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Edited by: Cassie Revell

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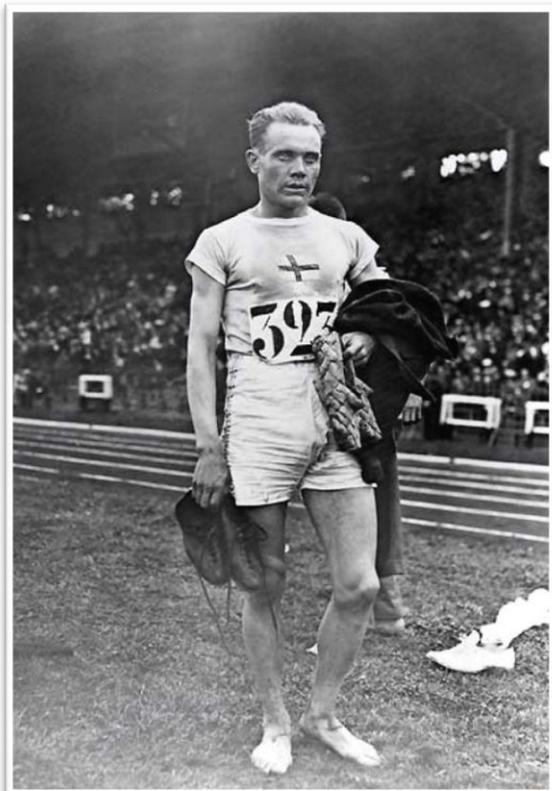
Promoting Finnish Heritage in Whatcom, Skagit, and Island Counties

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Paavo Nurmi – The Flying Finn

In only a couple of weeks the world will watch and cheer on the best athletes in the world competing in the Rio Summer Olympics. In the “good old days” Finland and other Nordic Countries used to dominate Olympic events.

Paavo Nurmi is still considered one of the best Olympic athletes in world history. He captured 9 gold medals and 3 silvers and held 22 world records. In addition, he held another 57 unofficial records. He is the only person ever to hold simultaneous world records in the 1 mile, 5,000m, and 10,000m races. He also remained undefeated in an amazing 121 consecutive races from 800m upwards.



Nurmi at the 1925 Summer Olympics in Paris, France

However, the Flying Finn's best known feat was at the Paris Olympics, where he won a total of 5 gold medals. Apparently, rival Swedes were able to get the officials to schedule 1,500m and 5,000m races less than two hours apart. Nurmi set a new Olympic record in the first event, and after a little rest won the 5,000m with a new world record time!!!

Paavo Johannes Nurmi was born in Turku on June 13th, 1897. After losing his father at age 12 he had to leave school and work to support his four siblings and mother.

He credits his strength and athletic development to pushing a heavy bakery cart up and down the cobblestone hills. At the age of 15 he joined Turun Urheiluliitto (T. Sports Club) and soon started beating adult men in 1,500 and 3,000m races. Four years later he started his military service in Pori and was able to train freely. While other young men marched 15km (1 mile), Paavo filled his backpack with sand and ran the whole distance. Then, in 1920, he qualified for the Antwerp Olympics.

This was his first international, big competition and he lost to a French man in the 5,000m, but then beat him in the 10,000m. This loss was his only one to a foreign athlete in the Olympics.

In 1925 Nurmi went on an exhausting US tour, where in five months he won 51 races and lost only 4. He became very popular among Americans. He was very famous around the world and even foreign mail addressed to “Nurmiland” found its way to Finland!! In the Amsterdam Olympics, other Finns started to give him a run for his money, so Paavo decided to concentrate on longer distances. Soon he set the world records in the one hour, 20,000m and 25-mile races. He wanted to end his career in the Los Angeles 1932 Olympics, but his amateur status was unfairly questioned and he was banned from competition. Finns believe that the Swedish chair of the International Amateur Athletic Federation was behind the ban and this soured the relations between Finland and Sweden for several years. During the 10,000m race, an embittered Nurmi ran outside the Stadium and beat the winner by 15 seconds.

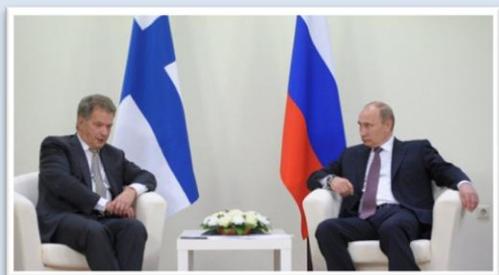
Paavo Nurmi is our national hero. After the bitter and bloody civil war, he bolstered people's faith in themselves and hope for a more prosperous future. Later in his life he coached many young people to become star athletes. During the Winter War, he and Ville Ritola traveled often to the US to raise funds for the country. In 1952, at the Helsinki Summer Olympics, Paavo Nurmi, known as the King of Runners, was the lighter of the Olympic Flame. His bronze statue adorns Helsinki and his portrait is on the 10 mark bill. Nurmi's taciturn and elusive personality earned him another nickname later in life: “The Phantom Finn.” Paavo Nurmi died in 1973 and was given a state funeral.

-By Asko Hamalainen

(Adapted from the Finnish American Reporter, June 2016)

Growth in Finland Beats the EU Average

For a number of years Finland's economy has been struggling, mainly due to a drastic decline in commerce with Russia. The trade between these neighboring countries hovered around 30%, but the almost complete crash of the ruble all but dried up Finnish exports to Russia. Also, the use of the Euro made it impossible to devalue the currency.



Once-strong trade with Russia has lagged in recent years.

Figures from Statistics Finland show a 0.6% rise in GDP for the 1st Quarter of 2015 and 1.6% increase for January-March, 2016. Hopes of recovery were kindled by a much bigger expansion than expected. In comparison, Eurostat figures show only a 0.5% increase in pan-European GDP for the first quarter of 2016. The service industry and the construction industry are generating the growth. Industrial production has been flat for a number of years and exports have declined slightly.



The Finnish economy is beginning to strengthen while the rest of the EU continues to struggle.

The encouraging direction of this economic thaw is a result of the center-right government's push to create a pact with labor unions in order to increase competitiveness. It wants to cut labor costs by adding three working days a year without salary increases. Hopefully, Finnish exports will grow again.

-By Asko Hamalainen
(Adapted from Amerikan Uutiset, June 2016)

The Way to Make America Great Again Is to Be More Like Scandinavia

When Anu Partanen moved from her native Finland to the United States in 2008, she was looking for the American dream. You know the one: the family, the career, and the idea that if you work hard enough, you could be successful, prosperous, and happy. Plus, Finland is freezing cold and dark in the winter. America, by comparison, seemed flooded with sunshine and opportunity.

What she found instead was a nation battered by the financial collapse and lacking everything that had made life so comfortable in Finland: the five weeks of paid vacation in the summer, the free healthcare, the relative job security. In Finland, she'd been almost stress-free, but here, it seemed like just about everybody was struggling to keep their head above water. A few years after she'd moved to the US, a British politician summed it up perfectly: "If you want the American dream, go to Finland."

Partanen, who is now an American citizen and lives in New York City, argues for America to adopt the "Nordic model" in her new book, *The Nordic Theory of Everything: In Search of a Better Life*. The book takes stock of education, work, health, and more as they exist in America and in countries like Finland, Sweden, and Norway. In one chapter, she hones in on the work-life balance in both countries and finds that the very thing that we think makes America so great—our innovation, entrepreneurship, and businesses savvy—is actually stifled by policies that force employees to work too hard, too long, and to the point of misery.

We spoke to Partanen about the differences between work in America and in countries like Finland, and why she believes the key to success is in the Nordic model.

VICE: When you moved to the United States, what were some of your first impressions about our approach to work?

Anu Partanen: The United States leads the world in innovation and business, but I think Americans kind of forget that other countries have successful businesses too, despite having a different model. I often hear the same words from Americans: "Oh, but the Nordic countries have not produced Steve Jobs." My answer to that is the Nordic countries, which are fairly small, have produced an impressive amount: look at Nokia or H&M or Spotify or Skype [all of which were created in Nordic countries].

(continued on page 4)

Make America Great Again (continued)

The other question Americans ask is, "How is it possible [to be successful] when your employees are constantly on vacation and parental leave?" They think nobody ever works [in Nordic countries]. And to me, part of the advantage of the Nordic model is these policies that help people combine work and family.

What kind of policies exactly?

Paid parental leave, for instance, is long enough to actually allow you to take care of your child. Affordable day care, paid vacation, paid sick days. These are policies all companies have to provide, so that levels the playing field for businesses. Right now, in America, I often hear small businesses say, "Well, if I provide parental leave for my workers, my competitor doesn't have to do it" and they compete. I agree it's unfair. I think it would be better if all companies offered these basic services.

How have these policies in Scandinavia affected the work culture there? Is it really different than American work culture?

There is a huge difference, and I think partly it's because Americans rely on their employers so much more than people in the Nordic countries do. Losing your job is such a gigantic deal in America, and that tends to give the employer a lot more power. Work is important to people in Nordic countries, too, but it's not everything.

The other thing is that there's more emphasis on efficiency in the workplace. Americans tend to work really long hours, where half the time you're just there for show. I think in Nordic countries the idea is more that we will do our best to be productive while we are in the work place, but then it is OK to leave.

Is there a difference in how we view success?

That is really interesting. Americans love their families. I mean, obviously Nordic [people] love their families too, but in the US I was shocked how much talk there is about family values. It's a part of the American identity—that people love their families, they want to spend time with their families, and part of what is considered success is that you have children, you can provide for your children, and your children get a better education than you do. So a lot of the American dream is tied to your family and to your loved ones and not just making a lot of money. However, it is so hard to both have a family and a successful career in America.

It just kind of forces people to really focus on working really long hours and making a lot of money so that you can provide for your family and then you never get clear of that because you are always working. The lack of basic services works against that idea of successful family life that Americans really want.

In the Nordic countries, the notion of the success is in some ways very similar: People don't necessarily dream of being incredibly powerful, they just want to be successful in their work life and make good money and have a family. The Nordic countries just make it easier, whereas in the US today, it feels like you have to be a super achiever to be able to feel successful. And even then, you're probably wondering, 'Why am I not happier?'

The other part of the "American dream" is upward mobility—that anyone can make it in America, if you work hard. Does the research support that reality in America?

One study that I discussed in my book looked at men who are in the lowest income bracket—so the people who make the least and whether their sons can climb to other income brackets, above their fathers. In the United States, forty percent of men who are born into that income bracket stayed in it. They did not climb up.

But then in the Nordic countries, only 25 percent of men stayed in it. So more men were able to start making more than their father did or more than their family did in the Nordic countries than in America. So that kind of statistic and talk about what the American notion of success or opportunity is and the Nordic countries definitely provide better than the US does.

It seems like Silicon Valley is closest thing we have to the Nordic model here in the US. There's a big push at companies like Facebook and Google to provide generous parental leave; Netflix has unlimited vacation days. Do you think we could replicate the Nordic model from within the private sector?

I think it can certainly lead the way. These companies offer these services because they think it's the right thing to do, but also because they think it's a good thing to attract and retain workers. If the most admired companies in America are doing this, why do we think it wouldn't work for anyone else?

-By Arielle Pardes
(full interview at [vice.com](https://www.vice.com))

Historic Meeting Between Nordic and U.S. Leaders

President Sauli Niinistö participated in the U.S.-Nordic Leaders Summit in Washington, D.C. on May 13. President Obama hosted the leaders of Denmark, Finland, Iceland, Norway and Sweden at the White House to discuss how to deepen the cooperation between the Nordic countries and the U.S. The summit concluded with a State Dinner President Obama and his spouse Michelle Obama arranged in honor of the Nordic leaders.

The summit began with an official arrival ceremony at the White House. President Obama warmly welcomed the Nordic leaders to the U.S. and praised their commitment to global issues. President Obama said that the Nordic countries are extraordinary friends who punch above their weight. “I really do believe that the world would be more secure and more prosperous if we just had more partners like our Nordic countries,” President Obama said.

President Niinistö spoke after President Obama’s welcome speech. He stated that the Nordic countries and the U.S. are united by issues such as gender equality, equal opportunities, human rights, democracy, the rule of law and respect for international law. “Together, the Nordics are a superpower - not militarily, but when it comes to innovation, education, competitiveness, sustainable development and clean technologies,” President Niinistö said. He also thanked President Obama for his leadership in combating climate change and drawing more attention to Arctic issues.



President Obama together with the Nordic leaders. From Left: Prime Minister of Iceland Sigurður Ingi Jóhannsson, Prime Minister of Denmark Lars Løkke Rasmussen, Prime Minister of Norway Erna Solberg, Prime Minister of Sweden Stefan Löfven, President Sauli Niinistö and President Barack Obama.

The summit meeting between the heads of state and government took place in the White House after the arrival ceremony. Topics of discussion included security and defense issues, immigration and the refugee crisis, climate change, energy, economic and trade relations, and development and humanitarian aid. President Obama said that the meeting was very productive, and the countries agreed on many topical issues.



President Niinistö and President Obama in the Oval Office

Following the discussions, Secretary of State John Kerry hosted a lunch for the Nordic leaders at the U.S. Department of State. In his remarks, President Niinistö said that the Nordic countries have a lot to contribute for peace, prosperity and freedom in Europe and globally. In addition, he thanked Secretary Kerry for his determination in pursuing political solutions to a multitude of crises around the world. “In Finnish we have a word for extraordinary stamina and determination. The word is *sisu*. The way which you have negotiated for peace in the Middle East, the nuclear deal with Iran, and your persistent efforts to end the civil war in Syria witness you of *sisu*. Are you, by the way, sure, Mr. Secretary, that you don’t have some Finnish ancestor?” President Niinistö wondered.

The summit ended with a State Dinner organized in honor of the Nordic leaders. The State Dinner’s design was inspired by the northern lights and winter sky, and the menu was a mix of American and Nordic favorites. Altogether 350 guests, including a number of celebrities, attended the dinner. “We are grateful for our friendship with the Nordic people — even if we do sometimes get jealous about how perfect they seem to be,” President Obama joked in his toast.

-Adapted from the Finland in the U.S. Newsletter, June 2016



Finlandia Foundation Suomi Chapter Membership Form

JOIN US!!! Or RENEW YOUR MEMBERSHIP
DUES: Single \$25/yr Couples/Family \$30/yr
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Name: _____ Dues Enclosed \$ _____
 Address: _____ Newsletter donation \$ _____
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Please check here if you **DO NOT** wish to be acknowledged as Donor to FFSC

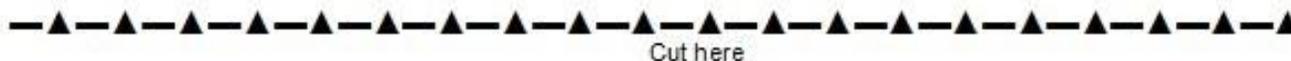
I would like to see my chapter support the following: _____

I would like to volunteer New/returning member Renewal

Dues and donations are tax deductible. We are a 501(c)(3) nonprofit organization

Return this form with your dues in the enclosed envelope to:

Finlandia Foundation Suomi Chapter - P.O. Box 2544 Bellingham WA 98227



Finnish Gravalax

Ingredients:

- Fresh salmon (2 pieces of the middle portion of fillet, skin on, about 1lb)
- Sea salt or kosher salt (1 TBSP)
- Sugar (1 TBSP)
- Fresh dill (chopped)
- Freshly ground pepper (if desired)



Directions:

Place one of the fillets skin-side down in a dish which has been sprinkled with chopped dill and sprinkle with a mixture of salt, sugar, pepper and dill. Place the other fillet with skin-side up on the first fillet. Sprinkle the rest of the salt, sugar and dill mixture on top. Wrap tightly with saran wrap, place a weight on top, and refrigerate between 2-3 days, turning in the morning and evening.

Serve alone, or with steamed new potatoes, on rye bread or as a part of an horsd'oeuvres tray. Slice thinly, serve with a dill mustard sauce, creme fraiche or use in open faced-sandwiches with fresh dill and lemon slices. Eat within four days and freeze any portion that you will not eat.

Note: The salmon must be absolutely fresh!

- Brend's recipe from more that 30 years of visits to Finland and Tapio's family influence!!!
Thanks to Aiti Jenny and Tati Rauha.

Let's Celebrate Finland's Centennial Together!

Finland's centennial year 2017 is approaching fast. Many Finns, Finnish-Americans and friends of Finland are already making plans for the big year. The centennial will be the most significant commemorative year for a generation of people of Finnish origin. It will provide an opportunity to better understand the past, to experience the jubilee together, and to set the course for Finland's future success. The theme of Finland's centennial is 'Together', which encourages everyone interested in celebrating the centennial to get involved.



The centennial will be the most significant commemorative year for a generation of people of Finnish origin.

There will be a chain of events moving from the West Coast to the East Coast, hopefully tied together by the Travelling Sauna. The origin of the Travelling Sauna is as follows: The embassy organized a brainstorming session with a group of Finnish-American volunteers last year, and one concern came up very soon. What if everyone celebrates Finland's birthday only on December 6, and we'd miss the chance to have a whole year of centennial events? This led into a research to see whether people would like to have events throughout the year in various locations. Soon many volunteers signed up for it. Something was also needed to join all these events together – hence the Travelling Sauna.

The Travelling Sauna would be a "centennial mascot" that is designed to bring as much publicity as possible to the different events being organized by local Finnish and Finnish-American organizations, and thus the centennial, especially in social media.

It will hopefully also be something unique enough to catch the attention of local media wherever it travels. We believe, for example, that people would love to take selfies with the centennial-decorated sauna, thus spreading the news of Finland's big year. Many people have already embraced the humoristic and fun aspect of the centennial mascot – this is a birthday celebration after all!



The Travelling Sauna brings the centennial events together.

The sauna should start its journey in Los Angeles in January and travel across the U.S. during the centennial year. At least 12 stops at centennial events are planned in important Finnish-American areas and, in addition, the sauna could be used in between these stops. These events are the essence of the centennial. They are the places where people get to hear what Finland is all about. The vast majority of these events are organized by volunteers. If you have any questions about the Travelling Sauna, or if you are interested in sponsorship opportunities, you can contact them directly at risto.sivula@gmail.com and jsipila8@gmail.com.

If you would like to get involved you can find more information about the 12 sauna stops at <http://www.finland100usa.com/get-involved.html>.

In addition to these events, we hope that there will be more centennial events all around the U.S. There is no official format for the events so we encourage you to get together with local Finns and Finnish-Americans in your area and come up with your own event ideas. We are looking forward to celebrating Finland's centennial together with you!

-Adapted from the Finland in the US Newsletter, June 2016



Finlandia Foundation *Suomi Chapter*

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We're on the web!
www.ffi suomi.com
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Blueberry Almond *Pirtelö* (smoothie) Recipe

Ingredients:

1 1/2 cups over-night soaked almonds
4 cups of water
4 dates
1/2 cup blueberries
2 tbsp honey
pinch of sea salt
pinch of cinnamon
pinch of cardamom



Directions:

Put all the ingredients in a blender and mix well.
Pour the purple milk through a fine sieve so the texture becomes more velvety. Enjoy!

-By Sara La Fountain

Cover Photo: "Suomi-Neito" - the Maiden of Finland

A Gift From China

The Government of China has confirmed a gift of two giant pandas next year as gesture of friendship when Finland celebrates its 100th anniversary of Independence from Russia.

The second largest zoo, in south-western Finland, Ahtari Zoo, will build a completely new facility to house the pandas, designed in co-operation between these two countries.



The transfer of two giant pandas from China to Finland has been confirmed.

To mark the friendly relationships with other governments, China has loaned giant pandas to other zoos for 10 to 15 years. Preparations for panda gifts or loans can take many years of negotiations. The Giant Panda is the symbol for China. Its numbers have declined drastically due to hunting and destruction of its only food source: bamboo.

-YLE News

New Merchandise Is Here!

FFSC together with Finnish manufacturers have created a few items to celebrate the Centennial next year. The blue & white hats (knit caps) are available for \$18 each, postage paid, and the Army Patrol knives with the imprint are \$75 each (this is a limited production of 100 knives only). You may order these direct from us using your credit card. See instructions on our web page.

