

MARCH/APRIL 2026

Newsletter



Tervetuloa!

Dear Members:

We blinked and March was gone! It was a busy month and fun to see many Chapter members at each event. First a bus Trip to NY with Finnsparck. Words cannot describe the great day of sharing with other Finns and art lovers. The exhibit was truly a once in a lifetime as it combined paintings from private and public collections throughout Helene Schjerfbeck's life. She was a remarkable Finn, woman and artist. This was truly a special memory for all of us who were able to enjoy it.

Thanks to all who came out to the Annual Kalevala Dinner on March 14th. We were able to hear FFN LOY Jay Smith talk about John Morton in this 250th Anniversary year, in a historical setting that held other important events for some of our country's founding fathers. Thanks also to the many who supported the Silent Auction.


We are excited that in April, Asahi Trainer, Margaret Vainio will certify trainers in our area! She has invited our membership to a special Intro to anyone who wishes to learn more about Asahi on Saturday, April 11. This event is free to FFNCC members with a suggested donation to others. Throw on comfy clothes and join us!


Our next opportunity for a special event is Tuesday, April 28 when doors open at 6:00pm. Cantores Minores will perform at the Embassy. This is their first return in 25 years. We hope you will join us to welcome them for such a special event in the Washington DC area.

Happy Spring!

Andrea Pakonen Rasmussen, President



 *Learn to Teach this Easy Health Practice that Keeps Finns So Healthy and Happy!*

 **ASAHI**
ASAHIWORLD.COM


ASAHI® TEACHER TRAINING

With Margaret Vainio, head trainer from Finland

Thurs - Fri, April 9-10, 1 - 7 pm


12-hr intensive training: \$395

Info: margaret@asahinordicinstitute.com
at Holy Trinity Lutheran, 3022 Woodlawn Ave, Falls Church, VA 22042



Intro to Finnish

ASAHI®

 **ASAHI**
ASAHIWORLD.COM


A SIMPLE AND HEALTHY IDEA!


Learn the Easy Health Practice that Keeps Finns So Healthy and Happy!

Sat, April 11, 1-4 pm, Resurrection Lutheran Church*

With Margaret Vainio,
head trainer from Finland

6201 Washington Blvd, Arlington VA, 22205
Suggested \$10 donation, FFNCC members free



 *same location as the Finnish church

DRESS COMFORTABLY!

Asahi Exercises can be done standing or adapted for sitting
Email questions to Margaret@asahinordicinstitute.com or
FinlandiafoundationNCC@gmail.com



The Choir of Boys
and Young Men of
Helsinki Cathedral, Finland

71st INTERNATIONAL CONCERT TOUR USA
22 April - 2 May 2026

ATHENS • ATLANTA • WASHINGTON D.C. • PHILADELPHIA • NEW YORK CITY

Conductor prof. Hannu Norjanen

CHOIR CONCERT

Tue, 28 April 2026 6.30 PM
Embassy of Finland

3301 Massachusetts Avenue, NW, Washington D.C.

Choir Music from 14th to 21st century

E.g. Schütz - Mendelssohn - Bruckner - Brahms - Pärt - Sandström - Sibelius - Mäntyjärvi

Tickets: \$58 for members, \$68 for non-members from www.finlandiac.org

In collaboration with the Finlandia Foundation National Capital Chapter & Embassy of Finland

Finlandia Foundation of Tidewater

ISO volunteers for Norfolk NATO Parade on Saturday, April 18th, with 10:00am step-off. They need 4 banner carriers, two for the FINLAND NATO banner, and two for the Finlandia Foundation banner.

Also, we need people who can walk the approximately 1 mile parade route.

There is also room for two 'riders' inside the vehicle that will be pulling the float.





MARIA BOURONCLE
THE GIRL WITH A NAME TAG
The Story of a Finnish War Child



Maria Bouroncle
Author



BOOK EVENT

The Girl with a Name Tag

The Story of a Finnish War Child

What happened to the thousands of Finnish children sent alone to Sweden during WWII — wearing only a name tag? Join author Maria Bouroncle for an evening of story, history, and conversation.

DATE	REFRESHMENTS	PROGRAM
May 20, 2025	6:00 PM	6:30 PM

LOCATION
McLean Community Center, McLean, VA

[REGISTER HERE →](#)

Interesting facts about Finland (continued)

Did you know that:

185. Moving Around in Finland Is Easy Even Without a Private Car – And People Do So

Public transport is valued in Finland, and it is very easy getting around using it. Buses, trains, and metro serve people with speed and convenience, not only in the bigger cities but also elsewhere. In addition, people use increasingly personal means, that is, walking and using a bike.

The Finnish public transport has received praising internationally. For instance, public transport in the Helsinki metropolitan area has been ranked in the top three in Europe by the agency Benchmarking in European Service of Public Transport several consecutive times. And people are satisfied with their public transport services; as many as 73 percent of Finns are fully content with the general functionality and safety of travel.

After many years of relying on private cars and public transport, people are again increasingly relying on their own physical power, naturally because of health reasons. Walking is a significant part of everyday trips to, for instance, the grocery store or parks, and even the workplace. According to a 2021 study, a clear majority of Finns are satisfied with the pedestrian conditions in their own neighborhoods. As many as 65 percent of trips less than one kilometer long are taken on foot.

Bicycling is a big hit in Finland. Bicycle paths are common around the country, not only in the cities and towns but also in the countryside. (For instance, the 15 km distance between Eura and Säkylä, the summer counties for this contributor, has a bicycle and walking path for the whole distance.) Because the average commuting time to work is as short as 23 minutes, using bicycle for it is not a big challenge, especially as the employers encourage it by various means, for instance, by providing workplace showers.

Bicycling starts early. In Finland kids learn to ride a bike when they are on average only 4.8 years old. Finland belongs to the top of the European countries where this learning threshold is lower than elsewhere in Europe. And because it is also safe to do so, it is quite common for Finnish schoolchildren to travel to school independently by cycling, besides walking or using public transport.



CONCORDIA
LANGUAGE VILLAGES



FINNISH at Salolampi

What do Angry Birds, Nokia phones, Santa Claus, and saunas have in common? They all originate from the great country of Finland! From the moment you arrive at our Finnish Language Village, *Salolampi*, Finnish will be incorporated into every daily activity — from summer camp favorites to culturally authentic activities like *mölkky* (classic throwing game) or *pesäpallo* (Finnish style baseball). Personalized, hands-on learning activities give you fun opportunities to learn and practice new vocabulary as native and expert speakers introduce you to modern Finland. Your time at *Salolampi*'s beautiful, wooded lakefront site will give you the chance to live like the Finns!

2025 ADULT WEEK
(Ages 18+) Sept. 14-20

NORDIC HOLIDAY WORKSHOP
Celebrate Nordic holiday traditions with baking, crafts, and joyful singing.
(Ages 21+) Dec. 5-7

2026 FAMILY PROGRAMS
(Adults 19+ with children under 18)
Jan. 16-19
June 15-20

2026 ADULT WEEK
(Ages 18+) May 11-17

2026 YOUTH PROGRAMS
One-Week Camps
(Ages 7-12) June 22-27
(Ages 12-18) July 6-11

Two-Week Camps
(Ages 8-12) June 22-July 4
(Ages 12-18) July 6-18

Four-Week Camps
(Ages 12-15) June 22-July 18

High School Credit
(Ages 13-18) June 22-July 4
(Ages 13-18) June 22-July 18



PLAN YOUR FINNISH
language journey today.

004401010525

ConcordiaLanguageVillages.org

CLV@Cord.edu | 800.222.4750 | Bemidji, Minnesota

a program of Concordia College, Moorhead, Minnesota

Share your skills with our Board of Directors!

Please consider how you would like to serve Finns and promote our heritage as well as current culture in the DC Capital Chapter!

Board Elections will be held in May/Announcements in June

Per the By-Laws posted on www.finlandiadc.org:

We invite anyone interested in serving on the Finlandia Foundation National Capital Chapter for July 1, 2026 to June 30, 2027

Please contact Nominating Committee by writing or calling:

Chris Kalke: 301-864-1596 / ckalke@verizon.net

UPCOMING EVENTS:

APRIL

4: 1:00 Easter Church Resurrection Lutheran Church, Arl

9-11: Asahi Certification Classes available

18: 10:00 NATO Parade in VA Beach

27: Cantores Minores Choir Arrives

28: 6:00pm Cantores Minores Concert at Embassy of Finland

29: Cantores Minores leaves for Philadelphia/NY

MAY

1: VAPPU CELEBRATION! Alexandria, VA

9: EU Day at Embassy of Finland -- details coming

20: Bouroncle Book Signing/book

Celebration details Coming Soon!

JUNE

24: JUHANNUS

Celebration details coming soon!

FFNCC Board of Directors:

Andrea Pakonen Rasmussen

Kirsti Noring

Katja Frederick

Debora Lyons

Kim Whittle

Greg Wilska

Reach out to us at FinlandiaFoundationNCC@gmail.com