

MAY 2026 Newsletter



Tervetuloa!

Dear Members:

Hyvaa Vappua! Thanks to everyone who supported Cantores Minores with their April visit. They are an absolute treasure to listen to and we are thankful the Embassy welcomed them to perform in such a special venue. I have loved listening to them on Spotify. Their sound is the perfect antidote to soothing the stress of our Washington lives!

Members Chris Wolke and Rolf Thorson are on the mend. Please reach out via CaringBridge or send an email if you need an address to send a card. Surgeries are done for now and must now settle into getting well. Thankfully Chris' spirits were raised seeing video of the Nordic Dancers at the FFNCC Vappu Picnic. The venue along the Potomac was beautiful and we had a Happy crowd with faces new and familiar. We hope you will join us as we look forward to Juhannus in June!

An email will be sent after mid-May with a slate of names for our next year's Board of Directors. Whether you have one hour or many per month, there are many roles which need you! There is much to do and so much to plan here in our chapter. We welcome your input and your time. Please consider serving next year!

Board Members and I look forward to seeing you at any one of the upcoming events. Currently reading, *The Girl with a Name Tag*, I have been reflecting on the many people who contribute to the wellness of others in a difficult time. I encourage you to read the history readily available to grow perspective, reflect on your own contentment/happiness and help to show the world Finnish strength and Sisu.

Andrea Pakonen Rasmussen, President

SO MANY EVENTS IN MAY!



Location: Gazebo at New Providence Condo Community. corner of Yarling Court and New Providence Drive, Falls Church

Parking: Any unnumbered spot

Dates: Saturday, May 9 Time: 9:00-9:45 am

Practice will be outdoors! Please dress for the weather, including hats and sunglasses and bring water No cost and all are welcome.

Questions: FinlandiafoundationNCC@gmail.com



THANKS TO VOLUNTEERS WHO WILL HELP AT THE EVENT!

If you wish to attend please see website for details:

https://www.eeas.europa.eu/delegations/united-states-america/eu-open-house-2026_en

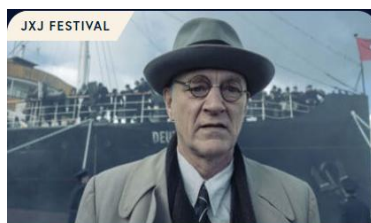
Film Screenings:

Edlavitch DCJCC (1529 16th Street NW, Washington, DC)

Presented by the Edlavitch DCJCC, JxJ encompasses the Washington Jewish Film and Music Festivals, alongside a year-round film and music program.

<https://www.edcjcc.org/jxj/show/never-alone/>

Tickets available online



Never Alone

📅 Saturday, May 9, 2026

1942 in Helsinki. The state of Finland has made an alliance with Nazi Germany. One man alone is trying to stop the (...)



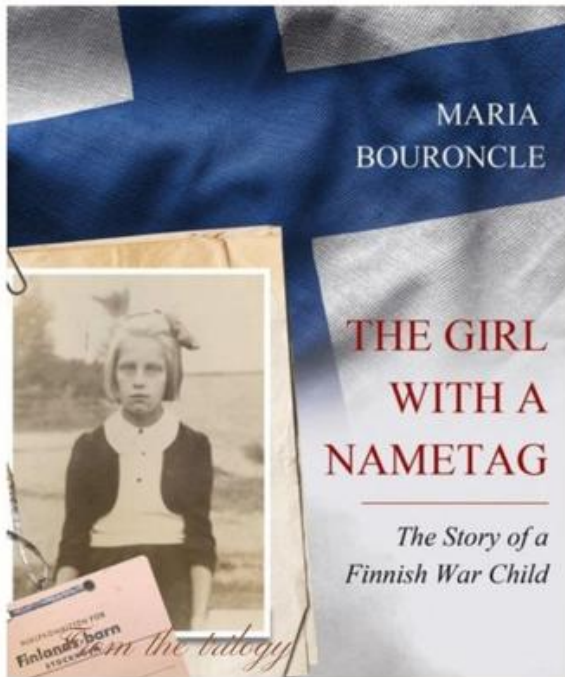
Raoul Wallenberg: Missing Inaction

📅 May 10, 2026 — May 12, 2026

He saved a generation. No one saved him.

BOOK EVENT AND AUTHOR TALK

May 20th 2026



McLean Community Center
1234 Ingleside Ave
McLean, VA 22101

*6: 00 pm Book signing
and refreshments
6: 30 pm Program*



RSVP HERE!



RSVP USING THIS ADDRESS: [Registration LINK](#)

Book Event and Author Talk
Sunday, May 17 // 2:30pm
Resurrection Lutheran Church
6201 Washington Blvd Arl 22205

May 17th @2pm

An Afternoon with Author Maarit Lassander



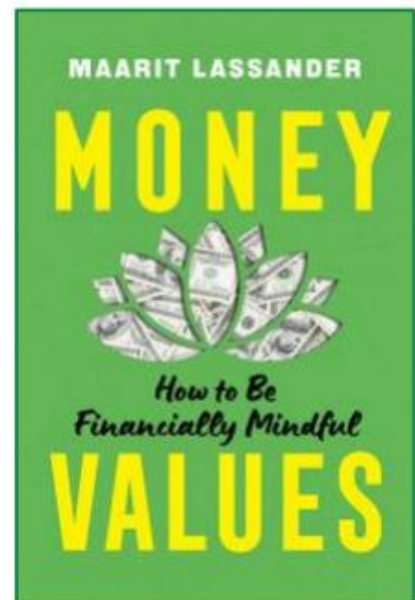
Maarit Lassander holds a PhD in Psychology, an MSc in Political Science, and is a certified psychotherapist. Her doctoral research, conducted as part of the Healthy Learning Mind research initiative, examined the impact of mindfulness practices in schools.

Maarit has extensive experience working in healthcare. She has maintained a private practice in Helsinki for over 10 years and has been a visiting researcher at the Department of Social Policy at the London School of Economics and Political Science. She has also contributed to a research team evaluating the impact of Finland's universal basic income pilot program.

Money Values is a groundbreaking exploration of how our relationship with money shapes everything, from our closest relationships to our connection to the World around us.

The book goes beyond typical financial advices. It, for example, reveals how our childhood experiences shape our spending later in life. The book explores the neuroscience of financial habits and challenges traditional definitions of success. Most importantly, this book provides practical tools that help readers align their finances with their values and contribute to positive change.

Maarit Lassander combines insights from psychology, personal finance, and social policy to show how transforming the way we think about money unlocks wellbeing for ourselves and others. With the expertise in behavioral science, Maarit offers a fresh, holistic approach to financial well-being in today's world.



Discover how your personal relationship with money shapes your life.

The book combines psychology, personal finance, and social policy to transform how we think about money. Join psychologist and author Maarit Lassander as she reveals the fresh, holistic approach to financial wellbeing in her new book Money Values.

- o In this era of global economic uncertainty, people are reassessing their relationship with money and seeking new approaches to gain financial well-being.
- o The book examines the impact of money on daily life, relationships, and happiness.
- o The book is available to order on Amazon, Barnes & Noble, and other major retailers. Link to Amazon: <https://www.amazon.com/Money-Values-Maarit-Lassander/dp/1493098381>

RSVP appreciated: FinlandiaFoundationNCC@gmail.com

Interesting facts about Finland (continued)

Did you know that:

186. Finland Is One of the Freest Countries in the World

We all know that Finland is the country where the people are most content in the world. The factors used to measure it are several, but human freedom is certainly one of them.

The Human Freedom Index, co-published by the Cato Institute, the Frazer Institute and the Liberales Institut at the Friedrich Naumann Foundation for Freedom, is a comprehensive measure that evaluates the state of human freedom in 165 countries and territories, representing 98.8 percent of the global population. It combines personal freedom – including political rights, civil liberties, freedom of expression, assembly, religion, and relationship freedoms – with the economic freedom, which considers government size, taxation, property rights, trade, and financial market participation.

The recently published report by an American think tank Freedom House placed Finland to the position number seven, which means that Finland is among the top five percent of all the countries measured. The country with most human freedom is Switzerland and the country occupying number two position is Denmark. But Finland, with its seventh position, beat marginally the other Nordic countries Sweden, Iceland, and Norway. (The countries with the lowest human freedom were Yemen, Iran, and Syria.)



Why Finland scores so high? Freedom House reports that the main reasons pulling Finland to the top positions are because Finland has (a) **Strong democratic institutions** with free and fair elections and multiparty competition (the picture: The Finnish Cabinet); (b) **Respect for civil liberties**, including freedoms of speech, religion, and association; (c)

Independent judiciary and rule of law; and (d) **High personal and economic freedoms**, including freedom of movement, sound money, and open markets.

Sources: Freedom House-Human Freedom Index and open internet. Photo: Valtioneuvosto.fi.

Contributor: Turto Turtiainen. (Interesting Facts will continue in upcoming newsletters.)



CONCORDIA
LANGUAGE VILLAGES



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 *mölkkö* (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.

ConcordiaLanguageVillages.org

CLV@Cord.edu | 800.222.4750 | Bemidji, Minnesota

a program of Concordia College, Moorhead, Minnesota

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We need you! Be part of our Volunteer 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 late 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 May 15 by writing or calling:

Ashley Flinkstrom / AFlinkst@gmail.com

WELCOME TO NEW MEMBERS!

Katherine D of Takoma Park, MD

Lora P of Arlington, VA

Paul R and Family of Tracy's Landing, MD

Rachel L of Washington, DC

Lewis P of Fairfax, VA

UPCOMING EVENTS:

MAY

1: VAPPU CELEBRATION! Alexandria, VA

9: Free Asahi Workout

9: EU Day at Embassy of Finland

9: Film Screening: Never Alone

12: Film Screening: Raoul Wallenberg: Missing In Action

12: Apocalyptica @ The Fillmore (buy tickets online)

16: Darude @ Baltimore Sound Stage (buy tickets online)

17: 1:00 Church // 2:30 Money Values (Lassander) Author Talk/Book Signing

20: The Girl with a Name Tag (Bouroncle) Author Talk/Book Signing

21: Moomin StoryTime at National Building Museum (@10:30/info online)

JUNE

12-14: Kalmar Nyckel/Tall Ships Alexandria

24: JUHANNUS (official date)

FFNCC Board of Directors:

Andrea Pakonen Rasmussen

Katja Frederick

Debora Lyons

Kim Whittle

Kirsti Noring

Greg Wilska

Reach out to us at FinlandiaFoundationNCC@gmail.com