

# VAASA DAILY

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Вітаємо всіх українців у  
Ваасі! Сподіваємося, вам тут  
сподобається і навіть залишитеся  
після закінчення війни в Україні! ▲  
warm welcome to all Ukrainians in Vaasa! We  
hope you will enjoy yourself here and even  
stay after the war in Ukraine is over!

**Risk for MPox in  
Finland is very  
very low**

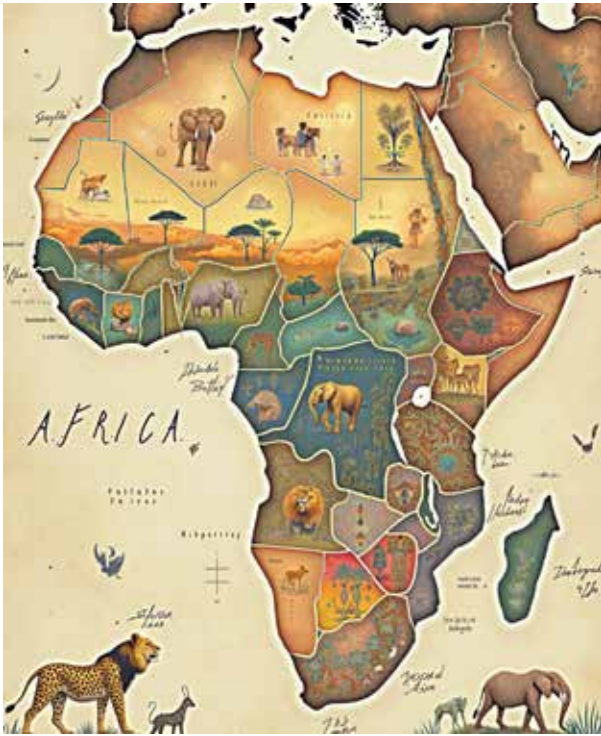
**TYPE II DIABETES  
CAN BE CURED!**

**A Miniature  
Town will be  
opened at  
Aug 29, 2024**

**HERE WE ARE:  
[vpress.ovh](http://vpress.ovh)**

**34**  
**informative  
pages**

## Risk in Finland is low – but Africa needs help



The recent declaration by the WHO Director-General of a public health emergency of international concern (PHEIC) due to the upsurge of mpox in the Democratic Republic of Congo (DRC) and neighboring countries is undoubtedly a cause for global attention. While this news might spark concerns among the Finnish public, it is crucial to maintain perspective. The risk of mpox spreading widely in Finland remains exceptionally low.

Finland boasts a robust healthcare system, excellent public health infrastructure, and a population with a high level of hygiene awareness. These factors significantly mitigate the potential for a widespread outbreak. Moreover, the transmission patterns of the current mpox outbreak in Africa differ considerably from the previous global outbreak. The primary mode of transmission in

the current situation is through close contact, which is less likely to occur in Finland's social and cultural context. However, this does not diminish the gravity of the situation in Africa. The continent is facing a severe health crisis, and the declaration of a PHEIC is a clear call to action for the international community. The rapid spread of a new mpox strain, coupled with the already existing burden of other mpox clades, highlights the urgent need for coordinated global efforts to contain the outbreak.

Finland, as a responsible member of the international community, should play its part in supporting the response to this crisis. Offering financial assistance to WHO and other international organizations working on the ground is essential. Additionally, sharing

expertise and resources in disease surveillance, contact tracing, and public health communication can be invaluable. Ultimately, the focus must be on supporting the people and countries most affected by the mpox outbreak. Africa needs our help now more than ever. By working together, the global community can overcome this challenge and prevent future outbreaks.

It is important to remember that while the immediate risk to Finland is low, the world is interconnected. Emerging infectious diseases can spread rapidly, and prevention is always better than cure. Therefore, maintaining a vigilant approach to public health surveillance and preparedness is crucial. By staying informed and following the guidance of health authorities, the Finnish public can

contribute to a safe and healthy environment for everyone. Ultimately, the focus must be on supporting the people and countries most affected by the mpox outbreak. Africa needs our help now more than ever. By working together, the global community can overcome this challenge and prevent future outbreaks.

*Disclaimer: This editorial is based on the information provided in the WHO news release and does not constitute medical advice. Please consult with healthcare professionals for any health-related concerns.*



Photo Supplement - vpress.ovh

# A New Miniature Neighborhood Opens in Vaasa on August 29th!



In Onkilahti Park, right next to the skate, preparations are in full swing for the long-awaited traffic park and pump track, which will soon be completed. The official opening of these exciting new additions to Vaasa is scheduled for August 29th. The traffic park offers children a fun and educational experience, featuring a miniature version of Vaasa with familiar buildings in tiny form. The pump track, where visitors can ride bikes, skateboards, rollerblades, or scooters, has already generated significant interest among the city's residents. – It's great that the pump track is attracting interest and is eagerly anticipated, but we ask for a little more patience. While construction is ongoing, it is strictly forbidden to enter

the construction site, reminds site manager Janne Mattila.

Over the past few years, Metviks Park has developed into a popular area for recreation and physical activity. The park already features a skate park, completed in 2021, and an outdoor gym. With the addition of the traffic park and pump track, the park's appeal will only increase. – While construction work is ongoing, unauthorized access to the traffic park's construction site is also prohibited. It's important to wait for the official opening so that the work can be completed on time and safely, emphasizes head gardener Kaj-Erik Grandell. The future of Metviks Park looks bright, with plans already in place for a children's adventure forest, a sledding hill, a viewpoint, as well as sports fields and playgrounds. The aim is to create a versatile and inspiring environment that encourages movement and play for people of all ages. The official opening of the traf-

fic park and pump track will take place on August 29th, when residents of Vaasa will finally

get to enjoy these new attractions, enriching the city's recreational offerings.



**THIS PAPER CAN BE READ ANYWHERE:**



Like here in South Africa

# Changes in Tikanoja's art home exhibition "Eastern Spirituality"



In August, the popular exhibition The Spirituality of the East will be on display at the Tikanoja Art Home, with art changes that will make it possible to present new works of art. The current exhibition will be on display until Sunday 18 August, after which new works will be presented. This gives visitors the opportunity to experience the exhibition in new dimensions.

### New works and museum care

Among the works exchanged in August are finely tuned drawings by Venny Soldan-Brofeldt (1863–1945), such as "Anitra's Dance" and "Maggie as an Angel / The Winged Dancer". They are

replaced by new works by Soldan-Brofeldt, such as "Anitra in Oriental Costume" and "Anitra's Dance, Sketch". The exchange is based on museum practice, according to which light-sensitive works may not be displayed for long periods of time to ensure their preservation.

The exhibition will be on display in its current form until Sunday 18 August. A guided tour will be arranged in Swedish at 1 p.m. and in Finnish at 2 p.m. Guided tours are included in the entrance fee. The new works will be on display from Wednesday 21 August and the exhibition will run until 27 October 2024.

A unique cycle towards a clean planet

In the courtyard of the Tikanoja Art Home, there is a temporary work "Towards a Pure Land" by the state-awarded artist J.O. Mallander, which is part of the exhibition Spirituality of the East. The work is on display until 23 August. Mallander is known as a pioneer in environmental art, and this brick installation is one of about 60 similar works.

The work is inspired by Eastern philosophy and Buddhism and depicts an enlightened state of mind called "the pure land". The work is placed in the form of a mandala, and the accompa-

nying Buddha symbol guides the viewer's point of view. After the end date of the work, its bricks will be donated to the public on Wednesday, August 28, starting at 10 a.m., reflecting the principle of generosity and material circulation.

Commentary: Cultural heritage and new experiences

The "Eastern Spirituality" exhibition at the Tikanoja Art Home offers a unique opportunity to delve deeper into the themes of Oriental spirituality and get acquainted with significant art history. The changes in the works keep the exhibition alive and dynamic.

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

## The Korsholm mobile library has a new timetable

This came into force on Monday, 12.8.

The timetable can be found here:

[https://korsholm.fi/wp-content/uploads/2024/08/Bokbussens-tidtabell\\_Kirjastoauton-aikataulu.pdf](https://korsholm.fi/wp-content/uploads/2024/08/Bokbussens-tidtabell_Kirjastoauton-aikataulu.pdf)

## City of Vaasa Finalist for European Green Leaf 2026

The city of Vaasa has achieved a prestigious position as one of the finalists in the European Green Leaf 2026 competition. Organized by the European Commission, this competition aims to highlight European cities that have successfully addressed environmental challenges, such as climate change, pollution, and the loss of biodiversity.

Vaasa is one of seven cities that have qualified as finalists in the competition, which focuses on cities' efforts to create sustainable and healthy living envi-

**This weeks art experience:**



**Helene Schjerfbeck**  
10.7.1862 - 23.1.1946  
Nurse I (Kaija Lahtinen), 1943



ronments. This is particularly significant for Vaasa, a city that has long been recognized as the Nordic energy capital, with a strong foundation in energy technology.

"The Green Leaf competition is an excellent way to showcase Vaasa as a leader in climate and energy issues. We are the Nordic energy capital, and in addition to our world-class energy technology expertise, we now want to highlight solutions that create healthy environments for our residents," says Suvi Aho, Director of Strategy and Area Services for the City of Vaasa. She also mentions the city's innovative stormwater solutions and the world's most environmentally friendly passenger ferry, Aurora Botnia, as examples of Vaasa's high ambitions in environmental work.

Johanna Punkari, Energy and Climate Expert for the City of Vaasa, also emphasizes the value of the feedback received through the competition. "We also entered the competition because all participating cities receive valuable feedback from independent experts on how effective their environmental measures are compared to other European cities," she explains.

In addition to Vaasa, other cities competing include Agueda in Portugal, Saint-Quentin in France, and Sant Boi de Llobregat in

Spain in the category for cities with fewer than 100,000 inhabitants. In the category for cities

with over 100,000 inhabitants, the finalists are Heilbronn in Germany, Guimarães in Portugal, and Klagenfurt am Wörthersee in Austria.

Winners to Be Announced in October  
The finalist cities will present their environmental plans and communication strategies to the jury in October, aiming to win the coveted title. The winners will be announced on October 24, 2024, in this year's European Green Capital, Valencia, Spain.

The European Green Leaf title is awarded to one or two cities, with the winning cities receiving €200,000 in prize money and the opportunity to host several international events during the winner year.

For Vaasa, reaching the finals already represents a significant recognition of the city's work on sustainability and environmental issues, with high hopes of securing the title.

## Bird Flu Vaccine Still Available for High-Risk Groups in Ostrobothnia

Ostrobothnia Well-being Services has issued a reminder that the bird flu vaccine is still available, free of charge, to individuals aged 18 and over who are at increased risk of infection due to their occupation.

An estimated 800 people in the Ostrobothnia region are considered to be in a high-risk group. However, only a few dozen have

received the vaccine so far. "The low interest in the vaccine has been surprising, although it is understandable given that it's the holiday season," said Silvia Grönroos-Pada, Senior Physician for Infectious Diseases. "We hope that people in the risk groups will seek out the vaccine now in August. It provides effective protection against severe disease."

Who is eligible? Individuals aged 18 and over who are at increased risk of infection due to their occupation, such as those working in poultry farms or laboratories, are eligible for the free bird flu vaccine.

Why get vaccinated? The bird flu vaccine offers effective protection against severe illness caused by the avian influenza virus. It's particularly important for those who are at higher risk of exposure.

For more information, please contact your local healthcare provider or the Ostrobothnia Well-being Services.

## Vaasa residents are invited to give their opinion on library services



Vaasa City Library has opened a new survey where residents can express their opinions on the city's library services. The survey is open from 12 to 31 August 2024, and it can be answered on the library's website or on paper at local libraries.

What is the aim of the survey? The purpose of the survey is to find out what kind of library ser-

vices Vaasa residents are currently using and what improvements or changes they would like to see. With the help of the survey, the city also wants to survey residents' views on new types of service points and forms. This may mean, for example, a wider range of digital services, new opening hours or organising various events in library facilities. The survey is based on the City of Vaasa's financial balancing programme, approved by the City Council in spring 2024, which also includes changes to library services. The aim is to ensure that library services meet the needs of city residents also in economically challenging times.

## Jarmo Helminen is Business Mentor of the Year



There are about 1000 business mentors in Finland. At the beginning of the week, they met in Tampere, where the Business Mentor of the Year was chosen.

He is Jarmo Helminen, a retired director of Rajala Kampera in Turku, who now has a career of many years as a business mentor.

There are a few dozen business mentors in Vaasa. Four of them attended the event in Tampere.

Business sponsor, what is it?

In Business Mentoring, experienced entrepreneurs, business leaders and business experts offer their expertise and experience free of charge to small businesses. Business mentors can help, for example:

When drawing up a business plan

Marketing development

In networking

Raising funding

Solving different challenges

Business mentors usually volunteer and their goal is to help other entrepreneurs succeed. "A cup of coffee is enough as a salary".

Who is business sponsorship suitable for?

Business sponsorship is particularly suitable for small and medium-sized enterprises that want to develop their operations and grow. It can also be useful for start-up entrepreneurs.

If you need a business mentor, where can you find one?

Business mentors can be found, for example, here: <https://www.yrityskummit.fi/>

## Finland's most popular barbecue restaurants – Foodora lists restaurants and dishes Malmönkatun Grilli third

Finns enjoy grilled food especially when staying at their cottages in the summer, but barbecue flavours are also attractive in many popular grill restaurants during the summer season. Foodora has compiled a list of Finland's most popular grill restaurants, and this time it is not the restaurants in the Helsinki metropolitan area that come out on top.



Foodora listed the most popular grill restaurants and dishes.

In summer, tourists and summer cottages move around Fin-

land, and although many people enjoy cooking food outdoors, ordering food is still a popular option during the summer months. Consumers may want to take a break from cooking, or summer events may also attract barbecue lovers. In any case, the popularity of barbecue restaurants is at its peak, especially in summer.

Foodora has compiled a list of Finland's most popular barbecue restaurants around the country. The delicacies offered by these restaurants are definitely worth tasting, as they are also Foodora's most popular grill restaurants in winter. In addition, Lahti is particularly different from the list, as the list includes as many as three grill restaurants in Lahti.

Kino Grilli, Oulu  
Itäharjun Grilli, Turku  
**Malmönkatu Grilli, Vaasa**  
Lounaispuiston grilli 21, Jyväskylä

Best burger, Joensuu  
Jykän Grilli, Seinäjoki  
Eepin Grilli, Mikkeli  
Jonen Grilli, Lahti  
Burger Mafia Kivimaa, Lahti  
Burger Mafia Fly, Lahti  
Ohana Grille, Tampere  
Grilli Veskari, Savonlinna  
City Burger, Porvoo  
(Foodora.fi)



## Fanny Churberg's exhibition in Stockholm

Vaasa-based 1800s artist Fanny Churberg's unique nature-themed paintings are on display in Stockholm.

The Sven-Harry Art Museum's exhibition "Mot ett nytt landskap" is open until 15 September.

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

## Roger Broo's art collection will be heard on an expert tour at the Ostrobothnian Museum

On Sunday 25.8., expert tours of the current exhibition at the Ostrobothnian Museum will be arranged at 2 pm and 3 pm under the leadership of Ulrika Grägg, Chief Curator of the Åbo Akademi University Foundation.

During the expert tours, Ulrika Grägg, General Manager of the Åbo Akademi University Foundation, talks about the art collection that Roger Broo (1945–2017) collected during his lifetime. After the collector's death, Broo's wife donated part of the collection to the Åbo Akademi University Foundation.

Grägg talks especially about the works of art that the Foundation has loaned for the ongoing exhibition Who is Roger Broo? The tours will be held on Sunday 25.8. at 2 pm in Swedish and 3 pm in Finnish.

During the tours, you will learn more about the artworks in the collection and the artists behind them. In addition, Grägg considers the collection as a whole, for example, which artists are represented in the collection, what themes can be found in the collection, and which works are particularly significant and why.

The exhibition will be on display at the Ostrobothnian Museum until 8.9.

## University of Vaasa to award top experts at the Conferment of Doctoral Degrees in September 2024

The University of Vaasa will or-

ganise its sixth conferment ceremony on 19–21 September 2024. The ceremony gives the University the opportunity to honour and recognise important scientific and social figures by awarding them honorary doctors. An honorary doctorate is the highest award a university can award, and this year it will be awarded to twelve prominent people.

According to Rector Minna Martikainen, the appointments have emphasised the impact and importance of both science and society, not only from the point of view of the University of Vaasa, but also from the perspective of Finland as a whole. This year's group of honorary doctors is exceptionally broad and authoritative and consists of President of the Republic Alexander Stubb, Minister of Agriculture and Forestry Sari Essayah, Chairman of the Board of Directors of investor Jacob Wallenberg and CEO of the ABB industrial group Björn Rosengren.

## Finland's credit rating at risk – Riikka Purra: Measures must be completed

Finland's Minister of Finance Riikka Purra has emphasised the Government's commitment to strengthening public finances following the change in Fitch's credit rating outlook. According to Purra, the government has already made several decisions to halt the growth of the debt ratio, but recent events underline the urgent need to implement the measures.

Yesterday, the Fitch rating agency lowered the outlook for Finland's creditworthiness from stable to negative. This means that Finland's credit rating may decline over the next two years, which in turn would increase Finland's debt servicing costs.

Purra stresses that the government is aware of the seriousness of the situation and has already drawn up a package of measures to reverse the debt ratio. He emphasises that the Government's objective is to reduce the central government deficit in the coming years.

The change in Finland's credit rating has sparked debate on the state of public finances and the Government's ability to manage it. According to Purra, the Government is determined to take the necessary measures, but it will be seen in the coming years how well the Government succeeds in its objectives.

Fitch's decision to downgrade the outlook for Finland's creditworthiness from stable to negative means that the credit rating agency sees future risks in the Finnish economy that may affect the country's ability to meet its obligations. This does not yet mean that Finland's actual credit rating has decreased, but it does indicate that a downgrade may be possible if economic conditions deteriorate.

What does this mean in practice?

Importance of credit rating:

A credit rating tells investors how likely a country is to service its debt. The higher the credit rating, the safer the country is perceived from the investor point of view.

Fitch's negative outlook means that they assess the risks to the Finnish economy more closely and consider that the risk of a downgrade has increased.

Impact on financing costs:

If Finland's actual credit rating were to decline in the future, it could increase the cost of Finnish borrowing, as investors may demand higher interest rates to compensate for the increased risk.

This could also affect the borrowing costs of private companies and possibly further weaken Finland's economic situation.

**Why has the outlook turned negative?:**

The slowdown in economic growth, rising public debt and weakening economic development are typical reasons for turning the outlook negative.

In Finland, factors such as population ageing and related social expenditure, as well as slow economic growth, may have influenced this assessment.



## Multi-tickets for the swimming pool can now be loaded easily online

At the swimming pool in Vaasa, online charging of swimming wristbands has been introduced. If the customer has a serial bracelet that has been purchased at the swimming pool checkout, they can now recharge it with new swimming times online.

The swimming pool's online store is located at: <https://osteri2.pusatec.fi/vaasa/>

You can load a 10, 30 or 50 times multi-ticket or a monthly pass from the online store.

- Charging the wristband in advance online is a convenient way to manage the entrance fee. This way you avoid any queues at the checkout, as the charge is activated on the wristband when you enter the gate, says Jarkko Tuovinen, Manager of Vaasa Swimming Hall.

The products sold in the online store:

Morning swim: 10 / 30 / 50 times / monthly pass

Adult: 10 / 30 / 50 times / monthly pass

Pensioner: 10 / 30 / 50 times / monthly pass

Students: 10 / 30 / 50 times / monthly pass

Children: 13-17 years: 10 / 30 / 50 times / monthly pass

Children: 4-12 years: 10 / 20 times

In order to charge online, the customer must have a serial bracelet purchased at the swimming hall's cashier and online

banking credentials.

A multi-ticket purchased online is loaded onto the wristband at the swimming pool gate no earlier than 1 hour after purchase.

## HEALTHCARE

The healthcare system is facing a number of challenges that require innovative and effective solutions. One such solution is the concept of self-care physicians and self-care providers play a crucial role in managing care needs in a sustainable way.

Continuity of care One of the biggest benefits of having a GP and self-care provider is the continuity and stability they offer. Patients are given the opportunity to build a long-term relationship with their caregivers, which creates

trust and security. When a doctor and caregiver know the patient's medical history and personal circumstances, they can offer more tailored and effective care.

Preventive care and early intervention GPs and self-care providers can also play an important role in preventive care. Through regular check-ups and a close relationship with the patient, they can identify potential health problems before they develop into serious conditions. This means that care interventions can be initiated early, which not only improves the patient's health but also reduces the burden on emergency care and other healthcare resources.

Efficient use of resources Another advantage of personal doctors and self-care providers is more efficient use of resources in healthcare. Having a central point of contact that coordinates the patient's care needs reduces the risk of duplication of work and unnecessary testing. The doctor and the carer know their patients, which speeds up all healthcare contacts. It also makes it easier to refer patients to the right specialist care when needed, saving time and resources for both patients and the healthcare system.

Improved patient experience Patients' experience of care is also significantly improved with GPs and personal caregivers. The feeling of having someone who is personally responsible for their health and well-being can reduce stress and anxiety, which in turn can have positive effects on their overall health status. A more person-centered care model creates a positive feedback loop where patient engagement and satisfaction contribute to better care outcomes.

Challenges and solutions Of course, there are challenges in implementing a model with GPs and self-care providers. Adequate resources, training and support are needed for healthcare professionals to ensure that they can provide the best possible care. It is also necessary to have a well-functioning system to match patients with the right caregivers based on their needs and preferences.



# EVENTS



## COELIAC DISEASE WEEK

2-8.9.2024

Many events in different places  
[www.keliakialiitto.fi](http://www.keliakialiitto.fi)

## COELIAC WEEK WEBINAR:

Wednesday 4.9.2024 at 18-19

"As a gluten-free customer in a café"

Going to cafés is a nice pastime for many, but for someone on a gluten-free diet, it can also be an exciting moment. Are you wondering about the safety of gluten-free offerings in cafés or the different and varying meanings of the G label?

<https://www.keliakialiitto.fi/ajankohtaista/keliakiaviikko/>

## IX JORMA PANULA INTERNATIONAL CONDUCTING COMPETITION"

SEPT 3 - 7

[www.panulacompetition.fi](http://www.panulacompetition.fi)

## RITZ

**Friday 6.9.2024 19:00 - 21:30**

## "Stop Cancer" concert

Stop Cancer 2024 at Ritz is a charity concert organized by Korsholm cancer club, the proceeds of which go to Österbottens cancerförening.

Abela, Cornelia Björk, Fredrik Furu, Edit Koskinen, Sofie Lundell, Lotta Borg, Månskensbonden, Sam's Garage, Rebecka Sretenovic, Peter Svanström  
 Kirkkokuistikko 22A, Vaasa  
[www.ritz.fi](http://www.ritz.fi)

## KONSTRUNDAN

- Open studios

7-8.9.2024

Hundreds of artists invite us to their studios. Nearly 30 from Ostrobothnia, including Karin Lipkin-Forsén and Carina Ahlskog. And Anders Lindman at Oskar's bell foundry in Sundom.  
[www.konstrundan.fi](http://www.konstrundan.fi)



## VASA CITY THEATRE

### CABARET-musical

Premiere Sept 12, 2024

[www.vaasankaupunginteatteri.fi](http://www.vaasankaupunginteatteri.fi)

## WASA THEATRE

### CAKE CANDLES

Premiere 14.9.24

A drama comedy that takes you on a journey through a woman's life, from the time she is 17 until she turns 107. Went to Broadway 2022 with the name "Birthday Candles".

[www.wasateater.fi](http://www.wasateater.fi)

## SEINÄJOKI CITY THEATRE

### Själö

Musical about the island of broken hearts

Release date: 14.9.2024

Själö tells of a time just a few generations ago. The musical takes place in the Archipelago Sea, on the island of Själö, where Finland's first mental hospital operated until 1962. For the past 70 years of operation, Själö has functioned as a closed mental hospital for women.

The stories of these women deserve to be told. If only we could also keep hope as bright as the women of Själö in their own closed community. – Director Pauliina Salonius

<https://seinajoenkaupunginteatteri.fi/ohjelmisto/seili/>

## WASA THEATRE

### Bellman – If I am born, I want to live!

Premiere in Vaasa: 3.10.2024

Together with Klockriketeatern, Wasa Teater offers a performance based on the life and works of the Swedish singer and poet

Carl Michael Bellman.

[www.wasateater.fi](http://www.wasateater.fi)

## NATIONAL ENTREPRENEUR DAYS

Seinäjäki

11-12-10.2024

Entrepreneurship is a force that unites us all!

<https://me.yrittajat.fi/valtakunnalliset-yrittajapivat/>

## HELSINKI BOOK FAIR



24-27.10.24

Helsingin Messuhalli

<https://kirjamessut.messukeskus.com/>

## WORLD OPERA DAY

**25.10. 2024**

World Opera Day is celebrated on 25 October, the birthday of Georges Bizet and Johann Strauss II

<https://www.worldoperaday.com/>

## LAUTASELLA-messut

Abluht special diets

Helsingin Messuhallissa

26-27.10.24

[www.keliakialiitto.fi/messut](http://www.keliakialiitto.fi/messut)

## RUSK

Chamber Music in Jakobstad

19–23.11.2024

The Beauty of Longing International creativity at the darkest time of the year  
[ruskfestival.fi](http://ruskfestival.fi)

## TIKANOJA

### THE ART EVENT OF THE

## YEAR!



Ero Järnefelts exhibition opens on Nov 23, 2024

## MEDIALANGUAGE (In Swedish) 2025: Seminar XX



Vaasa 22-23 Januari 2025

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

# CHURCH CROFT



## Pörtom church croft: A timeless glimpse into Finland's past

Nestled in a quiet forest clearing in Velk-moss, about 10 km from Pörtom church village, lies a unique testimony to a bygone era – The church croft in Pörtom.

As one of Finland's three remaining church cottages, this historic site provides a fascinating insight into rural life over a hundred years ago. Kyrkotorp was founded in Finland in the 1700s as a way to provide income to the church. They were usually located in remote areas, where the Church owned large areas of forest. The croft was managed

by a tenant family, who were responsible for managing the forest and paying part of the profits to the church. In return, the family was given the right to cultivate the land for their own living.

Pörtom church croft dates back to 1752, when the local congregation was given 100 hectares of forest land. The crofters' lives were challenging, they had to clear land, chop wood and take care of their livestock. Despite the difficulties, they managed to support themselves and start a family with many children.

Today, Pörtom church cottageremains as a beautifully preserved example of a traditional Finnish farm. The main building, from the early

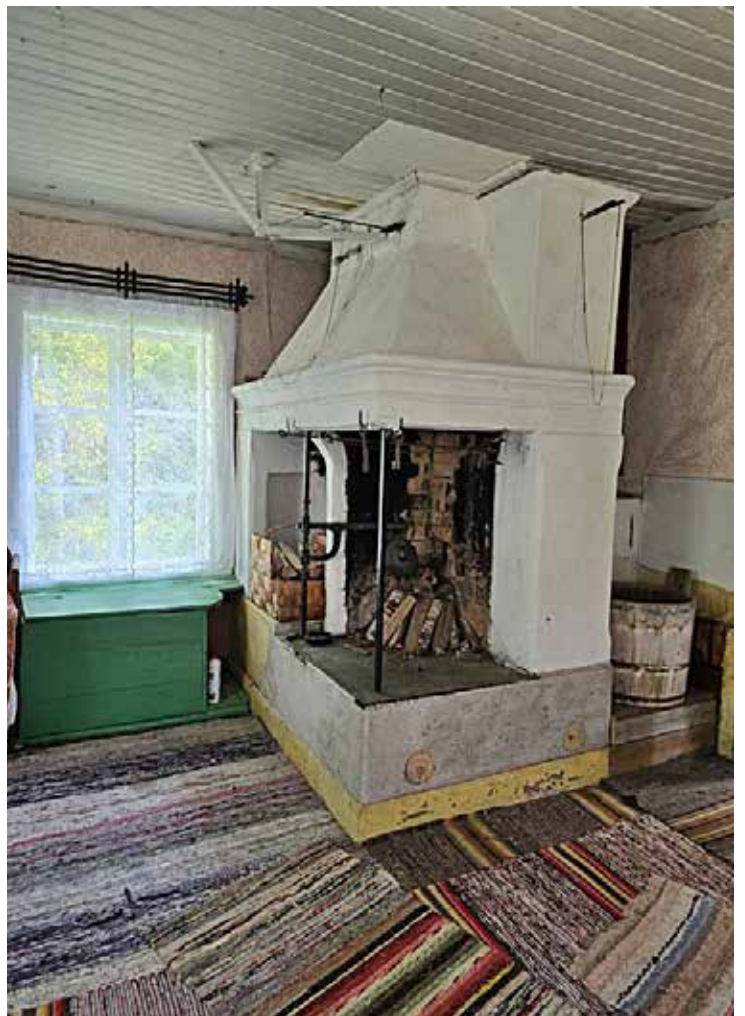
1900s, has been carefully restored to its original condition. Inside, visitors can explore the authentic furniture and appliances that once belonged to the tenant families. The torp also features a number of outbuildings, including a barn, a stable, and a granary.

One of the most striking features of Pörtom kyrkotorp is its peaceful and idyllic setting. Surrounded by lush forests and tranquil meadows, the site offers a sense of tranquility and escape. Visitors can enjoy leisurely walks through the woods, explore the historic buildings, and learn about the fascinating history of this unique place.

In recent years, Pörtom kyrkotorp has become a popular

destination for visitors from both Finland and abroad. The site is open to the public throughout the year, and guided tours are available. In addition to the historical tours, the torp also hosts a variety of events, including concerts, exhibitions, and traditional Finnish crafts demonstrations.

A visit to Pörtom kyrkotorp is a journey back in time to a simpler era. Here, visitors can experience the sights, sounds, and smells of rural life in Finland as it once was. It is a place where the past comes alive and where visitors can connect with the rich history and heritage of this beautiful country.



# THE END OF THE VILLA SEASON



## **Ostrobothnian Rescue Department: Use of fireworks at the end of the villa sea- son and in the Venetian**

According to Section 91 of the Chemical Safety Act (390/2005), the rescue authorities must be notified in advance of the use of fireworks outside the turn of the year.

Section 92 of the Act allows the rescue authority to allow the use of fireworks at certain times or in certain places without notifying the rescue authorities. According to section 6 of the Rescue Act (379/2011), the rescue authority may also prohibit open fires in the rescue service area or part of it for a fixed period.

The Director of Rescue Services decides that the use of fireworks will be allowed in the area of the Ostrobothnian Rescue Department without notice during 31.8.2024 at noon. 18.00 - 24.00 under the following conditions: • During a wildfire warning issued by the Finnish Meteorological Institute, the use of fireworks is prohibited. • Fireworks may not be used in prohibited areas, urban centres, residential areas or near buildings.

An announcement about the use of fireworks and the notification procedure will be published in the region's official gazettes and distributed to sales points before sales begin.

# CLIMATE CHANGE

## July 2024: Second-Hottest Month on Record Globally, Close on the Heels of 2023

The latest data from Copernicus Climate Change Service reveal that July 2024 was the second-warmest month ever recorded globally, narrowly missing the top spot held by July 2023. With an average surface air temperature of 16.91°C, the month was 0.68°C above the 1991-2020 July average, and just 0.04°C cooler than last year's record.



This statistic marks the end of a remarkable 13-month streak where each month set a record as the hottest of its kind since reliable measurements began. This kind of prolonged heatwave is unusual but not unprecedented—an analogous pattern occurred during the strong El Niño event of 2015/2016.

### A Closer Look at the Heat

While July 2024 didn't surpass the overall record set by July 2023, it did see Earth's two hottest days on record, with global average temperatures hitting 17.16°C and 17.15°C on July 22nd and 23rd. Given the small margin and the inherent uncertainty in the data, it's impossible to say definitively which day was hotter, but the significance of such extreme heat is clear.

This July was also a stark reminder of the ongoing trend of rising temperatures. The month was 1.48°C warmer than the estimated pre-industrial average (1850-1900), a sobering indicator of

how far global temperatures have shifted due to human activity.

### The Year So Far and What Lies Ahead

The broader picture of 2024 is equally concerning. The year-to-date global temperature anomaly (January–July) stands at 0.70°C above the 1991-2020 average, making it 0.27°C warmer than the same period in 2023. This anomaly suggests that 2024 is on track to potentially surpass 2023 as the warmest year on record, unless there is an unexpected and significant drop in temperatures over the coming months—an occurrence that is extremely rare in the historical data.

### Europe and Beyond: Regional Heatwaves and Cool Spots

In Europe, July 2024 was particularly hot, with temperatures averaging 1.49°C above the 1991-2020 baseline, making it the second-warmest July for the continent, trailing only July 2010. Southern and eastern Europe bore the brunt of the heat, while

northwestern Europe experienced more moderate conditions.

Globally, regions such as the western United States, western Canada, most of Africa, the Middle East, Asia, and eastern Antarctica saw the most significant deviations from average temperatures. In contrast, areas like western Antarctica, parts of the United States, South America, and Australia recorded temperatures below average, illustrating the complex and uneven nature of climate impacts.

### Oceans Also Feeling the Heat

The world's oceans mirrored this warming trend. The sea surface temperature (SST) over 60°S–60°N reached 20.88°C in July 2024, the second-highest ever recorded for the month, just 0.01°C shy of the record set in July 2023. This data point ends a 15-month period where the SST had consistently set monthly records.

Notably, while parts of the

equatorial Pacific showed cooler-than-average temperatures, hinting at a developing La Niña, many other ocean regions remained unusually warm, compounding the effects of global warming.

### Implications for the Future

The persistence of such high temperatures underscores the urgency of addressing climate change. As 2024 edges closer to becoming the warmest year on record, the data from July serves as both a warning and a call to action. The patterns we're seeing are not isolated anomalies but part of a larger trend that demands global attention and a concerted effort to mitigate the worst impacts of a rapidly warming planet.

As these trends continue, the repercussions will be felt across ecosystems, economies, and communities worldwide, making it more crucial than ever to accelerate efforts toward sustainable solutions.

# CLIMATE CHANGE

## National Oceanic and Atmospheric Administration in USA: July Hottest in History



The National Oceanic and Atmospheric Administration (NOAA) has confirmed that July 2024 was the hottest month ever recorded on Earth. This alarming milestone marks the fourteenth consecutive month of record-breaking global temperatures, a stark indicator of the accelerating climate crisis.

According to NOAA's National Centers for Environmental Information (NCEI), the average global surface temperature in

July soared to a staggering 2.18 degrees Fahrenheit above the 20th-century average. This unprecedented heatwave scorched vast swathes of the planet, with Africa, Asia, and Europe enduring their most blistering Julys on record. While North America experienced its second-warmest July, the impact of extreme heat on populations and ecosystems was still severe.

The oceans, too, are showing signs of unprecedented stress. July's sea surface temperatures were the second-warmest on record, a slight reprieve from the fifteen consecutive

months of record-breaking marine heat. However, experts warn that this temporary cooling is unlikely to signal a reversal of the long-term warming trend.

The consequences of this sustained heat are far-reaching. Extreme weather events, such as heatwaves, droughts, and wildfires, have become increasingly frequent and intense. These disasters not only cause loss of life and property but also disrupt economies, food supplies, and ecosystems.

Looking ahead, NOAA scientists are predicting a 77% chance that 2024 will

be the hottest year on record, with an almost certain top-five ranking. This grim forecast underscores the urgent need for global action to reduce greenhouse gas emissions and mitigate the worst impacts of climate change.

The scientific community is sounding the alarm. These record-breaking temperatures are not anomalies but rather symptomatic of a planet in crisis. As the world grapples with the escalating climate emergency, it is imperative that policymakers, businesses, and individuals work together to transition to a sustainable future.

# 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.

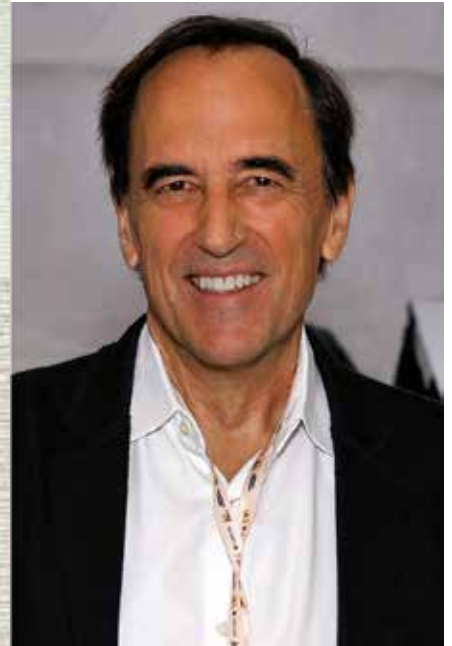
To address this growing problem, urban planners and local governments are working to develop strategies to reduce heat stress in cities. Solutions may include increasing the amount of so-called green-blue infrastructure. Examples of this include increased vegetation cover, such as through green roofs, 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)

# LITERATURE

## Jeff Goodell: The Chronicler of Climate Change



Jeff Goodell has emerged as one of the most prominent voices on climate change in the literary world. His two most recent works, “The Heat Will Kill You First” and “The Water Will Come,” provide a sharp but necessary picture of the kind of world that climate change is preparing for us.

Jeff Goodell is a well-known American author who has dedicated his career to studying and reporting on climate change. Born in 1959 in Palo Alto, California, Goodell has experienced a varied life before his career as a writer. He has worked as a blackjack dealer, glass fitter, cleaner, bartender, professional motorcyclist, editor of a Russian literary maga-

zine, and technology writer at Apple.

Goodell’s diverse background may have influenced his ability to approach climate change from different perspectives. He has managed to combine scientific rigor and human storytelling in a way that makes his books both informative and engaging.

Goodell is also an active social influencer. He has been a visiting scholar in New America and received a Guggenheim Fellowship in 2020. In addition, he is a regular commentator in various media.

Although Goodell’s life has been full of adventure and work experiences, he has found his calling in studying climate change. His writings are important voices that help us understand the scope and implications of this global challenge.

“The Heat Will Kill You First” is a deep dive into the

devastating effects of a heat wave. Goodell not only describes rising temperatures, but studies its concrete consequences for people, society and ecosystems. The book is both scientifically informative and humanly touching, and it has received a lot of praise from critics and readers alike.

“The Water Will Come,” on the other hand, focuses on the threat of rising sea levels. Goodell is carefully examining how climate change is changing life in coastal areas and what consequences it will have globally. The book is both a warning and a call to action, and it has sparked a debate about how we can prepare for future challenges.

Goodell’s writing style is clear and informative, but at the same time he manages to convey a sense of urgency to the reader. She combines scientific facts with personal stories, making her books both

informative and inspiring.

“Goodell is a master at telling stories that make us think and act,” wrote The New York Times Book Review. “The Heat Will Kill You First” is a disturbing and necessary book.”

“Water Is Rising” has been praised for providing a realistic and concrete picture of the effects of sea level rise. “Goodell has managed to capture the reader’s attention and raise concerns about the future,” wrote The Guardian.

Kuva: Author Jeff Goodell at the 2023 Texas Book Festival in Austin, Texas, United States. Larry D. Moore  
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# ASTRONOMY and ASTROLOGY

## Mercury Retrograde: Understanding the August 2024 Phenomenon

As August 2024 unfolds, the astrological event known as Mercury retrograde once again captures the attention of sky-watchers and astrology enthusiasts alike. This phenomenon, often blamed for communication breakdowns, travel disruptions, and technological glitches, is steeped in both celestial mechanics and cultural lore.



**What Is Mercury Retrograde?** Mercury retrograde occurs when Mercury appears to move backward in its orbit from our vantage point on Earth. This optical illusion happens three to four times a year, each lasting for about three weeks. In reality, Mercury isn't moving backward, but rather, it is overtaking Earth in its orbit. This creates the impression of retrograde motion when observed from Earth.

The August 2024 retrograde period spans from August 4th to August 28th. During this time, Mercury will traverse the zodiac sign of Virgo, which it also rules, amplifying the astrological effects attributed to this period.

**The Astrology of Mercury Retrograde** In astrology, Mercury governs communication, travel, technology, and information exchange. When it enters retrograde, these areas are be-

lieved to be more prone to misunderstandings, delays, and errors. Contracts signed, emails sent, or travel plans made during Mercury retrograde are often thought to be more susceptible to problems. Astrologers often advise caution during Mercury retrograde, suggesting people review details carefully, double-check communications, and avoid making major decisions until the retrograde has passed. It's a time often recommended for reflection and reevaluation rather than initiation of new ventures.

The August 2024 retrograde in Virgo emphasizes attention to detail, practical concerns, and daily routines. This period may bring challenges related to organization, health, and analytical thinking. Miscommunications may arise more frequently in professional environments or in matters related to health and service.

**The Cultural Impact of Mercury Retrograde** Beyond the technicalities of astrology, Mercury retrograde

has become a cultural touchstone, often invoked humorously to explain everyday mishaps. From missed appointments to computer crashes, many people cite Mercury retrograde as a convenient scapegoat for life's little annoyances.

However, it's important to approach this phenomenon with a balanced perspective. While some people find it useful to align their activities with astrological insights, others view Mercury retrograde as a reminder to slow down and practice patience, regardless of their belief in astrology.

**Navigating Mercury Retrograde** Whether you're a firm believer in astrology or simply curious, there are practical ways to navigate Mercury retrograde:

**Double-Check Everything:** From travel plans to work projects, ensure all details are confirmed and back-up plans are in place.

**Embrace Reflection:** Use this time to review past projects, relationships, or deci-

sions. Reflect on what might need adjustment rather than launching into new ventures.

**Stay Flexible:** Expect the unexpected, and try to remain adaptable when plans go awry.

**Communicate Clearly:** Take extra care in how you convey information, and be mindful of potential misunderstandings.

**Looking Ahead** As Mercury retrograde in August 2024 draws to a close on the 28th, many will breathe a sigh of relief. Whether or not you believe in its astrological implications, this period can serve as a reminder of the importance of mindfulness, preparation, and adaptability in our fast-paced world.

For those who follow astrology, the end of Mercury retrograde marks a return to smoother sailing in areas of communication and planning. For others, it may simply signal the end of an intriguing period where celestial events meet human curiosity and cultural expression.

# BIOGRAPHICAL LIBRARY

**Eeva Kauppi - arvostettu oikeuspsykiatri ja vahva yhteiskunnallinen vaikuttaja**

NAISTEN ÄÄNI Suomi Finland 100

Kuuntele

Eeva Kaupin kuuden sanan hoito-ohje: "rajaava rakkaus, valvottu vapaus, lempeä väkivalta"

**Lapsuus**

Eeva Otilia Kauppi syntyi vuonna 1921 Mäntylän suurperheen kuudentena lapsena. Perheeseen syntyi yhdeksän lasta, joista yksi poika kuoli maassa raivonneeseen espanjankuumeeseen. Isä oli torpan poika Kaarlo Vihtori Haavisto, joka toimi pehtorina Sigrid Otilia Tammelan kotitalossa.

Sigrid ihastui talon pehtoriin ja sai alkuvastustuksen jälkeen vanhempiensa siunauksen avioliiton solmimiseen. Nuorelleparille annettiin jopa rahoitus tilan ostoon Kokemäen Kuurolostasta. Silloisen tavan mukaan nuori isäntä raivasi suosta lisämaata saaden näin perheelleen keskikokoisen maatalon, jossa oli 20 ha viljeltyä ja 40 ha metsää. Sigridin isän vaatimuksesta kotiväyn oli muutettava nimensä Haavistosta Mäntyläksi.

Vaasan Suomalaisen Naisklubi ry:n kunniapuheenjohtaja.  
Kuva klubin kuvakokoelmasta

*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, some very new!

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:

## Viola Gahmberg, vaasalainen rakastettu Lis Laviola

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Viola Gahmberg, joka tunnetaan näyttämön lady Lis Laviolana, on tehnyt merkittävän 42 vuoden uran teatterissa.

### Sukujuuret

Lis Saviolan sukujuuret ovat mielenkiintoiset. Hänen esivanhempien elämää ovat muokanneet suuret maailman tapahtumat, kuten Puolan jakautuminen ja Venäjän vallankumous. Esivanhemmat ovat kotoisin Puolasta, joka on ollut monien perimyssotien ja jakojen näyttämönä. Puola jaettiin vaiheittain Venäjän, Preussin ja Itävallan kesken, ja Wienin kongressissa 1815 suurin osa Puolan Kuningaskuntaa siirtyi Venäjän omistukseen. Kapinat ja vallankumoukset jatkuivat, ja alkoi häikäilemättömän venäläistämistyö Venäjän vallankumoukseen



Viola Gahmberg



*Viola Gahmberg, better known as Lis Laviola*

## Fanny Churberg – Vaasasta lähtöisin oleva taiteen pioneeri ja Suomen Käsityön Ystävät -yhdistyksen perustaja

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Fanny Churberg syntyi 12. joulukuuta 1845 silloisessa Nikolainkaupungissa, eli nykyisessä Vaasassa. Hän oli lasarettilääkäri Matias Christian Churbergin ja hänen vaimonsa Maria Ulrika Peranderin seitsenlapsisen perheen kolmas lapsi. Neljä lapsista kuoli nuorena, ja Fanny menetti äitinsä vain 12-vuotiaana. Hän varttui kahden nuoremman veljensä, Waldemarin ja Torstenin, kanssa, ja osallistui heidän hoitamiseensa. Fannyn isän kerrotaan olleen hieman erikoinen luonteeltaan ja pitkään sairastellut ennen kuolemaansa vuonna 1865, kun Fanny oli 20-vuotias.

Teini-ikäisenä Fanny lähetettiin opiskelemaan vuosiksi 1857–1859 Porvooseen Emma Christina Peranderin tyttöpensionaattiin, ja sen jälkeen Viipurin tyttökouluun vuosina 1860–1861. Isänsä kuoleman jälkeen sisarukset muuttivat Helsinkiin tätinsä luokse.

Fanny saattoi olla kihloissa tunnetun taiteilijan Berndt Lindholmin kanssa, mutta he eivät koskaan avioituneet.



*Fanny Churberg, a well known artist from Vaasa*

## Jane Trygg-Kaipiainen - Monipuolinen vaikuttaja ja luova tahtonainen

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Jane Trygg-Kaipiaisen 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 syntyjään Oulun seudulta. Isä oli sotalapsena 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 luona ja oppi ruotsin kielen käytännössä. Perhe oli kielitaitoinen ja arvosti koulutusta.



Jane Trygg-Kaipiainen



*Jane Trygg-Kaipiainen*

## Pirkko Koskiahde - Neljännesvuosisata vapaaehtoistoimintaa

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Suurella sydämellä vapaaehtoistoimintaa neljännesvuosisata Vaasan Suomalaisen Naisklubin hyväksi.

Pirkko Koskiahde on omistautunut suurella innolla ja sydämen palolla 25 vuotta Vaasan Suomalaisen Naisklubi ry:n sekä Asunto Oy Vaasan Lieden ja Asunto Oy Vaasan Purren asioiden kokonaisvaltaiseen hoitamiseen ja huolehtimiseen. Näistä tuli Pirkolle kuin omia lapsia, joista hän kantoi huolta yötä päivää.

Pirkko on syntyperäinen vaasalainen yrittäjäperheen esikoinen. Isä harjoitti autojen verhoomotoimintaa ja toimi ohella Jurvan käsityökoulun opettajana. Lisäksi hän oli aktiivinen politiikassa ja musiikkiharrastuksissa. Äiti oli lähtöisin körttiläisestä suurperheestä Nilsiästä. Hän oli huolehtiva perheenäiti, valmisti perheen vaatteet sekä toimi myös yrityksen ompelimossa.

Pirkon lapsuus oli onnellinen. Perheessä luettiin ja laulettiin paljon. Kesät nelihenkinen perhe vietti omistamallaan pienellä maatilalla Westervikissä, joka siihen aikaan oli vielä aitoa maaseutua hyötykotieläimineen. Lapsuuden kodin perintönä Pirkolta kasvoi maalaisjärkinen, toimeen tarttuva, tuottä ja kulttuuria arvostava rohkea



Pirkko Koskiahde

*Pirkko Koskiahde*

## Alexandra Theodora Frosterus-Sältin, unohdettu vaasalainen taiteilija

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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 ainostakaan muistomerkkiä tai patsasta hänelle, puhumattakaan siitä, ettei kaupungissa ole yhtään hänen mukaansa nimettyä katua? Kuka on taiteilija, jonka terveyttä edistäviä 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 Westzynthiuksen poikana. Robert Frosterus, Kuopion ensimmäinen piispa, oli hänen velipuolensa. Benjamin Frosterus väitteli teologiassa vuonna 1821 ja vihittiin papiksi 1824. Hänestä tuli kirkkohistorian professori vuonna 1829. Benjamin muutti perheeseen 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

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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 Pjälax 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 handlade 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 skamfylade anseende resten av sitt liv.



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

*Pali-Maja, a poem writer frpn Pörtom, in Swedish*

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

# HEALTH

## Processed Meat and Dementia: New Evidence Highlights a Troubling Link



Recent research has intensified concerns about the health risks of processed meats, particularly their potential impact on brain health. A study presented at the Alzheimer's Association International Conference has added to the growing body of evidence suggesting that a diet high in processed red meat may be linked to an increased risk of dementia.

### The Study and Its Findings

The study, which monitored over 460,000 adults for more than four decades, found that individuals who consumed at least two servings of processed red meat per week had a 14% higher risk of developing dementia compared to those who consumed fewer than three servings per month. Processed red meats, such as bacon, sausages, and deli meats, are often laden with preservatives like nitrites and high levels of sodium, which are thought to contribute to cognitive decline.

Interestingly, the study also

highlighted that each additional daily serving of processed red meat was linked to an equivalent of 1.6 years of cognitive aging. This aging effect was particularly evident in areas of the brain responsible for language and executive function, which are crucial for decision-making and behavior control.

### Processed vs. Unprocessed Meat: A Key Distinction

It's important to note that unprocessed red meat, like fresh beef or lamb, was not associated with the same cognitive risks. In fact, moderate consumption of unprocessed meat might even have a protective effect on brain health, though this area requires further research. The distinction between processed and unprocessed meat is critical, as it suggests that the harmful effects are likely due to the additives and preservation methods used in processed meats rather than the meat itself.

### Broader Health Implications

This research aligns with ear-

lier studies that have linked processed meats to a range of health issues, including heart disease, cancer, and diabetes. The high levels of saturated fats, sodium, and chemical preservatives in processed meats are known to contribute to these conditions, which are also risk factors for dementia.

### Dietary Recommendations for Brain Health

Given these findings, health experts recommend reducing the intake of processed red meats and replacing them with healthier alternatives. Incorporating more plant-based foods like nuts, beans, and vegetables into your diet not only reduces the risk of dementia but also supports overall well-being. For those with limited access to fresh produce, options like canned beans (with reduced sodium) and frozen vegetables can be practical and nutritious substitutes.

### The Bigger Picture

While the study's findings are compelling, it's essential to

remember that diet is just one piece of the puzzle when it comes to dementia prevention. A holistic approach to brain health also includes regular physical activity, adequate sleep, social engagement, and mental stimulation.

As we continue to live longer, the choices we make today about what we eat can have long-lasting impacts on our cognitive health. Reducing processed meat consumption could be a simple yet significant step towards preserving brain function and reducing the risk of dementia as we age.

**In conclusion,** the growing evidence against processed meats underscores the importance of dietary choices in maintaining brain health. While the case isn't closed, the current research strongly suggests that when it comes to processed meats, less is more – not just for our hearts, but for our minds as well.

# HEALTH

## It is Possible to Cure Type II Diabetes – Not Easily Though

Type 2 diabetes has long been considered a chronic, incurable condition. However, recent research and real-world interventions are challenging this notion. A groundbreaking study, the NHS Type 2 Diabetes Path to Remission (T2DR) program, has shown promising results in reversing the disease.

The T2DR program is a 12-month behavioral intervention focused on weight loss, with an initial intensive phase involving total diet replacement (TDR). This approach, while demanding, has proven effective in inducing remission in a significant number of participants.

Remission in this context means achieving normal blood sugar levels without the need for diabetes medication for at least three months. The study found that around 27% of participants who started the program and had two HbA1c measurements achieved remission. This number increased to 32% among those who completed the entire 12-month program.

These results are particularly encouraging as they were obtained in a real-world setting, rather than the controlled environment of a clinical trial. It demonstrates that remission is achievable for a substantial proportion of people with type 2 diabetes through a structured, supported weight loss program.

However, it's essential to acknowledge the challenges involved. Not everyone who starts the program completes it, and weight loss, while crucial, is not guaranteed. The study also highlights the difficulty of collecting comprehensive data in a real-world setting compared to a clinical trial.

Despite these limitations, the T2DR program offers hope for

millions of people living with type 2 diabetes. It underscores the importance of lifestyle interventions, particularly weight loss, in managing and potentially reversing the disease.

While not a magic cure, the program represents a significant step forward in diabetes care. It emphasizes the need for continued research, improved access to support services, and personalized treatment plans to maximize the benefits of weight loss interventions for people with type 2 diabetes.

Ultimately, the T2DR program's success story is a testament to the power of human resilience and the potential of lifestyle changes in combating chronic diseases.

### The T2DR Program:

**A Deep Dive into Interventions**  
The NHS Type 2 Diabetes Path to Remission (T2DR) program is a comprehensive approach to diabetes management that focuses on weight loss as a primary driver of remission. To achieve this, the program employs a multi-faceted strategy involving:

#### Initial Intensive Phase:

**Total Diet Replacement (TDR)**  
The program begins with a three-month period of total diet replacement (TDR), where participants consume meal replacement products exclusively. These products are formulated to provide balanced nutrition while significantly reducing calorie intake. This phase is crucial for rapid weight loss and improvement in blood sugar control.

**Behavioral Support and Education**  
Alongside TDR, participants receive intensive behavioral support and education. This includes:

**One-to-one support:** Dedicated healthcare professionals provide personalized guidance and encour-



agement throughout the program. **Group sessions:** Participants attend group sessions to share experiences, learn from others, and build a support network.

**Education on healthy eating:** Participants receive comprehensive education on healthy eating habits, portion control, and meal planning. **Physical activity:** The program emphasizes the importance of physical activity and provides guidance on incorporating exercise into daily life.

**Psychological support:** Addressing emotional and psychological factors related to weight management is crucial.

**Transition to Sustained Weight Loss**  
After the initial three-month TDR phase, participants transition to a sustained weight loss phase. This involves gradually reintroducing regular food while maintaining the healthy ea-

ting habits learned during the program. Continued behavioral support is essential during this phase to prevent weight regain.

**Long-Term Management**  
The T2DR program aims to equip participants with the tools and knowledge necessary for long-term weight management and diabetes control. This includes ongoing support, regular monitoring, and strategies for managing potential challenges.

It's important to note that the success of the T2DR program is dependent on a combination of factors, including participant motivation, adherence to the program, and access to appropriate support services. While the program has shown promising results, it's not a one-size-fits-all solution and individual needs and circumstances should be considered.

# HEALTH

## Tooth inflammation causes stroke in young people, according to a Finnish study



*Prevention of stroke!*

A new Finnish study has linked periodontitis, a serious form of gum disease, to an increased risk of stroke in young adults. The research, published in the Journal of Dental Research, found that people aged 18 to 49 with periodontitis were significantly more likely to suffer cryptogenic ischemic stroke (CIS), a type of stroke with unknown cause. The study also found a link between recent invasive dental procedures and an increased risk of stroke, especially in people with a heart defect called patent foramen ovale (PFO). Researchers believe that the inflammation caused by periodontitis may play a role in the development of blood clots, which can lead to stroke. Additionally, dental procedures can introduce

bacteria into the bloodstream, potentially increasing the risk of stroke in susceptible individuals. The study emphasized the importance of good oral health, especially for young people. Regular dental check-ups and proper oral hygiene can help prevent periodontitis and its associated health risks.

### **The new Alzheimer's drug will arrive in Finland next year?**

Alzheimer's disease is a devastating disease that gradually takes away memory and thinking ability. Although there is no perfect cure yet, there is light at the end of the tunnel on the horizon. The US Food and Drug Administration (FDA) has approved a new

Alzheimer's drug, Lecanemab, for the early treatment of the disease.

Lecanemab is a so-called disease-modifying drug that removes plaque from the brain, so-called beta-amyloid. These plaques have been linked to the development of Alzheimer's disease. Although the drug has not yet been shown to prolong the life of patients or cure the disease, it has shown promising results by slowing the progression of the disease.

Lecanemab has been shown in clinical trials to significantly reduce amyloid plaques in the brain. This is an important step forward, as previous studies have suggested that amyloid plaques are a key factor in the pathology of Alzheimer's disease. While Leca-

nemab is a promising drug, it's important to remember that it's not yet widely available. The safety and efficacy of the medicine still need to be studied in more detail. Additionally, the price may be high at first, which may limit its availability.

In Finland, lecanemab is expected to arrive next year if it is approved by the Finnish Medicines Agency Fimea, but the introduction of the drug will require careful evaluation and a clear selection of patients.

It is important to emphasize that research into Alzheimer's disease is ongoing and that new treatments are being developed all the time. Lecanemab is one of the promising alternatives, but it is not yet the solution to all problems for people with Alzheimer's disease. More research and development is needed to defeat Alzheimer's once and for all.

However, there is reason to hope that in the future there will be opportunities for more effective treatments and even prevention of the disease.

NB:

*This article does not replace the information provided by the doctor. People with Alzheimer's disease should discuss their treatments with their own doctor.*



## ART HISTORY

# Fanny Churberg: A Painter with Her Whole Heart

Fanny Churberg was born on December 12, 1845, in what was then Nikolainkaupunki, now known as Vaasa. She was the third child in a family of seven, where her father, Matias Christian Churberg, was a doctor, and her mother, Maria Ulrika Perander, was a homemaker. Four of the children died young, and Fanny grew up with her two younger brothers, Waldemar and Torsten.

As a teenager, she was sent to Porvoo to attend school at Emma Christina Perander's girls' boarding school from 1857 to 1859. She also attended a girls' school in Vyborg from 1860 to 1861. Her mother died in 1858, when Fanny was only 12 years old, and her father passed away in 1865, when Fanny was 20. The siblings moved to Helsinki to live with their aunt. Fanny was possibly engaged to Berndt Lindholm, but they never married.

In Helsinki, Fanny Churberg began her art studies by taking private lessons. Her teachers included Selma Schaeffer and Alexandra Frosterus-Sältin (1865–1866), Emma Gylden and Berndt Adolf Lindholm (1866–1867). She continued her studies as a private student under Carl Ludwig from 1867 to 1868 and from 1871 to 1874 in Düsseldorf, Germany, which had a prestigious art academy. However, she always returned to Finland to paint during the summers. She was also one of the first Finnish artists



to study in Paris. Churberg was a private student of Vilhelm von Gegerfelt in Paris in 1876. In 1878, she visited the Paris World's Fair, and her interest in folk art grew.

Churberg is one of the most significant figures in Finnish art his-

tory. Her short but intense career left a lasting mark on the national art scene. Churberg's work is exceptionally powerful and personally marked, and her paintings continue to fascinate and inspire.

Churberg was one of the bold wo-



men of her time who broke traditional gender roles. She studied art in Düsseldorf, which was rare for women at the time. Her years in Germany strengthened her interest in landscape painting, which later became her main style.

In Churberg's paintings, nature is more than just a background; it is the main character. She captured the deepest essence of Finnish nature, its light, colors, and moods. Her works contain both strength and rawness, but also deep love and understanding.

Churberg's most famous paintings include "After the Thunderstorm," "Autumn in Porvoo," and "Pine Forest." These works are like win-

dows to another world, where nature is both beautiful and frightening, calm and stormy. Churberg managed to convey a holistic experience to the viewer that lingers long.

Unfortunately, Churberg's artistic career was cut short for several reasons, including her brother's and her own illness. Her career ended in 1880. Before that, however, she had painted about 300 works. She died in 1892. Her death was a great loss to the art world, although her significance to Finnish art became clear only in the early 20th century.

In Arena magazine, issue 1 in 1920, Signe Tandefelt wrote a long article about Fanny Churberg. The last paragraph of the article reads:

"The intensity that she put into all her work throughout her life, in external and internal experiences, could not help but consume her vitality and by 1892 it was forever gone. Her continuous, tireless life full of work, Fanny Churberg devoted only a few years to artistic creation, but what she produced during those years belongs to the best and most personal Finnish art."

Fanny Churberg remains one of the brightest stars in Finnish art. Her work continues to inspire and amaze generations.

(Source: e.g., Wikipedia)

# CAUSERIE

## Soil floor or concrete – an unexpected health issue?

We have long seen concrete floors as a sign of modernity and hygiene. But what if the old truth that dirt floors are unhealthy isn't true?

An ongoing study in Bangladesh is now challenging our prejudices about the role of flooring for our health.

The official name of the study is «Cement floors and child health (CRADLE): a randomized trial in rural Bangladesh» and it can be found online. The study is led by Jade Benjamin-Chung, a researcher at Stanford University in the United States.

Researchers in Bangladesh are now comparing whether small children in houses with soil floors get more intestinal infections than children in houses with concrete floors. The results of the study could have major consequences, not only for developing countries, but also for our own home environments.

What if it turns out that soil floors, with their natural materials, can actually have a positive impact on our health? Perhaps soil floors can contribute to a more balanced microbiome, that is, the billions of bacteria that live in and on us. There is



a growing body of research that shows that our gut flora plays a crucial role in our health.

If the study in Bangladesh shows that soil floors can be healthier, what does that mean for us here in our Nor-

dic countries? Should we start tearing up our concrete floors and replacing them with dirt floors? Maybe not fully, but it can force us to rethink our homes and our relationship with nature.

Perhaps we can be inspi-

red by other cultures where dirt floors are a natural part of the living. Perhaps we can find ways to combine modern conveniences with more natural materials.

It's important to remember that a single study doesn't provide the whole truth. But it can ignite new thoughts and discussions. Maybe it's time to question some of our ingrained notions of what is hygienic and healthy.

So, while we wait for the results from Bangladesh, we can consider the following questions:

What advantages and disadvantages do we see with earth floors and concrete floors?

How can we create homes that are both healthy and comfortable?

How can we balance our needs for modernity and contact with nature?

Whatever the results of the study, it can contribute to an important discussion about our living environment and our health. Maybe it's time to look at our homes with new eyes and discover new ways to live more sustainably and healthily.

# RUSSIAN WAR AGAINST UKRAINE

## The Occupier Will Not Subjugate Kharkiv, Nor Will It Subjugate All of Our Ukraine – Address by the President



**I wish you good health, fellow Ukrainians!**

Today is already a long and productive day for our state. And more of our international activities will follow today. So now – it is just a part of this day’s report. First – Flag Day. I had the honor to congratulate all our people, and especially all our warriors on this holiday. And I am proud of everyone who makes our blue and yellow colors so strong and worthy. I am proud of all our people who defend our state, defend our independence. This is the reflection of exactly such people of

ours – the respect of the world for Ukraine and the fact that Ukrainian flags can be seen in all leading capitals of the democratic world.

I would also like to thank Kharkiv today – it is the Day of Kharkiv. A truly heroic city, a city of people and life. Since the beginning of this May, our forces have managed to repel Russia’s attempt to assault Kharkiv, to break this city and the entire Kharkiv region.

I spoke with Commander-in-Chief Syrskyi, particularly about the fighting in the Kharkiv region. We are pushing out

the Russian army. Step by step. The occupier will not subjugate Kharkiv. Nor will it subjugate all of our Ukraine. I thank everyone who protects life in Ukraine, who protects our Kharkiv and all other cities and villages of our state. And we will do everything to restore real security.

### Glory to Ukraine!

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## RUSSIA

### Ex-president Medvedev will go on with this war.

In his telegram channels on Aug 21:

*In my opinion, lately, at least theoretically, there was one danger - a negotiation trap, where our country could fall under certain circumstances. Namely - early unnecessary peace negotiations proposed by the international community and imposed on the Kiev regime. With unclear prospects and consequences.*

*After the neo-Nazis committed an act of terrorism in the Kursk region, everything fell into place. The idle chatter of unauthorized mediators on the topic of a wonderful world has ceased. Now everyone understands everything, even if they do not say it out loud. They understand that NO MORE NEGOTIATIONS UNTIL THE ENEMY IS COMPLETELY DEFEATED!*

*So let the vile bastard with a nasty mug and disheveled white hair from the country where the terrorist operation was being prepared not rejoice*

*in it.*

### Strange news from Moscow

### Satan interfered in the Paris Olympics

The Moscow newspapers tell us that Satan caused the failure of the Olympic Games in Paris.

Russian national team coach Pokrovskaya is said to have said: "I think this Olympics has surpassed any Olympics ever held. There were problems in Tokyo as well, but they were somehow solved quickly... Has Satan come to earth? And then the queue at these games was in the first place. I have a nasty overall impression."

This report was published in the newspaper "Ura".

Some readers comment:

- An athlete got wet in the bay, drank water and got sick. Now let's consider together whether Satan influenced the IOC:

### Ex-President Medvedev ill

According to information in Russian Telegram channels, ex-president Dmitry Medvedev is seriously ill.

He has been diagnosed with prostate cancer that has metastasized to several organs. According to Russian doctors, he has a maximum of 2 years left.

And so is Razman Kadyrov. Doctors say that he has two years at the most because of his serious illness.

### Putin is considering banning dollars. And divorces.

According to what is expected, dollars and euros will be banned in Russia this autumn. In other words, no Russians are allowed to have dollar or euro banknotes. In addition, divorce will be banned. And childless people will receive an infertility tax of 9%.

# RUSSIAN WAR AGAINST UKRAINE

## TASS a few days before the Russian invasion into Ukraine

### TASS 20 Feb 2022, 22:56

## Russia not invading Ukraine and has no such plans – Russian ambassador to US

The leadership of our country has repeatedly declared and continues to declare its readiness to continue solving outstanding problems through diplomacy, Anatoly Antonov said

Federation, the United States, or any other country is no exception. Russian troops are on our sovereign territory. We don't threaten anyone. Why do other countries try to dictate to us where can we deploy our troops and how many. I would like to emphasize once again that this is our own territory. Can one even imagine that Russia will demand the U.S. not to deploy its troops in Alaska or Florida? I am sure that such a requirement would be unacceptable for the United States.," he said.

WASHINGTON, February 20. /TASS/. Russia has no plans of any "invasion" of Ukraine and is not implementing it now, Russian Ambassador to the United States Anatoly Antonov said in an interview with CBS.

**"There are no such plans," he said.**

"The leadership of our country has repeatedly declared and continues to declare its readiness to continue solving outstanding problems through diplomacy. <...> Every state has the right to protect its territory and borders. The Russian

**We don't threaten anyone.**

The interview was aired on CBS on Sunday. The transcript released later demonstrated that the TV company has abridged Antonov's answers. The interview was not aired live.

The West and Kiev have recently been echoing allegations about Russia's potential invasion of Ukraine. Kremlin Spokesman Dmitry Peskov castigated these claims as "empty and un-



founded", serving as a ploy to escalate tensions

Ukraine would have serious consequences.

**Peskov pointed out that Russia did not pose any threat whatsoever to anyone.**

Peskov pointed out that Russia did not pose any threat whatsoever to anyone. However, Peskov did not rule out the possibility of provocations aimed at justifying such claims and warned that attempts to use military force to resolve the crisis in southeastern

=====  
**Comment:**

"Peskov warned that attempts to use military force to resolve the crisis in southeastern Ukraine would have serious consequences."

Yes. He was perfectly right. It did have serious consequences. Above all for Russia.

Image: Lexica.art

# AI

# The best AI is yet to be decided



In the rapidly evolving landscape of artificial intelligence, a handful of models have emerged as frontrunners in the race to create the most capable and versatile AI assistants. GPT-3.5, GPT-4, GPT-4.0, Gemini Pro, Monica, and Claude 3.5 are all vying for the top spot, each with its own strengths and weaknesses.

As the AI industry continues to advance at breakneck speed, the question of

which model reigns supreme remains open for debate.

GPT-3.5 and GPT-4, developed by OpenAI, have garnered significant attention for their impressive natural language processing capabilities. GPT-3.5 offers a good balance of performance and cost-effectiveness, making it accessible to a wider range of users. GPT-4, on the other hand, boasts enhanced reasoning abilities and improved context understanding, but comes with a heftier price tag.

Google's Gemini Pro has entered the fray with promising multimodal capabilities, able to process and

ability to engage in more nuanced, emotionally aware dialogues sets it apart.

Claude 3.5, developed by Anthropic, has gained recognition for its strong emphasis on safety and ethical considerations. With built-in safeguards and a commitment to responsible AI development, Claude 3.5 appeals to users who prioritize trustworthiness and ethical alignment in their AI interactions.

As these models continue to evolve, their relative strengths and weaknesses shift. GPT-4.0, for instance, promises even greater capabilities than its predecessor, but details remain scarce.

generate both text and images. This versatility gives it an edge in certain applications, particularly those requiring visual understanding alongside language processing.

The rapid pace of development means that today's leader could be overtaken by tomorrow's innovation. Each model presents its own set of advantages and drawbacks. While some excel in raw processing power and breadth of knowledge, others shine in specific domains or in their approach to user interaction.

Monica, a lesser-known contender, has carved out a niche for itself with its focus on emotional intelligence and empathy in conversations. While it may not match the raw processing power of some competitors, its

As researchers push the boundaries of what's possible in AI, we can expect to see even more powerful and sophisticated models emerge. The competition between these AI giants drives innovation, pushing each to improve and differentiate itself from the pack.

For now, the crown of "best AI" remains unclaimed, with each model offering its own unique contribution to the field. As these technologies continue to advance, users and developers alike will need to carefully consider their specific requirements and ethical considerations when choosing an AI model.

The AI landscape is far from settled, and the best may indeed be yet to come. As we stand on the cusp of even greater breakthroughs in artificial intelligence, one thing is certain: the race to create the ultimate AI assistant is far from over.

# AI

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



Abbreviations are everywhere these days. From texting acronyms to technical jargon, those handy 3-letter (and sometimes longer) combos can be confusing if you're not in the know. But fear not, fellow abbreviation adventurer! This article will equip you with the knowledge to decipher 20 of the most common abbreviations you'll encounter in everyday life.

1. **LOL:** Laughing Out Loud (This one might already be a classic for many!)
2. **BRB:** Be Right Back (Perfect for a quick bathroom break during a chat)
3. **OMG:** Oh My God (Expresses surprise or strong emotion)
4. **IMHO:** In My Humble Opinion (A way to preface your opinion politely)
5. **\*\* ASAP:\*\*** As Soon As Possible (Lights a fire under someone... nicely)

6. **FYI:** For Your Information (A heads-up for someone)
7. **ETA:** Estimated Time of Arrival (Lets you know when to expect someone)
8. **RSVP:** Please Reply (Formal request for a response to an invitation)
9. **PDF:** Portable Document Format (A common file format for documents)
10. **JPG:** Joint Photographic Experts Group (A popular image file format)
11. **GIF:** Graphics Interchange Format (Another image format, known for animations)
12. **TIFF:** Tagged Image File Format (Used for high-quality images)
13. **WWW:** World Wide Web (The foundation of the internet we know)
14. **HTTP:** Hypertext Transfer Protocol (The language webpages use to talk)
15. **GPS:** Global Positi-

oning System (Helps you navigate the world)

16. **ATM:** Automated Teller Machine (Your friendly neighborhood cash dispenser)
17. **DIY:** Do It Yourself (For the handy folks out there)
18. **VIP:** Very Important Person (Someone who gets special treatment)
19. **TBA:** To Be Announced (Stay tuned for more information)
20. **TBD:** To Be Determined (We're still figuring things out)

This is just a taste of the abbreviation world, but with these 20 under your belt, you'll be well on your way to deciphering the everyday lingo, from casual texts to technical documents. So, the next time you see an abbreviation that leaves you scratching your head, remember this list and keep on exploring

the wonderful world of shorthand communication!

### Wasa Daily

A modern newspaper with a layout with features of the press of the 1870s. Back then, newspapers had only 4-8 pages. Lots of text, but no images at all, so there's a lot to read on a few pages. Our paper is one of the very few newspapers in English serving English-speaking inhabitants in the Ostrobothnia region

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

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

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

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

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

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

Email: wasadagblad@gmail.com

### What is this house?



Last weeks house:  
The Library in Palosaari, still open

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

Wasa Daily  
Wasa Dagblad  
Photo Supplement

**Kärlfestivali  
detona  
vecka!**

Republiken president Alexander Stubb i Vaasa 27.4.2024

Kalevaspeleinen i Vaasa 27-30.6.2024

Kremlin gör natt av sina motståndare - 1939 liksom nu

HERE WE ARE vpress.fi

En ny press: Grunden för lycka och demokrati

En ny press: Grundläggande konsekvenser för Finland under de kommande 50 åren

**KÖR-FESTIVALEN**

Sinebrychhoffin taidemuseum

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**Puccinis "TOSCA" KOMMER TILL VAASA I JANUARI**

Sinebrychhoffin taidemuseum

Kremlin gör natt av sina motståndare - 1939 liksom nu

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**Sinebrychhoffin taidemuseum**

**Sinebrychhoffin konstmuseum**

**Sinebrychhoffin Art Museum**

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**Pörtöm kyrka  
Pirttikylän kirkko  
The Church in Pörtöm**

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**Hylkeenynti Raippaluodossa 1895**

Jussi Adler-Olsen

Venäjän omittainen diplomaattinen kieli

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**Mysterious green giants in the Laastipalatsi square, Helsinki**

All EU-candidates

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**Cycling Week in Vaasa this week**

Climate Change's Profound Impact on Finland

Kaleva Games in Vaasa 27-30.6

Jussi Adler-Olsen

The Kremlin mocks its opponents

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**CHOIR FESTIVAL**

The Kremlin mocks its opponents

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**Mysterious green giants in the Laastipalatsi square, Helsinki**

All EU-candidates

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**Fero Järnefelt (1863-1937)**

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

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**Hylkeenynti Raippaluodossa 1895**

Jussi Adler-Olsen

Vaasan istutetaan 70 000 puita

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**Finland's president Alexander Stubb in Vaasa 27.4.2024**

Jussi Adler-Olsen

A tree for everyone in Vaasa

ROAD CHURCHES

HERE WE ARE vpress.fi





## HOROSCOPE FOR AUGUST 2024



**Aries** (March 21 - April 19)

You'll be the life of every barbecue, Aries! Just remember: the grill master controls the tongs and your ego. Try not to challenge them to a duel.

**Taurus** (April 20 - May 20)

Your determination is legendary, Taurus, but maybe it's time to admit that the lawn chair assembly instructions aren't a personal vendetta against you.

**Gemini** (May 21 - June 20)

Social butterfly? More like social dragonfly this month! You'll flit from event to event, dazzling everyone. Just don't forget where you parked your broomstick.

**Cancer** (June 21 - July 22)

Home is where the heart is, Cancer, and also where the A/C is. Let others battle the heat while you become a blanket burrito with a book.

**Leo** (July 23 - August 22)

August is your month to roar, Leo! Just make sure your majestic mane

doesn't get too tangled in your party hat. It's hard to be the life of the party when you're stuck in a tinsel trap.

**Virgo** (August 23 - September 22)

Organization is your game, Virgo, but even you can't alphabetize the clouds. Take a break from your color-coded planner and enjoy some spontaneous sunbathing.

**Libra** (September 23 - October 22)

Balance is key, Libra, but if you spend any more time weighing the pros and cons of watermelon versus cantaloupe, summer will be over. Just pick a fruit!

**Scorpio** (October 23 - November 21)

Your mysterious allure will be in full force, Scorpio. Be careful though, too much brooding by the pool can lead to unwanted tan lines... and conspiracy theories.

**Sagittarius** (November 22 - December 21)

Adventure calls, Sagittarius! Whether it's hiking a new trail or trying the latest ice cream flavor, go

boldly. But maybe pack a map and a Lactaid, just in case.

**Capricorn** (December 22 - January 19)

Work hard, play hard, Capricorn. Just remember, your boss doesn't need a 15-slide PowerPoint on why your beach day was productive. Enjoy the sand between your toes!

**Aquarius** (January 20 - February 18)

Your inventive spirit will have you devising the perfect summer cocktail. Just ensure it doesn't involve a chemistry set or you might end up reinventing the hangover.

**Pisces** (February 19 - March 20)

Dreamy Pisces, August is perfect for your daydreams. Just don't let them take you so far away that you forget sunscreen. Sunburns are real, even in fantasy lands.

**Enjoy the quirky twists and turns of August, and remember: it's all in the stars, but you control the sunscreen!**



# HUMOUR ONE HUNDRED YEARS AGO

## THE EXPLANATION.

Police constable: I cannot understand where you got the strength to hold the big, strong thief. Wife: Well, you see, it was really dark, and so I thought it was my husband who wanted to run away with the maid.

## ADVERTISEMENT FROM THE DAILY PRESS.

"Impure fantasies" cleaned at Augusta Blomberg's.

## THE CAUSE.

I just can't stand the sound of a car horn. Why not? I will tell you that some time ago my driver stole my car and ran away with my wife, and every time I hear a car horn, I fear that he will come back with her.

## AGE

Two newly married young wives sit and chat. One talks about his marriage: »Think - my husband is twice as old as me, it's a shame anyway!» The other: How old is he then?? — Yes, I'm 22(!) as you know and he's 44. Isn't that right?? — Yes, they're terrible — think when you'll be 44, then he'll be — 88 years old!!!

## FOOD AND DRINKS

Some Americans were hiking in the Scottish Highlands. The provisions ran out, so one of the participants was sent to the nearest town to get provisions for a week. He returned with 20 whole John Begg's whiskey and a loaf of bread. When he showed his companions what he had bought, one of them exclaimed: — excellent, but who the hell is going to eat the bread?

## CHILDREN AS POSTMEN

"Where have you been, my little darling?" asked little Albert's mother, when he came home after being gone for a couple of hours.

"Yes, we were out with Kalle and Olle playing postman," answered the darling.

"So! How did it happen then?"

»Well, we went around to all the houses around here and put letters in all the boxes.»

"But were they really real letters?"

»Yes then!«

»Where did you get them then?«

»Yes, yes, we found them in mother's desk drawer. It was open, and they were so beautiful, and there was a whole bunch of them, and they were tied with cut silk ribbons.»

## Astronomical image of the week:



Magnificent CME Erupts on the Sun - August 31.jpg

On August 31, 2012 a long filament of solar material that had been hovering in the sun's atmosphere, the corona, erupted out into space at 4:36 p.m. EDT. The coronal mass ejection, or CME, traveled at over 900 miles per second. The CME did not travel directly toward Earth, but did connect with Earth's magnetic environment, or magnetosphere, causing aurora to appear on the night of Monday, September 3. Pictured here is a lightened blended version of the 304 and 171 angstrom wavelengths taken from the Solar Dynamics Observatory. Cropped

NASA Goddard Space Flight Center

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Featured picture, Picture of the year, Picture of the day

Magnificent CME Erupts on the Sun - August 31.jpg | Copy

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August 31, 2012

1,920 x 1,080

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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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