

## **[55+ Club – Update for April 2021!](#)**

Greetings – we do hope that everyone is keeping well this week & staying safe & healthy! We just wanted to send a few more links of things that you can view from the comforts of home.

**This week's update will include details about interesting information & facts about Helsinki Finland.**

Helsinki, Finland's southern capital, sits on a peninsula in the Gulf of Finland. Its central avenue, Mannerheimintie, is flanked by institutions including the National Museum, tracing Finnish history from the Stone Age to the present. Also, on Mannerheimintie are the imposing Parliament House and Kiasma, a contemporary art museum. Ornate red-brick Uspenski Cathedral overlooks the harbor.



## **Virtual Tours and Entertainment**

### **[The National Museum of Finland](#)**

**<https://www.youtube.com/watch?v=QOPFROfljF4>**

### **[Helsinki Music Centre - Musiikkitalo](#)**

Sibelius: Kullervo – Jukka Pekka Saraste & Finnish Radio Symphony Orchestra  
**<https://www.youtube.com/watch?v=hDzor0VXy0M&lc=UgigEIXWsknX0XgCoAEC>**

### **[The Icons & Paintings in The Uspenski Cathedral](#)**

**<https://www.youtube.com/watch?v=qg4e8HyFgd8>**

### **[Top 10: Things To Do in Helsinki Finland](#)**

**<https://www.youtube.com/watch?v=u4pcXCicqqw>**

### **[10 Interesting Facts About Helsinki Finland](#)**

**<https://www.youtube.com/watch?v=QsBpReJJ2xs>**

## Recipe of the Week from Marvellna

### Karelian Hot Pot / Karjalanpaisti



### Ingredients

- 1 lb. beef chuck, cut in 1-inch cubes
- 1/2 pork shoulder, cut in 1-inch cubes
- 1 medium onion, peeled and quartered
- 1 bay leaf
- 1/2 tsp allspice powder
- 1-2 tsp salt
- 1/4 cup water

### Instructions:

1. Preheat oven to 275 F. Use a heavy casserole or pot with a tight-fitting lid. Place the meat in the pot with the onion, bay leaf, allspice and water. Sprinkle with salt.
2. Use a smaller amount first and add to taste later on. Cover tightly, place the casserole in the oven and let cook for 5 hours, stirring once. You should not need any more water, but if the meat seems to be drying out, add some more. The meat should basically cook in its own juices.
3. Serve with boiled potatoes, fresh rye bread and a salad, if desired.

## Smile or Laugh for the Day



## Trivia

- 1. Let's start with an easy one: What are the two official languages of Finland?**
  - a. Finish & Russian
  - b. Finnish & Italian
  - c. Finnish & English
  - d. Finnish & Swedish
- 2. What does the Finnish flag look like?**
  - a. Three sections, two red, one white with a red maple leaf
  - b. A blue cross on a white background
  - c. Union Jack
  - d. Stars & Stripes
- 3. What is considered to be Finland's National Instrument?**
  - a. kantele
  - b. harpsichord
  - c. sousaphone
  - d. pipe organ
- 4. What is Finland's largest lake**
  - a. Alanda
  - b. Etela
  - c. Oulun
  - d. Saimaa
- 5. From the 12<sup>th</sup> to the 19<sup>th</sup> centuries, Finland belong to a different country. Which country was it?**
  - a. Russia
  - b. Sweden
  - c. England
  - d. Spain
- 6. How many Regional State Administrative Agencies of Finland are there?**
  - a. 9
  - b. 6
  - c. 16
  - d. 11
- 7. What day is the Finnish Independence Day?**
  - a. December 6
  - b. May 6
  - c. June 6
  - d. August 6
- 8. In what year did Finland's capital hold the Olympics?**
  - a. 1952
  - b. 1944
  - c. 1968
  - d. 1988
- 9. When translated into English, what is the title of the Finnish national anthem?**
  - a. Our Land
  - b. Our Hearts Belong to You
  - c. Our Home
  - d. Out Beautiful Land
- 10. Over 70% of Finland is covered by forests and woodland areas.**
  - a. True
  - b. False

## Online Games

### Free Jigsaw Puzzle Online – Helsinki Finland

<https://www.epuzzle.info/en/puzzle/play/architecture/2269-panorama-of-helsinki-finland>

## Trivia – Answers

1. – Finish and Swedish
2. – A blue cross on a white background
3. – Kantele
4. – Saimaa
5. – Sweden
6. – 6
7. – December 6
8. – 52
9. – Our Land
10. – True

## Conversational Finnish

### Popular Phrases You Need to Know Before Visiting Finland

1. Kiitos – (Please/thank you)
2. Puhetteko englantia? – (Do you speak English)
3. Hei/hei – (Hi/bye)
4. Mitä tämä/tuo on? (What is this/that?)
5. En ymmärrä (I don't understand) & 'voitko sanoa uudelleen' as a way of saying 'can you repeat that?'
6. Puhuisitteko hieman hitaammin? (Can you speak more slowly?)
7. Ei kestä (No problem)
8. Olen kotoisin...sta (I am from...)
9. Voinko saada...? (Can I have...?)
10. Anteeksi (I'm sorry/Excuse me)
11. Missä on vessa? (Where is the bathroom?)
12. Kippis (Cheers)

We are still looking for stories, recipes, jokes or anything that you would like to share with fellow members. Please send these to us by the 1<sup>st</sup> Tuesday of each month, so that they can be included in the next update!

**Thank you to everyone who contributed to this update! 😊**

Take care and if you need any assistance please do not hesitate to contact either Jen – [jen.mceachen@townofws.ca](mailto:jen.mceachen@townofws.ca) or Barb at [barb.armstrong@townofws.ca](mailto:barb.armstrong@townofws.ca) – by phone at 905-642-7529 extension 5328.

Jen and Barb