

VAASA DAILY

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Вітаємо всіх українців у
Ваасі! Сподіваємося, вам тут
сподобається і навіть залишитеся
після закінчення війни в Україні! ^А

warm welcome to all Ukrainians in Vaasa! We
hope you will enjoy yourself here and even
stay after the war in Ukraine is over!

**Seppo Väli-
nen continues
as director
of Vaasa City
Theatre**

**Climate
Change**

**Please vote
today!**

**Tackling
the Diabe-
tes Epide-
mic in Fin-
land**

HERE WE ARE:

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Tackling the Diabetes Epidemic in Finland

Finland, like many other developed nations, is facing a growing challenge posed by type 2 diabetes. This chronic condition, characterized by high blood sugar levels, has become a significant public health concern, affecting millions of individuals and straining healthcare systems. While genetic predisposition plays a role, lifestyle factors, particularly excess weight and physical inactivity, are the primary drivers of this disease.

The Prevalence of Diabetes in Finland

The latest data from the Finnish Institute for Health and Welfare (THL) paints a concerning picture. In 2023, an estimated 378,898 individuals in Finland had a diagnosis of type 2 diabetes, representing approximately 10.8% of the population among those aged 20 and over. This figure has remained relatively stable over the past few years, but the overall burden of diabetes is substantial.

The Impact of Diabetes

The consequences of type 2 diabetes extend far beyond individual health. The disease is associated with a range of serious complications, including heart disease, stroke, kidney failure, blindness, and amputation. Moreover, diabetes management places a significant financial burden on the healthcare system.

Prevention: A Key Strategy to Combat Diabetes

The good news is that type 2 diabetes is largely preventable. By adopting healthy lifestyle habits, individuals can significantly reduce their risk of developing this disease. These preventive measures include:

Maintaining a healthy weight: Excess weight, particularly abdominal obesity, is a major risk factor for type 2 diabetes. Aiming for a healthy weight and body mass index (BMI) can significantly reduce the risk of developing the disease.

Regular physical activity: Engaging in regular physical activity, such as at least 30 minutes of moderate-intensity exercise most days of the week, plays a crucial role in preventing type 2 diabetes. Exercise helps improve insulin sensitivity and overall metabolic health.

Adopting a healthy diet: Following a balanced diet rich in fruits, vegetables, whole grains, and lean proteins while limiting processed foods, sugary drinks, and unhealthy fats can significantly reduce the risk of type 2 diabetes.

In addition to these individual measures, broader societal efforts are needed to create an environment that supports healthy lifestyles. This includes promoting physical activity through accessible recreational facilities and encouraging

healthy food choices through public education and food policy initiatives.

The Role of Healthcare Professionals

Healthcare professionals have a pivotal role in preventing and managing type 2 diabetes. They can provide personalized risk assessments, counseling, and support to help individuals adopt healthy lifestyle changes. Additionally, healthcare providers can monitor blood sugar levels and provide appropriate medical interventions when necessary.

Conclusion: A Collective Effort to Curb Diabetes

Addressing the growing burden of type 2 diabetes in Finland requires a multi-pronged approach that encompasses individual actions, healthcare interventions, and broader societal changes. By promoting healthy lifestyles, strengthening preventive strategies, and fostering a supportive environment, we can effectively combat this disease and improve the overall health and well-being of the Finnish population.

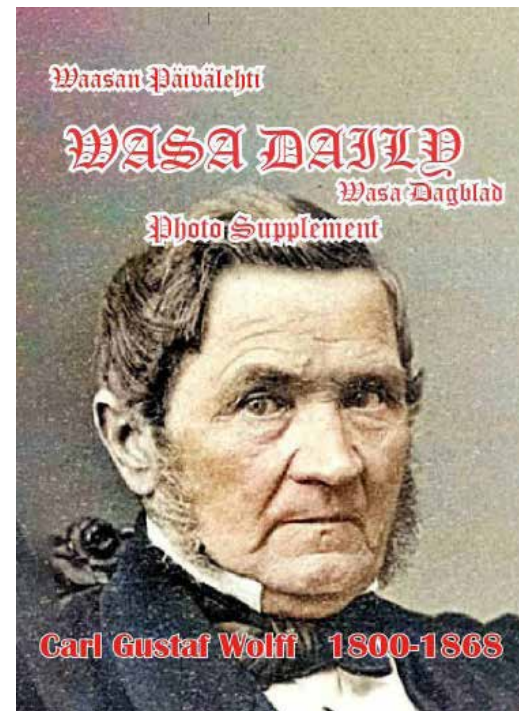


Photo Supplement - vpress.ovh

WASA DAILY - a modern newspaper with a layout from the 1870s. At that time, most newspapers had this format, corresponding to A4, and 4 pages. Lots of text, but no pictures at all, so there's a lot to read in a few pages. The newspaper contains quotes from old daily newspapers, taken from the National Archives (digi.kansalliskirjasto.fi). Text in this publication is generated in part with GPT-3, OpenAI's large-scale language-generation model. Upon generating draft language, the texts have been reviewed, edited, and revised the language and the newspaper takes ultimate responsibility for the content of this publication. Wasa Daily will continue to be published on Sunday mornings, but our aim is that it will eventually be published every day. The magazine can be read online for free, printed single issues cost 1 €. Advertising price 6 €/ millimeter, but standard ads are cheaper (25 mm high=140 €, 50 mm = 280 €, 75 mm=400 €. Repeated ads = 50% discount). Send ads to wasadagblad@gmail.com as jpg, tiff or png, the advertisements are then reduced to a column width of 46 mm. If the advertisement does not fit, we will contact you (space is limited). Editor-in-Chief: Hans Björknäs. Mail: Wasa Dagblad, Skolhusgatan 37 B 7, 65100 Vasa, telephone +358-40-5462455. E - mail: wasadagblad@gmail.com

8% Alcohol Beverages in Stores Since Last Monday



A new law came into effect last Monday, June 10th, 2024, allowing the sale of fermented alcoholic beverages with an ABV (alcohol by volume) of up to 8% in grocery stores. Previously, the sales limit was 5.5%.

This legal change is part of the government's alcohol legislation reform, aiming to loosen alcohol regulations responsibly and move towards a European model. The reform has sparked both positive and negative discussions.

Wider Selection of Alcoholic Beverages Now in Stores

With the new law, grocery stores can now sell

stronger beers, ciders, and wines. In practice, this means you can buy products like:

- Stronger beers exceeding 5.5% ABV
- Ciders exceeding 5.5% ABV
- Wines exceeding 5.5% ABV
- Alko's monopoly on selling beverages over 5.5% ABV has therefore ended.

THL Concerned About the Law's Impact

The Finnish Institute for Health and Welfare (THL) has expressed concern about the potential effects of the law. THL experts believe the change could lead to:

Increased alcohol-related harm, especially among high-risk drinkers
A heavier burden on social and healthcare services
THL bases its concerns partly on the fact that while overall alcohol consumption has been

decreasing in Finland for about 15 years, alcohol-related deaths increased after the previous alcohol law reform in 2018. At that time, the maximum alcohol content for beverages sold in grocery stores was raised from 4.7% to 5.5%.

Time Will Tell What the Real Effects Are

It's too early to say what the actual effects of the new law will be. Time will show whether it leads to increased alcohol consumption and related harm, or if consumption remains stable.

Vaasa to Plant Tens of Thousands of Summer Flowers Again

The cityscape of Vasa will once again be adorned with stunning summer flowers. This year's theme for the



summer plantings is warm shades of orange and burgundy. Vasa city encourages residents and visitors to explore the summer flower brochure and take a flower walk guided by the map in the brochure.

Planning of Summer Flowers

The planning of the summer flowers begins at the end of the previous year, when the color theme for the plantings is decided. This year, the flower planting planning is handled by horticulturist Åsa Enholm under the supervision of green area horticulturist Leila Roininen.

THIS NEWSPAPER CAN BE READ ANYWHERE



Like here in the Sundom Archipelago

Summer Flower Season
The 2024 summer flower season begins around Easter, when tetanus daffodils are brought to Vasa city center. In May, the city will already be adorned with about 28,000 tulips and daffodils, which were planted last October. The bulb plants will bloom this year in shades of yellow, orange-red, pink, and purple.

"In May, we also start preparing the group plantings at the city garden, when the flower towers and pots are planted in the greenhouse," Enholm explains.

The plantings will continue to grow in the greenhouse until the end of night frosts and cold nights, after which they will be brought to various parts of the city.

"After the bulbs have

wilted, the soil beds are fertilized and turned for flower planting. By midsummer, all approximately 19,000 summer flowers will have been planted," Enholm continues.

The Charming Effect of Summer Flowers
The summer flowers will delight the city's residents and visitors for about four months. This year, the summer flowers will bloom in warm shades of orange and burgundy, with accent colors of purple, yellow, and white.

Explore the Summer Flower Brochure and Take a Flower Walk
The summer flower plantings are presented by species and planting locations in the summer flower brochure. The digital version of the summer flower brochure can be downloaded from the city's website.

A flower walk in Vasa city center is also planned for 2024. The flower walk is a 3.5-kilometer route that goes through the parks and along the shore. Along the route, there are benches where you can rest and enjoy the summery Vasa.

Wärtsilä solutions to minimise emissions of two new CMA CGM ferries

Technology group Wärtsilä will supply the engines, fuel gas supply system and thrusters for two new Ropax ferries being built for French operator La Méditerranée, a subsidiary of CMA CGM. The vessels, which have been specifically designed to minimise emissions, are to be built at the China Merchants Jinling Shipyard (Weihai) Co., Ltd., and will operate between Marseille and



Wärtsilä will supply the engines, fuel supply system and thrusters for two new Ropax ferries being built for French operator La Méditerranée, a subsidiary of CMA CGM ©Stirling Design International

Corsica. The order with Wärtsilä was booked in April 2024. Ferries are on the front line of the energy transition and are among the first sectors to target net zero-carbon operations.

"The design of these two Ropax vessels reflects our commitment to reducing the carbon footprint within our own fleet. These will be among the most energy-efficient, low-emission ships in operation globally, and we value the support from Wärtsilä, whose technology

and solutions help make this ambition possible," says Xavier Leclercq, Vice-President, CMA Ships, CMA CGM.

The company will continue its efforts to reduce the environmental impact by adopting LNG as the primary fuel for the new ships as well as preparing them to operate on alternative fuels such as biogas and synthetic methane, as these become available at scale. For each ship, Wärtsilä will supply two 12-cylinder, one 10-cylinder and one 8-cylinder Wärtsilä

Pentti Lyytinen lukee runojaan luonnos, 1848

Art Experience of the Week:



Robert Wilhelm Ekman
1808-1873

The country's most influential artist in the middle of the 19th century, considered by many to be the father of painting in Finland. Pentti Lyytinen read his poems, 1848

31DF engines. The two ferries will benefit from Wärtsilä's groundbreaking NextDF technology, which will be implemented in the Wärtsilä 31DF engines. Whilst operating on LNG, the NextDF version of the Wärtsilä 31DF further reduces methane emissions and nitrogen oxide (NOx) significantly (compared to the already emission-efficient standard Wärtsilä 31DF). The scope of Wärtsilä's supply for this contract also includes the Wärtsilä LNGPac, a fuel gas supply system for LNG-fuelled ships, as well as Wärtsilä's thrusters.

"The drive towards net zero emissions is one of the most important challenges facing the indu-

stry today," comments Stefan Nysjö, Vice President of Power Supply, Wärtsilä Marine.

"That's why we are pleased to support our long-standing partners, CMA CGM and China Merchants Jinling Shipyard (Weihai) Co., Ltd., with our integrated solutions – ensuring these ferries are able to benefit from outstanding fuel efficiency, operational reliability and a significant reduction in GHG emissions.

"The 180-metre-long ships will be able to accommodate 1,000 passengers as well as cargo freight. The Wärtsilä equipment for these ferries is scheduled to be delivered in mid- 2025, with the ferries expected

to enter service during the first half of 2027, operating between Marseille and Corsica. (Wärtsilä Corporation, Press release 5 June 2024)

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

Meditation, Indian folk music and Finno-Ugric folk song at Tikanoja's art home

In connection with the

Oriental Spirituality exhibition at Tikanoja's Art Home, events will be organised on four Saturdays, including Indian folk music and Finno-Ugric folk songs. The public has the opportunity to participate in Sahaja Yoga meditation
Event:
Sat 8.6. 13:00–14:30: Singer-songwriter Tiina Huttu performs
Sat 15.6. 13:00–14:30: Sahaja Yoga Meditation
Sat 29.6. 13:00–14:30: Singer Peali Juva performs
Sat 6.7. 13.00–14.30: Sahaja Yoga meditation

Kuusela's dance piece "Influenced" will be performed at the City Theatre

in autumn 2024
Master of Dance Marjo Kuusela will bring her new work "Influenced" to the premiere of Julia Stage on 24 October 2024. The work is a dance-theatre study of human interaction and its effects. The premiere explores questions such as: Who influences and whom? What affects you? Who and where do you belong? "Influenced" is a deep dive into the relationships between the individual and the community, where body language is used to express feelings and thoughts that words do not always reach. Kuusela, who has been a central figure in Finnish dance since the 1970s, directs and chor-

eographs the work. She brings out human experiences and everyday drama through dance.

The set design is by Maria Antman, who is known for her creative and insightful scenography. Antman last visited Vaasa City Theatre in autumn 2023 with the play "Kaa-os", and now he brings his vision to Kuusela's work. The soundscape of the work, which draws inspiration from folk music, is the responsibility of Jouni Tapio. The soundscape she has designed complements and deepens the dancers' expression. The stage features the theatre's own dancers Ulla Hyväluoma and Miika Alatupa, whose orbid movement language brings the work to life. Young dancers from Vaasa Community College Alma will also be present, bringing fresh energy and dynamics to the performance.

"Impressed" offers viewers a unique opportunity to experience the power of dance and its ability to touch deeply. This work promises to be one of the highlights of the cultural life of Vaasa in the autumn.

The City Theatre's Heart of Autumn Festival will bring theatre experiences at the end of 2024

The autumn's cultural calendar will once again receive the much-anticipated addition when the Heart of Autumn Theatre Festival kicks off on Friday, October 11, 2024. The opening screening of the festival will be the one-woman musical "Zarah L.", which tells the story of the life of Swedish actress and

singer Zarah Leander. The talented Tiina Weckström will take the stage at Theatre Restaurant Kulma, accompanied by pianist Janne Viitaniemi. Written by Hans Peter Gansner, the play offers a unique opportunity to dive into the fascinating world of Leander.

The next day, Saturday 12 October, drag star Marko Vainio's action-packed "Divet Show" will be staged on the Romeo stage. Vainio is known for his energetic performance and ability to bring an impressive and entertaining show to the stage that leaves no one cold.

On Saturday 9 November, Jarno Hyökyvaara's monologue "Round Truuth" will be performed on the Julia Stage. This show tells the story of a young person growing up in the world of football and provides a touching and relatable experience for viewers. Hyökyvaara is a familiar face from Vaasa, where he last visited the musical "West Side Story" in the 2022-2023 season in the role of Bernardo.

On Tuesday, November 12 and Wednesday, November 13, the Romeo stage will see "All My Friends", an independent sequel to the blockbuster plays "All My Mother, All My Daughters" and "All My Men". The play deals with different aspects of friendship and brings Miitta Sorval, Sanna Stellan and Anu Sinisalo to the stage, who interpret the nuances of friendship in a touching and humorous way.

The Heart of Autumn Festival offers a diverse range of theatre experiences and is an excellent opportunity to enjoy high-quality culture in the darkening evenings at the end of the year.



The swimming hall's summer opening hours are valid 1.6.-1.9, the hall is closed 29.6.-5.8.

Vaasa Swimming Hall's summer opening hours will take effect on 1.6.2024. The swimming pool is closed during the summer weekends and completely during the service break 29.6.-5.8.

Summer opening hours of the swimming pool

The swimming pool is closed during the summer weekends 1.6.-1.9.

The swimming pool will be completely closed during the service break 29.6.-5.8.

1.-28.6. and 6.-31.8. Summer opening hours apply: www.vaasa.fi/asu-ja-ela/va-paa-aika/liikunta-ja-ulkoilu/uimahalli/kesan-aukioloajat

Exceptional opening hours in June:

Thu 6.6: The swimming pool is closed from 14.30

Fri 7.6: The swimming pool is closed all day

Mon 10.6.: The swimming pool is closed 6.30-14

Wed 12.6: The swimming pool is closed 6.30-14

During the service break in July and August, the hall will be renovated, among other things, the bridges between the 50-metre pool and the water purification equipment.

Vaasa.fi

Tickets are now on sale at the box office and on the website – secure your seat at these unforgettable shows!

Exciting collaborations and diverse productions at Wasa Teater this year

Next year at Wasa Theatre offers a diverse selection of productions and guest performances, thanks to cooperation with various Finnish theatres and groups. There is something for all tastes and a great selection for those who want to see everything.

Autumn begins with a

gripping comedy-drama. The autumn season of the main stage begins on 14 September with the comedy drama "Cake Light", in which Tove Quickström plays the main role Stina. The play follows Stina's life from the age of 17 to the age of 107 to the age of 90. Despite the fact that guests vary, she always bakes the same cake, the aroma of which spreads throughout the salon, especially at the end, when the cake is ready. The show explores life changes and choices in 90 minutes, and no one leaves the stage during this overall experience.

First Christmas play in seventeen years. In November, Wasa Theatre will present Christmas spirit with a performance based on NRK, Snowfall popular advent calendar. For the first time in seventeen years, the theatre presents a Christmas play, which runs from November 15 to Epiphany. "Snowfall" is a magical story about finding a home and belonging, and it features the entire ensemble of the Wasa Theatre as well as twelve children from Ostrobothnia who take turns in roles.



Seppo Välinen continues as director of Vaasa City Theatre

Vaasa City Theatre's current theatre director Seppo Välinen has been elected to lead the theatre for a new five-year term

In its meeting on Tuesday 4.6.2024, the Culture and Sports Committee of the City of Vaasa decided to elect Master of Arts in Theatre Seppo Välinen as the director of Vaasa City Theatre for the period 1.8.2025–31.7.2030. According to the interview team's overall assessment, Väli proved to be the most suitable candidate for the position of theatre director. The position is for a fixed term of five years with an additional option of two years. Välinen has been the director of Vaasa City Theatre since 1.11.2019. Previously, she has worked extensively in various positions in the theatre industry, including director and choreographer.

"I am happy that Seppo Välinen wants to continue his work in Vaasa. After all, his first season at Vaasa City Theatre was very exceptional due to the coronavirus. Hopefully, she will now be able to operate under normal conditions and take forward those development targets that have remained in the phase," says Christina Knookala, Director of Education and Culture at the City of Vaasa.

The reasons for the selection state that Välinen has a solid vision for the development of the theatre industry and Vaasa City Theatre. The artistic skills, administrative and financial skills, leadership and networking skills, development skills and visioning skills highlighted by Väli in the interview proved to be the qualities that made her stand out from other applicants. (Vaasa City Theatre)

Excursions for both children and adults

The performance year begins with a tour traditionally aimed at daycare centres in Ostrobothnia. In cooperation with the drama pedagogical resource centre Dialog, 1–5-year-olds are offered "Play Saga", where children first hear Pim's story and then step into the storybook themselves.

For adult audiences, a tour is organized in cooperation with Klockrike-teatern. "BELLMAN – Am I born, then I want to live!" is a musical theatre performance about the life and work of Swedish singer and poet Carl Michael Bellman. Celebrating the Swedish language, the performance offers an experience full

of enthusiasm, longing and dreams.

Theater Director's Comment

"We have a very cooperative year ahead of us, playing from Canada, Sweden, Norway and Vaasa. The mission of theatre is to explore what human life can be, and through these plays we do just that," says theatre director Ann-Liise Bertell.

Wasa Theatre welcomes the audience to a performance year full of variety and deep experiences. Tickets are available now, so secure your seat to experience the highlights of autumn and winter at the theater.

Vaasa City Theatre: 36,000 visitors

The screening year



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2023–2024 included six premieres, diverse guest appearances and new kinds of collaborative productions. The total number of visitors during the year reached almost 36,000.

The Fractures-themed season opened on 31.8.2023 with Mr. Hakkarainen's storytelling, which toured numerous daycare centres in the Vaasa region during the year. The musical comedy Nuns and Rogues premiered on the Romeo stage on 9.9.2023, gathered nearly 10,000 viewers during the year and became the most watched work of the year.

Evening music in Oravais and Vörå

Wed 12.6 at 19.00

Oravais Church Church Hill Boys, dir. Kristoffer Streng
Guy Djupsjöbacka, devotion. Free admission, collection.

Wed 19.6 at 19.00

Oravais Church Erik Nygård, violin, Tea Polso, piano
"The Daughters of Music", music by female composers. Devotion, collection for the church's music work.

Wed 26.6 at 19.00

Vörå Church Eva-Lott Björklund Devotion. Free admission, programme leaflet 15 €.
(Source: Vörå parish)

Bank of Finland: Finland's economy gradually moving out of recession

The Finnish economy is recovering from the recession. Inflation is low and an improvement in the purchasing power of households is supporting a recovery in private consumption. Growth in the economy will gather pace in the immediate years ahead as the economic environment improves both in Finland and its export markets.

The Bank of Finland has today published its economic forecast for the period 2024–2026.

The country's gross domestic product (GDP) for 2024 will still show a year-on-year contraction, at -0.5%. In 2025, the recession will be over and GDP will be up by 1.2%. The economy will grow further in 2026, by 1.7%. "Finland's economy is slowly moving out of recession. GDP growth in the coming years will nevertheless be subdued," says the Bank of Finland's Acting Head of Forecasting, Juu-

so Vanhala.

Inflation has fallen on a broad basis across the Finnish economy in the first part of the year. "The upward pressures on prices are moderate, though the increase in value added tax will raise consumer prices from the autumn onwards," says Vanhala. Inflation is projected to rise to 2% in 2025. It will then fall to 1.6% in 2026, when the inflationary impact of the VAT increases diminishes.

Consumer spending will gradually recover as the purchasing power of households rises. "The outlook for the economy is improving and the level of economic uncertainty is slowly dissipating. At the same time the financial markets are expecting interest rates to fall. These factors will all support the recovery in private consumption," says Vanhala. The past few years have seen a sharp increase in economic uncertainty. Many households are cautious and consumer confidence in the economy is noticeably weak. The Government's fiscal adjustment measures, including tax increases and social benefit reductions, will dampen the growth in purchasing power. The amount of private investment across the year will again be down substantially in 2024. Housing construction will continue to decline strongly and corporate fixed investment will also fall due to the tight monetary policy and uncertain economic outlook. The conditions for investment growth will improve in the years ahead, because demand is strengthening, inflation is low and the markets are anticipating loo-

EU-Election 2024: Results in Finland The New Members of EU Parliament (2024-2029)



National Coalition
Mika Aaltola
Henna Virkkunen
Pekka Toveri
Aura Salla

Left
Li Andersson
Merja Kyllönen
Jussi Saramo

Social Democrats
Eero Heinäluoma
Maria Guzenina

Center
Elsi Katainen
Katri Kulmuni

Green
Ville Niinistö
Maria Ohisalo

True Finns
Sebastian Thynkkyen

Swedish Party
Anna-Maja Henriksson

launched a multi-year project to find effective ways to prevent vandalism. Special attention will be paid to involving young people so that they can participate in brainstorming both vandalism prevention measures and uses for the money saved.

Involving young people **QUOTE OF THE WEEK**

Johanna Tuukkanen
Editor
Erikoislääkäri journal
2/24

The patient is not doing well

The health and social services reform and crisis communication and the related political-ideological legislative manoeuvring have shifted attention from people's health care to the service system and its problems. We now manage various queues and we use deadlines to follow up on the results of our operations. There is (fortunately) talk about the effectiveness of the treatment, but there are few tools to measure it. The patient has become a necessary evil in the wheels of the system, a distraction, and we spend an enormous amount of time and resources rejecting patients. To quote Professor of Family Medicine Päivi Korhonen: "We have created a patient prevention system with all the tricks in the world". The discussion on patient proximity has remained in the corners of the seminar rooms, and the organisation-based operating culture is flourishing in the wellbeing services counties.

Lift's prices will be harmonised: Buying tickets will become easier and clearer

As of 1.7.2024, the pricing of Vaasa Region Public Transport Liftis will become more uniform and customer-friendly. The aim is to simplify ticket purchasing and make it more transparent for all passengers.

Currently, the price of a one-way ticket varies depending on the payment method. For example, a mobile ticket in the Waltti app costs €3.00, while the cheapest ticket with a travel card costs €1.33. The trip can also be paid by contactless payment (€1.50), cash (€2.00) or partner apps (€1.50 – €3.00).

According to the proposal, all payment methods, except cash, will pay for one-way travel in zone A at the same price in zone A as of 1.7.2024. In this case, the price is 1.70 €. The ticket price for cash payments will increase to EUR 2.20.

"We want to make pricing clearer and more customer-friendly," says Anastassia Backlund, public transport expert. "After the change, bus tickets are still the cheapest in Finland."

Harmonised prices:
Adult A zone: €1.70 (all payment methods except cash)

Adult one-way zone A (cash): €2.20

Children and young people under 17: 50% discount on adult tickets

Group discount (minimum 10 persons): 30% discount on adult tickets

The changes will enter into force on 1.7.2024.

The city centre is thriving as empty business premises decrease and

new businesses open. Vaasa has finally turned around! A recent report by Living City Centres reveals that the vitality of Vaasa's city centre has started to grow. The number of empty business premises has decreased dramatically and the number of businesses open on weekdays has increased compared to last year.

This happy news puts Vaasa in sixth place in a comparison of 34 cities! The hard work of residents and entrepreneurs is finally being rewarded, and Vaasa's heart beats strongly again.

The method developed by Living City Centres has monitored the vitality of city centres since 2015. This year, 34 cities were included in the survey, and Vaasa's rise to sixth place is a significant achievement.

What is the secret of Vaasa's success? It's hard to say for sure, but several factors have likely contributed to this turnaround. The city's investments in the development of the city centre, campaigns to attract new businesses and cooperation with entrepreneurs are likely to have made a significant contribution.

Vandalism costs in Vaasa up to 150,000 euros annually:

"The money saved could be used for the benefit of young people"

In Vaasa, the costs caused by vandalism have risen significantly, and the annual price tag is up to 150,000 euros. This sum could be used for the benefit of young people, which is at the heart of the new development project.

The City of Vaasa has

ser financing conditions. Both housing construction and corporate fixed investment will pick up.

Low growth in Finland's main export markets will continue to weigh on the country's export outlook for the time being. There are nevertheless signs of a cautious recovery in world trade, which will gradually boost the growth in demand for Finnish exports as well.

The weak cyclical conditions, which have continued for some time, are reflected in the labour market. Employment is weakening this year, and unemployment is increasing cyclically. When the recession recedes in 2025, employment will start to pick up again and unemployment will fall.

General government finances will remain significantly in deficit in the years of the forecast. The public debt-to-GDP ratio will grow further, despite the Government's decisions on substantial fiscal adjustment measures. The continuing weakness in the economy in 2024 and the still rising interest payments on government debt are making it difficult to rebalance the public finances. The situation would be even more challenging without the fiscal adjustment measures.

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

Avian influenza vaccine for risk groups in June

The wellbeing services county of Ostroboth-

nia announces that the avian influenza vaccine will be offered to those belonging to risk groups starting in June. Only people aged 18 or over who belong to a risk group can receive the vaccine. More detailed information on appointments, appointments and vaccination sites will be provided at the beginning of June.

Who is recommended to get vaccinated?

The avian influenza vaccine is recommended for the following risk groups: People who come into contact with fur animals on fur farms.

People working with poultry, including staff of domestic and poultry farms and hobby chickens.

Persons handling and disposing of sick and dead birds or animals and persons involved in cleaning their premises.

People call birds.

People who work in bird shelters caring for wild birds.

Service veterinarians.

Laboratory workers handling avian influenza virus or samples that may contain the virus.

What can the vaccine prevent?

The vaccine is designed to protect against bird flu, a disease that can cause serious health problems in humans, although getting infected is rare. For those at risk, the vaccine can be an important protection against potentially serious cases of illness.

The usual seasonal influenza vaccine will be given later in the autumn.

More detailed information on vaccination times, appointments and vaccination locations will be published at the beginning of June. (Constituency of Ostrobothnia)

EVENTS

ILMAJOKI MUSIC FESTIVAL
ARMI-opera
7.6 - 16.6.24

<https://kk2024.fi/>
VAASA FOOTBALL CUP
5.-7.7-2024

<https://www.wasafootballcup.com/>
HERÄTTÄJÄJUHLAT IN VAASA 5.-7.7.2024

Vaasa is set to host the city's second-ever awakening festival in the summer of 2024, a remarkable 60 years after the last event. The theme for the days is "Let the wind fill the sails." The festival grounds are located in the city center, alongside many hotels and restaurants, making it easy to move around on foot or by bike. In Vaasa, you are truly by the sea, as the distance from the market square to the beach is just a few hundred meters. A tranquil evening stroll along the water-front, a visit to the playground, or exploring the city's magnificent cultural offerings can be easily done in the immediate vicinity of the festival area. "Körttiradio" will broadcast programs around the clock throughout the event days.

TANGOMARKKINAT 40 Years!
10-14.7.2024

Seinäjäki
<https://www.tangomarkkinat.fi/>
VETERAN TRACTOR DAY IN MALAX
Tractor Show 20.07.2024 at. 10.00-17.00
Kråkbacken
Autumn plowing 21.09.2024 at. 10.00-14.00
Helgeåvägen 31, Långåminne
<https://malaxveterantraktor.fi/>

ZINC

19-20.7.2024
CRAFBEER STREETFOOD FESTIVAL
Vaasas first international beer festival!
15 breweries from all around Europe and over 120 different beers to sample. Meet the brewers and discover the amazing world of Craft beer. A big variety of mouthwatering street food to choose from.
Vaasa Town Square
<https://www.zincfestival.fi/>

LOHTAJA CHURCH MUSIC FESTIVAL
23-28.7.2024
www.kirkkomusiikkijuhlat.fi

KORSHOLM MUSIC FESTIVAL
Tjuvstart-Varaslähtö-Early Start
23.7.24 kl 19.30

Vaasa City Church
"POHJALAISIA"-silent movie, Jimi Järvinen organ
www.korsholmmusicfestival.fi

KORSHOLM MUSIC FESTIVAL 2024
24.7-31.7.2024

www.korsholmmusicfestival.fi

TOVE TEUVALLA-OPERA
Östermark kyrka .Teuvan kirkko
3.8.24 - 11. 8.2024
<https://www.korsholmmusicfestival.fi/tove-teuvalla/operan-tove-teuvalla>

VAASA FESTIVAL

1-3.8.2024
<https://vaasafestival.fi/>

WASA FUTURE FESTIVAL

5-10.8.2024
The Wasa Future Festival 2024 is set to take place from 5th to 10th 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/>

NIGHT OF THE ARTS

In Vaasa
15.8.2024

VAASAN MARSSI

9.-11.8.2024
Vaasan Kävelyklubi ry/rf
www.vaasanmarssi.fi

RUSK

Chamber Music in Jakobstad
19-23.11.2024
The Beauty of Longing
International creativity at the darkest time of the year
ruskfestival.fi

TIKANOJA

THE ART EVENT OF THE YEAR!
Eero Järnefelts exhibition opens on Nov 23, 2024

Solist: Lilli Paasikivi
www.musiikkijuhlat.fi
PRIDE-WEEK in Vaasa and Korsholm
10-16.6.24
<https://www.regnbagsallians.fi/>
VAASA AIR SHOW 15.-16.6.
Finland's biggest air show in 2024! The main air show of the Finn-ish Aeronautical Association The air show is organized by a team of Vaasa Flight Club professionals. Our organization is ready to make your participation successful. The annual main air show of the Finnish Aviation Association (SIL) is also the main air show of the Finnish Air Force, the Army and the Finnish Border Guard. The air show will be organised together with Finland's most experienced air show organisers, who have experience in organising 20 international air shows in Finland, Europe and Asia.
<https://vaasaairshow.fi/fi/etusivu>
Lisää Löylyä Rockfestival - 2 dagar 14-15.6
Lisää Löylyä Rockfestival 14.6 - 15.6 2024 in Vaskiluoto, on the former Wasalandia area.
<https://lisaaloylya.fi/>
KALEVAN COMPETITIONS in Vaasa 27-30 June 2024
The Athletics Championship, or the Kaleva Games, will be held in Vaasa on June 27-30, 2024. It is one of the most significant national sports events of the year in Finland

CLIMATE CHANGE



Copernicus: May 2024 - Hottest on Record Marks 12 Straight Months of Broken Records

The Earth's fever continues unabated. May 2024 has been crowned the hottest May ever recorded, according to the Copernicus Climate Change Service (C3S). This scorching development is just the latest chapter in a disturbing trend: May marks the 12th consecutive month where global temperatures have broken records.

This news arrives alongside the Annual to Decadal Climate Prediction Update from the World Meteorological Organization (WMO) and the UK's Meteorological Office. Their report, released concurrently, paints a concerning picture for the near future. It predicts that at least one of the next five years will likely surpass 2023 and become the hottest year on record.

The Significance of This Streak

The record-breaking streak may seem shocking, but for climate scientists like Carlo Buontempo, Director of C3S, it's an unsurprising consequence of a warming planet. While this specific streak will eventually end, the bigger picture remains grim: there's no sign of the overall trend reversing.

This unprecedented situation highlights the importance of climate monitoring. The data collected by C3S plays a crucial role in informing action. Ironically, these "hottest months" might be considered "cold" in the future if we manage to curb greenhouse gas emissions drastically.

A Call to Action

The urgency of the situation is echoed by UN Secretary-General António Guterres. He emphasizes the dire message our planet is sending: record-breaking temperatures are a stark reality with serious consequences. We are at a critical juncture, Guterres stresses, and

immediate action is paramount.

Beyond the Headlines: Key Data Points

May 2024's global average surface air temperature was 0.65°C above the 1991-2020 average. This marks the 11th consecutive month exceeding 1.5°C above pre-industrial levels (since July 2023).

The global average temperature for the past 12 months (June 2023 - May 2024) is the highest on record: 0.75°C above the 1991-2020 average and a staggering 1.63°C above pre-industrial levels.

The data from Copernicus and the WMO-UK Met Office report will be used to inform a major climate statement by UN Secretary-General Guterres. This underlines the importance of scientific evidence in driving global action on climate change.

CLIMATE CHANGE

Urban Heat Islands: A Growing Threat Exacerbated by Climate Change



Cities, particularly large ones, are becoming increasingly hotter than their surrounding rural areas. This phenomenon, known as the "urban heat island effect," means that the temperature in urban environments can be significantly higher than in the countryside.

The consequences are serious and can negatively impact human health, increasing the risk of cardiovascular and respiratory problems, heatstroke, and other health issues. With climate change threatening our planet, the urban heat island issue is becoming increasingly acute.

The reason behind the heat island effect is the artificial infrastructure and human activities that characterize cities. Compared to rural areas, which are often covered in grass, crops, shrubs, or forests, urban areas have a significantly higher propor-

tion of paved surfaces. Vegetation helps to cool the air, while asphalt and concrete, on the other hand, absorb heat, leading to temperature increases. Additionally, buildings and narrow streets contribute to trapping heat by restricting airflow. Human activities, such as heating buildings and driving cars, also add heat to the urban environment.

Overall, all of these factors lead to the urban heat island effect, which is most pronounced at night. Then, the temperature in cities can be up to 10°C higher than in rural areas. This is because the heat stored in buildings and roads during the day is released at night.

The effect is particularly evident in larger cities. For example, temperatures in central London and Paris are regularly recorded to be around 4°C higher than in the surrounding countryside at night. Both of these cities, as well as many others around Europe and the

world, experience heat stress that leads to public health problems.

To address this growing problem, urban planners and local governments are working to develop strategies to reduce heat stress in cities. Solutions may include increasing the amount of so-called green-blue infrastructure. Examples of this include increased vegetation cover, such as through green roofs, and more water surfaces. However, to implement these changes, they first need to get a detailed picture of how temperature varies within the urban environments they are responsible for.

Managing urban heat islands is an important part of making cities more sustainable and livable, especially in light of future climate change. By reducing heat stress, we can create a better quality of life for residents while also contributing to a more sustainable future.

(Source: C3S)



Where would You like to live?



TRAMS



Tatra KT4 Trams in Tallinn, Estonia

Tallinn, the capital of Estonia, is known for its picturesque medieval architecture, vibrant culture, and efficient public transportation system. Among the trams that grace the streets of this historic city, the Tatra KT4 holds a special place. These trams, with their distinctive design and storied past, have become an integral part of Tallinn's public transport network.

Historical Background

The Tatra KT4 trams were manufactured by ČKD Tatra in Czechoslovakia, primarily during the 1970s and 1980s. Designed as articulated trams, the KT4 model was built to navigate the tight corners and narrow streets common in many Eastern European cities. KT4 trams have a unique two-section design connected by a flexible joint, allowing them to handle sharp turns



and providing greater maneuverability.

Tallinn received its first KT4 trams in the late 1970s. These trams quickly became a common sight on the city's streets, admired for their robust construction and reliable performance. Over the decades, they have undergone various upgrades and refurbishments to keep pace with modern standards and ensure passenger comfort.

Design and Features

The Tatra KT4 tram is characterized by its articulated body, which is divided into two sections. This design not only enhances the tram's ability to handle complex urban routes but also increases its passenger capacity. Each section of the tram has a set of doors, facilitating easy entry and exit for passengers. The trams are equipped with comfortable seating and ample standing room, making them suitable for both short city commutes and longer journeys across Tallinn.

Initially, the KT4 trams featured a traditional control system with manual acceleration and braking. However, many units have been modernized with more advanced electronic control systems, improving energy efficiency and operational smoothness. The modernization efforts also included upgrading the interiors with better

lighting, new seating arrangements, and improved accessibility features to cater to passengers with mobility impairments.

Role in Tallinn's Public Transport

The Tatra KT4 trams have played a vital role in the evolution of Tallinn's public transport system. They operate on several key routes across the city, connecting residential areas with commercial and historical centers. The trams are an essential part of Tallinn's integrated public transport network, which includes buses, trolleybuses, and modern low-floor trams.

Despite the introduction of newer tram models, the KT4 trams remain popular among locals and tourists alike. Their distinctive appearance and historical significance add a nostalgic charm to Tallinn's streets. Many residents have fond memories of riding these trams, making them an enduring symbol of the city's urban landscape.

Preservation and Future

As Tallinn continues to modernize its public transportation system, efforts are being made to preserve the Tatra KT4 trams as part of the city's heritage. Some units have been restored and maintained in their original condition, serving as historical exhibits or operating on special heritage routes. These efforts ensure that future

generations can appreciate the engineering and design that defined an era of urban transportation.

The Tatra KT4 trams are also a testament to the resilience and adaptability of Tallinn's public transport system. They have successfully navigated the transition from Soviet-era infrastructure to modern European standards, proving their durability and practicality.

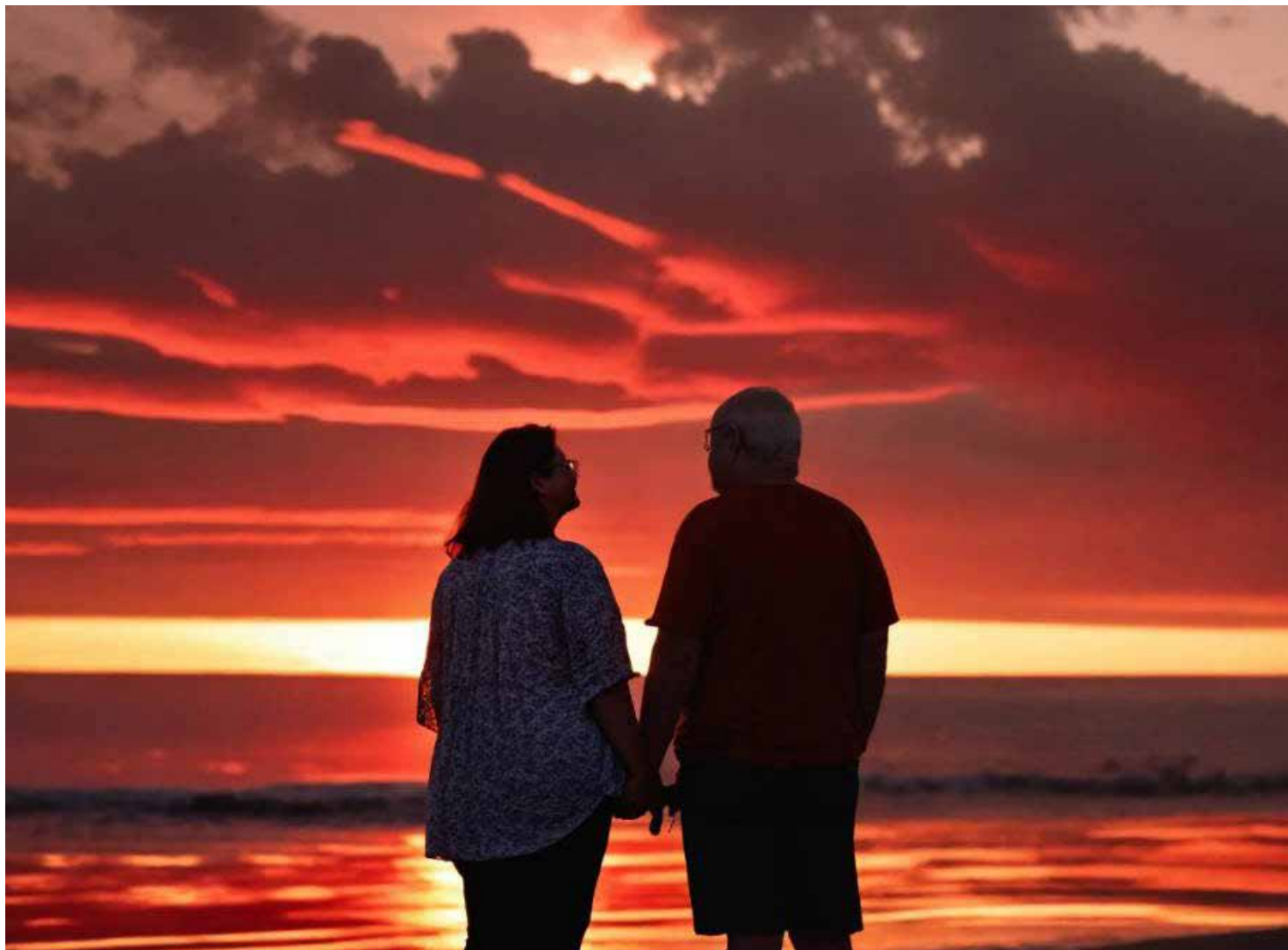
KT4 tram: Technical specifications

Length	18,1 meter
Width	2,2 meter
Height	3,1 meter
Doors	4
Speed (max)	65 km/h (40 mph)
Weight	19.900 kg
Motors	4 x 40 kW

Conclusion

The Tatra KT4 trams in Tallinn are more than just a mode of transportation; they are a moving piece of history. Their continued presence on the streets of Tallinn is a tribute to their robust design and the city's commitment to preserving its rich cultural and technological heritage. Whether you are a daily commuter or a visitor exploring Tallinn, a ride on a Tatra KT4 tram offers a unique glimpse into the city's past and present, seamlessly blending tradition with progress.





Everything You Ever Wanted to Know About Type 2 Diabetes

”How common is this disease?”

Approximately one in 10 Finns has type 2 diabetes, some unknowingly. We publish an extensive series of articles about this disease. After reading these articles, you will know absolutely everything there is to know about this. The series of articles is partly based on the article ”Good Medical Practice” published last spring by the Finnish Medical Association Duodecim.

tion Duodecim.

Prevalence and Incidence

Type 2 diabetes is rapidly increasing worldwide, affecting an ever-growing number of people. Particularly concerning is that increasingly younger individuals are being diagnosed, especially within African and Asian populations, where the disease is now seen in young people or even children.

Key Figures and Facts:

FinDM Study: In 2017, 98 people under the age of 20 were diagnosed with type 2 diabetes in Finland. This information comes from the FinDM study, which covers all diabetics identified in the healthcare registry from 1964 to 2017.

Kela Register: At the end of 2022, a total of 381,167 people in Finland received diabetes medication with special reimbursement, with 22,709 of these starting treatment in the same year. The total number

of special reimbursement rights has increased by about 2% annually from 2019 to 2022. However, the number of new special reimbursement rights has decreased since 2012 and remained stable over the past five years.

Diabetes Register: At the end of 2022, there were a total of 378,898 people diagnosed with type 2 diabetes in Finland.

Not all diabetics use medication, and not all who use medication are covered by Kela’s special reimbursement. This means the actual number of people with diabetes is likely even higher than the registers show.

Screening and Diagnosis:

Many people with diabetes are unaware of their condition. In the 2023 Health in Finland survey, 3.4% of men and 2.7% of women without a previous diabetes diagnosis had blood glucose levels indicative of diabetes. This means about one in five diabetes cases was previously undiagnosed.

Active screening with risk tests and glucose tolerance tests appears to have reduced the number of undiagnosed cases. However, between 2017 and 2023, the proportion of undiagnosed diabetes increased among elderly women.

When undiagnosed cases are included, the prevalence of diabetes among men over 20 years old was estimated at 14.1%, and among women at 10.8%. Diabetes is particularly common among the elderly: 26% of men and 23% of women over 65 had diabetes.

Risk Factors

Overweight is the most significant risk factor for type 2 diabetes. In the 2023 Health in Finland survey, the average BMI for men over 20



was 27.9 kg/m², and for women, it was 27.7 kg/m². Among men, 27% were obese (BMI over 30 kg/m²), and among women, 30% were obese.

One of the main reasons for the increase in obesity is decreased physical activity. This is especially concerning among children and adolescents, whose physical activity needs special attention.

Moreover, many psychosocial factors, such as long-term stress, sleep problems, and depression, as well as socioeconomic stressors, are linked to the development and progression of type 2 diabetes.

Commentary

The increasing prevalence of type 2 diabetes is a serious public health challenge that requires a comprehensive approach to both prevention and treatment. Preventive measures, such as increased physical activity and the promotion of healthy lifestyles, are crucial. At the same time, improving screening and diagnostics to detect and treat the disease as early as possible is essential.

HEALTH

Urban Indoor Gardening Boosts Immune System and Improves Skin Health

A recent study has found that urban indoor gardening can significantly enhance immune regulation and diversify skin microbiota. This study, conducted by researchers Mika Saarenpää and colleagues, explores how gardening indoors with microbially rich soil can positively impact health, particularly during the winter months when natural exposure to environmental microbiota is low.

Study Overview

The study involved healthy urban adults who participated in indoor gardening activities. These participants were divided into two groups: one group used a microbially rich growing medium, while the other used a visually similar but microbially poor growing medium. The participants were instructed to monitor, harvest, and consume the produce daily over a one-month period.

Key Findings

Enhanced Skin Microbiota: Participants who gardened with the microbially rich soil showed a significant increase in the diversity of their skin microbiota. This included the diversity of five bacterial phyla and one bacterial class, which are essential for maintaining a healthy skin barrier and immune function.

Improved Immune Response:

The study observed an increase in anti-inflammatory cytokine levels, specifically interleukin 10 (IL-10), in the blood of participants using the microbially rich soil. This cytokine plays a crucial role in regulating immune responses

and preventing inflammatory diseases.

No Changes in Control Group:

Participants using the microbially poor growing medium did not show any significant changes in their skin microbiota or cytokine levels, highlighting the importance of microbial diversity in gardening soil.

High Satisfaction and Adherence:

Both groups reported high satisfaction with the gardening experience and expressed a desire to continue gardening in the future. This suggests that indoor gardening is not only beneficial but also enjoyable and easy to integrate into daily routines.

Implications for Health

The study supports the hygiene and biodiversity hypotheses, which propose that regular exposure to environmental microbiota can enhance immune modulation and reduce the risk of immune-mediated diseases, such as allergies. By diversifying skin microbiota and improving immune responses, urban indoor gardening could offer a preventive approach to these health issues.

Recommendations

Given these findings, the researchers recommend the following:

Promote Indoor Gardening:

Encourage indoor gardening as a year-round activity in urban environments to boost microbial exposure and support immune health. This can be particularly beneficial in settings like kindergartens, schools, offices, and nursing homes.

Use Microbially Rich Soil:

Ensure that the soil used for indoor gardening is rich in beneficial mi-

crobes to maximize health benefits. This can be achieved by using composted soil or adding microbial supplements.

Educate on Microbial Benefits:

Raise awareness about the role of beneficial microbes in immune regulation and overall health. Providing information and resources can motivate more people to engage in indoor gardening.

Conduct Further Research:

Continue researching the long-term effects of indoor gardening on immune health and explore its potential benefits for various populations, including those with compromised immune systems.

Conclusion

The study demonstrates that urban indoor gardening can be a practical and effective way to improve health by diversifying skin microbiota and enhancing immune function. As more people become aware of these benefits, indoor gardening could become a popular and health-promoting activity in urban areas.

Original article: Urban indoor gardening enhances immune regulation and diversifies skin microbiota — A placebo-controlled double-blinded intervention study

Mika Saarenpää a b, Marja I. Roslund b, Noora Nurminen c, Riikka Puhakka a, Laura Kummola c, Olli H. Laitinen c, Heikki Hyöty c, Aki Sinkkonen b
<https://doi.org/10.1016/j.envint.2024.108705>



MUSEUMS



Museums i Vaasa closed on Monday-Tuesday

In accordance with the economic balancing program of the city of Vaasa, the city's museums will be closed on Mondays and Tuesdays from June. The change will take effect from June 1, 2024.

The museums in Vaasa affected by the change are:

Museum of Ostrobothnia
Tikanoja art home
Kuntsi Museum of Modern Art
Museum of Old Vaasa

In the past, museums have only been closed on Mondays, but now they remain closed on Tuesdays as well. This change is part of a wider program of measures aimed at balancing the economy of the city of

Vaasa. The goal is to achieve savings of around 40 million euros during the years 2024–2027.

The new opening hours of the museums from Wednesday to Sunday are as follows:

Kuntsi Museum of Modern Art: 10 a.m. to 5 p.m.
 Museum of Ostrobothnia: 10 a.m.–5 p.m.
 Tikanoja art home: 10 a.m.–5 p.m.
 Old Vaasa Museum: 10 a.m.–5 p.m. (open June 1–August 31, 2024)

The city of Vaasa regrets the possible inconveniences that the new opening hours may cause to residents and visitors, and thanks for

your understanding during the measures to balance the economy. The museums welcome everyone to visit on open days and explore the city's rich cultural heritage and art collections.

Other museums:

Vaasa War Veterans Museum:
 Summer opening hours 4.6. from Tuesday – Friday 10 – 12 and 1 – 4, Saturday 10 – 14.

Vaasa Maritime Museum:

Open
 20.5.-23.8.2024 Mon-Fri at 11:30 a.m.-6:00 p.m.

CHURCH MUSIC



Music in the Vaasa Church in summer 2024

Evening music Wed 5.6. at 19.30
 Karolin Wargh, organ and Carolina Bjon, baroque cello

Evening music Wed 12.6. at 19.30
 Mariam Junolainen, harp and Vladimir Reshetko, cello

Evening music Wed 19.6. at 19.30
 Liisa Aaltola, organ Water organ

Evening music Wed 26.6. at 19.30
 Seeli Toivio, cello and Pauliina Hyry, organ

Evening music Wed 3.7. at 19.30
 Jouni Somero, piano

Let the Road Meet You concert with three choirs Fri 5.7. at 20.00
 The concert will feature the Lapua Christian College Choir conducted by Maunu Malkamäki, MuSe from Jalasjärvi conducted by Maarja Korts and the National Choir of the Revivalist Association conducted by Petra Perttula. Program €15.

Hymns of Zion from the tower of Vaasa Church - Vaasa Brass Fri 5.7. at 22.00
 Hymns of Zion from the tower of Vaasa Church Vaasa brass conductor. Tarja Viitanen

Event: Messiah Oratory Sat 6.7. at 20.00
 Chamber Choir Canticum Maris, Vaasa Philharmonic Orchestra, soprano Iida Antola, countertenor Teppo Lampela, tenor Tuomas Miettola, bass Jussi Merikanto, bass. The work is conducted by conductor Ruut Kiiski, 8. Choir guide Tarja Viitanen. Tickets 35 €, pensioners 30 €, students and schoolchildren 10 €. Tickets in advance via Nettiket www.netticket.fi and at the door one hour before the concert starts.

Evening music Wed 10.7. at 19.30
 Loviisa Tuomisto, vocals, organ and piano Valtteri Tuomisto, baritone, countertenor, piano and organ

Ukrainian spiritual music and Orthodox hymns
 Fri 12.7. at 18.00
 Male choir music interpreted by the Ukrai-

nian vocal ensemble Canon. In the summer of 2024, the ensemble will present its new concert programme Church Music and Spiritual Songs, which consists of gems from Ukrainian church music, spiritual music and classical music. This program is a new joint musical project by Yuri Ilchuk, a prominent artist in Ukraine, soloist in Canon and the Cherkasy Regional Philharmonic. It's also a unique combination of polyphonic male vocals with a stunning lyrical baritone. The artistic director of the ensemble is Ievgen Valovenko. Free admission!

Evening music Wed 17.7. at 19.30
 Albert Sahlström, violin Saima Malmivaara, cello Isabella Pätiälä, piano

Evening music Tue 23.7. at 19.30
 Silent film Ostrobothnia with improvised music by organist Jimi Järvinen

Evening music Wed 7.8. at 19.30
 Monica Heikius, soprano Pertti Ahonen, clarinet Birgitta Forsman, organ
 Source: The Finnish Congregation

ROAD CHURCHES

Finding Refuge on the Road

Finding Refuge on the Road: A Look at Europe's Road Churches

For centuries, churches have served as places of solace and spiritual renewal for communities. But in modern Europe, a unique concept has emerged: road churches. These are churches specifically designed or adapted to welcome travelers, offering a haven for prayer, reflection, or simply a peaceful break from the journey.

Germany: The Pioneering Nation

Germany is credited with birthing the road church concept. The first one is believed to have opened decades ago in Baden-Baden, offering a pit-top for weary travelers on the Autobahn. These Autobahn chapels, as they're sometimes called, often boast distinctive architecture, creating a visually striking landmark alongside the highway.

Finland's Extensive Network

Finland has embraced the road church concept with remarkable enthusiasm. Boasting over 200 road churches scattered across the country, they provide a haven for travelers, particularly during the summer months. While some close during the winter, a dedicated few remain open year-round, offering a warm and welcoming space for all.

Beyond Borders: The Spread of Road Churches

While Germany and Finland have the most well-established networks, the concept of road churches is gradually gaining traction in other European countries. Austria, Hungary, and the Netherlands are just a few examples where you can find these traveler-friendly places of worship. Are There Road Churches in the USA? Currently, the concept of dedicated road churches isn't as widespread in



the United States. However, there are examples of churches along major highways that offer similar hospitality to travelers. Some have designated rest areas or open their doors for prayer and contemplation. Additionally, truck stops often have chapels or designated quiet spaces that cater to travelers on the road.

A Beacon for the Modern Traveler

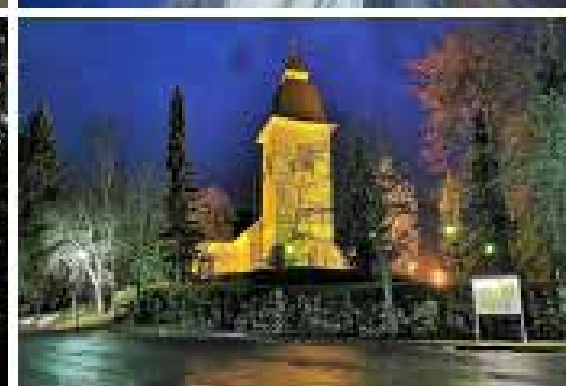
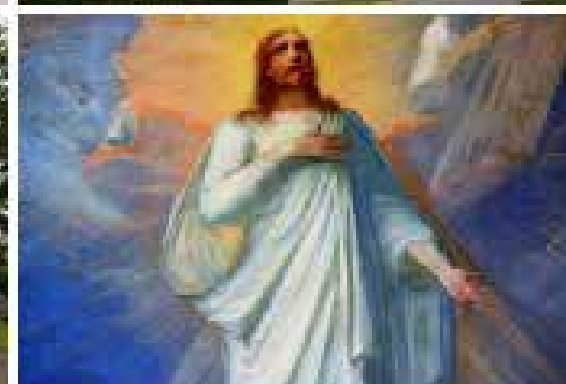
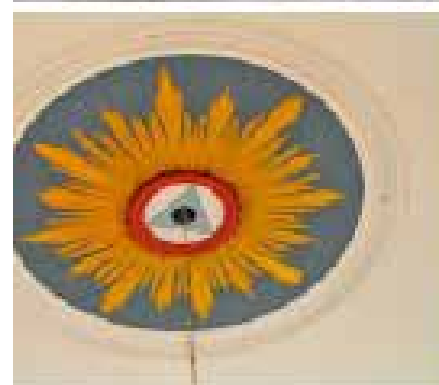
In an age of fast-paced travel, road churches offer a valuable service. They provide a place for weary travelers to find a moment of peace, re-connect with their faith, or simply appreciate a beautiful space. The unique architecture and welcoming atmosphere make them more than just rest stops; they're cultural landmarks and testaments to the enduring power of spiritual connection.

Here's how to find the Road Churches!

In Finland, more than 260 Road Churches open their doors to visitors in the summer. Many of these churches are easily accessible by following the white Road Church signs along the road-side. Before your trip, however, you should take a look at the Tiekirkot.

fi website, where you can find detailed information about road churches.

- You can search for Road Churches using the map search and selecting your own summer vacation route to see which churches fall along the way.
- You can also browse the list of Road Churches and search for churches by location or church type (wooden, concrete and stone churches). Church opening hours vary, so always check our website on the church's own page. Most churches are open from 5.6.–20.8. from 11 a.m. to 4 p.m., but some Road Churches serve visitors all year round. Churches may offer worship services as well as other events such as concerts and meditation. Finland's first Road Churches opened in the early 1990s, initially in a few churches in Northern Finland. The idea of open-door churches, which originated in Germany, has since become widespread. Both Evangelical Lutheran and Orthodox churches are involved, and new churches join every year. In addition, you can find information about Road Churches on Facebook and Instagram on account @tiekirkot. Follow Road Churches on social media and admire people's church spotting with the hashtag #tiekirkko. A road church awaits you along the way – stop and enjoy a different resting place.



Lähialueemme tiekirkkoja

ROAD CHURCH



St. Nicholas Church (Vaasa)

St. Nicholas Church in Vaasa is a stunning example of English Gothic architecture, designed by architect Carl Axel Setterberg. The church was consecrated on September 9, 1866 (according to the old calendar) in honor of St. Nicholas the Wonderworker.

Interior and Furnishings

The church's interior and furnishings are mainly donations from merchant Lisizin and church items acquired from St. Petersburg. The iconostasis was constructed based on drawings by Professor G. Solnzev of the St. Petersburg Academy of Arts. The chandelier in the church hall is a gift from the Valamo Monastery after our recent wars.

Open

Open: June 25 - August 2, 2024, Mon-Fri 11:00-16:00

Services

Tue, August 6, 2024, 10:00: Liturgy. Transfiguration of Christ. Welcome to the service!

Address

Nikolainkuja 1, 65100 Vaasa

Other Events

Mon, July 29, 2024: Korsholm Music Festival: Papa Bach and Father Mozart

Welcome to visit St. Nicholas Church and enjoy its peaceful atmosphere and beautiful architecture!



ROAD CHURCH



Oravais Church - A Historical Gem

The Oravais Church, built between 1796-97, stands as a timeless testament to Finland's rich church-building tradition. The design of the church is based on a proposal by the renowned church builder Jacob Rijf from Nykarleby, giving the building its unique architectural charm. The church underwent extensive renovations most recently from 2002-2004, helping to preserve its historical beauty for future generations.

The church's organ, delivered by B.A. Thulé, has played a central role in the church's musical life since September 1879. It was last enhanced and expanded in 1969 by Hans Heinrich from Maxmo and now features 21 stops, making it an impressive element of the church's interior.

The pulpit, crafted by master builder Natanael Rönblad from Pörtom in 1816, and the altarpiece from 1820, painted by Johan Erik Lind from Kokkola, both add to the church's aesthetic and spiritual atmosphere. The two-part altarpiece, depicting "The Institution of the Eucharist" and "The Crucifixion," provides a strong backdrop for the congregation's most important ceremony, the Holy Communion.

The church is open to visitors from July 3rd to July 21st, 2023, Monday to Friday from 12 PM to 4 PM. Current service times, held at 10 AM, 12 PM, or 6 PM, can be found on the parish's website. The church's address is Kimovägen 19, 66800 Oravais.

In addition to regular services, the church also hosts other events. Evening music in Vörå Parish takes place on Wednesdays at 7 PM from May 31st to August 16th. More information about these events can be found on the parish's website.

The Oravais Church, a wooden church designed by Jakob Rijf, continues to serve as a central place for worship and community in the Vörå parish. Visitors are always welcome to experience its rich history and partake in the life of the church.



ROAD CHURCH



Church of the Holy Cross (Hattula Old Church)

This historic church has stood on Vanajaveden beach since the late 15th century and welcomes visitors who want to immerse themselves in its medieval history, admire the vibrant murals from the 1510s, or simply seek tranquility.

The church has been an important international pilgrimage destination since the Middle Ages. It is likely that already at the beginning of the 15th century there was a wooden church on the site, and perhaps several generations of wooden churches before the current brick church was built. Although Hattula is not directly on Hämeen Härkätie, one of the old trade routes, the church could be reached via its eastern route.

Several of the church's characteristics make it unique. One of these is the unusual building material for the Middle Ages, brick, which connects the church to Hämeen linna. Brick construction at Hämeen linna probably began in the 14th century and continued until the 16th century. One of the brick sites for Hämeen linna was in Herniäinen, near Pyhän Ristin kirkko.

Opening hours and guided tours

Pyhän Ristin kirkko is open daily from May 11 to August 18, 2024, at 11–17. The church is closed during the Midsummer weekend (21–22 June 2024) and during church ceremonies. Admission is free.

Guided tours in Finnish are held daily at 11:00, 12:30, 14:00 and 15:30. The cost of a guided tour is €4 per adult and each tour holds 30 people. Advance booking is not possible, and the tours are not available for groups. Check the current times for church ceremonies on the parish website, as guided tours are not held during these times.

Church services

Mass/service is held in the church every Sunday from June 30 to August 25, 2024 at 10:00. Because of this, the first guided tour is held these days at 12:30 p.m.



ROAD CHURCH



Historic Laihia Church: An Architectural Gem of Early Neoclassicism

The Laihia Church, an architectural treasure located in Laihia east of Vaasa, stands as a remarkable example of early neoclassicism in Finland. The church, designed and built between 1803 and 1805, reflects the vision of Herman Höckert, a councilman from Vaasa, and the plans approved by the Office of the Superintendent in Stockholm in 1797.

Architectural Highlights

The church's layout features an equal-armed cross, a classic design element of neoclassical architecture. Extending from the western arm of the cross is a tall, rectangular tower. A unique feature of the Laihia Church is the small roof lantern rising from the center of the cross. Notably, this church is one of approximately twenty in Finland where the tower is adorned with a rooster.

The walls of the church are unadorned, showcasing beautifully carved logs that add a rustic charm to its interior. The church features a hipped roof with a rounded wooden vault ceiling. With seating capacity for 1,200 people, it serves as a significant gathering place for the community.

Accessibility

The Laihia Church is committed to accessibility. There is a lift located at the southern end of the church, ensuring easy entry for all visitors during events. An induction loop system is installed to assist those with hearing aids, enhancing their auditory experience during services.

For wheelchair users, the central aisle provides the best seating, offering a clear view and excellent acoustics. Additionally, chairs are available along the central aisle for those using walkers. While the main entrance houses non-accessible restrooms, accessible facilities are available at the parish hall nearby.

Visiting Information

The Laihia Church welcomes visitors during the summer from June 10 to August 2, 2024, Monday to Friday from 12 PM to 4 PM. Regular services are held every Sunday at 10 AM, providing an opportunity to experience the spiritual and historical ambiance of this distinguished wooden church.

Contact and Location



CHURCH



Views from the Tower of Kallio Church

Kallio Church, located in the Kallio district of Helsinki, is an impressive granite building. It serves as the main church for the Kallio parish (the other church being Alppila Church). Designed by architect Lars Sonck, the church exemplifies the national romantic style combined with international Art Nouveau influences. This style is characterized by the use of traditional Finnish materials, robust architectural forms, and nature-inspired motifs and colors.

This summer, the public has a unique opportunity to visit the 65-meter-high tower of Kallio Church, offering breathtaking views over all of Helsinki. On a clear day, it is even possible to see as far as Estonia, although this was not the case during our visit today.

Visits to Kallio Church's tower are available from Wednesday to Friday through a booking system, and on Saturdays by queuing between 11:00 and 17:00. The tour costs 10 euros. Access to the tower requires visitors to be at least 18 years old and not easily winded by climbing stairs.

This unique experience offers both locals and tourists the chance to see Helsinki from a new perspective and enjoy the beauty of the city from above.





ART



Mysterious moss giants take over Lasipalatsi Square

A green moss giant with skis and poles has arrived at Amos Rex's domes, ready to explore unfamiliar terrain. Wanderer sees the world as being best explored by travelling, but also with the sense of touch – especially the touch of the hand. That may be why the giant is moving two fingers across the palm of his other hand, forming the sign that means to walk or to wander.

Wanderer is one of four bright-green, giant-like figures who have temporarily set up camp in the courtyard at Lasipalatsi Square and on the terrace of Bio Rex. Kim Simonsson's (b. 1974) are about four metres high and communicate with each other through Finnish sign language. They have been acquired for Konstnämnden, which has one of Finland's most extensive private art collections.

The moss giants' long journey home passes through the centre of Helsinki
The giants – Wanderer, Collector,

Friendship and Bringer of Light – are on their way home to the forest. During the summer, they will take a break at Lasipalatsi Square, after which they will gradually continue to their final destination: a leafy forest glade at Amos Anderson's summer residence, Söderlångvik manor on Kimito Island. There they will stay permanently, gradually becoming part of the forest ecosystem.

"I had a vision of a large moss figure in the forest, so people would accidentally meet a friendly giant in the woods. That dream will now become a reality, with the four giants moving to a forest glade at Söderlångvik," Simonsson says.

The moss giants will be discoverable in the forest at Söderlångvik from spring 2025 onwards.

Simonsson describes his giants as utopian moss children. He has given each individual in the group their own specific task, with each task being equally important. One carries tools, while another has skis on his back. It is also worth paying attention to the moss giants' hands, which play an important role: they communicate with each other, and with the outside world in sign language.

Sculptor Kim Simonsson lives and works in the artists' village of Fiskars in Western Uusimaa. He has been working with ceramic moss figures for almost a decade – the moss giants are his most large-scale works so far.

The Moss Giants will be at Lasipalatsi Square 29 April–20 October 2024. The exhibition is curated by Kai Kartio.

Sign language is for everyone

Sign language is a visual language used by deaf, hard-of-hearing, and hearing people. It consists of various signs, combining facial expressions, hand body and mouth movements. Two different sign languages are used in Finland: Finland-Swedish and Finnish Sign Language, which is also used by Kim Simonsson's Moss Giants.

Spring exhibitions

Amos Rex's Spring exhibitions offer experiences for our emotions and all of our senses – the first-ever collections exhibition I feel, for now and Josefiina Nelimarkka's studio exhibition The Cloud of Un/knowing. The exhibitions are open 27 March – 8 Sept 2024. (Source: Amos Rex)



EXHIBITION



Collection manager Auli Jämsänen shows one of the exhibition's fascinating objects, the »King's Chair«



Treasures from Our Land and the High Seas: Renewed Collection Exhibition Opened at Ostrobothnia Museum on June 8th

The Ostrobothnia Museum in Vaasa, Finland will open its renewed Treasures from Our Land and the High Seas collection exhibition on June 8th. The exhibition showcases the diverse collection amassed by Vaasa couple Karl and Elin Hedman, encompassing local cultural heritage from Ostrobothnia as well as foreign and domestic art treasures, silver, and ceramics.

Karl Hedman was a wealthy businessman and art collector who gathered objects for his collection not only

from Ostrobothnia but also from around the world. The exhibition features items such as porcelain made in China, furniture, clocks, and musical instruments from Sweden, and objects crafted by local artisans, including Mårten Hammarström's pewter mugs and pitchers and paperweights from the Benvik ceramics factory.

The exhibition offers a unique glimpse into the wealth of the coastal region during the 18th and 19th centuries and how, thanks to maritime trade, valuable objects from around the world arrived in the Ostrobothnia region. The exhibition also features some original display groups that have been restored, allowing visitors to get a sense of how the co-

llector himself designed the exhibition, free from chronology, taking into account aesthetic considerations.

Curator Auli Jämsänen from the Ostrobothnia Museum says: »A few other original display groups have also been restored for the exhibition. With their help, visitors can get a feel for how the collector himself designed the exhibition, free from chronology, taking into account aesthetic considerations.«

The Treasures from Our Land and the High Seas exhibition will be open at the Ostrobothnia Museum from June 8th, 2024. The exhibition is definitely worth seeing for anyone interested in Ostrobothnia's history, culture, and art.



HEALTH

Female Doctors Cure Patients Better?

In a groundbreaking study published in the *Annals of Internal Medicine*, researchers have shed light on a fascinating trend in healthcare: patients treated by female doctors tend to have better outcomes compared to those treated by male doctors. This finding is significant, particularly as it highlights the nuanced ways in which gender can influence medical care and patient health.

Study Overview

The study, conducted by a team of esteemed researchers including Atsushi Miyawaki, MD, PhD, Anupam B. Jena, MD, PhD, Lisa S. Rotenstein, MD, MBA, MSc, and Yusuke Tsugawa, MD, MPH, PhD, analyzed Medicare claims data from 2016 to 2019. This large-scale retrospective observational study included a 20% random sample of fee-for-service beneficiaries hospitalized with various medical conditions, focusing on outcomes such as 30-day mortality and readmission rates.

Key Findings

The study examined 458,108 female and 318,819 male patients, with 31.1% of female and 30.6% of male patients treated by female physicians. The primary outcomes revealed that both female and male patients had lower mortality rates when treated by female physicians. However, the benefit was notably more pronounced for female patients.

Female Patients: The adjusted mortality rates for female patients tre-

ated by female physicians were 8.15%, compared to 8.38% for those treated by male physicians. This translates to an average marginal effect (AME) of -0.24 percentage points, which is statistically significant.

Male Patients: For male patients, the adjusted mortality rates were 10.15% for those treated by female physicians versus 10.23% for those treated by male physicians, with an AME of -0.08 percentage points. While this indicates a slight improvement, it is not statistically significant.

The patterns were similar for readmission rates, further underscoring the potential benefits of care provided by female physicians.

Significance of the Findings

These findings prompt a deeper exploration into why female physicians might be achieving better patient outcomes. Potential factors could include differences in communication styles, adherence to clinical guidelines, or even a more patient-centered approach to care that female doctors might employ.

Communication and Empathy: Studies have shown that female doctors often spend more time listening to their patients and are more empathetic. This can lead to a better understanding of patient needs and more tailored treatments.

Adherence to Guidelines: Female physicians are often found to be more diligent in following clinical guidelines, which can improve patient outcomes by ensuring that the best practices are consistently applied.

Patient-Centered Care: Female doctors may be more likely to engage in shared decision-making with their patients, fostering a collaborative environment that can lead to better health outcomes.

Broader Implications

The implications of these findings are far-reaching. For healthcare institutions, this research suggests that fostering a diverse workforce and supporting female physicians can have a tangible positive impact on patient care. It also highlights the importance of considering gender dynamics in medical training and professional development.

Limitations

It's important to note that the study's findings may not be generalizable to younger populations, as the data was derived from Medicare beneficiaries, who are typically older. Further research is needed to determine if these trends hold true across different age groups and healthcare settings.

Conclusion

The study's conclusion is clear: patients, particularly women, experience lower mortality and readmission rates when treated by female physicians. While the exact reasons behind these improved outcomes require further investigation, this research underscores the critical role that female doctors play in enhancing patient care. As the healthcare industry continues to evolve, these insights should inspire efforts to support and empower female physicians, ultimately benefiting patients nationwide.



TRAFFIC



New Kaisantunneli tunnel opened for cyclists and pedestrians in Helsinki

The new Kaisantunneli tunnel in the heart of Helsinki opened its doors to cyclists and pedestrians on Sunday 4 May 2024, just in time for the start of National Cycling Week. The approximately 220-metre-long tunnel runs under the railway yard of Helsinki railway station and connects Kaisaniemi Park with Oodi and Kansalaistori square. In the old days, the cycling distance between these points south of the railway station was 600 metres. And at several traffic lights we had to wait.

The tunnel has been designed especially with the needs of cyclists in

mind, but it is also possible to walk through it. It has its own bike lane, a bike lift and a parking space for about a thousand bikes called the Bike Garage. However, this is not yet open. In the future, a bicycle repair shop will also be located in Pyörätalli.

For pedestrians, the tunnel offers an unobstructed and easy access to Kaisaniemi Park and Oodi. Stairs have been built at the Oodi end of the tunnel to access the train platforms. 40 bike frame locking racks have also been built on the Kaisaniemi park side.

The construction of the Kaisantunneli has taken three years and its costs have risen from the original EUR 25 million to EUR 32 million. However, the project has gone according to plan and there have been no disruptions in traffic.

The new Kaisantunneli tunnel is a significant improvement to the traffic system in the heart of Helsinki, and it will certainly make it easier for cyclists and pedestrians to move around.

Map: © OpenStreetMap kartoittajat



ART EXHIBITION



Nina Kokkinen. IMAGE: Noora Lehtovuori

Nina Kokkinen Presents Eastern Spirituality at Tikanoja Art Museum

Researcher Nina Kokkinen will present Eastern spirituality at Tikanoja Art Museum on June 16. During the event, two guided tours will be offered: one in Finnish at 1 PM and one in English at 2 PM.

Kokkinen, who is affiliated with the Donner Institute, curated the exhibition based on her extensive research project on Finnish artists' perceptions of the "mystical East." She has particularly studied Akseli Gallen-Kallela, Pekka Halonen, and Hugo Simberg, who were already deeply interested in esoteric spirituality at the end of the 19th century.

The exhibition at Tikanoja Art Museum also highlights works by female artists such as Eva Bremer, Meri Genetz, Ilona Harima, and Lyyli Visanti, with a particular focus on Bremer. Some of these works are part of Tikanoja's own art collection.

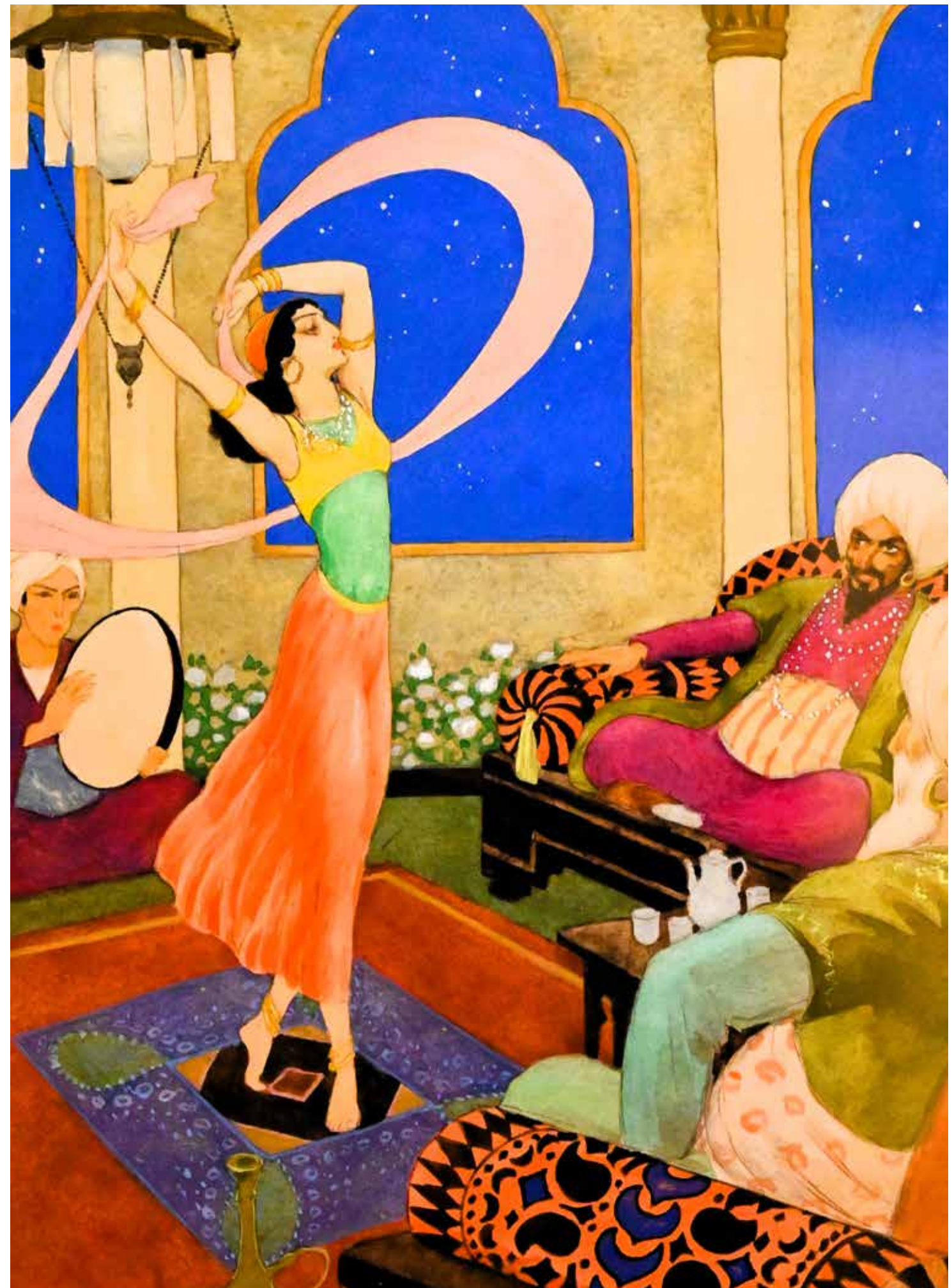
Nina Kokkinen's research has resulted in several academic books, including "Riches of the Spirit – Esotericism and the Finnish Art World 1890–1950" (Parvs, 2020) and "Modern Esotericism and Occultism in Finland" (Vastapaino, 2020). She has also been awarded the Edvard Richter Prize.

Kokkinen has previously curated several

exhibitions, including "The Eye of the Soul," which dealt with clairvoyance and was displayed at the Gallen-Kallela Museum and Tikanoja Art Museum in 2019–2020. She has also served as the editor-in-chief of the journal Tahiti – Art History as a Science.

The guided tours, included in the museum admission fee, will take place on Sunday, June 16, 2024. Tikanoja Art Museum is open from Wednesday to Sunday, 10 AM to 5 PM.

The exhibition features a wide selection of cultural and historical artifacts and about one hundred artworks from the late 19th century to the present day.



Rudolf Koivu (1890-1946)

BIOGRAPHICAL BIBLIOGRAPHY

**Jane Trygg-Kaipainen -
Monipuolinen vaikuttaja ja luova
tahtonainen**

NAISTEN ÄÄNI Suomi Finland 100

Kuuntele

Jane Trygg-Kaipaisen elämää ohjaa voimakas vaikuttamisen tahto ja epäkohtien korjaaminen.

Lapsuus

Jane on syntynyt Sakari Topeliuksen päivänä Heidekenillä, eli hän on aito turkulainen. Hänen syntymäkotinsa oli Raunistulassa. Isä oli monen sukupolven turkulainen. Äiti oli syntynään Oulun seudulta. Isä oli sotilapsena ensin Tankassa ja sitten Ruotsissa. Äiti muutti lapsena äitinsä kanssa Ruotsiin. Vanhempien taustan vuoksi perhe koki aina olevansa pohjoismaalaisia. Jane sai viettää yhden kesän Ruotsissa isoäidin



Eeva Kauppi, a well known psychiatrist from Vaasa

Women's Voice ("Naisten Ääni") project: Stories of a thousand women added to the biographical library

Women's Voice project: Stories of a thousand women added to the biographical library At least 50 stories related to Vaasa!

The history of Finnish society and culture has largely been built on people's actions and influence, but the role of women in this story has often been neglected. The actions, influences and life experiences of women have been surprisingly little recorded in the collective memory. To change this, the Women's Voice project has been born, which aims to make women's stories and influence part of the Finnish historical narrative.

The Women's Voice online publication, launched in 2017 to celebrate the 100th anniversary of Finland's independence, is part of the effort launched by the Finnish Women's League to produce extensive material on the lives of Finnish women and their impact on society. At the heart of the project is the desire to produce and disseminate

information about what women have done, how they have contributed to the development of society, how they have lived and how they have overcome life's challenges.

In spring 2024, the thousandth biography was published, and many more have been added since then. At least fifty stories tell about women from Vaasa or women whose lives are connected to our city.

Mention should be made of a few well-known Vaasa residents whose biography can be found in the Women's Voice library: Irma Rewell, Ritva Hyöky, Eeva Kauppi, Alexandra Frosterus-Sältin, Rosina Heikel,

Diverse participation in the online publication is welcome, and national, local and family women are welcome to participate. The aim is to highlight different stories and experiences: everyday heroines, those who have toiled in organisational work, visible and invisible, loud and silent. We want to compile material that reflects the diverse contribution of Finnish women to society and culture.

You can write new biographical articles for the Women's Voice online publication or copy previously published articles in the journals of women's organisations, as long as the original publisher has permission to republish. In addition, we challenge organisations and individual citizens to participate in collecting and documenting women's stories in their own communities. The aim is to make the Women's Voice project a show of women's strength and at the same time create a unique set of data on the lives of Finnish women.

The Join us page contains more thoughts and ideas on how each of us can participate in the Women's Voice project and make the stories of Finnish women more visible and meaningful. Join us and help us tell the unforgettable stories of Finnish women! The Women's Voice library is online permanently and will also serve researchers for decades to come – or centuries!

Here you can find the Women's Voice biographical library:

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

Alexandra Theodora Frosterus-Sältin, unohdettu vaasalainen taiteilija


NAISTEN ÄÄNI Suomi Finland 100

Kuuntele

Kuka on Suomen tunnetuin ja samalla unohdettuin naispuolinen taiteilija? Kenen teoksia miljoonat suomalaiset ovat ihastelleet yli sadan vuoden ajan? Kuka vaasalainen taiteilija on ollut unohdettu kymmenien vuosien ajan ilman, että Vaasassa olisi ainotakaan muistomerkkiä tai patsasta hänelle, puhumattakaan siitä, ettei kaupungissa ole yhtään hänen mukaansa nimettyä katua? Kuka on taiteilija, jonka terveyttä edistävää piirustuksia koululaisemme ovat katselleet 120 vuoden ajan? Kuka naispuolinen taiteilija on inspiroinut Eppu Normaalin koskettavaan lauluun "Murheellisten laulujen maa"? Kuka on vaasalainen taiteilija, jonka piirustukset olivat osasyynä siihen, että Suomessa oli historian alussa kieltolaki? Kuka on vaasalainen taiteilija, jonka taulu on presidentin kansliassa? Tämä kuuluisa taiteilija on tohtori Alexandra Theodora Frosterus-Sältin.

Lapsuus

Alexandra Frosterus syntyi 6. joulukuuta 1837 Inkoossa. Hänen vanhempansa olivat teologian professori Benjamin Frosterus ja Wilhelmina Sofia af Gadolin. Benjamin Frosterus oli syntynyt Pudasjärvellä 28. huhtikuuta 1792. Kalajoen kirkkoherran Johan Frosteruksen ja tämän ensimmäisen vaimon Marian Westzyntiuksen poikana. Robert Frosterus, Kuopion ensimmäinen piispa, oli hänen velipuolensa. Benjamin Frosterus väitelti teologiassa vuonna 1821 ja vihittiin papiksi 1824. Hänestä tuli kirkkohistorian professori vuonna 1829. Benjamin muutti perheineen 1. toukokuuta 1838 Vaasaan. Hänestä tuli silloiselta nimeltään Mustasaaren ja Vaasan seurakunnan kirkkoherra. Alexandra vietti lapsuutensa Hagan pappilassa. Talo seisoo edelleen samalla paikalla lähellä Vanhaa Vaasa ja toimii nykyään Vaasan ruotsinkielisen seurakunnan edustustilana.



Alexandra Theodora Frosterus-Sältin 1860-luvulla (Museolaitos, kuva väritetty)

Alexandra Frosterus-Sältin, an artist from Vaasa

Pali-Maja, Marie Johansdotter Berg - Skrev första dikten om alkoholens negativa sidor

NAISTEN ÄÄNI Suomi Finland 100

Kuuntele

Marie Johansdotter Berg, känd under sin pseudonym Pali-Maja, föddes den 10 december 1784 i Pali, en gårdsgrupp vid Österlandsvägen i Pörtom. Hennes far, Johan Hansson Uppgård, hade flyttat till Pörtom från Pjelas i Närpes, sedan han gift sig med Maria Greta Uppgård och därmed blivit ägare till hälften av ett hemman med namnet Uppgård. Då hemmanet skiftades fick familjen flytta till en äng med namnet Pala eller Pali, ett namn som lever kvar ännu i vår tid. Familjen hade 14 barn, varav 9 klarade sig till vuxen ålder. Isak Smeds berättar om familjen i den diktbok som publicerades år 1882: "Alla barnen var utrustade med klokt huvud och lyckliga anlag att lära allt vad som föll dem i hägen."

Hon avled den 11 oktober 1867 i Närpes. Hon var på sin tid den mest produktiva kvinnliga poeten i vårt land. På sin tid var hon en av de mest aktade personerna i Närpesnejden. År 1882 publicerades en bok innehållande de dikter som återfunnits och i förordet till denna skriver lektor Isak Smeds från Petalax: "Den skaldinna, vars visor otvivelaktigt allmännast sjungas över hela Österbotten och vilken jag i barndomen i min hembygd hört med så stor beundrad och aktning omtalas."

Pali-Maj måste nog ha varit väldigt begåvad, för redan som 18-åring blev hon "skolmästarinna" och i den rollen handhade hon undervisningen av barn i många byar i Närpes. Redan som 18-åring började hon skriva dikter. Som 20-åring besökte hon Stockholm, en resa som gick med båt från Närpes. Hennes medresenärer lär ha betecknat henne som en "sångfågel".

År 1814 födde hon en son vars far var Mats Matsson Snickars från Normäs i Närpes. På den tiden var utomäktenskapliga förbindelser både skamliga och olagliga. Hon fick sota för detta "brott" med böter, men värre var att hon fick lida för sitt skamfilade anseende resten av sitt liv.



Pärmbilden till den diktsamling med Pali-Majas dikter som utgavs år 1882

Pali-Maja, a poem writer from Pörtom, in Swedish

**And here You find the library:
<https://www.naistenaani.fi/>**

LIBRARIES

New national E-library: Expectations and reality far apart

The long-awaited nationwide E-library has finally opened, but it does not live up to expectations at all. The selection of books is very limited and many languages are completely missing. Logging in is difficult and apparently requires online banking credentials every time. The service does not yet correspond at all to the possibilities offered by ordinary libraries.

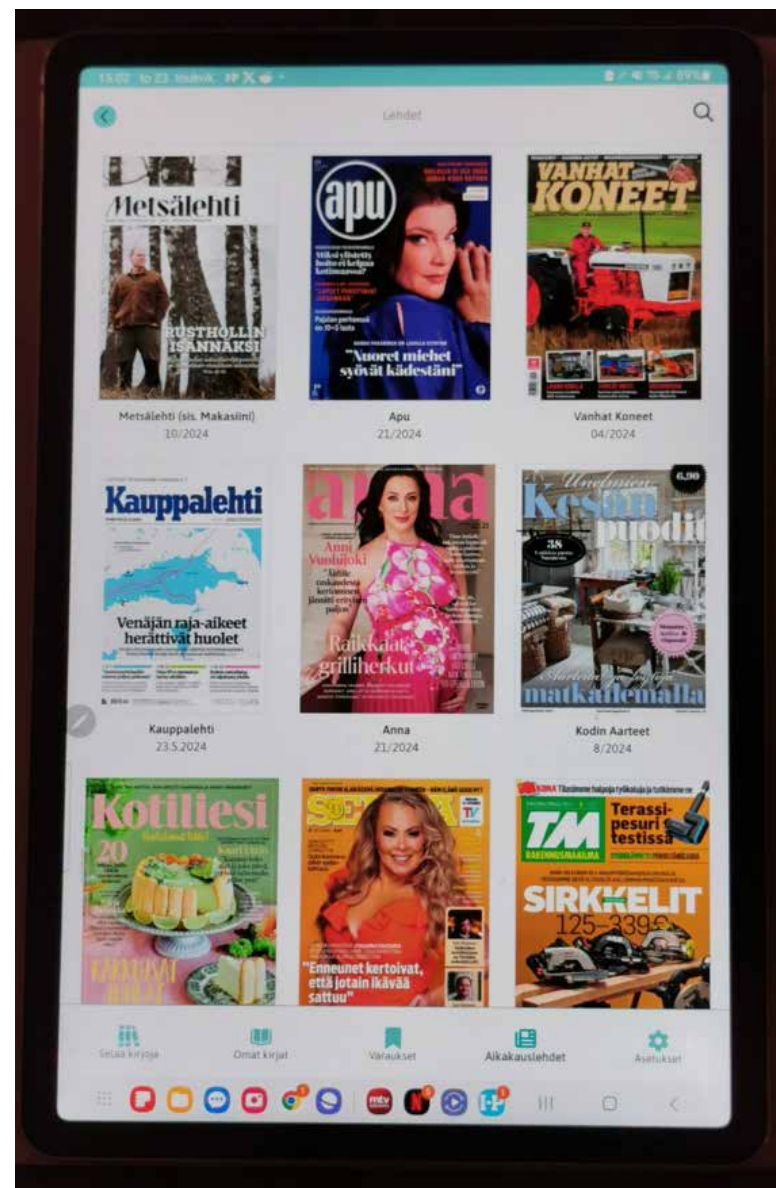
Lack of books and limited selection

There are only hundreds of books in the library, which corresponds to only a small part of the shelves of a real library. The selection of books is also very limited, and there are only a few dozen books in Swedish. It is understandable that many Swedish-speaking municipalities are not involved in the project, but that does not make the service nationwide.

Usage problems and limited availability

Logging in to the e-library is difficult and requires bank codes or something similar every time. A better option would be to have one-time credentials, after which the user would receive automatic access. The only function that succeeds smoothly is the press side. There are several magazines and daily newspapers available, such as Apu Anna, Seura and many hobby magazines, such as TM and MikroBitti. The daily press is published in Kauppalehti and The future of rural areas. The range is nowhere near the level of Press-reader.

About 15% of Finns cannot access the e-library even by paying. This is shameful when talking about nationwide service. Of course, the service is free of charge for everyone else.



Finnish magazines in the new e-library

Lack of additional features

The e-library does not have many of the features that regular libraries offer. For example, there will be no notification of the end of the loan period, and the number of reservations is limited. It can also be difficult to find your favorite books, as not all books are available.

The loan period is 2 weeks. Should we try the Archive.org method in Finland that the loan period is one hour, i.e. you can read the book when you have time, and then borrow it once when it's time? With a short loan period, books would suffice even with a

limited number of books.

The nationwide e-library is disappointing. It does not live up to expectations and is usable only within certain limits. Hopefully, the service will develop in the future and better meet the needs of Finns. The impression is that this has been opened completely unfinished,

The driving force behind the e-library is the National Library of Finland in cooperation with public libraries.

By the way, the other services of the National Library of Finland are world-class. Hardly any other country has such comprehensively digitised historical newspapers and books as Finland,



The National Library of Finland is one of Finland's most important institutions. The monumental building of the National Library of Finland is located opposite Helsinki Cathedral. And we can be sure that the National Library of Finland will get a working version of the E-library for us.



SPORT

Kaleva Games in Vaasa 27-30.6

Vaasa prepares for the Kaleva Games: Karlsplan is being prepared for competition



Kaleva Competition 2018 - 3000 m, Jyväskylä

From left to right: Sandra Eriksson, Camilla Richardsson, Astrid Snäll, Linnea Harala, Lotta Mäkinen, Emma Hakala, Hilikka Kontro, Pihla Hokkanen, Amanda Virtanen, Oona-Mari Hakulinen, Mona Af Forselles, Janna Hautala.

Image Tuomas Vitikainen. Wikimedia Commons.

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The Finnish Athletics Championships, Kalevan, will take place in Vaasa on 27–30 June 2024, according to a press release from the city. It is one of Finland's leading national sports events, and the City of Vaasa has been preparing for the event for several years.

The Kaleva Games are expected to attract about 20,000 visitors to Vaasa.

The implementation of the event requires significant cooperation from the sports clubs in the region. The main organizer is Vaa-

sa Sports Society in cooperation with Palosaaren Urheiluseura, Vaasan Toverit, Vaasan Vasama, Vähänkylän Viesti and IF Femman. Mika Lehtonen, Head of Sports Activities, says that the City of Vaasa has started preparing for the event already several years ago.

One of the most visible improvements is the installation of a new scoreboard at Karlsplan, which replaced the old one last year.

"The new digital scoreboard is a 14.7 x 5.8 metre LED screen, where we can show, in addition to results, live broadcasts from the pitch and replays in slow motion. The old painting was mechanical," says Lehtonen.

"It's quite cold in the main stand because it's in the shade. The glass walls will reduce the draught and wind, Lehtonen explains.

The running tracks on the pitch will be washed and the lines will be repainted. In addition, minor repairs will be carried out across the entire plan, and old power and data cables will be replaced with new ones.

The equipment and equipment on the pitch must also be in good condition for the competition.

"We update equipment such as javelins, bullets, crossbars and scaffolding. After the Kaleva Games, everyone who uses the pitch will be able to benefit from the new equipment, Lehtonen says.

The event will have a significant impact on traffic, and temporary traffic arrangements and parking areas have already been planned for a long time. More information on this will be provided closer to the event.

The Kaleva Games also extend beyond Karlsplan.

"The women's and men's walking competitions will take place on the new pedestrian and cycling track in the beautiful seaside environment of Onkilahti," says Lehtonen.

The Kaleva Games will feature both top national athletes and promising young talents. The competition takes place between the European Championships and the Olympic Games, so it is possible that we will also see Finnish medalists from the European Athletics Championships in Rome at Karlsplan.

"We hope that the people of Vaasa will mark the Kaleva Games on their calendars and gather in large numbers to follow the competitions," says Lehtonen.

RUSSIA'S UNPROVOKED ATTACK ON UKRAINE

The G7 Summit's Key Result for Us Is More Air Defense Systems for Our Cities – Address by the President Volodymyr Zelensky



13.6.2024

Dear Ukrainians!

I have just had a meeting with President Biden, a good meeting, a useful one. Throughout these days, I have been in touch with our military, with a daily report from the Commander-in-Chief, and constant reports from the Minister of Defense, other government officials, and intelligence about the situation at the front, in the main directions in our Donetsk and Kharkiv regions, the needs of our warriors, and the details of supplies.

Today, almost all our meetings here – at the G7 Summit, and on the sidelines of the Summit – are focused on what our military is saying, on our needs and our capabilities right now, if the supply is sufficient and timely. With all the leaders, we are talking about speeding up the delivery of the announced packages to Ukraine. In particular, we have just talked about this with President Biden. Today, I also spoke with Justin Trudeau, the Prime Minister of Canada, about the new support – thank you, Jus-

tin! I also had a meeting with Rishi Sunak, the Prime Minister of the United Kingdom, and it will also contribute to the supplies. And a meeting with Fumio Kishida, the Prime Minister of Japan. I also had a good meeting with Giorgia Meloni, the President of the Council of Ministers of Italy. Thank you, Giorgia, for this meaningful summit and for all your support for Ukraine – for Ukrainians, for the protection of our children and families in Ukraine, all those whose lives are under attack from Russian terror.

The key result for us is that there will be more air defense systems for our cities. "Patriots" is practically a Ukrainian word now. There will also be more equipment and other necessary supplies for the front. Decisions have been made regarding the use of Russian assets for the benefit of Ukraine, with the G7 taking a significant first step regarding \$50 billion. Thank you!

We have already signed seven security agreements with all G7 countries. In total, seventeen agreements have already been signed, and we are preparing to sign another ten.

Today, I had a meeting with the IMF Managing Director to discuss support for our state, our institutions, and our society, of course. I am grateful for the understanding. I also had a very inspiring meeting with the President of the World Bank. We discussed, among other things, support for our energy sector, access to the necessary funds for people, companies, and government institutions to restore destroyed energy capabilities and build new ones. I am grateful to the World Bank and personally to its President for the willingness to work on this.

And I would like to thank all our partners today for supporting the Peace Summit and helping to engage leaders and states. Together, the world can definitely restore justice and a just peace. We are doing everything for this. The day after tomorrow the inaugural Peace Summit will take place where we will take the first real step towards a just peace.

Glory to Ukraine!

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Bertel Gripenberg, 1927

The Far-away house.

Far away, far away from the worlds foul fray
in the wood, in the wild, wide wood
far away, far away once my homested lay,
my lonely house once stood.

In silence and night, in sunshine and light,
in the days with the golden feet,
in darkness and frighl, in sorrow and plighl
this house was my home, my retreat.

And all my löst years, all the days I hal are gone,
still hover about thal lone house,
my far-away home, thal dreams still alone,
whcre the echos my löst years arouse.

Far away, far away now my footsteps may stray
but my thoughts and dreams linger there,
far from struggle and fray all my soul slill will slay
in that lost, that enchanted sphere.

Bertel Gripenberg: A Traditionalist Poet with a Controversial Legacy

Bertel Gripenberg (1878-1947) was a prominent Finnish-Swedish poet during the early 20th century. While renowned for his formal and technical skills, he held traditional and re-actionary views on poetry and society, making him a controversial figure even in his own time.

Gripenberg's early work, exemplified by collections like "Vida vägar" (1904) and "Galler-grinden" (1905), consisted of passionate love poetry, considered daring for its time. His sub-sequent period, often regarded as his strongest, saw a shift towards ethical themes, evident in works like "Aftnar i Tavastland" (1911).

The Finnish Civil War of 1918 profoundly impacted Gripenberg, inspiring works like "Un-der fanan" (1918), which glorified the war and demonized the Red opponents. This, coupled with his anti-democratic and anti-populist stance, solidified his position as a controversial figure.

Gripenberg continued to publish poetry collections throughout his career, including "Sista ronden" (1941). In 1925, he released "Den hemliga glöden" (under the pseudonym Åke Erik-son), a parody of modernist poetry that inadvertently revealed new facets of his own work.



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



HOROSCOPE FOR JUNE 2024

Gemini (May 21 - June 20):
This month, Gemini, your social calendar will be busier than a mosquito at a nudist colony. But beware! Your charm might be as effective as using a feather to swat a fly. Focus on quality over quantity, or you'll end up feeling drained like a phone with low battery.

Cancer (June 21 - July 22):
Cancers, June is your month to shed your shell and embrace your inner hermit crab. Find a cozy corner, stock up on snacks (and maybe some tissues for those sad rom-coms), and recharge your emotional batteries. The world can wait – besides, it's probably full of drama anyway.

Leo (July 23 - August 22):
Leos, your mane might be feeling a little flat this month. Don't worry, it's not permanent. Just a temporary case of the "nobody's-looking-at-me" blues. Channel your inner Beyoncé and strut your stuff anyway. You might be surprised at the attention you get (even if it's just a squirrel stealing your sandwich).

Virgo (August 23 - September 22):
Virgos, your organizational skills will be tested this month. Expect unexpected detours, missing socks, and printers that decide to take a permanent vacation. Take a deep breath and remember, sometimes the best plans are the ones that get thrown out the window (just like that sock you'll never find).

Libra (September 23 - October 22):
Libras, your indecisiveness will reach epic proportions this month. Don't worry, the universe has a plan for you (probably involving a giant coin toss). Embrace the spontaneity and see where the wind (or a rogue shopping cart) takes you.

Scorpio (October 23 - November 21):
Scorpios, your mysterious aura will be so strong this month, people might mistake you for a secret agent (or a suspicious raccoon). Use this power wisely – maybe you can finally negotiate that raise you've been wanting. Just remember, with great power comes great responsibility (like remembering to buy groceries before your fridge becomes a crime scene).

Sagittarius (November 22 - December 21):
Sagittarius, your adventurous spirit might lead you down some questionable paths this month. Think twice before bungee jumping off your balcony with a bedsheet as a parachute (it's not a good look, trust us). Channel your inner explorer in safer ways – try a new restaurant, pick up a new hobby, or finally learn how to fold a fitted sheet (seriously, how do people do that?).

Capricorn (December 22 - January 19):
Capricorns, your work ethic will be on overdrive this month. You'll be a productivity machine, churning out tasks faster than a hamster on a wheel. But remember, even machines need to cool down occasionally. Take some time for yourself, or you might just burn out faster than a candle in a hurricane.

Aquarius (January 20 - February 18):
Aquarius, your quirkiness will be on full display this month. Embrace your individuality, even if it means wearing mismatched socks and talking to pigeons (we won't judge, maybe). You might just inspire others to break free from the mold and be their true, weird selves.

Pisces (February 19 - March 20):
Pisces, your head might be in the clouds this month. Don't worry, it's not a sign of laziness, it's just your artistic spirit taking flight. Use this dreamy energy to create something beautiful – a painting, a poem, or even a masterpiece out of leftover pizza (hey, we don't judge creativity!).

Aries (March 21 - April 19):
Aries, your competitive spirit will be running high this month. You'll be ready to tackle any challenge, even if it's just a race to the finish line at the grocery store. Just remember, winning isn't everything. Sometimes, the best victories are the ones you share with friends (like splitting the last bag of chips).

Taurus (April 20 - May 20):
Taurus, your love of comfort will be at an all-time high this month. Don't expect to find you anywhere but your couch, surrounded by snacks and reruns of your favorite show. Recharge your batteries and enjoy some well-deserved relaxation. Just remember, eventually, you'll need to get up for air (and maybe to refill

HUMOR ONE HUNDRED YEARS AGO

A DOCTOR'S PRESCRIPTION.

An English doctor claims that his countrymen eat too much meat. As a morning snack, he recommends: A cup of tea, a cutlet and a dog, which eats the cutlet.

ABSOLUTELY TERRIBLE.

A little boy was always pestering his mother with questions, a habit that little boys often have. One day he wanted to know why men are so often bald. It is because they have so much work that their brains are getting tired, replied the mother patiently. Then I also know why the women don't have beards, exclaimed the hopeful little one delighted. Why then, my dear boy? asked the mother in surprise. Because they have so much work to do with their mouths, they talk all the time, was the surprising answer.

AFTER THE LETTER.

The newlywed husband:
—But dear, little one, this pudding is full of eggshells.
The young lady:
—Yes, I have also used four eggs.
The man;
—But
Wife:
—It's not a "but" at all, because it's clearly stated in the cookbook: Then you take four whole eggs.

TERRIBLE VIEWS.

Little Greta comes to her mother one day and says that her schoolmates said that her father and mother are going to divorce and she will be divided!

WOMEN'S CLOTHING

Nothing dresses a woman better than nothing.

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, boohää, 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.

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 tomb bottles to buy?'

PELLES' PHILOSOPHY

Pelle (who was hit by his mother); "Think father, how we would have had a good time and been allowed to do as we pleased, if you had not married mother!"

PUTTE WANTS MEDICINE FROM GRANDMA

MODERN: "But, Putte dä, why do you only want medicine from grandma and not from me?"
PUTTE: "Well, you know, mom, grandma's hand shakes so!"

What house is this?



Last weeks house:
Funkkis

PhotoScetch

This weeks astronomical picture:



Pluto

NASA's New Horizons spacecraft captured this high-resolution enhanced color view of Pluto on July 14, 2015. The image combines blue, red and infrared images taken by the Ralph/Multispectral Visual Imaging Camera (MVIC). Pluto's surface sports a remarkable range of subtle colors, enhanced in this view to a rainbow of pale blues, yellows, oranges, and deep reds. Many landforms have their own distinct colors, telling a complex geological and climatological story that scientists have only just begun to decode. The image resolves details and colors on scales as small as 0.8 miles (1.3 kilometers).
NASA / Johns Hopkins University Applied Physics Laboratory / Southwest Research Institute
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Next week:



From our readers

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

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