

FINLANDIA FOUNDATION
SUOMI CHAPTER

FINNOVATIONS

PROMOTING FINNISH HERITAGE FROM THE
EVERGREEN STATE TO THE GOLDEN STATE



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Did You Know?

This year marks the 175th anniversary of the birth of Finnish writer Minna Canth. The 19th century feminist was born on March 19, 1844 in Tampere. She began publishing her work in the late 1870s and was one of the first to write in Finnish (most literature of the time was written in Swedish). Canth was widowed in 1879 and took over her father's

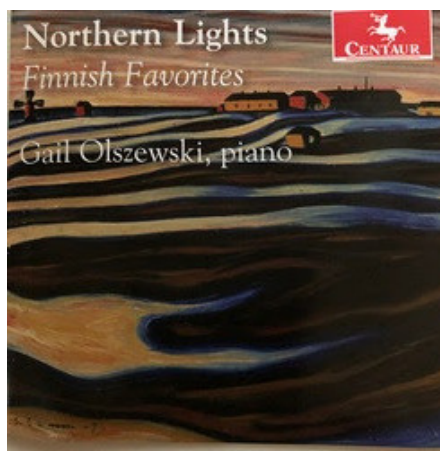


Grant Spotlight: Northern Lights CD

Through its annual grants program, Finlandia Foundation supports programs and projects that preserve, celebrate and advance Finnish-American and Finnish culture, tradition and appreciation.

Pianist Gail Olszewski (pictured below) received a grant in 2018 to assist with the production of the recently released CD, *Northern Lights: Finnish Favorites*. She performs works by Jean Sibelius, Oskar Merikanto, Selim Palmgren, Ilmari Hannikainen and others on an 1877 Blüthner grand piano. She thanks FFN for the grant and says the CD would not have been possible without it.

To learn more or to purchase the album, visit:
<https://www.gailopiano.com/>



business while raising 7 children. At the same time she was writing plays, short stories and material for newspapers and magazines. She died at age 53 in 1897. Canth is recognized in Finland with an official flag day each March 19, which is also the day of social equality. She will be the focus of a special program at FinnFest USA in Detroit in September.

President's Corner

I managed to get a 2 month Personal Leave of Absence from my Oil Refinery Job this summer to go along with my wife Bobbi's 3 month Sabbatical.

We have been saving for our trip around the world for 15 years. It's amazing how easily we were able to shake loose from our busy jobs and enjoy traveling around. Missing the grandkids was the worst thing. I travelled with Joe Nyberg to Finland for ten days. Our wives were taking a class in Chartres France. Joe and I visited Finland 20 years ago in November together watching my son Mikael play hockey for TPS Juniors and visiting Joe's relatives in Kaustinen.

This time we visited in June with the warm weather and the midnight sun. I told Joe to be prepared to swim every day, because my relatives just can't stay out of the water. We visited Helsinki, Pernio, Sauvo, Turku, Rauma, Eurajoki, Pori and Kangasala.

The most impressive thing I saw this summer was in Samppalinnna Outdoor Olympic size swimming pool in Turku. We went there for a morning swim. Three lanes were for lap swimmers and rest of the pool was for people wearing pool running float belts. We saw 50 people wearing them getting some great non-weight bearing exercise.

The ladies were wearing their sun hats and sun glasses having conversations. It looked more like relaxed upright doggie paddling than running.

The atmosphere was nothing but fantastic. The average age was closer to 80 than 70.

The Least impressive thing was my mother's shoulder injury she suffered falling while getting up from the couch into the coffee table during Finland's Hockey victory during the Finland-Russia Game.

It's nice to be back home because Bobbi and I are addicted to our grand kids.

We are fighting to get a table at the Scandinavian Holiday Bazaar in November. We are on the waiting list for this popular sold-out event.

Thank you for being good sports and singing the Finnish National Anthem at the last two Picnics. It has been fun to strengthen our Finnish connections.



Our next board meeting will be in September. Do you have any ideas to make our Finnish Parties and Connections even better? I look forward to hearing from you (ffsuomi@gmail.com).

**Your President and Whatcom County
Mölkky Champion, Pasi Virta**



Marskin Ryyppy

Marskin Ryyppy (The Marshall's Shot) is named after Carl Gustaf Mannerheim, the Marshal of Finland. According to all sources it is important that the glass where the drink is served is poured as full as possible, all the way to the brim. The glass is then to be emptied and no spill is allowed. The practice is said to originate in the Chevalier Guard where Mannerheim once served (in the Czar's cavalry). Every man was allowed one shot of Vodka per day, and through this practice everyone was assured the maximum amount. Marskin ryyppy must also be served ice-cold.

During the Winter War at Marski's headquarters the shot was served to all his officers during lunch. It is also known that Marski was not happy about the quality of the Finnish vodka at that time and he asked his adjutant to mix one liter of Finnish vodka with one cl of dry Vermouth, one cl of Norwegian aquavit, and one cl of gin.

Did You Know?

In a Finnish survey done 53 years after his death, Mannerheim was voted the greatest Finn of all time. Given the broad recognition in Finland and elsewhere of his unparalleled role in establishing, and later preserving, Finland's independence from Russia, Mannerheim has long been referred to as the father of modern Finland.





The Mannerheim Cross

The Mannerheim Cross is the most honorable and appreciated Finnish military decoration due to its "democratic character." A total of 191 men of all ranks and branches of service have been decorated with the Mannerheim Cross, six of them twice. Only Mannerheim and Infantry General E. Heindrics had both 1st and 2nd Class. There are no Knights alive today and the crosses are not given posthumously, as is done for instance in the USA for Medal of Honor recipients and their families.

Tapio Holma



Finlandia Foundation Suomi Chapter Membership Form

JOIN US!!! Or RENEW YOUR MEMBERSHIP
 DUES: Single \$25/yr Couples/Family \$30/yr
 Supporting \$50 Lifetime \$300

Name: _____	Dues Enclosed	\$ _____
Address: _____	Newsletter donation	\$ _____
_____	My donation to FFSC	
	Grant & Scholarship	\$ _____
Telephone/Email _____	Total	\$ _____

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

Editor's Corner

"If you can't feed a hundred people. then feed just one." - Mother Theresa

Eating. It's something we all do, every day, most of us several times a day, from almost the moment of our birth until almost the moment of our death. The need of nourishment is one of the small handful of shared traits that binds together every living thing.

Brillat Savarin, the French politician and renowned gourmand, famously remarked "Tell me what you eat; I will tell you what you are."

There is a reason that the Civil Rights activists took their protests to lunch counters - who we choose to share our table also speaks volumes as to who we are, our culture and our values.

A friend of mine introduced me to the term "emotional calories." The concept that food, when conscientiously produced, thoughtfully sourced, lovingly prepared and consciously consumed, is more than just filling, it is fulfilling.

For me, emotional calories start with knowing where my food comes from: who grew it, who raised it, who harvested, fished it, hunted for it, who fermented it, who brewed it, or for this Bellingham man - who distilled it.

In this Northwestern County of ours, this is remarkably easy. We are blessed with a great abundance of extraordinary producers of good food and drink. "Good" not just in terms of taste, but also with respect to ethical and sustainability standards.

Locally produced food not only tastes better than food that has traveled many miles; local food



production has a tremendous ripple effect on every sector of the local economy. Not to mention preserving the great swaths of agricultural land that make our region so uniquely bucolic.

Unfortunately we have to start off by acknowledging in this land of seeming abundance that many of our neighbors will go to bed hungry tonight.

Blessedly, there are also many in our area who work tirelessly to alleviate the suffering of those in need, and to teach the next generation how to grow food sustainably, care for themselves, their fellow beings and the planet.

Hopefully our small foundation and her members are keen to participate in the local food collection projects for those in need. Also it is nice to see that the local post office workers and other organizations collect food twice a year for homeless people.

Tapio Holma



Ingredients (Quenelles):

1 pound minced elk meat
1 cup whipping cream
2 eggs
2 tablespoon water
1 onion
10 juniper berries
Rapeseed oil
3 sprigs of thyme
1/2 cup breadcrumbs
Freshly ground sea salt

Ingredients (Sauce):

2 cups venison stock*
2 cups whipping cream
Butter
Freshly ground sea salt

*If you are unable to purchase stock in a store, follow these directions to make your own:

4 lbs venison bones cut into two inch pieces
2 lbs shin of beef off the bone, sliced
200 grams celeriac, carrots, onions, and parsnips
3 bay leaves
Fresh thyme

Recipe: Elk Meat Quenelles in Game and Cream Sauce

Put the breadcrumbs in water to swell. Measure the water and cream into a saucepan and add the crushed juniper berries and thyme. Cook over a gentle heat for 10 minutes. Dice the onion and fry it lightly in a little oil until soft. Pour the juniper berry cream onto the onion through fine sieve and mash to a pulp. Add the minced meat and eggs, mix all the ingredients together and season with salt. Form the mixture into balls and bake in 350 degrees oven for 10-15 minutes depending on their size.

Measure the stock and cream into a saucepan. Cook until reduced by about half. Finally whisk a couple of knobs of soft butter and season with salt.

Add meatballs to sauce and serve.

Roast the venison bones, shin of beef, and vegetables 20 minutes in 400 degree oven. Add all to saucepan with enough water to cover the bones. Allow the stock to simmer over a gentle heat for 6 hours. Strain the stock and freeze it in small pots. The recipe should yield approximately 2 quarts of stock.

Celebrating the Finnish Name of the Day

In Finland, people not only celebrate their birthdays each year, but their name days as well. The tradition of assigning names to specific dates stretches back to medieval times. Finns are renowned for their efficiency and organisational skills, so perhaps it may not come as a surprise to discover that a combined press run of around 14 million calendars is published in Finland each year. The practice of name days, whereby a name or set of names is assigned to each day in the calendar, has deep roots in Finnish culture.

"When you look at the Finnish name day calendar, you can see the history of Finland in a nutshell," explains Minna Saarelma-Paukkala, head of the Almanac Office of Helsinki University, which is responsible for coordinating name days. "This custom goes back to the Middle Ages. We also have some names on the calendar from the pre-Christian era, such as Väinö; then we have Catholic names, then Swedish names and some Russian names. Following this we have the Finnish names from the time of our national awakening, and then all kinds of newer names related to recent international influences."

As the importance of name days changed over the centuries, so did the various traditions associated with it. Finns no longer put a name day tree on the table in the hope of having presents placed under it, nor do they raise a decorated pole in the backyard, yet the tradition still holds special significance for many people.

"Nowadays, it's mainly coffee-and-cake celebrations," Saarelma-Paukkala says. "It is good because some people don't want to celebrate their birthdays, as growing old is not always so nice for everybody. But they can always celebrate their name day."



With these towel holders, everyone with a Finnish name can be a star.

Photo: Sabrina Salzano

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**By James O'Sullivan,
June 2014 (Adapted by Brend Holma)**

Name Days of Our Members:

January 11th-Kari	February 1st-Riitta
April 23rd-Jyrki	April 25th-Markus
May 30th-Pasi	June 6th-Kyosti
June 18th-Tapio	July 2nd-Maria
July 13th-Joel	July 24th-Tiina
August 7th-Lahja	August 10th -Lasse
August 11th-Susanna	September 6th-Asko
September 15th-Sirpa	September 29th-Mikael
December 6th-Niila	December 19th-Iiro

Hope you enjoy celebrating your name day! We in the Holma household celebrate ours every year!!!

Did You Know?

Finnish children usually spend the first two months of their lives without an official name? Parents have two months to register their child's name in the Population Information System, so many choose to wait until well after the child is born before settling on a moniker that fits the new addition to the family. Minna Saarelma-Paukkala of the Almanac Office of Helsinki University points out that this tradition may have to do with people in an earlier era living in isolated parts of the forest and needing sufficient time to make the long trek into town where the child could be christened.

How Does Finland's Top Ranking Education System Work?

Finland's education system enjoys a lot of buzz lately. It is considered one of the best education systems in the world. It routinely outperforms the United States in reading, science, and mathematics. And it has been a top performer since the first Program for International Student Assessment (PISA) triennial international survey back in 2000. But ask someone what's so great about Finland's schools, and you'll typically be supplied with a factoid or three. They have shorter school days. They don't do standardized tests. They all must be smart because the Finnish language is a nightmare. While these facts are true — except for that last one — they miss Finland's well-raked forests for its trees. Finland's education system works because its entire structure has been around several core principles. First and foremost, equal access to education is a constitutional right. Another important principle is that one should be allowed to choose their educative path, which should never lead to a dead end.

Here's how Finland's education system works to meet those principles:

Early Childhood Education

Finland's early education is designed around the concept of learning through play. Imagine you're a Finnish parent (or you are one, in which case, *hyvää päivää*). You've received state-sponsored maternity leave, a maternity grant, and even a wee-baby care box that doubles as a bed, so you can enjoy those first precious months in one of the best countries to raise children.

Now, you're starting to think about your child's education. But don't worry, you have time. Finnish children aren't required to go to school until age 6, when pre-primary education begins. You are free to spend those early years playing, teaching, and bonding with your little one. If you want to start your child's education earlier, the Finnish system offers an expansive early childhood education and care (ECEC) program, too. The program adopts a "learning through play" model to promote "balanced growth," according to the Finnish National Agency for Education's website.

Although guided by the National Core Curriculum for ECEC, your local municipality handles ECEC services and has broad autonomy, allowing resident administrators to make the calls regarding budget, class size, and educational aims. There will be a fee, but one that is heavily subsidized. Parents foot roughly 14 percent of the

total bill, but the burden placed on individual households is based on income and number of children. The program is evidently popular, as Finland's enrollment rate for children ages 3 to 5 stands at nearly 80 percent.

Basic Education (plus a free meal):

When your child turns 7, it'll be time for basic education. Finland doesn't divide its basic education into elementary and junior highs. Instead, it offers single-structure education for nine years, 190 days per year. As with ECEC, policymakers leave plenty of room for local school administrators and teachers to revise and revamp the curriculum to meet the needs of their unique student body.

"The ideology is to steer through information, support and funding," writes Finnish National Agency for Education (which sets core curricula requirements). Their stated goal for basic education is "to support pupils' growth toward humanity and ethically responsible membership of society and to provide them with the knowledge and skills needed in life." This latitude includes what tests to give, how to evaluate student progress and needs, and even the ability to set daily and weekly timetables.

Such autonomy may sound scary to some parents. What if your child spends all day learning phenomenological regressions of the Konami Code? (Though that would be fascinating). Finland's parents, however, don't have such concerns as teaching is a highly respected and professional field in Finland.

Most teachers hold a master's degree, and basic-ed teachers are required to hold them. Eighty percent of basic-ed teachers also participate in continuing professional development. This level of learning and continuous development ensures Finland's educators are steeped in the science of teaching – ironically, drawing inspiration from the American pedagogy of yesteryear.



How is Finland able to provide such comprehensive, universal education for all citizens? Simple: Everybody is on board. Beyond enshrining the right to education in their constitution, the Finnish people value education and put in the time to build a system that adheres to the best education research (80 percent of which comes from the U.S.; hello irony, my old friend).

If other countries want to follow Finland's model, they needn't photocopy its education model; however, they will need the country's gusto for education's importance.

- Finland has been a top contender on every Program for International Student Assessment survey.
- The country built a comprehensive education structure designed to offer citizens free education with no dead ends.
- The inspiration for Finland's approach was American education research and philosophers such as John Dewey.

By Kevin Dickinson

This article was originally published by Big Think 15 Feb 2019. The views expressed in this article are those of the author alone and not the World Economic Forum.

Adapted, researched and reported by Brend Holma. This is part 1 of a 2 part article.

Suomi Corner

Begin Finnish out loud now: 20 phrases

By Peter Marten, October 2013

After you jump-start your Finnish skills using our phrase list, you can sit in a Helsinki cafe and ask "Saisinko kupin kahvia?" (Could I have a cup of coffee, please). So you want to learn Finnish? Start here and now. Learn one each day, or see how many you can master in one sitting.

Finnish	English
Hyvaa paiaa	(literally: Good Day) How do you do?/Hello
Mita kuuluu?	How are you?
Hei!	Hi!
Tervetuloa	Welcome
Hauska tavata	Nice to meet you!
Hyvaa huomenta	Good morning
Hyvaa iltaa	Good evening
Hyvaa yota	Good night
Kaunis ilma tanaan	Nice weather today
Anteeksi	Excuse me/sorry
Nakemin	Goodbye
Anteeksi, en puhu suomea	Sorry, I don't speak Finnish
Puhutteko englantia?	Do you speak English?
Saisinko ruokalistan?	Could I have the menu, please?
Salisnko viinilistan?	Could I have the wine list, please?
Paljonko tämä maksaa?	How much does this cost?
Saisinko yhden oluen?	Could I have a beer, please?
Siasinko kupin kupvia?	Could I have a cup of coffee, please?
Saanko laskun?	Can I have the bill, please?
Kiitos	Thank you

Strategies: All letters are pronounced. When there are double letters (diphthongs) such as "ii" the sound is elongated.

"i" is pronounced as a long "e" as in me

"y" is pronounced as "u" as in you

"a" or "A" is pronounced as "ah" as in father

"j" is pronounced as a "y" as in you

"aa" is pronounced as "uh" as in up

"o" is pronounced as long "o" as in go

"ai" is pronounced as a in long "a" day

"O" is pronounced as "er" as in her

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Membership and Donation

To be able to offer a number of affordable, high-quality events, our budget will require more resources to keep admission costs affordable for all. We appreciate any and all donations.

You may now pay online by credit card via PayPal. Please visit our website, <http://www.ffsuomi.com> and choose the "Donate" button.

Alternatively, you can send a check payable to FF Suomi Chapter to the PO Box listed above left.

Upcoming Events

September 22, 2019 - FinnFest in Detroit

November 9, 2019 - Christmas Bazaar in Seattle

Summer 2020 - Finn Fest, Naselle, Washington