

VAASA
Seniors in Vaasa get more walking opportunities – six walking groups start around the



THERE ARE NOW SIX open and free walking groups for seniors in different locations in Vaasa – an offer that will make it easier to move around and make contacts locally. Interested parties do not need to register in advance, and there is no pressure to participate each time.

In the city centre, Vaasan seniorit runs on Wednesdays at 12.30 starting at the Orthodox Church, the distance is about 4 km and ends with a 20-minute stretch. Thursday's walk, led by the Vaasa Swedish Pensioners' Association (VIPs), departs at 10 am from Kulturhuset Fanny, with the opportunity to divide according to different walking paces. On Sundays, you gather at the market square to walk either 5 or 10 km – with the opportunity for coffee afterwards.

In Hietalahti, a leaderless walk will be held on Wednesdays from 10 a.m. to 11 a.m. from the Brage Museum's parking lot. From 22 October, they will move indoors to Vaasan Sähkö Arena during the winter months. In Huutoniemi, you walk on Mondays at 10 a.m. at a leisurely pace – even a walker can be used – while the Palo-saari group meets on Tuesdays at 1 p.m. at the Settlement Centre.

In addition, the City of Vaasa is launching the Go for Healthy Years challenge, which will run until the beginning of 2026. Participants can bring walking cards and participate in raffles that encourage regular physical activity.

If you want to suggest a walking group where you live, contact Vaasa Sports Services or register your interest via the city's website.

SOURCE: City of Vaasa

WASA DAILY
Our magazines have a cool new layout



AFTER ALMOST THREE YEARS of faithful coverage of the Vaasa region – focusing on the latest in theatre, art, music, film and all the things that shape our daily lives – it's now time for something new: our three magazines will have a modern broadsheet layout.

This new design is made to be clear, airy, and easy to navigate. For those of you who read on tablets, it will be easier than ever to quickly get an overview of the articles. Interested in a particular article? Two fingers are enough to enlarge the text and read more effortlessly. A layout that feels safe and familiar to anyone who has read newspapers in previous decades – but which is also updated to fit today's digital habits.

The broadsheet format gives every article room to breathe, the images and headlines are more prominent, and the entire reading experience more enjoyable – both in print and on screen. We want to give you the reader both what you are used to and something you did not know you longed for: a combination of classic journalistic feeling and modern readability.

Discover the difference already when you read this issue – our magazines have been given a new format. We think you'll appreciate the better readability, more structured expression, and how much smoother it will be to access the content you like the most. Here you see good old newspaper traditions in a modern version.

TAXES
Tax on soft drinks increases

From the turn of the year, a new model for excise duty on soft drinks will be introduced in Finland. Instead of today's two tax brackets, beverages are divided into six tiers depending on sugar content. The tax covers non-alcoholic and low-alcohol beverages, including soft drinks, juices, energy drinks, mineral water and coffee drinks.



UNIVERSITY OF VAASA
How to solve the trap of remote work – research provides tools for a successful hybrid model



REMOTE WORK HAS become a permanent part of working life, but many organizations are still struggling to find the right balance.

A new doctoral thesis from the University of Vaasa shows that successful hybrid work is based on three pillars: a holistic approach to organizational planning, mutual communication between manager and employee, and clear expectations at the individual level. These factors must work together to promote both productivity and well-being.

According to Johanna Jansson, who is behind the thesis, the current contradiction between management's demand for a return to the office and employees' desire to continue remote work often leads to a stalemate. Remote work is one of the biggest changes in the world of work since the Industrial Revolution, which means that conflicts are natural – but solutions require new thinking. Jansson proposes a transition from control to coordination, where employees are given greater

autonomy and responsibility. It is about building trust-based structures that promote innovation, culture and information sharing in all working models. According to research, it is not enough to update individual HR practices alone. If the structure of the organisation is still adapted for office work, it is like putting winter tyres on a convertible – it provides some improvement, but does not work optimally. The conclusion is clear: for remote work to be sustainable and successful, a holistic approach is required where all three levels – organization, manager and employee – work in harmony. This creates a work environment that is both productive and promotes well-being.

IMAGE: According to Johanna Jansson, the confrontation that has arisen after the coronavirus pandemic, where management demands a return to the office and employees want to continue working remotely, can easily lead to a dead end. Photo: University of Vaasa. The image is freely available.

MALAX
Fishing Day at the Kvarken Boat Museum in Malax today



Today, Sunday 5 October, the Kvarken Boat Museum in Malax invites you to a festive and educational Fishing Day at 10.00–14.00. The event is completely free of charge and is aimed at children and young people as well as entire families.

The place for the day is the museum at Äminnevägen 433, where the museum's collections present Ostrobothnian boats and works ships from the period 1820 to 1993. [vasabladet.fi/2](https://vasabladet.fi/2vasabladet.fi/2) During the day, there are guided tours of the museum, where you will learn about fishing gear, floating, seal hunting and life in the archipelago.

The program is broad and packed with activities. For the youngest, there is, among other things, angling arranged by the 4H associations, a fishing trail, workshops where you can make your own fishing lures and print t-shirts, as well as crafts and quizzes. vasabladet.fi There is also a station with sniping and the opportunity to get acquainted with regenerative sea farming through the Cool Blue Nordic project.

The first 100 children to arrive will also receive a free surprise. When energy runs out, juice, coffee and waffles are available for purchase in the café, and the opportunity to sell fish, weather permitting.

Fishing Day is organized by the Malax Fishermen's Guild in collaboration with, among others, museum associations, 4H organizations and local associations – with support from financiers such as the municipality, foundations and local companies.

STATISTICS FINLAND
70+ in Finland passed one million in August

At the end of August 2025, Finland counted over 1,000,148 persons aged 70 or over for the first time, according to preliminary data from Statistics Finland.

This corresponds to about 18% of the entire population, a proportion that has doubled since the beginning of the 1990s, when it was around 9%.

Of the elderly, 432,017 were men and 568,131 were women, making up the majority in this age category.

Statistics Finland's actuary Joonas Toivola points out that the increase reflects both improved survival rates and the fact that large post-war cohorts are now reaching old age.

The share of persons aged 70 and over varies geographically: the share of persons aged 70 and over varies geographically: Varsinais-Savonia had the highest share of the region, with 25.8%, while municipalities such as Rääkkylä, Sysmä and Kuhmoinen topped the list with around 36% of older residents.

WASA DAILY
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Week of the Old
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George Orwells 1984
Wasa Teater
Aspirin and bowel cancer



WELFARE AREA
It is now possible to book an appointment for influenza and coronavirus booster vaccinations



Booster doses of the coronavirus vaccine have begun to be given to elderly people living in nursing homes or receiving regular organised home care. Influenza vaccinations and coronavirus booster vaccinations for other target groups will begin on 20 October 2025.

Influenza epidemics occur every winter. Influenza viruses cause a sudden respiratory infection that often causes high fever, muscle and headache as well as a general feeling of malaise.

"Influenza is particularly dangerous for the elderly, young children, pregnant women and people who belong to risk groups due to illness, as these groups are more likely to suffer from sequelae," says Silvia Grönroos-Pada, Chief Physician of Infectious Diseases.

The vaccination coverage against influenza is lower in all age groups in Ostrobothnia than in the other wellbeing services counties.

"Low vaccination coverage has a direct impact on the burden on healthcare in times of epidemic. By getting vaccinated, you not only protect yourself and your loved ones, but you also help to ensure that everyone receives good care even during epidemics," Grönroos-Pada explains.

The influenza vaccine and the booster dose of the coronavirus vaccine are given to all target groups during the same visit as far as possible.

Influenza vaccination schedule
Influenza vaccinations will be given from 20 October 2025. The following groups are eligible for the free influenza vaccine:

- Pregnant
 - anyone over the age of 65
 - children between 6 months and 6 years of age;
 - persons who belong to a risk group due to illness or treatment;
 - persons entering military service or voluntary military service
 - people who have an increased risk of being infected with avian influenza.
- The influenza vaccine is also given free of charge to social welfare and health care professionals caring for clients and patients, pharmaceutical service personnel and to the close circle of people who are particularly susceptible to severe influenza.
- Timetable for booster doses of coronavirus vaccine**
The booster doses of the corona-

VAASA
Money is now being distributed to young people's own events and projects

THE VAASA YOUTH CONCIL has decided to distribute a total of 1,700 euros in support for youth-driven initiatives. The support can be applied for for projects, events, leisure activities in small groups or as co-financing of larger events planned and implemented by young people themselves.

The application is open until 31 October 2025, and grants can be awarded to groups consisting of at least two people between the ages of 13 and 29, who live or study in Vaasa. The Youth Council will decide who will receive support at its meeting on 20 November 2025, and the projects must be implemented by 31 May 2026.

RUSSIA
Putin's Empty Promise: Civilian Targets Continue Under Fire



DESPITE REPEATED assurances from Russian President Vladimir Putin that civilian infrastructure would not be targeted in Ukraine, evidence continues to mount showing the opposite reality on the ground.

Since the invasion began in February 2022, Putin has publicly stated multiple times that Russian forces do not deliberately strike civilian targets. However, hospitals, schools, apartment buildings, shopping centers, and power stations across Ukraine tell a different story.

Recent attacks have destroyed residential areas in major ci-

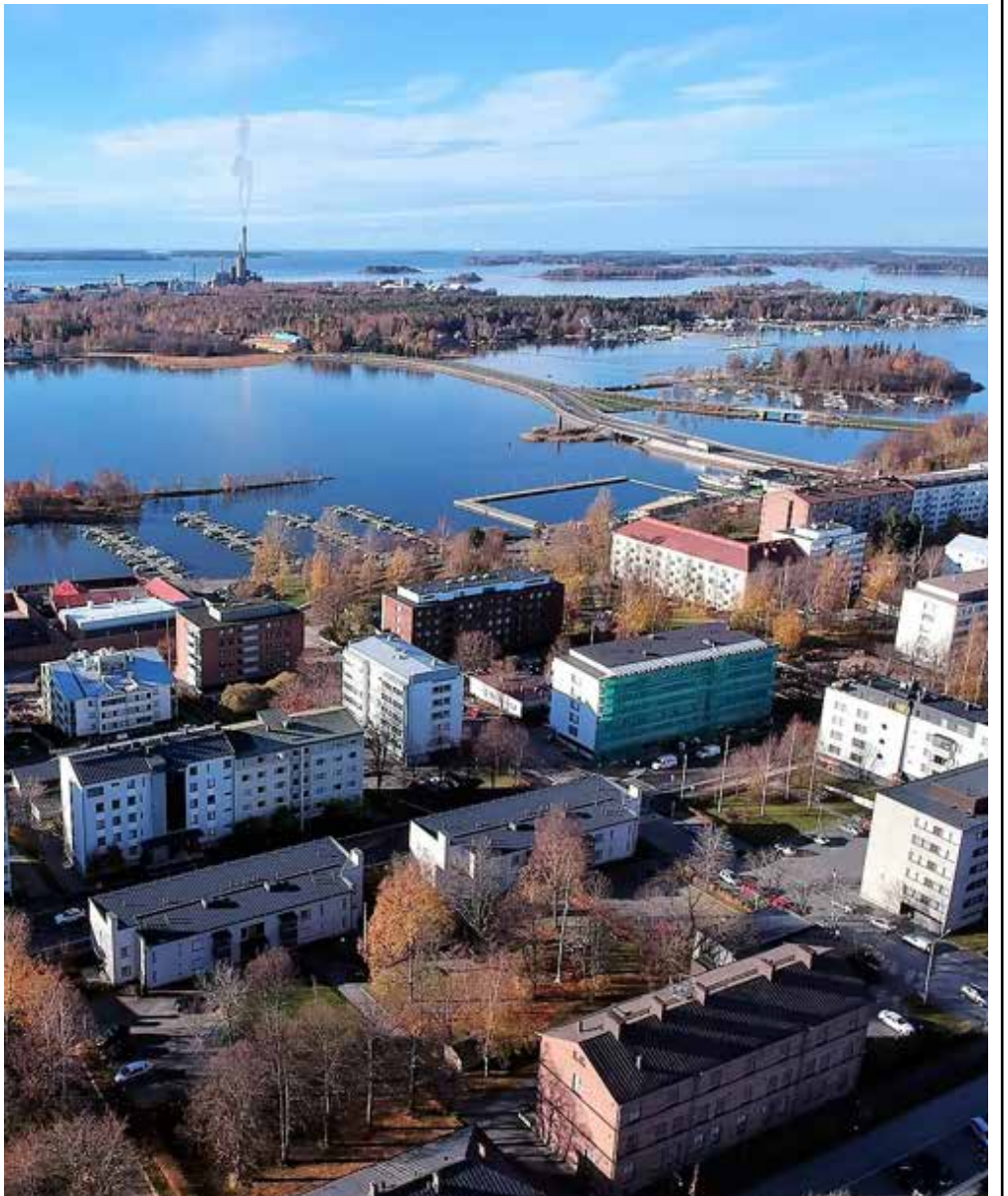
ties, leaving civilians dead and millions without electricity or heating during winter months. International observers and human rights organizations have documented thousands of strikes on non-military targets.

The gap between Putin's rhetoric and Russia's actions has drawn widespread condemnation from the international community. The United Nations has called many of these attacks potential war crimes, noting the systematic pattern of strikes against civilian infrastructure contradicts Putin's public promises of restraint.

Ukrainian officials continue documenting each attack, building evidence for future accountability proceedings.

PHOTO: State Emergency Service of Ukraine, Creative Commons Attribution 4.0

Image of the Week:



Vaasa from above on an Autumn afternoon

TODAY

A Familiar Playbook: The Perilous Politics of Manufactured Crisis

HISTORY DOES NOT REPEAT itself, but it often rhymes. The chilling echoes between the Reichstag fire in Berlin in 1933 and the political turmoil that unfolded in Washington in 2025 after the assassination of Charlie Kirk force an examination of how democracies can be dismantled from within using frighteningly similar methods.

The incident in Berlin is considered a decisive moment in the establishment of Nazi rule. Whether the main accused, the Dutchman Marinus van der Lubbe, actually started the fire or not is not known for sure, but regardless of which the fire gave Hitler a reason to begin the dismantling of German democracy.

In the United States, Charlie Kirk, a young right-wing politician, was assassinated on September 10 this year. The killer, Tyler James Robinson, was arrested the following day. What we know so far suggests that he was a lone wolf with no accomplices. This did not stop President Trump from accusing left-wing groups and demanding action against them. The well-known anti-fascist organization Antifa was declared by Trump to be a terrorist organization. A campaign by the authorities resulted in large numbers of dismissals of people who had spoken out critically of Kirk's views. Since many have been fired because they have expressed their opinion, there are even more who do not want to risk their job of opening their mouths. But there are still people in the United States who dare to speak out. Freedom of speech advocates and legal experts criticize Trump for using the assassination to crack down on his political opponents.

Ulpu Iivari commented on the situation in the United States: "Now I watched Kirk's memorial service in case it would really be a turning point for the United States to develop even more frighteningly (Where were you when the Nuremberg meetings were held.) The atmosphere at the memorial service was sometimes frighteningly ecstatic."

Although the contexts of 1930s Germany and the United States of the 21st century are quite different, the strategic use of crises to consolidate power reveals a dangerous and recurring pattern. In 1933, the Nazi regime, although they did not demonstrably start the fire themselves, immediately and mercilessly exploited the arson. They identified a suitable scapegoat – communists – and used public fear to justify the Reichstag Fire Ordinance, which suspended civil liberties and paved the way for a brutal crackdown on political opposition. The crisis was the pretext; The goal was an irreversible accumulation of power.

In 2025, we may see a similar development. Now the tragic murder of a young and popular politician is being used as a reason to crack down on left-wing organizations and the anti-fascist Antifa movement, without these having anything to do with the murder.

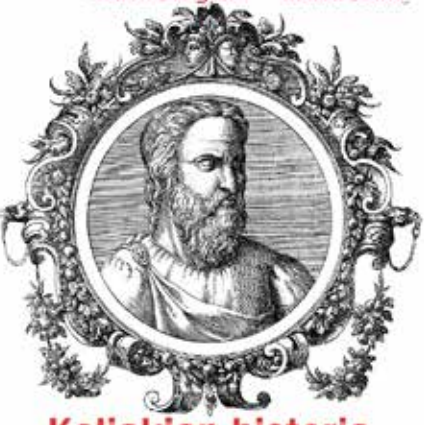
The dismissal of people who have spoken out against Kirk's views speaks of a social climate that is cooling, hardening and standardizing. President Trump's statement: "I hate my opponents. And I don't want their best" speaks for itself. There is no trace of the idea that a president's task is to be president of the whole people.

In 1933, the decree effectively repealed the German constitution. Today, the attacks are not (yet!) as extensive, but they are there: undermining the independence of the judiciary, discrediting scientific authorities (including health authorities), and threatening media freedoms (the president is demanding \$15 billion in damages from the NYT and threatening to revoke licenses for some television companies). Every action tests the strength of democratic institutions and looks for weaknesses. When a president can openly demand the prosecution of political opponents without evidence, the line between law and politicization of justice becomes blurred. The aim is clearly to neutralise independent sources of power – courts, free press and political opposition.

Oskar Wilde is said to have said: "The only thing we learn from history is that it repeats itself." Georg Santanyana, an American philosopher, said over 100 years ago: "He who cannot remember his history is doomed to repeat it." It can be good for all of us to remember these words of wisdom. A democracy's resilience is measured by its ability to withstand not only external shocks, but the calculated erosion of its foundations from within. Vigilance is the price of freedom, and the echo of history is a warning we cannot afford to ignore.

Photo Supplement

Wasaan Päivälehti
Photo Supplement
Wasa Dagblad Wasa Daily



Keliakian historia

Photo Supplement - bpress.ovh

WASA THEATRE

Snowfall makes a comeback 2026 at Wasa Theatre – children are wanted for the Christmas success



THE AUDIENCE favorite Snowfall returns to Wasa Theatre's Main Stage at Christmas 2026. The atmospheric fairy tale of 12-year-old Selma, which was first performed to full auditoriums in 2024, will have a new premiere on November 14, 2026. Tickets will go on sale in the spring of 2026 – but the hunt for new child actors is already beginning.

The performance is based on NRK's acclaimed TV Christmas calendar of the same name, which has become a modern classic in Norway and has attracted large audiences on theatre stages as well. The story revolves around orphan Selma, who no longer believes in Santa Claus. When she writes a letter with her innermost wish, she ends up in the elves'

kingdom of Snowfall through magical powers – where the future of Christmas is at stake.

On stage, warmth, humor, music and great feelings about friendship, love and the longing for belonging await. The ensemble offers both familiar and new faces: Thomas Lundin returns as Julius and Julia Johansson as Selma, while other roles are filled again.

As before, two children's ensembles will participate. Therefore, the theatre is now looking for 12 young actors: two for the role of Håkan (a major speaking role) and ten for various ensemble roles with singing, dancing and joy of acting. Expressions of interest for auditions open today, 30 September 2025, and the deadline for applications is 26 October. For more information, see wasateater.fi.. PHOTO: Wasa Teater

WEEK OF THE ELDERLY President of the Republic patron of the Week of the Elderly



PRESIDENTR of the Republic Alexander Stubb has taken on the role of official patron of the Week of the Elderly and the Day of the Elderly this year. This is announced by the Central Association for the Welfare of the Elderly (Vanhustyön keskusliitto) in connection with this year's theme celebrations.

The Elderly Week will be held nationally from 6 to 12 October 2025, with the theme "Onni kasvaa yhteisössä – Happiness grows in community". The main festivities of the Old People's Day – which begins the week – will take place on Sunday 5 October in the village of Pukkila.

The concept has a long history: The first Veterans' Day was celebrated back in 1954 and always takes place on the first Sunday

in October. Vanhustyön keskusliitto+1 Since 1972, the celebration extends throughout the week after the day. +2 Events during the week cover everything from social events and discussions to community activities and thematic information.

The President's commitment highlights the importance of elderly issues in society and gives this year's week an important symbolic weight. In his greeting, the President emphasizes the importance of giving older people visibility, respect and opportunities to share their experiences with younger generations. By being a patron, the President strengthens the position of tradition and at the same time sends a clear message: the elderly should not only be seen, but also heard and honored during this special week.

In our area, programs are organised during the week in Laihela. IMAGE: The president's official portrait. Photographer Jussi Ratilainen

MEDIATION

The Mediation Office is looking for new volunteers

The Ostrobothnia Mediation Office is now looking for new volunteer mediators in criminal and civil cases. In order to recruit more people, a bilingual basic course is organised free of charge, where the participants gain the knowledge required to act as a mediator. The need for more mediators is particularly great in Central Ostrobothnia. The assignment is open to everyone – no special education or work experience is required. The course covers the basics of mediation and restorative justice, the role of the police and prosecutors, and the interaction with the parties. The course leaders are the staff of the mediation office and experts from different professional fields.

VAASA

The word happiness describes Vaasa very well

VAAASA is strengthening its position in the hearts of Finns – especially when it comes to energy and happiness. A recent image survey shows that 46 percent of respondents think that "happiness" describes Vaasa fairly well or very well.

The energy image has also grown – up seven percentage points since the last survey. The City of Vaasa has long focused its strategy and marketing on these themes, and the results indicate that the messages are starting to take hold with citizens and visitors.

The city's brand slogans – "Vaasa – the energy capital of the Nordic countries" and "In Vaasa it is easy to be happy" – have become increasingly well-known among young people, Swedish speakers and visitors, although they have not yet reached the entire public.



The survey was conducted by Milton Oy with approximately 1,000 respondents who do not live in Vaasa. Awareness of the city has gradually risen – from 11% in 2019 to 15% now. Among younger people, Vaasa has also

become more attractive as a place to study and a place to move to after working life.

Vaasa is still often associated with the sea, bilingualism and the sun – but now values such as energy and happiness are really

starting to feel part of the city's identity.

Is it too much to say that happiness is part of Vaasa's soul? The insights from the image survey suggest that this is not an exaggeration at all.

NOVA

Free help with hearing aids – NoVa Teaching Clinic opens service

DO YOU USE A HEARING AID in the Wellbeing Services County of Ostrobothnia? Now you can get free help with cleaning and basic maintenance of your device – at the NoVa teaching clinic in Palosaari.

At the visit, you can also get blood pressure and blood sugar measurements, or counselling on mental well-being. The new service is aimed at all hearing aid users, from toddlers to the elderly.

It is important to maintain your hearing aid regularly – for ex-



ample by changing the tube, wax filter or battery – to keep the hearing aid working optimally. The clinic reminds you to bring your own accessories to your visit.

The NoVa Clinic is run in cooperation with Vaasa University of Applied Sciences and Novia, where students provide low-threshold services under supervision. At the same time, you can also get lifestyle advice, support for mental well-being and help with digital services.

Visits do not require an appointment – but it is also possible to call and book an appointment. All services are free of charge.

SOURCE: Wellbeing Services County of Ostrobothnia

HEALTH IN SCHOOLS

THL: The use of nicotine pouches is increasing



AN HISTORIC TURN HAS TAKEN PLACE among young students: the use of alcohol and tobacco is rapidly declining, but nicotine pouches are making an unprecedented breakthrough. The new results of the National Institute for Health and Welfare's (THL) survey on health in schools show a worrying trend – nicotine pouches have become a new popular product among young people.

Nine per cent of boys in grades 8 and 9 in comprehensive school use nicotine pouches daily, and 4–5 per cent of girls. For students in vocational schools, the figures have exploded: almost one in four boys (24 percent) and 15 percent of girls state that they use portion tobacco daily. The corresponding figures were clearly lower one year ago.

"The increase in the daily use of nicotine pouches among young people is alarming. The situation requires urgent action. The age limit for the sale of tobacco and nicotine products should be raised to 20 years, says Hanna Ollila, Senior Specialist at the Finnish Institute for Health and Welfare.

At the same time, alcohol consumption among young people has decreased dramatically. Almost three-quarters

HEALTH

New research: Aspirin protects against bowel cancer recurrence



A SWEDISH RESEARCH GROUP has shown in a groundbreaking randomized study that a low daily dose of aspirin – a medicine that is now found in most homes – can halve the risk of recurrence in patients who have undergone surgery for colon or rectal cancer. The study, led by researchers at Karolinska Institutet, was recently published after following over 3,500 patients in the Nordic countries.

Study design and results

The patients were recruited from 33 hospitals in Sweden, Norway, Denmark and Finland. Approximately 40% had tumors with a specific genetic change in the PIK3 signaling pathway – a mutation that the researchers suspected could make them particularly susceptible to aspirin treatment. After surgery, these patients were randomized to either receive 160 mg of aspirin daily or placebo for three years. Among those with the mutations, the treatment showed a marked effect: the risk of recurrence was reduced by 55% compared with the placebo group. The effect is believed to be due to aspirin reducing inflammation, inhibiting platelet activity and slowing tumor growth – a combination that makes the environment less favorable for cancer.

Significance and possible impact

The fact that aspirin is a well-known and inexpensive medicine makes the results particularly interesting. The researchers believe that this type of treatment has the potential to change guidelines for additional treatment of bowel cancer. The study – called ALASCCA – has already been awarded awards for its scientific quality. According to the researchers, the study clearly shows that it is possible to use the genetic profile of patients' tumors (precision ion medicine) to determine who may benefit most from additional treatment with aspirin.

Reservations and further studies

Despite the promising results, the researchers call for some caution. The effect was observed mainly in patients with mutations in the PIK3 pathway – not necessarily in all bowel cancer patients. Long-term studies are needed to clarify the risks, including possible bleeding, and to determine optimal doses and duration of treatment. In addition, an evaluation is needed of which patient groups benefit most from the treatment and how best to implement this clinically.

The new study shows that a simple, cheap and well-established medicine such as aspirin could have a central role in the fight against bowel cancer. For patients with the right genetic profile, routine addition of low-dose aspirin could be the difference between relapse and lifelong cancer-free life. The scientific community is holding its breath – this could be a paradigm shift in cancer treatment. Source: Karolinska Institutet / KI new

HEALTH

The Healing Power of Touch: Social Interaction and Cardiovascular Health How Simple Human Contact May Protect Against Heart Disease



CARDIOVASCULAR disease remains the leading cause of death globally, with atherosclerosis—the buildup of fatty deposits in arterial walls—playing a central role in heart attacks and strokes. While diet, exercise, and genetics are well-established risk factors, a groundbreaking study from the 1980s revealed an unexpected protective factor: social interaction and gentle physical contact.

In their landmark research, Nerem, Levesque, and Cornhill (1980) demonstrated that rabbits fed a high-cholesterol diet but regularly petted, held, talked to, and played with developed significantly less atherosclerosis than control animals receiving identical diets but standard laboratory care. Specifically, the socially enriched rabbits showed “more than a 60 percent reduction in the percentage of aortic surface area exhibiting sudanophilic lesions” compared to controls (Nerem, Levesque, and Cornhill 1980, 1475). Remarkably, this dramatic difference occurred despite comparable serum cholesterol levels, heart rate, and blood pressure between groups, suggesting that the protective mechanism operated independently of these traditional cardiovascular risk markers.

This study challenged conventional understanding of atherosclerosis development by demonstrating that psychosocial factors could exert powerful physiological effects. The researchers hypothesized that gentle handling may have reduced stress-related hormones or altered autonomic nervous system activity in ways not captured by basic cardiovascular measurements (Nerem, Levesque, and Cornhill 1980). The findings suggested that the pathophysiology of atherosclerosis extends beyond simple biochemical models to include complex interactions between psychological state, stress response, and vascular health.

Implications for Human Health

George Orwell 1984 PART ONE Chapter 1 1.

It was a bright cold day in April, and the clocks were striking thirteen. Winston Smith, his chin nuzzled into his breast in an effort to escape the vile wind, slipped quickly through the glass doors of Victory Mansions, though not quickly enough to prevent a swirl of gritty dust from entering along with him.

The hallway smelt of boiled cabbage and old rag mats. At one end of it a coloured poster, too large for indoor display, had been tacked to the wall. It depicted simply an enormous face, more than a metre wide: the face of a man of about forty-five, with a heavy black moustache and ruggedly handsome features. Winston made for the stairs. It was no use trying the lift. Even at the best of times it was seldom working, and at present the electric current was cut off during daylight hours. It was part of the economy drive in preparation for Hate Week. The flat was seven flights up, and Winston, who was thirty-nine and had a varicose ulcer above his right ankle, went slowly, resting several times on the way. On each landing, opposite the lift-shaft, the poster with the enormous face gazed from the wall. It was one of those pictures which are so contrived that the eyes follow you about when you move. BIG BROTHER IS WATCHING YOU, the caption beneath it ran.

Inside the flat a fruity voice was reading out a list of figures which had something to do with the production of pig-iron. The voice came from an

The significance of these findings for human cardiovascular health cannot be overstated. If social interaction and gentle touch provide such dramatic protection in an animal model, similar mechanisms may operate in humans. This research offers biological support for observations linking social isolation, loneliness, and lack of physical affection to increased cardio-vascular mortality (Holt-Lunstad, Smith, and Layton 2010).

The study suggests several practical implications. First, social connection and physical affection may represent underutilized therapeutic interventions for cardiovascular disease prevention. Healthcare providers might consider assessing patients’ social support networks alongside traditional risk factors. Second, the research highlights potential mechanisms by which stress reduction techniques, social support programs, and even pet therapy might confer cardiovascular benefits independent of diet and exercise modifications.

Furthermore, these findings underscore the importance of viewing human health holistically. In our increasingly isolated modern society, where loneliness has been termed an epidemic (Cacioppo and Patrick 2008), understanding the cardiovascular consequences of social disconnection takes on urgent public health significance. The Nerem study reminds us that the heart responds not only to cholesterol and exercise, but also to kindness, connection, and touch.

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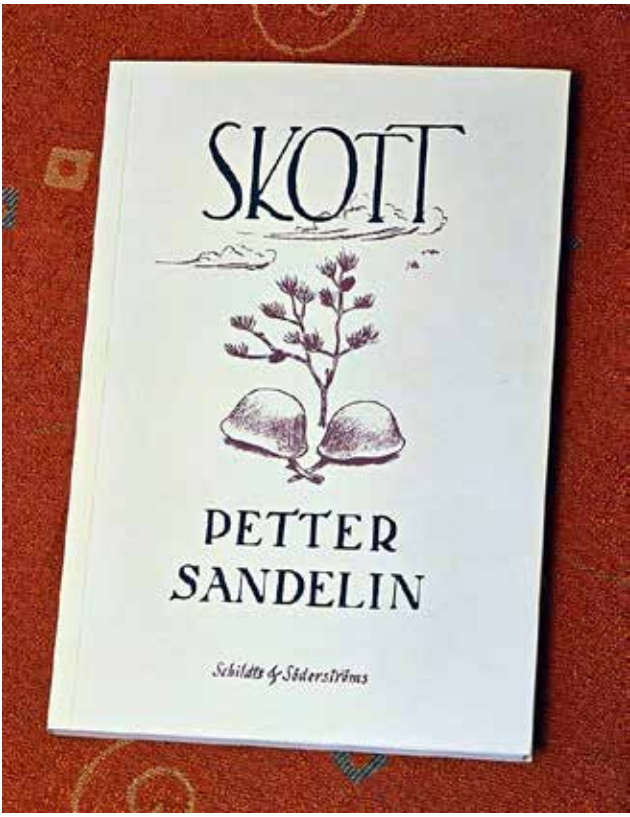
BOOK REVIEW

Review: A fragile love in the shadow of war – Petter Sandelin’s *Skott*

Skott
Petter Sandelin
Schildts & Söderströms, Helsinki
2024
130 pages

Petter Sandelin is a journalist at Svenska Yle in Vaasa. His debut novel *Skott* (the Finnish translation is called *Osuma*, which is a more apt title) has attracted attention. Anyone who reads *Skott* might expect this to be one war novel among others. It is not. Admittedly, the action takes place during the Continuation War and there are certainly exciting episodes here that depict attacks and patrol missions.

But these are not the content of the book. Instead, the book is about waiting, the quiet and low-key love between two men in the grim everyday life of war. In the first half of the book, this is only depicted with small hints,



the looks, a touch that is perhaps a coincidence. The very first meeting between the two is telling:

My gaze is fixed on his neck, the place where his life-stream is at its most fierce and his skin at its thinnest. He breathes calmly, as if he were asleep. He hasn’t shaved for several days. His profile against the light from the stove is beautiful. There is something classic about his moves. I can imagine his face as a bust in marble.

In small steps, the love story develops from confidential nocturnal whispers to finally being lived out. The last pages tell of loss and how the main character lives a life afterwards enjoying the memories he has of his short love.

The love story between the two men at the front, Tallgren and Ståhl, is depicted gently, with a fragility, sensitivity, and restraint that is unusual in Finnish literature. The contrast with the grim

surroundings with rifle shots and exploding grenades is captivating.

Of course, you can see that Petter Sandelin has read Unknown Soldier. The characters of the novel have characteristics familiar from Väinö Linna’s novel, including the dutiful, the humorous, and the low-key.

One of the book’s most fascinating grips is the story of a tree that follows the chronology of the novel. The first pages of the book are about the germination of the seed, which can be difficult for the reader to understand before the context becomes clearer. We get to follow the tree and its growth, maturation and death, parallel to that of the main character. It is an allegory of human existence. The tree is a representation of the course of life – as exposed to the relentlessness of the seasons as man to the meaninglessness of war. The tree dies at the same time as the novel’s main

character, like everything in our nature, is born, lives and dies.

This is a melancholic novel. Sandelin writes with poetic power about how certain moments, especially the first great love, can carry through decades:

I will remember him as long as I live.

I will shape my consciousness into a capsule where our few days of love are saved forever. When everyone else has forgotten him, I will remember him. His name, his smile, his cheekbones.

...
I will remember how our love was the light in the midst of darkness.

Skott is a novel about being human in a war. It is short in scope but rich in content – a book that stays with the reader, in the same way that the protagonist carries his love within him for the rest of his life.

UKRAINE PRESIDENT

Statement by the President of Ukraine During the Joint Press Conference with the Prime Minister of Denmark



THANK YOU SO MUCH , dear Mette!

Thank you for your kind words, support, and invitation!

Dear journalists, dear our teams,

We had a lot of very productive meetings today. And I’m thankful to Mette and to Denmark for hosting the summit so well.

Response,” but the point is the same: every country, of course, must be protected from spy, strike, and any other drones. And from the threat Russia has created for Ukraine with daily drone attacks, we see clearly that only joint action and united efforts can guarantee real security. No country should be left alone against this threat.

I also want to thank all our partners for supporting the further development of programs like PURL. We value this program a lot – it helps our defense. Today we spoke with partners who may join, and we expect new support. We also talked about the SAFE program – one of Europe’s strong defense tools – and we hope Ukraine will be an equal partner in it.

And I thank Denmark for hosting us today, hosting today’s meeting.

Thank you so much!

Glory to Ukraine!

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ART EXPERIENCE OF THE WEEK



Eemu Myntti
27.11.1890, Vaasa
29.8.1943, Helsinki
Portrait of Toivo Kuula

spirals, and though the sun was shining and the sky a harsh blue, there seemed to be no colour in anything, except the posters that were plastered everywhere. The black-moustachio’d face gazed down from every commanding corner. There was one on the house-front immediately opposite. BIG BROTHER IS WATCHING YOU, the caption said, while the dark eyes looked deep into Winston’s own. Down at street level another poster, torn at one corner, flapped fitfully in the wind, alternately covering and uncovering the single word INGSOC. In the far distance a helicopter skimmed down between the roofs, hovered for an instant like a bluebottle, and darted away again with a curving flight. It was the police patrol, snooping into people’s windows. The patrols did not matter, however. Only the Thought Police mattered.

Behind Winston’s back the voice from the telescreen was still babbling away about pig-iron and the overfulfilment of the Ninth Three-Year Plan. The telescreen received and transmitted simultaneously. Any sound that Winston made, above the level of a very low whisper, would be picked up by it, moreover, so long as he remained within the field of vision which the metal plaque commanded, he could be seen as well as heard. There was of course no way of knowing whether you were being watched at any given moment. How often, or on what system, the Thought Police plugged in on any individual wire was guesswork. It was even conceivable that they watched everybody all the time. But at any rate they could plug in your wire whenever they wanted to. You had to live—did live, from habit that became instinct—in the assumption that every sound you made was overheard, and, except in darkness, every movement scrutinized.

Winston kept his back turned to the telescreen. It was safer; though, as he well knew, even a back can be revealing. A kilometre away the Ministry of Truth, his place of work, towered vast and white above the grimy landscape. This, he thought with a sort of vague distaste—this was London, chief city of Airstrip One, itself the third most populous of the provinces of Oceania. He tried to squeeze out some childhood memory that should tell him whether London had always been quite like this. Were there always these

vistas of rotting nineteenth-century houses, their sides shored up with balks of timber, their windows patched with cardboard and their roofs with corrugated iron, their crazy garden walls sagging in all directions? And the bombed sites where the plaster dust swirled in the air and the willow-herb straggled over the heaps of rubble; and the places where the bombs had cleared a larger patch and there had sprung up sordid colonies of wooden dwellings like chicken-houses? But it was no use, he could not remember: nothing remained of his childhood except a series of bright-lit tableaux occurring against no background and mostly unintelligible.

The Ministry of Truth—Minitrue, in Newspeak [Newspeak was the official language of Oceania. For an account of its structure and etymology see Appendix.]—was startlingly different from any other object in sight. It was an enormous pyramidal structure of glittering white concrete, soaring up, terrace after terrace, 300 metres into the air. From where Winston stood it was just possible to read, picked out on its white face in elegant lettering, the three slogans of the Party:

WAR IS PEACE
FREEDOM IS SLAVERY
IGNORANCE IS STRENGTH

The Ministry of Truth contained, it was said, three thousand rooms above ground level, and corresponding ramifications below. Scattered about London there were just three other buildings of similar appearance and size. So completely did they dwarf the surrounding architecture that from the roof of Victory Mansions you could see all four of them simultaneously. They were the homes of the four Ministries between which the entire apparatus of government was divided. The Ministry of Truth, which concerned itself with news, entertainment, education, and the fine arts. The Ministry of Peace, which concerned itself with war. The Ministry of Love, which maintained law and order. And the Ministry of Plenty, which was responsible for economic affairs. Their names, in Newspeak: Minitrue, Minipax, Miniluv, and Miniplenty.
.... to be continued

SHORT STORY



Fisherman and businessman in a modern version

THIS SHORT STORY is available in different versions in several countries. One version is dedicated to Paulo Coelho. Here is a slightly updated version.

The big city businessman was on vacation in a small coastal town. One morning he saw a simple fisherman sitting casually in his boat next to the pier, coffee cup in his hand and a small catch of fish beside him. The businessman became curious and approached. "Good morning!" said the businessman. "You seem to have a nice catch for the day. How long did it take you to fish for it?"

"Good morning," replied the fisherman. "It didn't take long, maybe a few hours."

The businessman looked confused. "Why don't you stay outside longer and catch more fish?"

The fisherman smiled and calmly replied: "I have had enough to support my family and myself today. The rest of the time I enjoy life."

"But what will you do for the rest of the day?" asked the businessman.

"I sleep a little longer in the morning, fish a little, play with my kids, have a siesta with my wife, and in the evening I go to the bar where I drink coffee and play guitar with my friends. I live a full and happy life."

A businessman who was very successful and always thought about business could not understand it. "I have an MBA from a prestigious university and I can help you. If you spent more time fishing, you could catch more fish. Over time, you can buy a larger boat and maybe several boats. Eventually, you could have a whole fleet of fishing boats."

The fisherman listened politely and nodded. "And then what would I do?"

"Thanks to the increased catch, you were able to open your own fish factory, eliminate middlemen and sell directly to retailers. You could move to a bigger city and run your business from there."

"And how long would all this last?" asked the fisherman.

"Maybe 15-20 years," the businessman replied.

"So what?" asked the fisherman.

The businessman laughed and said: "The best is coming! When the time is right, you can sell the company and become very rich. You could live like a king and retire with big money."

The fisherman thought for a moment, and then asked, "And then what should I do?"

"Then," said the businessman with a smile, "you can move to a small coastal town, sleep a little longer in the morning, fish a little, play with your children, have a siesta with your wife, and in the evening go to a bar where you can drink coffee and play guitar with your friends."

The fisherman smiled and looked at the businessman. "But that's exactly what I'm doing now. Why wait 20 years to do something I already enjoy?"

The businessman was speechless. He suddenly realized that he had lost the meaning of life in pursuit of success and prosperity.

And so he walked away, a little wiser than before, while the fisherman returned to his simple and happy life.

HUMOUR ONE HUNDRED YEARS AGO

BÄ BÄ

Doctor K- and his brother the veterinarian get into a dispute about whose profession requires the greatest ability to diagnose. Both hold their ground, but the vet's argument seems to be the strongest because the animals cannot tell where their pain is.

Some time later the vet falls ill and the doctor is called.

— Well, where do you hurt? No answer.

— You can tell where the evil is, right?

The only answer that comes from the sick person is; BÄ BÄ The doctor writes out a prescription, which he hands to the nurse with the words: "Give him this and if he's not well the day after tomorrow, we'll shoot him."

THE DAD IN A GOOD MOOD

The daughter: — You know, mother, father was in an unusually good mood today, when he went to the office.

Mother: — Crosses in all the world! That reminds me I forgot to ask him for money.

AT THE PHOTOGRAPHER'S

The photographer: — Should it be a bust? The customer: — No, I'd like to include some of the face as well.

WIFE'S INTEREST IN THE ANTIQUITY

— How did you cure your wife of her antique fly? — Well, I gave her a dress of the 1907 model for her birthday.

THE SUITOR NEEDED THE ENCOURAGEMENT

The suitor: — I have something important to tell you, but I don't know how to begin. The lady: — If I say "yes", maybe you will be helped on the trot.

EFFICIENT MACHINE

Nephew: — today I have seen an office machine that does the work of three men. The uncle: — If they don't work more than you do, it's not great

CARAMEL

Lill-Jan has received one large caramel, which he immediately puts in his mouth. Immediately afterwards, he cancels his best scream, because his mouth is closed, the caramel is gone. "What's wrong with Lill-Jan," asks mother. — Kajamel-len, boo-hää, hää häää ! . . . — Have you lost the caramel? — Yes. — And mother and all the aunts start looking for it. — Where did you drop it then... — Buhää, hää — in the stomach.

MARRIED 6 DAYS

— Now we've been married for 6 days, and you don't love me anymore. — But dear Cecilia, of course I love you, but God the Father also rested on the seventh day.

FREE TELEGRAM

Mac Carty from Aberdeen is visiting the U.S.A. One day he has to send a telegram to a relative. When he asks about

the price at the telegraph office, he is told that the sender's name costs nothing. — Magnificent, says the scout. I am descended from an Indian chief and my name is Iwillarrivetomorrow.

SLOW AS THE EVENING SKY.

— Yes, feel free to kiss you, Cissi. — Hmm. — Are you going to be terribly angry with me if I give you a kiss, Cissi? — Mnah — Can I give you a kiss, Cissi? — I say int — Do they mean yes or no? — They say yes, Affe! — Why don't you want to say them then? Can I kiss you or not? — Think about it then! — Yes, I can't give you a kiss! — Well, now think about it — Well, yes, kiss you, Cissi? — Well, think smart, Affe!

DO NOT STAND THE LIGHT OF DAY

— You say that he has a job that doesn't stand the light of day? — Yes, he develops plates with a photographer!

IN COURT

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

SLOW TRAIN

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

A THOUSAND HEMORRHOIDS

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

TEETH

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

AFTER A THEATER PERFORMANCE.

The man: — My wife, you were really extraordinary in the role! Unsurpassed. No one could have done it better than you! The lady: —You are flattering! Actually, the role should have been played by a young and beautiful woman. The gentleman: — Not at all. You have proven the opposite!

LUMP COLLECTOR

The rag collector: "Have you any rags to sell 1 day?" The Lord: "No, my wife has gone to the country." "Then maybe there are some empty bottles to buy?"

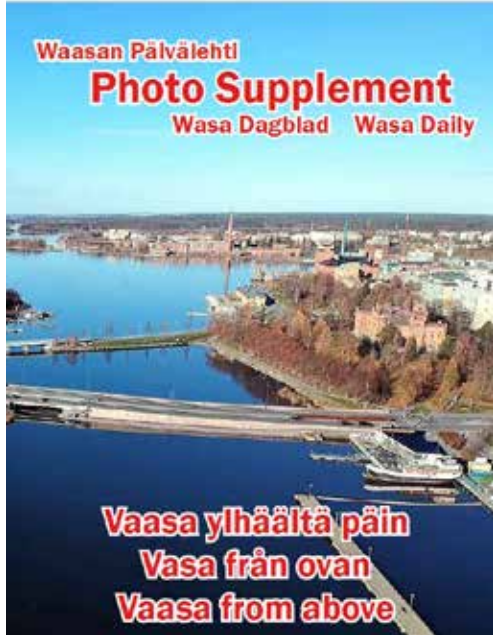
Astronomic picture of the week:

Galactic Dance



Image of the interacting galaxy pair NGC 5394/5 obtained with NSF NOIRLab's Gemini North 8-meter telescope on Hawai'i's Maunakea using the Gemini Multi-Object Spectrograph in imaging mode. This four-color composite image has a total exposure time of 42 minutes
Credit:
International Gemini Observatory/NOIRLab/NSF/AURA
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Next week:



BLOG WRITERS

Join Wasa Daily as a Blog Writer!
Are you passionate about sharing your thoughts, stories, or expertise with the community? Wasa Daily is looking for enthusiastic blog writers to contribute engaging content for our readers. Whether you love writing about local events, culture, lifestyle, business, or personal experiences, we welcome your voice!
Writing for Wasa Daily is a great opportunity to reach a wider audience, connect with fellow locals, and showcase your creativity. No prior experience is needed—just bring your ideas and enthusiasm! We value diverse perspectives and fresh voices that reflect the vibrant spirit of our community.
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Contact us at wasadagblad@gmail.com for more details. We can't wait to hear from you!

Wasa Daily

A modern newspaper with a layout with features of the press of the 1870s. Back then, newspapers had only 4-8 pages. Lots of text, but no images at all, so there's a lot to read on a few pages. Our paper is one of the very few newspapers in English serving English-speaking inhabitants in the Ostrobothnia region
The magazine contains quotations from old daily newspapers taken from the National Archives (digi.kansalliskirjasto.fi). GPT3, Gemini, 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. Forever!
Editorial office: Wasa Daily, Koulukatu 37 B 7, 65100 Vaasa, tel. +358-40-5462455.
Helsinki editorial office: Wasa Daily, Toinen linja 9 B 36, 00530 Helsinki. Phone +358-40-5462455.
Email: wasadagblad@gmail.com

From our readers

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