



BRF  
Fredriksdal

# Fredriksdalsbladet

## February

Since I'm not very good at English, Fredriksdalsbladet has only been available in Swedish. Now I have found the AI function DeepL and try this.

**If you want future Fredriksdalsblad on your e-mail, please contact  
[info.fredriksdal@gmail.com](mailto:info.fredriksdal@gmail.com)**

**Resident of the month:** Inger Wikenfalk lives in the 2nd floor and has lived there for over 10 years. It is a wise woman I talk to who tells me that she left the villa with stairs in favor of a three-room apartment and elevator in the house. She lives alone but chose a larger apartment so that her children, grandchildren and now great-grandchildren can sleep over.



In her profession, she worked as a mental health caretaker and has seen major changes during her professional life. Starting at St.

Maria's, where patients wandered around, most of them talking to people or beings invisible to others. She describes how she progressed to the insulin ward where one treatment was to lower blood sugar with insulin so that patients lay unconscious and were later awakened by giving sugar solution through a tube into the stomach. She describes the horrible smell in the ward and how overweight the patients became. This was a treatment used between the 1930s and the 1960s when psychotropic drugs had been developed. The belief was that the person's neural pathways were shut down during unconsciousness and then when they woke up, the neural pathways would settle down and cure the schizophrenia. Inger left St. Maria and then worked both in day care at Helsingborg Hospital and at the clinic on Drottninggatan. Today, she is often seen walking with her walking sticks and can be recognized by her fashionable hat. The dog is not hers, but when the neighbor's dog has moved, she likes to meet other dogs who want some treats.

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**Activities:** It is great that some have contacted the board to make suggestions for our green spaces, their work will start soon and there is room for more interested people. The running on weekends continues for those interested.

**The guest apartment** will get a much needed refreshment. It is an apartment in 4a that also has an entrance from the gable. There is limited kitchen equipment as there is only a hob, but there are six beds and a cot. The idea is to replace and renew: plates and cutlery, purchase of sofa bed, newer mattresses for the bunk bed, mattress protectors. Then I hope we can also make sure that there are duvets and pillows for all beds. We need new ceiling lights and we need some spot lighting. The ceilings will be painted as the fluorescent tubes will be taken down and curtains will be put up as dividers. We can hire a company to paint and take down fluorescent tubes, but if there is anyone who would like to help, we will gladly accept the help. Furnishing is of course done with reuse and if you have something that we can use there, we are happy to receive this. The quality should be that your mother and mother-in-law should be able to use it.

**Tip of the month:** If the power goes out or there are major accidents or spills, information will be communicated via P4 (103.2 FM band). Get a radio that runs on battery or crank. Make sure there is a power bank in the home and that it is charged. Make sure you have important phone numbers on a piece of paper.

**Port phone:** Not all members can still manage their port phone. Many block unknown numbers but if you do this with the port phone number, it will unfortunately cost. You will have to pay Fire and Security SEK 1500 if they are to come out and “unblock” the number in your own mobile. 042-31 11 719 is the number from which the intercom is dialed.

**Volunteering:** This week there were volunteers on the way to Väla who brought electrical scrap and left at NSR which is on the road. The containers

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that are overcrowded will not be emptied and if we put it on a company it costs a few thousand dollars. One bag with small electrical appliances with a cord, one with electrical appliances operated without a cord and cable in a bag. For the volunteers, it was 20 minutes of work, and for the association, it was a few thousand dollars to earn. We know that many people help out and clean up after their neighbors. It is very much appreciated by the board and those we know of are invited to this year's dinner. All volunteers who help within our Brf will be thanked with a dinner. But the Board sometimes needs to know who is doing the work, so don't forget to tell them.

## Information from the board:

- Our flagpole is finally repaired and washed after the storm and flagging continues thanks to Osman.
- The charging stations in the parking lot at Larmvägen 14 are now installed and in operation. Please contact the board and provide your email address if you want to create an account to charge your cars. If you have friends visiting, they can also charge, but you as a member must have an account. So arrange this in time if you know your friends drive on electricity.
- The first meeting of the board this year was spent allocating responsibilities and tasks. As you will have seen, we are retaining Beyan as Chair. We will review how we work with and towards HSB and have initiated a weekly meeting with them.
- When renting out the party room, an incorrect installation of the stove was discovered that could have led to a fire. Unfortunately, we have found more questionable connections that mean we will have to spend more money on electrical work. The electrical company that made this incorrect connection has worked for the association for more than 10 years and we can only regret substandard work. The board chose to cut ties with this company already last year but since they have worked here for so long, we do not really know where we can find problems. Should you discover problems with fuses that blow or other oddities, report the fault or if it is with you, do not wait to contact the electrician.

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- We are working on a new booking procedure for both premises and guest apartments to facilitate booking and collection of keys. Contact email will from March 1 be [info.fredriksdal@gmail.com](mailto:info.fredriksdal@gmail.com) .
- It is now possible to order a remote control to open the garage door or the barrier to the parking lot at Iarmvägen 14. Contact HSB for price and delivery.
- We are planning some information meetings in our premises as we notice that there is a need for education. Planned is to invite to -book laundry room via mobile or computer and -how does the intercom work. We will return with dates and we gratefully accept suggestions.
- Members who have a patio on the ground floor can apply for permission to lay extra tiles and thus create their own small patio. Please contact the Board for more information.



It should be added that there are no decisions on either a fence around or a roof over the new patio. If there is interest in this, the board may be contacted to investigate this.

// Board

By the pen/Catarina Eek in 12b

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**The office** at Larmvägen 12 a will be staffed on February 16 from 16.45-17.45

**Contact details:**

**24-hour fault reporting:** 042-19 95 90 <https://www.hsbnvs.se/felanmalan/> also trouble shooting

**Website:** <https://fredriksdal.hsbrfwebb.se>

**Facebook:** Brf Fredriksdal

**Booking of laundry room:**

<https://www.bosih.se/Aptus/brffred/Account/Login?ReturnUrl=%2fAptus%2fbrffred%2f>

**Booking of premises and guest apartment:** 042-199500 (until Mars)

**Election committee:** [catarina.eek@gmail.com](mailto:catarina.eek@gmail.com)

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