

WASA DAILY



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LOCAL NEWS

VAASA

Vaasa Loses Its Theatre Director – Seppo Välinen Unanimously Elected as New Chief of Jyväskylä City Theatre



It is a loss that Vaasa would rather have avoided – but in Jyväskylä, there is cause for celebration. Master of Theatre Arts Seppo Välinen has been unanimously elected as the new director of Jyväskylä City Theatre, following a decision at the Culture and Sports Committee meeting on Thursday evening, 27 August 2026.

Välinen, originally from Jyväskylä, is leaving his post as director of Vaasa City Theatre, where he has successfully led the institution since 2019. Seven years in Vaasa have been anything but ordinary – under Välinen's leadership, the theatre has grown in ambition, audience numbers and reputation. His tenure in Vaasa is widely regarded as a genuine success story, and the loss to the city's cultural life is significant.

Välinen is a versatile and highly qualified theatre professional. He holds a master's degree in theatre education and dance teaching from the Theatre Academy of Finland (2012), a polytechnic degree as a musical theatre actor from Turku University of Applied Sciences, and a specialist qualification in management and business leadership, completed in 2023. Before moving to Vaasa, he worked as a freelance theatre director for no fewer than 20 years.

The current director of Jyväskylä City Theatre, Marietta Kunnas, is retiring at the end of March 2027, and Välinen will take up his new post on 1 April 2027 – or as soon as possible thereafter, in accordance with his

TODAY

EDITORIAL

Our Shores Are Full of Vitamin C



Finland is blessed with something many countries can only dream of: an abundance of wild food growing freely in nature. Our forests are filled with blueberries and lingonberries, while along the coast another remarkable treasure quietly waits to be discovered – sea buckthorn.

These bright orange berries grow on tough, thorny bushes among rocks and windswept shores. Sea buckthorn is exceptionally nutrient-rich and contains plenty of vitamin C, along with a range of other valuable nutrients. Yet much of this natural harvest is simply left untouched.

Perhaps the thorns discourage us. Perhaps the berries are too tart for modern tastes. But there is something wonderfully Finnish about

having to work a little for nature's treasures.

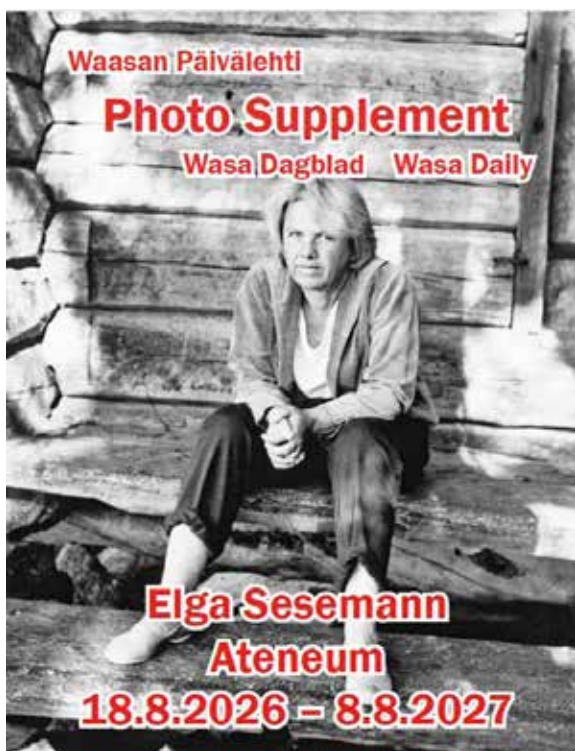
At a time when we spend money on imported “superfoods”, it is worth looking at what grows right outside our doors. Blueberries and lingonberries in the forests, sea buckthorn along the coast – all part of the extraordinary natural wealth of Finland.

So why not take a bucket and a pair of gloves and go picking? It is inexpensive, sustainable and connects us directly with the landscape around us.

We often talk about Finland as a land of forests and lakes. We should also remember that it is a land of edible riches.

And our forests are full of berries. Our shores are full of vitamin C. We only need to pick it.

Photo Supplement



NEWS

contract.

A total of 34 candidates applied for the position – a clear indication of its prestige. Välinen navigated a highly competitive selection process: from nine candidates invited to complete a video task, to six who were interviewed, and finally two who proceeded to personal assessment. In the end, he secured the committee's full and unanimous confidence.

Seppo Välinen's comment on FB: „A new and interesting phase of life lies ahead, which I look forward to with great joy. Today has felt exciting, happy and sad at the same time. It is a great honor to be part of a new, competent, warm and inspiring work community. With gratitude and enthusiasm, I am heading towards new adventures.“

For Vaasa, this is a clear setback. The city must now search for a new director for its theatre – someone capable of carrying on Välinen's strong and inspiring work. A considerable challenge lies ahead.
Source: City of Jyväskylä, jyvaskyla.fi

JORMA PANULA

Legendary master calls again: Jubilee competition brings Europe's brightest conducting talents to Vaasa in 2027!



The future of classical music will once more fill the Grand Hall of Vaasa City Hall. The X Jorma Panula International Conducting Competition takes place for the tenth time from 31 August to 4 September 2027 – a true jubilee edition! Counted among Europe's most prestigious conducting competitions, it has been held every three years since 1999. Conductor, composer and academician Jorma Panula (born 1930) has served as Artistic Director and Jury Chairman from the very beginning. The 96-year-old maestro remains highly active and is once again inviting young talents to Vaasa.

Twenty competitors under the age of 40 from EU countries, the United Kingdom,

Switzerland, Norway and Iceland will be selected. Applications open 1 December 2026 and close 28 February 2027. In 2024 the competition attracted around 150 applications from 11 countries. The orchestras will be the Vaasa City Orchestra and Jyväskylä Sinfonia.

Running alongside is the second MINI-KAPU competition for young conductors (under 20) from 1 to 4 September 2027. It is open to Finnish students and foreign students residing in Finland. The aim is to spark interest in conducting as a profession and open new doors for promising young musicians.

Vaasa City Hall's Grand Hall has hosted concerts since 1883 and carries a rich classical tradition. The competition strengthens Vaasa's profile as a classical music city and draws international visitors. The jury, chaired by Panula, includes Sian Edwards (UK), Bjarte Engeset (Norway), Anna-Maria Helsing (Finland) and Pietro Rizzo (Italy).

Source: panulacompetition.fi

CITY THEATRE

Become a test audience at Vaasa City Theatre – a unique opportunity!



Do you want to sit in the auditorium while the actors rehearse for the premiere? Vaasa City Theatre is now looking for a test audience for the 2026–2027 season. You get to follow the preparatory exercises completely free of charge and give feedback on your experiences in return.

Registration is voluntary and does not bind you to anything. The theatre will contact you if necessary, even at short notice, and try to distribute the seats fairly. Register through the form vaasa.fi – it only takes a few minutes. The deadline for registration is September 7, 2026.

The perfect opportunity for theatre lovers to get closer to the creative work that takes place behind the scenes.

Source: vaasa.fi

JOBSEEKER PROFILE

New requirement from 1 September: Jobseekers must publish a profile

From 1 September 2026, it will be mandatory for most jobseekers to create and publish a job search profile on the Job

WELLBEING AREAS

OSTROBOTHNIA



Easier help for menopause symptoms – Finland’s first dedicated clinic opens in Ostrobothnia!

Great news for women struggling with hot flushes, night sweats, sleep problems, fatigue and brain fog. Ostrobothnia’s wellbeing services area is launching Finland’s first specialised menopause counselling service. The pilot starts in early September in Vaasa, Korsholm, Malax and Korsnäs. From January 2027 the service expands across the entire wellbeing services area. “We’re starting as a pilot to see the demand and how we can develop the service further,” says service unit manager Marjaana Carlsson. The clinic offers guidance and counselling. If needed, appointments can be booked with a public health nurse, midwife or doctor, and hormone treatments can be prescribed. Contact is simple via an online form or the ÖVPH app – a response comes within a week. Menopause symptoms affect everyday life for many women, but they are not acute. Now there is a clear, dedicated path to support – and Ostrobothnia is leading the way in Finland. Source: Press release from Ostrobothnia Wellbeing Services County, 28 August 2026.

OSTROBOTHNIA

Elderly care queues set to shrink – board takes action on Monday!

Help is on the way for older people waiting for a care home place. The Ostrobothnia Wellbeing Services Area board will discuss a major proposal on Monday 31 August aimed at speeding up access to residential care. Many people currently wait on general medicine wards for a place they have already been granted – even though they no longer need hospital care. The plan is to clear these bottlenecks. “The change has been planned based on clients’ needs. Residential care must be strengthened because the queues have been too long,” says wellbeing services director Marina Kinnunen. The proposal includes 34 new round-the-clock care places, a reduction of 18 interval places, and a new general medicine teaching ward at the central hospital. Special places for people with demanding dementia-related behavioural issues are also being explored. About 95 staff members will be affected, so cooperation negotiations are proposed. The goal is that everyone keeps a job after the changes. “We want to offer the service our population actually needs,” says sector director Heidi Kota-

nen.

Source: Press release from Ostrobothnia Wellbeing Services County, 27 August 2026.

STUDENTS HEALTH

“Major Overhaul Ahead: Finland to Reform Health Checks for Upper Secondary Students in 2026”

Finland is preparing a significant reform of health examinations for upper secondary students, set to roll out in autumn 2026. According to a recent bulletin from the Finnish Institute for Health and Welfare (THL), the aim is to reduce regional inequality and strengthen student wellbeing.

Currently, the quality and frequency of health checks vary widely across the country. The new model introduces a personal health assessment for every student, along with more structured support for mental health, lifestyle habits and study capacity.

THL highlights that students in vocational education often face more health challenges than those in general upper secondary schools. The reform seeks to close this gap by ensuring faster follow-up for students with greater needs and closer cooperation with student welfare services.

The nationwide implementation is planned for the 2026–2027 academic year. Reference: THL

OSTROBOTHNIA

VICTORY! Dental Care Nightmare Ends in Ostrobothnia – Massive €800k Fines Narrowly Avoided

It was a crisis marked by chaos and agonizing waiting lists. This spring, alarm bells rang: dental care in Vaasa, Korsholm, Laihia, and Malax had severe shortcomings. The supervisory authority threatened a fine of €800,000. But now, the nightmare has flipped into a stunning success story for Ostrobothnia!

Through heroic evening and weekend shifts, executed by dedicated staff and private services, the queue-crushers have delivered. The crisis hit Vaasa hardest, where they were short by ten dentists.

– We are very pleased the queue situation is un-

WASA DAILY
Nearly everything You need
to know on 16 pages
vpress.fi

NEWS

Market Centre. It must contain education, experience, skills and goals – and is anonymously visible to employers for up to six months.

New jobseekers normally have 15 working days after they register. If the profile is not published on time, the authority will fill in the minimum information for you. You can always supplement it yourself. Exceptions can be made if it is not deemed necessary.

The profile helps employers find you – even for hidden jobs. Expert support is available from employment services.

Source: vaasa.fi

VAASA

Vaasa is looking for winter agents – residents can help improve winter maintenance



How easy is it really to walk or cycle in Vaasa when snow and ice arrive? The city is now recruiting enthusiastic residents to become “winter agents”, helping assess the quality and accessibility of winter maintenance on the main walking and cycling routes.

Winter agents observe the condition of the routes and report their findings. Their feedback will be used to improve winter maintenance and make everyday travel safer and more accessible. No special trips are required: ordinary journeys to work, shopping, leisure activities, walks and cycling trips are enough.

This winter, Vaasa particularly wants to broaden the range of experiences represented in the project. In addition to pedestrians and cyclists, the city is looking for people who use walkers or wheelchairs and people travelling with prams. Their experiences can reveal accessibility problems that might otherwise go unnoticed.

The winter-agent project is already well established. Agents have assessed winter maintenance in Vaasa for two seasons, and during the 2025–2026 season, 180 pedestrians and cyclists took part.

Participants will receive training explaining which routes they should assess and the criteria they should use. Reporting is designed to be quick and straightforward.

The initiative is part of Vaasa’s Cycling Alliance. GRK is responsible for the contract for enhanced winter maintenance, while Sitowise measures customer satisfaction using feedback from the winter agents. Vaasa City organises the training sessions and possible meetings.

Applications must be submitted by 20 September 2026. Active winter agents will also have a chance to win gift cards in monthly draws. Reference: Vaasa City

BOTNIA INDUSTRIAL DAY

Gigantic industrial investments bring a new industrial event to Vaasa – Botnia's Industrial Day on 8.9.2026 invites you to participate in the heart of growth!



Ostrobothnia is bubbling with the power of industry. Data centre investments worth hundreds of millions of euros and billions of euros in projects in the energy cluster will transform the west coast into Finland's fastest growing industrial area. Now these opportunities are gathered under one roof: Botnia's Industry Day will be held on Tuesday, September 8, 2026 at Vaasa City Hall from 9:00 to 17:00.

One day. Genuine information. Genuine meetings. True opportunities.

The event brings together people, projects and technologies that shape industrial growth, energy transition and infrastructure. There are already more than 180 companies operating in the EnergyVaasa area and employ over 13,000 professionals. Investments of €1.9 billion are planned for the region by 2030. This is the place where the future is being created now.

Why Botnia Industrial Day?

The participant saves time: the most important decision-makers, project managers and experts in the field are all under the same roof. You get new market insights about the energy transition, smart in-

dustries and data centers. You don't hear about the change afterwards – you are where it happens.

The themes cover a wide range: renewable energy, battery industry and energy storage, smart industry and AI, electric power engineering, ports and logistics, industrial services, security of supply, and data centers and digital infrastructure.

The first event in 2025 already brought about five hundred professionals to Vaasa City Hall. The response was enthusiastic: valuable meetings, expert speeches and panels delivered exactly what was expected. Now, the 2026 event is based on the same positive spirit.

Free registration for professionals makes it easy to participate. Exhibitors will be able to present their solutions in the midst of a growing ecosystem. Partners include Danfoss, Hitachi Energy, VEO and Wärtsilä – some of the biggest names in the industry.

Ostrobothnia is no longer just a part of Finland – it is one of the growth engines of European industry. If you want to be involved in future projects, September 8, 2026 is the day when you should be present at Vaasa City Hall.

Join us in building sustainable growth and a competitive industry!

Source: <https://botniaindustrialday.expo-mark.fi/>

VAASA

New bike service stations – fix your bike on the road



Three new bicycle service stations have been opened in Vaasa. Here you can inflate tires, tighten nuts and make minor adjustments mid-tour. The tools are attached with wires and the areas have camera surveillance.

The stations are located at: • Metvikpuisto (Järvenkatu 11, next to Café Metlahti) • Strampen parking in the Inner Harbour (Rantakatu 7) • Bicycle garage at the Travel Centre (Ratikatu 14)

The bike is hung up in a repair rack for convenient servicing. An investment that responds to residents' wishes and makes cycling even smoother.

Source: vaasa.fi

WÄRTSILÄ

Finnish power giant lights up Senegal gold mine – ready for green energy too!



From left to right: Hakan Yildiz (Wärtsilä), Paul Maes (Africa Power Services), Marc Thiriet (Wärtsilä), Alrick Theretz (Africa Power Services) and Sameer Poredi (Wärtsilä).

© Wärtsilä Corporation

A remote gold mine in Senegal is about to get rock-solid electricity – and a smart path to renewables. Finnish technology group Wärtsilä will deliver five Wärtsilä 32 engines for a 14 MW power plant at the Diamba Sud Gold Project.

The order was placed by France-based Africa Power Services on behalf of Canadian miner Fortuna Mining. Far from any grid, the mine will rely entirely on this

NORWAY IN MOURNING

King Harald V has passed away



King Harald V in October 2021 at the opening of the Sami Parliament's session 2021–22 CC BY 2.0

Norway has lost its unifying symbol. King Harald V, who for over three decades has stood as a safe and human figure for his country, has passed away – and the whole nation is mourning. From fjord to mountain, flags have been flown at half-mast, and people gather at the castle in Oslo to lay flowers and light candles.

Harald V was born on 21 February 1937 in Skaugum as the son of Crown Prince Olav and Crown Princess Märtha. He grew up under the shadow of the war – the family was forced to flee to London during the German occupation of Norway. That experience shaped him deeply: Harald became a king who always emphasized freedom, democracy and human dignity.

After studying at the University of Oxford and military training in Norway, he took over the throne on January 17, 1991, following the death of his father. During his time as monarch, he became known for his warm sense of humor, down-to-earth style, and strong belief in equality. His speech at the 2016 Pride celebrations, in which he said that „Norwegians are girls who love girls, boys who love boys, and people who love people,” became a historic moment that showed his courage and humanity.

King Harald was also a passionate athlete – a skilled sailor who represented Norway in three Olympic Games. His love of the sea and nature was well known, as was his ability to combine tradition with modernity.

In later years, Harald struggled with health problems, but continued his duties as long as he could. His son, Crown Prince Haakon, has taken on increasing responsibility for several years and is now expected to become king.

plant.

“Reliable power is essential. Wärtsilä’s engines deliver the continuous performance needed,” says Cedric Fernandez, Managing Director of Africa Power Services. The engines are famous for fast starts and can easily balance future solar or wind power. Fortuna plans to add renewables later. Wärtsilä also provides engineering, control systems and advisory support. Delivery is set for March 2027, with the plant expected online by the end of that year.

Using several smaller units lets the plant match demand precisely, cut fuel use and lower emissions – a clever solution for mining companies under pressure to stay productive while going greener.

Source: Wärtsilä press release, 27 August 2026.

WÄRTSILÄ

Finnish powerhouse Wärtsilä – Europe’s only star in the world’s battery elite!



A major Finnish win: Finnish technology group Wärtsilä has secured a place among the global top 10 battery energy storage system (BESS) integrators – and is the only company headquartered in Europe on the list.

In Wood Mackenzie’s first-ever Global BESS Integrator Comprehensive Ranking, Wärtsilä is recognised for proven project delivery, advanced software and full lifecycle support. The ranking assesses technology maturity, safety, supply-chain resilience, ESG performance and financial strength, among other criteria.

“As energy storage becomes critical infrastructure, customers focus more on execution and long-term performance,” says Tamara De Gruyter, President of Wärtsilä Energy Storage.

With more than a decade of experience and its GEMS Digital Energy Platform, Wärtsilä helps customers maximise revenues and reliability. The ranking underlines that European expertise can compete with the world’s strongest players as the energy transition accelerates.

Source: Wärtsilä press release 12 August 2026 / Wood Mackenzie

JOBSEEKER PROFILE

New requirement from 1 September: Jobseekers must publish a profile

From 1 September 2026, it will be mandatory for most jobseekers to create and publish a job search profile on the Job Market Centre. It must contain education, experience, skills and goals – and is anonymously visible to employers for up to six months.

New jobseekers normally have 15 working days after they register. If the profile is not published on time, the authority will fill in the minimum information for you. You can always supplement it yourself. Exceptions can be made if it is not deemed necessary.

The profile helps employers find you – even for hidden jobs. Expert support is available from employment services.

Source: vaasa.fi

NEWS

ARMED FORCES

Finland's future security environment in 2040: a world of turmoil – and a Russia that continues to challenge

Finnish Defence Research paints a gloomy but clear-sighted picture of the future in the report *Era of Unrest: Finnish Future Operating Environment 2040*, published by Puolustusvoimien tutkimuslaitos 2026.

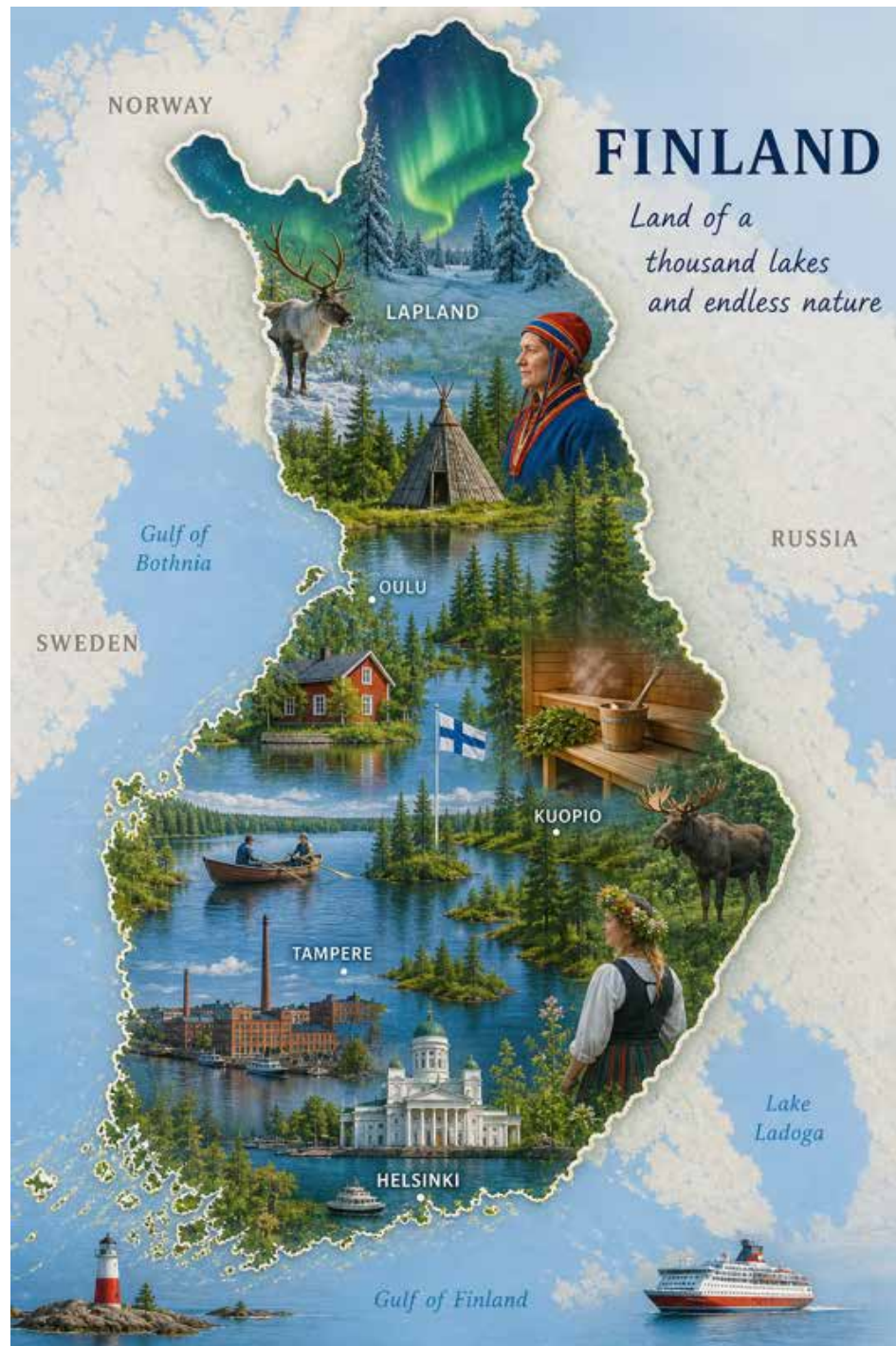
The study is based on extensive national and international workshops and analyses of global security trends. It serves as a continuation of the previous strategic foresight study 2044 and seeks to answer three key questions: what forces shape Finland's security environment, how these changes affect the country, and how Finland can manoeuvre in an increasingly uncertain world.

The report identifies five major driving forces: great power rivalry, threats in the immediate area, alliances and partnerships, changes in warfare and military technology, and society and total defence. These are divided into 21 concrete phenomena that together shape Finland's room for manoeuvre until 2040.

Russia in focus – page 14: "Russia's great power aspirations"

One of the most central and sharpest parts of the report can be found on page 14, where the researchers analyze Russia's continued great power ambitions. Despite the war in Ukraine and major losses in both material and international reputation, Russia is not expected to abandon its long-term strategy: to be seen as a global power with the right to shape its own sphere of influence.

The report states that Russia will not comply with international rules or norms. Instead, the country continues



to strive for influence through military strength, political pressure, and destabilization of neighboring countries. Possible directions of expansion include former Soviet republics, parts of the Balkans – and in some scenarios, even Northern Europe.

The researchers warn that Russia may try to exploit a future weakening of the United States' engagement in Europe. If Washington focuses more on Asia, Moscow may see a chance to strengthen its position in Europe, especially in areas where NATO's presence is fragmented or politically contentious.

Despite the fact that the war in Ukraine is tying up large resources, Russia is expected

to continue to rebuild its military capacity. Financial constraints slow down the process, but do not stop it. Nuclear weapons remain a central part of the country's self-image as a great power, and the modernisation of forces continues even in difficult economic conditions.

The report also highlights an important paradox: investments in military rearmament can create internal instability – but at the same time can strengthen the Russian regime's grip on the population, if great power status is perceived as a national goal worth sacrifice.

Conclusion: Finland must navigate in a world without clear rules

The study paints a fu-

ture where uncertainty, rapid change and geopolitical turbulence are the norm. Finland must therefore avoid short-sighted reactions and instead build a defense system that operates in the gray area between war and peace – a zone in which Russia already operates.

As a NATO member, Finland has greater opportunities to influence its future, but also greater responsibility. Great power rivalry, technological leaps and climate change mean that the country must be prepared for several parallel crises.

Reference: Puolustusvoimien tutkimuslaitos, *Era of Unrest: Finnish Future Operating Environment 2040* (2026).

NEWS

MALAX and KORSHOLM

Social Wednesday – companies and jobseekers meet



On Wednesday 16 September at 6–8 pm, Social Wednesday – Meet & Connect will be held at the Mustasaari Education Campus in Smedsby. The event is aimed at local companies and jobseekers MALAX and MUSTASAARI

with an international background.

The programme includes words of welcome, inspirational speeches from employers and new Finns, mingling and coffee. The aim is to lower the threshold for working life through face-to-face meetings.

Companies register no later than September 2 via the link on malax.fi. Jobseekers participate by invitation. Places are limited. Contact: Pamela West-Masilwa, 040 655 1864.

Source: malax.fi



MALAX

What do you want in the new library? Answer the survey!

Malax is planning to move Yttermalax library to Kommungården. The goal is an open space where libraries, democracy, art and culture meet.

Now the municipality wants to know which functions the residents think are most important. Answer the survey no later than August 30 via the link on malax.fi.

Your opinion affects how the future library is designed – take the opportunity to influence!

Source: malax.fi

MALAX

Cultural meetings start in South Ostrobothnia – first meeting in Malax

Cultural operators in Kaskinen, Korsnäs, Kristinestad, Malax and Närpes will now have a common meeting place. Regular meetings are organised every two months in the different municipalities.

The premiere meeting will be held on Monday 7 September at 9–11 am at Malakta in Malax. On the programme: Member of Parliament Mikko Ollikainen, presentation of current projects and joint discussion. Morning coffee is served.

More information can be found via the Facebook event. Welcome to build networks and collaborations!

Source: malax.fi

AI

Which AI systems can be used for free by anyone? And how do they differ from each other?

ChatGPT, Gemini, Claude, Copilot, Grok and DeepSeek. Just a few years ago, advanced artificial intelligence was something that was mainly found in research laboratories and large companies. Today, almost anyone can open a browser, type a question and get help from one of the world's most advanced AI models – without paying a penny.

That doesn't mean it's all free. Most large AI services work with a freemium model: the basic features cost nothing, while the most advanced models, higher usage limits, and some special features require subscriptions.

Here are nine of the most important systems.

1. ChatGPT – the great all-rounder

URL: (<https://chatgpt.com/>)

ChatGPT from OpenAI is still the best-known general-purpose AI system and works like a Swiss Army digital knife. It can write and edit texts, translate, summarize documents, analyze data, program, search the web, and interpret images and other files. The free version also provides access to image creation, voice capabilities, and data analysis, but with separate usage limits.

ChatGPT is also available as an app for iPhone and Android. For those who want to use AI for many different things, this is still one of the most natural places to start.

2. Claude – master of text and analysis

URL: (<https://claude.ai/>)

Claude is developed by American Anthropic and has gained a particularly good reputation for writing, analysis, long do-

cuments and programming. Claude can read and interpret images, but there is an important difference here compared to, for example, ChatGPT: Claude is not primarily a system for creating images from text. Anthropic, on the other hand, has developed functions for creating, for example, presentations, documents and visual projects together with Claude.

The free version is fully usable and Claude is available both on the web and as a mobile app. For journalists, writers, researchers and others who work a lot with text, Claude is a system that is really worth trying.

3. Google Gemini – AI with all of Google behind it

URL: (<https://gemini.google.com/>)

Gemini is Google's major investment in generative AI and is closely linked to the company's ecosystem. It can help with writing, planning, ideation, information retrieval, and analysis, and can work with documents, photographs, and other types of materials. Google has also built in advanced features for image creation and image editing.

For those who already use Gmail, Google Calendar, Google Photos, YouTube and other Google services, Gemini is particularly interesting. There is a free version and a mobile app. However, Google regularly changes which models and features are included in the free tier.

4. Microsoft Copilot – AI for the Microsoft world

URL: (<https://copilot.microsoft.com/>)

Microsoft Copilot is the company's general AI assistant and can be used for questions, text production, summaries, information retrieval, and creative work. It's especially interesting for people who already live



in the world of Microsoft with Windows, Edge, and Microsoft 365.

Copilot can also create images from text descriptions and edit images. Microsoft describes image creation as a free feature in Copilot, although usage limits and availability may vary by service and plan.

There are apps for iOS and Android, among others. For the Windows user, Copilot is therefore one of the most easily accessible AI options.

5. Perplexity – when AI should look for the answer

URL: (<https://www.perplexity.ai/>)

Perplexity is a little different. Where ChatGPT and Claude are primarily perceived as conversation partners, Perplexity is more of an AI-driven search engine and research assistant. It searches for information on the web and presents answers along with sources and links.

This makes it particularly useful when you want to check up-to-date data or get a quick over-

view of a topic. Basic search is free, while the more advanced features are behind the paid version. Perplexity now also has image creation, but image generation is a Pro feature, not part of the regular free tier.

Perplexity is available both on the web and as a mobile app. For research, it's one of the most interesting options.

6. Grok – AI that wants to be current

URL: (<https://grok.com/>)

Grok comes from xAI and is closely associated with Elon Musk's X platform, although the service is now available as a standalone AI service. Grok can reason, answer questions, search for current information, analyze images and files, and handle voice. It also has strong creative features.

And yes – Grok can create images. xAI's latest Imagine models can also both generate and edit images and video.

Grok is available on the web and in mobile apps. For those who want to follow current events, the combination of web search and access to information from X is a special feature.

7. DeepSeek – the Chinese challenger

URL: (<https://chatgpt.com/>)

NEWS

KORSHOLM

The mobile library changes timetables – check your stop

From Monday 24 August 2026, the new timetable for the Mustasaari mobile phone will apply. Changes have been made for Helsingby, Norra Vallgrund, Petsmo and Vassor, among other places.

The updated timetable will be available from next week on the mobile library, the municipal library and at korsholm.fi/valfard/biblioteket/korsholms-bokbuss.

Make sure you don't miss your regular tour – check the new timetable well in advance!

Source: korsholm.fi



MALAX

Malax jubilee blasts off: Kvarken World Heritage turns 20 – Bergö fills with adventure!

This September Malax celebrates the 20th anniversary of the Kvarken Archipelago World Heritage Site with a packed week of events. The unique archipelago, listed by UNESCO since 2006 together with Sweden's High Coast, offers hiking, lectures, a Vi-king ship and escape games.

From 12 to 20 September a quiz trail runs along the 3.5 km southern Bergö hiking route. All ages can take part and win fine prizes.

On Monday 14 September photographer Rasmus Söderholm presents "Culture and Nature – Kvarken 20 Years" at Bergö parish hall. On Wednesday 16 September Per-Erik Berglund talks about fairways, pilot and rescue stations at the same venue. Both events are free and open to all.

On Tuesday 15 September Ann-Sofi Backgren lectures on "The Strong Priest" and on Thursday 17 September Christoffer Björklund shows "Kvarken in Words and Pictures" at Malax municipal hall. Both cost €15 and require registration via Malax-Korsnäs adult education centre.

Friday 18 September brings an activity afternoon at Bredhällan featuring the Viking ship Stormögha, a new pontoon sauna, the escape game "The Eagle has Landed" and mini-golf. Saturday 19 September hosts the Bergö archipelago market and Sunday 20 September a guided walk with nature guide Tuija Warén. Come celebrate our unique shared heritage!

Source: Malax.fi

See details: <https://www.malax.fi/nyheter/fira-varldsarvsveckan-i-malax-1220-9>

ART

ATENEUM 18.8.2026-8.8.2027

The images show examples of how different programs depict Cleopatra.

AI



deepseek.com/)

DeepSeek became one of the big names in AI by showing that highly advanced models don't necessarily have to cost huge sums to develop or use. The system is particularly known for logic, mathematics, programming and advanced reasoning, but can also write texts, read documents and work with large amounts of information. The official service is available both on the web and in app form.

DeepSeek, on the other hand, is not the obvious choice if you want to create images. Its strength still lies primarily in text, analysis, code, and problem-solving.

For those who want to test different ways of using AI, DeepSeek is a very interesting free alternative.

8. Qwen – the great Chinese multi-talent

URL: (<https://qwen.ai/>)

Qwen is being developed by Alibaba and has become a significant competitor in the AI market in a short period of time. Qwen Studio is explicitly open to everyone and free to use. It can handle text, documents, code, images, and video – and also generate and edit images.

It is precisely the breadth that makes the Qwen interesting. It's not just about a chatbot that answers questions, but about a completely multimodal AI system that can work with multiple types of information.

Qwen is perhaps even less well-known among

ordinary European users than ChatGPT and Gemini, but technically it's a system worth keeping an eye on

9. Le Chat – Europe's own AI challenger

URL: (<https://chat.mistral.ai/>)

French Mistral AI has become one of Europe's most important AI players. The company's Le Chat is a general-purpose AI assistant that can write, reason, search for information, analyze documents, and help with programming. The service has also evolved into a more advanced work tool with so-called agents.

Le Chat also has image generation, which makes the system more complete than many of the first European AI assistants. Mistral offers both free use and paid tiers, and the service is available on the web as well as in mobile apps. Mistral also emphasizes the combination of work, search, reasoning and code in its newer generation of services

For European users, Mistral is particularly interesting because the company is French and thus one of the few European players competing at the very highest level of AI.

10. Meta AI – the AI that knows your social world

Meta is pushing its AI assistant toward a much more personal experience. The latest Meta AI is powered by Meta's new Muse Spark model and can answer questions, make plans, se-



arch for information, create images and presentations, and increasingly carry out tasks on behalf of users.

What sets Meta AI apart from ChatGPT, Gemini and Claude is above all its deep connection to Facebook, Instagram, WhatsApp and Messenger. Meta AI can use context from Meta's services to provide more personalized answers and can, for example, draw recommendations from posts, Reels and Facebook Marketplace.

But what does "free" actually mean?

Here comes perhaps the most important detail.

When an AI company says that a service is free, it almost never means that you get unlimited access to the company's entire technical arsenal.

Instead, you can usually use a good basic model free of charge – but with limitations on, for example, the number of questions, image creation, file uploads, advanced research or access to the most powerful models.

ChatGPT is a good example. Free users can use text chat without any standard daily payment limit, but image generation, file upload, data analysis, and other advanced features have separate limitations.

It is therefore more accurate to speak of free basic version than of "free AI".

And that's actually quite a fantastic development. An ordinary computer user today can access tools that can write an article, translate it into several languages, analyze a document, create an illustration, summarize a report, write computer programs and search the internet – without paying.

But there's another cost to consider: time, attention, and sometimes personal information. It is wise to read the terms and conditions and think carefully before uploading sensitive documents or personal information.

The AI war has only just begun

Perhaps the most interesting thing is that there is no longer a single AI that is the best at everything. ChatGPT is very broad, Claude is strong at text and analysis, Gemini has Google's ecosystem behind it, Copilot suits the Microsoft user, Perplexity shines in research, DeepSeek is strong at reasoning and code, while Grok and Qwen are investing heavily in multimodal features.

For the average user, it is therefore no longer the question "Which AI should I buy?" but rather:

"Which AI is best suited for the particular task in front of me?"

And the great thing is that you can try several of them before the wallet even needs to be opened.

NEWS

Elga Sesemann gets her moment in the spotlight at the Ateneum

She attracted attention as a young artist, was compared with major names such as Edvard Munch and Helene Schjerfbeck, and yet later slipped into relative obscurity. Now Elga Sesemann is getting a major second look.



Elga Sesemann: Omakuva (1946), Kansallisgallerian kokoelma / Ateneumin taidemuseo
Image: Kansallisgalleria / Yehia Eweis

On Tuesday, the Ateneum Art Museum opens a comprehensive exhibition devoted to Elga Sesemann (1922–2007). It also launches the museum's new Modern Classics exhibition series, focusing on 20th-century artists from the Finnish National Gallery collections.

Sesemann's first solo exhibition in Helsinki took place in 1945, when she was just 23. Critics immediately noticed her distinctive use of colour and highly personal style. During her long career, her expression continued to evolve.

The exhibition presents around 80 works, with approximately 50 on display in the initial presentation. The selection comes from the Finnish National Gallery as well as other museums and private collections.



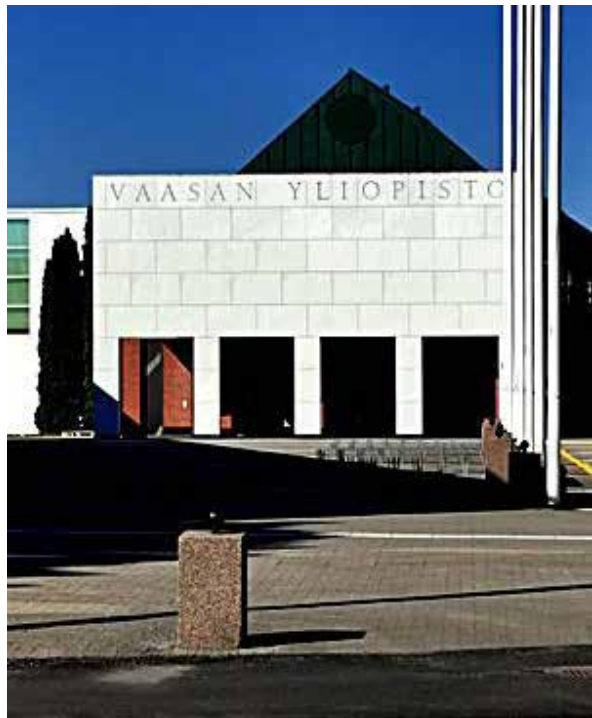
Elga Sesemann: Kahvilassa (1945). Kansallisgallerian kokoelma / Ateneumin taidemuseo. Image: Kansallisgalleria / Hannu Aaltonen

Her paintings can be strikingly atmospheric. People often appear isolated, with vacant or partly blurred faces, while empty rooms and quiet landscapes create an unsettling, dreamlike mood. Memories of childhood in Vyborg and the family's evacuation to Helsinki during the Winter War became recurring elements in her art.

UNIVERSITIES

VAASA UNIVERSITY

When the crisis hits, Finland may need its volunteers – Vaasa leads major study



What happens when society is shaken by a serious crisis? Then it is not only the authorities that must be ready. Thousands of volunteers and associations can become a crucial resource.

Now their significance will be investigated in a new national research initiative led by the University of Vaasa. The KAMUT project has been commissioned by the Prime Minister's Office and will analyse how non-governmental organisations can contribute to Finland's comprehensive security and crisis preparedness.

The research consortium includes the University of Vaasa, Laurea University of Applied Sciences, VTT, Pellervo Economic Research Institute PTT and the University of Lapland.

Among other things, the researchers want to find out when the organisations can help the authorities, how their preparedness works and what resources are actually available when the crisis comes. The financial value of the organisations' efforts must also be assessed.

An important question is also the law: what opportunities and limits does the Constitution set for the participation of NGOs?

The project combines document studies, interviews, surveys and workshops. The results can be used when Finland develops its preparedness for future disruptions and crises.

The project started in June 2026 and will run until June 2027. The work is led by Research Director Petri Uusikylä at the University of Vaasa.

Time and place: The research project will run nationally from June 2026 to June 2027, with the University of Vaasa as the coordinating university. Source: University of Vaasa

VAASA UNIVERSITY

Can a game help Finland cope with the next crisis? Yes – at least that's the idea behind a new collaboration

between the University of Vaasa and the National Defence University

On 12 August, the rectors of the universities signed a cooperation agreement in Vaasa. The goal is long-term cooperation in research, education and the development of national and international networks.

The first concrete project is called T-REX – Training, Research and Exercise. It is about developing a gaming and educational environment where various crises and disruptions can be simulated. Students, researchers and decision-makers should be able to practice making decisions when the situation changes rapidly and the information is incomplete. It is therefore not a question of computer games for entertainment. Games and simulations are used as advanced tools to test strategies, detect weak links and see what consequences different decisions can have.

The Defence University contributes primarily with knowledge about defence, war games and military simulations. The University of Vaasa has strong expertise in areas such as resilience, preparedness, leadership, economics and technology. T-REX will also be able to be used in the University of Vaasa's new international master's programme Preparedness and Resilience, which will start in autumn 2026.

The collaboration will be intensified during the autumn and the long-term goal is an international research and education network. Time and place: The cooperation agreement was signed in Vaasa on 12 August 2026. The T-REX work will continue in autumn 2026 and beyond. Source: University of Vaasa, 14.8.2026.

UNIVERSITY OF TAMPERE

Forget about the expensive biological age test? The scale and tape measure can tell you more



IMAGE: Sari Laapotti/Tampere UNIVERSITY

Can the future of health be assessed without an expensive laboratory test? According to a study by the University of Tampere, a surprising amount of information is still available with fairly everyday tools. In the study, body mass index, waist circumference, smoking and alcohol consumption predicted later morbidity in middle-aged people better than the epigenetic biological age measures included in the study.

Epigenetic so-called biological clocks aim to estimate how old the biological characteristics of human cells and tissues are. They are now also offered to consumers, and the tests can cost hundreds of euros.

The study utilised an extensive LASERI follow-up study. The study included 1108 people aged 34–49 at the start of the study and were followed for 7–9 years.

The researchers' message is quite down-to-earth: before paying for a fancy-sounding biological age measurement, you might want to look at your weight, waist and lifestyle.

Source: Tampere University, 18.8.2026

TURKU UNIVERSITY

Already 20,000 bugs in the tick bank – the end of summer may bring surprises

Finns have already sent 20,000 ticks to researchers. The University of Turku's Tick Bank collection will continue until the end of the year, but at the end of the summer, researchers are particularly interested in tick species that are rarer in Finland.

The focus is on ticks of the genus Hyalomma and the species Dermacentor reticulatus, among others. Hyalomma ticks are transported to Finland by migratory birds, for example. In warm summers, individuals can survive further in their development. Adult Hyalomma specimens were first observed in Helsinki in the summer of 2024.

The season for common ticks continues well into the autumn, and the numbers are often at their highest in August and September. That is why the discoveries made at the end of the summer are also important to researchers.

A tick can be sent for examination according to the instructions of the Tick Bank. This way, the little creature can end up on the researcher's desk – and not just in their own socks.

Source: University of Turku, 13.8.2026.

JYVASKYLA UNIVERSITY

Walking pace reveals a surprising amount – brisk seniors move more



A brisk step seems to go hand in hand with a more active everyday life. A study conducted by the University of Jyväskylä followed approximately 300 75–85-year-olds living at home for four years. The results showed that the energy consumption of physical activity decreased by an average of about 17 percent during the follow-up.

The researchers also found a connection between walking speed and everyday activity: those who walked faster were on average more active than those who moved more slowly.

Walking speed can therefore be a simple measure of functional capacity, although it alone does not tell the whole truth. The environment also affects how easily a person moves.

In the study, activity was measured with sensors attached to the body and with the help of heart rate. Heart rate monitoring can also reveal activities such as carrying and lifting, which are not always visible in a regular motion sensor.

Source: University of Jyväskylä, 25.8.2026.

TASTY AND HEALTHY



SEA BUCKTHORN

Sea buckthorn – The healthiest berry in the world

Sea buckthorn, that thorny shrub growing on the barren shores of the North, is a true superfood of nature's own. Although it is not as popular as many other domestic berries, it is a real vitamin bomb with amazing health benefits.

The history of sea buckthorn dates back far to Asia, where it has long been considered a valuable medicinal plant. Although sea buckthorn is not eaten in large quantities in Finland, it has slowly established itself as one of the healthiest berries in the world.

Prickly but useful

Sea buckthorn (*Hippophae rhamnoides*) is native to Asia and has been an important part of traditional medicine in China and Russia. In Finland, sea buckthorn grows wild mainly on the coasts of the Gulf of Bothnia, where it thrives in rocky and sunny areas. Sea buckthorn is a dioecious plant, that is, the male and female flowers are located in different specimens, which means that there must be fruit bushes near the bushes producing berries for pollination to be successful.

Sea buckthorn is hardy and requires plenty of light to grow, but it is not demanding on nutrients. The bacteria that live in its root buds bind nitrogen from the air, which helps the bush survive in harsh conditions. This makes sea buckthorn an excellent plant for tying soil on erosion-prone slopes, among other things.

Nutritional values of sea buckthorn – a real health bomb

Sea buckthorn is known for its particularly high vitamin C content. One hundred grams of sea buckthorn provides up to 10-20 oranges of vitamin C, which makes it one of the most effective sources of vitamin C. However, the health benefits of sea buckthorn are not limited to this; It is also rich in polyunsaturated fatty acids, which are vital for cardiovascular health.



Sea buckthorn oil, which is obtained from the seeds and husks of the berry, is especially nutritious. It is rich in vitamin E, which is an important antioxidant. Sea buckthorn oil has been found to lower both total cholesterol and LDL cholesterol, making it a good addition to a diet that promotes heart health. In addition, sea buckthorn has a diverse range of vitamins, including vitamins of groups A and B, as well as minerals such as potassium, magnesium and iron.

Sea buckthorn at the dinner table – Versatile uses

Although sea buckthorn berries are known for

their health benefits, their use in the home kitchen is still quite limited. The tangy taste of sea buckthorn can be challenging for many, but when handled correctly, it makes a versatile ingredient for both sweet and savory dishes. The most traditional way to use sea buckthorn is to squeeze juice from it, but you should also use the husks and seeds. The crusts contain a lot of fiber, and the remaining part after juicing can be mixed, for example, with bread dough or porridge.

The tangy taste of sea buckthorn pairs perfectly with sweet fruits such as apple or peach. It can be used to make jams and marmalades, or mixed into smoothies for an extra boost. In addition, sea buckthorn powder is easy to add to snacks, yoghurts or milkshakes to provide nutrients throughout the day. Especially with game dishes, sea buckthorn is an excellent taste cup, and its strong aroma complements the rich flavors well.

The uniqueness of sea buckthorn

Although sea buckthorn is not eaten in large quantities, its impact on health is significant. Nutrients in sea buckthorn berries develop during a long growing season, which makes them especially valuable. The content of vitamin C and antioxidants in sea buckthorn make it a berry that is not only a delicious addition to the diet, but also a real health bomb. The healthiest berry in the world – a title that sea buckthorn deserves.

Although picking and using sea buckthorn may require a little more effort than other berries, its benefits are worth the effort. It's a berry that offers much more than just a mouthful – it's nature's own pharmacy, full of strength and vitality that helps maintain health and well-being. Whether it's part of breakfast, snack or dinner, sea buckthorn is a berry that deserves a place at your dinner table.

CLIMATE CHANGE

CLI-FI-LITERATURE

"What if" – Maja Lunde's "Blue" paints a frighteningly near future where southern Europe burns and thirsts



Maja Lunde 2023
Amrei-Marie
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The Spaniards are fleeing north. Bordeaux has become a refugee camp. And there is not enough water for all of us. Maja Lunde's novel "Blue" is the masterful warning cry of climate fiction – and it feels more relevant than ever.

Maja Lunde – a Norwegian who shook the world

Maja Lunde is a Norwegian author, screenwriter and children's book author living in Oslo. Her breakthrough as an adult author came with the internationally successful novel "The History of Bees" (2015), which sold 150,000 copies in Norway and as many as 400,000 in Germany. This was the start of one of Nordic literature's most ambitious projects: The Climate Quartet – four novels that depict the consequences of climate change for humanity from different angles.

"Blå" is the second part of the quartet and was published in 2017 in Norwegian. Lunde has written scripts for film and television, and published several books for children and young people, including the series The World's Best Gang and Battle. But it is the Climate Quartet that has placed her among Scandinavia's most widely read and respected contemporary authors.

What is cli-fi – and why does it matter?

"li-fi" – climate fiction – is a literary genre that has grown explosively during the 2000s. It depicts the consequences of climate change for individuals, communities and ecosystems, often in a near future that feels uncomfortably believable. Unlike classic science fiction, fi is rarely about space or robots – it's about us, about now, about tomorrow.

The genre counts pioneers such as Barbara Kingsolver's "Flight Behaviour", Richard Powers' "The Overstory" (Pulitzer Prize 2019) and Margaret Atwood's "MaddAddam" trilogy among its predecessors. But Lunde has given the genre an

immediate, human face – and a narrative voice that goes beyond the climate-committed book club to a broad public.

Plot: 2041 – Southern Europe is an inferno

Blue is told in two time periods. In the present day – 2017 – the reader follows Signe, an environmental activist and solo sailor who returns to her hometown to make a protest action. Her hometown has changed, as has the climate. The Blåfonna glacier is about to melt away, while it is being cut away little by little and selling as exclusively to restaurants. The man behind the business idea is Signe's childhood sweetheart – and the novel carries a deeply personal story of betrayal, love and loss.

In the parallel plan for the future – 2041 – Spain and southern France have become deserts. Society breaks down. People are fleeing north. Refugee camps are being set up to handle the influx of climate refugees, but are gradually being depleted of resources under the pressure of an increasing number of desperate refugees.

David and his daughter Lou have fled to Bordeaux after their home was destroyed in a terrible fire. They hope to find David's wife Anna and newborn son August, from whom they have been separated. David struggles to be strong for his daughter as supplies in the refugee camp start to run low. The only thing that keeps them afloat in the terrible heat and drought is an abandoned sailboat they found nearby, with Norwegian belongings on board.

David and Lou – father and daughter against the world

David is a man who feels too young to be a father, but who the circumstances of disaster have made the ultimate responsible anchor for his daughter. The novel focuses on the reality of climate change through the eyes of a father and a daughter. David

is not a hero in the traditional sense – he is afraid, doubts himself and makes mistakes. This is precisely what makes him humanly credible.

Lou is the strongest voice in the novel – a child who asks the questions that are adults and who sees the world with a clarity that hurts. Her relationship with her father is the emotional heart of the novel.

Signe – an older struggle, an eternal question

The novel begins in the present tense when the Norwegian elderly woman loads her sailboat and sets off from Norway. The story of Signe's upbringing in a village by a Norwegian fjord shows how the river is used to build up modern society and how natural values almost naturally come second.

Signe represents the generation that knew – that fought, warned and was not listened to. Her story is one of lost love, loss of nature, and of the personal price of being obsessed with a righteous cause. The parallel story shows that Signe loads her boat with is and sets off – a symbolic handling whose meaning gradually takes on itself as the reader progresses.

The connection between the two stories – 2017 and 2041 – is revealed slowly and artistically, in a way that is typical of Lunde's structural skill.

How likely is this – really?

The painful answer is: very likely. The UN's climate reports and all climate scientists who have spoken out on the matter warn that it is getting warmer and drier in southern Europe. In the summer of 2023, forest fires ravaged Spain, Greece and southern France in a way that seemed to be taken out of a dystopian novel. Mediterranean countries have already experienced record droughts, mass evacuations and water shortages that create political conflicts.

Lunde does not write speculatively – she writes extrapolatively. She takes scientific forecasts and asks: if this continues, what will 2041 look like? The answer is frighteningly close to the present.

The masterpiece of "Blue" climate fiction

Compared to other cli-fi classics, "Blue" stands out in several ways. It is easy to get tired of the media flow on the climate issue, to become blasé or depressed. That's why a book like Blue is extra important. It contains much that is worth thinking about the earth's climate, but Maja Lunde avoids any hint of moral preaching or blaming.

Where Powers' "The Overstory" is ecologically and intellectually deep-diving, Lunde is intimately human. Where Atwood is satirical and dystopian, Lunde is warm and mourning. "Blue" is a "what if" story that lives on long after you have finished reading the book.

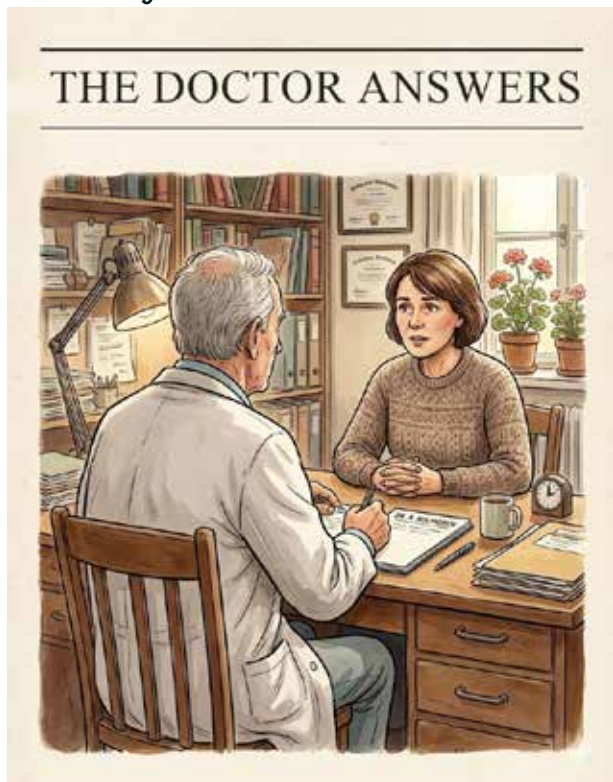
That is the strength of climate fiction at its best: not to frighten into passivity, but to weigh in on insight through empathy.

Maja Lunde: "Blå (Blue) Nature & Culture, 2018. Translation: Lotta Eklund.

HEALTH

THE DOCTOR ANSWERS

Hemolytic anemia



Question: *It is said that King Harald V of Norway, who so sadly passed away last Friday, suffered from a rare blood disease called hemolytic anemia. Can you tell me about this disease?*

Answer: When the Norwegian royal family announced that King Harald V was suffering from a rare blood disease called hemolytic anemia, many people wanted to know more about this disease. But what does this diagnosis actually mean?

Haemolytic anaemia means that the red blood cells – which normally live for about 120 days – break down prematurely. The body does not have time to replace them at the same rate, which leads to anaemia. The cause can be hereditary, as in certain enzyme or membrane diseases, or acquired, for example through autoimmune reactions in which the body's own immune system attacks the blood cells. Sometimes infections, drugs or certain diseases can trigger the condition.

The disease is uncommon. Autoimmune haemolytic anaemia affects only a few people per hundred thousand inhabitants each year. In Finland, we see perhaps a couple of hundred cases per year. It can occur at any age, but is more

common in the elderly and in people with other autoimmune diseases.

Typical symptoms are tiredness, paleness, palpitations and shortness of breath – signs that the blood is not carrying enough oxygen. As the blood cells break down, bilirubin is also released, which can cause yellowing of the skin and eyes (icterus) as well as dark urine. In severe cases, the spleen may become enlarged and fever or back pain may occur.

Treatment depends on the cause. In autoimmune form, cortisone or other drugs that suppress the immune system are often used. In some cases, blood transfusions may be needed, and if the spleen is heavily involved, it can be surgically removed. The prognosis varies – many patients become stable with treatment, but the disease requires careful follow-up.

Haemolytic anaemia is thus not an ordinary anaemia, but a complex disease in which the body's own mechanisms go out of step. King Harald V's fight against it shows how even rare diagnoses can affect anyone – and how medical research continues to improve treatment for these rare but serious conditions.

Reference: Norwegian Health Informatics, Läkartidningen, WHO classification of haematological diseases.

FINDEMENTIA

Major dementia prevention study surges ahead – over 10,000 already enrolled!

Hope of preventing memory diseases is growing fast. Finland's national FinDementia study has already completed more than 10,000 first visits – with over 6,000 more appointments booked. The study, launched in spring 2026, investigates whether the shingles vaccine can reduce the risk of dementia. The target is around 33,000 participants aged 76 and older from across Finland. There is still room for more volunteers until the end of March 2027.

"The study has progressed extremely well. The large number of participants and long-term register follow-up provide a strong foundation for answering whether the vaccine can help prevent memory diseases," says Arto Palmu, Scientific Director at FVR – Finnish Vaccine Research.

Participants' health will be followed for years through national health registers. The first results are expected in 2030.

FinDementia is a unique study that could open new ways to protect the brain. If you are 76 or older and interested, more information is available at fvr.fi/findementia.

Source: FVR – Finnish Vaccine Research

VACCINATION

Chickenpox gets a new opponent – Finland offers free vaccination to adults

Chickenpox is usually associated with childhood, but catching it as an adult can be a much tougher experience. Finland is now expanding protection. From August 1, 2026, adults without immunity to chickenpox can receive the vaccine free of charge as part of the national vaccination programme.

The offer applies to people born in 2005 or earlier who have neither had chickenpox nor previously been vaccinated against it. Vaccination is voluntary and free. Particular attention is being paid to people about to begin treatments that strongly weaken the immune system, those planning a pregnancy and healthcare professionals.

Chickenpox is caused by the varicella-zoster virus. Most cases are mild, but complications such as pneumonia and encephalitis can occur. Finland's wellbeing services counties are responsible for organising the vaccinations and will provide information about local vaccination arrangements.

Time and place: From August 1, 2026; vaccination locations and arrangements vary by wellbeing services county in Finland.

Reference: Finnish Institute for Health and Welfare (THL).

HEPATITIS C

Finland Closer Than Ever to Defeating Hepatitis C

Finland is making remarkable progress in the fight against hepatitis C, bringing the country closer to eliminating the disease as a major public health threat. According to the Finnish Institute for Health and Welfare (THL), access to testing and treatment has

improved significantly, allowing more people to be diagnosed and cured before serious liver damage develops.

Hepatitis C is a blood-borne viral infection that often causes no symptoms for many years. If left untreated, it can lead to liver cirrhosis, liver failure or liver cancer. Fortunately, modern antiviral medicines can cure more than 95 percent of patients, usually within 8 to 12 weeks.

Finland has committed to the World Health Organization's goal of eliminating hepatitis C by 2030. To achieve this, the government is expanding low-threshold testing services, introducing faster diagnostic methods and simplifying access to treatment, particularly for people at highest risk. More than €13 million has been allocated to the national elimination programme for 2025–2027.

WHO says Europe has already made major progress, but stresses that wider testing and timely treatment remain essential if hepatitis C is to become a disease of the past.

Time and place: THL announcement published in August 2026. The programme covers all of Finland.

Source: Finnish Institute for Health and Welfare (THL), Ministry of Social Affairs and Health, World Health Organization (WHO)

DIGITAL HEALTH CHECK

Digital health check gives Finnish students a smarter route to care

HELSINKI, 12 August 2026. Health care for students in Finland's upper-secondary schools and vocational institutions is getting a digital makeover. From autumn 2026, all new students will complete a digital health questionnaire when they begin their studies.

The aim is to identify support needs earlier and help health professionals provide the right services at the right time. Students of compulsory-school age will still receive a health examination by the year they turn 18. If the questionnaire indicates a need for support, the examination can take place during the first year of study. Adult students have a separate questionnaire, with examinations arranged according to need.

From 2027, another change will reduce bureaucracy. The Finnish Defence Forces' separate pre-prescription health questionnaire will be discontinued, with the relevant health assessment integrated into student health care. Students will therefore provide the necessary information only once instead of repeating the same process.

The digital questionnaire will operate through Omaolo, while key information will be stored in Finland's Kanta health-data services. Nationwide data can also help the Finnish Institute for Health and Welfare (THL) monitor student wellbeing, identify emerging problems and improve services.

But there is an important safety valve: students can always contact student health care themselves, regardless of what the questionnaire says.

Source: THL, 11 August 2026.

DOGS AND MICROBES

EVENTS

TODAY

METEORIIHI

When space struck Earth – Meteorian open today at 12-16



Dive into the story of a crater formed over 520 million years ago – from the meteorite impact to today's farmland and Natura 2000 area. Explore rare meteorites, old farming machinery, an astronomical observatory, and a bird tower in one of Finland's most important crane resting sites. A solar system model and crater scale model bring the cosmos down to earth. Don't miss this journey through deep time! Source: <http://www.meteoria.fi>

THE OLD CHURCH IN ISOKYRÖ

Unique wall paintings open today – step into a 500-year-old wonder in Isokyrö!



Today, Sunday 30 August 2026 from 11:00 to 16:00, the Old Church of Isokyrö (Museo-tie 3) welcomes visitors with a guide on duty. After years of renovation, the medieval grey-stone church is open again. Inside await unique biblical wall paintings from the 1560s – over a hundred images telling stories from the Old and New Testaments. The church's history reaches back to the 1300s. A guide from the local association is present. Admission 8 euros (under 12 free), cash only. A atmospheric journey into the past awaits! Source: events.osterbotten.fi

SEPTEMBER

SUNDOM

Sundom turns into a treasure hunter's paradise 5.9



Forget the shopping mall – on September 5, the best bargains may be waiting in ordinary neighbourhood yards. Sundom's popular Loppisrace turns the village into a giant open-air flea market, with sellers setting up their own stalls around the area. An interactive map helps visitors track down everything from vintage treasures to children's clothes and furniture. A special car-boot sale will also be held at the youth centre, where visitors can enjoy coffee, waffles and grilled sausages while hunting for bargains. Time and place: Saturday, September 5, 2026, 11 a.m.–3 p.m., Sundom, Vaasa. Source: Sundom Loppisrace.

RITZ

Wärtsilä House Band tuo klassisen rockin rytmit Ritzin lavalle 5.9.26

Vaasan kulttuuritila Ritzissä kuullaan syyskuun alussa paikallista rock-osaamista, kun The Wärtsilä House Band nousee lavalle klassisen rockin merkeissä. Konsertti järjestetään lauantaina 5. syyskuuta 2026 klo 18–20. Liput maksavat 28 euroa. Yhtye lupaa illan täynnä tuttuja ja rakastettuja rock-klassikoita, joissa kitarat ulisevat ja rytmit jyttyttävät. Paikka on nostalgisen elokuvateatterin muuntunut kulttuurinäyttämö Kirkkopuistikolla. Jos rockin kulta-ajat kutkuttavat ja haluat viettää illan hyvässä seurassa ilman turhia kikkailuja, tämä keikka sopii hyvin. Viitetiedot: ritz.fi.

BOTNIA INDUSTRIAL DAY
Gigantic industrial investments bring a new industrial event to Vaasa – Botnia's Industry Day on 8.9.2026 invites you to participate in the heart of growth!



Ostrobothnia is bubbling with the power of industry. Data centre investments worth hundreds of millions of euros and billions of euros in projects in the energy cluster

will transform the west coast into Finland's fastest growing industrial area. Now these opportunities are gathered under one roof: Botnia's Industry Day will be held on Tuesday, September 8, 2026 at Vaasa City Hall from 9:00 to 17:00.

VAASA CITY THEATRE

Tinakenkäyttö – a musical about Kaija Koo's life



On the Romeo stage, the premiere musical The Tin Shoe Girl will be lit. The work, which draws inspiration from Kaija Koo's life, combines fact and fiction, growth and survival. Marco Bjurström's direction promises familiar hits, strong emotions and spectacular musical brilliance – exactly the kind of brilliance that will be discussed for a long time. Premiere Sept 10, 2026

LAPUA

Lapua International Organ Festival: Finland's largest organ gets world stars 14.9.26

About every other year, in Lappo Cathedral, Finland's largest church organ. Then it happens: Lappo International Organ Festival. Performing organists are among the world's elite. The organizer is the Lappo Organ Festival Association, which doesn't exactly boast about it – but those who know know. "The organ rumbles and whispers. It is an experience that will last for a while. Check the tickets on the association's website. And be quick – the seats are limited, the soundscape is endless. Source: Bothnia Classic

OCTOBER

CITY ORCHESTRA

Pepe Willberg 80 – a legend in Finnish music – comes to Vaasa on Oct 1, 2026



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Pepe Willberg turns 80 this year, and the anniversary will also be celebrated in Vaasa. On Thursday 1 October 2026 at 18:00, the anniversary concert "I got everything from life" will be held at Vaasa City Hall. Willberg's career began back in the 1960s, so it will be quite a journey back in time to Finland's popular music history on stage. The Vaasa Philharmonic Orchestra will be conducted by Satu Simola, and Willberg will be joined by Pete Nikkinen, Ako Kiiski, Leevi Leppänen and Lauri Schreck. The program will feature well-known music from the decades, and the evening will also include stories about the stages of a long career. 80 years and more than six decades of music – it already has such a repertoire that there should be no shortage of songs to sing right away. Location: Vaasa City Hall, Senaatinkatu 1, Vaasa. Time: 1.10.2026 at 18.00.

RITZ

Michael Bleu and Emma Darling warm up the Ritz with soul 2.10.26



Vaasa's own soul voice Michael Bleu (Mikko Kananoja) returns home and brings an evening full of iconic soul classics and American hits to the Ritz stage. The evening will also be supported by Emma Darling. Bleu's warm retro-soul style and stage charisma promise an immersive experience. Local roots and a strong performance make the evening an easy choice for those who crave soulful music. The atmospheric hall of the Ritz is perfect for a gig like this. References: ritz.fi

VAASA CITY THEATRE

Näytelmä joka menee pieleen

A show that goes wrong. Directed by Sari Siikander, this physical comedy guarantees surprising situations and precise timing. If you haven't seen when a theater performance goes completely wrong, now is your chance. Premiere Oct 8, 2026

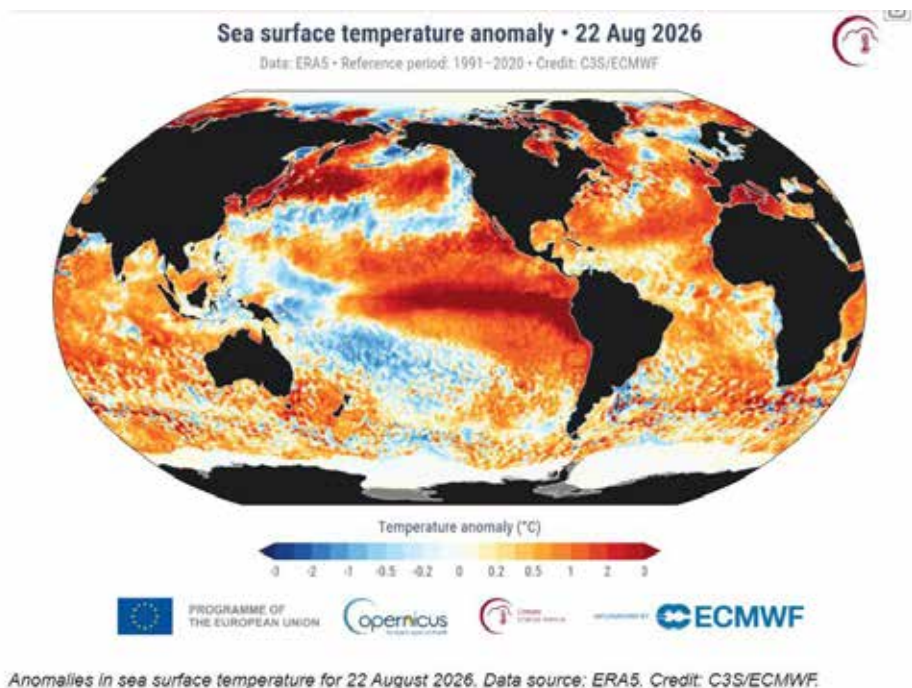
RITZ

Krista and Mark celebrate Finland-Swedish life at the Ritz on 29 and 30.10.26

CLIMATE CHANGE

WATER TEMPERATURE

World's Oceans Smash Heat Record



The world's oceans have just reached a startling new milestone. On 22 August 2026, the average surface temperature of the global ocean outside the polar regions reached 21.1°C, according to the EU's Copernicus Climate Change Service. That is the highest daily value in the available record, which extends back to 1979. The previous record was 21.09°C, recorded in March 2024.

The timing is particularly striking. Ocean surface temperatures around the globe normally reach their annual peak in March and April. This time, the record arrived in August – and it also surpassed the previous August record of 20.98°C, set in 2023.

Scientists say the underlying driver is the long-term warming caused by human activity. But another factor is now adding extra heat: El Niño is developing in the tropical Pacific and is expected to strengthen in the coming months.

Samantha Burgess, Strategic Lead for Climate at ECMWF, says the new record is a clear warning:

“This record is another clear signal of an ocean

under growing stress. El Niño is adding heat to the system, but it is doing so on top of decades of human-driven warming.”

She adds that the number of days affected by marine heatwaves worldwide has more than tripled since the early 1990s.

Why does this matter? Warmer oceans can contribute to rising sea levels and increase the potential for intense rainfall and some storms. Marine ecosystems such as coral reefs and seagrass meadows are also vulnerable to prolonged heat. At the same time, warmer seawater becomes less efficient at absorbing carbon dioxide from the atmosphere.

For scientists, the next question is crucial: will this be a brief spike, or the beginning of a longer period of exceptional ocean heat? Copernicus researchers are monitoring the data closely.

Source: Copernicus Climate Change Service, 24 August 2026.

RUSSIA

NEWS FROM RUSSIA

Everything goes according to plan in the eternal three-day war



Ironic banter about a serious matter

MOSCOW. The special military operation, which was originally planned to be completed in three days, has now passed 1,600 days. It is of course proceeding according to schedule and is expected to last another three years. Everything is going exactly as it should.

The petrol shortage is a shining example of strategic genius. Up to 70 per cent of the country's petrol stations are struggling to meet demand. In Moscow and other cities, motorists are in hour-long, sometimes day-long queues to refuel – if there is anything to refuel at all. In some regions, rations of 20-50 litres per car have been introduced. Of course, this is not a crisis. It is a well-planned exercise in national endurance and collective discipline.

When the world's largest oil producer is forced to import gasoline from neighboring countries and empty its strategic stockpiles, it is just further

proof of how well thought out the operation is.

Burning refineries? Absolutely according to plan. Ukrainian drones have systematically hit plant after plant – Kapotnya, NORSI, Perm, Afipsky and many more. The production of gasoline has dropped to about 25 per cent. Factories are at a standstill for months. Black columns of smoke rise into the sky over the Volga region and Siberia. This is not sabotage. It is an advanced form of economic modernization in which unnecessary production units are weeded out to strengthen the domestic market.

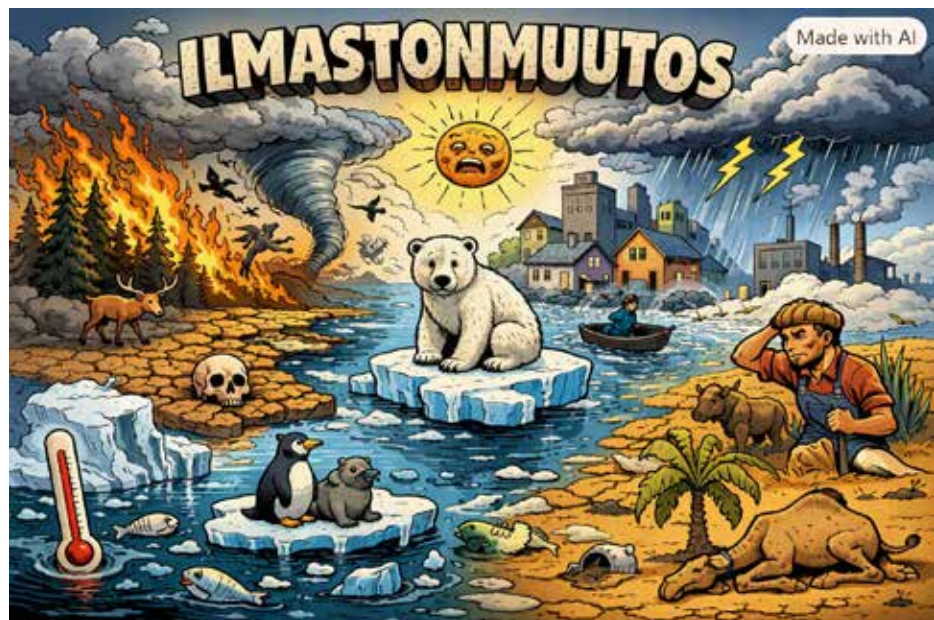
Burning warehouses and logistics hubs follow the same logic. Wildberries hubs, ammunition depots and oil terminals go up in flames with admirable regularity. It creates jobs in the fire brigade and gives the population a living demonstration of what happens when you don't stick to the correct worldview. And the population is taught that it is

really completely unnecessary to shop online.

Sinking ships in the Black Sea and the Sea of Azov? That too is part of the plan. The tankers and cargo ships of the Shadow Fleet are hit, burned and go to the bottom. Exports are disrupted, but it is only a temporary diversion of the trade routes. Every lost ship is one step closer to final victory.

In the Kremlin, they are satisfied. „Everything is going according to plan,“ is repeated with the calm conviction that only those who have seen 1,600 days of success can muster. The operation has already delivered historic results: an energy superpower with a fuel shortage, a fleet practicing diving, and a people queuing patiently in the dark.

Three more years of the same tactical brilliance await. Then the three-day special operation will finally reach its logical end – just as it was always intended. And just according to plan thanks to an ingenious warlord.



Climate change

UKRAINE PRESIDENT

President’s Address at the National Legend of Ukraine Award Ceremony



28 August 2026
Glory to Ukraine!
Dear audience, our dear Ukrainians!
Our dear Legends, Ladies and gentlemen!

Our dear guests, Mr. President, First Lady – Alar, Sirje, thank you so much for being with us today. Thank you very much.

First and foremost, I congratulate all of us on the first day of the new year – a new year of our Independence, a new year of Ukraine.

This event is taking place on August 25 – as we enter the 36th year of our state’s modern history. Every such year – a very important year – is hard for us. It comes at the cost of tremendous effort, extraordinary resilience and courage. We thank our warriors! Thank you!

This is possible thanks to our extraordinary people – Ukrainians – everyone who defends, who saves, who fights, who heals, who works – and, of course, everyone who inspires Ukrainians to live – who

inspires us through their art, their words, painting and music, through their dedication and courage. This is all about you. About all our National Legends of Ukraine. Thank you!

As has always been the tradition – I want to introduce each of them today.

He is a champion of defending our skies. Symbolically, exactly 10 years ago, he graduated from the Ivan Kozhedub University. And over

these years, he surpassed Kozhedub’s historic record from the Second World War – he has flown 450 combat sorties. The most ever in the modern history of the Armed Forces of Ukraine. He carried out extremely difficult missions at critically low altitudes, against enemy columns in the Kyiv and Kherson regions and in our eastern direction. He has destroyed many enemy armored vehicles, artillery systems, ammunition depots, and the personnel of the occupiers. A recipient of all three degrees of the Or-

der of Bohdan Khmelnytsky. Hero of Ukraine. National Legend of Ukrainian aviation and our defense, Colonel Rostyslav Lazarenko, callsign Hrim (Thunder).

He was born in November 1945, shortly after the end of the most terrible war in human history. From an early age, he saw a devastated and ravaged Ukraine – and dedicated his life to creating something beautiful in his native land. It is hard to find a person in Ukraine who has not seen his works. Around his sculptures

and monuments – all across the country – people take photographs, set up dates, and meet up. Everyone knows his Founders of Kyivan Rus and Archangel Michael, while his Independence Monument on the Maidan witnessed the Revolution of Dignity and many, many other truly historic events for all of us, for our country. National Legend of Ukrainian sculpture, Anatolii Kushch.

Read more:
<https://www.president.gov.ua/en>

ART EXPERIENCE OF THE WEEK



Fanny Churberg
12.12.1845, Vaasa
10.5.1892, Helsinki
Still Life with Vegetables and Fish, 1876
Finnish National Gallery Collection / Ateneum Art Museum, Suomen Säästöpankki Oy
Fine Arts Collection Photo: Finnish National Gallery / Hannu Pakarinen

George Orwell

1984

Part 42

Julia was twenty-six years old. She lived in a hostel with thirty other girls ('Always in the stink of women! How I hate women!' she said parenthetically), and she worked, as he had guessed, on the novel-writing machines in the Fiction Department. She enjoyed her work, which consisted chiefly in running and servicing a powerful but tricky electric motor. She was 'not clever', but was fond of using her hands and felt at home with machinery. She could describe the whole process of composing a novel, from the general directive issued by the Planning Committee down to the final touching-up by the Rewrite Squad. But she was not interested in the finished product. She 'didn't much care for reading,' she said. Books were just a commodity that had to be produced, like jam or bootlaces.

She had no memories of anything before the early sixties and the only person she had ever known who talked frequently of the days before the Revolution was a grandfather who had disappeared when she was eight. At school she had been captain of the hockey team and had won the gymnastics trophy two years running. She had been a troop-leader in the Spies and a branch secretary in the Youth League before joining the Junior Anti-Sex League. She had always borne an excellent character. She had even (an infallible mark of good reputation) been picked out to work in Pornosec, the sub-section of the Fiction Department which turned out cheap pornography for distribution among the proles. It was nicknamed Muck House by the people who worked in it, she remarked. There she had remained for a year, helping to produce booklets in sealed packets with titles like 'Spanking Stories' or 'One Night in a Girls' School', to be bought furtively by proletarian youths who were under the impression that they were buying something illegal.

'What are these books like?' said Winston curiously.

'Oh, ghastly rubbish. They're boring, really. They only have six plots, but they swap them round a bit. Of course I was only on the kaleidoscopes. I was never in the Rewrite Squad. I'm not literary, dear--not even enough

for that.'

He learned with astonishment that all the workers in Pornosec, except the heads of the departments, were girls. The theory was that men, whose sex instincts were less controllable than those of women, were in greater danger of being corrupted by the filth they handled.

'They don't even like having married women there,' she added. Girls are always supposed to be so pure. Here's one who isn't, anyway.

She had had her first love-affair when she was sixteen, with a Party member of sixty who later committed suicide to avoid arrest. 'And a good job too,' said Julia, 'otherwise they'd have had my name out of him when he confessed.' Since then there had been various others. Life as she saw it was quite simple. You wanted a good time; 'they', meaning the Party, wanted to stop you having it; you broke the rules as best you could. She seemed to think it just as natural that 'they' should want to rob you of your pleasures as that you should want to avoid being caught. She hated the Party, and said so in the crudest words, but she made no general criticism of it. Except where it touched upon her own life she had no interest in Party doctrine. He noticed that she never used Newspeak words except the ones that had passed into everyday use. She had never heard of the Brotherhood, and refused to believe in its existence. Any kind of organized revolt against the Party, which was bound to be a failure, struck her as stupid. The clever thing was to break the rules and stay alive all the same. He wondered vaguely how many others like her there might be in the younger generation people who had grown up in the world of the Revolution, knowing nothing else, accepting the Party as something unalterable, like the sky, not rebelling against its authority but simply evading it, as a rabbit dodges a dog.

They did not discuss the possibility of getting married. It was too remote to be worth thinking about. No imaginable committee would ever sanction



such a marriage even if Katharine, Winston's wife, could somehow have been got rid of. It was hopeless even as a daydream.

'What was she like, your wife?' said Julia.

'She was--do you know the Newspeak word GOODTHINKFUL? Meaning naturally orthodox, incapable of thinking a bad thought?'

'No, I didn't know the word, but I know the kind of person, right enough.'

He began telling her the story of his married life, but curiously enough she appeared to know the essential parts of it already. She described to him, almost as though she had seen or felt it, the stiffening of Katharine's body as soon as he touched her, the way in which she still seemed to be pushing him from her with all her strength, even when her arms were clasped tightly round him. With Julia he felt no difficulty in talking about such things: Katharine, in any case, had long ceased to be a painful memory and became merely a distasteful one.

'I could have stood it if it hadn't been for one thing,' he said. He told her about the frigid little ceremony that Katharine had forced him to go through on the same night every week. 'She hated it, but nothing would make her stop doing it. She used to call it--but you'll never guess.'

'Our duty to the Party,' said Julia promptly.

'How did you know that?'

'I've been at school too, dear. Sex talks once a month for the over-sixteens. And in the Youth Movement. They rub it into you for years. I dare say it works in a lot of cases. But of course you can never tell; people are such hypocrites.'

She began to enlarge upon the subject. With Julia, everything came back to her own sexuality. As soon as this was touched upon in any way she was capable of great acuteness. Unlike Winston, she had grasped the inner meaning of the Party's sexual puritanism. It was not merely that the sex instinct created a world of its own which was outside the Party's control and which therefore had to be destroyed if possible. What was more important was that sexual privation induced hysteria, which was desirable because it could be transformed into war-fever and leader-worship.

HUMOUR ONE HUND- RED YEARS AGO

DOCTOR

Doctor: »Listen, I have to tell you. Something has happened to me today that has never happened to me in my entire time as a doctor.
- Well, tell me, you must have cured someone.

RELIGION

Where did religion originate?
From laziness! They didn't bother to clarify things, but believed that it was as they said.

DEATH

Death is not evil. It is even better not to be born at all. But that luck hardly comes to one in a thousand.

FIRST LOVE

He: Unfortunately, first love is sweet! It's still the best, isn't it, Berta?
She: "yes... But I also like you so terribly. dear August!

HAPPY MOVIE STAR

He; Are you happy in your marriage? Film Divan: Yes, I think so, but I'll ask my press agent to find out just in case.

LOTS OF HATS

Customer: Is it true that you have received 1,500 new hats from Paris?
Contributor: Of course!
Customer: Oh, so lovely. I need to try them right away!

DIRTY ANIMAL

Teacher: Now there is only one animal left that you have not listed. It has brushed hair, hates washing and cleanliness, and likes to crawl in the soil. What kind of animal is that, little Thomas?
Tomas: It's me

CRUISE

Mom, on the way: Please, Captain, if my little boy wants to steer, don't let him steer!

STUPID AS USUAL

He: You have to forgive me if I was a little stupid last night.
She: I didn't notice anything particularly unusual, I thought you were just like usual.

VASALOPPET

The following truthful story is told about Mora's race. The "test rider" sits in his room at Hotel Gustav Vaasa. The phone rings. He answers; Hi! Is it Gustaf Vaasa? No, it's Erik XIV, dad is skiing.

Mrs. BROWN

The pastor's wife is visiting Mrs. Brown and tells, among other things:
- I just received a letter that my son received a scholarship.
- I am really very happy. I understand your feelings so well. I used to feel exactly the same way, when our pig won first prize at the farm meeting.

IN SCHOOL

- Was it you, Hans, who wrote on the board: "The teacher is a donkey".
- Yes it was.
- Well, it pleases me in any

Astronomic picture of the week:



Blue Marble Eastern Hemisphere

Composite rendering of the Eastern Hemisphere of Earth, based on data from the Terra and Aqua satellites' MODIS instruments, the Defense Meteorological Satellite Program, Space Shuttle Endeavour, and the Radarsat Antarctic Mapping Project, combined by scientists and artists.
NASA images by Reto Stöckli, based on data from NASA and NOAA
Public domain

BLOG WRITERS

Join Wasa Daily as a Blog Writer!
Are you passionate about sharing your thoughts, stories, or expertise with the community? Wasa Daily is looking for enthusiastic blog writers to contribute engaging content for our readers.

Whether you love writing about local events, culture, lifestyle, business, or personal experiences, we welcome your voice!

Writing for Wasa Daily is a great opportunity to reach a wider audience, connect with fellow locals, and showcase your creativity. No prior experience is needed—just bring your ideas and enthusiasm! We value diverse perspectives and fresh voices that reflect the vibrant spirit of our community.

Interested? Send us your blog pitch or a short sample, and let's get your words published! Join us in making Wasa Daily a platform for meaningful conversations and inspiring stories.

Contact us at wasadagblad@gmail.com for more details. We can't wait to hear from you!

WASA DAILY

A modern newspaper with a layout with features of the press of the 1870s. Back then, newspapers had only 4-8 pages. Lots of text, but no images at all, so there's a lot to read on a few pages. Our paper is one of the very few newspapers in English serving English-speaking inhabitants in the Osthrobotnia region

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

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

Editor-in-chief Hans Björknäs. Readers' writings are welcome! The magazine is locally owned and will remain so. For ever!
Editorial office: Wasa Daily, Koulukatu 37 B 7, 65100 Vaasa, tel. +358-40-5462455.
Helsinki editorial office: Wasa Daily, Toinen linja 9 B 36, 00530 Helsinki. Phone +358-40-5462455.
Email: wasadagblad@gmail.com

FROM OUR READERS

We very much welcome submissions from our readers. Comments, stories, memories, debate, news from home. Probably this will be the most important part of this spring paper. But space is limited, so please write as short as possible! So please send posts to: wasadagblad@gmail.com

ADVERTISE

Being among the first to advertise in this historic and hyper-modern daily may have some PR value. Send ads to wasadagblad@gmail.com

WASA DAILY

wasadagblad@gmail.com



HOROSCOPE FOR SEPTEMBER 2026

September Horoscope for the Gluten-Free Stars

Aries (March 21–April 19)
You'll boldly march into September – straight past the bread basket. Friends admire your will-power, even if the garlic bread flirts with you.

Taurus (April 20–May 20)
Comfort food calls, but your inner gourmet finds joy in new gluten-free recipes. September's motto: brownies can still be life-changing.

Gemini (May 21–June 20)
You'll be double-booked socially – luckily, you've mastered the art of discreetly asking waiters about cross-contamination. Your charm smooths every menu question.

Cancer (June 21–July 22)
Your sensitive stomach meets your sensitive soul. Good news: the stars show an abundance of gluten-free snacks arriving just when you need them most.

Leo (July 23–August 22)
Spotlight's on you at the dinner table. With confidence, you show others that gluten-free isn't a restriction – it's a culinary adventure. Applause guaranteed.

Virgo (August 23–September 22)
This is your month! Organization shines: you label your flours, conquer the kitchen, and become a gluten-free wizard. Friends beg for your recipes.

Libra (September 23–October 22)
You'll weigh your options between oat milk and almond milk – balance is everything. Don't worry, both go beautifully with your cookies.

Scorpio (October 23–November 21)
Passion is your theme – and it even applies to gluten-free pasta. September brings intensity, but remember: not every debate about pizza bases needs stings.

Sagittarius (November 22–December 21)
Adventures await! You'll discover a new gluten-free café or a recipe that makes travel less

risky. Your optimism is more infectious than sourdough starter.

Capricorn (December 22–January 19)
Practical as always, you plan ahead: snacks in your bag, gluten-free crackers in the car. September rewards your foresight with stress-free outings.

Aquarius (January 20–February 18)
Innovation rules your diet this month. Chickpea flour pancakes? Cauliflower crust pizza? The stars applaud your bold experiments. Even skeptics will ask for seconds.

Pisces (February 19–March 20)
Dreamy September brings comfort in soups and safe bread alternatives. Trust your intuition – it will guide you toward the coziest gluten-free gatherings.

September is proof: you don't need gluten to sparkle.

