

# VAASA DAILY

**Nr 42**

**Sunday, November 3, 2024**

**ISSN 2954-2456**

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!

## The election on Nov 5 2024



**HERE WE ARE:**

**[vpress.ovh](http://vpress.ovh)**

**60**

**informative**

**pages**

## It is worth walking in the forest

# Nature, health and economy go hand in hand

A recent study published by THL offers us Finns a very interesting perspective on nature: it is not only a refreshing hobby or a beautiful background for photographs, but also a significant investment in our health and the well-being of society as a whole.

Natural Resources Institute Finland (Luke) and Nordic Healthcare Group (NHG) were involved in the study.

According to the study, the benefits offered by natural environments are much wider than we previously thought. Nature not only improves mood and reduces stress, but it also protects us from serious diseases such as depression, type 2 diabetes and even respiratory diseases. This is a significant finding, as these diseases impose enormous costs on society.

It is therefore legitimate to ask why we should not make better use of this free medicine offered by nature? The study shows that municipalities and

decision-makers can do a lot to create environments that support people's wellbeing. For example, increasing green spaces in cities, locating schools and kindergartens close to nature, and promoting physical activity are all effective ways to improve people's health while reducing healthcare costs.

The National Nature Health Programme is an excellent proposal. It allows us to ensure that the health benefits of nature are taken into account in all decision-making. The programme can also promote cooperation between different actors, such as health, urban planning and environmental management.

It is important to remember that nature is also an important part of the fight against climate change. Forests sequester carbon and purify the air, and green spaces cool cities. When we invest in nature, we also invest in our future.

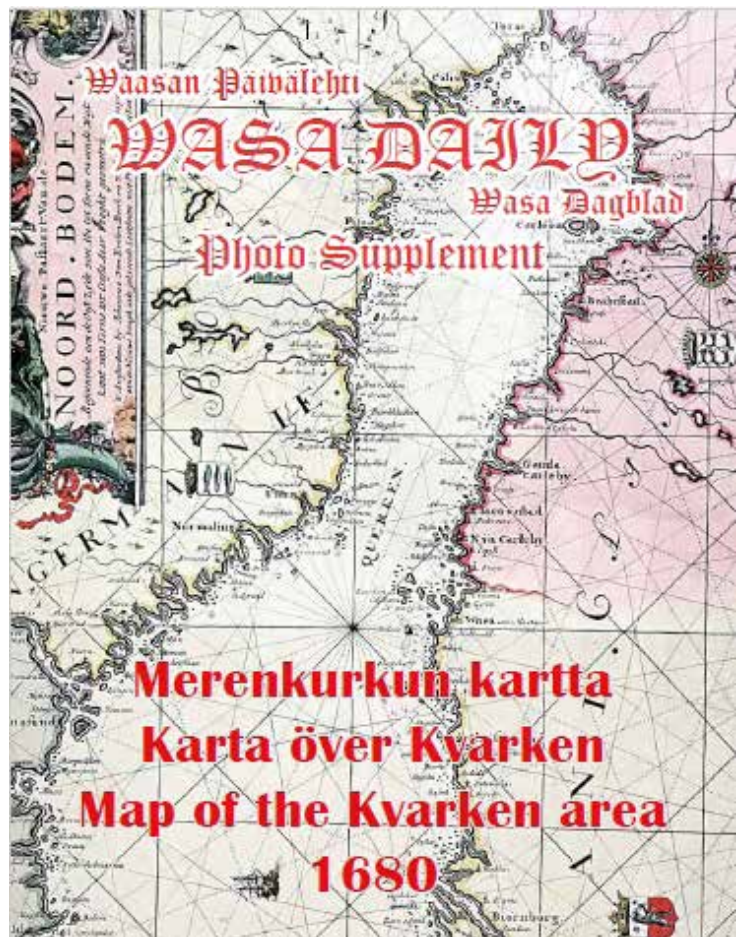
Call to action

We urge all decision-makers, companies and citizens to take

responsibility for the well-being of nature. Each of us can make our own contribution, for example, by increasing physical activity in nature, supporting local nature conservation projects or demanding action

from decision-makers on behalf of nature conservation.

Nature is a common heritage for all of us. It is our duty to ensure that future generations can also enjoy its benefits.



# NEWS



Maaria Salo, Janna Sirén and Meta Isæus-Berlin

## Waterfall at the Kuntsi Art Museum – Meta Isæus-Berlin’s Extensive Solo Exhibition Debuts in Finland



Swedish contemporary artist Meta Isæus-Berlin brings her works to Finland in a large solo exhibition at the Kuntsi Museum of Modern Art in Vasa.

sculptures often feature domestic objects, such as chairs, beds, and tables, transformed into enigmatic and dreamlike compositions.

One of her most striking works, "Chair Beside Bed," is a haunting and evocative piece that invites viewers to contemplate the nature of sleep, dreams, and the subconscious. The chair, a seemingly ordinary object, is placed beside a bed, suggesting a moment of transition between wakefulness and slumber. The stark white color palette and the minimalist composition create a sense of stillness and introspection.

The exhibition, titled Philosophy, opens on November 2, 2024, and runs until March 30, 2025, showcasing a selection of around 50 works that span Isæus-Berlin’s 30-year artistic career, including ten new installations never seen before in Finland.

Isæus-Berlin’s work frequently references historical and mythological narratives. She draws inspiration from ancient myths, fairy tales, and religious iconography, reimagining these stories in a contemporary context. Her paintings often feature figures that seem both familiar and alien, caught in dreamlike states or engaged in enigmatic rituals.

Meta Isæus-Berlin is a renowned Swedish contemporary artist whose work often blurs the lines between dream and reality. Her unique style, characterized by a blend of surrealism, symbolism, and domestic imagery, has captivated audiences worldwide.

Born in 1963, Isæus-Berlin’s artistic journey has been marked by a constant exploration of the subconscious and the everyday. Her installations, paintings, and

The artist’s ability to create a sense of atmosphere and mystery is one of her greatest strengths. Her work often evokes a feeling of nostalgia and longing, inviting

**THIS PAPER CAN BE READ ANYWHERE:**



Like here in Saariselka, Finnish Lapland



viewers to delve into their own memories and dreams. By exploring the subconscious, Isæus-Berlin offers a glimpse into the hidden depths of the human psyche.

In recent years, Isæus-Berlin has gained international recognition, participating in prestigious exhibitions such as the Venice Biennale and the Istanbul Biennial. Her work can be found in major collections around the world, including the Moderna Museet in Stockholm and the Museum of Contemporary Art in Los Angeles.

Whether you are a seasoned art lover or a casual observer, Meta Isæus-Berlin's work is sure to captivate and inspire. Her ability to transform the ordinary into the extraordinary makes

her one of the most significant contemporary artists of our time.

Isæus-Berlin's art does not offer direct answers but rather leaves space for the viewer to interpret and reflect on their own experiences. The exhibition in Vasa has also borrowed works from significant Swedish museums, including Moderna Museet and Malmö Art Museum. Additionally, a catalog has been published where the artist shares her interpretations and creative processes.

One of the most interesting objects in the exhibition is the Bathroom, the construction of which has been financed by the Gröndal Brothers' Foundation. It cannot be described, it must be seen!

This exhibition represents a significant international art event in Finland, and Meta Isæus-Berlin's strong presence at the Kuntsi Museum invites the audience to see familiar places and objects with new, poetic eyes.

The exhibition is open from November 2, 2024, to March 30, 2025, at the Kuntsi Museum of Modern Art in Vasa.

**This weeks art experience:**



**Helene Schjerfbeck**  
10.7.1862 - 23.1.1946  
The Teacher, 1933

# THE ELECTION

## U.S. Presidential Election 2024: Key Candidates, Pennsylvania's Importance, and Questions of Polling Accuracy

The 2024 U.S. presidential election is shaping up to be one of the most closely-watched and consequential races in recent memory. As Americans prepare to vote, the candidates, pivotal states like Pennsylvania, and polling reliability are front and center. The outcome will not only impact U.S. policy but also send a message about the current state of American democracy.

### Leading Candidates: Familiar Names and Political Divisions

In 2024, the presidential race has drawn several prominent contenders, with Vice president Kamala Harris running as the Democratic candidate. Her platform emphasizes expanding healthcare access, addressing climate change, and preserving social safety nets. His campaign highlights economic recovery and aims to counter global threats such as climate change while re-establishing U.S. diplomatic relations that were strained in the previous administration.

The Republican side features former President Donald Trump, who, despite legal challenges, remains the GOP's favored candidate. Trump's campaign re-affirms his prior platform, focusing on strong immigration restrictions, tax cuts, and an "America First" agenda. He rallies support among voters dissatisfied with the Biden and Harris administration and

those desiring less government intervention in business. Florida Governor Ron DeSantis, once considered a leading challenger to Trump, has struggled to gain traction but represents a potential third-party influence should he choose to stay in the race independently or form alliances.

In addition to Biden and Trump, the election has notable third-party and independent candidates, including Robert F. Kennedy Jr., who announced his campaign as an independent. Kennedy has focused on governmental accountability, calling for transparent policies around health and the environment. His involvement adds complexity, as he may attract voters from both Democratic and Republican bases.

Pennsylvania's Importance: The Keystone State at the Heart of the Battleground

Pennsylvania, often labeled the "Keystone State," has earned its reputation as a crucial battleground in presidential elections. With its 19 electoral votes, it's one of the most populous and politically diverse states in the U.S. Pennsylvania's voting patterns are particularly unpredictable, with Democrats historically securing support in urban areas like Philadelphia and Pittsburgh, while Republicans dominate in rural counties. In recent elections, it has swung



between parties, going for Trump in 2016 and Biden in 2020, making it a top target for both campaigns.

This state is also important because it mirrors the broader cultural and economic divisions seen nationwide. The concerns of Pennsylvania's voters often reflect those across the country: access to jobs, affordable healthcare, and addressing inflation. Candidates who can appeal to the middle- and working-class voters in Pennsylvania, particularly in the suburban "collar" counties around Philadelphia, have a strong chance of winning the presidency.

Polling Reliability: The Challenges and Mistakes

Polling in recent U.S. elections has been a subject of significant scrutiny. In both 2016 and 2020, pollsters faced widespread criticism for failing to accurately predict outcomes in swing states, leading to a reevaluation of polling methodologies. Current polling techniques attempt to capture more diverse and representative samples, but they still struggle with issues

like "non-response bias," where certain demographic groups are less likely to participate in surveys, skewing results.

Additionally, the unpredictable element of third-party candidates like Kennedy this year introduces added uncertainty. Many polls are not well-equipped to capture the support for these candidates accurately, and in a polarized election, even a small percentage for an independent candidate could tilt the scales in a swing state.

Reflections on U.S. Democracy: A Divided Nation and the Challenge of Unity

The 2024 election reflects both the strengths and challenges of the American democratic system. The competitive environment, diversity of candidates, and robust media scrutiny exemplify democracy in action. However, deep polarization remains a persistent challenge. Discontent with the "two-party system" has led to increased support for independent and third-party candidates, signaling a call for broader representation.

There's also concern over voter disenfranchi-

ment in some areas, with both parties accusing the other of undermining the voting process. The U.S. has long prided itself on being a beacon of democracy, but with each election, the growing partisan divide raises questions about the system's ability to represent the diverse voices of all Americans.

Conclusion: A Race with High Stakes for the U.S. and the World

With just days until the election, the race is intensifying as candidates make their final appeals. Whether through personal rallies, targeted ads, or online campaigns, they aim to connect with voters in swing states like Pennsylvania. The reliability of polling remains uncertain, and political division poses significant challenges, but the U.S. remains steadfast in its commitment to democratic participation. As election day approaches, it's clear this vote will resonate far beyond American borders, impacting both national and international policy directions for years to come.

## NEWS



*Komisario Palmun erehdys (2024). I bilden Oiva Nuojua, Timo Luoma and Aimo Räsänen. Photo: Kasper Dalkarl*

## Inspector Palmu Solves Mysteries at Vaasa City Theatre

This autumn season at Vaasa City Theatre culminates with a Finnish classic as Inspector Palmu's Mistake premieres on Friday, November 1st.

The thriller, ad-apted by Joel Elstelä from Mika Waltari's iconic novel, is directed by seasoned director Milko Lehto. Aimo Räsänen stars in the title role as Inspector Palmu, a character he has previously portrayed at Tampereen Komediateatteri.

Waltari's Inspector Palmu's Mistake, first published in 1940, was adapted into a film in 1960 and has since held a special place in Finnish detective fiction and cinema. The story revolves around a "locked-room" mystery in which all the characters are suspects. The drama unfolds in Helsinki's Eira district, where the wealthy playboy Bruno Rygseck is found drowned in his

own bathtub. Inspector Palmu, along with his assistants Kokki and Virta, begins investigating what appears to be a murder.

"Inspector Palmu's Mistake is a fantastic story with intriguing characters," says director Lehto. "It's a locked-room mystery where everyone is under suspicion."

The production's visual design has been crafted by set designer and professor Liisa Ikonen, with costumes designed by the theatre's own Emilia Eriksson. Lighting is designed by Teemu Vähänen, sound by Heikki Järvi, and hair and makeup by Maija Hauta-aho.

In the role of the iconic Inspector Palmu, Aimo Räsänen describes the character warmly: "The cane, cigar, bowler hat, and mustache—everything else is magic." Over the years, Inspector Palmu has become a beloved character for Finnish audiences, akin to the British detective Hercule Poirot.

Joining Räsänen are Timo

Luoma as Kokki and Oiva Nuojua as Virta. Other key roles include Anna Lemmetti-Vieri, Toni Ikola, and Ville Härkönen, who bring the complex Rygseck family to life, with their intricate relationships and hidden secrets.

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

### Storm Delays Opening of Winter Swimming Spot in Vasa's Inner Harbor – Opens Next Week

The anticipated opening of Vasa's Inner Harbor winter swimming area will be delayed by a few days due to an incoming storm. Originally scheduled to

open on Friday, November 1, the winter swimming spot is now set to open next week, during week 45, according to the latest weather forecast.

The Finnish Meteorological Institute has issued a wind warning for both land and sea areas over the weekend, with forecasts indicating gusts reaching up to 30 meters per second on Sunday, November 3. Safety precautions are therefore necessary to secure the swimming area.

"For safety reasons, we need to remove the footbridge leading to the swimming area to prevent the wind from dislodging it. We will also reinforce the concrete pier with an additional chain. We apologize for the delay, but we cannot compromise on safety," says Jarmo Latvala, service coordinator of the park team.

While the start of the season will be delayed, winter swimmers can dive in as soon as the storm subsides and the footbridge is reinstalled. A specific opening date will be announced at the beginning of next week.



### A Popular, Free Winter Swimming Spot

Located at the end of Hietasaarenkatu, the Inner Harbor winter swimming area is open daily from 6 a.m. to 9 p.m., free of charge. The site offers heated changing rooms for men and women, lighting around the pier, and monitored video surveillance.

In preparation for this season, the city has acquired ownership of the changing rooms and installed heated floor drains.

The Inner Harbor winter swimming spot, first opened in December 2023, quickly became popular. Last winter season, it attracted over 10,000 visitors.

# NEWS

## Nicotine pouches pose poisoning risk for young children – growing concern at the Poison Information Center



Nicotine pouches are becoming an increasingly common cause of poisoning, with the Poison Information Center receiving nearly daily inquiries about them.

Young children are particularly vulnerable, as they may put nicotine pouches in their mouths while exploring their surroundings, according to the Finnish Medical Journal.

According to Chief Physician and Associate Professor Tuomas Lilius from the Poison Information Center, nicotine poisoning poses a real risk, especially for small children.

“Concern is justified, as nicotine is quickly absorbed through the mouth’s mucous membranes and can cause symptoms within minutes,” says Lilius. Typical symptoms of nicotine poisoning include stomach pain, nausea, vomiting, tremors, and rapid heartbeat. In severe cases, poisoning can lead to heart arrhythmias and seizures.

By September 2024, the Poison Information Center had received 325 calls about nicotine pouches, half of which involved children under two years old. Lilius emphasizes the responsibility of parents: “Nicotine pouches should be treated like chemicals or medicines – they must be

kept out of children’s reach.”

Among teenagers and young adults, poisoning symptoms often result from overuse of nicotine pouches or accidentally swallowing one. In many cases, other substances are also involved.

Families are advised to keep activated charcoal at home, as it can prevent nicotine from being absorbed if a child swallows a pouch. Lilius also warns that while nicotine pouches sold in Finland are limited to a strength of 20 mg/g, stronger pouches are available from abroad, further increasing the risk.

The Poison Information Center is

currently conducting studies on the toxicity of nicotine pouches, as there is surprisingly little information about their danger.

### Want to know more? Read Wasa Daily!

Those who are best informed are those who read Wasa Daily. With us, you always get the latest news, in-depth analysis and perspectives on what is happening both locally and globally. For those who want to know more – and understand more – Wasa Daily is the obvious choice.

Join us to stay up to date on what really matters.



## EVENTS

**WASA CONSORT**

- New gamba band  
First concert  
"Music for the soul"

3.11.2024

6 P.M.

Vaasa Orthodox Church

Musicians:

Elena Hämäläinen

Eero Marttila

Pontus Grans

**ATENEUM****Gothic Modern – From Darkness to Light**

4 October 2024 to 26 January 2025.

Medieval and Renaissance art provided 20th-century artists with emotional material and ways to deal with fundamental human feelings, as well as birth, death, suffering and sexuality. The artists featured in the exhibition include Arnold Böcklin, Lucas Cranach the Elder, Akse-li Gallen-Kallela, Vincent van Gogh, Theodor Kittelsen, Käthe Kollwitz, Edvard Munch, Hugo Simberg, Helene Schjerfbeck, Marianne Stokes, and Gustave Van de Woestynne.

After its debut at Ateneum, the exhibition will travel to the National Museum, Norway and the ALBERTINA Museum, Vienna, where it will be curated by Vibeke Waallann Hansen and Cynthia Osiecki (Curators, National Museum, Norway) and Ralph Gleis (Director, Alte Nationalgalerie), respectively.

The exhibition to be complemented by a comprehensive exhibition catalogue

**Many Faces of Ukraine**

- Presentation and lecture by Maxim Fedorov on November 9th at 1 PM at the Ostrobothnia Museum

Welcome to a meeting with journalists and authors, where the topic of discussion will be Ukraine and its situation as narrated by Maxim Fedorov. The lecture and book presentation will take place on Saturday, November 9, 2024, at 1 PM in the café of the Ostrobothnia Mu-

seum. Registration in advance is required (museoinfo@vaasa.fi). In Finnish

**Friendship café KALYNA****14.11.2024 at 15.30**

Concert of Vaasa City Orchestra

Free admission

**WASA THEATRE**

16.11.2024

Premiere: Snowfall

Everything you could want from Christmas

For adults and for children over 6 years of age

www.wasateater.fi

**VAASA LITTFEST**

14-16.11.2024

Main Library, Drama Hall  
Vaasa LittFest is a bilingual literature festival that has been held in Vaasa since 2001. The festival offers in-depth discussions that open up important themes and thoughts. This year's theme is Condition, there are promised in-depth days of literature!

A comprehensive program, such as

Saturday 16.11

13.45–14.45 | Main Library, Drama Hall

Panel discussion: Female role models – women in leadership roles

Karin Erlandsson, Ellen Strömberg, Rosanna Fellman and Anna Bertills discuss the role of women in literature and their importance as role models. This panel discussion offers inspiring perspectives and deep reflections.

**RITZ****16.11.24**

at 14 and 19

AUTIOTALO

Musikaali Dingo-huumasta  
www.ritz.fi

**RUSK**

Chamber Music in Jakobstad

19–23.11.2024

The Beauty of Longing

International creativity at the darkest time of the year  
ruskfestival.fi

**TIKANOJA****THE ART EVENT OF THE YEAR!**

Eero Järnefelts exhibition opens on Nov 23, 2024

**RITZ****30.11.24**

at 14 and 19

Paradise

BADDING-musical

www.ritz.fi

**STUNDARS**

1.12.24

Christmas Market

**MEDIALANGUAGE (In Swedish) 2025: Seminar XX**

Vaasa 22-23 Januari 2025

ration with Svenska Yle, Hufvudstadsbladet Ab, HSS Media, ÅU Media, Friends of Swedish Public Schools, the Åbo Akademi University Foundation, the Swedish Cultural Foundation in Sweden, the Harry Schauman Foundation and Konstsamfundet.

<https://www.mediesprak.fi/seminariet/>

**SCIENCE NIGHT**

9 January 2025 in Helsinki  
Science Night is science's own city event in Helsinki.

The event, which is organized annually in January, will be celebrated next time on Thursday 9 January 2025. A motley group of program organizers guarantees that during the evening and night you will be able to enjoy engaging lectures as well as insight by doing it yourself. Admission to all Science Night events is free! In the summer, we have an Arts night in Vaasa. When do we get Science Night in winter?  
<https://www.tieteidenyo.fi/en>

**VAASA CITY THEATRE****TOSCA-ooppera**

Premisere Jan 12.2025

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

**ILMAJOKI MUSIC FESTIVAL**

"BIG Wrath 1713-1721"

6.-15.6.2025

"This powerful and topical opera brings the years of hatred and the fates of our ancestors back to the banks of

Media Language 2025 is organised by the Swedish Press Service and the Centre for Lifelong Learning at Åbo Akademi University in collabo-

# RUSSIAN ECONOMY

## Is hyperinflation coming up in Russia?

### An analysis of Russia's economic crisis

Russia's economy is facing one of its biggest challenges in modern times. The economic sanctions that followed the invasion of Ukraine, combined with an increasingly isolated position in the global market, have created a perfect storm for the Russian ruble.

The drastic increase in the policy rate to 21%, with the prospect of further increases, is a clear sign that the Russian central bank is trying to fight inflation that threatens to spiral out of control.

### Official statistics versus reality

The Russian government reports an inflation rate of around 8%. However, economists and experts agree that this figure does not reflect the real situation. The rising demand for goods, especially food and other basic goods, combined with disruptions in supply chains, has led to a significant increase in prices. Many Russians testify that the prices of food and other necessities have more than doubled in the past year.

### Banknote presses run hot

To finance the war in Ukraine and compensate for the reduced revenues from oil and gas exports, the Russian government has had to print large

amounts of money. This has led to a sharp increase in the money supply in circulation, which in turn drives up inflation. Free currency trading has been abolished, and the ruble has depreciated sharply against other currencies. Although the official exchange rate is 100 rubles per dollar, in practice it is impossible for Russians to buy dollars at this rate.

### A population in panic

The economic uncertainty has led to increased anxiety among the Russian population. Many Russians are trying to protect their savings by buying physical assets, such as housing and groceries. The phenomenon of hoarding buckwheat, a staple of the Russian diet, has become increasingly common.

The risk of hyperinflation in Russia is high. Historically, countries that have been hit by similar economic crises have often experienced hyperinflation. Hyperinflation is an extremely high rate of inflation, which can lead to a total collapse of a country's economy. To avoid hyperinflation, the Russian government must take drastic measures to stabilize the economy and regain the confidence of investors and the population.

Hyperinflation can occur very quickly, at a time when the population is suffering from something that could be called mass psychosis and everyone is rushing to the shops at the same time to get rid of their almost worthless banknotes.



This is not something new in Russia. In the early 90s, Russia had a period of over 1000% inflation. In a short time, the ruble lost over 90% of its value.

The high inflation, the reduced availability of foreign currency and the increased uncertainty pose a major threat to the standard of living of the Russian population. If the Russian government does not succeed in reversing the trend, the country risks ending up in a deep economic crisis with long-lasting consequences. The worst possible consequence is hyperinflation.

### Consequences of a possible hyperinflation for the Russian population

Hyperinflation, an extremely high inflation rate, would have devastating consequences for the Russian population. Here

are some of the most likely outcomes:

Greatly reduced purchasing power: Money quickly loses its value, which means that wages and savings become worthless. Panicked buying accelerates, people buy everything they can as long as you get something for the rubles and in the end all the shelves are empty. People will no longer be able to buy the goods and services they need to survive.

Social unrest and instability: Economic crisis often leads to social unrest and political instability. Dissatisfaction with the government may increase, which may lead to protests and demonstrations.

Hunger and malnutrition: High food prices make it difficult for people to get enough food. This can lead to starva-

tion and malnutrition, especially among children and the elderly.

Loss of lifelong savings: Pensions, savings accounts, and other savings will be wiped out. Many people will lose everything they have worked for throughout their lives.

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

Disintegration of society: Hyperinflation can lead to a breakdown of society, with increased crime and violence.

Loss of confidence in the economic system: People will lose confidence in the economic system and the Russian ruble. This can lead to an increased use of alternative currencies or barter.

## SOCIETY

# Click your way to change? About clicktivism and slacktivism



### What is clicktivism and slacktivism?

Have you ever shared an outrageous news article on social media, signed an online petition, or participated in a digital protest? If so, you may have unconsciously taken part in the phenomena of clicktivism and slacktivism.

These terms, coined by researchers Evgeny Morozov and Alice Marwick in 2017, describe a form of activism that is carried out online. It's about showing your support for a cause by clicking a button, sharing a picture, or writing a comment. It's simple, fast, and requires mini-

mal commitment.

Clicktivism focuses on the individual clicks that form the basis of digital activism, such as signing a petition or sharing a link.

Slacktivism is a more general term that refers to the perception that digital activism is often superficial and does not lead to real change.

### Why is it problematic?

Even though it can feel good to do something, no matter how small, for a thing you care about, there is criticism of clicktivism and slacktivism. Critics believe that:

It is not a substitute for real action: Clicking

a button or sharing a picture is not the same as participating in a demonstration, donating money or getting involved in political processes.

It can create the illusion of change: It can give a false sense that you have done something to change the world, even if your actions don't have much of an impact.

It can undermine more in-depth engagement: By making it so easy to be an "activist," clicktivism can make people less likely to engage in more demanding forms of activism.

It can be manipulated: Large amounts of clicks and likes can be

used to influence decision-making processes and create a false image of public opinion.

### Deliberation and democracy

Another problem with clicktivism is that it can undermine the democratic process. A healthy democracy requires an informed and nuanced debate on important issues. When we rely on simple "like" buttons and quick reactions on social media, we risk losing the ability to have deeper conversations and to absorb different perspectives.

### So what can we do?

It's important to remember that digital activism isn't completely useless. It can be a way to raise awareness of important

issues and mobilize people. But to create real change, it takes more than just a few clicks.

To contribute to a more meaningful and democratic debate, we can:

Get involved in local issues: Participate in local meetings, write to our politicians and get involved in volunteer work.

Support organizations that work for change: Donate money, become a member or spread the word about their work.

Deepen our knowledge: Read about the issues that are important to you and try to understand different perspectives.

Have critical conversations with others: Discuss important issues with friends, family, and colleagues.

# SOCIETY

## Finland – The happiest country in the world?

Happiness is something we all strive for, but what does it really mean to be happy? Is it to feel joy for most of your time, or is it about a more overall satisfaction with life? These questions were recently explored during a lecture at the University of Helsinki by Professor Jan-Erik Lönqvist, who presented research results on happiness and its causes. A fact that we Finns can be proud of began the lecture: Finland has repeatedly topped the list in the annual international survey World Happiness Report.

But how can it be that Finland, where 10% of the adult population takes antidepressants and a large proportion of young women report mental health problems, is still ranked as the happiest country in the world? An important part of the explanation lies in how happiness is defined and measured. Happiness can be affected by many factors, ranging from fi-

nancial security and social networks to physical health and community trust.

Lönqvist highlighted that social capital, that is, the sense of community and trust in others, plays a crucial role in our happiness. Having a friend you can trust and turn to in difficult times is one of the most important factors for well-being. Trust in authorities and the judiciary is also strongly linked to the level of happiness in a country. In Finland, where corruption is low and trust is high, many people feel safer, which in turn contributes to higher happiness.

Another interesting correlation that was presented was the connection between happiness and health. People who are healthy tend to be happier, and conversely, happy people have a better chance of staying healthy. Research presented in the World Happiness Report 2024 even

shows that happiness can reduce the risk of dementia.

Financial security also plays a role, but according to research, the increase in income does not affect the level of happiness in the long term. It is the relative income, in comparison to, for example, neighbours or colleagues, that can create a feeling of happiness or dissatisfaction. Lönqvist also reflected on his own upbringing in post-war Finland, a time of material poverty, yet a time of equality and security. Despite scarce resources, he and his peers experienced their childhood as happy, something he attributes to the collective sense of belonging and stability.

The lecture also touched on comparisons between countries. Gross domestic product (GDP) has long been considered an indicator of a country's well-being, but research shows that when per capita income exceeds a certain amount

– about \$10,000 per year – the level of happiness does not rise significantly despite continued economic growth. Instead, the concept of Gross National Happiness (GNH) has emerged as a more holistic way to



measure happiness and quality of life. So why does Finland win these "lucky contests" year after year? One explanation may be that Finns generally give more nuanced answers in surveys than people in many other countries. While a Finn who is not completely satisfied with life might put a four on a scale from zero to ten, someone in another country would give a zero score in the same situation. This pulls up our average, even if we our-

selves do not always feel particularly happy.

No matter how we interpret the results, it's comforting to know that Finland is a country where people thrive – and we can only hope that we continue to be the happiest in the world!

### SOURCES:

World Happiness Report 2024 <https://worldhappiness.report/>  
Well-being "critical" for dementia risk reduction, research suggests (2024) <https://worldhappiness.report/news/well-being-critical-for-dementia-risk-reduction-researchsuggests/>

### Excerpt from a media release on April 1, 2022:

**HAPPINESS MEDALS WILL BE AWARDED IN VAASA AT 10:00 ON 1 APRIL 2022.** *Vaasa is the happiest city in Finland. Finland is already the happiest country in the world for the fifth year in a row. It follows that Vaasa is the happiest city in the world. The happiest city in the world! Let's think about what this means for a moment. All of us from Vaasa are the lucky winners of this global lucky contest. To celebrate this, the City Board has ordered 65,000 medals, i.e. one medal for each resident of Vaasa. The medal is 46 mm in diameter and designed by Armenian artist On-nis Tunut. The medal looks like this:*



*The first 10,000 medals are gold and they were awarded at a solemn party in front of the city hall at 10 a.m. today, April Day. The distributor is the city's happiness manager Lisbeth Salander, known from the Millennium trilogy in Stockholm. It is worth a visit. This medal will one day become a truly valuable collector's item.*

# SOCIETY

## A discussion about Finland and the World Happiness Report

Andrew and Ursula are two fictive persons having this quite interesting discussion about happiness in our country and elsewhere. The discussion is created by NotebookLM, and You can also listen to it.

Andrew: Hey everyone, welcome back. Today, we're diving into the fascinating topic of happiness. Finland always seems to top those happiness rankings, right? I recently tried one of those meditation apps, and I swear it stressed me out more than anything! It got me thinking: What is happiness, really?

Ursula: A big question.

Andrew: Exactly. Today, we'll explore the World Happiness Report, some in-sightful articles from Finland itself, and even a lecture by a professor. We'll try to understand why Finland ranks so high and what we can all learn from it.

Ursula: Sounds exciting!

Andrew: So, Finland's the happiest country, but they also have high antidepressant use and youth mental health issues. Doesn't quite add up, does it?

Ursula: It's complicated, isn't it? Happiness isn't just about feeling joyful all the time. It's more about a sense of satisfaction with your life.

Andrew: Exactly. How do we measure long-term happiness? The World Happiness Report and Professor Lonquest highlight a key factor: social capital.

Ursula: Oh, yeah. Social capital is like a foundation of trust.

When you trust your neighbors and community, it creates a sense of security.

Andrew: Exactly, and Finland excels at that. It reminds me of my small town, where everyone knew each other. That feeling of connection is definitely part of Finland's secret sauce. And then there's health, a huge factor in happiness.

Ursula: Absolutely. Physical health and mental health are closely linked.

Andrew: The World Happiness Report even says happiness can reduce the risk of dementia! Happy people are more active, have stronger social ties, and manage stress better. All good for the brain.

Andrew: What about money? Is it true that money can't buy happiness?

Ursula: It's not that simple. Financial security is essential. Nobody wants to stress about bills. But Professor Lonquest pointed out that after a certain income level, around \$10,000 a year, the increase in happiness levels off.

Andrew: So, once your basic needs are met, more money doesn't necessarily equal more happiness.

Ursula: Not necessarily.

Andrew: That's kind of liberating. We're always told we need more and more.

Ursula: It's a constant message.

Andrew: Maybe it's not true.

Ursula: It's more nuanced than that.

Andrew: Professor Lonquest also talked about relative wealth. It's not just about how much you have, but how much you have compared to others.

Ursula: That's where things get tricky.

Andrew: When you're scrolling through Instagram and everyone seems perfect, it's easy to feel bad, even if you're doing okay.



**Podcast in English:**  
**The happiest country in the World - Finland**  
<https://vpress.ovh/podcasts.htm>

Ursula: It's easy to fall into that trap.

Andrew: Those Finnish articles we read suggest that Finns might be more reserved about their happiness. It's a cultural thing. What's considered "happy" in one culture might be different in another.

Ursula: It makes comparing happiness across countries a challenge.

Andrew: So, maybe it's not about who's at the top of the list, but about finding what works for each society. That's where the concept of Gross National Happiness (GNH) comes in.

Ursula: GNH is a more holistic way to measure well-being. It considers social support, the environment, and psychological factors.

Andrew: It's a more well-rounded approach.

Ursula: And it aligns well with Finland's emphasis on community and trust.

Andrew: Professor Lonquest

shared a story about his childhood in post-war Finland. There was poverty, but also a strong sense of community and stability. He was happy despite the lack of material wealth.

Ursula: That's a powerful example.

Andrew: So, happiness is a complex mix of factors: social connections, trust, health, and security. It's not just about chasing money or quick thrills.

Ursula: It's about the bigger picture.

Andrew: Could other countries learn from Finland's model? Could prioritizing community, trust, and balance lead to more happiness around the world?

Ursula: That's the big question, isn't it?

Andrew: Well, that's all for today. Keep thinking about what brings you genuine happiness. And if you're interested in learning more, check out the World Happiness Report and the concept of GNH.

# BOOK FAIR



## The Most Significant Cultural Event of the Fall: Helsinki Book Fair, October 24–27, 2024

The Helsinki Book Fair opened its doors on Thursday, October 24, offering visitors a unique opportunity to immerse themselves in the world of literature, culture, and inspiring encounters. This year's theme is The Future, highlighting literature's power to inspire hope and imagine alternative worlds. Program Director Ville Blåfield describes the theme as follows: "Through literature, we can envision alternative worlds, utopias, and dystopias. The Book Fair showcases the author's ability to see into tomorrow and the reader's chance to believe in a different future."

At the Senate Square stage, a special series of discussions will explore the future theme. The fair's extensive program also includes nearly a thousand discussions, interviews, and presentations. Up to 1,500 speakers, both Finnish and international, will share their perspectives on current

issues and the future of culture.

A Multifaceted Experience – with the Record Fair, Stamp Fair, and Antiquarian Book Fair

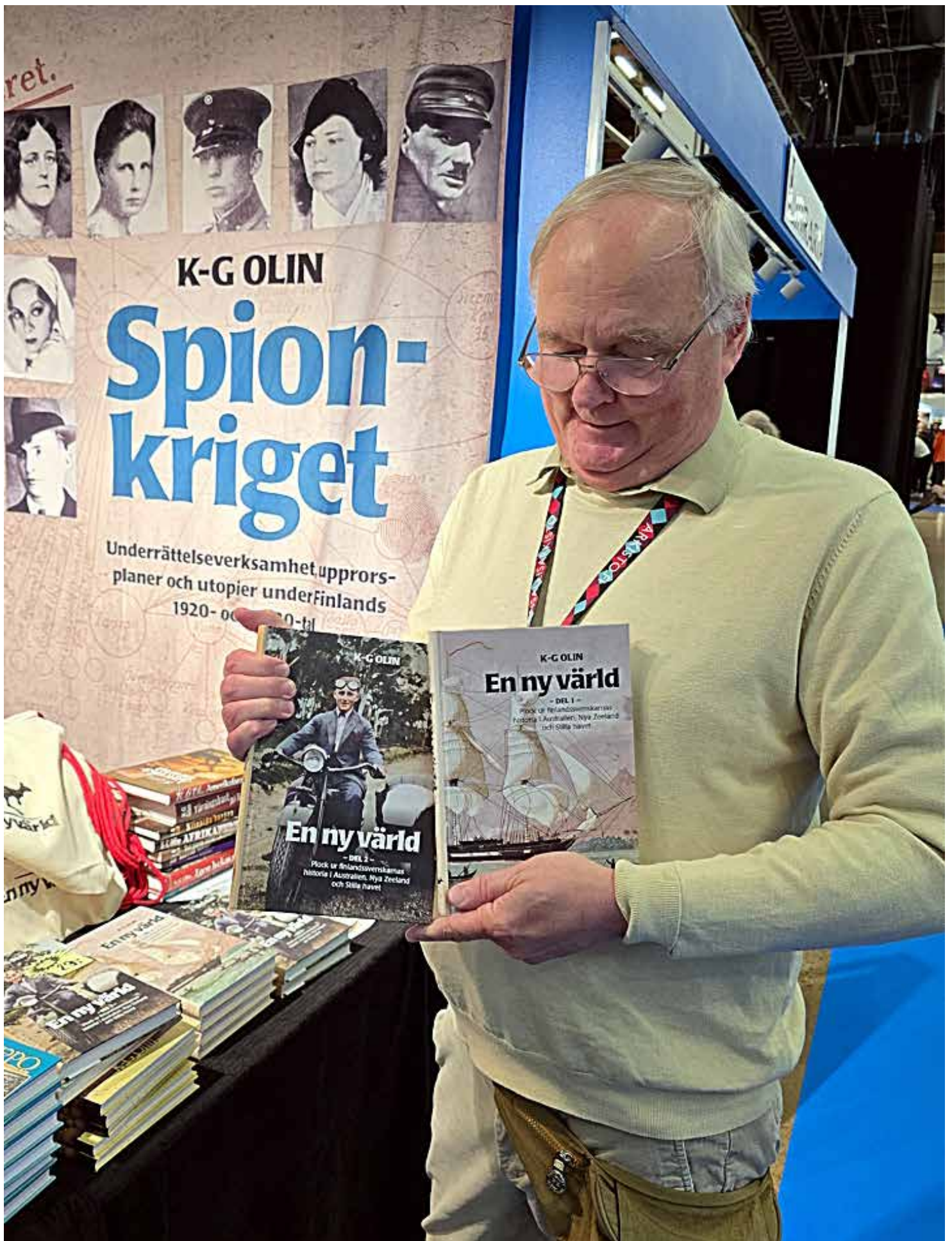
In addition to literature, the Helsinki Book Fair includes the Record Fair for music enthusiasts, as well as the Stamp Fair and the Antiquarian Book Fair, catering to collectors and philatelists. Organized in cooperation with the Finnish Antiquarian Booksellers' Association, the antiquarian fair offers visitors the chance to discover rarities and collectibles from various decades.

With the same ticket, visitors can also enjoy the Wine & Food event (18+), adding to the cultural experience with a culinary touch, and the On the Plate special diet fair, which offers a range of options for those with dietary requirements.

The Book Fair Supports Culture and Promotes Reading

Since it first began in 2001, the Helsinki Book Fair has established itself as one of Finland's most important cultural events. The fair promotes reading interest, celebrates the value of literature, and supports book sales, providing an essential platform for discussions on freedom of expression, equality, and human dignity. Each year, the fair attracts tens of thousands of visitors, and this year, attendance may reach a record-breaking 100,000 visitors.

The Helsinki Book Fair is held at the Helsinki Expo and Convention Center in cooperation with the Finnish Book Publishers Association and the Finnish Booksellers Association.



One of Swedish Ostrobothnia's most famous writers, K-G Olin. His next book will be entitled "Mera brännvin" (More brandy).



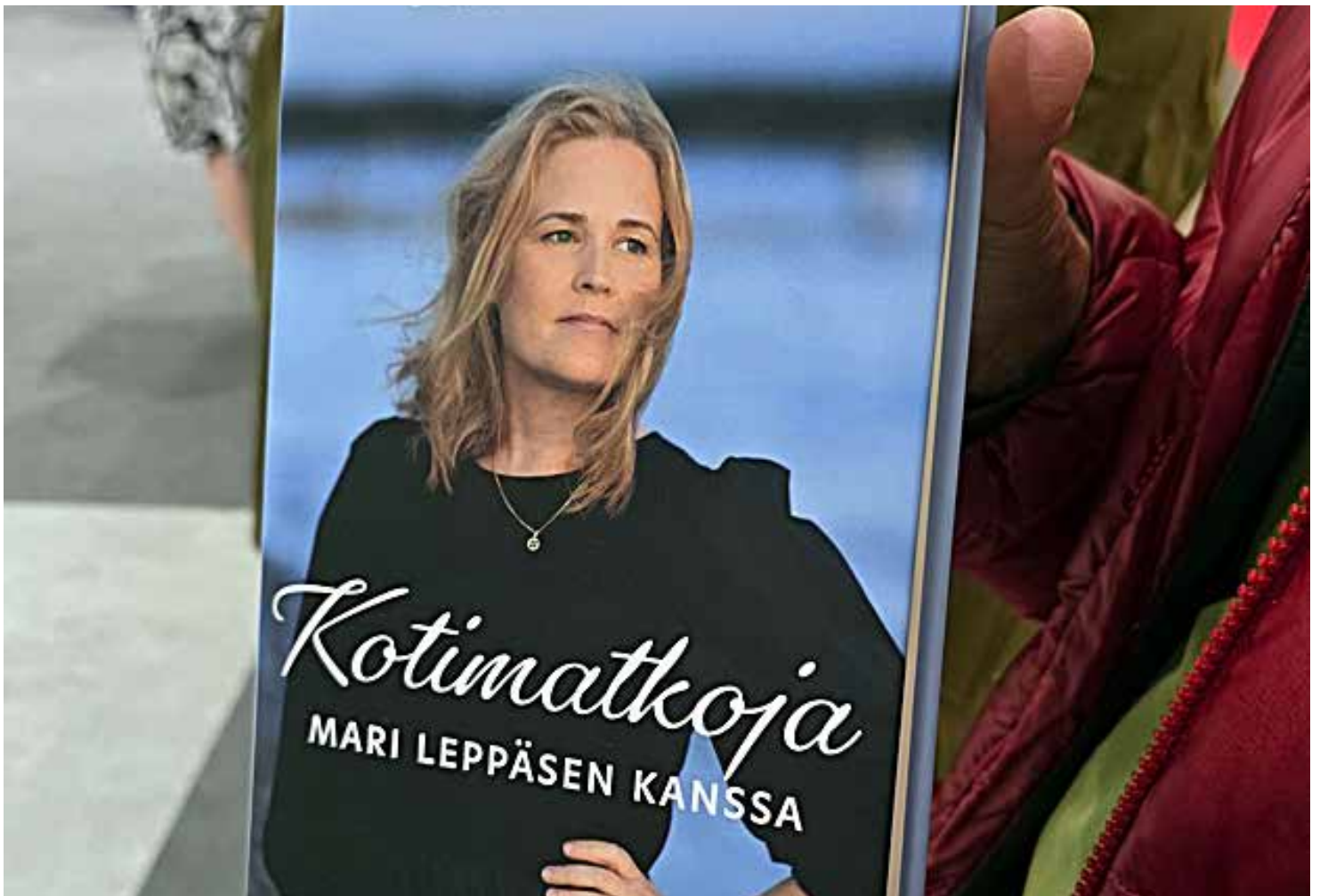
Finland's newest book publisher is called "Libraria" and is located in Hanko. In its first year of operation, the publisher has published 20 books, and book production continues. A brave and successful project! Below is one of the publisher's books with ghost stories from Ostrobothnia.







Bishop Mari Leppänen and a book about her



# HONOR-RELATED VIOLENCE



## Panel discussion

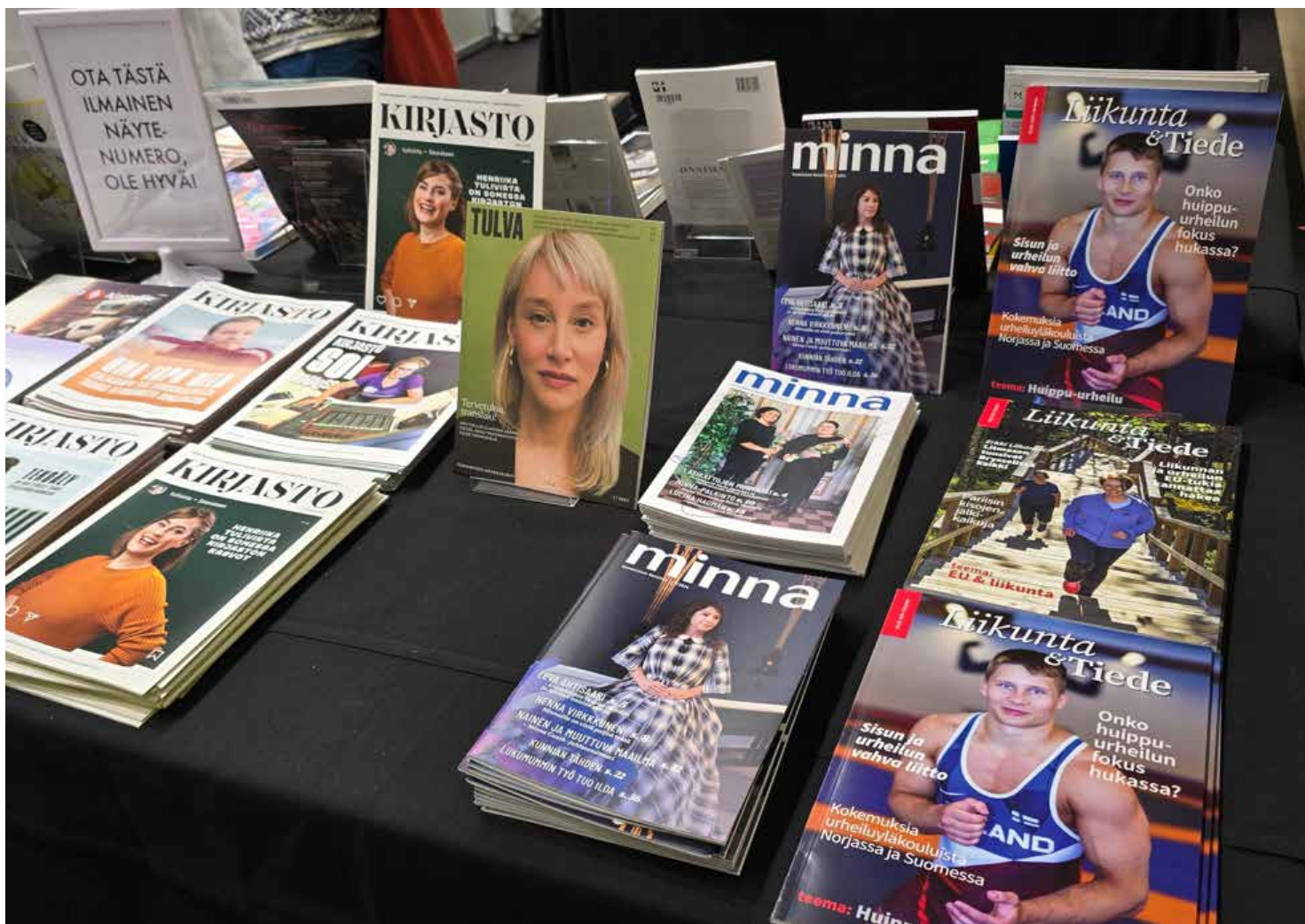
### Interview about honor-related violence (in Finnish)

During the book fair, an important panel discussion was held, or more precisely an interview where Mimmi Koukkala talked about her aid work in Africa. The interview was very much about honour-related violence.

Video from the panel discussion can be found here:

<https://drive.google.com/file/d/1UliIAPLZexnAHN27mpHddeqF8znlye3I/view>





# ART HISTORY

## A Challenge in Art History: Jacopo Bassani (1515-1592) His paintings can be seen now in the Sinebrychoff Art Museum in Helsinki, until Jan 12, 2025

Jacopo Bassani, a Venetian artist of the 16th century, remains a somewhat enigmatic figure in the annals of art history. Despite his contemporary acclaim and the quality of his work, his name has been overshadowed by the more prominent figures of the Venetian Renaissance. While limited information exists about his life and career, his extant paintings offer a glimpse into his artistic style and contributions to the Venetian school.

A Contemporary of Titian and Tintoretto Bassani was active in Venice during the same period as Titian and Tintoretto, two giants of the Venetian Renaissance.

This proximity to such influential artists would have undoubtedly shaped his artistic development. However, Bassani managed to carve out his own niche, distinguished by his unique approach to color and composition. A Focus on Religious Paintings

Much of Bassani's known work consists of religious paintings, a popular genre during the Renaissance. His depictions of biblical scenes often feature a serene and contemplative atmosphere, achieved through his careful use of light and shadow. Bassani's color palette, characterized by rich tones of gold, red, and blue, adds a sense of

opulence and grandeur to his compositions.

### Notable Works

While Bassani's oeuvre is relatively small compared to that of his more famous contemporaries, several of his paintings have survived and continue to be admired. Among his most notable works are:

- "The Adoration of the Magi": This painting showcases Bassani's ability to create a dynamic and crowded scene while maintaining a sense of order and harmony.
- "The Martyrdom of Saint Sebastian": This dramatic work features a powerful depiction of the saint's suffering, with a strong



emphasis on the physicality of the scene.

### The Challenge of Attribution

One of the difficulties in studying Bassani's work is the issue of attribution. Due to his relatively small output and the lack of definitive documentation, it can be challenging to definitively as-

sign certain paintings to his hand. This has led to some debate among art historians regarding the authenticity of some works attributed to Bassani.

### A Neglected Master

Despite the challenges associated with studying Jacopo Bassani, his work deserves to be better known and appreciated. His unique artistic style and contributions to the Venetian Renaissance make him a valuable figure in the history of art. As more research is conducted and new discoveries are made, it is hoped that Bassani's place in the canon of Venetian art will become more firmly established.





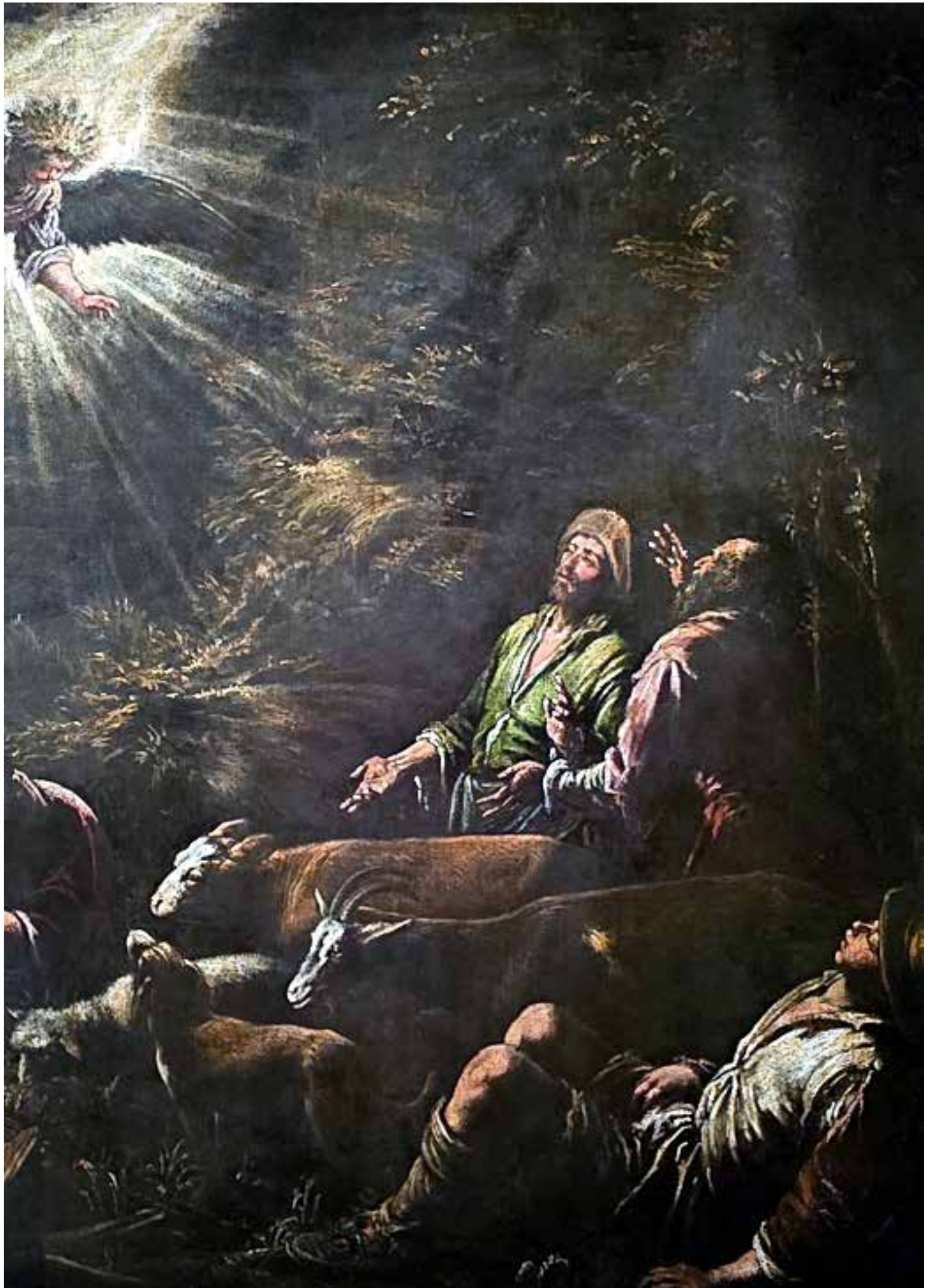
*Jacopo Bassani (1515-1592):  
Portrait of a Man in Armour and a Girl, 1578*



*Jacopo Bassani (1515-1592):  
Virgin and Child with John the Baptist and Saint Anthony the Abbot*



*Jacopo Bassani (1515-1592):  
Annunciation to the Shepherds, 1575*



# CLIMATE CHANGE

## The Terrifying Reality of Climate Change in 2024

2024 has been a year of climatic extremes, highlighting the terrifying reality of climate change. This essay will explore the key findings from three reports published by the Copernicus Climate Change Service (C3S), which paint a grim picture of a warming planet and its devastating consequences.

The first report, examining September 2024, reveals that it was the second warmest September on record globally and for Europe. This alarming trend is particularly concerning as it marks the 14th consecutive month where global temperatures have surpassed 1.5°C above pre-industrial levels. These rising temperatures are not merely statistics – they translate to real-world consequences, as evidenced by the extreme rainfall events that struck parts of Europe in September.

The second report focuses on the summer of 2024, detailing the unprecedented heat stress experienced in southeastern Europe. This region witnessed record-breaking

aking heat, further amplifying the urgency of addressing climate change. The report also highlights the disparity in precipitation across Europe, with below-average rainfall in most areas and above-average levels in some northern regions. These changes in precipitation patterns can lead to droughts in some areas and floods in others, causing significant disruptions to agriculture and ecosystems.

Finally, the third report confirms that August 2024 was the joint-warmest August ever recorded globally. This finding aligns with the broader trend of rising global temperatures, with August marking the 13th month out of the past 14 where temperatures exceeded 1.5°C above pre-industrial levels. The report also highlights the concerning rise in average sea surface temperatures, which can have a profound impact on marine ecosystems and weather patterns.

The findings from these C3S reports serve as a stark reminder of the accelerating pace of climate change. The year



**Podcast in English:**  
**The Terrifying Reality of Climate Change**  
<https://vpress.ovh/podcasts.htm>

2024 has witnessed record-breaking temperatures, extreme weather events, and disruptions to hydrological patterns. These are not isolated incidents; they represent a consistent trend that demands immediate action.

Quantifying Climate Change and Its Impacts: Specific Statistics and Data from the C3S Reports

The Copernicus Climate Change Service (C3S) reports provide a

wealth of data to quantify the extent of climate change. Key findings include:

**Global Temperature Rise:** The reports consistently show that global temperatures are rising at an alarming rate. In 2024, several months surpassed 1.5°C above pre-industrial levels, a critical threshold identified by the Paris Agreement.

**Extreme Heat Events:** The summer of 2024 witnessed record-breaking heatwaves in



southeastern Europe, with temperatures soaring to unprecedented levels. These heatwaves had severe consequences for human health and agriculture.

**Precipitation Anomalies:** The reports highlight significant disparities in precipitation patterns across Europe. Some regions experienced below-average rainfall, leading to droughts, while others faced excessive rainfall, resulting in floods.

**Sea Surface Temperature Increase:** The average sea surface temperature has been steadily rising, contributing to warmer ocean temperatures and affecting marine ecosystems.

### **Real-World Impacts of Climate Change**

The impacts of climate change are evident in various parts of the world. Here are some examples:

**Heatwaves:** Extreme heatwaves have become more frequent and intense, leading to heat-related illnesses and deaths. In 2024, many regions experienced record-breaking temperatures, putting vulnerable populations at risk.

**Droughts:** Prolonged droughts have affected agricultural production, water resources, and

ecosystems. In some areas, the lack of rainfall has led to water shortages and wildfires.

**Floods:** Heavy rainfall events have caused widespread flooding, damaging infrastructure, displacing communities, and causing economic losses. Climate change is increasing the frequency and intensity of these events.

**Wildfires:** Rising temperatures and drier conditions have contributed to a surge in wildfires, destroying forests, homes, and wildlife habitats. The smoke from wildfires can also pose significant health risks.

**Rising Sea Levels:** The melting of glaciers and ice sheets is causing sea levels to rise, threatening coastal communities and ecosystems. This phenomenon is exacerbated by thermal expansion of ocean water as it warms.

These are just a few examples of the real-world impacts of climate change. The consequences are far-reaching and affect all aspects of human life and the environment. Addressing climate change is essential to mitigate these impacts and ensure a sustainable future.



# MUSEUM

## The Lenin Museum in Tampere closes for good in November

### A chapter in Finnish history comes to an end



The Lenin Museum in Tampere, one of Finland's most talked-about tourist attractions, will close its doors forever in November. The decision has been made by the museum's board after several years of financial difficulties.

The museum, which was inaugurated in 1946, has been a controversial place over the years. It has been both hailed as an important part of Finland's history and criticized for glorifying a dictator. The museum

has displayed objects from Lenin's life and work, and has been a popular destination for both Finnish and foreign visitors.

"A difficult decision"

"This is a very difficult decision to make." "But after careful consideration, we have come to the conclusion that running the museum is no longer sustainable."

In recent years, the museum has had difficulty attracting visitors, visitors from Russia have disappeared completely and revenues have fallen

sharply. In addition, it has also become increasingly difficult to find funding to maintain the museum.

What happens to the collections?

What will happen to the museum's collections has not yet been decided. There are discussions about donating the objects to other museums or archives.

A controversial story

The Lenin Museum has always been a controversial place. On the one hand, the museum has played

an important role in documenting Finland's history and the relationship between Finland and the Soviet Union. On the other hand, the museum has been criticized for glorifying a dictator who was responsible for the deaths of millions of people.

The closure of the Lenin Museum will undoubtedly provoke strong reactions. For many, it will be a sign that an era has gone to the grave. For others, it will be a relief.



# HEALTH

## It Pays to Be Happy and Well-being: You Don't Get Dementia

As life expectancy increases and the global population ages, we are faced with an undeniable challenge: how to reduce the growing burden of neurodegenerative diseases like dementia. Dementia, with Alzheimer's disease as its most common form, has been on the rise for decades. An estimated 139 million people worldwide are projected to be living with dementia by 2050. Alarmingly, over 10 million new cases are diagnosed each year—roughly one every three seconds.

However, new research provides hope and offers a refreshing perspective: well-being may hold the key to preventing, or at least mitigating, the risk of dementia. While most public health strategies focus on biomedical interventions, emerging evidence suggests that promoting mental well-being and fostering positive emotions could serve as powerful tools in dementia prevention.

**A Decade of Research Linking Well-Being to Brain Health**

A landmark study conducted by researchers from the Well-being and Emotion across the Lifespan Lab (WELLab) at Washington University in St. Louis, and highlighted

in the 2024 World Happiness Report, shows a strong correlation between well-being and a reduced risk of dementia. This interdisciplinary research, spanning over a decade, makes a compelling case for the protective effects of well-being on the brain.

The study's findings are based on data collected from older adults in Chicago and Illinois, starting in 1997. Participants underwent annual evaluations of their cognitive abilities and provided self-assessments of their emotional states and overall well-being.

The researchers found that individuals who consistently reported higher levels of well-being were less likely to develop memory and thinking impairments, even when they had the biological markers associated with Alzheimer's disease.

While the exact mechanisms behind this link remain unclear, the results strongly suggest that maintaining high levels of well-being throughout life could help delay or even prevent the onset of dementia.

**Well-Being: A Buffer Against Dementia?**

The research also touches on a broader question: why is there a connection between well-being and brain health? According

to Dr. Emily Willroth, Director of WELLab and one of the study's lead researchers, there are several factors that might explain this relationship. "People who report higher well-being are more likely to engage in activities known to promote brain health, such as regular physical exercise, social interaction, and mental stimulation," says Dr. Willroth. These activities have long been associated with a reduced risk of cognitive decline, but the study goes a step further by suggesting that well-being may also act as a buffer against the harmful effects of stress, a known contributor to neurodegenerative diseases. Dr. Kyrsten Costlow Hill, another co-author of the study, explains that stress can damage the brain's critical systems responsible for maintaining cognitive function. Higher levels of well-being, on the other hand, may provide the resilience needed to withstand or counteract this damage.

**What Does Well-Being Look Like for Those Already Living with Dementia?**

While well-being is now recognized as a potential preventative measure, it also plays a crucial role in improving the lives of those already living with

dementia. The WELLab team emphasizes that well-being interventions can enhance autonomy, competence, and relatedness, even in advanced stages of dementia.

Simple activities such as physical exercise, spending time outdoors, and engaging in social activities have shown significant benefits for individuals with dementia. These interventions not only improve mood and cognitive function but also increase life satisfaction. Moreover, methods like reminiscence therapy, where individuals are encouraged to reflect on past memories, can foster emotional stability and enhance overall well-being. Aging in place—remaining in one's home rather than relocating to an institution—has been shown to be particularly effective in boosting the well-being of older adults with dementia. By using home adaptations, assistive technologies, and maintaining social connections, individuals can experience greater satisfaction with life. Dementia villages, which provide a safe yet familiar environment, have also emerged as a model for maintaining dignity and quality of life for those affected by the disease. The Path Forward: Acting



on What We Know  
Despite the promising findings, Dr. Willroth stresses that there is no "miracle cure" for dementia. However, the evidence points toward actionable steps that can be taken today to reduce the risk of this devastating condition. Public health initiatives should prioritize well-being as a cornerstone of dementia prevention. As the global population ages, the demand for strategies that not only treat but also

prevent neurodegenerative diseases will continue to rise. Incorporating well-being into daily routines is not just a matter of living a happier life; it may also be the key to preserving cognitive function well into old age. Physical activity, social interaction, mindfulness practices, and positive emotional engagement are all accessible and effective means of improving both mental health and brain

health.

As the research suggests, investing in well-being pays dividends far beyond happiness—it may hold the key to unlocking a future with fewer cases of dementia. While we cannot completely eliminate the risk of developing neurodegenerative diseases, the steps we take today toward fostering mental and emotional well-being may reduce the likelihood of dementia for millions. In a world where dementia

remains one of the most pressing public health challenges, we must act now. Prioritizing well-being, both in our personal lives and through public health policies, can lead to healthier aging and, ultimately, a reduced burden of dementia on individuals, families, and society. After all, the cost of ignoring well-being is far too high—for our minds, our bodies, and our collective future.

# RUSKA - AUTUMN COLOURS

## The Magic of Autumn: Nature's Colour Palette in Autumn

Autumn arrives, and the colors of nature become softer and deeper. The leaves, which glowed green in summer, now dress in variegated attire. Red, orange and yellow blend to create an unforgettable color palette in the landscape. This phenomenon we call autumn, and it is one of the most beautiful views of Finnish nature.

Autumn is much more than just a beautiful sight. It affects nature and people in many ways. Birds migrate to warmer countries, animals store food for the winter, and people go out to enjoy the brilliance of autumn colours. Autumn is also an important part of many cultures around the world.

Ruska has indeed inspired poets, artists and musicians throughout the ages. Its beauty has aroused strong emotions in people and given rise to many beautiful works. Autumn is like nature's own work of art, which is constantly changing.

Why do leaves turn colorful in autumn? The answer lies in the dyes contained in the leaves. In summer, the leaves are green thanks to chlorophyll, which helps the plant photosynthesize. In autumn, when the days get shorter and the temperature drops, trees reduce chlorophyll production. In this case, other dyes, such as yellow xanthophyll and orange carotene, appear. In addition, some trees produce

Finland is one of the best places to admire autumn. The forests are dressed in colourful costumes, the lakes reflect the colours of autumn and the air is filled with fresh scents. Autumn usually begins in the north and proceeds south. The best autumn months are September and October.

How can you enjoy the



Victor Westerholm  
4.1.1860, Turku  
19.11.1919, Turku  
Oktoberdag på Åland, 1885  
Lokakuun päivä Ahvenanmaalla, 1885

fall colour?

Go hiking: The forest is the best place to experience all shades of autumn.

Visit the lakeside: Water motifs make fall even more beautiful.

Admire the fall from home: If you can't get into the forest, you can also enjoy the fall from the window or balcony.

Take photos: Capture memories of beautiful autumn days.

Autumn is a miracle of nature that delights year after year. It is a reminder of how beautiful and diverse our world is. So let's enjoy this unique time and let autumn color our autumn.

Autumn is a miracle of nature that delights year after year. It is a reminder of how beautiful and diverse our world is. So let's enjoy this unique time and let autumn color our autumn.



Akseli Gallen-Kallela  
26.4.1865, Björneborg  
7.3.1931, Stockholm  
Höstlandskap, 1911  
Syysmaisema, 1911  
Autumn Landscape, 1911



Magnus Enckell  
9.11.1870, Hamina  
27.11.1925, Tukholma  
Maisema, jossa nainen, 1894 - 1895





Fanny Churberg 12.12.1845, Vaasa - 10.5.1892, Helsinki  
Höstlandskap, 1878  
Syysmaisema, 1878  
Autumn Landscape, 1878



Torsten Wasastjerna  
17.12.1863, Helsinki - 1.7.1924, Helsinki  
Varisevia lehtiä (Varisevien lehtien tanssi), 1897

# ENVIRONMENT AND HEALTH

## Bed bugs - disgusting, but harmless Everything you want to know about bed bugs



Bed bugs can be one of the most feared household pests, often evoking feelings of disgust and anxiety. While bedbugs are certainly unwanted guests, they are generally considered harmless in terms of spreading disease.

In this article, we'll explore everything you need to know about bed bugs, including their history, appearance, how they infect living spaces, prevention strategies, and treatment options.

### What are bed bugs?

#### History

Ancient pests: Bed bugs (*Cimex lectularius*) have been part of human history for thousands of years. They have even been found in Egyptian mummies. In London in the 1930s, about one in three homes had bed bugs, but after the war the incidence decreased drastically but gradually increased again.

They have lived with humans for so long that bedbug populations have learned to survive in human environments. They are very adept at hiding during the day when there is light. There is hardly a skirting board, behind which there would not be a gap large

enough for bedbugs to hide. This is one of the reasons why they are so difficult to manage. But at night, when it's dark and a person sleeps in the bedroom - o la la - now it's time for a meal!.

Bed bugs can survive almost a year without food. So the fact that the home has not been used for a long time does not guarantee that there can be no bed bugs there.

Decline and recovery: After a significant decline in pesticide use in the mid-20th century, bed bugs have made a significant comeback in recent years, largely due to increased international travel and resistance to common insecticides.

DDT was very effective against this defect, but it was banned almost 50 years ago for environmental reasons.

This year, it has been reported in the news that bedbugs are spreading badly in many large cities in Finland. This is likely to apply to Vaasa as well, although exact statistics are not available.

When people talk, it turns out that almost everyone knows someone in whose apartment this parasite was found.

#### Appearance

Physical characteristics: Adult bedbugs are small, flat and oval, about 4-5 mm

long. They are reddish-brown in color and become more and darker after feeding. In size and appearance are very similar to apple seeds.

**Nymphs and eggs:** Young bedbugs or nymphs are smaller and lighter in color, while eggs are small, white, and about the size of a needlehead.

**How do you get bed bugs in your apartment?**

**Common sources:** Bed bugs are introduced into homes mainly through used furniture, luggage or clothing. They can get a ride from contaminated places like hotels, public transportation, or shared living spaces.

**Social settings:** They can also spread in places where people gather, making them a concern in dorms, theaters, and other common areas.

**How to avoid bed bugs**

**Inspection:** Check your living space regularly, especially around mattresses, bed frames and furniture. Look for signs of bed bugs, such as dark spots (feces) or shedding skins.

**Preventive measures:**

Use tarpaulins for mattresses and box springs.

Avoid placing luggage in beds or upholstered furniture in hotels.

Wash and dry clothes over high heat after travel.

Do bed bugs transmit diseases?

Generally harmless: Although bed bugs can cause itching and discomfort due to their bites, they are not known to transmit disease

to humans. However, scratch bites can lead to secondary infections, which should be borne in mind.

**How to treat bed bugs**

**Identification**

**Confirm the infection:** If you suspect bed bugs, take a sample for identification or look for other signs such as bites, feces, or blood stains.

**Treatment options**

**Professional destruction:** Hiring a pest control professional is often the most effective way to eliminate a bed bug infestation. They have access to specialized treatments and insecticides.

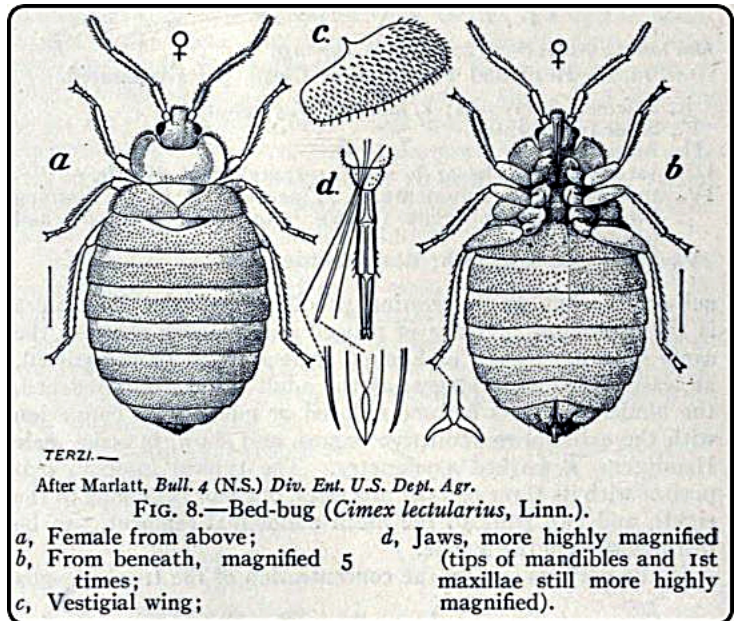
**Do it yourself: Methods:**  
**Washing:** Wash all bedding, clothes and fabrics in hot water and dry them over high heat.

**Vacuuming:** Regularly vacuum areas where bedbugs can hide, including carpets, crevices, and furniture. Dispose of the vacuum bag immediately.

**Steam cleaning:** Use steam cleaners to treat contaminated areas because heat can kill bed bugs at any stage of life.

**Conclusion**

Although bed bugs can be disgusting and annoying, they are usually not a health hazard in terms of the spread of disease. Understanding their behavior, spread, and effective treatment of infestations can help you control this unwanted pest. By taking preventive measures and acting quickly



Encyclopædia Britannica:ssa 1911



Bed bug bite marks

if you suspect an infestation, you can protect your home from these resilient little critters.

Remember, staying up to date is your best defense against bed bugs!

And there really is no reason to panic! Bed bugs can be treated, but expertise is needed!

Harvard University, Dr. Gary Alpert; Dr. Harold Harlan; Richard Pollack. Photo Credit: Piotr Naskrecki  
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Kuva 2: <https://archive.org/details/encyclopaediabrit13chisrich/page/260/mode/1up?view=theater>

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# ART EXHIBITION

## ATENEUM

### A New Exhibition:

# Gothic Modern – From Darkness to Light

4 October 2024 to 26 January 2025

Medieval and Renaissance Art Inspires Modern Artists in Ateneum's "Gothic Modern" Exhibition

The Ateneum Art Museum is set to unveil an extraordinary exhibition titled Gothic Modern – From Darkness to Light, shedding light on an underexplored phenomenon in art history. Running from October 4, 2024, to January 26, 2025, the exhibition traces how the art of the Middle Ages and the Renaissance provided 19th and 20th-century artists with rich emotional material to explore profound human experiences, such as birth, death, suffering, and sexuality.

In Gothic Modern, viewers will encounter works by renowned artists like Arnold Böcklin, Vincent van Gogh, Akseli Gallen-Kallela, Edvard Munch, and Helene Schjerfbeck, alongside lesser-known talents like Fritz Boehle and Marianne Stokes. The exhibition will also feature seldom-seen objects, such as a music cabinet crafted by Akseli and Mary Gallen-Kallela in the late 1890s, highlighting how



*Lucas Cranach vanhempi: Lucretia (1530). Kansallisgalleria / Sinebrychoffin taidemuseo. Kuva: Kansallisgalleria / Hannu Aaltonen.*



*Helene Schjerfbeck: John Chambers, kopio Hans Holbein nuoremman mukaan (1894). Kansallisgalleria / Ateneumin taidemuseo, valtion kopiokokoelma. Kuva: Kansallisgalleria / Aleks Talve.*



*Hugo Simberg: Garden of death (1896). Kansallisgalleria / Ateneumin taidemuseo. Image Kansallisgalleria / Jenni Nurminen.*

artists found inspiration in medieval art not only for paintings but also for furniture and sculpture.

Launched as an international collaboration in 2018, the exhibition was curated through partnerships with the National Museum of Norway and the ALBERTINA Museum in Vienna. After its debut in Helsinki, the exhibition will travel to these esteemed institutions, where it will be curated by leading art historians including

Vibeke Waallann Hansen and Cynthia Osiecki.

At the heart of Gothic Modern is the idea that modern art did not always look forward but often drew inspiration from the past. Artists in the early 20th century, grappling with the aftermath of World War I, found resonance in the darker, more introspective aspects of Medieval and Northern Renaissance art. These historical periods provided a way to depict trauma, isolation,

and humanity's connection to nature, reflecting broader societal concerns.

The exhibition catalogue, available in English, Norwegian, and Finnish, complements the show with essays from international art scholars, offering a deeper understanding of how medieval influences shaped modern artistic movements. The project brings a fresh perspective to art history, making Gothic Modern a must-see for anyone interested in the

intersections of past and present in European art.

The Ateneum's collaboration with international institutions on this groundbreaking exhibition not only reexamines modern art but also highlights its relevance in contemporary society. Through its exploration of universal themes such as loss, trauma, and identity, Gothic Modern connects with audiences in a world still grappling with these issues today.

## EXHIBITION

# Riding The Radio Waves - an interesting exhibition in Tampere Vapriikki-museo



*A 15 W FM-transmitter used in pirate radio in Tampere in the 80ies*



*Commodore, the first computer for everyone in Finland*

**“On the crest of the radio wave – From crystal machine to podcast” opens up Finnish radio history from the 1920s to the present day**

**T**he Tampere Vapriikki Museum opens a fascinating exhibition that delves into the roots of Finnish radio history. “Riding the radio waves – From crystal machine to podcast” takes the visitor on an enchanting journey into the multifaceted history of radio. The exhibition delves into what has made radio enchanting for creators, listeners and enthusiasts for decades, and why this magical device has maintained its position in the age of the internet and digital communication.

Although radio may seem like a transitory format in today’s media storms, it is still a globally significant means of communication. Internet access, mobile networks, electricity and access to digital information are not available everywhere in the world. Radio is also proving to be a valuable communication channel in crisis situations, as its network is designed to withstand longer power outages compared to, for example, mobile phone networks.

Radio amateurs, in particular, appear to be critical pillars of communication and communication in crisis situations. The exhibition invites the visitor to think about the magic that a device hidden on the radio manages to create, from everyday listening to necessary crisis connections. This unique exhibition offers an opportunity to delve into the history of radio and understand its continued importance as a versatile and sustainable means of communication. en jatkuvan merkityksen monipuolisena ja kestäväenä viestintävälineenä.





# AI RADIO

## Nordic's First Fully AI-Produced Radio Channel Launched in Finland year ago

**F**inland's AI Radio began its operations as a web radio channel on Wednesday, November 29, 2023. Bauer Media takes a significant step in the audio market by launching the Nordic's first radio channel whose content is entirely produced using artificial intelligence. This innovation combines technology and entertainment and strengthens Bauer's position as a pioneer in the audio industry.

"We are excited and proud to introduce the Nordic's first AI Radio to the market. This is an exciting milestone in the radio industry and a testament to our commitment to delivering new and innovative content to our listeners in the future," says Sami Tenkanen, CEO of Bauer Media.

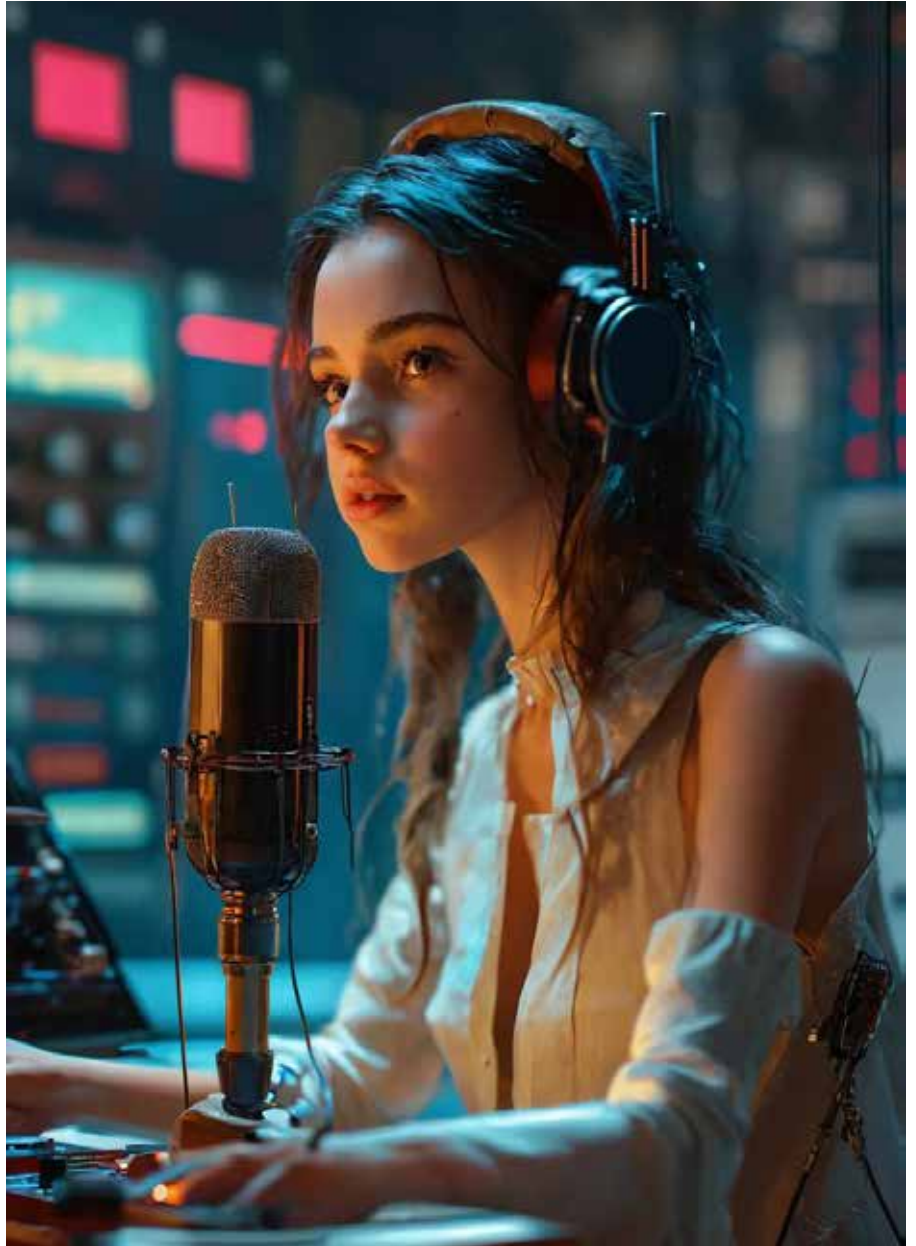
In the initial phase, AI Radio's content consists of the following features:

Audio productions produced with the assistance of artificial intelligence

Nationally significant traffic announcements produced by AI

National weather warnings for inclement weather, produced by AI  
Entertainment news read by AI from the entertainment portal Voice.fi.

New features for AI Radio are planned continuously to keep it interesting and relevant to its listeners. Advertisers are also considered through innovative audio advertising solutions.



*An image made by AI showing what an AI radio looks like*

"This launch represents Bauer's commitment to innovation and leveraging the latest technology to develop the radio business. We will continue to actively work on development even after the launch to offer listeners even more personalized and tailored experiences in the radio industry," says Sini Kervinen, Head of Innovation.

AI Radio is also expanding to FM frequencies. In Helsinki, the channel can be heard on frequency 102.0 MHz and in Kangasala on frequency 101.6 MHz until April 8. The channel can also be listened to online on <https://radioplay.fi/tekoalradio/>

# SCREENTIME



## The Public Health Agency of Sweden: Recommendations for balanced screen use among children

As digital media becomes an increasingly integrated part of children and young people's lives, the Public Health Agency of Sweden has issued new recommendations to promote a balanced use of screens.

According to the latest guidelines, which were developed on behalf of the government, children under the age of 2 should avoid digital media completely, while older children are advised to limit their screen time to prioritize important aspects of life such as physical activity, sleep, and social relationships.

### Recommendations

The Public Health Agency of Sweden's recommendations prescribe a maximum screen time of 1 to 3 hours

per day, depending on the child's age. Specific guidelines include:

**Children 2–5 years: Maximum 1 hour of screen time per day.**

**Children 6–12 years: Maximum 1–2 hours of screen time per day.**

**Young people 13–18 years: Maximum 2–3 hours of screen time per day.**

In addition, it is recommended that screens are not used before bedtime and that mobiles and tablets are left outside the bedroom during the night. This is intended to protect children's sleep and create a healthier environment for recovery.

### Parental responsibility and cooperation

Olivia Wigzell, acting director general at the Public Health Agency of Sweden, emphasizes the importance of these guidelines being a support for both parents and children. She says: «We

hope it will contribute to a better balance, counteract problematic use and be a help in families' everyday lives.» It is important that parents actively control what content children take part in and discuss their activities on digital media. The guidelines also encourage parents to reflect on their own screen habits, as these also affect their children's behaviors and habits.

### State of knowledge and research

A report presented in June by the Public Health Agency of Sweden and the Swedish Media Agency highlights the negative consequences of excessive screen use. Research shows that high use of digital media can lead to problems such as poorer sleep, depressive symptoms and dissatisfaction with one's own body. Many children and young people themselves confirm that they often get stuck in their screens at the expense

of important activities such as sleep, relationships and physical exercise.

Helena Frielingsdorf, doctor and investigator at the Public Health Agency of Sweden, adds: «Many young people have both positive and negative experiences of digital media and feel worried about how they are affected by their use. Through our recommendations, we hope to help them change their habits.»

With these new recommendations, the Public Health Agency of Sweden sets a clear framework for how children and young people should manage their screen time. By encouraging balance and awareness around digital media, we can help create a healthier upbringing for future generations. It is a joint effort where both parents, children and society need to work together to ensure that screen use does not affect the other important aspects of life.

# RUSSIAN WAR AGAINST UKRAINE

## We Are Developing Our Victory Plan in Communication with Our Partners; Additionally, Work is Underway to Prepare the Second Peace Summit – Address by the President



18 October 2024 - 18:34

I wish you health, fellow Ukrainians!

Today I am already in Kyiv. We are working on the results of our negotiations, which include meetings in Europe and discussions with our partners. There was a conversation with President Biden. We are preparing for meetings in Ukraine with the American

team of political and military representatives. Earlier, our representatives – the Chief of the General Staff and Deputy Prime Minister Stefanishyna – were in Washington. Minister of Defense Umerov, Minister of Foreign Affairs Sybiha, and Commander-in-Chief Syrskyi are working with their counterparts in Europe. We are developing our Victory Plan in communication with our partners.

Additionally, work is under – offering solutions, sug- way to prepare the second gesting paths, and directing Peace Summit – good faith work so that every partner diplomacy. We need to end benefits from cooperation the war in a way that gua- with Ukraine.

rantees security and peace And one more thing. for Ukrainians and all of Today, I would like to thank Ukraine. Relevant meetings our Ukrainian law enforce- will be held by the Head ment officers, particularly of my Office Yermak and the National Police, eve- Prime Minister of Ukraine ryone who works to ensure Shmyhal. I am grateful to law and order in Ukraine. every leader and every state Almost every week, they that has embraced our achieve results in fighting arguments on security and is crime. Recently, I received ready to help in ways that a report on one such ope- can steer the current situa- tion toward peace.

Today, there was also drug laboratories were eli- a report by Comman- minated. The turnover was der-in-Chief Syrskyi. It was almost UAH 350 million about the front. It was about per month. This was signifi- our directions. It was about cant, interregional criminal the Kursk Operation. We activity. The same goes for are defending our positions. countering arms trafficking, A meeting was held regard- illegal arms trafficking, and ing the railway operation protecting our people from in Ukraine. I am grateful other forms of crime. It is to everyone who works for very important that insti- tutions work to ensure in- the company. Right now, ternal security in Ukraine. Ukrzaliznytsia is holding And I thank all those who our country up in many res- are truly professional in pects. Today, Deputy Prime Minister Fedorov also de- this.

delivered a report – we have Glory to Ukraine!  
some good results. And License: Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International. The use of any materials posted on the website is permitted provided you link to [www.president.gov.ua](http://www.president.gov.ua) regardless of full or partial use of materials.  
this is what matters most for Ukraine – having daily, weekly results for our state and people. Having constant new support for our defense. And having more opportunities to bring peace closer. Ukraine must be a leader in any situation

# RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

## 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

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-

**We don't threaten anyone.**



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

# RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

## Parts of Putin's speech on February 24, 2022, the day when Russia attacked Ukraina

**"It is not our plan to occupy the Ukrainian territory. We do not intend to impose anything on anyone by force"**

I consider it necessary today to speak again about the tragic events in Donbass and the key aspects of ensuring the security of Russia.

I will begin with what I said in my address on February 21, 2022. I spoke about our biggest concerns and worries, and about the fundamental threats which irresponsible Western politicians created for Russia consistently, rudely and unceremoniously from year to year. I am referring to the eastward expansion of NATO, which is moving its military infrastructure ever closer to the Russian border.

It is a fact that over the past 30 years we have been patiently trying to come to an agreement with the leading NATO countries regarding the principles of equal and indivisible security in Europe. In response to our proposals, we invariably faced either cynical deception and lies or attempts at pressure and blackmail, while the North Atlantic alliance continued to expand despite our protests and concerns. Its military machine is moving and, as I said, is approaching our very border.

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In December 2021, we made yet another attempt to reach agreement with the United States and its allies on the principles of European security and NATO's non-expansion. Our efforts were in vain. The United States has not changed its position. It does not believe it necessary to agree with Russia on a matter that is critical for us. The United States is pursuing its own objectives, while neglecting our interests.

**In 1940 and early 1941 the Soviet Union went to great lengths to prevent war**

Of course, this situation begs a question: what next, what are we to expect? If history is any guide, we know that in 1940 and early 1941 the Soviet Union went to great lengths to prevent war or at least delay its outbreak. To this end, the USSR sought not to provoke the potential aggressor until the very end by refraining or postponing the most urgent and obvious preparations it had to make to defend itself from an imminent attack. When it finally acted, it was too late.

As a result, the country was not prepared to counter the invasion by Nazi Germany, which attacked our Motherland on June 22, 1941, without declaring war. The country stopped the enemy and went on to defeat it, but this came at a tremendous cost. The attempt to appease the aggressor ahead of the Great Patriotic War proved to be a mistake which came at a high cost for our people. In the first months after the hostilities broke out, we lost vast territories of strategic importance, as well as millions of lives. We will not make this mistake the second time. We have no right to do so.

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**We had to stop that atrocity, that genocide of the millions of people**

As I said in my previous address, you cannot look without compassion at what is happening there. It became impossible to tolerate it. We had to stop that atrocity, that genocide of the millions of people who live there and who pinned their hopes on Russia, on all of us. It is their aspirations, the feelings and pain of these people that were the main motivating force behind our decision to recognise the independence of the Donbass people's republics.

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In this context, in accordance with Article 51 (Chapter VII) of the UN Charter, with permission of Russia's Federation Council, and in execution of the treaties of friendship and mutual assistance with the Donetsk People's Republic and the Lugansk People's Republic, ratified by the Federal Assembly on February 22, I made a decision to carry out a special military operation.

**To protect people who, for eight years now, have been facing humiliation and genocide**

The purpose of this operation is to protect people who, for eight years now, have been facing humiliation and genocide perpetrated by the Kiev regime. To this end, we will seek to demilitarise and denazify Ukraine, as well as bring to trial those who perpetrated numerous bloody crimes against civilians, including against citizens of the Russian Federation.

**It is not our plan to occupy the Ukrainian territory**

It is not our plan to occupy the Ukrainian territory. We do not intend to impose anything on anyone by force.

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**We will seek to demilitarize**

**and denazify Ukraine**

To this end, we will seek to demilitarize and denazify Ukraine, as well as bring to trial those who perpetrated numerous bloody crimes against civilians, including against citizens of the Russian Federation.

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I would also like to address the military personnel of the Ukrainian Armed Forces.

Comrade officers,

I urge you to refuse to carry out their criminal orders. I urge you to immediately lay down arms and go home. I will explain what this means: the military personnel of the Ukrainian army who do this will be able to freely leave the zone of hostilities and return to their families.

I want to emphasise again that all responsibility for the possible bloodshed will lie fully and wholly with the ruling Ukrainian regime.

**Russia will respond immediately, and the consequences will be such as you have never seen in your entire history**

I would now like to say something very important for those who may be tempted to interfere in these developments from the outside. No matter who tries to stand in our way or all the more so create threats for our country and our people, they must know that Russia will respond immediately, and the consequences will be such as you have never seen in your entire history. No matter how the events unfold, we are ready. All the necessary decisions in this regard have been taken. I hope that my words will be heard.

## RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

# The advance of Russia and the new world

Here are parts of an article published by Ria Novosti (a Russian news agency surely never publishing anything without Kreml's permission") on February 26, 2022, two days after the start of the Russian military operation in Ukraine.

Two days after the start of the war - and Ria Novosti is declaring the victory over Ukraine. "Now this problem is gone - Ukraine has returned to Russia."

This article is also proof that the goal of Russia's war of aggression was to conquer all of Ukraine, incorporate it into Russia, and recreate the former Soviet Union. "Russia is restoring its unity - the tragedy of 1991, this terrible catastrophe of our history, its unnatural dislocation, has been overcome."

"Russia is returning."

"A new world is being born before our eyes. Russia's military operation in Ukraine has opened a new era - in three dimensions at once. And of course, in the fourth, domestic Russian one. Here a new period begins both in ideology and in the very model of our socio-economic system - but this is worth discussing separately a little later.

Russia is restoring its unity - the tragedy of 1991, this terrible catastrophe of our history, its unnatural dislocation, has been overcome. Yes, at a great cost, yes, through the tragic events of a de facto civil war, because now brothers, divided by their belonging to the Russian and Ukrainian armies, are still shooting at each other - but Ukraine as anti-Russia will no longer exist. Russia is restoring its historical completeness, gathering the Russian world, the Russian people together - in all its totality of Great Russians, Belarusians and Little Russians. If we had refused this, had allowed the temporary division to become entrenched for centuries, then we would not only have betrayed the memory of our ancestors, but would also have been cursed by our descendants - for allowing the disintegration of the Russian land.

Vladimir Putin has taken upon himself - without a drop of ex-

aggeration - historical responsibility, deciding not to leave the solution of the Ukrainian question to future generations.

After all, the need to solve it would always remain the main problem for Russia - for two key reasons. And the issue of national security, that is, the creation of an anti-Russia and an outpost for the West to put pressure on us from Ukraine, is only the second most important of them.

The first would always remain the complex of a divided people, the complex of national humiliation - when the Russian house first lost part of its foundation (Kyiv), and then was forced to come to terms with the existence of two states, not one, but two peoples. That is, either to renounce its history, agreeing with the crazy versions that "only Ukraine is the real Rus'", or helplessly gnash its teeth, remembering the times when "we lost Ukraine". Returning Ukraine, that is, turning it back to Russia, would be more and more difficult with each decade - the recoding, de-Russification of Russians and setting Little Russians-Ukrainians against Russians would gain momentum. And in the case of the consolidation of complete geopolitical and military control

of the West over Ukraine, its return to Russia would beco-

me completely impossible - it would be necessary to fight for it with the Atlantic bloc.

Now this problem is gone - Ukraine has returned to Russia. This does not mean that its statehood will be liquidated, but it will be restructured, re-established and returned to its natural state of being part of the Russian world. Within what borders, in what form will the union with Russia be secured (through the CSTO and the Eurasian Union or the Union State of Russia and Belarus)? This will be decided after the period in the history of Ukraine as anti-Russia is put to rest. In any case, the period of the split of the Russian people is ending.

And here begins the second dimension of the coming new era - it concerns relations between Russia and the West. Not even Russia, but the Russian world, that is, three states, Russia, Belarus and Ukraine, acting in geopolitical terms as a single whole. These relations have entered a new stage - the West sees Russia returning to its historical borders in Europe. And it loudly resents this, although deep down it must admit to itself that it could not have been otherwise.

Did anyone in the old European capitals, in Paris and

Berlin, seriously believe that Moscow would abandon Kiev? That the Russians would forever be a divided people? And at the same time, when Europe is uniting, when the German and French elites are trying to wrest control over European integration from the Anglo-Saxons and assemble a united Europe? Forgetting that the unification of Europe became possible only thanks to the unification of Germany, which happened by Russian good will (even if not very smart). To then set their sights on Russian lands is the height of not even ingratitude, but geopolitical stupidity. The West as a whole, and even more so Europe separately, did not have the strength to keep Ukraine in its sphere of influence, much less take it for itself. Not to understand this, one would have to be a geopolitical fool.

More precisely, there was only one option: to bet on the further collapse of Russia, that is, the Russian Federation. But the fact that it did not work should have become clear twenty years ago. And already fifteen years ago, after Putin's Munich speech, even the deaf could hear - Russia is returning."

# RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

## What Russia Should Do with Ukraine

Published by Ria Novosti 09:15 04.04.2022

If Russia were to win the war of aggression against Ukraine and take control of the entire country, this would not mean an end to the suffering of the people of Ukraine, on the contrary, it would be the beginning of a new severe suffering for the next 25 years. This article, published in April 2022 by Ria Novosti, the state and state-controlled news agency that never publishes anything without the Kremlin's permission, shows the fate that Ukraine would be deprived of after a defeat.

Here are some important parts of this article.

RIA Novosti columnist Timofey Sergeytsev shared his thoughts on what the denazification of Ukraine implies and why it is needed. "RIA Novosti columnist Timofey Sergeytsev shared his thoughts on what the denazification of Ukraine implies and why it is needed."

### A significant part of the people are Nazis

"Denazification is necessary when a significant part of the people - most likely, its majority - is drawn into the Nazi regime's policy. That is, when the hypothesis "the people are good - the government is bad" does not work. Recognition of this fact is the basis of the policy of denazification, all its measures, and the fact itself is its subject."

"Nazis who have taken up arms must be destroyed on the battlefield to the maximum extent possible.

No significant distinction should be made between the Ukrainian Armed Forces and the so-called national battalions, as well as the territorial defense that has joined these two types of military formations. All of them are equally involved in extreme cruelty towards the civilian population, equally guilty of the genocide of the Russian people, and do not

comply with the laws and customs of war. War criminals and active Nazis must be punished in an exemplary and demonstrative manner. Total lustration must be carried out."

### A significant part of the masses are also guilty

"However, in addition to the top, a significant part of the masses, who are passive Nazis, accomplices of Nazism, are also guilty.

The further denazification of this mass of the population consists of re-education, which is achieved by ideological repression (suppression) of Nazi attitudes and strict censorship: not only in the political sphere, but also necessarily in the sphere of culture and education."

"The period of denazification cannot be shorter than one generation, which must be born, grow up and reach maturity under the conditions of denazification."

"In this case, the necessary initial steps of denazification can be defined as liquidation of armed Nazi

formations (which are understood to mean any armed formations of Ukraine, including the Armed Forces of Ukraine), as well as the military, information, and educational infrastructure that ensures their activity;

the formation of organs of popular self-government and militia (defense and law enforcement) of liberated territories, protecting the population from the terror of underground Nazi groups;

installation of the Russian information space;

confiscation of educational materials and prohibition of educational programs at all levels that contain Nazi ideological principles;

mass investigative actions to establish personal responsibility for war crimes, crimes against humanity, the dissemination of Nazi ideology and support for the Nazi regime;"

**Forced labor as punishment for Nazi activities (from among those to whom the death penalty or imprisonment will not be applied)**

"lustration, publication of the names of accomplices of the Nazi regime, their forced labor to restore the destroyed infrastructure as punishment for Nazi activities (from among those to whom the death penalty or imprisonment will not be applied);

the adoption at the local level, under the supervision of Russia, of primary normative acts of denazification "from below", the prohibition of all types and forms of the revival of Nazi ideology;

the establishment of memorials, commemorative signs, and monuments to the victims of Ukrainian Nazism, perpetuating the memory of the heroes of the fight against it;

inclusion of a set of anti-fascist and denazification norms in the constitutions of the new people's republics;"

### This will go on for 25 years

"creation of permanent denazification bodies for a period of 25 years."



## RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

# Dmitry Medvedev's Rhetoric on Ukraine: A Glimpse into His Language and Ideology

Dmitry Medvedev, the former President of Russia and current Deputy Chairman of the Security Council, has once again attracted attention with a provocative and incendiary statement about the ongoing conflict in Ukraine. On August 30, Medvedev posted a message on Telegram that stands out for its harsh language and extreme accusations, revealing the extent to which Russian political discourse has escalated in recent years.

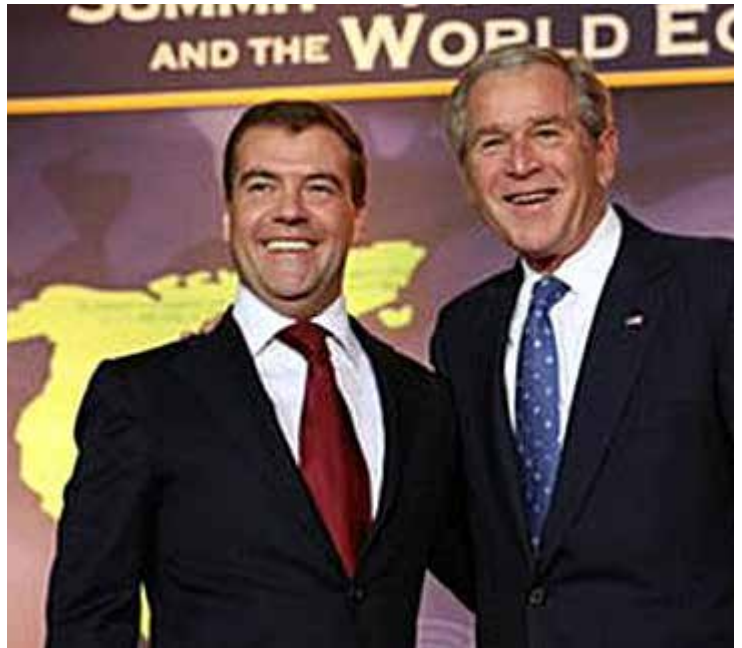
In his post, Medvedev launches into a tirade against the Ukrainian government and its Western allies, labeling them with a string of derogatory terms. He refers to Ukrainian leaders as "Kyiv neo-Nazis" and claims that they are "desperately supported" by what he describes as "rabid animals who guard the Western world today." These comments not only reflect a starkly hostile stance but also employ dehumanizing language, a tactic often used to demonize opponents and justify aggressive actions.

Medvedev goes on to make sweeping accusations about the motivations behind Ukraine's efforts to regain control over the Donbass region. He asserts that the Ukrainian leadership is driven solely by a desire for money, claiming, "The reason is banal: they need money. Cash - or money, in other words." According to Medvedev, this financial desperation stems from the alleged corruption and economic mismanagement by President

Zelensky's administration, which he describes as a "criminal clique" that has led Ukraine to "disaster."

One of the most striking elements of Medvedev's message is his use of grotesque metaphors and insults to describe both Ukrainian and Western figures. For instance, he refers to U.S. President Joe Biden's administration as "Biden's half-dead dog" and dismisses other Western leaders as "insignificant homunculi standing by a stinking trough in the so-called Baltics." Such language is unusually coarse for a former head of state, suggesting a deliberate attempt to provoke and appeal to a specific audience that resonates with such rhetoric.

Medvedev also delves into the economic aspects of the conflict, specifically focusing on Ukraine's mineral resources. He argues that Western countries are primarily interested in Ukraine because of its vast mineral wealth, particularly in the Donbass region. He notes, "according to open sources, the total value of Ukraine's mineral resource base is estimated at almost \$14.8 trillion," with a significant portion located in regions that are now controlled by Russia. This framing suggests that Medvedev views the conflict as not just a geopolitical struggle but also a resource war, with the West exploiting Ukraine for its natural riches.



*Dmitry Medvedev and George W. Bush*

In a particularly alarming section of his post, Medvedev accuses Western powers of having no regard for Ukrainian lives, claiming they are pushing for a war "to the last Ukrainian" in order to gain access to these resources. He writes, "The lives of ordinary Ukrainians do not matter. That is the entire cynical interest of the green meat and hairy dung flies from the Anglo-Saxon world." This vivid and repugnant imagery serves to further dehumanize both Western leaders and the Ukrainian people, painting them as mere pawns in a larger, malevolent scheme.

Medvedev's rhetoric culminates in a grim prediction for Ukraine's future, suggesting that the country is on the brink of "rapid decomposition and inevitable collapse." He argues that with much of its resource base now under Russian control, Ukraine

has little left to sustain itself and will soon face economic ruin. This apocalyptic vision is presented with a sense of satisfaction, as Medvedev concludes that the "resource base illegally obtained by Bandera's creatures at the end of the 20th century has returned to their native country."

Overall, Medvedev's Telegram post is a stark example of how the conflict in Ukraine is being framed within Russian political discourse. The use of inflammatory language, dehumanizing metaphors, and extreme accusations reflects not only the depth of hostility but also a deliberate strategy to vilify opponents and justify Russia's actions. For a former president of a global power, such rhetoric is both surprising and unsettling, highlighting the extent to which the norms of political communication have shifted in the current geopolitical climate.

## 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 Nordic 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 inspired 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.

# ASTRONOMY



## Next year the sun and moon will get dark - as always

Next year, too, there will be regular activity in the sky again.

The sun and moon are doing what they have been doing for billions of years – getting darker. These celestial events have always aroused wonder and even fear in people, but today we know that they are only phenomena according to the laws of nature.

Lunar eclipse dates: A partial lunar eclipse will take place on March 25, 2024, and a partial lunar eclipse is also expected on September 17, 2024, both visible from Finland. A total solar eclipse will be seen around the world on April 8, 2024; However, it is not visible in Finland. Both lunar eclipses will therefore

be visible in Finland, which provides excellent observation opportunities.

**Eclipses should never be viewed directly at the sun, as this can permanently damage the eyes**

Solar and lunar eclipses are like the universe's own little theatrical performance. In a solar eclipse, the moon passes between the Earth and the sun, shading the light of the sun. In a lunar eclipse, on the other hand, the Earth passes between the sun and the moon, casting its shadow on the moon. These events can be seen in different parts of the globe every year, sometimes several times.

Although eclipses are recurring events, they are never exactly the same. The duration, field of vision, and even color of eclipses may vary. For example, solar eclipses

can be partial or total, and lunar eclipses can be reddish as sunlight refracts through the Earth's atmosphere.

Today, we have accurate computer programs that allow us to predict future eclipses decades in advance. This is a huge step forward compared to ancient peoples, who often interpreted eclipses as signs of wrath from the gods.

But why, then, are we still fascinated by the changes taking place in the sky? Maybe it's because eclipses remind us of our own smallness and that we are part of something much bigger. Or maybe it's just that amazing feeling of seeing the sky change in an instant.

Whatever the reason, it is certain that next year's eclipses will once again arouse people's curiosity and admiration. Following them is a great way to remind yourself of what a wonderful and diverse world surrounds us.

What's next?

If you are interested in follo-

wing next year's eclipses, you should check out your local astronomical societies or websites. Here you will find more detailed information about when and where the eclipses will be visible. You can also get yourself a small telescope or binoculars to observe events in the sky more closely.

Remember: Eclipses should never be viewed directly at the sun, as this can permanently damage the eyes. Always wear appropriate safety glasses or other protective equipment.

So next year, too, there will be regular activity in the skies again. The sun and moon are getting darker, as they always have been. These celestial events are a great opportunity to stop for a moment and admire the beauty of the universe.

## AI

# AI-Generated Podcasts: A New Era of Audio Content with NotebookLM

In the rapidly evolving landscape of digital media, artificial intelligence continues to push boundaries, reshaping industries and redefining creative processes. One of the most groundbreaking developments is Google's NotebookLM, an advanced language model with the potential to revolutionize the podcasting world. With its ability to generate human-quality audio content, NotebookLM is paving the way for a new era of AI-driven storytelling, education, and entertainment.

## The Emergence of AI-Generated Podcasts

As the podcasting industry continues to grow at an unprecedented rate, content creators and media companies are always on the lookout for innovative tools to streamline production and enhance creativity. NotebookLM, initially celebrated for its ability to generate high-quality written content, has now ventured into the realm of audio. This cutting-edge technology is capable of producing podcasts that are nearly indistinguishable from those created by human hosts, opening up exciting possibilities for the future of digital content.

The appeal of Note-

bookLM-generated podcasts lies in several key features that set them apart from traditional podcasts:

**Natural-Sounding Voice:** NotebookLM can produce audio content with a voice that mimics the natural cadence and tone of human speech. This makes it difficult for listeners to discern that the podcast is AI-generated, offering a seamless listening experience.

**Diverse Range of Topics:** Whether it's breaking news, current events, or light-hearted storytelling, NotebookLM can tackle a wide array of subjects. Its versatility makes it an ideal tool for content creators looking to explore different genres without the constraints of time and labor-intensive production.

**Customizable Formats:** The model can generate podcasts in various formats, including monologues, interviews, and panel discussions. This flexibility enables creators to experiment with different styles and cater to the unique preferences of their audience.

**Real-Time Generation:** One of the most remarkable features of NotebookLM is its ability to generate content in real-time. This makes it possible to create

on-demand podcasts that keep up with rapidly evolving events, such as news reports or live commentary.

## Potential Applications in Various Industries

The potential applications for NotebookLM podcasts are vast, and they have the ability to transform the way information is consumed across multiple industries:

**News and Current Events:** Journalists and media outlets can use NotebookLM to produce timely, accurate, and engaging news podcasts. The AI's capacity to quickly synthesize information ensures that listeners are always kept up to date on the latest developments.

**Education:** The rise of educational podcasts has made learning more accessible, and NotebookLM can enhance this trend. It can generate informative content on a wide range of subjects, from history and science to language learning, making education more engaging and tailored to individual needs.

**Entertainment:** AI-generated podcasts can entertain listeners with fictional stories, jokes, and even creative narratives. The model can generate plotli-

nes, characters, and dialogue, allowing for endless possibilities in the world of entertainment.

**Personalized Content:** By analyzing listener preferences, NotebookLM can tailor podcasts to suit individual interests. Whether a listener prefers in-depth political analysis or light-hearted conversations, the AI can craft content to match specific tastes.

## Ethical Considerations and Challenges

While the potential of NotebookLM podcasts is immense, it raises important ethical questions. The rapid development of AI-generated content has sparked concerns about the accuracy and integrity of the information being disseminated. In particular, the risk of spreading misinformation or displacing human creators poses significant challenges.

The creators of NotebookLM acknowledge these concerns and stress the importance of responsible usage. As AI-generated content continues to evolve, it will be crucial to establish guidelines and regulations to ensure transparency and accountability in content creation. Protecting the integrity of



**Podcast in English:  
Russian disinformation**  
<https://vpress.ovh/podcasts.htm>

the information and safeguarding the role of human creativity must be prioritized as this new technology gains traction.

Moreover, the potential impact on employment in the media and creative sectors cannot be ignored. As AI takes on more roles traditionally reserved for humans, there may be an inevitable shift in the job market. However, AI could also serve as a tool to enhance human creativity, allowing professionals to focus on more complex tasks while the AI handles repetitive or time-consuming processes.

### The Future of Podcasting with AI

NotebookLM podcasts represent a new frontier in the world of digital audio content. With the ability to generate high-quality, engaging, and diverse podcasts, this AI technology could significantly shape the future of media consumption. As with any technological advancement, it's important to strike a balance between embracing innovation and addressing its broader social and ethical implications.

As AI continues to integrate into everyday life, NotebookLM offers content

creators an opportunity to push the boundaries of creativity and efficiency. Whether it's through educational materials, real-time news reports, or entertainment, AI-generated podcasts have the potential to reach new audiences and offer a fresh perspective on content creation.

### Creating Your Own Podcast with NotebookLM: A Step-by-Step Guide

For those eager to explore this new technology, creating a podcast with NotebookLM is a straightforward process. Here's how you can get started:

**Define Your Concept:** Begin by deciding on the topic, target audience, and format of your podcast. Whether it's a conversational format or a narrative-driven approach, having a clear vision will help guide the content generation.

**Generate a Script:** Use NotebookLM to create a script or outline. By providing the model with prompts or questions, you can guide the direction of the content and

ensure it aligns with your goals.

**Refine and Edit:** Once the script is generated, review it to make any necessary edits. This is where you can inject your personal touch or adjust the content to ensure it resonates with your audience.

**Convert to Audio:** You can then use a text-to-speech tool to convert the script into audio. NotebookLM can also provide suggestions for voices that suit the tone and style of your podcast.

**Add Sound Elements:** To enhance the listening experience, consider incorporating music, sound effects, or audio transitions that add depth to your content.

**Publish and Distribute:** Once your podcast is ready, distribute it on platforms like Apple Podcasts, Spotify, or Google Podcasts to reach a wider audience.

**As NotebookLM continues to evolve, it promises to bring new opportunities for podcast creators, offering powerful tools to transform ideas into high-quality audio experiences. The future of podcasting is here, and it's powered by AI.**

# 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, Aria and Monica do some of the routine editing work, such as translation, corrector reading, and short notice writing. All texts have been checked by journalists and the editorial staff is responsible for all the content of the texts.

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

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

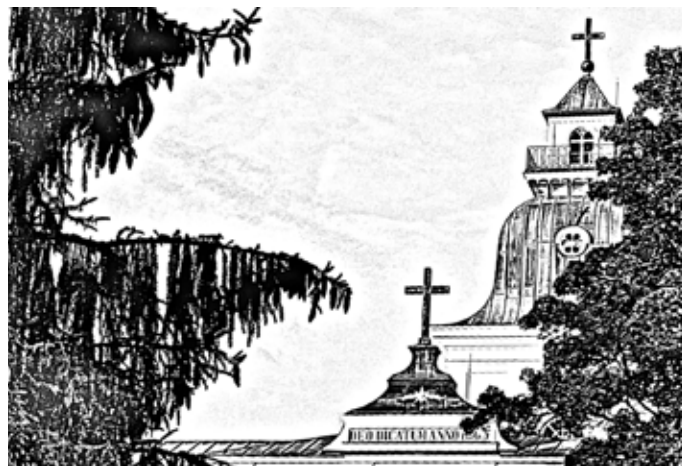
The magazine is locally owned and will remain so. For ever!

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

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

Email: wasadagblad@gmail.com

### What is this house?



Last weeks house:  
City Hall

Photo Scape

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

Wasa Daily  
Wasa Dagblad  
Photo Supplement

Republiken president Alexander Stubb i Vaasa 27.4.2024

**Karifestival den 27. vecka!**

Kalevaspeleinen i Vaasa 27-30.6.2024

Kremlin gör natt av sina motsändare - 1939 liksom nu

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En ny press: Grunden för lycka och demokrati

Kor-Festivalen

Sinebrychhoff Konstmuseum

Kremlin gör natt av sina motsändare - 1939 liksom nu

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Pain-maja, en Pörtomdiktare

Puccinis "TOSCA" KOMMER TILL VASA I JANUARI

Sinebrychhoff Konstmuseum

Kremlin gör natt av sina motsändare - 1939 liksom nu

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Sinebrychhoffin konstmuseum

Sinebrychhoffin Art Museum

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Pörtom kyrka  
Pirttikylän kirkko  
The Church in Pörtom

WASAAN PÄIVÄLEHTI  
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Ihana kuofestivaali tulossa!

Hylkeenpyynti Raippaluodossa 1895

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VOIKKA LEHDISTÖ: Ummellisuuden ja demokratian perusta

KUORO-FESTIVAALI

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Painamis "Tosca" Näin löydät tieoppaan on tulos kirkkoon!

NAISTEN ÄÄNI-elämäkertakirjasto

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Mysterious green giants in the Laasi-palatsi square, Helsinki

Mystical East in Ika-noja  
All EU-candidates

Painamis "Tosca" is coming to Vaasa

ROAD CHURCHES  
The Kremlin mocks its opponents

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What a wonderful start week we have ahead of us!

Cycling Week in Vaasa this week

Climate Change's Profound Impact on Finland

Kaleva Games in Vaasa 27-30.6

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Eero Järnefelt (1863-1937)

WASAAN PÄIVÄLEHTI  
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I K Inha (1865-1930)  
I Replot 1895  
Raippaluodossa 1895

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Wasa Dagblad  
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Tasavallan presidentti Alexander Stubb Vaasassa 27.4.24

Jeff Goodell: The Heat will kill You first

Kaleva kilpailut Vaasassa 27-30.6

Jussi Adler-Olsen

Vaasaan istutetaan 70 000 puita

Hylkeenpyynti Raippaluodossa 1895

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Finland's president Alexander Stubb in Vaasa 27.4.2024

Jeff Goodell: The Heat will kill You first

Kaleva Games in Vaasa 27-30.6

Jussi Adler-Olsen

A tree for everyone in Vaasa

ROAD CHURCHES

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# HOROSCOPE FOR NOVEMBER 2024

## November Horoscope: What's Written in the Stars?

**Aries (March 21–April 19):** Your enthusiasm will hit an all-time high this month, Aries! But beware: not everyone is ready for your energy before their third cup of coffee. Channel that passion into something productive, like reorganizing your sock drawer. Hey, it's the little victories!

**Taurus (April 20–May 20):** November brings you a cozy vibe, Taurus. You'll feel an irresistible urge to cocoon yourself in blankets and binge-watch your favorite shows. Productivity? Overrated. Comfort? Essential. Don't let anyone tell you otherwise.

**Gemini (May 21–June 20):** You'll be juggling more tasks than a circus performer this month, Gemini. Multitasking is your superpower, but remember: responding to emails while doing yoga is how things get weird. Take a breath—or five.

**Cancer (June 21–July 22):** This November, your emotions will be as unpredictable as the weather. One moment you're ready to hibernate, the next you're planning a spontaneous road trip. The good news? Your friends already know they're in for a rollercoaster—so just enjoy the ride.

**Leo (July 23–August 22):** You're feeling extra fabulous this month, Leo! Strut your stuff like every sidewalk is a runway, but don't be surprised if you trip over your own feet once in a while. It's all part of the charm. Just remember, confidence can get you out of almost anything!

**Virgo (August 23–September 22):** November is all about organizing, Virgo. You'll get a kick out of color-coding your life down to the last detail. But don't go overboard—your friends may not appreciate it when you start alphabetizing their kitchen spices.

**Libra (September 23–October 22):** You'll be the diplomat of the group this month, Libra. Everyone will turn to you to settle disputes, from dinner plans to who gets the last slice of pizza. Just don't overdo it—you deserve that pizza slice, too!

**Scorpio (October 23–November 21):** It's your season, Scorpio, and you're feeling mysterious and magnetic. You might be tempted to brood a little, but don't forget: even you need to laugh sometimes. Embrace your inner comedian—you're funnier than you think!

**Sagittarius (November 22–December 21):** Adventure calls, Sagittarius! But before you go booking a last-minute trip to a distant land, maybe start with clea-

ning out your fridge. That expired yogurt won't survive until your return, but your wanderlust will!

**Capricorn (December 22–January 19):** You're in work mode, Capricorn, but don't let the grind get you down. Remember, even superheroes take breaks (and look good doing it). So grab a cup of tea, put your feet up, and let the world handle itself for a few minutes.

**Aquarius (January 20–February 18):** You're brimming with ideas this month, Aquarius, and your genius will be hard to contain. Just make sure your friends are ready for your next big invention—it might involve more cardboard and glitter than they anticipated.

**Pisces (February 19–March 20):** Dreamy and creative as always, Pisces, you'll find yourself drifting into day-dreams mid-conversation. Don't worry if you forget what someone was saying—you were probably coming up with your next masterpiece. Just nod and smile; it works every time!

**Happy November, and remember: even the stars can't predict when you'll finally stop hitting snooze!**



# NEWS 100 YEARS AGO



## Sunday, November 3, 1924

This is a fictional daily newspaper that contains completely authentic news from exactly 100 years ago with the aim of giving the reader an idea of what everyday life

### SWEDISH DAY.

Tomorrow, when the night has passed and the day dawns, all farm owners, in whose chests Swedish hearts beat, should raise the flag high. And when that day moves towards evening, at about 6, light should shine in all Swedes' windows facing the street. In the evening, exactly at 7 a party is held in honor of the day in Kaskö youth association's house. The program is exceptionally well chosen and offers the best and most pure, which our local Swedish culture can perform. The program includes the following: Overture, Greeting speech (station inspector F. Burchart), Slumbering tones (choir), Solo song (Saima Tukiainen), Celebration speech (pastor E. Sundqvist), Our God is a mighty fortress for us, Prologue, Mother tongue song, Intermission. Music, - Declamation, Choir, Tableau (Hör oss Svea), Vårt land. So we are calling a meeting at the Kaskö youth association's premises exactly at 7 to give expression to what we feel and think for a while, to warm ourselves by there? the Swedish

hearth, which warmed so many Swedes in the world. Of the party's income, Vs goes to the central board, 1/s to the district board and Vs to the local branch in the town. Swedish today's brands are sold on Thursday everywhere in the city. The price is, as before, 1 mk. It is the duty of every Swede to buy at least one brand and wear it visibly. Title deed to the other half of the farm and lots 92 and 93 in the 12th block was obtained by machinist Uno Åberg. Kaskö Community School's sewing association was formed last Friday. The former customs administrator in Kaskö, G. Vilenius, left last Sunday for Helsinki, to accept another position at the customs office there. C. V. Häggblad has been accepted as fire watchman in the city from among 5 applicants. Bio Espis shows at Kaskö youth association's premises on Wednesday the 5th and Friday the 7th at 7 a.m. the famous film "Among savages and beasts". Dagens Nyheter writes about fdmen, among other things; The week's most interesting

and from all points of view most valuable program is "Among savages and wild animals". This photo series is simply monumental. One admires these pictures from a strange and adventurous world which are more exciting than the best adventure slime.

### BAN STATISTICS

Prohibition statistics from Vasa County. During the month of September, 695 people were prosecuted for drunkenness in the county, of which 7 were women. During the same month, 328 people were prosecuted for other crimes against the Prohibition Act, of which 8 for the manufacture of alcoholic beverages, 171 for transporting and possessing and 79 for other crimes. A total of 2,952 liters of alcoholic beverages were seized during September, of which 2,768 were pure alcohol and 184 liters of other alcoholic beverages. 191 1/s liters are poured onto the ground. A total of 1,337 liters of alcohol belonging to "the unknown" was seized.


### NEW CHAIRMAN LOT-TA SVERD HAS BEEN APPOINTED.

Mrs Lempi Hammarén succeeds Miss Dagmar von Essen. The chairman of the Lotta Svärd association's central board, Miss Dagmar von Essen, has at her own request been relieved of this

post as of October 15. Mrs. Lempi Hammaréa has been appointed to hold the position until further notice. In the order of the day of October 30, the chief of the security forces' main staff expressed his admiration for Miss von Essen on behalf of the commander-in-chief for the sacrificial and successful work Miss von Essen performed as chair-

man of the central board.

**The HARVEST FESTIVAL** in Näsby prayer house on October 31 was not well attended, probably as a result of the bad road conditions. Two speeches were given by provost Nordlund, who officiated alone. During the break, an excellent coffee was served.



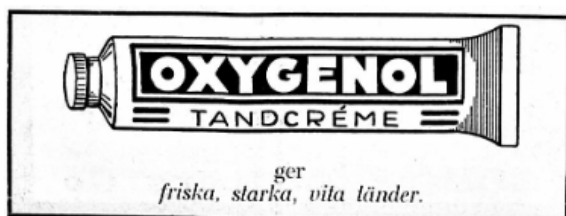
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## Den rätta saken — det rätta sättet.

**M**ässing- och kopparföremål rengöras bäst med Vim.

Vim avlägsnar all smuts och alla fläckar från reliefornament, vilka ofta äro så svåra att rengöra ordentligt.

Härtill användes en liten styv borste. Doppa densamma i vatten och strö lätet Vim på, gnid duktigt och polera efteråt med en fullkomligt torr trasa.

Vim avlägsnar snabbt och utan att rispa alla fläckar från allt som överhuvudtaget behöver skuras och rengöras såsom mässing, koppar, kokkärl, glas och porslän, träarbeten, målade och smålade väggar och dörrar, linoleum etc.

Förvissa eder om dess förträfflighet redan i dag. — Ab. Lever Oy., H:fors.



VS 10.

# VIM

# HUMOUR ONE HUNDRED YEARS AGO

## MR WEST

A well-known joker once came in company into a restaurant, where he saw a familiar gentleman named Wester sitting drinking toddy.

"Listen, Wester," he exclaimed, "can you tell me what is the resemblance between the sun and a toddy?"

"No", he replied.

"Well, both go down in the west," was the answer.

## WHERE THE CHILDREN COME FROM

There was a group of three flamboyantly dressed very little girls, with barks and ribbons and precious toys and neighbor dolls, and near them was playing on the sand a poor little girl of about the same age, scantily clad and with a home-made primitive doll in her arms. The three fine children discussed the interesting question of where they came from, which proved a highly interesting topic for toddler speculation.

— I come from a rose, mother said, uttered one of the little living dolls.

— And me again, interjected No. 2, I must have come from a head of cabbage.

"I, yes I was picked up by a stork," said number three.

Whereupon she, who had come out of a rose, scornfully and proudly turned to the poor little scantily clad girl child, and said nobly:

— And you, there, where did you come from?

— Alas, answered little Cinderella, we are so poor, so terribly poor back home, that mother and father have to

make their children themselves.

## DAMN LUCK

— Hello, my lord, cried the energetic flower seller, buy some flowers for your darling.

- I have no sweetheart, said the young man.

- Then buy some flowers for your wife.

— I have no wife.

— Well, lucky cheese, then buy some flowers to celebrate your damn luck.

## THE CUCKOO

The teacher (who told about the cuckoo):

— Well, what is it in the main that you now know about the cuckoo?' Student:

— It does not lay its own

eggs.

## Astronomical image of the week:



### Io imaged by Juno.png

Io in true color as taken by Juno on one of its closest approach at around 1500 kilometers.

NASA / SWRI / MSSS / Jason Perry

Public domain

## 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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