



Dondrite news

No 2 | OCTOBER 2019

NIJMEGEN

DEAR DONDRITES,

It's the second newsletter of the year and the Scribe committee has worked hard to give you more fresh goss from the neuroscientific buildings in Nijmegen. Again, we will introduce some new topics and as always, we provide a nice overview of the recent and upcoming Donders & Dondrite events.

What's more, in this edition you'll get to know the Italian chefs of the Trigon (they might even have some cooking tips for you) and you can find out what interesting things your fellow students have to offer in our new Notice Board.

Looking for some light entertainment? Scroll down to our monthly meme, our funny professor quotes or fill in the crossword. This one's all about something close to the hearts of most students: Beer!

Important to mention is that we have fully incorporated links in our texts. Do we mention a signup form or an upcoming event? Just click on the title of the event or link in the text and you'll be taken to where you need to be!



OCTOBER

PESTO IS FOR PASTA, NOT FOR A SANDWICH

Getting to know Betty and Mora from the Italian Trigon canteen

When you're at the Trigon, it is impossible to not know these two people. They make the most amazing food on campus, serve delicious coffee, and always greet every person that walks in. "It is what your Italian parents teach you as soon as you can speak: Always say hi to everyone."

Since the beginning of 2016, Betty and Mora have been running the canteen in the DCCN. Through a friend, Betty and Mora heard about the plans of the Donders to open a new canteen in Trigon. Even though they didn't have any particular background in running a canteen at all, they decided to go for it. Mora learned how to bake and Betty made a business plan. Now, over 3 years later, we cannot imagine the Trigon without this fabulous Italian canteen.

Coming to the Netherlands, Mora didn't speak any English at all. Luckily, the Donders was a very welcoming environment for Betty and Mora. "In the beginning, people really wanted to include me in the conversation and push me to speak English. This environment was very nice, with many helpful people."

Not only the particular Donders environment, but in general they both like the Netherlands, with a soft spot for Nijmegen in particular. Mora: "What I like about the Netherlands and Nijmegen is that it is a very safe country and safe city. Also, biking here is great, which is very different here compared to Rome, where we are from." Both remarked upon Havana aan de Waal's remarkable inclusive, warm, and welcoming nature, and were thankful for their welcome. Additionally, not only travelling by bike is great, travelling by car is also more convenient here. Betty: "In Rome, you go somewhere by car, it takes 10 minutes, but then you have to take half an hour just to search for a parking space. Here we have a parking space right away. There's even one included with our apartment!" When asked if they were planning to stay, they said they planned at least a few more years (so not to worry, they will still be here for you!)



"You need to have a meeting for a meeting, for a meeting, and then another meeting."

When asking what they don't like about the Netherlands, they both immediately have an answer: The weather and the bureaucracy. Mora: "Honestly, getting something arranged here in the Netherlands is very slow. You have an emergency, but then first you need to have a meeting for a meeting, for a meeting, and then another meeting. I need salad, not a meeting!" Of course, being away from your home country has more downsides. Betty: "I obviously miss my friends. Or sometimes miss to be able to speak my language everywhere. And one thing missing here are good Cannoli Siciliani." Perhaps one day, that could be on the menu at Trigon...;)

"A break is a break, you shouldn't be eating in front of your laptop."

Of course we also wanted to use their unique perspective into our little academic world. Is there anything that they noticed particularly about neuroscientists? "People who study the brain all seem to have brain problems," Mora joked, much to Betty's dismay, who said "The main thing is that they are constantly working. Sometimes people enter, but don't really see us. It is just that everyone is constantly working," while recounting a story of how, in the beginning, she was baffled by people seeing her, but not really seeing her. People would hold the door open for her, but without looking up. "It took me a while to realise why, but I finally understood it's because you're all always thinking, even when you're ordering or talking to your colleagues during lunch, always thinking." "And you guys eat too much in front of your laptop," Mora added agreeingly. "A break is a break, you shouldn't be eating in front of your laptop."

"Butter and flour."

Being students sitting across people we know provide us with the most wonderful food, we of course had to ask them if they had any tips for people that cannot cook. The message we got from them was brief: Just open the internet and follow the recipe. Keep it basic, and stick to the Italian mantra: Less is more. Do they know any go-to student dish we should all know how to cook? "Chicken, butter and flour. Very easy," is what Mora instantaneously replied. Tony chipped in: How about for vegetarians? "Uh... Butter and flour," Mora joked. "But frittata is also always very nice. Just put in whatever you like. Lots of vegetables and cheese," Betty added as a more serious tip. "Or any kind of pasta, that's always good." However, bringing up the topic of pasta did also bring up some very strong opinions.

DID YOU KNOW...

- Mora bakes all his own bread at the Trigon
- Betty has an MSc in human rights, a postgraduate degree in international relations, and is on the lookout for a job in her field
- As a true carnivore, Mora loves the Netherlands for its amazing ham
- Betty & Mora are responsible not only for the food, but also the music, and in the humble opinion of the authors, much of the atmosphere at the Trigon
- Mora likes nothing more than a battle of wit, which is why Nils, Alberto, and Ivan Toni are among their favourite customers.
- According to Betty & Mora, the Netherlands does beat Italy at fries and beer
- Nijmegen smells better than Rome



"Pesto is for pasta, not for a sandwich."

"Pesto is for pasta. Not for a sandwich," was the first thing Mora wanted to make absolutely clear. Betty added her own heartfelt plea to stop ruining the grand old recipes: "(...) every time you make your carbonara sauce with whipped cream, somewhere an Italian grandmother dies."

"Every time you make your carbonara sauce with whipped cream, somewhere an Italian grandmother dies."

Finally, to rule on it, once and for all: Pineapple on pizza, yay or nay? "Nay." both echoed with an unresounding passion. "Fruit is fruit. You can also say tomato is a fruit, but this is different. There are some rules, and we need to follow them."

So remember: while you might be forgiven for drinking cappuccino after breakfast, no pineapple on your pizzas, no pesto on sandwiches and also, no cucumber on your sandwich. "You just don't put cucumber on a sandwich." Just say hi to these wonderful people when you walk in the Trigon canteen and enjoy the delicious Italian food as it should be.



A WORD FROM THE BOARD

Hey Dondrites!

This month on the Board, GAs have been a major point of discussion. We had our first GA of the year where we briefed everyone on the policies that the Board has set out to execute, and we went through the budget in detail which resulted in a very productive discussion on how Dondrite will be spending its money this year. A discussion that brought to light bylaws post event that we will surely keep in mind in the upcoming GAs, which is to highlight that each member has the right to submit agenda points up to 3 days before a GA (provided that it's co-signed by at least three other members), and can also suggest counter-proposals to the original proposal put forth by the board. We sincerely apologize for our shortcomings on this front.

On a different note, we also had pizza and drinks while talking about all the cool new merch that we would like to introduce this year. Though, in case you missed the poll on Facebook, make sure to click on this link and let us know if you would be willing to buy Dondrite hoodies, since we need at least 25 people to agree before we can order. We are waiting for your response [here](#).

Later in November, Karolis, our awesome webmaster and external affairs manager is leaving us after a year on the Dondrite Board. And so, we are now eagerly waiting for new applicants and excited to see who will join us on the board for the following year! You can apply by clicking [here](#). If you are still not sure what being on the board is all about, contact any of our current board members and we will gladly sit down for a chat with you! We will also be hosting an online Q&A on Instagram so keep an eye out for that as well!

We will also need an application committee (consisting of board members, committee members, and general members) to review the Board candidates and present to us their results in the next GA. You can sign-up to be on the application committee [here](#).

Lastly, Dondrite is still a young association with a budding core, and we need all the input we can get so we can keep working on improving how this association functions, and more importantly, to provide you with the best of experiences throughout your master! For the same, we request you to fill out [this short feedback form](#) (about 5-7min).

Thank you for your attention and hope you enjoy the rest of this newsletter!

Cheers,
The Board.



RECENT DONDRITE EVENTS

In the beginning of October, it was time for the first monthly borrel of the academic year. As usual, Café Maxim was the place where we gathered to enjoy some beers and catch up. Some Dondrites were there right from the start at 16:30, some decided to come a bit later in the evening. It resulted in a very nice evening! And that was just the start of the weekend, in which the Activity committee had even planned another cool activity.

The original plan was to have a historical treasure hunt in Nijmegen, however due to the - typical - bad weather in the Netherlands this event unfortunately had to be rescheduled (keep an eye on socials!). Luckily, there was an amazing plan B: A pubquiz while enjoying a beer tasting at Café de Hemel! Team Butterbeer and team Volle Koffiemelk battled for the coveted 1st place while answering questions about earthquakes, prime ministers, words on flags, and other random trivia. Congratulations to team Volle Koffiemelk for winning!



UPCOMING DONDRITE EVENTS



SCIENTIFIC MOVIE NIGHT: ARRIVAL **24 October, 18:00-21:00, Spinoza**

Our movie night is taking place! Arrive for a mind-blowing movie and an enlightening discussion afterwards! You can order pizza and have a beer or other drinks. For Dondrite members this is free but everybody else is also warmly invited for only 2 euros (including 2 beers). So bring your friends, tell your mates and fill out this form beforehand: [link](#)



BOUNCY HOUSE JUMP SQUARE **6 November, evening, Jump Square**

Let's jump right into it!

You are all invited to jump around with us on the 6th of November! The place to jump is Jumpsquare, located at Industrieweg 101 in Nijmegen. This is a big hall filled with trampolines and fun. The time is not set yet, but we do know that it will be somewhere in the evening. Time specifics and the costs will follow later. Save the date!



PROFESSIONAL HEADSHOTS **11 November, afternoon, TBA**

Want to spice up your LinkedIn? Maybe your drunken last-night picture with your friends doesn't impress future employers. Well, Scribe and Education will collaborate so you can have your headshot taken professionally! Details will be announced soon, so keep an eye on our socials.

TRAVEL DAY TRIP

16 November, all day, Maastricht

For our first trip of the year we will be going to one of the oldest cities in the Netherlands! After a lovely city tour we will explore one of Maastricht's famous caves. The trip will end with a joyful dinner and some drinks.



GENERAL ASSEMBLY

27 November, 18:00-20:00, Oval Office

Another General Assembly is on its way!

You can sign up to become a Board member before November 8th: [link](#).

You can also sign up to be part of the Application Committee before November 8th: [link](#).

Save the Date!

WORKSHOP: GITHUB

Last week of November, afternoon, TBA

Have you ever lost control about the many different versions of an important text file or an analysis script? Git as the most popular version-control system allows you to manage your projects, how they change over time and make team work more efficient. In this two hour workshop, you will gain hands-on knowledge on the basics of git and how to use github. This will make your life during the final internship so much easier and will be a key skill for your future career. The event will presumably take place in the last week of November. We'll keep you posted on all Dondrite social media channels.



UPCOMING DONDERS EVENTS

DCCN COLLOQUIUM - Hayriye Cagan
7 November, 13:45 - 14:45, Red Room (DCCN)
Title to be announced

Radboud Research - Steven M. Greenberg
7 November, 16:00-18:00, Radboudumc, Tuinzaal, Route 706
Biomarkers for Cerebral Small Vessel Disease: Lessons from Cerebral Amyloid Angiopathy

FORMAL DCC LECTURE - Andrzej Kiejna
12 November, 12:30-13:30, Donders Room (Spinoza)
Carl Wernicke's biography and the impact of his innovative concepts on the development of psychiatry, neurology and related disciplines

Donders Lecture - Paul Taylor
14 November, 16:00-17:00, LIN 3 (Linneaus)
Unraveling pathogenic mechanisms of neurodegenerative diseases

Donders Session
21 November, 10:00-12:00, Red Room (DCCN)
Computational Psychiatry: promises, pitfalls and horizons

Formal DCC Lecture - Cristina Cacciari
26 November, 12:30-13:30, Donders Room (Spinoza)
Title to be announced

Valkhof Lecture: Elisabeth Binder
26 November, 15:30-17:30, Radboudumc, Hippocrates Room, route 77
Epigenetics of adversity: relevance for psychiatric disorders

MONTHLY MEME



FUN FACT

Did you know that Halloween began as the festival of Samhain? It was part of the ancient Celtic religion in Britain and other parts of Europe. At the end of summer, the Celts thought the barrier between our world and the world of ghosts and spirits got really thin, and weird creatures with strange powers could wander about on Earth. The Celts had a big party, which was all about scaring away the ghosts and spirits. Later, with the Christian religion, the day became known as All Hallows' Eve - the day before All Saints' Day on 1 November.

NOTICEBOARD

- Welcome to another new item in the Dondrite News: the Noticeboard! We are all hardworking students, but there is a lot more to us Dondrites than just studying.
- This is why we want to get to know our fellow students better and hear about their special hobbies/jobs/talents. Do you have a special talent you want to share with your fellow Dondrites? Do you want some extra PR for an event you're organizing? Or is there anything else you want to share? Then put it up on the noticeboard! Send us your message at

● scribedondrite@gmail.com

Christos Stand-up comedy

Did you know we actually have a stand-up comedian among us CNS students? Christos, 2nd year student, performs at various stand-up comedy events. Unfortunately, his upcoming events are not in Nijmegen, but he will be performing in many other cities!



UPCOMING EVENTS:

- **October 23** - OMG! - Open Mic, **Groningen**
- **October 24** - Stand Up Comedy Showcase I, Vondelbunker, **Amsterdam**
- **November 27** - My Weird Uncle's Comedy Nights, **Amsterdam**
- **November 28** - Sustainable Laughs, **Maastricht**
- **December 9** - Emma's Comedy Night, **Wageningen**

CROSSWORD

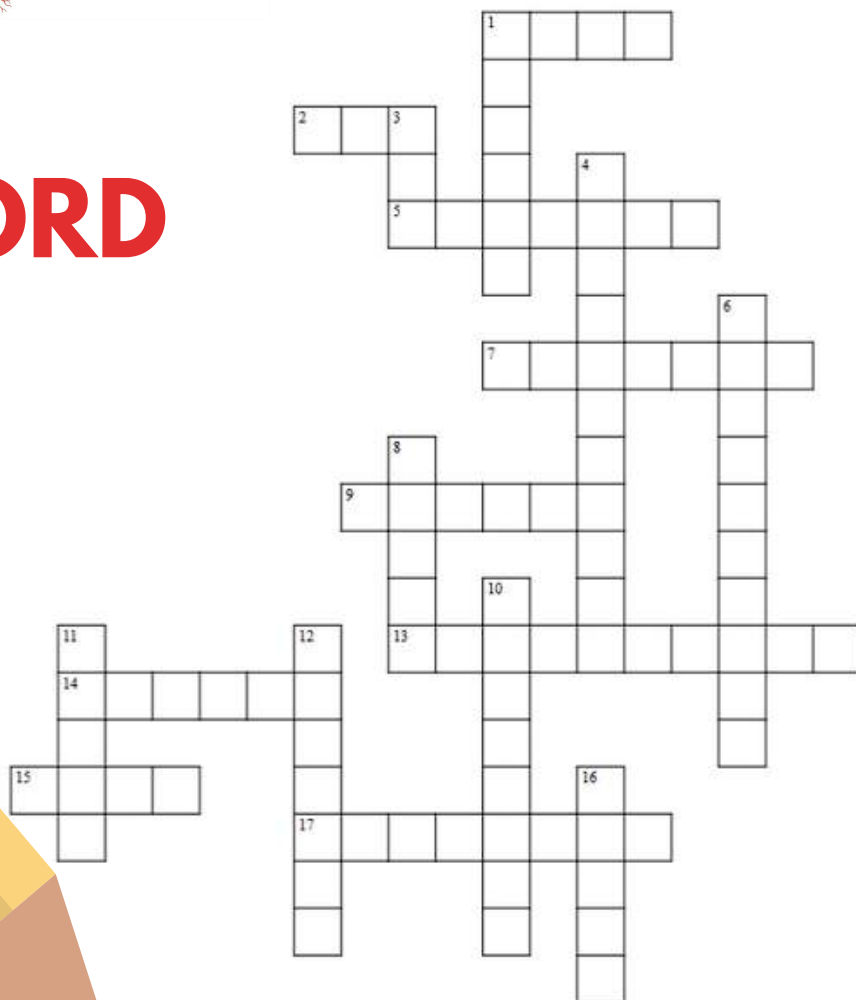
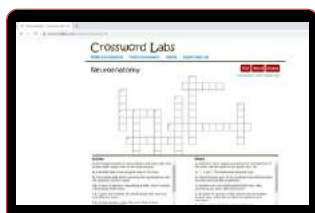
This month there were a lot of beer-related events, including the October borrel and the pub quiz - So what is more fitting than a beer-related crossword puzzle?!

With this puzzle you can test your knowledge on types, brands, and the process of brewing beer, maybe while enjoying a beer yourself!

On the next page you will find the solution to last month's puzzle.

The crossword can be filled out using:

<https://bit.ly/2VVKSpR>



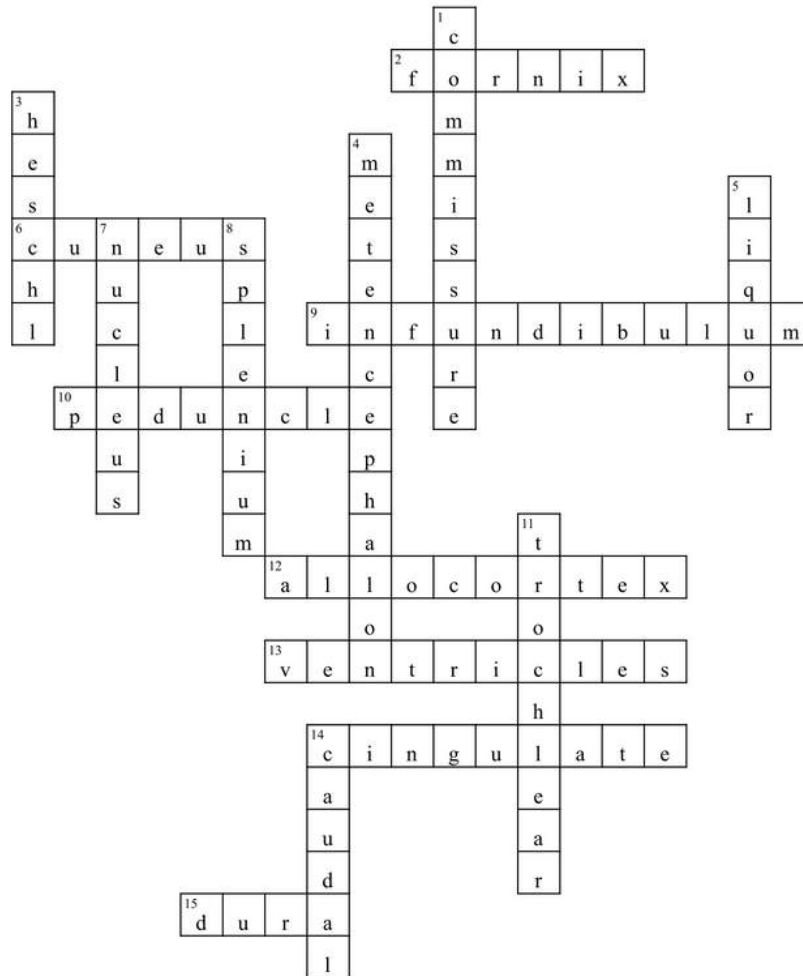
Across

1. Light pinkish clear beer with little white head. Aroma is strawberry, artificial sweets.
2. A species of flowering plant in the hemp family, used to preserve and flavour beer.
5. A business that makes and sells beer.
7. A Belgian beer introduced in 1966.
9. A pale lager produced by Cerveceria Modelo in Mexico.
13. An original wheat beer from Belgium, created almost 600 years ago by a band of monks.
14. A brand of beer of a Dutch brewery founded in 1870 on the Mauritskade in Amsterdam, Netherlands. Also a river.
15. One of the oldest and most widely consumed alcoholic drinks in the world. Brewed from cereal grains—most commonly from malted barley, though wheat, maize, and rice are also used.
17. A pale lager beer with 5% alcohol by volume, mostly brewed at a brewery in Zoeterwoude, Netherlands.

Down

1. A drink that is 50% beer, 50% lemonade.
3. An establishment for the sale of beer and other drinks, and sometimes also food, to be consumed on the premises.
4. The oldest surviving recipe of beer was found here (ancient Iraq).
6. A tequila-flavoured pale lager beer with 5.9% alcohol by volume originally created and produced by the French brewing company Fischer Brewery.
8. A Russian mixed drink consisting of beer thoroughly mixed with an ample quantity of vodka.
10. The frothy foam on top of beer which is produced by bubbles of gas, predominantly carbon dioxide, rising to the surface.
11. A type of beer conditioned at low temperatures. The most widely consumed and commercially available style of beer.
12. A colourless volatile flammable liquid which is produced by the natural fermentation of sugars.
16. One of the four main ingredients of beer, responsible for fermentation; based on style-specific strains.

CROSSWORD solution



Across

2. A C-shaped bundle of nerve fibers in the brain that acts as the major output tract of the hippocampus.
6. A smaller lobe in the occipital lobe of the brain.
9. The hollow stalk which connects the hypothalamus and the posterior pituitary gland.
10. A band of neurons, resembling a stalk, which connect varied parts of the brain.
12. Cortex that consists of cortical areas with only 5 or less different layers.
13. Cavities located within the brain that contain cerebrospinal fluid (CSF).
14. Gyrus that surrounds the Corpus Callosum.
15. A thick membrane made of dense irregular connective tissue that surrounds the brain and spinal cord.

Down

1. A band of nerve tissue connecting the hemispheres of the brain, the two sides of the spinal cord, etc.
3. "...s gyri". The transverse temporal gyri.
4. The embryonic part of the hindbrain that differentiates into the pons and the cerebellum.
5. Another word for cerebrospinal fluid (hint: also something you drink after the exam).
7. A cluster of neurons in the central nervous system, located deep within the cerebral hemispheres and brainstem.
8. Wide caudal part of the Corpus Callosum.
11. A nerve that passes between the peduncles and the uncus of each temporal lobe.
14. At or near the tail or the posterior part of the body.

"As you have correctly identified,
nothing lasts forever.

Except the superconducting
magnet. That's always on."

--Anonymous Professor

FOLLOW FOR ALL THE LATEST
DONDRITE UPDATES



DON DRITE



DONDRITE



DONDRITECNS