



INTERNATIONAL FORUM

OSLO, NORWAY

**January
NEWSLETTER
01/2020**

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Number 450



INTERNATIONAL FORUM

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Forum Diary

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February	6	Alpha Crucis - Contemporary African Art	11:45	7
February	11	Visit to Oslo Concert Hall	10:50	5

From the President



Dear Members,

How swiftly the past year has flown. For the Forum, 2019 was a good combination of continuing with all our activities, while also succeeding in starting a few new ones. We carry our heritage with pride, even as we create new traditions that will take our organisation into the new decade.

Big changes will sweep the world. This decade will see the rise of Artificial Intelligence (AI) and how it impacts our lives. Science and technology will create things we cannot even imagine now. It is comforting that AI cannot beat humans in ethics, empathy and wisdom.

For each one of us, 2020 will bring our share of life events to celebrate, endure or mourn. For the world, the outgoing decade saw many achievements, but it was also turbulent with social polarisation, hate crimes, rising inequality, financial and migration crises. Henceforth, the pace will accelerate on issues like climate change, the space race, automation, the anti-vax (vaccine) movement, medical cures, trade wars, data, surveillance and privacy issues. Still, one hopes the incoming decade will be more stable and happy for the world.

Happiness is elusive. Yet, all traditional societies have their prescriptions. The Japanese have 'Ikigai' – or making life worthwhile by being simple, by doing what you love because that's how you find meaning, by paying attention to detail, by experiencing nature and by doing things together with your community. International Forum is a community and this is our *raison d'être*. Being together is not only fun, but has many benefits for our body, mind and soul!

I look forward very much to seeing you all again as we enter another year of interesting activities.

Best Regards,

Anita Pratap

President

FROM THE BOARD

Diplomatic Charity Event 2019



The Board is very pleased to announce that following the first Diplomatic Charity Event **NOK 80,000** was donated to the Red Cross' *Water for Life* Project. This includes the proceeds from our Christmas raffle. The money will provide clean drinking water for a community of 360 people in Burundi for over five years!

Anita Pratap, President

COMING EVENTS

MONTHLY MEETING COMMITTEE

OMI: Regular and Irregular Migration - Challenges and Advantages



Emil André Andersen is a political scientist with an MA from the University of Ohio, which he attended as a Fulbright scholar. His subjects were Political Science, Philosophy and International Relations. He has fourteen years of international experience in both the insurance business and in the governmental sector. He currently works for the International Organisation of Immigration at its Oslo bureau, as VARP Coordinator, a position

he has held since 2017. He has also worked for the Norwegian Directorate for Immigration (UDI), and been vice-consul at the Norwegian Embassy in Ankara, Turkey.

The Voluntary Assisted Return Programme (VARP) is a return-assistance programme offered to asylum seekers and migrants without a legal claim to protection in Norway. The programme aims to provide assistance for those who wish to return voluntarily to their home countries in an organised, safe and dignified manner.

He will address some of the main advantages and challenges associated with modern migration.

DATE/TIME: **Monday, February 3** at 18:45 for (18:00)

For more information, please contact IF Office.

SPECIAL EVENTS

Oslo Philharmonic Orchestra in Oslo Concert Hall



The Special Events Committee has the pleasure of inviting you to the Oslo Concert Hall. The Oslo Philharmonic Orchestra celebrated its 100th anniversary in 2019. We will learn about this wonderful orchestra and attend a rehearsal.

Our visit will start in the ‘Glass house’ where Beate Brox, Marketing Coordinator, and Ellen Bjørnebye, Orchestra Manager, will give us an interesting and informative talk about the Orchestra: its history, its work, the way in which it is run and more.



After the talk, we are invited to listen to part of the day’s rehearsal, which the new chief conductor, Klaus Mäkelä, will be conducting. The concert being

rehearsed, which includes, amongst others, *Images* by Debussy and *Bolero* by Ravel will be performed Wednesday, Thursday and Friday the following week.

Our guides will meet us at the main entrance of Oslo Concert Hall at 11:00, when the doors open. Please be there at **10:50 sharp!**

DATE/TIME: Tuesday, **February 11** at 10:50.

For more information, please contact IF Office.

ART COMMITTEE

Alpha Crucis - Contemporary African Art



The Art Committee is pleased to invite you on a guided tour at the Astrup Fearnley Museum of Modern Art on **February 6**. At the end of January, the Museum opens a great exhibition with contemporary African art, which will display the originality and diversity of seventeen African artists living and working in sub-Saharan Africa.

Alpha Crucis is the brightest star in the constellation of the Southern Cross, located in the Milky Way. It is one of the most visible in the night sky and indicates the direction of the South. As such, it is often used by navigators; however, the star is only visible in the southern hemisphere. For that reason, it was not mentioned in European antique astronomy.

This exhibition at Astrup Fearnley Museet gathers seventeen artists from seven African countries – a constellation of artists from the South, made visible to

northern eyes. Stars in the sky are not connected to each other; they are associated in constellations and given names by astronomers. Here, the curator acts like an astronomer, ordering the cosmos to give coherence to works of art that offer a certain reading of the world.

The seventeen artists originate from numerous countries, belong to different generations and have very diverse practices. But, what they all have in common as Africans is their ability to see *Alpha Crucis*. Is their work a symbol of hope for a pan-African utopia, in which – despite antagonisms – all African countries look towards the same southern guiding light and do not need to look north when making their art?

The title *Alpha Crucis* advocates a reorientation of a polarised art world towards the south, to fight the ignorance of matters African that has endured too long and to shed new light on a vibrant contemporary African art.

The curator André Magnin (b. 1952 in Vesoul, France) is an independent curator and researcher who started working on non-western contemporary art in 1989, debuting with the historic exhibition *Magiciens de la Terre* at the Centre Pompidou and at the Grande Halle de la Villette in Paris, an exhibition that he co-curated. From 1989 until 2009, Magnin ran the Pigozzi Collection, based in Geneva, which focused on sub-Saharan African contemporary art. He later founded MAGNIN-A, which promotes contemporary African art to the international market.

DATE/TIME: Thursday, **February 6** at 11:45 for 12:00

For more information, please contact IF Office.

ACTIVITY GROUPS AND COURSES – SPRING 2020

Activities:

International Forum Activity Groups are formed when one member or a group of members get together and organise 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: Gunnel Anita Solheim.

For more information, please contact IF Office.

ACTIVITY GROUPS

The Norwegian Conversation Group (norsk samtalegruppe).

This is a group of twenty ladies from India, Colombia, Indonesia, Russia, Peru, Germany, Canada, China, Taiwan, Hungary and Norway. We meet once a month in each other's homes. The intention of the group is to practise speaking Norwegian in an informal setting and to share experiences and interests in our daily life. We have all levels of proficiency.

There is no homework, since the main point is to come together and have fun. The hostess decides if she wants to serve a light lunch or just coffee and biscuits (or cake) after the practice session.

We usually meet on Fridays at 11:00. You are very welcome to join us!

Contact: Eva Øglænd, email: or Mona Bækkelund Reinboth.

For more information, please contact 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 will be served between acts.

Contact: Suzanne Garman-Vik.

For more information, please contact 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 the Friday prior to the meeting, if you plan to attend.

Program for spring 2020:

JANUARY 15 *Putney* by Sofka Zinovieff

FEBRUARY 12 *The Bridge Over Drina* by Ivo Andric

MARCH 18 *North of Dawn* by Nuruddin Farrah

APRIL 22 *Girl Woman Other* by Bernadine Evaristo

Contact: Dorota Steensland, *For more information, please contact IF Office.*

INTERNATIONAL BOOK CLUB II

The same objectives as those of the International Book Club I. The gatherings take place once a month in one of the members' homes, and the hostess serves a light meal.

The first meeting this spring will be at 13:00 on January 23 at Sally Bergan's home,. The book to read is *Educated* by Tara Westover.

Contact: Signe Lise Howell.

For more information, please contact IF Office.

CHOIR GROUP – The Forum Singers



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. The choir practises 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 the choir leader, Lydia Rostad.

For more information, please contact 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. We share the cost of the ingredients.

Contact: Liss Laan.

For more information, please contact IF Office.

COOKING GROUP II

Cooking Group II is a smaller group of maximum eight persons. 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 of the ingredients is shared between the participants.

At the moment, we have room for 3-4 new participants, so just call if you are interested!

Contact: Gerd Berit Lavik, *For more information, please contact IF Office.*

MONDAY DUPLICATE BRIDGE

Every Monday morning at 10:00, a group of Forum ladies play duplicate bridge at the Ris Church Peisestuen. We started a new series duplicate bridge on **January 6** at 10:00. This is a series of 13 Mondays up to and including March 30. The fee for the series is NOK 600. The cost for a single Monday is NOK 100.

We serve coffee, tea and biscuits. All bridge players are most welcome!!

Contact: Kirsten Whist. *For more information, please contact 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: Ida Tschudi Heilemann,

For more information, please contact IF Office.

PHOTO GROUP

This is a group for amateur photographers. No special qualifications are required, just an interest in learning about digital photography. We organise 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, etc.
- ***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.

Time: 12.00 - 15.00. The first workshop in the spring 2020 will be on Monday **January 13** at Anita's home: *For more information, please contact IF Office.*

WALKING GROUP



Kerstin Pettersen will send an e-mail to the group members and inform them of the first walk of spring 2020. 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 IF Office.*

SWIMMING AT LYSEBU

(The Danish Cultural Centre 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?

Contact: Anita Solheim, *For more information, please contact IF Office.*

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

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

R E P O R T S

MONTHLY MEETING

Christmas Meeting

Fifty-five persons had signed up for the Christmas meeting on December 2. We enjoyed good food and good company. Anita Pratap opened the meeting by wishing us all a Merry Christmas and thanking the different committees for their good work before continuing with spirited anecdotes about where Santa Claus comes from. The atmosphere was great!



We also got to see a preview of the video made to present the International Forum at the Diplomatic Charity Event the day after.



The members had brought many gifts for the raffle, which brought in more than NOK 3,000. The proceeds were donated to the International Red Cross Project Water for Life.



Finally, we sang Christmas carols. Keeping in tune was not easy; however, we got unexpected help from Sigrid Riddervold's husband, who volunteered to accompany us on the piano. A wonderful evening!

Gunnel Anita Solheim

ACTIVITIES

Norwegian Conversation

A big *Thank you!* to Yan from all of us in the conversation group. So nice to see your lovely Austrian residence.





We all enjoyed the wonderful food, the ‘Chinese lottery’, and a very convivial atmosphere!

Cooking Group I

The December cooking session took place at my home. Eleven ladies were taught how to serve a traditional reindeer dish from Fimark. As a small starter, ‘rakfisk’ on ‘lompe’ gave a touch of old Norwegian tradition. As dessert, we enjoyed a cake with typical Christmas spices together with coffee.



The first cooking morning in 2020 took place on Wednesday, **January 15** at 12:00 at Gulhan Corman, Kristinelundveien 25, 0268 Oslo. The organiser of the group is Liss Laan,

A very big thank you to all for the lovely presents you came with and also thank you all for making this group so special! I wish you all a very good and healthy NEW YEAR! Liss Laan *For more information, please contact IF Office.*

AROUND OSLO

The Royal Stables Art Gallery

The Dream of Norway

11 October - 26 January

On October 10, 2019, Her Highness Princess Astrid, Mrs Ferner, officially opened a new exhibition in Queen Sonja Art Stable: *The Dream of Norway: King Haakon and Queen Maud in the Royal Collections*.



Photo: Nina Ilefeltdt, The Royal Household

The Royal Stables were built between 1845 and 1848. King Haakon and Queen Maud expanded the facilities in 1911. British-born Queen Maud was an accomplished equestrian, and the stables were modelled on those at Buckingham Palace: the Royal Mews.

The art gallery was officially opened by Her Royal Highness Queen Sonja on her 80th birthday, on July 4, 2018.

Tickets may be purchased at the door.

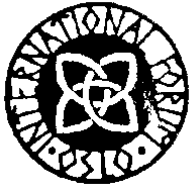
Adults: NOK 100

Children under 12 years: free of charge

During the summer season when the Royal Palace is open for guided tours, **combination tickets** for a tour of the Palace and entry to the Art Stable must be bought in advance, at www.ticketmaster.no.

A combination ticket costs NOK 200.

For information about future exhibitions, see <https://www.facebook.com/KunstStallen/>



INTERNATIONAL FORUM

President

Anita Pratap

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

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