

NybroTidende



December 2017



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Merry Yuletid p. 10

Merry Christmas and a happy new year

Finally, We've reached the month of December. This is a month where eating too much rice pudding, sweets, turkey, or whatever you desire, is fully justified.

But it is also a month where many will spend their time preparing for exams. Therefore, while being busy with Christmas lunches and present purchasing, please remember to show consideration so that we can all enjoy a pleasant month of Christmas.

When the Christmas feast has ended and the Snaps has passed, NybroTidende will also be resting while you deal with the resulting hangovers— As NybroTidende will not return until February.

From the Editors of NybroTidende you are wished a merry Christmas and a very happy new year (And be careful on New Year's Eve!) :-)

Resident Council news

B) Suggestion for new rules regarding the kitchen treasurers v. Kasper Hansen

A suggestion to implement a number of rules that can unify the administration of the dormitory kitchen coffers and prevent the emergence of distrust

between residents and kitchen treasurer. A possible adoption of the new rules is expected to be processed at a resident meeting, so the point is only for discussion. (see attached)

The council is generally positive about the implementation of new rules for the administration of the kitchen cof-

fers which will, hopefully, prevent internal disagreements and misuse of the shared funds.

Upcoming Council meeting:
Wednesday, December 11th
OBS! Residents' meeting will also take place on this date.

The Personal Page

The Board

Rasmus, A38 (chairman)
 Frederik, N29 (vice-chairman)
 Rasmus, S21(alternate)

The Residents' Council

Chairman: : Frederik, N29

AB-odd: Benjamin, B51
 (sup) Andreas, A35
 AB-even: Rasmus, A38

CD-odd:

CD-even: Adrian, C24

EF-odd:

EF-even:

GH-odd:

GH-even:

JK-odd:

JK-even: Johannes, K46
 (alt.) Lukas, J32

LM-odd: Mads, M51
 (alt.) Rene, M43

LM-even:

NO-odd:

-
 NO-even:

PR-odd:

PR-even: Kasper, R66

ST-odd: Ditlev, T47
 Caroline, T65 (Alt.)
 ST-even: Niels T54

Apartments:

C, D and G:

-
 H and L: ,

M, O and S: Frederik O3

Administration

Treasurer
 Kasper Hansen, R66
 kasserer@nybro.dk

Secretary
This could be you.
 sekretaer.nybrogaard@gmail.com

Accountants

NybroTidende
 Agnes Jensen, O4
 Clara Schou, K55
 Patrick Aagaard, M63
 Frederik Holgersen, H2
 tidende@nybro.dk

Secretariat/subletting

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

Complaints committee

Office hours: Tuesday
 19:30-20:00, GH basement.
 E-mail: klage@nybro.dk
 Phone: 21 48 54 55

Network office

Office hours: Monday 20:00-21:00
 in the GH-basement.
 E-mail: admin@nybro.dk
 Phone: 21 48 54 55

TV/Antenna

antennegruppen@nybro.dk

Environmental Group

Troels, O07
 miljo@nybro.dk

Canoe club

Ask, M47

Art club

Maja, J16

"Brættet" (board game club)

Jonas, R52

Bicycle workshop

Kristoffer, L10

Nybro Cake festival

This could be you.

Music practice room

Andreas L31

Dog club

Lærke, H56

Key bearers

Kasper
 Phone.: 26 81 15 01

Line
 Phone: 53 14 12 07

Rasmus
 Phone: 26 79 42 53

The price for
 key service is:
 9:00-21:00: DKK 50
 21:00-9:00: DKK 100

Clubs

Gardening club

Rasmus, A38

Brewers club

Troels, L28

Exercise room

Niels, T54

Cinema club

This could be you.

FC Nybro

Anders, J31

FC Nybro Chicks

This could be you.

Service

Table tennis/hockey

CD-basement

Bicycle workshop

LM-basement

Folding chairs

Atle, S03

Trailer

Lars Kaj (insp.)

Draught beer system

Kasper R66

KælderCaféen

Opening hours: Fridays 21:00-03:00
 One Saturday each month 21:00-05:00
 (announced separately).

Chairman: Bertil, F61

Deputy chairman: Kasper Hansen, R66

Member: Mads, M51

Secretary: René Sønderbæk, M43

Residents' Council Rep.: **This could be you.**

Alternate: Emma, R64

Treasurer: Kasper, R66

Local facilities

Laundromat

Opening hours: 8:00-19:00

Convenience store and Pizzeria

Phone: 51 14 12 19

Weekdays: 15:00-21:00

Sat-Sun: 13:00-21:00

May-August: open until 22:00 every day.

NOTE!

Items for the agenda must be sent to the secretary **at least ten days before the meeting**
 nybro.dk > English > For Residents > Resident Council > "Add item to the agenda".

Inspector

Lars Kaj

varmemester@nybro.dk

Phone: 45 87 04 73

Office hours

Monday: 16:00-18:00

Tuesday-Friday: 07:30-09:00

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



KældersCaféen's Halloween party



It did not go quietly when KældersCaféen, on 4th November, Opened to residents and friends for a scary night with creepy decorations in the form of ghosts, severed body parts and skeletons.

The guests were dressed up for the event as everything from scarecrows and dolls to surgeons, zombies and vampires to participated in the celebrations.

A group from P.O. Pedersen Dormitory had brought their scariest of outfits, which turned out to pay off when Nina from P.O.P. won the first prize of best costume and was awarded a bottle alcohol of her choice.



The three winners of the costume competition:

From the left: 3rd place (Paw, A-30), 1st place (Nina from P.O.P), 2nd place (Simon, R-48)

Glædelig Jul fra KældersCaféen

1 Fredag d. 1. december	2 Fredag d. 8. december	3 Fredag d. 15. december
	4 Ekstra åbning lørdag d. 16. december	5 Fredag d. 22. december

KældersCaféen

NB: The surprises are based on amazing great deals!

Remember: KældersCaféen is also open on New Year's Eve!



Christmas calendar tv-series

Are you one of those who can not get enough Christmas calendars to watch? and who would like to schedule your December days accordingly? Nybro-Tidende gives you a short guide to which Christmas calendars are coming this year. And if several residents of a kitchen loves these, you can see them together.

DR's Christmas calendar

This year, DR has no less than three Christmas calendars to offer. However, the one, "Rammajetterne's Christmas" on Ramasjang is for the 3-6 year olds and may not be target at the dormitory's residents.

Otherwise, DR1 shows the Norwegian Christmas calendar "Snefald". This is a classic Christmas calendar about the good fight against evil and is a good mix of mystery, magic, humour and of course plenty

of Christmas. This will be shown at 7:30pm43.

DR Ultra shows the Christmas calendar "Klassens jul". This is part of the fiction series "Klassen". It's about the protagonist Frederik's struggle to keep his class together so that he does not lose his friend Josefine as her mother wants her to move school. This Shown at. 5:40pm.

TV2's Christmas calendars

Also on TV2's channels there are various Christmas calendars.

On TV2, there is a reunion with Pyrus in "Alletiders Nisse" - which was shown for the first time in 1995. This is on TV2 a 4pm. The other Christmas calendar "Tinkas juleeventyr" is shown at 8pm. On TV2 Zulu, "Natholdets julekalender" is at 9:25pm with Anders Breinholt and Søren Rasted. It's about testing 24 Christmas beers, and since all the episodes are recorded on the same day, it's not an insig-

nificant amount of alcohol that is consumed.

Finally, on TV2 Charlie's review of Oluf Sand og nisserne Fritz, Hansi and Günther in "The julekalender". So if you can not get enough of this series and look forward to a reunion with this classic, it's on this channel at 8.25pm that you should watch.

Frederik, H2







ORNLÍ FALAFEL

Bestående af falafel lavet af økologiske kikærter, rullet i arabisk brød med salat, tomat, løg, rucola, humus og tahinisause



Pris: 45,-

DURING THE CHRISTMAS SEASON, YOU CAN BUY PANCAKE PUFFS FROM THE FREEZER SECTION, WHICH YOU CAN COOK AND ENJOY IN THE KITCHENS

ALSO REMEMBER THE PIZZERIA'S LATEST SPECIALTY "ORNLÍ FALAFEL"



Christmas traditions at Nybrogård



Residents come and go. But while residents move out and new move in, there are some traditions that stay. *NybroTidende has been around a variety of the kitchens, for some talks about some of their Christmas traditions.*

If we start from one end, there is both rice pudding every Sunday in advent with corresponding candles in the AB building. For their Christmas lunches they throw themselves into creative challenges and in addition, pancake puffs are eaten in large amounts.

In CD it's cheerful times with Christmas songs and a gasoline canister with alcohol. It seems that their alternative drinking tradition can make most people sing along to 'Jul i Angola.

A tradition many kitchens have in common is the official *decorations making day* which is often held at the beginning of December before the exams begin. Many residents find it soothing and atmospheric before the pressure starts to get serious. This was seen last year when it was held at one of the EF kitchens.

"It's a nice and social tradition to decorate with all the different creations people weave together." Is said by one of the residents.

GH has had the classical kitchen Christmas lunch. And like many other traditions, alcohol is also a guest that can heat one up during the cold Christmas season. There was a lot of enjoyment of both mini Christmas trees and gnome items last year, so you would think that this is something which would repeat this Christmas.

Last but not least, they also follow the Christmas calendars.

In **JK** the game of *Secret Santa* has been a hit the last couple of years while **LM** arrange 'hygge' drinking and Christmas lunches with previous residents. And it may well be that a lot of 'hygge' drinking also occurs then.

NO, it is said, makes a notorious coffee schnapps. It sounds like a recipe, that us at *NybroTidende* would like (psst if anyone could just leak the recipe at tidende@nybro.dk, we promise to convince Santa that you have been good this year).

At PR there is a mood for sweet things like gløgg and pancake puffs, and at ST there are a lot of activities during Christmas. They decorate with cones,

(see page 12).

Even though some forms of Christmas traditions continue to stay, changes will also occur over time at the dorm. As students move in and out, some Christmas traditions will also come and go with them. When we talk to each other across the hallways, one can inspire each other to try something new. In the end, it's just about having a really nice month of Christmas.

But December is not just the month for Christmas and presents! It's the end of a year and the start of a new one. It is the time when people come up with many unrealistic New Year's resolutions that never last and January sales. So not only do you stuff yourself with almond rice pudding

(see page 12) and get drunk from either snaps or Christmas beer, you will also eat too much at the new year feast and drown in champagne. But good times they are! And now that we talk about traditions at the dormitory, KælderCaféen has planned a party with a BANG this New Year's Eve.

Please Note:
CHRISTMAS IS CANCELLED

Apparently, YOU told Santa that you have been GOOD this year ...



He died laughing

arrange Christmas lunches and a new suggestion has been made about baking honey cake houses. It sounds like a good idea, especially since we have not really heard much from the annual cake festival that usually takes place regularly here at the dorm.

If one feels that their own kitchen should start some Christmas traditions, there are lots of nice things to do. So just gather your fellow residents to decorate Lars Kaj's door for Christmas or to drink gløgg while eating too many Cats' tongues cookies



Residents' Council meeting minutes

Agenda for residents' council meeting

Present: Frederik (O-3), Mads (M-51), Caroline (T-65), John, Frederik (N-29), Kasper (R-66),

Adrian (C-24), Niels (T-54)

Moderator and language for the meeting

Frederik (N-29), Danish.

Voting members

6, quorum met.

Approval of minutes from last residents' council meeting

Approved

Approval of agenda.

Agenda Approved

Economy

NYK: 341.977 kr.

Net: 207.058 kr.

Other messages

N/A

Review of last board meeting or agenda before the next.

See attached

Internal correspondence

A) New chairman for the Exercise club

v. Ole Busborg Jensen

For discussion and voting:

I want to stop as chairman of the exercise club, since I do not have time and energy to it anymore.

Niels Matthiessen would like to take over, but others should of course also

have the opportunity to request the post so that it can be voted on. However, I would like to recommend Niels as he himself uses the club regularly and he often gives good suggestions for changes and improvements.

Vote on employing Niels Matthiessen as chairman of the exercise club:

For: 6

Against: 0

Abstained: 0

B) Suggestion for new rules regarding the kitchen treasurers

v. Kasper Hansen

For discussion:

A suggestion to implement a number of rules that can unify the administration of the dormitory kitchen coffers and prevent the emergence of distrust between residents and kitchen treasurer. A possible adoption of the new rules is expected to be processed at a resident meeting, so the point is only for discussion. (see attached)

The council is generally positive about the implementation of new rules for the administration of the kitchen coffers which will, hopefully, prevent internal disagreements and misuse of the shared funds.

C) Disposable for arrangement of active party

v. The Board

For discussion and voting:

Once again it is time for the annual active party. The active party is intended as a recognition of the residents who make a daily effort that benefit all residents, whether the work is of an administrative or social nature.

Money is requested for covering food

and beverage expenses. It is expected, as in previous years, that the cost is between 8,000 -14,000 kr. depending on the number of active participants. Last active party was held in February 2016.

For: 6

Against: 0

Abstained: 0

New members and alternates

Frederik (O-3) withdraws as representative for ST-even

Niels (T-54) is assigned as representative for ST-even

Frederik (O-3) is assigned as representative for the M,O,S-apartments

Other

Niels asks about the possibility of charging the yearly maintenance fee for the use of the Exercise club. The possibilities are discussed, but alternatively a larger sign up fee is suggested.

Mads proposes a remuneration for the chairmen of the larger clubs.

Adrian asks about the chairmanship of the Nybro cake festival club. There are still no one assigned as chairman.

Next meeting

The next meeting will take place on **Monday, December 11th** at 7pm, GH basement. **Residents' meeting will also take place.**

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

Notice of Residents' Council Meeting

Agenda for residents' council meeting,

For discussion

December 11th, 2017:

1. Present:
2. Moderator and language for the meeting
3. Count of voting members
4. Approval of minutes from last resident' council meeting
5. Approval of agenda
6. Economy
7. Other
8. Review of last board meeting or agenda before the next.
9. **Inward correspondence**

Winter is upon us and it only gets colder. It also means that the kitchens become colder because the insulation is old and worn and therefore not optimal. The kitchens are heated using alternatives electric appliances or the heat from the furnaces.

For discussion: Is it possible to isolate the kitchen better for heat? if yes when can it be done?

**C) Summer party 2018
v. Kasper Hansen**

For discussion

For the past couple of years, the summer party at the dormitory has been held in front of the NO kitchens. We want to know whether it is possible to move the location to the large area at JK LM NO

**A) Request for funds to the music room following flood on Sep. 20th
v. Andreas Willumsen**

For discussion and vote

Following the flood on Sep. 20th the music room has been dysfunctional due to damage to room and equipment. Therefore, we wish to apply for funding to replace to damaged equipment, and furniture and if possible ad a few extra things. (Se Attached)

**B) Isolating the kitchens
v. Kasper Hansen**

**D) Additional open hours
v. Kasper Hansen**

For discussion and vote

We in the basement cafe have talked about trying to have openings on week-days, it will be in a café like function with coffee, tea, soothing music etc. Opening hours will be 19-22 Tuesday / Wednesday (not yet decided) There is no sale of alcoholic drinks or shots, however, there will be the opportunity to buy a bottle of beer, coffee, tea, Irish coffee, etc. There will be free foosball and pool avail-

able. There will be a fixed staffing from opening to closing.

Discussion: What are your opinions? Possible changes which need to be made or something which is missing? Vote: Is this something KælderCaféen can proceed with?

**E) Approval of welcoming folder
v. Frederik Bjerg Clausen**

For discussion and vote

A welcoming folder for new residents of Nybrogård Dormitory has been produced. See Attached

**E) Election of new secretary
v. Frederik Bjerg Clausen**

**E) Election of new Residents' Council chairman
v. Frederik Bjerg Clausen**

**E) Election of new alternate for the Resident Council chairman
v. Frederik Bjerg Clausen**

10. New members and alternates
11. Other
12. Next meeting

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

Notice of Residents' Meeting

Agenda for residents' meeting, December 11th, 2017:

1. Moderator and language for the meeting
2. Approval of agenda
3. Other
4. **Inward correspondence**

**A) Review of accounts of 2016-2017
V. The Board**

Informative
See Attached

**B) Approval of new rules regarding the kitchen coffers
v. Kasper Hansen**

For discussion: and vote

See attached

**C) Election of new residents' representative for the Board
v. The Board**

5. Other

The new Chip system

Have you noticed the new grey boxes that has been mounted at the entrances to the dorm? These are the new chip readers that will be used to open the doors. And maybe that's not so bad, because we're starting with turning time two and a half years back.

Tuesday, May 12, 2015 might have been a fairly ordinary day like so many others. I had turned in a big assignment the day before, and was on a break while preparing for exams. When I woke up in the morning there were messages from my girlfriend and my mother who both asked "is everything alright? they had heard about the fire". "Brand?" I thought. I had not seen or heard of any fire. But I became wiser, because when I read the news immediately there was something similar: "Breaking news: 70 young people evacuated from fire at dormitory". And so I realized what had happened: There had been a fire at Nybrogård!

The fire had started in ST, 70 of the residents at the dorm had been evacuated and all were luckily unharmed. But in the ST building, the kitchens were destroyed, and especially the ST odd residents it took a long time before a date was set for re-

housing. Containers were therefore set up in some of the parking lots, and others were given the opportunity to live elsewhere in the Lyngby region. And Netto on Engelsborgvej, which most of us probably shop at, sponsored a dinner for those residents whose building had been in flames.

With this story, I realized how big the dormitory really is. I myself lived in building H, and like others on within the building we had not heard anything about the fire before the morning after, even though it was just two blocks away. Nevertheless, the fire was of course something that affected us all.

And now the next part: How did the fire actually start? In the beginning it was unknown how the fire started. Among other things a rumour that it was an oven or stove that had not been turned off.

But the cause was soon clear: Extra-Bladet could bring a story about an arsonist caused fire at the dorm on July 28th 2015. The person was a 23-year-old young man who believed that voices in his head commanded him to set the building on fire (he had also admitted to being the cause of other fires in the Copenhagen area). Eventually, he became tired of hearing voices and reported himself to the police.

And now it's here that the readers come

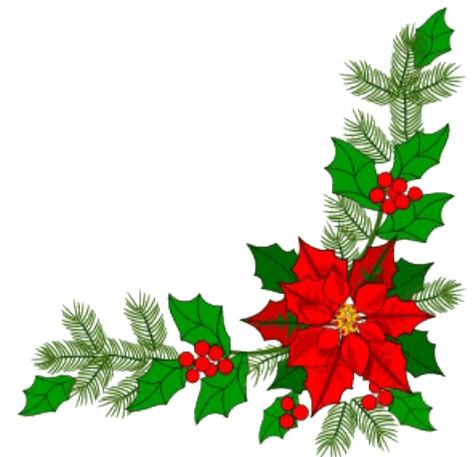
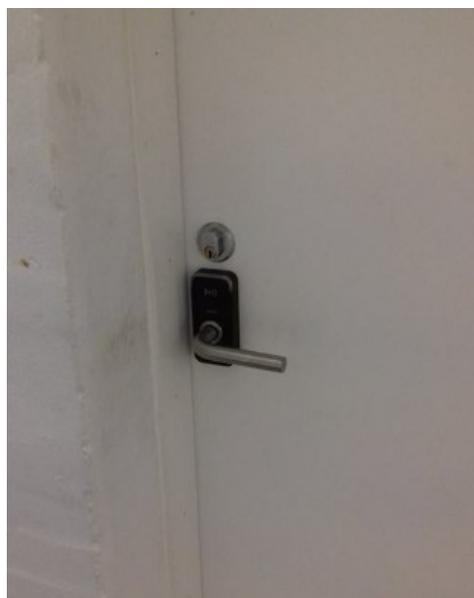


into the picture! As far as most residents know, there are now chip readers on the kitchen doors. Looking forward there will also be functional chip readers on the building entry doors.

The reason that the readers are now set up out is, among other things, that unauthorized individuals such as the arsonist two years ago should not have access to the buildings. In other words, there will be locks on the entries, as there are for the kitchen areas today.

At the present time, however, it is not known when the chip readers on the outer doors are ready for use.

Frederik, H2





Know you city: Lyngby Centre



We are moving from the green surroundings into the very heart of Lyngby. Here are various important parts that have helped build Lyngby become what we know it as today.

The name "Lyngby" dates back to the Viking Age, where the city was founded. However, it has been found that the area was inhabited also in the Stone Age. Bondebyen is the oldest district, while Lyngby Church is the oldest building. However, the city's official name is "Kongens Lyngby", as the land originally belonged to the Danish king.

Lyngby Station

In 1863 the railway was expanded to Lyngby. The original station lay where the "Temple" is located today. In 1864 the railroad continued to Hillerød, Fredensborg and Helsingør.

In 1863 the trains used steam, but in 1936 the tracks were rebuilt for the electric S-trains, and after that many trains travelled to Lyngby. The current station building with the many shops was completed in 1960. A previous building was replaced with a second station building, which had the same location as the current one. However, in 1956, this had go in favour of the construction of Lyngby Omfartsvej, which is virtually located on the roof of the current station building. Nærumbanen, which starts at Jægersborg Station, originally started at Lyngby Station. This was changed in 1936.

Today, Lyngby Station is one of the largest traffic hubs in Greater Copenhagen with S-trains, many bus lines and an upcoming light rail. 22,300 passengers use the station daily and is thus the 8th larg-

est in the country as measured by the number of passengers.

Lyngby Hovedgade

The central street in Lyngby City centre. The street has always been the centre of shops and merchants, and although Lyngby mall opened in the 1970s, trade was preserved, as the municipal council in 1982 adopted a plan to protect the smaller traders.

Today, during the daytime there will be some traffic and sometimes long car queues. However, it has been worse in the past, but this was helped by the fact that the street was converted in the late 1990s.

Lyngby mall

In the 1970s, Lyngby mall opened, with its 116,000 m², Northern Europe's largest shopping mall at the time. Where the centre is located today, there was originally a bog, and it was therefore necessary to lower the groundwater seven meters. Not surprisingly, the shops at Lyngby Hovedgade were afraid of competition from the mall, but the trend went in the opposite direction, and both places therefore have a rich commercial life. Today, there is a higher turnover in Lyngby Centre per. square meter than in the inner city of Copenhagen.

In addition to shops, Lyngby mall also houses the Scandia Hotel and a large part of Lyngby-Taarbæk Municipality's administration.

Fortification channel

From the mid to the late 1800s, Lyngby had a strategic location in the case that Copenhagen had to defended against enemies. The then prime minister J.B.S. Es-



trup wanted to build a new fortification of Copenhagen, and therefore the fortification channel was built. However, this plant was never used for military use, and the canal was emptied again in the 1920s. However, there are plans to fill water in it again to create a recreation area.

Lyngby town hall

Lyngby Town Hall was built in the years 1939-1942 with Hans Erling Langkilde and Ib Martin Jensen as architects. The building is especially known for its concave facade.

The square in front of the building is regularly used for organized events, including flea markets. There are also regular bicycles sales, so it is not unthinkable that one or more of the used bicycles from Nybrogård's bicycle clean-up have ended up here.

In addition, Lyngby's big Christmas tree is located there.

Templet

The building, today named Templet (the temple), dates from 1903. Originally Lyngby's first public transport station was located here.

The building originally housed Lyngby Technical School. This, however, moved in 1970 and the building then housed a youth centre, disco and venue. Templet continues to house these today.



In the next issue of NybroTidende:
Sorgenfri and Virum

Frederik, H2



Merry Yuletide!



We know Christmas eve as the 24th in Denmark. It varies around the world (e.g. in the USA it's Christmas morning, 25th), but most places where Christianity is a major religion, Christmas is also present. It has become more popular to celebrate Christmas as a cultural event rather than a religious one.

Cultural in the sense that it deals with traditions, Christmas calendars and lots of food. There are still religious elements to Christmas. That it is Jesus' birthday, many go to church and that you sing about angels, Christ etc, but many people do not really celebrate Christmas to pay tribute to Jesus, but instead because it's a things that bring friends and family together for everyone's enjoyment.

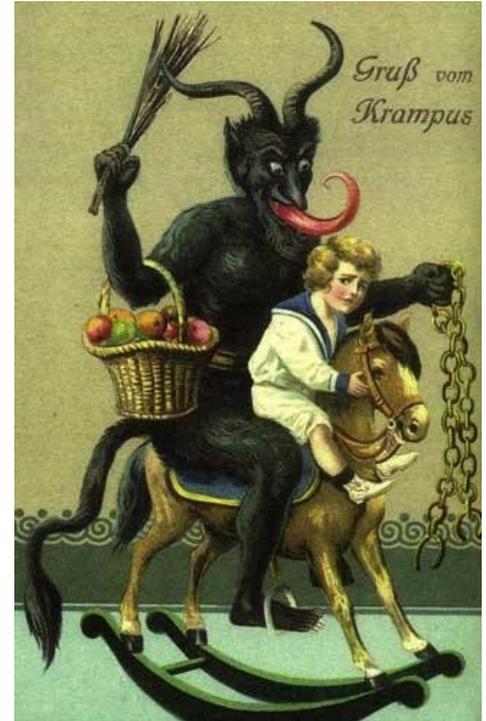
Previously, many other celebrations have occurred around December, even before Jesus' birth. The Romans celebrated Invictus the sun god at about year 200 and there have been similar things in the

tion of eating either glazed ham or sausage. And is also a known alternative in Denmark and I know many who serve both pork and duck. Turkey or goose is also Christmas dishes and alike duck they are usually stuffed with something. Goose it is usually stuffed with a spicy force-meat, while you stuff apples and prunes up the bum of the duck.

And originally we did not eat pork or duck, but goose on Christmas Eve. As in the 19th century, the goose played a major role as a useful bird, as its feathers and down were used for duvets. In addition, it usually takes care of itself all summer and gets fat for Christmas. So it's both extremely easy to care for and slaughter-two birds (or geese) with one stone.

And of course Santa Claus! There are also many versions this guy. From Coca Cola's red-cheeked drinks to the hybrid Krampus.

The Santa Claus most people know is the



erwise cheerful Santa who most people know. He is known to look like a blend between a goat and a demon with a little too long tongue. This version originates from the origins of Christianity and is a bit darker. He walks around during the Christmas season and punishes children who do not behave nicely. There are some versions where he boils and eats them. There has been an increase in movies, books and other media where Krampus has been a main theme for the last couple of years.

If he were to come to your home on Krampusnacht (Krampus night) on December 5th, it's a custom to offer him snaps. It's probably a good idea to do, as you'd rather avoid seeing his bad side.



north where they celebrated the solstice.

Another tradition that is something you might think goes a long way back is the Christmas tree. It was not until the 19th century that it came to Denmark, even though it had already become popular in Germany in the 14th-15th century.

There are many different things you get Christmas Eve and most people probably get roast pork. However, there are many other dishes that also go with Christmas. Elsewhere in the north, they have a tradi-

God-like man with a large belly, white beard and who owns a wardrobe of exclusively red clothing. He gives gifts to all sweet children and according to Coca Cola he drinks huge amounts of soda. On some of their earliest ads it says: "Coke time! Even Santa deserves a break."

Santa is partially based on Saint Nicholas, who was a bishop (and now a saint) who was known to give presents to the poor.

Then there is the myth of Krampus. He is probably a bit of the opposite of the oth-



NybroTidende Food Column: *Christmas dishes*

December! The month where most people indulge in everything from herring and snaps to Christmas lunch roast with brown sauce in excess - yummy!

Roast Pork Sandwich(4 Servings):

Ingredients:

- 325 to 350 g roast pork with crackling
- 4 burger buns
- 4 tbsp. pickled red cabbage
- 1 boiled potato
- A few salad leaves
- 6 tbsp. cucumber salad or half a pickled cucumber.

Dressing:

- 2 tbsp. skyr
- 2 tbsp. mayonnaise
- ½ tbsp. (Dijon) mustard
- 1 tsp. apple cider vinegar
- 1 tsp. (Acacia) honey
- Salt and pepper

Stir a dressing of scallops, mayonnaise, Dijon soup, apple cider vinegar and acacia honey.

Season with salt and pepper.

NB! If you do not want dressing, you can use leftover sauce as well.

Procedure:

Heat up the roast pork. If a grate is used, heat it in the oven at a couple hundred degrees for approx. 15 minutes - be careful to not burn the crackling. Aluminium foil can be used to cover the roast. If the crackling has become soft, let it receive heat for ½-1 minute under the grill element. Again: Be careful!

Heat up the buns in the oven for the last 5-7 minutes.

Warm the red cabbage in the microwave or in a small saucepan.

Cut the roast pork into slices approx. 1 cm thick. At least 8 slices are needed.



Cut the buns into two and coat both halves with ample dressing or sauce, after which salad is placed with a slice of potato or two.

Divide the pork slices onto the buns and add 1 tbsp. red cabbage. Lastly, the cucumber salad is added.

Arrange and serve immediately.

Tip! When heating up the red cabbage, try adding a few tbsp. elderberry juice, cherry juice or the like.



Almond Rice pudding (4 Servings):

Ingredients:

- 3 ¾ dl. Rice pudding
- ½ rod vanilla
- 4 tbsp. Icing sugar, or 3 tbsp. Sugar (both are about 30 g.)
- 75 g. Almonds (about 1½ dl.)
- 4 dl. Whipping cream
- Possibly: lemon zest

Procedure:

Split the vanilla pod and scrape out the seeds. Mix vanilla grains and sugar into the hot rice pudding. Let the pudding cool. Blanch, skin and chop the almonds (leave one whole). Stir them into the pudding, possibly also some lemon zest. Whip the cream and mix with the cold porridge.

NB! If you do not have vanilla pod, you can use vanilla sugar instead.

Cherry sauce:

- 1 glass of dessert cherry without stone, approx. 400 g
- 1 tbsp. Corn starch (Maizena) (about 8 g)
- Possibly: sugar

Bring the cherries with juice to a boil. Stir corn starch in 1 ½ tbsp. Cold water. Stir with the cherries and cook at low heat for approx. 3

min. Add sugar to taste. Serve hot or cold.

Tip! You can add a little cherry wine if you have it.

Cats' tongues cookies (ca. 64 stk.):

Ingredients:

- 225 g Wheat flour
- 100 g of pure raw marzipan
- 200 g of soft butter or margarine
- 90 g sugar
- Zest from 1 organic orange

Decoration:

- Dark coating chocolate

Procedure:

Knead the marzipan until soft with half of the butter. Add the other ingredients and knead the dough until uniform.

Divide the dough into 4 pieces and roll them into rods, each is cut into 16 equal pieces.

Roll them into balls which are rolled thinly in the middle. Press the ends a little flat with a palette knife.

Put the cookies on a baking sheet with baking paper.

Baking:

6-7 mins in the middle of a 200 ° C heated oven until they are light brown (Air assisted 180 ° C).

When the cakes are baked, one end is dipped into the melted chocolate.

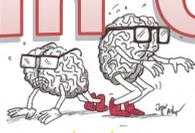
Tip! Store the cookies in an air tight container

Bon appetite!



Agnes, O4

Brain Gym



Sudoku Difficulty:



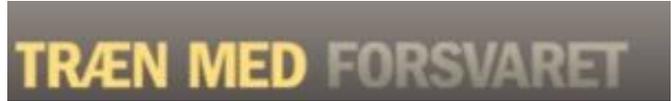
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COMING SOON

- December 1st:** The dormitory's Christmas tree is light up
- December 3rd:** First Sunday of advent
- December 10th:** Second Sunday of advent
- December 13th:** Premiere of 'Star Wars VIII: The Last Jedi'
- December 16th:** Nybrogård Dormitory's Julefest
- December 17th:** Third Sunday of advent
- December 24th:** Christmas Eve (Fourth Sunday of advent)
- December 31st:** Happy New Year's Eve!

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

App of the month:

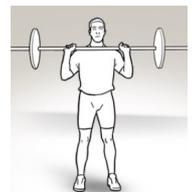


Are you a bit tired of all Christmas stuff or you just want to have a loose some of the Christmas fat that might have already settled? Then it's time to get started! Even though, which is well known, it's exam season, there is always room for getting used your body and thus giving your brain a surplus for the reading. Sometimes, however, it may be difficult to schedule your time properly when you have this and that to take care of. The mobile app *Træn med Forsvaret* can help with that.

How the app works: In the app you can create a 8-week training program designed individually according to current fitness and strength or any goals you might have. If you do not feel like an entire program, you can choose from a wide range of exercises and training passes that may inspire new exercises, and performing them correctly. The exercises include core, mobility, fitness and circle training. In addition,

you can test yourself and find out what level you are in within the different exercises (Level 1-5).

All in all: You do not have to aspire to become a part of the Armed Special Forces to use the app. Since there are both exercises and training schedules for beginners and experienced, the app is very easy to use regardless of level.



Want to know more? then scan:

