



# Iltatähti

Evening Star



## Finnish Heritage House

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Alex Anttila

Finnish Heritage House  
P.O. Box 293  
South Thomaston, ME 04858



Dennis Anderson, Ossi Rahkonen, Jackie Harjula and Anita Smiley standing in front of the St. Urho statue in Menahga, Minnesota.

## CHECK YOUR MAILING LABEL!

## HAS YOUR MEMBERSHIP EXPIRED?

Your name will be removed if you are more than two years overdue. We will send a notice when your membership has expired for nine months. Newsletters will stop one year after expiration.

## St. Urho's Day is coming soon!

St. Urho's Day will be celebrated with a joint meeting with Finn-Am Society on March 21, 2020 at 12 noon at Jura Hall. Don't forget to wear your green and purple. There will be a short meeting, a pot luck luncheon and music by Ron Anderson.



## Recipe Box

### Carrot Almond Pudding

#### Ingredients:

1 pound carrots, peeled and grated

2 Tbsp. nondairy butter

1/2 tsp. cardamom

1/2 tsp. cinnamon

1/4 tsp. Salt

1/4 cup organic sugar

2 cups plain, non-dairy milk

1/4 cup white quinoa, rinsed and drained

1 cup almond flour

1/2 tsp. vanilla

Whipped nondairy topping for garnish (optional)

#### Directions:

1. In a large saucepan with a heavy bottom, heat the butter until melted. Add the grated carrot, cardamom, cinnamon, and salt and cook over medium heat for 8 minutes, stirring often, until the carrots have wilted and softened.

2. Add the sugar, quinoa, and milk and cook over low heat for 15 minutes, stirring often to keep the mixture from sticking and burning.

3. Add the almond flour and vanilla and cook for another 5 minutes, until smooth.

4. Pour the pudding into a bowl or individual dishes, cover, and chill completely. It will thicken more when chilled. Serve with whipped topping if desired, but chopped pistachios are also good. You can also sprinkle on a little extra cardamom or cinnamon if you'd like.

I used real butter and almond milk. The next time I make it I'll use a little more cardamom.



## Calendar

**March 21** ~ Joint meeting with Finn-Am St. Urho's Day celebration, pot luck luncheon, music. At Jura Hall

**April 14** ~ FHH Directors meeting - 3:00 pm

**May 19** ~ FHH Directors meeting - 3:00 pm

**June 6** ~ LOY Cooking demonstration - 3:00 pm at the Federated Church, Thomaston

**June 20** ~ Joint meeting with Finn-Am Juhannus celebration, pot luck luncheon, program and hopefully entertainment. At Jura Hall



### Finlandia Foundation National 2019-2020 Lecturers of the Year

FHH is delighted to present Soile Anderson and Eleanor Ostman, who will co-present a cooking demonstration of Finnish foods. We have chosen piirakka and salmon soup for the menu. Piirakka is a Karelian pie or pastie made with flour and butter and filled with rice or egg butter. This is a very traditional Finnish food. Salmon soup is popular in Finland because of the abundance of fresh salmon. Those of us who attended FinnFunn Weekend last year were privileged to sample Soile's salmon soup, and were delighted with the results, and we are sure you will be too. At that event, we learned how to make many varieties of open-faced sandwiches.

Soile and Eleanor come to us from Minnesota, Soile by way of Finland, where she was born. She has served Presidents, Kings and Queens, and even the Dalai Lama in her food establishments. Eleanor met Soile in the 80s and developed a lifelong friendship. As a food writer, Eleanor wrote a column "Tested Recipes" for 30 years and has also written two cookbooks.

The program will be held at the Thomaston Federated Church on Saturday, June 6<sup>th</sup> at 2:00 pm. The charge is \$10, and that includes samples of the delicious food, and a chance to try making your own piirakkas. We hope you can join us.



## Rockland woman recounts Finnish Winter War



*Marjatta Pihala and her husband on their wedding day.*

**ROCKLAND** — Marjatta Pihala remembers the winter of 1939 — bitter cold months when war raged in her native country of Finland for 101 days.

The Winter War ignited with the invasion of the Red Army, and it transformed her life and country — "it was complicated and is impossible to explain how terrible it was," she said.

Finland fought to keep their nation independent of Russian influence and Pihala said the Soviets attempted to occupy Finland as geographically, it would give the Red Army better proximity to invade neighboring nations and, eventually, Germany. Pihala, now of Rockland, was raised in the port city of Rauma, where she learned to skate during the era of figure skating champion Sonja Henie and her father owned a sporting goods business to support a family of seven.

"I was a figure skater until I learned it was fun to go out with the boys," she said. At 19, Pihala married in the summer lull of fighting between the Winter War and the Continuation War, the second war between Finland and Russia during World War II. Her husband was an officer on the front lines of the Finnish Army. He suffered injury, but survived the war.

During the Russian assault, residents in the Eastern region of the nation known as Karelia, fled, sometimes with only the clothes on their bodies, layered for warmth.

"That was all they could carry for belongings from their homes," she said.

Pihala's two brothers fought in the war but only one returned home.

Finns showed solidarity and spirit, known as *sisu* — uniting to support their besieged country. Pihala was part of an organization, *Lotta Svärd*, that gathered Finnish women to work supporting the cause.

The women worked in hospitals, set up camps for soldiers and were tasked with continuing traditionally masculine lines of work.

Camps were erected on the Eastern border where combat raged. "They [the camps] had to be set up for the groups that were fighting. The border line toward Russia is woods, real deep woods. They can't live if they can't get food," Pihala said. The responsibility and burdens Finnish women undertook was a vital part of guarding the homeland.

"All the men were with the army," she said. "Women had to take over everything — growing crops — just everything," she remembered.

There were innumerable Russian soldiers and Finnish lines pushed farther into their own country. There was no school and Pihala said war jobs were apportioned to graduated age groups.

No one knew how long the war would last or what would happen.

Pihala worked in a hospital and later was responsible for delivering Finnish children to safety in Sweden, where they were kept in households and nursing homes until the end of the war. More than 70,000 Finnish children were sent to Sweden for refuge.

"All the mothers wanted their children to be safe," she said. Finnish children were separated from their families, homes and language, but had respite from war. Sweden was a neutral country and therefore not in danger of invasion.

"They [Sweden] gave all the possible help during the war," she said.

Pihala helped to transfer hundreds of children by plane and adopted an infant son, Karl, whose father was killed in combat and his mother was left unable to care for him. Karl had an older sister, but what happened to her is unknown. Pihala believes she was kept in Sweden.

"It has no bearing anymore — it's something in a memory," she said, adding that recalling such a time is painful.

Pihala has since met some of the children she helped escape. One is a doctor in Florida she regularly visits.

Pihala eventually immigrated to the United States and settled within a Finnish community in New York City on 86th Street.

"Everything here is big — more stores, more people," she said. "At that time Finland only had 3 million people, so you can imagine how New York seemed."

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### Rockland Woman (continued from page 3)

In the city, Pihala said she studied everything available, including fashion design, which was her best talent. She even designed an outfit for actress and singer Ethel Merman for a Cadillac commercial.

After the death of her husband, she moved to Maine, following Finnish friends she made in New York.

Pihala has returned to Finland on visits, taking ships captained by her childhood friends that often docked in New York, but she never returned to make it her home.

*By Juliette Laaka | Dec 13, 2012*

### Haluatko puhua suomea?



*2019 Finnish language class*

Marja-Leena Bailey will be offering a beginning and intermediate Finnish language course this June. She has created several levels of ability to help individuals know in which level they think they belong. She will combine Level 1 (no working knowledge of Finnish) and Level 2 (ability to pronounce Finnish words) for the beginners classes. Level 3 (being able to ask basic questions and understand the replies) and Level 4 (having studied most of the Finnish case endings and able to carry on a short basic level of conversation) will be combined for the intermediate classes. The class for beginning students will be offered on two Fridays, June 5th and 19th. The class for intermediate students will be held on two weekends, June 6th/7th and 20th/21st. Those who want to take the beginner's classes on Fridays may also take the intermediate classes following those Friday classes. Full details of the classes and registration will be sent out in late April.

If you are interested in enrolling in either one of these two courses please contact Steve Gifford by telephone (207-273-2877) or email ([gifford7tree@gmail.com](mailto:gifford7tree@gmail.com))

If you have questions about the content of the courses please contact Marja-Leena Bailey by text or phone at (1-978-761-1101) or email ([baileym@middlesex.mass.edu](mailto:baileym@middlesex.mass.edu)).

### Finlandia Foundation National Semi-annual Board Meeting

By Jacqueline Harjula

Our meeting will be held April 2, 3, and 4 in Ft. Lauderdale, with the full Board on Friday and Saturday, and many sub-committee meetings on Thursday. As a member of the Grants Committee, I have to arrive a day early. Our committee awards \$125,000 in grants, with a maximum of \$5,00 for any request, and the decision-making process takes all day. I have already received my packet of 38 grant applications to review and rate, which must be done before we meet as a committee. It is a very time-consuming process, but very rewarding to learn about all the exciting activities taking place to promote our Finnish culture and heritage.

I am the Chairman of the Communications Committee. We review the proposed articles that will appear in our twice-a-year newsletter, and assign them to various Board Members. Additionally, the Scholarship Committee will present their recommendations to be voted on, with \$45,000 in scholarships to be awarded.

Our next newsletter will have a great article listing all the grant recipients with a description of how their grant will be used. It will also have a brief description of our scholarship recipients, with pictures.

If you are a member of FHH, you should be receiving the FFN newsletter. If you haven't been receiving it, let me know and I will make sure your name is added to the list.



*Finlandia Foundation National board members at their fall 2019 board meeting in Helsinki.*



### Finn joke!

Toivo and Aino are looking for work and they hear the local Air National Guard Base is hiring.

They go to the personnel office to apply.

"What are your qualifications?" the officer asks Aino.

"Pilot" he says.

"Well, we certainly can use Pilots. Step right through that door and speak with the flight surgeon. And what do you do, Toivo?"

"I'm a woodcutter" Says Toivo.

"Well, I'm sorry, but we don't need any woodcutters here on the base"

"But Aino and I always work together. He can't do his job without me" says Toivo.

"What do you mean?" Asks the officer. "How is it possible a pilot needs a woodcutter to do his job?"

"Simple. I cut the wood and Aino pile it."

## Memories...



Tooty Wilson (left) displaying a rag rug she made by hand. Marjorie Brown (right) was the winner of the raffle of the rug.



Eleanor and David Dorr



Ethel Powell and Kirsti Fish displaying tori items .



The 2006 Finnish language class back when they were taught by Karl Brooks. Karl was fluent in eight languages and had some knowledge of several others. The Finnish Heritage House has been a sponsor of Finnish language lessons for almost as many years as we have been in existence. Some of the people in this photo still take Finnish lessons when they are available.



More St. Urho's memories from years past...

A Couple of Wonderful Photos



Anne Little



Barbara Hooper



Dot Jackson, Marchia Firth, Sally and Walt Anderson



Bottom left, Mary Gifford, right, Ragna Weaver and Barbara Hooper.



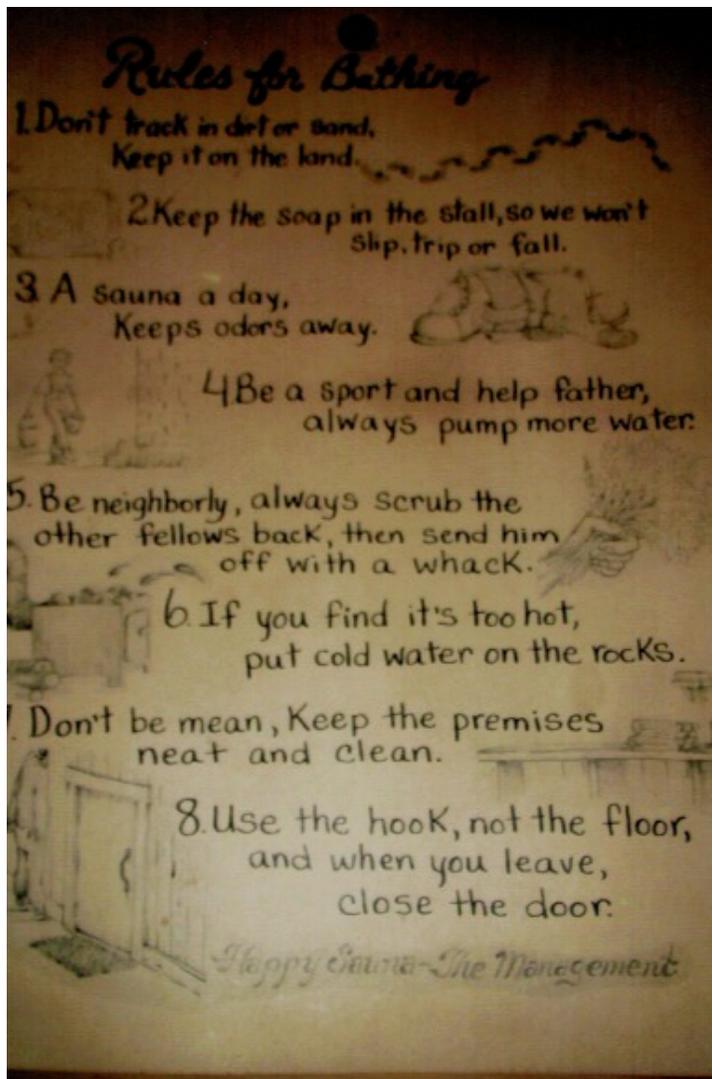
The flags at the Finnish Congregational Church.



A once in a lifetime photo. The rainbow between the Finnish Congregational Church and the Finnish Heritage House.



## Rules of the bath



Rachael Kilgour, Jackie Harjula and Sara Pajunen at Thomaston Federated Church Oct. 28, 2017

## Sound An Echo

Sara Pajunen and her musical partner Rachael Kilgour have released a new debut album. "And We'll Go Together" is now released and will be on sale at the FHH tori. Rachael and Sara came to the Federated Church in Thomaston and put on a concert for us on Oct. 28, 2017. They recently played in Boston.



In Sound An Echo, the name of their ensemble, Rachael & Sara create and perform modern, minimalist arrangements of old songs that have survived the years. Partners in both their personal and musical lives, Kilgour and Pajunen's collaborative work is inventive, compelling and assuringly intimate.

## Finnish Heritage House Opening

The Finnish Heritage House will reopen about the first week of May. It will be open from 9:00 am until Noon. The tori is stocked with all sorts of Finnish crafts, Cookbooks, books about local history and the local families in the midcoast area. We have hand-made items by Finnish crafters as well, such as hand carved figurines by Roy Tapio and rag rugs by Tooty Wilson. There are calendars, CDs, Finnish coffee, mustard and Finn Crisp and many more things. The kitchen has homemade Finnish pulla/nisu, doughnuts, cookies, fudge and other items. Don't miss it. We have many regular weekly customers who love the specialty items. We serve coffee and have a nice social gathering on most Saturday mornings. Please come join us.



Finnish Heritage House  
P.O. Box 293  
South Thomason, ME 04858

Please Join Us!

FINNSH HERITAGE HOUSE P.O. BOX 293 – South Thomaston, ME 04858

Name \_\_\_\_\_ Renewal \_\_\_\_\_ New \_\_\_\_\_

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I'd like to receive the FHH newsletter by E-mail \_\_\_\_\_ U.S. Mail \_\_\_\_\_

I'd like to get involved in the following activity/activities or committee(s)

Exhibits \_\_\_\_\_ Fund Raisers/ Luncheons etc. \_\_\_\_\_. Building Maintenance \_\_\_\_\_ Docent \_\_\_\_\_

Newsletter \_\_\_\_\_ Grants \_\_\_\_\_ Music/Dance \_\_\_\_\_ Children's Activities \_\_\_\_\_ Library \_\_\_\_\_

Other (Please specify) \_\_\_\_\_

Annual Member (\$10) \_\_\_\_\_ 5 Year Member (\$45) \_\_\_\_\_ Gift \$ \_\_\_\_\_

Make checks payable to Finnish Heritage House and send to P.O. Box 293 South Thomaston, ME 04858

***Is it time to renew your membership? Check your address label.***