



INTERNATIONAL FORUM OSLO

NEWSLETTER

November 2022

Issue No. 480

In this Issue:



NOVEMBER MONTHLY MEETING, November 7
Dr **Ross Wetherbee** on Ancient trees and biodiversity, p. 5



ART COMMITTEE, November 24
Niki de Saint Phalle at Henie-Onstad Art Centre, p. 7



PRE-CHRISTMAS MEETING, December 5
Soo Eng Yap will play the piano and accompany the sing-a-long, p. 8





INTERNATIONAL FORUM

P.O. Box 1505 Vika, 0117 Oslo, Norway

Website: www.iforum.no Email: int.forum@online.no

Visiting address:	Kronprinsens gate 3, Victoria Passasjen
Bank account number:	1600 40 36631
VIPPS to:	591747
Board 2021 – 2022:	Anita Pratap (President), Sissel Lindeman, Gulhan Çorman, Heba Mamish, Wenche Mohr, Elizabeth Rasmussen, Elizabeth Groth Kolby (Deputy) Lien Nguyen (Deputy), Jessie Sandosham (Deputy)
Office Team:	Patricia Blackwell, Karin Skoglund
Office hours:	Please send enquiries by email
Editor:	Elizabeth S. Rasmussen
Editorial Team:	Elspeth Walseth, Josephine Kamsvåg
Secretary:	Elspeth Walseth
Treasurer:	Anne-Lise Fasteland
Auditor:	Verena Krienke
Committee Leaders:	
Monthly Meetings	Signe Howell
Special Events	Mona B. Reinboth
Art	Jane Steenbuch
Activities	Anita Solheim

If you wish to become a member of International Forum, please contact us by email.



IN THIS NEWSLETTER

FEATURES/EVENTS	DATE	TIME	PAGE
PRESIDENT'S PAGE			4
FROM THE BOARD			
New Members			5
COMING EVENTS			
November Monthly Meeting Dr Ross Wetherbee: ' Ancient trees and Biodiversity'	Nov 7	18:45	5
The University's Astronomical Observatory	Nov 17	10:45	6
Henie-Onstad Art Centre	Nov 24	11:15	7
December Pre-Christmas Meeting	Dec 5	17:45	8
ACTIVITIES			
International Book Club I			9
Walking Group			10
REPORTS			
October Monthly Meeting			11
AROUND OSLO			
Bærums Verk			14

DEADLINE FOR SUBMITTING ARTICLES

For the **December Newsletter** is **November 16**. 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



November is all about tradition. It is also about change. We transition from golden leaves to grey landscapes to silvery frost – all within a month. Like change, the weather is unpredictable. We must adapt every day because it could be pleasant, windy, rainy, chilly or stormy. November is a metaphor for the times we live in. A time of change.

But it is also a time of rituals, religious festivals, family gatherings and age-old customs – from Veterans Day to Thanksgiving to *julebord*. The number and variety of traditional celebrations that are taking place during these 30 days is remarkable. Nevertheless, November does a good job reminding us that change is life's constant companion. We see it in the birches, the bushes and the blossoms that change form and colour. Sometimes, the scenery is monochromatic: the fjord, earth, sky and clouds are painted in 50 shades of grey. Sometimes, the fjord reflects the vast gorgeous blue of the sky, with stunning sunsets in 50 shades of red.

Change is usually not so pretty, especially when it arrives unannounced and unwelcome. It can be uncomfortable because it disrupts the steady rhythm of life. Change can also make life easier, cleaner, greener, richer, fairer, and more efficient. Humans discovered long ago that togetherness makes coping with change easier, even motivating. In the past people gathered for the traditional sharing of harvest bounties. Today, in a modern twist, we meet colleagues, family and friends for fun, feasts and festivities.

November is a month to honour both tradition and change. In our upcoming events, we appreciate both the old and the new. Life in a nutshell.

Best regards

Anita Pratap

President

FROM THE BOARD
NEW MEMBERS



This month the Board has the pleasure of welcoming eight new members:
We are looking forward to getting to know these ladies. Their interests span widely, and we hope to see them at our events and groups.

We are so happy to have them on board!

COMING EVENTS
NOVEMBER MONTHLY MEETING

Ross Wetherbee

November 7



The Monthly Meeting Committee invites you to a presentation by Dr Ross Wetherbee, researcher in ecology and natural resource management at the Faculty of Environmental Science and Nature Management at the Norwegian University of Life Sciences (NMBU) at Ås.

This enthusiastic young scientist will talk about ancient trees and the loss of biodiversity.

DATE/TIME: Monday, **November 7** at 18:45 (for 19:00)

SIGN UP: To Elizabeth S. Rasmussen, by email:
no later than Wednesday,
November 2.

PRICE: NOK 105.- **Please sign up before you pay.** Please make your payment **preferably** by **bank transfer** to the Forum account: 1600 40 36631 or by VIPPS 591747. No cash will be handled at the venue. Please **state the event and your name** in the transaction (in the KID-number box for bank payments and in the dialogue box for VIPPS).

TRANSPORT: T-Bane 1 to Vinderen. Pay parking in the adjoining area until 20:00.

Guests are welcome.

No-shows will be charged.

For last minute cancellations, please call Elizabeth Rasmussen on mob.: 406 02 686

SPECIAL EVENTS

REMINDER

The University's Astronomical Observatory

November 17

The Special Events Committee invites you to a guided visit of the University's Astronomical Observatory at Solli in Oslo. The observatory is one of the oldest buildings built for the University.

DATE/TIME: **Thursday, November 17** at 10:45 (for 11:00 Group 1)
Thursday, November 17 at 11:45 (for 12:00 for Group 2)

PLACE: Observatoriegata 1, 0254 Oslo

For questions or last-minute cancellations, please contact Rosemary Hauge

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

ART COMMITTEE

Henie Onstad Art Centre



Niki de Saint Phalle

November 24

The art committee invites you to join us on a guided tour at the Henie Onstad Art Centre for a retrospective of Niki de Saint Phalle.

Niki de Saint Phalle (1930-2002) made a name for herself on the international art scene during the late 1950s and early 1960s, developing a new role for the artist in close dialogue with the media of television especially. Her paintings and sculptures shattered boundaries for what a woman could express and do in public, for herself and for other women.

The exhibition, which comprises over 100 works, begins with Saint Phalle's early oil paintings, includes her famous 'shooting paintings', her 'white period' as well as some of her many different sculptures of women, and her work in public settings that culminated in her famous *Tarot Garden* in Tuscany that she continued to work on up to her death.

DATE/TIME: Thursday, **November 24** at **11:15** (for 11:30)

SIGN UP: By email to Josephine Kamsvåg, email as soon as possible and no later than **November 17**.

PRICE: NOK 130.- entrance fee to be paid directly by bank card to the Henie Onstad Art Centre on the day of the visit, plus a **guide fee of NOK 85.-** preferably by **bank transfer** to the Forum account: 1600 40 36631 or by VIPPS 591747. Please **state the event and your name** in the transaction (in the KID-number box for bank payments and in the dialogue box for VIPPS).

TRANSPORT: Høvikodden is around 15 minutes by car from downtown Oslo. The exit from the E18 to the Henie Onstad Art Centre is well sign-posted. Pay parking is available at the centre.

Bus 160 leaves every 15 minutes between Oslo and Sandvika. The bus stop is called Høvikodden and it takes about 7 minutes to walk to the Art Centre.

There is a café on site, Piruetten, which serves salads, baked goods, etc.

Maximum participants: 20

Guests are welcome if there is space.

Cancellations after the deadline and no-shows will be charged.

For last-minute cancellations or questions, please call Josephine on mob.: 476 36 148.

DECEMBER PRE-CHRISTMAS MEETING

December 5



The Monthly Meeting Committee has the pleasure of inviting you to the traditional pre-Christmas meeting.

According to tradition, we are planning a raffle this year, so we ask each member to please bring a small, wrapped gift. The raffle tickets will be sold at the door by VIPPS. The proceeds of the raffle this year will be donated to Fransiskushjelpen. This charitable organization, based in Oslo, offers palliative care for terminally ill patients in the comfort of their home.

Pianist and Forum member **Soen Yap Eng** has kindly agreed to start the evening with a small piano recital and will also accompany us for the traditional sing-along of Christmas carols and songs. We therefore ask our members to be seated by 18:00.

Refreshments will be served *after the music*: assorted Norwegian open sandwiches (*snitter*), wine, mineral water, coffee, tea and cakes.

Looking forward to a convivial and festive evening with friends!

- DATE/TIME: **Monday, December 5 at 17:45 (for 18:00)**
- SIGN UP: To Anita Solheim by email as soon as possible and **no later than Wednesday, November 16**. Because of the catering, we need to know as early as possible how many are coming.
Please state whether you want **gluten free bread**.
- PLACE: Vinderen Seniorsenter, Slemdalsveien 72, 0373 Oslo
- PRICE: **NOK 325.- Please sign up before you pay**. Please make your payment **preferably** by **bank transfer** to the Forum account: 1600 40 36631 or by VIPPS 591747. No cash will be handled at the venue. Please **state the event and your name** in the transaction (in the KID-number box for bank payments and in the dialogue box for VIPPS).
Raffle tickets are NOK 50. If you wish, you can pay before the meeting either by bank account or VIPPS. Please state 'Raffle' in the KID-number box or VIPPS dialogue box.
- TRANSPORT: T-Bane 1 to Vinderen. Pay parking in the adjoining area until 20:00.
Guests are welcome!
No-shows will be charged. For last minute cancellations, please call Anita Solheim on mob.: 404 80 944

A C T I V I T I E S

The International Book Group I

The International Book Group I will be reading the following books in November and during the 2023 spring:

- November 16 – *Fresh Water for Flowers* by Valerie Perrin
- January 18 – *At the Breakfast Table* by Defne Susan
- February 15 - *The Orphanage: A Novel* by Serhiy Zhadan
- March 15 – *The World of Yesterday. Memories of a European* by Stefan Zweig
- April TBA - *The Years* by Annie Ernaux (Nobel laureate 2022)
- June TBA – *The Seven Moons of Maali Almeida* by Shehan Karunatilaka

We meet on the third Wednesday of the month. If you are interested, please contact Dorota Steensland on mob.: 991 57 006

The Walking Group

The walking group has been on an urban excursion in Oslo. They ended their walk with lunch at the Opera.



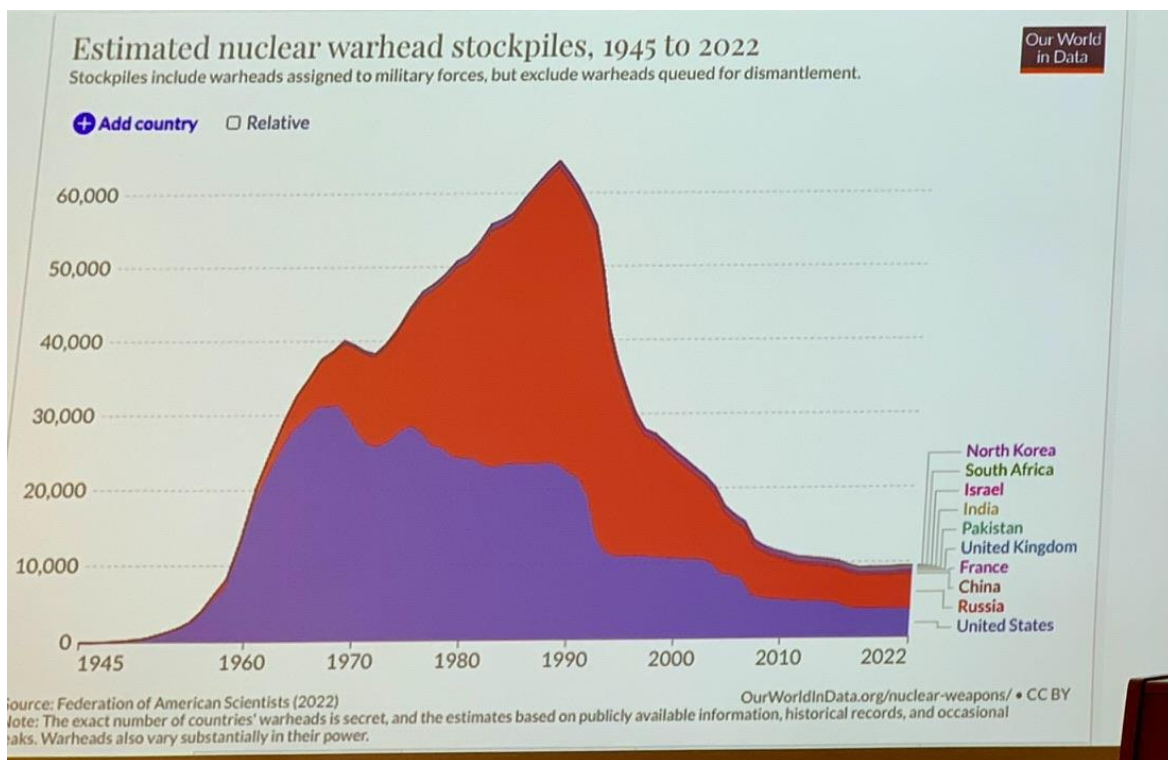
The group walks on Fridays. If you are interested, please contact Kerstin Pettersen on email: kersapeter@icloud.com.

REPORTS

OCTOBER MONTHLY MEETING

Nuclear Weapons and their Humanitarian Consequences

Ms Anja Lillegraven, the managing director of Norwegian Physicians Against Nuclear Weapons, a branch of the International Physicians for the Prevention of Nuclear War (IPPNW) since 2019, was the October speaker. She gave an overview of the organisation, both the international branch as well as the Norwegian one, and explained how they work. The IPPNW was founded in 1980, during the Cold War, when the world was still divided into two militarised camps and on the brink of nuclear war. The founders were a small group of Soviet and American medical doctors who believed that their obligation as physicians included a common commitment to the prevention of nuclear war and that this obligation was more important than the ideological divide between the two countries. The IPPNW received the Nobel Peace Prize in 1985 for its considerable service to mankind by ‘spreading authoritative information and by creating awareness of the catastrophic consequences of nuclear war.’

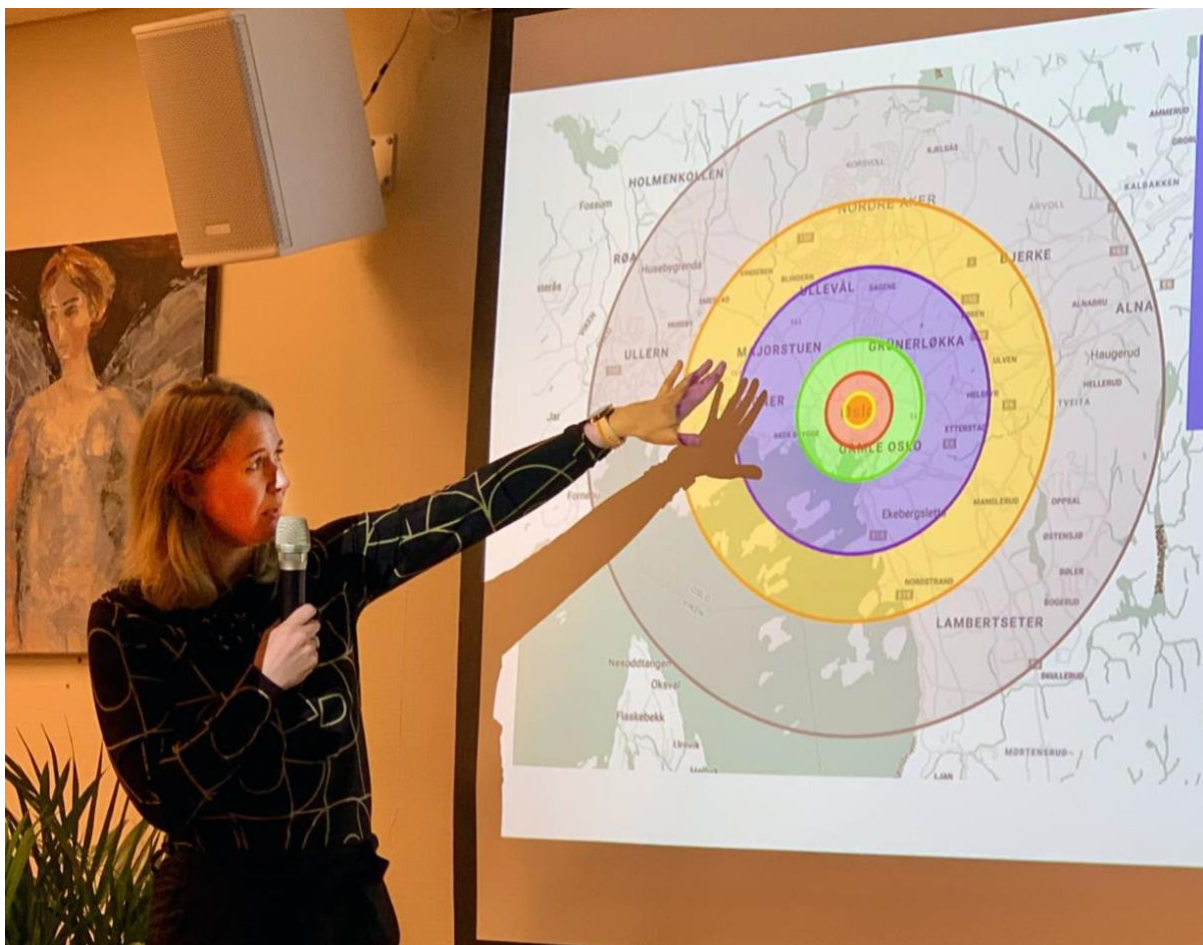


Ms Lillegraven then gave a brief introduction to nuclear weapons, the humanitarian consequences of their use and explained why medical doctors work for the abolition of their use and testing. The IPPNW has conducted extensive scientific research – based on findings by Japanese colleagues – on the chances of survival and the suffering and injuries inflicted on humans by the nuclear bombs dropped over Hiroshima and Nagasaki towards the end of World

War II. They use this knowledge to draw attention to the hazards of nuclear warfare and why it is so important to prevent the use and testing of nuclear arms.

The International Campaign to Abolish Nuclear Weapons also works towards the same goal. This organisation, founded in 2007 by Australian physicians, comprises not only doctors but also other health professionals. ICAN received the 2017 Nobel Peace Prize for its role in achieving the Treaty on the Prohibition of Nuclear Weapons, which was adopted at the United Nations in July the same year.

In order to illustrate the danger of nuclear warfare in our area, Ms Lillegraven presented a map where concentric circles marked the degree of havoc an atomic bomb of 100 kT detonating 1000 m above Oslo might wreak.



At the initial blast, the heat and the fires would kill everyone within a radius of 0,8 km and cause third degree burns in a radius of 4,5 km. Most residential buildings would be destroyed within a radius of 3 km. Within a radius of 1,5 km, radiation of more than 500 rem (units of hazardous ionizing radiation) would lead to a 50 to 90 % fatality rate. Radiation causes long term health problems. In Japan, for instance, 10 000 people are still being treated in Red Cross hospitals for health problems owing to the radiation caused by the bombs dropped at the end of the Second World War.

Even ‘limited’ use of nuclear weapons is extremely dangerous. Nuclear explosions have several long-term effects, such as changes to the climate followed by a phenomenon called *nuclear famine*.

As an example, Ms Lillegraven presented a scenario from densely populated areas:

Scenario: *Limited* nuclear war between India and Pakistan.

The use of 100 *low yield* (15 kT) nuclear weapons:

- 25 million instant fatalities from the blast
- Firestorms with massive amounts of smoke and soot to the upper atmosphere, affecting temperature and rainfall patterns
- 225 million people dead within two years



IPPNW’s work has contributed to the reduction of nuclear warhead stocks, which were estimated to be more than 60 000 heads in the 1980s and 90s, to less than 10 000 in 2022. However, the decline has stopped and the figures from 2010 and until today remain the same. Internationally binding agreements on the ban on nuclear warfare are therefore very important.

Ms Lillegraven also talked about the latest international framework for the prevention and abolition of nuclear arms, which is the UN Treaty on the Prohibition of Nuclear Weapons.

2017: The treaty was adopted by 122 UN member states

2021: The treaty entered into force in January after being ratified by 50 member states

- The treaty bans all activities related to nuclear weapons
- It sets a ‘new norm’ that nuclear warfare is unacceptable, thereby increasing pressure on nuclear states
- It puts pressure on financial institutions and corporations, making it harder to finance weapons production

Previous bans on chemical and biological weapons have been successful.

Norway has not yet ratified this treaty but was the first NATO country to state its observational status. At the first Meeting of State Parties in Vienna in June 2022, Germany, Belgium, and the Netherlands also participated.

Ms Lillegraven replied to many questions from the audience regarding disarmament and nuclear weapons as defence or deterrence.

Gunnel Anita Solheim

AROUND OSLO

Bærums Verk

Old and new come together at Bærums Verk, an **historic industrial site and shopping complex west of Oslo**, where you will find more than 40 stores, art galleries and exquisite eateries.



Bærums Verk was founded 400 years ago to increase the Dano-Norwegian iron production. It has remained a centre for traditional crafts, and the main street is home to the workshops of black-smiths, glass blowers, textile artists and woodworkers. This is a great place to purchase hand-made products of all kinds, including quilts, glass objects and furniture. It is great for Christmas shopping! There is also a modern shopping centre in the area.



Bærum's Verk beautiful surroundings include a scenic river and a popular park with 31 sculptures made by some of the most renowned Norwegian artists – a collection that grows every year.

When it is time to eat, get a table at Norway's oldest restaurant Værtshuset Bærums Verk. Free parking.

For more seasonal information, please click on the link: [Bærums Verk | Buildings & Monuments | Bærums Verk | Norway \(visitnorway.com\)](#) or [Handelsstedet Bærums Verk - Et unikt handelssted i historiske omgivelser \(baerumsverk.no\)](#)



INTERNATIONAL FORUM

Org.no: 994 566 806

President	Anita Pratap
Editor and Layout:	Elizabeth Rasmussen and Editorial Team
Editorial Team:	Elspeth Walseth and Josephine Kamsvåg
Dispatch Team:	Kerstin Petersen, Mona Reinboth, Mette Svadberg, Wenche Undrum, Elspeth Walseth and Patricia Blackwell

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

Date: November 1, 2022