



INTERNATIONAL FORUM

OSLO, NORWAY

**August
NEWSLETTER
8/2019**

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Number 445



INTERNATIONAL FORUM

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Website www.iforum.no

Forum Diary

DATE	EVENT	TIME	PAGE
September 2	Mona Levin on Jewish Immigration	18:45	10
September 21	Ambassadors-for-Peace Oslo Marathon	16:00	9
September 24	Visit to Villa Stenersen	10:45	11

From the President



Dear Members,

Welcome Back! Hope you had a relaxing, enjoyable summer with family and friends.

It is a privilege to follow in the footsteps of Presidents who have served this wonderful organisation with such dedication and distinction. Thank you for giving me this honour.

The longer we live, the more we realise that time is precious and should be spent well. Spending time meaningfully, learning, creating or doing hobbies, is the best mind-expander and stress-buster. Walking, running, painting, cooking, playing, travelling, mingling with friends, listening to experts on topics we know little about – all such activities broaden our horizons. Neuroscience shows they make us happier too.

Supported by a well-run office and a dedicated editorial team, the International Forum's executive committees have done a fantastic job arranging activities, events, trips and lectures that nourish both the mind and the soul, and let us gain skills and knowledge, experiences and ideas, and above all, friendship and fun. So, I'm looking very much forward to seeing you at our first Monthly Meeting of the new season on September 2.

The Corps Diplomatique is important to us, and our Ambassadors for Peace Team in the Oslo Marathon is one example of joint activities. With your support, I shall work to increase our engagement with the Embassies (in culture, sports, activities, lectures) and the Norwegian Ministry of Foreign Affairs, which has supported us from the time we were founded 40 years ago.

To briefly give my background: I am a journalist, formerly with *Time Magazine* and CNN, and I am currently an Ambassador for Arendalsuka, Norway's biggest 'Festival of Democracy', an Advisory Board member of the Vienna-headquartered Women-without-Borders and the Lausanne-based Women's International Network. My husband was Norway's Ambassador to Austria, India and Japan and my son is a lawyer and tech-entrepreneur in Melbourne, Australia.

Another year unfolds for the International Forum. A warm welcome to the Board members. We are fortunate to have their rich and varied experience. I also wish to sincerely thank my predecessor, Sally Bergan, for a smooth transition. Together with the Board, the Executive Committee, the various event committees, our office and editorial teams and all our members, we strive to make the coming year, interesting and fulfilling.

With my warm wishes as the new season begins.

Best Regards,

Anita Pratap

President

FROM THE OFFICE

Membership Fee for 2019 – 2020

The Membership Fee is NOK 500,- for full members and NOK 250,- for overseas or associate members.

Please read the following carefully:

You will receive information about renewing your membership in an International Forum Invoice (*faktura*), which will be sent out by email on August 14. However, for members with no email address, the invoice will be attached to the centre page of the August Newsletter.

Payment should be made to: International Forum
P.O. Box 1505 Vika
0117 Oslo
Bank account no.: **1600 40 36631**
(Kindly use **no other account number.**)

The fee should be paid as soon as possible and **NO LATER** than **September 1**. After we have received your payment, we will send you your new membership card.

Notes on Renewing Your Membership

If, for some reason, **you do not wish to continue** your membership, we would appreciate it if you sent an email to int.forum@online.no or a letter to the Office **before August 31**. We will then take you off our lists and no longer send you the *Newsletter*.

If you have thought of giving up your membership because you are no longer taking part in any of the Forum activities, but would still like to keep in contact with us, you may become an Associate member. Alternatively, if you are moving abroad, and would like to keep in contact with us, why not become an Overseas Member?

Please let us know if you wish to change your membership category. (Please note: Overseas members do not receive a membership card.)

We thank you for your co-operation.

The Office

Charges for no-shows or no cancellation

We would like to remind all members that anyone who signs up for an event and later fails to turn up or to cancel will be charged the admission fee. Please send the cancellation notice to the Office and the person in charge of the event. This helps with planning and a possible waiting list.

The Office



Annual General Meeting of the International Forum

MINUTES

The 2019 **Annual General Meeting** of the International Forum was held on Monday, June 3, at Vinderen Seniorsenter, Oslo.

The Board was represented by Board members President Sally Bergan, Anita Pratap, Yan Donko, Soo Lan Høegh-Henrichsen, Anne-Grethe Skagestad, and Deputy Board members Rita Aars-Nicolaysen and Kirsten R. Chryssantakis.

Fifty-three Forum members attended the meeting.

Election.....

1. Other Business

A booklet (photographic memory) of the 40th Anniversary Celebrations on February 12 has been created by Anita Solheim for all members. A copy was given to the members present.

President Sally Bergan thanked all the members of the Board for their support and hard work and gave special thanks to advisor Patricia Blackwell.

She also thanked the Committee leaders, the Treasurer, the Secretary, the Auditor, the Editor, the Office Administrator, the Office Staff, and the Dispatch Team by name, for their valuable work for the Forum and for their willingness to continue. The Editor of the website, Anita Solheim, was thanked and informed us that she, Patricia Blackwell and Dorota Stensland would be working on improving the website.

Ellen Vollebæk was thanked for taking on the responsibilities as liaison with 'Open Door'.

Gifts were then presented to

- Kirsten Wensell and Lillan Ackora with thanks for their time, energy and dedication in the four years they have been members of the Office Staff.
- Rita Aars –Nicolaysen with thanks for being a conscientious and thoughtful Deputy to the Board.
- Soo Lan Høegh-Henrichsen who was leaving the Board. Soo Lan was a member of the Board for three years and was also thanked for her hard work in organising several Board Events.

Sally then thanked all members for their support, thoughtfulness and unceasing help in the two years she had been first Acting President and then President of International Forum – a wonderful organisation which gives so much to so many people. She also thanked for many good memories of these years.

Anita Pratap, on behalf of all members, thanked Sally for being such a hard-working, conscientious and patient President. She stepped in when needed and has been for more than two years a truly dedicated President who also led the organisation of the 40th Anniversary Celebration with great success.

Anita presented Sally with a gift and many warm thanks from International Forum.

Sally rounded off the meeting, wishing us all a lovely summer holiday, and invited us to a buffet.

Oslo, June 3, 2019

.....

Elsbeth K. F. Walseth

.....

Patricia Blackwell

.....

Rita Aars-Nicolaysen

COMING EVENTS

Ambassadors for Peace

Oslo Marathon - September 21



Come September and it's Oslo Marathon time. For the third year in a row, the International Forum is organising an 'Ambassadors for Peace' team to participate in the Marathon. The 10-km run ('10 for Grete') will take place on Saturday, September 21 at about 16:00, starting at the Town Hall. The run will end by 18:00.

Thanks to our special arrangement with the organiser of the Oslo Marathon, we pay a reduced participation fee of only NOK 100.- per person. If you want an Oslo marathon T-shirt, it will cost an extra 100 kroner. Those who want to run the half or full marathon can do so through the 'Ambassadors for Peace' team for the same price. Members of the Ministry of Foreign Affairs, Embassies and International Forum and their family members can participate. You can cancel anytime and your payment will be reimbursed provided that you notify before September 14. The Ambassador of Belgium, Nancy Rossignol, is the first to register and five others have already registered.

If you wish to participate in the 'Ambassadors for Peace' team, please email me for registration details.

Anita Pratap

anitapratap@hotmail.com

MONTHLY MEETING

Mona Levin on Jewish immigration to Norway through the story of one family



Mona Dorit Levin (1939) is a well-known Norwegian journalist, author, actress and theatre critic. For many years, she was part of the cultural editorial team at *Aftenposten*, writing the culture and entertainment columns. From 1996, she has worked as a freelance author and theatre critic.

Ms Levin is the daughter of the famous Jewish pianist and composer Robert Levin.

Ms Levin has written many books about famous Norwegian actors and politicians, including her father's biography.

Her last book, *Mors Historie – En familiesaga* (My Mother's Story: A Family Saga), recounts the tale of her mother's family through generations. It is a story of migration and survival.

DATE/TIME: Monday, **September 2** at 18:45 for (19:00)

For more information, please contact the IF Office.

SPECIAL EVENTS

Villa Stenersen

September 24



Special Events has pleasure in inviting you to visit Villa Stenersen, situated on a hill in Tuengen Allé, with a lovely view over the fjord. This house, with specially designed interior and furnishings, is one of the most significant examples of Norwegian Modernism and one of architect Arne Kosmo's most well-known works. Rolf C. E. Stenersen – financier, art collector and author – had this house built for himself and his family in 1939. In 1974, he donated the villa to the nation. He wished it to be used as the prime minister's official residence, but only one prime minister, Oddvar Nordli, has lived there. In 2014, the National Museum took over the administration of the villa, and it is now a museum. Villa Stenersen is the only Norwegian house museum that is included in the international network 'Iconic Houses', a collection of modern houses designed by significant architects and open to the public. We are looking forward to taking Forum members on a guided tour of this remarkable house and its garden.

DATE/TIME: Tuesday, **September 24** at 10:45 (The tour begins at 11:00)

BY CAR: It is possible to park in the part of Tuengen Allé which is near, on the same side of the road as Villa Stenersen, and in some of the side streets. Please observe any No Parking signs.

LUNCH: Those who would like to have refreshments after the tour can walk up to Vinderen where there are various cafés.

For more information, please contact the IF Office.

REPORTS

Cooking Group I

How lucky we were to meet at Sigrid and Hans' summer house at Nesodden on June 14! This was the start of the traditional sailing regatta ('Færdern') down the Oslo fjord. Unfortunately, the wind was not optimal, but many boats sailed past the summer house in Drøbaksundet; although, most of them came after we had left.

We were treated to salmon, and cloudberry picked by Hans. A very big *Thank you* to both Sigrid and Hans! Hans & Robert were our chauffeurs.



The cooking group is already planning the autumn sessions, and as Ruth Klungsøyr has kindly invited us to come to her home on Wednesday 25 September.

The following cooking mornings are going to take place at:

Armin Fandler: Monday, October 21

Yachi Shian-Yuan: Wednesday, November 27.

Information will follow later.

Wishing you all a continued fine summer until we meet again!

Liss Laan

For more information, please contact the IF Office.

ACTIVITY GROUPS AND COURSES – AUTUMN 2019

Activities Committee:

International Forum Activity Groups are formed when one member or a group of members get together and organize 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.

INTERNATIONAL BOOK CLUB II

The same objectives as those 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.

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 choir, please contact choir leader, Lydia Rostad.

For more information, please contact the IF Office.

COOKING GROUP I

We are a group of ladies who love good food and who are interested in sharing recipes and learning from each other. We meet in each other's homes about once a month. The cost of the ingredients is shared amongst us.

For more information, please contact the IF Office.

COOKING GROUP II

Cooking Group II is a smaller group of maximum eight people. We meet once a month, preferably on a Wednesday, at 13:30. Meetings are held at the home of one of the participants on a rotation basis. The hostess decides on the menu and buys the ingredients and beverages, and the cost is shared between the participants.

At the moment, we have room for 3-4 new participants. Just call if you are interested.

For more information, please contact the IF Office.

MONTHLY WEDNESDAY BRIDGE GROUP

We generally meet on the second or third Wednesday of the month, depending on the holidays. We are usually 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.

MONDAY DUPLICATE BRIDGE

We play at Ris Menighetshus Peisestue between 9:45 and approximately 13:30.

Everyone can choose whether to pay a fee of NOK 50.- per session or pay a 'semester 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 if possible.

For more information, please contact the IF Office.

PHOTO GROUP



The photo group is for amateur photographers. No special qualifications are required, just an interest in learning about digital photography. We organize 6-8 workshops annually where you can learn how to:

- ***Master your devices:*** Camera or smart phone for taking and editing photos, computer and programmes/apps for further editing and sharing photos
- ***Organise and securely save*** your digital images on your computer, external hard-disk and cloud storage
- ***Use your photos creatively*** by making Photobooks, Photo Collages, Cards,

Calendars...

- ***Become a better photographer:*** Composition, focus, exposure and light.

The workshops are led by Anita Solheim. She is not a professional photographer; however, she has taken several courses in photography, *Lightroom* and *Photoshop*.

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 welcome.

The first workshop will be at Anita's place on Monday, **August 26** at 12:00 – 15:00

For more information, please contact the IF Office.

WALKING GROUP

Kerstin Pettersen will send an e-mail to the group members and inform them of the first walk of the autumn. We usually meet up on Fridays. 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.

PAYING 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.

Contact: Soo Lan Höegh Henrichsen M.C.S.D (Graduate of Liverpool University, Teachers College),

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

Contact: Margarita Ludena Stavholt,

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.

Rose painting is a style of Norwegian decorative painting on wood that uses stylized flower ornamentation, predominantly primary and secondary colors, and geometric elements, often in flowing patterns.

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

Contact: Vivian Grieg Teisner,

For more information, please contact the IF Office.

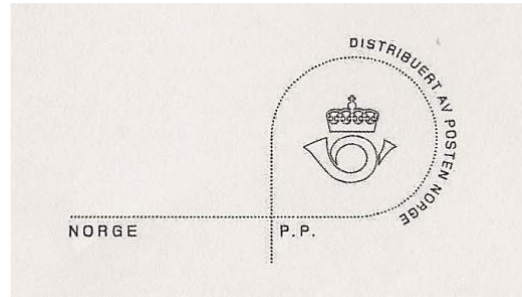
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August 14, 2019



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