



INTERNATIONAL FORUM OSLO

NEWSLETTER

June 2022
Issue No. 476



The Botanical Garden in June

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Tutankhamun:
One Century after the Discovery of his Tomb

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DEADLINE FOR SUBMITTING ARTICLES

For the **August Newsletter** is **July 15**. Please send your contribution to Elizabeth S. Rasmussen and to int.forum@online.no. The Editor and the Editorial Team reserve the right to edit *all* material.



From the President

Dear Members,

For three years, we have saved every penny we could. The reward is that for two years in a row now, International Forum can pride itself with a surplus. The savings come from financial discipline and from cutting costs, especially the fixed operating expenses. Going digital also helped.

Surplus is always a plus, a thumbs up, a reason to smile. Money in the bank secures Forum. But we also want to honour our members who worked hard organising events, arranging activities, administering and managing the Forum. The challenges were many, especially during the pandemic.

As this is the first physical AGM in three years, there is a backlog of board members, coordination and committee leaders who have completed their terms after making invaluable contribution to the Forum. They are traditionally thanked with bouquets.

Flowers are beautiful. This time, however, the board has decided to give our wonderful leaders a lasting and aesthetic gift, something that carries the spirit of the Forum. What better way to say *Thank you* than with an artwork specially designed for them by one of our members, who is also a well-known artist? We are privileged that artist Victoria Berge has agreed to create special ceramic bowls for our special leaders. Victoria's works are collector items.

These bowls will be presented at the AGM. The awardees are the upholders of Forum. Proof of their tireless efforts, creativity and commitment lies in the interesting range of events, programmes and activities that they plan, coordinate and arrange for our pleasure, education and esprit de corps.

We will celebrate this group spirit at the AGM. It is our last meeting before we say goodbye for the summer.

Looking forward to seeing you!

Anita Pratap

President

F R O M T H E B O A R D
THE ANNUAL GENERAL MEETING

June 9 at 17:45 (for 18:00)

Vinderen seniorsenter

We would like to remind you of this year's last event.

Refreshments will be served after the formalities of the AGM: assorted open sandwiches, wine, mineral water, coffee, tea and cakes.

The AGM is free of charge and for members only.

AGENDA

Welcome by the President

1. Approval of a member to take the minutes of the meeting
2. Approval of two signatories to the minutes
3. Approval of four tellers
4. The Board's Annual Report
5. The Treasurer's Annual Report and the Auditor's Report
6. Elections
7. Other Business

For more information, please see the May *Newsletter*.

ERRATUM

The total income given at the bottom of the Treasurer's Report (NOK 110,337) is incorrect. It should be NOK 109,662 as stated at the top of the report.

COMING EVENTS
ARENDALSUKA 2022

Global Outlook

A Transformative Decade

August 15, from 12:00 to 14:00 at Arendal's Kulturhus



The picturesque coastal town Arendal in southern Norway

Keynote Speakers

Anniken Huitfeldt, Foreign Minister of Norway

Kevin Rudd, Former Prime Minister of Australia

Achim Steiner, Head of UNDP

Ayaan Adam, of the Africa Finance Corporation

ARENDASUKA 2022

AMBASSADORS' ROUND TABLE

August 16 from 09:00 to 11:00

The Old Town Hall

De-globalisation?

A stocktaking of where we are headed: isolation, regionalisation or continued global integration

Keynote Speakers:

H. E. Amr Ahmed Ramadan, Ambassador of Egypt

H. E. Nicolas de la Grandville, Ambassador of the European Union

H. E. Kerin Ayyalaraju, Ambassador of Australia to Denmark, Norway and Iceland

H. E. Sharon Hudson-Dean, Chargé d'Affaires, USA



Mayor of Arendal, Robert Nordli welcoming guests at the 2021 Ambassadors' Roundtable

ACTIVITIES

Cooking Group

What a delightful morning at Eva Ziegler's home! We were served two different summer dishes (Swedish recipes), followed by chocolate mousse. *Thank you, Eva.*



The Ladies have decided to treat themselves to

Lunch at Holmen Fjordhotell in Asker

on **June 8** at 11:00.

The address is Slemmestadveien 64, 1394 Asker. There is free parking.

I have made reservations for a lunch buffet, including dessert table, coffee and tea. The price is NOK 445.- not including drinks.

Please sign up not later than Friday, **June 3** to Liss Laan:

I wish you all a lovely summer!

Liss Laan

DIPLOMATIC PAGE

Tutankhamun: One Century after the Discovery of his Tomb

By

H. E. Amr Ramadan, Ambassador of Egypt



2022 marks the centenary of the discovery of Tutankhamun tomb in the Valley of the Kings at Luxor, Egypt.



Outside the Tomb



Inside the Tomb

The British archaeologist Howard Carter had spent five years exploring the Valley of the Kings when his team found the entrance to the tomb in November 1922. Once they got inside, Carter was astounded by the marvellous treasures found inside: more than 5,000 items including the ruler's famous golden mask.

Why was Tutankhamun's Tomb so Important?

The discovery of Tutankhamun's tomb is probably one of the most important Egyptian tombs discovered. Why? Because unlike tombs belonging to other pharaohs, which had been vandalized by grave robbers and private collectors, Tutankhamun's tomb was found to be mostly intact. This provided valuable information on the religion, rituals, and culture of the ancient Egyptians. The discovery also sheds light on the elaborate mummy preservation process that included drying of the body, removal of the digestive tract and brain, and embalming of the corpse.



Treasures from the Tomb of Gold

But who was King Tutankhamun?

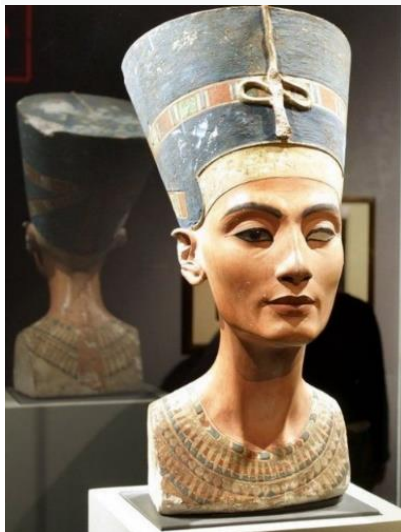
Tut ascended to the throne at the age of 9 and ruled until 1324 BC, when he died only 19 years old. In his 10-year rule, he notably reversed religious reforms that had been enacted by his father, Pharaoh Akhenaten.

Tutankhamun believed that his father's attempts to replace the old gods with one deity, Aten, had angered the gods who in turn ignored Egypt. To match the Kingdom's return to the old gods, the young king changed his name from Tutankhaten to Tutankhamun.

At the time of his death, Tutankhamun was probably quite tall but frail. Tests conducted on his mummy revealed that he had suffered multiple malarial infections and that he suffered from a crippling bone disease in his left foot. Archaeologists believe that he was involved in a chariot accident that resulted in a broken leg and a subsequent infection of the injury that caused his death.

Mysteries behind the Walls of Tutankhamun's Tomb

Tutankhamun's tomb was unusually small, and some archaeologists believe that is probably because his death was unexpected. There is evidence to show that some of the objects found in the tomb were reused. On some of the artefacts, the name of his stepmother, Queen Nefertiti had been carefully removed, and that of Tutankhamun inscribed. The golden death mask worn on his mummy is also thought to have initially been meant for Nefertiti. Many archaeologists have observed that King Tut's mask seems to have ear piercings, even though it was not the fashion of the time for young men to wear earrings. This has led to the theory that the tomb and death mask was originally designed for Nefertiti, but used for Tut when he suddenly passed away. Moreover, the scenes painted in the tomb were originally of Nefertiti and the figures were altered to look like King Tut instead.



Nefertiti



Guardians

Some have argued that Tutankhamun's death prompted the walling of Nefertiti's tomb and the hurried construction of his own. Radar tests conducted in the tomb revealed possible open spaces behind some of the walls which could have belonged to Queen Nefertiti's tomb. Experts, however, caution that the findings could likely point to natural features and not the remnants of another tomb.

A 78-minute Italian-produced documentary to mark the centenary of the astonishing discovery of King Tut's tomb featuring Iggy Pop was shown recently in both Bergen and Oslo.

Nefertiti's mummy has never been found! But if found, this could be the discovery of the 21st century, just as Tutankhamun's discovery was of the 20th Century.

DIPLOMATIC SALON

Drops of Mediterranean Gold:

A Taste of Croatia's Gourmet Olive Oils

On May 3, the Ambassador of Croatia, H. E. Andrea Gustović-Ercegovac, hosted this Diplomatic Salon, at which we were given an introduction to the Croatian award-winning olive oils and got to taste different products.



The owner of the online gourmet store MARQT.NO, Ms Katarina Poljak, gave a very interesting overview. She explained how olive oil is produced and how the quality between olive oils from various regions and producers vary and how the olives are harvested and processed. The quality and flavour of the olive oil depend on the soil and the microclimate in which the trees grow.

For the seventh time in a row now, *Flos Olei* – the planet's most influential guide to the world of olive oil – named Istria in Croatia, as the world's best olive-oil region. The characteristics of olive oil, just like wine, vary from year to year depending on how much sun, wind and rain the olive trees are exposed to. And like wine, different kinds of food go with different types of olive oils.

Olive oil is a fruit juice. The olives are pressed mechanically, and the so-called “Extra virgin olive oil” is always cold pressed. This is the best way to preserve the flavour and aroma and, just as importantly, the healthy ingredients in the olive oil.

The health benefits of olive oil depend on its level of polyphenols, or antioxidants. These levels are at their highest when the olives are harvested early, while the olives are still green. It is also important that the fruits are pressed as soon as possible after the harvest.



Ms Katarina Poljak

Anita Pratap and Ambassador Gustović-Ercegovac

The quality, however, is best during the first year and the olive oil is best during the first month after opening. A good advice is therefore to buy smaller bottles if you do not use oil frequently. Consuming 30-50 ml good quality olive oil per day is an excellent way to get enough of polyphenols.

We were able to taste different olive oils from small cups, and olive oil served on canapés and delicious small dishes. The olive oil can be used, not only on salads but in many other dishes and it is a healthy substitute for butter when baking. We tasted small cupcakes, made with olive oil and delivered by a bakery in town.

Olive oil is a complex, yet stable product. However, to best preserve the flavour and the antioxidants, it should be stored in dark glass bottles, protected from light and from excessive heat or cold. The best temperature for storage is 18°C. Keep the oil bottle in cupboard, away from sunlight. Also pay attention to the expiry date when buying olive oil. The oil should be purchased 12 to 18 months after the harvest and can be stored up to two years.

We extend our heartfelt thanks to the Ambassador of Croatia, H. E. Andrea Gustović-Ercegovac for arranging this event.

More information on how to choose a good olive oil can be found at:

<https://marqt.no/blogs/olive-oils/top-10-hints-on-how-to-choose-the-best-extra-virgin-olive-oil>

Gunnel Anita Solheim

WINTER, SPRING, SUMMER OR AUTUMN
Our Walkers Walk



The Ice on Lake Bogstad by Berit Lindstrøm



Group picture by Bente Brandt



Munching sandwiches by Kumiko Larssen



Walking in forest by Bente Brandt



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

Date: June 1, 2022



The Royal Farm at Bygdøy