muuratsalo, where the Aaltos' architectural experiments merge with the natural landscape.

Towards a New World Heritage Site

Finland ratified the UNESCO



Säynätsalo Town Hall



Finlandiahouse

World Heritage Convention in 1987 and currently has seven World Heritage Sites. Aalto Works would be the first to highlight modern architecture's transformative power, further cementing Finland's reputation as a leader in architectural innovation.

This nomination is more than

a collection of buildings—it is a testament to how architecture can shape societies and improve lives. If approved, Aalto Works will secure its place among the world's most significant cultural heritage sites, inspiring future generations.

(Source: STTinfo/Museovirasto)

NEWS

The fourth grocery chain comes to Finland

Tokmanni Oy has signed a license agreement with SPAR International



According to inside information published by the company, Tokmanni has signed a significant licensing agreement with SPAR International. The agreement gives Tokmanni the exclusive right to sell SPAR products and utilise the SPAR brand in the Finnish market.

Tokmanni, a well-known general discount retailer, intends to leverage SPAR International's economies of scale and expertise to expand its operations, especially in grocery sales.

Spar concept adapted to the Finnish market

Tokmanni is planning significant investments to bring the SPAR concept to the Finnish market. This includes revamping the current 20 fresh food departments to align with the SPAR brand. The first renovated SPAR department is expected to open next summer, with more renovations expected by the end of 2025. The renewed stores can be identified by the SPAR logo, which appears alongside the Tokmanni logo on the store facades. Tokmanni is also considering opening independent SPAR stores in the future.

CEOs comment on cooperation

Mika Rautiainen, CEO of Tokmanni, sees great opportunities in the cooperation:

"I am extremely pleased and excited about our partnership with SPAR International. Together we intend to change the Finnish grocery market. New products and competitive prices strengthen Tokmanni's position in the grocery trade."

Tobias Wasmuht, CEO of SPAR International, emphasizes the international dimension of the cooperation:

"Bringing the SPAR brand to Finland with Tokmanni offers significant growth opportunities. Tokmanni can utilise SPAR's international expertise and purchasing power, while SPAR can learn from Tokmanni's expertise in the home and speciality goods trade. This partnership will bring real added value to customers and drive growth for both parties."

Tokmanni and SPAR: new opportunities for Finnish customers

Tokmanni is known for its low prices, diverse selection and customer-oriented service. Cooperation with SPAR International provides Tokmanni with an opportunity to expand its food selection and further improve its competitiveness. Bringing the SPAR concept to Finland can bring new products and better prices to Finnish consumers.

Competitive situation in the Finnish market

The Finnish grocery trade market is currently dominated by Kesko, SOK and Lidl. However, the cooperation between Tokmanni and SPAR may bring much-needed competition, which may lead to lower prices and increased choice for customers. Is there room for a fourth player in the Finnish market? That remains to be seen.

Background information about Tokmanni and SPAR

Tokmanni Group Corporation is one of the leading general discount retailers in the Nordic countries, serving its customers with more than 370 stores in Finland, Sweden and Denmark. In 2023, the Group's revenue was EUR 1,393 million.

SPAR International is an international brand with sales of €47.1 billion in 2023. At the end of 2023, SPAR's network included 13,900 stores around the world.

Impact on consumers

For consumers, the partnership between Tokmanni and SPAR means a wider selection, better prices and new shopping experiences. This cooperation may also shake up the Finnish grocery trade field, increasing competition and bringing new opportunities to the market.

Photo: Spar shop in Holland. Photographed by Kiekkiek, Wikimedia Commons, Public Domain

MUSEUMS IN VAASA

The number of visitors to museums in Vaasa remained at a high level in 2024



More than 50,000 visitors visited Vaasa's museums in 2024, according to a press release from the museums.

When the pop-up and touring exhibitions in the Ostrobothnia region are included, the total number of visitors rose to almost 65,000. The most popular destination was the Ostrobothnian Museum, which had 20,612 visitors.

The popularity of museums was not weakened by a year of changes

There were significant changes in Vaasa's museums during 2024, but visitor numbers still remained at a high level. Museum Director Elina Bonelius says that, for

example, the operations of Kunsthalle Vaasa were transferred to the Vaasa Artists' Association at the beginning of the year, and the opening hours of museums were reduced starting in the summer, as the doors remained closed on Tuesdays. Despite these changes, the popularity of museums remained strong.

"Last year's record numbers were missed by only a few thousand visitors, which shows that our museums attract audiences with their wide range of offerings. I am particularly pleased with the increase in the number of visitors to the Old Vaasa Museum," Bonelius says.

The touring exhibitions of the regional museum reached a wide range

In their role as the re-

gional museum, Vaasa museums produced two pop-up exhibitions and several touring exhibitions in the Ostrobothnia region. These touring exhibitions attracted a total of 14,390 visitors, which increases the reach of museums regionally.

Seven new exhibitions in 2025

In 2025, Vaasa museums will present seven new temporary exhibitions, the first of which will open in April-May. The offering includes local and Nordic art as well as naïveté. The Ostrobothnian Museum will also open a renewed money room, and Tikanoja Art Home will display its own collections.

In addition, the Lundgren sisters' Ostrobothnia touring exhibition tours six municipalities

in Ostrobothnia, presenting the works of three Vaasa-based artists.

Opening hours and renovations in 2025

As of January, only the Ostrobothnian Museum will be open on Sundays, while Tikanoja Art Home and Kuntsi Museum of Modern Art will close their doors on Sundays to save money. Bonelius describes the solution as unfortunate but necessary.

"The Ostrobothnian Museum was chosen as the Sunday opening destination because it has the widest selection and is the most popular of our museums in terms of visitor numbers," Bonelius explains.

Tikanoja Art Home will be closed in summer 2025 due to façade and roof renovations and in-

terior renovations. The museum will reopen at the end of September with new exhibitions.

Positive feedback from the audience

The museums' exhibitions have received positive feedback from the public. For example, exhibitions by Eero Järnefelt, Meta Isæus-Berlin, Ritva Kovalainen and Sanni Seppo have attracted a lot of interest. Many visitors have returned to see the same exhibition several times.

In 2025, guided tours will be organised on Saturdays at Tikanoja Art Home and Kuntsi Museum of Modern Art and on Sundays at the Ostrobothnian Museum. The guided tours delve deeper into the themes and backgrounds of the changing exhibitions.

* BILTEMAS FOOD TRUCK

Biltema's food truck opened in Vaasa 16.1.25



Biltema Food Truck Café will move from Helsinki to the Biltema department store in Vaasa in early 2025. The café car, which has been serving Helsinki since June, will be open on the last day on Sunday 15 December, after which it will prepare for its new location.

In Vaasa, it opened outside Biltema at Myllärinkatu 1-3 on 16.1.25.



Good meatballs

Food Trucks meatballs are delicious. That is what it claims. Just as good as IKEA's meatballs, one tester has claimed. Or better.

And in addition to being good, they are also cheap. Meatballs cost 4.50, both traditional and plant-based. And HotDog you get for 1 Euro, as well as coffee and buns.

Job for 5 persons

Five young åersons have got a nwe job offering food for many persons in Klemettilä.

Café car on the way due to renovation

The reason behind the relocation of the food cart, which operated in Biltema's yard in Helsinki, is the soon-to-be-started expansion renovation of the store. With the renovation, a traditional Biltema Café will be built in Helsinki, which already exists in several cities, such as Espoo, Lappeenranta and Rasio. After the renovation,

Which meatballs are better, Biltemas or Ikeas?

Biltema Café offers a wider range and more permanent café service to its customers. Inauguration of Vaasa at the beginning of the year

The customers of the Biltema department store in Vaasa can enjoy the Food Truck Café's offerings from the beginning of the year, i.e. from 16.1.25. The coffee cart's selection is narrower than at



traditional Biltema cafés, but it offers popular products, such as hot dogs, coffee and cinnamon buns. This year's successful products - meatballs, vegetable balls and mashed potatoes - are also on the list. The relocation of the food trailer brings affordable and popular delicacies within reach of Vaasa's customers. Surely reason to try this mobile café!

A few words about Bilte-

ma

Biltema is one of the largest spare parts and accessory store chains in the Nordic region. Today, there are about 19,000 product titles in the extensive product range. The products are divided into nine product groups, which are automobile-motorcycle, bicycles, boat, leisure, home, office-multimedia, construction, automobile maintenance and utilities.

THE ONION WEEK

Onion Week 20.-26.1.2025: crying, laughter and delicious flavours in the kitchen



At the end of January, Finland celebrates one of the real heroes of the kitchen: onions. Welcome to Onion Week, where tear ducts and taste buds get to work overtime.

Onion, the underrated superstar on the dinner table, has earned its own Christmas season in the middle of the January darkness. According to a press release from MTK, onions are not only the cornerstone of cuisine, but also a symbol of eternal life in ancient Egypt. Nowadays, onions are a little more mundane in Finnish cuisine, but still just as important – and sometimes crying.

Onion tears: Not for the faint of heart

Have you ever wondered why you look like you've just watched all 12 episodes of the most heartbreaking season of your favorite show when you cut an onion? The reason is a bit of chemical magic: the tissue in the bulb releases gas that irritates your eyes so that the tear ducts work overtime. But don't worry - according to professionals, a sharp knife and rinsing the onion with cold water can help. (Or you can ask

your partner to cut an onion for you, claiming that you "specialize in other cooking skills.")

What makes onions a superfood?

The onion is like the Clark Kent of the food world: behind the exterior of everyday life hides a real superpower. It is full of vitamins, minerals and antioxidants that fight the flu and boost overall well-being. Quercetin – the scientific-sounding ingredient – is particularly known for its ability to scare off microbial attacks. So the next time someone asks what you eat, you can proudly answer: "Food heroes".

History seasoned with onions

In the Middle Ages, onions were so valuable that they were used to pay taxes and buy gifts for wedding couples. Imagine your friends showing up at your wedding with a paper bag full of yellow onions under their arm. (Maybe not the "registered gift" you're hoping for, but you'd definitely appreciate the idea.) In ancient Egypt, onions were sacrificed with the dead – perhaps they wanted to make sure that the funeral buffet in the afterlife would have enough flavor.

How to celebrate Onion Week?

Onion week isn't just about staring at onions. It's a great opportunity to try new recipes, listen to onions to your heart's content and maybe learn to appreciate leeks. MTK's Heidi Siivonen suggests that onions can be the blinis' best friend and the secret to the depth of soup at the same time. Onion's ability to fit into all kinds of dishes – from soups to stews and salads – makes it the most versatile ingredient in the kitchen. If this doesn't inspire you, you clearly haven't tasted enough onion soup yet.

Onion Week: Crying for Long Joy

So grab some recognisable Finnish onions from the Cotyledon Leaf Brand and get ready to celebrate this mundane but awesome ingredient. You can share onion recipes, tear stories, and maybe even consider whether an onion would be a suitable gift for an upcoming celebration. If all else fails, at least remember that onions bring flavor to life – literally and figuratively.

Onion Week will be held from January 20 to 26, 2025. Keep sharp knives and handkerchiefs nearby!

Source: STTinfo/Central Union of Agricultural Producers and Forest Owners MTK | Press release

ART EXPERIENCE OF THE WEEK



Hjalmar Munsterhjelm

19.10.1840, Toivoniemi, Tuulos

2.4.1905, Helsinki

November evening, 1889

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



VAAASA CITY THEATRE

TOSCA-ooppera

Premisere Jan 12.2025

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

Vaasa-Vasa Baroque

Sat / Sat 25.1 at / kl. 18.00

Sö 26.1 at / kl. 18.00
Kaustinen Chamber Music Week

Chiara Margarita Cozzolani: Vespro della Beata Vergine Earthly Angels & Floridante (EST)

Finnish premiere of this magnificent Italian work from the 1600s!
<https://vaasabaroque.com/>

BOTHNIA BURLESQUE: EVERYTHING THAT SPARKLES

RITZ 25.1.2025 at 19-22

"Welcome to an evening filled with sparkle, delight and breathtaking stage art! Bothnia Burlesque once again brings a stunning setting to the stage at the nostalgic Ritz

Lady Laverna & Arona Showgirls: Olivia Rouge, Nana Lamarr & Rosie Rhyme!

www.ritz.fi/events

**Vaasa-Vasa Baroque
Fri / Fr 14.2 at / kl. 18.00 City Hall Hall of Mirrors / Stadshusets spegelsal**

Valentine's Day Baroque – Janne Valkeajoki, accordeon-Rameau & accordion hits / Rameau & dragospelshits The concert ticket includes catering

<https://vaasabaroque.com/>

TOMMY'S: TOGETHER AGAIN

RITZ 5.3.2024 AT 19 - 21.30

Hans Martin, Nicklas Käldestrom

<https://ritz.fi/events/>

**Vaasa-Vasa Baroque
Sat / Sat 22.3 at / kl. 16.00 Music in Veturitalli**

Symphonies for one violin – Sonatas and Letters by Stradella Symfonier för en violin – Stradellas sonater och brev Pirkanmaa Baroque & Aira Maria Lehtipuu This concert is free of charge! Open house in Veturitalli all day, come and explore the Wärtsilä area.

<https://vaasabaroque.com/>

VAAASA humour FESTIVAL 2025

2-4.4.2025
Sov. Finland-Swedish cultural development

**Vaasa-Vasa Baroque
Sun / Sö 27.4 at / kl. 17.00 City Hall Ballroom / Stadshusets festsal**

Handel and Roman in London – Handel möter Roman i London

Kajsa Dahlbäck, soprano / sopran Drottningholms barocken-semble (SWE)

<https://vaasabaroque.com/>

VAAASA CHOIR FESTIVAL XXXI

22-24.5.2025
Vaasa Choir Festival is a significant international choral music event. The joyful and social closing celebration of the singing season is open to all choirs.

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

NÄRPES THEATRE

"Maskinisterna (The Machinists)", a Swedish-language play about the Wickström Brothers and their engine factory, with a script and direction by Erik Kiviniemi.

World premiere 28.6.25 klo 19

Other events:
1.-7 at 7 pm
3.7. at 7 pm
7.7. at 7 pm
8.7. klo 19
10.7 at 7 pm
13.7. at 5 pm
15.7. at 19
16.7. at 19
17.7. at 19
19.7. at 19

KORSHOLM MUSIC FESTIVAL

23.7.-30.7.2025

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

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

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

WASA FUTURE FESTIVAL

11-16.8.2025

The Wasa Future Festival 2026 is set to take place from 11th to 16th August. This event gathers knowledgeable and motivated individuals from the business world, universities, regional decision-making bodies, and ministerial corps to focus on solving issues in Vaasa and across Finland. The event can be followed on Wasa Future Festival YouTube channel.

Wasa Innovation Center

Gerbyntie 18
65230 Vaasa

<https://wasafuturefestival.fi/>



Dan Holm's research forms the factual basis for the play. Kent Hägglund plays the lead role and Erik Kiviniemi is responsible for the script and direction.

THEATRE

The theatre highlight of the summer in Ostrobothnia: "Maskinisterna" at Närpes Theatre



Erik Kiviniemi and Miranda Eklund, chairman of Närpes theatre.

Närpes Theatre, one of Finland's most venerable amateur theatres, offers a summer experience that makes motor enthusiasts and theatre lovers turn their eyes to Öjskogsparken. This year's play, "Maskinisterna, The Machinists", with a script and direction by the experienced Erik Kiviniemi, is about the Wickström Brothers and their iconic engine factory in Vaasa.

The story takes us back to the first half of the 20th century and is a celebration of entrepreneur-

rial spirit, technological innovations and human relationships. The play is in Swedish.

From Chicago to Vaasa: a journey of progress

John Wickström, one of the brothers behind the engine factory, had already shown his ingenuity in 1906. That same year, he staged a PR stunt that impressed the locals. With a motorboat, powered by a self-produced engine, he pulled two boats upstream on the Kyrö River. This spectacular event, reported by *Vasabladet*, was the starting point for the engine factory's

founding.

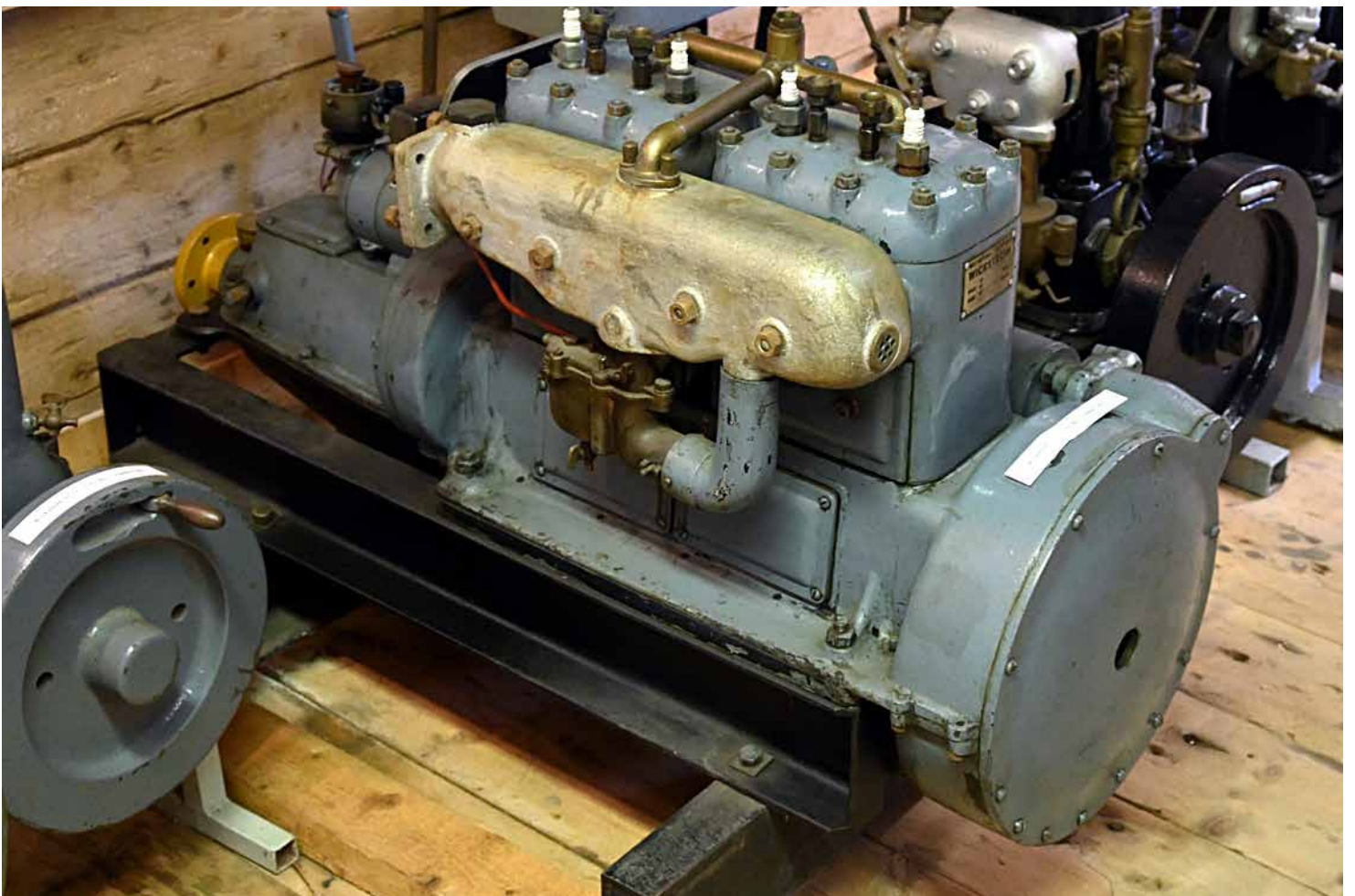
Wickström's engines came to revolutionize both agriculture and the fishing industry. From the first boat engines in Metlahti to a modern factory in Vaskiluoto, the company grew into a leading player in Finnish industry.

A history rooted in Ostrobothnia

Although Wickström's factory was based in Vaasa, the legacy lives on in Närpes, where several engines are still in use. "There is a strong local anchorage in the project," says Miranda Eklund, chairman of Närpes Teater, in an interview with YLE. "The



SSmall and large Wickström engines at the Maritime Museum in Vaasa



"Machinists" is based on decades of research by Dan Holm, but on stage we also get to take part in a fictional story filled with human conflicts and drama.

Erik Kiviniemi: a veteran at the helm

Director and screenwriter Erik Kiviniemi is no stranger to the Wickström theme. In 2015, he directed "The Life of John Wickström" at the Vaasa City Theatre, based on a script by Antti Tuuri. But this is his first collaboration with Närpes Teater, and expectations are high.

Open-air theatre with tradition

Närpes Theatre has a long history of successful productions. Since its inception in 1963 and the inauguration of the open-air stage with rotating grandstand in 1966, the theatre has established itself as a central cultural bearer in the region. With room for over 400 spectators, the stage has become a gathering point for theatre lovers from all over the country.

Shows

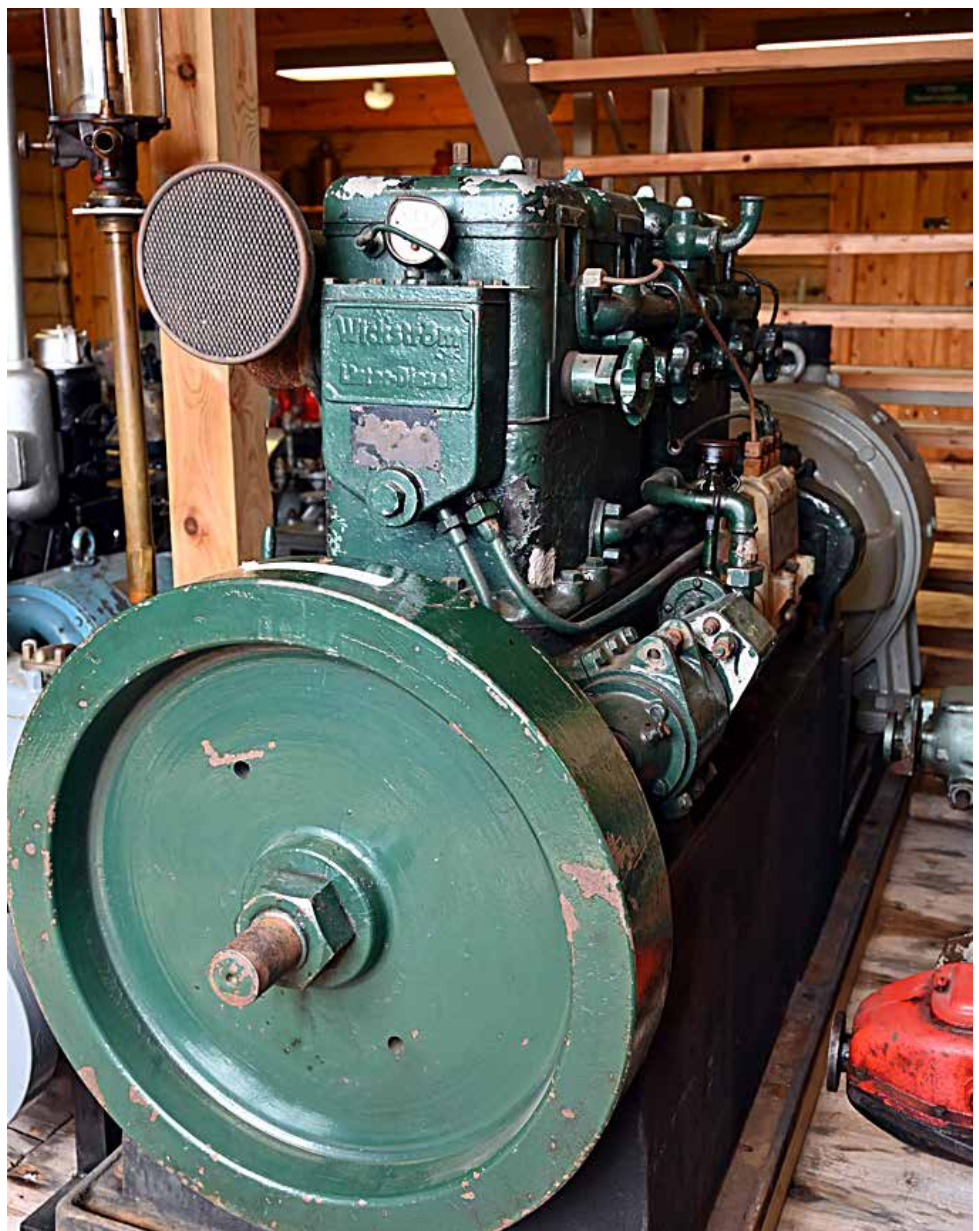
"Maskinisterna" has its world premiere on June 28 at 7 pm in Öjskogsparken. The performances continue during the summer with several dates to choose from:

- July 1 at 7 p.m.
- July 3 at 7 p.m.
- July 7 at 7 p.m.
- July 8 at 7 p.m.
- July 10 at 7 p.m.
- July 13 at 5 p.m.
- July 15 at 7 pm
- July 16 at 7 p.m.
- July 17 at 7 p.m.
- July 19 at 7 p.m.

Don't miss the chance to experience this unique show that combines historical authenticity with strong drama and local charm.



Dan Holm





Kanttila
Minnan Canth's house in Kuopio

CULTURE HERITAGE

Kanttila – Minna Canth’s dilapidated cultural heritage in the heart of Kuopio



Kanttila, in the centre of Kuopio, is a building where the writer and social influencer Minna Canth lived and worked.

Minna Canth (born Ulrika Wilhelmina Johnson; Tampere (19 March 1844 – 12 May 1897) was a Finnish writer, journalist and businesswoman. As a writer, Canth was one of the pioneers of Finnish realism.

He wrote plays, mini-novels and short stories. She was the first significant Finnish-language playwright and prose writer after Aleksis Kivi and the first Finnish-language female journalist [Source: Wikipedia].

This simple but historically significant building was completed in 1820 and has been a central

part of Kuopio’s cultural history through many stages and owners. Canth moved to Kanttila with his family in the mid-1800s and also ran a yarn shop in the house, which also served as the family’s livelihood.

Kanttila’s significance extends beyond the building itself; At the end of the 1800s, the city was one of the focal points of Finnish cultural life. Minna’s salon, as the house’s large room was called, was an open place for discussion for writers, artists and social thinkers alike. There were heated debates about gender equality, women’s rights and changes in society.

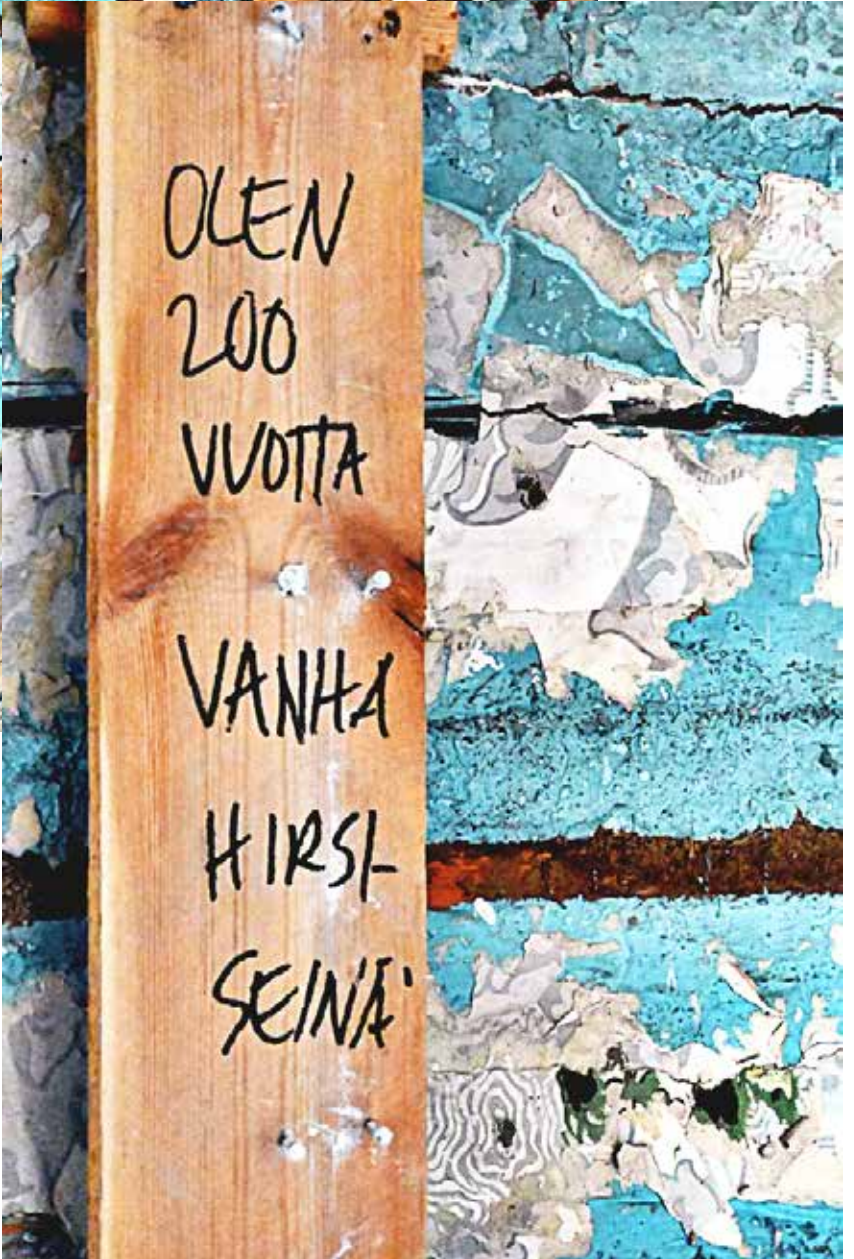
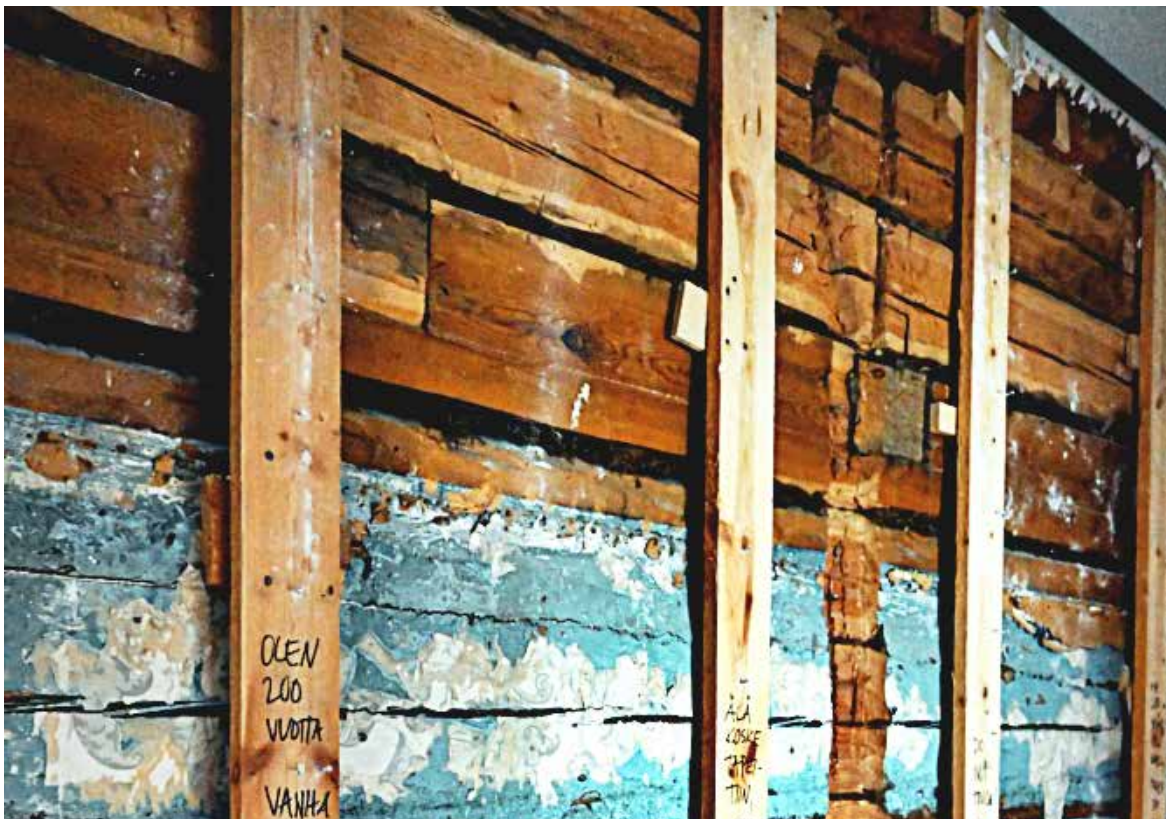
Although Kanttila has been threatened with demolition and structural challenges over the years, the building has remained part of Kuopio’s cityscape. The

Minna Canth Association’s House, founded in 2017, bought the building and started renovating it, but it is still far from finished.

The goal is to restore Kanttila to its original glory and turn it into a vibrant cultural center that pays homage to Canth’s heritage. It is to be hoped that this will succeed and save this cultural treasure from its present decay.

Kanttila is not just a building; It is a symbol of progress and courage – values that Minna Canth represented. The house still reminds us of how one person can make a difference for the whole of society.



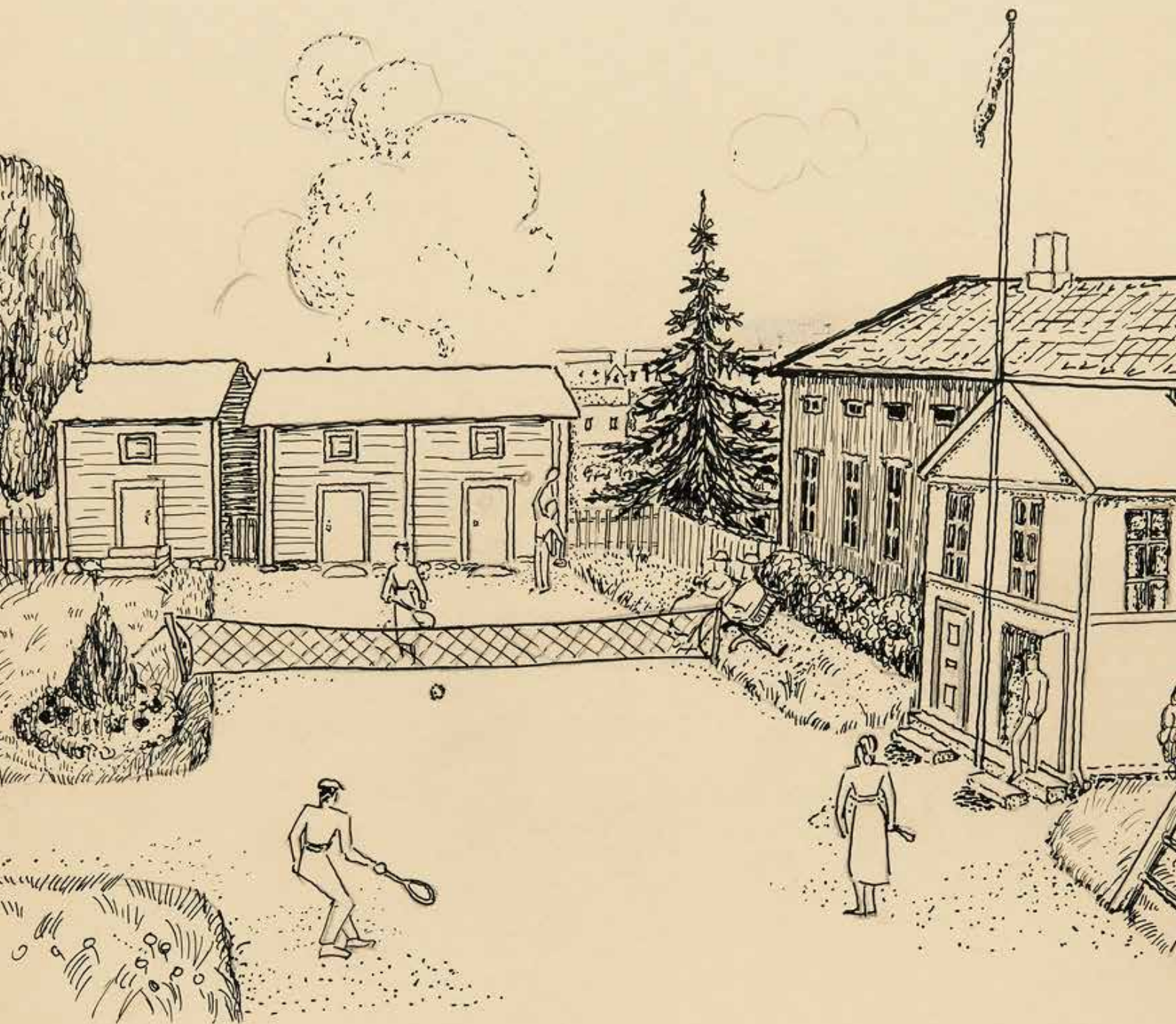




Minna Canth-monument in Kuopio



KIRJAILIINA
MIINNA CANTH
ASUI
JA PITI KAUPPAA
TÄSSÄ TALOSSA
1879 - 1897



•PIRTTIKYLÄN PAPPILAN PIHA•

TENNISTÄ PELATAAN SEKÄ

MYÖS KATSELLAAN.

MUISTISTA PIIRTFÄNYT. K. 1940

ISÄ JA ÄITI ISTUVAT RAUHASSA

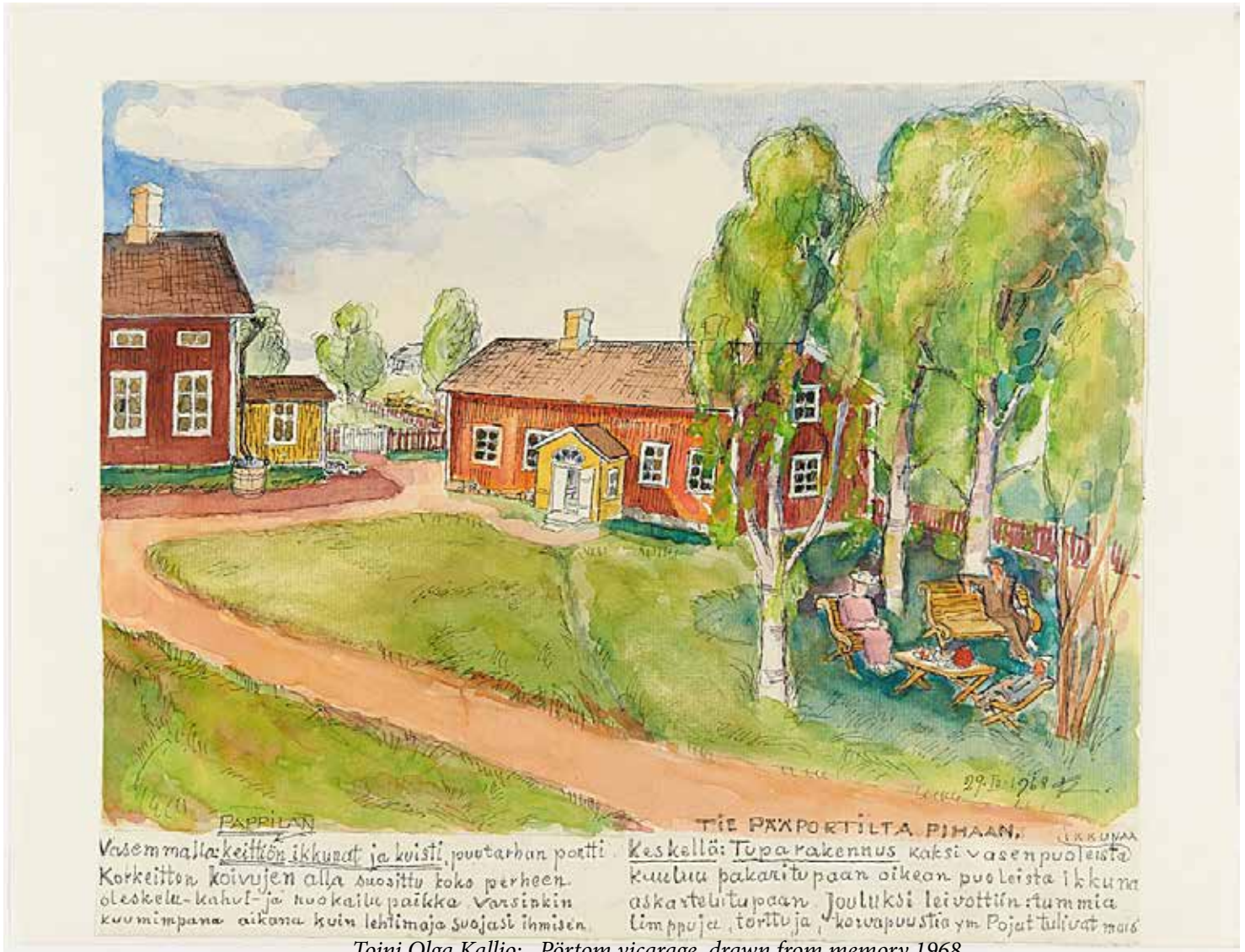
ILLAN SUUSSA AURINGON PAINUESSA

KIRKÖTAAKSE TAUSTALLA JYVÄMA-

KASIINI, JAUHO- JA LIHA-KALA AITTA.

ART HISTORY

Toini Olga Kallio: The textile artist with roots in Pörtom



Toini Olga Kallio (born 11 July 1891 in Pörtom) was a prominent textile artist whose work has left a strong impression on textile art both nationally and internationally. Her artistic work included everything from church textiles to watercolours and drawings, with a deep connection to her homeland and its culture.

Family and upbringing

Toini was born into a family with strong ties to arts and crafts. Her father, the contract dean Pietari Antero Kallio (often Swedishized as Peter Anders Kallio), was vicar of Pörtom for three decades. He died in 1915, deeply mour-

ned by the congregation. Her mother, Lydia Charlotta Durchman, also helped to create a cultural and intellectual environment for the family's children.

The gift of creativity lay in the family: two of Toini's brothers, Kauno and Oiva Kallio, became prominent architects. Kauno designed, among other things, Harman's House in Vaasa and the youth association's premises in Pörtom. Oiva, who was the chairman of the State Architects' Committee, contributed to many church buildings and commercial properties in Finland. Two other brothers, Sulo and Uno, also chose technical paths as engineers.

Education and career

Toini began her artistic career with a degree from the Vaasa Voluntary Gi-

rls' School in 1906. She then continued at the Art Society's Drawing School and took a course in weaving at Wetterhoff's work school in 1930. Her education was supplemented by studies in Sweden, Italy and Paris, which helped to shape her artistic style and technical skills.

From 1913 to 1916, Toini worked as a drawing teacher at the Vaasa Voluntary Secondary School and the Girls' School. She then took a job as a textile artist at the Friends of Finnish Handicrafts. In 1923, she started her own textile agency, where she developed her unique style and created works that combined traditional techniques with modern influences.

Artistic style and works

Toini Kallio was a versatile artist who created church textiles, tapestries, banners and interior textiles. Her art is characterized by a deep understanding of color and form, where traditional methods are combined with innovative expression.

In addition to textile art, she created watercolours and drawings inspired by her hometown in Pörtom and her later residence Ruovesi. These works often depict church buildings and nature scenes, where her technical skill and attention to detail shine through.

The altarpiece in Pörtom church

One of Toini's most famous works in Pörtom is the altarpiece in Pörtom church, painted in 1913. The painting is a copy of Albert Edelfelt's altarpiece in the Trinity Church in Vaasa, adapted for the church's smaller space. The painting, titled *The Adoration of the Shepherds*, shows the baby Jesus in the arms of the Virgin Mary surrounded by devout shepherds in the stable. Inaugurated during the Midsummer weekend of 1913, it is an important part of the church's artistic heritage.

International recognition

Toini's work received a lot of attention, both nationally and internationally. She was awarded diplomas at exhibitions in Milan and Antwerp and participated in several prestigious exhibitions that strengthened her position as a leading textile artist.

Artistic heritage

Toini Olga Kallio has left a lasting mark on Finnish textile art. Through her works and teaching, she inspired a new generation of artists and craftsmen. Her ability to unite tradition with innovation means that her art continues to be relevant and appreciated.

As an ambassador of Finnish cultural heritage, Toini Olga Kallio is a role model for future generations. Her work is a tribute to nature and the traditions of her hometown, and her contribution to textile art will live on for many years to come.

A heritage preserved in image archive

Among Kallio's surviving works are several drawings and paintings from 1968, in which she depicted her homeland from memory. These works, preserved by the Finnish Heritage Agency, are an invaluable part of the historical image archive and are available under the CC BY 4.0 license.



Toini Olga Kallio: , Pörtom vicarage, drawn from memory 1968



Toini Olga Kallio: , Pörtom vicarage, drawn from memory 1968



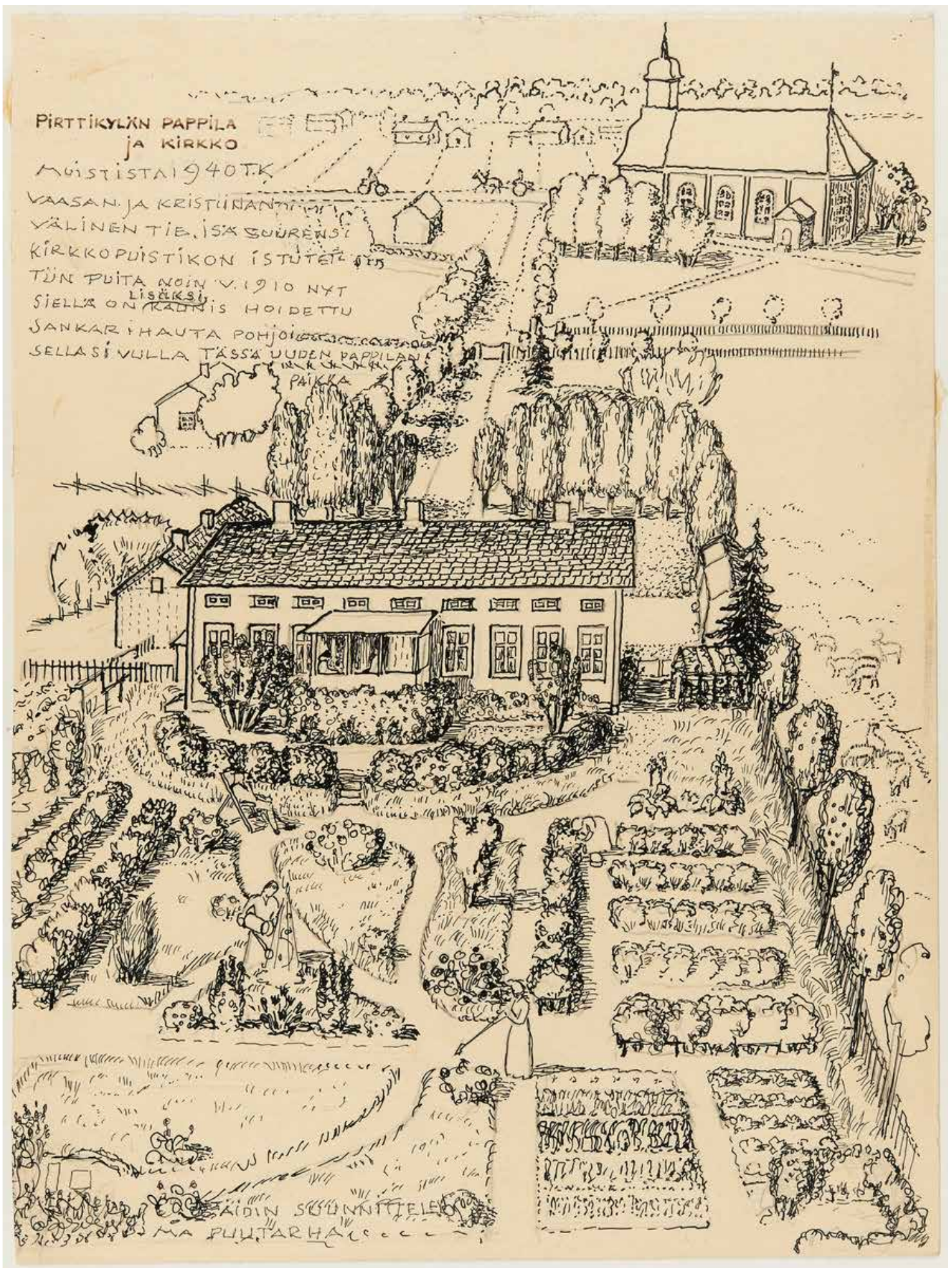
Toini Olga Kallio: , Pörtom vicarage, drawn from memory 1968ndan



Toini Olga Kallio: , Pörtön vicarage, drawn from memory 1968



Toini Olga Kallio: , Pörtön vicarage, drawn from memory 1968



Toini Olga Kallio: , Pörtö vicarage and church, drawn from memory 1968

OPERA in VAASA

Tosca: A Story of Love, Betrayal and Artistic Passion in Revolutionary Rome

Vaasa City Theatre's Tosca is Puccini's opera at its most authentic, while Vaasa's version rises to a high level in opera art.

This must not be the last opera premiere in Vaasa!



Opera: Tosca by Giacomo Puccini

Premiere at Vaasa City Theatre 16.1.25

Conductor Anna-Maria Helsing, Vaasa Philharmonic Orchestra

Directed by Seppo Välinen

**Roles
Floria Tosca as Riitta Haavisto
Mario Cavaradossi as Mika Pohjonen**

Baron Scarpia as Walteri Torikka

Vaasa Opera Association Choir

"This work is made with love for the viewers. Cooperation with wonderful artists, a great orchestra, skilled technical staff and wonderful choir members has made it possible to create a work that will leave a warm

memory in my heart," writes theatre director Seppo Välinen in the programme leaflet.

So, what is this opera all about?

Giacomo Puccini's Tosca is not just opera; it is a fascinating story of love, betrayal and artistic passion in 1800 against the backdrop of revolutionary Rome. This powerful work, with its soaring melodies and dramatic climaxes, has captivated audiences worldwide for more than a century, establishing itself as one of the most performed operas of all time.

A city on the verge of change: Rome in 1800 was a city on the verge of change. Napoleon's armies swept across Europe, and the political situation was unstable. The Pauls, once a mighty power, tried desperately to hold

power as whispers of revolution filled the air. This turbulent backdrop provides a powerful basis for the intense drama that takes place in Tosca.

A love story in the midst of chaos:

At the centre of the opera is the passionate love of the fiery opera singer, Floria Tosca, and the idealistic artist, Mario Cavaradossi. However, their love threatens the merciless police chief, Baron Scarp. Scarpia, who is in power lust for Tosca and thirsty for power, manipulates and deceives lovers, triggering a chain of tragic events.

Masterpiece of musical drama:

Puccini's genius lies in his ability to weave a spectrum of emotions through his music. From the heights of Tosca's

“Vissi d’arte” aria to Scarpia’s icy “Te Deum,” the composition is a masterpiece of dramatic expression. The opera features unforgettable arias, duets and ensemble scenes that continue to fascinate audiences to this day.

A timeless story of humanity’s struggles:

Tosca is more than just a historical drama; It explores timeless themes such as love, betrayal, power, and man’s capacity for both great courage and unimaginable cruelty. The continued popularity of opera speaks to its ability to connect audiences on a deeply emotional level, reminding us of the enduring power of art and the fragility of human life.

Legacy of performance tradition:

Tosca has been performed countless times on stages around the world since its premiere in 1900. Its continued popularity is proof of its dramatic power and musical splendor. The opera continues to captivate audiences with its intense emotions, unforgettable melodies and timeless themes.

What we can learn from Tosca:

Tosca serves as a powerful reminder of the dangers of unlimited power and its importance in defending what we believe. It also explores the complexity of relationships, the fragility of love, and the devastating consequences of betrayal. The opera’s enduring message of courage, endurance and the meaning of the enduring power of humanity continues to resonate with audiences today.

A masterpiece in Vaasa!

Tosca is also a masterpiece performed in Vaasa. Performers, city orchestra, scenography,



Reetta Haavisto as Floria Tosca

subtitles and opera choir - all perfect! When we have such a great opera choir, the continuation of the opera tradition in Vaasa is unprecedentedly important.

And the story, it continues to fascinate and challenge audien-

ces more than a century after its premiere. Its continued popularity is proof of its timeless power and ability to speak to humanity in a profound and lasting way.

LONELINESS

Loneliness Affects Laboratory Values: A Deeper Dive into the Biology of Social Isolation



A recent study published in *Nature Human Behaviour* has shed light on the profound biological impact of social isolation and loneliness, revealing a significant link between these social factors and alterations in the human proteome.

This groundbreaking research, conducted on a massive scale with over 42,000 participants from the UK Biobank, provides compelling evidence for the detrimental effects of social disconnection on our physical health. The study, led by researchers from Fudan University and the University of Cambridge, utilized cutting-edge proteomics technology to analyze blood samples from participants. They identified a distinct set of prote-

ins in individuals experiencing social isolation and loneliness, many of which are implicated in crucial biological processes such as inflammation, antiviral responses, and immune system function. These findings suggest that social isolation and loneliness not only impact our mental well-being but also have a profound and measurable effect on our physiological state. Furthermore, the study employed Mendelian randomization, a powerful genetic method, to establish a causal link between loneliness and specific proteins. This robust analysis provides strong evidence that loneliness directly influences the levels of certain proteins in the body, potentially contributing to an increased risk of chronic diseases such as cardiovascular disease, type 2 diabetes, and stroke.

The implications of this research are far-reaching. By understanding the biological pathways through which social isolation and loneliness exert their detrimental effects, scientists can develop novel therapeutic targets and interventions to mitigate the health risks associated with these social experiences. This research also underscores the critical importance of fostering social connection and combating loneliness as a public health imperative.

This study provides a crucial step forward in our understanding of the intricate interplay between social factors and human health. It highlights the profound impact of social isolation and loneliness on our biology and underscores the urgent need for societal interventions that prioritize social connection and well-being.

HEALTH

The Importance of Walking: Achieving 5,000 Steps a Day for Better Mental Health and Beyond



Walking is one of the simplest, most accessible forms of physical activity. And walking is not expensive. While it may not be as glamorous as hitting the gym or engaging in high-intensity workouts, research consistently under-scores its profound impact on overall health.

Recent findings published in JAMA Network Open further illuminate the mental health benefits of walking, emphasizing the correlation between daily step counts and reduced depressive symptoms. This article explores the critical role of walking at le-

ast 5,000 steps a day, drawing insights from the latest research and practical applications for everyday life.

Walking and Mental Health: Key Insights from Recent Research

A systematic review and meta-analysis published on December 16, 2024, in JAMA Network Open analyzed 33 observational studies encompassing over 96,000 adults. The research revealed a compelling association between daily step counts and mental health outcomes:

- **Reduced Depressive Symptoms:** Participants walking 5,000 or more steps daily showed fewer depressive symptoms in cross-sectional studies compared

to those walking fewer steps.

- **Risk Mitigation:** Prospective studies indicated a significant reduction in the risk of depression among individuals achieving 7,000 or more daily steps.

- **Incremental Benefits:** Each additional 1,000 steps per day was associated with a lower risk of depression, demonstrating the cumulative benefits of increased physical activity.

These findings align with broader evidence linking physical activity to improved mental health, highlighting walking as an effective and inclusive strategy for mental well-being.

Beyond Mental Health: The Holis-



Key Benefits of Walking

While the JAMA study emphasizes mental health, walking's benefits extend across multiple domains of health:

1. **Cardiovascular Health:** Walking regularly reduces the risk of heart disease by lowering blood pressure, improving cholesterol levels, and enhancing circulation.
2. **Weight Management:** A daily step goal aids in calorie expenditure, helping to maintain a healthy weight.
3. **Musculoskeletal Strength:** Walking strengthens bones and muscles, reducing the risk of osteoporosis and improving balance.
4. **Cognitive Function:** Studies suggest walking enhances memory and executive functioning, potentially reducing the risk of dementia.
5. **Longevity:** Regular walking is linked to a lower risk of all-cause mortality, making it a cornerstone of healthy aging.

Practical Strategies to Achieve 5,000 Steps Daily

For many, the challenge lies not in recognizing the benefits of walking but in incorporating it into their daily routine. Here are some practical tips to reach and surpass the 5,000-step threshold:

- **Break It Down:** Divide your steps into manageable chunks, such as 10-minute walks after each meal.
- **Take the Stairs:** Opt for stairs over elevators and escalators whenever possible.
- **Walk During Breaks:** Use breaks at work to take short walks around your office or building.
- **Park Farther Away:** Choose a parking spot farther from your destination to add extra steps.
- **Leverage Technology:** Use a pedometer or smartphone app to track your steps and set achievable goals.

Walking and Inclusivity

One of walking's greatest strengths is its accessibility. Unlike many forms of exercise that require specialized equipment or memberships, walking is free

and adaptable to almost any environment. For individuals with physical limitations, even light walking or stepping in place can confer health benefits. Communities and policymakers can further promote walking by creating safe, walkable spaces such as parks, trails, and pedestrian-friendly urban areas.

Walking as a Societal Solution

The findings from JAMA Network Open highlight walking as a low-cost, high-impact intervention for public health. However, achieving widespread adoption requires more than individual effort; it necessitates systemic change. Employers can encourage walking by promoting walking meetings and step challenges. Urban planners should prioritize walkable city designs to make walking a viable option for commuting and leisure.

On a personal note, walking has always been my go-to activity for both physical and mental rejuvenation. Whether it's a brisk morning walk to energize my day or a leisurely stroll in the evening to unwind, walking offers a sense of connection to oneself and the surrounding environment. It is often during these moments of movement that clarity emerges, and stress dissipates.

Walking 5,000 steps daily is not merely a health goal but a step toward a more balanced, fulfilled life. The evidence is clear: incorporating walking into your routine can significantly improve mental health, reduce the risk of chronic diseases, and enhance overall well-being. Let's lace up our shoes, take that first step, and embrace walking as a simple yet powerful tool for health and happiness.

THE JANUARYSUNDAY

Commemoration of the January Sunday, Tam- misunnuntai, in Ilmajoki on January 26, 2025



The January Sunday, Tammisunnuntai, observed annually on the last Sunday of January, commemorates the beginning of the Finnish 1918 War.

The term originally refers to Sunday, January 27, 1918, which is regarded as the war's starting point.

The historical backdrop of Tammisunnuntai reflects a critical moment in Finland's path to independence. Although Russia's Council of People's Commissars had recognized Finland's independence, Russian troops remained stationed in the country against the wishes of the Finnish Senate. It was under these circumstances that General Carl Gustaf Emil Mannerheim initiated plans to disarm Russian garrisons in Ostrobothnia.

This annual commemoration honors these efforts, particularly in rural Ostrobothnia, where the tradition remains strong. Tradition organizations have preserved the memory of Tammisunnuntai by organizing celebrations nearly every year throughout Finland's independence, with only a few exceptions in the years immediately following the war. The day holds added significance as Mannerheim, who led

the disarmament efforts, passed away on Tammisunnuntai, January 27, 1951.

Program for Tammisunnuntai in Ilmajoki 2025

10:00 AM - Church Service at Ilmajoki Church

- Liturgist: Pastor Jussi Haavisto
- Sermon: Bishop Matti Salomäki of the Diocese of Lapua
- Organist: Tuija Niemistö
- Choir performance by Vox Ilmolensis

Following the service, wreath-laying groups will be dispatched to honor memorial sites.

11:30 AM - Church Luncheon

- Location: Jaakko Ilkka School, Ollilantie 3 C

1:00 PM - Afternoon Celebration

- Location: Jaakko Ilkka School, Ollilantie 3 C

- Keynote Address: Author Martti Koskenkorva

Attendees are requested to be seated by 12:55 PM.

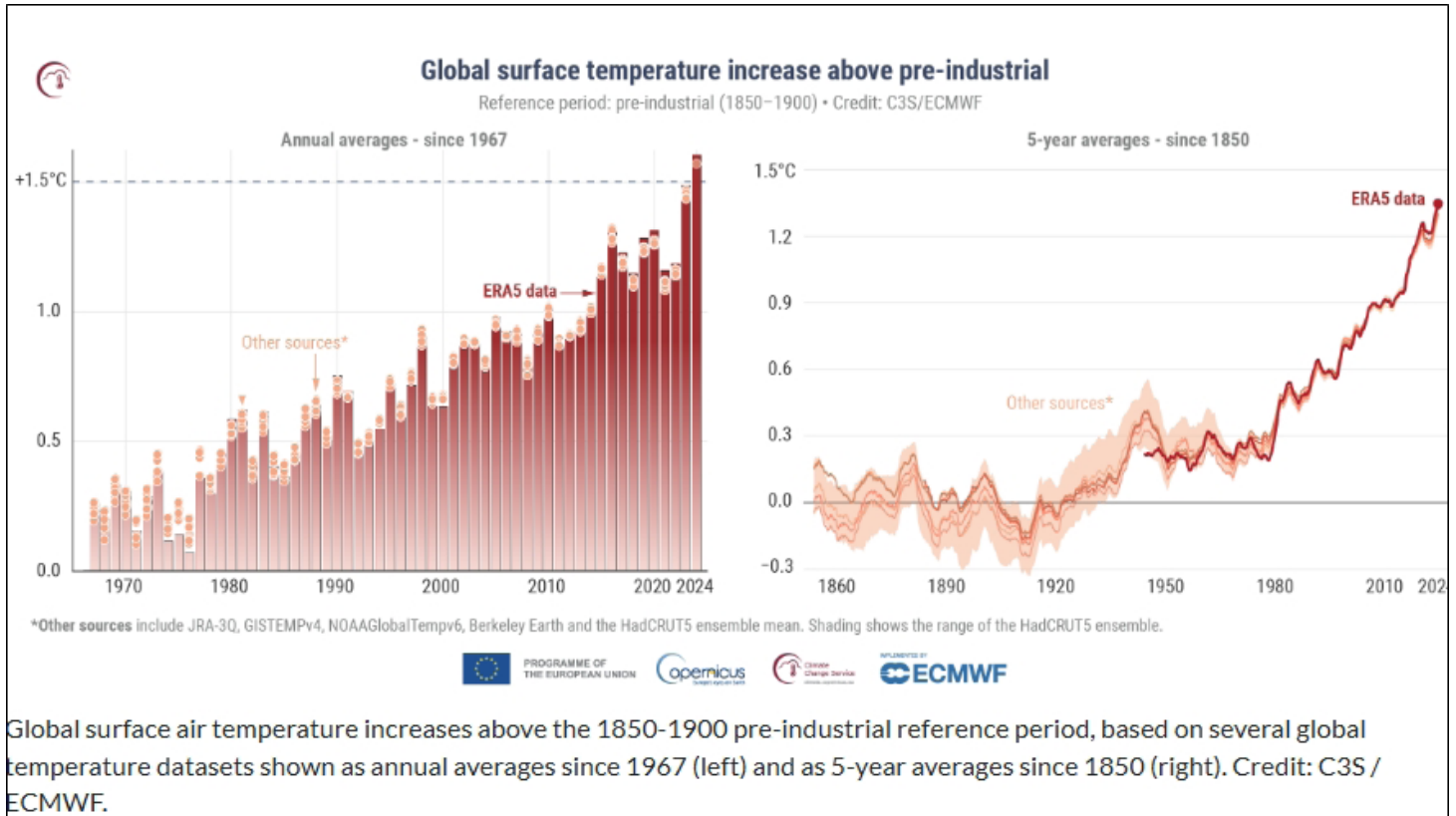
The Contemporary Relevance of Tam- misunnuntai

Tammisunnuntai is more than a historical reflection; it serves as a tribute to those who fought for Finland's independence and as a reminder of the value of collective efforts. By upholding this tradition, Ilmajoki demonstrates how historical events can continue to foster a sense of unity and shared heritage over a century later.



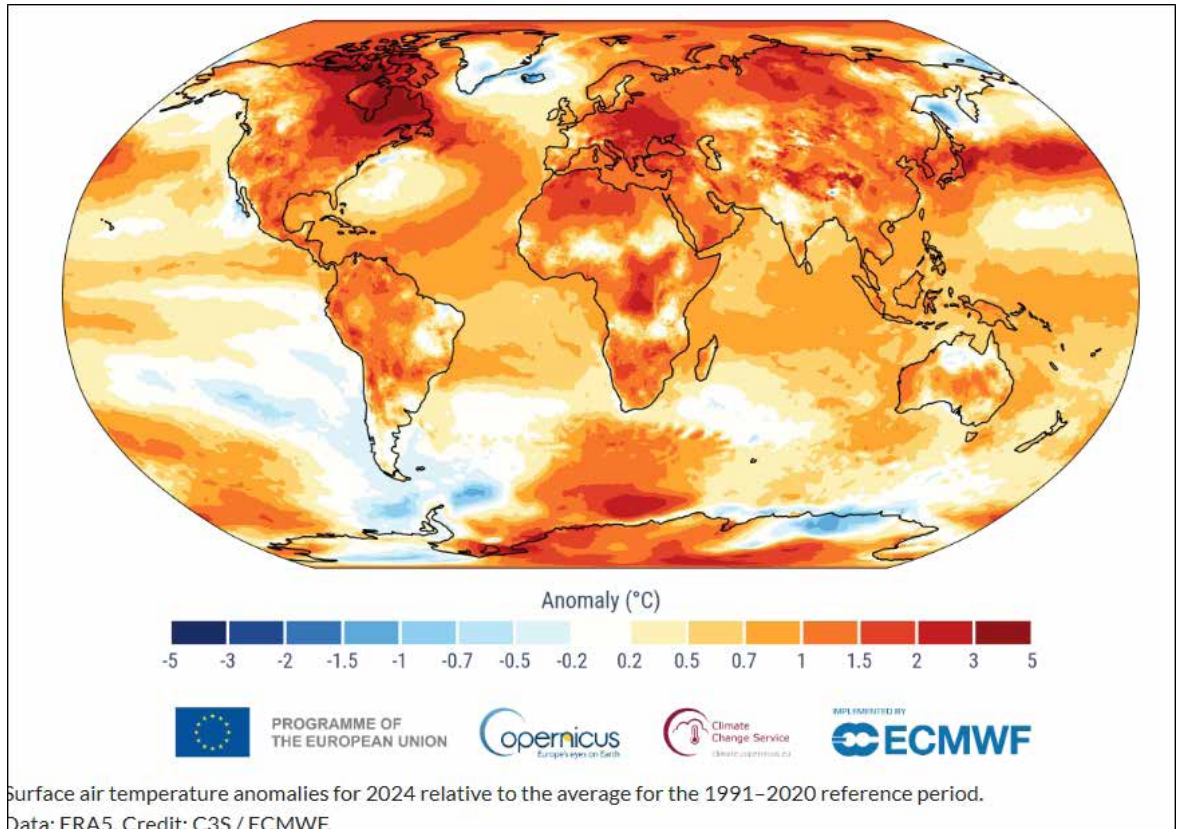
CLIMATE CHANGE

2024: A Year of Unprecedented Heat, Shattered Records, and a Grim Warning



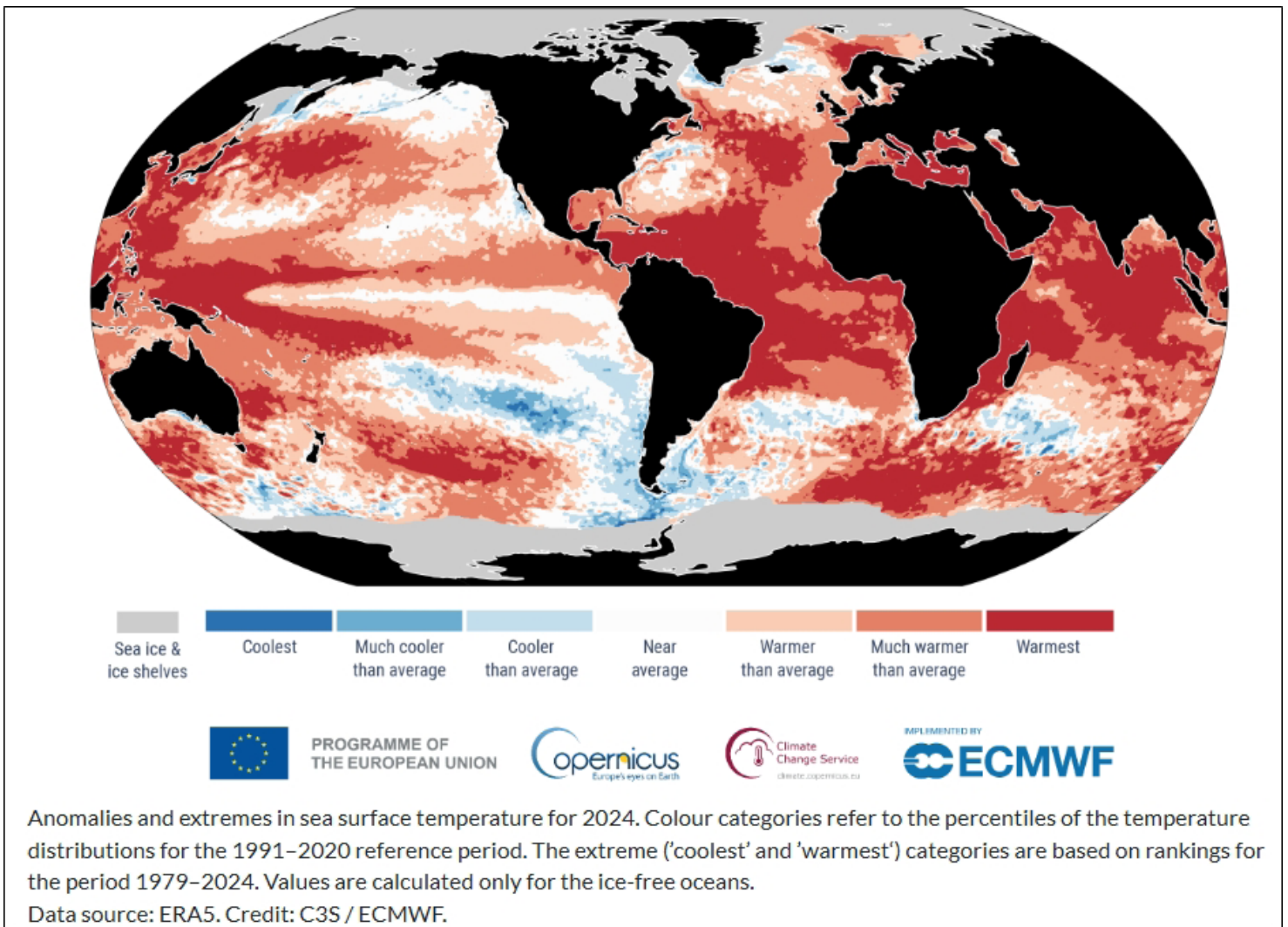
Copernicus Climate Change Service confirms 2024 as the hottest year on record, exceeding the critical 1.5°C warming threshold.

In a stark reminder of the accelerating climate crisis, the Copernicus Climate Change Service (C3S) has confirmed that 2024 was the warmest year on record globally. This grim milestone marks the first calendar year where the average global temperature exceeded 1.5°C above pre-industrial levels, a threshold outlined in the Paris Agreement.



A Global Heatwave:

The report paints a picture of a planet un-



der siege:

- Unprecedented Heat: 2024 shattered temperature records across the globe, with every continent except Antarctica experiencing its warmest year on record.
- A Month of Extremes: Eleven out of twelve months in 2024 exceeded the 1.5°C warming limit.
- Record-Breaking Heatwaves: Extreme heatwaves gripped many parts of the world, leading to severe heat stress and devastating impacts on human health and ecosystems.
- Water Vapor Surge: Atmospheric water vapor, a potent greenhouse gas, reached record levels, amplifying the potential for extreme rainfall

events and intensifying storms.

Beyond Temperature:

- The report highlights a cascade of interconnected climate events:
- Widespread Wildfires: Prolonged droughts fueled massive wildfires across the Americas, releasing significant amounts of carbon dioxide into the atmosphere.
 - Sea Ice Decline: Antarctic sea ice experienced a second consecutive year of record low extents, while Arctic sea ice also remained significantly below average.
 - Greenhouse Gas Surge: Atmospheric concentrations of carbon dioxide and methane reached record highs, further intensifying the climate

crisis.

A Call to Action:

C3S Director Carlo Buontempo emphasized the urgency of the situation: "Humanity is in charge of its own destiny... swift and decisive action can still alter the trajectory of our future climate." This report serves as a stark reminder that the climate crisis is not a future threat, but a present reality. The consequences of inaction are becoming increasingly evident, and the need for immediate and substantial action to mitigate climate change has never been more urgent.

Deeply concerning

This news is deeply concerning. Exceeding the 1.5°C threshold is

a significant milestone, and the report paints a grim picture of the accelerating climate crisis. The interconnectedness of these extreme events – heatwaves, wildfires, sea ice decline – highlights the complex and cascading nature of the climate emergency.

It's crucial to remember that these are not isolated events, but rather symptoms of a deeper, systemic problem. The report underscores the need for:

- Rapid and ambitious decarbonization: Transitioning away from fossil fuels and embracing renewable energy sources is paramount.

- Enhanced climate resilience: Investing in adaptation

measures to protect vulnerable communities and ecosystems from the impacts of climate change.

- International cooperation: Global collaboration is essential to address this global challenge effectively.

This report should serve as a wake-up call for policymakers and the public alike. The time for complacency is over. We must act now to avert the worst consequences of the climate crisis and ensure a sustainable future for all.

FINLANDIA-HALL

The renewed Finlandia Hall opened to the public: The beginning of a new era



The years of waiting come to an end when Finlandia Hall, designed by Alvar Aalto, opened its doors on Saturday 4 January 2025.

The three-year renovation project has renovated the building both inside and out, and the building is now ushering in a new era, open to all residents and tourists. The renewed Finlandia Hall is much more than a congress and event centre – it offers a wide range of services, such as restaurants, designer shops, accommodation options and art exhibitions.

Experiences for all city dwellers and tourists

According to Johanna Tolonen, CEO of Finlandia Hall, the reform has been carried out boldly and visionarily. "A whole new chapter in our history is

now beginning. Modern times require new ways of thinking and operating models. Finlandia Hall has now been turned into an everyday hangout with doors open to everyone," Tolonen says.

During the renovation project, special emphasis has been placed on the experiential nature of the building and the comprehensive experience of the customers. Finlandia Hall's new offering includes, for example, the à la carte restaurant Finlandia Bistro, the wine café Cafe&Wine and the Finlandia Shop, which specialises in Finnish design. In addition, accommodation facilities have been opened in the building for the first time.

Event house in a modern form

Events and congresses will remain the core activities of Finlandia Hall, but the renewed building will provide an even better setting for them.

The building comprises 20 different spaces, including the renovated Finlandia Hall and Piazza area. State-of-the-art technology and versatile space options enable high-quality concerts, parties and meetings. In summer 2025, Finlandia Hall will also serve as the venue for the 50th anniversary of the OSCE.

Tolonen emphasises the visual appeal of the building: "Finlandia Hall itself is an experience. Its architecture and design provide cost-effective beauty for events without large decoration budgets."

Taste sensations and Finnish flavours

Finlandia Bistro offers high-quality à la carte food and artisan delicacies inspired by Finnish ingredients. Under the leadership of Chef Mikko Puuronen, the restaurant is a tribute to Finnish food culture. In the bistro you can enjoy dishes in-

spired by modern Nordic cuisine as well as Mediterranean flavours. The restaurant will officially open on Friday, January 17, 2025.

Located in the same building, Cafe&Wine brings a touch of luxury to everyday life. The wine café's offerings vary according to the seasons, and on the new terrace you can admire Helsinki and Töölönlahti Bay all year round. Signature products include Finlandia pastry and Alvar sparkling wine.

Design and accommodation in the spirit of Aalto

Finlandia Shop has a carefully curated selection of Finnish design. The store's unique products, such as the Finlandia Collection, attract design lovers to the nearly 300 square metre retail space. The accommodation consists of two apartments designed and restored by Alvar Aalto, Aino and Elissa. The

apartments offer the opportunity to experience Finnish design and architecture in an authentic environment. Apartments can be booked on the Finlandia Hall website and prices start from 350 euros per night.

Opening month program

In January 2025, Finlandia Hall will celebrate its opening month, during which there will be a varied programme and special offers.

Apocalyptica

The opening weekend will be crowned by Strauss jubilee concerts, and throughout the month the house will host a concert by Apocalyptica and an open house.

A new era for Finlandia Hall has begun. The renewed facilities and services invite everyone to explore Alvar Aalto's masterpiece and the possibilities it offers. (Source: STTinfo/Finlandia)



Understanding Tau217: A Breakthrough in Alzheimer's Disease Diagnostics

Alzheimer's disease (AD), a progressive neurodegenerative disorder, poses a significant challenge for early and accurate diagnosis. Traditional diagnostic methods have relied on clinical assessments, neuroimaging, and cerebrospinal fluid (CSF) biomarkers. However, these approaches can be invasive, costly, or limited in accessibility.

The emergence of blood-based biomarkers, particularly phosphorylated tau 217 (p-tau217), represents a groundbreaking advancement in Alzheimer's diagnostics. This essay explores the significance of the Tau217 blood test, its diagnostic accuracy, and its implications for research and clinical practice, while providing context for readers unfamiliar with medical terminology.

The Basics: Alzheimer's Disease and Biomarkers

Alzheimer's disease is characterized by two key pathological features:

1. Amyloid-beta ($A\beta$) plaques: Protein clumps accumulating outside neurons.
2. Tau tangles: Twisted fibers of the tau protein inside neurons.

Biomarkers, or measurable indicators of these pathologies, are crucial for diagnosing Alzheimer's. Historically, these markers were identified through CSF sampling or positron emission tomography (PET) scans—effective but expensive and less practical for widespread use.

What is Tau217?

Tau217 refers to a specific form of the tau protein that becomes phosphorylated (a chemical modification) at the 217th amino acid position. This modification is closely linked to Alzheimer's pathology. Researchers have found that p-tau217 levels in the blood accurately reflect brain changes associated with Alzheimer's, making it a promising non-invasive biomarker.

Key Findings from Recent Research

A pivotal 2024 study published in

JAMA Neurology assessed the diagnostic accuracy of a commercially available p-tau217 blood test. The study involved 786 participants across three international cohorts, including individuals with and without cognitive impairment. Key results included:

1. High Diagnostic Accuracy:
 - The p-tau217 test achieved an area under the curve (AUC) of 0.92-0.96 for detecting elevated $A\beta$ levels and 0.93-0.97 for tau pathology. AUC is a measure of diagnostic performance, with 1.0 indicating perfect accuracy.
 - These results were comparable to CSF biomarkers and PET imaging, underscoring the test's reliability.
2. Longitudinal Insights:
 - Over an eight-year period, individuals with $A\beta$ and tau positivity exhibited the most significant annual increases in p-tau217 levels.
3. Reproducibility:
 - The test's accuracy was consistent across different cohorts, enabling

reliable detection of Alzheimer's pathology in diverse populations.

4. **Reduced Need for Invasive Testing:**

- The blood test reduced the necessity for confirmatory CSF or PET tests by approximately 80%.

Implications for Diagnosis and Treatment

The Tau217 blood test has transformative potential:

1. **Early Detection:**

- By identifying Alzheimer's pathology in preclinical stages, the test can facilitate early intervention, potentially slowing disease progression.

2. **Accessibility:**

- Blood tests are more accessible than PET scans or lumbar punctures, enabling broader screening, especially in resource-limited settings.

3. **Advancing Research:**

- Widespread use of p-tau217 tests can accelerate clinical trials by efficiently identifying eligible participants, thereby advancing therapeutic development.

Challenges and Considerations

While promising, the Tau217 test is not without challenges:

1. **Validation in Broader Populations:**

- Although the test performed well in the studied cohorts, further research is needed to confirm its effectiveness across diverse populations with varying genetic and environmental factors.

2. **Integration into Clinical Practice:**

- Healthcare systems must develop protocols to incorporate blood-based biomarkers alongside traditional methods.

3. **Ethical Considerations:**

- Early diagnosis raises ethical questions, particularly for individuals without immediate treatment options. Psychological impacts and decisions about disclosing results require careful handling.



A Cautious Optimism

The Tau217 blood test represents a leap forward in Alzheimer's diagnostics, combining high accuracy with practicality. However, its success depends on addressing the aforementioned challenges. As a society, we must balance enthusiasm for technological advances with a commitment to equitable implementation and ethical care. With continued investment in research and infrastructure, the Tau217 test could revolutionize how we detect, study, and ultimately treat Alzhei-

mer's disease, offering hope to millions worldwide.

The Tau217 blood test exemplifies the progress science is making toward understanding complex diseases like Alzheimer's. By bridging the gap between advanced diagnostics and accessibility, this innovation could herald a new era in neurodegenerative disease management. It is a compelling reminder of the power of scientific discovery to improve lives – a testament to human ingenuity and resilience.

DRY JANUARY



January Without Any Brandy! What a Month Without Alcohol Really Does to Your Body

The new year often brings resolutions and fresh starts, and for many, it marks the beginning of "Dry January" – a month-long commitment to abstain from alcohol. While the idea of a January without brandy, wine, beer, or any other alcoholic beverage might seem daunting, the benefits to your body and mind can be transformative. But what exactly happens to your body during this alcohol-free month? Here's a closer look at the science and the potential perks.

Week 1: Detox and Adjustment

The first week of abstaining from alcohol can feel like a challenge, especially if you're used to having a nightly drink. As your body begins to metabolize the residual alcohol in your system, you might experience cravings, irritability, or mild headaches. These symptoms are temporary and are part of your body's natural detoxification process.

During this time, your liver, the body's primary detox organ, starts to recover. Alcohol consumption places significant strain on the liver, so even a short break allows it to repair

damaged cells and improve its efficiency. You might also notice that your sleep quality starts to improve. Although alcohol might help you fall asleep initially, it disrupts the REM stage, which is critical for restorative rest. Without alcohol, your sleep cycles normalize, leaving you feeling more refreshed.

Week 2: Clearer Skin and Increased Energy

By the second week, many people notice visible improvements in their skin. Alcohol dehydrates the body and can exacerbate con-

ditions like redness, puffiness, and acne. Without alcohol, your skin begins to rehydrate and heal, resulting in a clearer and more radiant complexion.

Energy levels also start to increase as your blood sugar stabilizes. Alcohol can cause spikes and crashes in blood glucose levels, leading to fatigue and mood swings. With these fluctuations minimized, you may find it easier to focus and feel more productive throughout the day.

Week 3: Improved Digestion and Mood

The third week often brings noticeable changes to your digestive system. Alcohol can irritate the stomach lining and disrupt gut bacteria balance, leading to bloating and indigestion. A break from alcohol allows your digestive system to reset, reducing discomfort and improving nutrient absorption.

This week also marks significant improvements in mental health. Alcohol is a depressant that can exacerbate feelings of anxiety and sadness. Many participants of Dry January report feeling less anxious and more emotionally stable as their brains adjust to functioning without the influence of alcohol. Increased endorphin production, the body's natural "feel-good" chemicals, further contributes to an uplifted mood.

Week 4: Weight Loss and Lower Blood Pressure

As you approach the end of the month, the cumulative effects of abstaining from alcohol become even more apparent. For many, one of the most significant benefits is weight loss. Alcohol is calorie-dense, and its consumption often leads to overeating or unhealthy snacking. Cutting out alcohol eliminates these empty

calories and can make it easier to maintain a calorie deficit.

Your heart health also improves. Alcohol raises blood pressure and can contribute to cardiovascular problems. Studies have shown that even a short break can lower blood pressure and reduce levels of harmful cholesterol, promoting better heart function.

Beyond January: Sustained Changes

The end of Dry January doesn't have to mean returning to old habits. Many participants find that the month-long challenge helps them reset their relationship with alcohol, leading to more mindful drinking habits in the future. The insights gained during this period – such as improved energy, better sleep, and enhanced mental clarity – can serve as powerful motivators to continue reducing alcohol consumption.

Is Dry January for Everyone?

While Dry January offers nu-

merous health benefits, it's essential to approach it safely, especially if you're a heavy drinker. Abruptly stopping alcohol after prolonged heavy use can lead to withdrawal symptoms, which may require medical supervision. If you're concerned about your drinking habits, consider consulting a healthcare professional before beginning the challenge.

The Takeaway

January without brandy or other alcoholic drinks is more than just a test of willpower; it's an opportunity to recalibrate your body and mind. From improved liver function to better skin and mood, the benefits of abstaining from alcohol can be profound and long-lasting. So why not give it a try? Your body will thank you, and you might just discover a healthier, happier version of yourself in the process.

The Topsy Truth: Why Alcohol Is Not Your Friend

You might think a glass of wine or a beer is harmless, but the truth is, alcohol can be a sneaky saboteur of your health. It's not just about hangovers, it's about long-term damage.

Here's the lowdown:

Your Liver is a Workhorse: Alcohol is processed primarily by your liver, which works overtime to break it down. Over time, excessive alcohol consumption can lead to fatty liver disease, cirrhosis, and even liver cancer.

Brain Drain: Alcohol affects your brain, impacting memory, concentration, and even your emotional control. Chronic alcohol use can lead to dementia and cognitive decline.

Heartbreak: While a little alcohol might seem to help your heart, excessive consumption is a recipe for disaster. It can increase your risk of heart disease, stroke, and high blood pressure.

Cancer's Ally: Alcohol is linked to an increased risk of several cancers, including mouth, throat, breast, liver, and colon cancers.

Weight Gain: Alcohol is packed with empty calories, contributing to weight gain and obesity.

It's important to remember:

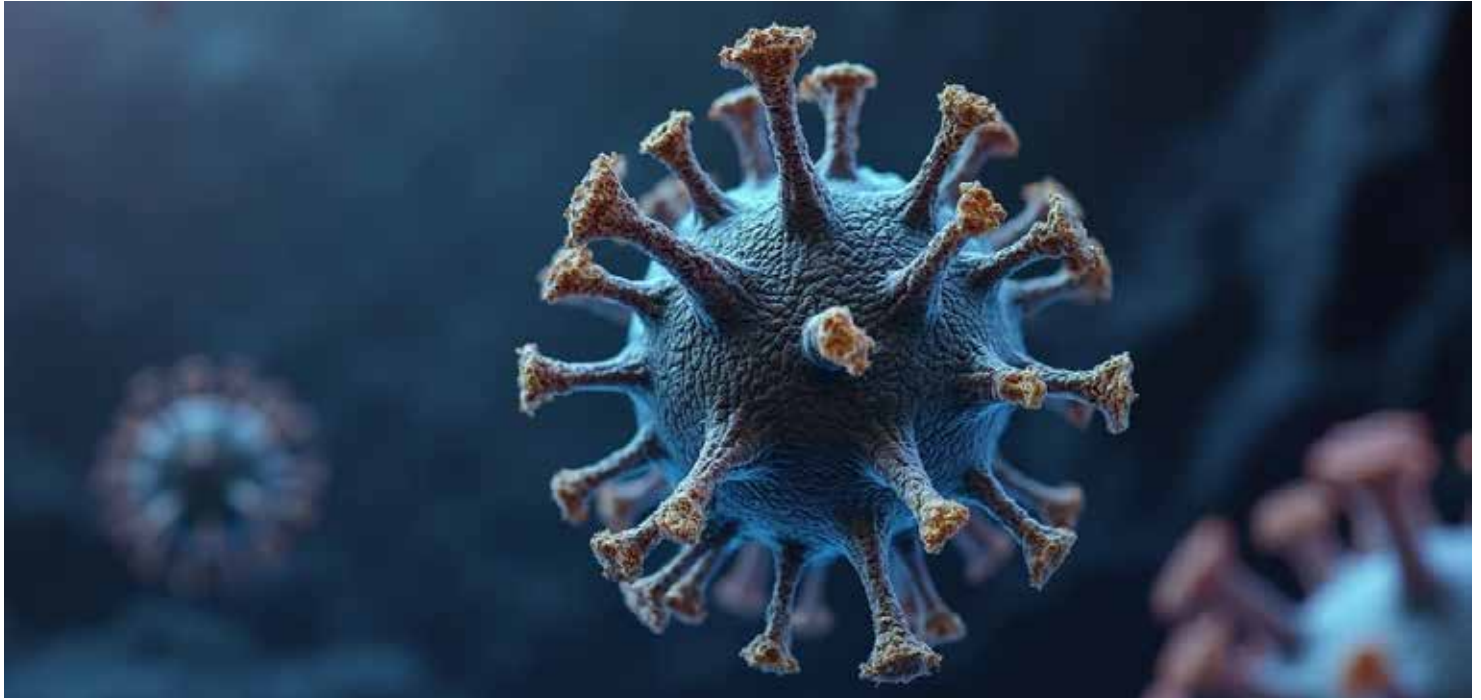
Moderation is key: If you choose to drink, do so in moderation. For women, that's one drink per day, and for men, two drinks per day.

Know your limits: Everyone has a different tolerance. Pay attention to how alcohol affects you and avoid overindulging.

Don't drink if you're pregnant: Alcohol can have devastating effects on a developing fetus.

The bottom line: Alcohol can be enjoyable in moderation, but it's not worth the risks to your health. So, raise a glass to your health and choose wisely!

HEALTH



The HMPV Epidemic in China: Could This Be a New Pandemic?

As China grapples with a sharp increase in human metapneumovirus (HMPV) cases, concerns are growing over its potential to spark a global health crisis. Five years after the emergence of COVID-19, the specter of a new pandemic is understandably unsettling. While HMPV is not new to virology, the current outbreak raises questions about the virus, its impact, and how we can address it.

The Scope of the HMPV Outbreak in China

Recent reports indicate a notable surge in HMPV infections across northern China, particularly among children under 14 years old. This uptick coincides with the seasonal rise of respiratory illnesses during the winter months. Hospitals are reportedly

crowded, with many families seeking treatment for young children presenting symptoms such as fever, cough, and difficulty breathing.

Although specific numbers on the scale of the epidemic are scarce, China's National Disease Control and Prevention Administration has noted an increase in respiratory virus activity, including HMPV. The situation mirrors typical winter respiratory infection patterns, but the intensity and spread of HMPV cases have drawn global attention.

What Is HMPV?

Human metapneumovirus (HMPV) is a respiratory virus first identified in 2001. Belonging to the Pneumoviridae family, HMPV is closely related to respiratory syncytial virus (RSV). It typically causes mild respiratory symptoms, such as:

- Cough
- Nasal congestion

- Fever
- Fatigue
- Sore throat

In severe cases, particularly in vulnerable populations such as young children, the elderly, and immunocompromised individuals, HMPV can lead to complications like bronchitis or pneumonia. Unlike COVID-19, HMPV is not a novel virus, and its epidemiological behavior is well-documented. However, there is no vaccine or specific antiviral treatment for HMPV, leaving symptomatic management as the primary approach.

Could HMPV Cause a New Pandemic?

Pandemics arise when a virus demonstrates high transmissibility, significant morbidity, and the capacity to spread globally. While HMPV is highly contagious, it does not currently show the potential for the rapid, large-scale global transmission

seen in COVID-19. Additionally, HMPV's morbidity rate is generally lower than that of novel viruses like SARS-CoV-2.

Health officials, including China's Foreign Ministry, have emphasized that the current HMPV surge aligns with typical seasonal trends rather than signaling a new pandemic. However, the outbreak serves as a reminder of the importance of monitoring respiratory viruses and their capacity to evolve.

Treatment and Prevention

Treatment:

There is no specific antiviral medication or vaccine for HMPV. Current treatment focuses on relieving symptoms, which include:

Hydration

Over-the-counter pain relievers and fever reducers

Rest

For severe cases involving complications like pneumonia, hospitalization and supportive care, such as oxygen therapy, may be required.

Prevention:

Preventing the spread of HMPV involves basic hygiene practices:

1. Handwashing: Regularly wash hands with soap and water for at least 20 seconds.

2. Masking: Wear masks in crowded or enclosed spaces, especially during peak respiratory illness seasons.

3. Social Distancing: Avoid close contact with individuals exhibiting respiratory symptoms.

4. Sanitizing: Disinfect frequently touched surfaces regularly.

5. Vaccination Research: Encourage global health organizations to prioritize vaccine development for HMPV.

How Worried Should We Be?



A face mask provides some protection against this disease

While the HMPV outbreak in China is concerning, it is not currently classified as a global health emergency. The virus's seasonal nature and its relatively mild impact on healthy individuals suggest that it is unlikely to escalate into a pandemic. However, the outbreak highlights the need for vigilance and preparedness:

Surveillance: Governments and health organizations must enhance monitoring of HMPV and other respiratory viruses.

Public Awareness: Educating the public on preventive measures is crucial to controlling the spread of respiratory illnesses.

Healthcare Readiness: Hospitals should be prepared to manage increased caseloads during respiratory virus seasons.

Lessons from the COVID-19 Pandemic

The COVID-19 pandemic tau-

ght us the importance of early detection, transparent communication, and global cooperation in addressing infectious diseases. Applying these lessons to the HMPV outbreak can help mitigate its impact and prevent unnecessary alarm.

HMPV is a well-documented respiratory virus with the potential to cause significant illness in vulnerable populations. While the current outbreak in China warrants attention, it is not a cause for widespread panic. By adhering to preventive measures, enhancing surveillance, and investing in research, we can address the challenges posed by HMPV effectively. The experience serves as a reminder of the constant need for preparedness in an interconnected world vulnerable to respiratory infections.

THEATRE

Sally Salminen's "Katrina" is coming to Wasa as a musical



Sally Salminen in harvest rye in Sibbo 1941. Photo: B. Soldan / SA
Creative Commons Attribution 4.0

On January 14, 2025, one of the most iconic Finland-Swedish novels, Sally Salminen's "Katrina", will be given new life as a musical at Wasa Theatre.

This reinterpretation of the classic takes place in co-production between three major theatres – Lilla Teatern, Åbo Svenska Teater and Wasa Teater – and is the result of a long-term collaboration. The musical will be performed on all three stages in 2024 and 2025 and is a unique event in the Finnish-Swedish cultural

world.

A timeless story

"Katrina" is Sally Salminen's debut novel, published in 1936. The novel, which was written while Salminen was working as a maid in New York, was an immediate success and has now been translated into over twenty languages. The story follows the young Katrina, who leaves her home in Ostrobothnia to move to Åland with her new husband, the sailor Johan.

But her dreams of a good life are quickly shattered when Katrina discovers that Johan has exag-

gerated his social status, and she soon finds herself living in a meagre cottage, surrounded by poverty and prejudice.

Despite the difficult conditions, Katrina shows incredible strength and stubbornness. She challenges both external adversity and society's norms, and her story is a tribute to women's fighting ability and justice.

The dramatization of Kaisa Lundán and Aili Järvelä's newly composed music now gives this timeless story a new dimension.

A tribute to Salminen's legacy

Sally Salminen (1906–1976) grew up in Vårdö on Åland as the eighth child in a family of twelve siblings. Although she dreamed of becoming a writer from a young age, she saw herself as too poor and ignorant to succeed. However, her breakthrough with "Katrina" was so powerful that it overshadowed all of her later production, although she continued to write diligently. Salminen was nominated three times for the Nobel Prize in Literature and has a unique place in Finland-Swedish literature. She managed to combine a local depiction of everyday life in Åland and Ostrobothnia with universal themes such as love, struggle and self-respect. The fact that "Katrina" is now being made into a musical in Swedish in Finland is a fitting tribute to her work and its relevance to this day.

Yle's reading circle programme discussed this book: "For me, Katrina is The Book – nostalgia and great emotions" was said in



Sally Salminen at her desk 1940. Photo: Osvald Hedenström / Lehtikuva. Public Domain



Sally Salminen-Dührkop 1968. Photo: Lisbeth Medeland, Public domain

Seppo Puttonen's online reading circle. In Åland, young Katriina faces poverty and misery the likes of which she has never experienced before. As the wife of a crofter, she is forced to work for rich shipowners in slavery-like conditions. In addition, her husband is at sea and Katriina is left completely alone. In the village community, he has become an outsider from elsewhere. How is it possible that Katriina does not break? Sometimes when I read, I was afraid that this would happen. Perhaps Katriina's strong desire for justice kept her alive as a fighter, Seppo thinks. When Katriina has children, she has to make do for them. Still, Katriina holds on to her pride. I was amazed that Katriina did not compromise on her principles even in the face of children's hunger. He refused to take the villagers' alms to buy a cow, Seppo says. The fates of Katrina's children moved the readers. One of the children dies young. "I still cry over the little girl's illness and exhaustion from it."

Music and drama in focus

The newly written musical "Katrina" offers drama, music and visual experiences in a performance that

challenges and touches. Composer Aili Järvelä makes her debut as a musical composer and describes the process as a creative journey, where one of the melodies even came to her in a dream. Set designer Heini Maara-nen and costume designer Samu-Jussi Koski contribute to creating a world that is both poetic and timeless. The musical is directed by Jakob Höglund, who highlights Katrina as a symbol of strength and resilience. Höglund, himself from Ostrobothnia with strong ties to Åland, describes the project as a tribute to women's strength and perseverance. Actress Emma Klingenberg, together with musicians Aili Järvelä, Ulriikka Heikinheimo and Senni Valtonen, portrays Katrina's heartbreaking story through a combination of song and acting.

A long-awaited collaboration

The project is the result of long-term plans for cooperation between the three theatres. "A collaboration of this kind not only extends the life of the performance, but also enriches the theatre environment through the exchange of knowledge and perspectives," says Ann-Luise Bertell, theatre director at Wasa Theatre.

The performance is subtitled in both Swedish and Finnish, which makes it accessible to a wide audience. With a total of 18 performan-

ces planned, the journey begins at Wasa Theatre before continuing to Turku Swedish Theatre and Lilla Teatern in Helsinki.

A cultural highlight

The fact that "Katrina" is now being given a new lease of life as a musical is a cultural event that connects the past with the present. Sally Salminen's story about Katrina still touches us today through its themes of love, struggle and self-respect. Through music and performing arts, even more people are brought into this gripping story, which now has the opportunity to inspire new generations. The premiere at Wasa Theatre on 14 January 2025 promises an unforgettable experience. It's time to celebrate Sally Salminen's legacy and welcome Katrina back to the stage, where she deserves to be.

Here You can read the first part of this fascinating book (In Swedish): <https://www.google.fi/books/edition/Katrina/pqWjDwAA-QBAJ?hl=sv&gbpv=1&pg=PT3&printsec=frontcover>

HEALTH

Everything You Want to Know About Mycoplasma

Mycoplasma pneumoniae is a bacterium that causes respiratory infections, especially among schoolchildren and young adults. It is a relatively common cause of prolonged coughing and fever and can cause everything from mild colds to more severe pneumonia. Here you will get a comprehensive picture of what mycoplasma is, how it is spread, how to protect yourself and how the disease is treated.

What is mycoplasma?

Mycoplasma is a type of bacterium that lacks a cell wall, which makes it unique among bacteria. The best-known species within this group is *Mycoplasma pneumoniae*, which infects the respiratory tract and leads to diseases such as bronchitis or pneumonia.

Infections caused by mycoplasma can occur in people of all ages, but they are most common in school-age children and young adults. These infections can occur as individual cases or as outbreaks, for example in schools, in the army or other environments where people live in close proximity to each other.

How is mycoplasma transmitted?

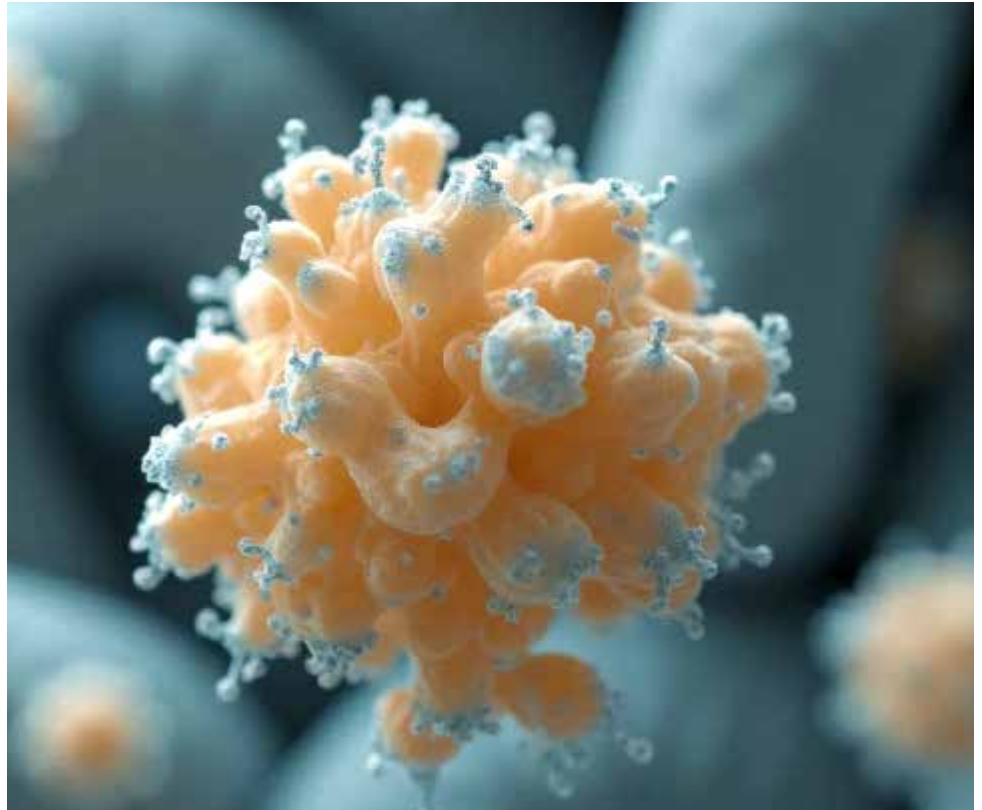
Mycoplasma is spread by droplet infection, which means that the bacteria are transmitted via small droplets from the respiratory tract – for example when someone coughs, sneezes or talks. The incubation period, that is, the time from exposure to the infection until symptoms appear, is 1–14 days. Outbreaks of mycoplasma can last for several months and often occur in cycles, with larger epidemics every three to five years.

What are the symptoms of mycoplasma infection?

Symptoms vary depending on the individual and the degree of infection, but the most common signs of the disease include:

- Fever
- Cough, often long-lasting and irritating
- General malaise
- Headache

In some people, the infection can progress to bronchitis or pneumonia, which can lead to more pronounced breathing problems. After the acute phase of the disease, it is common to



have a persistent irritating cough that can last for several weeks.

How is mycoplasma diagnosed?

The diagnosis is usually made based on clinical symptoms, especially during an outbreak of the disease. For more accurate diagnosis, laboratory tests are used such as:

PCR test from nasal or throat mucus: Can detect the genetic material of the bacteria.

Blood test for antibodies: Shows whether the body has developed an immune response to the bacteria. However, both PCR and antibody tests can be positive long after symptoms have disappeared, which can make the results difficult to interpret. Tests are mainly recommended for more serious cases or to identify outbreaks.

How is mycoplasma treated?

Infections caused by mycoplasma can be treated with antibiotics, although milder cases often resolve on their own. The most common drugs are: Doxycycline Erythromycin Treatment can reduce symptoms and speed up recovery, but it is important that antibiotics are used with caution to avoid the development of resistance.

How can you protect yourself from infection?

Since mycoplasma is spread through the respiratory tract, good hygiene is essential to reduce the spread of infection:

Wash your hands thoroughly and regularly.

Cough and sneeze into the crook of your arm or into a tissue.

Avoid close contact with sick people, especially during epidemics.

There is no vaccine against mycoplasma, so preventive measures are particularly important.

How common is mycoplasma?

Mycoplasma is found worldwide and is a common cause of respiratory infections. Major epidemics occur every few years, and infection is most common in autumn and winter.

Mycoplasma is an important but often overlooked cause of long-term respiratory infections. By knowing the symptoms, routes of infection and treatment options, you can both reduce the risk of becoming infected yourself and help prevent the spread. So the next time a stubborn cough won't let up, it might be worth thinking about – maybe mycoplasma is behind it.

(Source: Thl.fi)

HEALTH

If You Are Over 70, These Drugs Can Affect Your Memory



As we age, our bodies become more susceptible to the effects of medications. For people over 70, certain commonly prescribed drugs may increase the risk of memory loss or cognitive decline, including Alzheimer's disease. Understanding these medications and their potential side effects is crucial for maintaining cognitive health in later years.

How Medications Affect Memory

The brain's complex chemistry is sensitive to disruption, particularly in older adults. Many drugs can interfere with neurotransmitters, reduce oxygen supply to the brain, or cause side effects such as confusion or drowsiness. When these factors persist, they can contribute to memory problems and, in some cases, increase the risk of neurodegenerative diseases.

Drugs Linked to Memory Loss and Cognitive Decline

Here are some categories of medications that may affect memory in older adults:

1. Anticholinergics

Anticholinergic drugs block acetylcholine, a neurotransmitter critical for memory and learning. Older adults are particularly vulnerable to the cognitive effects of these drugs.

Examples:

Diphenhydramine (found in over-the-counter sleep aids and allergy medications)

Oxybutynin (used for overactive bladder)

Amitriptyline (an antidepressant)

Risks: Chronic use has been linked to an increased risk of Alzheimer's disease.

2. Benzodiazepines

Benzodiazepines are often prescribed for anxiety, insomnia, or muscle relaxation, but they can significantly affect cognitive function.

Examples:

Diazepam (Diapam)

Lorazepam (Temesta)

Alprazolam (Xanor)

Risks: These drugs can cause drowsiness, confusion, and memory impairments. Long-term use is associated with a higher risk of dementia. And the drowsiness can cause an increased risk of accidents. If you fall at night in your home, you could suffer a hip fracture and be in a wheelchair for many weeks or months.

So, if You are old, please do not use these drugs at least not for any longer period of time, if possible.

3. Statins

Statins are widely used to lower cholesterol, which is crucial for cardiovascular health. However, some studies suggest a potential link to memory issues in certain individuals.

Examples:

Atorvastatin (Lipitor)

Simvastatin (Zocor)

Risks: While not conclusively proven, some patients report memory fog, particularly with high doses. There is no scientific evidence that statins could cause dementia, only anecdotes. The claim that statins can affect memory gained traction in 2008 when Orli Etingin, then vice chairman of medicine at New York-Presbyterian Hospital, told a newspaper in USA that atorvastatin commonly used also in Finland "makes women stupid."

No evidence really, so don't

stop Your statin medication because of this anecdote,

4. Antidepressants

Certain types of antidepressants, particularly tricyclic antidepressants, can have anticholinergic properties that impair memory.

Examples:

Nortriptyline

Imipramine

Risks: Cognitive effects may be mild but can worsen with long-term use.

5. Opioids

Prescribed for pain relief, opioids can have sedative effects that impair short-term memory and cognitive clarity.

Examples:

Oxycodone (OxyContin)

Morphine

Fentanyl

Risks: Long-term or high-dose use can exacerbate memory issues and increase the risk of delirium.

6. Antihistamines

First-generation antihistamines, commonly found in allergy medications, can cross the blood-brain barrier and affect cognitive function.

Examples:

Chlorpheniramine

Diphenhydramine (Benadryl)

Risks: Prolonged use can lead to memory fog and confusion, particularly in older adults.

7. Sleeping Aids and Muscle Relaxants

Drugs used to aid sleep or relax muscles often have sedative properties that can impair memory and attention.

Examples:

Zolpidem (Ambien)

Cyclobenzaprine (Flexeril)

Risks: Persistent use may increase the risk of cognitive decline.

What Can You Do?

1. Review Your Medications

If you or a loved one is over 70, regularly review all medications with a healthcare provider. Ask if any drugs can be replaced with safer alternatives or if the dosage can be adjusted.

2. Be Mindful of Polypharmacy

Taking multiple medications increases the risk of drug interactions and side effects. Consolidating treatments or eliminating unnecessary drugs can reduce these risks.

3. Adopt Non-Pharmaceutical Strategies

In some cases, lifestyle changes can reduce the need for medications that impair memory:

Practice good sleep hygiene instead of relying on sleeping pills.

Manage anxiety or depression through counseling or mindfulness practices.

Address pain with physical therapy or acupuncture.

4. Stay Physically and Mentally Active

Regular exercise, a healthy diet, and cognitive activities (like puzzles or reading) can help mitigate the cognitive effects of medications.

The Importance of Advocacy

As a patient or caregiver, it's important to advocate for optimal care. Speak openly with doctors about any concerns regarding memory or cognition and stay informed about the potential side effects of prescribed drugs.

While many medications can support health and well-being, some carry risks for memory and cognitive function, especially in older adults. By understanding these risks, discussing concerns with healthcare providers, and exploring alternative treatments, it's possible to minimize the impact on memory and maintain a sharp mind well into the golden years.

HEALTH

Eight Good Habits to Keep Your Brain Young



Aging is a natural process, but the choices we make every day can significantly influence how our bodies and minds age.

Our brain, the control center of all bodily functions and thoughts, is particularly susceptible to aging. Fortunately, research has revealed that adopting certain healthy lifestyle habits can slow down brain aging and reduce the risk of memory-related diseases like dementia. These habits, derived from the American Heart Association's "Life's Essential 8" guidelines, promote not only heart health but also the vitality of the brain.

A recent study conducted by researchers at the University of Maryland highlights the importance of these habits. By analyzing the lifestyles and MRI scans of nearly 19,000 participants aged 40 to 69, the study found that individuals adhering to these habits had brains that appeared younger than their chronological age. Each 10-point increase in their lifestyle score corresponded to a brain that was, on average, 113 days younger in terms of white matter health. White matter, which carries messages within the brain, is crucial for



efficient information processing and shrinks as we age.

Let us explore these eight essential habits that can keep your brain youthful and resilient.

January 1 is a good day to change some habit.

1. Eat a Healthy Diet

A nutritious diet forms the cornerstone of a healthy body and mind. Focus on foods rich in nutrients, such as:

Fruits and Vegetables: Provide essential vitamins, antioxidants, and fiber.

Whole Grains: Support sustained energy and cognitive health.

Legumes and Beans: Excellent sources of plant-based proteins and fiber.

Nuts and Seeds: Rich in healthy fats and brain-boosting nutrients like omega-3s.

Lean Proteins: Include poultry, fish, and plant-based alternatives to support brain function. Avoid processed foods, sugary snacks, and excessive saturated fats, which can harm both heart and brain health.

2. Get Regular Exercise

Physical activity is a powerful tool for brain health. Engaging in at least 150 minutes of moderate exercise (e.g., brisk walking or swimming) or 75 minutes of vigorous activity (e.g., running) per week boosts blood flow to the brain and promotes the growth of new neural connections. Exercise

also reduces stress and enhances memory and mood, which are critical for cognitive well-being.

3. Avoid Tobacco

Smoking and the use of e-cigarettes harm blood vessels, reduce oxygen flow to the brain, and accelerate cognitive decline. Quitting smoking at any stage of life can lead to significant improvements in brain health and overall longevity.

4. Prioritize Sleep

Sleep is essential for brain repair and memory consolidation. Aim for 7–9 hours of quality sleep each night. Poor sleep or sleep deprivation can lead to problems like impaired memory, mood disorders, and an increased risk of dementia. Establishing a consistent sleep routine and creating a relaxing bedtime environment can help improve sleep quality.

5. Maintain a Healthy Weight

Keeping your body mass index (BMI) under 25 reduces the risk of obesity-related conditions that can harm the brain, such as diabetes and high blood pressure. A healthy weight also supports better mobility and energy levels, enabling an active lifestyle that benefits cognitive function.

6. Control Cholesterol Levels

High levels of "bad" LDL cholesterol can lead to plaque buildup in arteries, restricting blood flow to the brain. Regular check-ups and dietary changes—such as reducing saturated fats and increasing fiber intake—can help maintain healthy cholesterol levels and protect brain health.

7. Manage Blood Sugar Levels

Elevated blood sugar levels can damage blood vessels and nerves, increasing the risk of conditions like diabetes and cognitive decline. Monitoring your blood sugar and consuming a balanced diet with low glycemic index foods can help prevent these issues.

8. Monitor Blood Pressure

High blood pressure, often called the "silent killer," can lead to strokes and other conditions that negatively affect brain function. Keeping your blood pressure below 120/80 mmHg through lifestyle changes and, if necessary, medication, can protect your brain from damage.

Why These Habits Matter

Following these eight habits not only supports brain health but also contributes to overall well-being. The cumulative effect of eating well, staying active, and managing key health metrics ensures that the brain receives the nutrients, oxygen, and stimulation it needs to stay sharp.

By incorporating these habits into your daily routine, you can take proactive steps to protect your brain against premature aging and memory-related diseases. Start small—focus on one or two habits and gradually build from there. Over time, these changes can lead to profound benefits, keeping your brain youthful and your mind agile well into your later years. And January 1 is a good day to change an habit.

Your brain is your most valuable asset. Nurture it with care, and it will serve you well throughout your life.

ASTRONOMY

Sun-Kissing Spacecraft Sends Signal, Defying Death in Solar Inferno



In a daring feat of engineering, NASA's Parker Solar Probe has successfully completed its latest and most perilous dive on Dec 24 into the Sun's scorching atmosphere. The spacecraft, designed to withstand temperatures hotter than Venus' surface, recently skimmed a mere 3.8 million miles above the solar surface, traveling at a breathtaking 430,000 miles per hour.

Despite facing a fiery baptism in the Sun's corona, Parker Solar Probe has transmitted a beacon signal back to Earth, confirming its survival and operational status. Mission control at the Johns Hopkins Applied Physics Laboratory erupted in cheers as the signal was received, marking a significant milestone in humanity's quest to understand our nearest star.

A Journey into the Heart of Fire

Parker Solar Probe, a testament to human ingenuity, is on a mission to unravel the mysteries of the Sun's corona,

a region where temperatures inexplicably soar to millions of degrees, far exceeding the heat on the Sun's visible surface. By venturing into this extreme environment, scientists hope to unlock the secrets behind the solar wind, a continuous stream of charged particles that flows outward from the Sun and can disrupt Earth's magnetic field.

Facing the Sun's Fury

Surviving the Sun's intense heat and radiation requires cutting-edge technology. Parker Solar Probe is equipped with a state-of-the-art heat shield, capable of withstanding temperatures exceeding 2,500 degrees Fahrenheit. This innovative shield, made from a carbon-composite material, protects the spacecraft's delicate instruments and electronics from the Sun's scorching rays.

Unveiling the Sun's Secrets

The data collected by Parker Solar Probe during this close encounter will provide invaluable insights into the Sun's behavior. Scientists will analyze measurements of the solar wind, magnetic fields, and energetic particles to gain a deeper understanding of how the Sun

influences space weather events, such as solar flares and coronal mass ejections, which can disrupt communication systems, damage satellites, and even pose risks to astronauts.

A Legacy of Discovery

The Parker Solar Probe mission is a tribute to the visionary work of Dr. Eugene N. Parker, the renowned astrophysicist who first predicted the existence of the solar wind. This audacious mission continues to push the boundaries of space exploration, inspiring future generations of scientists and engineers to reach for the stars.

Image: Parker Solar Probe artist rendering

Artist's concept of the Parker Solar Probe spacecraft approaching the sun. Launching in 2018, Parker Solar Probe will provide new data on solar activity and make critical contributions to our ability to forecast major space-weather events that impact life on Earth.

NASA/Johns Hopkins APL/Steve Gribben

Public domain



The Allure of Tour Skating

OUTDOOR ACTIVITIES IN VAASA

Finding Freedom on the Ice in Vaasa: The Allure of Tour Skating



Tour skating, also known as adventure skating, is more than just gliding across a frozen lake. It's an exhilarating blend of exploration, physical challenge, and a profound connection with the winter landscape.

And in Vaasa there are a lot of areas to enjoy this kind of skating.

Whether you're traversing vast frozen seas, navigating winding rivers, or simply enjoying the serenity of a secluded pond, tour skating offers a unique and unforgettable experience.







The Joy of the Open Ice

The appeal of tour skating lies in its freedom. Unbound by the confines of a rink, skaters can explore the winter wonderland at their own pace. The feeling of gliding effortlessly across a pristine ice surface is truly magical. The silence, broken only by the gentle rhythm of your own breath and the occasional crunch of ice, is deeply meditative.

Safety First: Essential Precautions

While the allure of the open ice is undeniable, safety must always be paramount.

Never skate alone: Always bring a skating buddy or join a group.

Check ice conditions thoroughly: Before venturing onto any body of water, carefully assess ice thickness and stability. Use an ice auger or chisel to check at regular intervals. Remember that ice conditions can change rapidly due to factors like temperature fluctuations, currents, and snow cover.

Wear appropriate safety gear: This includes a life jacket or floatation device, a helmet, and ice picks for self-rescue in case of a fall through the ice.

Carry a first-aid kit and a communication device: A cell phone in a waterproof case or a handheld radio can be crucial in case of an emergency.

Plan your route and inform someone of your plans: Let a trusted friend or family member know your intended route and estimated return time.

Be aware of your surroundings: Pay attention to potential hazards such as cracks, thin ice, and open water. Avoid skating near moving water, such as inlets and outlets.

Turn back if conditions deteriorate: Don't hesitate to turn back if the ice becomes unsafe or if you encounter unexpected challenges.

Essential Equipment for Tour Skating

Skates: Sturdy ice skates with good ankle support are essential. Consider skates specifically designed for off-ice skating, which

often have better traction and durability.

Ice cleats: These provide extra traction on slippery surfaces and can help prevent falls.

Life jacket or floatation device: This is crucial safety equipment and should always be worn.

Helmet: A helmet can protect your head in case of a fall.

Ice picks: These are essential for self-rescue if you fall through the ice.

Warm clothing and waterproof outerwear: Dress in layers to stay warm and dry.

Backpack: Pack essentials like snacks, water, a first-aid kit, and a communication device.

Embracing the Adventure

Tour skating is a rewarding experience that offers a unique perspective on the winter landscape. By prioritizing safety and respecting the power of nature, you can enjoy the freedom and exhilaration of exploring the frozen world beneath your feet. Remember, the beauty of tour skating lies not only in the destination but also in the journey itself.

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.

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-

drinking behaviors. These findings suggest that semaglutide may have a similar impact on human behavior.

While the exact mechanisms underlying semaglutide's effects on alcohol abuse are still being investigated, several theories have been proposed. One possibility is that semaglutide may alter brain reward pathways, reducing the reinforcing effects of alcohol. Additionally, semaglutide may improve mood and reduce stress, both of which can contribute to alcohol misuse.

The potential of semaglutide as a treatment for AUD

is significant. Hospitalizations due to alcohol abuse went down by a third in one big study. It offers a novel approach to addressing alcohol addiction, targeting the underlying biological mechanisms that drive compulsive alcohol use. However, it is important to note that further research is needed to fully understand the efficacy and safety of semaglutide in treating AUD.

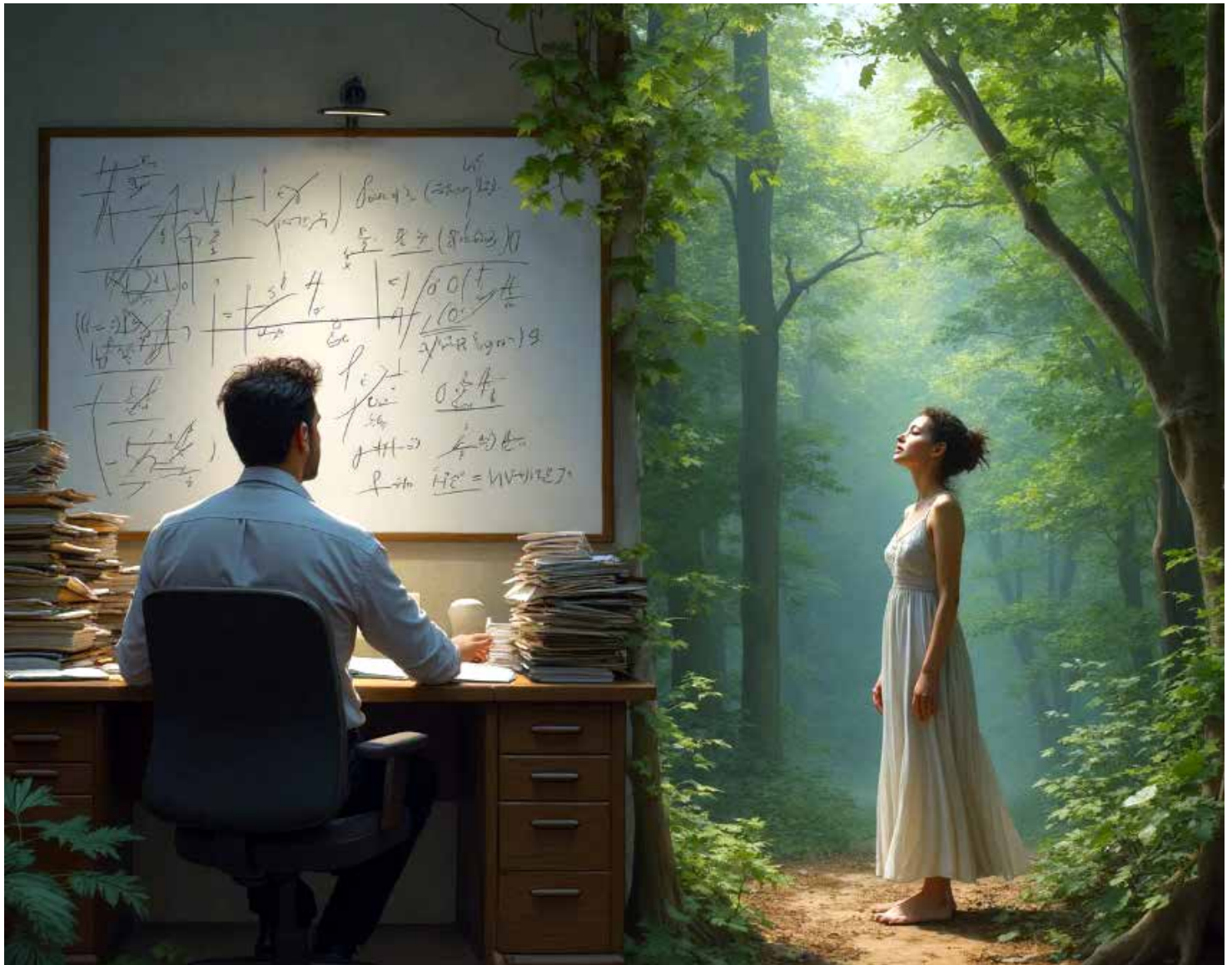
As with any medication, semaglutide may have side effects, including gastrointestinal issues such as nausea, vomiting, and diarrhea. It is crucial to consult with a healthcare professional to determine if semaglutide

is an appropriate treatment option and to monitor for any adverse effects.

Semaglutide represents a promising development in the field of alcohol addiction treatment. While more research is necessary to fully elucidate its mechanisms of action and long-term effects, this medication holds the potential to revolutionize the way we approach alcohol use disorder.

CAUSERIE

Intelligence and wisdom are not the same



Intelligence and wisdom – two words that are often used almost synonymously, but are actually like two completely different dogs in the same cage.

Intelligence is the fast-paced border collie who can solve a Rubik's Cube, while Wisdom is a calm old golden retriever who knows that the cube can also support an un-

stable table. Both have their merits, but if you choose the wrong dog for the right situation, you may find yourself in the middle of a mess.

The intelligent thinks, the wise know

Intelligence is the ability to learn, analyze and solve problems. For example, a smart person could figure out how to make a parachute out of a tablecloth and curtains if he falls from an airplan-

ne. A wise person, on the other hand, would have checked beforehand that he would not step on a plane with only one engine and the pilot had a bad day.

This is where the biggest difference between intelligence and wisdom lies: an intelligent person can survive difficult situations that a wise person never finds himself in. This explains why so many clever inventors, researchers, and entrepreneurs end up writing their me-

moirs about prison or bankruptcy – they're smart, but sometimes surprisingly little wise.

History's greats – but which ones?

Take Aristotle and Einstein. Aristotle, that contemplator of the ancient world, was undoubtedly wise. He understood the great principles of life, such as that too much energy is not good, and therefore mostly ended up sitting and teaching others. He

missed out on stupid experiments, such as testing whether a person could jump off a cliff in Parnassus without consequences. Albert Einstein, on the other hand, was intelligent. He developed the theory of relativity and revolutionized our worldview, but was perhaps not the wisest person in practical life. He reportedly forgot his address and often had to ask for advice on how to find a home. Such situations would not have happened to Aristotle – he



would not even have left his home without a reliable guide.

Smart mistakes and smart avoidances

In everyday life, the intelligent and wise often make different decisions. An intelligent person might buy an extremely complex and fancy coffee machine that requires an engineering degree to understand the instruction manual. The wise man again brews the pot coffee, knowing that the end result will be the same: caffeine in the blood and a cheerful mind.

A smart person tries to solve a marital crisis by buying his spouse's favorite car. A wise person takes his spouse for a walk and listens to what the other has to say. At this point, it's good to remember that sometimes wisdom and intelligence can also come together - that's when your spouse gets both a car and a walk, and the relationship blossoms.

Stupid genius and ingenious fool

There are examples in history of people who were intelligent but not very wise. Napoleon Bonaparte, the master of the conquest of Europe, decided in winter to invade Russia. A military genius, but at the same time an insane risk-taker. A wise person might have thought twice about whether it is worth marching in the middle of the Siberian winter, when there is

already a nice kingdom behind him.

On the other hand, there are stories about people who are not particularly intelligent, but still extremely wise. Many folk wisdom and proverbs come from ordinary people who never went to school, but knew how to live their lives rationally. For example, the phrase "don't shoot a fly with a cannon" may well come from someone who realized that trying too hard doesn't always pay off.

Smart and wise at the same time - the best combination?

Of course, it would be ideal to be both intelligent and wise, but since no one can be perfect in every way, one should settle for developing one's strengths. An intelligent person should learn to stop and ask whether the problem is worth solving at all. A wise person, on the other hand, would do well to try new things sometimes - such as the solution of a Rubik's Cube - just for the sake of practice.

After all, the balance between wisdom and intelligence is what makes life interesting. An intelligent person can figure out how to go to the moon, but a wise person wonders why on earth they should go to the moon, their own backyard is actually a good enough place.

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.

RUSSIAS WAR AGAINST UKRAINE

On the International Day of Education, Volodymyr Zelenskyy Met with Talented Youth



RUSSIAN INFLATION

The Ruble, Hyperinflation, and Divine Intervention: Russia's Heavenly Economic Policy

When the economy spirals out of control, printing presses are overheating, and the ruble teeters on the brink, what's the solution? In Russia, the answer has proven to be as creative as it is desperate: turn to God. The Orthodox Church, under Patriarch Kirill's leadership, has taken on the task of solving the nation's economic crisis—not through financial reforms or fiscal policy, but through prayers. Yes, prayers to combat inflation, strengthen the ruble, and defeat the dollar.

A Tumbling Economy: What Happened?

This celestial intervention has a very earthly cause. Officially, the Kremlin claims that inflation in Russia stands at 8%. Even this figure is painful for the average citizen, but behind the official narrative lies a harsher reality: some estimates suggest the real inflation rate is as high as 50%, with hyperinflation looming ominously on the horizon.

What's driving this crisis? One major factor is the relentless printing of money. Financing the war in Ukraine has demanded enormous sums, and the state has decided that the solution is simply to print more cash. On top of this, huge bonuses—

reportedly up to three million rubles per soldier—have been promised to those who voluntarily enlist in the army. These payouts, coupled with unchecked spending, have pushed prices up, devalued the ruble, and created a vicious cycle of rising interest rates and plummeting confidence in the currency.

The Russian Central Bank has responded by raising its key interest rate to 21%, with forecasts suggesting it could hit 25% by the year's end. Meanwhile, the ruble has lost 20% of its value against the dollar in just a few weeks, leaving the economy in freefall.

God as an Economic Advisor

Faced with this dire situation, and with pragmatic solutions seemingly out of reach, it's perhaps not surprising that Russia has turned to higher powers. Patriarch Kirill, who has consistently aligned himself with the Kremlin's directives, has ordered special prayers to combat inflation. Initially, these prayers will take place in monasteries, away from the public eye—perhaps to prevent widespread panic over the scale of the crisis.

But this is only the



beginning. If these initial efforts fail, all of Russia's churches will be mobilized in the fight against rising prices. Concurrently, prayers will also be offered to "defeat the dollar" and strengthen the ruble, as if foreign exchange markets could be swayed by holy water and crossed fingers.

And if even that doesn't work? Then comes the *pièce de résistance*: a massive religious procession through the streets of Moscow or St. Petersburg, aimed at shielding the nation and its people from economic hardship.

A Stark Contrast to Reality

It's hard not to raise an eyebrow at such measu-

res. While other nations grapple with inflation through interest rate hikes, fiscal reforms, and international cooperation, Russia is turning to spiritual remedies. Economists analyze supply chains, market trends, and capital flows, while Patriarch Kirill likely consults psalms for answers.

What does this reveal about Russia's economic state? At best, it's a symbolic gesture—a bid to instill hope in a population increasingly burdened by the crisis. At worst, it's a tragically comical admission that the government has no real tools left to address the situation.

Prayers and Processions: Inflation's New

Foe

The notion that a religious procession could stabilize the ruble or curb inflation might seem absurd to most, but it reflects the deeper issues plaguing Russia. The nation's economy is so entangled in the costs of war, systemic corruption, and political instability that traditional solutions appear ineffective.

Whether prayers and processions can truly save the ruble from its freefall remains to be seen. But if even divine intervention fails to rescue it, one is left wondering—*who, or what, could?*

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

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



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.



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 Ostrobotnia 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!

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

Wasa Daily
Wasa Dagblad
Photo Supplement

República's president Alexander Stubb in Vaasa 27.4.2024

Kärlfestivali
detta
vecka!

Kalevaspeleinen i Vaasa 27-30.6.2024

Kremlin gör natt av sina motsändare - 1939 liksom nu

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Grunden för
lycka och de-
mokrati

Körfestivalen
Sinebrychhoff
konstmuseum

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PUCCINI'S
"TOSCA" KOM-
MER TILL VASA
I JANUARI

Sinebrychhoff
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Sinebrychhoffin
taidemuseo

Sinebrychhoffin
konstmuseum

Sinebrychhoffin
Art Museum

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Pörtom kyrka
Pirttikylän kirkko
The Church in Pörtom

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Ihana kuofestivaali
tulossa!

Hylkeenpyynti
Raippaluodossa
1895

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Hylkeenpyynti
Raippaluodossa
1895

MAA LEHDISTÖ:
Ummellisuuden ja
demokratian perusta

**KUORO-
FESTIVAALI**

Sinebrychhoffin taide-
museumo

Venäjän omittainen
diplomaattinen kieli

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Puuhien "Tosca" Näin löydät tie-
oppaan on tulos-
on Vaasaan

NAISTEN ÄÄNI-
elämäkertakirjasto

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FESTIVAALI**

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Mysterious green
giants in the La-
si-palatsi square,
Helsinki

Mystical East in Ika-
noja
All EU-candidates

Puuhien "Tosca" is
coming to Vaasa

ROAD CHURCHES
The Kremlin mocks
its opponents

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WASA DAILY

What a
wonderful
short week
we have
ahead of
us! - Vaasa
Choir Festi-
val 2024
2.-11.8.2024

Cycling Week in
Vaasa this week

Climate Change's
Profound Impact
on Finland

Kaleva Games in Vaasa
27-30.6

Jussi Adler-Olsen
1.2.14

The Kremlin mocks
its opponents

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CHOIR
FESTIVAL

A Free Place:
The Hedrick of
Happiness and
Humorosity

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**Eero Järnefelt
(1863-1937)**

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Wasa Daily
Wasa Dagblad
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**I K Inha (1865-1930)
I Replot 1895
Raippaluodossa 1895**

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Tasavallan pre-
sidentti Alexan-
der Stubb Vaa-
sassa 27.4.24

Jeff Goodell:
The Heat will
kill You first

Kaleva kilpailut
Vaasassa 27-
30.6

Jussi Adler-Ol-
sen

Vaasaan istu-
telaan 70 000
pöytä

**Hylkeenpyynti
Raippaluodossa
1895**

HERE WE ARE
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Photo Supplement

WASA DAILY

Finland's
president
Alexander
Stubb
in Vaasa
27.4.2024

Vaasa War
Museum is
open today
1.2.14

A free for everyone in
Vaasa

ROAD CHURCHES

HERE WE ARE
vpress.aoli



HOROSCOPE FOR JANUARY 2025

January 2025 Horoscopes: Laugh Your Way Into the New Year

Aries (March 21–April 19): You'll charge into January like a caffeinated goat on a mountain. Just remember, not every hill is worth climbing, especially when Netflix has new releases.

Taurus (April 20–May 20): You're feeling stubbornly optimistic this month. Someone will suggest a kale smoothie. Resist. Your taste buds deserve better.

Gemini (May 21–June 20): Your double personality shines in January – you'll either join a yoga class or binge-watch crime documentaries while eating pizza. Duality is your superpower.

Cancer (June 21–July 22): Home is your

happy place this month. Unfortunately, so is your fridge. Remember: snacks are feelings too.

Leo (July 23–August 22): New year, new you! But let's be honest, the crown you bought in December isn't coming off. Keep ruling, your majesty.

Virgo (August 23–September 22): You've already color-coded your New Year's resolutions. Relax – you'll end up ignoring them by February anyway.

Libra (September 23–October 22): Your quest for balance will be tested when your couch competes with your gym membership. Spoiler: the couch wins.

Scorpio (October 23–November 21): You're radiating mystery this month. Or maybe it's just that you forgot to answer texts from last year. Keep 'em guessing.

Sagittarius (Novem-

ber 22–December 21): You're craving adventure in January. But the biggest journey might be walking to the mailbox in your slippers. Baby steps.

Capricorn (December 22–January 19): It's your season, goat! You'll be climbing corporate ladders and icy sidewalks with equal determination. Try not to slip on either.

Aquarius (January 20–February 18): The stars predict intellectual breakthroughs this month. Or maybe you'll just finally solve Wordle in two tries. Either way, genius vibes.

Pisces (February 19–March 20): Your emotional waves are high, but so is your charm. Use it to convince someone to shovel the driveway.



NEWS 100 YEARS AGO



Sunday, January 26, 1925

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

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44262

Mellan industri och teknisk litteratur

finnes ett nära samband. Ju mera industrien tillgodogör sig tekniska erfarenheter från alla håll, nya uppfinningar och metoder, nya ekonomiska och sociala synpunkter, ju bättre tillgodogör den sina egna syften.

Under årens lopp har **TEKNISK TIDSKRIFT** innehållit uppsatser från så gott som alla teknikens områden: metallurgi, mekanik, arkitektur, kommunikations- och kraftteknik, kemisk industri och teknik, bränsleteknik, skeppbyggnad och sjöfart, luftfart och lantbruk. Varje industriman och tekniker kan i **TEKNISK TIDSKRIFTS** spalter finna sitt speciella gubiet behandlat med den mest framstående sakkunskap.

Prenumeration i **TEKNISK TIDSKRIFT** verkställs hos närmaste postkontor, bokhandel eller direkt hos **Tidningsens expedition, Hamngårsgatan 50, Stockholm 5.**

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†
Min syster
Fröken
Mathilde König
* 18^{de}, 46,
† 19^{de}, 25.
Sissi Söderholm.
Kvalen domnat...
Allt är frid.

Stuvare

som icke ännu anslutit sig till det nybildade Finlands Stuvareförbund — The Federation of United Finnish Stove-dores — erbjuds härmed tillfälle att senast den 5 februari insända sina ansökningshandlingar jämte utdrag ur Handelsregistret till förbundets kontor, Kaserngatan 44.

Finlands Stuvareförbund.

46647

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Jungfrustrågen 8. Telef. 121 47.



Till salu.

**VASA ÅNGBAGERIS
BRÖD**

Till Svenska teaterns direktion samt till direktör Nicken Rönngren ävensom till alla anhöriga och vänner som vid min makes **Uno Zeipels** jordfästning med blommor, bror, telegram och med varmt deltagande hedrat hans minne, får jag härmed uttrycka min djupaste tacksamhet.
Sophie Zeipel,
f. Mellin.

Ett innerligt tack för det hjärtliga deltagandet, för blomsterhyllningen och sången vid vår sakkade syster och vän **Majken Ländroos'** jordfästning.
De egna och
Ivar Aminoff.

66905

Ett innerligt tack för blommorna, sången och allt övrigt deltagande vid min makes jordfästning.
46706 **Aili Hurakainen.**

HUMOUR ONE HUNDRED YEARS AGO

LUNDBERG

— Do you know Lundberg? — Yes, of course! I know him so well that I don't know him anymore.

NOT HOME

Mrs.: Here comes Mrs. Petterson, tell her I'm not home.
Maid: Good, madam.
Mrs.: Well, what did she say?
Maid: Thank God.

FISHING LUCK

— Well, what did you do this summer?
— We've been fishing, you know. And when we fish, we always have on liter 96% with us, and for every fish we take a sip, ; and if we get a lot of fish, we go home and take another liter

TWO STREET LAMPS

On the streets of Kemi city, there are two lamps on the same pole.
— Why do you have to be two?
— Well, you see, one must illuminate the other.

APPENDIX

— That doctor must have sent a rudely large bill. But it will probably be the last time he gets to operate on my appendix.

COMMUNISM

— If you had two houses, would you give one to me?
— Yes.
— If you had two horses, would you give one to me?
- Of course!
— You have a liter of alcohol at home. Give me half a liter!
— You crazy, human! Never!

IN THE BEST FAMILIES

"You see, Mrs. Eriksson, the best family is a family in which there was no such thing as occurred even in the best families."

Difficult to choose maid

— Dear friend, you speak of the difficult maidservant question, yes, I am very unhappy. If I take an old and ugly one, my husband is never at home and if I take a young and beautiful one, I dare not go out myself

To complain to a newspaper

The editor: — And this joke you say must be new? My grandmother already told me that when she was a little girl.

CHILD MAIDEN

— My miss, how can you read your novel when the child screams so terribly.
The nanny: — Bad, my lord, and since you're also bothering me, I cannot read at all.

IN COURT

— Mr. Judge, my husband called me "you old cow", and then he threw me out. I request that he be punished.
— Good, Mrs. H. We judge him to take you in again.

IN CUSTOMS

Band dealer Pettersson comes from abroad and is offended by the customs officer's thoroughness during the inspection. When asked:
— Have you now shown everything, tape dealer Pettersson replies angrily.
— No, you have not yet

been able to see the vocal cords.

Wedding

Old witty master Grundman was invited to a wedding and asked as an old family friend to say a few words to the bride, young, beautiful and blushing:
— To me, who has followed the fates of Lisa and her parents for the last 19 years, it seems that she inherited her wisdom from her father. The he did not know what to say, received a flashing look from his wife, regained his composure and ability to speak, and said:
— Because look, her mother still has hers left.

Stradivarius

— Your violin is descended from the famous Stradivarius, father? - Yes.
— And the strings are made of intestines? — Yes.
— Are they Uncle Stradivarius' intestines then?

IN THE CHURCH

Pastor Talgren exhorts his audience.
— There is one thing that I especially want to

The astronomic picture of the week:



Scandinavian Peninsula in Winter (February 19, 2003).jpg

Scandinavian peninsula in winter

Jacques Desloottes, MODIS Land Rapid Response Team at NASA GSFC

Public domain

Scandinavian Peninsula in Winter (February 19, 2003).jpg | Copy

[[File:Scandinavian Peninsula in Winter (February 19, 2003).jpg|Scand... Copy

February 19, 2003

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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