

NybroTidende

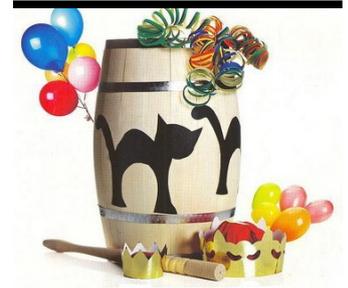
February 2018



About Nybrogård p. 5



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Welcome to 2018

And do not worry - we know it's been 2018 for a month now, but nevertheless, it's the first time in 2018 that NybroTidende is published.

During our break between December and January, we editors have taken some time to recharge for a new year with new 2018-issues and 2018-articles. The Most difficult is to remember to keep in mind to not replace occurrences of 2017 with

2018 ... But what 2018 will bring is uncertain for now. Nevertheless, February is the month with Fastelavn, where the cat is to hit off the barrel (term from folklore of sacrificing a black cat to get rid of pest).

We hope you will enjoy this year's first issue of NybroTidende. Enjoy! :-)

Resident Council news

D) Additional open hours v. Kasper Hansen

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 available. 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?

The proposal meets support in the Council. KælderCaféen will have an additional opening day, presumably on Wednesday, focusing on 'Hygge' and café atmosphere. This will be started in the new year. It was voted on approving this. 9 (i.e. all voters) voted for the proposal.

Upcoming Council meeting:
Wednesday, February 6th

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: Kim E31

EF-even:

GH-odd:

GH-even:

JK-odd:

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

LM-odd:
 (alt.) Rene, M43

LM-even:

NO-odd:

-
 NO-even:

PR-odd:

PR-even: Kasper, R66

ST-odd: Søren T43
 Caroline, T65 (Alt.)
 ST-even: Frederik S40
 Niels T54 (Alt.)

Apartments:

C, D and G: Keegan O2

-
 H and L: ,

M, O and S:

Administration

Treasurer
 Kasper Hansen, R66
 kasserer@nybro.dk

Secretary
 Josephine B56
 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

Ole, L14

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

This could be you.

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".

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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



ITALIENSK PIZZA



**NYBROGÅRD
PIZZARIA**

KEBAB & BURGER HOUSE

NYBROVEJ 304, 2800 KGS. LYNGBY
NYBROGÅRD KOLLEGIET

MENUER

GRATIS KØRSEL TIL NYBROGÅRD KOLLEGIET MIN. KØB 50 KR

GRATIS KØRSEL TIL P.O. PEDERSEN KOLLEGIET MIN. KØB 50 KR

MENU 1
HJ. PITA SHAWARMA MENU
PITA MED LILLE POMMES FRITES,
DYPPELSE, 0,33 L SODAVAND **65,-**



MENU 2
HJ. DURUM SHAWARMA MENU
DURUM MED LILLE POMMES FRITES,
DYPPELSE, 0,33 L SODAVAND **75,-**



MENU 3
BURGER MENU
HJEMMELAVET CHEESE OKSE
BURGER MED LILLE POMMES FRITES,
DYPPELSE, 0,33 L SODAVAND **75,-**



MENU 4
PIZZA MENU
VÆLG 3 x PIZZA (fra nr. 1 - 45)
MED 1,5 L SODAVAND **199,-**



GRATIS KØRSEL TIL DTU & ANDRE KOLLEGER MIN. KØB 100KR

ÅBNINGSTIDER

MANDAG – FREDAG	15.00-21.00
LØRDAG – SØNDAG	13.00 – 21.00
MAJ, JUNI, JULI, AUGUST	ÅBENT TIL 22.00

DE RINGER – VI BRINGER - KØRSEL FRA 25 KR



ALLE KORT MODTAGES OGSÅ VED UDBRINGNING
EFTER AFTALE (GEBYR 5KR) VI MODTAGER OGSÅ MOBILEPAY

STUDENTERRABAT 10% PÅ HELE MENUKORTET
Gælder ikke menuer og drikkevarer

Bestil online på nybroggaardpizza.dk

FØLG OS PÅ FACEBOOK: NYBROGÅRD PIZZARIA
FOR TILBUD & KONKURRENCER

TLF. 51 14 12 19

Now open on Tuesdays

Kælders Caféen

During the month of February, the bar will be open every Tuesday from 7pm to 11pm . Your friends will be able to enjoy board games, pool, (Irish) Coffee, and lots of hygge! This will be a trial period and will continue if it is a success. So come down and enjoy it while it's here!



Keep updated on KældersCaféen's Facebook page:



- 10% DISCOUNT FOR ALL RESIDENTS (NOT APPLICABLE TO MENUS AND DRINKS!)
- FREE DELIVERY WHEN ORDERING FOR MORE THAN 50 KR!

The Cinema club needs a new president

We have previously written articles on the dorm's canoe- and kayak club as well as the brewer's club. It's now time to learn about the cinema club at Nybrogård. The club also needs a new president.

As a member of the club you are able to reserve the room with its large projector, which is located in the AB basement, and is reserved through the dorm's web booking system. Membership costs 100 kr. and is a one time purchase. The money is spent on covering maintenance costs and improvements. As a member you will be able to use it for movie watching, console gaming etc. You are also welcome to arrange events, theme nights etc.

Rules on membership can be read on the webpage nybro.dk/en/klubber/filmklubben.

And not only is there a cinema club here at the dorm, there is also a relatively easy and cheap way to sign up: The club is looking for a new president!

As president of the club you are tasked with its maintenance, purchases, and any other tasks you may find are needed. In addition, of course, you must sign in new members. There is already a projector available, and as the new president you must talk with Lars Kaj about which door and lock should be used (related to the lock system's limitations).

Does the job as president sound like

something you would be able to handle? Then contact Lucas from J32.

You are also more than welcome to join the club :)

Frederik, H2



Saturday 10th of February
From 9pm



All the facts about Nybrogård dormitory

Are you a new resident or would you like to know a little more about the dormitory you are renting here at Nybrogård? Then enjoy this article where you can become wiser about everything worth knowing about the dormitory!



The fundamentals

*Age

Nybrogård dormitory's construction began approximately 1970, completed in 1972 and has not undergone major changes or renovations (apart from the ST building, read: NybroTidende, December 2017).

*Size

The total area of the dormitory is exactly 56,702 m².

The rooms

The college consists of a total of 536 leases. There are 446 rooms of 12 m² and 22 rooms of 16 m². In addition, there are 68 apartments, each of 32 m². Thus, over 600 students are residing in the dormitory.

*The residents

Every month, up to 40-50 students apply for a room at Nybrogård dormitory, while barely that many move out. Each resident resides on average 2.5 years at the dorm. The resident who has lived at the dormitory longest lived here for 11 years.

*Location and shopping

As we know, we have Nybrogård Pizzeria & Burgerhouse on the grounds, but if the evening meal requires a little more ingredients than the kiosk can offer, most residents make use of Netto on Engelsborgvej. The distance from the dormitory to Netto is 1.3 km. However, you go



down to the canoe rental and through the woods, the path to Netto in Sorgenfri is actually not much longer (although Google Maps is not able to show it.)

*Administration

The administrative sectors at the dormitory are: The Residents' Council, the Board, the Netgroup, the Complaints Board, the Kitchen coffer administrators, the secretariat and, of course, the inspector Lars Kaj. In addition to Lars Kaj there are 4 employees on the grounds: Frederik, Kaas, Jan and Peiter.

The fun facts

*Reviews

Google reviews scores Nybrogård dormitory 4,4 of 5 (a pretty good score!), from a total 61 reviews (Data from January 2018).

*Consumption

The dormitory has a yearly consumption of approximately 105.000.000 kr. This includes rent, maintenance, club expenses etc.

*Why are there no building Q and T?

As Lars Kaj himself formulates, it's because 'buildings referring to IQ could just be as well be dropped as no-one in the dormitory has a particularly high one of the kind'.

*Postal code

Although the dormitory is located in Gladstaxe municipality, the postcode of Lyngby-Taarbæk Municipality (2800) is used with the dormitory's address.

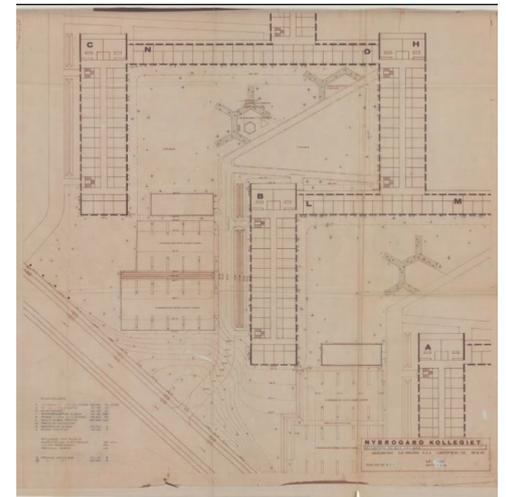
*Clubs

The dorm houses a total of 10 different clubs. Some of the clubs were created shortly after the dorm was listed. These include The exercise Club, KælderCaféen and the bicycle workshop.

The club with the most members is the canoe and kayak club with 190 members.

*Nybrogård Pizzeria & Burgerhouse

The kiosk owner Ahmed has had the kiosk for 20 years and expanded the inventory during the summer of 2017 when his son Mahmood was employed. By this the dormitory's local kiosk changed name from



Nybrogård Pizzeria to Nybrogård Kiosk & Pizzeria.

*NybroTidende

On Nybro.dk, NybroTidende dates back to January 2009, but the first NybroTidende was released in 1973!

* Facts are verified by either Lars Kaj, KAB or Nybro.dk.

Clara, K-55

Residents' Council meeting minutes

Agenda for residents' council meeting

Present: Niels T54, Jacob B51, Mads M51, Keegan O2, Andreas L31, Kim E31, Frederik N29, Josephine B56, Caroline T65, Søren T43, Adrian C24, Lars Kaj (Operations), John (Operations), Rasmus A38, Frederik O3, Kasper Hansen (R-66) Arrived at point 9C.

Moderator and language for the meeting

Frederik (N-29), Danish.

Voting members

8 until point 9c, then 9. Quorum met.

Approval of minutes from last residents' council meeting

Approved

Approval of agenda.

Agenda Approved

Economy

Treasurer was not present.

Other messages

Board meeting will take place on Wednesday, December 13, 2017 Where the following points, among other, will be on the agenda: Conversion of the antenna network will be discussed.

It will be requested that the building faults that occurred during the re-building of ST will be addressed.

Review of last board meeting or agenda before the next.

See point 7

Internal correspondence

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).

It was decided to allocate DKK 15,000 for the restoration of the Music Room after water damage and the purchase of new / used instruments. 6 out of the 8 voters voted for, while 2 voted against.

In addition, there was input about cheaper and better amplifiers that could be purchased.

B) Isolating the kitchens

v. Kasper Hansen

For discussion

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?

Kasper Hansen not present, which normally means that the point be waived. Since it was just a point of discussion and nothing was to be decided or determined, this was discussed anyway.

During the discussion it was stated that the problems of heating in the kitchens can be associated with the conversion to district heating, where the optimal level must first be found

and that work is being done to adjust this optimally.

It is estimated that after-insulation is difficult due to the large window sections in the kitchens. It was suggested if you could try to make the windows better insulated.

It is concluded that it is difficult to post-isolate and that, first of all, there will be an attempt to regulate the heat supply and see whether this resolves the problem.

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

Kasper Hansen is now present and it was decided that the annual summer party location will be relocated to the JK LM NO grass areas.

D) Additional open hours

v. Kasper Hansen

For discussion and vote

We in the basement cafe have talked about trying to have openings on weekdays, 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 available. 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?

The proposal meets support in the Council. KælderCaféen will have an additional opening day, presumably on Wednesday, focusing on 'Hygge' and café atmosphere. This will be started in the new year. It was voted on approving this. 9 (i.e. all voters) voted for the proposal.

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.

7 voted for the approval of the welcome folder and one abstained. In addition, proofreading is offered by one

of our fellow residents.

F) Election of new secretary v. Frederik Bjerg Clausen

Josephine B56 was elected new secretary with 9 votes in favour.

G) Election of new Residents' Council chairman

v. Frederik Bjerg Clausen

Election of council chairman will be resumed for the next meeting. Frederik continues until 06.02.2018.

H) Election of new alternate for the Resident Council chairman

v. Frederik Bjerg Clausen

No one wanted to be elected.

New members and alternates

LM odd: Mads resigns and LM-odd has no representatives.

ST odd: Caroline signs off and Søren signs up as an alternate

EF odd: Kim (E-31) signs on

CDG apartments: Keegan (O-2) signs on for the apartments CDG

Other

New chairman of the brewers club
Jakob B51

The POP dormitory bar is closing and it is asked if POP's bartenders can be hired here. It is agreed that in the event of a bartender shortage, POP bartenders may substitute. The council, however, emphasize that NYK bartenders must be prioritized. POP bartenders will primarily be used as a reserve to avoid closures.

Next meeting

The next meeting will take place on **Tuesday, February 6th** at 7pm, GH basement.

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

Residents' meeting minutes

Agenda for residents meeting

Present: Niels T54, Jacob B51, Mads M51, Keegan O2, Andreas L31, Kim E31, Frederik N29, Josephine B56, Caroline T65, Søren T43, Adrian C24, Lars Kaj (drift), John (drift), Rasmus A38, Frederik O3

Moderator and language for the meeting

Frederik (N-29), Danish.

Voting members

13, quorum met.

Approval of agenda.

Agenda Approved

Other messages

Board meeting on Wednesday, December 13, 2017

Internal correspondence

A) Review of the accounts for 2016-2017

v. Board of Directors

Informative

See attached.

Upon review of the accounts for 2016-2017 a surplus of 370,000 kr. was noted.

B) Approval of new rules for kitchen coffer administrators

v. Kasper Hansen

Discussion and vote

See attached.

The point is waived as Kasper Hansen is not present, however, the point was

discussed and considered anyway and questions like; Is it necessary to have a tighter and more controlled set of rules or does it work well as it is? Should we do something about it or are it up to the individual hallways? came up.

C) Election of new resident representative to the Board of Directors v. Board of Directors

13 voted for the Rasmus A38 being elected, this was unanimous and Rasmus A38 was thus chosen as resident representative for the Board for the next 2 years.

D) Election of new alternate to the Board of Directors v. The Board of Directors

Søren T43 gets up and 11 votes in fa-

your and 1 votes blank. Søren has therefore been elected as an alternate to the Board.

Other
An error occurred with KAB regarding the apparent price rise of the kitchen payments from DKK 30 to \$ 50. This

error is offset with the rental fee for February.

Notice of Residents' Council Meeting

Agenda for residents' council meeting, September 4th, 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

A) Application for money to the Brewers Club v. Jacob Suhr B-51

For discussion and voting:

After installation of water softening systems at the dormitory the water has become worse for beer brewing, therefore, money is desired for a smaller reverse osmosis plant.

Also other smaller purchases for the daily operations.

For costs, see attached file.

B) Election of new Residents' Council Chairman v. Frederik Bjerg Clausen N-29

For voting:

I am resigning as Chairman of the Residents Council, and we will therefore have to elect a new Chairman.

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

Answer to puzzles: 1. Web designers, 2. Bread, 3. None, only babies were born, 4. She ran away from the ball, 5. Incorrectly, 6. A stick, 7. A telephone, 8. Mt. Everest

New Year's resolutions

New year, new you? Or are clichés just not your style? We've all tried making plans and goals that have been too unrealistic or that you have been too lazy to implement.

In 2016, there was a survey of what Danes' most popular New Year's resolutions were for 2017. You may see some of these in your own considerations:



- Seventh with one full percentage is: drink less coffee!

- There are two resolutions which share sixth place since they both have an equal two percent! One is to stop swearing while the other is to see one's parents more. Is it just me or is it a little sad to see one's parents so far down on the priority list? But on the other hand, you can see it as a potentially good thing, as you can hope that it's so low because most people already see their parents a lot.

- In fifth place we have another two resolutions who share the place with 3 percent each: work less and stop biting nails.



- Fourth place, with four percent, is about something that most students probably will not complete as a New Year's resolution, or

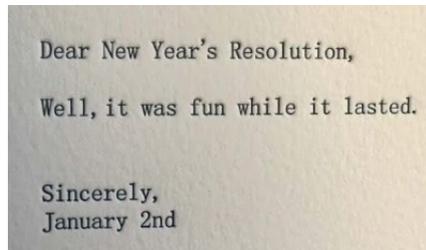
would add to the list in the first place. It is drinking less alcohol. There are probably not many, at this dormitory especially, with this new year's resolution.

- In third place there are two items yet again, both of which got six percent: stop smoking and get a boyfriend. Quit smoking sounds very relevant, but getting a boyfriend is something I've never heard people have as a new year's resolution.

-With 27 percent we have second place: exercise more. Now we come to the more standard New Year's resolutions, which most probably have made at some point.

-First place with 29 percent goes to losing weight, and among women it was 35 percent who had a desire to lose a few kilos in 2017.

Even if you do not think of New Year's resolutions as the best way to kickstart a routine or that it's just a silly thing, there are some things you'll need to consider if you want to reach any kind of Goal. New Year's Resolution or not.



The first thing to do when you have had many years of New Year's resolutions that have been forgotten the week after is to reflect on your failures. It may not sound like fun, but it's a good way to find out what went wrong. Why can I never make it work? For as Master Yoda usually says, "The greatest teacher, failure is."

However, knowing what went wrong last time is not enough. Because one can easily make mistakes more than once without doing anything about it. You need to find out what caused you to not do the things you wanted to. And then make an effort to try to change it.

But who has the time or energy to attempt a solid routine of a healthier lifestyle?

It is said that you have to repeat something for a long time before it becomes a habit.

And one week is probably not much time to establish healthy habits of losing a few kilos or exercising more. What one might focus more on is breaking some of the many bad habits that have accumulated.



But what about a New Year's Resolution which states that you will not lie to yourself? About all the lifestyle changes you would like in an ideal world, but most times end up failing. The best way for success may be being realistic in your hopes of changes and to make a plan. Then you should at least be able to go through with



the New Year's Resolutions for more than a week. In addition, it is important to not be too tough on yourself.

Agnes, o-4

Know your city: The Rowing Stadium

Although Denmark's national football stadium, Parken, is located in Copenhagen and all national sporting events take place in the heart of the capital, a stone's throw from Nybrogård, nothing less but Denmark's national rowing stadium can be found with scenic surroundings. And the stadium faces a major renovation in the coming years.

Denmark's rowing stadium lies next to Bagsværd lake and is the country's busiest rowing stadium. The stadium hosts 8 regattas (competition with rowing and sailing), and Team Denmark's training of the country's greatest talents in both canoeing and kayaking also takes place here.

The stadium consists of marked lanes for rowers in Bagsværd lake. The lanes are 2.102 m long and 87,5 m wide. Usually, 6 lanes are marked for rowing and a single lane for rowing back to the start. The



The stadium today

marking is done using buoys most of the year. The lanes extend 22 meters before the starting line and 80 m after the finish line.

The spectator area consists of a tribune and a judge tower. The area is located against the southern part of Hareskoven.

The facilities for the rowers include a Rower Centre, located at Skovalléen 40. Here the rowers ready their boats for the tournaments and carry them to Bagsværd lake. They also change into proper clothing, eat, rest and work out in anticipation of a tournament.

The new stadium

In the coming years, some construction work will be experienced at the rowing stadium. Towards 2019, the stadium is to be renovated and future-proofed. This is done by expanding the lanes and constructing a new rowing centre. This aims to ensure the stadium's position as being a modern training facility - especially for Denmark's elite, but at the same time to form a well-functioning framework for national and international regatta in rowing, canoeing and kayaking. However, the stadium must be developed in such a way that particular consideration is given to the nature of Bagsværd Lake and to be a good example of how a modern sports facility can be integrated and form a kind of synergy with the unique nature of the area.

The new stadium will consist of a new boat hall, new facilities for dressing and training as well as club rooms. In addition, a new tribune and a new judge tower will be built. The new rowing stadium is designed by AART Architects, Elkiær, Ebbeskov Arkitekter, LIW Planning and Viggo Madsen Consulting Engineers.

Other attractions near Bagsværd Lake

When you go for a walk at Bagsværd Lake, it's hard not to notice the markings in the lake for the 2 km long rowing lane. Besides the beautiful nature, which you can also experience around the lake, there are also other places worth visiting.

On the west side of the lake you can go for a walk in Aldershvile castle park. Originally there was a castle-like country house called Aldershvile. It was built by archi-



tect Joseph Guione for doctor Johan Theodor Holm de Holmskiold. In 1909, Aldershvile burned down and are known today as the Aldershvile castle ruins. The present Aldershvile castle pavilion was built in the 1920s by wholesaler Carl Olesen.

In addition, you will also pass the Sophienholm castle. This was built in 1768 by General Post Director Theodorus Holm and named after his wife Sophie Holm. Only in 1963 did the municipality of Lyngby-Taarbæk take over the ownership of Sophienholm, and today the main building is used for art exhibitions all year round, which takes place in respect of the cultural activities of the day. The park belonging to Sophienholm is a popular excursion (In addition, it is a fact that it is a great place to visit if you play Pokémon Go :-))

In the next issue of NybroTidende:

Sorgenfri and Virum

NB: We wrote in the last issue that this article would deal with Sorgenfri and Virum. This will be the case for the next issue instead.

Frederik, H2



The future stadium

Fastelavn

Fastelavn, which is comparable to Mardi Gras, is an event that people usually know as a harmless day with fun and banter. There are Fastelavn buns everywhere, people in costumes as well as the activity of striking the cat off the barrel. The activity consists of a barrel with decorations being hung up, after which people take turns with a bat in the attempt to destroy it with a single strike, resulting in an eruption of candy, or if you are really unlucky: raisins and oranges!

When I was younger, my sisters and I woke up to a Fastelavnsris (bunches of fruit tree twigs) which was also filled with sweets, which we either hoarded or ate much too fast. And as a thank you to our parents who had given us such a surprise, they were, of course, woken up by jumping in their bed.

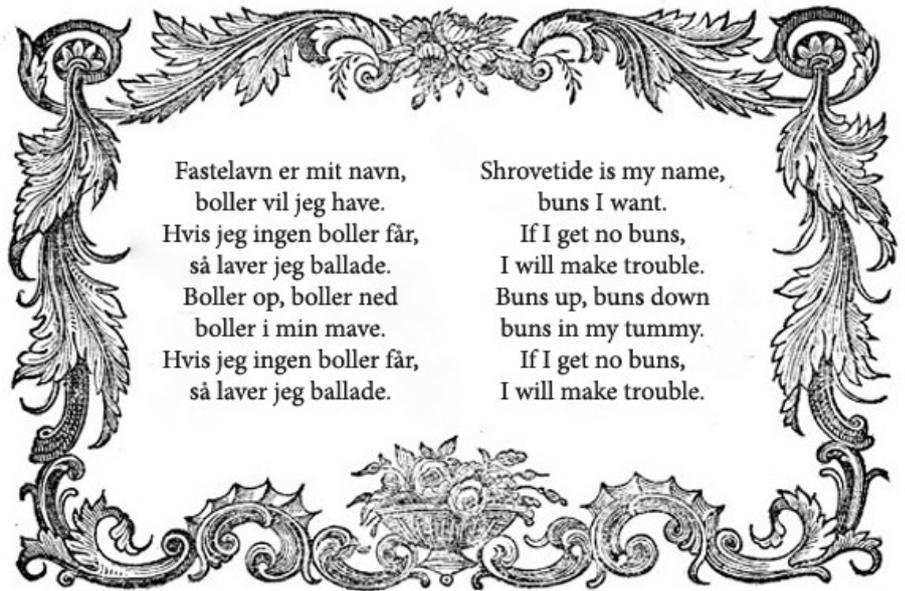


Why Fastelavnsris? It is originally a remnant of an archaic New Year's ritual that is said to aid fertility. Therefore, at that time, it was only used on humans and animals of the female sex. The Fastelavnsris was usually of willow or birch and decorated with flowers, fruits, halved egg shells and swaddling blankets.

Fastelavn was originally the night before the Catholic fast which starts on what is called Ash Wednesday, which is the first day of the 40-day fast leading up to Easter, known as lent. The word Fastelavn comes from Middle German Vastelavent: 'fast evening.

In 2018, Fastelavn will fall on Sunday, February 11th, but in the past it could last for up to a whole week.

In Denmark, Fastelavn usually meant the three days before Ash Wednesday, known in Denmark as: Pork Sunday, Pork Monday and White Tuesday (white refers to the fact that you on this day got milk with Fastelavn buns). With the Reformation in Denmark in 1536, fasting became optional, but until the 19th century most people still stuck to it, however, in many places the Fastelavn parties would last for more than Ash Wednes-



Fastelavn er mit navn,
boller vil jeg have.
Hvis jeg ingen boller får,
så laver jeg ballade.
Boller op, boller ned
boller i min mave.
Hvis jeg ingen boller får,
så laver jeg ballade.

Shrovetide is my name,
buns I want.
If I get no buns,
I will make trouble.
Buns up, buns down
buns in my tummy.
If I get no buns,
I will make trouble.

day. In many places, it continued from the Monday to the next Sunday, which was called 'the crazy week'.

We know that the one who destroys the barrel gets a golden paper crown and is crowned the cat king or queen. **In the past, there was originally a living cat in the barrel**, as the cat was usually seen as a devilish animal and you would strike the barrel with a bat while riding a horse, bike or later by car.

In addition, it was quite normal to see ani-



The barrel being struck while on horseback. St. Magleby, Amager, 1929.

mal cruelty at the regular during Fastelavn. There was another game, similar to the cat in the barrel, which could be called the chicken in the pot. Here you would put a chicken in a jar so that only the head pokes up, and it was about breaking the jar.

There were also many other competitions in addition to striking the barrel with the cat where the winner was named King, Prince or Count. The winner's prize

was great privileges such as tax exemption the following year. Many of the competitions were, for example, ring jousting, racing and stabbing a strawman.

Dressing up was also something that was done in market towns and larger villages.

people also used to "run Fastelavn" where the participants went off-usually in white uniforms - from house to house (similar to Halloween) where people would then try to recognize them. Some walked or rode from



Fastelavn boys from Karlslunde School in 1939.

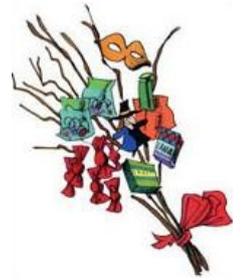
farm to farm while singing an egg folksong to collect eggs for the Fastelavn feast that everyone in the village was invited to.



Agnes, O4

NybroTidende Food Column: *Healthy or sweet?*

February is both for those who want a healthy start of year following Christmas's indulgence - and for those with a sweet tooth.



Easy and healthy date dinner

Starter: Caprese salad

Ingredients:

- 250 g. cherry tomatoes
- 2 balls of fresh mozzarella cheese (250 g.)
- 10 fresh basil leaves

Dressing:

- 2 tsp. olive oil
- 2 tsp. balsamic vinegar
- ½ teaspoon. honey or sugar
- Salt and pepper

Procedure:

Cut the tomatoes in half. Put them on a dish.

Cut the cheese into slices. Distribute them between the tomatoes.

Whip the dressing. Distribute it over tomatoes and cheese just prior to serving.

Decorate with the basil leaves.



Main: Sexy fish in tray

Ingredients:

- 4 scallions
- ½ squash (150 g.)
- 1 red pepper (or 400 g vegetables of your choice)
- 1 tbsp. olive oil
- 1 tsp. paprika
- 2 laurel leaves (can be excluded)
- Salt and pepper
- 2 salmon fillets (or cod fillets or plaice) (250 g.)
- 2 tsp. olive oil
- 4 half slices of organic lemon

- Salt and pepper

Additional:

- Topping of dill, parsley, chives or other spices.
- Bread.

Procedure:

Turn on the oven at 200 °C (or 175 °C air assisted).

Get 2 pieces of aluminium foil the size of the oven's baking plates. Lay them on top of each other. Fold 3 of the edges a few times so that you have an 'envelope' that is open in one of the ends. Close the 3 ends well so that liquid can not run out. make 4 of these envelopes (2 for fish and 2 for greens). Cut the squash into halved slices. Cut the scallions along its length twice. Cut the peppers into thin strips.

If you want to, roughly chop the toppings and put it in a small bowl with a spoon.

Before serving: bake the vegetables for 20 min. The fish must cook for 12-15 min. (plaice or cod should only cook for about 7-8 minutes, as they are thinner than salmon). Warm the bread, if wanted, in the oven for the last few minutes.

Serve a vegetable- and a fish envelope for each. The packages are opened at the table with a scissor or knife. Lastly, add the topping.

Ensuring to impress: Sprinkle a little estragon in the fish envelope or sprinkle lightly roasted pine nuts over the packages once opened.

The packages can also be prepared in advance and put in a refrigerator until they need to be cooked. in that case they should be baked a few minutes longer as they are cold.

Fastelavn buns (About 16 servings):

Ingredients:

- 200 g. butter
- 1½ dl. milk
- 50 g. yeast
- 350 g wheat flour (about 6 dl)
- 1 pinch of coarse salt
- 2 tbsp. sugar (20 g.)
- 1 egg

Cake cream:

- 2½ dl. milk or cream 13%
- 2 tbsp. sugar (20 g.)
- ½ vanilla pod (or 1 tablespoon of vanilla sugar)
- 1 tbsp. corn starch (Maizena®)

Glazing:

- 100 g. icing sugar (2 dl.)
- approx. 2 tablespoons. water
- 2-3 tbsp. cocoa

Procedure:

Melt butter and pour the milk in. Stir yeast into the mixture and add the rest of the ingredients. Stir the dough with a spoon, it should be somewhat soft. Let it rest while covered for approx. 30 minutes.

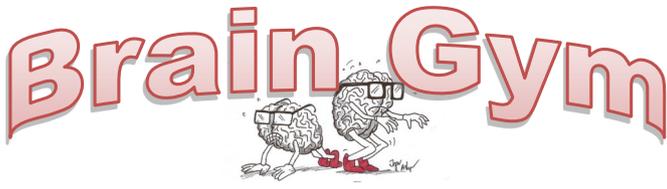
Begin making the cake cream: Mix all the ingredients in a saucepan. Whisk it well. Boil the cream with stirring for approx. 3 min. cool the cream.

Roll out the dough, on a table covered with flour, into a square approx. 30x30 cm. Cut it into 16 squares. Add 1 tbsp. of cream on them. Fold the tips towards the centre. Fuse the edges of the dough well around the cream and place the balls on a baking tray with baking paper with the joints downwards. Let them rest for approx. 30 min. Then bake them in the middle of the oven at 200 °C for approx. 20 min. Let them cool. Stir the icing sugar with sifted cocoa and water until viscous. Add some to each of the chilled buns.

Tips! Put either plastic film over the cake cream such that it rests direct the cream or sprinkle some sugar over the cream before it cools, so that it does not form a skin.

You can also add 50g of dark chocolate or soft nougat to the hot sauce and stir. *Agnes, O4*





Riddles

(Answers on page 8)

1. What do spiders in Silicon Valley want to be when they grow up?
2. Say the following: Roast, boast, coast, post. What do you put in a toaster?
3. How many men were born last year?
4. Why did Cinderella get kicked off the football team?
5. Which word in the dictionary is spelled incorrectly?
6. What do you call a boomerang that doesn't work?
7. You answer me, but I never ask you a question. What am I?
8. Before Mt. Everest was discovered, what was the highest mountain in the world?



- 2. February: Candlemas
- 4. February: vs. Brøndby IF, DBU Trophy
- 5. February : Crown Princess Mary's birthday
- 9. February: Winter Joint at DTU
- 11. February: Fastelavn
- 13. February: International pancake day 2018
- 14. February: Valentines day
- 16. February: Copenhagen Gin Festival
- 17. February: Retro flee market in Øksnehallen
- 28: February: Letter writing concert in The Black Diamond, The royal library

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 one of the many who is missing a flirt for Valentine's Day? Or maybe you just miss someone to have fun with on the cold winter evenings? You may even have tried the app 'Tinder', but unsuccessfully?

How (H)appen works: Like with 'Tinder', you can like someone if you find them appealing. If the person does the same with you then the two of you are matched. On the app 'Happn' you are exclusive able to match with people you've encountered in real life. This may seem creepy, stalkery or perhaps awkward (especially when you reside at a dormitory), but if you are staying around the Copenhagen area, you may be lucky to match with the sweet guy/girl who you saw on the S-train on the way to Amager - if she/he also has the app (and good taste). No matter what it's an obvious way to get in touch with others - whether it's at nightclub or in Netto and whether you're looking for boyfriend or friends. (Although the

app addresses all types of relationships, one should be aware that the vast majority of users use the app with hook-ups in mind.)

All in all: An app that follows you everywhere and is accessible to both new and seasoned dating-seeking student-eavesdroppers.

But if the superficial selection is not for you, remember that KælderCaféen is an ideal place to meet your next potential Valentine's companion!

