

NybroTidende

October 2020



Coffee geek out p. 3



Pink Saturday p. 7



Study friendly cafés in the area p. 9

SPOOPY SEASON

It's October, and it is therefore time for pumpkins, skeletons, breast cancer awareness, and the beloved baking series Den Store Bagedyst. Beside these events, one of the editors has her birthday in October, so we are all, of course, really excited.

This time around, we have made a NybroTidende, where we talk about breast cancer, on the occasion of Pink Saturday (3. October). You can read all about it on page 7. Dorte tries to help a student on page 5, and we introduce another cat on page 6.

On the occasion of the aforementioned birthday, we have included the recipe for one of the favorite cakes

to serve on a special occasion, page ???. That cake could easily be paired with a cup of coffee, which we write about on page 3. If you do not have the courage to create a cake and delicious cup of coffee yourself, you can also go to one of the many cafes we suggest on page 9.

Finally, of course, there are minutes of the September residents' council meeting and an agenda for the residents' council meeting in October. It starts on page 11.

We hope you have a good October, and Mr. Skeltal is with you! Doot doot!

News from the Residents' Council

A) Noise at night v. Lisa C-1

Noise restriction from 22:00 on weekdays (Sunday-Thursday) votes

in favour : 11

At the weekend: Full blast until 24:00 inside and out, then the sliding doors must be closed, (the noise is moved inside): votes for: 7, against: 2, abstained: 2

NB: Before the rule change takes effect, a proposal must first be submitted to the board, then approved at the residents' meeting and subsequently at the residents' council meeting.

COUNCIL AND RESIDENTS' MEETING:
07/10 2020 kl. 19.00 in the GH-Basement.

The Personal Page

<p>The Board</p> <p>Frederik, N29 (chairman) Rasmus, S21 (alternate)</p> <p>The Residents' Council Chairman: Mads, E31</p> <p>AB-odd: Kimberly, A15</p> <p>AB-even: Needed</p> <p>CD-odd: Casper, C27</p> <p>CD-even: Marie, D60</p> <p>EF-odd: Sedric, E-23</p> <p>EF-even: Mads, E31</p> <p>GH-odd: Needed</p> <p>GH-even: Needed</p> <p>JK-odd: Asbjørn</p> <p>JK-even: Needed</p> <p>LM-odd: Asma, M51</p> <p>LM-even: Emilie, L38</p> <p>NO-odd: Lise, O-59</p> <p>NO-even: Needed</p> <p>PR-odd: Needed</p> <p>PR-even: Kasper, P16</p> <p>ST-odd: Anna, s15</p> <p>ST-even: Emma</p>	<p>Administration</p> <p>Treasurer Kasper Hansen, P16 kasserer@nybro.dk</p> <p>Secretary Josephine, B56 sekretaer.nybrogaard@gmail.com</p> <p>Accountants</p> <p>NybroTidende Lina Nielsen, E35 Louise Almer, L11 Patrick Aagaard, S37 Josephine Villumsen, tidende@nybro.dk</p> <p>Secretariat/subleasing Office hours: Monday 19:00-20:00 og Thursday 20:00-21:00 i GH-basement Phone: 21 48 54 55</p> <p>Complaints committee Office hours: Tuesday 19:30-20:30 i GH-basement. E-mail: klage@nybro.dk Phone: 21 48 54 55</p> <p>Network office Office hours: Monday 20:00-21:00 in the GH basement E-mail: admin@nybro.dk Phone: 21 48 54 55</p> <p>TV/Antenna antennegruppen@nybro.dk</p> <p>Environmental group Troels, O07 miljo@nybro.dk</p>	<p>Clubs</p> <p>Canoe club Rune, S02</p> <p>Art club Louis, E31</p> <p>Board game club Oliver L29; Sebastian H54</p> <p>Bicycle workshop Tobias, T59; Lasse S23</p> <p>Nybro Cake festival This could be you</p> <p>Music practice room Andreas, M02</p> <p>Dog club Lærke, M02</p> <p>Service</p> <p>Key bearers <u>Kasper</u> Phone: 26 81 15 01 <u>Peter Jon</u> Phone.: 61 91 97 92 <u>Patricia</u> Phone: 61 71 93 10</p> <p>The price for key service is: 9:00-21:00: DKK 50 21:00-9:00: DKK 100</p> <p>KælderCaféen Café and game night Tuesday 19:00-22:00 Opening hours: Friday 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, O4 Residents' Council Rep.: This could be you Alternate: Emma, R64 Treasurer: Kasper, P16</p>	<p>Gardening club Lea, L06</p> <p>Brewers club Mathias, J17</p> <p>Exercise room Lukas, G35</p> <p>Cinema club Ida, B57</p> <p>FC Nybro This could be you</p> <p>FC Nybro Chicks This could be you</p> <p>Table tennis/hockey CD-basement</p> <p>Bicycle workshop LM-basement</p> <p>Folding chairs</p> <p>Trailer Lars Kaj (insp.)</p> <p>Draught beer system Kasper, R66</p>
<p style="text-align: center;">Apartments:</p> <p>C, D og G Andreas, D-12</p> <p>H og L Joseph, H1 Alternate Frederik, H2 M, O og S: Kasper, S06</p>		<p>Local facilities</p> <p>Inspector Lars Kaj varmemester@nybro.dk Phone: 45 87 04 73</p> <p>Office hours Monday: 16:00-18:00 Tuesday-Friday: 07:30-09:00 First weekday of month: 17:00-18:00</p> <p>Nybrogård pizzeria Phone: 51 14 12 19 Weekdays: 15:00-21:00 Sat-Sun: 13:00-21:00 Maj-August: Open until 22:00 every day</p>	

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"

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



This month's geek-out: Coffee

Most people know coffee for its dark color, bitter taste and - perhaps most of all - its invigorating effect. But fewer people know how coffee is made and how different brewing methods can affect the taste. On the occasion of the International Coffee Day (10. October), NybroTidende takes you into the world of coffee, so you can get a little wiser about the black gold.

Morning coffee, noon coffee, afternoon coffee and evening coffee plus everything in between. We Danes drink an average of 4 cups of coffee a day, which makes Danes the fourth most coffee-drinking population in the world, only overtaken by Sweden, Finland and Iceland. But what exactly makes coffee so popular?

Legend has it that coffee was first discovered by a shepherd who discovered that his goats were behaving strangely, and jumping around after eating some small red berries. The shepherd therefore gathered some of the berries and immediately felt refreshed. Impressed by the effect, he therefore took the berries to the local monastery, where the monks regarded them as the work of the devil and therefore threw them into the fire. As the berries burned, the monks noticed a lovely scent spreading throughout the room. They then picked up the burnt pieces, ground them and dissolved them in water, and thus the first cup of coffee was created. But like all other legends, it's far from reality. The earliest evidence of coffee drinking is dated to the mid-15th century in Yemen, and coffee is thus - compared to beer and bread - a relatively new discovery.

As per the legend, the coffee bean comes from a berry. In fact, the bean is not a bean at all, but a seed that is inside the berry. Both the berry and the seed are very rich in caffeine, as caffeine acts as a kind of poison that protects the plant from being eaten (although that approach turned out as a bit flawed, when people opened their eyes to this). Other plants, such as cocoa and tea plants, also use caffeine as a form of protection against being eaten. Caffeine

is today's most widely used psychoactive substance in the world, mainly due to its invigorating effect. While awake, the body produces adenosine, a small molecule that can attach to a special receptor in the brain called A1. Once adenosine has bound to A1, it promotes feelings of fatigue and muscle relaxation. When we sleep, the adenosine is broken down by the body, i.e. the A1 receptors are more free after a nap. The structure of caffeine is very similar to that of adenosine, and caffeine can therefore compete with the adenosine at binding to the A1 receptors, which is why less adenosine is bound to A1 when you have caffeine in your blood. If, however, you drink a lot of coffee, the body will make more A1 receptors, which means that the adenosine can still bind. To overcome this, you will have to drink more coffee to get the same invigorating effect. Too much caffeine can lead to upset stomach, headaches, high blood pressure and much more, as it is actually a form of poison.

We are, as mentioned, really crazy about coffee in Denmark - in fact so crazy about it, that we have one of the best coffee roasters in the whole world - Coffee Collective. Here, a bag of beans at 250 grams costs between 95 kr and 223 kr, depending on which bean it is. It sounds expensive, but it's nothing compared to kopi luwak coffee, which costs up to 1500 kr for 250 grams. This coffee is made by a small animal called a palm civet, which eats the coffee berries. Their intestinal system then breaks down the pulp from the berries, but the seeds (ie the coffee beans) come out whole. While the beans were through the intestines, they were fermented, which is where the coffee gets a characteristic taste. The feces of the palm civet are then col-

lected, the beans sorted and cleaned, after which they are roasted. This process makes the beans the most expensive in the world.

When it comes to coffee of this quality, you do not just make the coffee in a regular Moccamaster machine. Getting the right taste nuances is a science in itself, which must be adapted to the different beans i.e. how finely the beans are ground and the brewing method. With very expensive beans, you can make pour-over coffee, which is a fancy form of filter coffee. There are many different types of pour-over, but some of the best known are Hario V60, Chemex and Kalita wave. For a V60, use about 15 g of ground beans, which are ground to a medium-fine size just before brewing (the size of a small sugar crystal). Before pouring the coffee into the filter, however, boiling water must be poured over the filter to remove the paper taste. The water is then poured out, and the freshly ground coffee is poured into the filter. The vessel is then put on a particularly precise weight that quickly adjusts, and can measure to at least 1 decimal place. You then start by pouring 50 grams of 94 °C hot water over the coffee grounds so that it is all covered, and then leave it for 30 seconds. This is done to remove CO₂ from the coffee, making it have a less sour taste. After the 30 seconds, an additional 100 grams of water is poured over the coffee in small circles so that all the coffee is covered and the extraction thus becomes more even. Let this drip for 60 seconds and then pour in additional 50 grams of water in the same way. Wait 30 seconds and then pour in 50 grams more, in small circles. Once this has run through, exactly 3 minutes should have passed and your coffee is ready. The resulting taste of the coffee

can be adjusted by changing the procedure a bit or by using a different brewing method.

A completely different ball game, is espresso, which is roasted a little longer and at a slightly higher temperature to get a fuller and less sour taste. So it does not necessarily require special beans, instead it is the roasting method, which determines whether a bean is suitable for making espresso. To make espresso, the beans need to be ground very finely, after which they go in a small filter. For a single shot, use 6-8 grams of coffee. The filter is placed in a holder through which hot water can flow. Because the coffee is so finely ground, a large pressure is created when the water is pumped into the coffee, and this is where the brew-

ing method got its name. The large pressure as well as the roasting method also means that CO₂ is squeezed into the coffee, and this gives it the characteristic 'crema', which is a form of foam that lies on the surface of an espresso. When you make latte or cappuccino, you foam the milk further, so that so-called 'microfoam' forms, which is really just a lot of small bubbles that are evenly distributed throughout the milk, making it completely viscous. When this is mixed with the crema from the espresso, it is possible to make latte art, which gives the characteristic patterns on the surface of the coffee. To get the best coffee drink, the milk you pour in should preferably not be hotter than 65-70 °C, as it decomposes at higher temperatures,

and loses its sweet taste, which is instead replaced with a more sour taste - even when cooled again.

We hope this article has made you wiser on what our much-loved beverage really is and its many possibilities. Since one of the editors here is a coffee nerd (coffee snob?), We could have continued for ages, but let's stop while we're ahead. If there are readers who have not gained enough coffee knowledge, they are more than welcome to write to tidende@nybro.dk or on [facebook.com/nybrotidende](https://www.facebook.com/nybrotidende) with suggestions for what they would like to read more about. If you have other suggestions for our monthly geek outs, you are also welcome to contact us.

Extra meme-room

Nobody:

Yellow trolleys:



Dorte's Dumb column

Dear Dorte,
 I would really like to try some of the amazing recipes from NybroTidende on my fellow students, to impress them, but we have been sent home from uni, so I will not see them for the time being. What should I do?
 best regards, Zodiac

Dear Zodiac,
 When I was young, we walked 30 km to school, through 2 meters of snow, but with the current overprotective culture, a small virus can shut down the whole country. If you ask me (and you did), I would not let such an insignificant little thing stop me from making friends. So I just think you should bake to your

heart's content, and then, unannounced, show up at your fellow students places - it would probably be an extra bonus with a corona scare, considering that Halloween is coming up (I can't for the life of me understand Halloween. When I was young, we smashed barrels with cats in them, and then we used the cat in the barrel to catch mice.) - very thematic. However, if you still want to follow the guidelines, you can alternatively bake the cake and then eat it yourself, while holding a so-called Zoom meeting with your fellow students. That way they can see that you have thought of them by baking cake, but you get the whole cake yourself - win win! If you make use

of my last solution, I would stay away from the weight for the next while.

Best regards, Dorte.



News from Nybrogård Pizzeria & Burger

Besøg
 nybrogaardpizza.dk
 for at bestille
 online.



NYBROGÅRD
PIZZA & BURGER
 COME HUNGRY · LEAVE HAPPY



Hoomans of Nybrogård: Basse the cat



Meet Basse, who is one of the newer residents at the dormitory. He moved into the dormitory in June and has spent the time since getting used to it, and eating everything he comes in contact with (no matter if it is edible or not). He loves the outdoors and is a real cuddly toy, who would like to have some friends soon.

On the occasion of his 1st birthday, in September, NybroTidende has talked to Basse the cat, who can usually be found around the L-apartments. I came to the dormitory 3 months ago, and love it here, even though the diet is a little sparse. My new hoomans give me low calorie food, and in very restrictive portions. They try to make apologies like "otherwise you'll get fat". Pff. Fat-shaming is still a thing in 2020, folks. I was born in a house with 30 other cats and our owner could not keep track of us, so I came to a shelter in January where I also got new owners. They lived in an apartment in Copenhagen, and even though the apartment was nice, it was not quite big enough for me - I wanted grass between my toes. In addition, they also did not give me enough food, so I meow until I am satisfied (I have developed a very special technique, where I do not exactly meow, but scream with the full force of my lungs). At times, I keep my owners up all night for several months. They eventually got enough of me, and handed me in at a shelter, where my new owners found me in June. This is perfect, because the new owners are easy to bully around with, and they also have a large green lawn, where I can run around and catch crows and squirrels (I may not have caught any yet, but practice makes perfect). During the first

while, I was not allowed outside unless while in a harness, but that was not to my liking, so after a while, my hoomans gave up on it and just let me out freely. Now I sprint all around, and I've even learned to climb trees, but getting down again is not always easy. When I'm not outside, I sing (or scream) for food quite often. And if I do not get my cat food, I just jump up on the kitchen table and eat what is there. The other day my hoomans had left a packet of rye bread on the kitchen table - free buffet for me. It may have been wrapped in plastic, but that does not stop me! No - I just eat the plastic! Same with raw chicken - a little plastic has never stopped me! And then there is always room for a little dinner after 50g rye bread + plastic. When I am full and tired, I like to lie down in my owners lap and sleep. I can stay there for several hours. It's especially nice if they try to work - that way I interrupt their work, which means that I may soon get food - and if not, then at least I get scratched. I also get quite upset, if my owners are not free to give me food or attention, because they are in the shower. Personally, I have always wondered why people waste so much water on taking a bath, when they can just wash as I do ...), but it is also very fun to join - the water jet is actually a bit reminiscent a mouse, although shampoo does not taste par-

ticularly good.

Another thing that's really cool about living in the dormitory, is all the other cats, aka. possible playmates. I've always said, "a stranger is just a friend you haven't met yet", but the other cats don't quite seem to agree. Maybe I should just take a bag of chicken that is thawing on the counter, and drag it out to the others, so we can become friends. I'm sure that the cat Lakrids would greatly appreciate my hospitality and that we would become best friends! dormitory life is just the best, though I can not always find my way back to the apartment, once I have gone too far.



If you or your pet would like to join NybroTidende's Humans of Nybrogård, write to us at tidende@nybro.dk or at facebook.com/NybroTidende



Supporting Breast cancer research and awareness

On 3. October, it is Pink Saturday, and many are gradually getting used to the fact that the month of October has extra focus placed on breast cancer - both in raising money, but also on informing about the disease, which annually affects 1 out of 9 Danish women. This month, we at NybroTidende have chosen to put some focus on breast cancer.

What is breast cancer?

Breast cancer is, as the name describes, cancer in the breast. In short, cancer occurs when cells in the tissue begin to grow too fast and accumulate in clumps. There are different pathways for a cell, down which it can turn into a cancer cell, and it is a process that takes a long time. Normal cells have a life cycle in which they perform their task, multiply and then die. If a mutation occurs which causes a fault in the cell cycle, then there are systems that correct it - either by repairing the DNA or by causing the cell to commit suicide. An article from the journal *Cell* describes what is called *The Hallmarks of Cancer*¹. A cancer cell occurs when it has not been possible to stop enough of the errors occurring in the cell, until it ultimately meets all the 'hallmarks' mentioned in the article. Some of the abilities these errors allow are, for example, being able to avoid having to commit suicide and being able to ignore the body's signals to stop growing. If necessary, read about the others at [Wikipedia](#).

Of course, the fact that a cell has been given a mutation that contributes to one of these 'hallmarks' does not mean that you now have cancer. These are called precursors to cancer. The cancer occurs when an already mutated cell mutates further, to gain more abilities to be able to grow quickly and uncontrollably. Read more about this on [Kræftens Bekæmpelse's website](#). Breast cancer occurs when this process occurs in the breast tissue.

Some people are born with a mutation that makes them closer to developing cancer than people without the mutation. For breast cancer, it is called being BRCA1 or BRCA2 positive. If you have a suspicion of having these mutations in the family, you can be tested, but only if you meet one of a list of criteria. These include that you as a woman have had breast cancer before the age of 40, that you as a man have had breast cancer, or that you are a woman with bilateral breast cancer. Of course, if BRCA1 or 2 is known in the family, one can also get genetic counseling. Read more [here](#).

What can I do to protect myself?

The best thing a woman can do to take care of herself with regard to breast cancer, is to be aware of changes in her breasts. Often there are no other symptoms of breast cancer, than a lump in the breast, and when you feel your own breast, most will normally feel some small lumps, which are usually just mammary glands. Precisely because of the mammary glands, it can be difficult for a doctor to assess whether there is a cancerous nodule or not, and you should therefore, preferably, know your own breasts really well. It is recommended that you examine your breasts at the same time of the month, just after menstruation is over. For a video on how to examine your breasts, check out [at the danish patient handbook](#).

I have found a lump in my chest. What now?

Now you need to contact your doctor and get their assessment on

whether you should have an examination or not. These examinations often consist of a mammogram and an ultrasound. Sometimes you also have to go through an MRI. If the examinations show that there may be a cancerous nodule, a tissue sample must be taken. It can be done with a needle, but sometimes surgery is needed.

In a mammogram, the breast is pressed flat between two plates and an X-ray is taken. Two images are taken of each breast, and then radiologists will evaluate the images. You can watch a video [here](#). If you are under 30, then you have too much glandular tissue in your breasts, and an ultrasound examination is performed instead. If one is over 30, they can both be performed. A MRI scan is performed if the findings of the mammogram and ultrasound are unclear, and for younger women with BRCA1 or BRCA2 mutations.

What can I do to support breast cancer research and awareness?

There are many things! First of all, you can contribute through donations. This can be done via MobilePay and SMS, but you can also start your own online donation.

You can also look on their website for the many different [products](#) that you can buy. There are the classic bracelets that can always be purchased in September and October in several stores, T-shirts, necklaces and a tote bag this year. Other years there have also been bedding and other products one could buy to support.

¹Hanahan D, Weinberg RA. Hallmarks of cancer: the next generation. *Cell*. 2011; 144 (5): 646-674.

Food and drinks



This month's recipe is brought to you, on the occasion of an editor's birthday, because it's probably the cake that will be served at that celebration. Every time this cake has been served, it has been a hit, and even though it is dense, each guest has wanted at least one small extra piece. We hope you enjoy it!

Brownie-Cheesecake with raspberry filling

This lovely taste bomb is from Hummingbird Bakery's first book, and has been made for many celebrations in this editor's family, where it's a hit every time. So if you have something to celebrate during the autumn holidays, we can highly recommend making this cake!

Ingredients

Brownie

- 200 g dark chocolate
- 200 g unsalted butter
- 250 g icing sugar
- 3 eggs
- 100 g wheat flour

Cheesecake filling

- 400 g cream cheese
- 150 g icing sugar
- 1/2 tsp vanilla extract
- 2 eggs

Raspberry filling

- 3 dL whipping cream
- 100 g icing sugar
- 150 g raspberries

Instructions

1. If the raspberries are frozen, boil for 1-2 minutes the day before. Then put them in the fridge until needed.
2. Preheat the oven to 170 degrees.
3. **Brownie:** Put chocolate in a heatproof bowl over a pot of simmering water - do not let the bottom of the bowl touch the water. Let the chocolate melt evenly. Put butter and sugar in a bowl and whisk until well incorporated.
4. Add the eggs one at a time and beat until everything is well mixed.
5. Gradually stir in the flour, stirring well each time. Turn up to high speed and stir a little longer until the dough is smooth.
6. Slowly pour in the melted chocolate and mix thoroughly. Pour the dough into the prepared form, and smooth with a palette knife.
7. **Cheesecake filling:** Put cream cheese, sugar and vanilla extract in a bowl and whisk it until even and thick on low speed.
8. While whisking, add one egg at a time. Whisk until the dough is very smooth and creamy.
9. The speed can be increased slightly towards the end, so that the mixture becomes a little lighter and more airy, but make sure not to stir for too long as the cheese may separate. Spread it on top of the brownie.
10. Bake the cake for 30-40 minutes or until it is firm to the touch and lightly golden at the edge. The middle should still be pale.
11. Let the cake cool completely, then cover and refrigerate for 2 hours, or preferably overnight.
12. **Raspberry Filling:** Put cream, sugar and raspberries in a bowl and beat until firm but not stiff.
13. Spread the raspberry filling on top of the baked and cooled brownie. Garnish with fresh raspberries.

Do you have a recipe you want to share?

Send it to us at

<https://www.facebook.com/Nybrotidende/>,
then it can be included in the next issue

Cafés in the area

Lyngby is not known for being an area with a lot of cozy cafes where you can sit down to read. NybroTidende's editors have been living in the dormitory for many years now, and they have therefore gotten to know several of the smaller places that they would like to share with you, on the occasion of Coffee Day. So if you are tired of studying at home, want to support local businesses in a difficult time, or just need a caffeine fix, then this article is just for you.



Most people are familiar with Espressohouse, located in Lyngby Hovedgade. There is enough space here for you to sit down with your computer, and a coffee that can be drunk, but which does not stand out from the 219 other cafes of the same chain. If you want a more personal experience, NybroTidende can recommend Zætteberg Kaffe & Vin, located on Gasværksvej 12, just behind Lyngby Storcenter. Here, the details are taken care of, and in addition to the coffee, you can choose between 30 different kinds of wine, selected specifically by the owner. If you are up early, you can also buy breakfast here, but otherwise the café offers delicious paninis, homemade muffins and rye bread dishes. The café is a bit on the expensive end, but the cosiness and quality make up for it. Zætteberg Kaffe & Vin is open Monday, Tuesday and Wednesday: 10.00 to 18.00 and Thursday, Friday and Saturday: 10:00 to 22:00.



Another place where you can get

both wine and coffee is Café Mirum, which is located in the old antique shop on Jernbanevej 3B. Here, the beans come freshly roasted from Det Lille Kafferisteri in Hundested once a week. In addition, the café's menu also offers breakfast, lunch, and cake in the company of lots of books - the place still functions as an antique shop. It also hosts several different events, from knitting cafes to jazz evenings or wine and cheese tastings, and the place oozes coziness. Café mirum is open Monday to Friday 9.00-17.00 and Saturday: 9.00-16.00.



If you want to go out and eat, early, with friends or your significant other, The Roots at Ulrikkenborg Plads 1, behind the station, offers a large, delicious brunch for only 89 kr. - an extremely SU-friendly price. The brunch includes a waffle, bacon, bread and eggs, and much more, and you are sure to leave sated. If you come later in the day, you can also have lunch or early dinner here. However, the place is very small, so

it is not ideal as a study café.



If you are more into socially responsible food and coffee, Social Foodies can be recommended. It is not a particularly large place, but they offer delicious homemade ice cream and chocolate made from beans, i.e. some are produced by South African farmers as part of a social entrepreneurship. The coffee is also produced by the company NGUVU, which supports female coffee farmers. From NybroTidende's side, we can highly recommend a warm chufa bun with butter. Chufa is a tuberous root that looks like a nut, and is very healthy, with lots of dietary fiber, vitamins and antioxidants. Social Foodies is open from 09-19 Monday-Thursday, 09-20 Friday, 10-20 Saturday and 10-19 Sunday.



Thursdays.



If you are looking for a place with a good view, we can recommend the café on Sophienholm. It is located just 1 km from the dormitory, and you can drink your coffee overlooking Bagsværd lake. The café here may not be ideal for reading, but if you need a little pause from reading, then this is a good offer. The café is closed Monday but open from 11-17 Tuesday, Wednesday and Friday-Sunday as well as 11-20 on

Last but not least, is a café in Bagsværd, which NybroTidende's editors have only become aware of within the last few months. The café is called Café Vaerd and is located at Bagsværd Hovedgade 131. Here you can get a really nice coffee as well as cakes and bread. The café is not huge but big enough that you can afford to bring along the com-

puter and work - and although the café may be in the opposite direction of DTU, it only takes 9 minutes to get there by bike from the dormitory. If you are not in the mood to work, the café also has board games that you can borrow, so you can easily bring along your kitchen mates with you! Café Vaerd is open Monday-Friday from 9-17 and Saturday-Sunday from 10-17.



Do you want to be an editor at NybroTidende?

Do you love memes, puns and bad (good?) Jokes in general, and do you like to share your experience as a dormitory resident, then a job as an editor at NybroTidende might be for you. If you are interested, you can write to us at tidende@nybro.dk.

Mere erfaring behøver du ikke for et job på NybroTidende



Residents' Council Meeting Minutes

1) Present Representatives: Victor E-33, Asbjørn K-55, Kasper MOS apartments, Emma ST-even S-24, Kimberly AB odd, CD ulige c 27 Kasper, Anna ST odd, Marie CD even, Lise NO odd, Kasper PR even, Mads EF even

2) Moderator and language: Moderator; Mads, Language; Danish

3) Count of voting members: 11

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

5) Approval of agenda: Approved

6) Economy: Net account: 464.426 kr. Union account: 54.703 kr.

7) Other messages:

8) Review of last board meeting or agenda before the next:

9) Inward correspondence:

A) Proposal to change the rules of order regarding noise at night v. Lisa C-1
TO BE DISCUSSED AND VOTED ON

I would like to suggest that the rules of order be changed, so that it is clear when there should be quiet at the dormitory, especially Friday-Saturday, but also the rest of the weekdays. The reason for this query is due to a bad history with certain kitchens at the dormitory, now triggered by a notice of a party at E-odd that is not expected to end until 6 a.m. on Saturday, 22. August My suggestion for when there should be quiet in the dormitory is as follows: Fri-Sat: 24:00 (may very well be debated), we just want a "deadline" for parties. Rest of the week: 22:00 (as several signs in the hallways also indicate). It is pointed out that especially in the summer, it may be necessary to sleep with open windows due to the hot indoor climate, and that it is not unheard of for people to work on the weekends or have exams on the weekends (DTU does this every year). In general, for dormitory parties, people have been really bad at keeping the sliding doors to the kitchens closed, and the sounds are thrown around in the dormitory yards, which is why parties can be

*clearly heard from a long distance. The aim of this proposal is not to prevent parties in the dormitory, but to make it possible to hold parties in the dormitory with respect for the other dormitories' night's sleep. **Vote:***

Noise restriction from 22:00 on weekdays (Sunday-Thursday) votes for: 11

At the weekend: Full blast until 24:00 inside and out, then the sliding doors must be closed, (the noise is moved inside): votes for: 7, against: 2, abstained: 2

NB: Before the rule change takes effect, a proposal must first be submitted to the board, then approved at the residents' meeting and subsequently at the residents' council meeting.

B) Cinema club v. Ida B-57

*To be voted on The cinema club would like to request an additional 7,800 kr. for a new lock system, which will make it possible for the dormitory's residents to register in the cinema club and gain access themselves. The expense was not included in the original 30,000 kr. as we were in the belief that the Miele system could be reactivated. The offer was obtained from Lars Kaj and is attached as an appendix. **The vote:** in favour: 9, abstained: 2 **It was mentioned:** that the cinema club currently only has three keys to the room, and if you want to book or use the room, you are welcome to get in touch. The club has both an email and a Facebook page. **It was asked:** Whether there is a lock on the equipment, and it is mentioned that everything is secured as best as possible.*

10) New members and alternates. Asma M51 is registered as representative for LM-odd

Joseph H1 signs up for the H and L apartments

Sedric E-23 takes over as representative of EF-odd, instead of for Victor E33

Emilie L38 registers for LM-odd

Ann Kathrine L24 is registered as an alternate for LM-Even

Andreas D-12 registered as representative for the CDG Apartments

11) Other.

Our current Board member and Residents' Council Chairman Mads E31 is leaving the dormitory and therefore a new chair and board member are needed. About the posts(Quoted from the FB post):

"Dear All,

As mentioned at the residents' council meeting yesterday, I am leaving the dormitory. There must therefore be a new chair of the residents' council and a new board member. If there is anyone who may be interested, you can contact me for more information. You must want to spend some time making life in the dormitory better. However, you also get a lot back for the time you spend. I.e. new acquaintances, experience with administration and management, something to write on the CV and most importantly you become good friends with Lars-Kaj These were just some of the things you get out of it.

Both positions will hopefully be filled for the extraordinary residents' meeting on 7/10. So show up if you want the positions."

Kældercafeen informs that they have a new board, of seven members, where Nina A22 is the new chair.

They also inform that this October is the 30th anniversary, and that they are in the process of looking at the possibilities of holding a larger party / event. But with Covid-19, they will first see how things develop and they may have to postpone the event until next year, but more information will follow as soon as something more concrete is known, keep up with the FB page.

12) New meeting date: Wednesday 07.10.2020 (Where an extraordinary residents' meeting is also held, however, it is not possible to submit points to the residents' meeting, as this is only about two special points. All other points that are

not can be taken up at the residents' council meeting must wait until the residents' meeting in December.)

Any cancellations must be submitted via the Council's Facebook page, at least one day before the

meeting.

Residents' Council Agenda

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| 1) Present Representatives: | 6) Economy: | 11) Other. |
| 2) Moderator and language: | 7) Other messages: | |
| 3) Count of voting members: | 8) Review of last board meeting or agenda before the next: | 12) Next meeting: Any cancellations must be submitted via the Council's Facebook page, at least one day before the meeting. |
| 4) Approval of minutes from last Residents' Council meeting: | 9) Inward correspondence: | |
| 5) Approval of agenda: | 10) New members and alternates. | |

<p>The number of Corona cases is rising in Lyngby-Taarbæk kommune</p>	
<p>Nybrogård is in Gladsaxe</p>	
<p>The number of Corona cases is also rising in Gladsaxe kommune</p>	

Important dates

- **1. October:** International Coffee Day
- **3. October:** Pink Saturday
- **3. October:** Premiere of Den Store Bagedyst!!!
- **10. October:** World Mental Health Day
- **19. October:** School's Fall Break
- **25. October:** Mother-in-Law Day
- **27. October:** One of our editor's birthday
- **31. October:** Halloween!

Do you have praise & critique, articles or other information, you want to have included in the newsletter? Then contact us at: tidende@nybro.dk

Brain Gym: Find the cat

Basse would very much like to have a friend, but Lakrids does not bother to play with him. Now there is another cat hiding among the owls. Help Bass find the cat so he can make a new friend.

