



INTERNATIONAL FORUM

OSLO, NORWAY

March NEWSLETTER 03/2021

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Number 463



INTERNATIONAL FORUM

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Special Events

Mona B. Reinboth

Activities

Anita Solheim

Forum Diary

Date	Event	Time	Page
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April	No Monthly Meeting or events due to Easter Holidays		
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THE DEADLINE FOR SUBMITTING ARTICLES

For the April *Newsletter* is Wednesday, **March 24**. Please send your contribution to Elizabeth S. Rasmussen.

From the President



Dear Members,

The world's oldest roadmap is more than 3,000 years old. The Ancient Egypt papyrus shows routes along dry riverbeds leading to prized destinations: sandstone quarries and gold deposits. These were mined to build gigantic temples, monuments, obelisks and royal statues glorifying the pharaohs.

The world's newest roadmap is barely a few weeks old. It too has a prized destination: a normal life.

The U.K. Government was among the first to release a roadmap to gradually exit from the pandemic lockdowns on a 'one-way road to freedom'. If all goes well, most restrictions will be gone by summer solstice on June 21. Britain has suffered one of the highest covid-19 death rates, it was the first to face virus variants, and now it leads in vaccinating its population. The world watches keenly to assess how Britain aligns vaccine rollout with returning to normal life: opening the economy, and resuming social activities. Every country's roadmap will be different, determined by its own unique situation. Vaccination is key to removing restrictions. Many believe that 'it is the light at the end of the tunnel.'

But experts also say vaccines need to be updated regularly to fight new variants. We may have to keep wearing masks, especially in the flu season, just like East Asians have done for years. We may also have to travel with covid-19 vaccine certificates. But this is a small price to pay for regaining normalcy, something precious that we took for granted.

2020 was an *annus horribilis*, a horrible year, which brought the world so much suffering. We don't expect 2021 to be an *annus mirabilis*, a wonderful year, but we would be grateful if the roadmap could take us closer to normal life. That would be wonderful.

Best regards,

Anita Pratap

President

N E W M E M B E R



This month the Board is very happy to welcome one new memebre:

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

Member of the Year Award

Details regarding this award were published in the February *Newsletter*.

You can send an email nominating a member, including the reasons why you believe your nominee deserves the award.

Please email to int.forum@online.no, C/O President.

Our members work hard and long. Your recognition is deeply appreciated.

R E P O R T S

Monthly Meeting February 1, 2021

Sidsel Jakhelln Semb: A life in Photography

A member of the International Forum, photographer Sidsel Jakhelln Semb gave us a glimpse of her 'Life in photography' in a Zoom meeting on February 1.

This was a short introduction to her exhibition, which we will hopefully be able to see in September, corona restrictions permitting. At a photo exhibition in September, Sidsel will present a selection of large framed pictures from her vast collection.

The Zoom meeting in February was very special, as Sidsel invited us into her private studio. We got to see how her workspace is arranged, and she showed us examples of the different types of photographs she has taken, fashion photos, portraits, group photos, etc. Of course, this was just a small taste of her collection and, not least, of all the stories behind all the photographs, because these are quite a few.

Sidsel comes from Bodø, where her fascination for looking at the world through a camera lens was born. She moved to Oslo after her A-levels, and to Paris in 1961, where she spent one year attending the Académie Julian. Afterwards, she studied two years in Munich at the Bayerische Staatslehranstalt für Photographie. Back from Munich, she was offered a job in one of the two big photo studios in Oslo. Four years later, she opened her own studio. Sidsel has travelled the world with her camera, photographing the ‘high and mighty’, as well as everyday life, as Berit said in her introduction to the meeting.



Sidsel's Studio

Sidsel took us on a guided tour of her studio. She is no longer working with darkroom technology, but with a computer and specialized printers. Her desk is by the window and the walls are covered with her photos. It is all very neatly and aesthetically organised. The photos on the walls are truly outstanding. Sidsel tells us that she has started to take group photos in the later years. ‘I love handling big groups of people,’ she says when showing us a colour photo of a group consisting of 380 people. Each individual is sharply in focus and looking at the photographer, except for one lady who is bending down to pick up her baby. Sidsel was up on a roof when taking this picture. She says it is important that the photographer exercises authority so that people in the group know what is going to happen, that they are focused and looking at the photographer at the right moment.

Sharing her screen with us, Sidsel took us on an 'ego trip' among her closest family, as she says. In one picture, divided into four, her handsome young husband is at the upper left corner, a triple selfie of herself at the lower right corner and her daughter and son at the remaining corners. The son was photographed by Sidsel up in the Himalayas and the daughter in Rome. On these photos, they were all in their 20s. What a nice idea to show two generations in one picture, and all of them at the same age!



Some of the ladies in the audience

Sidsel showed us a small but representative selection of her work and she promised we will see more in September. Her presentation was accompanied by commentaries and interesting anecdotes. It is obvious that Sidsel loves her work and that she loves to show her pictures.

Twenty-eight persons had logged onto Zoom for Sidsel's presentation, and the audience was spellbound and had many questions at the end of the presentation. Among the questions were: What was it like to be a young, female photographer competing with her male counterparts at that period? Does she prefer black and white or colour photos, people or landscapes? What kind of camera does she use? Is she still active as a photographer?

Sidsel appreciated the questions and answered charmingly and honestly that, yes, it could indeed be an advantage to be a young female photographer. The black and white photos are probably closer to her heart than colour photography. Also, compared to a digital photo, a photo developed in a darkroom is a one-time performance. You cannot multiply it as you can with digital photos. As for motifs, photographing children is close to her heart. Sidsel is still working with photography and has new assignments and projects.

Anita Solheim

The Walking Group

The ladies in the Walking Group have been out exercising again. We went to Ekeberg Park on February 12. It was a crisp, but wonderfully sunny Friday!



Kerstin Petersen

Cooking Group I

Jeannette Laier Henriksen was the leader of the International Cooking Group from 1997 to 1998. She now lives outside Copenhagen. Jeannette hosted a lunch on April 14, 1999, that I remember. I thought it would be nice to present one of her recipes to our current Forum members.



Carrot-Lemon Soup (Serves 4)

450 g carrots, sliced

2 medium onions, chopped

2 cloves garlic, crushed

1 L hot water + 2 vegetable stock cubes, add basil and thyme to taste

Grated rind and juice of 1 lemon

Salt and pepper

Boil vegetables in stock approx. 25 minutes until tender. Blend till smooth. Return to pot and stir in lemon, add salt and pepper to taste. Serve with bread. Prepare a day in advance. May also be served cold.

Liss Laan

IMPRESSIONS OF NORWAY

A Fond Farewell to Friends and Fjords

By

Miriam C. A. Parga e Prata

Wife of the Ambassador of Brazil to Norway, H.E. George Monteiro Prata

I was born in a city near the mouth of the Amazon river founded by French pirates in the XVII century. Portuguese tiles adorn the façades of the houses and warm waves kiss the white-sand beaches. Norway is, of course, completely different; but the minute I arrived here, I immediately felt at home.



At the City Hall for the Nobel Prize Ceremony



Ready to leave for a
Royal Palace Dinner

I frequently asked myself why. I love the boat trips in the fjords, I enjoy the tranquility of the countryside, and I appreciate how the changing seasons lend a unique atmosphere to the various cadences of the year. Visiting Gamlebyen in Fredrikstad or the Nidaros Cathedral in Trondheim, I learned about a rich history. A trip to Tromsø allowed me to go dog sledding and to play in the snow like a child.



Celebrating 17th of May



Experiencing Norwegian
Christmas

In Brazil, I took cruises into the deep jungle and along the coast of Rio de Janeiro, where the mountains meet the sea. The Hurtigruten cruise, however, was one of a kind. I saw awesome scenery, I crossed the Polar line, I discovered enchanted islands and quaint fishing villages. I am certain that such beauty is enough to make the faithless believe in God's creation.



Dining with friends



Friends from all over the world



With the winners of the Amazonian craft at the Diplomatic Charity Event



Beautiful Geiranger!

The best of Norway, however, is the people. I was embraced by many new friends and all of them made sure that my experience here was the best possible. How can I forget the invitations for weekends at the beach or mountain cottages? The hospitality was invariably warm and affectionous. How can I forget lunches and dinners where I had the opportunity to taste the flavours of Norway? Everything prepared with love by the hosts who occasionally have even hunted the main dish. How not remember the invitations to the opera and concerts? Grieg, Nordheim and Halvorsen made music for the soul. I was even invited to be part of the board of the Museum Group, which allowed me to experience the art and cultural heritage of this country.



Sailing in the fjords



Having fun cooking

I always asked myself how I could show my appreciation and gratitude to Norway. I had the perfect opportunity when the International Forum, along with Embassies in Oslo, organised the Diplomatic Charity Event, whose proceeds were donated to the Norwegian Red Cross. I was thankful to participate in such a generous initiative by donating an Amazonian handicraft that showed how unique the traditions of our indigenous people are.



Friends from the Corps Diplomatique

After four and a half happy years, the moment to go back home is now fast approaching. Norway will remain with me, no matter how far it seems to be. I will forever hold in my heart the cherished memories of good friends and of this stunningly beautiful country.

På gjensyn, Norge!

A R O U N D O S L O

Kongsvinger Fortress

This charming museum and surrounding grounds are located in the heart of Kongsvinger in the south-east corner of Innlandet County. The citadel is situated west and north of a sharp turn in the Glomma river, at the junction of ancient routes to the north, the west and Värmland in Sweden.



The present fortress was built between 1681 and 1682, to stop Swedish troops from advancing towards Christiania (now Oslo). The military activity ended in 1823, when Norway was in a union with Sweden.



Today, the fortress is a museum, open most days, even in these Corona times. It's a lovely place for a stroll. Kongsvinger is about one hour's drive from Oslo, and spring is on its way!

Tickets for the exhibition and events can be purchased on site.



INTERNATIONAL FORUM

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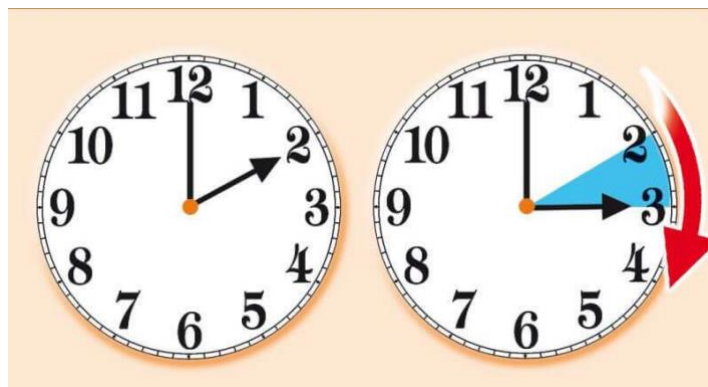
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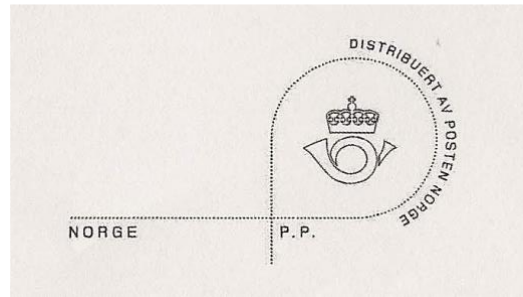
Date: March 11, 2021

REMEMBER

Summer Daylight Saving Time

Remember to advance your clock forward by one hour
at 02:00 on Sunday, **March 29!**





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