

WASA DAILY

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WASA DAILY



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The GP model is about to become a reality



The fact that everyone has their own doctor who they can always turn to, who knows their patients and knows their ailments, is gradually becoming a reality. Finally. It is known that this model improves care, saves costs and makes patients happy.

Minister of Social Affairs and Health Kaisa Juuson (PS) announced already in November that the much-discussed family doctor model is becoming a reality. Juuso talked about it in an interview with Ilta-Sanomat.

"We're really going to drive this in. This is a big change for Finns. People would actually get treatment and get their own doctor," says Juuso.

In simple terms, the GP model means that the population in a certain area is divided into parts and that everyone is assigned their own doctor from the health centre in the area.

In January 2025, the Government appointed a working group to plan and

steer the implementation of the GP model.

At the Doctors' Day at the end of January, Prime Minister Petteri Orpo spoke about the GP model: "In this context, I would like to highlight a reform that I consider to be very potential and that we are considering expanding: the GP model.

There are already successful examples of successful family doctor models in the wellbeing services counties, and the Ministry of Social Affairs and Health is currently compiling information on them. The intention is to start and deepen family physician model experiments further. Studies show that when the same GP treats a patient, the quality of care improves, morbidity and mortality are significantly reduced, the overall need and cost of healthcare services is reduced, and patient satisfaction improves.

It is precisely these concrete reforms that social and health care in Finland needs. The administrative reform of health and social services has been implemented, and now we need to reform services.

I tell you, we will make this system work. There is a lot of work to be done,

but I believe that with the right solutions, the problems can be overcome. We trust you professionals, and our job is to make sure you have the opportunity to do your work for our customers."

Helsingin Sanomat wrote in its editorial on 29.1.25: "There are signs that the much-talked about family doctor model is finally starting to move. In the model, a general practitioner takes care of a population of a certain size, preferably about a thousand people, from a certain area and commits to treating this group in the long term.

The aim is to improve the continuity of primary health care care, which, based on experience, reduces the number of referrals to more expensive specialised medical care. It saves money, makes customers happier and the doctor can be more motivated.

In the panel discussion at the Doctors' Days, doctor and politician Aki Lindén promised that every Finn would have his or her own doctor from 1 April 2029.

Hopefully, this will be realised before then in the Wellbeing Services County of Ostrobothnia.

Photo Supplement





Korsholm Music Festival concert in the church in Vörå in 2022

KORSHOLM MUSIC FESTIVAL

Korsholm Music Festival Builds Bridges

Over one hundred artists from around the globe will gather at the end of July for a week filled with music and togetherness.

This year, the Korsholm Music Festival celebrates its 43rd edition with an expansive and diverse program themed “Bridges” and subtitled “We Walk Together.” The festival will feature everything from classical music and tango to folk tunes, children’s concerts, and – for the very first time – Balkan music.

Among the participating artists are renowned names such as Elina Vähälä, Arvid Engegård, Aleksei Kiseliyov, and Mari Palo, as well as groups like Opus13, FRIGG, and Amélie goes to Belgrad. Artistic director Jan-Erik Gustafsson explains,

“A bridge is not merely a

physical structure. It can also be a connection between different cultures, people, and generations. It symbolizes a path and a bond to something that might initially seem different.”

The festival also pays tribute to the legendary **Aulis Sallinen** – this year’s theme composer – whose pioneering work as the first internationally acclaimed Finnish opera composer put Finland on the global musical map.

“His music is not only cherished by the general public but also by musicians. It’s inspiring to work with his compositions – as it always has been,” Gustafsson adds with a smile.

Highlights of the festival include an opening concert by the Helsinki-based Wegelius Chamber Strings, a weekend performance by the folk group FRIGG at Doo-Bop Club, and an innovative Sunday concert. In the Sunday program, classical music will

merge with Balkan sounds: the performance will start with works by Shostakovich and Prokofiev, and then, after rearranging the seating, Amélie goes to Belgrad will take over the celebration hall in the town hall. To assist families, childcare services will also be provided.

The festival will culminate with a magnificent performance by soprano Aurora Marthens, who, alongside the Vaasa City Orchestra, will interpret Sibelius’ songs. Finally, Elgar’s renowned Enigma Variations will be presented.

“I believe we have truly succeeded this year. The program and the artists form a uniquely cohesive whole, and I am convinced that we will deliver a high-caliber festival year,” Gustafsson states proudly.

Designed with inclusivity in mind, the festival ticket this year includes public transportation, making the event even more accessible

while promoting environmentally friendly choices.

“We want as many people as possible to experience the power of music,” says festival coordinator Viktor Olaus Nygård. Moreover, the festival is investing in future talent with master classes for young musicians, offering five instructors and 40 available spots for students.

Korsholm Music Festival is all about building bridges – not only between different musical genres and cultures, but also across generations and among people. With its diverse and innovative approach, the festival promises to make the upcoming edition a truly special, high-quality shared journey where every participant finds their own connection to the magic of music.

Korsholm Music Festival will be held on 22–30 July 2025

NEWS

WITH A TABLET YOU CAN READ THIS PAPER ANYWHERE:



Like here in Sundom Archipelago

KORSHOLM

Children Become Climate Heroes in Korsholm

Korsholm is investing in a sustainable future by turning its children into genuine climate heroes. In an innovative project funded by Svenska Folkskolans vänner and Svenska kulturfonden, the municipality has integrated a “sustainability path” directly into the curriculum. Now, students have the opportunity to actively shape the community’s future climate strategy.

Schools have formed enthusiastic climate teams where both students and teachers collaborate to tackle key challenges. They explore ways to reduce food waste, improve waste sorting, and transform schoolyards into green sanctuaries with berry bushes and apple trees. “It’s inspiring to see how children take responsibility for the environment with creativity and commitment,” says Ulrica Taylor, educational plan-

ner in Korsholm.

A highlight of the project is the series of exciting hackathons in which over 350 children have participated. During these events, students develop innovative solutions to local sustainability challenges - from securing clean water for the future to enhancing recycling practices. One particularly fun idea was a disco where admission was paid with sorted waste, creatively combining fun with environmental awareness.

Additionally, the high school features a clothing exchange room where students can swap clothes they no longer need. Through inventive ideas and hands-on sustainability education, Korsholm shows that the road to a greener future is best paved by our young heroes.

ARCHAEOLOGY

Archaeologist Jan Fast gives a remote lecture at Alma Community College on archaeological research on the ramparts of

Korsholm Castle

Alma Community College is organizing a remote lecture open to everyone and free of charge, The Secret of the Castle Mound - Archaeological Research on the Ramparts of Korsholm Castle, on Wednesday, February 19, 2025, from 6–7:30 p.m.

The lecture will be held in Finnish. A corresponding lecture in Swedish will be held online on Tuesday, February 18, 2025, from 6–7:30 p.m.

Excavations have been carried out on the ramparts of Korsholm Castle in 2023–2024 and will continue next summer. During the lecture, archaeologist Jan Fast, PhD, who is leading the excavations, will talk about previous excavations of the medieval castle mound and the royal manor. The lecture will also serve as an introduction to future excavations, which will be organized in the form of an archaeology fieldwork course at Alma Community College.

The joint Nordic amateur archaeological excavation camp NAU 2025 will be held in Vaasa this coming summer. More information about the course and registration will be published in March.

The lecture will be held remotely. Registration for the remote lecture can be made in the Alma Adult Education Center online store at uusi.opistopalvelut.fi/vaasa When registering, participants will be asked for an email address to which the lecture link will be sent before the lecture.

Archaeologist, PhD Jan Fast has led archaeological fieldwork in Finland every summer since 1986 and has worked in several different positions in various cultural and museum sectors. In addition to over a hundred guided scientific excavations, Fast has planned archaeological-themed exhibitions and published several articles popularizing archaeology throughout his archaeological career. (Source: STTinfo/Vaasa)

WELLBEING SERVICES COUNTY

X-rays will be centralised in five locations in Ostrobothnia

The wellbeing services county of Ostrobothnia has centralised X-rays and ultrasound examinations to five clinics.

In the future, filming will take place in Pietarsaari, Korsholm, Vaasa, Närpes and Kristinestad. At other locations, X-ray appliances have been decommissioned at the end of their service life.

At the Vaasa and Pietarsaari offices, photography is carried out both during office hours and, if necessary, on call. In Närpes and Korsholm, photography is available during office hours. X-rays are performed in Kristiinankaupunki during office hours from Monday to Thursday until 7 April, after which the service is available on Mondays and Thursdays. During the summer months, Kristinestad’s photography activities are on pause, but they will resume in August.

NEWS



MUSEUMS

A magnificent collection of coins and medals on display at the Ostrobothnian Museum

A diverse collection. The exhibition features coins from different eras, such as the Swedish and Russian periods, the period of autonomy and the period of the Republic of Finland.

There are rarities, such as coins over a thousand years old, large copper coins or plooitus, and medals, the oldest of which dates back to 1631.

Mauritz Hallberg's legacy

State Councilor Mauritz Hallberg (1851-1924) was a passionate collector who, together with his son Ejnar Hallberg (1880-1974), supplemented the collection. The Hallberg estate donated the collection to the museum in 1956, and now the public has the opportunity to explore this unique treasure trove.

Lecture and publications

The exhibition designer, researcher Outi Järvinen, will

give a lecture on the topic in the museum auditorium on February 13 from 5-6 p.m. The lecture is open to everyone and free of charge. In addition, the museum has published a book about the medals from the Hallberg collection in 2021, and a two-part publication about the coins is coming out, the first part of which will be published in the spring.

Welcome to explore history!

The Ostrobothnia Museum offers a unique opportunity to dive into the world of bygone times with the help of its coin and medal collection. The renovated coin room is open during the museum's opening hours. Photo: Christoffer Björklund (Source: STTinfo/City of Vaasa)

PARTICIPATORY BUDGETING

How would you make Vaasa happier with 15,000

euros?

Through Vaasa's participatory budgeting, the city has set aside 15,000 euros to implement residents' ideas - and your idea could be the next winner.



Do you have a place in mind that needs improvement? Have you seen a great idea elsewhere that you would like to bring to Vaasa? Now is the time to tell us about it! You can submit suggestions until March 9.

Through participatory budgeting, wonderful projects have already been implemented in Vaasa, such as

the open-air swimming area in the Inner Harbour, the cherry park in Onkilahti and toys for daycare centers. All of these have one thing in common: they were born from residents' own ideas.

- Participatory budgeting has become established in Vaasa as a popular way to influence the development of the city. It gives residents the opportunity to participate in planning and decision-making, says Strategy and Service Area Manager Suvi Aho.

Here's how to participate:

- Submit your idea online by March 9th at www.vaasa.fi/osallistuva-budjetointi or on paper at the public service point at Kansalaisinfo (Teräksenkuja 1) and Vähänkyrö public service point (Vähänkyröntie 11).
- The best ideas will advance to the finals, and residents will be able to vote for the winner from April 17th to May 5th.
- The winner will be announced on May 19th, and its

implementation will be followed on the city's social media channels

This is your chance to have an impact and make Vaasa an even better place to live! Even a small idea can grow into something big when it gets enough support. Submit your idea - and make Vaasa happier! Source: STTinfo/City of Vaasa

WELLBEING SERVICES COUNTY

New patient information system introduced – interruption in prescription renewal in February

The wellbeing services county of Ostrobothnia will introduce the new Lifecare customer and patient information system on 15 February 2025.

The implementation concerns primary health care and oral health care in Vaasa, Laihia, Korsholm, Vöyri, Malax, Korsnäs and Närpes. Social welfare housing and institutional services, day activities and home care will also be transferred to the new system, according to a press release from the wellbeing services county of Ostrobothnia.

Due to the system change, there may be delays in renewing prescriptions. In the Vaasa, Laihia, Korsholm, Vöyri, Malax, Korsnäs and Närpes regions, electronic prescription renewal will not be possible on 12–16 February. It is advisable to renew prescriptions no later than 11 February, as renewal is not possible through My Kanta Pages or pharmacies during the break.

Outage also in digital services

The current digital service channels in healthcare will be out of use from 15 to 16 February due to a system update. This also applies to Kaskinen and Kristinestad, where the new system is already in use. The new digital service channel will open on 17 February, offering more extensive services than before.

At the same time, there will be changes to SMS reminders. Due to the system reform, not all customers will automatically receive reminders of appointments. Reminders can be activated by logging in to the new digital service channel and al-

lowing text messages to be sent from your settings.

Commissioning will continue in March

The Lifecare system will be introduced gradually in the social and health care services of the wellbeing services county of Ostrobothnia. In March, specialised medical care and the rest of social welfare services will be transferred to the system. In addition, in Pietarsaari, Luoto, Nykarleby, Pedersöre and Kruunupyy, the older version used in primary health care will be updated to a new, unified system.

UNIVERSITY OF VAA-SA

Crypto crashes are no coincidence – research reveals signs of danger

Imagine a situation: you log into your account on a cryptocurrency exchange, but the site no longer works.



Your funds are gone, and no one will answer your questions. This nightmare has come true for thousands of investors, as nearly 500 cryptocurrency exchanges have crashed in recent years. A new study from the University of Vaasa provides information on why this happens and how investors can hedge against risks.

According to a press release from the University of Vaasa, Junior Assistant Professor Niranjana Sapkota analyzed data from 845 crypto exchanges and found

out why almost half of them have collapsed since 2014. His research, published in the prestigious Journal of International Financial Markets, identifies factors that affect the viability of stock exchanges. These include transparency, concentration, regional access, fee structures, currency listings, and referral systems.

Transparency and regulation – protection or risk?

Traditionally, it has been thought that crypto exchanges operating in developed, tightly regulated countries would be the safest. However, Sapkota's research reveals a surprising phenomenon: stock exchanges operating in the United States and Singapore are, on average, more vulnerable than those operating in developing countries.

"In these countries, regulatory compliance brings additional costs, and a developed infrastructure can paradoxically facilitate abuses," Sapkota said.

In addition, research shows that exchanges that allow US clients to trade are more likely to end up insolvent than those that have restricted this access.

Another significant obser-

vation relates to the operating model of stock exchanges. Centralized exchanges that store users' funds like traditional banks have a higher risk of failure. In contrast, decentralised exchanges, where users control their own funds, are 31.2% less likely to collapse. The decentralised structure protects against fraud and loss of solvency, for example.

What warning signs should an investor recognize?

According to the study, cer-

tain characteristics can reveal whether the stock market is at risk of collapse:

High withdrawal fees: Exchanges in financial difficulties charge an average of 1.5 times higher fees than stable traders.

Limited currency selection: Exchanges with only a few cryptocurrencies are more prone to collapse. A diverse offering brings stability.

Bad user reviews: Investors should check other users' experiences, as high ratings correlate with the stability of the exchange.

– Next time your friend shares a referral link on a crypto exchange, don't dismiss it as mere marketing. Many successful exchanges have well-functioning referral systems that signal a strong customer base, Sapkota hints.

The future of the crypto market

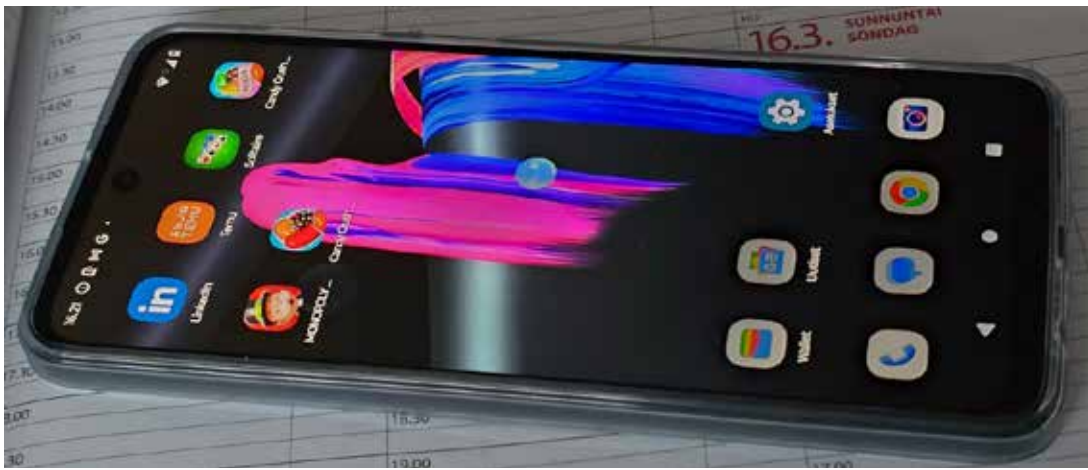
Sapkota's research provides valuable information for investors and decision-makers alike. His analysis is based on traditional statistical methods such as logs and probit models, which predict crypto exchange failures with up to 81% accuracy. In addition, machine learning models such as Random Forest and Support Vector Machine confirm the findings.

"The results of the study can be used to protect investors and improve market stability," Sapkota emphasizes.

Investors can learn to recognize warning signs and avoid untrustworthy platforms. At the same time, policymakers can develop regulatory models that support safer cryptocurrency markets without exposing them to unnecessary risks.

PHONES

January phone sales surprise turnaround: Android dominated, OnePlus rose to prominence



The January sales campaigns left their mark on the Finnish phone market, and the results are clearly visible in the list of Gigant's best-selling phones. Android phones dominate sales statistics, and OnePlus in particular surprised with its solid representation.

Apple models, on the other hand, remained in a marginal position, with only two devices reaching the top ten best-sellers.

Sale campaigns boosted sales. The best-selling phone in January was the Samsung Galaxy A25, which belonged to Gigant's sale products. "The impact of the Tammiale can be seen in the best-seller list, and the Samsung Galaxy A25 was one of Tammiale's campaign phones with strong sales," says Jyri Helistö, Sales Manager of Telecom Products at Gigantti.

According to Helistö, the rise of Android phones is obvious, but AI features may also have an impact on consumer choices. "Sale campaigns partly explain this, but AI features in video editing and everyday management are affecting the popularity of Androids."

OnePlus with four models on the list

On the January list, OnePlus' strong representation is particularly striking. Four OnePlus models topped the bestsellers, with the flags-

hip OnePlus 12 and its slimmed-down version 12R ranking five and ten. "To see so many OnePlus models on the list is extraordinary. This indicates that brand loyalty is strong. OnePlus has reached a price- and power-conscious user base in Finland who are upgrading their devices to the latest version," Helistö analyses.

Technology trends: artificial intelligence and wellbeing

Phone manufacturers are now investing especially in camera technology and artificial intelligence capabilities in video editing. "The role of cameras and videography is constantly growing, and AI-based editing tools are attracting consumers," Helistö says.

An interesting development is also the rise of well-being qualities. Phones and their peripherals, such as smart rings and watches, help you track your sleep, activity and recovery. "Samsung talks about a personal health coach, while Garmin has a gamified 'body battery' that tells you about the user's remaining energy," Helistö explains.

Smart rings in particular have become popular, surpassing sports watches for the first time in January. Consumers are monitoring their sleep quality and stress levels more closely.

Changes planned in February

Helistö estimates that in February the list will look different. "There weren't that many new models in the

January bestsellers. During the spring, new devices will enter the market in different price ranges, so this is not just a celebration of one brand."

The best-selling phones of January 2025 TOP 10

- Samsung Galaxy A25 (-)
- OnePlus Nord CE3 Lite (5th)
- Samsung Galaxy A15 (3rd)
- Motorola E14 (-)
- OnePlus 12 (-)
- OnePlus Nord CE4 Lite (2nd)
- Samsung Galaxy A55 (1st)
- Apple iPhone 16 Pro (9th)
- Apple iPhone 13 (10th)
- OnePlus 12R (-)

Android phones dominate the list, but February can see a levelling off with the advent of new models. It will be interesting to see if OnePlus' strong sales momentum continues and whether the new Apple models will be able to make the list stronger. Changes in technology and consumer behaviour keep the market alive, and as we head towards spring, we will see new trends in both artificial intelligence and welfare technology.

Source: Gigantti.fi

PRIVATE DOCTORS Early 2024 statistics reveal that the prices for private doctor visits increased by an average of 8 percent

Early 2024 statistics reveal that the prices for private doctor visits increased by an average of 8 percent—more than double the 3.3 percent rise in the consumer price index (CPI). However, the price hikes were not uniform across specialties. In psychiatry, fees surged by 13 percent, whereas services provided by pediatricians and ophthalmologists saw increases of around 7 percent, according to a press release from KELA.

Researchers explain that several factors contribute to this trend, including competitive dynamics, growing demand, and rising salaries for doctors. The recent increase in Kela reimbursements—marking the first such adjustment in over 16 years—may also have played a role. Notably, while patient co-payments decreased by 10 million euros, Kela's reimbursement costs increased by 32 million euros.

A graph depicting the period from 2020 to 2024 illustrates that private specialist fees have risen sharply, especially in early 2023 and 2024. This trend reflects not only the impact of inflation but also other underlying factors such as labor shortages and increasing personnel costs, which ultimately affect the pricing of private healthcare services. According to Kela research professor Henna-mari Mikkola, although inflation is a significant driver, the overall price development is influenced by multiple cost pressures that must be considered when evaluating future trends.

NEWS

Ateneum: 19th-century artists from Vaasa, Fanny Churberg and Alexandra Frosterus-Såltin, in the exhibition *Crossing Borders*



Fanny Churberg: *Girls on the shore* (1869). Finnish National Gallery / Ateneum Art Museum, gift from Arvid Sourander. Photo: Finnish National Gallery / Jenni Nurminen

When the Ateneum opens the doors to the *Crossing Borders* exhibition on 7 March 2025, visitors will be invited on a fascinating journey through time and space.

For the first time, the works of the brave women who, despite the limitations of their time, crossed geographical and social boundaries to create art are collected. Among the prominent names are two artists from Vaasa – the bold landscape painter **Fanny Churberg** and the skilled portrait and genre painter **Alexandra Frosterus-Såltin**.

During the 1800s, it was a matter of course for artists to travel abroad to educate themselves, and for female artists this meant a particular challenge. They could not study at the traditional art academies but were dependent on private teachers or schools

that men had founded for women. The path to an artistic career required determination and sacrifice – and that is exactly what these women showed.

The exhibition highlights not only their artistic prowess, but also the pioneering role they played for future generations of female artists, including Helene Schjerfbeck and Ellen Thesleff. With paintings, drawings and sculptures by over 50 artists from the Nordic countries, the Baltic States, Germany and Poland, *Crossing Borders* sheds new light on previously overlooked artistry and presents works that have never before been shown in Finland.

The Ateneum will continue its role as a pioneer in research on women artists. The exhibition, curated by Anne-Maria Pennonen, provides a new understanding of the importance of the German art scene alongside the French one, and draws attention to the networks that enabled the work of women artists. Among the international names

in the exhibition are Jeanna Bauck, Elisabeth Jerichau-Baumann, Amalia Lindegren and Bertha Wegmann.

After its tour in Helsinki, the exhibition will take the plunge into the world – in autumn 2025, it will open at the Kunstpalast in Düsseldorf, one of its partners. Among the lending institutions are also the Alte Nationalgalerie in Berlin, the National Museum in Stockholm, the Ny Carlsberg Glyptotek in Copenhagen and the National Gallery of Denmark.

The exhibition is of great importance in terms of art history and is complemented by an extensive catalogue in Swedish, Finnish and English, with texts by international researchers. For anyone fascinated by art, history and the pioneering women who have shaped our visual culture, *The Crossing Borders* is an exhibition not to be missed.

The Ateneum invites you to step into the world of these artists – a world of courage, talent and boundless creativity.

* AI

DeepSeek: China's AI Revolution – Who Benefits Most?



As artificial intelligence (AI) develops at breakneck speed, the world has seen a range of new technologies take shape, and players around the world are competing to be at the forefront.

Among these is DeepSeek – an innovative AI platform recently launched from China. What makes DeepSeek unique, and how is it different from previous AI models?

What is DeepSeek?

DeepSeek is an advanced AI platform designed to improve machine learning, natural language understanding, and cognitive computing. Created by some of the top scientists and engineers in the field, the platform aims to push the boundaries of what's possible with AI today. DeepSeek requires identification of the user but is free to use.

Some of DeepSeek's most prominent features include:

Improved language understanding: The platform can interpret human language on a deeper level and understand context, tone, and intent. This makes the interaction more natural.

Multi-modal capability: It seamlessly combines data from text, image, and audio and enables comprehensive analysis.

Self-learning algorithms: DeepSeek has the ability to evolve on its own through new data, minimizing the need for continuous human intervention.

Fast, real-time processing: This makes the platform particularly attractive for use cases such as customer service and real-time analytics.

How is DeepSeek different from older AI models?

DeepSeek marks a major step forward compared to previous AI solutions in several respects:

Complexity and depth: Previous AI models were

often based on predefined algorithms and lacked the flexibility to adapt to new information. DeepSeek uses deep learning to analyze data in a more advanced way.

Multimodal data integration: While older models focused on single data types (such as text or image), DeepSeek combines multiple data types, making it useful in many more situations.

Ease of use: DeepSeek is designed with the end user in mind, which means that the interfaces are customizable and can be tailored to different needs.

Ethics and transparency: In contrast to older models, DeepSeek has been built with a clear framework for fairness, accountability, and openness.

Who can benefit most from DeepSeek?

DeepSeek has the potential to revolutionize a range of industries. Companies that handle large amounts of data, such as in healthcare, finance,

or customer service, can benefit greatly from its ability to analyze data quickly and accurately. At the same time, it is a tool that can also help researchers, policymakers, and even individuals in their daily work – especially when it comes to understanding complex information or making quick decisions.

Does DeepSeek understand Swedish and Finnish?

One interesting area where DeepSeek is being tested is its language capabilities. The platform can handle voice-based interaction, which means users can have conversations with it as they would a human. But how does it work in our Nordic languages?

English: DeepSeek has made some progress here. Users have reported that it sometimes works well in English, although results may vary depending on context and the complexity of the queries.

Finnish: For Finnish, however, the response has been weaker. Many users have noticed that the AI often "falls apart" when confronted with the complex Finnish language, leading to confu-

sed answers.

DeepSeek's success on the global AI landscape is due to its continued ability to learn and adapt to different languages and cultural contexts. Perhaps one day we will be able to converse freely in Swedish and Finnish with this technology – but so far there is potential for development.

With its combination of advanced learning technologies, multimodal integration, and ethical frameworks, DeepSeek sets a new standard for what AI can accomplish. For companies, researchers, and innovators looking for next-generation AI solutions, this is a name to keep an eye on. But it's also a reminder of how far AI still has to go – not least when it comes to mastering our own Nordic languages.

It is also interesting that DeepSeek has been able to be realized at minimal costs in this context. The Chinese are intelligent!

There are those who are concerned about whether information from DeepSeek could be handed over to the Chinese authorities, and from that point of view, ChatGPT is safer to use at least for the time being.

NEWS

Vaasa Maritime Museum's Wasa King model is now on display in Tallinn



The Vaasa Maritime Museum's valuable ship model of the ferry Wasa King is now part of the new exhibition "Estonia - the story of a ship" at the Estonian Maritime Museum in Tallinn. The exhibition, which is open 28.9.2024-30.3.2025, tells the story of the Estonia ferry, which is significant for Estonia's history, and its role in shipping on the Baltic Sea.

The ship model Wasa King is an exact miniature copy of the ship, which in different eras was known by several names, such as Viking Sally, Silja Star and finally Estonia. The ship was built in 1980 at the Meyer Werft shipyard in Germany and its life cycle included several routes and changes of ownership. In 1991, the ship was renamed Wasa King and sailed from Vaasa to Umeå before being moved to the shipping company Estline and named Estonia.

The exhibition in Tallinn highlights the ship's role in Estonian history and its significance for Estonians. The cruise ship symbolizes the country's restoration, the achieve-

ment of Western values and international unity. The exhibition gives an insight into the ferry's history, from its construction to its tragic end on the night of September 28, 1994, when the Estonia sank in the Baltic Sea, taking 852 people with it.

The Vaasa Maritime Museum's Wasa King model is a significant part of the exhibition, as it presents the ship's original structure and interior in detail. The scale model helps the visitor to understand the ship's history and its changes during different eras. The model has aroused great interest among both Estonian and international visitors.

The exhibition does not focus on investigating the causes of the sinking, but focuses on honoring memory and the opportunity to reflect on the ship's history and significance. The presence of the Wasa King model adds more depth and authenticity to the exhibition, providing visitors with a valuable insight into the history of shipping in the Baltic Sea and the significance of Estonia for Estonia and its people.

The Wasa King will return to the Vaasa Maritime Museum before the end of May, so this fine model made in Germany can be admired here in Vaasa this summer.



Helvi Riihimäki from the Vaasa Maritime Museum brought the Wasa King model to Tallinn

The Estonia tragedy

30 years ago, on 28 September 1994, a tragic accident occurred when M/S Estonia, which sailed between Tallinn and Helsinki, sank. On board were about 1,000 passengers and crew. The sinking took place in stormy weather conditions and lasted only about 30 minutes. The accident claimed the lives of 852 people, making it one of the worst maritime accidents in history. The accident attracted a great deal of international attention and led to significant changes in maritime safety. The event is still remembered by many and still affects maritime traffic in the region.

NEWS

Good news from Seinäjoki!



Seinäjoki has the wind in its sails! The city is gaining new momentum in culture, tourism and marketing. There is good news for locals and visitors alike.

The Church as a World Heritage Site?

Seinäjoki's landmark, the Church of the Plain Cross, may be heading for a wonderful future. The Finnish Heritage Agency has proposed that the church be included on the UNESCO World Heritage List.

This would be an important recognition of the church's architecture and cultural-historical significance.

Tango Market back on national TV

The tango market in Seinäjoki will regain the visibility it deserves when it returns to Yle's TV channels. This means that the event will once again reach a wide

audience and bring positive publicity to Seinäjoki. The Tango Market is an integral part of Finnish culture, and its return to national television is a big deal for both the event and the entire city.

Seili play at Seinäjoki Theatre

Seinäjoki Theatre offers cultural experiences at their best. The current programme includes the play *Själö*, which tells a moving story about the history of *Själö*. The play has been well received, which is a big reason to go to the theatre in Seinäjoki. Seinäjoki invests in marketin

Seinäjoki is actively involved in the marketing of the city and its offerings. At the Vaasa Travel Fair on 3.2.2025, Seinäjoki had a strong presence and the city's stalls were lively. Marketing efforts will certainly attract new tourists and interested parties to Seinäjoki.

Seinäjoki is a great place to live in

Overall, Seinäjoki is a vibrant and developing city with a lot to offer both residents

*Left: Seinäjoki was exhibited at the Vaasa Travel Fair on 3.2.25
Right: Seili-play, Natalil Lintala. Seinäjoki City Theatre, photographer Jukka Kontkanen Below:: The Church*



and visitors. Cultural experiences, events and good marketing make Seinäjoki an attractive destination. That's why it's worth getting to know Seinäjoki and its diver-

se offerings!

And it's good to remember that when your neighbour is doing well, we're doing well here in Vaasa too.

Ostrobothnia Welfare Region

A couple of hundred more joint replacement surgeries per year



Over 8,000 surgeries performed in Vaasa in 2024 - waiting lists for joint replacement surgeries shortened

In 2024, a total of 8,358 surgeries were performed at Vaasa Central Hospital, of which 6,222 were planned and 2,136 were urgent. Of these, approximately 700 were joint replacement surgeries. The shortening of waiting lists for joint replacement surgeries in particular has been a significant improvement, as it means that residents of the region do not have to travel elsewhere to get a new hip or knee prosthesis.

Joint replacement surgery is a multidisciplinary procedure that involves, in addition to the surgeon, an assistant surgeon, an instrument nurse, an anesthetist and a supervising nurse. In the Ostrobothnia Welfare Region, waiting lists for surgeries have been shortened through additional surgery shifts. This has been possible thanks to the close cooperation of experts from many different fields, such as surgeons, nurses, anesthesiologists, instrument care workers and physiotherapists.

- Multidisciplinary cooperation in operative activities and competent and flexible personnel are key to our success in achieving our goal, says Saija Seppelin, Director of Nursing at the Emergency Hospital.

The coronavirus pandemic increased the care debt. There are many reasons behind the long waiting lists for joint replacement surgeries, one of which is the care debt accumulated during the coronavirus pandemic.

- The need for joint replacement surgeries is constantly growing. The wear and tear on the joints of older age groups has progressed to the point that there is an increasing demand for surgeries, says Erno Lehtonen-Smeds, Chief Physician of Orthopaedics.

However, there are no age limits: osteoarthritis can develop at a young age, for example as a result of rheumatism or injury. Joint replacement surgeries are already performed on people aged 40-50, but the largest patient group is 70-80.

Additional surgeries in the evenings and on weekends. In 2023, Vaasa Central Hospital introduced a new model to streamline orthopedic surgeries. Thanks to this, over a hundred additional hip and knee replacement surgeries were performed annually.

The surgeries were performed outside of working hours on Thursday evenings and Saturdays from April 2023 to the end of May 2024.

"It was easy to find enthusiastic people

for the additional shifts. Everyone has worked towards a common goal, so that patients would not have to wait an unreasonably long time for surgeries that they needed," says Lehtonen-Smeds.

Previously, residents of Ostrobothnia could seek surgery elsewhere in Finland in the hope of shorter queues. Vaasa Central Hospital can now also offer urgent joint replacement surgeries.

Fast recovery and satisfied patients. The hospital stay after joint replacement surgery is short - patients are usually discharged home 1-3 days after surgery. Recovery from hip replacement surgery is often a little faster, while after knee replacement surgery, ward care typically takes 2-3 days.

Patient satisfaction in the Ostrobothnia Wellbeing Region is measured with the Net Promoter Score (NPS) index, which evaluates customer experience from a recommendation perspective. In 2024, the NPS figure for surgical operations was as high as 90, which is an excellent result.

- Vaasa's joint replacement surgeons are experienced and professional, and patients have been satisfied with the care they have received, confirms Lehtonen-Smeds. Photo: Heidi Kurvinen Ostrobothnia Wellbeing Region

MUSEUMS IN VAASA

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



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

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

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

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

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

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

The touring exhibitions of the regional museum reached a wide range

In their role as the re-

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

Seven new exhibitions in 2025

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

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

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

Opening hours and renovations in 2025

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

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

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

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

Positive feedback from the audience

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

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

HEALTH

The Hormones That Change Everything

The man in the lab coat didn't look like a killer. But in a way, he was. He killed ideas. Old ones. Outdated ones. Replaced them with new truths. And the truth was this: GIP and GLP-1 weren't just hormones. They were game changers. Maybe the biggest in modern medicine.

They came from the gut. Two little chemical messengers, whispering instructions to the body. Eat. Stop eating. Store energy. Burn fat. Keep the brain sharp. But for years, no one really cared about them. They were just another part of the body's complex biochemical orchestra. Background noise.

Then the scientists took another look. And what they found was nothing short of astonishing.

The Power of GIP and GLP-1

GIP – Glucose-dependent insulinotropic polypeptide. GLP-1 – Glucagon-like peptide-1. Mouthfuls of a name. But inside the body, they worked with brutal efficiency. Released after eating, they triggered a cascade of effects. More insulin when needed. Less sugar in the blood. A quiet signal to the brain: You're full. Stop eating.

And then something even bigger. The drugs based on these hormones – first just GLP-1 analogs like semaglutide and liraglutide, then the dual-action drugs like tirzepatide – started showing results no one had expected. People with diabetes were losing weight. Not just a little. A lot. The kind of weight loss doctors used to think was impossible with medication.

A New Era in Medicine

It was the kind of breakthrough that didn't just change the rules – it threw out the entire playbook. For decades, obesity had been treated as a lifestyle issue. Lack of willpower. Bad choices. But suddenly, it wasn't about that at all. It was biology. Chemistry. Something deep in the gut and brain that could be hacked, fine-tuned, controlled.

The drugs weren't just effective. They were spectacular. Clinical trials showed people losing 15, even 20 percent of their body weight. Diabetes under control. Risk of heart disease dropping. It was like flicking a switch in the metabolism.



Beyond Weight Loss: The Unexpected Benefits

But the biggest surprise? It wasn't just about fat and sugar. These hormones had effects no one had predicted.

People taking the drugs started noticing something strange. Their cravings weren't just for food. Smokers found they didn't want cigarettes as much. Drinkers found their usual evening whiskey didn't taste as good. Some even reported that compulsive behaviors – gambling, shopping, binge eating – seemed to fade.

Then came the research. And the results were shocking. GLP-1 drugs didn't just control appetite. They affected dopamine. The brain's reward system. The same circuits that drove addiction.

Scientists ran the studies. Mice on GLP-1 drugs lost interest in cocaine. Rats stopped binge drinking. Human trials suggested the same thing: lower rates of substance abuse. A potential weapon against the opioid crisis. Against alcoholism.

And it didn't stop there.

The Alzheimer's Connection
Another unexpected discovery. These drugs didn't just help with diabetes and weight loss. They seemed to protect the brain.

Alzheimer's was the great unsolved mystery. Billions of dollars spent. Dozens of

failed drugs. A slow-motion catastrophe with no cure. But when researchers looked at people on GLP-1 drugs, they found something odd. Their risk of Alzheimer's was lower. Cognitive decline slowed.

Scientists had theories. Maybe it was better blood sugar control. Maybe it was reduced inflammation. Maybe it was something deeper – something about these gut hormones protecting neurons. Keeping the brain sharp.

The trials were already underway. If the results held up, it could be the biggest breakthrough in dementia research in decades.

The Future: What's Next?

The revolution wasn't over. Scientists were already working on the next step. Triple agonists – drugs that mimicked not just GLP-1 and GIP, but also glucagon, another powerful metabolic hormone. Even greater weight loss. More metabolic control. More brain protection.

The old rules were gone. The lines between diabetes drugs, obesity treatment, and brain medicine had blurred. The future wasn't just about controlling disease. It was about rewriting human biology.

And all because of two little hormones, hidden in the gut. Whispering secrets. Changing everything.

Photo Supplement



Cover picture: Finnish finance minister Riiikka Purra in Vaasa on Feb 1

COUNTY and MUNICIPAL ELECTIONS 2025

2025 county elections and municipal elections

Election day: Sunday 13 April 2025
Advance voting in Finland: 2-8 April 2025
Advance voting abroad: 2-5 April 2025

More than one-fifth of mainland municipalities will reduce the size of their councils for the period 2025-2029

The Association of Finnish Local and Regional Authorities' latest report on the size of councils shows that more than a fifth of mainland municipalities will make changes to the size of councils in the coming period.

The data are based on information provided by municipalities. A total of 61 municipalities will reduce the number of councillors, and Vaala is the only municipality to increase the size of the council. The changes show that municipalities are adapting to economic and demographic challenges.

"The changes in the number of councillors are a result of different needs and challenges in municipalities. In some municipalities, the reduction of the council is made as part of a balancing programme. Smaller councils are also considered to have the advantage of efficient decision-making and reducing costs, but at the same time we need to think about how to ensure diverse representation and the voice of small groups," says Research Director Marianne Pekola-Sjöblom.

Key points:

The total number of councillors will decrease: In the period 2025-2029, 8,586 councillors will be elected, which is 273 fewer (1.6%) than in the previous period.

In absolute numbers, the number of municipalities reducing their council size is highest among those with fewer than 5,000 inhabitants. (34 municipalities, or 26% of the size of municipalities)

Proportionally, the number of municipalities reducing their council size is highest among municipalities in the size range of 10,001-20,000 inhabitants. (13 municipalities, i.e. 31% of the municipalities in the size category)

The size of the council will shrink the most in Jämsä (-12 council seats).

In each county, there is at least one municipality that is reducing the number of councillors. The number of municipalities shrinking the size of councils is highest in the region of Central Finland (12 municipalities).

Jyväskylä is the largest municipality in terms of population that reduces the size of the council.

The average council size is decreasing: During the coming council period, municipalities will have an average of 29 councillors, compared to 30 in the current period.

In each county, there is at least one municipality that reduces the size of the council. In Central Finland, the change is greatest, as 12 municipalities are shrinking their councils.

The smallest and largest councils: The smallest council size, 13 members, will be in nine municipalities, while there are currently only two such small councils. Helsinki still has the largest council with 85 members.

During the next council term, the average number of inhabitants in municipalities will be 653 per councillor. The number varies between Luhanka's 47 residents and Helsinki's 8,042 residents per councillor. At the beginning of the 2021-2025 council term, municipalities had an average of 622 residents per councillor.

Municipal merger between Mäntyharju and Pertunmaa: The merger will reduce the number of council seats by 17.

Decision-maker survey: Divided opinions on changes in the size of the council

The Association of Finnish Local and Regional Authorities' decision-maker survey 2024 shows differences of opinion on the changes in the size of the council.

The views of senior office holders and elected officials differ:

Of the senior office-holders, 67 per cent are in favour of a reduction in the size of the council, while the corresponding figure among elected representatives is 36 per cent.

The party background of elected representatives greatly influences the attitude to reducing the size of the council:

The National Coalition Party, the Finns Party and the Centre Party - which represent the major municipal parties - are most positive, although the views are clearly divided among the Centre Party's representatives.

The Liberal Party and the Christian Democrats, which represent the smallest municipal parties, are the ones who are most negative to a smaller council size than the current one.

In addition, at least half of the elected representatives representing the Greens or the Swedish People's Party, as well as the Social Democratic Party, are negative rather than positive to a reduction in the size of the council.

Understandably, the attitude of elected representatives is not only affected by the size of the municipality, but also by the size of the municipal council, the balance of power in the council and the number of seats in their own party.

Attitudes towards reducing the size of the council have become more positive since 2020. The positive attitude has grown most in municipalities with fewer than 5,000 inhabitants and municipalities with 10,000-20,001 inhabitants.

Source: Kommunförbundet, CC-BY 4.0 <https://creativecommons.org/licenses/by/4.0/deed.fi> - Text translated to English.

ART EXPERIENCE OF THE WEEK



Magnus Enckell
9.11.1870, Hamina
27.11.1925, Stockholm
Crying woman 1907

EVENTS

TIKANOJA

THE ART EVENT OF THE YEAR!

Eero Järnefelts exhibition opened on Nov 23, 2024

ÅBO SVENSKA TEATER

Katrina the Musical

If you didn't have time to see this groundbreaking musical at Wasa Theatre, you can travel to Turku and see it there:

Performances:

13.2. at 18-30

14.2. at 18.30

15.2. at 2 pm

19.2 at 18.30

21.2, at 18.30

22.2. at 2 pm

26.2. at 18.30

28.2 at 18.30

And then another 5 performances in March.

"The young Katrina is attracted by the love of moving from Ostrobothnia to Åland to become a sailor's wife. Despite being left alone, she manages time and time again with sheer force of will to step over and overcome every obstacle that fate throws in her way."

<https://abosvenskateater.fi/>

Vaasa-Vasa Baroque

Fri / Fr 14.2 at / kl. 18.00
City Hall Hall of Mirrors / Stadshuset's spegelsal

Valentine's Day Baroque - Janne Valkeajoki, accordion Rameau & accordion hits / Rameau & dragpelshits The concert ticket includes catering
<https://vaasabaroque.com/>

TOMMY'S: TOGETHER AGAIN

RITZ

5.3.2024 AT 19 - 21.30

Hans Martin, Nicklas Käldeström

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

ATENEUM

When the Ateneum opens the doors to the *Crossing Borders* exhibition on 7 March 2025, visitors will be invited on a fascinating journey through time and space. For the first time, the works

of the brave women who, despite the limitations of their time, crossed geographical and social boundaries to create art are collected. Among the prominent names are two artists from Vaasa - the bold landscape painter Fanny Churberg and the skilled portrait and genre painter Alexandra Frosterus-Såltin.

Vaasa-Vasa Baroque

Sat / Sat 22.3 at / kl. 16.00
Music in Veturitalli

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

<https://vaasabaroque.com/>

VAASA humour FESTIVAL 2025

2-4.4.2025

Sov. Finland-Swedish cultural development

The churches' sounding week:

During the Sounding Week of Churches, you can listen to almost all the choirs and orchestras of the Vaasa Evangelical Lutheran congregations. Admission to all concerts is free.



Miss Concordiae on Friday 28.3 at 7 pm in the Trinity Church. Sing the Joy, conducted by Sini Usmi.

Children's party on Saturday 29.3 at 3 pm in Vähäkyrö church. The parish's children's choirs. Canticum Maris a cappella

Sunday 30.3 at 7 pm in the Trinity Church. Conductor Tarja Viitanen.

The church choirs and cantors on Wednesday 2.4 at 7 pm in the Trinity Church.

The Merina Youth Choir on Thursday 3.4 at 7 pm in Brändö church. Conductor Tarja Viitanen.

Vaasa-Vasa Baroque

Sun / Sö 27.4 at / kl. 17.00
City Hall Ballroom / Stadshuset's festsal

Handel and Roman in London - Handel möter Roman i London

Kajsa Dahlbäck, soprano / sopran Drottningholms barockensemble (SWE)

<https://vaasabaroque.com/>

VAASA CHOIR FESTIVAL XXXI 22-24.5.2025

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

ILMAJOKI MUSIC FESTIVAL

"BIG Wrath 1713-1721"

6.-15.6.2025

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

Big Wrath is a shaking and nourishing story about family ties, maternal love, perseverance, and the power of cooperation during a time, when Russia's brutal war of aggression against Finland burned Ostrobothnia to black soil."

www.musiikkijuhlat.fi

NÄRPES THEATRE

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

World premiere 28.6.25 klo 19

Other events:

1.-7 at 7 pm

3.7. at 7 pm

7.7. at 7 pm

8.7. klo 19

10.7 at 7 pm

13.7. at 5 pm

15.7. at 19

16.7. at 19

17.7. at 19

19.7. at 19

KORSHOLM MUSIC FESTIVAL

23.7.-30.7.2025

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

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

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

WASA FUTURE FESTIVAL

11-16.8.2025

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

Wasa Innovation Center

Gerbyntie 18

65230 Vaasa

<https://wasafuturefestival.fi/>

TAITEIDEN YÖ

14.8.2025

"Toivottavasti näemme taas ensi vuoden Taiteiden yössä" <https://www.vaasa.fi/koe-ja-nae/kulttuurivaasasa-ja-seudulla/taiteiden-yo/>

HOSPITAL HISTORY



HOSPITAL HISTORY

Muurame's Parantalola Is Now a Pile of Sand. But the Marjatta Statue Stands Still.

In Muurame, near Jyväskylä, a dramatic change has taken place over the winter: the once-iconic Kinkomaa Hospital has been completely demolished, leaving behind a parantalola now covered by a thick layer of sand.

Yet, in the hospital park, the Marjatta bronze sculpture—created by Kauko Räsänen in 1991—still stands proudly, its future still undecided.

A Glimpse into Kinkomaan Hospital's Storied Past

Kinkomaan Hospital, located in the village of Kinkomaan in Muurame municipality, was built in the 1930s as the central

tuberculosis sanatorium for the Central Finland Tuberculosis District. During the 1920s, Central Finland was notorious as one of the worst regions in Finland for tuberculosis and other pulmonary diseases. The decision over the sanatorium's location was fiercely contested between Laukaa and Muurame, with Muurame ultimately winning when the owner of the Salonen estate offered the land at a reduced price. The proximity to Lake Päijänne and the surrounding pine forests—with their clean, invigorating air and natural ozone—was believed to have a curative effect on lung ailments.

Architectural plans for the sanatorium were solicited from several notable figures, including Alvar Aalto, W.G. Palmqvist, and the brothers Jussi and Toivo Paatela. The design by the Paatela brothers was chosen, and the first three-story main building was completed in 1930. Later, in 1938–39, the building

was expanded by adding two extra floors under the guidance of Jussi Paatela. The main building, representing a stylistic transition from classicism to functionalism, soon became a landmark. Over the decades, it served multiple roles: first as a tuberculosis sanatorium (1930–1971), then as a war hospital for wounded lung patients during World War II (1939–1944), and later as a general hospital until 2008. At its peak, Kinkomaan Hospital was Muurame's largest employer and a cornerstone of the local community.

Demolition and a New Chapter

Over the past winter, the large Kinkomaan Hospital building has been completely demolished. A demolition permit for the main building is valid until the fall of 2026, and preliminary plans indicate that the demolition process will begin in late 2024. Although the hospital structure is now

gone—leaving the area, once a vibrant parantalola, covered in a layer of sand—the historical memory of the place endures.

The Enduring Marjatta Statue

Amid these sweeping changes, the Marjatta bronze sculpture in the hospital's front yard remains a steadfast symbol. Created in 1991 by Kauko Räsänen, the sculpture has long been cherished as an emblem of local culture and tradition. It links Muurame's turbulent past with its hopeful future, reminding residents that the hospital was once not only a place of healing but also a central part of the community's identity.

Many locals view the statue as a valuable cultural landmark that continues to stand as a testament to the village's resilience—even as the surrounding landscape transforms into a sandy terrain.

BIOGRAPHICAL LIBRARY

Women's Voice biographical library celebrates its 10th anniversary – more than 1200 women's stories are already recorded

NAISTEN ÄÄNI

Suomi
Finland
100

Irma Rewell - Vaasan oopperan sielu

Kirjoittaja: Katariina Korkman

Sauli ja Mertta Kentalan seitsemästä lapsesta vanhin, Irma Lahja syntyi viattomien lasten päivänä 1929 Kaustisella. Hänet vihittiin 1954 Vaasassa Tauno Emil Oskar Rewellin kanssa. Tauno Rewell toimi 1960-luvulla maan suurimpiin rautakauppoihin kuuluvan Vaasan Teräksen toimitusjohtajana. Hän oli vuosikymmenten ajan tunnettu hahmo Pohjanmaan ja Vaasan elinkeinoelämässä ja sai ansioistaan kauppaneuvoksen arvon.

Irma Rewell edusti urheilukilpailuissa Vaasan Vasamaa lajeinaan 100 metrin juoksu, aitajuoksu ja pituushyppy. Hänen voitontahtonsa oli erityisen vahva: Rewell lähti aina kisaan voittamaan. Tarmokas ja määrätietoinen nainen oli jo nuorena lahjakas. Rewell opiskeli Helsingin yliopistossa liikuntatieteitä ja toimi opintojen jälkeen vuosina 1957–1990 Vaasan yhteiskoulun liikunnan ja terveysopin vanhempana lehtorina. Opettajana hän oli tiukka, mutta persoonallinen ja kannustava. Hän korosti erityisesti arkiliikunnan merkitystä. Naisten aseman ajaminen iskusti oppilaisiin jo varhain tyttöjen oman liikunnanopettajan toimesta. Opettaja Rewell kehotti äänestämään naisia.



Lue lisää - Läs mera

www.naistenaani.fi

A story about Irma Rewell is in the library, in Finnish

Women's experiences, actions and influence in society have long been underrepresented in the writing of history. The Women's Voice biographical library, founded ten years ago, has reversed this trend by collecting and publishing the life stories of Finnish women online.

To date, more than 1200 biographies have already been compiled, and the work is still ongoing!

The Women's Voice project was initiated by the Finnish Women's Association and has grown over the years to become a significant part of Finnish history. The aim of the project is to document and share information about how women have contributed to society, how they have lived and what challenges they have overcome. In 2017, the Women's Voice project was approved as a Finland 100 project.

Examples of biographies related to Vaasa include Irma Rewell, Ritva Hyöky, Eeva Kauppi, Alexandra

Frosterus-Såltin and Rosina Heikel.

In 2024, a significant milestone was reached when the thousandth biography was added to the biography library. Currently, there are more than 1200 stories, including at least 50 women from Vaasa, whose lives and influence are visible locally and nationally.

Many localities are represented in the biographical library

Probably not from all corners of Finland, but from a lot of people. Some examples of

this, such as how many biographies are visited in a particular city or municipality:

101 biographies of Helsinki
Turku 81 biographies
Oulu 78 biographies
Jyväskylä 65 biographies
Raahe 60 biographies
Tampere 59 biographies
Pori 57 biographies
Hämeenlinna 55 biographies
Vaasa 53 biographies
Tornio 46 biographies
Espoo 45 biographies
Vantaa 28 biographies
Hyvinkää 18 biographies
Rovaniemi 13 biographies
Kuortane 6 biographies

The biographical library

features almost all professional groups in Finland

Here are a few examples of the number of biographies that mention a particular profession or position:

- Merchant 80 biographies
- Teacher 77 biographies
- Secretary 79 biographies
- Author 77 biographies
- Professor 67 biographies
- Lotta 63 biographies
- Artist 63 biographies
- Vicar 61 biographies
- Member of Parliament 59 biographies
- Doctor 57 biographies
- Actor 55 biographies
- Priest 54 biographies
- Midwife 49 biographies
- Nurse 41 biographies
- Journalist 39 biographies
- Deaconess 37 biographies
- Cleaner 32 biographies
- War veteran 18 biographies
- Opera singer 11 biographies
- Library assistant 1 biography

A typical example of a really interesting story is the biography of Beata Lundahl. By the end of the 1700s, Raahe was one of the towns where a trained midwife had been hired. In Raahe, Beata Lundahl had an extensive career of 57 years as a midwife or parnmorska. When the midwife took office, her name was announced in all churches in the area. The place of residence had to be known to everyone and a professional badge had to be hung on the doorstep. During her career, Beata helped 2,000 children into the world.

Join us in recording women's history!

The online publication Women's Voice invites everyone who wants to be part of this important history project. You can write new biographical articles or import previously published texts




Eeva Kauppi - arvostettu oikeuspsykiatri ja vahva yhteiskunnallinen vaikuttaja

Kirjoittaja: Marjatta Björknäs

Eeva Kaupin kunden smau bote-obje: "Tajavaa rakkautta, valvottu vapaus, lempeä väkivalta"

Lapsuus

Eeva Onkla Kauppi syntyi vuonna 1921 Mäntylän suarperheen kauden-teen lapsena. Perheeseen syntyi yhdeksän lasta, joista yksi poika kuoli maassa rinvouneeseen espanjankuumeeseen. Isä oli torppa poika Kurio Viltoni Haavisto, joka toimi pehtorina Sigrid Onkla Tuomela kotitalou-sa.

Sigrid ilaistui talon pehtorin ja sai alluvastustuksen jälkeen vanhempiensa sinunuksen avioliiton solmittuiseen Nuorelleparille nautittin jopa rahoitus tilin oston Kokenäen Kurrolasta. Silloisen tavon mukaan traori isäntä raivasi suosta lisämata saaden niin perheelleen keskälököisen maatalon, jossa oli 20 ha viljeltyä ja 40 ha metsää. Sigridin isän vaatimuk-

Lue lisää - Läs mera
www.naistenaani.fi




Hovioikeuden presidentti Ritva Hyöky

Kirjoittaja: Terttu Jokinen

Hovioikeuden presidentti Hani Ritva Hyöky oli Suomessa ensimmäinen nainen hovioikeuden presidenttinä, jota virkaa hän hoiti vuodesta 1975 aina vuoteen 1989 asti. Ritva Hyöky osallistui virkaansa ohella moniin yhteiskunnallisiin tehtäviin. Hän oli kaupunginvaltuuston jäsen 1959-1972 ja uudelleen 1975-1976 sekä sosiaalilautakunnan puheenjohtaja 1966-1972. Kokoomuksen puoluevaltuuston jäsenenä hän työskenteli 1959-1977 ja puolueen naisten Vaasan läänin piirin puheenjohtajana 1964-1981. Keskustuskokouksissa Hyöky edusti hovioikeutta.

Sodan aikana Ritva Hyöky työskenteli rintamalähtöinä, ja kuolemansa saikka hän oli Rintamanaisten liiton säätöön puheenjohtaja. Ritva Hyöky toimi Vaasan Suomalaisen naisklubin puheenjohtajana vuosina 1971-1993.

Hän oli vähäsanainen, asiallinen mutta aina ystävällinen sekä ryhdikas ja määrätietoinen toiminnassaan. Naisklubin kokouksissa hän pysytteli miellellään taustalla ja antoi kaikkien ilmaista mielipiteensä.

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Helena Sainio - "turha murehtiminen pois!"

Kirjoittaja: Riitta Aikkola

Valoisat lapsuusvuodet

Helena Sainio syntyi 2.11.1925 suomenkielisten vanhempien lapsena Maalahdessa. Kun Helena oli kaksivuotias, perhe muutti Vaasaan isän valmistuessa poliisiksi. Helenalla muistaa lapsuuden valoisana, minkä hän arvelee johtuvan siitä, että ilmiäissuhteet perheen ja sukulaisten kesken olivat hyvät. Helena vietti lapsuuden kesät Maalahdessa ja kertoo, että ennen sotia oli suomenkielisiä kielletty seurustelusta ruotsinkielisten kanssa ja päivävastoin.

Helena kävi viisi vuotta Raastuvankadun koulukouluksessa. Siellä ei ollut koirapöydöllisiä ongelmia, sillä kaikki tehtiin niin kuin opettaja sanoi. Kansakoulun jälkeen Helena alkoi kahdeksanvuotisen yhteiskoulun. Se oli yksityiskouluna vähän harrasväen koulu. Kirjat piti itse ostaa ja jokaisesta lukuvuodesta oli maksut. Sotavuosina opiskeluvuodet olivat lyhyitä. Yhden sota-ajan kesän Helena toimi sairaalakoetus juoksuaittana.

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online, as long as you have permission from the original publisher. In particular, women's organisations, associations and individual citizens are encouraged to document the stories of women in their own communities.

The Women's Voice project is a demonstration of the power and significance of women in Finnish society. It is not just a history project – it is a living and evolving show of women's strength that serves readers and researchers today and future generations.

Would you like to save the life story of a woman close to you for posterity? Now is the perfect time! Read more, pick up a pen and participate: www.naistenaani.fi

The Women's Voice biographical library is a cultural act that strengthens women's voices in Finnish historiography. It highlights the destinies of life from different parts of Finland, building a comprehensive and polyphonic picture of women's impact on society. This is not just a ten-year project – it is an ongoing project that will enrich our understanding of history for decades to come. Every recorded biography is a valuable part of our common heritage. It would be great if as many people as possible would join us in writing history and ensuring that women's voices are heard also in the future!

The library can be found here:
www.naistenaani.fi

NAISTEN ÄÄNI *Suomi Finland 100*



Hilja Vestberg - tarmokas Vaasan Suomalaisen Naisklubbin perustajajäsen
Kirjoittaja: Katja Jokinen

Hilja Vestberg oli syntynyt Savossa Rautavanalla 1878. Käytyään kansakoulun Iisalmissa hän suoritti Kiopiissa työkoulun kurssin. Hän tunsi kutsunsa opettajauralle ja tyttökoulusta päästyään hän toimi kolme vuotta välikäisenä kansakoulunopettajana Iisalmissa. Tämän jälkeen hän kävi Sortavalan seminaarin valmistuen sieltä vuonna 1901 kansakoulunopettajaksi. Seminaarista päästyään hän oli vuoden Iisalmen yhteiskoulun johtajana sekä uskonnon ja laskennan opettajana.

Vuonna 1902 Hilja Vestberg muutti Vaasaan, joka muodostui hänen motiivollisen elämäntyönsä keskuksiksi. Hän toimi ensin opettajana Palo-saaren kansakoulussa, joka oli silloin vielä ilman omaa koulutaltoa ja työskenteli ruotsalaisen kansakoulun suojissa. Tästä aikana tämä suomalaisen koulun opettaja ja ruotsalaisen koulun johtajaopettaja Oskar Vestberg solmivat avioliiton.

Myyhemmin suomalainen koulu sai oman talon, jossa opettaja Hilja Ves-

Lue lisää - Läs mera
www.naistenaani.fi

Hilja Vestbergin muotokuva, jonka on maalannut Joyce Swanlung, paljastettiin 6.10.1943.

NAISTEN ÄÄNI *Suomi Finland 100*

Alexandra Theodora Frosterus-Sältin, unohdettu vaasalainen taiteilija

Kuuntele

Kuka on Suomen tunnetuin ja samalla unohdettuin naispuolinen taiteilija? Kenen teoksia miljoonat suomalaiset ovat ihastelleet yli sadan vuoden ajan? Kuka vaasalainen taiteilija on ollut unohdettu kymmeneen vuosien ajan ilmeä, että Vaasassa olisi ainostakaan muistomerkkiä tai patsasta hänelle, puhumattakaan siitä, ettei kaupungissa ole yhtään hänen muokansa nimettyä karnaa? Kuka on taiteilija, jonka terveyttä edistävät piirustuksia koulutuksenne ovat katselleet 120 vuoden ajan? Kuka naispuolinen taiteilija on inspiroinut Eppu Normaa'nin kouluttavaan lauluun "Marbeellisten lahujen maa"? Kuka on vaasalainen taiteilija, jonka piirustukset olivat osavyyttä silmää, että Suomessa oli historian alussa kielitietä? Kuka on vaasalainen taiteilija, jonka taidon on presidentin kaulussa? Tämä kuuluisa taiteilija on taidemaalari Alexandra Theodora Frosterus-Sältin.

Lapsuus

Alexandra Frosterus syntyi 6. joulukuuta 1837 Ilokoossa. Hänen vanhempansa olivat teologian professori Benjamin Frosterus ja Wilhelmina Sofia af Odolin. Benjamin Frosterus oli syntynyt Pudasjärvellä 28. tammikuuta 1792. Kalajoen kirkkoherran Johan Frosteruksen ja tuntuu ensimmäisen vaimon Marian Westrynhäiksen poikana. Robert Frosterus, Kaapiön ensimmäinen püspä, oli hänen velipuolensa. Benjamin Frosterus vietti teologiansa vuonna 1821 ja vihittiin papiksi 1824. Hänestä tuli kirkkohistorian professori vuonna 1829. Benjamin muutti perheensä 1. toukokuuta 1838 Vaasaan. Hänestä tuli silloiselta nimeltään Mostasaaren ja Vaasan seurakunnan kirkkoherra. Alexandra vietti lapsuutensa Hagan pappilassa. Talo seisoo edelleen samalla paikalla lähellä Viikua Vaasa ja toimii nykyään Vaasan ruotsinkielisen seurakunnan edustustilana.



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

NAISTEN ÄÄNI *Suomi Finland 100*

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

Kuuntele

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

Hon avled den 11 oktober 1867 i Närpes. Hon var på sin tid den mest produktiva kvinnliga poeten i vårt land.

På sin tid var hon en av de mest ättade personerna i Närpesnejden. År 1882 publicerades en bok innehållande de dikter som återfunnits och i förordet till denna skriver lektor Isak Smeds från Petalax: "Den skaldinna, vars visor otvivelaktigt allmänna stungas över hela Österbotten och vilken jag i barnkonsten i min hembygd hört med så stor beundrad och aktning orustas."

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



ARCHITECTURE

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



The Church in Seinäjoki

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

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

Aalto Architecture on the Global Stage

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

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

"The preparation of this nomination has already strengthened

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

A Long Journey of Preparation

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

The idea of Aalto architectu-

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

A Story Told Through Architecture

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

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

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

Towards a New World Heritage Site

Finland ratified the UNESCO



Säynätsalo Town Hall



Finlandiahouse

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

This nomination is more than

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

(Source: STTinfo/Museovirasto)

ASTRONOMY

2024 YR4, an Up to 100 Metres Big Asteroid with a 1.3% Risk of Impacting Earth on 22 December 2032



Impact risk corridor for Near Earth asteroid 2024 YR4, for the possible impact on 22 December 2032. Image: By Daniel Bamberger (Rennerpho) - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=158699356>

An asteroid named 2024 YR4, measuring between 40 and 100 meters (130 to 330 feet) in diameter, is currently making waves in the scientific community due to its potential to impact Earth. Discovered on 27 December 2024 by the Asteroid Terrestrial-impact Last Alert System (ATLAS), the asteroid is classified as an Apollo-type, meaning it crosses Earth's orbit.

As of January 29, 2025, 2024 YR4 has been assigned a Torino scale rating of 3, indicating a 1 in 77 (1.3%) chance of striking Earth on 22 December 2032. While this risk may seem low, it has raised alarms due to the asteroid's sizable impact potential.

Potential Impact: What Could Happen?

If 2024 YR4 were to impact Earth, the results could be catastrophic, especially given the asteroid's esti-

mated size and speed. With a mass of 2.2×10^8 kg, it would release approximately 8.0 megatonnes of TNT (33 petajoules) of energy upon impact, which is over 500 times the energy released by the atomic bomb dropped on Hiroshima.

This energy could produce a meteor air burst or an impact crater, with devastating localized effects stretching up to 50 kilometers (31 miles) from the impact site.

In terms of impact locations, the asteroid's potential risk corridor stretches from the Pacific Ocean to South America, across the Atlantic, through central Africa, and up to northern India. Though the chance of impact remains relatively low, the possibility of a direct collision with Earth is enough to capture the attention of space agencies worldwide.

What Does This Mean for the Future?

As of now, scientists are keeping a close eye on the asteroid's orbit and will continue to refine their calculations. The asteroid will make

its next close approach to Earth in December 2028, but by April 2025, it will be too faint to observe with current telescopes, potentially making future monitoring more difficult.

Though the chance of impact in 2032 remains slim, experts caution that further study is needed to fully understand the risks. The asteroid's size is comparable to the one that caused the 1908 Tunguska event, which flattened thousands of square kilometers of forest in Siberia, highlighting the significant danger posed by such an object.

While NASA and the European Space Agency have both issued advisories, the risk of an impact remains a subject of ongoing study, and the scientific community continues to track 2024 YR4's path closely. For now, the best advice remains: stay informed, as this is one of those cosmic events we hope never comes to pass.

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ART

Eero Järnefelt's Kaski has travelled around the world And now it is in Vaasa



Eero Järnefelt's painting *Kaski*, completed in 1893, has become one of the best-known works of the golden age of Finnish art. However, this work depicting slash-and-burn is much more than just a skilful depiction of the Finnish countryside. It has also made a remarkable trip around the world,

visiting numerous exhibitions around the world.

When Järnefelt painted *Kaski*, he could hardly have imagined that the work would become so popular and that it would be presented to such a wide audience. At that time, slash-and-burn was still an essential part of Finnish agriculture, but at the same time it was in the throes of change. The development of forestry gradually replaced traditional slash-and-burn farming, and Järnefelt wanted to immortalize this

disappearing phase of life.

Kaski has been exhibited in numerous exhibitions both in Finland and abroad. The work has travelled to Japan, the Nordic countries, major European cities such as London, Madrid, Barcelona and Rome. In 1900, *Kaski* was seen at the Paris World's Fair, where it was awarded a gold medal.

Exhibition trips have been a significant part of *Kaski*'s history. They have enabled the work to reach a wide audience and present Finnish art to the world. At the same time,

exhibition trips have also been challenging, as the safety of the work must be carefully taken care of. *Kaski* is protected with plexiglass to keep it in the best possible condition for future generations.

Kaski's world travels tell a lot about how art can transcend cultural boundaries and unite people. The work has acted as an ambassador of culture, presenting Finnish identity and landscapes around the world. At the same time, it has also sparked discussion about the transformation of Finnish society and the

disappearance of traditions.

Järnefelt's *Kaski* is much more than just one painting. It is a work of art that has lived a life of its own and traveled around the world. It is also a significant part of Finnish cultural history, reminding us of our past and at the same time prompting us to reflect on our future. The painting's home is at the Ateneum in Helsinki.

But now this painting is in Vaasa, Tikanoja Art Home.

HEALTH

Semaglutide (Ozempic): A Promising Tool in the Fight Against Alcohol Abuse



Alcohol use disorder (AUD) is a complex health condition characterized by persistent and problematic alcohol use. While numerous treatments exist, many individuals struggle to maintain sobriety. Recent scientific research has shed light on a potential new therapeutic avenue: semaglutide.

Semaglutide, originally developed as a treatment for type 2 diabetes and obesity, has shown promising results in reducing alcohol consumption and binge-like

drinking behaviors. This medication belongs to a class of drugs known as glucagon-like peptide-1 (GLP-1) receptor agonists. GLP-1 is a gut hormone that regulates appetite and blood sugar levels. By mimicking the effects of GLP-1, semaglutide can help reduce cravings, promote satiety, and curb impulsive behaviors associated with alcohol abuse.

Preclinical studies have demonstrated the efficacy of semaglutide in animal models of alcohol dependence. Researchers have observed significant reductions in alcohol intake and the rewarding effects of alcohol consumption in ro-

duents treated with semaglutide. These findings suggest that semaglutide may have a similar impact on human behavior.

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

The potential of semaglutide as a treatment for AUD

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

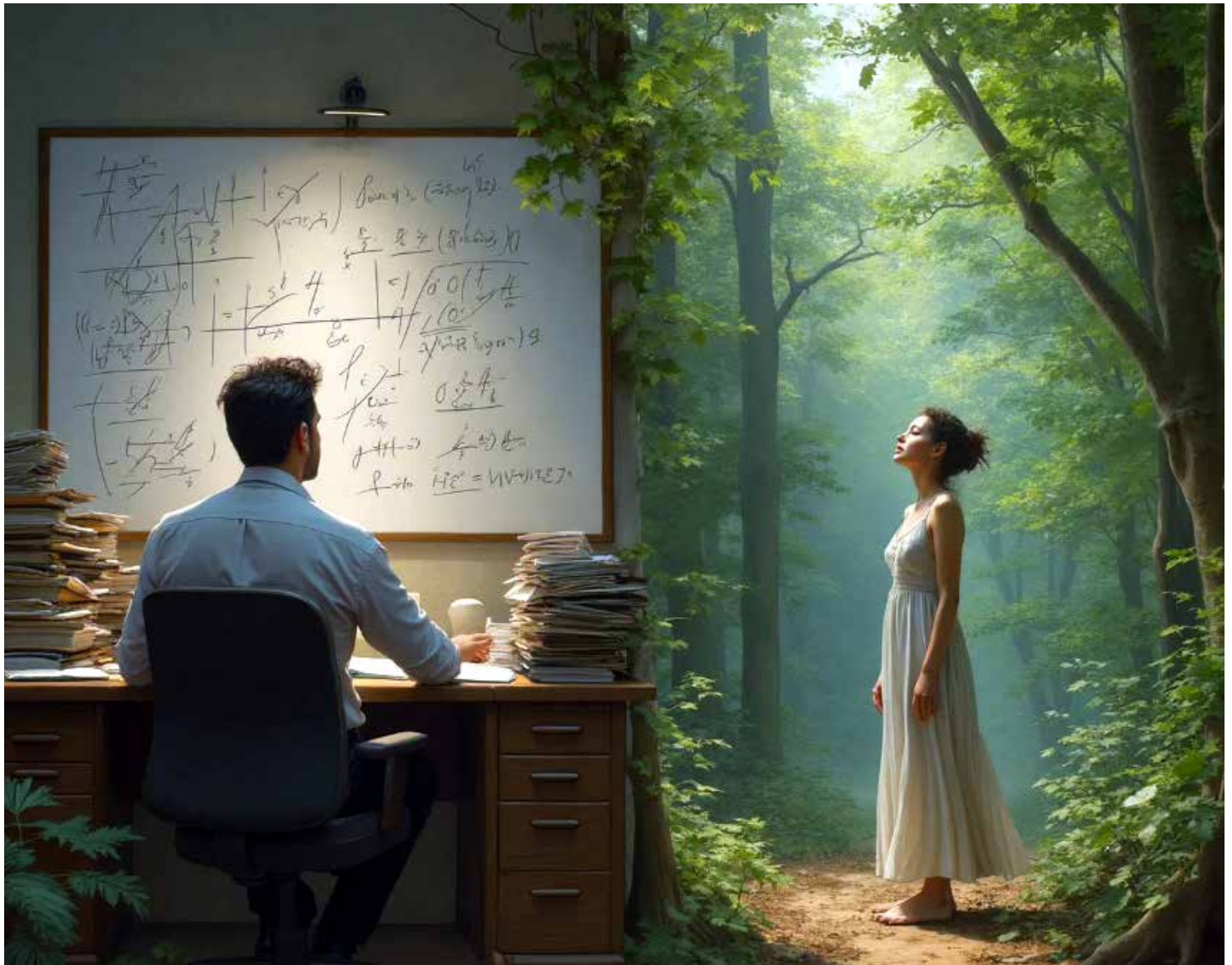
As with any medication, semaglutide may have side effects, including gastrointestinal issues such as nausea, vomiting, and diarrhea. It is crucial to consult with a healthcare professional to determine if semaglutide

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

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

CAUSERIE

Intelligence and wisdom are not the same



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

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

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

The intelligent thinks, the wise know

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

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

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

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

History's greats – but which ones?

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

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



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

Smart mistakes and smart avoidances

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

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

Stupid genius and ingenious fool

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

already a nice kingdom behind him.

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

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

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

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

LONELINESS

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



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

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

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

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

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

SOCIETY

Click your way to change? About clicktivism and slacktivism



What is clicktivism and slacktivism?

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

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

mal commitment.

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

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

Why is it problematic?

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

It is not a substitute for real action: Clicking

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

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

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

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

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

Deliberation and democracy

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

So what can we do?

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

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

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

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

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

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

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

RUSSIAS WAR AGAINST UKRAINE

The President Honored the Memory of Holocaust Victims



AI

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

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



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

The Emergence of AI-Generated Podcasts

As the podcasting industry continues to grow at an unprecedented rate, content creators and media companies are always on the lookout for innovative tools to streamline production and enhance creativity. NotebookLM, initially celebrated for its ability to generate high-quality written content, has now ventured into the realm of audio. This cutting-edge

technology is capable of producing podcasts that are nearly indistinguishable from those created by human hosts, opening up exciting possibilities for the future of digital content.

The appeal of NotebookLM-generated podcasts lies in several key features that set them apart from traditional podcasts:

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

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



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

1. **LOL:** Laughing Out Loud (This one might already be a classic for many!)
2. **BRB:** Be Right Back (Perfect for a quick bathroom break during a chat)
3. **OMG:** Oh My God (Expresses surprise or strong emotion)
4. **IMHO:** In My Humble Opinion (A way to preface your opinion politely)
5. **** ASAP:**** As Soon As Possible (Lights a fire under someone... nicely)
6. **FYI:** For Your Information (A heads-up for someone)
7. **ETA:** Estimated Time of Arrival (Lets you know when to expect someone)
8. **RSVP:** Please Reply (Formal request for a response to an

9. **PDF:** Portable Document Format (A common file format for documents)
10. **JPG:** Joint Photographic Experts Group (A popular image file format)
11. **GIF:** Graphics Interchange Format (Another image format, known for animations)
12. **TIFF:** Tagged Image File Format (Used for high-quality images)
13. **WWW:** World Wide Web (The foundation of the internet we know)
14. **HTTP:** Hypertext Transfer Protocol (The language webpages use to talk)
15. **GPS:** Global Positioning System (Helps you navigate the world)
16. **ATM:** Automated Teller Machine (Your friendly neighborhood cash dispenser)
17. **DIY:** Do It Yourself (For the handy folks out there)
18. **VIP:** Very Important Person (Someone who gets special treatment)
19. **TBA:** To Be Announced (Stay tuned for more information)
20. **TBD:** To Be Determined (We're still figuring things out)

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

Wasa Daily

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

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

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

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

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

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

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

Email: wasadagblad@gmail.com

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

Karifestivali
drama
vecka!

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Sinebrychhoffin konstmuseum

Sinebrychhoff Art Museum

WASA DAILY

Pörtom kyrka
Pirttikylän kirkko
The Church in Pörtom

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Hylkeenpyynti Raippaluodossa 1895

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All EU-candidates

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Fero Järnefelt (1863-1937)

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

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HOROSCOPE FOR FEBRUARY 2025

Fabulous February Horoscope

□ Aries (March 21–April 19)

Your energy could power an entire ski resort, but remember: not everyone appreciates surprise skiing trips—especially without skis.

□ Taurus (April 20–May 20)

Your main goal this February? Stay as close to warm woolen socks as possible and as far from snow shovels as you can.

□ Gemini (May 21–June 20)

Your communication skills are top-notch! Too bad not everyone is ready to receive 12 voice messages in a row.

□ Cancer (June 21–July 22)

Romance is in the air—or maybe it's just the neighbor's leftover gingerbread scent.

Either way, your heart is warming up!

□ Leo (July 23–August 22)

You're like the winter sun—rare but brilliant when you do show up. February is the perfect time to shine!

□ Virgo (August 23–September 22)

You're ready to organize everything—including your neighbor's hallway. Just remember, not everyone appreciates unsolicited reorganization.

□ Libra (September 23–October 22)

Fairness is key in your life, but in February, you face a big decision: who gets the last cream-filled bun?

□ Scorpio (October 23–November 21)

Your mysterious aura is magnetic, but try not to be too cryptic. "Maybe I'll come, maybe I won't" isn't the best RSVP.

□ Sagittarius (November 22–December 21)

Your thirst for adventure is strong, but February reminds you to check if the ice is actually thick enough—both literally and figuratively.

□ Capricorn (December 22–January 19)

You're working hard, but remember: spreadsheets don't count as a snack. Take a break and treat yourself—preferably with extra whipped cream.

□ Aquarius (January 20–February 18)

February boosts your creativity, but not everyone is excited about your attempts to convince them that ice swimming is "relaxing."

□ Pisces (February 19–March 20)

You're already dreaming of spring, but February has a few surprises left—like unexpected snowfalls and maybe even a surprise date proposal!



NEWS 100 YEARS AGO



Sunday, February 9, 1925

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



Kysykää aina Luxia nimeltään.

HUOM! Hinta alennettu

LUX on mainiota tukan pesuun. Pesu ottaa ainoastaan muutamia minuutteja, jättäen tukan pehmeäksi ja silkinhienoksi pitkäksi aikaa jälkeen päin. Te kaadatte ohuet „LUX-timantit“ kuumaan veteen. Ne liukoavat sakeaksi, puhtaaksi vaahdoksi, joka on leppoista silkille, krepille ja villalle — sekä yhtä hyvin tukalenne ja käsillenne. Antakaa LUX'in pestä pitkät hienot kiharanne. A.B. Lever O.Y. Helsinki.

Ainoastaan pahvikoteissa.



LUX

HUMOUR ONE HUNDRED YEARS AGO

LUNDBERG

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

NOT HOME

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

FISHING LUCK

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

TWO STREET LAMPS

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

APPENDIX

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

COMMUNISM

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

IN THE BEST FAMILIES

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

Difficult to choose maid

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

To complain to a newspaper

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

CHILD MAIDEN

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

IN COURT

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

IN CUSTOMS

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

been able to see the vocal cords.

Wedding

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

Stradivarius

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

IN THE CHURCH

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

The astronomic picture of the week:



NASA Unveils Celestial Fireworks as Official Hubble 25th Anniversary Image.jpg

The star cluster Westerlund 2 in the Milky Way galaxy, with an estimated age of about one or two million years. It contains some of the hottest, brightest, and most massive stars known. The cluster resides inside a stellar breeding ground known as Gum 29, located 20,000 light-years away in the constellation Carina.

NASA, ESA, the Hubble Heritage Team (STScI/AURA), A. Nota (ESA/STScI), and the Westerlund 2 Science Team
 Public domain

talk to you about, dear listeners, and that is the inappropriate way in which you all rush out of the church, so that there is formal crowding and noise at the door. Now, as a personal favor, I ask you to remain quietly in your seats until everyone has left.

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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