



# InCognito

For your monthly study-related needs and feeds.

March 2014

Suggestions, feedback or comments? Let us know at [newsletter.cognito@gmail.com](mailto:newsletter.cognito@gmail.com).

## Brains Abroad

### Marieke Woensdregt in Edinburgh



I always thought Scotland and kilts is one of those cultural stereotypes that were once true but are now very outdated, such as wooden shoes for the Dutch. One of the first things I learned from studying in Edinburgh however is that this is definitely not the case! By now I've had the pleasure of witnessing many a party and occasion where the Scottish lads (also those of our age) actually wore kilts, and where they proudly told me about the specific tartan (pattern and colours) of their clan.

(And no, no underwear.) Also, on such occasions many a girl has confessed to me that they think kilts are sexy.

For me, this in a way symbolizes the whole of the Scottish culture. On the one hand they share with the English a sense of tradition that is often slightly ridiculous to me as a Dutch person, and that goes together with an outstanding mastery of courtesies and political correctness, but on the other hand the Scots proudly rebel against this uptightness with the ruggedness

of their mountains, rugby and whiskey (and with wearing a kilt with bare legs in any kind of weather conditions). Altogether, this makes the Scots a pleasant lot to hang out with.

For me, studying abroad has thus been a very good experience so far. It gives me an opportunity to really get to know another culture 'from the inside', and also to experience how universities and research groups work in another country (which in Great Britain is really quite different from Europe). Some of these things I will definitely not miss when moving back to the Netherlands or another country, such as the British tendency to be overly polite and to sheepishly follow any rule without questioning its purpose. But some other things I will miss when I have to move away from here, such as the very warm and lively pub-culture with live music and storytelling everywhere, and of course the beautiful and stunning landscapes (see the picture for a view I find just 15 minutes from my house).

In sum, living and studying in Edinburgh has made me feel confident that nice and fun people are to be found anywhere in the world, and that I can thus feel at home anywhere my future plans will take me. An experience that I would recommend to everyone!

## Speak up!

*A general assembly is coming!*

For years upon years, the inner workings of Cognito have been shrouded in mystery. We think we did a good job, but what you think is what matters. For the first time in the memories of our current students, the board opens its doors for its general members, calls them to watch over the watchmen, to scrutinize the power, to take God's place and judge. For in this General Assembly we present our half-year report, both financial and in prose, which are available in the attachment.

It is now up to you to see if we were adequate. Come to CREA room 3.12, 19:00 March 25th. Also, there will be beer.

## AGENDA

### Drinks @ CREA

*Every Tuesday, 21:00-late*

### ABC-lecture: Dr. Oliver Hardt

*March 18<sup>th</sup>, 16:00, REC M1.01*

Dr. Hardt is affiliated to the Centre for Cognitive and Neural Systems of the University of Edinburgh. His laboratory is dedicated to the molecular neurobiology of memory and forgetting.

### Cognito Presents: Bowling

*March 19<sup>th</sup>, 20:00,*

*Knijn Bowling, Scheldeplein 3*

After another STICS deadline and a month of busy internships, we would love to go bowling with all of you. The costs will be around €4,-. Please let the Social Committee know whether you'll be there so they can hire enough lanes!

### Cognito's general assembly

*March 25<sup>th</sup>, 18:30, CREA 3.12*

### Cognito Weekend

*May 16<sup>th</sup>-18<sup>th</sup>, top secret location*

More information is coming, but make sure to mark the date and enroll on Facebook!

## ABC Journal

The first issue of the ABC Journal has officially been released! We want to thank all the authors and reviewers for their contributions, and we hope you enjoyed the release party in Kriterion. As you may have heard, the ABC Journal will be spread digitally; make sure to check your e-mail inbox and our Facebook page as a copy will come your way in a few days!

For the second issue we have already received a couple of internship reports, but we are looking for more! The five best reports will undergo the full peer-review process and will be published in full, and all

other reports will be published as an abstract, so that we will have an overview of the internships done as part of our master program. Please remember that ABC Journal is an academic archive, and publication in the ABC Journal will not preclude publication in scientific journals.

For more information (including submission guidelines and deadlines) you can send an e-mail to [abcjournal.csc@gmail.com](mailto:abcjournal.csc@gmail.com), go to our Facebook page, or check out <http://abc.uva.nl/about-the-center/abc-journal/abc-journal.html>.

Best, The ABC Journal committee

## Incognobel Prize

Due to the unfortunate fact that our lives have fossilised by being the serious, hard working research interns, we don't see each other frequently enough to be up to date about the remarkable things our fellow students experience and achieve. Therefore, sadly, this month's newsletter comes without a new Incognobel nomination... Because of this, we desperately desire you to keep doing your unique, brilliant stuff and - at least as important - notifying us about your own and your fellow student's remarkable achievements! In return, we promise the achievement of another marvellous issue next month! Suggestions are welcome at [newsletter.cognito@gmail.com](mailto:newsletter.cognito@gmail.com).

# Cementwijk

Column by Lieke Gelderloos

This summer I moved to a proper grownup apartment in a neighbourhood known as 'Betondorp', 'Concrete Village'. Betondorp was built in the 1920's by socialist factory owners who wanted a wholesome living environment for their labourers. It was designed to have all the benefits of living in a small country town, such as plenty of greenery, but close to the factories of Amsterdam. Betondorp was originally named 'Garden Village', but soon became known as 'Concrete village', because it was the first large-scale building project in the Netherlands that used prefabricated concrete slabs. The idealistic developers did not only build housing, but communal buildings too, such as a library and a bathhouse. Little did they know, in 2014, the former primary school would be turned into a mosque, and what used to be a bathhouse would now be a Hindu temple. Much has changed in Betondorp since the 1920's, but the community spirit is still there.

Betondorp has its heroes. Football legend 'number 14', 'JC the Redeemer', Johan Cruyff was born and raised in Betondorp, and the windows he broke still provide ample to talk about for the elderly Betondorpers (which is the majority of the inhabitants, by the way). Gerard Reve, one of 'the Great Three' of Dutch

literature, also spent his youth in Betondorp. One of his books, 'De Avonden', 'The Evenings', is set in 'Cementwijk', 'Mortarville'. The owners of the local pub decided 'de Avonden' was a great name for their business. I would've agreed with them, had The Evenings in the book been enjoyable in any way at all - but the book is devoid of all things positive, and in fact shocked the literary world for being so dark-natured. Reve summarized his feelings about Betondorp in a television interview in the 1970's: 'Abandon all hope, he who is raised here'.

My own experiences with Betondorp are considerably more cheerful than Reve's. Betondorpers remind me somewhat of the Hobbits in Tolkien's work. They like a quiet life and a pretty garden, they are not generous with their trust and may be somewhat narrow-minded, but they are certainly friendly once you get to know them, and will always look out for each other (if only to be fully informed about the latest gossip). My next door neighbours are an elderly gay couple that presumably moved to Amsterdam when that was what gays were supposed to do. Yet they never felt like giving up on the country lifestyle. So now they live on 'Tuinbouwstraat', 'Horticulture street', and cherish the tomatoes and carrots they grow in the vegetable patch in the back yard. I recently decided to start a vegetable patch myself - because hey, the garden is there anyway, I might as well use it -

and earned instant Horticulture street cred. An elderly Indonesian man that lives down the road paces up and down the street every day, living the Dutch expression 'beste stuurliu staan aan wal' to the fullest, grumpily criticizing anyone that is trying to do their job, from builders to paperboys. The postman, on the other hand, is always smiling and willing to lend a hand, whether you need it or not. In return he only asks of you to listen to his stories about the orphanages in the south of India that he supports - and he hopes you may have the opportunity to travel there some day. Betondorp really is a small village on its own. The only things reminding you this is in fact Amsterdam, are the accents of the locals and the parking meters on the sidewalk.

This Christmas I was talking to my cousin about life in Betondorp. I told her about my horticultural next-door-neighbours, the Indonesian man dutifully guarding the street, the postman that is always willing to help... We laughed, but also agreed that it was nice to live in a neighbourhood where people still look after one another. It was just a couple of weeks later that I heard a story on the news about a man that had been found dead in his house after three years - in Betondorp. The neighbours declared that he was a 'strange' man that had always kept to himself. They never realized he was dead, they just assumed he had moved away. I realised that for those who do not fit in, Cementwijk may be all too real.

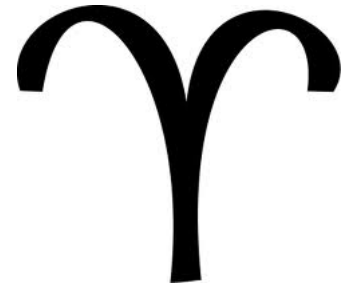
## BIRTHDAYS

Alastair Haigh  
March 5<sup>th</sup>

Carola Werner  
March 7<sup>th</sup>

Jennifer Strong  
March 20<sup>th</sup>

## HOROSCOPE



### Aries

March 21<sup>st</sup> - April 20<sup>th</sup>

You're really taking charge of matters this year, as an enthusiastic Aries ought to, but don't let your temperament drive it - this might lead to conflicts. While independence can be a good trait, a scientific career often involves teamwork, so now might be the best time to get some hands-on experience on that front. Spring is in the air and the odds seem to be in your favour but don't get reckless. As the Dutch saying goes: an accident sits in a small corner.

# Dr. Incognito

Dear Dr. Incognito,

*I started my internship 4 weeks ago. I'm primarily doing EEG analysis, which can be a bit boring, so I wanted to do something a little more challenging. I asked my supervisor if I could see the raw data to run some extra analyses, but he didn't want to provide it to me. When I asked him about the actual EEG measuring, he avoided my questions, and his colleagues say they've never actually seen him do any recording. I feel something is off here... What should I do?*

Cheers, anonymous

Dear anonymous,

What should you do? How about some simple data analysis to earn your credits? If you would know how much I struggled during my internship and PhD... Phew. You should realise that you're very lucky with your internship. Now if you'll excuse me, I have a dinner with my bud Dirk Staple - he's a friend I know from university. I don't remember everything that happened before my accident with the methamphetamine, but he's telling me he made a great career in science... I can't wait to see him again!

Dr. Incognito

# Food for Thought

## Chocolate truffles

*Usually we provide you with recipes for food that's good for you, but of course we're all allowed to indulge in the sweet sin that is chocolate every once in a while... Last August, Neurology published a study titled 'Neurovascular coupling, cerebral white matter integrity, and response to cocoa in older people' (doi: 10.1212/WNL.0b013e3182a351aa), which suggested that drinking two cups of hot chocolate a day is beneficial to the blood flow through the brain in elderly people, and helps in preserving a clear mind. Unfortunately, even if chocolate indeed proves to be beneficial to the brain, the condensed milk and butter still make these chocolate truffles very unhealthy... but also very tasty.*

## Ingredients

- Half a tin of condensed milk (usually in the aisle with Indonesian products - I have no idea why)
- 150 gr of extra dark chocolate
- 75 gr of butter
- chocolate sprinkles or chopped hazelnuts
- mini paper 'cupcake' forms

Melt the butter and chocolate on a low heat. Slowly stir in the condensed milk. Leave to set in the fridge for a few hours.

Put the chocolate sprinkles or chopped nuts into a bowl. Take a spoonful of the chocolate mixture at a time and use your hands to roll into a ball. Cover completely in sprinkles/hazelnuts and put in a paper form. The truffles are best kept in the fridge.