



# INTERNATIONAL FORUM OSLO

## NEWSLETTER

January 2024  
Issue No. 492

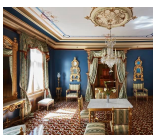
### In this Issue:



**January Monthly Meeting, January 8, p. 7**  
Dr Signe Howell on her Field Work in  
the Malaysian Jungle



**Art Committee, January 16, p. 8**  
Magdalena Abakanowicz: *Every Tangle of Thread and Rope*



**Special Events, January 23, p. 9**  
Visit to the Ibsen Museum



**February Monthly Meeting, February 5, p. 10**  
General Major Kristin Lund: 'Differences in male and  
female leadership: Experiences from peace operations.'



**Art Committee, February 22, p. 11**  
Leonard Rickhard: *Between Construction and Collapse*



## INTERNATIONAL FORUM

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

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Art: Jane Steenbuch

Activities: Gunnel Anita Solheim

Nomination Committee: Ellen Vollebæk

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



## IN THIS NEWSLETTER

FEATURES/EVENTS	DATE	TIME	PAGE
<b>PRESIDENT'S PAGE</b>			4
<b>FROM THE NOMINATION COMMITTEE</b>			5
<b>COMING EVENTS</b>			
<b>January Monthly Meeting</b> Dr Signe Howell <i>Animal Spirits, Shamans, and            Monkey for Dinner: Living with the            Chewong in the Jungle of Malaysia</i>	Jan 8	18:45	7
<b>Art Committee</b> <i>Every Tangle of Thread and Rope</i> Henie Onstad Art Centre	Jan 16	11:45	8
<b>Special Events</b> Visit to the Ibsen Museum	Jan 23	11:45	9
<b>February Monthly Meeting</b> General Major Kristin Lund: <i>Differences in            male and female leadership: Experiences            from peace operations</i>	Feb 5	18:45	10
<b>Art Committee</b> Leonard Rickhard: <i>Between            Construction and Collapse</i>	Feb 22	11:45	11
<b>ACTIVITIES</b>			13
<b>REPORTS</b>			
<b>Special Events</b> <ul style="list-style-type: none"> <li>○ Bogstad Manor and the Marble Exhibition</li> <li>○ Visit to the Intercultural Museum</li> </ul>			16 19
<b>Christmas Meeting</b>			20

## DEADLINE FOR SUBMITTING ARTICLES

For the **February Newsletter** the deadline is **January 16**. Please send your contribution to Elizabeth S. Rasmussen by email, and to [int.forum@online.no](mailto:int.forum@online.no). The Editor and the Editorial Team reserve the right to edit *all* material.



## From the President

Dear Members,

Happy New Year!

When was the last time you did something new? Think about it. When did you last do something that you've never done before? It could be something big like enrolling for a course, or something small such as learning to swim. Rearranging your furniture or going to a new travel destination doesn't count. That's predictable.

Over the last two months, I did three small new things. Baking bread for the first time is something seven-year-olds do easily in Norway, but for me it was a giant leap from ignorance to utter delight. The second was to learn Bridge. Well, it's an exaggeration to say I learned to play the game, but I did learn about the human capacity to invent and remember rules.

The third was to dance at our Christmas party. We have never done that before. It was fun – the music, the big smiles, the happy faces of our members, and the sense of goodwill in the room. That's how life is meant to be. That's how life can be. Most of us in the room didn't win any raffle prizes, but we won the biggest prize of them all – the birth lottery. Born at the right time in the right place in the right circumstances allowed us to enjoy fun and friendship.

Doing something new is enjoyable and energising. It also makes the brain better. Brain research shows that doing something new is *necessary* for a healthy life – it improves memory, mood, and motivation. The harder a skill is to learn, the better it is for the brain. Newness forces concentration because we don't know what to expect or how to respond. This process strengthens our adaptability and flexibility, qualities that are needed to cope with the accelerating changes happening all around us. As Charles Darwin said: 'It is not the strongest or the most intelligent that survive, but the one that is the most adaptable to change.' If the last three years are any guide, we probably must fasten our seat belts to face the big changes that lie ahead this year. Being adaptable cushions the ride.

Wishing you and your loved ones a safe, peaceful, and pleasant 2024!

Best regards,

*Anita Pratap*

President





## THE NOMINATION COMMITTEE

### **The Nomination Committee is now starting its work ....**

We are looking for members who would agree to take an active part in the running of the International Forum over a period of time. Please feel free to suggest yourself or submit the name of another member whom you think would be able to contribute in some way.

It doesn't necessarily take a lot of time to be a member of a committee, and it can be very rewarding. It is also a good way to learn more about the International Forum and to become better acquainted with other members.

The Nomination Committee prepares a list of nominees, which is submitted to the Board. Six weeks before the AGM, the list of all nominees will be published in the *Newsletter*. Members may then send the Board further proposals, which can be put on the final list for election at the AGM.

There is no vote by proxy at the AGM. The candidate receiving the most votes will be elected.

Included in this *Newsletter* is a form for your proposals, which we hope that you will fill out. Please return it **as soon as possible by email or by post** no later than **March 10** to the Leader of the Nomination Committee:

Please remember that your suggestions will form the basis of the Committee's proposals when members are nominated for election at the Annual General Meeting in 2024.

We cannot emphasize how much we look forward to receiving the names of as many nominees as possible.

Thank you!

For the Nomination Committee:

Ellen Vollebæk (Leader)



## PROPOSALS FOR NOMINATION

### **Proposals:**

I (name) ..... Tel.: .....

Propose *myself and/or*:

..... Tel.: .....

for the position of \*: .....

and

propose: ..... Tel.: .....

for the position of \*: .....

*\*President, Board Member, Committee leader, Committee member*

*to be sent to:*

Ellen Vollebæk, by email.

## COMING EVENTS

### THE JANUARY MONTHLY MEETING

**Monday, January 8**

*Animal Spirits, Shamans and Monkey for Dinner:  
Living with the Chewong in the Jungle of Malaysia*



Professor Emeritus and International Forum member Signe Howell will talk about her research with a small group of hunter-gatherers deep in the tropical rain forest of Malaysia. Her initial fieldwork lasted 18 months and she has subsequently visited the communities many times. Signe has a PhD in Social Anthropology from the University of Oxford.

**DATE/TIME:** **Monday, January 8 at 18:45 (for 19:00)**

**SIGN UP:** To Anita Solheim by email as soon as possible and no later than Thursday, **January 4**.

**PRICE:** NOK 105.- We ask you kindly to sign up and pay by January 4. Please make your payment **preferably by bank transfer** to the Forum account: 1600 40 36631 or by VIPPS 591747.

**PLACE:** Vinderen Seniorsenter, Slemdalsveien 72, 0373 Oslo

**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 Gunnel Anita Solheim on mob.: 404 80 944.

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

## ART COMMITTEE

Tuesday, **January 16**

### **Magdalena Abakanowicz: *Every Tangle of Thread and Rope***

In close collaboration with Tate Modern in London and the Toms Pauli Foundation at the Museum of Fine Arts in Lausanne at

#### **The Henie Onstad Art Centre**



Magdalena Abakanowicz (1939 – 2017) was a Polish sculptor and fibre artist, known for her use of textiles as a sculptural medium and for outdoor installations. She developed a personal artistic language closely linked to her relationship with nature and childhood memories in Poland, where she grew up isolated on her aristocratic family's estate deep in the forest. Germany invaded Poland at the beginning of World War II. In the same year, the Soviet Union moved in from the east to occupy part of the country.

The family was stripped of everything they owned, and the aristocratic family background had to be hidden. Despite difficult living conditions under the communist regime,

Abakanowicz was determined to engage on a global scale. Even before 1970, she gained international recognition for her revolutionary installations, and she continued to cross the Iron Curtain more than any other artist.

DATE: Tuesday, **January 16** at 11:45 (for 12.00)

SIGN UP: To Inger M. Ræder by email, or by SMS as soon as possible, and no later than Thursday, **January 11**.

PRICE: The entrance fee is NOK 150.- for non-members of the Museum and should be paid individually, **preferably online** several days before the event in order to save time upon arrival at the museum. NOK 120,-, for the guide should be paid to International Forum's bank account 1600 40 36631 or by VIPPS to 591747 as soon as your registration has been confirmed. **Please sign up before you pay.** **Please state the event and your name** in the transaction (in the KID number box for bank payment and in the dialogue box for VIPPS)

PLACE: Henie Onstad Art Centre, Sonja Henies vei 31, 1311 Høvikodden

**TRANSPORT:** **Bus 160** (Rykkin) from Nationaltheatret every 30 min. Get off at Høvikodden bus stop. It is a five-minute walk. **By car**, take E18 west and follow the signs. Free parking.

**LUNCH:** There is a cafeteria/restaurant at the Art Centre.

Maximum number of participants: 25

Guests are welcome if space is available. Members will have priority.

Cancellations after the deadline and no-shows will be charged. For last-minute cancellations, please call Inger M. Ræder on mob.: 976 88 795

## SPECIAL EVENTS

### Visit to Ibsen Museum

**Tuesday, January 23**



The Ibsen Museum & Teater's main attraction is Henrik Ibsen's home in Oslo. This is where he lived the last 11 years of his life. His apartment in Arbins gate 1 is restored with the original interior, original colours and decor. The museum features an exhibition that provides a deeper insight into the world-renowned playwright's thoughts, inspirations, and creative process.

The Ibsen Museum was founded by Knut Wigert in June 1990. Since 1993, the Museum has been a part of Norsk Folkemuseum.

**DATE/TIME:** **January 23** at 11:45 (for 12:00)

**SIGN UP:** To Jessie Sandosham by email, no later than **January 12**.

**PLACE:** Henrik Ibsen's gate 26 in Oslo, across the street from the Royal Palace.

**PRICE:** NOK 180.- Please sign up before you pay. Please make your payment preferably by bank transfer to the Forum account: 1600 40 36631 or by VIPPS to 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 (all lines), Tram 11 or Buses 30 and 31 to

Nationaltheatret. Then walk up Henrik Ibsens gate towards Solli plass.

Maximum number of participants: 20

Guests are welcome if space is available. Members have priority.

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

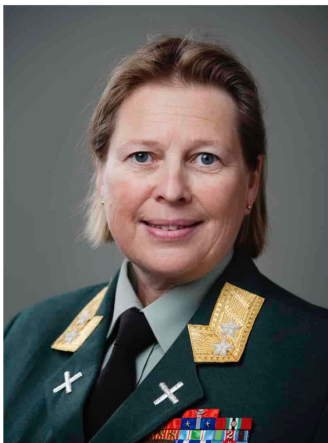
For last-minute cancellations and questions, please contact Jessie Sandosham, by email: [jessie.sandosham@gmail.com](mailto:jessie.sandosham@gmail.com) or by mob.: 476 05 453

## FEBRUARY MONTHLY MEETING

**Major General Kristin Lund**

**Monday, February 5**

*Differences in male and female leadership - Experiences from peace operations*



Major General Kristin Lund is our speaker at the February Monthly Meeting. She is a retired senior officer of the Norwegian Army, and she was the first woman to command a United Nations Peacekeeping Operation, serving as Force Commander for the UN Peacekeeping Force in Cyprus from 2014 to 2016 and later as head of Mission/Chief of Staff of the UN Truce Supervision Organization from 2017 to 2019. Kristin Lund is a pioneer for gender equality in the military. She was the first female officer in the Norwegian army to be promoted to the rank of Major General.

- DATE/TIME: Monday, **February 5** at 18:45 (for 19:00)
- PLACE: Vinderen Seniorsenter, Slemdalsveien 72, 0373 Oslo
- SIGN UP: To Anita Solheim by email as soon as possible and no later than Wednesday, **January 30**.
- PLACE: VINDEREN SENIORSENTER, Slemdalsveien 72, 0373 Oslo.
- 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!

Cancellations and no-shows after the deadline will be charged. For last-minute cancellations, please call Gunnel Anita Solheim on mob.: 404 80 944.

## ART COMMITTEE

**Leonard Rickhard**

*Between Construction and Collapse*

Thursday, **February 22**

Astrup Fearnley Museum



Leonard Rickhard, *Figure Against Red Bird Cabinet*, 2006-2007.  
Astrup Fearnley Collection. © Leonard Rickhard, 2023. Photo: Jens Hamran



The museum's first exhibition in 2024 is devoted to the Norwegian artist Leonard Rickhard. Over the years, Rickhard has cultivated a distinctive, easily recognisable artistic style in his body of work.

His figurative paintings are inhabited by solitary figures in intimate interiors, or evocative landscapes in which industrial labour, vehicles and infrastructure from World War II charge the motifs with a peculiar atmosphere.

Several of Rickhard's paintings constitute a way to process memories – often recollections of the artist's own childhood in the years after the German occupation of Norway. For this reason, the paintings have a psychological dimension, which is manifested mainly through a vibrating ambience where the unsaid and unspoken, rather than the expressly political, takes centre stage. This retrospective exhibition reviews a body of work spanning half a century, while demonstrating Rickhard's tireless pursuit of his singular painterly project far into its sixth decade.

DATE/TIME: Thursday, **February 22** at 11:45 (for 12:00)

SIGN UP: To Trudy Brand-Jacobsen by email no later than **February 16**.

PLACE: Astrup Fearnley Museum of Modern Art at Tjuvholmen

PRICE: NOK 165.- for the guided tour *and* entrance fee.  
Please pay by bank transfer to the IF's account 1600.40.36631 or by VIPPS to 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: Tram 12 stops at Aker Brygge and Bus 21 stops at Tjuvholmen. The Nationaltheatret Station is within walking distance, and there is ample **pay parking** at the indoor parking spaces of both Aker Brygge and Tjuvholmen.

LUNCH: Ventiventi is an Italian restaurant adjacent to the Museum and there are lots of cafés and restaurants at Aker Brygge.

Maximum number of participants: 30

Guests are welcome if space is available. Members have priority. Cancellations after the deadline and no-shows will be charged.

For last-minute cancellations, please notify Trudy by email.

Katarina Plavnik and Trudy Brand-Jacobsen

## ACTIVITY GROUPS AND COURSES – SPRING 2024

### 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 Gunnel Anita Solheim, as we might consider forming new groups.

**Contact:** Gunnel Anita Solheim.

### ACTIVITY GROUPS

#### **The Norwegian Conversation Group** (norsk samtalegruppe)

This is a group of 12 ladies from Austria, Japan, India, Colombia, Russia, Peru, Canada, Hungary, and Norway. New members to International Forum are also welcome. 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.

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

### PHOTO GROUP

We are amateur photographers. No qualifications are required other than being interested in learning about digital photography. The aim is to become a better photographer, learn how to master devices such as camera, telephone, computer, iPad and to learn how to make photo books and greeting cards, or how to post Instagram stories, etc.

We have workshops 4-6 times a year at Gunnel Anita's home at Nesbru or at another member's home, from 12:30 – 15:00. Sometimes we go on outdoor photo walks.

**This spring we start in February** (not in January as previously announced).

Members of the photo group, as well as other IF members who might be interested in learning how to make photo books, etc. are welcome. If so, please contact Gunnel Anita and state what you are interested in:

- a) Photographing with camera or with smart phone (camera

techniques, taking sharp and/or blurred pictures, lighting, composing the picture)

- b) Editing pictures
- c) Organising pictures
- d) Making collages, greeting cards or photo books on a computer or on iPad.

**Contact:** Gunnel Anita Solheim by email.

## **INTERNATIONAL BOOK CLUB I**

The gatherings are held on the third Wednesday of the month in members' homes, in which case the hostess serves a light lunch. We read and discuss books, usually novels by international authors, chosen by the group. The reading list will be published at the end of January.

**Contact:** Dorota Steensland by e-mail.

## **INTERNATIONAL BOOK CLUB II**

The same procedures as those of the International Book Club I. The gatherings take place once a month. As always, we meet in each other's homes for a light lunch on the first Thursday of the month at 13:00. The person who suggested a book prepares a short presentation and leads the discussion.

Book Club II has decided to read the following books:

- January: Joyce Carol Oates (2021) *The Other You* (short stories)
- February: Tsitsi Dangarembga (1988) *Nervous Conditions*
- March: Graham Greene (1955) *The Quiet American*
- April: Valerie Martin (2007) *Trespass*
- May: F. Dostoevsky (1880) *The Brothers Karamazov*

**Contact:** Heidi Høivik, email.

## **Cooking Group**

This cooking group has been up and running for many years; I have notes dating back to 1996. Some of the original ladies are still in our group. Since we are an international group, some women are leaving, and new ones are attending. As we rotate between each other's private homes there will be limited space most times.

**Contact:** Liss Laan by email.

## **MONDAY DUPLICATE BRIDGE**

We usually play Bridge every Monday in the players' homes.

**Contact:** Kirsten Whist by email.

## **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.

**Contact:** Ida Tschudi Heilemann.

## **WALKING GROUP**

Kerstin Pettersen will send an email to the group members and inform them of the first walk of spring 2024. 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.

**Contact:** Kerstin Petersen by email.

## **SWIMMING AT LYSEBU**

The Danish Cultural Centre at Voksenkollen has nice indoor swimming facilities. International Forum members will be most welcome to swim at Lysebu. Show your 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:** Gunnel Anita Solheim by email.

## **COURSES**

The courses are activities for which the participants pay a **fee** to the teacher.

### **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 by email.

# REPORTS

## SPECIAL EVENTS

### Bogstad Manor and Marble Exhibition



#### Part I The Manor House

On a cold and windy morning at the end of October, a group of 29 Forum members and guests gathered at Bogstad Manor. In September 2021, the east wing was transformed into an art gallery. The exhibition called *Marble Variations* was closed on November 5. We were given a guided tour of both the Manor and the marble exhibition in the gallery.

Our guide was Forum member Ellen Bjørnebye. She outlined the history of the Manor and of the families who had always owned it, either by inheritance or marriage up until it was donated to the Bogstad Foundation in 1955. In 1649, bailiff Morten Lauritzen Ugle took over the estate and much land from the Danish king who owed him money. Later, four generations of the Leuch family owned the Manor until Peder Anker acquired it in 1772.

Peder Anker had done the 'Grand Tour' in his youth and was much influenced by what he had seen in Europe. He added constructions to Bogstad Manor to make it symmetrical and redesigned part of the garden in English landscape style.

When King Carl Johan made Peder Anker the first Norwegian Prime Minister in 1814, Anker moved to Stockholm. However, his daughter Karen, married to



Count Wedel Jarlsberg, took up residence at the Manor. The estate was modernized in 1914, when electricity and water were installed.



Detail from interior



The cobalt-blue kitchen

Nini, born Wedel Jarlsberg, and Westye Parr Egeberg were the last private residents of Bogstad Manor. In 1955, their daughters, Lucy Høegh, Mimi Eek, and Karen Aall, who inherited the estate, founded the Bogstad Foundation. The Manor with all its contents: paintings, furniture, candelabras, silver, glass and porcelain, in addition to the grounds and the buildings, then became a museum run by Norsk Folkemuseum. It is certainly one of the most valuable donations ever given in Norway.



Ellen took us through the rooms on the first floor. We began in the Banquet Hall where paintings from Italy, brought back by Peder Anker from his grand educational tour, cover the walls. Anker was passionate about symmetry, so all the paintings have identical frames and were cut in order to fit the walls. We moved through the various rooms admiring the exquisite collections of paintings, furniture and porcelain, all originating from European countries. Ellen spiced her guiding with tales about the various inhabitants of Bogstad Manor. The Anker family were quite frugal. For example, Anna Anker had her ball gown continually restyled so that she could re-use it. We were enthralled by Ellen's stories; she made the history come alive.

We finished our tour of the Manor by descending to the kitchen in the basement (see picture above). This was painted blue because the blue cobalt paint contains arsenic which keeps the flies away. The estate employed a lot of staff and apparently it was a good place to be employed.

## Part II: The Marble Exhibition

The basis for this exhibition is the four marble sculptures that belong to the very rich collection of art at Bogstad Manor: The bust of Count Herman Wedel Jarlsberg and copies of the antique *Lo Spinario* (a Greco-Roman Hellenistic bronze sculpture of a boy withdrawing a thorn from the sole of his foot), Ceres Mattei and the Uffizi-wrestlers. Also displayed are works of many well-known sculptors from the 19<sup>th</sup> century and up until today, such as Christopher Borch (1817-1896), with his *Sulamit*, Hans Hansen (1820-1858), Christen Daae Magelssen (1841-1940), Gustav Vigeland (1869-1943), Knut Steen (1924-2011) and Håkon Anton Fagerås (born 1975) with his *Gro* and many more.



*Lo Spinario*



*Uffizi Wrestlers*

The aim of this exhibition is to explain the history of marble sculptures from the ancient past to our own time. Marble stone has many different qualities and variations: from the golden-coloured Greek marble to white Italian Carrara marble, and marble with pink and grey tones from Fauske in Northern Norway. The sculptures illustrate the way we look at marble art: from the 18<sup>th</sup> century as ‘beautiful art’, to the present with focus on the material, technique, and *meaning* of a sculpture.

The artists featured in the exhibition are quite different, yet they have some common features. Some of the Norwegian sculptors were trained at the School of Drawing in Christiania, now the Oslo National Academy of the Arts. Many studied under Herman Wilhelm Bissen in Copenhagen or spent long periods of time in Rome. In 19<sup>th</sup>-century Norway, sculpture students who worked with marble were influenced by the classical tradition.

Marble has always been used to applaud and honour power and wealth. People recognize these feelings when they are looking at marble sculptures.

Mona Reinboth

ß



**INTERNATIONAL FORUM**

**Org.no: 994 566 806**

**President:** Anita Pratap

**Editor and Layout:** Elizabeth S. Rasmussen and Editorial Team

**Editorial Team:** Elspeth Walseth, Robin Wittusen and Renate Scapin

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

**Dispatch:** January 2, 2024