



INTERNATIONAL FORUM

OSLO, NORWAY

**August
NEWSLETTER
08/2017**

2	Forum Diary
3	President's Page
4	From the Office
4	Membership Fee
5	Omission/Correction
5	IF Auditor Needed
6	Coming Events
11	Activity Groups and Courses
16	Reports

Number 423



INTERNATIONAL FORUM

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Forum Diary

DATE	EVENT	TIME	PAGE
August 31	Leonard Cohen and Tone Dietrichson, Soli Brug	10:30	9
September 4	Monthly Meeting – Per Egil Hegge	18:45	6
September 16	Oslo Marathon – 10 km Ambassadors for Peace	16:00	7
September 19	Aas Manor and Raasjøen Hunting Lodge	08:15	7

From the President



Dear members,

Welcome back! How fast the summer has slipped by! I do hope that you all got a large dose of sunshine and relaxation and that you now feel re-energized. I am looking forward to a new and exciting programme for the coming year, and I hope you are, too.

Beginning in September, we have the 10 km run at the Oslo Marathon. Now, don't start to panic! It should be fun, whether you can run, walk quickly (whatever your strength will allow), or simply come to the centre of town to stand and cheer for the International Forum participants and members of the Corps Diplomatique on the 'Ambassadors for Peace' team. So, dust off those old jogging shoes and be part of this great yearly Oslo event. Information about registration and participation is included in this August *Newsletter*.

Otherwise, as we head towards autumn, we will be starting up our Activities and Courses. A new book club, a new cooking group, and a photo group have recently been established.

Of course, the other Activity Groups and Courses will resume as usual. Join in and take advantage of all the opportunities we have at IF. If you have ideas for starting a new group activity or course, please let us know.

Here's wishing you a bright and active autumn!

With best regards,

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

Sally Bergan
Acting President

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

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

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

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.

The payment should be made to: International Forum
 P.O. Box 1505 Vika
 0117 Oslo
 Bank account no.:

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.

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, why not become an Associate member?

please send an email to 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 or a letter to the Office **before August 31**. We will then take you off our lists and you will no longer receive the *Newsletter*.

The Office

Omission/Correction

AGM

Marit Zahl Rindal was instrumental in creating and organizing the ‘Women Can Do It’ seminar, held in March 2015 at the Norwegian Parliament. International Forum is most appreciative of her valuable work in this regard. We regret that this information was not included in the speech held for Berit Lindstrøm at the AGM, as both Marit and Berit worked in concert on this very successful project. Our sincere thanks to them both.

Sally Bergan
Acting President

Are you willing to step in as the Forum’s new Auditor?

After helping us steadfastly for many years, Karin Skoglund, our Auditor, will be relinquishing this post in June 2018. We will be extremely sorry to see her go.

Hopefully we will be able to find her successor amongst the Forum’s many talented members. We are looking for someone who has experience in book-keeping and who will be able to advise the Treasurer when required. Familiarity with standard **PC** programmes is necessary and knowledge of **Excel** in particular.

At present, the Auditor checks the accounts each month after they have been prepared by the Treasurer, prior to a report being sent to the Board. To do this Karin visits the Office once a month, but she has also worked from home.

We would like to find a replacement as soon as possible to allow plenty of time for the transition. Karin has kindly agreed to assist the person willing to replace her as much as possible.

If you can consider helping the Forum with this important job and would like more information, please contact:

Acting President, **Sally Bergan**.

or Auditor **Karin Skoglund**.

COMING EVENTS

MONTHLY MEETING

Per Egil Hegge: A Look at the Norwegian Character and Values



Journalist Per Egil Hegge was born in Trondheim in 1940, the son of two teachers from Skatval. He carried out his military service at the elite Russian language programme of the Norwegian Armed Forces. After his military service he joined the Norwegian News Agency. He was hired by *Aftenposten* in 1962 and remained with this newspaper for the rest of his career. In 2003, he was decorated with the Royal Norwegian Order of Saint Olav, Knight 1st Class, for his outstanding work.

Mr. Hegge has been foreign correspondent in many countries. After a prestigious career, he retired in 2005 but continues to write a daily column about the correct use of the Norwegian language.

Per Egil Hegge is known for his subtle and shrewd observation of Norwegian behaviour and mentality. He will try to outline some of the factors that have shaped and continue to shape the Norwegian 'national soul'.

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

For more information, please contact the IF Office.

Ambassadors for Peace

Oslo Marathon – 10 km Run – September 16



This year, the International Forum is organizing an ‘Ambassadors for Peace’ group to participate in the Oslo Marathon 10 km run which 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 if you are interested in taking part in the ‘Ambassadors for Peace’ run.

Anita Pratap

SPECIAL EVENTS

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



The Manor House

As you already know from our notices before the summer holiday, the Special Events annual bus trip this year will take place in September. Our destination is

the Hakadal valley, just north of Oslo, in the countryside and forests of the hills of Romerike (Romeriksåsene). We shall visit the stately and historical Aas Gaard (Aas Manor) and its nearby hunting lodge, Raasjøen Jaktslott. The elk-hunting season begins in September and the autumn colours should be beautiful.

The two properties have a fascinating history. The Young Fearnley family has been living at Aas Manor, since 1860. The ‘Young Fearnley crowd’ – who socialised with royalty, artists, scientists and celebrities – created a delightful home filled with art treasures. The forest and farm land were cultivated, and the farm was especially famous for its milk.

The hunting lodge, Raasjøen Jaktslott, situated by the Råsjøen Lake, was completed in 1916. This handsome complex of buildings – designed for hunting, sport, leisure and pleasure – has been visited by many famous people over the years: Nansen, Amundsen, Werenskiold and Munch, to mention but a few.....

The present owner, Thomas N. Fearnley, will be our host. He will guide us around his lovely properties and tell us their history.

At Aas Manor, we shall enjoy morning coffee upon arrival, and later on we shall be served the speciality of the house: a hot lunch of elk-meat sausage and vegetables.

At the end of our day at the Aas estate, we shall also visit Aas Gaard Golfpark which boasts a very fine 18-hole golf course. Here, we will have the opportunity to browse in the pro-shop which sells various golf and sports items.

DATE/TIME: Tuesday, September 19 at **08:15** for **08:30**. ***Please be punctual!*** We cannot wait for latecomers. We expect to be back in Oslo sometime between 17:00 and 18:00.

For more information, please contact the IF Office.

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.*



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

For more information, please contact the IF Office.

ACTIVITY GROUPS AND COURSES – AUTUMN 2017

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.

Contact: Anita Solheim, gunnelanitas@gmail.com or
mob.: 402 86 564

ACTIVITY GROUPS

NORWEGIAN CONVERSATION (brush up your Norwegian)

The only requirement is that participants have had a few Norwegian lessons and are prepared to have fun. We meet once a month (Fridays from 11:00 – 14:00) in private homes to give non-Norwegian speakers a chance to discuss daily matters with native speakers. We practice Norwegian in a relaxed and pleasant atmosphere. No fixed subjects, no homework. The hostess serves a light lunch and/or refreshments. The **first meeting** will be on Friday, **September 29**, at the home of Trudy Brand Jacobsen.

Contact: Trudy Brand-Jacobsen:

For more information, please contact the IF Office.

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.

Contact: Suzanne Garman-Vik:

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 the worldwide literature, chosen by the group. The hostess serves a light lunch.

Contact: Marit Wright:

For more information, please contact the IF Office.

INTERNATIONAL BOOK CLUB II (NEW)

To meet the demand, we have established an additional book club with the same objectives as those of the International Book Club I mentioned above. The gatherings take place once a month on a Tuesday in one of the members' homes, and the hostess will serve a light meal. The first meeting this autumn is scheduled for Tuesday, August 22 at 13:00 at Sally Bergan's home. We will discuss *Days of Abandonment* by Elena Ferrante.

Contact: Signe Lise Howell:

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 herself sings in Det Norske Solist Kor. The choir practises every other Wednesday evening from 18:00 to 20:30 in Frogner Kirkestue, next to Frogner Church in Bygdøy Allé. Our first practice this season will be on Wednesday, August 23. New members are welcome! If you enjoy singing and would like to join the choir, please contact choir leader, Lydia Rostad.

Contact: Lydia Rostad:

For more information, please contact the IF Office.

COOKING GROUP I

We are a small group of ladies who love good food and 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.

Contact: Liss Laan:

For more information, please contact the IF Office.

COOKING GROUP II (NEW)

To meet the growing demand for a cooking group, we have established Cooking Group II, a smaller group of maximum eight persons.

The objective 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 or a Thursday, at 14.00. The first gathering will be on Wednesday, September 20, at 14:00 at the home of Gerd Berit Lavik, Gråkamveien 10 F, 0779 Oslo.

Contact: Gerd Berit Lavik.

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 2017 – 2018. 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 (**Starting in November**)

PLACE: Fornebu Indoor Golf Centre, Snarøyveien 69, 1367 Snarøya (the old aircraft hangar)

PARKING: Free parking 3 hours for International Forum Members. You only need to get a small yellow card to put in your car window together with the ticket from the paying machine.

Contact: Anne-Sofie Trosdahl-Oraug.

For more information, please contact the IF Office.

MONDAY DUPLICATE BRIDGE

We play at Ris Menighets hus' Peisestue between 09:50 and approximately 13:15. Everyone can choose whether to pay a 'seasonal fee' or NOK 50.- per session. If you wish, you can bring your own lunch; coffee and cookies will be provided.

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

Contact: Tone Fredrikson,. Munthe-Kaas.

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!

Contact: Inger Støtvig:

For more information, please contact the IF Office.

PHOTO GROUP



Learn how to use your photos creatively and how to organize your photos so that you can find them easily. Beginners, skilled amateurs and professionals are all equally welcome. The idea is to have a “workshop” once a month where we share our knowledge and skills in handling digital photos.

Subjects range from making greeting cards and collages, importing and organizing

photos on the computer, printing photos, scanning old photos from prints or from positive or negative film, basic photographic techniques such as composition, depth of field, etc.

The 108-year old photo above pictures my grandfather rowing on a lake. The passengers are his daughter, one of his sisters, one nephew and three nieces. I think it is important to preserve memories like this in digital format for future generations to enjoy.

TIME: We meet about once a month on a Monday at 12:00 – 15:00.

PLACE Kveldsro terrasse 8, 1368 Stabekk.

This autumn we will meet in September, November and December.

The first workshop will take place on **Monday, September 11**, and the subject will be scanning and enhancing old photos.

Contact: Anita Solheim.

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. This is great exercise and fun for those who like the outdoors. If you are interested, please send Kerstin your mobile number and email address.

Contact: Kerstin Petersen:

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 130.- 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?

Contact: Anita Solheim:

For more information, please contact the IF Office.

COURSES

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

Rosepainting ('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 organized for large or small groups.

Contact: Vivian Grieg Teisner. *For more information, please contact the IF Office.*

R E P O R T S

VISIT TO THE EU COMMISSION

International Forum – Meeting with the EU Ambassador in Oslo

The European Union's Ambassador to Norway, H.E. Helen Campbell, kindly invited members of the International Forum to visit the EU Delegation in Oslo on May 29, 2017. Almost 60 members and spouses came to listen to Ambassador Campbell's presentation of the European Union's activities in Norway. She shared with us some of her experiences from her four years in Oslo. At the end of her tour of duty, Ambassador Campbell will return to Brussels in August and continue to work for the European Commission.



Ambassador Campbell reminded us that the European Union arose from the ashes of the Second World War. The main purpose of the Union was to prevent new wars between European states through economic cooperation and interdependence.

The European Union was awarded the Nobel Peace Prize in 2012, a great encouragement to those who work for its various missions.

The European Union now comprises 28 member states, 500 million inhabitants, speaking 24 different languages and is an evolving economic and political system. The EU executive body, the Commission, is run by a collegium of 28 members, headed by President Jean-Claude Juncker.

The EU Council is composed of ministers from member states and presided over by an elected president, currently Mr. Donald Tusk from Poland. The EU presidency rotates among member states every six months. The EU Parliament has 751 seats, filled by nationally elected representatives, who serve for five years.

The common foreign policy of the Union is managed by the EEAS (European External Action Service) whose current leader is the High Representative Federica Mogherini. The EU now has representations in 139 countries. Almost all EEAS employees are recruited locally from the member states' diplomatic

services. The EU delegation in Oslo has a staff of twelve, the majority being Norwegians. The Delegation regularly organizes meetings with Norwegian politicians and NGOs on matters of common interest, such as energy, civil protection, education and research.

Ambassador Campbell pointed out that the Single Market is *the* central element of the EU cooperation. She displayed a map showing that – globally – the EU is by far the number one trading partner for a majority of nations. The USA is trailing far behind. Hence, the EU is an important player in world trade.

Three non-members – Iceland, Lichtenstein and Norway – have access to the Single Market through the EEA-agreement, which recently marked its 25th anniversary. Apart from market access, EEA countries participate in many arenas and programmes within the EU. For Norway, the areas of particular interest are the Arctic, scientific research, space programmes, and cultural affairs. Ambassador Campbell found Norway to be a most congenial partner of the EU, sharing values and approaches to international problems in areas such as development aid, climate challenges and nuclear proliferation. Norway is also an important provider of energy to the EU.



In education, the Erasmus exchange programme has worked successfully for more than 30 years, offering opportunities for young Europeans to study abroad. A surprising number find their future spouses while attending an Erasmus programme.

H.E. Helen Campbell

During the Q&A session, questions were raised about the future of the Union after Brexit. Ambassador Campbell said that there was now a broad debate within the EU as to which course to pursue. Some wanted to continue as before, some preferred to focus on nothing but the Single Market, some argued for a deepening of the present areas of cooperation, others for broadening the scope of EU cooperation. A particular problem for Norway and the EEA countries will be to find a way to manage future relations with the UK, now regulated through the EEA-agreement.

Ambassador Campbell recognized the problems with managing the flow of refugees and migrants across EU borders. The problems will have to be solved on many levels. However, the refugee crisis will also have to be dealt with by the countries from where the refugees originate. The EU is focusing on and financing a series of job-creating projects in developing countries, but more

needs to be done to alleviate the situation caused by the many refugees in some of the major recipient countries.

As to the future of the EURO, Ambassador Campbell pointed out that the currency is still there, but that it is imperative to help member states out of their deficit-plagued finances.



H.E. Helen Campbell and Acting IF President Sally Bergan

At the end of the session, acting IF President, Sally Bergan, warmly thanked Ambassador Campbell for a most interesting presentation. The Ambassador was given flowers and an IF vase as a token of our gratitude for her hospitality. The event was concluded with lavish refreshments.

I also want to thank Soo Lan Höegh Henrichsen, who worked hard to organize this event.

On behalf of Ingeborg Westerheim, who should have written the report, but who was stuck at Zurich airport that day,

Jostein Bernhardsen (husband)

NB! *The editorial team wishes to thank Jostein Bernhardsen for gallantly taking over for Ingeborg and providing such an interesting report.*

Issued by the Board of the International Forum

Dispatch:	Dispatch team
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Acting President:	Sally Bergan

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