



INTERNATIONAL FORUM

OSLO, NORWAY

January
NEWSLETTER
01/2019

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Number 439



INTERNATIONAL FORUM

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Forum Diary

DATE	EVENT	TIME	PAGE
January 24	Special Events - The Norwegian Red Cross	11:45	6
February 04	MM - Torbjørn Færøvik on China	18:45	6
February 12	40 th Anniversary Celebration	18:00	4

From the President



Dear Members,

Happy New Year to you all! As we enter the new year 2019, we have much to look forward to. It is International Forum's 40th Anniversary this year, and we have a lot to celebrate. On February 12, we plan to enjoy a wonderful evening at Det Norske Teatret's banqueting room, with music, song, recollections and anecdotes from past presidents, and – of course – camaraderie with our dear international friends.

Otherwise, in the new year, the Nomination Committee will be looking at the different posts for our members to fill, and we hope your sense of volunteerism will give you the incentive to sign up for one of the available positions. We shall be looking for a new president, a treasurer, a deputy board member (GM), and a CD deputy member.

As I write this, there may be other openings which have yet to be announced. For those of you who can offer a couple of hours a week to work in the office, your help will be very much appreciated.

I truly hope that we all can continue to contribute to making International Forum an enduring and viable organisation through our own personal commitment and efforts. It is up to all of us.

I look forward to seeing you at our next monthly meeting on February 4. For those of you who have signed up for the 40th anniversary celebration, I hope you are as excited as I am. I'll be there with bells on and hope to see you there, joyfully – with your bells on, too. Can't wait!

Best regards,

President

F R O M T H E B O A R D

40th Anniversary at Det Norske Teatret

We look forward to seeing YOU

February 12 at 18:00

For more information, please see the October *Newsletter*.

F R O M T H E N O M I N A T I O N C O M M I T T E E

The Nomination Committee is now starting its work

We are looking for members, who would like to take an active part in the running of the International Forum over a period of time. Please feel free to suggest yourself or submit the name of another member whom you think would be able to contribute in some way.

It doesn't necessarily take a lot of time to be a member of a committee, and it can be very rewarding. It is also a good way to learn more about the International Forum and to become better acquainted with other members.

The Nomination Committee prepares a list of nominees, which is submitted to the Board. Six weeks before the AGM the list of all nominees will be published in the Newsletter. Members may then send the Board further proposals, which can be put on the final list for election at the AGM. There is no vote by proxy at the AGM. The candidate receiving the most votes will be elected.

Included in this Newsletter is a form for your proposals which we hope that you will fill out. Please return **as soon as possible (by email or post) and by March 1 at the latest** to the Leader of the Nomination Committee: Ellen Vollebæk.

Do remember that your suggestions will form the basis of the Committee's proposals when members are nominated for election at the Annual General Meeting in 2019.

We cannot emphasise how much we look forward to receiving the names of as many nominees as possible.

Thank you!

The Nomination Committee:

Ellen Vollebæk (Leader), Sigrid Langebrekke

Barbara Lee Ødegaard

Proposals for nomination:

I (name) Tel:

Propose *myself and/or*:

..... Tel:

for the position of *:

and

propose: Tel:

for the position of *:

**President, Board Member, Committee leader, Committee member*

Form should be sent to:

For more information, please contact the IF Office.

COMING EVENTS

MONTHLY MEETING

Torbjørn Færøvik on China



Torbjørn Færøvik, born 8 June 1948, is a well-known Norwegian historian, journalist and non-fiction writer who has received the Brage Prize three times. The Brage Prize is a literature prize awarded annually by the Norwegian Book Prize foundation (*Den norske bokprisen*) for recently published Norwegian literature. He is also the last recipient of the Cappelen Prize, a prize awarded by one of Norway's leading publishing houses.

Mr Færøvik will talk about China today and some of the challenges facing this populous Asian giant.

DATE/TIME: Monday, **February 4** at 18:45 for (19:00)

For more information, please contact the IF Office.

SPECIAL EVENTS

Visit to the Norwegian Red Cross

Thursday, **January 24** at 11:45 (for 12:00)

The Norwegian Red Cross is part of the largest volunteer movement in the world. The organisation has societies in 119 countries with a total of 17 million volunteers and staff, working to help and support vulnerable people in their respective communities. The Norwegian Red Cross has activities throughout Norway, with around 50 000 volunteers.

For more information, see the December *Newsletter*.

ACTIVITY GROUPS AND COURSES – SPRING 2019

Activities Committee:

International Forum Activity Groups are formed when one member or a group of members get together and organise an activity. No payment is required and the activities are open to all members depending on availability. Are you interested? See the contact information below.

If you are interested in an activity that is full, sign up anyway, as there may be cancellations. If you have problems joining an activity because it is full, please contact Anita Solheim, as we might consider forming new groups.

For more information, please contact the IF Office.

ACTIVITY GROUPS

DRAMA READING GROUP



The drama readings are held once a month in a member's home. The plays chosen are both old and new. The dates for the readings are flexible and usually decided a month in advance depending on how many can attend on a certain date. A light lunch is served between acts.

For more information, please contact the IF Office.

INTERNATIONAL BOOK CLUB I



We meet on the third Wednesday of the month in members' homes to discuss a book, usually a novel from worldwide literature, chosen by the group. The hostess serves a light lunch.

Please let the hostess know by Friday, prior to the meeting, if you plan to attend.

For more information, please contact the IF Office.

Reading Schedule for International Book Group I - 2019:

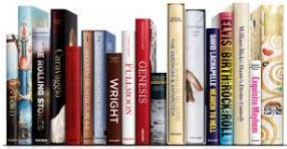
- January 16:** at Jane Steenbuch's. *Warlight* by Michael Ondaatje.
- February 20:** at Marit Wright's. *The Prime of Miss Jean Brodie* by Muriel Spark
- March 20:** at Bilsen Jorgensen-Dahl's. *Ru* by Kim Thuy
- April 10:** Place TBA. *A Testament of Youth* by Vera Britten.
- May 15:** Place TBA. *A Gentlemen in Moscow* by Amor Towles.
- June 19:** At Dorota Steensland's. *Milkman* by Anna Burns
- August 21:** At Dianne Frost's. *Segu* by Maryse Condé.

September 18: At Elspeth Walseth's. *The Sixteen Trees of the Somme* by Lars Mytting.

October 16: Place and book TBA

November 20: Place TBA. *North of Dawn* by Nuruddin Farah (if available in paperback)

INTERNATIONAL BOOK CLUB II



The same purpose as that of the International Book Club I. The gatherings take place once a month on a Tuesday in one of the members' homes, and the hostess will serve a light meal.

For more information, please contact the IF Office.

Reading schedule for International Book Club II – Spring 2019.

January 24: Probably at Solrun' house. *Pachinko* by Min Jin Lee.

February 28: At Blanca Løvold's. *Love* by Hanne Ørstavik.

March 28: Place TBA. *The Words to Say It* by Maria Cardinal

April 25: At Signe Lise Howell's. Book TBA.

May 23: Place and book TBA

CHOIR GROUP

The Forum Singers choir has about 30 members. We give a concert twice a year, in the spring and at Christmas time. We enjoy a varied repertoire: everything from jazz to classics. Our conductor is Eva Landro, a gifted musician, who sings in Det Norske Solist Kor. The choir practices every other Wednesday evening from 18:00 to 20:30 in Frogner Kirkestue, next to Frogner Church in Bygdøy Allé.

New members are welcome! If you enjoy singing and would like to join the us, please contact choir leader, Lydia Rostad.

For more information, please contact the IF Office.

COOKING GROUP II

Cooking Group II is a smaller group of maximum eight persons.

The intention is to create a meeting place for cultural exchange, to inspire the members to try food from other cultures, and to share our cooking skills and experiences with others. The cooking sessions will take place in the homes of the participants, on a rotation basis. The hostess decides on the menu and buys the ingredients and beverages. The cost of the ingredients is shared between the

participants. We will meet once a month, preferably on a Wednesday, at 13.30.

For more information, please contact the IF Office.

COOKING GROUP I

We are a group of 20 ladies (some have been part of this group for many years) who love good food. We meet approx. once a month in each other's home sharing recipes and enjoy new dishes. The cost of the ingredients is shared amongst us. If you want to join us, please contact Liss Laan.

We have agreed to start after Christmas at Liss' home. She is able to seat maximum 12 people.

Date: January, **Wednesday 30** at 12.30

For more information, please contact the IF Office.

A big thank you to Ellen for treating us to a very tasty pre-Christmas lunch. The setting was lovely and we all felt special.



NB! Lillan Akcora has kindly invited us to her home on Thursday, March 7. More information later.

For more information, please contact the IF Office.

INDOOR GOLF



This is an indoor activity between November and the end of April when outdoor golf is impossible. We usually start with a coffee. We have a special price for balls, and private lessons can be arranged. All levels of golfers are welcome – also beginners – so, please do come along!

At the Fornebu Indoor Golf Centre where we practice, there are many tees, a brand new putting green, and several golf simulators. Many of the group's members have now retired and we are looking for new enthusiastic golfers!

We welcome any member of the International Forum who would like to join us for the winter season 2018 – 2019. Come and try us once! You can play as often or as seldom as you wish. Easy and free three-hour parking for IF members!

TIME: Thursdays at 10:30

For more information, please contact the IF Office.

MONTHLY WEDNESDAY BRIDGE GROUP



We play at Ris Menighetshus Peisestue between 9:00 and approximately 13:15. Everyone can choose whether she wants to pay a fee of NOK 50.- per session, or a ‘term fee’. If you wish, you can bring your own lunch. Coffee and cookies are provided.

If you are interested, please contact Gerd Ulriksen. Let us know as early in the week as possible if you want to play. It would be good to sign up with a partner; however, if you do not have one, we will try to find one for you.

For more information, please contact the IF Office.

MONTHLY WEDNESDAY BRIDGE GROUP



We usually meet on the second or third Wednesday of the month, depending on the holidays. We are normally 8 or 12 players, on occasion 16. We play duplicate bridge and enjoy a light lunch afterwards. You are most welcome!

For more information, please contact the IF Office.

PHOTO GROUP

This is a group for amateur photographers. No special qualifications are required, just an interest in learning about photography and how to organise and securely save digital images.

Themes from 2018 to be continued in 2019:

From chaos to order: Organise your digital images neatly and conveniently.

Be safe: Save your digital images securely.

Be creative: Use your photos to make gifts like cards, collages and photo books.

Master your devices: your camera or smart phone, laptop, external hard disk or cloud storage. Last autumn, we explored the possibilities for taking good photos with the mobile phone, and we still have things to learn in this area. Another theme is how to send pictures by email, what size and resolution to use, etc.

Be a better photographer: Composition, focus, exposure and light.

If you have questions regarding digital photography, or if you have knowledge and tips to share, just come along! New members and ‘drop-ins’ are also welcome.

This spring we will meet on the following Mondays:

January 14, **February 18**, **April 15** and **May 20** from **12:00 to 15:00**,

For more information, please contact the IF Office.

WALKING GROUP

Kerstin Pettersen will send an email to the group members and inform them of the first walk of the spring. Walking is great exercise and fun for those who like the outdoors. If you are interested, please send Kerstin your mobile number and email address.

For more information, please contact the IF Office.

SWIMMING AT LYSEBU

(The Danish Cultural Center at Voksenkollen)



International Forum members are most welcome to swim at Lysebu and only have to show their IF membership card at the front desk. The fee is NOK 100.- per visit. This is not a group activity as such, but IF members can use this great, newly renovated facility as a group or individually. Any questions?

For more information, please contact the IF Office.

COURSES

The courses are activities for which the participants pay a fee to the teacher.

ENGLISH

Individual courses tailored to your needs. Refresher courses for conversation – all levels.

For more information, please contact the IF Office.

SPANISH

Beginners, Intermediate Level and Advanced Level.

Wednesdays: Beginners at 15:00 to 16:00, Intermediate students at 16:00 to 17:00, and Advanced students at 18:00 to 19:00

For more information, please contact the IF Office.

TRADITIONAL NORWEGIAN ROSE PAINTING

Rose painting ('rosemaling') is a traditional Norwegian folk art which goes back to the 1700s and which is still alive in many parts of the country.

Morning and evening courses can be organised for large or small groups.

For more information, please contact the IF Office.

R E P O R T S

A Christmas Carol

This year we had a new concept for the Christmas meeting. Moreover, it was a great success! Sixty members had signed up to listen to the artists Angela Halvorsen Bogo, the storyteller, and Jan-Egil Egenæs on guitar.



The audience received a glass of wine or mineral water upon arrival and were seated in a semi-circle in front of the performers, while the mulled wine simmered in the kitchen behind them. The artists were seated with their backs to the windows half way down the room, thus transforming it into a theatre. The storyteller took us back in time, to that of Charles Dickens and the main character of *A Christmas Carol*, Ebenezer Scrooge.

Angela Halvorsen Bogo is a talented narrator with a pleasant voice. Jan-Egil Egenæs followed suit with his song and guitar music. Their musical recital was well received by the audience, who were invited to join in a traditional children's 'begging' song, asking for a soul cake. 'Souling' is a Christian practice carried out during All Saints' Tide and Christmastide. For some of our English members, the *Christmas Carol* performance rekindled memories of their childhood, and they expressed their gratitude for that.



After the storytelling, the audience and the artists enjoyed mulled wine and traditional dishes and cakes. There were contributions from Finland, Denmark, Sweden, Scotland, England, USA, Mexico, Columbia, Japan, etc. We extend our sincere gratitude for all the delicious food! It was an abundant international, and tasty buffet. Everyone enjoyed it, and some even asked for recipes.

Below you will find my recipe for the herring-pie.

We thank the artists, Angela Halvorsen Bogo and Jan-Egil Egenæs, for their enthralling performance and for singing more Christmas songs with the audience.



Pictures by Sidsel Semb

And finally, my heartfelt *thanks* to the always faithful and efficient Monthly Meeting Committee!

Gunnel Anita Solheim

Maatjes herring - Pie or individual portions

You can make the herring cake as one round cake in a spring form, or as individual servings as in the recipe below.

<http://recept.se/recept/matjessillbakelser>

Recipe for 8 individual portions

INGREDIENTS:

The Pie Crust

Two sheets stiff plastic from which to make cylindrical forms. Stiff plastic pockets for documents will do.

- 50 g butter
- 200 g dark rye bread or pumpernickel, sold in small packages in the bread sections of supermarkets. Alternatively, you can buy Pågen's 'Svenska Lington Grova', a dark rye bread made with sourdough (at COOP) (The original Swedish recipe calls for a bread named Kavring, which is a dark rye bread sometimes seasoned with fennel seeds.)

The Filling

2 sheets of gelatine

400 g Maatjes herring

The Maatjes herring you can find in the seafood section of supermarkets. They come in large round plastic containers of 1 kg. However, you can also buy just the amount you need (250 g). Ikea also offers 'Matjesill' in glass jars.

1 small red onion

1 lemon (shredded rind from)

1 tbl. spoon chives (chopped)

1 tbl. spoon parsley (chopped)

3 dl crème fraiche

125 g cream cheese (Philadelphia cheese or Kvark)

Serving

2 tbl. spoon chives

2 tbl. spoons red caviar (optional)



Preparation

- **Pie crust:** Cut the plastic film into 8 strips, 6 cm by 20 cm. Roll each into a cylinder and fix with tape (it is easy with the aid of an empty cardboard roll). Place the cylinders on a tray covered with waxed paper. Melt the butter. Mix butter and crumbled bread. Put the crumb mix in the bottom of the cylinders and press it firmly to the bottom. Set to cool.
- **Filling:** Soak the gelatine in cold water for 5 minutes, right before using it. Drain the herring filets and chop finely. Chop the onion finely. Rinse the lemon and grate the rind. Mix herring, onion, lemon rind, chives and parsley. Mix crème fraiche and cream cheese. Heat 1 dl of the filling in a casserole. Remove the gelatine sheets from the water and blend them into the warm mixture. Incorporate the rest of the remaining filling and add the herring/onion mixture. Fill up the cylinders and level the surface. Refrigerate for at least 3 hours, preferably overnight.
- **Serving:** Cut the tape of the cylinders carefully, or cut the plastic itself, and remove the cylinder. Cover with chopped chives. If you wish, decorate with red caviar.

Alternatively, you make one pie in a spring cake form or in a rectangular form, which you have lined with stiff plastic (bottom - for easy handling). When the pie is chilled and stiff, you cut individual portions with a *hot* knife and place them on a platter. You might like to place each portion in a muffin form for easy serving from the platter.

Anita Solheim

AROUND OSLO

Blue Planet II

The Live Concert

Oslo Spektrum
Sonja Henies plass 2
0185 Oslo

Friday, **February 22** at 20:00



Where *Planet Earth* showed off the planet's land mass, *Blue Planet II* deals with the 70% of the globe covered by water. The deep sea is still ripe for discovery, and has been explored less than even the dark side of the moon.

A lot of focus is on the oceans these days, and the work towards cleaning them up, making *Blue Planet II* very topical.

For tickets: https://www.ticketmaster.no/event/578447?language=no-no&track=DiscoveryAPI&camefrom=TMINTL-NO-VISITOSLO-pln&subchannel_id=1

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