

JUNE 2026

Newsletter



President's Greetings

Tervetuloa!

My Dad and his friends used to say “It’s hard to be humble when you are a Finn!” Recent events remind me of him and how we would receive cut outs of newspaper articles of “exciting things” to celebrate ... whether they were events happening in Finland or in my parents’ hometowns. This week hockey games in real time and then singing the National Anthem as the Finnish flag is raised for all to see was simply amazing! It is indeed a great time to be a Finn—let us be humble Finns with smiles! Thanks to a great team for a dramatic finish! Let’s look forward to more NHL presence and more exciting news of (the many) Finns making news these days.

In May we had 2 Book Talks: Maarit Lassander, Finnish author of *Money Values* can be found at Barnes & Noble/Amazon and local author Marie Borounle, author of *The Girl with a Name Tag*. Thanks to Anne–Mari Paster, Jen Pihlaja and Robin Hatanpaa for such well–received events.

We hope members will come out to celebrate Juhannus as the Vappu picnic (same venue) was quite fun in May! Members can even have 2 exciting weekends to celebrate; one at Mikko’s June 13 and one with friends from FFNCC on Friday, June 19! Use the link on the next page to RSVP and participate in the potluck! Bring a friend! This picnic area has great parking and is on the water. Sad for no bonfire here but let’s enjoy the longest day with a beautiful view and friends!

Thank you to this year’s Board members who have served us all year! This Board has continued the tradition to create events and respond to event opportunities. This year FFNCC has had great participation and have many new members. We hope you all have enjoyed the year! We are also thankful to the quick help of Nomination Chair, Ashley Flinkstrom and to those ready to be part of next year’s Board. We look forward to creating exciting programs for you all!

As we look to next year’s calendar we look forward to a number of great events to enjoy together. If you have an idea to pursue, please let us know!

Kittos!

Andrea Pakonen Rasmussen, President

Join us for one or both celebrations!

FFNCC JUHANNUS PICNIC

Friday, June 19, 2026

4:00pm-8:00pm

The Lawn in front of Cat Boat Pizza Bar
Daingerfield Island, Alexandria VA

Please RSVP/Sign up for Potluck offering to:

<https://www.signupgenius.com/go/10C0849A8AA2CA0FDC52-64183292-celebrate>

Beverages will be supplied by Finlandia Foundation National Capital Chapter

Well-behaved dogs are invited at both venues!!



www.chefmikko.com



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 to sign up for a free 3-part Video Course

LOCAL DMV 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. How Many Medals Finland Has Won in Men's Ice Hockey World Championships and Olympic Games?

By now, we all — along with the rest of the world — know that Finland became the men's ice hockey world champion in 2026. The victory once again lifted the nation's spirits and strengthened the pride of being Finnish, of Finnish origin, or simply a friend of Finland.

Finland's 2026 World Championship run was historic: defensively disciplined, emotionally intense, and crowned with a dramatic overtime win in Zurich. The triumph marked Finland's fifth world title overall. But this was far from the first time Finland had reached the top in World Championship or Olympic competition.

Overall, Finland's men's national team has now earned **22 medals** at the World Championships, including the 2026 gold after an impressive overtime victory against Switzerland. The total medal count at the World Championships is: **Gold (5), Silver (10), and Bronze (7).**

In addition, Finland's identity as a proud ice hockey nation has been strengthened by its achievements at the Olympic Games. There, the men's team has earned seven metals, that is: **Gold (1), Silver (2), and Bronze (4).**

According to public media, Finland's success in the 2026 tournament was built on three key factors: **Disciplined defensive structure**, praised by both players and analysts; **Strong team culture**, highlighted by Olli Määttä's remark: *"You leave your ego outside the locker room;"* and **Clutch performances in tight, low-scoring games.**

(In the celebration photo, the blond player is 20-year-old **Konsta Helenius**, who scored the decisive overtime goal in the final.)

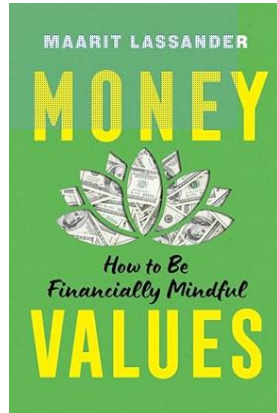


Sources: Open internet. Photo: Helsingin Sanomat. Contributor: Turto Turtiainen. (Interesting Facts will continue in upcoming newsletters.)

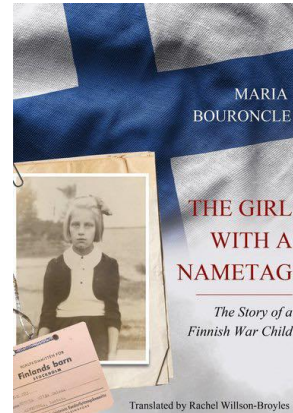
Looking for great summer reads?

*Get the books from our May Book Reviews:
Let us know if you want to borrow a copy or buy a copy:*

Available at Amazon.com/Kindle



Northwind Books



Welcome New Member Ed R. of Davidson, MD!

Don't Forget to Invite Finns and Friends!

Are you a member? Being a Member means you will receive emails and updates, monthly FFNCC Newsletter and the Finlandia Foundation magazine "The Finnish Line"

Please contact Kirsti // kfnoring@yahoo.com

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

2026 June Calendar

1	Voting for 2026-27 Board of Directors Starts
14 1:00	Finnish Worship at Resurrection Lutheran Church, Arlington
Jun 19 4:00-8:00	Juhannus Day Picnic at Cat Boat Pizza Bar Daingerfield Island – Washington Marina Alexandria, VA
30	Voting for 2026-27 Board of Directors Ends
SEPT 18- 20	FINN FEST in Minneapolis, MN

2026-2027 Calendar: Coming Soon!