

Wasa Daily

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ENERGYWEEK

Vaasa becomes global energy hub as record-breaking EnergyWeek kicks off



This week, the city of Vaasa transforms into Europe's energy hot-spot as EnergyWeek 2026 opens its doors. Running from March 16-19, the event gathers thousands of international top experts, decision-makers, and innovators to shape the future of sustainable energy systems.

The program is more extensive than ever, featuring over 50 sessions covering offshore wind, green hydrogen, cutting-edge battery technology, and AI security. Highlights include discussions on "Energy Sovereignty in Action" and "Grid Flexibility - an €8 billion opportunity".

- This event showcases how Ostrobothnia is leading the green transition. Nordic engineering expertise meets global visions to create concrete solutions,

the organizers state.

New this year is a focus on regulatory development with a session on creating an experimentation zone for renewable energy in the region. Space-based energy systems and future data centers are also on the agenda.

EnergyWeek has established itself as the premier meeting place for the industry, solidifying Vaasa's position as Northern Europe's energy cluster.

Source: energyweek.fi

Image of the Week:



UNIVERSITY OF TURKU

Sleeping over nine hours may harm brain health, study finds



New research from the University of Turku shows that long sleep duration and sleep difficulties are linked to poorer cognitive function in late midlife and old age. A surprising find-

ding also emerged around the transition to retirement.

Researcher Tea Teräs's doctoral thesis examined how sleep duration and problems affect memory, learning and executive functions. Results

show that sleeping over nine hours per night is associated with weaker cognitive performance compared to sleeping the recommended 7-9 hours. Difficulty staying asleep and non-restorative sleep also impacted brain function.

- Sleeping according to recommendations appears to protect cognitive functions, Teräs concludes.

A key finding came at retirement: cognition - especially learning and memory - temporarily improved during the retirement transition. This change was not explained by improved sleep.

- Something prevents employees from reaching their full cognitive capacity at the end of their careers. Identifying the cause could help improve cognitive function already in working life, Teräs suggests.

In longer-term follow-up, worsening sleep difficulties were linked to faster cognitive decline.

Source: University of Turku

EU

Henriksson hails progress: "Historic win for women's rights"

MEP Anna-Maja Henriksson (SPP) highlights two major steps forward for women's rights. The citizens' initiative for abortion rights has yielded results - EU funds can now be used to secure abortion access for women in countries where it's unavailable. Simultaneously, consent-based rape legislation is advancing in the European Parliament.

Source: SPP



EU

Henriksson demands end to red tape: "27 different rules are inefficient"

MEP Anna-Maja Henriksson (SPP) urges completion of the EU single market. Businesses suffer from fragmentation and over-regulation - member states must stop "gold-plating".

- In a dangerous world, Europe must boost its competitiveness. 27 different rulebooks are inefficient. Now we need less talk and more action, Henriksson states.

Source: SPP



TODAY

EDITORIAL

Vaasa – the energy capital of the Nordic countries



Right now, something exceptional is going on on the Kvarken coast. While the world is groping for solutions to the most complex challenges of the green transition, this city of ours in Ostrobothnia has positioned itself as the epicenter of the actual future-building.

When EnergyWeek 2026 opens its doors this week, it is not just a conference that begins – it is a confirmation of Vaasa’s obvious role as the energy capital of the Nordic region.

This is no coincidence. Behind the title are decades of industrial development and a unique concentration of technological know-how. Here, in the EnergyVaasa cluster, over 180 energy technology companies operate under the same sky. They are not just any players: Wärtsilä, with its 17,900 employees globally and a turnover of EUR 6.9 billion, has its soul in Vaasa. The company’s commitment to innovative solutions for the gas value chain – from the handling of liquefied gas on board ships to power generation and biogas – is central to global decarbonization. When Wärtsilä’s specialists develop tomorrow’s technology, they do so from here.

But the energy capital is more than a single flagship. The EnergyWeek program shows the breadth of the entire ecosystem. Here, experts meet to discuss everything from

the role of wind power for a post-dependent Europe and the stability of offshore energy, to how space-based data can build resilient systems. There is talk of energy storage as a new currency in Nordic markets, of the future skills needs of the battery industry, and of how AI and cybersecurity interact in the industry.

What makes Vaasa unique is not only the presence of global giants, but the dense web of collaboration between industry, research and society. Initiatives such as the “Innovation-Friendly Regulation” – a discussion on a regulatory experiment zone for renewable energy and green hydrogen in Ostrobothnia – show that they do not just want to wait for the future, but actively shape it together with decision-makers.

When the city simultaneously profiles itself as a “Green Leaf City” and leads the urban energy transition, we see a whole that is rarely seen. Vaasa has succeeded in the feat of being both an industrial engine and a forerunner in sustainability. Here there are not only the plans, but also the concrete ability to implement them.

While Europe searches for energy-independent and sustainable solutions, there is no longer any need to look on the map. The answer is found on the coast of the Gulf of Bothnia.

Vaasa has not only earned the title of the Nordic Energy Capital – it carries it with the weight that only real innovation and long-term work can bring.

NEWS

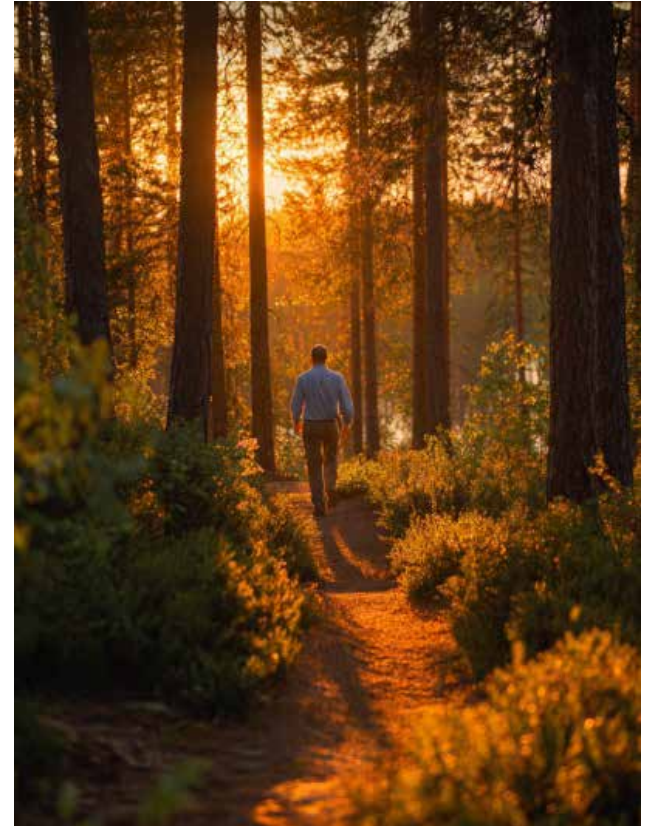
VAASA

Green Cash Bonanza for Vasa Residents – Second Chance in April!

It was a green gold rush in Vasa! The city’s first “Eco Bonus” application round proved a massive hit, drawing 50 innovative proposals for a greener, more fun city during its 2026 European Green Leaf year. The result? A staggering 48 projects are set to receive funding, each pocketing between €100 and €1000.

“We are thrilled by the enthusiasm from local associations and residents,” says Project Manager Eva Bligt-Lindén.

The winning ideas promise a year of action, from communal clean-ups and lupine removal wars to forest excursions for kids. The city’s fifth-graders



have already voiced their favorites: a communal city garden and a vegan picnic. Missed the boat this time? Don’t despair! Due to this overwhelming success, Vasa is launching a second application round

this April. It’s your second chance to secure a slice of the green cake and make your eco-dream a reality.

Read more: vasa.fi/ekobonus.
Image: META

KUNTSI

Museum’s Public Appeal: Where Are This Pop Artist’s Missing Masterpieces?



A museum in Vasa, Finland, has launched a public hunt for lost treasures. Kuntsi Museum is preparing a major retrospective of pop art pioneer Mikael Stierncreutz (1936–1976), but several key works from his breakthrough 1966 exhibition are missing – all sold on opening night.

The artist, who died at the age of 40, made his breakthrough in 1966 – all the works in his debut exhibition were sold immediately.

The museum is looking for the following works that were shown in the Pinx exhibition in

1966: Muotinäytös (Fashion Show, 1965), Pulloja (Bottles, 1966), Kaksi alastonta (Two Naked, 1965), Tölkki (The Jar, 1966). In addition, we search for works such as Saaristolaispojat II (Archipelago Boys II, 1968), Perhejuhla, Hildur Petterssonin perhe (Family Celebration, Hildur Pettersson’s Family, 1968) and perhaps the artist’s last work, Ballerina (1976).

If you know anything about these figures, please contact:

museoinfo@vaasa.fi
IMAGE: Mikael Stierncreutz: Ballerina, 1976, oil on canvas, unknown owner.

STATISTICS

Shock Figures: One in Six Finns at Risk of Poverty – Young Singles Hit Hardest

A new report from Statistics Finland paints a grim picture of the nation’s well-being. The number of people living at risk of poverty or social exclusion has surged to 958,000 – a staggering 17.3% of the population

Young adults are bearing the brunt of this crisis. Among those living alone and under the age of 35, a shocking 54% are now in the risk zone. The number of people struggling with both low income and underemployment is also growing rapidly, casting a dark shadow over the future of an entire generation.

Source: Statistics Finland / Tilastokeskus

Photo Supplement



NEWS

WELFARE COUNTY

Ostrobothnia revolutionises everyday life with babies



First Baby service offers first-time mothers-to-be three free home visits – "Support comes home and you don't have to clean"

The Ostrobothnia Welfare Service is introducing a new type of free Eka-vauva service, which is

aimed at families who are expecting their first child. The service will be launched in March and April in the central and southern areas, and will later be extended to the entire region.

This is not a traditional visit to the maternity and child health clinic,

but low-threshold support at home. Each family receives three home visits from a practical nurse: the first in the late stages of pregnancy and the next two during the baby's first four months.

"When the family receives preventive support, no small worries accumulate," says Anu Nyman, Head of Home Services for Families with Children.

At the first session, we talk about feelings, the upcoming birth and everyday equipment. At later visits, you can, for example, practice bathing the baby or breastfeeding together. The caregiver can also take care of the child for a while so that the parent can rest.

What is special about the service is its flexibility and freedom from judgment.

"The nurses will not come to examine the family. There is no need to clean before a home visit. The most important thing is that the family can be themselves," Nyman emphasises.

Source: Ostrobothnia County of Welfare Services

ENERGY WEEK FOR THE YOUNG

Energy Week takes over shopping centre – now it's the children's turn: "Seeking future innova-

EnergyWeek isn't just for adults in suits. In the heart of the action, at the Espen shopping centre, EnergyWeek NextGen is currently underway – an interactive science exhibition for children and youth aged 6 to 15.

From Monday to Thursday, school groups have filled the second floor with experiments and energy discoveries. On Saturday, March 21st, from 10 am to 4 pm, it's the families' turn. All curious



children are welcome to test, build, and learn about the energy solutions of tomorrow.

The initiative is a broad collaboration between the City of Vaasa, LUMA Centre, Novia UAS, Vamia, and 4H. The goal is to spark interest in technology and

science in the next generation – right in the middle of Energy Week itself.

– We want to inspire future innovators, say the organizers. Source: EnergyWeek.fi, Vaasa.fi

HELSINGIN SANOMAT and NYT

HS readers get top US paper for free: "A game-changer"

Helsingin Sanomat offers its Digi+ subscribers a major bonus: full digital access to The New York Times at no extra cost.

The year-long benefit includes everything from news to the Cooking app and The Athletic sports media. It applies to all current and new consumer subscribers.

– Our subscribers are curious and international. We want to make the subscription even more valuable, says HS Editor-in-Chief Erja Yläjärvi.



She emphasizes the partnership complements, not replaces, HS's own foreign journalism. The New York Times, with over 12 million digital subscri-

bers, adds depth in sports, global politics, and US coverage.

The offer can be activated at HS.fi/nytimes.

Source: HS

PÖRTOM

Giant construction will soon begin in Brändskogen

Work will soon begin on building a data giant in Brändskogen, located ten kilometers east of Pörtom church village. This is clear after an information meeting held in Pörteborg on Thursday evening, where about thirty people attended to take part in the plans.

Behind the investment is the Vaasa company Bess Solution, which has acquired 12.6 hectares of land from landowner Rainer Bäck and Pörtom parish. The location is strategic because the plot is adjacent to a substation, which is a basic prerequisite for operations. The former retirement home in Pörtom, which was empty, will be rebuilt and serve

as the headquarters for the new facility. Jättiläisrakentaminen alkaa pian Brändskogissa

The project manager is Johan Malm, an experienced engineer with 20 years at Wärtsilä and previous assignments at ABB. Malm has often had leading roles in large projects and emphasizes that the establishment in Brändskog is the most prioritized for Bess Solution right now, despite the fact that the company has several other projects underway.

During the meeting, the residents and other interested parties received information about the construction process and the schedule. Construction is scheduled to start in the spring, and the data giant is expected to be a significant workplace and an important establishment for the entire region. With its proximity to the electricity grid and its central location in Ostrobothnia, there are good conditions for operations.

ENVIRONMENT

A massive investment to save Finland's waterways – project started in Vaasa

One of Finland's largest water protection projects of all time, ACWA LIFE, has been launched with a budget of almost EUR 28 million. The eight-year EU-funded project was launched on Tuesday at the University of Vaasa and brings together landowners, authorities and organisations from all over the country.

The aim is to improve the status of Finland's waterways through so-called through the planning of the catchment area from land to sea. Concrete measures, such as vegetation and two-stage ditches, will be tested in five discharge areas, including the Laihia River and the Solf River in Ostrobothnia.

"All activities in the catchment area affect waterways, which is why extensive cooperation is necessary," says Helena Puro, Project Manager at the South Ostrobothnia Economic Centre, who coordinates the work.

The measures are based on the voluntary participation of landowners.

Source: South Ostroboth-

VAASA MUSEUMS

Vaasa Museums Seek Hidden Works for Upcoming Exhibition

Vaasa Museums are preparing an autumn exhibition on the Önningeby artists' colony and continue to gather information on the works of Elin Alfhild Nordlund (1861–1941) and Eva Topelius Acke (1855–1929).

The museum is searching for paintings, sketches, photographs and background details from both private and public collections. Nordlund and Topelius Acke, originally



from Ostrobothnia, were active around the turn of the 20th century and contributed significantly to Nordic art. The exhibition at Tikanoja Art Home aims to deepen understanding

of their careers and uncover lesser-known or previously unidentified works. Image: Elin Alfhild Nordlund: Främsnabba, Önningebymuseet.

Wasa Daily

Nearly everything You want to know, in eight pages

vpress.fi

NEWS

WOMEN MARCH

Giant march revolutionized Helsinki: 20,000 demanded zero tolerance for feminicide – "This is the only acceptable goal"



International Women's Day gathered a record 20,000 marchers on the streets of Helsinki on Sunday – twice as many as last year. According to the organizers, it was the largest Women's Day demonstration in history in

the capital. "The perpetrators of violence must be held accountable and the blaming of victims must stop. Zero feminicides is the only acceptable goal," thundered Saara and Vilma Salminen of the Justice for Vendi movement, who handed the petition to Prime Minister Petteri Orpo, who had arrived at the scene himself. In his speech, the Prime Minister admitted a harsh fact:

attitudes must change, and men must take an active part in the work. The march's top names were also Bishop Kaisamari Hintikka and Tehy's chairperson Millariikka Rytkönen. In connection with the march, Saara and Vilma Salminen presented Prime Minister Petteri Orpo with a joint appeal by the organisations, which demands concrete actions to end violence against women. In her speech, the Prime Minister reminded that the preven-

tion of violence against women also requires a change in attitudes: "Preventing violence against women requires a major change in attitudes. It feels strange that you even have to say it out loud. It requires the active participation of us men in this work." Some of the participants in the march disturbed the speech of the invited guest Prime Minister by booing, Silvia Modig, President of the National Council of Women of Finland, dismissed

the current situation: "Zero feminicides are possible, but it requires funding and cooperation – and the work must not be left to the shoulders of organisations alone." The forces behind the march, UN Women Finland, the Women's Affairs Union and the National Council of Women of Finland, gathered more than 80 non-governmental organisations and trade unions. Source: National Council of Women of Finland

MALAX

Paint beautiful Easter eggs in Malax – Ukrainian tradition meets curiosity

On Saturday 28 March, you can learn the Ukrainian Easter art pysanka at Malakta in Malax. Together we paint eggs with wax and paint in layers – the course leaders speak Ukrainian, Swedish and Finnish. Ukrainian artist Svitlana Matvienko shows sand art. Feel free to bring Easter candy to a joint potluck. The event is free of charge. Source: Malax municipality

KORSHOLM

Now you can book a place at Elly's market in Mustasaari

On Friday 22 May, Smedsby will be filled with sales and celebrations when the municipality of Korsholm organises Elly's market at Elly Sigfrids torg. Companies, associations and private individuals can book a square space free of charge. Last year, more than 60 exhibitors participated. Programs are promised both on the square and at the Culture House. The last day to register is 3 May. Source: Mustasaari Municipality

VÖRÅ

The residents get to decide – what should Vörå invest money in?

Now the residents of Vörå themselves can be involved in influencing how the municipality's money is used. The municipality is launching a resident budget where everyone can come up with suggestions for projects and activities. It is a way to increase participation and allow residents to directly decide on part of the budget. More information about how you can participate comes from Vörå municipality. Source: Vörå municipality

VAASA

Here is the city's cheapest coffee – Food Truck Cafe in Biltema

In the middle of Vaasa's automotive industry, there is a real price shock: Biltema's Food Truck Cafe offers "the city's cheapest coffee and buns". It's a simple concept – a food truck at the department store that serves coffee, soft drinks and fast food at low prices. Perfect for a quick and wallet-friendly break during your shopping spree. Source: Biltema

VAASA

Who will receive the award for Cultural Deed of the Year in Vaasa? Now you can vote

Three candidates have been nominated for Vaasa's Cultural Deed of the Year 2025 – and now the residents can choose the winner. The prize of 2000 euros is awarded for the seventh time. Kaos Festival 2025 attracted metal fans from several countries. Tinsmith Oskari Tuominen, 18, is passing on the professional skills in the fifth generation. Cantor Tarja Viitanen has founded several choirs and arranged major concerts. Vote 16.3–16.4. Source: City of Vaasa

VAASA

EnergyWeek offers electricity tips for all Vaasa residents – in the middle of Espen

EnergyWeek is not just about international experts. In the middle of the event, Vaasa residents will have their own meeting place. Monday–Tuesday, 17–18 March from 10 a.m. to 2 p.m., the city's information point will be located in the Espen shopping centre. Here "electricity tips" are handed out – practical advice for saving electricity in everyday life. Experts are on hand to talk about energy, climate goals and how you can contribute to a carbon-neutral city.

BEST RESTAURANTS

Finland's 50 best restaurants revealed: Palace remains king, Fröj flies the flag for Vaasa

Helsinki restaurants dominate the field as Finland's 50 best eateries were crowned at the Gastro Helsinki fair. Palace claimed the top spot for the seventh consecutive year, ahead of BasBas and Grön. But there's a proud surprise from Vaasa: Fröj secured 36th place.

The list, voted by a record 500 industry professionals, shows Helsinki's supremacy with 35 restaurants. Outside the capital region, Turku and Tampere shine: Kaskis (5th) and Kajo (6th) are the country's best outside Helsinki.

Pride swells in Vaasa, where Fröj (36th) is the only restaurant from Ostrobothnia on the prestigious list. Rovaniemi's Sky Kitchen & View (23rd) and Kuopio's Musta Lammas (43rd) also feature. On the bubbling under list (places 51–100), half the restaurants are from outside the capital area.

Source: Messukeskus



NEWS

CLIMATE CHANGE

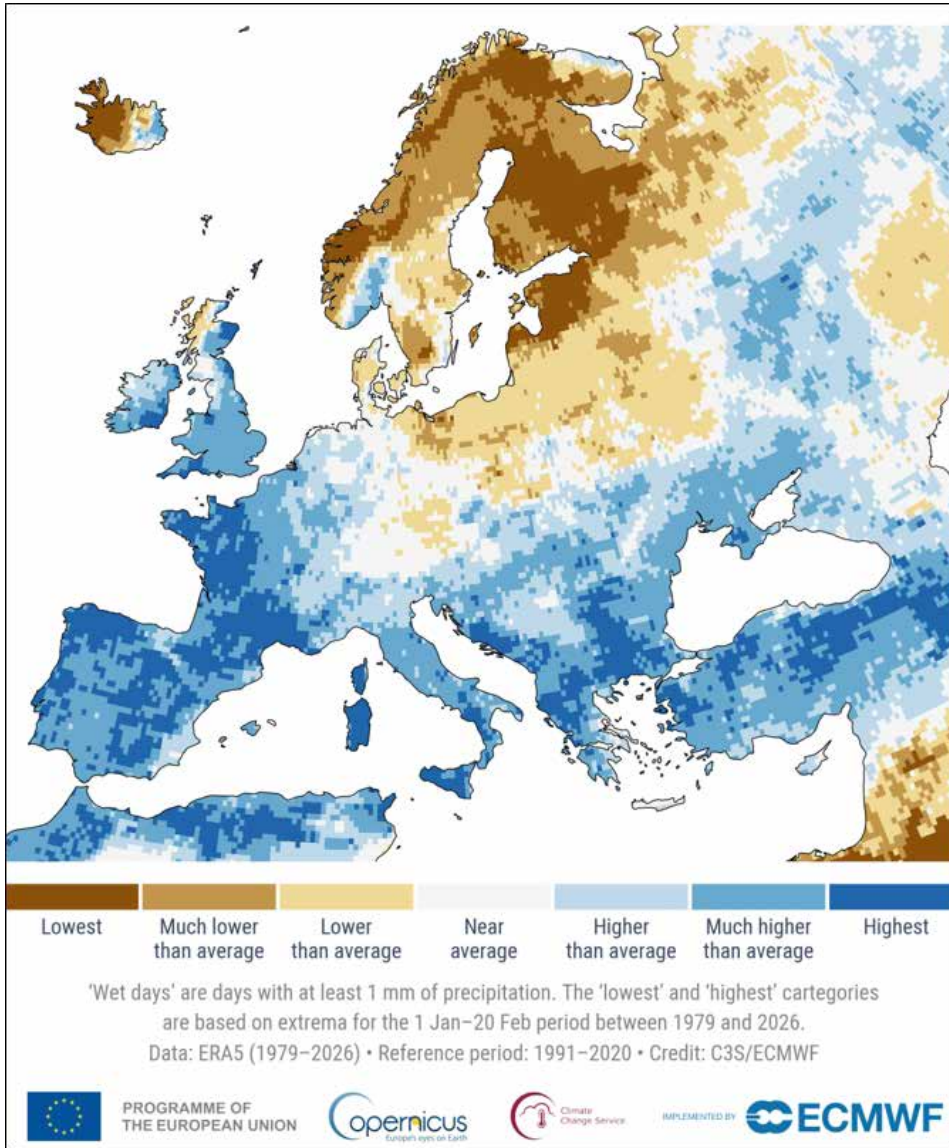
Western Europe Drenched in February – but Finland was dry

Last month was the fifth warmest February globally, 1.49°C above pre-industrial levels, with western Europe hit by exceptional rainfall and widespread flooding, according to the latest Copernicus Climate Change Service report.

Atmospheric rivers – narrow bands of very moist air – brought devastating floods to France, Spain, Portugal and Morocco, causing loss of life and livelihoods. Severe flooding also struck Australia, Mozambique and Botswana during February.

– These extreme events highlight the growing impacts of climate change and the pressing need for global action, said Samantha Burgess, Strategic Lead for Climate at ECMWF.

Europe saw stark temperature contrasts: western, southern and southeast Europe were warmer than average, while Fennoscandia, the Baltic States and northwest Russia experienced cold conditions.



Arctic sea ice extent was the third lowest on record for February, 5% below average.

In Antarctica, sea ice returned to near-average levels after four exceptional years.

Source: Copernicus Climate Change Service

NILE DAM

Side dam on Ethiopia's giant dam in danger – "Disaster risk" for Egypt and Sudan



The dam dispute between Egypt and Ethiopia is taking a new, terrible turn. A recent international study warns that the large tributary of the controversial GERD dam is an active geohazard zone and shows worrying signs of instability.

Ethiopia recently celebrated the completion of its large dam and announced that it had 13 waterways and turbines in operation, down to the

last turbine. But at the same time, researchers elsewhere have sounded the alarm.

A study by Chapman and Yale universities, published in March 2026 in the International Journal of Disaster Risk Reduction, has examined a side dam of GERD, which is about five kilometers long. The results are shocking.

Satellite images show that the dam has accumulated deformations and leaks of up to 40 millimeters. Researchers found a whopping 41 billion

cubic meters of groundwater leakage under the dam's filling, as well as new water surfaces near the dam, suggesting serious leaks.

But the worst is yet to come: The researchers' modelling shows that if the side dam failed, the consequences would be catastrophic. The tsunami would reach the Roseires Dam in Sudan in five hours and Khartoum in three days. The capital, Khartoum, would be underwater up to 34.7 meters deep.

"These findings do not predict an immediate fracture, but they do identify measurable warning signs that require international attention and a transparent safety assessment," said the study's lead author Hesham El-Askary of Chapman University.

For Egypt, this is a nightmare for water policy. It has long feared that the dam would reduce the amount of water it receives from the Nile, and now the fear takes on a new dimension: suddenly it is no longer just about water, but about the entire nation being washed away.

Source: Hesham El-Askary et al., 2026, nb World's largest saddle dam at risk: Multisensor geohazard analysis and downstream effects International Journal of Disaster Risk Reduction, Elsevier Creative Commons CC-BY license.

Photo: Prime Minister's Office Ethiopia, Public domain

YOUR HEALTH

REFLUX DISEASE

When your stomach says no: Everything you need to know about acid reflux



Reflux, or heartburn, affects most of us at some point after a hearty Sunday dinner. But for many, it is a chronic problem where gastric juice regularly leaks into the oesophagus. It's not just unpleasant – it's something you should take seriously to protect your health in the long run.

Why does it happen?

The root of the problem is usually that the upper gastric sphincter, a kind of sphincter between the oesophagus and the stomach, does not hold tight. The biggest culprit is often overweight. Extra pounds around the stomach create a physical pressure that pushes the stomach acid upwards. But our daily habits also matter.

Coffee is a classic "trigger"; The caffeine causes the stomach to relax prematurely, which opens the door for the acid to sneak up.

The symptoms you recognize

The most common signs are a burning sensation behind the sternum (heartburn) and acid reflux that gives a bitter taste in the mouth. Some people also experience an annoying dry cough or a feeling of a lump in their throat, especially when lying down.

Small changes with a big impact

The great thing about reflux is that lifestyle changes often work wonders, sometimes more than medications. Here are three effective tips to

relieve your esophagus: Lose 5 kg: It may not sound like much, but studies show that even a moderate weight loss of five kilos can drastically reduce pressure on your stomach and make symptoms subside.

Choose braces over belts: Anything that is tight around the waist increases the pressure inside the abdomen. If you suffer from acid reflux, it can actually help to replace a tightly taut belt with stylish braces to give your stomach more room.

Raise the head of the bed: Gravity is your best friend. By raising the head of the bed by about 10-15 cm (for example, with wooden blocks under the bed legs), you prevent the acid from flowing upwards when you sleep.

Medication and risks

If lifestyle choices are not enough, over-the-counter medications, such as proton pump inhibitors (e.g., Omeprazole), reduce the production of stomach acid.

So why is it important to treat acid reflux? Long-term irritation from stomach acid can cause cell changes in the lining of the esophagus, a condition known as Barrett's esophagus. In the long run, this increases the risk of esophageal cancer. Fortunately, this is unusual, but it underlines the importance of seeking care if you have daily problems for a long time.

By giving the stomach a little more space and avoiding the worst culprits in the pantry, most people can become completely trouble-free.

AI

AI

From challenger to leader: How Claude became the AI market's most trusted assistant



In less than two years, Anthropic's Claude has gone from being a well-guarded alternative to being ranked by many users and experts as the leading AI tool. What is behind the success?

It wasn't long ago that Google and OpenAI were considered the undisputed giants of generative AI. But over the past year, a third name has seriously established itself: Claude, developed by the San Francisco-based company Anthropic. According to several independent surveys and user tests, Claude now ranks as the AI tool of choice for complex tasks.

ABOUT CLAUDE

Manufacturer: Anthropic, founded in 2021 by former OpenAI researchers

Latest models: Claude Opus 4, Claude Sonnet 4 (2025-2026)

Available via: claude.ai and API for business developers

Security strategy: "Constitutional AI" — guidelines that guide the model's values and behavior

In 2025, Anthropic launched a range of models under the Claude 3 brand and then Claude 4, with versions adapted for everything from fast, cost-effective responses to in-depth analysis and advanced code generation. The latest generation, which includes Claude Opus and Claude Sonnet, has been praised in technical evaluations for their achievements in mathematics, programming, and legal text analysis.

But it's not just raw performance measurements that explain Claude's rising popularity. Many users highlight another quality: the conversational style. Claude is perceived by many as more nuanced and less inclined to give simplistic or overly cautious answers. The model is designed to reason transparently and acknowledge uncertainty rather than giving an appa-

rently certain answer when knowledge is actually limited.

Anthropic's philosophy of security and responsible AI development, which they call "Constitutional AI", has also contributed to the trust of corporate customers. Where competitors have sometimes been criticized for either being too restrictive or too permissive, Claude has sought a middle ground: helpful and capable, but with a clear ethical foundation. This has made the model attractive in industries such as law, healthcare and research, where accuracy and judgement weigh heavily.

Another factor is the greatly expanded context window. Claude can now handle very long documents, entire code projects or extensive investigations in one and the same conversation. It has opened the doors for professional workflows that were previously impractical with AI tools.

However, it would be wrong to paint the picture as unambiguous. The AI field is changing rapidly, and the competition is fierce. OpenAI's GPT models and Google's Gemini remain dominant in the consumer market, and all players are investing huge resources in the next generation of systems. Experts are wary of picking any definitive winner in an industry where the playing field can change fundamentally in a matter of months.

What is clear, however, is that Anthropic has succeeded in showing that safety and capability do not have to be in conflict with each other. At a time of increasing debate about AI's risks and societal impacts, this message has found a receptive audience, not least among decision-makers and organizations with high demands on reliability.

Whether Anthropic can keep up the same pace into 2026 remains to be seen. But for now, Claude has done what few thought possible just a couple of years ago: challenged the established giants and gained the trust of the most discerning users.

META - A NEW AI

AI competition is intensifying. Images made by META AI, which can be freely used by anyone.

This is what the fire of Vaasa in 1852 might have looked like



META



META



META



META

UKRAINE PRESIDENT

Defense Support, European Integration, and Strengthening Sanctions Against Russia: Volodymyr Zelenskyy Met with Emmanuel Macron

13.3.2026
In Paris, President of Ukraine Volodymyr Zelenskyy held a meeting with President of France Emmanuel Macron to discuss the situation in the Middle East, strengthening sanctions against Russia, and increasing support for Ukraine.

"I am grateful for this visit, for all of France's support for Ukraine and for Ukrainians, and for your personal support, Emmanuel. We in Ukraine know all this and value it greatly. We also value the fact that we can always coordinate with France and stand together on many issues - that is so important, especially during wartime," Volodymyr Zelenskyy

emphasized. The presidents discussed security in Ukraine, across Europe, and globally in light of the situation in the Middle East and the Gulf region. Volodymyr Zelenskyy expressed condolences over the death of a French serviceman in Iraq as a result of an Iranian strike the day before.

"Opinions may vary regarding this U.S. campaign against the Iranian regime, but it is hard for anyone to argue with the fact that the regime in Iran is terrorist in nature, and the entire region - and Iran itself - certainly needs far greater respect for life and stronger protection of life, first and foremost from this regime in Iran," the Head of State emphasized.

Volodymyr Zelenskyy noted that Ukraine can contribute to stabilizing the situation, and that more than ten countries have already approached Ukraine for

support in defending against Iranian "shaheds."

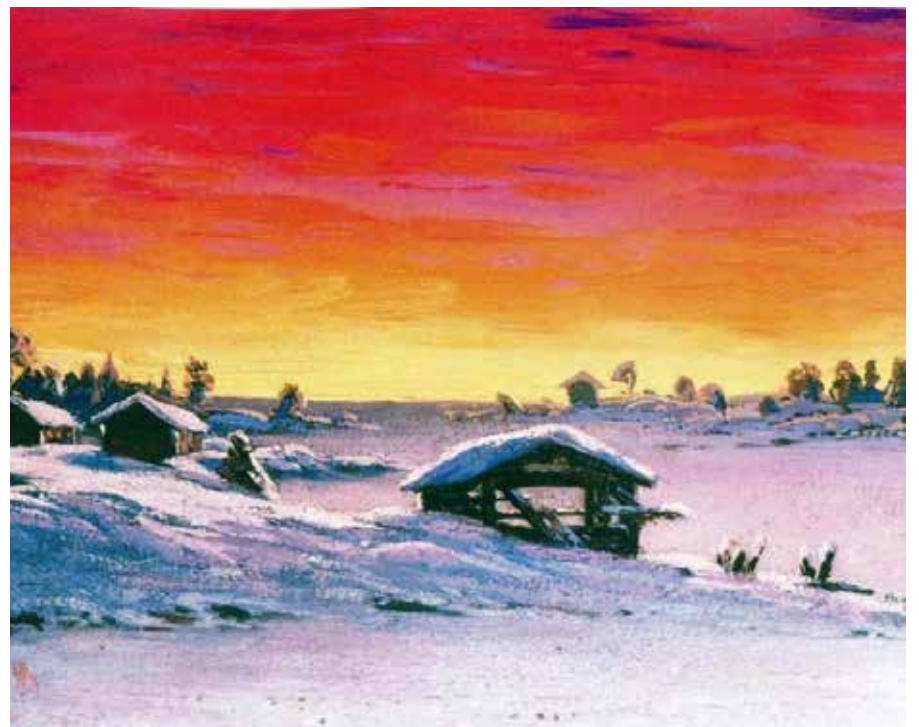
"It is not enough simply to obtain interceptors somewhere - there must also be experience in using them. Our warriors have such experience. There must also be proper systemic work with radars and with the entire air defense system. Ukraine is ready to share this experience for the security of those partners who are helping us," Volodymyr Zelenskyy noted.

In addition to all these issues and coordination of actions, the leaders also discussed defense support for Ukraine. Volodymyr Zelenskyy emphasized that Emmanuel Macron is fully informed about all aspects of the situation on the frontline. The presidents devoted significant attention to joint defense production, bilateral projects, and the implementation of the SAFE instrument.



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ART EXPERIENCE OF THE WEEK



Fanny Churberg
12.12.1845, Vaasa
10.5.1892, Helsinki
A Winter Sunset

George Orwell

1984

21

She threw herself down on the bed, and at once, without any kind of preliminary in the most coarse, horrible way you can imagine, pulled up her skirt. I----

He saw himself standing there in the dim lamplight, with the smell of bugs and cheap scent in his nostrils, and in his heart a feeling of defeat and resentment which even at that moment was mixed up with the thought of Katharine's white body, frozen for ever by the hypnotic power of the Party. Why did it always have to be like this? Why could he not have a woman of his own instead of these filthy scuffles at intervals of years? But a real love affair was an almost unthinkable event. The women of the Party were all alike. Chastity was as deep ingrained in them as Party loyalty. By careful early conditioning, by games and cold water, by the rubbish that was dinned into them at school and in the Spies and the Youth League, by lectures, parades, songs, slogans, and martial music, the natural feeling had been driven out of them. His reason told him that there must be exceptions, but his heart did not believe it. They were all impregnable, as the Party intended that they should be. And what he wanted, more even than to be loved, was to break down that wall of virtue, even if it were only once in his whole life. The sexual act, successfully performed, was rebellion. Desire was thoughtcrime. Even to have awakened Katharine, if he could have achieved it, would have been like a seduction, although she was his wife.

But the rest of the story had got to be written down. He wrote:

I turned up the lamp. When I saw her in the light----

After the darkness the feeble light of the paraffin lamp had seemed very bright. For the first time he could see the woman properly. He had taken a step towards her and then halted, full of lust and terror. He was painfully conscious of the risk he had taken in coming here. It was perfectly possible that the patrols would catch him on the way out: for that matter they might be waiting outside the door at this moment. If he went away without even doing what he had come here to do----!

It had got to be written down, it had got to be confessed. What he had suddenly seen in the lamplight was that the woman was OLD. The paint was plastered so thick on her face that it looked as though it might crack like a cardboard mask. There were streaks of white in her hair; but the truly dreadful detail was that her mouth had fallen a little open, revealing nothing except a cavernous blackness. She had no teeth at all.

He wrote hurriedly, in scabbling handwriting:

When I saw her in the light she was quite an old woman, fifty years old at least. But I went ahead and did it just the same.

He pressed his fingers against his eyelids again. He had written it down at last, but it made no difference. The therapy had not worked. The urge to shout filthy words at the top of his voice was as strong as ever.

Chapter 7

'If there is hope,' wrote Winston, 'it lies in the proles.'

If there was hope, it MUST lie in the proles, because only there in those



swarming disregarded masses, 85 per cent of the population of Oceania, could the force to destroy the Party ever be generated. The Party could not be overthrown from within. Its enemies, if it had any enemies, had no way of coming together or even of identifying one another. Even if the legendary Brotherhood existed, as just possibly it might, it was inconceivable that its members could ever assemble in larger numbers than twos and threes. Rebellion meant a look in the eyes, an inflexion of the voice, at the most, an occasional whispered word. But the proles, if only they could somehow become conscious of their own strength. would have no need to conspire. They needed only to rise up and shake themselves like a horse shaking off flies. If they chose they could blow the Party to pieces tomorrow morning. Surely sooner or later it must occur to them to do it? And yet----!

He remembered how once he had been walking down a crowded street when a tremendous shout of hundreds of voices women's voices--had burst from a side-street a little way ahead. It was a great formidable cry of anger and despair, a deep, loud 'Oh-o-o-oh!' that went humming on like the reverberation of a bell. His heart had leapt. It's started! he had thought. A riot! The proles are breaking loose at last! When he had reached the spot it was to see a mob of two or three hundred women crowding round the stalls of a street market, with faces as tragic as though they had been the doomed passengers on a sinking ship. But at this moment the general despair broke down into a multitude of individual quarrels. It appeared that one of the stalls had been selling tin saucepans. They were wretched, flimsy things, but cooking-pots of any kind were always difficult to get. Now the supply had unexpectedly given out. The successful women, bumped and jostled by the rest, were trying to make off with their saucepans while dozens of others clamoured round the stall, accusing the stall-keeper of favouritism and of having more saucepans somewhere in reserve. There was a fresh outburst of yells. Two bloated women, one of them with her hair coming down, had got hold of the same saucepan and were trying to tear it out of one another's hands. For a moment they were both tugging, and then the handle came off. Winston watched them disgustedly. And yet, just for a moment, what almost frightening power had sounded in that cry from only a few hundred throats! Why was it that they could never shout like that about anything that mattered?

He wrote:

Until they become conscious they will never rebel, and until after they have rebelled they cannot become conscious.

HUMOUR ONE HUND-RED YEARS AGO

THE WEATHER GAME.

The Sensitive Lady:
— I always feel it when it rains, in my legs and back.
The sensitive gentleman:
— I also feel all the changes in the weather. The other night I woke up to the barometer falling’
— They’re not possible!
— Well, you see, it fell to the floor.

AN UNREASONABLE DEMAND AGAIN.

Kind old lady (to a boy, who is watching with satisfaction the fight between two other boys): Why don’t you stop those boys from fighting?
Boy: Me?! You mean I should stop it right now, even though it’s taken me two weeks to get them to fight each other.

BURGLAR

Have you heard that a burglar came to our house one night? Or did he get anything? He got two years.



EXPLANATION.

A little boy (to his father): Why does a stork stand on one leg?
Father: If it lifted the other leg up, it would fall.

THEOLOGICAL PROBLEM.

Boy: Do horses go to heaven? Mother: Of course not, my boy 1
Boy: But where do angels get the horses to play the violin?

AT LEAST ONE WHO BELIEVE.

“Jimi told me he’s had the same car for five years and he hasn’t had to pay a cent to fix it. Can you believe that?”
“Yes, because I’m the very man he had his car fixed.”

CHEAP CARS

They say that “an empty barrel makes the loudest noise”. That is true, but the same idea, expressed in a more modern way, would be; “The cheaper the car, the louder the noise.”

OBJECTIVE IMAGE.

A gentleman who goes to the painters home:
“What is this? You were supposed to paint my picture and you painted a picture of the tavern.”
The painter: “You are in there drinking.”

WEALTH

By the words “untold wealth” he means the riches that are hidden from the tax board.

Astronomic picture of the week:



The Tinker Bell triplet

Using ESO’s Very Large Telescope, an international team of astronomers has discovered a stunning rare case of a triple merger of galaxies. This system, which astronomers have dubbed ‘The Bird’ - although it also bears resemblance with a cosmic Tinker Bell - is composed of two massive spiral galaxies and a third irregular galaxy.

In this image, a 30-min VLT/NACO K-band exposure has been combined with archive HST/ACS B and I-band images to produce a three-colour image of the ‘Bird’ interacting galaxy system. The NACO image has allowed astronomers to not only see the two previously known galaxies, but to identify a third, clearly separate component, an irregular, yet fairly massive galaxy that seems to form stars at a frantic rate.

Credit: ESO
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WASA DAILY

A modern newspaper with a layout with features of the press of the 1870s. Back then, newspapers had only 4-8 pages. Lots of text, but no images at all, so there’s a lot to read on a few pages. Our paper is one of the very few newspapers in English serving English-speaking inhabitants in the Ostrobotnia region

The magazine contains quotations from old daily newspapers taken from the National Archives (digi.kansalliskirjasto.fi). GPT3, Gemini, Aria and Monica do some of the routine editing work, such as translation, corrector reading, and short notice writing. All texts have been checked by journalists and the editorial staff is responsible for all the content of the texts.

Wasa Daily is a daily newspaper type publication, so far it is published on Sunday mornings. But our goal is for it to come out every morning in the future. The magazine is available online for free.

Editor-in-chief Hans Björknäs. Readers’ writings are welcome! The magazine is locally owned and will remain so. For ever! Editorial office: Wasa Daily, Koulukatu 37 B 7, 65100 Vaasa, tel. +358-40-5462455. Helsinki editorial office: Wasa Daily, Toinen linja 9 B 36, 00530 Helsinki. Phone +358-40-5462455. Email: wasadagblad@gmail.com

FROM OUR READERS

We very much welcome submissions from our readers. Comments, stories, memories, debate, news from home. Probably this will be the most important part of this spring paper. But space is limited, so please write as short as possible! So please send posts to: wasadagblad@gmail.com

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HOROSCOPE FOR MARCH 2026

Fabulous March Horoscope

Aries (March 21–April 19)
Spring energy is rushing through your veins! Unfortunately, you keep forgetting your umbrella everywhere. No worries – you’re not made of sugar (probably).

Taurus (April 20–May 20)
The slushy remains of winter make you grumpy, but you pretend to be fine. Curl up on the couch, drink a liter of tea, and refuse to acknowledge that March is technically a spring month.

Gemini (May 21–June 20)
Your brain is overflowing with ideas and plans! Too bad you’ll only follow through with one. But hey, thinking about doing something is practically the same as doing it, right?

Cancer (June 21–July 22)
You’re feeling extra emotional and nostalgic. Try not to call your ex or cry over old weather forecasts. Spring is coming – promise!

Leo (July 23–August 22)
The sun is finally peeking out, and you can return to your natural habitat – the center of attention. Just remember, wearing sunglasses doesn’t make March a summer month.

Virgo (August 23–September 22)
You’re already spring-cleaning, but spring doesn’t seem to be cleaning up for you. Breathe deeply and accept that dust bunnies, like old friends, always come back.

Libra (September 23–October 22)
Do you know what you want? No. But that’s okay, because you just accidentally mixed up three different coffee orders at the café. Let the adventure begin!

Scorpio (October 23–November 21)
You are mysterious and irresistible – except when you’re struggling to put on your winter boots in a hurry. Let spring arrive at its own pace, like a really good thriller.

Sagittarius (November 22–December 21)
March brings big opportunities! Or maybe just more slush. But your attitude is everything, so keep your shoes dry and your spirits high.

Capricorn (December 22–January 19)
You have a plan for spring. The universe has another. Flexibility is the key to success – and to not losing your temper when the bus is late.

Aquarius (January 20–February 18)
Your creative mind is inventing a new spring fashion trend. Too bad it involves sandals and wool socks. Maybe not yet, but we admire your vision!

Pisces (February 19–March 20)
Birthdays and spring vibes turn you into a hopeless romantic. Just make sure you don’t wander straight into a snowdrift while gazing at the sunshine. Dream big – but watch where you’re going!!

