



# **INTERNATIONAL FORUM**

**OSLO, NORWAY**

**October  
NEWSLETTER  
10/2016**

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**Number 414**



# INTERNATIONAL FORUM

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## Forum Diary

DATE	EVENT	TIME	PAGE
October 20	The Norwegian Broadcasting Corporation	10:45	Sept NL
November 7	H.E. Riffat Masood of Pakistan	18:45	4
November 10	Oslo Architecture Triennial	11:45	6
November 29	Christmas Lunch Asker Museum	11:30	5

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### Committee leaders:

ART COMMITTEE	Bee Ellingsen	mob. 907 33 874
MONTHLY MEETINGS	Laila Hægh	mob. 957 54 282
	Ruth Klungsøyr	mob. 411 43 039
SPECIAL EVENTS	Wenche Mohr	mob. 901 14 259

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## From the President



Dear members,

The month of October started with an interesting and informative introduction to a country few of us knew much about. Ambassador Truls Erik Hanevold showed slides and talked about Bhutan in a way that convinced us all that this was a country worth visiting – a Shangri-La, and most probably, the last one of its kind.

Monday the 3<sup>rd</sup> was also the day when summer decided to leave us this year; so ladies, it is time to take out the warmer clothes as we shall all have to prepare ourselves for shorter days, colder weather and maybe snow. Nevertheless, isn't this one of the charms of autumn: the change of season and the certainty that something else will follow?

I also do hope that many of you have been able to enjoy the Japanomania exhibition which took place at the National Gallery and the Museum of Decorative Arts and Design, showing the influence of the Anglo-Japanese style on the Nordic countries.

Another Forum upcoming event is the visit to NRK, and I hope that many of you will have the possibility to participate and learn more about how the Norwegian Broadcasting Corporation is being operating and run, both the radio division and television.

A big *Thanks* to the organisers of both the Art and the Special Events Committees for their excellent work.

Last but not least, as you all may understand, in order to be able to keep up the good work of the different committees and the Forum itself, we depend on the fees being paid by our members. The date for renewing your membership fee has now passed, and unfortunately some of you have forgotten to renew, so if you are one of those and still want to be a member, please hurry up!

I wish you all a happy November.

Best regards from

*Siri S. Frigaard*  
President

## COMING EVENTS

### MONTHLY MEETING



#### **H. E. Riffat Masood, Ambassador to Norway from Pakistan**

H. E. Riffat Masood is the second woman ambassador from Pakistan to Norway. She became Head of Mission in Oslo in October 2015.

The topic of her speech will be “Challenges and Opportunities in South Asia and their impact on Women”.

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

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

## SPECIAL EVENTS

### Christmas Lunch



The Special Events Committee has the pleasure of inviting you to a Christmas Lunch at the Asker Museum. The Museum, known as the Valstad Collection and located in the Valley of Artists, offers a great variety of attractions and a unique access to a bygone era. A diverse collection of historical buildings and pieces of art gives guests a chance to experience the works of many artists of national

importance. The heart of the Museum is the homes and gardens of Tilla and Otto Valstad, and Hulda and Arne Garborg.

The committee members will serve you traditional Gløgg upon arrival before a one-hour guided tour of the artist homes. Afterwards, we shall sit down for Christmas lunch, a speciality of the Museum, based on Hulda Garborg's recipes. Drinks are included in the price.

There is an interesting gift shop at the Museum for those who would like to do some pre-Christmas shopping.

**DATE/TIME:** Tuesday, **November 29**, at 11:30.

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

## **THE ART COMMITTEE**

### **Oslo Architecture Triennial: *After Belonging. In Residence***



**The Art Committee feels that this exhibition is particularly appropriate for International Forum members because of our diverse experience in living in many different parts of the world.**



This year's Oslo Architecture Triennial explores the ways in which we relate to places and communities. In a world increasingly characterised by mobility and impermanence, our sense of belonging is constantly changing. How does this affect our residential and public spaces and the ways they are designed by architects and urban planners? The exhibition focuses on ten locations around the world, all of which illustrate how our sense of identity has changed. The selected locations are: Copenhagen, Dubai, Gardermoen Airport, Kirkenes, Lagos, New York, Prato, Risaralda, Stockholm and Torshov.

*Changing Identities*, the exhibition *After Belonging. In Residence*, addresses themes such as migration, new types of accommodation, technology that promotes new markets and sharing economies, and new ways of being local and alien. 'Being at home' has now taken on a new meaning. Our sense of identity is no longer something static, defined by our home or native soil; it is forever evolving, as people, information and goods flow relentlessly across national borders.

The exhibition explores the links we share with places and communities: Where do we belong? How do we relate to the things we own, share and exchange? And how do we administer what belongs to us?

**DATE/TIME:** Thursday, **November 10** at 11:45 (for 12:00)

**SIGN UP:** By email to [int.forum@online.no](mailto:int.forum@online.no) and [rosi.lov@online.no](mailto:rosi.lov@online.no) and  
*For more information, please contact the IF Office.*

## **ACTIVITIES**

### **Monthly Wednesday Bridge**

The November Bridge will take place on Wednesday the 9<sup>th</sup> at 10:30. Our hostess is Ida Tschudi Heilemann and the address is Krag's Terrasse 15, 0783 Oslo. Please call Ida on tel.: 22 14 06 98 or 400 40 846 or send an email: [idatheil@hotmail.com](mailto:idatheil@hotmail.com) if you would like to join us.

Inger Støtvig

# REPORTS

## MONTHLY MEETING

### The Vikings in Great Britain



Mr. Iori Roberts was born at Anglesey (Ynys Mon) in Wales in 1941. Anglesey is the largest island in the Irish Sea and the second most populated after the Isle of Man. From early on, Mr. Roberts has been fascinated by the Vikings in Britain, and particularly in Wales, his home country. He speaks Welsh fluently, the language of his childhood, and began by remarking one particular similarity between name traditions in Wales and in Norway, namely the reference to animals. The name Arthur, for instance, means 'bear'.

Mr. Roberts gave us a lecture on the Vikings seen from a Welshman's perspective. One reason why the Vikings became so influential is that they had technically very good ships that enabled them to travel across oceans and up and down rivers. The Vikings raided Great Britain for almost 300 years. The first raid on England was in the year 785, followed by the ravage of Lindisfarne Monastery, off the northeast coast of England, in 793. The Isle of Anglesey was attacked in 855. The Vikings plundered, killed, raped and took slaves in huge numbers.



The Norman invasion of Britain took place in 1075, and the last Viking attack was the raid on the Bangor Cathedral in 1073. The cathedral had been built on a

low-lying and inconspicuous site, probably so as not to attract the unwanted attention of Viking raiders.

Many traces of the Viking Period in Great Britain are found in the English language, especially in place names (Anglesey), the legal system (the principle of a defendant being granted a *jury* of peers, and the term *bylaw* – a regulation made by a local authority) and certain election rules. The Vikings founded the oldest parliament in the world, Tynwald (Tingvoll) Hill on the Isle of Man more than 1000 years ago. Eight Viking kings are buried on the island of Anglesey.

Apparently, the Vikings are to be blamed for the spreading of multiple sclerosis in the British Isles. Mr. Roberts was entertaining and informative and the audience was very attentive. An enjoyable evening!

Ruth Klungsøyr

## ART COMMITTEE

### Nikolai Astrup at Henie Onstad



It was a beautiful, sunny day in every way. The Art Committee had arranged a guided tour of the Nikolai Astrup Exhibition at the Henie Onstad Art Centre on Thursday, September 8. The exhibition was very educational for me, enjoyable for all, and an inspiration to the artistically minded.

Although there was an exceptionally large number of people at the centre, our guide Liga Olsen, expertly shepherded our group through the exhibit, answering our many questions. We learned about Astrup's childhood and youth growing up in the vicarage of Ålhus in Jølster, where his father was minister. Nikolai Astrup defied his father's wish for him to study theology, instead fulfilling his dream to become an artist.

Astrup studied painting in Kristiania, Germany and Paris before settling at Sandalstrand (now Astruptunet) with his young wife Engel and their eight



children. He died from pneumonia in 1928 only 47 years old. Within that short lifetime, through his paintings and prints, he became an important representative of Norwegian national romantic art.



I strongly recommend the beautiful book, *Nikolai Astrup (1880 – 1928) Norske Landskap*, which is now out of stock but which should be available in mid-October at the Henie Onstad Art Centre.

Mina Sand

## SPECIAL EVENTS

### Visit to Freia, the Chocolate Factory

On a glorious late-summer day in September, sixteen ladies gathered outside the Freia factory buildings at Rodeløkka, in the Grünerløkka area of Oslo. We could see the steam coming from the factory chimney and smell chocolate in the air! Freia Chocolate was founded in 1889, and in 1892 Johan Throne Holst bought the company and made it a success. In 1916, the Throne-Holst family expanded the business further by founding the Marabou chocolate factory in Sweden.

In 1993, Freia was taken over by the American company Kraft Foods, now known as Mondelez International. Today, much of the production takes place in Lithuania, Estonia and Sweden. However, Freia at Rodeløkka still produces chocolate slabs, for example Melkesjokolade and Selskapssjokolade, as well as M, chocolate rolls, Non-Stop; and the ever popular Kvikk



Lunsj, of which 50 million are eaten each year. Norwegians are the largest consumers of chocolate in Europe, if not the world - 9 kilos per person annually!

Our guide, a young lady named Sandra, came to meet us and took us inside the foyer, which is decorated with enormous pictures of Freia Melkesjokolade with cows, storks, etc. – once painted by a factory worker. We went straight to the Freiasalen, built in 1934, famous for its paintings by Edvard Munch. These paintings, with motives from Åsgårdstrand where Munch had a summer-house, form a frieze around the room. Several sculptures line one of the walls, including one by Edvard Munch.

The ‘Freiasalen’ functions as a canteen for the employees and is also used for concerts. This splendid room leads directly into the Freiaparken, which is a beautiful “oasis” with lawns, rose beds, fountains and sculptures. The park was created in the 1920s for the use of the Freia employees and is especially famous for its roses. It is occasionally open to the public in the summer when there is a concert, or when the Norwegian Rose Society organises its Rose Day.

We wandered around the park, enjoying the sunshine. Sandra showed us the many sculptures, both old and contemporary. Some are by Norwegian artists such as Gustav Vigeland; others by foreign sculptors such as Henry Moore. There is an open temple-like building in one corner where one can sit in the shade and admire works in classical Greek, Roman and Egyptian styles. Sandra pointed out an English pillar oak which was planted by King Haakon and Queen Maud when the park was inaugurated in 1923, the 25<sup>th</sup> anniversary of Freia.



Then it was time to go inside and visit Freialand. Here, we were guided through a series of small rooms themed to depict the history of chocolate, with an audio-video explanation in each room. We learnt how it all started with the Mexican Indians and their cocoa trees. In 1527, the trees were discovered by the Spanish explorer Cortez, who took cocoa beans to Spain, and subsequently chocolate spread to the rest of Europe.



The methods of manufacturing chocolate as we know it today gradually developed in Holland, England and Switzerland. Sandra explained the process; the cocoa beans are fermented, roasted, crushed, milled, and then mixed with sugar and cocoa butter to make chocolate. Freia uses beans from Ghana, as they are the best for making milk chocolate.

After Freialand, we were taken to the factory itself. We had to follow strict hygiene precautions; removing all jewellery and watches, putting on white coats, shoe covers, and nets over our hair. In the factory, we saw slabs of Freia milk chocolate on the production line, and the enormous rolls of wrapping for these bars. The chocolate is examined before packing and any faulty chocolate is sent to pig farms, hence the Norwegian expression 'heldiggris', lucky pig (just joking!).

During stops at various places of interest along our visit, to look at chocolate wrappings from days gone by, for example, or at Norway's first illuminated advertisement from 1909, Sandra handed out samples of various chocolates for us to taste. In the end, it was time to go to the shop where we could buy all kinds of Freia goodies at a price lower than in the supermarket. The ladies made good use of this opportunity!

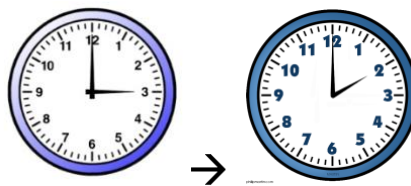




Many thanks to Berit Aarnes and to the Special Events Committee for organising this interesting and delicious visit!

Rosemary Hauge

## W I N T E R T I M E



Remember to adjust your watch on October 30 (the last Sunday of October): one hour back from 03:00 to 02:00.



## *A R O U N D   O S L O*

### **‘Requiéme and Water’ by Dag Hol**

Oslo City Hall

Saturday, October 29

Opening: 12 noon.

The last time Norwegian artist Dag Hol had an exhibition in the Oslo City Hall, 3,000 people came to the opening and 22,000 during the following three weeks, making it one of the most visited solo exhibitions in Norwegian art history.



Dag Hol now returns to the City Hall after four years with a new exhibition titled ‘Requiéme and Water’ ‘Requiéme’ is symbolized in three big paintings called ‘Requiéme’ (Rest), ‘Lacrimosa’ (The Day of Tears) and ‘Libera Me’ (Free me).

As in the classical western music tradition, the exhibition is inspired by Requiem Masses. However, to artist Dag Hol, ‘Rest’ also symbolises meditation, a soulful contemplation that reflects transcendental silence and serenity. There will be several other paintings exploring this theme. Juxtaposing Requiem are several large and small paintings capturing the moods of the ocean. Water symbolizes ‘Life’, thus contrasting the threads of life and death that weave the rich tapestry of our existence.

The exhibition will be held in the City Hall for three weeks until Sunday November 20. It is open from 10.00 to 18.00 daily.

**International Forum Members are invited to the opening.**

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

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The Editor and the Editorial Team reserve the right to edit all material.  
Printed by Utenriksdepartementets Hustrykkeri.  
October 12, 2016