

Port Betaald



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December 2020

BULLETIN

KNUS



Knus

(adjective, adverb) | /knʏs/

1. cozy;
2. pleasant company and somewhat intimate;
3. Snuggly-familiar



COLOPHON

Bulletin is a quarterly informal magazine created by study association Itiwana of Cultural Anthropology and Development Sociology in Leiden.

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EDITORIAL

By Thirza van 't Rood

Cosiness

A few minutes before it happened, I made myself some hot chocolate with cookies and was sipping it while wrapped in a warm blanket. It was cold and dark outside but I left my curtains open to be able to see the snow that would come soon. The cookies were soft but crunchy. The hot chocolate was just the right temperature, just like me in my blanket. I could faintly hear my neighbours playing 'Jingle Bells Rock'. Then, the doorbell rang.

In the door opening stood four people, half-hidden in their different-coloured coats and hats.. 'Come with us, we want to show you something cool!', one of them told me. I was confused - but what was the worst that could happen anyway? I quickly put on my own coat and grabbed enough chocolate and cookies to share between us.

They took me to a park close by and we all sat down on a bench, huddled together for warmth. As I began to wonder why I was there, one of them took a package from their pocket and gave it to me. 'Open this when you're home,' they said. 'We will tell you some stories now.' Well, I cannot tell you all of what they told me that evening. It was quite a lot and I don't remember everything to be honest. I can tell you that it started snowing and it was really pretty. They told me about Christmas trees and cute movies and recited beautiful poems. There was something about knitting and recipes and music and cool activities they had been to. It all seemed so magical and the whole evening was a real bop. When I eventually returned home, they had filled me with stories about love - for food, people, things, hobbies, and more.

The next day I finally opened the package. In it was a small colourful booklet with the word 'cosiness' on it. As soon as I opened it I realized that it was a recollection of all the stories I'd been told the night before. More stories would come soon, they told me. They would visit four times a year and always leave a booklet like this one. Looking in it, I finally figured out their names: Anouk, Annika, Des, and Mai-Lu. This was their first time in charge of the Bulletin as the previous makers had left earlier this year to follow greater dreams. I am now sharing this document - the Bulletin - with you in the hopes that you will like it as much as I do. I would love to hear your comments on it so that I can pass them on to the amazing committee members of the Bulletin. For now: happy reading, with some hot chocolate, cookies and a blanket :).

Thirza, chair of the Bulletin Committee 2020-2021

HALLOWEEN PUBQUIZ

By Anouk Zilverentant

It was the night of October 7th, seemingly a perfectly normal and boring Wednesday. Until a group of anthropology students gathered online to test their knowledge and socialize from a safe distance. It was not just any Wednesday night; it was the night of the Halloween pub quiz! Okay, the pub may have been replaced by an online video conference service, and everyone had to fetch their own drinks, but there definitely was a quiz.

Nine teams were formed and brought together through WhatsApp, where they could discuss their answers together. Nine teams battled through five differently themed rounds, answering questions about food, music, movies, anthropology and Itiwana, and last but not least, Halloween. As it was a Halloween related activity, bonus points were awarded to the teams with the best costumes – small efforts were appreciated too. After counting up the scores and announcing the winning teams, there was time for some music and chatting. Even though we had to move online due to the apocalypse, it was a spooky and fun evening that brought people – not literally – in touch with each other. We hope to see you less pixelated soon, but until then we will do our best to think of safe yet fun activities!



FINGER PAINTING

By Floor Niemans

On Tuesday 3 November the activities committee organized their first finger painting workshop! The activity took place on Discord with around 13 participants. The theme was fall/ winter but most important was to have fun and get creative. For inspiration we looked at finger paintings on Pinterest. When everyone had an idea about what they wanted to make we started painting. While everyone was painting, we chatted and it was a great time. Everyone got very creative and made something entirely different. There were fall trees, a desert, a bird, a Mudkip (Pokemon), a winter wonderland, and a ballerina. To see what everyone painted take a look at the Itiwana Instagram, pictures of the paintings are posted on there!



ON THE BENCH WITH... THIRZA!

By Annika Krüger

For this edition of the Bulletin, I sat down in the Van Der Werf Park with Thirza to talk about travelling, bucket lists and how the chair of the Bulletin creates her own cosiness as the months get darker.

So, Thirza, tell us a little bit about yourself.

I am Thirza, I am 20 years old, and I was born here in Leiden. I moved to a little village, south of Maastricht when I was one and a half. I grew up there, attended high school there, and when I was 18, I took a gap year. I went to Spain for half a year to do volunteer work, to see Spain and to learn the language (which didn't really work). I liked it a lot abroad, and I continued travelling in the south of Europe for two and a half months. I went to Italy for a month, to Greece for a week, to Bulgaria, Estonia and back to the Netherlands by train. I enjoyed it a lot, especially doing it alone. After my gap year, I started studying here in Leiden.

When you travel, especially when you travel alone, you learn a lot about yourself. Did you discover any of your passions while you were travelling?

Uhh...I think so. Maybe not consciously while I was travelling, but now that I look back on it, I can say that I learnt a lot from it. I really value individuality. Not necessarily doing things on my own, but more in having my own view and following that. I started focussing more on sustainability after that year. Before, I was interested in it but not really involved. In Spain, we did a cleanup project, and it was there I realised how easy it is to get into. When I was back in the Netherlands, I got involved with Fridays For Future, because I saw a post of it on Instagram. It kind of happened by accident.

That is great. Everyone has a bucket list. What would you say are the top three things on your bucket list? Or top 5?

I want to fly in a hot air balloon.
I want to spend two weeks in a rainforest area.
Also, spend two weeks in a desert area.
I haven't been in these areas for more than three days, and I would like to spend a continuous time in these areas. I really enjoy the contrast it has

with the climate in the Netherlands. For me, this is all normal. We have four seasons, and it never changes. I like to be challenged in those kinds of ways. To be able to adapt to those circumstances.

Do you think your passion for sustainability and even individuality has an influence on your bucket list?

Probably, yes. I love travelling and seeing new things. In my experience, the times I travelled alone were the times I enjoyed it the most. I enjoyed it in a different way than when I travelled with company. With company, I appreciate it because of the company. When I travel, everything is so much more focused, on the environment and actually being there. You constantly have to check if you are safe and check to see what is next on the list to do or see. I enjoyed it a lot, even though it was a huge challenge. This also links to my goal to spend some time in more extreme areas. I constantly want to change my surroundings because that is what challenges me most.

Did you miss home when you were travelling?

No...hahaha. Maybe twice. I was never attached a lot of emotional meaning to the things in the south. I always knew I wouldn't stay there (because I didn't like it). I was still the outsider because I was not from there. I didn't really miss that, but I did miss speaking Dutch. When I was in Spain, English became my first language. I forgot how to speak Dutch a little bit. I forgot a lot of words. After my time in Greece, I met people who were not Dutch but studying in Dutch in the Netherlands. They were asking me what the Dutch words were for this object and that. I said, 'Well I can't remember.' It was then I thought by myself, maybe it is time to go back.

What would your ideal home be like? If you think of home, what would be your first thought?

The way I live now is pretty ideal for me now, except that the rent is too high—a really small space but enough space for me and my boyfriend. I don't feel like anything is missing. It would be nice to have another room for storage. Our home has a warm feeling. We used a lot of warm colours and wood when we decorated our house. It is super cosy. We also turned our super small attic into a little cosy room. There is a record player, with blankets. It is really lovely and warm. We sort of have a cat in the sense that it's not our cat, but it just walks in every couple of days. I think the thing I would like most in my home would be liveliness, with music playing and pets running.



How would you describe your ideal cosy day?

Oooh! I would sleep in and wake up 11. Then I would take some time to make breakfast, something sweet that I would make myself. It just feels more personal. I would have a three-hour walk in a park. Then I would like to go to a cafe and get some hot chocolate. It's the most obvious things, but they are the most comfortable. After the hot chocolate, I would go home and play some board games. Sit a little bit with good conversation, maybe watch a movie. I am not really that into movies. In the evening I would like to take another long walk, to look at all the little lights when it's dark.

RECIPE

SOUTH AFRICAN MALVA PUDDING

By Annika Krüger

Malva pudding is a cakey desert we usually eat in the winter. When it comes out of the oven - warm and steaming, filling the house with deliciousness, it can make your taste buds come alive!

Ingredients

Cake

- 125ml brown sugar
- 15ml butter or margarine
- 15ml apricot jam
- 1 egg
- 10ml baking soda
- 250ml milk
- 250ml flour
- 5ml vanilla essence
- 2ml salt

Sauce

- 1 can (410g) evaporated milk
- 250ml brown sugar
- 125g butter or margarine
- 5 ml vanilla essence

Step 1: preheat the oven to 180°C (350°F).

Step 2: Beat the sugar and butter or margarine until creamy. Add the jam and egg to the sugar mixture and mix well.

Step 3: Mix the baking soda and milk and add it to the sugar mixture.

Step 4: Add the flour, vanilla essence and salt and mix well.

Step 5: Pour the mixture into a greased, ovenproof dish and bake for 30 minutes.

Step 6: Heat the milk, sugar and butter or margarine in a saucepan and cook together for 5 minutes. Stir well.

Step 7: Remove from heat and stir in the vanilla essence.

Step 8: Pour the boiling sauce over the pudding as soon as it comes out of the oven.

Step 9: Serve hot with custard or vanilla ice cream.



RECIPE

BANGING SOUP & VEGGIES

By Selina Tartaglia

Every ingredient in this recipe can be tailored to your desire. If you want less or more of something, I have included a 'range'.

The nicest way I have found is by using an oven and a stove, but if you do not have an oven, you can fry some of the veggies and others you can boil in the soup mixture (see on roasting mix, F=fry; B=boil) Roasting and simmering happen simultaneously, so try and prep the veggies first and then wait for the mixtures to stew and roast while studying for your upcoming exam!

- Preheat oven @ 200°C
- Boil Water (2L = 4 servings) and add:
 - Garlic – 2-8 cloves
 - Cardamom seeds – 3-15 slightly opened
 - Saffron – pinch
 - Cloves – 3-15
 - Salt & Pepper – to taste
 - 1 Stock cube – veggie or chicken
 - Coriander – bunch
 - Ginger – to taste, put in chunks
- Bring to boil and leave to simmer for 15-20 minutes
- EXTRA: Add your favourite type of noodles if you want more body!
- Roast mix @ 200°C for 15-20 mins (the amount is up to you and how many people you will serve)
- OR Fry some, boil others with the mixture. If you fry, you can do so in a separate pan and add later OR in the same pan as the boiling water BEFORE adding the water.
 - Little oil, salt, and pepper
 - Green pepper– cut in slices (F) - another colour will also do!
 - Sweet potato – cut into disks (B)
 - Mushrooms– cut into slices or chunks (F/B)
 - Onion– cut however you like! (F)
 - Seeds – Pumpkin, sunflower, pine nuts (what you have at home!)
 - Lemongrass grounded – some, a pinch, what you like! (if you don't have it, don't worry, add something you do have that you never use in your kitchen!)
 - Coriander powder – some, a pinch, what you like!
 - Cumin powder/ seeds – some, a pinch, what you like!
 - Other herbs and spices at home? Chilli, garlic powder, turmeric - also nice!
- After 15-20 minutes (keep checking throughout):
 - Add roasted mix to the simmering soup!
 - Top your dish with:
 - Sesame seeds
 - Spring onions
 - Soy sauce



PINBOARD

WHAT DOES
COSINESS
MEAN TO YOU?

Candles,
Hot Choco-
late, Good
Food and
Good books

A
Saturday
evening

Being held
like a
baby by
Jan Jansen

The sounds
of burning
wood in
the fire-
place

Hygge (Danish
form of coz-
iness) like
watching your
favourite
music



Home

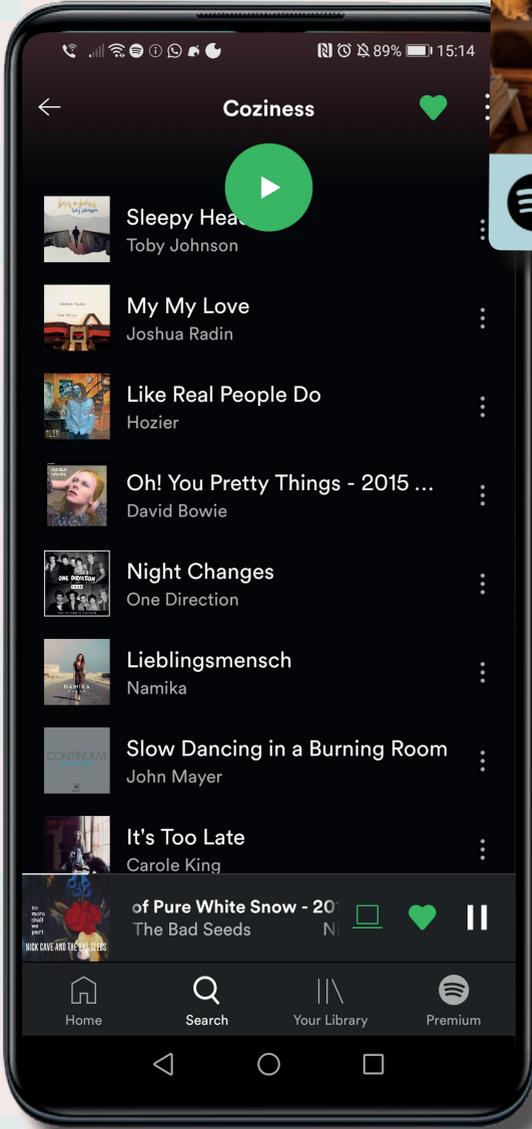
Being in-
side while
it is cold
and raining
outside



Top
2000

Sinterklaas
with peper-
noten and
family, funny
poems and the
fire place

Drinking
hot choco-
late during
a break in
ice skating



A person is seen from behind, walking through a dense forest of large, gnarled trees. The trees have thick, twisted trunks and lush green foliage. The scene is brightly lit, suggesting a sunny day. The person is wearing a light-colored shirt and dark pants. The overall atmosphere is peaceful and natural.

REVIEW

HEEMPARK LEIDEN

By Thirza van 't Rood

Review: Heempark Leiden

Heempark Leiden
Oegstgeesterweg 4
Open sunrise to sunset
No dogs allowed

The Heempark in the north of Leiden, at a reasonable walking distance from our faculty, is a VERY cute place and perfect to relax. I would rate it 9/10 with a side of Definitely Go! and here is why:

When you arrive, the entrance makes the park look like private terrain. Any adventurous soul is of course delighted by this potential trespassing and enters happily. Those who are more rule-following will soon discover that it is perfectly legal to walk through the gate. Except for the soft background noise of passing cars on the road beside the park, and occasional shouts from the football field across it, it is completely quiet. You can immediately choose a few different paths to take. They are all very attractive so I won't advise a specific one. The super nice thing about the Heempark is that every way you look there is something different, like a cute plant, a water stream, a tiny bridge, or stepping stones. It, therefore, is also a great place to practice your nature photography skills.



There are various types of vegetation like a forest, dunes, and swamp in a small space (the park is not so big). You should definitely go in all the seasons, too, as the park has completely different vibes depending on the time of year. Some other pros: you can see cool birds and it's a great place for a picnic.

The only minus is that the park is not very big, so if you go often it might get boring. All in all, it's worth a good 9/10. Send us your pictures if you decide to visit!

Fun facts about the Heempark

- In March through October, every last Sunday of the month at 14:00 there are guided excursions.
- There are cool trees that I dare you to climb into.
- It is located in the 'Kikkerpolder' and if you walk a bit further than the park you will find a red and green windmill.
- One guy, Bram Rombout, was the caretaker of the park for 44 years since its creation in 1959.
- There is a bee stall where bees live.
- the wall in the Heempark houses several special plants.





Autumn
Golden, chilly
Falling, raining, painting
Leaves, colours, snow, blankets
Freezing, sleeping, hoping
Peaceful, festive
Winter



Home
Warm, cosy
Decorating, baking, cooking
Food, laughter, company, love
Laughing, talking, playing
Safe, familiar
Family



By Shama Schuhmacher

WHY WE DECORATE OUR CHRISTMAS TREES

By Despina van Binnebeke

When I think of Christmas I tend to think about presents under a decorated Christmas tree and meals with family you only see during the holidays. While the meals with family and the presents for my family are more about having fun with each other, the decorating of our Christmas tree is a serious and much-anticipated activity in our home. Since the festive season is upon us and my family members are once again looking for the box of Christmas decorations stuffed somewhere in a closet, I decided to find out why and when people started decorating their Christmas tree.

Even before Christianity, people associated plants that stayed green during winter with hope and the spring that would eventually follow winter. Pagans used to decorate their homes with spruce branches to ward off witches during winter and the ancient Romans decorated their temples with spruce branches during the festival of Saturnalia to celebrate the golden age of humanity when the Roman god Saturn ruled the earth.

The tradition of having and decorating a Christmas tree began somewhere around the 16th century in Germany. Christians brought decorated trees into their homes and hung them upside down to represent the Holy trinity. The first decorations put on Christmas trees were edible and represented the garden of Eden. Along with a variety of baked goods, fruit and nuts devout Christians put candles in their Christmas trees to represent the light of God and the stars the three wise men saw. Over time edible baked goods and fruits were made from glass and so the first Christmas ornaments came to be. When these glass ornaments became more popular people also started making ornaments with the nativity scene on them and ornaments that showed winter landscapes.

The first Christmas trees that were not hung upside down had a depiction of Jesus on top, as more and more people began decorating a Christmas tree the angel that foretold the birth of Jesus or the guiding star was placed on top of the tree.

When the first Europeans travelled to America and celebrated Christmas, any form of celebration outside of the church was seen as a heathen activity. In 1956 the state of Massachusetts even made it illegal to celebrate Christmas outside of mass, and people were fined for decorating their homes. Only when the very popular British queen Victoria was pictured in the London news standing around a Christmas tree in 1848, the fashion-conscious Americans adopted the custom of decorating a Christmas tree and spread the custom all through America.

HOSPITEER QUESTION

By Mai-lu Ensink

It's a stormy day and the sky is full of thunderclouds. It's cold and you can hear the wind blowing through the holes and cracks of the houses. In the Netherlands the winters are filled with dull and grey days, but how is winter in other parts of the world? Which cosiness-traditions do you have during the winter? We asked three Iti's this question, and the answers are heartwarming!

"Let me take you on a ride to cosiness. Firstly, I want to express that I am more a summer person than a winter lover." said Rosanna, who is in her second year of her Bachelor degree. "I usually hate being indoors, the cold, rain, and the darkness. What I love about winter however is the cosiness and the Christmas feeling I get through these circumstances. When I am in my student house away from home, cosiness seems to be slightly different than when I am surrounded by my family. When my flatmates and I burn candles, paint something or watch a movie, I feel very cosy and comfortable. Especially when there's rain outside and I can hear the drops sliding down my window.

Cosiness during winter with my family is based on the traditions we have during Christmas time. Starting off with the advent crown. This evergreen wreath with four candles of which one gets lit every Sunday is next to our breakfast table and brings the first feeling of cosiness and love. Then, there are Christmas markets. Strolling around whilst having a look at the different stalls with food, Glühwein, gifts, and jewellery is a feeling of togetherness you can just get during winter. If not there, you would find me at home, drinking tea, watching movies, and eating chocolate. Especially during winter my chocolate and cookie consumption doubles, thanks to the advent calendars filled with chocolate.

A few days before Christmas my Mum and I get a Christmas tree which can sometimes take long because we have certain assumptions of the looks of it. Our perfectionism for that tree is part of the traditional Christmas for me. On the 24th of December, we decorate it in the morning and have a great feast with some drinks during the evening. We let the evening fade away by watching the same show annually, whilst laughing and talking to each other."

- χαμένος φίλος

We also asked Finn, who is in his second year of his Bachelor degree as well, the question about cosiness. "In such a huge country, when the people in the Northern provinces gathering around the fireplace in their houses covered by thick layers of snow, the people in the South may be having a pool party to celebrate the rainy season finally end. However, the national culture programs lately defined the "standard" image of a Chinese Winter, and the core of it is about family reunion and sharing. In a traditional society, winter is considered a season not suitable for agricultural production, so naturally, people get back to their families and spend time together. Winter is also when the farmers finally get a chance to live luxuriously, enjoying the food they stored from their hard work for a whole year.

In the past, for most families in China, especially in Beijing, winter begins with a special vegetable: Chinese cabbage, it is a vegetable with a thick rhizome which helps it to stay fresh for the whole winter. For these families, Chinese cabbage is the only resource of fresh vegetable and vitamins in winter. During certain days of the year, the early winter after the harvest of cabbage, there will be a huge amount of cabbage shown up on the street, carried by giant trucks from the countryside (in the earlier communist time, cabbages are supplied to the citizens by the "vegetable stations"). Buying and storing Chinese cabbage is a big family work, the whole family, even the kids would be fully prepared for the event. Tons of cabbages will be made into a "cabbage mountain" in the backyard and covered by waterproof canvas.

The activities of winter also include making pickles and salt meat, fireworks, temple fair, all these things will serve one most important event, the spring festival. The aroma of food will fill the street, together with the smell of cigarettes and fire powder, the sound of people talking, the exploding firework. All the multiple senses together make a sense of festival, as the end of the year gets closer, these senses will also get stronger day by day, finally, it came to the spring festival as the highlight of winter."

- Finn Pan

"Last but not least, we asked Tino, the Education Officer within the board of Itiwana, for his opinion on cosiness. He is also in his second year of his Bachelor degree.

"In Spain, our traditional Santa Claus gift thingie is actually on the 6th of January, and with the three wise kings from Christianity. Nowadays some families only celebrate this tradition, Santa Claus or the two of them. I am one of those lucky people that gets both. In my close family we get together every year -this year will be the first exception- with everyone else from the family and usually a few extra close members for Santa Claus. My aunt and my mom cook the recipes that my grandma used to cook, cousins tell their stories from having travelled to places all over the world and we all open some gifts when it gets very late. When we were younger we used to also pretend we fell asleep so Santa would come, and the older members of the family made Santa-ish sound effects.

For the three wise kings celebration, however, we take a more close approach and just stay at home with our close family. My sister comes to my place and together with my mom we just have a cosy morning unwrapping our gifts. While doing this we have a traditional and delicious pastry made specifically for this celebration, "roscón de reyes" (king's big circle? idk). It's one of the best Spanish sweet things I swear. It is normal to have it a lot in family gatherings on these dates, and it's so good you never get tired of it. It also has a little plastic figure inside of it which usually ends up in someone's portion without them noticing it. Depending on the family if you get it it can mean that next year you'll pay for the roscón, or that you will be very lucky. So yeah, who wants to come home with me for Christmas?"

- Tino, a.k.a, your hero



NOTES FROM A FORMER BULLETIN MEMBER

By Mandy Huibregtsen

Last year (2019-2020), I was in the Board of Itiwana as Communications Officer and was also the chair/editor-in-chief of the Bulletin Committee. I am really glad that I got to lead this amazing committee, because this experience was such a lovely one. The main reason that I'd wanted to be a part of the Bulletin was that I'm an overly creative person, and within this committee I could really let my creativity flow. Together with the other committee members Emma, Anouk, and Lin, I got to make four editions. The four of us were a really good team, I think, and everything went down so smoothly that sometimes we were even done before the deadline we'd set for ourselves. All of us had our own fixed rubrics – kind of – and personally I wrote the film and series reviews and made the playlists. It was fun to be able to share some of my favourites with the members of Itiwana. If anyone ever needs more recommendations, I'd love to give them! Overall, I'm really proud of what we accomplished last year. My four physical copies of the Bulletin are still being shown off in my bedroom and I like to occasionally go through them again, because even though I've read each article multiple times, I still think the copies I own are so pretty – all Anouk's doing.

So yes, my experience with the Bulletin was a really positive one, and although it's sad that I had to say goodbye to Itiwana both as a Board and as a Committee member, I'll never forget my joyful experience. Furthermore, I'm also really excited for what's to come to committee. I just can't wait to see the four editions made by this current committee, and I'm grateful they've asked me to join this first edition.

Now that my time within the Bulletin Committee is over, I've been busy doing other things. My study year insofar has not been as busy as last year, but I don't mind at all. I'm currently doing five elective courses from different disciplines, and will hopefully finish my bachelor's degree this year. Besides studying I spend most of my time either working at a supermarket – where I've been working for four years now – or reading. Mostly that's not too exciting, but all the other things I had planned unfortunately didn't go through. Hopefully next year I get to do some more!



Safe haven

*I am okay with not being okay
Because I know better times will come
When the storm has passed
Calmness will return*



*Boats will sail at sea again
People will return to their homes
They will kiss their loved ones again
It is how everything goes*



*Peaks and valleys
Covered with clovers and grass
Up and down we go
To the rhythm of life
That shall not pass*



By Maaïke Oude Veldhuis



HOW TO START KNITTING

By Despina van Binnebeke

CASTING ON

Take the yarn and place it on your hand in the way shown in picture 1.



Take the end of the yarn and put it on your middle finger.



Take the yarn that is not the end and pull it through the loop you have created in the previous steps.



The knot you create should look like this. Take the part you have pulled through the loop and put that on the needle, this is the first stitch.



To make the rest of the stitches repeat the next steps however many times as you need to.

First, you wrap the yarn between your fingers as shown in this picture.



Make a loop with the yarn around your thumb and put the needle through it.



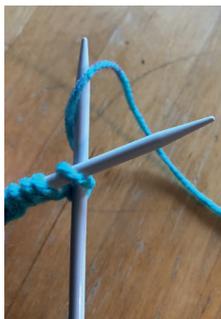
Remove your thumb and pull the yarn so that the loop sits relatively tight around the needle. Make sure you don't pull it too tight because you will need to put your other needle through it once you start knitting.

REGULAR KNITTING

To make a regular stitch, stick the 'new' needle through the first loop on the other needle from left to right and from the top to the bottom as shown in the first picture.



Wrap the yarn around the new needle starting on the right side of the needle going under it to the left side of the needle, then up and over so the yarn ends up on the right side of the needle again but on.



Pull the loop you made on the new needle through the loop on the other needle.



Slide the old loop off the needle it was on and repeat the process as many times as necessary.



PURL KNITTING

Stick the 'new' needle through the first loop on the other needle from right to left and from the bottom to the top as shown in the first picture.



Wrap the yarn around the new needle starting on the right side of the needle going under it to the left side of the needle, then up and over so the yarn ends up on the right side of the needle again.



Pull the loop you made on the new needle through the loop on the other needle and slide the old loop off the needle it was on, repeat the process as many times as necessary.



SWITCHING BETWEEN REGULAR AND PURL

When using the regular stitch in knitting the yarn stays 'behind' your work, meaning it is on the side of your work away from your body. When using the purl stitch in knitting the yarn is on the side of the work closest to your body. To switch between regular and Purl simply move the loose yarn over your work between your needles to the desired side.



FINISHING YOUR KNITTING

First knit 2 stitches regularly.

Put the stitch you knitted first and pull it over the second one, let it slide off the needle.

Once you have reached the last stitch on your needle cut off your yarn so you have about 5 cm left. Pull that now cut yarn through your last stitch and make sure it is secure/ does not slide off.



PATTERN

The pattern I used to make a scarf consisted of 40 stitches alternating every 10 stitches between regular and purl.

RECIPE

ONE PAN PASTA FOR THE LAZY OR TIRED STUDENT

By Anouk Zilverentant

As a student; your kitchen space, pan collection, and budget might all be limited. But not to worry! For this recipe, just about all you need is one pan and something that resembles a cooking spoon (and a whole lot of garlic). This recipe makes about four servings, you can of course make more or less, or store it in the fridge for another day.

INGREDIENTS

500 grams of spaghetti (or any kind of pasta you like)
One jar of tomato sauce (I think around 500 grams, depends on how saucy you like it)
Oil
Onion
Garlic (fresh if you feel fancy, powder works too)
Black pepper
Herbs and spices of choice (parsley, basil, and rosemary work well)
Vegetable? (courgette/zucchini is nice!)
Cheese if you like (Albert Heijn sells vegan grated cheese)

WHAT TO DO

Fill a pan with water, bring it to a boil and add salt. When it's boiling, add the pasta (see package for exact instructions). While the pasta is cooking, cut up your vegetables. Once the pasta is cooked, throw it in a strainer (carefully). Put oil in the pan, fry the onion and garlic, and optional vegetables or protein. When it looks good, add the pasta, tomato sauce, herbs and spices – about one teaspoon of each, don't overthink it too much. Let it simmer for a while, stir every now and then, and pretend you know what you're doing. Serve it with a basil leaf on top if you're slightly pretentious, and add any other toppings you like. Eet smakelijk!

WHAT SHOULD YOUR NEW YEAR'S RESOLUTION BE?

By Anouk Zilverentant

You might think it's clichéd and don't believe in new year's resolutions at all, or perhaps you desperately depend on the earth's orbit around the sun to change your life, or maybe you are just perfect already. Whatever the case, 2021 is coming up and once the clock hits midnight, people hope things will miraculously get better than they were in 2020. While deep inside we all know that won't happen, the change of the year still is a good time to reflect on yourself, your life, and your goals.

Which of the following best describes your current situation?

- A. I should be writing an essay right now.
- B. Mostly calm but slightly worried about climate change.
- C. I found this Bulletin while trying to find something else.
- D. I'm kind of confused, kind of bored.

What does your average morning look like, roughly?

- A. Tired from late-night studying, looking at my phone for two hours before getting up.
- B. Googling which fruits and vegetables are in season, riding my bike to the market.
- C. I overslept, stumbled over some clutter, forgot to buy coffee.
- D. Same old thing I do every day, not sure why.

And which of these mornings seems the most ideal?

- A. Rereading my notes during breakfast and going to my exam energized and well prepared.
- B. Picking my homegrown berries to add to my vegan breakfast
- C. I safely walk to the kitchen, have a clean bowl and all the ingredients, and then I arrive in time to wherever I'm going.
- D. I feel excited for whatever the day has in store for me and am looking forward to learning something new.

Which of these words would you most like to associate with your life?

- A. Academic
- B. Conscious
- C. Mindful
- D. Inspired

What would you most like to receive as a present?

- A. My degree? – but seriously, a bullet journal would be nice.
- B. A plant or fancy reusable water bottle that I can't really afford myself.
- C. I'm kind of trying to get rid of stuff – but I figure a clock would be useful.
- D. An interesting book that changes my perspective or inspires me.

Which of these enumerations is most appealing to you?

- A. Neatly written notes, open textbooks, libraries, infinite knowledge.
- B. Bamboo utensils, glass jars, pollution-free air, thriving flora, and fauna.
- C. Clean floor, open space, scented candle, colour-coded planner.
- D. Changing seasons, lists of ideas, mood boards for new projects, books on various topics.

If things work out the way you want them to, in a year from now you...

- A. Have passed all this year's classes, maybe even graduated, and feel a bit more knowledgeable.
- B. Have learned a lot about living a more sustainable lifestyle, and taken some steps to realize it.
- C. Feel more put together, and more in touch with your surroundings and inner self.
- D. Are open-minded and full of ideas, but also have a clear vision you're working towards.

Mostly A: more studying, less procrastination.

This probably is the goal of all students, but you in particular want to prioritise your studies. It can be hard to stay motivated, especially when everything is online. Remind yourself why you are studying in the first place! As an anthropology student, your goal is probably not to become a billionaire. Studying also is about more than receiving grades and obtaining that graduation paper. You want to *learn*, learn about people, about the ever-changing world around you, and maybe even learn about how you can make a change. For concrete tips on effective ways to study, the internet provides an endless number of sources. But be careful not to get too distracted, and try to find something that works for *you*.

Mostly C: get organized.

If you're reading this Bulletin in a very messy room, three months after it came out, while you should be doing something else which you forgot about until I just mentioned it – you might be a bit disorganized. Whether it's your physical surroundings, time management, or just every aspect of your life, you have some organisational issues. That's okay! But sometimes it can give you a lot of mental clarity and peace of mind to sort things out and add some structure. Start small – empty your mailbox, focus on tidying one space (like a desktop), or buy a planner and set reminders for important deadlines and appointments. You got this!

Mostly B: start or advance your sustainability journey.

Maybe you already have been working on this for a while, or maybe you're fairly new to a more sustainable lifestyle. Either way, it's great that you care about sustainability, both for yourself and the planet! You can start by eating more plant-based meals with local and seasonal produce every now and then, reusing bags and water bottles, and slowly switching out products heavy in plastic packaging for more sustainable options. Don't worry, you do not have to be perfect! As with anything, educating yourself on the matter is important and a good place to start your journey.

Mostly D: finding a purpose.

Life might feel dull, repetitive, and demotivating; but uncertain at the same time – there are a lot of unanswered questions in your life. While it's great to stay open to all kinds of possibilities, a lack of focus and direction has kept you feeling stuck, indecisive and lost. Turn your aimless wander into something positive: try something new (like learning a new skill or language), apply for a more exciting job, dye your hair a different colour, join a pottery class. Change things up! This year is for figuring things out, for clarifying, exploring, and taking a deep dive in your mind.

LITTLE WOMEN (2019)

by Anouk Zilverentant

What could be cosier than spending an evening indoors, with hot drinks, soft blankets, and a good book or movie? Protected from the cold and dark autumn weather, with the faint sound of raindrops splattering against the windows in the background.

Little Women is a coming-of-age film set in the 19th century, adapted from the 1868 novel by Louisa May Alcott. It tells the story of the March family, particularly the four sisters Jo, Beth, Meg, and Amy. The book has been adapted to screen several times; the 2019 version directed by Greta Gerwig being the most recent adaptation. It is a heart-warming, joyful, and at times sad story about family, friendship, and love.

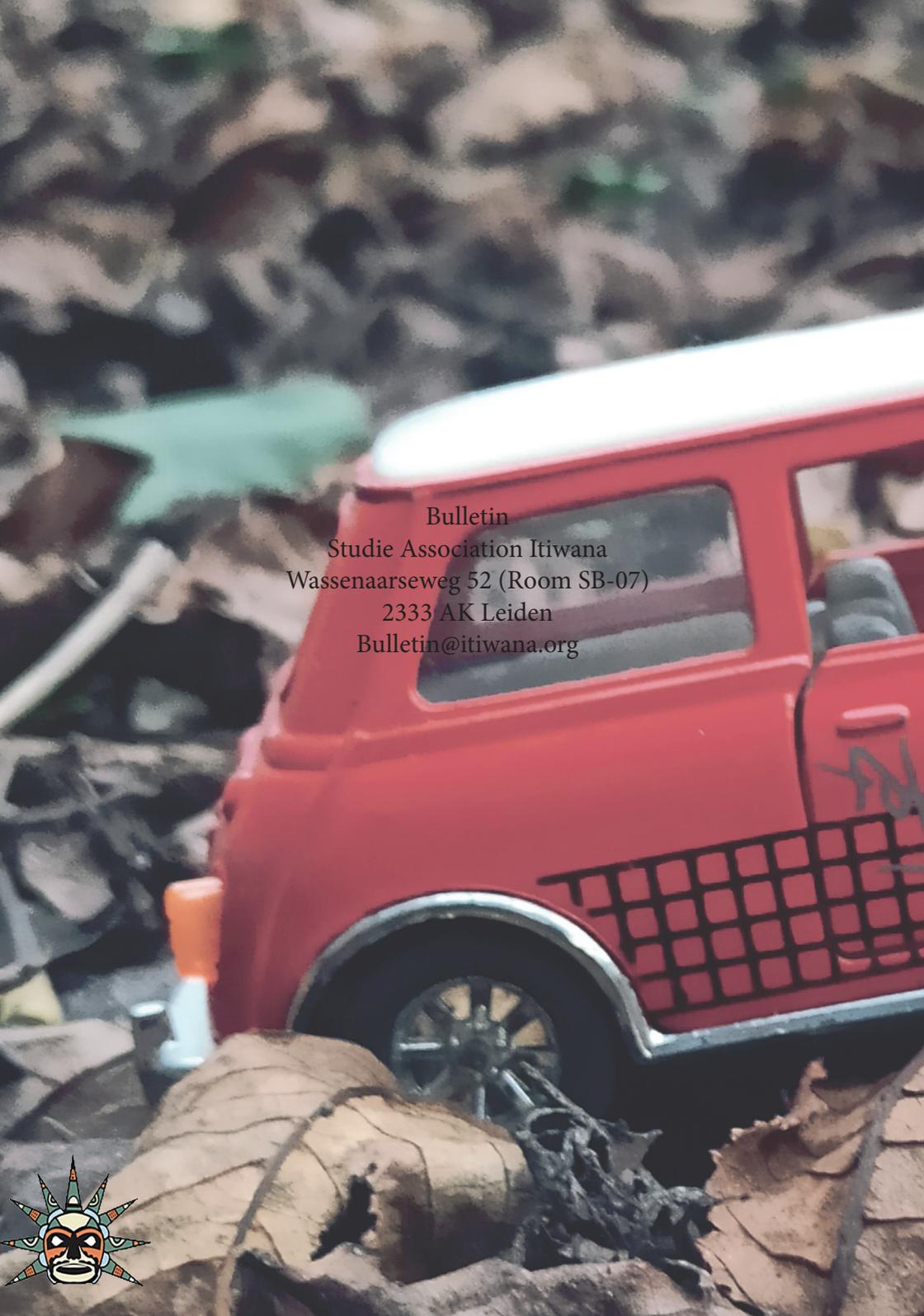
Saoirse Ronan perfectly portrays the passionate and determined Jo March, an imaginative girl with a love for writing stories. Upon hearing the news that her sister Beth's illness has gotten worse, she returns home from New York where she works as a teacher. The story is mainly told through her point of view, switching between her efforts to get a book published, the current lives of the other sisters, and Jo's memories of growing up with her mother, sisters, and their friend Laurie (Timothée Chalamet). Each sister has a distinct own personality and passion, and as they get older, they have their disagreements and misunderstandings, and eventually, all go their own ways. But despite their differences and sisterly conflicts, they care about each other a lot.

I loved the 'slice of life' element, like how they would dress up and act out the plays written by Jo, helped each other get ready for a special occasion, and how they would sometimes fight but at other times comfort each other. I thought the dialogue was brilliant and realistic – sometimes talking all at the same time, overly enthusiastic, and trying to talk over each other. Cinematographically, the film is beautiful too. The touching story, along with idyllic landscapes, atmospheric old buildings, fireplace-lit rooms, vintage dresses, and books, Little Women has all the right ingredients for a cosy night in.

If this sparked your curiosity, or if you are in for a rewatch, both the 1994 adaptation (with Winona Ryder) and the 2019 adaptation of Little Women are currently available on Netflix, and of course, there is also the book!







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