



INTERNATIONAL FORUM

OSLO, NORWAY

November
NEWSLETTER
11/2017

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Number 426

From the President



Dear Members,

I associate November with one thing in particular: Thanksgiving. In the United States, it is a holiday that brings together family and friends to express thanks for the blessings in life, and of course, to share a traditional turkey dinner. The nostalgic thought of home and of Thanksgiving continues to conjure up in my mind the vision and aroma of roasted turkey, rich bread stuffing, candied yams, cranberry sauce and an assortment of baked pies. Yes, it is a yummy vision.

Of course, I have tried throughout the years to re-create this tradition in my own kitchen here in Norway at Thanksgiving time. Well, today it is easy enough to get all the ingredients one needs for the holiday meal. This wasn't the case 45+ years ago when I first came to Trondheim. I had to begin by searching for a turkey, which wasn't the easiest of tasks. I had to know someone who knew someone who had a turkey farm out in the countryside somewhere. Turkeys simply didn't 'exist' in cartons in the frozen food section of the nearby shop. My turkey had to be ordered well in advance.

Other challenges had to be faced as well, especially concerning pumpkin pie, another traditional delight. Surprisingly enough, I was able to find pumpkin in a tin and create a reasonable facsimile of the pie. But with all my efforts and explanations, my pumpkin pie did not 'catch on' with my Norwegian family. It was too foreign for them, I guess. Squash pie for dessert anyone? Not to mention the baked grapefruit I served as a starter. Baked grapefruit, you say? Yes. My mother insisted on this every Thanksgiving to prepare and cleanse the palate for the onslaught of a rich, creamy, fattening and utterly delicious turkey dinner. As this was a tradition from my American family home (maybe no one else's), I served this every year with my turkey on my Norwegian dinner table. After many years of stubbornly serving these strange dishes, my Norwegian family had to admit they were actually beginning to like my exotic creations.

Indeed, there is much to be grateful for, and memories of Thanksgivings past remind me of that – with or without a turkey dinner.

Best regards,

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

Sally Bergan
Acting President

F R O M T H E B O A R D

We are looking for a new Treasurer

International Forum is looking for someone who could consider taking over the duties of Treasurer when Vicky Alme steps down next year.

Whoever takes over will receive full information about the tasks involved together with detailed instructions on how to use the relevant online accounting system. We are posting this notice well beforehand so that the new Treasurer will have plenty of time to learn and to practice the skills required.

On average, this job will take a couple of hours each week. The tasks include:

- a) a weekly follow up of the Forum's income and payments, which are to be registered in our book keeping system (Admin 123)
- b) a monthly summary (from Admin 123) and a monthly résumé for the Board, prepared in agreement with the Accountant.
- c) the Treasurer indicates points of interest in the monthly account at the meetings of the Executive Committee (3 - 4 pr. year)
- d) preparing and presenting the Treasurer's report at the Annual General Meeting

If you have good general computer skills, some idea of book-keeping and like working with numbers, we would appreciate your to help with this important job.

Please contact:

Acting President Sally Bergan. and/or Treasurer Vicky Alme.

For more information, please contact the IF Office.

FROM THE OFFICE

How to Sign up for an Event in StyreWeb

Migrating to a new data system/software will simplify the administrative process at the Office and enable our members to interact directly with the new system, StyreWeb.

If you would like to try to sign up for the Christmas Meeting (Monthly Meeting), on December 11, please use the procedure below.

Type or copy the following link:

<https://iforum.portal.styreweb.com/arrangement/ArrangementSession2?ID=yse1Hg>

into your internet browser and wait for the StyreWeb page to come up. You will now see the event that you may sign up for.

- Click **Next** at the bottom right corner of the screen. The event will then be reposted.
- Click **Next** at the bottom right corner of the screen to proceed to the next page.
- Do **not** enter your name or membership number. Just enter your **mobile** number in the box marked for this.
- Then click **Send Code**. Stay on the page.
- A **verification code** will be sent to your mobile phone.
- Enter the **verification code** in the verification code box.
- Then click **Verify**.
- Your contact information will appear on the screen. Click **Next**.
- You are now registered, and StyreWeb will be updated automatically.
- **Confirmation** will be sent to your email address. Open the email and click on the 'Åpne deltakerbevis' link to see the details. (Payment is made at the door, as usual.)

For those who find it easier to interact personally with the Office, please email or call us to sign up, and we will update StyreWeb accordingly.

The International Forum Office will be closed between December 15, 2017, and January 7, 2018. You are welcome to send us emails and leave messages on the answering machine.

The Office Staff wish you all a Merry Christmas and all the very best for 2018!

COMING EVENTS CHRISTMAS MEETING



You are all cordially invited to the International Forum's Annual Christmas meeting! This is a wonderful occasion to start off the festive season with friends for a sing-along, a buffet of assorted food, wine and mineral water, dessert, coffee and tea.

As usual, we need gifts for the traditional raffle, the proceeds of which will be donated for charitable purposes. We encourage all our members to bring gifts for the raffle and are very grateful for all contributions!

The raffle sticks cost NOK 50.- each, so please bring some ready cash. We have traditionally been able to raise around NOK 5000.- and hope to do so again this year.

We hope that as many of you as possible will join us!

DATE/TIME: **NB!** Monday, **December 11** at **18:45** for (19:00)

For more information, please contact the IF Office.

SPECIAL EVENTS

Christmas Lunch

Wednesday, **November 29**, at 11:15.

For information, please see the October *Newsletter*.

The Forum Singers

Christmas Concert

Holmenkollen kapell, Wednesday, November 29 at 18:00



You are all cordially invited to a pre-Christmas concert featuring the Forum Singers. The concert is hosted by Holmenkollen Kapells Venneforening and will be conducted in the Holmenkollen Chapel.

The programme is varied and includes solos by Eva Landro, the choir's conductor, and the baritone Eirik Krokfjord. There will also be organ and piano solos, and the choir will be performing a variety of songs and Christmas carols, with sing-alongs for the audience.

Light refreshments will be served after the concert. Free entrance.

ACTIVITIES

November Monthly Bridge

The November Bridge will take place on Wednesday the 22 at 10:30. Bodil Evensen is the hostess. Please join: the more the merrier!

Inger Støtvig

For more information, please contact the IF Office.

Cooking Group I

A big thank you to Trine for a wonderful «sunny» day with very nicely presented dishes. The recipes, due to Trine, are very easy to make!



The next meeting will take place as a joint venture at Birgitt's home together with Soen Eng.

TIME: December, Thursday 7 at 12.30

Liss Laan

For more information, please contact the IF Office.

R E P O R T S

Amy Lusher on Plastic Pollution in the Oceans

Dr Amy Lusher from the Norwegian Institute for Water Research is an influential researcher in the field of marine pollution. She has been at the forefront of microplastic and marine pollution research for the last five years.

Dr Lusher has written and collaborated on several publications, articles and conference proceedings.

Dr Lusher spoke very avidly about the different types of plastic that are found in the oceans, and especially in the North Atlantic and the Arctic. Even in areas with very little human presence we find an array of different types of plastic. Most plastic items are used only once, and the main problem is related to waste management and how we humans treat plastic once its life cycle is over. There are also a number of chemicals needed to produce quality plastic.

Only 5% of the plastic produced is recycled and 20% ends up in the oceans. Most will not disappear completely. Macro bits become micro bits and then nano particles of plastic that have a very long life span. The nano particles are not really degradable in the sense that we mean when talking about other types of waste.

A new ocean gyre has recently been discovered in the Barents Sea. Dr Amy Lusher has worked mainly in the Arctic and particularly in Svalbard. Almost 90% of samples taken in the Arctic contain plastic material in a variety of sizes, from large pieces such as old trawls and fishing gear to microscopic particles of ‘decomposed’



material. Plastic is even found in ice samples. Huge amounts of plastic blow ashore during hurricanes in the Caribbean, yet there is no mention of it in the news. Public awareness has yet to be raised.

An estimated 255 species are affected by plastic, which is found in the stomach content of many sea animals, 27% of cod fished off the coast of Bergen had plastic in their stomach. We all remember the whale that washed ashore some time ago and which was so full of plastic that it could not eat. It had ingested more than 42 plastic bags, not to mention all the other garbage that researchers counted. It literally starved to death.



Many marine species get entangled in plastics, and sea birds have been found to feed their chicks with plastic... Plastic will combine with other pollutants and metals may attach themselves to plastic. Chemicals may affect the plastic, too.

However, eating fish does not seem to pose a threat to humans as the plastic does not enter the flesh of fish, and most of us take out the stomach before eating. Mussels may be another matter, as we tend to eat the whole animal. However, Dr Lusher did not regard the negative effects of eating them particularly great.

Are there any effects on humans? Well, sea salt, honey, beer, and many other consumer products have been found to contain plastic particles.

For the time being there are no substitutes for plastic. Some research is being done, but the question is always 'How do you arrive at a good replacement without using chemicals?' So back to square one. However, we may start using less plastic. A recyclable paper bag or a shopping net could be a start.

A very informative and agreeable evening, indeed, despite the rather serious topic.

Elizabeth Rasmussen

SPECIAL EVENTS COMMITTEE

Visit to the National Archives of Norway

The National Archives of Norway are beautifully situated amongst trees and a nature trail at Sognsvann. Our guide for the visit on Wednesday, October 11, was Mr Fredrik Larsen Lund, Senior Executive Officer, Section for Public Relations. We were first taken to the Auditorium for a short video presentation of the Archives called 'The National Archives, the memory of a Nation.' The present home of the Archives was inaugurated in 1978. Prior to this, the Archives were located in the city centre at Bankplassen. The current building is a vast complex over ten floors, seven of them underground. All in all, the Archives cover nearly 25 000 square meters. About 300 people work for the institution.

Most of the storage space is already filled and the Archives are looking for additional storage facilities. As there are eight regional archives around the

country, many files will be relocated to these regions. Many have already been moved to Mo i Rana in the County of Nordland, and more relocations are likely to follow.

Another solution is to digitalize more records. Although many records have been entered into the Archives' database, almost 98 % of the stored material still needs to be made available in digital format.



What goes into the National Archives? Mr. Larsen Lund told us that the Archives cover a period of over 1000 years. The oldest documents are from around 920 AD. The Archives also store some 6 million photos.

Among the documents stored are case files from the Government and the various departments. All public records have to be kept and stored, and after 25 years, they are moved to the National Archives. The decision to keep a specific document is made jointly by the Ministry and the Archives; a very complicated task according to Mr. Larsen Lund. Although there are some restrictions, most of the documents in the Archives are available for the public to study. Also documents of a more private nature are stored there.

We were then taken to a small exhibition room and shown some of the most valuable documents in the Archives. Around 30 documents are listed by UNESCO as belonging to the Memory of the World. Of these, we were shown a letter from Pope Clement III, dated January 21, 1189, and also the oldest surviving church book, from Andebu (Vestfold county), which was begun in 1623.

The Exhibition also featured the celebrated book containing 'The King's No' signed in April 1940. And to add another dimension, there were memorabilia from the 22 July 2011 massacre at Utøya: letters, drawings, flags, etc.

We then proceeded to the reading room where one can sit and study documents from the library. Afterwards, we went down to one of the storage corridors:

shelves upon shelves filled with boxes and books. Mr. Larsen Lund told us that if you put all the storage boxes in one row, they would cover 150 km! The storage rooms have a steady temperature of 18-20°C and low humidity. The lighting must also be monitored.

Some of the files have time-release restrictions. For instance, the High Treason Archives from the Second World War were only opened in 2015.

A most interesting morning. *Many, many thanks* to our very knowledgeable guide and to the Special Events Committee!

Berit Lindstrøm

THE ART COMMITTEE

Towards the Forest - Knausgård on Munch

On Thursday, October 5, 2017, twenty-four ladies from International Forum were very well guided by Nikita Mathias, through the exhibition *Towards the Forest - Knausgård on Munch*. The guide explained many interesting aspects of Munch's life that many of us were not aware of. The exhibition is divided into four sections: **I** Light and landscape, **II** The Forest, **III** Chaos and Energy and **IV** The Others.

We experienced all aspects of Munch's art: paintings of nature, magnificent woodcuts as well as an impressive collection of full-length portraits.

The exhibition was curated by the Norwegian novelist Karl Ove Knausgård, whose approach to Munch gives us a new perspective on the artist. Knausgård, like Munch, is an artist who manages to arouse



our emotions. The following quotation from Knausgård partially explains his view on Munch: 'And that is what it's all about, isn't it? Presence.' The presence of a human being, the presence of a landscape, the presence of a room, the presence of a tree. The presence of a painting that lifts a human being, a landscape, a room, or a tree to the fore.

Most of the works of art shown have never been exhibited before and will probably not be put on display for a long time. Many of the paintings are preliminary works for bigger projects; e.g. *The Sun* was a smaller version of the huge painting in the University Aula. The last day of the exhibition was on October 8, so those of you who did not manage to see it really missed a rare opportunity.

Our thanks go to Katarina for her role in organising this event.

Elizabeth Bøhn and Inger M. Ræder

AROUND OSLO



Det Norske Blåseensemble

Friday, December 1 at 19:00

Universitets Aula

Karl Johans gate 47

Det Norske Blåseensemble (The Norwegian Brass and Woodwind Ensemble) resume their pre-Christmas tradition, presenting Händel's *Messiah* in cooperation with the Schola Cantorum choir and exciting soloists under the direction of conductor Steven Devine.

Händel's (1685 – 1759) *Messiah* was composed in twenty-three legendary days but takes a lifetime to understand and digest. The ensemble has for decades been preoccupied with the story of how the Messiah arrived on this earth. For many, both the audience and the musicians, the libretto with Biblical citations has become a cherished Christmas tradition.

Soloists:

Berit Solset, soprano
Sunniva Eliassen, alto
Joshua Ellicott, tenor
Halvor Melien, bass

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