

# NybroTidende



Volume 41 No. 9

December 2014



**Do good in December**

See page 3



**Want to look like this?**

See page 4



**Want a grill on the grass?**

See page 10

## We are lighting the tree

Nybrogård's Christmas tree is being lit - but not exactly as in the photograph. It will be completely under the control of Lars Kaj, who will 'light the tree' and serve glögg and æbeskiver for everyone.

On December 2nd from 16:00-18:00, you should bring your friends from the hallway and walk down to Lars Kaj's office.

This is where he, following tradition, will light up the tree, so it can spread the Christmas spirit throughout December.

æbeskiver and glögg will be served for everyone who shows up.

Lars Kaj is looking forward to singing various Christmas songs and has promised a guitar/air guitar session for the festive occasion.

**So come by**

**MONDAY the 2nd**

**From 16:00-18:00**

**At Lars Kaj's office and get into the Christmas spirit.**

## Residents' council news

- **The ban on topless exposure in the Exercise Room has been lifted.** The Exercise Room is responsible for their own rules.
- **Soap and paper towels are now**

**available in the Exercise Room.** Alcohol gel is on its way, so hygiene is up to standards.

- **The Brewing Club gets new equipment.** They had run out of disinfectant, which was one of the important items they applied for.

- **Disagreement regarding the TV channel voting.** Residents who may not have voted, would like other channels. This will be discussed again at the next meeting

**Residents' and -council meeting**

Tues., December 2, at 19.00 in the GH-basement

## The Personal Page

### The Board

Jakob, R52 (chairman)  
Rasmus (deputy-chairman)  
Ea, D63 (alternate)

### The Residents' Council

Chairman: Thomas, E23  
AB-odd: Ann-Sofie, B49

AB-even:

CD-odd: Ea, D63

CD-lige: Adrian, C24  
Nikolaj, C22 (alt.)

EF-ulige: Thomas, E23

EF-even:

GH-odd:

GH-even: Camilla, H54

JK-odd: Mikkel, J21  
Jakob, K55 (alt.)

JK-even: Johannes, K46

LM-odd: Louise, L33  
Lea, L15 (alt.)

LM-even: Peter, L36

NO-odd: Mathilde, O57

- NO-even: Claes, O52

PR-odd: Ann-Louise, P27

PR-even:

ST-odd: Sofie, S35  
Marie, T59 (alt.)

ST-even: Kasper, T61

### Apartments:

C, D and G: Kasper, C02

- H and L: Søren, H05

M, O and S: Troels, O07

### Administration

**Treasurer**  
Alexander, G04  
Alexander.bagge@gmail.com

**Secretary**  
Nadia Frederiksen Oumaza, G04  
sekretaer.nybrogaard@gmail.com

### Accountants

**NybroTidende**  
Jakob Jensen, R52  
Mikkel Mørch, S05  
Emma Broberg, S24  
Nikolaj Folander Smit, C22  
tidende@nybro.dk

### Secretariat/subletting

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

### Complaints committee

Office hours: Tuesday  
19:30-20:00 in the 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

Nikolaj, C22  
antennegruppen@nybro.dk

### Environmental Group

Troels, O07  
miljo@nybro.dk

### Clubs

**Music practice room**  
Sandra D10

**Gardening club**  
Miia, H06

**Brewers club**  
Søren, H05

**Exercise room**  
Alexander G04

**Cinema club**  
Jonas Høj, G24

**FC Nybro**  
Claes Scherwin, O52

**FC Nybro Chicks**  
Malea Madsen, K62

### Service

**Table tennis/hockey**  
CD-basement

**Bicycle workshop**  
LM-basement

**Folding chairs**  
Atle, S03

**Trailer**  
Lars Kaj (insp.)

### Draught beer system

### KældersCaféen

Opening hours: Fridays 20:00-03:00  
One Saturday each month 20:00-05:00  
(announced seperately).

**Chairman:** Kasper Rohardt Børgen, C02

**Deputy chairman:** Jacob Riis, G02

**Treasurer:** Henrik Stigsberg Pedersen, A32

**Secretary:** Chelina Kristensen, G02

**Residents' Council Rep.:** Ea Nielsen, D63

**Alternate:** Thomas Laustsen, B64

### Local facilities

#### Inspector Laundromat

Lars Kaj Opening hours: 8:00-19:00  
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

#### 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 next meeting** at [www.nybro.dk](http://www.nybro.dk) > Switch to English > For Residents > Resident Council > "Add item to the agenda".

# Do something nice ... Because it is Christmas

**Even though the account balance is under pressure because of Christmas presents, a new Christmas party suit, New Year's dress, lingerie for the girl friends or stamps for post cards, there is something enjoyable about helping others. Here are three ideas for people you can help.**



## Help Jan, Lyngby Storcenter's trusty 'Hus Forbi' salesman

Jan, Maybe you recognize him? He stands outside Lyngby Storcenter for 5 hours every day and wishes people a good day and sells *Hus Forbi*. He has done so for 11 years.

## Gifts and money

It is pretty cold, Jan says while he shows us his bulky overalls under his jacket. He is also wearing a grey knitted neck warmer and matching hat. Both of them were offered to him by a helpful passerby. Sometimes, Jan receives different gifts such as knitted socks, a cup of coffee, or large cash sums. A week ago, he received DKK 100 from a man. He asked the man why he wanted him to have the money. The man answered that he saw Jan as a sweet and nice person, when he stood in his spot every day and wished him a good day.

## The job and the dream

Jan is actually a trained painter and was on the job market for 6 years before he was fired when his boss found out he was taking methadone. Jan has no intentions of getting another job.

His dream is to save up enough money to buy a dog and a surround system for his TV. Jan has a fondness of crime dramas, especially the Swedish ones. He has been

living at a shelter for 13 years in inner Copenhagen, but during the past year, he has moved in to a house in Husum that he has been assigned by the municipality.

Until January, Jan will be selling the Hus Forbi 2015 calendar. The calendar costs DKK 50, of which DKK 30 go directly to Jan. The regular edition of Hus Forbi costs DKK 20 of which DKK 10 go directly to Jan.



## Help children in Zambia by purchasing this year's developing country calendar..

The developing country calendar costs DKK 45. All retailers sell the calendar without profit. The Christmas calendar is also the one that follows the story in this year's new Christmas show, on DR, *Tidsrejsen*.

## The project of the year

This year's helping organisation is Plan Danmark. The project that is being sponsored this year means to provide poor, vulnerable children in Zambia with influence on their schooling.

By now, around 90% of children in Zambia start in school, which is a very positive statistic. Unfortunately, almost half of them drop out before finishing 7th grade. In some cases, the students do not have the skills they should when they exit 7th grade, and are therefore not allowed to continue their education. The quality of the school system is simply not good enough, and has been measured to be the second worst of 16 countries in southern Africa.

The goal of the project is to involve around 5,000 students at 36 schools, 3,600 parents, 940 teachers and 540 school leaders and board members in the Chadiza and Vubwi districts in eastern Zambia. There will also

be information campaigns and radio programs to announce the project and its results.

The specific focus points are, among other things, teachers' violence against children, lack of books and basic supplies. High number of children per class and frequently absent teachers. Lack of sanitation. More focus on hygiene and women's rights will also help to reduce the number of girls dropping out.

Plan Danmark's developing countries project will last for a total of 3 years. Plan Danmark has experience from similar school projects that have been executed in the neighboring country of Malawi with good, viable results.



## Please a good friend by introducing secret santa in the kitchen

A classic from primary school. The school bag that was filled with oatmeal, or the books that were suddenly wrapped in gift paper.

For anyone who does not know the concept, the fun starts by placing everyone's names in a bowl. Then everyone draw a name and keeps it secret! You are the secret santa for the person whose name you drew. When December is over, you must guess who your secret santa was.

A brilliant concept, where you can choose to be the nice and surprising santa who gives gifts and helps out one day, and the teasing santa who makes life difficult in a fun way the next day.

It does not have to cost anything, and the only limit is your imagination!

EmS24

# The Bigger the Better

**The purpose of working out can be to achieve good health or sports results. But others work out to obtain a certain body type. "The purpose is of course to look like a real man and be strong :)" Alexander explains. Nadia expresses it more along the lines of "The purpose is to see how far you can get."**

**My purpose was to learn more about the dormitory body building couple and their motivations and workout methods.**

**Arnold was cool.**

*"I do not exactly know. I was spindly in 9th grade, and did not do any sports. But Arnold was cool!"* You might not think it, but that was practically what Alexander, the chairman of the Exercise Room stated, when I asked him when his interest in body building started. Alexander can often be found in the Exercise Room with his girlfriend Nadia working out. And the idea is simply body-building.

## Body-building

*Body-building:* An American system for exercising muscles by way of weights, rowing machines, expanders, etc. as well as special muscle toning gymnastic exercises. That is the translated definition in Lademann's Almanac 1970. Neither rowing machines nor gymnastic exercises are involved when Alexander and Nadia are in the Exercise Room 4 out of 5 days a week.

The definitions from 1970, however, are not entirely incorrect. Body-building is about expanding ones muscle mass. The term used today would probably be hypertrophy: An increase in the volume of the muscle fibers. Pyramid series, which are what Alexander feels work best, consist of 10 repetitions of the highest weight liftable 10 times in a row - or 10 RM (repetitive maximum). You gradually increase the weight, while lowering repetitions until you reach 2 repetitions. Then you decrease/increase again. The inspiration for the workout program was found on the internet. *"There are no pages that contain only correct information. You must be very critical of your sources."* Alexander explains.

## Bulking & cutting

They can, however, give you concrete tips concerning diet. Body-building is as

much about diet as it is about lifting weights. "We cut and bulk simultaneously. Here in December, for example, we have chosen to bulk", Alexander explains with a smile on his lips. Bulking and cutting are becoming regular words in the Danish vocabulary. They involve eating more than you burn (bulking), which allows you to build more muscle volume and then burning more than you eat (cutting), which lowers your fat percentage and tones your muscles.

## Diet plan app

Myfitnesspal.com, which is also active on facebook and has an integrated app, is the one the couple use. With the app, you can enter some standard information about yourself, and then you enter all the food you have eaten. The app then calculates the total energy and counts down how many calories you have left for the day. You can freely decide whether to spend your remaining calories on cheeseburgers or sandwiches. The app will for example allow you to search Subway's menu or look up products in Aldi, which you can check mark. *"We no longer weigh our food as we did in the beginning. Instead, we use myfitnesspal, and it works really well"*, Nadia tells.

## Not professional yet

Neither Alexander nor Nadia have participated in any competitions yet. *"The motivation varies a little, and it is a fairly exhaustive and long-term project. The workout should also not become a priority over school."* they explain. They both study at DTU and most of all they enjoy having a healthy hobby, with which they can have fun and listen to some great music.

## What are your 3 best training tips?

1. You should make it fun to work out and look forward to coming down here!
2. You should listen to some great music!

### Music tips:

The artist Rob Bailey makes music that is practically made to pump. Rob's wife, Dana Linn Bailey is a hardcore body-builder.

Search YouTube for: *bodybuilding motivation*

3. But protein powder from England

*"We use protein powder and pure dex-*

*trose (glucose) after each workout. We order from England instead of bodylab, because it is cheaper. The web-site is called [myprotein.com](http://myprotein.com)"* Nadia can recommend the 'Strawberry and Cream' taste.

**If you could choose to look like anyone, who would it be?**

Alexander's choice:



Shawn Ray

Shawn is from California, United States. He has placed in top 5 at the Mr. Olympia competition from 1990 - 2001 and has been retired from body-building since 2001.

Nadia's choice:



Nathalia Melo Moreira

Nathalia is of Brazilian origin, but is from the United States. She is a professional body-builder, trainer and fitness model.

Among other things, she won Bikini Olympia 2012.



**FÅ EN KANDE  
GLAD PÅ FAD  
TIL DIG OG DIT  
KØKKEN FOR  
KUN 15 KR**

**TAG DENNE KUPON MED I KÆLDERCAFÉEN  
INDEN D. 29. SAMMEN MED TO VENNER  
FRA KØKKENET, OG FÅ EN KANDE GLAD PÅ  
FAD FOR KUN 15 KR!**

**Kælder  
Caféen**

**KUN ÉN KANDE KAN INDLØSES PR. KØKKEN.  
TILBUDET GÆLDER I PERIODEN 1/12-14 TIL 29/14-14  
OG KAN IKKE KOMBINERES MED ANDRE TILBUD.**

## Sex and society

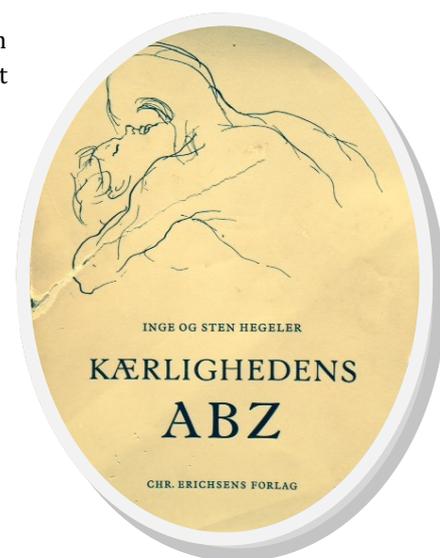
**Defloration right; Jus cunni, jus primae noctis; marchette, cazzagio:** All of them mean the right to have intercourse with the bride before the groom. This custom, which today would seem barbaric, is known from many places around the world. - and all of Europe in the middle ages... It has not been as barbaric as we imagine, because it has simply been an accepted custom - just like it has been an accepted custom that the chief of certain African tribes personally through intercourse removed the virginity of all of the virgins of the tribe - even his own daughters.

**Deformity fetish:** Men or women who are sexually aroused by sleeping with someone who is defective or deformed. Be it a hump back, a wooden leg or immense ugliness that arouses them.

**Demeter:** Was the Greek god of fertility. She was praised at lively parties and the women baked cakes of offering to her in the shape of the male genitalia.

**Depression:** See wedding depression.

**Dippoldism:** Another example of a word used to accompany certain occurrences. This word is used to describe the desire to beat children in order to arouse one self sexually - so a form of sadism. It is being mentioned here, because this desire is somewhat more widespread than you would imagine. There is also no doubt that teachers with an unfulfilling sex life in the past enjoyed exercising corporal punishment on students. It is obvious that such acts must have an undesirable effect in the children that are exposed. Of course, one is allowed to hit a child in self defense. It is the deliberate, pleasure seeking cruelty that is dangerous (also see upbringing, sadism, masochism).



Excerpt from **KÆRLIGHEDENS ABZ**

9th edition, August 1965

Printed in Danish in 40,160  
copies.

# Minutes of residents' council meeting

**Agenda residents' council meeting - November 3rd, 2014:**

**Present: Lars Kaj, Troels O-07, Adrian C-24, Aleksander J-36, Søren Steen H-05, Niels T-54, Alexander G-04, Nadia G-04, Thomas E-23, Jakob R-52, Ea D-63, Kasper C-02, John blue man, Mathilde O-57, Sofie S-35.**

Moderator and language for the meeting

- Thomas, Danish

Number of voting members

- 9

Approval of minutes from last residents' council meeting

Approved

Approval of agenda

Small correction, addition of item 9

Economy

Network Group: DKK 325,239.67

NYK: DKK 178,905.14

Announcements

Board meeting

Inward correspondence

The Brewing Club is applying for funding (V):

Søren Trads Steen

The Brewing Club is applying for DKK 1051 for new equipment.

The brewing club has run out of disinfectant, which is one of the important items they are asking for.

Vote:

For: 9, Abstain: 0, Against: 0

The Brewing Club's application is approved.

Regulations in the Exercise Room (V):

Alexander F. T. Bagge

The ban on topless exposure is proposed removed. This is in the light of a vote that a clear majority wants the ban removed. The vote was public so no foul play was possible - that very possibility was the reason the first vote was dismissed. It should be noted that the club's regulations can be found at nybro.dk. The result of the vote was:

18 want to remove the ban.

7 wanted to vote for the ban.

The Exercise Room has held an open vote to choose whether the ban was necessary or not. The majority voted not to impose a ban.

104 have seen the post of which 18 wished to remove the ban and 7 wanted to keep it.

A t-shirt or shirt does not stop you from sweating on the equipment.

Soap and paper has been made available, and alcohol gel is on its way, so hygiene is up to standards.

- Proposal: If there should be any further rules, the complaints process must be easy and clear. Sending a complaint to the Complaints Committee is not something everyone wants to take the trouble to do, which might result in rules not being enforced.

For: 4, Abstain: 3, Against: 2

Conclusion: The ban is lifted and the Exercise Room must enforce their own rules. The clubs are all responsible for their own rules.

New members and alternates

Niels T54 joins for ST-even

Kasper T61 leaves.

Aleksander J36 (alternate) for JK-even

Other:

Kasper (KælderCaféen) would like to present a proposal, but needs an answer as quickly as possible. A misunderstanding in the HR-committee, which is responsible for letting the bar to residents. Two signed contracts for January - they would like to open on two Saturdays in January. Since two residents have already planned their own party. A suggestive vote was held, since an actual decision can not be made until next meeting.

Suggestive vote:

For: 10, Abstain: 0, Against: 0

Channel vote

Thomas

Nikolaj is urged to move forward with the TV packages.

The voting is over, but there are still conflicts. There is a general disagreement regarding the voting, since residents who may not have voted, would like other channels.

Proposal: The channels can be changed if there is immense dissatisfaction. The initial change is only temporary.

Proposal: A proposal for a TV-package could be made if it is approved by Nikolaj. This could be done through the kitchens.

Conclusion: An item will be added to the agenda for the next meeting: TV channels for a final vote.

Next meeting

Tuesday, December 2, 2014 at 19:00

Residents' meeting + residents' council meeting immediately after. The residents' council meeting is not expected to begin before 19:30.

**Any cancellations** must be made through [www.nybro.dk](http://www.nybro.dk) > Residents' council > Cancel at least one day before the meeting

# Notice of residents' meeting and council meeting

Tuesday, December 2nd, 2014 at 19:00

**Approval of agenda**

more up to date.

**Residents' meeting agenda:**

**Economy**

d) Kældercaféen is applying for permanent permission to open until 5 on December 31st (V)

**Moderator and language for the meeting**

**Announcements**

Kasper Børger

**Approve agenda**

**Board meeting**

**The chairman presents the residents' council's business of the past year.**

**Inward correspondence**

Since our last New Year's party was such a success, we would like to make a tradition of being open on New Year's evening at the dormitory. If the proposal is rejected, we would like to vote for permission to open on December 31st this year.

**Presentation of the financial report**

a) Termination of the athletics field project (V)

**Election of chairman of the residents' council as well as new residents' council members and alternates.**

Mikkel Ørum Wahlgreen

**New board members and alternates**

Since both members were elected less than 2 years ago, we do not need to elect new members at the moment.

**Consideration of the circumstances mentioned in section 8 item 2-3.**

Since the residents' council has a sizable amount of money reserved in their economy for this project, I propose that the athletics field project is terminated in light of the erection of a volleyball field by the ST-kitchen. Having a volleyball field was what started the athletics field debate in the beginning. The money is currently on the mobile antenna account and a KAB account, as well as a 6 digit amount on NYK's account.

e) TV-package (V) (D)

Thomas Pedersen

**Inward correspondence**

a) Approval of financial report (V)

b) Ping pong room (V)

At the last residents' council meeting, we discussed the TV channel votes at the dormitory. I want to ask the residents' council members for a final decision about whether or not the residents that they represent wish to change to the TV package that was announced previously.

Jakob

Anders Sørensen

f) The men's football team need a coach/manager (I)

Claes Scherwin

The financial report should be approved by the residents before the board meeting in December. The result is a very small deficit of DKK 17,360 (0,12% of the income of DKK 14,420,794), which will not have any consequence.

Given that the ping-pong room in the D-basement is extremely rarely used for ping-pong and instead used for exercise, I have a plan to make the room into a working calisthenics room. For this I need 600 kr. and permission to drill 4 holes into the wall.

The dormitory's football team needs a coach/manager, if we intend to play in the next season. The person must accept in January - otherwise I will have to cancel or registration for the next season.

**Other**

The room would still be fully functional as ping-pong room.

**New members and alternates**

**Other**

**Immediately after the residents' meeting**

**Residents' council meeting agenda:**

c) Kældercaféen will get new drink menus next year (I)

**Next meeting**

**Moderator and language for the meeting**

Kasper Børger

**Any cancellations** must be submitted at [www.nybro.dk](http://www.nybro.dk) > Residents' Council > Cancel **at least one day before the meeting.**

**Voting members present**

**Approval of minutes from the last residents' council meeting**

We just wanted to announce our new drink menus which, besides exciting new drinks, will also include adjusted prices that are

# ”Haps Haps Haps, nu skal vi have SNAPS”

All that snaps (schnapps) may not be so bad after all! Here are some ideas to change the taste a little, so you can sing the snaps-song with pleasure, instead of the dreadful thought of ending the song with a shot of schnapps.

**A simple and general procedure for homemade schnapps is as follows:**

- 1 large, clean preservative jar with a patent lid.
- The ingredients are added
- A tasteless schnapps or vodka is now poured over the ingredients (yes, you read correctly. I was also surprised - maybe because I know very little about drinking, but vodka and schnapps have the same alcohol

- volume. A vodka is tasteless, but if you add taste - voila - it is now a schnapps).
- The schnapps is left to infuse for 1-21 days depending on the desired strength of the taste, which is an individual preference.
  - Then, it is poured through a coffee filter to remove any large particles.
  - Lastly, it is poured into a colored bottle with a patent lid.
- If you leave it to infuse at room temperature, the infusion will work quicker, and you will end up with a more bitter schnapps. If you infuse it at low temperature, the infusion will work slower, and produce a less bitter schnapps.



## Recipes for homemade schnapps

**Honey schnapps**

The honey is heated in a pot at very low heat. The schnapps is poured over the honey and the two are mixed. It takes longer than you might think when the heat is so low.

When the honey and schnapps have both become liquid, it is poured into a container. Even though the honey is dissolved in the schnapps, some sediment will still accrue in the bottom. This means you should turn the bottle once a day.

The longer it is allowed to lie, the better, but since the honey is already dissolved in the schnapps, the drink can easily be enjoyed after just a few days.

If you prefer a clear schnapps, you can filter the schnapps through a coffee filter.

**Schnapps with vanilla and licorice**

The schnapps is transferred from its bottle to an airtight container. The vanilla pod is cut down the center, allowing you to open it. You can even cut it into smaller pieces. This makes it easier to handle in the container. The licorice root is cut into smaller pieces, allowing for easier infusion.

The schnapps is set aside for 3 weeks - although 3 weeks is not set in stone, the

longer you wait the better it will become. The taste will be more clean.

The vanilla and licorice leave the schnapps with a murky look, so if you want a clear schnapps, you can filter it before serving. Served temperate, not cold.

**Organic, homemade Christmas schnapps**

The peel of two organic oranges, 50g organic cane sugar, 1 piece of organic cinnamon, 5 organic cloves, 2 organic vanilla pods, a handful of juniper berries, 1 bottle of clear Brøndum (or drop the organic ingredients and make up your own). Then proceed as follows:

Grate the oranges with a knife. Put the peels on a baking sheet and spread cane sugar over them. Bake them in the oven for an hour at 100 Celsius.

Cut the vanilla pods down the center and scrape the seeds off. Only the empty pods will be used. Add all of the ingredients to a large preservative jar, close the lid and shake well.

Put the infusion away in a dark place at room temperature and check on it **every day**, which includes tasting it. After the first day, you must decide whether to let the cloves remain in the infusion. If you can taste the cloves, you should remove them!

Continue your care for the infusion and after 3-8 days, the vanilla pods should be removed - possibly along with the cinnamon stick.

After 14 days, it should be done and the rest of the ingredients can be removed by sifting it. Lastly, filter it through a coffee filter and bottle it.

**Examples of ingredients to experiment with in your Christmas schnapps:**



# Tour de kitchen - sound fun?

Yep, you got it! Kitchen, not room! A variation of the wellknown tradition on most the hallways of the dormitory - TDC - the party where all of the participants are invited into each other's rooms throughout the night.

In an attempt to get to know each other better across hallways, four hallways decided to organize a Tour De Kitchen on October 31st. The participants were JK-even, PR-odd, ST-even and PR-even. Each hallway chose a representative to decide on a set of rules, and then the fun started. The rules were as follows:

- Each hallway must have a theme and an activity planned in their kitchen.
- Each hallway must open at least one kitchen and provide alcohol when their turn comes up.
- Each participant must pay DKK 50 to participate. The money was collected and divided between the kitchens, so they all had the same amount to spend on alcohol.

- A time plan was made so each kitchen was visited for about one hour. Then the party continued in KælderCaféen.

With these rules, the night began and we might as well say so now - it was a huge success!!

All told, around 50 people showed up at JK-even to start the party. JK-even had an animal theme. PR-odd were disguised as birds and PR-even had organized a children's birthday party. Last, but not least, ST-even were dressed up as Russians.

All the kitchens became settings for games throughout the night, and of course with as mixed teams as possible so we could all meet everybody. At ST-even, the roulette table was dusted off, and at PR-even, musical chairs was the game. JK-even took it up a notch. In one of their games, someone from the team had to dip their head in cream and act as a bull's eye while the rest of the team threw pop corn kernels to get as many as possible stuck to their face. The winner was PR-odd with owl-bowling. The part of the



owl being played by a frozen chicken, sliding down the hallway, knocking over beer on the way.

After such a great success, it only seems to be a matter of time before another party is planned. The question is whether more people can join in or if 50 should be considered a maximum.

We can only recommend other hallways to try the same! A fantastic, simple way of meeting more people at a party, and it does not even cost a lot of time or money to participate. If you are interested, and wind up with questions, do not hesitate to write to me.

**Jakob, R-52**

## Drinking game variants

### Race game!

Even though beer pong is a monster hit, it is not the only drinking game that can be played with cups and ping pong balls. If you have a stack of cups and two ping pong balls, then here is another game, I have enjoyed good times with! Race Game can be played by as many players as can be placed around a table. Everyone against everyone. 2 cups (each with one ball) circulates the table.

#### *Step 1:*

Place a bunch of cups (dependent on the number of players) in the middle of the table and pour a little alcohol in each. The more you pour, the harder the game. Pour a little extra into one of the cups - that one is for the loser.

#### *Step 2:*

Let the two sets of cups and balls start with two people standing as far away from each other as possible. The cups are usually placed on the table, leaving it up to each player to bounce the ball on to the table and into the cup. There is no limit to the number

of attempts each player can have. If the ball is bounced into the cup on the first try, the player can freely decide who to pass the cup to. If it is done on any other try, the cup is moved to the person on the player's left.

#### *Step 3:*

Whenever you are passed (if the person before you gets their ball in before you do so), you must empty one of the cups in the middle of the table. You can not continue bouncing until you have finished drinking. The empty cups are placed in a stack under the cup that is in play. That way, the stack becomes taller and taller.

It is possible to be passed several times while drinking. If you bounce the ball into one of the cups in the middle of the table, you must drink its contents.

### Battleshots!

Most people know the game from their childhood called Battleships - now with shots. You can quickly and easily make your own board in several ways. At JK-even they

made it from duct tape on the floor in the hallway (around the corner), while we at PR-even, made it from cardboard found outside the dormitory. Agree on the rules beforehand and make the ships out of shots. Every time a ship is hit, the team drinks the shot. Easy as that!

### Connected

This is a tough card game. A dealer is assigned, who does not necessarily participate in the game. The dealer deals the cards one at a time, face up. Every time a card is dealt, everyone checks to see if they are connected with them. You are 'connected' if you have the same value or suit (hearts, etc.). If you find a connection, then the connection must be checked for connections as well. Everyone who is connected must drink. The dealer assigns them with numbers starting at 1. Everyone who is connected start drinking on 1 and keep going until their number is called by the dealer.

**Jakob, R-52**

# Let us do something cool together!

Our dear dormitory has so many great opportunities and initiatives throughout the year. Cake festival, a bar, Nybro festival, a long list of clubs and canoes in our 'back yard', just to mention a few of the more prevalent. We have a rent system that allows each of us to pay DKK 30 to a common account every month., which can be used for making the dormitory a great place to live. Multiplied by 600 residents, that comes to an impressive DKK 18,000 per month!

At the latest residents' council meeting, the treasurer informed us that we had more than DKK 175,000 in our account. Money that we can use on whatever we want. But! Yes, there is a but! The money will only be used if someone takes the initiative to propose something. And proposals is one thing that we have not heard much of lately.

As a first step, I have tried to compile a list of cool or smart things we could spend our money on - that is, if someone takes the initiative to do something about it.

## Upgrade the kitchen equipment!

Just a few years ago, a hallway proposed that each of the kitchens received DKK 4,000 to upgrade their roof terrace or outdoor equipment. The proposal was approved.

Now, we might apply for e.g. DKK 3,000 for each kitchen to use on the indoor equipment. TV, tables, chairs, knives, or whatever is missing.

There are 36 kitchens at the dormitory, so that would come to DKK 108,000, leaving some money on the account.

The cash would not be handed out to each kitchen, rather the amount would be transferred against showing the receipt of purchase.

All it takes is an item on the agenda at the next residents' council meeting.

## Spring gathering:

We might organize a Nybro-day each spring to celebrate the coming of good weather. A short festival without loud music - more of



a come-and-join-in-day. A couple of pavillions could be erected by the canoes. Barbeques could be lit, and used for cooking personally brought meals or purchasing a hot dog for DKK 10. Canoe competitions could be organized. Teams are timed as they are sent off to pick up an item and paddle back. As a southern Jutlander, I have to propose tilting at the ring. Background music could easily be arranged to provide atmosphere without disturbing. Continue as you please! The expenses should be acceptable, and it would create a strong bond if people were convinced to join.

## Barbeque grates on the grass fields

Now, I do not know if this is possible, but the idea is to apply for funding to establish barbeque areas or an actual bon fire ring somewhere at the dormitory. This would make it more fun to gather outside in the summer, in our great surroundings! They might be placed in the middle of the grass areas between the buildings or out towards the lake.

## Renovate the bar and equipment

KælderCaféen is run as a non-profit organization. That means the bar does not have a lot of money, and even small repairs can be difficult to pay for. Since the bar opened 4 years ago, the prices have not been raised, which puts added pressure on

their economy. Why not use some of our money to renovate the bar? Give them some paint and a little money for new furniture - we all know they need it!

An investment in the bar will benefit a large part of the dormitory and give us an even more enjoyable, nice place to meet. Paint plus money for new (used) chairs and tables should not exceed DKK 20,000, which is far below the amount we have available, and less than several clubs have received during the past year.

## The athletics field

The famous athletics field has seemed to be a lost project for several years. To make a long story short, the board has set money aside if such a facility is wanted at the dormitory. The residents, however, have been asked to find the remaining funds, and despite several attempts, have not been able to do so. The money we have available will not be enough to pay for it, but setting further money aside may be a way to get closer to the goal.

I will gladly volunteer to get something together! So if you are onto a good idea, or if you have been hooked on something in this article, write to me at [jako1291@hotmail.com](mailto:jako1291@hotmail.com), and I will figure out if it is something I might help organize. Let us do it!

*Jakob, R52*

# Saving tips - bulk discounts

**You can save when the stores advertise a 'buy 3, pay for 2'-sale. But are you really saving money, or are they luring you to buy more?**

We all know the situation. An offer reading 'Now only DKK 25 for 2' or 'Buy 3, pay for 2'. The most important point to ask for us students is: Are we actually saving money on the crazy deals?

Well, according to the offer, we are saving money. But of course, we would have saved more money, if we had only bought one item once. When you in the local Netto buy 2 packages of beef for DKK 35, you reason that you will always be able to use both packages for something. But it can sometimes pay off to limit your shopping! Put your money in the piggy bank, transfer them to your savings account, stuff them in a pillow case or in your sock drawer - the bulk discount can make you buy more than you had planned.

But bulk discount can also be exactly what we needed. Here are a few bulk discounts that are active at the moment (possibly mostly for the guys at the dormitory).



#madpakken45 #skål

We can never get too much beer. The more, the better, and in Netto at the moment you can get 10 for (only) DKK 45. That is not the cheapest ever seen, but it is a nice little pack for a small-Thursday (Wednesday) night in the kitchen.

At Saxo.com, they offer a bulk discount on books! Maybe one of those offers, where they are trying to lure you to buy more than you need. Books made of cardboard are

## Billedbøger og Papbøger -60 % - Køb 3, betal for 2.

Spar -60 % på en lang række Billedbøger og papbøger - og tag 3 for 2's pris!

Sådan gør du:

Vælg 3 produkter nedenfor, du synes godt om. Så fratrækker vi rabatten, når du lægger dem i din indkøbskurv.

perhaps not their best seller, so if they can get rid of a few along with their picture books, then the guys at Saxo are probably happy.

## Frank Dandy - Boxershorts 3 for 2

Køb 3 par boxershorts fra Frank Dandy, betal kun for 2. Gælder modelerne nedenfor.

Rabatten fratrækkes automatisk, når 3 par lægges i kurven.

DETTE INDGÅR I FRANK DANDY - BOXERSHORTS 3 FOR 2



#Frækkeunderhylder  
#tøsernekanikkefånok

We can never get too many underpants, so this is one of the better offers. Get them at Stadium at a cheap price with the bulk discount.



#Mereguftiltøserne #Fleremusklertilmænd

This is just one of the bulk discounts available at bodystore.dk, where you can always find 'extra size package offers'. Take a look at the many products, that with the correct use can improve your workout.



#Merpopcorn #Biografmenu

At the movies, you can always find bulk discounts. I was recently in Bagsværd's movie theater (Bibliografen). Here, they sell soda for DKK 20 and a medium pop corn for DKK 30. They also have a pop corn menu which includes 2 sodas and a large pop corn for DKK 65. That makes it cheaper to buy a large pop corn menu than buying 2 individual sodas and a medium pop corn, which comes to DKK 70.



#DeterFonadether  
#Andenslagsmængderabat

In Fona, you can choose free delivery on any purchase over DKK 500. This kind of bulk discount is made specifically to make you buy more than you had planned. Of course, it is a good offer, if you were planning to buy expensive items anyway. It should also be noted that Elgiganten has free delivery on all items ordered online. Komplet.dk as well. So if you are only buying low price items, then alternatives exist.

#Sparpåmængderabat #skjulthashtagtema  
#trætafhashtags? #gåudogsparpenge  
#godjul

MikS05



Do you have comments, praise, critique or other information, you want included in the newsletter?

Send us an e-mail: [tidende@nybro.dk](mailto:tidende@nybro.dk)



# SPROGHJØRNET

Jul (DEN) Noël (FR) Navidad (ESP)

### Glædelig jul (DEN)

Felix Navidad (ESP)

Veselé Vánoce (CZE)

Crăciun fericit (ROM)

hyvää joulua (FIN)

### And, flæskesteg, brune kartofler (DEN)

ankka, porsaanpaisti, ruskea perunat (FIN)

Ente, Schweinebraten, Bratkartoffeln (GER)

pieczona kaczka, wieprzowina, brązowe ziemniaki (POL)

### Haps Haps Haps, nu ska vi have snaps?

Haps Haps Haps, haben wir jetzt die Druckknöpfe? (GER)

Haps Haps Haps, nå har vi snaps? (NO)

Haps Haps Haps, nu hebben we de kiekjes? (NLD)

## Film Review - Interstellar

A space odyssey of unmatched proportions is what you can expect when you watch the newest big production from Christopher Nolan.

Matthew McConaughey plays Cooper in this near future film, where he must save humanity from starving to death. The story is fantastic, and brings you on a space odyssey that you have not experienced in other films.

The film lasts 3 hours, which is typical of Christopher Nolan, as we know from Inception. The big question is: Is the film worth 3 hours? The short answer: Yes! The long answer: YES! BUT there are times where I personally wished the pace had been a little quicker.

While following Cooper in the company of Dr. Brand (The lovely Anne Hathaway), the science fiction begins as they must travel through a wormhole in order to explore



new planets. The point where the film loses its audience, is during the discussion about physics, relativity theory and space time. It might be very interesting for the nerdy

space geek, but not everyone will be enthused.

That being said, the film is thought provoking and captivating with its pretty special effects. The surroundings in outer space and on foreign planets is very lifelike, as if they actually went there to film on-site.

The best part about the film, is the intense moments that ensue in the many dangerous situations they experience. Your heart jumps up in your throat, simply because you are drawn so far into the story from the beginning that the viewer is practically a part of the story.

The film ends in too abstract a manner, but despite that, everything comes together and I love it when a film does that. Since I am a little geeky on space stuff myself, I give the film 5 out of 5 stars.

