

WASA DAILY

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Good news from Seinäjoki

WASA DAILY



HERE WE ARE:

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49 pages

Kaskö Tidning's heir edited in Sundsvall

It started on Råhusgatan in Kaskinen. There was the editorial office of Kaskö Tidning, a paper deeply rooted in the soil of Ostrobothnia. Now its heir is edited in Sundsvall. How did this happen?

Kaskö Tidning, a local newspaper for Kaskinen, Närpes and Övermark, began to be published in 1914, more precisely on Wednesday 1 July 1914. The first issue was 6 pages, but then the usual format was probably 4 pages. The editorial office was located at Raastuvankatu 14 in Kaskinen and later moved to Aleksanterinkatu 45.

The newspaper's first editor-in-chief was Axel Cederberg, a lawyer and judge of appeal from Vaasa, who then served as president of the Court of Appeal until 1933. We do not know what contacts he had in Kaskinen that made him interested in founding a local newspaper. He was born in Vaasa, but perhaps he had relatives in Kaskinen, or a summer house.

The first issue of the newspaper contained a small notice on the sixth page, namely the news that the heir to the throne of Austria-Hungary, Frans Ferdinand, and his consort had been murdered in Sarajevo.

On June 28, the Austrian heir to the throne, Archduke Franz Ferdinand, together with his wife, the Archduchess of Hohenberg, arrived in Sarajevo, the news is told. They were received solemnly at the town hall. As they left the town hall, a bomb was thrown at the archduke's car, but he managed to fend it off before it exploded. However, the explosion injured two people from the entourage and several others. The perpetrator was arrested immediately. The journey continued, but suddenly two pistol shots were fired at the car. One shot hit the Archduke in the neck, and the other hit his wife in the stomach. The injured were taken to the town hall, where they died shortly afterwards.



The first page of the first issue of the Kaskö Tidning, published on 1 July 1914, and a short notice of the shootings in Sarajevo

Considering that this was the spark that ignited the First World War, with all the consequences of which we are still suffering today, one could imagine that the news would have required space on the front page and a slightly larger headline. But newspapers didn't use any big headlines at that time. And Kaskö Tidning could not know how important this murder would be, and neither could anyone else.

The newspaper was published until 1961, after which it was published in three editions for a few years, one for Kaskinen, one for Närpes and one for Övermark. The small municipality of Övermark thus had its very own newspaper for a time. In 1968, the newspaper was named Närpes Tidning, and in 1980 it was merged with Syd-Österbotten, a newspaper that continues to be published. It has the nickname "Sydin".

Sydin was then incorporated into a Vaasa-centric newspaper group, which also publishes Vasabladet and ÖT.. Gradually, the editing of Sydin was transferred to Vaasa.

In the spring of 2024, these newspapers were sold to a

dramatic changes.

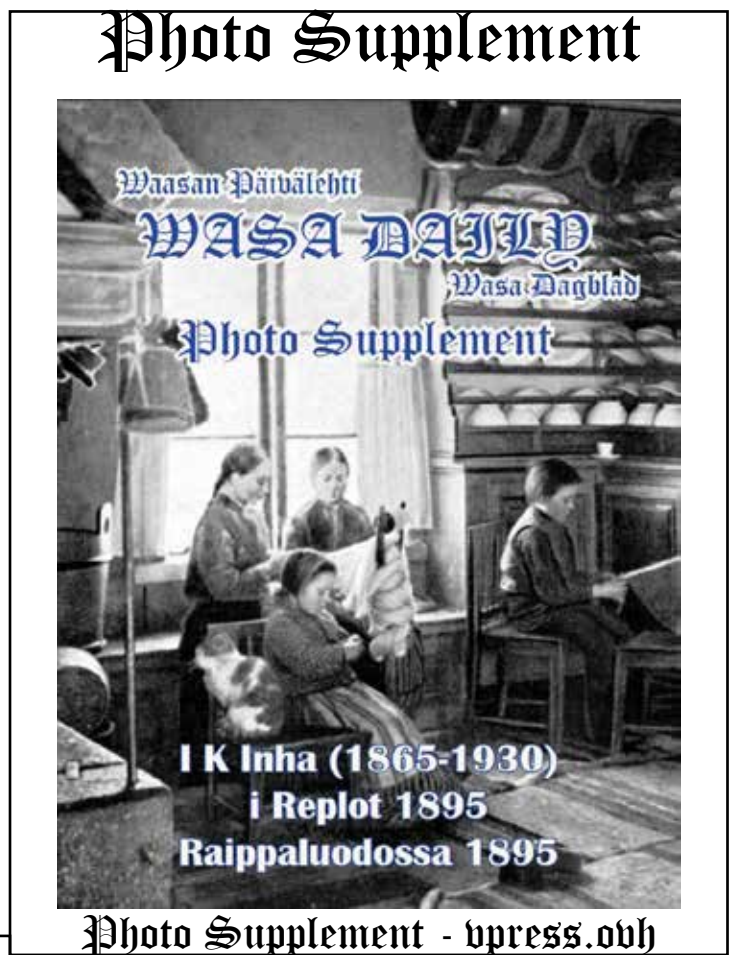
Now, a year later, something is happening that the editorial office's chief shop steward Anna Sourander described as a shock by Vasabladet on February 6.

Bonnier News intends to initiate restructuring negotiations with the intention of reducing the workforce by nine people, which is more than 10%. At the same time, a transfer of the paper newspaper's editing work to Sundsvall is planned.

Kaskö Tidning and its heir Sydin have walked a long way, from Råhusgatan in Kaskinen to Sundsvall in Sweden. This is a development that we should talk more about. Someone might ask whether it is right that a traditional local newspaper for Kaskinen and its surroundings is now edited abroad.

news group in Sweden, Bonnier News.

At that time, a year ago, many people lived in the belief and hope that the future of the Ostrobothnian newspapers would be secured without any major



Front image: Winter



PHOTO: Wellbeing Services County of Ostrobothnia

THE WELLBEING SERVICES COUNTY

Vaasa Health Centre receives honorable mention as a candidate-friendly health centre

The Finnish Medical Association has named Vaasa Health Centre as one of the most candidate-friendly health centres in the country.

The award highlights a good introduction, strong support and a positive work environment for medical candidates. The Vaasa Health Centre has received an honorable mention from the Finnish Medical Association for its work with medical education.

The award is based on a positive work environment where medical students receive a good introduction, support from senior colleagues and the opportunity to develop through supervision and feedback. "There's always someone to ask and we help each other.

We are investing in both senior and peer support," says Chief Physician of Education Hanna Kujanpää. Strong investments in education for several years, the Wellbeing Ser-

vices County of Ostrobothnia has been recognised for its investment in medical education. The training is coordinated in several locations, including Jakobstad, Malax, Korsholm and Närpes. At Vaasa Health Centre, doctors work according to a model where one third are specialists, one third are specialising and one third are newly qualified doctors.

Since the summer of 2024, each medical candidate also has their own supervisor. "This provides

more individual guidance and makes it easier to ask questions," Kujanpää says. Chief physician Annika Lehmusvuo is pleased with the award and sees it as a confirmation of a well-functioning system. "It feels good to get the recognition.

It's great to see that we've worked for the right things," she says. The Finnish Medical Association awarded the honorary mention at its General Assembly on 23 November 2024.

Source: Wellbeing County

NEWS

WITH A TABLET YOU CAN READ THIS PAPER ANYWHERE:



Like here in the Inner Harbour

HOMELESS PEOPLE

Vaasa has the second highest number of homeless people in relation to the population

According to a recent report by the Housing Finance and Development Centre of Finland (ARA), homelessness has increased in Finland. Vaasa has the second largest number of homeless people in relation to the population.

According to the ARA report, there were a total of 3,806 homeless people living alone in Finland in 2024, which is 377 more than in the previous year. The number of homeless people living alone increased for the first time since 2012. The number of long-term homeless people and 110 families were homeless for a long time.

Homelessness is concentrated in the largest cities. One-fifth of the homeless living alone lived in Helsinki. More than one-half of the homeless in Finland were in Helsinki,

Espoo, Turku and Tampere. Relative to the population, the number of homeless persons was highest in Turku (2.3 homeless per 1,000 inhabitants), Vaasa (1.7) and Tampere (1.6).

Long-term homelessness decreased in most large cities, but in Tampere the number of long-term homeless more than doubled from the previous year.

The majority of homeless people lived temporarily with friends or relatives (63%, 2,378 persons). Their share grew from the previous year. The number of homeless people living outdoors, in stairwells or in first aid shelters also increased from the previous year (694 people, 230 more than in 2023).

10 per cent of the homeless stayed in dormitories and accommodation establishments and 9 per cent in institutions.

It is unclear whether the high level of homelessness in Vaasa is a statistical anomaly or a real problem. The issue should be investigated further to find solutions to reduce homelessness in Vaasa.

FIMLAB RELEASES

Changes to the opening hours and operations

of outpatient sampling at Fimlab's Oravainen, Korsholm and Vaasa Central Hospitals

There will be changes in Fimlab's Oravainen, Korsholm and Vaasa Central Hospital units as follows:

The opening hours of the Oravainen laboratory will change from 24.2.2025. The new opening hours are Mon-Fri 7.30-14 (previously 7.30-14.30).

The Korsholm laboratory will be closed until further notice from 28.2.2025 due to renovation of the facilities. We serve sampling customers at Fimlab's other sampling points in the Ostrobothnia region.

Vaasa Central Hospital's outpatient sampling opening hours will change as of 3.3.2025. The new opening hours are Mon-Fri 8 a.m.-3 p.m. (previously 7 a.m.-3 p.m.).

The change in the opening hours of the Oravainen laboratory will harmonise the laboratory's service with other regional activities and service demand in the wellbeing services county. The change in the opening hours of outpatient sampling at the Central Hospital will strengthen the morning ward sampling rotations at the Central Hospital. The changes have been planned together with the wellbeing services county of Ostrobothnia over a long period of time, and they are not related to the change negotiations that ended in February.

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 planner 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.



UNIVERSITY OF VAASA

University of Vaasa Turning Buildings into Flexible Energy Sources

The University of Vaasa has received significant funding from Business Finland for a research and development project that will revolutionize how buildings use energy. The FlexiPower project is developing a "Building as a Battery" (BaaB) solution, which will allow existing building infrastructure to be used as flexible energy sources.

The project aims to create and commercialize a solution that enables buildings' heating and cooling systems to dynamically respond to the needs of the electricity grid. This innovation offers a cost-effective and scalable way to balance the grid

without large initial investments in batteries or other infrastructure projects.

"Among property owners, the project has been warmly received, primarily because no large initial investments are required," says Edi Sandblom from the University of Vaasa. "The markets are very uncertain, and therefore it is difficult to calculate the pay-back period for investments."

The BaaB solution can generate significant revenue for property owners. In addition, it supports them in reducing their carbon footprint and promoting responsible energy management and sustainable development.

The increasing use of renewable energy sources requires flexible solutions to balance the electricity system. The solutions offered by the FlexiPower project provide an innovative and efficient approach to this.

In the initial phase of the project, the focus will be on testing and validating the solution in real buildings in cooperation with partners. The goal is to study the suitability of the solution in several different markets, both in Finland and abroad. The project continues until spring 2026.

Why is this interesting news?

New Perspective: Using buildings as energy sources is a new

and innovative approach to energy production and distribution. Cost-Effectiveness: The solution does not require large initial investments, making it attractive to property owners. Sustainable Development: The project supports the use of renewable energy sources and reduces the carbon footprint. Economic Potential: The BaaB solution can generate significant revenue for property owners. This news is interesting to many readers, such as property owners, energy sector players, researchers, and those interested in the environment. It provides information about a new and promising technology that can revolutionize energy use in buildings and promote sustainable development.

Source: University of Vaasa

NEWS

LAKES AND RIVERS

Unusually Warm Weather in Ostrobothnia – Water Levels on the Rise

The Ostrobothnian regions have experienced an unusually warm start to the year, which has significantly affected the area's waterways. Particularly the high temperatures at the end of January have caused water levels and flows in rivers and lakes to rise.

At the beginning of January, the water surfaces of the waterways were still close to the typical level for the time of year, but the warm weather period caused them to rise rapidly. In many places, the lake surfaces are now several tens of centimeters higher than normal. For example, Lake Lappajärvi and the Hirvijärvi reservoir are about 30 centimeters higher than the average.

The water levels in the regulated lakes have already begun to be lowered to make room for the spring meltwater. The amount



of snow in many places is less than the average for the time of year, and the warm weather has caused intermittent snowmelt and compaction of the snow.

There is also positive news: the nutrient content of the large rivers in January has been lower than in the autumn, and the oxygen situation has remained good. If the weather does not

get significantly colder, the ice cover of the lakes is likely to remain thin and short-lived, which in turn helps to keep the oxygen situation good. Groundwater levels have remained high thanks to the warm start to the year. The thin layer of snow and frost has allowed groundwater reserves to be replenished during the melting periods.

Overall, the situation in the Ostrobothnian waterways is exceptional, but mostly good. The warm weather has brought its own challenges and opportunities, and the condition of the waterways is being closely monitored.

Source: *Etelä-Pohjanmaan ELY-keskus*

VAASA POHJANMAA-MAGAZINE

The Vaasa Pohjanmaa-newspaper will be published for the first time on 26 February

The Vaasa region will get a new magazine when Vaasa Pohjanmaa is launched online on 26 February. The magazine is Vaasa Insider's latest project and focuses on providing readers with up-to-date information about what is happening in Vaasa and the Vaasa region.

The online Finnish language magazine is packed with news, politics, culture, sports and economics, with a special focus on upcoming events. The magazine is financed by subscriptions and advertising sales.

Vaasa Pohjanmaa is also published as a paper magazine, but it differs slightly from the original plan. The pilot magazine that was published in November gave a good picture of what a real magazine can look like. The pilot magazine was very well received by both

readers and advertisers.

"From the pilot issue, more than 30,000 magazines were printed, which were distributed free of charge in Vaasa, Laihia, and in a few places in Mustasaari. It turned out to be a very good concept, so we will continue with it," says Peter Stolpe, CEO and Editor-in-Chief of Vaasa Insider.

Originally, the magazine was supposed to be published once a week, but is now planned to be published four times a year. The circulation is about 30,000 copies and the magazine is distributed free of charge.

"The paper newspaper mainly serves as a shop window where we collect the most important news and articles in the region from our website," says Stolpe.

Anyone who has already subscribed to the paper magazine along with the online magazine



will be informed in the coming days if they want to subscribe to the online magazine only. This option is also cheaper, only 99 euros per year.

The first free paper magazine will be distributed already in connection with the launch of the online magazine in February.

NEWS

Church Membership Slightly Down – Still Over 3.5 Million Finns Belong to the Church



The Evangelical Lutheran Church's membership decreased slightly in 2024, but still, over 3.5 million Finns belong to the church.

According to the latest statistics, the church had 3,506,207 members at the end of 2024, which is 62.2 percent of Finland's population. The corresponding figure a year earlier was 63.5 percent and 3,559,811 members.

The Church Research Cen-

ter's forecast was largely accurate. Just over 23,000 people joined the church during 2024, which was an expected increase. The majority of those joining were between the ages of 30 and 39. Young people's interest in the church was also evident, as over 1,900 young people joined the church in connection with their confirmation.

The church's membership is also affected by the number of deaths (approximately 45,900) and the number of baptisms of children under 1 year old (approximately 20,700).

However, the actual number of baptisms is higher, around 26,100, as some children are classified in the statistics as having joined the church when the baptism has been delayed.

During 2024, just over 51,300 people left the church, which is less than the previous year. The majority of those leaving were between the ages of 20 and 29.

"The movement of Millennials and Generation Z in and out of the church is a long-term phenome-

non. Increased interest in the Christian faith among young people at confirmation age is also particularly noteworthy, which is reflected in the fact that more and more people join the church during confirmation," says researcher Veli-Matti Salminen from the Church Research and Education Center.

Source: EVL press release(

Image: The Church in Närpes

NEWS



MUSEUM OF THE YEAR

Elina Bonelius, Director of Museums in Vaasa, Selecting the Museum of the Year

The Finnish Museum Association and the International Council of Museums (ICOM) Finland committee are awarding the Museum of the Year 2025. Three museums have been selected as finalists for this prestigious competition: the Lahti Museums, the Media Museum and Archive Merkki, and the Tornio Valley Museum.

The competition for the title of Museum of the Year is fierce, with the finalists showcasing their innovation and relevance in today's society. According to the chair of the award committee, Maj Meriluoto, "The competition for finalist positions was once again very tight. This year's finalists stood out for their creativity and impactful presence."

The award committee will visit the finalist museums during the spring and will present the

awards at the National Museum Days gala in Pori on May 22, 2025.

The Museum of the Year award recognizes a museum that has significantly enhanced the visibility and impact of the museum sector in its area. This can also include achievements related to collections, exhibitions, museum education, or other innovative activities.

The Lahti Museums comprise four intriguing sites that have resonated with the public. Their activities are united by themes of inclusivity and well-being, while also considering nature and the environment.

The Media Museum and Archive Merkki has undergone a comprehensive transformation. The newly revamped and renamed Merkki advocates for journalism, freedom of speech, and democracy.

The Tornio Valley Museum exemplifies cross-border collaboration and the breaking of boundaries. It serves as an excellent example of how culture and history can foster meaningful connections.

Museum Communication Achievement of the Year

This year, a successful communication effort in the museum sector will also be recognized. The Communication Achievement of the Year award will be given to a project that stands out positively.

The finalists for the 2025 Communication Achievement of the Year are the renaming of the East Relations Museum and the communication efforts for the Museum of Play's exhibition from Tokyo to Tapiola.

"The finalists were two exceptionally well-planned and professionally executed communication projects that reached

a wide audience, both in the media and among the public. Successful communication has introduced new operational models and initiated discussions in the museum sector," states Maj Meriluoto, the chair of the award committee.

The committee members for the years 2023–2025 include Maj Meriluoto (chair), Minna Sartes (Director of Integration, City of Turku), Eeva Teräsvirta (Cultural Affairs Advisor, Ministry of Education and Culture), Pasi Huttunen (journalist from Outokumpu), Elina Bonelius (Director of Museums in Vaasa) Erik Tirkkonen (Exhibition Curator, National Museum), and Taina Pieski (Director of Siida Museum, representative of the 2024 Museum of the Year winner). The committee's secretary is Kirsti Ruissalo, communication expert at the Finnish Museum Association. Source: Finnish Museum Association, Press release



CROWN GRANARY

Vaasa Crown Granary – A Protected Treasure from the Past

In Vaasa's verdant Lehmus Park near the Prison building stands a sturdy building of red brick, telling tales of Vaasa from centuries past.

This building is the Vaasa Crown Granary, recently protected by the South Ostrobothnia ELY Centre.

The history of the Crown Granary begins in 1867, when provincial architect C.A. Setterberg designed it to replace the old crown granary, which had survived the fire in Old Vaasa. The new granary was completed in 1872, and its style reflects Setterberg's favored restrained brick Gothic.

The building's facades are punctuated by lesenes, dividing the surfaces into equally sized sections. At the top runs a round-arched frieze, crowning the brick walls. Inside the thick brick structure lies a two-story timber frame, divided into five separate grain silos

These silos are two stories high and could hold a total of approximately 3.3 million liters of grain. The small window openings with steel hatches in the facade provide little light, but they testify to the building's original purpose.

The Vaasa Crown Granary is part of the nationally valuable built cultural environme-

nt of the city's waterfront. Together with the Court of Appeal, the former Water Court, and the Provincial Prison, it belongs to the same series of public buildings that dominate Vaasa's English-style park area by the sea.

Between 1820 and 1912, about 20 crown granaries and parish granaries were built in Finland.

However, the Vaasa Crown Granary is unique, as it is the only "city granary" with a brick facade, whose interiors have been largely preserved in their original condition.

The granary was used by the defense forces from 1926 to 1999, after which it was

handed over to the city. The protection of the building is important, as it is part of Finland's architectural history and cultural heritage. The Crown Granary tells stories of the lives and work of past generations, and its preservation is a tribute to them.

The protection decision ensures that the Vaasa Crown Granary will be preserved as part of the city's cultural environment and that future generations can also experience this unique building. Source; Etelä-Pohjanmaan ELY-keskus,

Inside the building Image Juhani Hallasmaa, Etelä-Pohjanmaan ELY-keskus.

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: STInfo/City of Vaasa)

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



CITY THEATRE

Vaasa City Theatre Tackles Identity Crisis and Sexuality in New Play

Vaasa City Theatre will premiere *Cock*, a play by Mike Bartlett, in February. The play explores themes of identity crisis, sexuality, and the difficulty of self-definition. Sini Pesonen, who previously directed *The Vanishing Land* at the theatre in 2022, returns to direct *Cock*.

Cock tells the story of John, who has been in a long-term relationship with a man, but now finds himself attracted to a woman for the first time. Unable to make sense of his feelings, John calls on his boyfriend's father for help in making a decision. The play questions who gets to define what we want if we can't define it ourselves.

Director Sini Pesonen describes the play's text as "fine and intelligent." She hopes the production will be like John, who doesn't want to define himself. Oiva Nuojua, who plays the lead

role, says John's character is fascinating, but lacks connection with himself, which prevents him from connecting with others.

The cast includes Oiva Nuojua, Petteri Hautala, Sonja Halla-aho, and Jorma Tommila. The play is recommended for audiences over 15 and runs for approximately two and a half hours, including an intermission. The production is a collaboration with Vaasa Seta ry.

Cock premieres at the Vaasa City Theatre's Julia Stage on Thursday, February 20th. A pre-show discussion will be held at the Teatteriravintola Kulma on the preceding day.

Cock (2025). Oiva Nuojua and Petteri Hautala. Photo: Kasper Dalkarl

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.

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

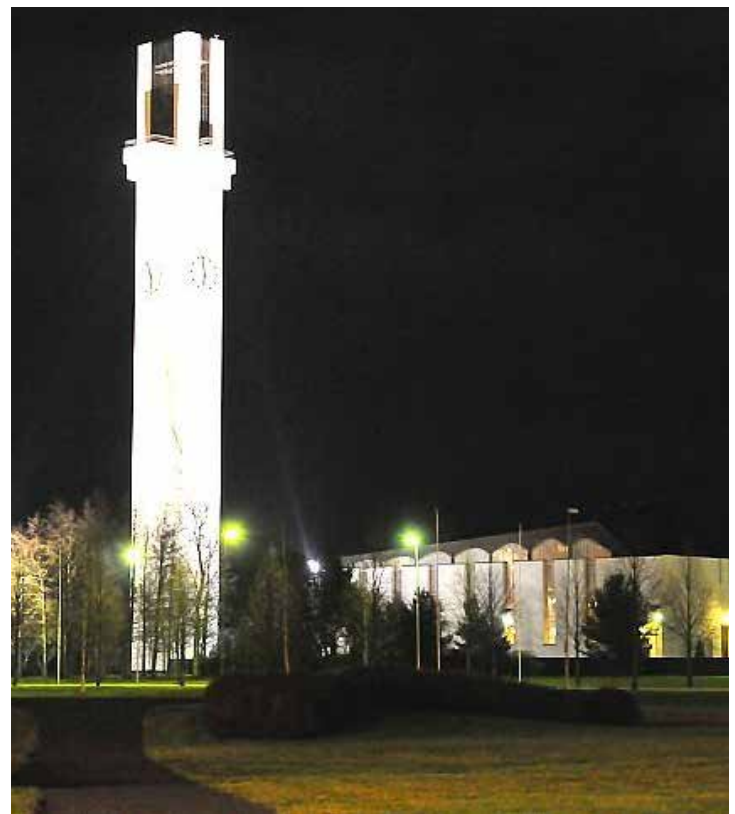
Seinäjoki Theatre offers cultural experiences at their best. The current programme includes the play *Själö*, which tells a moving story about the history of *Själö*. The play has been well received, which is a big reason to go to the theatre in Seinäjoki. Seinäjoki invests in marketin

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 AND SOCIETY



Over 65s Can Visit Private GPs for a €28 Health Center Fee This Fall

The Ministry of Social Affairs and Health (STM) has launched a consultation on a national freedom-of-choice trial that would allow people over 65 to visit private general practitioners for the same out-of-pocket fee as public healthcare visits.

The trial is part of the government's efforts to improve access to primary healthcare and reduce treatment queues. The consultation period for the proposal runs from February 11 to March 9, 2025.

A Kela-Reimbursed Pilot Program

According to the STM's proposal, private GP visits for those over 65 would be reimbursed so that the patient's copayment is capped at the same rate as a public healthcare GP visit—approximately €28. The amount exceeding this copayment would be covered by Kela reimbursements to the service provider.

The trial is limited to three visits per calendar year, but in 2025, when it begins, participants will be eligible for reimbursement for two visits. The trial also includes common medical tests for this age group, such as blood tests, urine tests, ECGs, and chest X-rays. Kela will confirm the exact list of reimbursable tests later. Half of the costs for doctor-prescribed laboratory tests and sample collection will be reimbursed based on a set maximum price.

Minister: Goal is to Speed Up Access to GPs
Minister of Social Security Sanni Grahn-Laasonen justifies the trial by citing the aging population and the transition away from occupational healthcare.

"We have a growing number of people over 65 who have an increased need for healthcare services due to aging, but whose right to occupational healthcare has ended. The trial aims to improve access to primary healthcare services for retirees and increase their freedom of choice. The goal is to speed up access to a doctor," Grahn-Laasonen says.

Price Cap to Control Costs
Private healthcare providers must sign an agreement with Kela to participate in the trial. Further obligations for service providers will be regulated by government decree. The trial includes a price cap, which sets maximum fees for visits and tests.

The aim of the price cap is to prevent cost increases and ensure that patient expenses remain reasonable. Patients may also pay less than €28 if a provider offers services at a lower rate. This allows for competition between service providers not only in terms of quality but also price.

Kela Reimbursements as Part of Primary Healthcare Development

The government program outlines improvements to primary healthcare access and reductions in treatment queues through the development of Kela reimbursements. The trial aims to strengthen patient choice, improve service availability, and ease the burden on public healthcare.

The trial is expected to promote equal opportunities to utilize private healthcare,

accelerate first contact with a GP without a separate assessment of care needs, and give patients a better opportunity to choose their doctor and healthcare facility. Patients can also visit the same doctor for multiple visits, ensuring continuity of care.

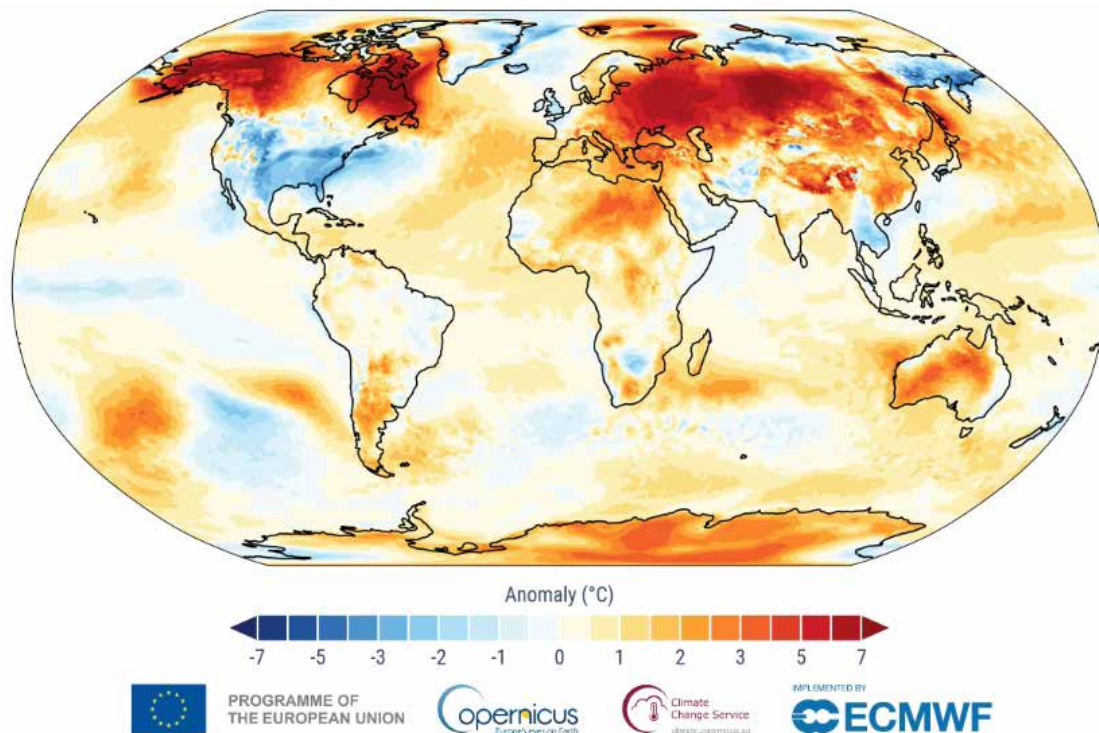
Funding and Timeline

In 2025, the trial is expected to increase Kela reimbursement expenditures by approximately €27.6 million, with the state covering about €14.2 million. In 2026 and 2027, annual reimbursement expenditures are projected to rise to approximately €82.9 million, with the state's share being €42.6 million per year.

The government has allocated a total of €335 million for the development of Kela reimbursements between 2024 and 2027. The proposal is linked to the state's second supplementary budget proposal for 2025 and is intended to be processed alongside it.

The trial is scheduled to begin on September 1, 2025, and run until December 31, 2027.

NEWS - CLIMATE CHANGE



Surface air temperature anomaly for January 2025 relative to the January average for the period 1991-2020. Data source: ERA5. Credit: C3S/ECMWF.

January 2025 the Hottest in History, Copernicus Reports

The year 2025 has begun with alarming climate records, as January was officially the hottest on record globally, according to new data from the Copernicus Climate Change Service (C3S).

Despite the emergence of La Niña, which typically has a cooling effect on global temperatures, the average surface air temperature reached 13.23°C, significantly exceeding historical norms.

Global Temperature Spike

The data reveal that January 2025 was 0.79°C warmer than the 1991-2020 average and a staggering 1.75°C above pre-industrial levels. This marks the 18th time

in the past 19 months that global average temperatures have surpassed the 1.5°C threshold outlined in the Paris Agreement as a critical limit for mitigating climate change impacts.

Moreover, the rolling 12-month period from February 2024 to January 2025 showed an average temperature 0.73°C above the 1991-2020 baseline, translating to a 1.61°C increase from pre-industrial levels. While the ERA5 dataset from C3S highlights this trend, variations among different climate monitoring systems could slightly alter this figure.

Regional Disparities in Temperature Anomalies

Europe experienced significant warming in January 2025, with an average temperature of 1.80°C–2.51°C above the 1991-2020 average. This made it the second war-

mest January in European history, only behind January 2020, which recorded an anomaly of 2.64°C. Southern and eastern Europe, including western Russia, saw the most pronounced temperature increases, while regions such as Iceland, the UK, Ireland, northern France, and northern Fennoscandia experienced cooler-than-average conditions.

Beyond Europe, extreme warmth was recorded across northeastern and northwestern Canada, Alaska, and Siberia, as well as in parts of southern South America, Africa, Australia, and Antarctica. In contrast, notable cold anomalies were observed in the United States, eastern Russia, the Arabian Peninsula, and Southeast Asia.

Climate Trends and Implications

The record-breaking tempe-

ratures of January 2025 reinforce the ongoing trend of global warming, which scientists have long warned about. The persistence of high global temperatures, despite the expected cooling effects of La Niña, highlights the intensifying influence of human-induced climate change.

The Copernicus Climate Change Service emphasizes that continued monitoring and mitigation efforts are essential to curb rising temperatures and minimize the most severe consequences of climate change. The new data further underline the urgency of international climate action to adhere to the goals of the Paris Agreement and limit global temperature rise to sustainable levels.

NEWS



Volodymyr Zelenskyy in Munich on February 15: The Armed Forces of Europe Must Be Created

On February 15, Ukrainian President Volodymyr Zelenskyy addressed the Munich Security Conference, advocating for a unified European military force. He highlighted Russia's ongoing aggression, shifting transatlantic relations, and the need for Europe to take responsibility for its security.

Russia's Continued Threat to European Security

Zelenskyy emphasized Russia's latest provocations, including a drone attack on the Chernobyl Nuclear Power Plant. He warned of Moscow's plans to expand its military by 150,000 troops and the growing threat posed by Russian forces in Belarus. Additionally, he noted the potential involvement of North Korean soldiers, raising concerns

about further escalation.

Europe's Need for Military Self-Sufficiency

Zelenskyy urged European leaders to establish the Armed Forces of Europe, asserting that the continent can no longer rely solely on U.S. support. While NATO remains crucial, he stressed that Europe must develop its own security framework to counter threats independently.

Strategic Cooperation and Defense Industry Development

Ukraine has emerged as a leader in modern warfare technology, particularly in drone production. Zelenskyy proposed expanding European investment in Ukrainian defense manufacturing, citing Denmark's collaborative model. He called for European nations to produce key military equipment domestically to ensure self-sufficiency.

Unified European Foreign Policy and NATO's Role

Zelenskyy argued that Europe must speak with one voice on diplomatic and security matters. He criticized past negotiations with Russia that excluded Ukraine and stressed the need for a coordinated European approach. While reaffirming Ukraine's NATO aspirations, he suggested an alternative European security structure centered around Ukraine.

Sustained Pressure on Russia

Zelenskyy warned against easing sanctions or engaging in premature negotiations with Putin. He emphasized that Russia's war-driven economy requires continued pressure through military, economic, and political means.

an Strength and Unity

Zelenskyy's speech was a direct appeal for Europe to take charge of its defense. He outlined five key priorities: creating the Armed Forces of Europe, unifying European foreign policy, maintaining a strong U.S. partnership, reinforcing international law, and increasing pressure on Russia. His closing message: 2025 must be the "Year of Europe," where the continent asserts itself as a powerful and independent security force.

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A Call for Europe-



Володимир Зеленський у Мюнхені, 15 лютого: Збройні сили Європи мають бути створені

1 5 лютого президент України Володимир Зеленський виступив на Мюнхенській конференції з безпеки та виступив за створення об'єднаних європейських військових сил. Він наголосив на триваючій агресії Росії, зміні трансатлантичних відносин і необхідності для Європи взяти на себе відповідальність за свою безпеку. Постійні загрози безпеці Європи з боку Росії

Зеленський наголосив на останніх провокаціях Росії, зокрема на атаку безпілотників на Чорнобильську атомну електростанцію. Він попередив про плани Москви розширити свою армію на 150 000 солдатів і зростання загрози з боку російських військ у Білорусі. Крім того, він відзначив потенційну причетність північнокорейських солдатів, що викликало занепокоєння щодо подальшої ескалації. Потреба Європи у військовій

самодостатності Зеленський закликав європейських лідерів створити європейські збройні сили, стверджуючи, що континент більше не може розраховувати виключно на підтримку США.

Хоча НАТО залишається критично важливою, він наголосив на тому, що Європа повинна розробити власну структуру безпеки для того, щоб протистояти загрозам автономно. Стратегічне співробітництво та розвиток оборонно-промислового комплексу Україна стала лідером у сучасних технологіях ведення війни, особливо у виробництві безпілотників. Зеленський запропонував збільшити європейські інвестиції в українське оборонне виробництво, маючи на увазі модель співпраці Данії.

Він закликав європейські країни виробляти необхідну військову техніку вдома, щоб забезпечити самодостатність. Єдина європейська зовнішня політика та роль НАТО

Зеленський заявив, що Європа має говорити єдиним голосом з дипломатичних та безпекових питань. Він розкритикував попередні переговори з Росією, які виключали Україну, і наголосив на необхідності скоординованого європейського підходу.

Підтверджуючи амбіції України в НАТО, він запропонував альтернативну архітектуру європейської безпеки, зосереджену навколо України. Постійний тиск на Росію Зеленський застеріг від послаблення санкцій та початку поспішних переговорів із Путіним. Він наголосив, що економіка Росії, керована війною,

вимагає постійного тиску військовими, економічними та політичними засобами. Заклик до європейської сили та єдності Виступ Зеленського був прямим закликом до Європи взяти на себе відповідальність за свою оборону. Він окреслив п'ять основних пріоритетів: створення збройних

сил Європи, об'єднання європейської зовнішньої політики, підтримання міцного американського партнерства, зміцнення міжнародного права та посилення тиску на Росію. Його останнє послання: 2025 рік має стати «роком Європи», коли континент заявляє про себе як про потужну та незалежну силову структуру.

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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



Alexander Lauréus
4.1.1783, Turku
20.10.1823, Rooma, Italia
Fiolspelare, 1809

EVENTS

TIKANOJA

THE ART EVENT OF THE YEAR!

Eero Järnefelts exhibition open.

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:

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/>

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 StradellaSymfonier för en violin – Stradellas sonater och brevPirkanmaa 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 parishes' 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 / Stadshusetsets festivalsal

Handel and Roman in London – Handel möter Roman i London

Kajsa Dahlbäck, soprano / sopranDrottningholms 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 app-

roaching. 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/>

YOUR HEALTH

Coffee Without Sugar is Good for Your Health! Very Good!

The January 2025 publication in the American Journal of Clinical Nutrition of "Coffee Consumption, Additive Use, and Risk of Type 2 Diabetes—Results from 3 Large Prospective United States Cohort Studies" reinforces what many health-conscious individuals already suspect: black coffee is indeed a potent ally in the fight against type 2 diabetes (T2D).

This large-scale study, drawing data from the Nurses' Health Study, Nurses' Health Study II, and the Health Professionals Follow-up Study, offers compelling evidence that the beneficial effects of coffee on T2D risk are significantly diminished when sugar or artificial sweeteners are added.

The research, conducted by a team from Harvard and other institutions, followed over 13,000 individuals for several decades, meticulously tracking their coffee consumption, additive use, and the incidence of T2D. The results were striking. For each additional cup of unsweetened coffee consumed daily, the risk of developing T2D decreased by a remarkable 10%. This protective effect held strong across the massive dataset, highlighting the robust nature of the association.

This isn't the first time coffee has been linked to positive health outcomes. Previous

research, including studies conducted in Finland, a nation known for its high coffee consumption, has suggested a similar inverse relationship between coffee intake and T2D risk. Finnish studies have explored various aspects of this connection, including the potential role of coffee's bioactive compounds, such as chlorogenic acids and caffeine, in improving insulin sensitivity and glucose metabolism. It is important to remember that while Finnish research, and indeed much of the global research on coffee, often points towards a protective effect against T2D, the current American study is unique in its focused investigation of the impact of common coffee additives.

The current study's most significant contribution lies in its examination of how additives modify the coffee-T2D relationship. The researchers found that adding sugar, even just one teaspoon per cup on average, significantly weakened the protective effect of coffee.

The same held true for artificial sweeteners, with their impact mirroring that of sugar, albeit with slightly less statistical significance. Cream, thankfully, did not seem to interfere with the beneficial effects of coffee. This is crucial information for individuals seeking to manage their T2D risk, as it clearly demonstrates that the health benefits of coffee are maximized when consumed in its purest form.



The mechanisms by which sugar and artificial sweeteners negate coffee's protective effects are complex and likely involve multiple pathways. Sugar's direct impact on blood glucose levels is a clear factor. Artificial sweeteners, while not directly raising blood sugar, may still trigger metabolic responses that contribute to insulin resistance over time. These findings underscore the importance of considering not just what we drink, but how we modify it. A seemingly small addition of sugar or artificial

sweetener can effectively transform a health-promoting beverage into something that may actually increase the risk of T2D.

In conclusion, this study provides strong evidence that the adage "coffee without sugar is good for your health" is not just an old wives' tale, but a scientifically validated truth. For those looking to reap the full benefits of coffee in terms of T2D prevention, the message is clear: embrace the bold flavor of black coffee. Your body will thank you.

MUSIC



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 Travel 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 Elin 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 con-

cert 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



Jan-Erik Gustafsson, art director and Viktor Olaus Nygård, festival director



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.

MARITIME MUSEUMS

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. Tallinn images; Helvi Riihimäki

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.

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MS WASA KING



- Matkustajien määrät kasvaneet merkittävästi
- Uusi laivasto koostuu kahdesta suomenlippuisesta aluksesta
- Linjan ajankäyttö on tiivistetty ja palvelu on nopeutunut
- Alusten kapasiteetti on kasvanut ja matkustajien mukavuus on parantunut
- Alukset on varustettu uusilla tekniikoilla ja laitteilla
- Linjan palvelu on täysin suomalainen
- Alukset ovat varustettu kaikkiin lämpöolosuhteisiin
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- **UUSI LAIVASTO**
- **UUSI AJANKÄYTTÖ**
- **UUSI PÄÄKÖS**
- **UUSI KÄSIVARUSTUS**
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- **UUSI KÄSIVARUSTUS**



wasa line

WASA LINELLÄ KAIKKI MATKUSTAJAT OVAT KINGEJÄ!



**UUSI LAIVAMME ON NIIN
ISO, ETTÄ VANHA
NIMEMME JÄI PIENEKSI.**

WASA LINEN UUSI LAIVASTO
on valmiina aloittamaan matkustajien
siirtoa uudelle alustalle. Uusi laivasto
koostuu kahdesta suomenlippuisesta
aluksesta, jotka ovat varustettu
kaikkiin tarpeellisilla laitteilla ja
laadukkailla palveluilla. Uusi laivasto
on valmiina aloittamaan matkustajien
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aluksesta, jotka ovat varustettu
kaikkiin tarpeellisilla laitteilla ja
laadukkailla palveluilla.

wasa line



UUSI LAIVASTO

Uusi laivasto koostuu kahdesta suomenlippuisesta aluksesta, jotka ovat varustettu kaikkiin tarpeellisilla laitteilla ja laadukkailla palveluilla.

KOKKIKUNTA

Uusi kokkikunta koostuu kahdesta suomenlippuisesta kokkeista, jotka ovat varustettu kaikkiin tarpeellisilla laitteilla ja laadukkailla palveluilla.

KÄSIVARUSTUS

Uusi käsivaruus koostuu kahdesta suomenlippuisesta matkustajasta, jotka ovat varustettu kaikkiin tarpeellisilla laitteilla ja laadukkailla palveluilla.



WASA LINEN TALVI JA KEVÄT 1991

Talvi- ja kevätmatkat alkavat jo nyt. Matkustajien määrät kasvaneet merkittävästi. Uusi laivasto koostuu kahdesta suomenlippuisesta aluksesta, jotka ovat varustettu kaikkiin tarpeellisilla laitteilla ja laadukkailla palveluilla.

M/S WASA KING



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ASTRONOMY

New Images Show the Bullseye Galaxy with Nine Rings



A breathtaking new image captured by the Hubble Space Telescope's Advanced Camera for Surveys (ACS) reveals the collisional ring galaxy LEDA 1313424, nicknamed the "Bullseye," in unprecedented detail.

The image, released on February 4, 2025, showcases the galaxy's remarkable structure, featuring not just one, but what appears to be nine distinct rings, a phenomenon that has intrigued and excited astronomers both intrinsically and excitedly.

The Bullseye galaxy, located at an immense distance from Earth, presents a captivating spectacle. Its unique ring structure is believed to be the result of a collision with a smaller, unseen galaxy. This cosmic crash has sent ripples of gas and dust outwards, creating the stunning rings we observe today. While other ring galaxies have been observed, the sheer number of rings in LEDA 1313424 makes it a truly exceptional object.

The newly released image provides a fascinating glimpse into the scale and complexity of this galactic marvel. The image includes a scale bar, allowing viewers to appreciate the vast distances involved. Marked in light-years, the scale bar indicates the distance light travels in one Earth year – a staggering 5.88 trillion miles or 9.46 trillion kilometers. The scale bar also includes measurements in arcminutes, a unit used to measure angles in the sky. For context, the full Moon has an angular diameter of about 30 arcminutes.

The image's compass arrows help orient the viewer, indicating north and east in the celestial sphere. It's important to note that these celestial directions appear flipped compared to directions on a terrestrial map, due to the difference in perspective.

Perhaps the most striking aspect of the image is the vibrant color palette. The image translates visible and infrared wavelengths of light, captured by Hubble's ACS

and Mid-Infrared Instrument (MIRI), into colors visible to the human eye. A color key explains which filters were used to capture specific wavelengths, allowing astronomers to analyze the composition and distribution of material within the galaxy. The resulting image is a stunning tapestry of colors, revealing the intricate details of the Bullseye's structure.

The research team, led by Imad Pasha and Pieter van Dokkum of Yale University, along with contributions from NASA and the European Space Agency (ESA), are still working to fully understand the dynamics of this complex system. The multiple rings suggest a series of interactions or perhaps a more complex collision history than previously thought. The analysis of the light captured by the different filters will provide crucial information about the star formation rates, the distribution of dust and gas, and the overall evolution of the galaxy.

The Bullseye galaxy serves as

a natural laboratory for studying galactic collisions and their impact on galaxy evolution. These collisions, though destructive, are also a powerful engine for star formation, triggering the birth of new stars from the compressed gas and dust. By studying objects like LEDA 1313424, astronomers can gain valuable insights into the processes that shape galaxies throughout the universe.

The release of this image not only provides a visual feast but also fuels scientific curiosity. Further observations and analysis will be crucial to unraveling the mysteries of the Bullseye galaxy and understanding the complex interplay of forces that have created this remarkable cosmic spectacle.

The sheer number of rings, the vibrant colours, and the immense scale of this galaxy make it a prime target for future research, promising to reveal even more about the dynamic and ever-evolving universe we inhabit.

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



NAISTEN ÄÄNI *Suomi Finland 100*

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 Kaurio Vilho Haavisto, joka toimi pehtorina Sigrid Onkla Tuomela kotitalo-ssa.

Sigrid ilausti talon pehtorin ja sai alluvastuksen jälkeen vanhempiensa sinunksen avioliiton solmittuiseen Nuorelleparille nautittin jopa rahoitus tilan oston Kokenäen Kurolasta. Silloisen tavon mukaan ma-ri isäntä raivasi suosta lisämata saaden niin perheelleen keskälökaisen maatalon, jossa oli 20 ha viljeltyä ja 40 ha metsää. Sigridin isän vaatimuk-

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NAISTEN ÄÄNI *Suomi Finland 100*

Hovioikeuden presidentti Ritva Hyöky

Kirjoittaja: Terttu Jokinen

Hovioikeuden presidentti Hani Ritva Hyöky oli Suomessa ensimmäinen nainen hovioikeuden presidenttinä, jota virkaa hän hoiti vuode-ssa 1975 aina vuoteen 1989 asti. Ritva Hyöky osallistui virkausa 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. Kinkolliskokouksissa Hyöky edusti hovioikeutta.

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

Hän oli vähäsanainen, asiallinen mutta aina ystävällinen sekä ryhdikas ja määrätietoinen toiminnaassaan. Naisklubin kokouksissa hän pysytteli mie- lillään taustalla ja antoi kaikkien ilmaista mielipiteensä.

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NAISTEN ÄÄNI *Suomi Finland 100*

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 muistua lapsuuden valoisaana, minkä hän arvelee johtuvan siitä, että ilmiäissuhteet perheen ja sukulaisten kesken oli- vat hyvät. Helena vietti lapsuuden kesät Maalahdessa ja kertoo, että ennen sotia oli suomenkielisiä kielletty seurustelunasta ruotsinkielisten kanssa ja päivävastoin.

Helena kävi viisi vuotta Raastuvankadun kiusakoulussa. Siellä ei ollut koirapöydöllisiä ongelmia, sillä kaikki tehtiin niin kuin opettaja sanoi. Kan- sakoulun jälkeen Helena aloitti kahdeksanvuotisen yhteiskoulun. Se oli yksityiskouluna vähän herrasväen koulu. Kärsä piti itse ostaa ja jokaisesta lukuvuodesta oli maksut. Sotavuosina opiskeluvuodet olivat lyhyitä. Yh- den sota-ajan kesän Helena toimi sairaalakoetus juoksuaittöölä.

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www.naistenaani.fi

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






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 Palaasaaren kansakoulussa, joka oli silloin vielä ilman omaa koulutaltoa ja työskenteli ruotsalaisen kansakoulun suojissa. Tästä aikana tämä suomalainen koulun opettaja ja ruotsalaisen koulun johtajaopettaja Oskar Vestberg solmivat avioliiton.

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

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

Lue lisää - Läs mera
www.naistenaani.fi




Alexandra Theodora Frosterus-Sältin, unohdettu vaasalainen taiteilija

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 ainostaan muistomerkkiä tai patsasta hänelle, puhumattakaan siitä, ettei kaupungissa ole yhtään hänen muokansa nimettyä karnaa? Kuka on taiteilija, jonka terveyttä edistävät piirustuksia koulutuksensa ovat katselleet 120 vuoden ajan? Kuka naispuolinen taiteilija on inspiroinut Eppu Normaa'n koostettavan laulun "Marbeellisten lahjujen muu"? Kuka on vaasalainen taiteilija, jonka piirustukset olivat osavyyttä silmien, että Suomessa oli historian alussa kiellettyä? Kuka on vaasalainen taiteilija, jonka taidon on presidentin kaudella? Tämä laulussa taiteilija on taiteilija 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 piispa, 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 Montsaaren 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)




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

Marie Johansdotter Berg, känd under sin pseudonym Päli-Maja, föddes den 10 december 1784 i Päli, en gårdsgård 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 barnskönsen i min hembygd hört med så stor beundrad och aktning orustas."

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

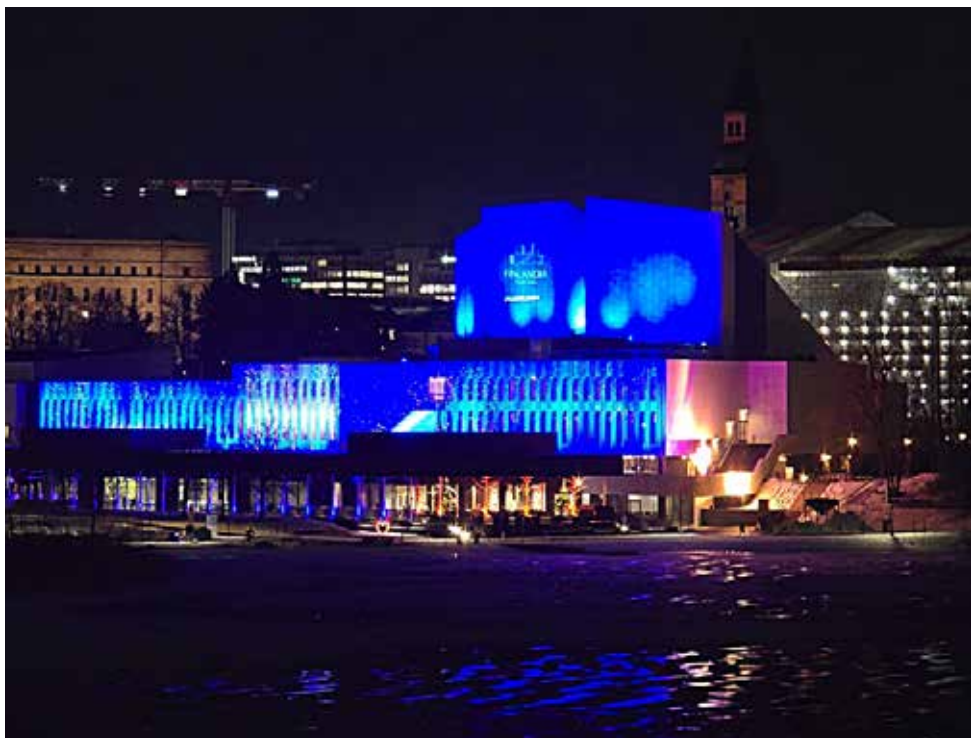
Other key sites include the Aalto House and Studio in Helsinki, which combine modern family living with creative workspaces, and the Experimental House in Muuratsalo, where the Aaltos' architectural experiments merge with the natural landscape.

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-

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.

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.

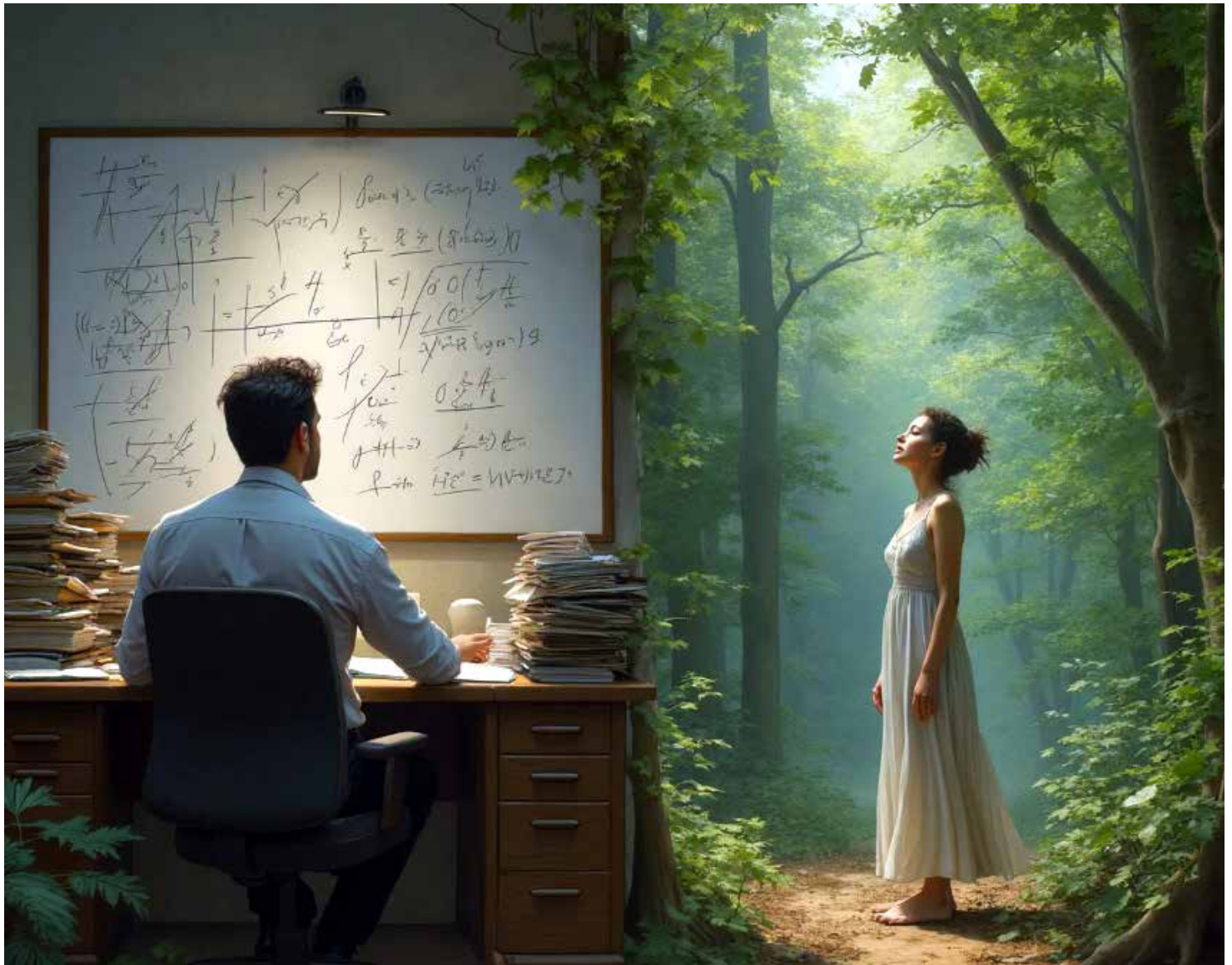
As with any medication, semaglutide may have side effects, including gastrointestinal issues such as nausea, vomiting, and diarrhea. It is crucial to consult with a healthcare professional to determine if semaglutide

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

Volodymyr Zelenskyy Had a Meeting with U.S. Vice President in Munich

14 February 2025 - 20:27



In Munich, President of Ukraine Volodymyr Zelenskyy met with Vice President of the United States JD Vance. The delegation also included Secretary of State Marco Rubio and U.S. Special Envoy for Ukraine and Russia Keith Kellogg.

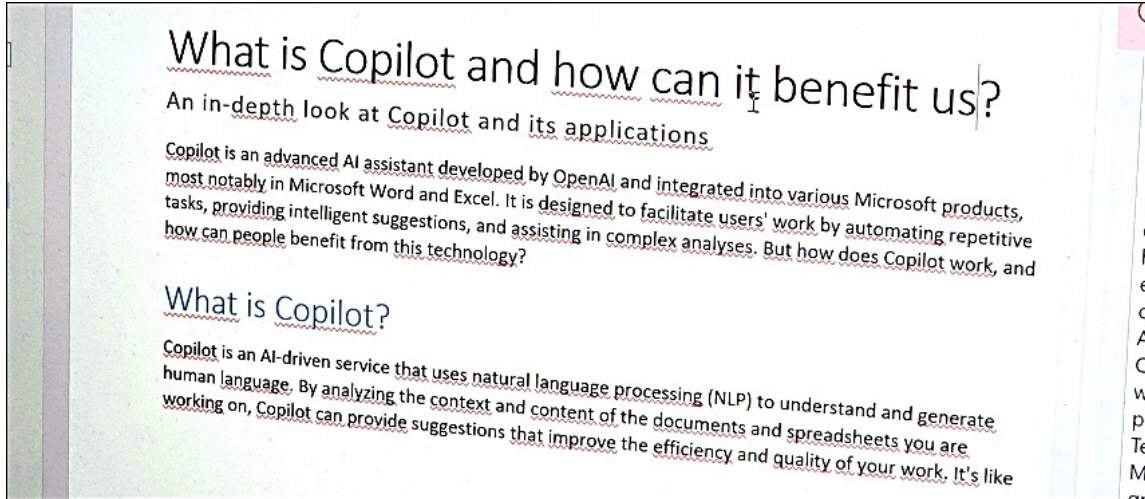


The teams of Ukraine and the United States agreed to continue their work on drafting the document on economic partnership between the two countries.

AI

What is Copilot and how can it benefit us?

An in-depth look at Copilot and its applications



Copilot is an advanced AI assistant developed by OpenAI and integrated into various Microsoft products, most notably in Microsoft Word and Excel. It is designed to facilitate users' work by automating repetitive tasks, providing intelligent suggestions, and assisting in complex analyses. But how does Copilot work, and how can people benefit from this technology?

What is Copilot?

Copilot is an AI-driven service that uses natural language processing (NLP) to understand and generate human language. By analyzing the context and content of the documents and spreadsheets you are working on, Copilot can provide suggestions that improve the efficiency and quality of your work. It's like having a colleague who can help with everything from writing and editing text to creating and analyzing data.

Applications of Copilot

Copilot can be used in many different ways to improve workflow and productivity. Here are some examples:

- Text editing and writing assistance: In Microsoft Word, Copilot can suggest grammar and stylistic improvements, help formulate ideas, and create content based on short instructions.
- Data analysis: In Microsoft Excel, Copilot can automate calculations, create complex formulas, and analyze large data sets to find patterns and provide insightful recommendations.
- Document summarization: Copilot can summarize long texts and documents, saving time and making it easier to quickly get an overview of important information.
- Meeting notes: Copilot can automatically generate meeting notes and action items, ensuring that nothing important is missed during meetings.
- Language translation: Copilot can help translate text between different languages, facilitating international communication and collaboration.

Comparison with ChatGPT

ChatGPT, also developed by OpenAI, is another advanced language model used to generate text and converse with users. But how does ChatGPT differ from Copilot?

- Use case: While Copilot is integrated into specific applications like Word and Excel to improve workflow, ChatGPT is a more general language model that can be used for a variety of tasks, including conversation.

- Integration: Copilot is deeply integrated into the Microsoft ecosystem, making it a powerful assistant for office work. Conversely, ChatGPT can be integrated into various platforms and applications via APIs, making it more flexible.

- Functionality: Both models use NLP and machine learning to generate text, but Copilot is more focused on assisting with specific office tasks, while ChatGPT has a broader usage horizon. Can Copilot draw pictures and diagrams?

Currently, Copilot is mainly focused on text and data-related tasks. This means it cannot directly create pictures or diagrams. However,

it can help structure data in a way that makes it easier to create visual representations in tools like Excel. Copilot can suggest how data should be analyzed and what type of chart would be most appropriate, but the actual creation of the chart is done by the user.

Future prospects and potential

The technology behind Copilot is constantly evolving, and there is potential for it to handle even more tasks in the future. With continued advancements in AI and machine learning, we can expect Copilot to become even more integrated into various workflows and capable of assisting with an even broader set of tasks.

Copilot represents a significant step forward in using AI to enhance productivity and efficiency in the workplace. By automating routine tasks and providing intelligent suggestions, Copilot can free up time and resources, allowing people to focus on more creative and strategic aspects of their work.

* 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.

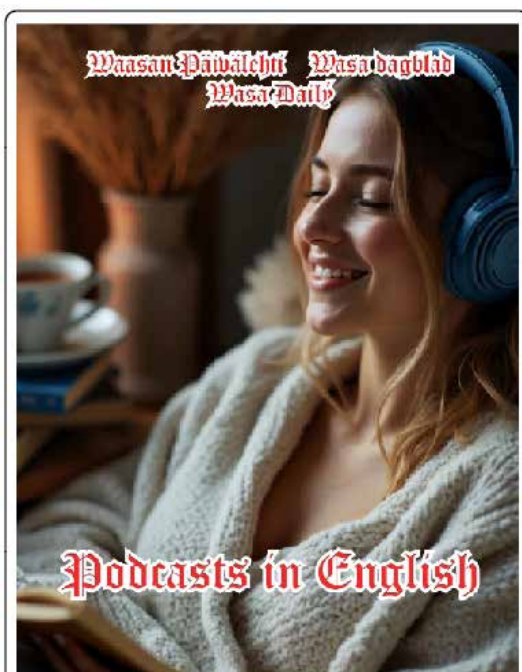
It is also interesting that DeepSeek has been able to be realized at minimal costs in this context. The Chinese are intelligent!

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.

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)



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

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

- invitation)
9. **PDF:** Portable Document Format (A common file format for documents)
10. **JPG:** Joint Photographic Experts Group (A popular image file format)
11. **GIF:** Graphics Interchange Format (Another image format, known for animations)
12. **TIFF:** Tagged Image File Format (Used for high-quality images)
13. **WWW:** World Wide Web (The foundation of the internet we know)
14. **HTTP:** Hypertext Transfer Protocol (The language webpages use to talk)
15. **GPS:** Global 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 Ostrobothnia region

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

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

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

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

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

Helsinki editorial office: Wasa Daily, 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

Wasa Daily
Wasa Dagblad
Photo Supplement

República's president Alexander Stubb in Vaasa 27.4.2024

Karifestivali
detona
vecka!

Kalevaspeleinen i Vaasa 27-30.6.2024

Kremlin gör narr av sina motsståndare - 1939 liksom nu

HERE WE ARE
vpress.aoli

En IT press.
Grunden för
lycka och de-
mokrati

Kommitté för utvärderingen
djupgående konsek-
venser för Finland un-
der de kommande 50
år

**KÖR-
FESTIVALEN**

Sinebrychhoff
konstmuseum

Kremlin gör narr av sina
motsståndare - 1939
liksom nu

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Finland's president
Alexander Stubb
in Vaasa 27.4.2024

**Puccini's
"Tosca" com-
ing to Vaasa
in January**

Sinebrychhoff
konstmuseum

Kremlin gör narr av sina
motsståndare - 1939
liksom nu

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**Sinebrychhoffin
taidemuseo**

**Sinebrychhoffin
konstmuseum**

**Sinebrychhoffin
Art Museum**

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**Pörtom kyrka
Pirttikylän kirkko
The Church in Pörtom**

Wasa Daily
Wasa Dagblad
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**Hylkeenynti
Raippaluodossa
1895**

Jussi Adler-Olsen

Venäjän omi-
tuinen diplomaattinen
kieli

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**KUORO-
FESTIVAALI**

Sinebrychhoffin taide-
museo

Venäjän omi-
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**NAISTEN ÄÄNI-
elämäkerrätarjasto**

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Mysterious green
giants in the La-
si-palatsi square,
Helsinki

ROAD CHURCHES
The Kremlin mocks
its opponents

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Wasa Dagblad
Photo Supplement

**What a
wonderful
first week
we have
ahead of
us! - Vaasa
Choir Festi-
val 2025 9-
11.8.2024**

**Cycling Week in
Vaasa this week**

**Climate Change's
Profound Impact
on Finland**

**Kaleva Games in Vaasa
27-30.6**

Jussi Adler-Olsen
The Kremlin mocks
its opponents

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**CHOIR
FESTIVAL**

**A Free Place:
The Hedrick of
Happiness and
Humor**

ROAD CHURCHES
The Kremlin mocks
its opponents

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ROAD CHURCHES
The Kremlin mocks
its opponents

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**Fero Järnefelt
(1863-1937)**

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

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Finland's president
Alexander Stubb
in Vaasa 27.4.2024

**Hylkeenynti
Raippaluodossa
1895**

Jussi Adler-Olsen

Vaasan istu-
telaan 70 000
pöytä

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Finland's president
Alexander Stubb
in Vaasa
27.4.2024

**Vaasa War
Museum is
open today
12-14**

**A tree for everyone in
Vaasa**

ROAD CHURCHES

HERE WE ARE
vpress.aoli



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 16, 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

Communist mole schemes.

Syd-Öserbotten

Kristinestad on 18 February.

Communist mole schemes.

Our eastern neighbor continues to be the Great Sphinx, which hides behind its mysterious existence a constant threat to the continent's peace and security.

Seldom has a government been so completely a tool in the service of a party as this. The Communist Third International is the real ruler of the land of unlimited possibilities. For the time being, in spite of the general boredom and the intense hatred of the great mass of the population against the rulers of Bolshevism, there is no possibility of a new order of things even on the border in the East. Bolshevism is still in the high seat as a result of a reign of terror, against which the tsarism is shrinking into a pale

shadow. All those who realize the impossibility of the present system and wish to link the great Bolshevik society into some other, more humane and civilized sphere, are removed without mercy, like Trotsky, and the brutal Bolshevik empire reigns unreservedly. The support that is relied upon in this struggle to remain in the high seat of the Kremlin is the Red Army, which is sought to be cared for in the best possible way and equipped with the most modern means of defense. 81 a. the Russian air force has been considerably increased, and the navy has also been threatened again in a way that has attracted attention even in Sweden, whose maritime forces are considerably inferior to the Russians, on whose behalf seven new submarines are at present being built again, while several new boats of various kinds are to be ordered. And this fleet evidently intends to attack, for the insignificant corner of the Gulf of Finland, which our eastern neighbour at present possesses, requires the protection of the Gulf. certainly not so large de-

fensive establishments.

And the warring Bolshevism continues to forge new schemes wherever conditions are in any way abnormal and sick, and where fishing in murky waters is thus suitable to pay off. In Germany, the great Communist process in Leipzig has exposed the tremendous plans which the German Communists, with the strong support of Moscow, have drawn up for the Bolshevization of Germany.

The coffers of the Russian mission have thus been open in an unprecedented manner to the insurrectionary activities of the German Bolsheviks. And in the Balkans the Comintern is carrying on the most tremendous propaganda to bring about a new Bolshevik revolutionary hotbed there. The conflict between Turkey and Greece, the unrest in Bulgaria have given it welcome reasons to intervene here and distribute money for its purposes. A letter from Zinoviev last month tells us that in a single month 4 million. gold ruble has been used alone for agita-

tion in Bulgaria and Greece. And even in France, Bolshevism is playing its secret game. There they have concentrated their activities chiefly on the French colonies in northern Africa, where the intention would be to provoke an insurrection which would extend not only over the French but also over the Spanish territory, and in addition they would come into contact with the Egyptian Communists, perhaps in conjunction with the Pan-Islamite movement in order to bring about general world unrest. something that would be highly desirable for the plans of the Communists. Over in the Far East, too, Bolshevism is carrying on persistent propaganda, and it is strange to observe how it copies the methods of the Tsarist Empire for its propaganda.

The confused internal conditions of China also offer an attractive field of work for the intrigues of Bolshevism, which do not even shy away from conjuring up the great spectre of the yellow peril. That

the standard-bearers of Bolshevism in Moscow for these broadly planned seine warps around the globe should have forgotten their minor plans, for example for the domination of the Baltic Sea and its bays, must surely be regarded as completely exhausted.

The work on the Orient navy, the reformation of the naval fleet, the attempted coup in Estonia, the intrigues in Latvia and Finland, and the methods of attack against Poland and Rumania, are only different links in the gigantic Bolshevik frontier front of attack which Bolshevism spans the world.

To put oneself to sleep in peace, to disarm, as is intended to be done in our western neighbours, Sweden and Denmark, where red-coloured governments are at the helm, is therefore a very important

HUMOUR ONE HUNDRED YEARS AGO

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.

WHERE THE CHILDREN COME FROM

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

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

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

"I, yes I was picked up by a stork," said number three. Whereupon she, who had come out of a rose, scornfully and proudly turned to the poor little scantily clad girl child, and said nobly:

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

— Alas, answered little Cinderella, we are so poor, so terribly poor back home, that mother and father have to make their children themselves.

IN CUSTOMS

Band dealer Petterson comes from abroad and is offended by the customs officer's thoroughness during the inspection. When asked: — Have you now shown everything, tape dealer Petterson rep-

lies 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?

The astronomic picture of the week:



Juno Sails by Ganymede.jpg

On June 7, 2021, the Juno spacecraft flew closer to Ganymede, Jupiter's largest moon, than any other flyby in more than two decades, offering dramatic glimpses of the icy orb. This image from JunoCam shows Ganymede's surface in remarkable detail, including craters, clearly distinct dark and bright terrain, and long structural features possibly linked to tectonic faults. The solar-powered spacecraft's encounter with the Jovian moon is expected to yield insights into its composition, ionosphere, magnetosphere, and ice shell while also providing measurements of the radiation environment that will benefit future missions to the Jovian system, which includes Jupiter and Jupiter's four largest moons—Io, Europa, Ganymede, and Callisto.

NASA/JPL-Caltech/Southwest Research Institute/Malin Space Science Systems/Kevin M. Gill

Public domain

Next week:

Wasa Päivälehti
WASA DAILY
 Wasa Dagblad
 Photo Supplement

LOCOMOBIL.

**1870-luvun koneet
 Maskiner på 1870-talet
 Machines in the 1870s**

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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