

OCTOBER 2025

Newsletter



Tervetuloa!

So many events, so little time!

Thanks to all who came out to our Annual Picnic! 46 guests celebrated the FFNCC on a beautiful day - perfect weather, a good location and a nice private space with ample parking!

Our Board is busier than ever! We are just now getting final details for another great event around the corner! We have been given the opportunity to have a booth at the Sauna Village Bathe-ing event in DC on October 18 and 19. If you would like to volunteer and Introduce/explain Finnish Sauna to eventgoers, please sign up using the Sign-up Genius link in this issue! You may also sign up for your own free sauna at the event! This event is new to DC but not to the hosts Therme group!

The other exciting plans for our chapter are nearby Road Trips and coming soon is a Saturday evening game night and opportunity to just visit with other FFNCC members in a casual evening out. If you don't like games, we encourage you to bring knitting or another Finnish craft interest or activity for others to see.

In November, we will embrace the beginning of the magical holiday seasons where we will again be helping in various roles at the FinnSpark Christmas Bazaar (those sign-ups are coming and we need your help!)

Looking forward to seeing you at an event soon!

Andrea Pakonen Rasmussen

Sauna Village Arrives soon!

Bathe-ing DC is bathing as a block party, a civic ritual, a collective reset. Step out of the everyday and into something different: sweat it out, eat it up, dance around, kick back, and just be together.

Want to lock in your sauna session?

Reserve your spot in advance

Sauna session

signups: <https://www.exploretock.com/superiorsaunaevents/event/570081/bathe-ing-dc-x-sauna-village-pop-up>

More general info/FAQs about the event: <https://www.eventbrite.com/e/bathe-ing-dc-tickets-1693522173409?aff=oddtcreator>

Culture of Bathing: <https://cultureofbathing.substack.com>

On **October 18–19**, the Sandlot turns into a pop-up playground for wellbeing.

What to Expect:

- **Sauna Village:** Cozy up in high-design **mobile and pop-up** saunas, experience aromatherapy, sound baths, and cold plunges, and harness the power of deep heat for recovery, stress relief, and relaxation.
- **The Sandlot, Transformed:** Explore a lively hub of movement workshops, a makers market, delicious food + drink, music, interactive art, and more!
- **Community Connection:** A space for everyone — all ages, all backgrounds — to gather, recharge, and celebrate the art of wellbeing together.

How to Join: Entry to Bathe-ing DC is **free** and open to all ages (Sauna Village is for those 13 years+). For Sauna, Register at Tock.com or Eventbrite.com (Use Code Finlandia)

Finlandia Foundation National Capital Chapter will host a Booth! 10-6 Each Day!

We need a number of members to sign up as Volunteers to work the booth:

<https://www.signupgenius.com/go/10C0849A8AA2CA0FDC52-59234292-sauna>

As soon as we have parking and other details for volunteers we will send details through contact info on Sign-up Genius

Musical Talent this month and next!

Make plans to attend with FFNCC!

Santtu-Matias Rouvali
Monday, October 27, 2025 // 7:30pm
The Music Center at Strathmore
5301 Tuckerman Lane, North Bethesda, MD 20852



Santtu-Matias Rouvali is conducting the Philharmonia Orchestra at the Music Center at Strathmore in North Bethesda, Maryland, on Monday, October 27, 2025, at 7:30 PM. The concert is part of [Washington Performing Arts](#)'s season and features [Vikingsur Ólafsson](#) on piano. The program includes a new work by Gabriela Ortiz, Ravel's Piano Concerto in G Major, and concludes with Sibelius's Fifth Symphony.

Jorma Kaukonen
Saturday, November 1, 2025 // 8:00pm
Warner Theater
513 13th Street, NW, Washington, DC 20004



Help Jorma return home to DC where the journey started! Acoustic guitar and heartfelt storytelling. A renowned figure in both folk and rock. Join us at the beautiful Warner Theater for a captivating performance of original compositions and favorites.

Don't Forget to Invite Finns and Friends!

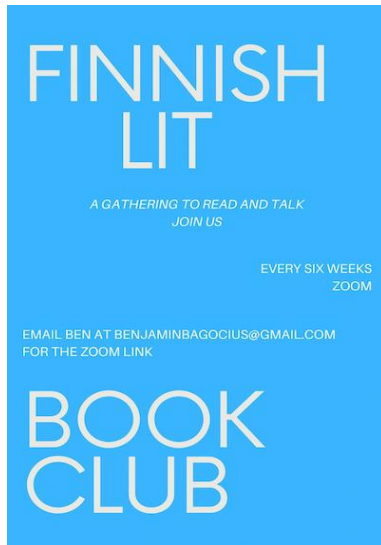
Are you a member of FFNCC? As a Member enjoy member discounts for our activities, you will be enrolled in the Finlandia Foundation magazine, The Finnish Line, with more articles and nationwide events celebrating our culture and heritage.

Contact: Kirsti Noring, 3214 N. Wakefield Street, Arlington, VA 22207 // kfnoring@yahoo.com

Family memberships are still \$25 // Individuals are \$20 // College age Students are \$15

As the colors around you turn, shouldn't the pages?

Finnish Literature Book Club is an informal gathering of people who enjoy reading literature from Finland in English translation. We seek to create a community of belonging among readers.



You're warmly invited to our next [Finnish Literature Book Club](#) session on **Sunday, November 16, 2025**, from 1:00-2:15 p.m., EST. Our featured book is the following:

Book: Featured Book: [Path of Totality: Poems](#), by Niina Pollari. Poems are written in English by Finnish Poet

Please feel free to come to the book club regardless of how much, how little, or how zero you read. All are welcome.

Please invite anyone else to our book club. Every 6 weeks on Zoom, facilitated by poet and author Benjamin Bagocius, Ph.D. [Learn more here](#).

Email benjaminbagocius@gmail.com for Zoom link.

We are repeating this poem as it resonates with so many Finns, it is worth a re-read! Below is our **group poem** from our July 2025 session on *Everyday Sisu: Tapping into Finnish Fortitude for a Happier, More Resilient Life*, by Katja Pantzar. The poem expresses participants' take-aways from the book:

Everyday Sisu

We should . . . all move to Finland?

Strength to find peace.

Finding the balance to push yourself in a healthy way.

Community — We are from different areas and generations in this group and yet are striving for and interested in very similar things.

Sisu is different for everybody. It is what you make of it, not what any other person thinks you should do.

Sisu honors the activity of dropping the ideas of accolades and typical success.

Sisu may be romanticized but it is still something to strive towards.

It is good to learn your limitations and learn to live with them.

We need public/community support to thrive together.

I am lucky to live within a green leaf wall, which grows rather than encloses.

Favorite quotation: the ability to maintain coping skills while changes take place around us.

On the Road Again.....go Southto Virginia Beach!



One Memorial Place, Norfolk, Virginia 23510



After more than seventy years, the everyday objects designed by Tapio Wirkkala (Finnish, 1915–85) are still highly appealing and distinctly modern. Wirkkala first caught the attention of the design world in the 1950s, winning praise for the minimalism and naturalism of his Scandinavian aesthetic. He designed functional items—tableware, jewelry, furniture, and lighting—as well as architecture and art, crafted from a diverse range of materials including glass, wood, metal, ceramic, and plastic.

Go WEST! To Pittsburgh!

On Sunday, October 12 at 11:00 the Finlandia Foundation Pittsburgh Chapter will host a tour of *The Scandinavian Home: Landscape and Lore*, an exhibit at the Frick Museum at 7227 Reynolds Street near Penn Avenue

The group will gather at the Visitor's Center at 11am. Tickets at the door are \$15 for this special tour. Also please consider meeting with the group for a light lunch and drinks at a nearby restaurant (TBD).

PLEASE RSVP BY OCTOBER 3 FOR THIS SPECIAL TOUR to:

Karen Kilponen Fix; the_fixes@verizon.com or Sally Morton: sallymort@verizon.net

Interesting facts about Finland (continued)

Did you know that:

180. Finland is the Top Country in Skills Assessment of Adults

In the latest international PIAAC survey the skills level of Finnish adults was evaluated as of highest level. PIAA stands for the Program for the International Assessment of Adult Competencies, which is a large-scale assessment that measures the basic cognitive and workplace skills—such as literacy, numeracy, and adaptive problem solving—all of which are needed for successful participation in an advanced economy.

In the survey that is carried out every ten years, concept literacy encompasses the ability to understand, use, and interpret written texts. Numeracy refers to the ability to access, use, and interpret everyday mathematical information in order to manage mathematical demands in daily life. And the adaptive problem-solving skill in technology-rich environments is defined as the ability to successfully use digital technologies, communication tools and networks to search for, communicate and interpret information.



In the survey, Finland, Japan, Norway, Sweden, and the Netherlands emerged as the best-performing countries. Finland leads the rankings, with average adults scoring an impressive 296 points in literacy, 294 points in numeracy, and 276 in adaptive problem solving. This places Finland far above the OECD average of 260 (literacy) and 263 (numeracy). In adaptive problem solving the Finns share the first position with Japan.

A remarkable aspect is that the skills of Finns improved significantly from the previous survey, when Japan was still ahead of Finland. In that measurement, the average score of Finns was 282 points, already significantly ahead of other European countries measured in the study, whereas in the latest measurement, Finns had improved their skills in all three areas and as mentioned, surpassed Japan to become the top among the studied countries.

Sources: Amerikan Uutiset, Wikipedia, and winnssolutions.org. Contributor: Turto Turtiainen.: (Interesting Facts will continue in upcoming newsletters.).

CALENDAR OF EVENTS

OCTOBER

12: Pittsburgh/Frick Museum Tour and Outing

18-19: Sauna Village and Bathe-ing Event in DC

27: Santtu Matias Rouvali @ Strathmore, Bethesda, MD

NOVEMBER

1: Jorma Kaukonen in concert at the Warner Theater

8 or 15: Cultural Evening Event

22: Finnsparck Christmas Bazaar, MD

DECEMBER

5: ISMO Concert, Lincoln Theater, Washington, DC

6: FFNCC Independence Day Celebration

13: Suomikoulu Christmas Party, RELC, Arlington, VA

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