

# THE BORING NEWSLETTER



2023 - n.6  
Estimated reading  
time 6 min

Happy new year!!!

**IPSE DIXIT**  
*A journey of a thousand miles begins  
with a single step*  
Laozi (probably 6th century BC)

## Freezing in the buildings



Free cryotherapy from our employer? Thanks, but No Thanks



Many colleagues complain about the working conditions in their workplace; whilst our employer tries to save energy by reducing the temperature to 19 degrees in our offices, often the temperature does not even reach this level.

Indeed a lot of offices have since a long time not being controlled and often the temperature probes are blocked (jammed), which prevents ventilation from doing its job. Working in good conditions is a right and working in the cold is not healthy nor psychologically sustainable even for our morale.

Many offices are at 17 degrees in the morning and only after a person works for several hours the temperature reaches 18-19 degrees (a human body has a heating power of 100w on average). This is not normal and you should not hesitate to contact the OIB/OIL to ask them to adjust this temperature to—at least—the minimum planned.



## 16/01/2023 - Blue Monday, mith or reality?



The concept of "Blue Monday" was popularized by a press release issued in 2005 by a British travel company, which claimed to have used a formula to calculate the most depressing day of the year. The formula purported to take into account factors such as weather, debt levels, and the amount of time since Christmas. However, the press release did not provide any details about the methodology used to calculate the date, and the formula has never been made publicly available or independently verified.

Since the original press release, there have been no rigorous studies that support the claim that the third Monday of January (this year the 16th of January) is a particularly depressing day. **While it is true that many people may feel a letdown after the holiday season, this does not necessarily mean that the entire population is going through the same feeling.** Moreover, depression is a complex and multi-faceted mental health condition, which can be triggered by a variety of different factors.

However, the formula has been widely criticized by scientists and experts, who have pointed out that there is no scientific evidence to support the claim that one day of the year is significantly more depressing than any other. Many mental health organizations have rejected the idea of "Blue Monday" as a myth, and have criticized the concept for stigmatizing people who may be struggling with depression. They have also highlighted that depression is a serious issue that requires professional help and support, and should not be trivialized or reduced to a catchy slogan or marketing gimmick.



In summary, the idea of "Blue Monday" is a popular culture phenomenon with no scientific evidence behind it, it is important to remember that depression and mental health are serious issues that cannot be summed up in a single day.

### Editors:

Cristiano Tessitore (Luxembourg)  
Stathis Stefanidis (Bruxelles)

### Comité de rédaction:

Cristina Ciubotariu, Michaël Nicolas,  
Kinkani Mansoni, Maja Broz Hafner (Luxembourg)  
Bianca Iorattii, Svetla Shulga (Bruxelles)

### Graphic design:

Svetla Shulga (Bruxelles)



Newsletter  
supported by  
Dédé and :



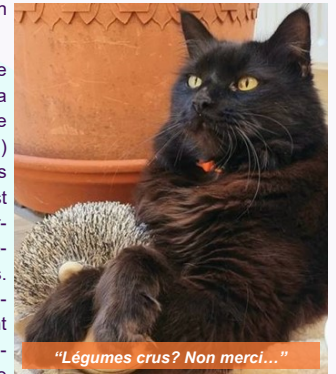
## La fermentation des légumes crus

Les légumes lacto-fermentés désignent une conservation réalisée dans une saumure d'eau et de sel. On retrouve ces légumes aigres, depuis plusieurs siècles, aux quatre coins de la planète: en Inde sous le terme "achard". Après la colonisation de la région, les Anglais rapportent l'idée chez eux et l'adaptent à leurs légumes, ce sont les fameux "pickles". Au Japon cette recette est appelée "tsukemono", utilisée notamment pour le chou, on la retrouve sous le terme "murături" en Roumanie.

En effet, pas besoin d'additifs, de réfrigération ou de congélation, la lacto-fermentation s'effectue grâce aux ferments lactiques (d'où le nom) qui se développent dans les légumes formant ainsi de l'acide lactique. C'est cet acide, précieux allié de la conservation, qui va empêcher le développement d'autres bactéries indésirables. Arrivée à un certain stade, la préparation se stabilise, le liquide devient acide comme du vinaigre. Les légumes sont prêts pour une longue conservation ! Mais ils sont aussi très bons pour la santé. En effet, ce mode de conservation a la particularité d'apporter de nombreux nutriments bénéfiques à notre corps.

Ces légumes sont remplis de probiotiques, des micro-organismes vivants, bons pour notre flore intestinale. Cependant, du fait de la fermentation et de la forte acidité des légumes lacto-fermentés, les personnes ayant un estomac sensible peuvent avoir du mal avec ce genre de produit.

Source <http://hippiemoderne.fr>



"Légumes crus? Non merci..."

Subscribe 😊 or opt out 😞 at any moment by writing to Cristiano or Stathis, or not