



INTERNATIONAL FORUM

OSLO, NORWAY

**September
NEWSLETTER
09/2020**

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Number 457



INTERNATIONAL FORUM

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Forum Diary

<i>Date</i>	<i>Event</i>	<i>Time</i>	<i>Page</i>
September 19	Virtual Oslo Marathon	NA	7
September 22	Deichman Library	12:00	6
October 05	Sidsel J. Semb – A life of Photography	18:45	4
October 15	Ekeberg Sculpture Park	12:00	6

LAST MINUTE UNAVOIDABLE CANCELLATION

To avoid unnecessary delays at events due to waiting for members who do not turn up, please telephone the contact person directly. No-shows will be charged.

From the President



Dear Members,

Touch is the oldest of our senses: the first to develop in an eight-week foetus. Is it any wonder then that during these touch-taboo times, we miss cuddling babies, hugging children and embracing our family and friends? Physical contact is key to feeling human. Touch goes deeper than skin, which is why we say a particular speech or gesture, music or art touches our heart, our soul.

Why is touch so important? Neuroscientists say that when we are touched, our brain release molecules (dopamine, serotonin, endorphins and oxytocin), popularly called the “happy chemicals”. These give us feelings of joy, motivation, well-being, trust and bonding. Social deprivation inhibits these chemicals, contributing to depression, anxiety, stress, lethargy and loneliness. Absence of touch worsens the sense of disconnection – a side-effect of this pandemic.

Researchers recommend eight hugs a day. Of course, some cultures and personalities prefer less contact. When the one-meter social distancing rule was introduced, the joke was that some found it too close. Will touch become socially extinct? Most people are caught between two strong evolutionary impulses: caution and yearning. The instinct for self-preservation tugs against the longing for the magic of touch to sparkle our lives again. After all, touch is a sensation that lingers long after the contact.

Touch is the oldest, but scientists rank sight as the foremost of our senses. So, I look forward to seeing you at the extremely interesting events for the autumn season organized by our creative committees. Thanks to your enthusiasm, Special Events Committee’s tour of Deichman Library was overbooked in four days. What a happy problem to solve.

Stay healthy, stay safe!

Best regards,

Anita Pratap

President

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

Membership Fee 2020-2021

An **invoice** with paying **instructions** will be sent to members **by email** in the coming weeks. The deadline for payment of the membership fee has been set to October 31. The fee is the same as last year, i.e. NOK 500.-

We thank you in advance for your cooperation and hope to see you at our events!

C O M I N G E V E N T S

OCTOBER MONTHLY MEETING

Sidsel Jakheln Semb

A life in Photography

Forum member and photographer Sidsel Jakheln Semb was born in Bodø, where her fascination for looking at the world through a camera lens was born.



After *Examen Artium* [A levels], she moved first to Oslo, and then in 1961 to Paris, where she spent one year, attending the Académie Julian, studying croquis-drawing techniques. Afterwards, she studied two years in Munich, where she was enrolled at the Bayerische Staatslehranstalt für Photographie.

Back in Oslo, she worked for four years in a fashion/advertising studio. In 1968, she established her own one-woman business.

Sidsel has travelled the world with her camera, photographing the High and Mighty, as well as everyday life.

In 2014, she handed over her vast personal archive to the National Library in Oslo. Many of the photographs have appeared in books and other types of publications. The transfer took several months to complete.

Sidsel is still very active and much in demand as a photographer.

DATE/TIME: **Monday, October 5** at 18:45 (for 19:00)

For more information, please contact the IF Office.

SPECIAL EVENTS COMMITTEE

New Deichman Library on September 22.

The event is fully booked. Twenty people are on a waiting list, and a new guided tour will be set up for them at a later date.

ART COMMITTEE

Visit to Ekeberg Sculpture Park



The Art Committee invites you to a walk through Ekebergparken to see some of the new sculptures and installation. We hope to be able to see 'The Mist', which is activated four times a day until mid-October, starting at 12:30. Hopefully, we shall have some fun and make a video of ourselves at Marina Abramovich's 'Scream' frame.

DATE/TIME: Thursday **October 15** at 12:00.

For more information, please contact the IF Office.

For more details, please click one of the links below:

Info: <https://oslomaraton.no/en/deltagerinfo-virtual-edition/>

Sign up: <https://secure.onreg.com/onreg2/front/step1.php?id=5040>

ACTIVITY GROUPS AND COURSES – AUTUMN 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.

Please note that all groups must ensure that the rules for social distancing and other Corona restrictions are followed. Leaders may limit the number of participants for certain groups and activities.

Contact: Gunnel Anita Solheim

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 whether 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!

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 will be served between acts.

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 worldwide literature, chosen by the group. The hostess serves a light lunch. Please let the hostess know on the Friday prior to the meeting if you plan to attend.

Our next meeting will be on **September 16**. We shall be discussing *Girl, Woman, Other* by Bernadine Evaristo

For more information, please contact the IF Office.

INTERNATIONAL BOOK CLUB II

The objectives are the same 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 meeting in August took place August 27 at Signe Lise's house. The book discussed was *The Baghdad Clock* by Shahad Al Rawi.

September 24: At Sally's house.

Book to read: *Where the Crawdads Sing* by Delia Owens.

October 29: At Jessie's house.

Book to read: *My House in Damascus* by Diana Darke.

November 26: Place not decided yet.

Book to read: *Norwegian Wood* by Haruki Murakami.

Mid December: Time and place are not yet decided.

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. We share the cost of the ingredients.

Our Danish member Inge welcomes us back from a very different summer. She is lucky to have been to a summerhouse in Denmark.

“Skagenrøre”

The next cooking session will be on **September 16** at 12:30 in Inge Pedersen's home:.

She is not going to let us know in advance what she will present to us at the autumn's first gathering, so we'll have to wait and see!

Inge can accommodate **10 people**.

Welcome back to a new season!

For more information, please contact the 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.

Our first meeting will be on **September 11** at G. Anita Solheim's house.

This time we will be introduced to 'Batch cooking', a fairly new concept, very much in vogue at present.

For more information, please contact the IF Office.

MONDAY DUPLICATE BRIDGE

Every Monday morning at 10:30, a group of Forum ladies plays duplicate bridge at the Ris Church Peisestuen.

The fee from September to Christmas is NOK 300.-

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

For more information, please contact the IF Office.

MONTHLY WEDNESDAY BRIDGE GROUP

This group generally meets up 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!

For more information, please contact the 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 in which 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 or on a cloud
- ***Use your photos creatively*** by 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.

We will meet at Anita's home. *For more information, please contact the IF Office.*

The photo workshops will be on the **following dates**:

September 21, October 19, November 16, December 14.

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 this autumn 2020. Walking is great exercise and fun for those who like the outdoors. If you are interested, please send Kerstin your mobile number and email address.

For more information, please contact the IF Office.

SWIMMING AT LYSEBU

The Danish Cultural Centre at Voksenkollen



Lysebu Hotel has reopened after being shut down this spring. This lovely historical hotel is owned by the Danish-Norwegian Cooperation Foundation. It was a gift from the Norwegian state to Denmark after the Second World War.

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?

For more information, please contact the IF Office.

LANGUAGE 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.

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

For more information, please contact the 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 organised for large or small groups.



For more information, please contact the IF Office.

AROUND OSLO

Yan Donko – Visual Artist



Alltid på Farten
迁徙的记忆 Passing On The Way
12.09-27.09.2020

Yan Donko artist
张雁 绘画作品展

Opening Ceremony
12.09. Saturday 12:00 -16:00

Welcome!

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Ms Yan Donko is the wife of the Austrian Ambassador and a member of the International Forums's Board. She exhibits works inspired by her extensive travels around Norway.

The venue is Galleri F48, a small gallery in Frognerveien 48b, not far from the Frogner Park. Her pictures are on show from September 12 to 29. The vernissage is on Saturday, September 12, between 12:00 and 16:00.

For more information, please see <https://www.facebook.com/gallerif48/>

Kistefos Museum and Sculpture Park

Come Out! In the Twist

May 24 – October 11, 2020

Opening hours from 11:00 – 17:00

For the first time, a sizable selection of works from the Christen Sveaas Art Foundation will be shown in a Norwegian museum. The exhibition *Come Out!* will be showing in The Twist, the new gallery across the river Randselva.



Christen Sveaas, a well-known Norwegian investor, has been a dedicated art collector of both Norwegian and international art since the 1980s, and the collection comprises more than 1700 works.



Curator William Flatmo explains that *Come Out!* is an exhibition ‘prompted by the unique situation in which we now find ourselves; it invites the audience to reclaim public and cultural ‘spaces’.

The exhibition has a broad span, both artistically and thematically, and aims to relay a clear message while encouraging reflection on today's society and that of the future.

The Museum and the Twist Gallery are located in Jevnaker, a little less than an hour's drive from Oslo. Follow E16 to Norderhov, then turn right on 241 to Klekken/Jevnaker. Follow the signs to Kistefos; after Skogstad; turn down a narrow road on your left.

For more information, see <https://www.kistefosmuseum.no/>



INTERNATIONAL FORUM

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Anita Pratap

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

Date: September 10, 2020