

Foreword

Dear lovely Hastuids, how I've missed addressing you in this foreword. So much has happened, we have so much to tell you. The competition is finished, we're more than halfway through our tournaments, the joint practice fun has started and the sun is shining. Of course, we've recapped the tournaments: Beertje Battle and Oktopus this time. Unfortunately, we were missing the blondes during most of the writing of this Hastueel (shoutout Laura and Vera). Bente made sure we included some blondes in our meeting though: we did a Battle of the Blondes (as in: blonde beers). You can read all about this battle later on. You can also read about the amazing recipes we tested, per usual. And do you know what excuses are being used for being late for practice? And how you get Hastuids to join your activity? It's all in here, along with some silly memes. So far, this end-of-the-season period has been delightful and I look forward to the rest of it. We trust you have fun reading this Hastueel, hopefully with your face (or bum) in the sun.

Eva
"chairperson"

PS. Buckle up... because next Hastueel will be the Hastueel Summer Edition (aka Zomerboek)!!!

~~Love~~ is...
Handball



...giving, without giving in.
**Elbowing someone in
the ribs
and making sure the
referee
doesn't see it**

Battle of the Blondes without the Blondes

Since both of our Hastueel blondies chose the travel life over joining our meetings, we decided to replace them. Hence the arising of “the Battle of the Blondes without the Blondes”. As true columnists, we need our golden inspiration water to fuel our writing skills.

Leffe Blond (Rating: at least 3,5 of something)

It obviously took us no time to decide which beer was kicking off the battle: it could only be your number one blonde classic: Leffe Blond. Even Anna’s dad is fangirling over it all the way from Germany. If only his wife knew how to pour it...

“As classic as the granny bike you had in high school, not special but always does what it has to do”.

Gleuvenlijder (Rating: between mustard and bright yellow)

To challenge this classic Blondie, the second option was entirely based on the name of the beer. Brewery “De Eeuwige Jeugd” matches our very dreams, as we all want to be students for the rest of our lives (free word of advice: choose the ALO as your study, eternal student life guaranteed). The name of the beer “Gleuvenlijder” definitely speaks to our imagination so we were sold! If we should believe Simon “It slides easily through the slit”. Well it definitely goes down very smoothly, so we recommend you put on some pants and get your ass to the Appie to fill up your own fridge with a bunch of Gleuvenlijders.

“As filthy as the name is, as delicious the taste is”

Cornet Oaked Smoked (Rating: too divided to decide, try yourself (maybe)).

There was “Cornet Oaked”, and then there was “Cornet Oaked Smoked” (guess we’re a sucker for things that roll over your tongue quite nicely). Oaked smoked sounds like the intenseness we want to finish off the battle with. Switch your smoking addiction to a beer addiction with this very smoky beer and surely that’ll improve your health indefinitely. If you don’t like it intensely, we don’t have the solution for you unfortunately. And fair warning, this one makes your burp.

“It makes you stop on your tracks, and make you realize you’re drinking an actual proper beer and not some watery pint that you just chug without realizing it”.



iii0d

What can you find in your team mate's bag?

Since we all always spend so much time together in the shower, maybe we have also glimpsed a look into other people's bags. If you haven't gotten the chance, worry not because we have done a neat little survey for you:

- XL tampons for your nosebleed
- tiger balm
- emergency beer
- loose bobby pins
- broken muesli bar
- used tissues
- 3 different shampoos + conditioner
- pieter
- a stolen ball

Did this trigger your fantasy or remind you that you still need to add something to your bag? Add the things above to your grocery list and expand the content of your handball bag. If this results in you having to buy a bigger bag, maybe it's best to just accept your fate.

Beastly Battling at Beertje Battle

The Ha-Stu delegation at Beertje Battle was not the biggest, but absolutely the greatest. A lot of effort was put into the costumes for the “underwater” theme party. TikTok video inclusive. The Ha-Stu mermaids stole the show and the party on Friday was popping, even more so when the two late-comers made it out of a non-moving traffic jam and joined the party. The traditional 3+ liter pitchers were going around and the (also traditional) Beertje lovers got reunited again (you know who you are). Lenna and Eva were hoping for the same sweet wake-up music that they played last year, but it was a rude awakening... and on top of that, we had to immediately pack up our stuff and move out of the hall, because the tournament matches were in different halls. The grumpiness quickly faded away though, after getting some food and apple juice in our bellies and putting our faces out in the sun. Life is simple sometimes. Ha-Stu achieved what it had intended to do: not ending up in the final. Also, during the tournament, everyone joined together in the anti-Manos spirit, due to their inappropriate competitiveness. So to everyone’s delight, Hercules (Den Haag) won from Manos in the final. That was the cherry on top of this sweet tournament.

Wist je dat...

Wist je dat... Floor als ze dronken is meer van kaas houdt dan van der vriend

Wist je dat... Bente haar planten knipt en daarna de schaar in de wasmachine gooit

Wist je dat... Smekkie echt nooit haar haar kamt... alleen af en toe

Wist je dat... Miret geen zin heeft om dood te gaan (tijdens lasergamen)

Wist je dat... Floor en Juliet tijdens de teamactiviteit het voor elkaar krijgen om boter inclusief verpakking in de fik te zetten

Wist je dat... je moet opletten

Wist je dat... Elise met carnavalsmuziek zelfs met 1.60 er boven uit springt

Did you know... that a big pile of meat for 3 people in Argentina is cheaper than a blowjob in Amsterdam

Diner review

Leftover Fennel Risotto

For the first dinner of this edish we met at Eva's beautiful home. The night before at practice (Tuesday), she already teased what she had planned for dinner: "I have a risotto fresh package that will expire on Friday". Needless to say, we were hooked. We gathered with high expectations for an amazing dinner and it turned out to be really good (no sarcasm). The risotto contained:

- risotto rice
- zucchini
- fennel
- lemon peel
- parmesan
- onion & garlic
- rosemary & thyme

The lemon peel gave the whole affair the nice extra touch that made this a stand out dish. We paired this with a nice green salad with apple vinegar & honey dressing. On a sunny spring evening, this combination doesn't disappoint and we can very much recommend this. If you then also add some nice wine or a good beer, you will be sure to have a good evening just like us.

Comfort food: Sweet Peperonata

At the second meeting there were no leftovers to inspire us so shout out to instagramfluencer Suzie Lenghi to save the haute cuisine day. The first thing you need to remember: if you ever want to impress a date, grab yourself a big ol' creamy ball of burrata and the night is all yours. With burrata (or any cheese if you ask me) success is guaranteed. To side with the creamy ball your ingredients will consist of a garden full of bell peppers, some tasty tom's, a drop of honey, a squash of crema balsamico, as much garlic as you'd like to add and a hint of fresh parsley (or dried if you're a cheap student / none if you're a broke ass student). We chose to serve this veggie stew with pearl couscous and let me tell you: that was the right decision. Top it off with some roasted salted almonds and Kalamata olives to feel fancy and get ready for your guests to be impressed. During the 30 minute stewing time we presumed it's safe enough to run off to the park for a semi cold beer in the sun, however don't hold us accountable when the firefighters are interrogating you in front of your former house.

PS. Can someone tell us how the 'h' to neatly cut a burrata in even pieces??

Mede mogelijk gemaakt door: Luuk, Eva, Vera, Laura, Anna, Simon, Bente



*Sensation white wasn't just a party...
It's a lifestyle*



*When they didn't tell you
the theme was sensation white*



Drie ballen met een kegel



*"I only act gay when really drunk"
Same guy after one beer*



*When you thought
refereeing came with an
outfit.
But all they gave you
is a sweater and a whistle*

Mede mogelijk gemaakt door: Luuk, Eva, Vera, Laura, Anna, Simon, Bente

Who is being late & why?

Dionne	Had to blow dry my sportsgear 'cause they were still wet
Dionne	My pupils were still dilated from a few hours earlier, which once in daylight did not seem like such a great sight
Simon	I wanted to do just a little bit more on my assignment
Yvon	Lost my key as it was in the inside of my glove
Anne & Imke	I was stuck in a Yoga Pose
Dionne	I'm a civilian and I need my 8 hours of beauty sleep to somewhat hide my wrinkles
Luuk	Couldn't carry both beer and my sports bag in one bike ride
Emma	My food was still warm so I had to wait for it to get colder
Annonymous	My last name is Rasing
71 People that that unsubscribed from Ha-Stu	I need to remain the undisputed head sponsor of the Ladies two penalty jar
Dionne	

Wist je dat...

Wist je dat... de kans om boven op de Mount Everest vermoord te worden door een vallende kokosnoot heel klein is?

Wist je dat... Sabine genoeg lichaam over heeft

Wist je dat...DJ niet wist dat kniebeschermers op je enkels ook wel enkelbraces heten

Wist je dat... Lenna wél een broek aan heeft

Wist je dat.. Evi kleurenblind is en daarom oranje aan heeft ipv rood

Wist je dat... Floor af en toe knaagje in haar maagje heeft?

Wist je dat... Anna en Mats need to get a room

Wist je dat... Menno 2 keer heeft geshot dus de hele avond nog mee kan

Wist je dat... je op Juliët kan bouwen en aan Floor kan trekken

Wist je dat... elise uit de vlaai komt

Wist je dat... Elise altijd opzwellt van bier

How to get Hastuids... to leave you alone

Every member of Ha-Stu is familiar with the question: “Hey you! Have you considered doing x yet?” with “x” being some committee, activity, or other responsibility you’re definitely not waiting for. The response you can give can be one of multiple options, but will always come down to you being busy with something else and there is reeeeaally no time to help out, sorry. Unfortunately for you, the organizers have your name in their mind and will not stop stalking you until you give in out of fear to be done with it, and register. Like Marit during a penalty, there is nothing you can do to stop it.

Or is there? There are always options, if you’re willing to use them:

- The Simon: piss off to somewhere else and leave Nijmegen entirely for a while
- The ghost (some ladies 4 player but I don’t remember): leaving them on read and never responding again
- The Takke: “I will let you know next morning/practice/week/never”. So never.
- The Anna: “Oh will consider this, let me check my agenda” and then say you’re busy the next time they ask
- The Julian: registering but then deregistering
- The easily scared one: will avoid you at all cost and gradually disappear out of fear
- The two-faced liar: be super enthusiastic at first and then never signing up



How to get Hastuids... to join an activity

What would Ha-Stu be without its volunteers, taking it upon themselves to join committees, give practices, referee matches, be the team responsible, or take a board position (this list is incomplete and not in order of importance)? Exactly, nothing. Ha-Stu is absolutely dependent on its - fortunately - very active member base.

So why does no one join your activity? You're sitting there, meeting every two weeks with your fellow committee members and your good behavior, doing meetings to plan down to every little detail and leaving nothing to chance. It's going to be amazing. Yet there are still 14 free slots that will need to get someone's name put on them, or else the entire activity will be following Ladies 4.

So there you are, armed with your phone and the Ha-Stu promotion group chat, scrolling through the names in the hope of finding people that you can chase. From now on every practice, every round of beer in the sportcafé, every activity that Hastuids apparently did find their way to (?!), it's all hunting grounds for filling up those (non-drinking related) registrations. All of your own fun: gone in the process.

Of course, we all know the "reasons":

"Ooh I'll consider this, just let me check my agenda!" but it always turns out they're busy

Some just never respond, or even leave Nijmegen for a while to avoid you

They can also leave you hanging with next evening/practice/week forever

Or in the worst case: they register but then deregister, leaving you with even more stress to fill the void

Of course, most of the time it all ends well. The activity is a success thanks to your efforts, and everyone congratulates you with how fun it was. Finally done with all the stress!

"Hey! We're looking for people to do this committee! Have you considered organizing this activity yet?"

There we go again...

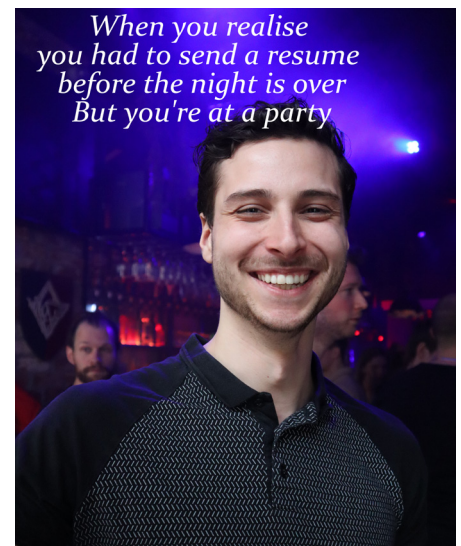
Bata recap

During the last weekend of April, it was time for the biggest student event in the Benelux: the Batavierenrace! After a difficult recruitment period, because when it comes to running every Hastuid suddenly forgets they are sports enthusiasts, the Ha-Stu roster was looking strong. With players from every team pitching in to relay-run the distance from Nijmegen to Enschede the Bata was promising to be very gezellig. The preparations on bata-day went very well, with the afternoon runners leaving for Enschede to colonize ample camping space and enjoying a tray of 18 beers for about €18 (for 6 people to share), and the van still in mint condition when it left the Nijmeegse parking lot. The race would prove to be difficult for more reasons than having to tolerate the smells of rural Gelderland: Ha-stu was starting in the last group, which meant that running even a little slower than allowed would result in the sweeping car picking you up and inflicting a time penalty on the complete team.

During the opening runs Ha-Stu proved it can perform strongly. Menno and Pepijn both ran with an impressive pace of above 13 km/h, putting Ha-Stu at a whopping 50th position among the approximately 500 competitors. Lise and Bente carried bravely on through the night, putting in strong times and Ha-stu was performing strongly and all was looking bright. Especially since we had an absolute powerhouse of a runner coming up: legendary NHV First Division Gents 1 player Bijan. But then, like the Gents 2 season, disaster struck. Bijan's calf decided it had enough and pulled out after ten minutes. This meant a time penalty for the whole team, and even disqualification looming. The rest of the distance and the participation of Ha-Stu was now up to Sanne, who suddenly had to run 1 and a half stages, one of which was meant for men. Sanne however did not mind this and fully went for it, rescuing the team with literally 10 seconds left on the clock. With Juliët, Vero and Madita putting in strong times as the rest of the nachtploeg, Ha-Stu avoided the sweeping car and survived the night while in 268th place.

After 1.5 hours of waiting Stef took off in the morning and together with Marique in the early hours of the day. Then it was up to Evi and Ilse to carry the figurative stick during the next two stages, and with good results: with the combined efforts of the first half of the morning shift, Ha-Stu climbed back to the 244th position. By the way, while we say figurative stick, one team took this literally and ran with half a meter of wood (on their back) for some reason, to the annoyance of one of your editors. The second half of the morning was started by Simon, who finally took over the log-carrying show-offs, and Jorik, the other First Division Gents 1 Powerhouse who casually ran a pace of above 12 km/h over 10 kilometers. Together with the fast paces of Ferry and Isa, Ha-Stu was able to finish the morning at 217th place.

Fairly late but still on time, the Middag ploeg took over with Hendrik as our first runner. He put in a good pace, but for some reason was still picked up by the speed police (we literally have no idea, his pace was really fast and this is just BS from the bata organization). Akash bravely took over and faultlessly passed the race on to Anna and Mats. Following them were Jochem and Nienke who carried on without a hitch, and they passed the baton on to our last runners, our proud board members Floor and Miret. Miret as our dear Voorzitter carried Ha-Stu across the finish line with our flag, through a roaring stadium full of people. She even passed the guy with the log of wood again. All in all, Ha-Stu did very well with a satisfying 222nd place, so we aim to improve on this performance next year! Maybe then it won't be so much of a struggle to get a team together? Who knows, but please refer to our article "How to get Hastuids to join your activity" in this very edition to make the process a little easier.



Octopussy '23

Finally, the long anticipated Oktopus tournament weekend had arrived. We were all fresh and ready to spend an entire weekend severely sleep-deprived and with intense drinking activities. Or as ready as can be with Nienke forgetting integral aspects of the theme-party's costume that she organised for some of the girls. At around 9 pm everyone had gathered, and we were ready to release the inner pirate (no pun could be thought of here). Of course, on the way to the party, we had to stop to take the obligatory bowling pin group picture and of course this turned out amazing Nothing much can / will be reported of the party itself, because as the night progressed, we all got very drunk - Eva DJ highscored with 7 shots. For some, the trip home took 1.5 hours, while in a sober state it takes more like 25 minutes. ...(turn the page)

Mede mogelijk gemaakt door: Luuk, Eva, Vera, Laura, Anna, Simon, Bente

Skip to the next morning: bright and early at 7.30 we were woken up with the standard hardstyle music which everyone hates. I vaguely remember Eveline saying she actually enjoyed the music, but surely she was alone in that feeling. The first team already had to start playing at 9 am, so the day really kicked off fast. Even though the weather was actually amazing, we only had time to chill and cure our hangover out in the sun twice before dinner, as there was usually one team that had to play. However, that gave us plenty of time to cheer for our fellow team-mates and have fun together on the sidelines. After the day of playing was concluded, the one thing many of us were excited about came along: the snack cart. This year, they even had TWO of them to make sure that the 500-something people from 5 (!!!) countries could be fed fast enough without starting a riot. It all went well there, and some of us even went for a second round. This only means that the nutrition during the day was, to put it mildly, not really there. Now fed, we were all ready to go on to the main event of the weekend - the one and only wodka shower. Gents and Ladies divided into their showers and got well and truly hammered, plastered, steamed, toasted, and absolutely wasted. Though everyone survived and there were 0 casualties this time, so well done Ha-Stu!! Once again in a very inebriated situation, we all headed back to the city that night for a pub crawl. One beer would be for free in each bar, and we all enjoyed them a lot. Though after an exhausting first night, steam was running low at that point, and for many Hastuids the night was over between 2-2.30, while Friday night / morning went on until 5 for some of us.

Then arrived Sunday morning, and we were once again woken up by hardstyle music at 7.30. The handball related part did start a bit later, so everyone had time for proper breakfast and some coffee this time around. For most of the ladies teams, the first game of the day was also the last, though one managed to proceed to the quarter finals - well done! One of the gents' teams also put in all their effort, which was perfectly illustrated by Julian who literally had his hands in his pockets. Needless to say, the quarter finals were the last game as well. We all sort of hoped that the same would happen to our last gents team to make an early exit and go back home and to bed but no! They were determined to make it until the end, massively supported by a superb Crezee who, after already having the time of his life during the pub crawl, also had a great day in goal and wouldn't stop saving. He was therefore the hero of the day when our gents met the Danish Dynamite in the final in the penalty shootout. After a small moshpit to "heb je roos in je blonde haren" we all went home very happily, though very tired. Sources tell us that some of us didn't recover until Wednesday.

We would like to get to know the lovely Hastuids a little better (and it would come in handy to also to warn people that are considering being Ha-Stu members). The answers will be fully anonymous, so get your inner beast out. Use the link in the last email we sent out!!