



NEWSLETTER OF THE FINNISH AMERICAN CULTURAL ACTIVITIES, INC.

March/Maaliskuu 2009

Finlandia University's Future Plans Phillip Johnson

On Friday March 20, our speaker will be Philip Johnson, president of Finlandia University.

He would like to speak to us about Finlandia's newer priorities, directions, and activities, especially the newest initiative, "*Campus and Community: Together for Good.*" The U.S. economy is presenting unique challenges for higher education and rural communities. Finlandia University's initiative models provide a way forward that exploits resources through exchange and promise benefits that allow campuses and communities to emerge stronger. He will also touch on Finlandia's history and programs.



Johnson came to Finlandia University in January 2006 as campus pastor and assistant to the president; he was also associate dean of Finlandia's Suomi College of Arts and Sciences from Aug. 2006 until he became president in 2007. He is a pastor in the Evangelical Lutheran Church in America (ELCA) with 18 years of leadership experience in church-related contexts including congregational ministry, teaching, and administration. He has lived and worked in the United States, Tanzania, Kenya and Ethiopia. He and his family lived in the greater Horn of Africa region for 14 years, and he would be glad to share some critical reflections on cross-national/cross-cultural leadership experiences. The Johnsons have two high school-age children, Simon and Neal.

MARCH FACCA PROGRAM

Phillip Johnson
Finlandia U
Friday, March 20
7:30 p.m.
International Institute
1694 Como Ave., St. Paul
If you need transportation, call
Marianne Wargelin
at 612-374-2718

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President's Message

by *Kaarina Kotkavuori*

This month we celebrate *St. Urho's Day*. In addition to celebrating the purple and green, I am celebrating that spring surely will come soon. After all, it surely was in warm weather that *St. Urho* got rid of those pesky grasshoppers.



I mentioned in last month's newsletter that I was participating in the Festival of Nations Fund raiser. I did not know if other FACA members would be participating as well. I would like to thank Edie Boos and Stella Arola for coming to my home and spending 4 hours making the Karelian *pirakkas* that we prepared for the fund raiser. Andreas Ostenso lent us his pasta machine for making the delicacy. Bette Ruskanen volunteered at the fund raiser. We donated 100 of the *pirakkas*. The fund raiser raised \$4,000.00 for the Festival of Nations. There was no cost to FACA for participating. We all had a good time participating in this first time event.

Thank you for all who participated at our *Laskianen* celebration. The food was wonderful. We enjoyed a variety of *pulla*, bread, desserts, salad and pea soup. It was fun watching as people in different groups got up to give the question to the answers of the game. It was amazing that so many people knew so much about Finland. The evening was quite exciting and filled with laughter.

In May we will be participating at the Festival of Nations. The committee of the Festival of Nations asked that not all countries participate in the exhibit booths this year because of a lack of space. The general rule was that in order to have the *café*, we must have an exhibit booth. This year the rule is being suspended. After discussion at the board meeting, we presented the request to our members at the January program. It was decided that we are choosing not to have an exhibit booth at the Festival. We will return to having an exhibit booth next year. This year our focus will be on the *café*. Junelle Bernard is thankfully once again in charge. She will be at the March program to pass around the volunteer sheets to sign up for Baking Day and the *Café* at the Festival of Nations. Both days are a lot of fun if there are enough people helping out. The Festival is FACA's only fund raiser so please check your calendars and sign up.

The Finnish movie is presented on the third Sunday of the month (which is before our monthly program). The trailer promised that the film will be enjoyable. Please do come join us.

Our membership list will be available at the March program and will not be mailed out. The list will be sold at the cost of printing. Since not everyone will want a copy, the cost will not come out of our budget. If more copies are requested, we will have additional copies at our April program.

Welcome to the FACA program. Come listen and share in coffee and conversation.

Board Notes *By Stella Arola*



L-R Stella Arola, Jeanne Swope, Andreas Ostenso, Ruth Wilkman, Kaarina Kotkavuori, and Jane Olson

The board met at the home of President Kaarina Kotkavuori on February 17th. Treasurer Andreas Ostenso gave a report on our finances and Secretary Stella Arola provided the minutes of the January board meeting. Both were approved. Kaarina reported that a number of address and phone number lists of FACA members will be printed and be available on a cost basis at future programs. The board approved a gift of \$500 for scholarships to *Salolampi*.

Future FACA programs for this spring were discussed.

Planning for the Festival of Nations and our Finnish *café* are progressing. The chairman of our *café* is Junelle Bernard and she will be seeking volunteers for baking day and to work in the *café*. Our participation in the *Hjemkomst* Festival in Fargo was discussed and we will encourage participation by our members in that event. Planning is already underway for *Pikkujoulu 2009*, which will be December 12, 2009, at Christ Church Lutheran. The March Board meeting will be at the home of Kaarina Kotkavuori on March 17th at 7:30 p.m.

"All that glitters is not gold, nor all that sparkles silver."
-Finnish Proverb

Scandinavian Hjemkomst Festival

by Kaarina Kotkavuori

FACA has been invited to be one of the sponsors of the Scandinavian *Hjemkomst* Festival to be celebrated in the Fargo ND-Moorhead area from Friday, June 26 to Sunday June 28, 2009. This festival has been going on for many years and Finland is the highlighted country this year. As there are only 29 Finnish people in that area, we are invited to work in the *café* (at which we are especially good), to serve food and drinks but not to order the food. Sponsorship usually requires a donation of \$2,500. We are not being asked to donate money but instead to give 250 hours of volunteer time (which would equate \$2,500). We are offered free admission and sleeping accommodations. The festival is open during the day on Friday, Saturday and Sunday. There is always a lot of entertainment and things to do and see.

There will be a program acknowledging the sponsors. There are a lot of Finnish people throughout the state that do not know FACA exists, making this an opportunity to advertise as we will have an information table. We are always looking both for speakers to come to FACA and ways to let people know that we have a monthly program. It would be great to have visitors travelling to the Twin Cities come to attend our monthly programs. We need a lot of people to make this event a success. If you are looking for a Nordic event this summer and would like to go to Fargo, please let me know. We will consider carpooling to get there. It sounds like a lot of fun.

Scandinavian Cultural Hour

Be sure to tune in KFAI Radio, 90.3 Minneapolis and 106.7 in St. Paul for the Scandinavian Cultural Hour airing Wednesday evenings from 9:30-10:30 p.m. The program is hosted by Dick Rees and Dean Johnson and presents a wide range of music from Scandinavia, both old and new. You will find releases from every musical genre: Instrumental, vocal, classical, folk and jazz. For more info: www.kfai.org

Conversational Finnish Class

Tuesdays, 4:30 to 6:00 p.m.

St. Anthony Library

Corner of Como and Carter Ave. St. Paul

Everyone is welcome.

For more information, please call
Urho Rahkola at (651)-429-3319

Festival of Nations *Café*

By Junelle Bernard

FACA will once again be part of the global community at the Festival of Nations by sponsoring the Finnish *Café*. The Festival will be April 30-May 3 at RiverCentre in St. Paul. Our menu will be the same as last year: strawberry shortcake, lemon cookies, *pulla*, pickled herring (plain and in lingonberry sauce) on flatbread, reindeer sausage and Finnish *havarti* on flatbread, *piirakka*, fruit punch and egg coffee.

Festival hours Thursday and Friday during the day are for students. General Public hours are: Friday, May 1: 4:00 p.m. to 10:00 p.m., Saturday, May 2: 10:00 a.m. to 10:00 p.m., Sunday, May 3: 10:00 a.m. to 6:00 p.m.

We will be preparing our cakes, cookies and *piirakka* on April 25 at White Bear Lake High School, South Campus from 8:00 a.m. to 3:00 p.m. This is the same Baking Day location as last year. If you would like to help, call me at (763)434-5399 or email JBL2@msn.com. You can work all day or a morning or after noon shift.

Merja Wilenius will again be supervising the “front” or sales area of our *Café*. I will be trying to keep things under control in the back prep area. Volunteers are needed for shifts during the Festival. We need salespeople as well as people to frost cookies, cut strawberries, make coffee and assemble our products.

Contact me at the above numbers if you are interested. Volunteers are expected to be in costume. We have aprons and scarves for the ladies; men should wear dark slacks, white shirts and a fisherman or duffer hat if you have one. Suspenders are nice too. If you helped out at Baking Day or at the Festival last year, I will be contacting you to see if you want to help again this year. I will have the schedules at the March FACA program and will hopefully be able to fill all the shifts then.

Don't hesitate to call me if you have any questions.

Get the FACA newsletter electronically!

The *Utiset* e-newsletter is fast, convenient and costs FACA less to produce and distribute. E-mail Andreas Ostenso at tostenso@yahoo.com with questions.

Laskiainen Celebration Recap

By Jeanne Swope

Our February 20 program featured *Laskiainen*—Finland's distinctive celebration of the Christian Shrove Tuesday and of some practices going back long before Christianity centering on the flax harvest. Kaarina Kotkavuori described the turnover in traditional women's work from spinning flax, which can be done indoors in the dark winter and weaving fabric, which requires good light and must wait for the return of the sun. *Laskiainen* typically involves sledding downhill. When the girls' long hair is flying and the sleds make excellent long runs, then there will be a good flax harvest in the year ahead.

FACA members did not do any sliding at the program; we referred interested outdoor athletes to Suomikoulu's *Laskiainen* celebration, slated for the weekend. We did, however, indulge in *hernekeitto*, the traditional *Laskiainen* pea soup. The board members made the soup and FACA members brought excellent side dishes and desserts.

Between soup and dessert, we played a rousing game of “Finnish Jeopardy.” Our treasurer, Andreas Ostenso, put together the game which tested our knowledge of Finnish and Finnish-American trivia and lore, and presided over it, wearing a pair of Nokia boots. An alert member might have done well to notice the boots: they were the answer to the statement “Nokia manufactured these products before it began making cell phones.” Hair did indeed fly as we bounced up and down to “ask the questions” in the Jeopardy manner. The depth and breadth of knowledge in the club was quite impressive. Andreas did an excellent job putting together the categories and items for the game.

Both door prizes and game prizes were awarded, and a good time was had by all.

Welcome New Members!

Julie Hanson Geist, Roseville, MN.
Kara Middleton, Plymouth, MN.
Lorraine Saunders, Steventville, TX.

Tervetuloa!

27th Annual Film Festival Sets Dates

The Twentieth-Seventh Annual Minneapolis-St. Paul International Film Festival is set for Apr. 16-30.

Yes, film buffs and the grand film-hungry public, the dates for the 27th Annual Minneapolis-St. Paul International Film Festival are off and running. The biggest film event of the year in the Upper Midwest is set to open at the St. Anthony Main Theaters. MSPIFF will greet spring warmth in the colorful near-down-town St. Anthony river area (which includes free parking and a host of restaurants) with a strong array of ground-breaking new films from more than 50 countries.

MSPIFF is dedicated to cultural diversity and international understanding, the festival hosts in its global screen tour, a number of foreign Oscar submissions as well as U.S. regional and Minnesota features and short films.

For a sneak preview, among the expected slate of films, some 15 films promoting our inherited Scandinavian culture, with the epic Sami story of “The *Kautokeino* Rebellion”; offbeat titles from the Balkans, unrepresented in recent years: “The Tour” from Serbia’s Goran Markovic and “Rooster’s Breakfast” from Slovenia”, among others, films with a strong musical component (“Trip to Asia,” with Sir Simon Rattle and the Berlin Philharmonic, whose “Rhythm Is It” was an audience favorite three years ago); insightful documentaries and features from Iran and Mideast flashpoints; new looks at India (ala “Slumdog Millionaire”); controversial films; films reflecting high hopes for the future by young filmmakers in an emerging directors category; magic realism from remote spaces in Central Asia, and a prominent Latin American sidebar of cutting edge films from Argentina to Mexico; and planned visits from some dozen filmmakers, with parties and get-togethers to be announced.

Ticket prices will be: general admission singles at \$10, students and seniors \$8.

Consult fest website (mspfilmfest.org/MMIX) for gold pass and further reductions, premieres, opening and closing night costs, children’s tickets, and advance ticket sales. The children’s film section (“Childish Films”) will again be featured with weekend screenings.



Scene from: “The *Kautokeino* Rebellion”

The festival is a production of Minnesota Film Arts, the merged former U of Minn. Film Society and Oak Street Cinema.

The “satellite” spinoff of MSPIFF, the 13th Annual Rochester, Mn. International Film Festival, is slated for May 1-7 this year.

The festival is also looking for student interns for stints in press and public relations, hospitality, theater management and office reception. For inquiries, call (612) 331-7563.

VOLUNTEER OPPORTUNITIES

FACA needs your ideas and your helping hand. If you can help with any of the committees or events, please return this form. Thanks!

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Program | <input type="checkbox"/> Meeting Hospitality |
| <input type="checkbox"/> Newsletter | <input type="checkbox"/> Visitor Hospitality |
| <input type="checkbox"/> Advertising | <input type="checkbox"/> Library |
| <input type="checkbox"/> Membership | <input type="checkbox"/> Laskiainen |
| <input type="checkbox"/> Scholarship | <input type="checkbox"/> Pikkujoulu |
| <input type="checkbox"/> Property | <input type="checkbox"/> Festival of Nations |
| <input type="checkbox"/> Website | <input type="checkbox"/> Information Phone |

Name _____

Address _____

City/State/Zip _____

Phone _____

Return to FACA, P.O. Box 580708, Minneapolis, MN 55458-0708 or bring to the next program.

Walking with Sticks

By Mary Belanger

New Year's Resolutions . . . remember them? This year I didn't make any, but now that it's getting warmer, the snow has melted and my snowshoes have been put away, I'm feeling a bit guilty, and I figure it's time to start walking. But, I need some type of incentive, so, I decided to do a little research and find out more about Finnish Nordic Walking or ski walking. It's a sport I have heard of, but really didn't know too much about.

My first step was to Google a little research. Wow, there are thousands of sites dedicated to the sport. Here's a quick recap of what I learned. Nordic Walking, began as a training method by cross-country skiers to maintain their fitness and technique between competition seasons. In 1997, Finland EXEL Company, the Institution of Physical Science of Finland and the Suomulato Outdoor Sports Association of Finland remanufactured the ski stick to the stick that works for walking and mountain climbing. This became the rudiment of Nordic Walking.

Since then, Nordic Walking has become a popular sport not only in Finland but many other European countries as well. Over six million Europeans practice Nordic Walking, a sport resembling cross-country skiing—minus the skis or the snow. Now it has begun to spread not only to China and Japan, but to the United States as well.

Okay, this is great if you ski, but, what are the benefits if you don't cross-country ski? Why not just walk? First of all, Nordic Walking is for everyone as the intensity is adjustable according to your health and exercise level. Nordic walking, is a total body workout, a cross between cross country skiing and fitness walking. It helps you work the top half of your body in addition to your legs. By using the poles you are building the muscles in the upper and lower body as well.

Nordic walking poles come in one-piece, non-adjustable versions, or telescoping two or three-piece adjustable length versions Nordic walking poles come with walking straps, removable rubber tips for use on hard surfaces and hardened metal tips for trails, the beach, snow and ice. Most poles are made from lightweight aluminum, carbon fiber, or composite.

Like cross country skiing, the poles are used by the arms to match each step the person takes. The poles are generally fitted to 70% of your height and come in a wide range of prices. I have found several places in the Twin Cities area that carry the poles, along with the internet options. I think I'll get a pair . . . anyone up for a walk?

Salolampi Schedule 2009

Work Weekend	May 8-10
Adult Week	May 10--16
SOIVA Camp	June 15 - 22
Family Week	June 22-27
Youth Exploration	July 13-18
Youth Exploration	July 20-25
Youth Immersion	June 29-July 11
Youth Immersion	July 13- July 25
High School Credit	June 29 -July 25
Adult Week	September 12-18

For more information: www.salolampi.org



FACA Membership

A one-year membership provides you with eight issues of this newsletter plus other benefits for \$25. To subscribe or renew, complete this form and mail with your check to FACA, P.O. Box 580708, Minneapolis, MN 55458-0708. (Check mailing label for membership expiration date.)

Name _____
Address _____
City/State/Zip _____
Phone _____
Email _____

Pieniä Paloja

- Servers for last month were the **FACA board** members. Kiitos!
- **Gil Kinnunen** has completed a year's service as chair of the **Salolampi Foundation**. Jack Rajala has assumed the responsibilities..
- Russian-speakers are Finland's largest and fastest-growing group of immigrants. Russian is the third most commonly spoken language in Finland.
- The Grammy-winning artist **Duffy** is to be one of the headliners at the Pori Jazz Festival this July. Duffy, will perform at the Kirjurinluoto Arena, July 16th.
- Finnish conductor **Esa-Pekka Salonen** and American violinist **Hilary Hahn** received Grammy awards in the Best Instrumental Soloist Performance with Orchestra category. Salonen was also mentioned as a composer in the Best Instrumental Soloist Performance category. **He is the second Finn** to receive a Grammy award. Opera singer **Karita Mattila** won Grammys in 1997 and 2004.
- **In Helsinki in 2007**, 457 Finnish women said "I do" to a foreign spouse. At the same time 384 Finnish men married foreign women. According to statistics, when Finnish women marry outside of their own nationality, the spouse is usually from Western Europe, while Finnish men who marry foreigners often find wives in Southeast or East Asia, or in Russia.
- 2009 European Figure Skating Champion **Laura Lepistö** and bronze medal winner **Susanna Pöykiö** will compete in the World Figure Skating Championships in Los Angeles, March 22 – 29. Additional information at www.isuworlds2009.com.
- **Essi Pöysti** 21, has been named Miss Finland 2009 and will represent Finland at the next Miss Universe contest. She was crowned with a new tiara made of silver, gold and various gemstones. As the pageant has been declining in popularity, a change was made and the winner chosen by a public televote.
- **Helsinki City Transport** plans to install free wireless Internet access for Metro and tram trains and stations next year.
- **The National Hockey League (NHL)** is scheduled to begin with matches in Helsinki and Stockholm **to start out the** 2009-2010 season. The Chicago Blackhawks will hit the ice in Helsinki taking on the Florida Panthers.

More Calendar Items *(from pg 8)*

May 17-24 FinnFest USA 2009 Cruise North to Alaska! (800) 848-7120 Join FinnFest USA as it holds its 2009 FinnFest in a unique and daring setting: a cruise ship sailing from Seattle through Alaska's stunning Inside Passage. Finn Hall will be the featured US dance band on this cruise. For more information www.finnfestUSA2009.com**May 23** Finnish Genealogy Group of Mn. 9:30 a.m. meeting, Plymouth Apostolic Church 11015 County Rd 15. Election of Officers, tentative trip to Historical Society. More information: FGGMN website or ds1940@aol.com

May 28-30 The Tchaikovsky Sessions: A Live Recording Experience Vänskä and Hough: Tchaikovsky's Piano Concerto No. 2, Minnesota Orchestra, Osmo Vänskä, conductor, Stephen Hough, piano. Nielsen, Tchaikovsky and Aho. MacArthur "genius" Award-winner Stephen Hough is our guest for two weeks of piano magic. Be a part of history as the Orchestra and one of the world's most in-demand solo artists record the sweeping, romantic concertos of Tchaikovsky live in concert. The program also holds the riveting Symphony No. 10 by Finland's Kalevi Aho, whose other works have brought Orchestra Hall audiences cheering to their feet. www.orchestrahall.org for more information.

June 12-13 Nisswa-stämman, 10th Anniversary Festival, Nisswa, Mn.

June 26-28 32nd Annual Scandinavian Hjemkomst Festival featuring "Nordic Spirit Rocks" and Finnish Expo 2009 at the Hjemkomst Center in Moorhead. Experience traditional and contemporary music, Scandinavian humorists, a Nordic marketplace, ethnic foods, genealogy resources, and demonstrations of Nordic arts and traditions. Exhibits about the replica Viking ship Hjemkomst and Hopperstad Stave Church as well as the 1870s Swedish Bergquist Pioneer Cabin are also included. Festival Pass buttons, good for 3 days of fun, available at www.FargoStuff.com. Details at (218) 299-5452 or www.ScandinavianHjemkomstFestival.org.

Looking ahead! Mark the dates! Finn Grand Fest 2010 is coming to Sault Ste. Marie, July 28-August 1, 2010. <http://finngrandfest2010.com/>



Finnish American Cultural Activities, Inc.
P.O. Box 580708
Minneapolis, MN 55458-0708

FACA

Finnish American Cultural Activities, Inc. is an organization dedicated to preserving and promoting the cross-cultural heritage of Americans with Finnish ancestry.

Information

(612) 374-2718

www.finnfaca.org

FACA CALENDAR

March 15 Finnish Culture Through Movies. *Nousukausi*, a.k.a. Upswing, (2003) <http://en.wikipedia.org/wiki/Nousukausi>, Christ Church Lutheran, 3244 34th Ave South, Minneapolis. More information at the Culture Through Movies webpage or (651) 428-3155.

March 17 FACA Board meeting, 7:30 p.m., at the home of Kaarina Kotkavuori.

March 20 FACA Program, Finlandia University's Future Plans, Phillip Johnson. See pg. 1.

March 20 Join the party at Kramarczuku's; Finn Hall's "Northeast home." Bring the children, this is a family friendly place. Great food, dance space, \$3 cover charge. Kramarczuk's is located at (612) 379-3018. For more information: Ralph Tuttila, raulit@msn.com, www.finnhall.com or www.kramarczuk.com

March 27 FACA Newsletter copy due to Mary Belanger at Mary.Belanger@dct.edu

March 28 Finnish Genealogy Group of Mn. 9:30 a.m. meeting, Plymouth Apostolic Church 11015 County Rd 15. Duane Wiita will give a presentation on Gus Hall. More information: FGGMN website or ds1940@aol.com

April 16-30 Twenty-Seventh Annual Minneapolis-St. Paul International Film Festival. See pg. 5 for info.

April 19 Finnish Culture Through Movies. "Raid" 2003. <http://finnish.imdb.com/title/tt0330802/> Christ Church Lutheran, 3244 34th Ave South, Minneapolis. More information at the Culture Through Movies webpage or (651) 428-3155.

April 25 Finnish Genealogy Group of Mn. 12:30 p.m. meeting, Plymouth Apostolic Church 11015 County Rd 15. Linda Reverchorn will give a presentation on her trip to Finland. More information: FGGMN website or ds1940@aol.com

April 25 Baking Day at White Bear Lake High School for Festival of Nations *Café*. See pg. 4 for more info.

April 30-May 3 Festival of Nations at RiverCentre in St. Paul. See pg. 4 for for volunteer opportunities.

May 17 Finnish Culture Through Movies group "Pelikaanimies." <http://en.wikipedia.org/wiki/Pelikaanimies>. (See April 19 notice for location, etc.)

More calendar items on pg. 7