SEPTEMBER 2026
Newsletter

President's Greetings

Tervetuloa!

Welcome to the new Board Year!
Our Board Members were approved with all affirmations by current members between June 1-June 30. After a busy summer, returning members; myself, Katja Frederick, Kirsti Noring, Greg Wilske and new serving members Dale Manty and Greg Schueman have planned what we hoped will be an engaging and fun year of activities. Like the picnic, we are waiting on some space confirmations so be sure to read each newsletter and see the updated schedule each month. We remain committed to trying to offer rides and metro accessible for members so if travel is a burden or feels hard, let us know how we can help!

Summer, as usual had the long leisurely days that-despite more hours in a day-feels as though they have passed more quickly. The new Board and I welcome hearing about your summer/vacation ventures. Specifically, did you experience or find a connection to your Finnish roots in your travels? We are looking to highlight travels in an upcoming program and newsletter!

We have a VERY busy and exciting year planned! **The fast-approaching picnic needs your RSVP as soon as possible.** This year we found a new local spot that we think promises to help us enjoy the beauty of the area in addition to frisbee golf, other lawn games and beautiful views while leisurely sitting and gazing at the water. We are subsidizing the cost for Members and hope you can be there! (if cost is an issue, please don't hesitate to reach out to Andrea or Kirsti-we want you to enjoy the afternoon with us!) We also went with a little later time in hopes that traffic will be kind to us all. See you soon!

Kittos, Andrea Pakonen Rasmussen, President

Join us for the Annual Picnic!

FFNCC Annual PICNIC
Sunday, September 27, 2026
2:00pm-6:00pm

Island Time Bar & Grill
Columbia Island Marina
(address may show Washington, DC because it is National Park area)
Exit from Southbound GW Pkwy/same exit as LBJ Memorial Grove

Join us for time together and enjoyment of the outdoors!
Cost includes: Brats/hot dogs/sides/Finnish desserts
(beverages containing alcohol are available for purchase at Café)

Suggested Donation: $10-Member/$6-Children
$20 Non-Members/$12 Children
Please RSVP @ www.finlandiadc.org

Pay w PayPal on Finlandiadc.org or
Fee Free payment options:
Pay via Zelle: 703-371-1102 or FinlandiaFoundationNCC@gmail.com
Pay Via Venmo: @AndreaRasmussen-19
Pay by Check to FFNCC. Mail to KNoring, 3214 N.Wakefield Street, Arlington VA 22207
Please pay in advance by Sunday, September 20! Send a message if you have questions or need a ride from nearby Metro!

Well-behaved leashed dogs are welcome in park area!!!



Hungry? Let Mikko help now or this weekend!



Well behaved dogs always welcome

Finns In the News this week/month:
…thanks to member Rich Foley for sending this in:

Smithsonian *magazine*



A Finnish Metal Detectorist Was Shocked to Unearth a Trove of Viking Age Silver in His Hometown. Then His Detector Went Off Again, Weighing a combined ten pounds, the artifacts are estimated to be 1,000 years old and constitute Finland's largest coin hoard of the era

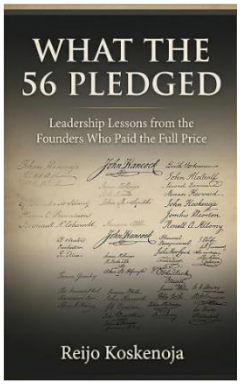
A metal detectorist in southern Finland has unearthed the country's largest hoard of Late Iron Age silver coins to date. Buried in the 11th century in what's now the town of Sysmä, the ten-pound collection contains remnants of jewelry and likely thousands of coins. (article by Sonja Anderson)

https://www.smithsonianmag.com/smart-news/a-finnish-metal-detectorist-was-shocked-to-unearth-a-trove-of-viking-age-silver-in-his-hometown-then-his-detector-went-off-again-180989487/

Looking for great fall reads?

Get the books we will be talking about!

Written by one of our Members! Available at Amazon.com/Kindle



The **Declaration of Independence** ends with a pledge: *"We mutually pledge to each other our Lives, our Fortunes, and our sacred Honor."*

Most Americans learn that the fifty-six men who signed it were brave and that history rewarded them. History did not reward most of them.

What the 56 Pledged is a documented account of what actually happened to the signers after the ink dried — and what their choices reveal about leadership, institutional commitment, and the real cost of conviction.

Eleven died before the republic they created was even functioning — before the first election under the Constitution they helped make possible. Seven were captured or imprisoned. Six were financially destroyed. Nearly sixty percent experienced significant personal consequences traceable to their signatures.

This book treats the founding pledge as a contract and audits what happened when the contract was collected:

- The financial architect who personally funded the Continental Army — and died bankrupt, after three years in debtors' prison
- The signer betrayed by a neighbor and dragged from his bed in the middle of the night
- A Supreme Court Justice who died broke in a borrowed room, hiding from creditors
- The physician who built hospitals and universities for thirty years with no guarantee any would survive him
- The youngest signer, captured by the British and held prisoner for nearly a year

Unlike conventional founding-era histories, *What the 56 Pledged* focuses on the lesser-known majority — not the five famous names, but the other fifty-one whose stories form the most instructive part of the record.

Each of the twenty-five chapters pairs a specific signer's documented story with a concrete leadership observation about how institutional commitment behaves under pressure — what it costs, how it is built, how it is sustained, and how it fails.

Every claim is end noted. Every cost is documented from primary sources including the National Archives, the Independence Hall Association, and published scholarly biographies.

Every chapter asks the same question: What would you build if you knew you might never see it finished?



Let Asahi Move You!

The origin of Asahi started in 2004 when four of Finland's foremost martial arts teachers were concerned about injuries they and their students were experiencing. They decided to develop a method with the same health benefits as ancient traditions, but without any health risks, any religious or cultural ceremony, any competition or martial aspect, and to create something that would be easy, inexpensive and accessible for all.

The result was this streamlined mind-body practice Asahi, designed for the modern world. Since one of the developers was a geriatric specialist and internist, he made sure everything about Asahi can be explained by modern medical science. The result is a fun, safe and simple way to improve your physical and mental wellbeing.

Who can practice Asahi Nordic?

Anyone, any age in any state of health:

- Seniors, for balance and mobility
- Athletes as a warmup or restorative practice
- Those in recovery from injury or illness
- Those who have never exercised before

Asahi Nordic is also safe for people with

- Joint replacements, osteoarthritis, arthritis
- Neck, shoulder, and back problems
- Heart, Circulatory problems
- Problems with balance, Meniere's disease
- Weight issues, diabetes
- Performance anxiety, depression
- Fibromyalgia
- Parkinson's
- Respiratory ailments

Go to AsahiWorld.com or on YouTube Exercise daily at locations around the world!

Local Classes In Bethesda, MD:
Margaret: MHilton8@gmail.com
Classes at 9am: June 13 /20 at 8am: July 4/11/18/25
Contact directly for Class times/location

In Falls Church, VA:
Catharine: CCashner@yahoo.com
Contact directly for class info

Interesting facts about Finland (continued)

Did you know:

187. Finland is number one again… this time in nuclear energy technology

Finland has several power plants that run on nuclear fuel, and already 37 percent of the country's electricity consumption comes from them. In addition, Finland — ahead of most other countries — is planning several small nuclear reactors to produce electricity and heat for individual cities or regions.

But Finland has now made world news because it is completing the world's first fully operational final disposal facility for fully spent nuclear fuel. This kind of nuclear waste still remains extremely radioactive, and this is truly the first time in the world that waste from nuclear reactors will have a final placement in geological storage in bedrock, with full approval from the national authorities. No other country that produces nuclear energy has received such permission, and spent nuclear fuel elsewhere is kept in so-called interim storage facilities while waiting for a final solution.

Finland's solution is irreversible and permanent: its effects extend as far as 100,000 years into the future.

The facility in question is located in Western Finland, adjacent to the two nuclear power plants in Olkiluoto. It is known as *"Onkalo"(translated as "Hollow"* or "Chamber"). Construction has been underway for more than two decades, covering an area of 2 square kilometers, with tunnel lengths totaling 50 km. Low- and intermediate-level nuclear waste has long been stored in the



Dbrock caverns at Olkiluoto and at the Loviisa nuclear power plant in Southern Finland, giving builders valuable experience for excavating *Onkalo*. *Onkalo* lies 420 meters deep in the bedrock, and the nuclear waste will be buried there in copper canisters (see aside).

Several countries have already inquired about Finland's ability to receive and permanently store nuclear waste in *Onkalo*. However, the permit granted by the Finnish government does not allow the final disposal of foreign nuclear waste in Finland.

Sources: Helsingin Sanomat and open internet. Photo: Helsingin Sanomat. Contributor: Turto Turtiainen (who has visited Onkalo). (Interesting Facts will continue in upcoming newsletters.)

FFNCC 2026-27 Calendar

September 20 1:00pm	Finnish Worship at Resurrection Lutheran Church Washington Blvd, Arlington, VA
September 27 2:00-6:00	Annual Picnic Columbia Island Marina, Washington, DC/Arlington RSVP at FinlandiaDC.org
October 18 1:00pm	Finnish Worship at Resurrection Lutheran Church Washington Blvd, Arlington, VA
October 24 6:00-9:00	Crafting w Finn Friends Learn new skills or share current projects Location TBD
Late October	Book Review: *What the 56 Pledged* *Written by FFNCC Member, Reijo Koskenoja*
November 15 1:00pm	Finnish Worship at Resurrection Lutheran Church Washington Blvd, Arlington, VA Celebrating All Saints few weeks late
Late November	Finnish Christmas Ornament Craft Project Activity Location TBD
November 21 11:00-3:00	Finnish Christmas Bazaar – NEW LOCATION Prince of Peace Lutheran Church, Springfield, VA
December 6	Independence Day Party
December 12	Suomikoulu Christmas Celebration
December 13	Carol singing and Eucharist
December 23	Christmas Worship Service in Nordic Languages Washington, DC
January	Annual Membership Renewal Begins
January	Baking Event Location TBD
February 15	Membership Renewal Ends
February 12-22	National Sauna Week Various locations DMV
March	Annual Dinner w Entertainment
March 14 To be confirmed	FFNCC and Washington Accordion Society present An evening of Finnish Music w Vocal and Accordion pieces To be confirmed: Elks Lodge, Arlington, VA
May 1	Vappu Celebration
June	Juhannus Celebration