



# **INTERNATIONAL FORUM**

**OSLO, NORWAY**

**March**  
**NEWSLETTER**  
**03/2018**

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**Number 430**



# INTERNATIONAL FORUM

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Anita Pratap, Soo Lan Hoegh Henrichsen, Anne-Grethe  
Skagestad.**  
**Treasurer**                            **Vicky Alme**  
**Auditor**                                **Karin Skoglund**  
**Website**                               **[www.iforum.no](http://www.iforum.no)**

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## Forum Diary

DATE	EVENT	TIME	PAGE
March 20	Lund Hagem Architects & Atelier	10:45	6
April 17	The Norwegian School of Sports Sciences	10:45	7
April 26	Nesodden Kunst- og Næringspark	12:30	8
May 7	S. R. Paulsen on Norwegian Defence and Security	18:45	5

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## From the President



Dear Members,

I am sure most of you have first-hand knowledge or at least have heard about the revered and cherished part of the Norwegian lifestyle – the cabin. In Norwegian, it is called the ‘hytte’. The cabin (or ‘hytte’) is the Norwegian place for escape – where one can unwind, return to a simpler lifestyle and bond with nature. Mountain cabins – as opposed to seaside cabins – are generally constructed in the log cabin style and are ideally warm and cosy. It’s possible to hire a cabin for a mountain holiday retreat, but most cabins are privately owned and kept in families for generations.

If you have been in town during the winter holiday, or plan to be during the Easter holidays, you might notice that the streets will be unusually quiet. Much of the city’s population will have flocked to the mountain areas, to cabins, in search of flawless snow conditions, perfect weather (if possible) and tranquillity that only cabin life can bring. This flight to the mountains can be viewed as the recognition of having ‘survived’ the long winter, with the certain joyful knowledge that spring is right around the corner.

Going to a cabin doesn’t imply just sitting in a cosy chair in front of a fireplace with a good book. No, it involves certain challenges and a bit of work. This may include snow shovelling (in and out of a cabin), wood chopping to keep the fireplace stoked with burning logs, or even fetching water from a well or river for those who clearly like to get back to nature and prefer not having indoor plumbing.

The ultimate challenge when visiting a cabin is embarking for an all-day ski tour. Be prepared to experience capricious mountain weather, or hopefully, the blessing of a brilliant sunny day. The reward for defying the elements and displaying a certain amount of stamina on the ski trail is an orange and a cup of hot cocoa, straight from the thermos, when you hit the halfway mark on your ski tour. A trip to a Norwegian cabin and all the traditional outdoor activity that is part of the cabin experience, is a true Norwegian cultural experience and should not be missed.

Wishing you all a happy spring break or Easter holiday wherever you are.

Best regards,

A handwritten signature in blue ink that reads "Sally Bergan". The signature is written in a cursive, flowing style.

Sally Bergan, Acting President

## **FROM THE BOARD**

### **Your Help is Needed!**

International Forum needs a **Treasurer**. This is extremely important in order to keep IF functioning smoothly. If you are able to help us out or know of anyone who could serve as Treasurer (even someone outside of IF) please inform Sally Bergan or Vicky Alme as soon as possible. IF needs your help. Thank you.

We also need someone to **edit the International Forum website**

This would involve inserting the latest *Newsletter* and updating information about events and activities. The work can be done from home and should not take more than a few hours each month.

Some knowledge of how a website works would be helpful but not a necessity. However, experience from using a Mac or a PC is required, together with a competent level of written English. Instructions will be made available.

If you can help or know someone suitable, please contact:

### **THE NOMINATION COMMITTEE**

The Nomination Committee is still 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.

For more information and the nomination sheet, please see the January *Newsletter*. Thank you.

The Nomination Committee:

Ellen Vollebæk (Leader)  
Sigrid Langebrekke  
Barbara Lee Ødegaard

## COMING EVENTS

### MAY MONTHLY MEETING

#### Mr. Steinar R. Paulsen on Norwegian Defence and Security



Steinar R. Paulsen (b.1939) graduated from The Royal Norwegian Naval Academy in 1964 and entered a distinguished career in the Royal Norwegian Navy. This included six years as commanding officer of torpedo/missile boats and Commander of FPB Squadron 24. Later he served as Commander of the 1<sup>st</sup> Frigate Division.

He studied naval communications at *HMS Mercury*, the onshore establishment of the British Royal Navy, and the site of the Royal Navy Signals School and Combined Signals School. Later he graduated from the Royal Military College of Science, UK (Staff College).

In the years 1978-1981, he served as personal Aide de Camp to H.M. King Olav V. Later he became Assistant Chief of Staff for Intelligence Allied & Norwegian Defence Forces North Norway.

After leaving the Navy, he pursued a successful business career in Saudi Arabia and South East Asia with Norwegian companies, among which were Norconsult International, Blom ASA and Fritas AS (Höegh Shipping Group). Returning to Norway in 2003, he was appointed Business Development Director of Fritas AS, and during the last 5 years has supervised projects financed by the Leif Höegh Foundation. One of his present main projects is “ALDRI MER”, which includes an internet site ([www.aldrimer.no](http://www.aldrimer.no)). This project is monitoring the build-up of Norway’s defence forces related to the country’s commitments to NATO.

Another project is “Norway 872-2022”. This project highlights the country’s history from the time when Norway became one nation in 872, in addition to nation building, culture, religion, customs, and national identity. Yet another of his projects supports Professor Erik Reinert’s research to promote experience-based economic models in developing countries. The TV-documentary “When bubbles burst” was part of this effort.

Steinar R. Paulsen is a member of Rotary International, Oslo Military Society, Norwegian Anchorite Club and Det Norske Selskab.

DATE/TIME: Monday, **May 7** at 18:45 for (19:00)

*For more information, please contact the IF Office.*

## SPECIAL EVENTS

### Lund Hagem Architects & Atelier



Deichman: the new Oslo City Library  
by Lund Hagem Architects & Atelier Oslo

Lund Hagem provides architectural and urban design services to both the public and private sectors. Their diverse portfolio includes a wide range of building projects, such as private villas and leisure homes, libraries and educational facilities, apartment buildings, offices and commercial facilities. The company has won numerous prestigious competitions and received a number of awards and citations for excellent design. Lund Hagem Architects is based in Oslo.

DATE/TIME: Tuesday, **March 20** at 10:45 (for 11:00).

For more detail, see the February *Newsletter*.

### Visit to The Norwegian School of Sport Sciences (NIH - Norges idrettshøgskole)



Members of the International Forum are welcome to visit NIH, a university with responsibility for research and education within the field of sport sciences. The



school holds several different studies, from bachelor to master degrees, teaching physical education and degrees in coaching top-level sports.

We will be given a lecture about the school and its different courses. Then we will be shown some of the lecture-rooms. Afterwards we are welcome to the canteen where we can buy lunch.

DATE/TIME: Thursday, **April 17** at **10:45** for 11:00

*For more information, please contact the IF Office.*

## **ART COMMITTEE**

### **Nesoddparken Kunst- og Kulturnæringscenter**



The Art Committee would like to invite you to Nesoddparken Kunst- og Kulturnæringscenter [Nesodden art and commercial condominium] where as many as 50 artists have studios, workshops and offices. The building is surrounded by a large park area with sculptures, small paths, benches and a greenhouse.



*Sculpture in snow*



*Do you want to be touched?*

If time permits you can also visit the outdoor sculpture project, Wildlife. We plan to visit the following 3 artists:

Randi Elmenhorst: Modern jewellery designer who works with semiprecious stones copied in plastic  
<http://nesoddparken.no/disse-holder-til-her/randi-elmenhorst/randielmenhorst/>)

Hedvig Lien Rytter: Pencil drawings ([www.hedviglienrytter.com](http://www.hedviglienrytter.com))

Marianne Framhus: Digital drawings printed on textile  
([www.marianneframhus.com](http://www.marianneframhus.com))

DATE/TIME: Thursday, **April 26** at 12:30

*For more information, please contact the IF Office.*

## ACTIVITIES

### Monthly Wednesday Bridge

Welcome to the Wednesday Bridge in April. The date is April 18 at 10:30.

*For more information, please contact the IF Office.*

## R E P O R T S

### FEBRUARY MONTHLY MEETING

#### H. E. The Ambassador of Cuba, Mr Oscar de los Reyes The Great Cuban Literacy Project



On a freezing cold evening in Oslo, we assembled at Vinderen for what turned out to be a thought-provoking presentation given by His Excellency the Ambassador of Cuba, Mr Oscar de los Reyes, who narrated the warming and positive story of the massive literacy campaign launched after the Cuban revolution in 1961, a major effort to eradicate illiteracy in his native Cuba.

In 1960, out of a total of 6.3 million Cubans, almost 14.1% were illiterate. In just one year, Cuba managed to reduce the number of illiterate citizens and by December 22<sup>nd</sup> was able to declare the Nation free of illiteracy.

The Ambassador told us that he personally had joined the campaign at the age of only fourteen. He claimed that the effort had needed great dedication on the part



of the citizens and spoke about the Honrado Benitez Brigade...

ALFABETICEMOS: Education gives Freedom.

We also learned that of the volunteer teachers, 52% were women.

‘Much still is to be done’, said Ambassador de los Reyes, who spoke to us in flawless English, proudly telling us of his “American” accent. He hopes that learning foreign languages will become more important in Cuba as time goes by. The world has changed. Spanish, French and Italian, the Romance languages, will by many be the most natural choice, although English has become the new *lingua franca*, and Cubans need to realise that English skills are important.

Yes, literacy is and should be a high priority... and should be embraced with LOVE to spread PEACE and nurture HOPE.

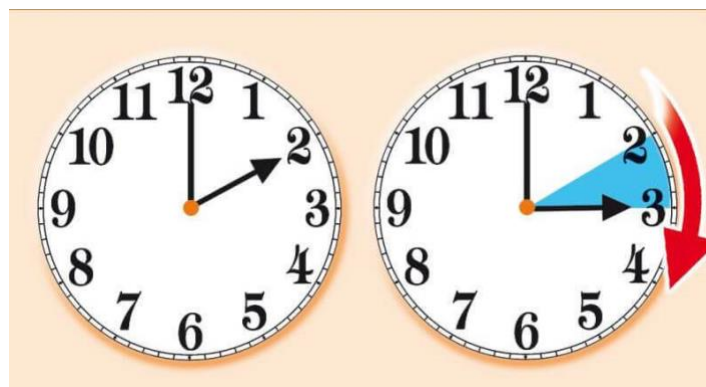
At the end of his presentation, the Ambassador generously answered the many questions asked by our interested members.

I thank the ladies of the Monthly Meetings Committee for yet another enlightening meeting, as usual followed by their delicious refreshments.

Elizabeth Bøhn

### Summer Daylight Saving Time

Remember to advance your clock by one hour at 02:00 on March 25!



#### Issued by the Board of the International Forum

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Editorial Team:	Elsbeth Walseth and Patricia Blackwell
Acting President:	Sally Bergan

The Editor and the Editorial Team reserve the right to edit all material.

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March 15, 2018