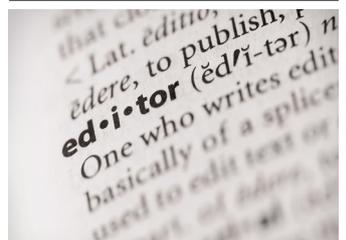


NybroTidende

Volume 43 No. 4 May 2016



ST's new kitchens are ready
Page 3



Are you our new editor?
Page 4



Intro. to canoe and kayak
Page 11

Remember your zip-tie!

The Bike Cleanup is happening soon. Remember to attach the provided zip-tie to your outdoor possessions!

Sunday, May 8th is the time for this year's bike cleanup. You should therefore come and give a hand so that we can quickly and efficiently get our dear dorm back to a nicer state before the summer vacation.

As part of the cleanup, it is obviously important that you remember to mark your bike, and related, in and around the

bicycle sheds. You do this with your provided blue strips. If you need more, then these can be obtained from Lars Kaj in his opening hours.

After the gathering, the police will, as soon as possible, pick up all the collected bicycles. It is illegal to take these bicycles, unless you present a valid receipt for it (containing VIN).

News from the council

From May 1st, the plan is that kitchen coffer charges will be made simultaneously with the rent. The amount is to be voted on since it must be the same across all halls.

It is voted on whether the kitchen coffer monthly amount should be DKK 30.

Thomas: The budget for the active's Christmas party was not exceeded. An amount of DKK 11,246.58 was spent.

Tobias: There is a high probability that within six months the election of a new residents' committee chairman will take place when I likely vacate the dormitory.

Michael resigns and Ask M47 takes over as Chairman of the Canoe club.

KælderCafé: We have slightly adjusted the prices from April and focus, going forward, on raising our revenue at each opening. In addition, we welcome your suggestions and ideas.

Residents' council meeting

Tuesday, May 3rd at 7pm in the GH-basement

The Personal Page

The Board

Jakob, S06 (chairman)
Rasmus, S21(vice-chairman)
Ea, D63 (alternate)

The Residents' Council

Chairman: Thomas, E23
AB-odd: Benjamin, B51
(alt.) Andreas, A35
AB-even: Henrik, A32

CD-odd: Ea, D63

CD-lige: Adrian, C24

EF-ulige: Thomas, E23

EF-even:

GH-odd:

GH-even: Emil, G36

JK-odd: Jakob, K55

JK-even: Johannes, K46

(alt.) Lukas, J32

LM-odd: Rene, M43

(alt.) Mads, M51

LM-even:

NO-odd: Frederik N29

-
NO-even:

PR-odd:

PR-lige: Katja, P32

ST-odd: Sofie, S35

(alt.) Marie, T59

ST-even: Niels, T54

Apartments:

C, D and G: Kasper, C02

-
H and L: Christoffer, L07

M, O and S: Troels, O07

Administration

Treasurer

Jakob Jensen, S06

Secretary

Lea Madsen, H50
sekretaer.nybrogaard@gmail.com

Accountants

NybroTidende

Jakob Jensen, S06
Emma Broberg, S22
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: Monday 19:00-20:00
& Thursday 20:00—21:00
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 Jensen, S06
antennegruppen@nybro.dk

Environmental Group

Troels, O07
miljo@nybro.dk

Canoe club

Ask, M47

Art club

Maja, J16

Role playing games

Mikkel, R61

Bee Club

Ask, M47

Bicycle workshop

Kristoffer, L10

Nybro Cake festival

Maria, D60

Key persons

Ea

Tlf.: 50 53 43 46

Henrik

Tlf.:

Camilla

Tlf.: 29 89 90 25

The price for
key service is:

9:00-21:00: DKK 50

21:00-9:00: DKK 100

Clubs

Music practice room

Andreas L31

Gardening club

Rasmus, A38

Brewers club

Troels, L28

Exercise room

Ole, L14

Mathilde, 057

Cinema club

Lukas, J32

FC Nybro

Casper, E35

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

KældersCafé

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
varmemester@nybro.dk

Phone: 45 87 04 73

Office hours

Monday: 16:00-18:00
Tuesday-Friday: 07:30-09:00

Convenience store and Pizzeria

Phone: 51 14 12 19

Weekdays: 15:00-21:00

Sat-Sun: 13:00-21:00

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 >

ST's kitchens are almost ready

ST's kitchens are almost ready, but half of ST does not actually know what they are moving in to.

25 out of 18

It's somewhat comical that a year needed to pass before the ST kitchens were renovated. What's also comical is that 25 of the 43 from ST actually don't know what it's like to have a normal kitchen.

The biggest change for the veteran residents will be the more square sinks and clean cabinets, windows and hoods that work and hang high enough to not bang your head into them. Other than that, it will be pretty much the same.

To the new residents, the biggest change will probably be the lack of dishwashers! The amount of activity will also be different as the pavilion was usually occupied by 15+ individuals, not so surprising considering that it's used by 43 residents with the addition of friends and partners. It might feel a little empty and quiet for many.

Preserving the unity

Whether you're a Even or Odd resident hasn't had a meaning for a while. ST has become singular and many friendships and experiences have been shared throughout the past year. It's clear that ST does not want to separate itself into Even and Odd again but, instead, preserve the relations.

There are plans to have monthly joint dinners, parties, and trips. The roof terrace

has become a shared project with a shared budget for garden, grill, etc. The kitchens used to be seen as belonging to their respective halls, it's now seen as four shared kitchens with a lot of up and down stairs-going.

Kitchen inventory

Currently, the kitchens consists of cabinets and ovens. The rest have been left for the residents to choose and purchase. Everyone has had their eyes and ears open for sofas and kitchen inventory. It seems that the four kitchens will be equipped with sofas, chairs, and tables. TV, speakers, spice shelves, kitchen tools, wall decorations, grill, and garden furniture are on the list. There id a good portion of insurance money left to make the kitchens homely and functional again.

The residents' version

NybroTidende have let some of the veteran residents write about their experiences since may 12th and what they expect when the kitchens are ready once again.

Ditlev, ST-Odd, "veteran" resident. The whole process since the fire has lasted a mere eleven and a half months, or 348 days, and I can only say that I am very impressed by the efficiency of the workers and DB's sense of order. The fact that we, at no point, was in a situation where the kitchens had been ready to be used for a month because of the lack of smaller things like cabinet doors.

It was also uplifting to wake up to

hardworking contractors every morning, which, later in the process, changed to hours of morning coffee, but breakfast is, of course, the most important meal of the day.

Jokes aside, what it all comes down to is that the kitchens are very fine, and if anyone deserves a mess, it would be the damage restoration firm CURA A/S".

Tore, ST, "new" resident. "Just 5 meters away from the milk".

Rasmus, ST- Odd, "veteran" resident. "No rain or snow on the way out, exhaust, peace and quiet from all at ST-even!! ;)"

Fredrik, ST, "new" resident. "No longer need to wear shoes when going to the kitchen :)"

Christian, ST- Even, "veteran" resident. "Don't have to sprain my ankle for the 117th time between the pallets on the way to the kitchen! The view from the new kitchens is!!!"

BONUS INFO: Rumers say that ST will hold a SUMMER PARTY now that they didn't have a spring party!!

SOMMERFEST



NybroTidende needs a new editor

The dorm's internal newsletter is currently produced by three editors and a single translator. Soon, it will be time for renewal as one editor, namely myself, have to say goodbye after this summer. For this reason, we'll begin with this hunt for a successor.

As editor of NybroTidende you are employed by the Residents' Council. This means that you get paid for the work you perform. The time you spend is self regulated, which fits very well with the style of work in general. This means that the work is very flexible. You determine when you do your share of the newsletter.

The newsletter is mainly about what happens at the dormitory during the year. Yet this does not restrict you from writing about other things too. This can, for example, be seen in the newsletter at present. You, therefore, have considerable influence on what you are going to write about each month.



There are a number of requirements to NybroTidende from the dorm's side. A newsletter must be published each month, except January, July and August. In the remaining months, the newsletter must be published 4 days before the next residents' committee meeting.

From the editors' side, we want to find a new person as quickly as possible so that

the person can get in on the process as early as possible. Are you interested, but only from after the summer vacation? Then don't let this hold you back since this solution is also acceptable. The amount of work varies widely, but 5-15 hours a month is typical. The tasks are delegated jointly and takes your personal needs into account.

Interested? mail us at tidende@nybro.dk

Sex and society

Rationalizing: Is a mental mechanism is that focuses on a more acceptable motive rather than a more actual motive. If a man of great racial prejudice, for example, says: >> When I advise my sister not to marry a negro, it is not because I have anything against negroes, but because equal children play best<< - he makes his motives more common-sense and less emotional than they actually are—he is rationalizing—It can be done very skilfully. We all rationalize.

Rectum: The Latin word for anus. See Anal.

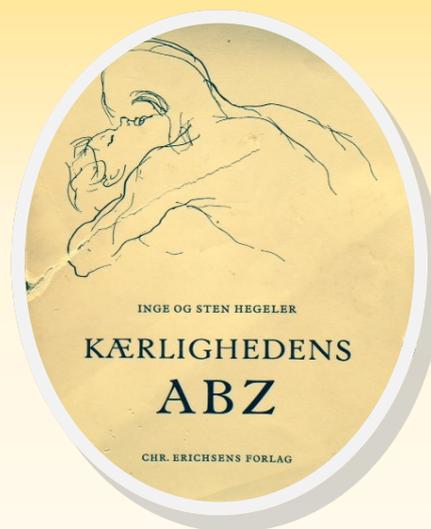
Cleaning craze: Is a good example of the more or less fixed way, a need can express itself (see also erotografomani). Excessive cleaning has often proved to be a desire to deal with dirt—A joy of working with dirt. It is a kind of rationalization, the cleaning crazed who claims to abhor dirt through cleaning has an excuse to work with the dirt. There are women taking flushing several times a day. It allows them to deal with the sexual organs in a completely legal way, that even the most moral can not take umbrage of.

Romance: Sensible and otherwise liberal people often argue against sexual enlightenment. They believe that information kills the romantic and mysterious, which is so charming when in love ... Who has proven that information kills the romance? You don't enjoy a piece of lobster salad less because you know that it contains 270 calories.—If knowledge destroys the romance, what about the love lives of the poor doctors who have studied anatomy?

Praise: We all know from ourselves, how heartening it is to be praised. This knowledge should make us more praising to others.

Touch: See petting, erogenous zones, Cultural excitation.

Brain Gym: A, 11 swaps. B. 16 = 2^4 = 4^2 C. 3 and 7. Primes: 3, 7, 37 and 73



Excerpt from KÆRLIGHEDENS ABZ

9th edition, August 1965

Printed in Danish in
40,160 copi-es.



BIKE CLEANUP! Sunday May 8th 2016



**REMEMBER:
NO STRIP - NO BIKE!**

Residents' council meeting minutes

Residents' council meeting

Present:

Ask M47, Frederik N29, Rasmus A38, Thomas E23, Rene M43, Johanne K46, Lea H50, Tobias J21, Rasmus S21, Katja P32, Benjamin B51, Troels O07, John heat central, Kasper R66, Michael K43, Jakob S06, Ea D63

Agenda:

1. Moderator and language for the meeting
Tobias, Danish.
2. Voting members
12
3. Approval of minutes from last residents' meeting
Approved
4. Approval of agenda
Approved
5. Review of last board meeting or agenda.
Nor reviewed
6. Economy
Jacob has talked with Alexander. The amount on the two accounts is unknown to Jakob. Since the last residents' committee, there has been a payment to the Music Club. There has also been expenses in relation to wages.
7. Inward Correspondence

New chairman of the Garden club (I)

Rasmus Simling Kristensen A38

The Garden club wants to inform the residents' council that the chair of the club has, unanimously, released from Lea Reime, L02, and given to Rasmus Simling Kristensen A38 during a meeting on the 29th of February.

Rasmus is presented to the Residents' Council.

Allowance to the Garden club (V)

Rasmus Simling Kristensen A38

Last year, the Garden club purchased new tools for the gardens. We have, in this regard, a bill on DKK 189 from Harald Nyborg (dated April 10th, 2015), which we very much would like to have covered (attached).

We also want to apply for an allowance on DKK 2000 which can be used for new tools

and improvements to the gardens in 2016 (we have, among other things, started marking gardens better with marker poles). We are requesting a total of 2,189 kroner to the Garden club

Vote on whether the club is to be given the amount they are requesting

For: 12 Against: 0, Blank: 0

Vote on whether the Garden club can get paid an allowance and paid their bill.

Jakob Jensen mentions that a set of rules for payment of the clubs' disposable income is still required. Tobias will examine this.

New canoe club president (I)

V. Michael Folkmann K43

Since I no longer have time to take care of the role of chairman of the canoe club, I'm announcing my retirement. A new chairman should be elected.

Michael resigns and Ask M47 takes over as Chairman of the canoe club

Improving the kitchens (D)

Benjamin Haubye B51

See Appendix

Proposal that the kitchen can apply for a one time sum of DKK 800 to be used for kitchen equipment or inventory. Should be used to improve the kitchen. The clubs have disposable income, therefore the individual kitchens should also get some money.

There was discussion about how this payment in practice would work. In addition to practical, it was also discussed whether it is the Kitchen coffer that's supposed to be used to buy things for the individual kitchens.

There was general agreement that the proposal was a good idea, since it makes sense to be able to be given a one time amount to improve the individual kitchens. However, there needs to be a system for how the money should be paid.

The residents' council decided to vote for the following:

Vote on whether all the kitchens can apply for DKK 800 once this year to improve kitchen inventory which must be approved by the treasurer.

For: 9 Against: 2 Blank: 1

The proposal is adopted.

Paying the kitchen coffers along with the rent.

Rasmus Lau, the Board of Directors.

From May 1st, the plan is that kitchen coffer charges will be made simultaneously with the rent. The amount needs to be voted on since it must be the same across all halls. The meeting in February indicated that the amounts are currently about DKK 20-40 per resident.

The kitchens are asked to find the amount is preferred to be and what the minimum should be in order for the hall economy to run around.

We will discuss how to do it and what the amount should be.

Resident Council chose to listen to each residents' council member on what their kitchen pays monthly. Hence, it was decided taking the average thereof. (See Appendix)

Hence, the residents' council came to the amount of DKK 30.

It was discussed whether the amount should be increased to DKK 35, this was not agreed.

Therefore a vote on whether the monthly amount should be DKK 30 is made.

For: 10 Against: 1 Blank: 1

DKK 30 is the fixed amount to be paid.

New treasurer (I)

Jacob Rahr Bork Jensen S06

I Hereby resign as NYK 's treasurer, which is why we should find a new one.

I have access to the payment system, but not the accounts. All the papers I have found for accessing accounts can still be used by a new treasurer.

There is still two signatures of residents' committee members lacking.

The payroll system is clear and simple.

If a new treasurer isn't find, going on without one is necessary.

Kasper R66 is the new treasurer

KælderCafé budget for 2016 (I)

Jacob Rahr Bork Jensen S06, Bar Chairman

We have made a very pessimistic budget for

2016, the result of which also appears very negatively. We share this in order to play with open cards.

Comparing the budget with the results of the first quarter, it's clear that the economy is improving in spite of what the budget indicates.

We are slightly adjusting the prices in April and focus on raising our revenue at each opening. In addition, we welcome your suggestions and ideas. See Appendix.

The budget looks far more negative. The numbers are not the actual numbers, but rather the highest estimates.

The economy is very pressured, but it is not in a minus. The bar has had a tough month with large bills. But it is expected to improve when we hit the better months.

KælderCafé economy (I)

Kasper V. Hansen, R66

Review of the Bar's Economy for the 1st quarter of 2016
+ Any questions from attendance

Appendix shows the accounts for the first quarter. The cost is a little unpredictable. The accounts show what money is spend and what comes in. February and March are increasing in income. There will be a small price increase of the drinks.

It looks reasonable, and it is presumed that it will look better when we get to the better months.

Suggestions for Dealing with kitchen coffer quota (D)

The Board.

See attached Annex
When we proceed to making KAB withdraw money for kitchen coffers. KAB pays NYK and the treasurer pays to the kitchen coffer responsible. Need to make some procedure for how it is to be paid.

The kitchen coffer responsible must sign a document so that he/she can prove that the person is kitchen coffer responsible. This means that it is the kitchen's responsibility to tell if this person resigns.

It was proposed to add an item to the residents' council meeting agenda with New / Resignation of kitchen coffer responsible. If there are two kitchen coffers in a hall, it is proposed to make an internal agreement between the two kitchen, who receives money and allocate it. Otherwise, two payments can be made.

Network Group will be able to make a list that they can send to the treasurer, who will then be able to see whether the kitchen's residents still reside at the dorm.

A vote on adding the item to the agenda and preparing a form to be signed by the treasurer and 10 individuals from the

kitchens.

For: 9, Against: 0, Blank: 3

The above proposal is adopted.

9. New members and alternates
No new members or alternates.

10. Other
Thomas: The budget for the active's Christmas party was held. An amount of DKK 11,246.58 was spent.

Tobias: There is a high probability that ,within six months, the election of a new residents' committee chairman is needed since I'll likely vacate the dorm.

Thomas: comment on Tobias's point the Resident Council President to be elected at a residents' meeting.

Thomas suggests that money could be given to ST as help after the fire. There is broad agreement that this is a good idea. If ST wishes so, they can submit it as a point to the agenda.

Ask: Can you get the enrolment / resignation form digitized for the Canoe club.

There is agreement that it is a good idea, Ask goes on with it and try to figure out how to develop a system for this.

11. Next meeting The next meeting will take place Wednesday, May 3rd

Notice of Residents' Council Meeting

Agenda for residents council meeting,

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

Meals for Bicycle Cleanup (V)

Jacob Jensen S06

There will be bicycle and waste cleanup on Sunday, May 8th, 2016. The residents' council has previously covered the cost of catering the residents who attend on the day in the form of a pizza and soda. The

amount can not be determined since it depends on the number of attendees, but costs will be kept to a minimum (e.g. purchase of family-sized pizzas).

The football teams are looking for money for the tournament fee, enrolment fee and court costs (V)

Malea Madsen S06

The football teams are looking for money for the tournament fee, enrolment fee and court costs totalling DKK 6375 - see Annex for more info. Area with attachments

See Appendix

Projector for the Cinema club (V)

Lukas Larsen J32

I've been looking for a good projector that I think is the best for a manageable budget. The projector is currently on offer for DKK 4500, - reduced from DKK 5000, -

Besides that, I request an allowance of DKK 500 for a Projector stand / bracket (in case it does not fit with the already available one), posters, detergents and related items, so that we can make the basement a little nicer to be in.

I've looked at the projector hanging down there, and it simply does not make sense having to throw money after it. So I think it's best to just buy a new one as a guarantee follows, should problems arise later.

KælderCafé is looking for disposable income of DKK 3,000 (V)

Basement Café, Jacob Jensen

Every year there are several things in the bar to be renewed due to natural wear. By having a disposable income we will be able to ensure these innovations continuously, instead of often having to make significant

renovations. We are therefore looking for an allowance of DKK 3,000 (preferably higher).

KælderCafé is requesting DKK 3,395.00 for materials for a summer party basement cafe, Jacob Jensen

KælderCafé wish to organize a smaller

summer party since there is no Nybrofestival this year.

See Appendix for details and a budget for the amount requested.

- 9. New members and alternates
- 10. Other

- Date for next meeting
 - 11. Next meeting
- Any cancellations must be submitted at www.nybro.dk > Residents' Council > Cancel at least one day before the meeting.

Calisthenics the new black



Forget Crossfit and pump inside, Calisthenics and Street Workout is the new black!

You may know some of them: Muscles ups, and Pull up where you continue the movement and get the upper body above the bar by using your triceps--and technique! Human Flag, as shown in the picture. Handstands, walking on hands, doing push-ups on your hands...

A very simplified description of calisthenics is that it is to work creatively using ONLY your own body weight.

Cool concept! is what you think if you can actually lift your own body weight. Really sucks and stupid for the vast majority who can't quite stand vertically in the air and swing yourself into a handstand.

What are you then supposed to do?

cool thing is that a push-up is also a Calisthenics exercise, and also squats, and burpees. I personally thought I was good at coming up with exercises that use my own

body weight, and that I was good at varying, and taking on new challenges. But... I have become wiser!

If you do some research at:

Website:

Calisthenic-movement.com

Facebook group:

Men's Health

FRANK'S KILLER ABS DO 3 CYCLES OR MORE
LEVEL MEDIUM
 15 HALF BURPEES!
 15 LAYING DOWN BENDED LEG FEET TOUCHES
 15 HALF BURPEES!
 15 RIGHT SIDE OBLIQUE CRUNCHES
 15 LEFT SIDE OBLIQUE CRUNCHES
 15 HALF BURPEES!
 15 LAYING DOWN CROSSED LEG RAISES!
 START FINISH

BACK ROUTINE DO THIS ROUTINE 3 TIMES
by RABBIT SHIMIZU
 GIVE A TOTAL OF 90 REPS AND 30 SECONDS HOLD
 Closest hands you can behind neck pull ups? 5
 Wide grip behind neck Pull ups! 5
 Shoulder width behind neck Pull up! 5
 TUCK FRONT LEVER PULL UPS 5
 ...straight into a tuck hold of 10 seconds at foot level!
 START FINISH

Then you'll find programs for beginners, technique videos and plenty of good videos with exercises you can be inspired by!

Working out without equipment?

And yet not at all. It requires a "workout rack" if you are one of those who can lift yourself. And preferably one with plenty of room on top, beneath and to the sides, as the exercises often require space. There are many places in Copenhagen with the possibility of climbing including Amager Beach Park, Nørrebro area and Tuborg square. But hey! It might be cool to have your own stand here at the dorm? You could move your training in summer to outside. Ems22



Complaints

The Complaints Board would like to make pet owners aware that some specific rules apply to animal husbandry. Since we have received complaints about pets, here are the rules for animal husbandry since we've gotten the impression that most residents do not know them. According to the dormitory rules, §8: When animal husbandry, seek permission for this from the dormitory inspector (Lars Kaj). To keep dogs, a valid liability insurance is required. To keep cats, labeling by either chip or earmarking is required and also, that mature males are castrated. In addition, sexually mature female cats are to be sterilized or to be on the pill.

- PCS. 2 All pets must be registered with the inspector.
- PCS. 3 It is not allowed to keep reptiles, spiders and animals that can not be kept at home.
- PCS. 4 Animal Husbandry may only take place when there are no objective protests from the hall and the surrounding apartments' residents, as per paragraph §8. It is the livestock owner's responsibility to inform all other residents at a time well before the acquisition of livestock in order to allow for the submission of objectively justified protests. If in doubt, the residents' council and the complaints committee will judge

whether a protest is objectively justified or not.

- PCS. 5 Pet owners are responsible for their pets not being a nuisance to the Dorm's other residents.
- PCS. 6 Pets may only stay in the kitchen after acceptance from the kitchen's other residents.
- PCS. 7 Pets are not allowed in the dorm laundry.
- PCS. 8 Pet owners should remove the droppings of their pets.
- PCS. 9 Dog owners should always keep their dog on leash when at the dorm area.
- PCS. 10 Airing of dogs must take place outside the dormitory area.

We are emphasising paragraph. 5, 6, 8 and 9, since it is these that are particularly annoying other occupants. If you, as a resident, feel bothered by a pet, please contact the pet owner and make it aware of the problem and possible violations of the above paragraph. If pet owner does not change behaviour, you can send a complaint to the Complaints Board at klage@nybro.dk.

picture: <https://howthehelldididuphere.files.wordpress.com/2013/01/dog-no-pooing-sign-on-my-lawn.jpg>



Bike Cleanup at Lars Kaj's office at 10am



**Remember Bike Cleanup
Sunday May 8th 2016**

NybroTidende's food column:

Seasonal foods



Now that summer is (slowly) approaching, one can be in the mood for a bit more light and fresh food. Koldskål is a super delicious and easy dish that you can eat as a main course, dessert or as a small snack.

Koldskål with lemon (for 4 persons)

Ingredients

- 4 pasteurized egg yolks
- 5 tbsp. sugar
- 1 tbsp. vanilla sugar
- 1 L of buttermilk
- 3 dl sour milk
- Lemon

Procedure

Beat the egg yolks, sugar and vanilla sugar until light and fluffy.

Stir buttermilk and sour milk well with the egg / sugar mixture. Grate the lemon rind finely and add the Koldskål.

Season with lemon juice until it has the appropriate acidity and proper taste.

Set it, covered, in the refrigerator until it is time to serve it.

If you simply can not wait, the Koldskål can easily be eaten immediately!

Kammerjunker

Ingredients

- 275 g of wheat flour
- 125 g of butter
- 100 g of sugar
- 1 tsp. baking powder
- grated zest of 1 lemon
- ½ cup milk
- 1 egg

Procedure

Chop flour and butter together to form a grainy mass. Mix sugar, baking powder and grated lemon zest. Beat milk and eggs together gently, then pour it in and knead the dough together.

Roll the dough into rods and cut it into small pieces. Form the pieces into balls and place them on a baking sheet. Bake them at 225 degrees for about 10 min. Cut the KammerJunkers in halves and put them on the plate with the cut surface facing up. Dry them in the residual heat for 25-30 minutes.



Serve the Koldskål with the delicious KammerJunker.

Good luck and bon appetite.

TIP!

The Koldskål tastes amazing with sweet strawberries and other berries such as blueberries and raspberries. It is definitely recommended!



The Canoe club

Ask is back at the post as Canoe and Kayak responsible!

I chose to take a break after many years at the post. Now that I have been re-elected, I have also decided to apply for some money at the residents' council to replace the small kayaks and to repair our canoes etc.

The reason I'm requesting the money for new kayaks is that they are leaky and we can get some that have a better hull design for experienced sea kayakers, while being stable enough for beginners. The ones I have chosen to apply for is of the type Zegul Arrow Play and is of plastic. I hope all members will have a good summer, and recommend that you remember to lock the equipment in place since we have had one of our canoes stolen in the last few months.

There are new dates for intro courses for canoes and kayaks. The intro course is mandatory if you want to be a member of the club. However, it is free to be a member of the club. The intro contains mainly information about proper handling of equipment, so that it does not break.

Intro Courses takes about 1 hour. You don't need special clothing. It requires no registration, you show up at the canoes.



/EmS22

Introduction dates:

**May 7th , June 4th , July 2nd ,
august 7**

**The last intro is currently
September 3rd!**

All courses start at 2pm

**Read more about the club and
registration on the website:**

nybro.dk -> clubs -> canoe club

Nybro Honey

Ask and Elijah are two happy bee enthusiasts who are glad to jump into space suits to collect honey and are bringing news about Nybrogård's bee club.



A small group of residents are keeping bees at Nybrogård.

interested in buying a glass when we have some ready! This should be at around June 1st - this, however, really depends on the weather.

The last two years, the supply of honey has been sparse, and we have not even gotten a total of over 60 kg.

The Bee club has three hives, which should give 40 kg each, but this can be affected by many factors, of which the two main factors are; location of the hives and the weather.

We've changed the location of the hives so that the bees get more sun and thus the opportunity to fly earlier in the day. That is, when the temperature is over 10 degrees at the height of 10 cm and the sun is bright.

If you are interested in participating in the work, you can always contact us. We are the ones in space suits :)

***Our contact info can be seen on
the personal page.***

Ask M47 & Elias R65

Email:

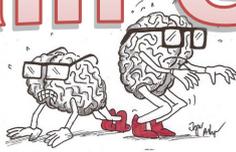
***biformand@nybro.dk
honningkøb@nybro.dk***

/EmS22

The Bee club started in 2014. It consists of two who are responsible for planning and purchases and, in addition, a lot of volunteers who are interested in participating in the work that is associated with keeping man's only domesticated insect. Every year selling, the bee club sells honey to all the residents of the dormitory. This has not been announced before on NybroTidende due to the small amount of honey - but you can now write yourself on the Honey list if you are



Brain Gym



A. 135246 to 642531

Change the number **135246** to the number **642531** by, repeatedly, swapping two cifers. No cifer may be next to its neighbour. 3 is, for example, not allowed to be next to the numbers 2 and 4.

What is the minimum number of swaps needed? What is the algorithm used?

B. The power is working...

Which number is equal to both x^y and y^x ?

C. 2 cifers - 4 primes

With which two cifers (0-9) can you arrange them in to four different primes?

Answers: see the bottom of page 4.

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

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

COMING SOON



MAY

May 1st : Sunrise 05:26, Sunset 20:49.

Daytime 15h 23 min.

May 2nd : David Becham, 1975

May 4th : Prince Henrik, (*Henrik Carl Joachim Alain*), 2009

May 4th : Put a candle in your window

May 5th : Ascension day (public holiday)

May 5th : Danish Liberation, WW2

May 7th : Kældercafé rave part

May 8th : Mother's day

May 15th : Pentecost (public holiday)

May 16th : Whit Monday (public holiday)

May 26th : Prince Frederik, 1968

May 31st : Sunrise 04:34, Sunset 21:41,
Daytime 17h 7 min.



The Jungle Book

You've most likely seen the Disney cartoon version of *The Jungle Book* at least once during your childhood. The Disney film must be said to be a classic and has since become quite a few years old.

The first version of the cartoon was published way back in 1967. If you search deeper into the story behind *The Jungle Book*, then you'll have to go much further back. The Disney cartoon is in fact loosely based on Rudyard Kipling's story collection from 1894.

Kipling was born in British India and thus had personal experience with the Indian jungle. His story collection about the Indian jungle comprises a total of 14 sections, most of which deal with Mowgli.

Disney's new animated version of *The Jungle Book* has just been shown in Danish cinemas. I have personally seen the movie, and I bring a summary of the experience.

The big attraction of the film is the amazing animations. The only human in the story is Mowgli, while everything around him is animated in a fantastic fashion from start to finish. These animations spiked my interest ahead of the cinema, so I naturally chose to see the film in 3D.

Now it must be said that I am not normally a big fan of 3D. About *Jungle Book*, however, I must say: This is perhaps one of the best 3D films I've seen, and almost all sequences work really, really well in 3D and you really get something out of the impressive and lifelike animations. Top class!

The story follows the movie through the same story that I remember from the cartoon. I would not say that this disappointed me, but it did, of course make the film very predictable. All the characters in the film play well and the jokes are also good, but I must admit that I subsequently sat with a somewhat flat feeling. There is

never really any tension in the film, which I had hoped that you could incorporate a "Mature version" of the film. It must therefore settle for 3.5 stars out of 6 on my part.

/ Jacob, S-6

