



# **INTERNATIONAL FORUM**

**OSLO, NORWAY**

**June  
NEWSLETTER  
06/2017**

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**Number 422**



From the President



Dear members,

Due to illness, Siri Frigaard has been unable to perform her duties as President. As I was appointed Deputy President to Siri, several months before she was taken ill, I have now assumed the role of 'Acting President' until she is back.

I would like to reassure you that the Board and all the people who serve in International Forum will continue working to ensure that the Forum runs as smoothly and normally as possible.

I thank you for your kind support.

As this year closes, I would also like to thank you for your participation and interest in the various meetings, activities and events that we have enjoyed this past year.

In addition, I would like to thank members of the Board, the Executive Committee and the Office Staff for their outstanding work.

I wish all of you a wonderful, warm, sunny summer and look forward to seeing you all in September.

With best regards,

A handwritten signature in blue ink that reads "Sally Bergan".

Sally Bergan  
Acting President

## FROM THE OFFICE

If you have changed your address, telephone number or email address, please send an email to [int.forum@online.no](mailto:int.forum@online.no) or a letter to the Office.

The International Forum Office staff will resume activity on August 14, 2017.



### Renewing Your Membership

- If you are moving abroad, and would like to keep in contact with us by becoming an Overseas Member,
- If you have thought of giving up your membership because you are no longer taking part in any of the Forum activities, but still want to keep in contact with us, there is now the possibility of signing up as an Associate member,

please send an email to [int.forum@online.no](mailto:int.forum@online.no) or a letter to the Office **before August 31**. You will then continue to receive the *Newsletter* as you have done before and will be welcome as a guest at arrangements when there is room.

If, for some reason, **you do not want to continue** your membership, Please send an email to [int.forum@online.no](mailto:int.forum@online.no) or a letter to the Office **before August 31**. We will then take you off our lists and stop sending you the *Newsletter*.

### Membership Fee for 2017 – 2018

The Membership Fee is NOK **500,-** for full members and NOK 200,- for overseas or associate members.

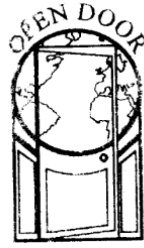
Please pay through online banking or by ‘Giro’ and remember to state your name clearly in the text field.

**Preferably** during the summer, but **NO LATER** than **September 30**.

Kindly use **no other account**. For overseas or associate members – please indicate your membership **category**. As soon as we have received your payment, we will send you your new membership card.

We thank you for your co-operation.

*The Office*



## **A BRIEF HISTORY OF OPEN DOOR**

The idea of Open Door was started in 1980 by the President of International Women's Association (IWC) Stockholm, Mrs. Elisabeth Sammann, while travelling abroad with her husband, a Rotarian. She was so impressed with the hospitality extended to him by fellow Rotarians in foreign cities, that she thought that an equivalent system could help members of International Women's Associations have a similar reciprocity, by 'opening their doors to each other' when moving to or visiting a city or town abroad.

IWC Stockholm supported her idea and appointed her Coordinator of International Relations – and Open Door was born. Mrs Sammann started with a register of nine Women's Associations that agreed to appoint an International Coordinator to welcome IWC women as guests to their clubs' monthly meetings and other club activities, as well as occasionally exchanging Club Newsletters and correspondence. At the end of 1983, her register had grown to a total of eighteen associations.

1. Open Door is a network of non-political, non-religious and non-commercial International Women's Associations whose membership is open to all nationalities, and which offers inter-club contact and communication.
2. Open Door enables members of affiliated associations to have guest status at monthly meetings. It provides an opportunity for club members moving to or visiting another country to find a group of internationally-minded women and to join or visit their Club.
3. When a club member visits or moves to a city or town where an affiliated association exists, she will be required to present her membership card or an introduction letter from her association to the membership officer or to the international coordinator of the affiliated association.
4. Membership in an affiliated association is not automatic. Each association is autonomous, and membership is governed by its statutes and legal rules.
5. Advice and support is available from the Chairman of Open Door to new associations writing their statutes, as well as establishing their organization.

6. The Open Door Directory gives details of registered associations and is used by the International Coordinator to provide members of an association with the name, address and telephone number only, of the contact person of an affiliated association.

**The information contained in the Directory is confidential and must therefore not be disclosed for commercial or any other purposes.**

An increasing number of women are on the move either through their own career or with husbands whose professions are taking them to places far away from their home countries. In many cases, these women have to come to terms with giving up professional careers, leaving family and friends behind, being faced with a foreign language, and learning to live in a new culture.

All this can be daunting, but the immediate contact with women in similar situations, provided by International Women's Associations that open their doors, can make the transfer easier. The variety of activities and the possibility of forming new friendships can be a most exciting and stimulating experience. For these reasons the inter-club network is of great value.

The Open Door system is a way to help women who are moving internationally by providing contact with a network of women of different nationalities, thereby promoting mutual understanding, furthering cultural exchanges and cultivating friendship; all of which can lead to a richer and broader understanding of other nations and cultures.

Today – in fifty countries – there are more than seventy-nine International Women's Associations which ‘open their doors’ to members of sister associations.

If you are leaving the country and wonder if there is an International Women’s Club where you are going, please contact me for more information.

Sigrid Langebrekke  
International Coordinator

## **Annual General Meeting of the International Forum**

### **MINUTES**

The Annual General Meeting of the International Forum was held on Monday, June 12, 2017, at Vinderen Seniorsenter, Oslo.

The Board was represented by Board members Bianca Novello, Sally Bergan, Soo Lan Hoegh Henrichsen, Anita Pratap, Elisabeth Ising Torgersen, and Deputy Board member Patricia Blackwell .

Forty-eight Forum members attended the meeting.

.....**The nomination is omitted here on the webpage.**

Sally Bergan thanked all the members who give of their time and energy to the running of the International Forum and expressed special and personal thanks to members who are leaving the Board. Bianca Novello, Elisabeth I. Torgersen and Patricia Blackwell were presented with the Forum vase.

Ingeborg Westerheim was not present but will receive her gift at a later date.

Sally thanked all Committee leaders and the Treasurer, Secretary, Auditor, Editor and Office Administrator, the Dispatch Team and the Ad Hoc Committee revising the IF Guidelines, by name, and thanked them for their valuable work for the Forum and for their willingness to continue.

A special thanks was given to Hilary Sem who is now stepping down after leading the Golf Group for 18 years.

Sally then reminded us that the International Forum is now almost 40 years old and in these years has had five Honorary Members. Honorary Membership provides a way of paying tribute and acknowledgement to someone who has given an exceptional, significant and distinctive contribution, far and above what may be reasonably expected, to the running of the International Forum, in accordance with its aims.

This may be by giving really exceptional and significant service over a shorter period; making a contribution of particular significance to the running and/or furtherance of the International Forum (e.g. by keeping the IF going; by looking ahead; by taking necessary action in time; by creating good relations).

Berit Lindstrøm, International Forum President from 2012 – 2016, has in all ways met these criteria, and has, among many other things, in 2013 and 2014 worked unceasingly and tirelessly to obtain new premises for the Office and through this ensured the future of the Forum.

When her three-year term was over in 2015, Berit agreed to continue as President, when no other candidates were available.

She arranged the Workshops: ‘Women Can Do It’ for members of the Corps Diplomatique and the International Forum at the Norwegian Parliament, in cooperation with Vice President of the Parliament, Marit Nybakk, and also ‘Women and Security’ ( based on the UN Security Council resolution 1325) in cooperation with the Embassy of Lithuania.

The setting up of the IF website was promoted and encouraged in every way by Berit. She has been a dedicated and committed leader who has been an inspiration to all members, and has shown great strength and courage in personal adversity.

Sally thanked Berit and presented her with the IF brooch in gold, a framed certificate, signed by the Board members, confirming her Honorary Membership, and a beautiful bouquet of flowers.

Berit then thanked profusely for the honour and said she was “Speechless” and very, very touched. She also reminded us that we must all ensure that the International Forum must ‘Live and Live and Live!!’

Sally rounded off the meeting and wished us all a lovely summer holiday.

Oslo, June 12, 2017

.....

Elsbeth K. F. Walseth

.....

Rosemary Hauge

.....

Berit Lindstrøm







After the meeting, we all thoroughly enjoyed a plentiful and very tasteful buffet of many dishes and cakes, prepared by the members of the Monthly Meeting Committee. Thank you!

## *COMING EVENTS*

### **Ambassadors for Peace**

#### **Oslo Marathon - September 16**



This year, the International Forum is organizing an ‘Ambassadors for Peace’ group to participate in the Oslo Marathon. The 10-km marathon will take place on September 16 at 16:00, starting at the Town Hall and ending by 18:00.

Several Ambassadors have already expressed their interest in the event.

The Chief Organizer of the Oslo Marathon has agreed to waive their participation fee for our group. They will, however, charge NOK 200 per person, to cover the basic administrative costs and a special T-shirt for the runners to wear during the competition.

Please **email me by July 10**, if you are interested in taking part in the ‘Ambassadors for Peace’ run.

More details will follow in the August *Newsletter*.

Anita Prata

## SPECIAL EVENTS

**NB. Please note the date!**

**Day Trip to Aas Gaard Manor and Raasjøen Hunting Lodge in Hakadal,  
September 19, 2017**



The Manor



The Hunting Lodge

More details about this exciting trip, **and** the signing up instructions, will appear in the August *Newsletter*. Please note the date: **Tuesday, September 19**, and be prepared to sign up!

Special Events Committee

## THE ART COMMITTEE

**Leonard Cohen & Tone Dietrichson**  
**At Gallery Soli Brug, Thursday August 31, 2017**

*Ring the bells that still can ring. Forget your perfect offering.  
There is a crack in everything. That's how the light gets in.*



Certain scholars regard Leonard Cohen as potentially the most important writer that Canadian poetry has produced since 1950. He draws on Hellenistic myths, fairy tales, Biblical imagery, his inherited popular Jewish customs, Zen Buddhism and the contemporary Montreal scene.

Tone Dietrichson has been inspired by his disturbing vision and his search for a common tongue that whispers to us all. The song, *Anthem*, had a profound effect on her and she decided to express this song in her visionary art work. These pieces of works were first exhibited in 2014 in a celebration of Cohen's 80<sup>th</sup> birthday.

Tone will be our personal guide for this exhibition and her tremendous communicative skills and insight will lead us into the world of Leonard Cohen and her own metaphysical vision. **NOT TO BE MISSED!**

A visit to Soli Brug is worth the trip in itself! Fra Sagbruk til Galleri!

DATE/TIME: Thursday, **August 31 at 10:30**

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

# REPORTS

## MONTHLY MEETING

### Marit Bakkevig on the Abuse of Children via the Internet

Marit Bakkevig, who is a public prosecutor for the Oslo branch of the National Authority for the Prosecution of Organized and other Serious Crimes, talked at the May Monthly Meeting about the sexual abuse of children over the Internet. She started by giving an overview over the development of these types of crime, which often involves very young victims



Web for Windows, established in 1995, enabled possible predators to get in contact with their victims through the Internet. Often they do this by chatting with the child over time, flattering the child and gaining his or her confidence.

Then the predators start asking for photos. Initially, they ask

for pictures of the child with the clothes on; later, they want photos of the child without clothes and eventually they demand pictures or films of more sexualized situations, of children showing their genitals or manipulating their genitals before the web camera.

The perpetrators lure the child to believe they are about the same age as the child, say 14 – 15 years or younger, while in reality they may be 30 – 40 years old. They send the child photos of a young boy, pretending it is a photo of themselves. The photos they download for this purpose come from paedophile sites and are often pictures of East-European children.

The criminals can now put pressure on the child by threatening to spread the photos of the child on the Internet or tell the parents about them. They may demand that the child continue to send photos or concede to sexual acts once they have an actual physical encounter with the child.

Children between 9 and 13 years of age have been abused in this manner. The first case in Norway dates back to 2001 when a 33 year-old man started chatting with a 13 year-old girl on the chatting site of *Dagbladet*. It ended with him meeting the girl and having intercourse with her in his car. Eventually he was tried and sentenced to two years of prison. Today, the sentence would have been longer as the penalties have become much stricter.

For the abused children, the consequences can be devastating. They feel shame

and are afraid that the photos circulate on the Web. They often have great difficulty talking of their experience. The abuse can have serious long-term effects on their psychological health and social lives.

Posting, downloading and exchanging sexualized photos and videos of children is illegal. There is no such thing as ‘child pornography’. This type of preying on children constitutes a crime and is becoming a huge industry. Predators have many easily reachable platforms and web sites that are hidden and not easily accessible for the non-initiated.

The predators are looking for new ways to impress one another. Extraordinary pictures and videos give the participants status. Streaming is the latest trend. There are huge sums of money involved. A child molester in Norway can for instance pay for viewing (streaming) videos of sexual abuse of children in real-time elsewhere. Streaming makes it more difficult for the police to find evidence on a computer than if a person downloads the material to his computer.

The Norwegian police discover and investigate an increasing number of sexual abuses of children on the Internet. They work together with Interpol to track down the predators, and identify and help the victims.

So what can we all do to prevent this type of serious crime? Ms Bakkevig gave informative advice on this: Both Kripos and the Police have hotlines for tips from the public. A ‘red button’ on internet pages often visited by children makes it possible to report suspect activity on the Internet (‘Rød knapp’ and [www.tips.kripos.no](http://www.tips.kripos.no)).

The Child Sexual Abuse Anti Distribution Filter (CSAADF) discovers illegal pages on the Internet. As many as 80 pages per week were blocked in March this year.

Talk to children about sensible use of Internet and warn them of the dangers. Tell them never to send pictures to someone they do not know well. Be aware that child molesters tend to contact their victims on the Internet after school, before the parents come home, or late in the evening, when parents think that their children are safe in their rooms.

Pay attention when children have friends staying over-night, as they then might inspire each other to be more daring and less careful on the Internet. Vulnerable children are more susceptible to becoming victims. Perpetrators may seek out certain at-risk children, offer them support, and build a relationship over time before abusing them.

After her informative and important talk, Ms Bakkevig answered many questions from the audience, such as where to get and how to spread information about preventing abuse of children on the Internet.

Anita Solheim

## **SPECIAL EVENTS**

### **Visit to Fransiskushjelpen and St. Hallvard's Church and Monastery**

On May 9, seventeen ladies turned up for the Special Events Committee's double programme at Enerhaugen: a visit to Fransiskushjelpen in Oslo and to St. Hallvard's Church and Monastery.

Karen Riddervold – one of the head nurses at Fransiskushjelpen's Hospice Home Care Team – was our hostess for the first part of the visit. She started her presentation by a quote from Dame Cicely Saunders, founder of the Hospice' philosophy: 'You matter because you are you, and you matter to the last moment of your life. We will do all we can, not only to help you die peacefully, but also to live until you die.'

Fransiskushjelpen was founded in 1956 by Brita Paus, an active member of the Catholic Church in Oslo. The aim was to offer temporary practical help to the old and ill in their home during acute situations and crises. The service was first organised by volunteers from the Catholic community. All assistance was free of charge for people living within the boundaries of Oslo.

In 1976, Fransiskushjelpen and the Norwegian Radium Hospital started cooperating. The Home Care Team evolved into a non-profit organisation. On January 1, 2016, a five-year contract was signed with the municipality of Oslo to offer palliative care to cancer patients in their own home.

For these services, they today have a paid, multi-disciplinary team of nine specialist nurses, nine carers, an oncologist, and a physiotherapist.

The mission and goal of Fransiskushjelpen is to meet patients and their families with respect, compassion and deference regardless of culture, religion or social background. The philosophy is inspired by the doctrine of Francis of Assisi, and aims to give patients the possibility to choose where they want to spend their last days/weeks/months. The organization provides patients and their families with the necessary support and help so that they can all have quality home time together and function to their fullest potential.

Their excellent work among terminally ill cancer patients has led to numerous referrals from hospitals, outpatient clinics, health centres, primary care doctors, community nurses, hospices and sometimes patients or relatives.

The organization also offers bereavement support groups for young and old family members and offers practical assistance for families with small children of parents or siblings that are seriously ill.

The volunteers also visit the elderly and lonely people. There is also a mobile nursing team, which works with drug addicts around Oslo.

Karen Riddervold ended her presentation with a quote from Dame Cicely Saunders: ‘How people die remains in the memory of those who live on.’ And she added: ‘We only have one chance to get it right.’

All of us present were impressed and moved by the story of this wonderful institution, and we only wished that similar services could also be available for people living outside Oslo.



After the Fransiskushjelpen, we were shown around the St. Hallvard Church and Monastery complex, where Fransiskushjelpen has its offices. Our guide, Frode Eidem, explained the history of the Roman Catholic Church in Norway and of the present work of the St. Hallvard congregation – the largest Roman Catholic parish in Norway. Most of the approximately 18,000 parishioners, mainly from eastern Oslo, are first or second-generation immigrants or asylum seekers from a host of countries around the world, so five to six masses are celebrated in a number of languages every Sunday.

Some masses have been celebrated by lay staff (not monks) since 2008, and the Franciscan monastery is now used as apartments for the priests.

The church building itself, designed by Lund and Slaatto, the well-known firm of architects, was consecrated in 1966. It has become an icon for architecture lovers all over the world. The best known feature of the brick and concrete structure is the ‘downward dome’: the ceiling of the church room ‘hangs down’, at its lowest where a church ceiling traditionally would be at its highest.

In 2012, the building was put on the protection list of the Directorate for Cultural Heritage (Riksantikvaren), a token of its special significance, but also a challenge for those responsible for the daily running of the church...

At the end of the tour, our guide encouraged us to visit the upper part of the church, and Wenche Mohr, the leader of the Special Events Committee, even climbed the last steep steps of the ladder to the very top of the roof. She confirmed Frode Eidem’s words that the view of Oslo from the top is magnificent – and impressive. The rest of us were ready to believe her without checking out for ourselves!

Ellen Vollebæk

*AROUND OSLO*

*Face It*



Paintings  
by

**REIDUN WUNDERBALDINGER**

Bygdøy allé 58b, Frogner  
on Wednesday, June 28  
at 18:00

[www.reidunart.com](http://www.reidunart.com)

952 02 599



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

Dispatch:	Dispatch team
Editor and Layout:	Elizabeth Rasmussen and Editorial Team
Editorial Team:	Elspeth Walseth and Patricia Blackwell
President:	Siri Frigaard

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June 20, 2017

