



HOLOCAUST MEMORIAL DAY

ONE DAY 27.01.2022

Information, activities, reflections and ideas to help you join us to commemorate Holocaust Memorial Day in 2022.



WELCOME & INTRODUCTION

We are a group of young people from Hartlepool supported by Hartlepool Youth Service. Our group Stand Together meet every week to explore social issues and other matters that affect our community.

January 27th 2022 is Holocaust Memorial Day. Holocaust Memorial Day is held every year and aims to commemorate those who have lost their lives in genocides.

Genocide is defined as the mass extermination of a particular group of people because of their ethnicity, nationality, religion or race. Genocide is considered a crime against humanity.

We have been learning about the Holocaust, and genocides in Bosnia, Rwanda, Darfur and Cambodia. The Holocaust, also known as the Shoah was the mass murder of European Jews during the 2nd World War. Some 6 million Jews and millions of others including Romany people, disabled people and homosexuals were murdered between 1941 and 1945 by the Nazis.

During the Bosnian War 1991-95, the Srebrenica massacre saw the killing of more than 8000 Bosnian Muslim men and boys.

The Rwandan genocide happened in 1994. During a period of 100 days, ethnic minorities known as Tutsi were slaughtered by armed militia. Some estimate that over 1 million people were killed, all because of their identity.

Cambodia saw the systematic killing of Cambodian people by the Khmer Rouge, who came to power after a civil war. They believed that all Cambodians must work as labourers on collective farms. Anyone that opposed this system was to be eliminated. Up to 2 million people were killed from 1975 to 1979.



The Darfur genocide refers to the mass killing of Darfuri men, women and children in western Sudan by government funded Arab militias known as the Janjaweed.

It has become known as the 1st genocide of the 21st century beginning in 2003. Over 3 million people have been killed. Violence and unrest persists today.

We are appalled that such horror has taken place and we wanted to know how atrocities like these could happen. We believe it is important to understand the root causes of genocide in order to ensure they can never happen again. We learnt that genocide happens over time. That it can happen anywhere.

Its roots are in small acts of discrimination, prejudice and hate speech. Left unchallenged, these things can lead to violence against marginalised groups of people and violations of their human rights.

This is why this is a topic that we believe affects every person in every community and that every person can play their part in challenging discrimination and hate.

FOOD CAN BE A VEHICLE FOR SOCIAL CHANGE. IT BRINGS PEOPLE TOGETHER IN A WAY THAT FEW ACTIVITIES CAN.

Anim Steel

The theme for Holocaust Memorial Day 2022 is One Day.

We wanted to imagine One Day, in which genocide was an impossibility. A future where everyone is treated with respect and people from all backgrounds, races and religions are free to be themselves. One day... we can make this possible.

We think that people spend too much time on their phones or in the digital world and that can stop us from making real, genuine connections with others, especially people that may be different from us.

We decided to honour the cultures that were targeted during genocides and to learn something about their food, people and traditions.

We decided that one day each week, we would cook the food and learn about the traditions of Bosnia, Cambodia, Rwanda and Darfur and of Jewish culture.

Cooking is good way to bring people together and an important part of who we are, giving us warm memories of home and comfort.

We have compiled a recipe for each and ask you to learn about an unfamiliar culture and try something new.

Pictured Right: Members of the Stand Together group, cooking and preparing the recipes.

COOKING IS ALL ABOUT PEOPLE. FOOD IS MAY BE THE ONLY UNIVERSAL THING THAT REALLY HAD THE POWER TO BEING PEOPLE TOGETHER. NO MATTER WHAT CULTURE, EVERYWHERE AROUND THE WORLD, PEOPLE EAT TOGETHER

Guy Fieri



JEWISH

A Jew is a person who is of Jewish heritage or who has converted to the Jewish religion. Jews typically consider themselves as a people, not only Jewish due to their practise of the religion of Judaism but also because of their Jewish ethnic heritage. Jews originated in the Middle East. According to traditional Jewish law, called Halakha, someone is Jewish if their mother was a Jew or if they have converted to Judaism. Judaism has been described as a religion, a race, an ethnic group, a culture, a nation, and an extended family.

Israel is the only modern country with a Jewish majority, but there are Jewish minorities in many places in the world. Kosher is the word given to Jewish food laws. The two most commonly used laws are the avoidance of certain kinds of meat and seafood, and the need to keep meat and milk products separate. All kosher meat from permitted animals, like cows and sheep, must be slaughtered in a special way so that the animal suffers as little as possible.

Jewish homes have traditional items kept for religious purposes. Some will have a fine goblet, from which the family will share the cup of wine at Shabbat and festive meals. There will also be a pair of Shabbat candlesticks, and possibly a Menorah, to be used at the festival of Chanukah.

Some Jews, such as the Reform and Liberal branches, blend their Jewish lives with the common practices of the society in which they live. Others, such as Orthodox Jews, believe that it is important to keep up specific Jewish practices and traditions, even if it does not fit with the customs of the time.



Latkes (Potato Pancakes)

Ingredients

3 or 4 baking potatoes
Medium onion
1 large egg
Dry breadcrumbs
Salt
Black pepper
Equipment
Knife and chopping board
Grater
Cheesecloth
Wooden spoon

Directions

Arrange a rack in the middle of the oven and heat to 200°F. Line 1 rimmed baking sheet with a double layer of paper towels. Fit a wire cooling rack into another baking sheet. Set both aside.

Grate the potatoes and onion using the shredding disk of a food processor or normal grater

Transfer the grated potato and onion onto a large triple layer of cheesecloth. Dangle the bundle over a bowl and squeeze the potatoes and onion as hard as you can until no more liquid comes out of the potatoes and onion shreds.

Add the potatoes, onion, eggs, breadcrumbs, salt, and pepper to the bowl. Mix with your fingers. Set aside for 10 minutes.

Place the oil in a large pan and heat over medium-high heat until a piece of the latke mixture sizzles immediately.

Scoop 1/4 cup of the mixture onto a fish or flat spatula. Flatten with your fingers to a 4-inch patty.

Repeat until the pan is full but the latkes aren't crowded. Cook until deeply golden-brown, 4 to 5 minutes per side, adjusting the heat if necessary.

Transfer the latkes to a paper towel-lined baking sheet to drain for 2 minutes. Serve with applesauce and sour cream

RWANDA

Most Rwandese people are Christian, and the most popular denomination is Roman Catholicism. Music and dance, both modern and traditional styles, are a staple of Rwandan culture. Rwanda is largely rural, with 70% of the population living outside of urban centres. Known as the "land of a thousand hills," Rwanda is a mountainous country located on the far western edge of the Rift Valley, bordering on Burundi, the Democratic Republic of Congo, Uganda, and Tanzania.

The decorative arts are popular, primarily baskets and pottery. There are no traditions of carving or painting. The most important holiday for Rwandan families is New Year's Day. Families traditionally gather for a meal and exchange of gifts on New Year's Day.



An example of traditional Rwandan art.

Maffe (Peanut Stew)



Ingredients

- 1 large brown onion, chopped
- 1 tbsp oil
- 2 garlic cloves, minced
- 2 cm knob of ginger, grated
- 1 tsp cayenne or chilli ground
- 500g sweet potato (unpeeled), chopped into 2cm cubes
- 400g can chopped tomatoes
- ½ cup vegetable stock
- ½ cup fresh orange
- 1 tsp salt
- 1 tsp ground cumin
- 1 tsp ground coriander
- ⅓ cup crunchy peanut butter
- Cooked rice

Instructions

Heat the ghee, oil or butter over a medium high heat and sauté the onions for 10 minutes or until translucent. Stir in the garlic, ginger and cayenne powder and cook, stirring frequently, for a further 5 minutes.

Add the sweet potato and tomatoes, stock, juice, salt and spices and bring the mixture to a boil. Reduce to a simmer and cook, covered, for 15-20 minutes or until sweet potato is soft and mixture has reduced.

When ready to serve, stir in the peanut butter, mixing well to combine. Serve with rice

CAMBODIA

Cambodia is in South East Asia, bordering Thailand and Vietnam. Khmer is the official language of Cambodia. Family is very important to Cambodians. Families tend to be very large, coming together to celebrate occasions. The biggest annual festival in Cambodia is the Khmer New Year, Bonn Chaul Chhnam, which is celebrated on the 13th or 14th of April. People use this time to get together with family and make offerings at temples. Cambodians traditionally wear a checkered scarf called a "Krama". The "krama" is what distinctly separates the Khmer (Cambodians) from their neighbours the Thai, the Vietnamese, and the Laotians. The scarf is used for many purposes including for style, protection from the sun, an aid (for your feet) when climbing trees, a hammock for infants, a towel, or as a "sarong".

In Khmer culture a person's head is believed to contain the person's soul--therefore making it taboo to touch or point your feet at it. It is also considered to be extremely disrespectful to point or sleep with your feet pointing at a person, as the feet are the lowest part of the body and are considered to be impure. Cambodians eat with chopsticks, spoon or their fingers. Cambodian food is blander and consists of more fish than the food in neighbouring countries. The main religion of Cambodia is Buddhism, being caring and compassionate forms part of their daily life.



Amok (Chicken Curry)

Ingredients

3 Tbsp lemongrass chopped
4 mint leaves chopped
1 Tbsp ginger fresh, minced
1 shallot minced
2 garlic cloves sliced
1 red chili sliced thinly, seeds removed
1 tsp turmeric ground
½ tsp Kosher salt
1 Tbsp water
1 Tbsp coconut milk
1 tsp palm sugar
¼ tsp cracked pepper
1 lb chicken breast cubed
1 13.6oz coconut milk can
1 table spoon of fish sauce

Instructions

Place all the ingredients in a pestle and mortar or mini blender and blend to a paste. You can add water if you think your paste is too thick.

In a bowl whisk together the coconut milk and fish sauce. Set aside.

In a deep non-stick pan or wok, stir fry the chicken until browned. Transfer chicken to a plate.

In the same skillet/wok heat paste on medium until it becomes fragrant, about 3-4 minutes.

Next, add in the coconut milk mixture, and stir to combine. Make a slurry to thicken the sauce: Mix 2 tsp of corn-starch with 2 Tbsp. of the sauce. Whisk together in a small bowl and then add to the pan to thicken your sauce

Once the sauce has thickened add the chicken back in and simmer for 10 minutes.
Serve with rice

*please take care when using chilli

Make sure you wash your hands thoroughly after touching it as it can burn eyes and skin

BOSNIA

Officially called Bosnia and Herzegovina, a country in south Eastern Europe. Bosnia has a stunning landscape of lakes and mountains. Bosnians are known as a friendly, hospitable people. In Muslim houses, it is traditional to remove one's shoes and put on a pair of slippers. Summer activities include strolling on town korza (promenades), and throughout the year popular meeting places are kafane (traditional coffeehouses) and kafići (modern café-bars).

Bosnians, like many Europeans, share a passion for football. Virtually no Bosnian village lacks a field and a few players willing to populate it. Forty percent of the population is Muslim, 31 percent is Eastern Orthodox, 15 percent is Roman Catholic, and 4 percent is Protestant; 10 percent of the people follow other religions. Sarajevo and Mostar are well known for the wool rugs and carpets their artisans produce. Turkish influence is evident in the bright colours and geometric designs. Calligraphy and metalwork also reflect traditional Islamic styles. Contemporary graphic artists have used bullets, shrapnel, broken glass, ash, and other debris to make powerful statement



Burek (Cheese)

Ingredients

1 pound feta cheese, crumbled
 8 ounces cream cheese, softened
 2 large eggs, at room temperature, beaten
 4 tablespoons chopped fresh parsley
 2 tablespoons chopped fresh dill
 1 (1-pound) package filo dough, thawed
 4 ounces (1/2 cup) unsalted butter, melted
 1/2 cup olive oil

Instructions

Gather the ingredients. In a large bowl, mix together feta cheese and cream cheese until light and fluffy. Add eggs, parsley, and dill, mixing well. Set aside. Separate filo dough into two piles of 12 sheets.

Cut filo dough sheets in half. You should have two piles of 24 leaves. Cover with parchment paper followed by a damp towel or plastic wrap so they don't dry out.

Heat oven to 375 F. In a small bowl, mix together melted butter and olive oil. Using a pastry brush, butter 6 (8-inch) round shallow pans.

Lay down 2 sheets of filo dough and brush with butter-oil mixture. Repeat with 2 more sheets of filo dough and butter-oil mixture. Spread 1/6 of the cheese mixture evenly on top and to the edges.

Lay down 2 sheets of filo dough on top of the cheese mixture and brush with butter-oil mixture. Repeat with 2 more sheets. Tuck edges of filo down sides of pan to create a rounded edge.

Brush generously with butter-oil mixture. Repeat for 5 remaining pies. Each pie will use 4 sheets on the bottom and 4 sheets on the top for a total of 8 sheets each.

Bake 20 to 30 minutes or until golden brown. Serve warm or at room temperature.

DAFUR

Darfur is in the Southern part of Sudan which is Africa's biggest country. The Darfur region is slightly smaller than France, it has an estimated population of 7.4 million people. The Fur are the largest ethnic group in Darfur. Darfur means "land of the fur". The day usually begins with a cup of tea. Breakfast is eaten in the mid-to late morning, generally consisting of beans, salad, liver, and bread. Millet is the staple food, and is prepared as a porridge called asida or a flat bread called kisra. Vegetables are prepared in stews or salads. Ful, a dish of broad beans cooked in oil, is common, as are cassavas and sweet potatoes. Nomads in the north rely on dairy products and meat from camels. In general, meat is expensive and not often consumed. Sheep are killed for feasts or to honour a special guest. The intestines, lungs, and liver of the animal are prepared with chili pepper in a special dish called marara.

Cooking is done in the courtyards outside the house on a tin grill called a kanoon, which uses charcoal as fuel. Tea and coffee are both popular drinks. Coffee beans are fried, then ground with cloves and spices. The liquid is strained through a grass sieve and served in tiny cups. The dominant religion in Darfur is Islam. Sudanese women like to use henna to decorate their hands and feet for festivities like weddings.



Basbousa (Coconut Yogurt Semolina Cake)

Ingredients

- 2 cups coarse semolina
- 1 cup coconut
- 1/2 cup butter melted
- 1/3 cup sugar
- 1 teaspoon baking soda
- 1 cup plain yogurt
- 1/3 cup whole almonds to garnish
- For The Syrup
- 2 cups sugar
- 1 1/2 cup water
- 1 teaspoons lemon juice

Instructions

Pre-heat oven to 400 degrees F. Grease and 9x9 or 8x8 square pan or a 9" round pie dish with butter or olive oil and set aside.

Mix the semolina, coconut, sugar, baking soda, and the butter in a large bowl. Use your hands to incorporate the butter with the other ingredients until mixed well. Add the yogurt and continue mixing with your hands until fully combined.

The mixture should be fairly thick and easy to press with hands (not thin like cake or brownie batter)

Press the mix down onto square baking dish or round pie pan. The cake mix should be about 1 inch thick.

Cut a diamond or square design in the cake with a butter knife. Place an almond or any other type of nut you have on hand onto each pre-cut square.

Bake at 400 degrees for 30 min to 40 mins until it's a bronze brown colour. Cut the Cake again along the pre-cut lines and pour cold syrup on top while it's hot so it can absorb all through.

For the syrup:

While the cake is baking, Mix all the ingredients for the syrup and place in saucepan on high until it boils. Boil for 10 minutes or until the syrup coats the back of a spoon

As part of the art workshop, young people were asked to respond to their visit either in a drawing or a poem.

Never Forget

Who could forget, the children weep
It repeats in my mind and I cannot sleep
It's the thing that makes me drown in guilt
The fault, I didn't help
The desperate look in their eyes
I've never seen a father cry so hard
The heart breaking truth that lies behind
The cage they were trapped inside
That is something that I will never forget
Please never forget
Don't be a bystander

by Abbey

"I promise to be your strength, whenever you fall weak. I promise to be your voice when you can't find the words." This quote is powerful to me. This is what I imagine an up-stander does." -

by Sophie



How it feels...

"Since I was very young, I have had people judge me for being "different". People have called me names...yes they may seem like only words, but words can have a big effect on a person's mental health. I have felt depressed, anxious and panicked. I think people need to remember that words and discriminatory behaviour can really effect a person and their personality. It can shape you, knock your confidence and make you feel small and worthless. Words are powerful. Something said without care, may seem insignificant to you, but can have a huge impact on someone."

by Abbey



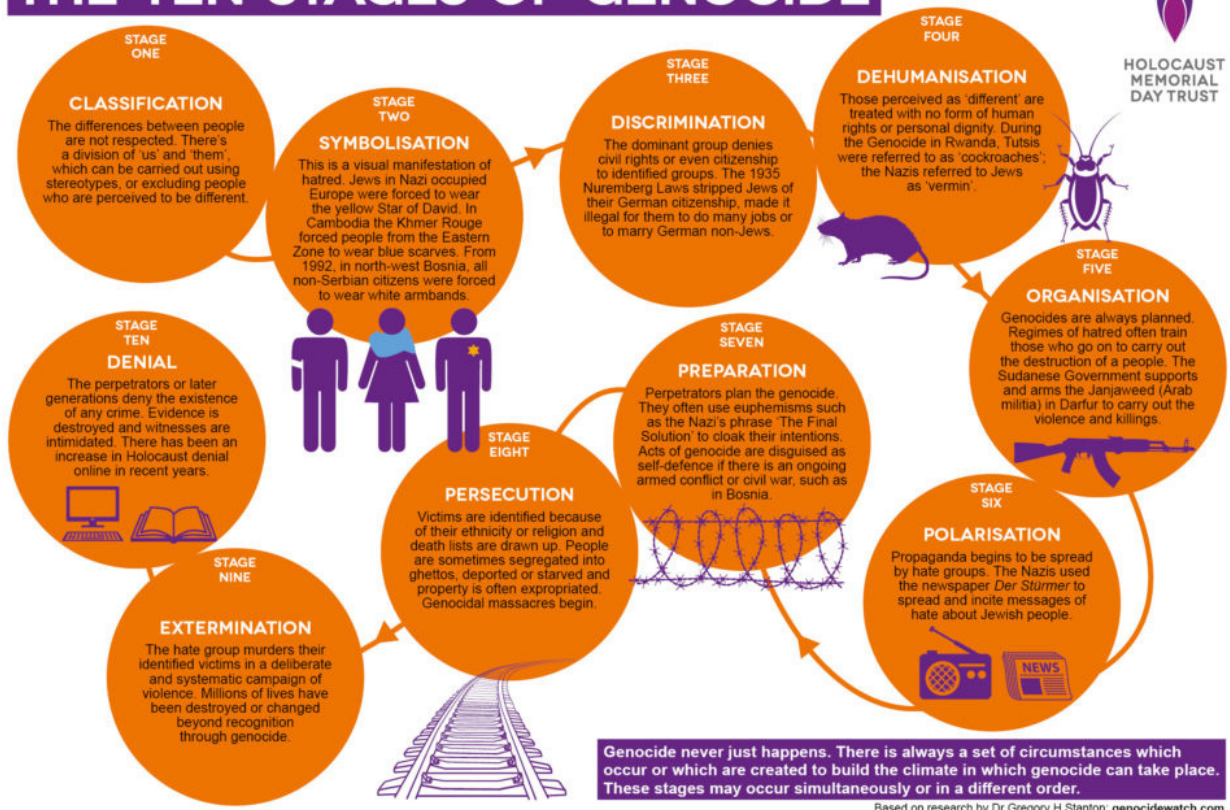
"I have been threatened by people, by their words and actions. It felt like someone was giving me an electric shock. I felt exposed. One day I hope people will change their actions and words. You should not give up in life."

by Fatima

We think it is important to remember that discrimination and people being persecuted is not a thing of the past and is still happening around the world today.

Gregory H Stanton, President of Genocide Watch developed the 10 stages of genocide which explains the different stages which lead to genocide. At each of the earlier stages there is an opportunity for members of the community or the International Community to halt the stages and stop genocide before it happens.

THE TEN STAGES OF GENOCIDE



The stages are:

1. Classification – The differences between people are not respected. There's a division of 'us' and 'them' which can be carried out using stereotypes, or excluding people who are perceived to be different.
2. Symbolisation – This is a visual manifestation of hatred. Jews in Nazi Europe were forced to wear yellow stars to show that they were 'different'.
3. Discrimination – The dominant group denies civil rights or even citizenship to identified groups. The 1935 Nuremberg Laws stripped Jews of their German citizenship, made it illegal for them to do many jobs or to marry German non-Jews.
4. Dehumanisation – Those perceived as 'different' are treated with no form of human rights or personal dignity. During the Genocide in Rwanda, Tutsis were referred to as 'cockroaches'; the Nazis referred to Jews as 'vermin'.
5. Organisation – Genocides are always planned. Regimes of hatred often train those who go on to carry out the destruction of a people.
6. Polarisation – Propaganda begins to be spread by hate groups. The Nazis used the newspaper *Der Stürmer* to spread and incite messages of hate about Jewish people.
7. Preparation – Perpetrators plan the genocide. They often use euphemisms such as the Nazis' phrase 'The Final Solution' to cloak their intentions. They create fear of the victim group, building up armies and weapons.
8. Persecution – Victims are identified because of their ethnicity or religion and death lists are drawn up. People are sometimes segregated into ghettos, deported or starved and property is often expropriated. Genocidal massacres begin.
9. Extermination – The hate group murders their identified victims in a deliberate and systematic campaign of violence. Millions of lives have been destroyed or changed beyond recognition through genocide.
10. Denial – The perpetrators or later generations deny the existence of any crime.



We would like to thank the young people of the Stand Together group for leading on these activities;

Abbey Cooper, Amy Naylor , Erin Ridpath, Fatima Allah Ditta, Ifreen Allah Ditta, Fahad Allah Ditta, Finley Mulgrew, Sophie Thompson, Freddie Cooper and Adam Coxon

National Holocaust Centre and Museum for the imparting of their knowledge, including Stephen Frank for giving us the opportunity to hear his story

Youth Workers – Rachael Garlick, Amelia Turner, Brian Barnes and Michael Turnbull

The schools, youth groups and community groups who have got involved in the projects

The Stand Together group meets every Wednesday at Throston Youth Centre from 6 pm until 8 pm. The group is open to all young people aged 13-18

As well as Holocaust Memorial Day we work on other projects all focused around issues that affect our communities. If you are interested in social issues and would like to be involved or would like any more information please contact Rachael.garlick@hartlepool.gov.uk

Like and follow us on our social media channels



[/standtogetherhp](#)



[/HMGHartlepool](#)

ARE YOU AGED BETWEEN 13-18?

**WOULD YOU LIKE TO GET TOGETHER WITH NEW PEOPLE
AND LEARN NEW SKILLS?**

**WOULD YOU LIKE TO BE INVOLVED IN INTERESTING AND
CREATIVE PROJECTS THAT AIM TO MAKE HARTLEPOOL
A BETTER PLACE FOR EVERYONE?**



THEN COME AND JOIN US!

Stand Together meet every Wednesday

6pm - 8pm

@ Throston Youth Project (Wiltshire Way)

**IF YOU'RE INTERESTED IN SOCIAL JUSTICE ISSUES AND
WOULD LIKE TO GET INVOLVED IN ACTIVITIES THAT BENEFIT YOUR
COMMUNITY PLEASE CONTACT
rachael.garlick@hartlepool.gov.uk**

