

NybroTidende

March 2020



International Women's Day
p.3



General meeting p.5



Blood donation p.10

KælderCaféen, women and blood

It's March! We can finally get started on the spring season that our weather has otherwise tried to give us in both January and February. The semester is now well underway and a lot of things are happening at the dormitory.

For example, there is a bar meeting and general meeting in KælderCaféen on March 28, and you can read more about it on page 5.

Although it may be hard to believe, March has a number of important anniversaries: For example, the International Women's Day, which you can read about on page 3. In addition,

St. Patrick's Day is just around the corner, on March 17th, but we didn't care about that in this issue.

On page 10 you can read about an editor's experience donating blood at DTU. On page 8, Dorte gets a little upset over a MGTOW, and we're talking about a podcast that covers all the little creepy stuff out there.

We hope that you have a excellent March, and if it gets a bit boring, you can bake our delicious pigs in blanket from page 9!

Resident Council news

B. New residents representative for the board

FOR VOTING AND DISCUSSION

In connection with the former board member having left the dormitory, and thus resigning, the board is seeking a new member. The work, as announced in the

last residents' meeting, consists mainly of meetings with the Board, which takes care of Nybrogård dormitory, these meetings usually last 1.5 hours and this is also where the dormitory's annual budget of approximately 15 million will be distributed. Other tasks include processing residents' exemption applications. The work is voluntary, but really cool if you take an interest in these tasks. As a board member, you are in close contact with KAB

and pass on important information.

If you are interested in the post as a new board member then attend the residents' council meeting or send an email to sekretaer.nybroggaard@gmail.com if you are unable to attend.

Upcoming: Council meeting:
Thursday, March 5th

The Personal Page

The Board

Frederik, N29 (chairman)
Rasmus, S21 (alternate)

The Residents' Council

Chairman: : Mads, E31

AB-odd: Kimberly A15

AB-even: **Needed**

CD-odd: Casper, C27

CD-even: Marie, D60

EF-odd: Victor, E33

EF-even: Mads, E31

GH-odd: **Needed**

GH-even: **Needed**

JK-odd: Asbjørn

JK-even: **Needed**

LM-odd: **Needed**

LM-even: **Needed**

NO-odd: Niklas, O51

NO-even: **Needed**

PR-odd: **Needed**

PR-even: Kasper, P16

ST-odd: Ditlev, T47

ST-even: Emma

Apartments:

C, D and G: **Needed**

H and L: Steffen L6

Alternate: Frederik H2

M, O and S: **Kasper S6**

Administration

Treasurer

Kasper Hansen, R66
kasserer@nybro.dk

Secretary

Josephine B56
sekretaer.nybrogaard@gmail.com

Accountants

Nybro Tidende

Lina Nielsen, E35
Louise Almer, L11
Patrick Aagaard, S37
Louise Amalie Joensen, P33
tidende@nybro.dk

Secretariat/subleasing

Office hours: Monday 19:00-20:00
and Thursday 20:00-21:00,
GH-basement.
Phone: 21 48 54 55

Complaints committee

Office hours: Tuesday
19:30-20:00, GH basement.
E-mail: klage@nybro.dk
Phone: 21 48 54 55

Network office

Office hours: Monday 20:00-21:00
in the GH-basement.
E-mail: admin@nybro.dk
Phone: 21 48 54 55

TV/Antenna

antennegruppen@nybro.dk

Environmental Group

Troels, O7
miljo@nybro.dk

Canoe club

Rune, S2

Art club

Louis G37

Board game club

Mads, E31

Bicycle workshop

This could be you.

Nybro Cake festival

This could be you.

Music practice room

Andreas M2

Dog club

Lærke, H56

Key bearers

Kasper

Phone.: 26 81 15 01

Peter Jon

Phone: 61919792

Patricia

Phone: 61719310

The price for
key service is:

9:00-21:00: DKK 50

21:00-9:00: DKK 100

Clubs

Gardening club

Lea, L6

Brewers club

Mathias, J17

Exercise room

Lukas, G35

Cinema club

Viktor, AB-odd

FC Nybro

This could be you.

FC Nybro Chicks

This could be you.

Service

Table tennis/hockey

CD-basement

Bicycle workshop

LM-basement

Folding chairs

Trailer

Lars Kaj (insp.)

Draught beer system

Kasper, R66

KælderCaféen

Opening hours: Fridays 21:00-03:00

One Saturday each month 21:00-05:00

(announced separately).

Chairman: Bertil, O4

Deputy chairman: Kasper, P16

Member: Clara, K55

Secretary: Agnes O04

Residents' Council Rep.: **This could be you.**

Alternate: Emma, R64

Treasurer: Kasper, P16

Local facilities

Inspector

Lars Kaj
varmemester@nybro.dk

Phone: 45 87 04 73

Office hours

Monday: 16:00-18:00

Tuesday-Friday: 07:30-09:00

First weekday of month: 17:00-18:00

Laundromat

Opening hours: 8:00-19:00

Convenience store and Pizzeria

Phone: 51 14 12 19

Weekdays: 15:00-21:00

Sat-Sun: 13:00-21:00

May-August: open until 22:00 every day.

NOTE!

Items for the agenda must be sent to the secretary **at least ten days before the meeting** nybro.dk > English > For Residents > Resident Council > "Add item to the agenda".



International Women's Day

When "woman - know your place" becomes "woman, know your struggle", then feminism has drawn a line in the sand. As you know, March 8 is dedicated to the International Women's Day, where the focus is the position of women. This day invokes feminism with the left as its basis, as it was introduced at a conference in 1910 under a socialist agenda. Over time, feminism has gradually gained many faces.

Back in the 1870s, the women's struggle with right to education began, and Denmark got a new Constitution in 1915, that gave women the right to vote in Rigsdagen (Parliament). In the 1920s, free abortion was fought for. In the 1960s, the focus was on women entering the labor market, and in the 70s, a battle between the sexes was led by the Red Stocking Movement. They fought for free abortion, equal pay, change in women's roles and, as a first, did not want men to participate in the fight. In the 90s, the equality struggle spread to overlooked minorities. Today, the women's campaign is especially waged in the #metoo campaign, the slogan pussy-power and similar tendencies.

Fundamentally, men and women are neither biologically nor socially alike. They have different features. Thousands of years of lifestyle inculcate the patterns, behaviors, preferences, etc. of generations. In this respect, the relationship between heritage and environment cannot determine the gender equality debate, as neurology does not yet have a full understanding of the difference between men and women's cognitive characteristics. The question thus remains political. Many believe that genders still do not have equal rights.

There are many arguments for and against this position. As the widespread view is that women should

have the same rights as men, the seed is planted for a modern society structure with the individual in focus, and with the individual as the basic unit of society. The fact that men and women are not equal does not mean that men and women do not have the same value, but that they have different positions in society. A society without a one of the genders would neither survive nor function. Thus, it is a misconception that resistance towards women's rights struggles is, necessarily, an expression of hatred for women. Often it is an expression of love for the woman. Love for what the woman is and what the man is not.

With gender equality struggles, the gender difference is not ignored, but is sought to be secondary in a social context. This will have consequences for other social conditions, outlined here. With the high tax, it makes it difficult to be a stay-at-home mother, as living standards often requires dual income. Something else is that few want to exclusively stay at home. Women's income makes the woman independent of the man's finances, making divorce more accessible. Conversely, the man is dependent on the woman when it comes to creating a family. Another is the children, whose voice often becomes secondary, directly or indirectly, as a working mother has a need for institutions,

where a part of the children's upbringing is placed. Not to say that the working woman is not a good mother, but it takes undeniable time from the family. Another aspect of the debate can be seen in research on gender preferences in partners, where women with high educational and social status have a smaller pool of potential partners. It can also be argued here that the equality struggle causes an imbalance in other matters. Today's struggle for respectful behavior toward women, in the approach by the opposite sex, may cast doubt on how men should woo women. Unfortunately, this can end up in unpleasant attempts, or in a cautious approach that does not always radiate masculinity or arouse attraction. Therefore, in the wake of the equality- and women's struggle, the need for a clear model for gallant behavior arises, although good behavior and upbringing also matter in the interaction with the opposite sex.

There are many costs to elevating the individual to the sole unit of society, rather than family. The tendency to break with past norms often negates conservative family values, which in this debate quickly emerge as hostile or oppressive. Regardless of the position, everyone must pay the price for the choices made.



Hoomans of Nybrogård: The dog Dandy

In early February, the thirteen-year-old dog Dandy was allowed to visit Nybrogård. He was on a trip around Bagsværd Lake and also went along when distributing Nybro Tidende — maybe some of you have already met him? But, here he is.

The day of my visit started with me sitting in a car for far too long. The people in the pack talked about an 'airport', but all I know is that the people who decide things got out of the car, and disappeared for seven days. I was left with a human who was once part of the pack full time.

We went to Nybrogård, where I immediately thought it was pretty boring. After all, it's just four walls, and there's nothing to do there? We also went down to another room where she started cooking, but I didn't get any of the food, so that was pretty disappointing too.

I think I managed to make her understand that I was bored because we went out for a walk! We walked down past some fields where some other dogs ran around, but I wasn't that interested. The area was much more exciting! It was brand new to me!

When the human will not understand that we have to go home, I can only protest by sitting down!



Despite being a fairly well-traveled dog, it's been some time since I've seen such a large lake, so I had to admire it.

After the fields, we went up a big road that I didn't like very much. But! Then we came down to a lake! There aren't lakes that big where I normally live! So it was really exciting. I ran out to the water — not in it, I don't like to get wet — and so we stood looking out over the water. I quite like just standing still and zoning out for no particular reason. I just stand there staring until someone says my name and then I come back to reality. When you are as old as I am, you get some flashbacks to all the wild things you experience once in a while.

At a point, having been walking for a while, I wanted to go home. And since I didn't know the area, it was obvious that the best way to get home would be to turn around! The human did not agree, and I spent a long time sitting down, and she was talking to me as she tried to push me forward. In the end, I had to admit that she probably knew better than me — though I'm not happy to admit it.

When we got back to the yellow buildings, we met another light-haired human. They talked a little — Something about a 'printer'? Do you

If you or your pet would like to join Nybro Tidende's Humans of Nybrogård, write to us at tidende@nybro.dk or at [facebook.com/NybroTidende](https://www.facebook.com/NybroTidende).

know what it is? And then we went on another trip! This time we were going in and out of the yellow buildings and up and down stairs and in and out of heavy doors, but I got to meet some other people so it was really fun!

I now really like your little home here, but I would like to come up with one improvement: All the transparent doors you have, the ones where it looks like there are three openings. Why on earth can one the middle of it open? Doesn't that take away the meaning of a door? And why haven't you done anything about it before?

But at least, thank you for letting me run around here! It was super nice.

Why are your doors so ridiculous? Either you can't open them or nobody would open them for me !!



General meeting in KældersCaféen

On Saturday, March 28th, a bar meeting and general meeting will be held in KældersCaféen. If you would like to join, you can read about what's on the agenda below.

The general meeting will be held at 18-19 on Saturday, March 28. If you show up, there will be beverages and chips.

The meeting will cover the past year:

- Points from the current board.
- Economy
- Bartenders
- Bar committees

In addition, the future of the bar will be discussed, as a new board must be found, now that the former board is resigning. If a new board is not established on the day, the operation of the bar will be handed over to the residents' council.

So if you have a dream of managing your own bar, or just do not want to see KældersCaféen being handed over to the residents' council, then go to the bar and the general meeting and join the board!

We need an editor!

One of our honorable editors has filed her resignation due May 1st, 2020. Although there is some time left, we already miss her. But that means we need a new editor!

Are you passionate about communication?

Are you good at Microsoft Publisher?

Are you good at getting things done in a timely fashion (as opposed to this editor)?

Do you have a little memer inside you, waiting for the perfect opportunity? or are you

already the wildest meme queen or king? Or do you just sometimes sit by yourself and think "I'm too funny to not have a medium to express it in"?

Have you read Buzz-Feed articles and thought "Ha! I can do that! "Would you like to write about your interests in a magazine that very few people read?

Do you spell correctly in the first attempt every time or are you good at fiding the mistakes you make? *Then it's you we're looking for!*

As of May 1st, we will be needing an editor here at Ny-

bro Tidende, and we hope that someone would like to join our team.

The two remaining editors both study under the biotechnology Master's program and expect to leave the dormitory, and therefore Nybro Tidende, in a year. Therefore, it would be great if applicants can stay on Nybro Tidende for more than a year, so we have someone to leave the newspaper to.

Write us an email at tidende@nybro.dk if you are interested, then we can meet and talk about it.

Residents' Council meeting minutes

Minutes for Residents' Council meeting - February 5th 2020

1. Present: PR-even, AB-odd, EF-even, JK-odd, ST-odd, CD-odd, SMO-apartments

2. Moderator and language for the meeting: Mads E31, Language; Danish

3. Count of voting members: 7

4. Approval of minutes from last Residents' Council meeting: Approved

5. Approval of agenda: Approved

6. Economy: Ever

7. Other messages

8. Review of last board meeting or agenda before the next.

9. Inward correspondence:

A. The yearly bicycle clean-up

FOR VOTING AND DISCUSSION

It will soon be time another bicycle clean-up and we are therefore looking for residents who will be responsible for its execution. These individuals will have to organize and carry out the bicycle clean-up, The work is paid and there is a guide for the organization of the event, including deadlines and other details.

If you are interested, then attend the upcoming Residents Council meeting, or write to: sekretaer.nybrogaard@gmail.com in the event you are prevented from attending.

Mads E31 informed that he can do it, in the case that no one else volunteers.

B. New residents representative for the board

FOR VOTING AND DISCUSSION

In connection with the former board member having left the dormitory, and thus resigning, the board is seeking a new member. The work, as announced in the last residents' meeting, consists mainly of meetings with the Board, which takes care of Nybrogård dormitory, these meetings usually last 1.5 hours and this is also where the dormitory's annual budget of approximately 15 million will be distributed. Other tasks include processing residents' exemption applications. The work is voluntary, but really cool if you take an

interest in these tasks. As a board member, you are in close contact with KAB and pass on important information.

If you are interested in the post as a new board member then attend the residents' council meeting or send an email to sekretaer.nybrogaard@gmail.com if you are unable to attend.

No one had much interest, but Kimberly from AB-odd would consider it.

C. New key bearer sought

FOR VOTING AND DISCUSSION

Nybrogård is in need of a new Key bearer.

What does the job entail? - You will be put on a call list, where any resident may contact you at anytime (24/7) in case they lock themselves out and need help to unlock their room door.

You get paid as a Key bearer by the person you who is locked out. The amount depends on the hour of the day. From 9:00 to 21:00 the cost/pay is 50kr. And from 21:00-900 it's 100 kr.

Important qualifications to become the new Key bearer:

- Proficiency in spoken English

- Trustworthy

- Clean criminal record

To apply for the job you need to attend this council meeting.

There were three attendees who were interested. A vote was taken.

Jonathan from GH-Even, with the most votes, was chosen as the new Key Bearer for the Dormitory.

It was further debated whether to introduce a fourth Key Bearer, which was met with some scepticism. However, introducing a fourth Key Bearer will mean more keys in circulation, but it will be taken up as a point for the next meeting.

10) New members and alternates

Registration of New Chairman of the Cinema Club.

Viktor from AB-odd was fully voted in as new chairman of the Cinema Club.

11) Other

Lars Kaj asks all residents, who have

furniture or the like standing in the Dormitory's storage room in the basements, to contact Lars Kaj, as they will be removed.

So even if you have a note attached to your items, please report back just in case that it has fallen off or similar.

Cake festival. We have found one who wants to be responsible for the cake festival, it is expected to be held during the summer season or during one of the slightly warmer months, so there is the opportunity to be outside.

The Brewer's Club applied for annual funding to the amount of 2000 kr. which was voted completely in favour of. Further, the President informed that the club's room had been cleaned up nicely and that it was starting to look about right.

12. Next meeting: Thursday, March 5th at 7pm in the GH-basement

Any cancellations must be submitted at www.nybro.dk > Residents' Council > Cancel at least one day before the meeting

Notice of Residents' Council meeting

Agenda for residents' council meeting - Tuesday, March 5th

- 1) **Present:**
- 2) **Moderator and language for the meeting**
- 3) **Count of voting members**
- 4) **Approval of minutes from last resident' council meeting**
- 5) **Approval of agenda**
- 6) **Economy**
- 7) **Other messages**
- 8) **Review of last board meeting or agenda before the next.**
- 9) **Inward correspondence**

A. Getting the cinema club back up and running

FOR VOTING AND DISCUSSION

Viktor and I have checked the prices and, in collaboration with Hi-Fi-klubben, have prepared a proposal for a system consisting of a projector and mounting bracket, center speaker, 4 smaller surround sound speakers and a subwoofer. The prepared offer was 22,181.00 kr, for which various wires must be purchased for about 1500.00 kr. The price proposal is attached as an appendix.

To renew the room, we will paint the graffiti-painted walls in charcoal grey, and will therefore obtain offers for paint through Lars Kaj. We have already provided furniture for free, using sofas given away by the residents of the dormitory, so this is not an expense we prioritize. We would also like to invest in a dehumidifier, which is available for approx. 500 kr. on DBA.

In addition to the start-up funds, we would like to apply for a yearly amount of 2000 kr. for maintenance, events and continuous updating.

B. Annual club funds for the exercise club

FOR VOTING AND DISCUSSION

I would like to apply for the annual funding of 10,000 kr. for the exercise club at Nybrogård Dormitory. They must be available if, for example:

- Some of the big cardio machines need to be fixed.

- Things and equipment that need to be replaced / improved.

C. Annual club funds for the board game club

FOR VOTING AND DISCUSSION

As chairman of the board game club, I would like to apply for the annual funding of 5000 kr. They will cover flooring, tables, sofas and paint so that the room can look nice. Everything will be provided as cheaply as possible. Probably from DBA.

For the space to be used more, we all agree that it needs to be much nicer down there! The remaining money will be spent on new board games.

If the 5000 kr is not possible, however, we will apply for 3000 kr, but we believe that 5000 kr. is what we need.

D. New key bearer

FOR VOTING

After the last meeting, we have talked about having a fourth key bearer.

Since we are currently three, it covers most calls. However, there are times when another has been needed.

Therefore, it is desired that we vote for whether we need an extra key bearer, and, if successful, who will be the new key bearer.

E. People who will be responsible for the bike cleanup are needed!

FOR VOTING AND DISCUSSION

It will soon be time another bicycle clean-up and we are therefore looking for residents who will be responsible for its execution. These individuals will have to organize and carry out the bicycle clean-up, The work is paid and there is a guide for the organization of the event, including deadlines and other details.

If you are interested, then attend the upcoming Residents Council meeting, or write to: sekretaer.nybrogaard@gmail.com in the event you are prevented from attending.

F. New residents representative for the board

FOR VOTING AND DISCUSSION

In connection with the former board mem-

ber having left the dormitory, and thus resigning, the board is seeking a new member. The work, as announced in the last residents' meeting, consists mainly of meetings with the Board, which takes care of Nybrogård dormitory, these meetings usually last 1.5 hours and this is also where the dormitory's annual budget of approximately 15 million will be distributed. Other tasks include processing residents' exemption applications. The work is voluntary, but really cool if you take an interest in these tasks. As a board member, you are in close contact with KAB and pass on important information.

If you are interested in the post as a new board member then attend the residents' council meeting or send an email to sekretaer.nybrogaard@gmail.com if you are unable to attend.

10) New members and alternates

11) Other

12) Next meeting

Any cancellations must be submitted to sekretaer.nybrogaard@gmail.com at least one day before the meeting

Podcast: Last Podcast on the Left

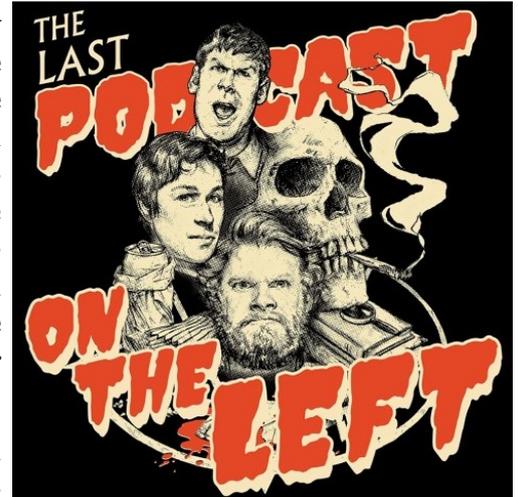
In this podcast we hear about a lot of things, but what they all have in common is that they are quite strange or disturbing. This time we're talking about the Last Podcast on the Left.

L POTL is a podcast about "all things horror", as described it on their website. It can be about supernatural things like werewolves and vampires, it can also be about aliens, but what this editor thinks is the most exciting, is their true crime episodes. Here, they cover everything from famous serial killers like Ted Bundy, to cult leaders such as Jim Jones, to real mysteries, such as the Dyatlov Pass incident.

The host of the podcast is Ben Kissel, who is always kept in the company of their thorough researcher and storyteller Marcus

Parks, and comedian Henry Zebrowski. Parks and Zebrowski are always the ones who have done the most research. Parks has written a manuscript for himself for the entire story they cover, while Zebrowski complements with additional analysis, information or with jokes. Basically, the podcast can be described as two friends telling their third friend a story.

Although the subjects they touch are mostly dark and, for some, outright unpleasant, they are adept at both warning, but also taking a break from all the dark once in a while with their jokes. The three tend to joke with each other, and there is also a joke on behalf of the main character in the story - but never with the victims, of course - and if a special episode is extra terrible, they initially say that it is a



"Gold star", so that you are prepared. As an example, with their Mengele series, Parks also had a series of "Fun facts" about a 90s series ready, for when the other two thought it became too terrible.

Of course, the podcast is not for everyone, but if you want to give it a shot, they can be found on Spotify.

Dorte's Dumb Column

Dear Dorte,

Why do women have a international day, when men don't have one? I mean, why do women have to have a special day for themselves, while men are left out in the cold? Isn't that outdated?

Best regards, a MGTOW,

punished as well. I talk not only about menstruation and how much pain births cause, but also that we were to be controlled by men. Over time, many brave women have fought for a better position in society, and in 1910, some socialist women agreed that we should have a day where we could focus on our position in society.

In the 70s, we in red stockings brought back the International Women's Day. We did it to draw attention to the position of women in society, but also to draw attention to our liberation from the old ideals that society had forced on us. Because we in red stockings were involved, we successfully put more focus on sexuality, our bodies and household roles — that is, all the private things that so many people thought we shouldn't talk about.



There are still women-hating problems in the world, perhaps not here in our little part of the world named Denmark, but elsewhere women still need to be aware of their rights. So, in my opinion, the day is not outdated, far from it, in fact.

Besides, the men actually have a their own day, it's November 19th every year.

If you have a question for Dorte, you can write to her at tidende@nybro.dk or on Nybro Tidende's Facebook page.

Dear MTGWO,

You sound completely like some men back then in the '70s, when we in the Red Stocking Movement started to reintroduce International Women's Day. It's shameful.

But let's start at the beginning. It started with a woman making a decision for herself, and then the rest of the women of the time had to be

Food column

When we were going to come up with what to make for March, we talked about a few different things: It's International Women's Day, can we think of something related? How about a green mazarine cake in honor of St. Patricks Day? Eventually, it ended up falling into the hands of an editor who craved pigs in a blanket.

Pigs in a blanket

For the DTUs, the semester has been going on for a while, and some may have already grown tired of boring rye bread. Nybro Tidende has therefore developed a recipe for pigs in a blanket that are juicy for a long time and bursting with fibers, while also being healthy and filling. We hope you will give them a chance.

The recipe gives 14-16 pigs in a blanket.

Ingredients:

- 300 ml of lukewarm water
- 25 g. yeast
- 75 ml. sourdough or yogurt natural
- 2 tsp. fine salt
- 2 tsp. liquid honey
- 1 tbsp. olive oil
- 50 g. sunflower seeds
- 30 g. hemp seeds

- 20 g. flax seeds
- 2 tbsp. chia seeds
- 375 g. wheat flour
- 70 g. spelt flour
- 50 g. graham flour
- 7.8 sausages
- Possibly ketchup

Procedure:

Pour boiling water over the flax seeds and leave them in for at least 30 min. (it needs 30 ml. of water.) to become soft, making the fibers more easily accessible. They will get a slimy texture. Pour out the excess water.

Stir yeast into water and add salt, sourdough and honey. Then stir.

Then add the grains, seeds, oatmeal and olive oil. Then the spelt flour and graham flour is added and it is mixed well. Finally, add wheat flour a little at a time, until the dough has

There are a number of different seeds in the dough, seeds that not many have lying around. You can easily replace some of the seeds in the recipe with others.

a sticky but consistent texture. Knead the dough by hand (about 20 minutes) or on the machine (about 5-10 minutes). The dough should be slightly sticky but let go of the sides of the bowl.

Then cover the dough bowl with a clean towel and allow the dough to rise for 1 hour.

Spread flour on a table and then roll out the dough into 2 circles of approx. 5-6 mm thickness. Cut through the circle to make 8 equal triangles. After that, a thin layer of ketchup, or something similar, is spread onto each triangle and then place the sausage on each and roll them. Then place them on a baking sheet and allow them to rise again for 30 minutes.

Turn on the oven at 190 °C, and when hot, place the pigs in a blanket and bake for 20 minutes. They must be golden on top. Allow them to cool slightly on a grate.

Since the recipe uses meat, they will need to be stored in the fridge, but yeast breads dry quickly in the refrigerator, so Nybro Tidende recommends that you throw them in the freezer and pick them out as needed.



In the area: Blood donation

In the 1930s, Spejderbevægelsen founded the Danish donor corps, and since then the number of blood donors has increased to more than 200,000, and that results in about 300,000 bags of blood annually.

Many of the country's hospitals have a blood bank and a donation station, but there are also several locations at private organizations, including DTU.D. 18-19. In February, Nybro Tidende visited the blood bank at DTU, which was set up in the reading room behind the S-house. As we arrived just before lunch break, all of the stations were filled with students and staff who had taken the time out of their day to give about 1/2 liter of blood. We had filled in forms from home, as they need to determine whether we were healthy enough to donate blood, and when it became our turn to donate, we were guided to a station. We felt a little pinch, after which the blood flowed into the bag in which it must be stored until needed. After about 10 minutes, the whole thing was over and we were free to go.

Every year, about 450,000 blood transfusions take place in Denmark, and these are made possible by the donations people make in the blood banks. Once you have given blood, it is divided into three categories.

Red blood cells, which are used to replace blood loss in, for example, traffic accidents or for people with bleeding disorders.

Platelets that allow blood to clot. This is also used for major bleeding as well as for cancer treat-

ments where the treatment has affected the blood's ability to clot.

Plasma contains antibodies and important proteins that can help fight disease. This can, for example, be used to manufacture drugs or to treat autoimmune diseases.

You can usually donate blood every 3 months, but if you want to donate more often, you can choose to donate plasma. Plasma donation works by taking the blood and then feeding it into a machine that centrifuges it so that the plasma ends at the top and the red blood cells at the bottom. Then the machine carries the red blood cells back into the body. Plasma donation typically takes 45 minutes and 600-700 ml of plasma is taken. Plasma is quickly replaced, which means that you can donate plasma again after 1 month.

The blood bank visits DTU approx. 3 times a year, making it easi-

This article was created on request by one of NybroTidende's many loyal readers. If you have ideas or suggestions for what should be in the newspaper, feel free to write in at tidende@nybro.dk or on our Facebook page: [facebook.com/NybroTidende](https://www.facebook.com/NybroTidende)

er for students to fit the donation into their schedule. However, they also visit many other places, and if you accidentally missed the blood bank in February, you can, for example, visit them at Lyngby Stadium on April 27th.

From the more than 200,000 blood donors in the country, most are between the ages of 20 and 24 years. Despite the high numbers, however, more donors are still needed as people continuously stop donating. If you are interested in becoming a donor, you can sign up at

<https://bloddonor.dk/bliv-donor/tilmeld-dig/>.

After donating 10 times, you get a nice cup, as one of NybroTidende's editors'



Did you know that in 2019, it became possible for men who have had sex with other men to donate blood?

Maze



Important dates

- **March 8th:** International Women's Day
- **March 10th:** International Find a Pay Phone Booth Day.
- **March 13th:** The first Friday 13th of the year.
- **March 17th:** St. Patrick's Day
- **March 22nd:** World Water Day
- **March 29th:** The start of daylight saving time

Do you have **comments, praise, critique** or other information, you want to have included in the newsletter? tidende@nybro.dk
