

#### Nr. 22 (December 2024)

### FORWURD





Holy titties, the Hastueel Christmas edition is here! With a brand new committee we are ready to produce interesting, fun and mind blowing facts, gossip, recipes and memes for you, your friends and family! We are very enthusiastic about this and hope that we can spark this feeling to you, our dearest readers. In this Christmas edition you can find a lot of "did you know thats", something about a Ha-Stu baby, the members weekend recap, a great recipe review, and a lot more, big sleigh!

Spread the word to the people around you, the more readers we get, the bigger your surprise will be! Enjoy reading kings, queens and non binary royals!

Hugs and kisses,

The Hastueel committee





Nr. 22 (December 2024)

## **MEET THE HASTUEEL!**







#### Floor - introduced by Miret

Our Flora, Floortje, Floor. The person who perhaps knows Ha-Stu best. She belongs to the old garde, served on all sorts of committees and was matchseccie in her board year. Requested and especially unrequested advice on all Ha-Stu things. All this while our Flora is a real horse girl and she would have jumped right over to the Jolly Jumpers. Fortunately, she chose the fun of handball and grew into a real handball star. Stopping talking, and especially on the court, she barely manages to do so, which is why Flora is the perfect committee member for the Hastueel.

#### Miret - introduced by Juliët

Chances are high you've already had a chat with her. Miret is our chatterbox friend. She is always chatting and she is not averse to a voice message either. She normally shines as a back player in Ladies 2, but at this moment she is in her new era. The girl has graduated and is currently among the palm trees looking for a new (civil) self. That's scary too because the food there is very spicy for this Achterhoeker. With luck, they have Brie there. Brieret loves that. Sometimes, after a night out for example, cutting goes a little wrong. Grrr. We are curious to see if our world traveler can throw a tasty recipe for the Hastueel. Otherwise, we're sure that when Miret is back, we'll have plenty of wist je datjes.

#### Juliët - introduced by Isa

Juliët aka Juul is 23 years old and is currently doing her premaster sociology in Utrecht! Luckily she still lives in Nijmegen so we at Ha-Stu can still enjoy her. Juul has been with Ha-Stu for over 3 years and is currently in ladies 3. Juul is a real brokkenpilote; she has suffered a record number of injuries and unfortunately was sometimes on the blessurebankje more often than on the field. From bumps on ankles to broken thumbs, she has experience with everything. To still stay involved with the team, she crowned herself last season as a 'Kom-op coach' and with that she tried to cheer her team to victory. This did not always work out, but the idea was there. Juul always has her ears open for wist-je-datjes (but she is also often the victim herself; (did you know for example that you can get a burn on your lip if you kiss someone with a beard/moustache?), so perfect for the Hastuee!!





Nr. 22 (December 2024)

# DID YOU KNOW....

Did you know not to make a brie sandwich at 2am?: ahrrrr Did you know that stairs are for walking on and not for kicking against, right Marieke? Did you know that you should only put honey in your tea at 85 degrees (or colder)? Did you know that Floor actually likes mussels just fine?

Did you know that Mette really likes Brussels sprouts with satésauce? Did you know that Mats loves Dasty?

Did you know that the first real concert Jochem ever attended was at Martin Garrix and that he was VIP there?

Did you know that Mats thinks about Einstein once a week? But actually more often of Lorentz.





#### Isa - introduced by DJ

Isa the Pisa is one of the more experienced members of the Hastueel. The most baffling thing about her is that she doesn't know Zoop. At all. But that's okay, because without that knowledge she still has enough to say to be a great addition to the Hastueel! She just turned 23 and therefore is a Saggitarius (boogschutter) - no idea what that means. Since this year, she is playing as a back for ladies 1. As humble as she is, sometimes she doubts how good of a player she is. No one understands that, as she is a great back #slay. Another little fact about her is that she is from Enschede, which is not in the Achterhoek but in Twente (like Ilse de Lange). Every year, Ha-Stu visits her place of birth to celebrate Isa and play some beach handball matches at Cabezota. And to close this little introduction, her last name is The Cock.

#### DJ - introduced by Stampie

Meet DJ! For everyone who doesn't know yet, she is called Eva, one of many. She did not only deserve her nickname by her last name (de Jong), but also because she is the DJ both during the practices as in the dressing room. She is the current captain of ladies 1, who she is leading amazingly because they are definetely becoming champions. DJ likes doing research, sticking stickers in fun places and eating like a vegetarian. She is 26 years old and this second most fun Eva has been playing at Ha-Stu as a steady left back with a hell of a distance shot for 4 years now, and we could never play without her anymore! \*slay\*





Nr. 22 (December 2024)



#### Stampie - introduced by Ferry

Stampie is a very good handballplayer. She inspires us with her shots in and outside the field. In the top corner of the goal, or scoring at the karaokebar, she can do anything you wish you could. Stampie is a multi-talented woman skilled with a great right hand, lots of insights on difficult matters like build stuff and a nice softish G. After singing in the karaokebar her voice is the same as the name of the village she is from: Heesch. Stampie plays in ladies 1 where she is an important asset in the losses of last year and the wins of this season. She is a real "horeca" tiger (which stands for hotel-restaurant-café). She works a lot at our amazing sponsor Plan-A. Stampie believes everything you say if you can keep a straight face longer than 2.5 seconds. Where Stampie, her nickname comes from, is something you have to ask her yourself! You can recognize Stampie if you see somebody not paying attention to what the trainer is explaining, because she is dreaming about something "more' important than handbal, like salmari. You have not seen the last of her yet!



#### Ferry - introduced by Floor

Meet Ferry, 25 years young and born and raised in the Achterhoek (mostly known for the Zwarte Cross). But don't expect him to feel at home among the BBB-voting farmers. No way, just put him in Nijmegen. With only 2,840 inhabitants, Beltrum simply was too small for the volume and energy that Ferry brings. Ferry is a familiar face at Ha-Stu, where, as a coach, trainer and enthusiastic team member, he always wants to give his best. As a social worker, Ferry further dedicates himself tirelessly to helping others (love u for that). But Ferry is not only active on the sports fields. His legendary Halloween parties are a phenomenon (where no one remembers exactly what happened the next day, except that it was epic). And when the night falls, there's a good chance you'll hear him singing karaoke at Roxy's, where he will be singing (or screaming) at Since U Been Gone by Kelly Clarkson.

These are the precious little writers that will provide you with all the latest gossip and the most hilarious memes. We love you, you're welcome.





Nr. 22 (December 2024)





This September it was time for MEMBERSWEEKEND. In a not even a village, in the middle of the grasslands, was the manege. There the criminals were allowed to stay. Animal friends Elise, Evi and Juliët went early to the horse stable to turn it into a real prison. All kinds of criminals gathered at RSC. Arriving at the extra-security prison, criminals had to sign in and were given a presentation with the rules during this rehabilitation camp. Because if there is no evidence, you remain guilty. All prohibited materials such as satisfyers had to be turned in.

When everyone was well informed about this house rule of the camp we could start with the games. There was a lot of stress ponging, but then the alarm went off. The criminals had to gather with their tea towel on their head. After an exciting trip through the empty dark meadows, the criminals had to go deal their drugs, but were not allowed to get caught by the police. Upon returning home, we were able to warm up by vibrating our vocal cords. Dj had a bottle of Salmari and Smekkie gave a concert, with us singing along enthusiastically.

The next day, the criminals had to face the mistakes they made the night before. We started with 'living stratego' and had a tostifabriek lunch. The afternoon consisted of a quest full of games leading us to the wonderful citycenter of Hengelo (not the big Hengelo, but the really (really) small Hengelo). After the last and losing group came in at the final location, we all had a beer and walked back to the jail/manege. Saturday night, it was time for the Biro! A lot of beers were drunk, and Ferry took the first prize, with Nicky as an honorary second (until she puked all beers out again). That night, a severe crime was committed: someone broke Stampie's sword... Justice has still not been served... The night ended, as most nights during all membersweekends, drunk in the kitchen. We had a blast.

Yet again, we regretted our decisions the next day. After cleaning on Sunday, we auctioned all remaining items because we do not like foodwaste and the criminals were released from prison. All newly free people went home tired, but very satisfied. Thank you membersweekend committee for this amazing weekend!!!





check the next page for our favorite criminals!



Nr. 22 (December 2024)





Nr. 22 (December 2024)





Thinking about the shots you <u>should'</u>t have done yesterday





Nr. 22 (December 2024)

## WHAT'S IN YOUR BAG?

**Milou** has a very minimalistic bag. It is purple with yellow logos on it; one of them is of a place called 'de Animatie Compagnie'. Milou worked here as Koos Konijn and as Pongo the Pirate. Plus point for this fun detail. The contents of the bag are also minimal: a phone, a water bottle and scissors. The last object is Milou's favourite and is used for taping her thumb. Otherwise, the bag smells neutral, which is unusual for a sports bag. One drawback to the bag: Milou lacks some space. We get that.

Final verdict: 2/5 stars; nice bag, minimalism is in these days. Very small though, and where is your towel Milou????

**Mette**'s bag is red and has quite a lot of items, like; 3 jars of vaseline, a beer mat, broken earphones, a gift voucher, a mini foam roller, 3 biscuits, a water bottle, hairties, rennies, a chipsbag and tissues. Mette's favourite item is dextro, or hairspray. However, the thing she misses in her bag is organization. Mette thinks her bag is too small and she wants more vaseline. We would say 3 jars is quite enough, but all we can be sure of is that Mette's lips will never be dry. When we stick our nose in the bag, we notice there is a smell which is not very fresh. But that's okay. Then last but not least, if Mette's sportsbag had a personality, she would describe it as problematic. This bag feels like a survival package, 3,5/5 stars.









Nr. 22 (December 2024)

## THE WORST MATCH OF LADIES 3...

Okay, it started in the car. Oh no before that, because we suddenly had two sick calls. Then in the car we found out that Eline had taken the shirt bag to the ladies 2 game instead of ladies 3. We played in the opponent's neon orange. Then we went outside to warm up, as there was no room in the hall. We started with long trousers on and just before the whistle we had blue shorts again. That was really ugly. Imagine, an XL orange men's shirt and blue and yellow shorts. Yuck. Lots of drama and stress even before the match had started.



Fluuuuttt. The match started. We started fine. They were also just bigger, stronger and better. But the refereeing was bizarre. I got 2 min VERY unfairly. Could have rested nicely though. That girl literally ran into me and did a head roll on me. The ref said I was on the man instead of the ball and at high level that really needs to be watched carefully. She has a point there, because of course we also play very high . Lara did interval handball; 2 min in the field, 2 mins out, which is why she went to goalkeeping in the second half. We started the 2nd half already with a small number. Manon came in. The match table said 3, 2, 1 and Manon went into the match at 1 and they didn't like that. While they were leading by 15 points. Manon had to go back on the bench and the referee had to put someone else out. It was a special match.

This page was intentionally made black... because this was a very dark day for ladies 3. Thoughts and prayers from the Hastueel committee.





Nr. 22 (December 2024)











Nr. 22 (December 2024)

## **RECIPE REVIEW**

According to Ferry we ate a delicious Linzensoep with naanbrood from the Lidl. We asked for a recipe and he told us the secret ingredients. It's linzen (lentils) and soup. He went to the Lidl and bought the naan there. One weird thing was that it was shaped like a bike saddle or a dinosaurus skull. But it didn't taste less because of it. All by all, we had a delicious meal. After that he made us a very delicious borrelplankje with crackers, tapenade, old cheese-pesto dip, oven baked chips, pepper pringles and sweet pepper dip. Also, he bought a coffee maker only to make esma's (not to drink warm coffee), so he made us some delicious esma's. It was aa dream!! However, Floor didn't want any because otherwise she can't sleep. Read on quickly to find out what the committee thinks of Ferry's lentil soup!

What did the Hastueel committee think of the lentil soup?

- Isa: delicious and pureed. Pureed and delicious. Naan was nice and thick and went well with the soup. Thicker than the naan from the appie.
- Eva DJ: Tasty, an 8 out of 10. A bit of spice (which we love). Orange.
- Eva Stampie: Very tasty. I give it a 7.5 because personally... okay wait, I want to make it an 8 anyway. I thought it was on the small side, but Ferry made up for that with a nice borrelplankje.
- Ferry: As expected. I give it an 8 myself. Nice and wintery and it still held room for the borrelblankje. Healthy but classy.
- Juliët: Yes, delicious.
- Floor: it was a bit spicy, but the soup was very tasty nonetheless. It was well-filled and tasted healthy. The naan was good and nicely spiced.











Nr. 22 (December 2024)

## WHICH BOARD MEMBER ARE YOU?

A new year means: a new board. And what happens when there is a new board? Everyone wonders who they are... To help you figure out who they are, but also get to know yourself a little better, we have designed this very scientific quiz. Enjoy!

#### What is your favorite color?

- A. Green
- B. Green
- C. Green
- D. Green

#### What position do you play?

- A. Left wing
- B. Right back
- C. Circle
- D. Center back

#### Until what time do you usually stay at Tappers?

A. Half past 1 or 3 AM B. Depends on how much I've had to drink C. I don't make it to the end D. Until Tappers closes

#### Who did you last send a message to?

- A. Committee group chat
- B. My partner
- C. A new member for HaStu
- D. Housemate

#### What food can't you live without?

- A. Chips
- B. Pasta bolognese
- C. Freakadel special
- D. Pizza

#### At which supermarket do you prefer to shop?

- A. Albert Heijn Daalseweg
- B. The Appie
- C. Jumbo
- D. Not the Plus







Nr. 22 (December 2024)

#### On which Ha-Stu member could you 'do a kunstje'?

- A. Ferry
- B. The entire DS3 team
- C. Quinty Veerman
- D. Lara

#### What is your favorite Ha-Stu tradition?

- A. Victory sausage
- B. Vodka shower
- C. Ha-Stu tournament
- D. Ha-Stu tournament party

#### What is your favorite shot?

- A. Limoncello
- B. Salmari
- C. Sambuca
- D. LARA from Croatia

#### Why would you be late for training?

- A. Because I always fall asleep on the couch and lose track of time
- B. Because I don't feel like warming up
- C. The bridge was open
- D. Because I like to fill the fine jar

#### Which body part do you injure most often?

- A. Ankles
- B. Right knee
- C. Left knee
- D. Both knees

#### What is your love language?

- A. Physical touch
- B. Acts of service
- C. Words of affirmation
- D. Quality time

#### What is your hidden talent?

- A. Pouring or weighing exact amounts to the gram or ml
- B. Sharing the same birthday as your grandma
- C. Burping the alphabet
- D. Getting food from the vending machine in the sports center



check the next page for the last spicy question and the results...





Nr. 22 (December 2024)

#### Which sex toy would you recommend?

- A. Blindfold and binding material
- B. My partner
- C. Mirli's microphone
- D. Whip to scare everyone away



**Did you mostly answer A?** You are such a Stef! You are a true leader. With your blindfold on and your binding materials you measure your limoncello perfectly. You win. Also your favourite colour is green.



**Did you mostly answer B?** Congratulations, you are a Lara. Your specialty is finance and you get bonus points if you have the same birthday as you grandma. Also you must have a partner. Also your favourite colour is green.



**Did you mostly answer C?** Oh no, you might be a Carlijn! You're the secretary and you know the whole alphabet by heart obviously. You have weak knees and you burp a lot after eating your freakandel special. Also your favourite colour is green.



**Did you mostly answer D?** Nice, you are very much a Lisa. You know every detail about every match. You don't like the plus but you do like the minus. You like Lara very much and could do a trick on her OR do her as a shot. Also your favourite colour is green.

## DID YOU KNOW....

Did you know that you cannot put a ball in half by fours? Did you know that Mandy has never had a cup of coffee? Did you know that Ferry does not drink coffee but does drink esma's? Did you know that Eva Langens left her bag in the sports bar when she wanted to leave quickly to go for a drink with friends in Oss? Did you know that Floor and Miret were scouted to become models?





Nr. 22 (December 2024)













Nr. 22 (December 2024)

# **DID YOU KNOW...**





Nr. 22 (December 2024)

## LOOK FOR THE DIFFERENCES

Did you know that according to Stampie, Maarten looks like handsome Okto from Spongebob?



# **DID YOU KNOW...**

Did you know that until last year, Els thought the Achterhoek was in Noord-Holland? Did you know that Eline vR thought this too?

Did you know that Mette lived on Texel for 6 years? Island girllll Did you know that ladies 3 lived up to their name and played with 3 ladies in the field? Did you know that Mandy thinks the pepper oven salts are spicy? Did you know that Lara thinks arriving on time is a waste of her time? Did you know that Lisa (not match secretary Lisa) always has all her sports bras in her sports bag because she has no closet space? Did you know this is because she lives together on 20 m2?

Did you know that Sam first thought Jorn and Ferry were the same person and when she found out there were 2 that they were then called Ferry and Freddy? Did you know that Thomas and Anna share a strange common interest in dinosaurs? Did you know that Milou thought you had to change outside the substitute lines instead of inside it? And has been playing handball since she was a toddler?





Nr. 22 (December 2024)



What is happening here?A. Someone pooped on the fieldB. Number 7 from UDI just did a barfjeC. Eva is singing 'Angels' from Robbie Williams very passionately





Nr. 22 (December 2024)



Did you know that Lise thinks farting babies are cute? Did you know that Jochem loves nachos that make him dance salsa? Did you know that sports shirt - shirt = shirt? Did you know that Gejo runs the same as Sofie dances? Did you know that Elise has never farted? Did you know that Ferry has never been to the Efteling? Did you know that Jorn's chickens lay green and blue eggs?

Did you know that Lars has deer at home? Did you know that Lise will come and bake pancakes at members' weekend 2025 next year? Did you know that Thomas is the daddy of Mats and Anna? Did you know that Lars was booty called during members' weekend? Did vou know that Lara is a linen trousers type of person? Did you know that for Miret Thomas feels just like a sister? Did you know that Lieke wanted to withdraw 40€ for a homeless man but then didn't have enough balance (geen saldo)? Did you know that Jorn eats his snot?







Nr. 22 (December 2024)

## **BABY NAME??**

One of the amazing things that can happen in life is when two people decide to make more life. While the rest of Ha-Stu is doing that by drinking so much that they see double, daddy Hendrik decides to do it in a more mature way.

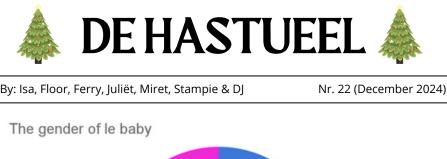
I do not have to explain to you how this can happen (if I do please reach out to me in real life). And that is also not the focus of the article. The focus of the article was to help Hendrik and Klara, find the perfect name for the baby. And we decided that the people from Ha-Stu would be perfectly fit to send in some suggestions. So thank you so much for that.

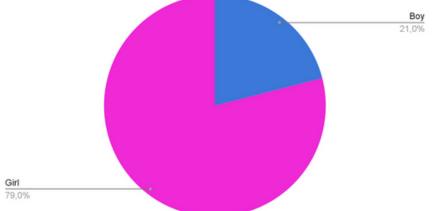


Beside that, we also asked you to guess the gender of the baby. Apparently patriarchy isn't a thing at Ha-Stu because 79% of you thinks (and hopes) that the baby would be a girl. 21% percent of you thought that it would be a boy. We will find out at the birth! (A Hastueel reporter will be live at their house when they are starting labour).









Then..... back to the namessss! Exactly 351.487 names have been sent in and reviewed by Klara and Hendrik, for the past weeks they have been struggling besides being a future mom and dad to be, to read the names, discuss it with each other and to make a decision. There we go... The winning baby names for the baby of Klara und Hendrik are : **Fritz und Lina**! Sadly both names were sent in by Stampie (Lina also by Els). But congrats Stampie you will receive a price from your eigen commissie!

Klara and Hendrik wrote the following review about it :

"Both are really nice sounding names. Fritz is short for Friedrich, which was the name of my grandfather. And Lina because we couldn't name a girl Alina since we already have that name in our family circular"

Thankyou Ha-Stu for sending in the names and thank you Klara und Hendrik für choosing the names. Some honourable mentions that unfortunately not make the endlist are:

Lil K

Frodo

Klandrik

Big H

Mathilde (powerful warrior)





Nr. 22 (December 2024)

# DID YOU KNOW...

Did you know that Matej has been in Croatia more often than at practice? Did you know that Marc has lived in 5 countries?

Did you know that when you attend a birthday, it is common to come with a gift?

Did you know that Stampie's favourite shape is a bol?

Did you know that Stampie likes to grab something for someone, especially when she is in love?

Did you know that Jonas's "street name" is Music Vise DJ J? Did you know Flemming has a new moustache?

Did you know that the gents find it very difficult to fill in a referee and match table schedule? Did you know that people in northern Italy also speak German? Did you know that region is called South Tyrol?

Did you know that the name of Tippi Wan, is not Tippi Wan? Did you know that DJ did think so because RTL Boulevard said so?

Did you know that you go faster when you take bigger steps?

Did you know that when sprinting, you should first lean forward a bit, take small steps and then take big steps?

Did you know that match secretary Lisa has never done a Wodka shower?

Did you know that, according to Thomas, for good sausages you should be at Jonas?

Did you know Mette did a spray tan before the team photo?

Did you know that Matej cannot eat a biscuit because he still has to drive?

Did you know that ladies 1 has to play handball in another country (Flevoland)?

Did you know that Stampie has dual citizenship?

Did you know that Sofie never goes out the door without eyebrows?

Did you know that Lou is now also called Eva?

Did you know that Lisa likes to keep Ha-Stu and private life separate?





Nr. 22 (December 2024)





# The Hastueel wishes you all a very merry Christmas!





