

NybroTidende

Volume 42 No. 8



Culture Festival

See page 4



Good kitchen hygiene

See page 8



Morten's evening. Recipe.

See page 10



CAKEFESTIVAL NOVEMBER 1st at ST

If you've missed it, then know that there is Cake Festival November 1st.

This year the cake festival is held in ST's alternative kitchen located between the PR kitchens and ST.

The rules for participation is that you bring a homemade cake. You may bake a cake with friends who do not live at the dorm as long as the amount of cake corresponds to the amount par-

ticipating.

There are three price awarding categories. The tastiest, the most creative and the most beautiful.

Participation is only for those bringing cake. The organizers are looking forward to seeing you and your cakes on the 1st of November at 2pm

Residents' council news

If people are interested in making some shelves and getting salary, join the next meeting where there will be more information.

Lars Kaj; Bicycle Workshop has applied for money to fix the ceiling, it can be done like the halls. It will cost DKK 25,000 +

VAT, excl. Lamps.

The exercise club has requested for a hole in the wall like they have in the Kælders- café 14,000 + VAT.

Investigation shows that fire related security measures have been up to standards. Contingency plan will be looked at in cooperation with

professionals.

It is proposed that all doors at ground level should be equipped with magnetically activated locks.

Residents' council meeting

Wednesday, November 2nd at 7pm in the GH-basement

The Personal Page

The Board

Jakob, S06 (chairman)
 Rasmus, S21(deputy-chairman)
 Mathilds, O57 (alternate)

Administration

Treasurer
 Jakob Jensen, S06

Secretary
 Lea Madsen, H50
 sekretær.nybrogaard@gmail.com

Accountants

NybroTidende
 Jakob Jensen, S06
 Emma Broberg, S24
 Patrick Aagaard, M63
 Louise Olsen P20
 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
 Jakob, S06
 antennegruppen@nybro.dk

Environmental Group
 Troels, O07
 miljo@nybro.dk

Apartments:

C, D and G: Kasper, C02

H and L:

M, O and S: Troels, O07

Clubs

Music practice room
 Astrid M42

Gardening club
 Miia, H06

Brewers club
 Troels, L28

Exercise room
 Ole, L14
 Mathilde, O57

Cinema club
 Antonio S28

FC Nybro
 Claes Scherwin, O52

FC Nybro Chicks
 Malea Madsen, S06

Service

Table tennis/hockey
 CD-basement

Bicycle workshop
 LM-basement

Folding chairs
 Atle, S03

Trailer
 Lars Kaj (insp.)

Draught beer system

KælderCaféen

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

Chairman: Jakob Rahr Bork Jensen, S06
Deputy chairman: Jacob Riis, G02
Treasurer: Henrik Stigsberg Pedersen, A32
Secretary: Chelina Kristensen, G02
Residents' Council Rep.: Ea Nielsen, D63
Alternate: Anine Wesseltoft Hansen, C02

Local facilities

Inspector **Laundromat**

Lars Kaj Opening hours: 8:00-19:00
 varmestemester@nybro.dk

Phone: 45 87 04 73 **Convenience store and Pizzeria**

Office hours Phone: 51 14 12 19

Monday: 16:00-18:00 Weekdays: 15:00-21:00

Tuesday-Friday: 07:30-09:00 Sat-Sun: 13:00-21:00

First weekday of month: 17:00-18:00 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 > Switch to English > For Residents > Resident Council > "Add item to the agenda".

Selection in the KælderCafé

The KælderCafé doesn't just consist of our diligent bartenders and board. Behind the celebrations and Friday openings are a number of committees, which ensure that we will have some cool evenings, and that the bar functions. If you are interested in finding out what the various committees are actually doing, we provide a brief introduction.

Theme Party Committee

The Theme Party Committee ensures that you get a hell of a party when the KælderCafé invites you to the amazing theme parties. The tea party committee is, among other things help to find the fun and festive themes, dress up and make stunning posters. If there is someone out there that has an absolutely brilliant idea for a theme party, but who doesn't want to be with the committee then don't worry! The Theme Party Committee is always open to suggestions for future celebrations. All you have to do is

contact the committee and tell them of your thoughts.

Contact them on: kc_temafest@nybro.dk

Public Relations Committee

The PR Committee is responsible for all advertising of the KælderCafé including various competitions and giveaways. Be sure to keep yourself updated for when they come up with new initiatives. If a party is one of these new initiatives, it will either be on the KælderCafé Facebook page or Facebook events. If you have skills in PR, or have an exciting idea you want to share with the committee, you can contact them at: kc_pr@nybro.dk.

Human Resources Committee

The HR Committee is a committee set up to keep track of bartenders and communicate with the Board and the bartenders. There are a lot of tasks in the Human Resources Committee, and it requires a little overview. On the other hand, there is ample oppor-

tunity to talk with the whole bartender group and the Board. Among the many tasks in the HR committee, some include coordinating dates, rentals and theme parties, making sure that there are enough available bartenders, Post on Facebook about whether the bar is open or not and to respond to candidates who want to be bartenders and sign the new bartenders into the system. HR can be contacted at: kc_hr@nybro.dk

In addition there is also a number of committees in charge of the practical things like the bar, media and shopping.

The work of the committees is voluntary, but you are guaranteed some great experiences and getting to know new people. When you are active in a committee, you also get the chance to come up with some fantastic parties, exclusive to those who work for the dormitory.

#Louise P-20

F.C. Nybro's season has ended

The year 2015 is slowly coming to an end and now, less than 2 months before Christmas Eve, it also means the end of this year's season's Dormitory Football Tournament in and around Copenhagen. The dorm's men's team played the season's final game Sunday, October 25 when it became a deserved 3-1 victory over Hjortespring Dormitory.

The season has been a mixed one. While some of the opposition is still no match, it's certain that Nybrogård ends the season on either 5th or 6th place out of 8 possible. Should POP win their last game, then they're taking 5th place right under the noses of Nybrogård, which will hurt, especially when POP for just a few weeks ago reclaimed the right to Bagsværd Møllesti.

The season has offered 5 wins, 1 draw and 8 defeats, a statistic that says a lot about this year, and yet not. While many might look at the number of victories and defeats, it is actually the number of draws that really talks about the football has been played. The risks taken has been great, and though we've wanted to score more goals than our opponents in every game, it has backfired in

several cases. What is left unsaid is that the team, in some parts of the season, have lacked a real keeper, and that there have been very large fluctuations in the level of both the season and in the individual matches.

Despite its position as 5th in the series, Nybrogård's men's team managed to score second-most goals in the league, only beaten by one, and with a clear margin to number three. 42 goals has been scored in 14 games, making it an average of three goals per match. Not bad at all.

Nybrogård's men are, unfortunately, also the team which has been scored on the second most, specifically 51 times. It is enough to say that there is ample room for improvement.

Overall, the season, in terms of results, has been a great success. After the team was almost split into atoms ahead of the season, there has still been excellent camaraderie on the team this year, especially compared to the past. We hope to continue in this course next season, and that we can in-

crease the number of regular players significantly. Whether this will be possible, only time will tell.

See you next season!

#Jakob S-06

Position	Team	Points
1	Bergsøe	28
2	Morbærhaven	26
3	Studentergården	22
4	De Gamle Kollegier	22
5	Nybrogård	16
6	P.O. Pedersen	14
7	Hjortespring	12
8	Kagså FC	10

In cooperation with the City Library, the Integration Council in Lyngby-Taarbæk is, for the fifth consecutive year, having a cultural festival for the whole family with both cultural and culinary masterpieces from around the world.

City Library, Lyngby Hovedgade 28, 2800 Kgs Lyngby.

November 14th, 2015, from 10am to 3pm.

Free

The purpose of the culture festival is to raise awareness of the different cultures that exist in Lyngby-Taarbæk and provide different nationalities the opportunity to learn each other and each other's cultures.

The theme of this year's festival is "Crossing the borders" and the program is composed in such a way that it crosses borders in several areas. Storyteller Laura Wrang tells personal and moving stories of people who have crossed borders both physically as refugees but also culturally as citizens in a new and strange country. In addition, the day offers song, music, dance and food from different parts of the world and you can even experience a real Chinese tea ceremony.

This year's theme is focused on the crossing of borders in several areas which provide a greater understanding between people from different cultures and countries.



Fact box

Integration Council of Lyngby-Taarbæk

The Integration Council aims to contribute to the municipal integration efforts by ensuring that they are effective, coherent and appropriate for promoting ethnic equality.

Program 2015

10:00 am Opening by the Chairman of the Culture and Leisure committee

10:15 am Traditional dance from Azerbaijan

10:45 am Crossing

- Storyteller Laura Wrang tells personal stories about crossing borders and culture

- Guitarist Alireza Sultani plays Afghan folk music

12:00 am food from all over the world

12:45 Folk songs from the Balkans. Radmila Rajic soprano, Adam Ørvad accordion

1:20 pm Bornholm Theatre will show Border Syndrome

2:25 pm Festival ending with traditional Chinese music and tea ceremony.

The theme of last year's cultural festival was 'the world's word - the word's world', and more than 1700 citizens of many different nationalities attended the festival days at the library. In 2013, the audience had the pleasure of 30 Cameroonian singers and dancers wearing colourful clothing, Chinese ballet, Taekwondo Show, and even the opportunity to get a henna tattoo. You could of course explore all sorts of national cuisine.



The Cameroonian singers and dancers in their traditional colourful clothing of the Cultural Festival 2013.

Another picture from 2013's festival, which was a huge success. This is a detail of an ethnic fashion show with beautiful dresses and saris.

This year's festival certainly also features a wide range of amazing experiences which would be a shame to miss. Attend at the City Library on Saturday. Nov. 14th and broaden your cultural knowledge!

#Louise P-20

Know your municipality, Gladsaxe

We are probably many who have been a little confused by the fact that we live in the postal code 2800 Kgs. Lyngby, but suddenly have to vote in the municipality of Gladsaxe? But the fact is that we live in Gladsaxe municipality, so why not learn our own municipality a little better?

Gladsaxe municipality covers an area of 2,500 hectares. On January 1st, 2015, there were 67,347 inhabitants. The municipality is the 20th largest in the country out of a total of 98 municipalities. Gladsaxe municipality consists of Bagsværd, Buddinge, Mørkhøj, Søborg and, of course, Gladsaxe.

Swallow Route

(nature-, culture- and adventure route).

Gladsaxe also has a swallow route. A 28-kilometer bicycle route marked with white swallows. The trip by bike will allow you to see 44 points of interest such as parks, natu-



ral areas, ancient monuments, buildings, art and much more.

The Bibliograf

The Bibliograf is a cinema and a library under one roof. It is located on Bagsværd Hovedvej 116, 2880

"Tip Gladsaxe"

Did you know that you can send a tip to Gladsaxe municipality on your mobile if you are annoyed by a hole in the asphalt? Gladsaxe municipality's solution on how we, as residents of the municipality, can easily notify of mistakes and defects. It's easy to use the app "Tip Gladsaxe". When you send your tips, you won't get a response, but you can see it on a map on your phone when your tip is registered.

The municipality would always like to have a picture when you send a tip. Tips may be about the following: Filled bins in parks, garbage in parks, street lighting, defective / incorrect signage, coating defects on roads,

coating defects on pavements, hogweed and other relevant items.

Your mayor is: Karin Søjberg Holst (A)



Karin has been the mayor of the municipality since 2002. She is from the Social Democrats (A). She was elected to the municipal council in 1978. She is a trained librarian. She has birthday on February 1st and is Aquarius as zodiac. A little investigation gives us the basis for concluding that Karin is fond of flowers, stumps and sea views and that she likes to write and receive Christmas cards. She received Yahya Hassan's poetry collection for Christmas, 2013, by her cousin, a gift she was very happy to receive.

#Em S-22

Sex and society

Power struggle: In many marriages and relationships between man and woman, there is a constant power struggle - a constant battle for supremacy. In our patriarchal relationship, it is more likely that the man is the one who wins every time than it is that it is the woman who is dominant.

Male Brothels: brothels where women can buy themselves a man are much, much rarer than the ordinary brothels; but there are known examples of male brothels. (see also Gigolo).

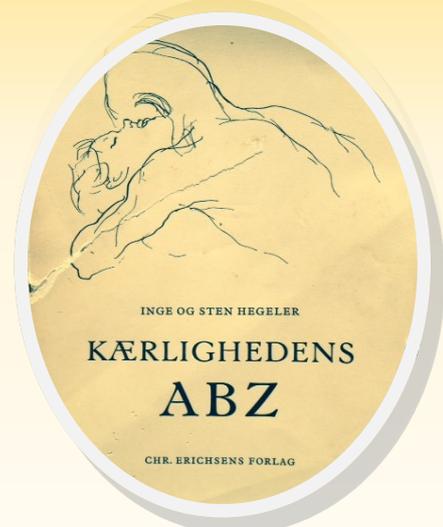
Male wedding: There are cultures where marriage between two men (or two women) have been completely legal and valid. Greeks, Romans and Indians have had such arrangements.

masochism; Masochist: Is a speciality in sex life. Whoever gets extra sexually aroused by being tortured or humiliated, is called a masochist. But let us not forget that we all know a bit of the feeling of masochism as sadism and the other -isms that we call perversions. All these things are perfectly normal in the sex life. The danger is uniformness, because it suggests crippled minds.

Menarche: The first period of the young girl. It occurs at the age of about 13-14, but can occur earlier and later.

Man: It's not always easy being a human being in this world of -is -mer and -ions. If we let the toilet door open, we are suspected of exhibitionism, and if we lock the door, you think we suffer from castration anxiety. Let us hold on to what we call a normal sex life which has a broad scope. It is uniformness and not the diversity that should make us uncomfortable.

Menstrual Schedule: If you would like to have children, or very reluctant to have children, it may be convenient for the woman to keep accounts with her period.



Excerpt from KÆRLIGHEDENS ABZ

9th edition, August 1965

Printed in Danish in
40,160 copi-es.

Residents' council meeting

March 8th 2015

Present: Johannes K-46, Jakob S-06, FrederimH-49, Rene M-43, Elias R-65, Nadia G-04, Thomas E-23, Rasmus S-21, John, Lars Kaj, Kasper K-02, Ea D-63, Mathilde O-57, Frederik N-29, Troels L-28, Tobias J-21.

Agenda:

1. Moderator and language for the meeting
Thomas, Danish.
2. Voting members
9, insufficient for voting.
Items will be reviewed, but voting will take place at the next meeting.
3. Approval of minutes from last residents' meeting
Approved
4. Approval of agenda
Approved
5. Economy
Network account: DKK 297.732,67
NYK account: DKK 118.577,62

Announcements

Lars Kaj; Bicycle Workshop has applied for money to fix the ceiling, it can be made like the halls. It will cost DKK 25,000 + VAT, excl. Lamps.

The Exercise Club has applied to have cut a hole in the wall like they have in the KælderCafé 14,000 + VAT.

All residents of ST have been allowed to move back in but the kitchens are not finished yet, they will be finished around January 2016.

The trailers will be moved in the near future.

Tobias joined the meeting

7. Review of last board meeting or agenda.

The municipality is complaining about the budget of the dormitory due to an earlier deficit.

The board wants a loan from the municipality, about DKK 25 million, but this could not be done, but you can apply for some money through the municipality.

Fire; Investigation shows that fire related security measures have been up to standards. Contingency plan will be looked at in cooperation with professionals.

Fire information will also be available in the kitchens in the form of meetings. Fire alarms must be examined whether they are as they should be.

Fire protection in the hallway, kitchen doors should be changed ABDL security, magnetic scanner. If there is fire, the doors close automatically to avoid smoke and second under fire.

The Complaints committee will talk with KAB so that there are proper guidelines. Looked at study checking, KAB has lost four people from the system, has been fixed.

Subletting rooms; the rules are complied with, more focus on it if they sublet illegally. Talk to KAB about guidelines if people violate this.

Kitchen Economy should be discussed at the December meeting.

8. Inward Correspondence
The Bee Club is changing their chairman
-V. Ask Nansen, M47

Ida C18 is resigning as chairman and we will find a new co-chairman. Ask M47 continues as chairman.

Elias steps in as president instead of Ida C-18th

Securing external doors (D) (A)

-V. Rasmus Lau

In spring, the residents' council decided that it would not lock the outer doors, which the independent insurance review (made before the fire) otherwise recom-

mended.

The Board wishes that the issue be reviewed in a modified form:

It is proposed that all doors at ground level are equipped with magnet-actuated locking (as kitchens of EF-odd and the new ST-kitchens) either always activated (ie locked), or only locked in the period, e.g. 10pm - 7am.

All kitchens need to be equipped with the system at some point.

The advantage of the system when it comes to keys, is that the lost magnets can be blocked so that residents who have moved out are not going to have access, as was the case with the arsonist. Ea: shared attitudes, nobody bothered to have it during the day. Divided on during the night

Mathilde: Smart system, the person who has lost his key must have disabled his card

Tobias: There are too many people who have access to the inner dormitory. Great that the safety is on the exterior. Security if you let your own door open when going out of the kitchen.

Frederik: If you have to have it in the kitchens, one might as well have it on the outside doors.

Jacob can see an idea in having it locked during the night, but not during the day.

One should also think about the economics of it. Problem with mail etc. Key bearer if you forget your magnet you can not enter.

Rasmus: there will be costs included in the next meeting.

Thomas; POP dormitory has the lock on the outside doors at night.

9. New members and alternates
Tobias J-21 is assigned as residents' council representative for JK-odd
Mathilde O-57 resigns as representative and, Frederik N-29 is the new representative.

Continuation of summary

10. Other

Rasmus: regarding the dormitory Facebook page it will be great if people delete posts when items are sold.

Thomas; There will be information about the Christmas party at the next meeting.

Date will be elected by Thomas after New Year. All who have been active during the year can get to the Christmas party.

Troels is the new president of the Brewers

Club, only active in brewing club therefore he was elected. Would like a new boiler, but this is only noted.

Rasmus; regarding. new shelves, if people are interested in making some shelves and in getting some salary, more information about it will be at the next meeting.

Frederik: waste management trash was not emptied very often, quickly filled.

Lars Kaj: find another to use for now, but

there is talk with the municipality to empty it more often.

10. Next meeting

The next meeting will take place Wednesday, November 2nd 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

Indkaldelse til Beboerrådsmøde 2. Nov.

Agenda for residents council meeting, September 1st 2015

1. Moderator and language for the meeting
2. Count voting members
3. Approval of minutes from last resident' council meeting
4. Approval of agenda
5. Economy
6. Announcements
7. Board meeting
8. Inward correspondence

Kældercafé accounting Q3 (O)

-V. Henrik Pedersen, A-32

A short presentation of the Kældercafé's accounts

See attached

Cleaning up the bike shop (A)

-V. Kristoffer, L-10

Will apply for money to buy pizza for Cleaning Day in the bike shop

New locks on the outer doors?(O)(A)

-V. Rasmus Lau, Board of Directors

The board has decided that new kitchen doors with automatic closing in case of fire, are needed. This solution has been decided to include magnet locks (\ "Salto" -system) as in EF-odd kitchens. The total price is approx. 730.000 DKK, includes magnets for all residents and will probably be financed with a 30-year loan (alternatively a raise in rent of 38 DKK/room/month for 3 years). The board also decided that the residents' council should vote again for whether to

use this occasion to get the same locks on all outer doors (in terrain level). The price for this, in an additional 122.650 DKK, which can be financed together with the above (a total of approx. 852.500 DKK or 44,20 DKK/room/month for 3 years).

Film club's chairman has moved

Nikolaj Folander Smit, C-22

A new chairman is elected. All interested parties can participate in a resident Council meeting, where it will be possible to hear more about the position

9. New members and alternates

Additional points:

Compensation for the residents' representatives in the board of the dorm

Brief Summary:

The three residents' representatives on the board (Jakob and I, chairman and vice-chairman & Ea, alternate) are finding it difficult to allocate sufficient time to all the tasks of the board (budgeting, dispensations, meeting, e-mails, and other tasks like new kitchen payment system). Especially we want to work through and update manuals, contracts, procedures etc. of the dorm and improve communication with KAB. We propose to give remuneration on a hourly basis (same rate and terms as the secretaries, the complaint committee and the Net group) for the work performed. We will then be able to plan biweekly meetings (thus improving answering time on dispensations), review contracts for e.g. subleasing and internet and other big tasks, which are currently given a lower priority.

Actions for the Net group's printer

Brief Summary::

The Netgroup had a printer project (mainly done by a now former resident) where all residents should have been able to print and get debited in a nice way. This will unfortunately never get to work as intended. We propose that the printer - currently used by NybroTidende and with an estimated resell value of 9.000-22.000 DKK - in the future shall be used in one of four ways:

- Remain as a printer solely for NybroTidende
- Be available to NybroTidende and all clubs (mainly the chairmen)
- Be available to all residents in a designated "printer club" with a monthly payment (for around 20-100 DKK/month depending on how much the resident's association (or the monthly payment to the Net group) should support it)
- Try to get sold

A colour print costs a maximum of 0,18 DKK/page all incl. New supplies are currently paid from the Net group's account (as with the printer in the Secretariat).

9. Other

Date for next meeting

10. Next meeting

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

Good Kitchen Hygiene

Good hand hygiene is important! Do not cut the chicken and tomatoes on the same cutting board ... Many of these rules and standards for how to handle food in a kitchen we know, but do we know them all? And what about all of our foreign students? Do they know about the Danish hygiene rules and recommendations? This article will make you smarter on good hygiene in the kitchen.

10,000 living away from their parents fall ill

It is estimated that approximately 10,000 young people living away from their parents get sick every year due to poor hygiene. Disease cases are seen due to Campylobacter and Salmonella need quite small doses to make one sick. Most infections are generally caused by poor hand hygiene. Approximately 80% of infections are directly or indirectly transferred via your hands, remember to wash hands before preparing food, between handling different foods and each time you have left the kitchen and come back.

Should the eggs be refrigerated or in the living room?

The Food Laboratory who daily ensure food quality, had an experiment where they stored two batches of eggs for 2 weeks. One portion at room temperature and the other in a refrigerator. Both batches of eggs were tested on a regular basis. The final results showed that there was absolutely no difference between the two batches of eggs. Both remained bacteria free. So we can note that it does not matter, but if you do not want Danish friends wrinkling their noses, put them in the fridge!

Wash or rinse your chicken before you cook it?

The habit you should discard. A study shows that the infectious campylobacter bacteria are easily spread throughout the kitchen if you rinse the chicken before cooking it. Therefore, health experts warn against rinsing the chicken before cooking. Risk of food poisoning is increased by rinsing.

Cutting boards

Raw meat and fish should be cut on a plastic board. Plastic is not porous and therefore prefer not to wet themselves. Therefore, it is easy to clean, and it can be put directly in the dishwasher. A wooden board on the other hand holds on to the liquid, and it may be difficult to clean after use. Therefore, it is also a potential bacterial bomb. It is to be okay to cut chicken and beef on the same board, provided that it be heat-treated afterwards. However, one should not cut raw fish on the same board.

The best cutting boards are the ones that can get in the dishwasher, if you have a dishwasher, mind you! Do you not have a dishwasher, the boards should be washed thoroughly after use and cutting boards of wood must be completely dry before you put them away.

How to thaw food

Meat and other foods dry up slightly faster in hot water than in cold. Yet it is a bad idea to thaw food in warm water, because the dormant bacteria on the surface of the food buck up tremendously when the temperature reaches 20-30° C. This applies both to the general putrefaction bacteria that are always present, and the more rare bacteria that can cause disease. Namely, the bacteria can multiply both in the meat's surface and the water that is located in the package. In other words, thawing food in warm water is poor hygiene. If you want to thaw food in water, it is advisable to use cold running water. But it is obviously a poor environmental solution. It is best to let the meat thaw in the refrigerator or in a microwave.

In the microwave, the thawing process takes just a few minutes because the entire meat thaw at once and not from the surface towards the centre. It is extremely important that you collect juices on thawing because there may be bacteria.

Quick cooling of hot food

Food should be cooled down to 10 degrees within three hours after it is made, and then must be stored at five degrees. To cool the food down quickly before placing it in the refrigerator, you can put the bowl of the food in a cold water bath, if necessary, with ice cubes. If it's a larger portion, you can either split the food into several bowls or stir it regularly to cool it faster.

The Bacteria

Campylobacter

Campylobacter typically infect from poultry, beef and pork and unpasteurized milk. The bacteria is widespread in nature and common in the gut of many animals. Therefore, one can not completely avoid the bacteria, and it is essential that you handle raw meat properly. Campylobacter is different from other bacteria by the fact that only few bacteria are needed to cause an infection. In the kitchen, the infection is often caused by so-called cross-contamination from one food item to another, for example if the lettuce is cut out at the same chopping boards and with a knife which has been used to cut a raw chicken. High heat kills the campylobacter bacteria. Wash your hands, especially when you have touched raw meat, and use clean cloths and towels.

Symptoms: Abdominal pain, diarrhea, nausea and high fever. you can get the symptoms 2-10 days after you have eaten food with the bacteria. The bacteria can, in rare cases, lead to inflammation of the joints and nerves.

Salmonella

Salmonella bacteria typically infect through meat, poultry, eggs, dried milk products and vegetables. The bacteria found in the faeces of animals and humans, which aren't sick themselves, and cross-contaminated. Salmonella is killed at 75 degrees C, and they usually do not proliferate at refrigerator temperature. Symptoms: Diarrhea, abdominal pain, fever, headache, nausea and vomiting. In severe cases, blood poisoning, at worst, life-threatening.

The two different date labels

A food must be labelled with either "use by" or "best before". There is a difference between the two date markings!

"Use by" date mean: You can become seriously ill from eating the product if the date has passed.

"Best before" means: the date is an indicative date stamp, and if the item smells and tastes fine, it can be easily eaten.

Please note that the date for both "use" and "best before" is valid as long as the food is unopened and stored properly. After opening, the food's shelf life is reduced and it then depends on how it is stored

#Em S-22

Suggestions on good kitchen hygiene

- Change dish cloths, dish towels and tea towels every day.
- A cloth is for wiping surfaces. A tea towel is to dry clean tools and hands during cooking and a towel is to dry clean hands.
- Buy cloths and tea towels in different colours for different tasks, for example, one colour to dry the dishes, one colour to dry hands while cooking.
- Buy chopping boards of plastic to cut meat, and in different colours to distinguish cut-

ting meat and vegetables.

- Keep kitchen alcohol in the kitchen. It's worth the investment. Many go back and forth to their rooms or sit on the sofas when they cook. Makes it a habit to regularly wash hands, specially in periods where there are infections about. Wash hands properly.
- Heat food thoroughly.
- Cool food quickly.
- Remove old food from the refrigerator.
- Move the frozen meat in the morning and

thaw it in a deep dish in your refrigerator.

Incorporate these guidelines and rules into your kitchen. Get rid of getting sick and do it to show mutual respect for your kitchen comrades who may find it easier to become infected.

"Hygiene is something we give to each other"

#Em S-22

Traditions in place

Halloween, October 31st

Several hundred years ago, it was also a tradition to share goodies on the last day of October as it is today. But in the old days you shared fruits and nuts because they believed that the dead would come back on this day and therefore should have food.



Halloween is really a transitional celebration between summer and winter. A welcome for the winter and a farewell to summer. The name, Halloween has occurred because it is the evening before allehelgensdag, All Hallows Day. All Hallows day is, besides costumes, candy and horror, a memorial for deceased relatives and friends, and often marked with lights, flowers and consideration of the country's cemeteries.

The modern trick and treat Halloween came forward about 150 years ago in the US, but the tradition is believed to have its origins back to the mid-1800s. In the US, Halloween is the second biggest tradition, only surpassed by Christmas.

The eerie costumes arose because Halloween has always been characterized by carnivals, from which we have the use of costumes. Costumes related to death, like zom-

bies, skeletons, murdered bride, demon masks and the like.

The tradition of carving pumpkins comes from the pumpkin symbolizing fertility and rebirth and because they generally works well as lanterns.

Morten's Evening, 10 November

Many Danes celebrate gobble eating goose or duck. It happens the night before Morten's Day on 11 November.

The Morten that we celebrate lived in the 300s in the Roman Empire. He volunteered when he was 15 years old for the Roman army where he got a reputation for having a warm heart for the poor, being able to heal the sick and raise the dead. He was known as a holy man. At 20, he became a monk and, again, gained good reputation, despite this, he did not want to become a bishop. When the townspeople came to appoint him bishop, he hid in a goose sty. The geese did not like the visit and began screeching, thereby revealing Morten, who was forced to become a bishop.



As revenge, Morten made it so that all households, once a year, would slaughter at least one goose and eat it on the day when Morten was revealed. Morten then got his revenge on the voluble geese.

Thanksgiving, the 4th Thursday of November, November 24th

Best known as a big turkey at the dinner table. The first celebrations of the tradition was by American settlers who thanked God for a good harvest. Sarah Hall is a person connected to the Thanksgiving tradition. Sarah was a poor widow and had to support five children by writing. In 1827 she joined a women's magazine and wrote for the magazine for the next 50 years. Over the many years she used the magazine to promote social affairs including Thanksgiving. In 1867, President Abraham Lincoln acclaimed and declared Thanksgiving a national holiday.

The reason why Sarah Hall chose a Thursday for the celebration of Thanksgiving, was that the women in that way have time to prepare the Thanksgiving meal, while having enough time to prepare the traditional Sunday dinner.

With time, Thanksgiving has become a commercial tradition which, besides fashion tips, food tips and decorations, also include American football.

Black Friday, November 25th

Black Friday is so pervasive an event in the United States that it can be felt on the stock exchange. It aims to provide more deals on the Friday after Thanksgiving, this year it will be November 25th. The trend has come to Denmark, but deals, however, do not match Black Friday in the United States where prices are very low. However, you will find shops and chains that have joined the Black Friday trend, so stay tuned during November!

#Em S-22

NybroTidende's food column:

Seasonal foods

Special edition: Morten's evening



On 10 November it'll be Morten's Evening and it must of course be celebrated with duck and everything. Here at NybroTidende we've found some different recipes to suit all needs. Here are recipes for those who go for the traditional version, those who want to spend a little extra time and love, those who don't want a huge dinner, those who would like to keep it somewhat affordable, and those who want to try out a new and unconventional duck dish.

Traditional duck

Ingredients:

- 1 duck (about 3 kg.)
- 12 (pitted) prunes
- 3 large apples (most recipes recommend Belle de Boskoop or cooking apples)
- salt
- pepper

Set the oven at 250 degrees C. plain. oven. Rub the duck inside and out with salt and pepper. Remove the core from the apples, cut into wedges. Stuff the duck with apple wedges, and prunes. Close the hole with trussing needles, or sew it together with undyed cotton yarn.

Place a wire rack on top of a baking pan and place the duck on it. Let it brown for about 20 minutes breast-side facing down at 250 degrees C, conventional oven. Turn it over and set the temperature to 160 degrees C, conventional oven.

Pour 3-4 dl. water in the roasting pan, but only when the temperature drops, so it does not evaporate immediately. If the water seems to disappear from the roasting pan, add a bit more water so it does not fry dry. There should always be water in the roasting pan, otherwise the fat that melts from the duck will burn. A large, filled duck should fry for a few hours, if it should be well done.

This is indicated by the legs loosening easily, or when a poke with a carving fork provides clear juice. Some Recipes recommend to roast the duck for 35-40 per minute per kg.

For traditional duck, classic accessories such as red cabbage, caramelised potatoes and / or boiled potatoes fit perfectly.

Completely traditional: goose

You would traditionally eat one goose for St. Morten's evening, but this was replaced by duck as its size was better suited to an ordinary family. If you do feel the need to cook goose (and thus cook for half of the dormitory), you can follow these steps:

The cleaned goose is sprinkled inside with salt, pepper and a little sugar, and filled with apple wedges, and prunes. The goose's exterior is rubbed with a little salt, put his back up on the greased oven grid of the roasting pan, and place it in a cold oven. The oven set to 160 degrees C, conventional oven. Pour 1.5 litres of boiling water into the baking pan.

Turn the goose after 1 hour. After 5.0-5.5 hours, the water and fat is removed from the roasting pan. The oven is set to 250 degrees C. Conventional oven, and goose is browned.

Braised duck

For braised duck, you must use exactly the same ingredients as traditionally cooked duck. Only the cooking-form is different.

Clean the duck and rub it with salt and pepper before filling it with apple wedges, and prunes.

The apples and prunes should have been soaking in water for several hours. Close the hole in the same manner as with the conventional duck. Place duck breast facing down in a roasting pan with a rack and place it in a 130 ° C oven (110 degrees C fanned oven). Pour water into the roasting pan and let it cook for four hours before turning it and fry another half to two hours. Total time must be about 6 hours.

To make the skin extra crispy you can give more heat or grill the last few minutes.

Make sauce of aspic from the roasting pan (remember to sieve the aspic and foam for fat) and serve with roasted potatoes / white potatoes, red cabbage and cucumber salad.

Duck breast with unconventional accessories (for 4 persons)

- 2 duck breasts of approximately 300 g
- butter
- salt
- pepper

Duck breasts are browned on the pan in a little butter and continue to cook 6-7 minutes on each side, or 15 minutes in the oven at 200 degrees C, conventional oven. Duck breast is removed from the pan and relaxes for 5-10 minutes.

Serve duck breast with the crisp beetroot / apple salad with black currant dressing from the food column released in NybroTidende, September edition this year.

#Louise P-20



KÆLDERCAFÉEN



HALLOWEEN

SATURDAY

7/11

FROM 21.00 TO 05.00

DRESS UP
GET IN DISGUISE

PRICES FOR THE 3 BEST COSTUMES



SPROGHJØRNET

DK, ESP, POL, EASY, EASY, EASY

DK: Hej, POL: Hello, ESP: Hola

DK: Godmorgen, POL: Dzień dobry

ESP: Buenos días

DK: Hvordan går det? , POL: jak się masz?

ESP: cómo estás?

DK: Det går godt, POL: To idzie dobrze

ESP: Va bien

DK: Tak, POL: Dzięki, ESP: Gracias

DK: Jeg ønsker dig en god dag

POL: Życzę miłego dnia

ESP: Les deseo un buen día

DK: Sov godt, POL: Śpij dobrze, ESP dormir bien

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

Send us an e-mail: tidende@nybro.dk

The perfect films for horrer nights

Following Halloween d. October 31, you are just in the mood for something sinister. And what is better at creating sinister than an evening filled with horror movies - a real horror evening. Here at NybroTidende we looked at the best horror movies of all time, and we give you a bid for the perfect horror movie to horror evening.

Horror is relative, and have a lot of subgenres. At the same time it is a genre that is very opinionated, and there are infinitely many suggestions to which is the very best films of the genre.

If we summarize the various bids, a number of horror films stuck out:

The Descent (2005)

An expedition goes horribly wrong when a number of explorers become trapped in a cave, and end up being pursued by a strange

breed of predators.

The exorcist (1973)

When a teenage girl becomes obsessed with a mysterious existence, her mother seeks the help of a Catholic priest who has experience with exorcisms, hoping to save her daughter.

The shining (1980)

A family goes to a secluded hotel to stay there over the winter. The family, however, experience an evil and spiritual presence affecting the father into becoming more and more violent. At the same time, his son has horrific forebodings from the past and of the future.

The Orphanage (2007)

A woman brings her family back to her childhood home, which used to be an orphanage for disabled children. Before long, her son starts to communicate with an in-

visible new friend.

A Nightmare on Elm Street (1984)

Several people are chased by a cruel serial killer who kills his victims in their dreams. As the survivors try to find the reason for the selection of victims, the killer misses no chances to kill them as soon as they fall asleep.

The Ring (2002)

A journalist must investigate a mysterious videotape filled with horrific pictures and a phone call telling that you die exactly one week after you've seen the tape.

Psycho (1960)

We conclude with the classic Hitchcock thriller, which deals with the disturbed Norman Bates, whose dark house and adjacent motel is not exactly the friendliest place to be after dark.

#Louise P-20