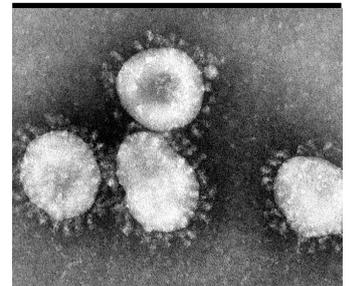


NybroTidende

April 2020



Viruses and SARS-CoV-2 p.3



Easter p.5



Things to do p.10

Hopes of a brighter time

Most often, April is filled with chocolates, small chickens and the hope for a lovely summer — we do not talk about the weather in April, as that month can never decide what season it should belong to. It's different this April. After a tough March of having our beloved country shut down, Nybro Tidende's editors hope that April will be brighter, but as I am sitting here writing this, I actually don't know. In the event that our dear readers have not grown tired of reading and hearing about SARS-CoV-2, we have written about it on page 3,

and Dorte is trying to help a desperate fellow resident with what to do in these corona times, on page 9. On page 5 we try to maintain some normality, and our theologian has written an article on Easter. Finally, on page 9 we have compiled a small list of what to do should the country still be shut down by the time we get to April. We hope your April will be good and that we can all return to the everyday life, I'm sure we all miss.

Resident Council news

Viktor and I have checked the prices and, in collaboration with Hi-Fi-klubben, have prepared a proposal for an 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 dehumidifi-

er, which is available for approx. 500 kr. on DBA.

Council meeting & GENERAL MEETING: **Monday, April 14th**

The Personal Page

The Board

Frederik, N29 (chairman)
Rasmus, S21 (alternate)
Mads E-31 (member)

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

Victor, B53; Ida, B57

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".



Vira and SARS-CoV-2

At the time of writing, all talk revolves around the same subject. You can't go to the kitchen, read the news, go on Facebook or other social media, without anyone mentioning the coronavirus or SARS-CoV-2, as it is also called. The Danish Prime Minister has appeared on live TV several times in one week and talked about further measures to soften the curve. But what is so special about this particular virus?

First, we need to establish what a virus actually is. Without a host cell, viruses are made up of two things: a capsule of protein and a form of genome — it can be DNA or RNA. Sometimes viruses also have an extra sheath in addition to the capsule. Most viruses have some form of protein to bind to a host cell. When they do not have a host cell, most viruses are too small to be seen in a normal microscope, about 1% of the size of a bacterium. In order to reproduce, a virus must use a host cell. It must therefore hijack a cell and its reproductive systems in order to reproduce. That is, the virus itself is not alive. It is just a small particle made up of a capsule and genome material.

Of course, there are different kinds of viruses, and different ways of categorizing viruses. One way depends on how their genome is arranged inside the capsule. In a more recent classification (Baltimore classification), there are seven groups. In addition, we can also say something about the shape of the virus we are investigating.

Although viruses from the Corona family can cause common colds, it is actually viruses from the Rhinovirus family that account for the majority of colds. The name comes from the Latin word Rhis, which means nose, and Rhinos means "of the nose". That is, Rhinovirus means "virus of the nose".

Not sure about all the names? See here!

COVID-19 is the name of the disease, and is an abbreviation of Corona Virus Disease 2019.

SARS-CoV-2 is the name of the virus and is an abbreviation of "severe acute respiratory syndrome coronavirus 2".

Coronavirus refers to both the virus and the virus family to which SARS-CoV-2 belongs.

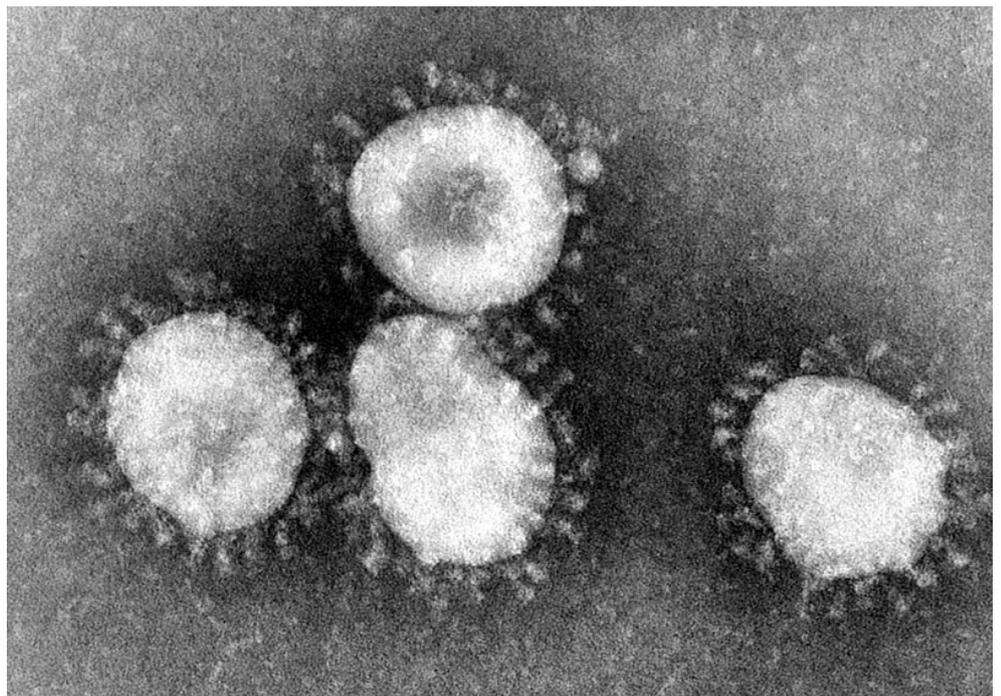
SARS-CoV-2

The virus of the current pandemic belongs to the virus family Coronavirus, which generally causes disease in the respiratory system. The current virus is not the only coronavirus the world knows about: SARS (epidemic in 2002) and MERS (epidemic in 2004) are both coronaviruses, but the common cold can also be of the family. Coronaviruses are RNA viruses, so they belong to Group VI of the Baltimore classification, and have an extra membrane on which have club-shaped glycoproteins. Those proteins give the viral family its remarkable appearance resembling a crown or

sun — hence the name Corona..

SARS-CoV-2 was discovered in Wuhan, China in December 2019, as the seventh human-coronavirus. If we compare this pandemic with the SARS and MERS epidemics, both the number of infected and dead are much higher at this time, although not of the same caliber as the flu pandemic in 1918. What the two pandemics have in common, however, is that they are new pathogens that our immune systems have not been exposed to before. This means that we are completely defenseless, should we encounter the virus. Several places around the world scientists are working tirelessly on a vaccine against COVID-19, but it will not be ready within the year. Until then, we may wonder if we can be infected with COVID-19 after recovering from it? It depends both on how long our immune system remembers the virus and whether the virus mutates in a significant way. So far we can only compare with SARS-CoV, which broke out in 2002, otherwise we have to wait for the researchers.

A microscope image of Coronavira from an electron microscope. Notice the glycoproteins on the surface that are said to resemble a crown.



Sources: <https://courses.lumenlearning.com/boundless-biology/chapter/viral-evolution-morphology-and-classification/>, <https://www.niaid.nih.gov/diseases-conditions/covid-19>, <https://www.ncbi.nlm.nih.gov/books/NBK7782/>, <https://www.nejm.org/doi/10.1056/NEJMoa2001017>, <https://www.cdc.gov/flu/pandemic-resources/1918-pandemic-h1n1.html>

The spider Eddie

Meet the Spider Eddie, who, uninvited, has moved into L-11 without paying rent.

I moved to Nybrogård when it was quite cold outside, and then I thought it would be nice with a warm corner in an apartment. The apartment was already occupied, however, but I do not take up much space, and it is a dormitory, so one must expect to live a little close.

My favorite activities include hanging out in a corner with Nybro Tidende (my favorite newspaper) as well as playing hide and seek, to then suddenly emerge out of the blue, shocking my roomies (though I'm not sure how much they enjoy it).

The best thing about staying at the college is probably that there is plenty of free food, which means

that I don't have to worry about coronavirus at all, nor whether people have hoarded everything in the supermarkets making it impossible to get food for the next two weeks.

If I had a superpower, I'd really just be myself, because I'm AWESOME!

Now you always ask about toothbrushes, but I think that is a bit discriminating, because spiders do not have teeth, and instead drink our food as smoothies, because we are trendy and following the healthiest trends. So I have no toothbrush, and I would appreciate it if you don't automatically assume that everyone has one. Eddie out.

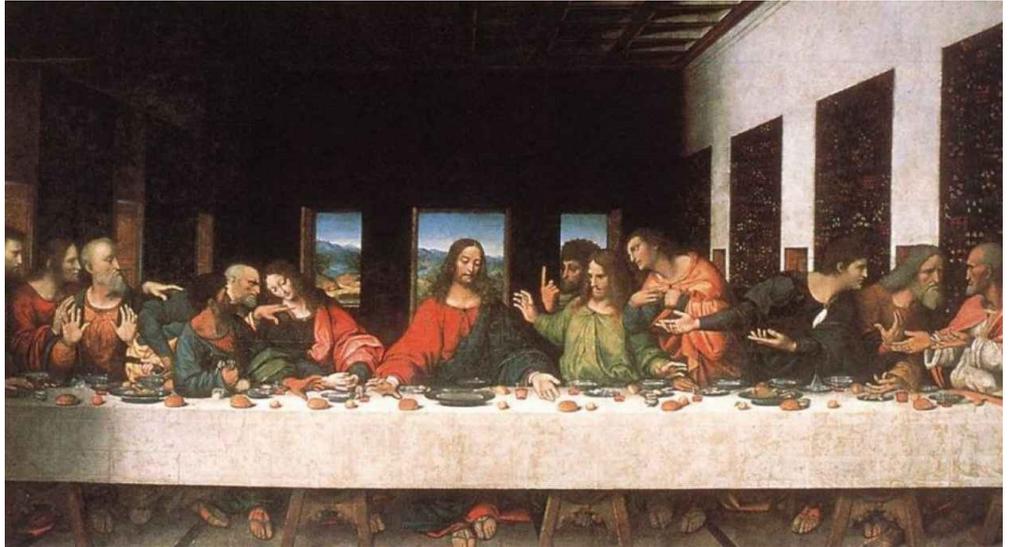
If you or your pet would like to join Nybro Tidende's Humans of Nybrogård, write to us at tidende@nybro.dk or at [facebook.com/NybroTidende](https://www.facebook.com/NybroTidende).

This is not a picture of Eddie, as he disappeared shortly after the interview to play hide and seek. We haven't found him yet.



Easter at home!

The holiday relevant topic for this edition is Easter, which will be happening in week 15 from 9. - 13. April. For most churchgoers, it will be unusual circumstances when Easter is celebrated at home. Still, you should not be cheated for an outline of the significance of Easter days and of the decision to physically close the Churches during the Corona crisis.



Thursday, April 9 is not only the day of the Germans' occupation of Denmark, but this year it is also *Maundy Thursday*. April 10 is *Good Friday* and April 11 is *Easter Saturday* with April 13 being *Easter Monday*.

Easter, originally a Jewish celebration of their liberation from Egypt, marks the story of Jesus' suffering and is absolutely essential to the Christian faith, being the narrative of his death and resurrection. Easter starts with Maundy Thursday, referring to the last meal between Jesus and his disciples. At the meal, Jesus institutes one of the Church's two sacraments, the Eucharist, which commemorates the body and blood of Jesus through the giving of bread and wine, and theologically speaking, the remission of sins. Good Friday marks the day of Jesus' crucifixion, Jesus wearing the crown of thorns and carrying the cross to Golgatha where he was to be crucified. There he hung until Easter Sunday. On that day, some women found the tomb, where Jesus was buried, empty, and are met by an angel who tells Jesus' resurrection. The resurrected Jesus is on his way back to Galilee to meet the disciples again after he is resurrected. The second Easter day is the church's 'the day after'. It has no spe-

cific biblical significance, but serves to recall the happy Easter message of Jesus' resurrection as the atonement of human sins, as well as the overcoming of death and evil.

On March 11, 2020, Denmark closed down due to the Coronavirus and, by extension, the Churches, which has cancelled all activities. This should ideally last 14 days, unless otherwise stated. Since one does not want to spread the infection for the sake of the health care system and those especially vulnerable, all the services have been cancelled. If this lasts until Easter - which is not entirely unlikely - sermons can be found online.

The next question that arises is the execution of the sacraments, baptism and Eucharist. It is quite unusual for the Church, due to the restrictions, to shut down sermons and its other activities, such as weddings and confirmations which result in more than 100 people in the same room. The church ministry, in consultation with bishops, must seek to secure a theologically legitimate foundation in a case where a worldly matter is weighted higher than a spiritual one at a time when the need for the spiritual is no less pronounced.

Bishops of Denmark have published guidelines for ecclesiastical activity in this crisis. Churches should be presumed closed, but baptism and marriage can take place in the presence of a maximum of 10 people, or be postponed. At funeral, 1 person per 4 m² is allowed. Confirmations are provisionally postponed until after Pentecost, as well as emergency baptisms, emergency weddings and emergency burials may continue by laymen. Therefore, other means must be used to continue worship, Eucharist, baptism, burial, etc. with the situation being as serious as it is. Each parish must find solutions. However, it is essential for the preservation of the future of the Church that this 'state of emergency' does not become a modern argument for a complete replacement of the church with a virtual service or reducing baptism and sacrament to house visits.

We wish you all a Merry Easter and a hope for the end of Corona hell! :-)

Residents' Council meeting minutes

Minutes for Residents' Council meeting - Tuesday, March 5th, 2020

1. Present: AB-ulige, ST-lige, ST-ulige, EF-lige, MOS-apartments

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

3. Count of voting members: 5 (The Chairman delegated the right to vote to Lars Kaj in order to continue the meeting, thus 6 voting members)

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

5. Approval of agenda: Approved

6. Economy: 76.000 on the account

8. Other: Due to a malfunction of the mailing system which resulted in an email landing in spam, it is requested to review the item anyway even if it was not included in the submitted agenda. The item is about the repair of three canoes at a cost of 6,950 kr.

Since it is thought that it is in everyone's interest to get the canoes ready for the season, the point is voted on.

5 votes in favour, 1 abstained.

Hereby the repair of the canoes is adopted.

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 an 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.

Voting to donate 30,000 kr. to start the Cinema Club (incl. annual funding)

2 votes in favor, 4 abstained.

This gives the Cinema Club 28,000 kr. for start-up, renovation and purchase of new equipment, as stated on the attached appendix and the 2,000 kr. to cover the next year's costs.

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.*

The amount of 10,000 kr. for the exercise club is voted on, where it is informed that the exercise bikes, the rowing machine, the treadmill and the fan must be checked as there are problems with them.

There are some problems with the exercise bikes and the rowing machine, the fan does not sound too good as it makes some noise and then it could be nice with a buffer for the treadmill, informs the chairman of the club.

4 votes in favor, 2 abstained.

It is hereby agreed that the club will receive an amount of 10,000 kr.

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.

An amount of 5,000 kr is being voted on. It is to be used to make the space more comfortable, so that residents want to stay in the Club's room. There are a lot of ideas already coming to life, such as getting sofas on DBA or getting a new floor laid.

4 votes in favor, 2 abstained.

It is hereby resolved that the Board Game Club will receive a sum of 5,000 kr.

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.

Vote on whether to employ a fourth key carrier. The overall sentiment is that if needed, then choose a fourth key carrier. 5 votes in favor, 1 abstained.

It is hereby decided that a fourth key carrier may be selected, which will done at the next meeting.

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 dead-lines and other details.

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

There are no people present, but Tobias from ST-odd may be interested and will write an email, otherwise Mads will be responsible.

It is informed that the bike cleanup will take place on Saturday, May 30, 2020.

F. 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.

Mads E-31, shows interest. Kimberly informs that she does not want it at this time.

It is thus voted on whether to elect Mads E-31, as a new board member.

4 votes in favor, 2 abstained.

Mads E-31 is hereby elected as a new board member.

10) New members and alternates

11) Other

There was an inquiry into the problems with the Miele website. It is informed that there are problems in the communication with Miele. For website login, it is recommended to use the original login, which was provided when moving in. The overview of the laundry has also disappeared. So far, nothing can be informed other than the fact that efforts are being made to re-

store good conditions.

The problems with the Music Room's booking system is also brought up, which has not worked for a long period of time and it is asked whether this will be fixed. At this time, until conditions are restored, refer to the group's Facebook page or the paper sheet on the door.

In connection with the Corona virus, it is asked whether, like at educational institutions and other major assembly areas, any behavioral rules or procedures will be taken, to avoid the risk of infection and spread of the virus, this will occur. Information will be shared via Facebook and mail.

12) Next meeting: Tuesday, April 14th 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

Brain gym answers

This week, the brain gym is a little bigger than normal, and it's a little hard to find room for it all on the back. That is why we have chosen to throw the answers to the crossword, which you can find on the back, here.

So unless you want to cheat, don't read here yet!

Across

- 5. Hamster
- 7. Animals
- 9. Italy
- 11. NybroTidende
- 13. Uni
- 14. Knet
- 16. EFUlige
- 17. Down

Down

- 1. Corona
- 2. Kayaking
- 3. Yeast
- 4. Toiletpaper
- 5. Hoarding
- 6. Cookies
- 8. Knitting
- 10. Mette
- 12. Bat
- 15. Wuhan

Dorte's Dumb Column

Dear Dorte,

I simply do not know what to do. I don't feel like I can go anywhere, I'm afraid to go out to the kitchen to cook. I'm so hungry, Dorte! You have to help me, how am I going to get through this thing?

- The terrified

Dear concerned soul,

I understand that you are scared. There is not much information and it has taken time for the recommendations to calm down and settle on what to do.

And then it doesn't help that they set up an assembly ban that sets the limit to 10 people! What are the dormitories supposed to do? And we are a dormitory newspaper (Who knows why a 60+ year old

lady has a article in a dormitory newspaper, but that was the best job I could find).

But back to the topic: You write that you dare not go anywhere. You may want to go outside to go for a walk, that's okay, you just have to keep your distance to people you meet. Don't be afraid of that. In fact, this is something you should do because fresh air and sun help with mental well-being.

On the other hand, you also talk about the kitchen, which is quite another matter! What you could do is that you could do like many others have done already, and invest in an electric kettle for your room. Then you can at least live off noodles while the country is closed. If it gets too boring, then you can buy one of those single hotplates and a pot. Then you almost have a small



kitchen in your room! And I have seen the rooms at Nybrogårdskollegiet, and they are not small anyway, so with a little reorganizing, you could also buy a small refrigerator! And with the sink in the bathroom you can easily wash up, though you should probably grab something to wash with, but it is not that difficult, fortunately.

Then you can have breakfast, lunch and dinner entirely without leaving your room!

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

Food column

April means Easter (at least for the most part)! On the other hand, we haven't been able to come up with new recipes for Easter (yes, there were other things to think about in March), so here are some recipes we had as backup. They are still delicious, even if they are not seasonally

Oatmeal cookies

The entire country's news has long been filled with stories about coronavirus, so for the sake of variety, NybroTidende has made some oatmeal cookies that we will share with our many readers. They are easy and quick to make and they taste great!

Ingredients:

- 100 g finely rolled oats
- 90 g whole wheat flour
- 1.5 tsp. baking soda
- 1.5 tsp. Cinnamon
- 1.5 tsp. vanilla sugar
- 1 tbsp. Salt
- 30 g melted butter
- 1 egg
- 120 g honey
- 40 g raisins

Procedure:

Mix the dry ingredients together in a bowl.

Whisk egg and butter in another bowl and turn in the dry ingredients, honey and raisins.

Leave the dough to cool and after 30 minutes, form approx. 12 small balls. Place the balls on a baking sheet and bake them at 160 °C for 10-12 minutes.

Spinach pie

This spinach pie has been eaten by one of the editors since she was a small child. It was the best way for parents to get the kids to eat spinach, and it worked! The pie is super easy, but can take some time, and if you want to make it extra delicious, it is recommended to make your own dough, even if you can buy one.

Ingredients; Dough:

- 100 g butter
- 200 g wheat flour
- 1 egg yolk
- 0.5 dl cold water

Ingredients; Filling:

- 50 g butter
- 50 g of wheat flour
- 3 dl milk (preferably 'letmælk')
- 1 bag thawed whole spinach
- Salt, pepper, nutmeg (Optional)
- 200 g bacon / ham / cocktail sau-

sages.

Procedure; Dough:

Flour and butter are crumbled together until well mixed.

Quickly stir in the egg yolk and water, and then pour into the flour and butter mixture.

The dough is quickly mixed and put in the refrigerator for at least half an hour.

Before making the filling, roll out the dough and prick it with a fork. Bake at 200 degrees for 8-10 minutes.

Procedure; Filling:

While the dough is baking, prepare the filling: Melt the butter in a pan and add the flour. Let them simmer for a couple of minutes.

If bacon or similar is desired, it must also be fried while the other filling is being made.

While stirring, the milk is added in three pours. Make sure to stir well and make sure it does not burn!

Add salt, pepper and nutmeg and let it cook for 5 minutes.

Squeeze the water from the spinach and add the spinach. Mix well.

Pour the meat filling on the bottom of the baked dough and then pour the spinach mix on top.

The pie is baked for 20-30 minutes at 200 degrees depending on how the oven in the kitchen decides to behave today. The pie can benefit from some cheese put on top of the spinach during baking.



In the area: Coronaedition

On this page, NybroTidende usually brings ideas to activities you can do outside of the dormitory, but due to SARS-CoV-2 (also known as coronavirus), we have chosen to compile a list of activities you can do, even though most of the world is closed.

1. A lot of people are currently quarantined; either because of infection or due to compromised immune system - these people need help with shopping for groceries, walking their dog, etc. If you know someone in this situation, they probably appreciate a little help. If you do not know anyone, you can go to the Facebook page "Tilbyd/søg hjælp i forbindelse med COVID-19 (coronavirus)" and offer your help.

2. If you want to help in other ways, the Danish Red Cross is looking for volunteer helpers for their corona network. As with the Facebook page mentioned in point 1, you can help isolated people with groceries, etc., but this network also helps the health authorities to make people available to help via telephone. In order to become part of the network, you do not have to have a particular health professional knowledge, but simply be committed and want to help - before you start, you are introduced to the situation and what to say. If you are interested in helping, you can contact the Red Cross here: rodekors.dk/corona/hjaelp

3. If you're like us, you've got a lot of books you haven't read yet - now is the perfect time!

4. Spend the additional time cleaning - remove the mold that has been in your window sill for the past 2 years and finally vacuume under the bed. If nothing else,

you'll be happy with it when you're done.

5. Spite the cold and go sailing on Lyngby lake - the Dormitory's canoe and kayak club has kayaks and canoes that you can borrow for free. If you want to become a member, you can mail kanoformand@nybro.dk.

6. The garden season has started, so if you have one of the gardens at the dormitory, it is about time to start preparing - both weeding, sowing and planting must be done so that the garden is ready for summer.

7. Paint - many associate watercolor with something you did in kindergarten, but if you have a few extra hours you do not know exactly what to spend, you can easily find your old painting set for 30 kr forward and make some nice paintings.

8. NybroTidende has made a list of recipes that you can make if you want to improve your kitchen skills and at the same time get something delicious out of it. The list can be found on NybroTidende's Facebook page.

9. Sit down with some of the others in the kitchen and play some board games together. Maybe you shouldn't drink from the same glass, but you can still have fun together as long as you are careful.

10. Learn to knit or crochet. There are plenty of guides on the web on how to do it, and you can almost always find cheap yarn in the supermarkets or online. A good place to start is dishcloths - we at NybroTidende are also sure that the kitchen will appreciate some new cloths, so even if they are not quite perfect, they should probably be used anyway. On NybroTidende's Facebook page we have posted some recipes that we think are good for beginners.

11. Learn the songs for the Eurovision Song Contest so you can sing them to yourself on May 16 (:). If you are really cool, you can also learn the dances - NybroTidende especially recommends both Iceland's song *Think About Things* and Russia's *Uno*.

12. Create some wild memes and send them to NybroTidende - we always get excited when people contact us!





Important dates

- **5. April:** Palm Sunday
- **9. April:** Maundy Thursday
- **10. April:** Good Friday
- **12. April:** Easter Day
- **13. April:** Easter Monday

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

Brain gym

Across

5. Rodent mentioned a lot in the media recently
7. Describes Danes in supermarkets hoarding toilet paper and yeast
9. Land of wine, cheese, and now Corona
11. Best newspaper ever
13. Closed for 14 days
14. Internet that (sometimes) works
16. Hallway with the wildest parties (2 wds)
17. Not up

Down

1. The only thing in the media
2. Solo activity on Lyngby Sø
3. Used for baking and also very important all of a sudden
4. The most important thing (2 wds)
5. What danes do when told to stay at home for 14 days
6. This month's cake recipe
8. What to do with needles and yarn
10. No one listens to her (HINT: prime minister of Denmark)
12. Flying mammal
15. City in China

