



Utiset

NEWSLETTER OF THE FINNISH AMERICAN CULTURAL ACTIVITIES, INC.

March/Maaliskuu 2010

Finlandia University: Empowering Nursing's Finnish Connection

Finlandia University is sending us a fine group of Nursing faculty and students with unique perspectives on nursing education and health care in Finland and the United States for our March program. Please join FACA for this special evening!

Fredi de Yampert, Ph.D, College of Health Sciences, Nursing Program Chair, will introduce the program and the speakers.

Amy Messer, a senior-level nursing student, will talk about "A Student's Experience." Amy spent one full semester studying Nursing in Helsinki through an exchange program with Helsinki Metropolia University of Allied Sciences. Amy will speak about her experiences studying abroad, including similarities and differences between the two health care systems.

Tuulia Terinkoski, Finnish exchange student from Vaasa, Finland, has joined the Finlandia University Nursing Program for the 2009-10 academic year. She has been studying nursing at Vaasa for two years and will graduate in a year after returning home. Tuulia will share her experiences caring for patients in a rural American community, talking about "Studying Nursing in Rural America: Experience of a Finnish Exchange Student."



MARCH FACA PROGRAM

Finnish Nurses
Friday, March 19
7:30 p.m.
International Institute
1694 Como Ave., St. Paul
If you need transportation, call
Marianne Wargelin
at 612-374-2718

Sadie Hebert, junior-level nursing student, participated in Nursing's study abroad summer program. Sadie traveled to Helsinki during the summer of 2009 to experience nursing and health care in Finland. Sadie will share her experiences related to these opportunities in Helsinki in "Studying Finland's Health Care System: A Nursing Student's Perspective."

Debbie Karstu, MSN, Assistant Professor, Study Abroad Coordinator for Nursing Finnish Study Abroad Opportunities, will summarize how the program has evolved throughout the years and what lies ahead.

Bake Sale: We will be holding a bake sale the evening of our program to raise additional money for *Salolampi*. Please bring baked goods (labeled) and plan to buy some goodies!

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President's Message

By Kaarina Kotkavuori

I really enjoyed being at the February program. Our presenter, Kathy Jackson, gave an interesting presentation on flax while we were eating. I appreciated the variety of food that our members brought. The program was well attended, but I do hope that even more of our members come to the *Laskianen* program next year.



Our organization is in need of new board members. Three of us are leaving the board. Stella Arola has completed her three-year commitment; Andreas Ostenso is at the end of a six-year stint. I have enjoyed my six years on the board, but new people bring new interests and talents. The planning for a successful year cannot be done by only four people. The time commitment is only two hours a month and the meeting is held in one of the member's homes (possibly on a rotating basis). One of the best parts of being on the board is that you will be the first to hear about upcoming events. Please consider how important board members are to our group and offer to be on the board.

I attended the reception honoring Martti Ahtisaari at Christ Church Lutheran. It was wonderful to meet the Nobel Peace Prize winner and former president of Finland. I thank Betsey Norgard and Mary Ann Wargelin for assisting in bringing Mr. Ahtisaari to Minneapolis. I also thank Jane Olson, Stella Arola, Edi Boos, Andreas Ostenso, Kara Middleton, Delores Salin and Al Norgard for helping to greet attendees and hand out programs. It was a well attended and interesting event.

I have received word that there is a young women's choir coming from Oulu, Finland, to Minneapolis on Monday, June 21, and giving a concert on the same day. They are looking to stay in private homes while they are here. Please let me know if you can house two of these women.

I am looking forward to our March program. Please join us! **And, please bring items for the *Salolampi* bake sale and buy some goodies as well.**

Tervetuloa!

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

Board Notes *By Stella Arola*



L-R Andreas Ostenso, Edith Boos, Jeanne Swope, Stella Arola, Jane Olson and Kaarina Kotkavuori

The FACA board met at Kaarina Kotkavuori's home on Tuesday, February 16. The secretary's board minutes from January were read and approved and the treasurer's report was approved.

We have received further details of President Martti Ahtisaari's schedule in the Twin Cities at the 22nd Annual Nobel Peace Prize Forum on March 5–6, 2010, at Augsburg College, and his attendance at the church service and reception at Christ Church Lutheran, on March 7. It was decided that FACA would donate \$200 to cover a portion of the expenses at Christ Church Lutheran along with six volunteers to usher at the event.

We discussed upcoming events—the American Swedish Institute's midsummer celebration, featuring Swedish and Finnish summer homes, including an address by our own resident architect, David Salmela. We also discussed the upcoming Festival of Nations and volunteers to plan for our cultural exhibit, the *Kalevala*.

Final details for our *laskiainen* celebration were discussed.

The board confirmed its desire that the newsletter arrive at members' homes a week before the month's Friday evening program.

Our next board meeting will be March 16 at Kaarina Kotkavuori's home.

Festival of Nations Café 2010

By Junelle Bernard

April 29–May 2 are the dates for this year's Festival of Nations at the RiverCentre in St. Paul. FACA will again be sponsoring the Finnish food booth in the festival's café area. Our menu will include: strawberry shortcake, lemon cookies, *pulla*, pickled herring (plain and in lingonberry sauce) on flatbread, reindeer sausage and Finnish *havarti* on flatbread, *piirakka*, lingonberry cocktail, and egg coffee. Festival hours on Thursday and Friday during the day are for students. General public hours are:

Friday, April 30	4:00 p.m. –10:00 p.m.
Saturday, May 1	10:00 a.m. –10:00 p.m.
Sunday, May 2	10:00 a.m.–6:00 p.m.

We will be preparing our cakes, cookies, *pulla*, and *piirakka* on April 24 at White Bear Lake High School, South Campus from 8:00 a.m.–3:00 p.m. This is the same location as last year. If you would like to help, call me at (763) 434-5399 or email SJBL2@msn.com. You can work all day, or a morning or afternoon shift.

The Finnish Café is a fun way to be part of the global community during this event—and volunteers are needed for shifts on each day. We need salespeople as well as folks 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, a white shirt, and a fisherman or duffer hat if you have one. Suspenders are nice too.

If you helped out at Baking Day or 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 hope to be able to fill all the shifts at that time. Don't hesitate to call me if you have any questions.

Finnish Phrase Link on Facebook

There's a Finnish web page with the phrase of the day at: <http://apps.facebook.com/paivanilmaus/> Sometimes useful, sometimes funny stuff. Examples:

Varo, siinä on liukasta.
(Watch out, it's slippery there.)

During the Olympics:
Miksi talviolympialaisissa ei ole avantouintia?
(Why don't they have ice swimming in the Winter Olympic Games?)

Jos Suomi voittaa, kasvatan viikset.
(If Finland wins, I'll grow moustache.)
Sometimes, the phrase of the day is edgier::
Sinä haiset taas vanhalle viinalle.
(You smell like stale booze, again.)

Oulainen Youth Choir to Visit

By Antti and Jane Lepisto

We have the privilege of hosting the Oulainen Youth Choir under the direction of Tapani Tirilä in June. This well-known choir of 25 young women sings classical, spiritual and folks songs. The choir has toured extensively in Finland, most European countries, Australia, Canada, Japan, New Zealand, the United States and Singapore and has won several competitions. They will participate in choral workshops and concerts in Toronto and Thunder Bay prior to its Minnesota visit.



Place one of these concerts on your calendar now and come to hear this fine ensemble. Sunday, June 20, 7:00 p.m., Kenwood Lutheran Church, 324 West Cleveland St., Duluth or Monday, June 21, 7:30 p.m., Central Lutheran Church, 333 South 12 St., Minneapolis

If you are able to provide housing for two or more of these guests, please contact: Duluth: Jane Lepisto at lepistoaj@msn.com or (218) 728-6439 and in Minneapolis: Mark Sedio at msedio@centralmpls.org or (612) 767-9230. Please forward this information to your friends. Let's provide a grand United States and Minnesota welcome!

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 _____
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 Email _____

Musikki, Tanssi ja Laulu
 (Music, Dance and Song)



Sunday, March 14, the East Metro (MN) Symphony Orchestra performs a concert of Finnish music, dance and song with Finn Hall Band and *Kisarit* Finnish-American Dancers. Refreshments will be served.

East Metro Symphony Orchestra is a community orchestra that has been providing a broad range of orchestral experiences to the greater Twin Cities area since 1957.

Kisarit Finnish-American Dancers was organized in 1972 to preserve and present Finnish folk music and dance. Based in the Twin Cities, the volunteer members of the group practice weekly, honing their repertoire of recently choreographed dances and traditional folk dances from both the eastern and western regions of Finland. Several members of the group have trained and studied with recognized Finnish and Scandinavian folk dance teachers and experts, enabling them to teach folk dances from many regions of Finland as well as other areas of Scandinavia. *Kisarit* members include descendants of Finnish immigrants, many of whom settled in the iron mining districts of Michigan and Minnesota. They have delighted audiences throughout the United States, Canada, and Finland with their performances.

The 3:00 p.m. concert will be held at East Ridge High School, 4200 Pioneer Drive Woodbury. Tickets will be sold at the door, \$10 adults/\$5.00 children, students, and seniors. Go to www.emsorch.org to learn more about the orchestra. For information on Finn Hall, see www.finnhall.com or the February 2010 *Uutiset*.



February Program Recap

By *Jeanne Swope*

Flax and *Laskiainen*: Origin of the Festival was the topic of our February program. We filled bowls with pea soup and heaped plates with bread, appetizers, and desserts brought by FACA members, then settled down to listen to Kathy Jackson, FACA member and weaver, speak on the growing of flax, the processing of flax (especially in pre-industrial Finland), and the festival of *Laskiainen*.

Kathy began with the flax plant. The Finnish word *pellava* is the same for seed, thread, and fabric. The seed is sown in spring in many northern European countries. The plants bloom with



blue flowers for one day; and after 90 days, the plant is ready to harvest. The tall plant is pulled out of the ground rather than cut, and the cleaning process begins:

- Clean out the flax seeds to plant next year.
- Ret/soak the stalks to rot the fiber strands free of their matrix in the stem. But be careful—don't rot the fibers!
- Break the woody stem; fibers are resilient, the core is stiff and easily cracked away.
- Scrape (scrutch) away the chaff.
- Comb the very long fibers. Separate long fibers from the tow (the short fibers). Both can be used, but the long flax produces the nicest thread.

“So, when you've gotten rid of everything you don't want,” said Kathy, “the fibers are ready to spin.” She displayed plain and elaborately carved distaffs (pierced board in which flax fiber is held for spinning). The distaff has a rich and artistic history; a young man would carve and give a distaff to his intended. If she accepted the distaff, she also accepted him. If she did not, he had to start over on another distaff and perhaps another girl. An old Finnish proverb says, “Beware the man with many distaffs.”

Flax was important in Finland from very early years for home use and for a cash crop. For this reason, there were strong societal guidelines and a strict calendar for flax activities.

By November 15, complete the harvest and the fiber cleaning. You need light through the window for these activities: deseed, ret, break, skutch, and comb. Until February 2, spin the thread. It's quite possible to spin through the dark of winter. Finished skeins hang from the house rafters. It's shameful not to complete all spinning by the time that light begins to come through the windows (necessary for weaving). Now spinning wheels are tied away. All unspun flax is burnt! If you continue to spin, your cows could go lame, a troll might set up house in your barn, and storms will flatten next year's flax crop. For good luck, take the spinning wheel for a ride in a wagon—but don't meet any other women on the way or your threads will break!

And now comes *Laskiainen*, a festival from pre-Christian Finland reinterpreted by the church. The word *Laskiainen* means going down into the flax and also counting the days of Lent till Easter.

Slide! For a good crop in the coming season, and to wish tow (short fibers) on one's neighbors. Slide on toboggans, birch bark, sacks, pancake grills, church boats taken out of storage, farm wagons dismantled and dragged to the hill. Eat greasy foods—don't lick your fingers (bad luck!), but use the grease to slicken the sled runners. Women, wear white and let your hair fly. Landowners, hire the children to do your sliding for you and pay them in pea soup.

The customs of *Laskiainen* continue from pagan days: women sweep the floor seven times and throw the sweepings far away from one's own flax fields, in fact throw them on a neighbors' field to harm *their* crops (there is limited amount of good—people must do their best to snare it and cast off the bad). Old hags cut hair from animals in the neighbor's barn to negatively affect the harvest and animals, then fly away on a flax broom.

While Kathy spoke, Kaisa Taipale sat nearby at a spinning wheel, wet her fingers (flax is strong when wet), and spun a fine thread. Kathy showed samples of flax at various stages, finished fabrics, and books about flax, linen, and Finnish handicrafts.

Veikko Harala enriched the end of the talk with an a capella song in Finnish. Music puts everything in its proper place in the world!

Carrot Bars/Bread/Cake

2 cups sugar
3 eggs
¾ scant cup salad oil
3 cups unsifted flour
1 teaspoon soda
¾ teaspoon salt
¾ teaspoon cinnamon
½ teaspoon nutmeg
3 teaspoon vanilla
1 13 oz. can crushed pineapple, undrained.
2 cups grated carrots (3 medium)
½ cup chopped nuts (optional)

Mix sugar and eggs. Add salad oil. Combine dry ingredients and add to sugar and egg mixture. Add undrained pineapple, carrots and nuts.
Bake at 325 for 50 minutes.

For bars: bake in a jellyroll pan. For bread, use two loaf pans, for cake, use a bundt pan or 9" x 13" pan.

Frosting

¾ stick butter
8 oz. pkg. cream cheese
1 teaspoon vanilla
2½ cups powdered sugar.

These are the bars served at the January FACA meeting by Betsey Norgard and Bette Ruskanen.

Fancy Filled Cake -- Täytekakku

from *Finnish Cookbook*, Beatrice Ojakangas

Cake:

4 eggs
1 cup sugar
1 cup sifted flour
2 tablespoons cornstarch
1 teaspoon baking powder
¼ teaspoon salt

Moistening mixture

½ cup fruit juice or fruit-flavored liqueur
½ cup water
2 tablespoons lemon juice

Filling

2 cups berries or other fresh, very thinly sliced fruit
1 cup heavy cream

Glaze

1 tablespoon unflavored gelatin
1 cup water
2 tablespoons sugar
Sliced fruits (apples, melon, grapes, bananas, etc)
2 cups fruit puree or strained baby fruit

To make cake batter: Beat the eggs until fluffy and light. Add sugar gradually, beating until thick. Sift the flour with the cornstarch and salt and fold carefully into the egg mixture. Pour into two well-buttered and floured eight-inch round cake pans. Bake in a 375° oven for 35-40 minutes or until the tops spring back to a light touch. Cool on racks and remove from pans. Split each layer so you have four layers in all. Combine fruit juice, water and lemon juice for moistening mixture.

To assemble: moisten each layer with moistening mixture. Place first layer on serving plate and fill with a layer of fruit. Top with one-third of the whipped cream. Cover this with the second layer and repeat until all layers are stacked and filled. (You may refrigerate at this point.)

To make the glaze, soften gelatin in the ¼ cup cold water. Heat remaining ¾ cup water to boiling and stir into the softened gelatin to dissolve it. Add sugar, stirring until it is dissolved. Chill glaze until it is slightly thickened.

To complete the cake, arrange the sliced fruits on top and spoon the half-set gelatin evenly over the fruit, giving it a thin glaze. Frost the sides of the cake with the fruit puree or baby fruit. Chill until serving time. Serves 10-12.

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.

More Calendar Items (from page 8)

Hennepin Ave, Minneapolis (612) 379-3018. For more information: Ralph Tuttila, raulit@msn.com, www.finnhall.com, www.kramarczuk.com

April 12 Sonata Arctica performs 5:00 p.m., Station 4, 201 E. 4th St., St. Paul. www.station-4.com More information: www.sonataarctica.info

Apr 16 FACA monthly program, 7:30 p.m., International Institute of Minnesota 1694 Como Ave. St. Paul.

Apr 17 Finntroll, Moonsorrow, Swallow the Sun, and Survivors Zero perform, 7:00 p.m., Station 4, 201 E. 4th St., St. Paul. www.station-4.com More information: www.finntroll.net, www.moonsorrow.com, www.swallowthesun.net, http://survivorszero.com/

Apr 18 Finnish Culture Through Movies group, 6:00 p.m., *Menolippu Mombasaan*

http://www.ses.fi/en/film.asp?id=329 Christ Church Lutheran, 3244 34th Ave South, Minneapolis.

More information: Culture Through Movies Webpage or (651) 428-3155.

Apr 23 FACA *Utiset* copy deadline.

Apr 24 Finnish Genealogy Group of Mn. monthly meeting, 9:30 a.m. A Sami presentation. Plymouth Apostolic Church 11015 Old County Road 15 Plymouth. More information: FGGMN website or dwyers@ties2.net

Apr 24 Festival of Nations Baking Day, White Bear High School, 8:00 a.m.–3:00 p.m. (See pg. 3)

Apr 30–May 2 Festival of Nations, RiverCenter, St. Paul. (See pg 3)

May 16 Finnish Culture Through Movies group, 6:00 p.m., *Rölli* http://www.imdb.com/title/tt0249131/ Christ Church Lutheran, 3244 34th Ave South, Minneapolis. More information: Culture Through Movies Webpage or (651) 428-3155.

May 21 FACA monthly program 7:30 p.m., International Institute of Minnesota 1694 Como Ave. St. Paul.

May 22 Finnish Genealogy Group of Mn. monthly meeting, 9:30 a.m. Annual awards and election of officers. Joan Dwyer and Ken Daniels will present a history of a Tornio River Valley farm where each had ancestors. Plymouth Apostolic Church 11015 Old County Road 15 Plymouth. More information: FGGMN website or dwyers@ties2.net

May 28 FACA Summer calendar *Utiset* deadline

June 20 Oulainen Youth Choir Concert, 7:00 p.m., Duluth. (See pg. 4)

June 21 Oulainen Youth Choir Concert, 7:30 p.m., Minneapolis (See pg. 4)

July 18–24 SISU (*Suomen Innokkaat Sisukkaat Ulkosuomalaiset*) offers its 8th Finnish Language and Culture seminar for adults at the University of Minnesota, Duluth. The one week seminar includes 25–30 hours of Finnish language study at three levels plus other activities. Sirpa Tuomainen, Eija Ojala, and Anna Leppänen will be teaching. Seminar: \$375 + \$20 membership fee; dormitory housing and meals: \$300.

Registration deposits due April 17, 2010. More information: kaisa@eurekanet.com, (740) 592-1157 or Kathleen Ristinen, Secretary, 2 North Shannon Avenue, Athens, OH 45701

July 28–Aug 1 Finn Grand Fest, Sault Ste. Marie, Ontario, Canada. http://www.finngrandfest2010.com/

Pieniä Paloja

- President **Tarja Halonen** recently chatted with astronaut **Timothy Kopra**, who is aboard the International Space Station. Kopra received an invitation to visit Finland when he returns to Earth to talk about his expedition. Kopra lives in Texas, but his grandparents are from Finland.
- The 2009 winning postage stamp voted most beautiful is of the shoreline sauna by artist **Päivi Vainionpää**. A winter landscape of the Ylläs-Pallastunturi National Park was voted second place, and an emerald green aurora borealis swirling across the sky came in third.
- **Finland is the third happiest nation in Europe**, according to a new study published by the Social Insurance Institute of Finland. Denmark finished first.
- **Olympic hockey history** was made as for the first time ever the top three countries were ranked identically in both the women's and men's tournaments: Canada, USA, and Finland.
- Ten years have passed since **Tarja Halonen** stepped into the office of the President. Halonen became Finland's first female president in 2000.
- Finnish soprano **Karita Mattila** scored again in the première of *Émilie*, an opera monologue expressly written for her by Finnish composer **Kaija Saariaho**. In some places, Karita Mattila's voice is treated electronically so that it can be heard simultaneously as her voice and as a voice of a man or men. The opera opened at the Opéra de Lyon in France recently.



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

Mar 12 Rajaton Finnish Vocal Ensemble, 8:00 p.m., Orchestra Hall. The six members of this *a cappella* group have already thrilled Orchestra Hall audiences with their unique take on the music of rock group Queen and '70s pop group ABBA. For additional information: minnesotaorchestra.org

Mar 14 East Metro Symphony Orchestra concert with Finn Hall Band and *Kisarit* Finnish-American Folk Dancers, 3:00 p.m., East Ridge High School, 4200 Pioneer Drive, Woodbury. Tickets \$10 (\$5 children, students, and seniors) at the door. More information, go to www.emsorch.org. (See pg. 5.)

Mar 16 FACA Board Meeting, home of Kaarina Kotkavuori.

Mar 19 March FACA program and Bake Sale.

March 20 Immigrant Music Celebration with: *Ameriikan Poijat* (Boys of America) Brass Band, *VästerÖsterbotten* Brass Band (St. Olaf student ensemble); John Berquist, Nordic Immigrant Folklorist and Storyteller; and the Finnish Women's Vocal Ensemble Saana, and more. This event is sponsored by the 2009-2010 St. Olaf Immigration Theme Committee, and is in celebration of the *Ameriikan Poijat*

Twentieth Season. 7:30 p.m. Christiansen Hall of Music, St. Olaf College, Northfield, MN More information: <http://ameriikanpoijat.org>

Mar 21 Finnish Culture Through Movies group, 6:00 p.m., *Kulkuri ja Joutsen* <http://www.imdb.com/title/tt0154750/> Christ Church Lutheran, 3244 34th Avenue South, Minneapolis. More information: (651) 428-3155.

Mar 26 FACA *Utiset* copy deadline.

Mar 27 Marianne Wargelin will speak about "Growing up Finnish," Finnish Genealogy Group of Minnesota. Meetings begin at 9:30 a.m. at the Plymouth Apostolic Church, 11015 Old County Road 15, Plymouth. For questions about FGGMN and its activities, see: www.minnesotafinnish.org or contact Joan Dwyer, dwyers@ties2.net Subject: must include FGGMN. Inquiries by mail: FGGMN; P.O. Box 4731; St. Paul, MN 55104

Apr 9 Finn Hall will be playing at Kramarczuk's. Join the party at Kramarczuk's; Finn Hall's "Northeast home," 6:30-8:45 p.m. Bring the children; this is a family friendly place. Great food, dance space, \$3 cover charge. Kramarczuk's is located at 215 E.

More calendar items on page 7