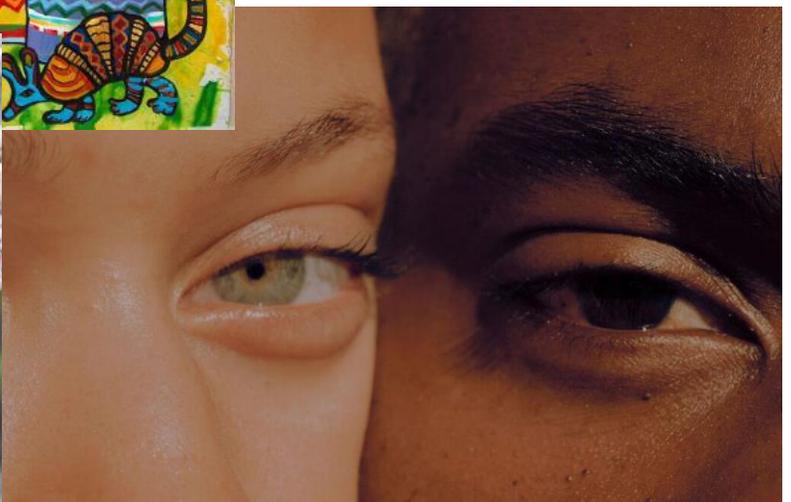




Images via Google



# Diversity Magazine



It is time for parents to teach young people early on that in diversity there is beauty and there is strength ~ **Maya Angelou**

# Editors' Letter

Welcome to our Diversity Magazine!

We have decided to be a part of this opportunity to express our culture and teach others about our backgrounds and traditions. We believe that it is crucial to learn about unique communities surrounding us, as it helps us to expand our knowledge. The Diversity Magazine team have many individual representatives of countries such as: Sri Lanka, Albania, India, Syria, Somalia and Pakistan. As well as interesting religions, for example, Islam, Hinduism and Christianity, which are also represented in our school curriculum.

It is incredibly important to educate others about our similarities and differences amongst our religions, traditions, cultures and countries because it assists us to realise that this richness brings us together as one. Walthamstow School for Girls is known for our diversity with hundreds of people from places and different experiences! It is truly extraordinary, and we are proud of this as we become more aware and respectful of everyone without any judgment. We have included many fascinating findings about the LGBTQ+ community and other societies around us that people need to be thoroughly educated on especially in this day and age.

We are proud to present the Diversity Magazine and we hope that you enjoy reading about the different backgrounds.

# About The Authors

**Iris:** Hello! I am a Year 11 student and enthusiastic writer who is eager to learn more about our unique community. I have written a range of articles and I hope that you will not only enjoy mine but all the others as well. We have dedicated a lot of time and effort into them, now get on reading!



**Roshinie:** Hi! I am a Year 10 student who is really interested in helping the community I live in. I also love learning about other cultures and religions as it intrigues me. I joined this Diversity Magazine Team to expand my knowledge on diversity. I hope you have fun reading the magazine and find fascinating information you didn't know about.



**Salma:** Hello, I'm a year 10 student who chose to join the diversity magazine because other cultures and communities intrigue me, as I used to live abroad. Although I enjoy writing I wasn't confident; joining the diversity magazine has allowed me to progress.

**M.C.:** Hiya. I'm a nonbinary, autistic person and I've been writing as a hobby since I was young. I joined the team because I am an advocate for equality and think this magazine is a great opportunity to celebrate our differences.

**Aliza:** Hello, I am a year 9 student from India and Syria and I really love writing and English literature. I chose to join the diversity magazine because I felt Syrian culture wasn't represented positively enough. I also find other people's cultures and backgrounds incredibly interesting and would like to understand people better.

**Anisa:** I'm a Year 10 student & I decided to join the School Diversity Magazine because I am interested in writing as well as raising awareness about other cultures and identities to increase acceptance and celebration of our differences and similarities. I hope you enjoy this magazine.

# About the authors

**Zainab:** Hello, I am a year 9 student. I wanted to join the diversity magazine because I believe that everyone is equal and should have the right to express their thoughts. I also think that diversity helps dismiss negative stereotypes and personal biases about different groups. Cultural diversity helps us recognize and respect “ways of being” that are not necessarily our own.

**Alisha:** Hi! I’m a year 9 student and I wanted to be a part of this diversity magazine because, well, I think that diversity is a beautiful thing that needs to be valued more in society. We all come from different backgrounds and different beliefs, and I think that we all should learn to cherish and appreciate that instead of seeing it as our downfall. Differences don’t always have to be a bad thing 😊

**Maryam:** Hello, I am Maryam and I am in year 9. I joined the diversity magazine because we live in a very diverse city, so it's important to learn about the different groups we are always around. I also believe that by learning about other people it increases creativity and gives us a variety of perspectives.

**Maya:** I love reading and writing. It was with this love of reading that I decided that I wanted to write stories. Stories are an amazing way of telling a large audience about something and are one of the oldest ways to communicate knowledge.

**Rain:** Hi, I’m a person who really likes to write and tell stories, so I thought it was an amazing opportunity to join this magazine. I feel very strongly about diversity and the rights of all kinds of people. I can’t wait to do more here and explore new opportunities.

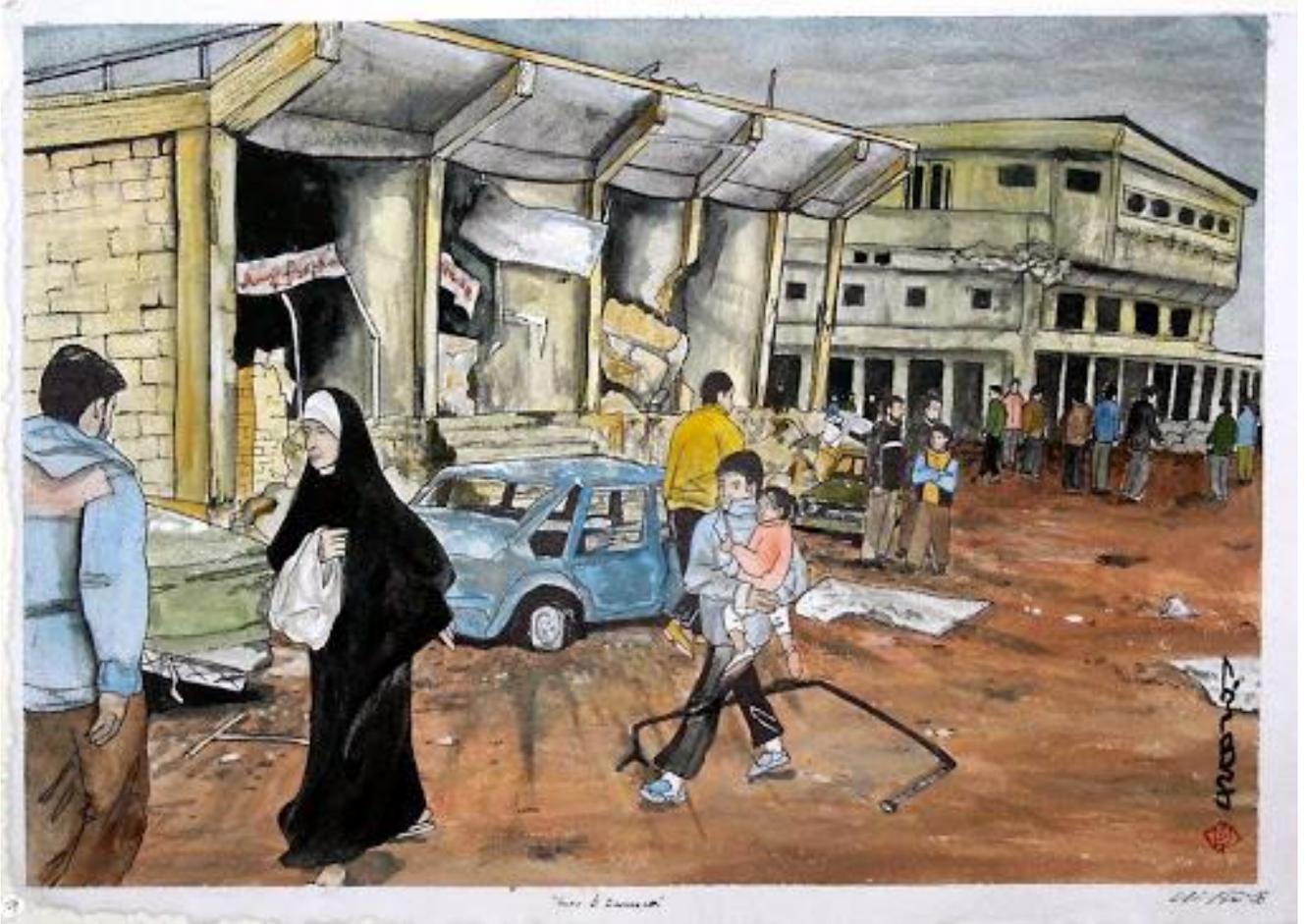
**Syd:** Hiya, my name is Syd and I joined this team because I have always enjoyed writing and think equality is something within reach for people. I use this as an opportunity to express my strong beliefs about equality in every form. We are all different in our own ways and no-one should be persecuted for that.

**Aicha:** Hi, I’m Aicha, a year 9 student who joined the diversity magazine. I had a blast being part of this club because it taught me so much about different cultures, and I think this is important since it’s good to educate ourselves about the interesting ways/ traditions people follow in their daily lives.

**Ms. Simpson:** I decided to start a Diversity Magazine group at WSFG as I think it is important for us to share our differences and learn from one another. Promoting and talking about diversity are the first few steps towards creating a more accepting society and reducing discrimination.

If you feel that your culture or background is not represented in this issue of the magazine then please feel free to talk to any of the team members and teach us something new. We will add your ideas into the following issues.

# CURRENT AFFAIRS AND IMPORTANT DATES



~ photos via Google

# Guru Nanak's Birthday

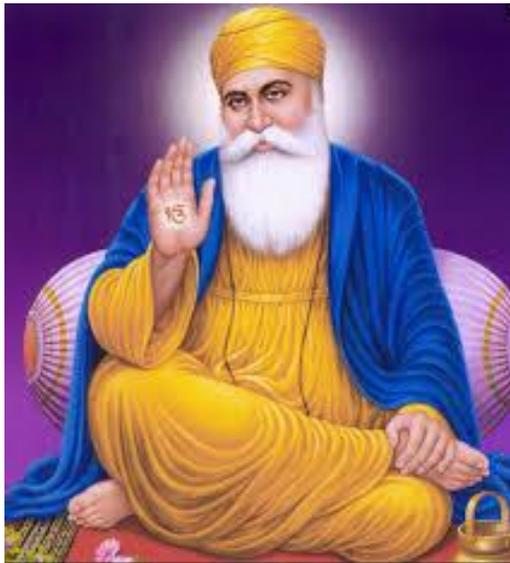


@Simple Wikipedia

“There is but One God. His name is Truth; He is the Creator. He fears none; he is without hate. He never dies; He is beyond the cycle of birth and death. He is self-illuminated. He is realized by the kindness of the True Guru. He was True in the beginning; He was True when the ages commenced and has ever been True. He is also True now” (Guru Nanak).

Guru Nanak was the founder of Sikhism and the first of the ten Sikh Gurus, his birth is celebrated worldwide by all Sikhs as Guru Nanak Gurburab.

The Golden Temple in Amritsar, in north-western India, is the holiest Gurdwara (where Sikhs worship). On the eve of the anniversary, it was lit up to host marches as Sikh worshippers took part in the three-day celebration of Guru Nanak's birth.



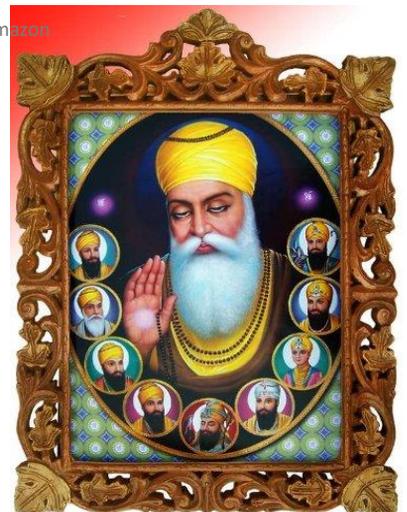
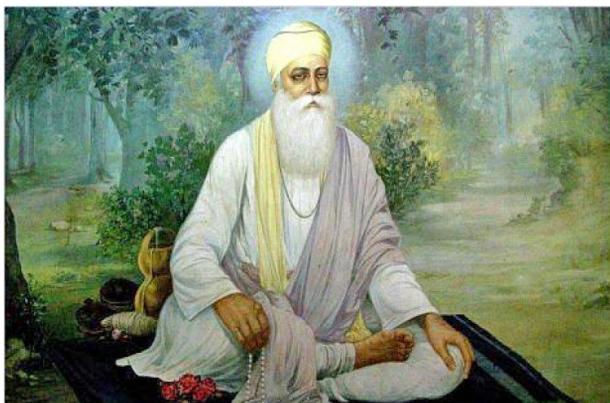
@Baby Brain Memoirs

Gurburab is considered auspicious and important but the special significance is accorded to the birth anniversary of Guru Nanak, as the Sikhs believe that Guru Nanak brought enlightenment to the world, hence the festival is also called Prakash Utsav, literally the “birth of light”.

He travelled around to spread the message that there is only one God. On the first day of the celebrations, Sikhs read the Sikh holy book - the Guru Granth Sahib - from beginning to end.

As is the tradition on the second day, the holy book was paraded through the streets of Amritsar on Monday in a hand-held carriage. The march was led by five people representing the original Panj Pyare (the Five Beloved Ones) who helped shape the religion.

He set up a unique spiritual, social, and political platform based on equality, fraternal love, goodness, and virtue.



@Amazon

@SikhiWiki

**By: Roshinie**

**Source (Information) By: Ms. Landa**

# ***Transgender Day Of Remembrance – 20<sup>th</sup> November***



This is an important day for the transgender community as it celebrates and commemorates the lives of trans people who have lived throughout history and those who have died due to transphobia.

Notable, famous faces include that of Marsha P. Johnson and Sylvia Rivera (genderqueer/trans women activists, the Stonewall Riots), Alan L. Hart (trans man, physician, radiologist, writer), and Leelah Alcorn (trans girl, activist, "Leelah's Law").

For a lot of people, the day of remembrance isn't just a day to commemorate the dead and gone but a reminder of how far we've come, how much we've been pushed back, and that we're still fighting for equal rights. Modern politics has brought up concepts like the 'bathroom bills' which people have attempted to discriminate against us with. There have been numerous murders and attacks on members of our community, particularly on trans women of colour. We need solidarity now more than ever.

The transgender community refuses to simply be known as one tragedy after the other, however, and we have made progress. Today we can have our legal gender(s) changed and resources, for those who want them, are accessible in a lot of places. People are more welcoming to their trans friends and family than before.

One student interviewed (a trans man) said, "don't kill trans women", and offered no further comment.

*Images sourced from Google images.*



By M.C.

# WORLD MOUNTAIN DAY

## 11th DECEMBER 2019

### THE TALLEST MOUNTAINS ON OUR PLANET



PHOTO CREDIT: BRITANNICA

Mount Everest – 8848m

Everest is located in Asia and is part of the Mahalangur Himal sub-range of the Himalayas. The border between Nepal and China runs across Everest's summit point, and the first ascenders were Edmund Hillary and Tenzing Norgay in 1953.



PHOTO CREDIT: WIKIPEDIA

K2 – 8611m

K2 is also located in Asia but is on the international border of China and Pakistan, between Baltistan in the Gilgit-Baltistan region of northern Pakistan, and the Taxkorgan Tajik Autonomous County of Xinjiang, China. The first ascenders were Achille Compagnoni and Lino Lacedelli in 1954.



PHOTO CREDIT: WIKIPEDIA

Kangchenjunga – 8586m

Kangchenjunga, located in Asia as well, is part of the Kangchenjunga Himal section of the Himalayas. It is in Nepal and India and was first ascended by Joe Brown and George Band in 1955.



PHOTO CREDIT: WIKIPEDIA

Lhotse – 8516m

Lhotse, meaning “South Peak” in Tibetan, is located in the Tibet Autonomous Region of China and Province No. 1 in Nepal. It is part of the Everest massif. The first people to ascend it were Fritz Luchsinger and Ernst Reiss in 1956.



PHOTO CREDIT: EXPLORERSWEB.COM

Makalu – 8481m

Makalu is an isolated peak, located in the Mahalangur Himalayas. The name ‘Makalu’ means “big black”, referring to the mountain's colour. It is southeast of Mount Everest, and on the border between Nepal and Tibet Autonomous Region of China. The first ascenders were Lionel Terray and Jean Couzy in 1955.

# WORLD MOUNTAIN DAY

11th DECEMBER 2019

## THE TALLEST MOUNTAINS ON OUR PLANET



PHOTO CREDIT: ALPINE ASCENTS.COM

### Cho Oyu – 8201m

Cho Oyu, which means "Turquoise Goddess" in Tibetan, is one of the major peaks of the Khumbu sub-section of the Mahalangur Himalaya, west of Mount Everest. It is located in China and Nepal. Cho Oyu was first ascended by Herbert Tichy, Pasang Dawa Lama, and Joseph Jöchler in 1954.



PHOTO CREDIT: WIKIPEDIA

### Dhaulagiri I – 8167m

Dhaulagiri I, meaning "white mountain" in Sanskrit, is located in Nepal, and is part of the Himalaya mountain range as well as the Dhaulagiri mountain range. The first ascent was in 1960, by Kurt Diemberger.



PHOTO CREDIT: TREKKINGPARTNERS.COM

### Manaslu – 8156m

Manaslu is located in the Himalayas, in west-central Nepal, its name meaning "mountain of the spirit" in Sanskrit. The first people to ascend it were Artur Hajzer, Gyalzen Norbu and Toshio Imanishi in 1956.



### Nanga Parbat – 8126m

Nanga Parbat, name meaning "naked mountain" in Sanskrit, is located in Pakistan's Gilgit Baltistan region. It is the western anchor of the Himalayas and was first ascended in 1953 by Hermann Buhl.



### Annapurna I – 8091m

Annapurna I is in Nepal and its name means giver of food and nourishment in Sanskrit. The first ascent was in 1950 by Maurice Herzog, Lionel Terray and Gaston Rébuffat.

# ***The UK General Election (12.12.19)***



The United Kingdom held a general election on the twelfth of December 2019. It was called about early by Prime Minister Boris Johnson, who hoped to gain more seats in the houses of parliament for his party and resolve the struggle over Brexit.

Of the two main parties running, the Conservatives were headed by Boris Johnson; Labour likewise by Jeremy Corbyn. The Conservatives won, as predicted throughout the campaign, with 43.6% of votes. Labour lost with only 32.1%. This will have prompted Corbyn to resign, as he said he would if he did not win the election (although he hasn't yet – 18.12.19).

Discussions during the campaign period were for the most part about the future and funding of the NHS (amidst rumours that the Conservatives were planning to sell it out to America), the different plans and outcomes for Brexit, and rail lines. Now it looks like we'll be leaving the European Union for certain.

Other outcomes of the election were Jo Swinson being forced to resign and a possible second referendum for Scottish independence, a result of the Scottish National Party's success.

*Images sourced from Google images.*

M.C.





## Hanukkah

22-30 December 2019

Hanukkah is a Jewish celebration commemorating the rededication of the second temple in Jerusalem. The Maccabees, a group of Jewish rebels, then cleaned and repaired the temple. After, to celebrate their victory over the larger, Greek-Syrian army, an oil lamp was lit in the temple. There was only enough oil to burn the candle for just one day, but miraculously it burned for eight days. This is why the Hanukkah festival lasts for eight days and why it is also known as the festival of lights.

Jerusalem is considered a holy city to the three Abrahamic religions; Christianity, Islam and Judaism. Judaism originates from the Middle East and is a monotheistic religion, which means Jewish people believe in only one god.

‘We all need to respect people of different races as well as people of different faiths and religions.’- Jagad Guru

Aliza Year 9





# How Different Cultures Celebrate Christmas

By SYD and RAIN 7C

All most of us have ever known is the mince pies and Christmas trees of England, but have you ever stopped to think about how other countries celebrate this holiday?

## SPAIN

Often people in Spain go to Midnight Mass or 'La Misa Del Gallo' which translates to The Mass Of The Rooster because a rooster was supposed to have crowed on the night Jesus was born. They attend this on Christmas Eve. Unlike in England, the Spanish often eat their main Christmas meal on Christmas Eve rather than Christmas day. The traditional Spanish Christmas meal is 'Pavo Trufado de Navidad', a turkey stuffed with truffles (the mushrooms, not the chocolates). In a more North-West area of Spain, which is surrounded by water, seafood is a more traditional Christmas meal. After the midnight service an old tradition is to walk through the street with candles, playing guitars and banging tambourines and drums. December 28th is 'Día de los santos inocentes' or 'Day of the Innocent Saints' and is very much like April Fool's Day in the UK and USA. People try to trick each other into believing silly stories. If someone does get tricked, then they get called 'innocent'. This is to represent the babies that were killed on the orders of King Herod when he attempted to kill baby Jesus.



## JAPAN

In Japan Christmas is treated as a time to spread happiness rather than a religious holiday. The Japanese often celebrate Christmas Eve more than they do Christmas Day. Christmas Eve is treated as a romantic day where couples share presents and cards, so in many ways it resembles Valentine's Day celebrations in the UK. Fried chicken is often eaten on Christmas day and it is the busiest time of year for restaurants such as KFC. You can even order in advance at many fast food restaurants. The traditional Japanese Christmas food is Christmas cake, not a rich fruit cake, but usually a sponge cake decorated with strawberries and whipped cream. The 'shortcake' emoji 🍰 is Japanese Christmas cake! Christmas is not a national holiday in Japan; however schools are often closed on Christmas Day. The Emperor's birthday is a national holiday on the 23rd December and there's also a New Year school break. The holiday break often starts around the 23rd. Most businesses would normally treat the 25th as a 'normal' working day.



In FINLAND, this traditional holiday is celebrated in a truly unique way. A typical tradition of Christmas Eve is going to mass if you are Catholic, like in many other countries, but the festivities also include a visit to a Finnish sauna! On Christmas Eve alone, they also have a special porridge and lunchtime with a hidden almond in it. The person who finds it is considered lucky and must sing songs at the table. Christmas Eve being the main day of festivities, they also have Christmas dinner. The meal traditionally consists of oven-baked ham, rutabaga casserole, beetroot salad, and other foods common in Nordic countries such as Denmark, Finland, Iceland, Norway and Sweden. Much like other countries, the evening is filled with people singing carols and local Christmas songs.

# AUSTRALIA

In Australia Christmas falls in the middle of their summer holidays so it is a very different experience to celebrating Christmas in England. Many people go out to the beach and have a barbeque and spend their day surfing and swimming in the sea. The most popular event of the Christmas season is called Carols by Candlelight. In this event hundreds of people go out at night to light candles and sing Christmas carols. Normally Christmas festivities start in late November and continue throughout December. For numerous people, attending Church on Christmas Eve and Christmas Day is traditional. After opening presents on Christmas morning, the majority of families sit down to share a breakfast. The highlight of Christmas day is when everyone comes together to have a meal in the middle of the day (when it is too hot to stay outside). New Year's Eve is always a special time, with dinners, dances, and parties. On Twelfth Night, January 6, there is one last party to end the Christmas season.



Explaining how South America celebrates Yuletide starts off with the fact that Santa is called something completely different – Papai Noel! Along with that, locals spend a lot of time building huge paper and cardboard dolls that they set on fire on New Year's. People compete to have the best, the funniest, the most unique paper puppets. South America is a very hot continent, and so the Christmas season there is mostly spent in the water cooling off! Nativity scenes are also a large part of celebrating Christmas with big and small competitions held across the continent. Fireworks are a large part of the South American traditions starting in early December and continuing into the new year.

## St Basil's Day- Greece

Orthodox Christians recognize January 1st as St. Basil's Day. St. Basil was born in Central Turkey and became famous for his intellectual brilliance, his care of the poor, and the rules he wrote to govern monastic life. Greeks celebrate St. Basil's Day with gift giving, carol singing, a special kind of bread, and several customs designed to attract good luck for the coming year.

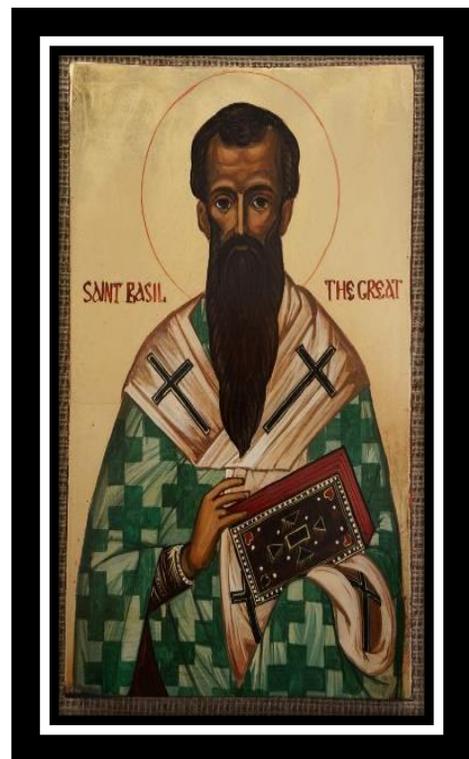


A type of bread called vasiló-pita [Basil bread]

On St Basil's Day, families gather to share a type of bread called vasiló-pita [Basil bread]. Like many European countries, bakers put a coin in the batter; whoever gets the coin gets good luck for the rest of the year. The head of the household cuts the bread in a ceremonial way: they will make the shape of the cross above it and then cut the first slice for Jesus. The second and third are offered to St Basil and Mary; the next piece is for the head of the house, and the rest of the bread is shared between the rest of the family (the elders receiving theirs first and the youngest last).

An ancient Greek legend explains the origins of this ritual. It says that when St. Basil was acting as Bishop of Caesarea, he was asked to return a sack of valuable items that had been collected from the people of the city. People began to argue over what belonged to whom. He received help in sorting out the dilemma. He asked some women to bake the treasures into a large loaf of bread. When he sliced and distributed the pieces everyone miraculously received only their valuables.

Many Christians exchange and open presents on the 25th of December but in Greece they open theirs on the 1st of January. Traditionally, many people in Greece used to open their gifts on St Basil's Day but now not as many people carry on with this ritual: some open their presents on Christmas day instead.



Maya Year 7

# Chinese New Year

By Maryam Year 9

Chinese New Year is a 15-day festival, also known as Lunar new year or the spring festival, that takes place on the second new moon after the winter solstice. This holiday goes by the lunar calendar so the first day of the lunar year may fall sometime between January 21st and February 19th according to the Gregorian calendar.

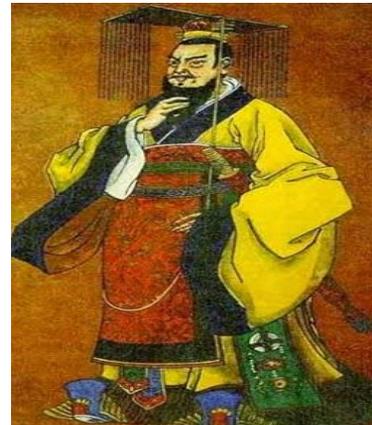


## HISTORY

The Yellow Emperor created the Chinese calendar and started the first cycle of the Chinese zodiac. He decided that there would be an animal to represent the year in a 12-year cycle. The animal representing this year is the rat.



News.cgtn



agoracosmopolitan.com

## TRADITIONS

In order to let good fortune and happiness continue you should not use negative words, not sweep or clean during the spring festival and you should avoid fighting and arguing. There are loads of traditional foods eaten with family during this festival, like dumplings, spring rolls, noodles and steamed fish. Children receive lucky money in red envelopes and red is known to be an invaluable weapon, so it is used in all decorations. Chinese New Year ends with a lantern festival and it's a night of freedom and partying. Chinese new year is celebrated all around the world. Did you know that statistically one out of every 5 people in the world is Chinese?

[chinesenewyear.net](http://chinesenewyear.net)

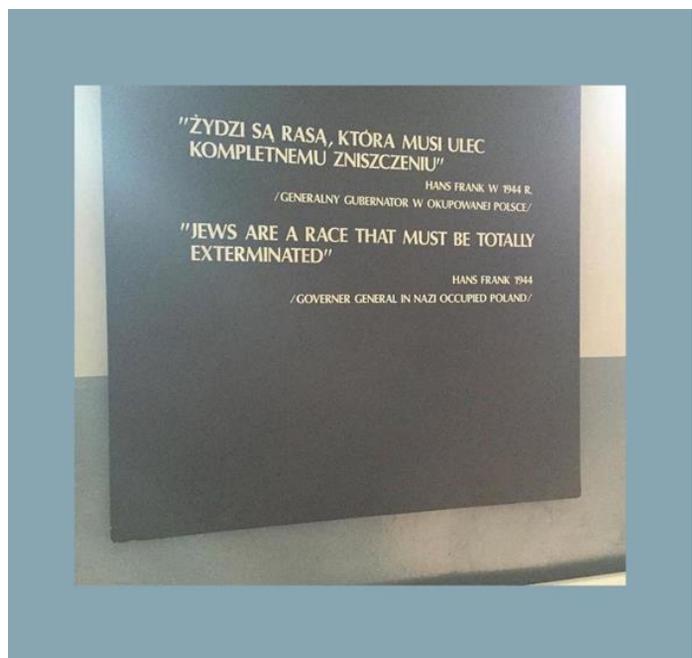


# World Holocaust Day - 27th January

## – Iris Year 11

Yom HaShoah (Holocaust Remembrance Day in Hebrew) is a time in which we honour the approximately 6 million Jewish people that were killed during the Second World War. The Holocaust was a period between 1939-1945 when millions of Jewish people were murdered without any reason under the orders of Germany's Nazi Party, led by Adolf Hitler. It was an example of genocide (which is the deliberate killing of a large group of people, usually for their nationality, race or religion). Even in today's world there are genocides such as the Rohingya in Myanmar and Darfur in Sudan.

Across the world, Holocaust Remembrance Day is held by Jewish communities in Synagogues (places of worship) and Jewish schools. There is a 'March of Living' that Poland has held since 1988 where thousands walk from Auschwitz to Birkenau (largest Nazi concentration camp) to honour the victims of the Holocaust.



Photos by  
Besnik Fishta

In Israel, a ceremony is held where the President and Prime Minister of Israel, as well as survivors of the Holocaust, attend the observance of Yom HaShoah. An air raid siren is emitted to mark the beginning of a two-minute silence. Even in the UK we have a two-minute silence to symbolise the end of the war and give the opportunity to those that have died to be remembered and never forgotten.

Traditions around the world...

Argentinians have an additional entire week in July, which is known as “Sweetness Week”, held between 13<sup>th</sup> and 20<sup>th</sup>. Lovers exchange kisses for sweets or chocolates and end the week with a friendship day.

In Finland and Estonia partners exchange presents and love letters, which are all about celebrating their friendship!

In Japan, honmei-choco (“true feeling”) chocolates are hand delivered to boyfriends and husbands whilst giri-choco (“obligation chocolate”) are received by the colleagues. The most unpopular of male colleagues receive cho-giri (“ultra-obligation chocolate”) which is quite unlucky. On White Day (on March 14<sup>th</sup>) the people who received honmei-choco have to give back and give their loved ones presents which are three times the chocolates that they received.

Norwegians hand-write Gaekkebrev (“Joke letters”) to their crushes and press a small white Snowdrop flower inside. If a woman guesses correctly who the person is, she wins an Easter Egg at Easter.

A unique celebration is held in the Philippines where hundreds of couples come together in public to be married. These are often sponsored by the government to allow underprivileged couples tie the knot.

Photos  
via Pinterest



South Korea has adapted the Japanese tradition and even added a third day to mourn being forever alone. Also known as “Black Day”, on April 14<sup>th</sup> single people dress all in black and gather with their friends to eat jajangmyeon (Korean noodles with black bean sauce).

The model Slick Woods shared that she must undergo chemotherapy. Chemotherapy can be very isolating especially when at a young age. [Chemotherapy](#) is a form of treatment for cancer involving a patient taking drugs to kill cancer cells in the body. Many other online influencers are speaking openly about the mental side effects of cancer and having anxiety over whether the chemotherapy will fully get rid of it. Not everyone is comfortable sharing their experiences online but having some people who are able to share their story helps those going through similar problems. Seeing people sharing experiences encourages others to share and not be ashamed. Social media can be a positive place and people sharing their journeys and feelings online lets others feel like they are part of a community, which makes them feel less alienated.



Tiffany Calver became the first female DJ to host The Rap Show on Radio 1 and 1Xtra in January 2019. Calver said that she took the role, saying, "I really hoped it would help to switch the narrative." "Inspire more women to do anything in this world." (Source: BBC 2019) However, Calver has been receiving criticism. She says women often feel they must work harder than their male counterparts in order to be accepted. She spoke out on twitter saying women in the music industry still aren't seen as equal. Most of the industry is male dominated and now women are starting to take up roles that we would normally see a male carry out. Social media is a place where we have access to see the stories of successful career role models around the world. The #notjustforboys is a movement to encourage young women to consider careers within male dominated industries and to let girls know that they can be successful in any career they want.

Laura Baylis is a 25-year-old who has been thinking about getting a cosmetic procedure called liposculpture. When she was in high school, she said she was called 'skinny' but when she went into collage, she gained weight. This led to people commenting on her looks, especially friends. She also tried speaking to family but did not get much sympathy. This made her teenage years hard for her because she felt like she had no one to talk to, and she felt self-conscious looking at women with the 'ideal' body. Sometimes social media can be a negative place and we tend to compare ourselves to the people we see online: now we have more information on how we should use it and the positive and negative impacts that it has on us. There has always been an 'ideal' body and the 'ideal' body is always changing. Today the body positivity movement is encouraging people to be content with their body image and more clothing companies are including all types of bodies in their Advertisements.

# Interviews

Images via Google



# DIVERSITY WITHIN EXTINCTION REBELLION

Interview with Sophia and Edith in Year 9

Photo credit: Sophia

HOW DO YOU FEEL ABOUT THE AMOUNT OF DIVERSITY WITHIN RECENT EXTINCTION REBELLION EVENTS? DO YOU BELIEVE THERE SHOULD BE MORE DIVERSITY WITHIN EXTINCTION REBELLION?

**S:** Diversity is one of Extinction Rebellion's main focuses, and as a result it is very diverse especially when it comes to the inclusion of all identities and nationalities. In fact, it is one of our 10 values: 'We welcome everyone and every part of everyone'. However, this isn't to say we are perfect, and we are constantly looking for new ways to encourage people from all walks of life to join our community.

ARE THERE ANY IDEAS YOU HAVE TO ENCOURAGE TO GET A MORE WIDESPREAD VARIETY OF CULTURES TO BE INVOLVED IN RAISING AWARENESS ABOUT THE BREAKDOWN OF OUR GLOBAL CLIMATE?

**S:** I think showing we are open to everyone is the message we need to get out, and we are already doing this with events specifically based on the impact of climate change on different cultures and countries because everyone is going to be affected, not just the west.

**E:** I think we should make it more accessible to fight for our future rather than missing school or work which we understand lots of people just can't afford to do.

WHAT IS YOUR OPINION OF THE CLAIM THAT EXTINCTION REBELLION IS SOLELY BASED ON THE CONCERNS OF THE WHITE, MIDDLE CLASS PEOPLE IN RICH COUNTRIES?

**S:** Climate change is everyone's concern; it will affect people all over the globe no matter their race or class, I think this is the message Extinction Rebellion is trying to get out.

**E:** I think this is some part true, but at no fault of XR's. I think it is mainly because of how time-consuming Extinction Rebellion is and mostly only middle-class people have the ability to give up so much time from their jobs to do that.



# DIVERSITY WITHIN EXTINCTION REBELLION

SHOULD EXTINCTION REBELLION ASK PEOPLE OF COLOUR TO BE ARRESTED, CONSIDERING THE CHANCE OF POLICE BRUTALITY AND DISCRIMINATION DURING ARREST?

**S:** No one is asked to be arrested in Extinction Rebellion, it is up to the individual to volunteer and it is solely their decision. When we have our Non-Violent Direct Action (NVDA) training, you are always told about the risk of police brutality or discrimination based on race, so no-one volunteers without fully understanding potential consequences.

**E:** Extinction Rebellion will not force anybody to volunteer for an arrestable action. If somebody of a minority group prone to police brutality is willing to be part of an arrestable action then they should, like everyone, be aware of the possible consequences but also the other disadvantages they might face from the police because of their minority group.

HOW CAN OPPORTUNITIES FOR INVOLVEMENT IN EXTINCTION REBELLION BE INCREASED FOR STUDENTS UNABLE TO ATTEND STRIKES, ESPECIALLY FOR REASONS SUCH AS DIVERSE LEARNING NEEDS, THAT MEAN IT IS DETRIMENTAL TO GRADES TO MISS SCHOOL?

**S:** Most events and meetings held by Extinction Rebellion take place outside of school hours, so everyone can find a way to get involved.

**E:** Extinction Rebellion do realise that not everyone can miss school so do have events that happen on weekends and school holidays. The reason school strikes are such a main part of the protesting is because they draw attention. You can always organise your own ways to protest or join an affinity group and attend meetings to see what you can do.

WHICH WAYS CAN INDIGENOUS PEOPLE AND PEOPLE OF COLOUR, THOSE AFFECTED EXCESSIVELY BY THE GLOBAL CLIMATE CRISIS, BE INCLUDED MORE IN THE ACT OF RAISING AWARENESS?

**S:** I think this is a very important issue, and so do many people in Extinction Rebellion. For example, Elijah McKenzie and Adelaide Charmier, two young climate activists from Extinction Rebellion, went to the Amazon to get involved with the native people and learn about the impacts of climate change there. This has gone terrifically, and we are trying to make more connections to indigenous people like this.

**E:** XR make sure that people are aware that our cause is led by what indigenous people go through every day, being at the face of the climate crisis.



# DIVERSITY WITHIN EXTINCTION REBELLION

WHAT DO YOU THINK ABOUT THE RECENT REMARKS MADE BY EXTINCTION REBELLION CO-FOUNDER ROGER HALLAM ABOUT THE HOLOCAUST, AND WHAT STEPS SHOULD BE TAKEN TO INCREASE ACCEPTANCE OF JEWISH PEOPLE AND DECREASE RACIAL AND RELIGIOUS DISCRIMINATION WITHIN EXTINCTION REBELLION?

S: I think his comments were completely unfounded and belittling of the Holocaust. The German and UK branches of Extinction Rebellion have rightly condemned his words and have distanced themselves from his statements. There is no room for discrimination within Extinction Rebellion and we will continue to campaign for equality and acceptance.

E: Roger Hallam's remark about the holocaust was an antidote to reference the world-wide genocide we are currently facing and ignoring. Although it may have been an upsetting and unconventional statement which he acknowledges how horrific what happened in the holocaust was, the remark was not meant to insult or offend anyone. Being a Jew in Extinction Rebellion, I have never felt at all isolated because of my beliefs. In XR it is irrelevant what religion you are. As long as you are there and willing to fight for climate justice then you are welcome.



# CULTURAL TREASURES:

Hi! Welcome to the first ever 'WSFG Diversity Magazine'. I hope you're enjoying it so far. To go along with our theme, this segment is all about exploring different backgrounds, heritage and upbringing. Me and my partner Gregory have interviewed Mrs Cavendish (Mia's grandmother) and Mrs. Lambson (Maria's mother). They were both willing to tell us a bit about their lifestyle growing up and how it may differ from ours, considering that they grew up with different cultures and traditions. Here is what we found out:



[A beautiful beach in Portugal to represent Mrs. Cavendish's home near the beach]

Mrs. Cavendish (Sarah) was born in England but moved to Portugal at the age of 4 and stayed there until she was 12. In that time, she made many friends. She said it was hard to mix with the Portuguese mainly because there all the women would sit in one room and the men in another, whereas the English didn't have the same division between the genders. So, Mrs. Cavendish made friends with many of the foreigners in her class who were from other countries such as: America, Spain, India, England, Germany and the Netherlands. She described the atmosphere as very relaxed. The weather was very nice and the people there were very welcoming and lovely. Her main idols growing up were the older Portuguese girls who used to dance, and her cousins who were 10 years older than her. They used to have midnight picnics on the beach

and sometimes they'd let her join them.

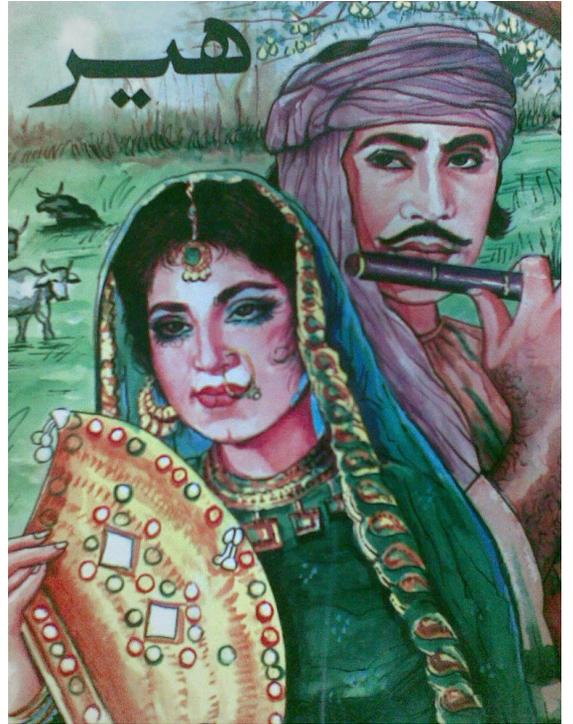
"It was great fun when they did."



[A luxurious lagoon in Sorsogon city, South Philippines to represent Ms. Lambson's hometown]

Ms. Lambson was born and raised in the south Philippines in a place that is now known as Sorsogon city. She described her time back there as happy, full of love and she spent a lot of her time with family and friends. Her parents were her main idols and her favorite animal growing up was a dog. At the age of 25, she took a plane from Manila and arrived in England. She said the experience felt very different to anything she has experienced before and that she was feeling quite sad about leaving her family. She was also feeling nervous as she was travelling alone. When she arrived here, Ms. Lambson stayed with her employer. The differences between England and the Philippines that she noticed straight away was the economy, weather and people. Ms. Lambson likes England, and she thinks that it is a beautiful place, but strongly dislikes the weather as it is cold and rains every other day.

# FOLKLORE



# Queen Arawelo

## Somali folklore



Queen Arawelo is a folkloric figure. This is due to there not being any evidence of her existence.

However, Queen Arawelo is a great part of Somali history as she was one of the oldest feminist rulers who believed in female empowerment and liberation. Arawelo is a huge role model amongst Somali women to this day.

Before becoming Queen, she and a group of female warriors were known to hunt and collect water for their villagers. During Queen Arawelos' reign, her husband objected to her self-ascribed breadwinner title to all of society, as he believed women should only be doing motherly duties. This enraged Arawelo so she demanded that all women across the land abandon their 'womanly' jobs and to strive for more.

# Dhegdeer

'Dhegdeer' was probably one of my favourite stories my grandmother would tell me under the night sky in the Somali countryside. Storytelling is a massive part of Somali culture and this is one of many that have left their mark on me.

Quite a long time ago, a man wedded a beautiful lady. They had a child together. Sooner or later, the husband wedded another lady. He split his animals into two unique parts for every one of his spouses. He assembled a beautiful house for his new wife. The house was by the place of his first spouse. At the point when the first wife saw the excellent youthful wife and the new house, she got jealous. She got so jealous that she went practically insane. Envy took control over her.

The following night she went out with her infant. Her husband was with the new spouse, so he didn't have a clue that the main wife had left with their youngster. Toward the beginning of the day, everybody discovered that she had gone. They went to find her, however, they proved unable. She attempted to discover where her family lived, yet she got lost. She went for a long time and evenings. She, at last, got to the Nugal Valley. The Nugal Valley was known as a spot where a lady named Dhegdheer chases for individuals.



Dhegdheer was a female cannibalistic demon who hunted in Somali forests. While the first wife was strolling, she detected that somebody was pursuing her. The running she heard was not quite the same as the running she knew. The running created a wide range of residue and wind. She realized that the individual pursuing her was Dhegdheer. She continued running quicker and quicker and Dhegdheer continued pursuing her as well. The mother and her child were both overweight. Dhegdheer cherished hefty individuals; she was eager for them. Dhegdheer was used to running quickly, and nobody she pursued at any point escaped from her.



Dhegdeer was running quicker and quicker, yet the mother was running as well. While they were running, they went to some hargega gaps (huge gaps) in the ground. At the point when the mother saw these profound openings that she couldn't cross, she stated, "Allah, spare me." Then she bounced crosswise over securely with her child. Dhegdeer halted and would not like to go out on a limb hopping over these openings. At the point when she couldn't bounce, she stated, "Gracious hargega gaps, they can stop a man running at max throttle. They can stop a man that is flying. Gracious, look at the lady's body. Gracious, take a good look at the scrumptiousness of her skin. Gracious, see her body shake. Look at her adorable child. Goodness, hargega gaps. Goodness, they can stop a flying man." She howled and shouted and seemed like the breeze of the night. That was the first time anyone had escaped the clutches of Dhegdeer and it was the first time Dhegdeer went hungry for the night.



### 'La Llorona' ~ Salma Year 10

This Mexican folklore is probably one of the most famous oral stories in Latin America. The story 'La Llorona' which translates to the weeping woman is about a beautiful young woman named Maria. Maria lived in a small village and was known for her outstanding beauty. One day a handsome nobleman was traveling through the village and when he laid eyes on Maria he was immediately transfixed with her beauty and her with his charm. They were hastily married and Maria bore the handsome young nobleman two sons.

However, the nobleman spent most of his time traveling and not with his family (although those few nights he was there he only spent them with his sons). Maria could tell that her dear husband was slowly falling out of love with her as she was ageing.

One morning the handsome nobleman came home earlier than intended, but this time with a young woman in his arms – he bid his young boys farewell, ignoring Maria, and left. In her blind fury, Maria dragged her sons to the riverbank and drowned them. Once she had come out of her daze it was too late; her sons were dead. The very next morning a villager found Maria's body, lifeless, by the river.

Maria had committed two of the worst sins: murder and suicide.

When Maria reached the gates of heaven she was locked out and would only be allowed in if she was to find the bodies of her dead sons, which the river had by now swallowed up. Maria wasn't truly dead and nor was she alive, so every day she would roam the shores and rivers for her sons as she wept. In her desperate search Maria would take young children and drown them as replacements for the bodies of her sons, yet time and time again she would be rejected at the gates of heaven.

Those who hear the weeping of La Llorona are marked for death or misfortune so next time if you hear crying by a river be sure to run the opposite way... or La Llorona may just drown you, thinking that you are her sons.



# Kuchisake-onna

@Steam



Demons and ghosts are a huge part of Japanese culture and here is one example of a famous story.

According to legend, Kuchisake-onna was a woman who was believed to have been mutilated, with her mouth being split from ear to ear. This was because her husband (who was a Samurai) had found out about her affairs and inflicted this punishment upon her.

After her death, Kuchisake-onna came back as a vengeful spirit who wears surgical masks and goes around asking people, usually children, if they think she is beautiful. If you were to say “no” then she'd kill you right then and there. However, if you said “yes” she'd take off her surgical mask and ask the question again: if you say “yes” again, she will slit your face just like her, ear to ear, and leave.

Don't worry – it may seem that either way you answer you are in a bad situation, but I've got the thing for you!

How to survive an encounter with Kuchisake-onna in 3 simple steps:

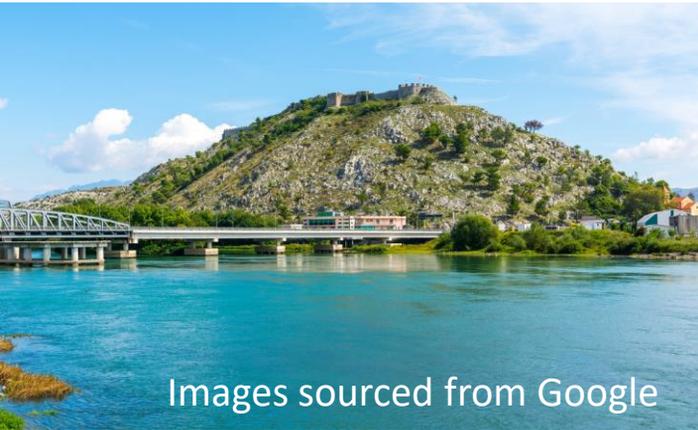
1. Once Kuchisake-onna takes off her surgical mask and repeats the question choose an average answer, like “you look ok”.
2. Throw money or sweets at her when she removes the mask and *run like the wind*.
3. Alternatively, just repeat the word “pomade” three times.

## The legend of Rozafa castle

This is dedicated to a good friend.

This is a legend amongst Albanians associated with the construction of Rozafa castle.

This story begins with three brothers who were building a castle, however, every time they built the foundations for the castle it would fall at night. They worked day and night, but their efforts weren't getting them anywhere and they began to lose hope. However, one day they met a wise old man who asked whether or not they were married the three brothers all answered with the nod of their head.



Images sourced from Google

The brothers anxiously awaited the unlucky wife and then the unknowing Wife. Rozafa came with the breakfast the youngest brother reluctantly explained the situation to his wife who agreed, nevertheless. He told her how she was to be sacrificed and explained

the situation to his wife who agreed, nevertheless. He told her how she was to be sacrificed and buried in the castle wall she agreed but asked for one thing. "I have but one request to make. When you wall me in, leave a hole for my right eye, for my right hand, for my right foot, and for my right breast. I have a small son. When he starts to cry, I will cheer him up with my right eye, I will comfort him with my right hand, I will rock him with my right foot and wean him with my right breast. Let my breast turn to stone and the castle flourish. May my son become a great hero, ruler of the world."

And that is the legend of Rozafa...

Then an old man said "If you really want to finish the castle, you must swear never to tell your wives what I am going to tell you now. The wife who brings you your food tomorrow you must bury alive in the wall of the castle. Only then will the foundations stay put and last forever."

The three brothers swore on besa to not repeat what the old wise man had said and so the brothers returned to their house. Unfortunately, the two older brothers quietly told their wives what they had been told while the youngest brother kept his promise. The next day the mother in law called upon her daughters-in-law to bring lunch to the workers however two of the wives stayed away with excuses.



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# LOCATION AND CULTURE

~ images via Google



*Not your normal Paris or London  
Secret Beauties of our world  
Iris*

Tuvalu- Country in Oceania

(Photograph by Sean Gallagher)

Seemingly known as the "least visited country in the world" but why? It's got the scenery, fresh

produce, and welcoming people! However, the

problem is global warming with sea levels reaching an average of 2 meters. Therefore, creating a problem with tourism and so a decrease in incomes for the locals leading to a lower standard of living. But Tuvalu has so much to offer to tourists from delicious food to break taking beaches.



Brunei – Country in Asia

(Photograph by Gadong Night)

Brunei are known for their gorgeous mosques and Islamic architecture such as the Omar Ali Saifuddien and Jame' Asr Hassanil Bolkiah Mosques. Throughout the island of Borneo, there are water villages, monkeys, crocodiles and the rainforest in Ulu Temburong National Park which is full of life and wildlife. Brunei is one of the world's only remaining examples of being governed by a Sultan!



Azores – Region in Portugal

(Westend61)

Only about 250,000 people live in the Azores where there are vibrant green lakes, majestic manor houses, 15th Century churches as well as volcanic craters! Mount Pico is at 7,713 feet above sea level and is the highest point in the Azores which is one of the tallest mountains on our world! Azoreans celebrate Carnival which is a religious festival with lively music, hand-made masks and colourful costumes, usually occurring in February.

(@WestEndinSchool)

In Conclusion...

Our World has so much to offer and it is up to us to not only protect it but also educate people on our cultures, traditions and just enjoy every moment of learning new things!





**Exhibition To Somerset House**  
**Mary Sibande**  
**29-11-2019**  
**Rain and Syd Year 7**

In November we went to see an intriguing exhibition at Somerset House by Mary Sibande which had many deeper meanings to the artwork which we will look over in this article.

**Avatar Sophie:**

In the exhibition Mary Sibande portrayed herself as someone called Sophie who is reincarnated in every series, this reincarnation being marked by a change of colour in Sophie's clothes.

# Mary Sibande – Iris

Photo by Iris

Her first UK solo show was at Somerset House, showcasing her 'I came apart at the seams' piece which vividly exhibits Sophie as a domestic maid. Relating to the female roles in her own family who were forced to be maids. Sophie is this figure that goes against these oppressions whilst showing her strength, femininity and proudness of being

a black woman. She appears as a soldier, priest, queen and high priestess giving her this overwhelming empowerment almost like the overwhelming mistreatment of these women. Sibande creates this scene of interrogation amongst the audience in order to bring out the emotions that have been buried for many years.



**MARY SIBANDE IS SOUTH AFRICAN VISUAL ARTIST BASED IN JOHANNESBURG WHO EXPRESSES ART IN THE BLACK FEMALE BODY IN POST-COLONIAL AND POST-APARTHEID SOUTH AFRICA TIME. THE APARTHEID WAS A SYSTEM IN WHICH PEOPLE WERE SEPARATED DUE TO THEIR RACE. SIBANDE'S ARTWORK IS IN MANY FORMS SUCH AS SCULPTURES, PAINTINGS AND PHOTOGRAPHY WITH 'SOPHIE' BEING HER ALTER-EGO. SHE CHALLENGES THE STEREOTYPES OF BLACK WOMEN THROUGHOUT HISTORY AND EVEN TODAY. "IF SOUTH AFRICANS DIDN'T GET ANGRY, NOTHING WOULD GET DONE" SIBANDE SAYS IN THE FINANCIAL TIMES.**



Sophie was first encountered in a blue maid's uniform. She dreamed of things denied to her portrayed in some other pictures around the room also in blue outfits. She transformed into a fantastical creature in purple representing a bitter struggle against apartheid and promise of equality. Purple was used to show the purple paint the police threw at those who protested to mark them out, but the protesters had made them backfire at those who were in power blurring the line between those in power those who aren't those who are black and those who are white those who are male and those who are female and everything

in between hence the phrase:

**PURPLE SHALL RULE**

[Image from smacgallery.com](http://smacgallery.com)



In this room there was a sculpture- one of Sophie being held back by a tangle of roots this seems to be representing the fact her roots hold her back the country she is from, her traditions, her religion and her gender. She is struggling and seems like she wishes to break free but cannot. There was an image of her pregnant as if to say that she is expected to only become pregnant and look after her children because she is a woman.

[Image from alondonjournal.net](http://alondonjournal.net)

In the second to last room she is depicted either around the colour red or controlling it. Her avatar is in full transformation to unleash her anger and revenge on the world depicted by the red dogs. The transformation to red is to show the anger and to say that the people shall take over:

**THE PEOPLE SHALL RULE**

image from [marysibande.com](http://marysibande.com)



In the last room Sophie is depicted in a priest's clothing but in all white to symbol purification. She has red wrapped around her head as if it was blood to show that a church cannot fix all your problems and that you will still be angry no matter what you do. Behind her is a stained-glass window of herself in purple under the sun instead of Jesus to portray if you believe in something and you feel enough emotion about it you can make your dreams come true. She is on the floor as if she knows she can never do enough and that you will never fix all your problems no matter what you fix there will always be something else to do. This is where the sequence ends. [Image from artafricamagazine](http://artafricamagazine)

# Review For Haruki Murakami's *Hard-Boiled Wonderland and the End OF The World*

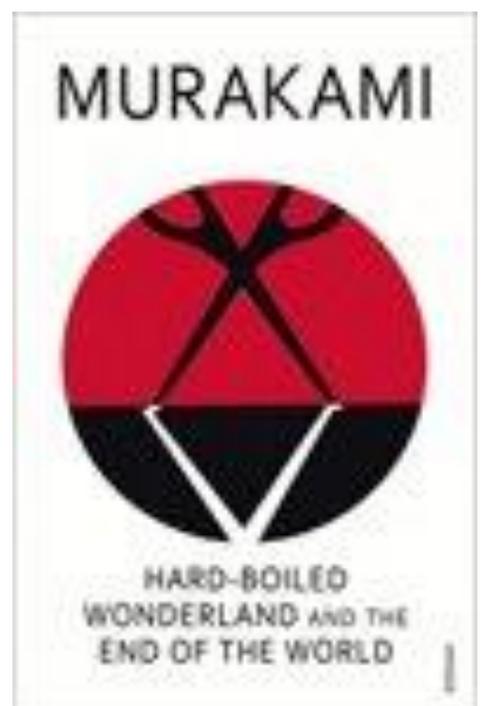
The sole survivor of a work-related experiment, a Calcutec finds himself in sudden danger from criminals, strange underground-dwelling creatures, and even his own subconscious. The story is set in two worlds; the futuristic 'hard-boiled wonderland' and the kafka-esque 'end of the world'.

Haruki Murakami mashes together science-fiction, fantasy, mystery, and a host of other genres into a single novel. He creates a distinct and unique story, incomparable to most anything else.

Although moderation is advisable due to profanity and certain themes running throughout, *Hard-Boiled Wonderland* was (and is) enjoyable to read for adults and teenagers alike. All in all I found it *immensely* interesting and would recommend it to any and all lovers of the weird and the abstract.

Murakami is a Japanese author and this novel has been translated into English by Alfred Birnbaum. Certain elements, possible inspiration, can be found in other American, Bohemian, and Japanese Stories.

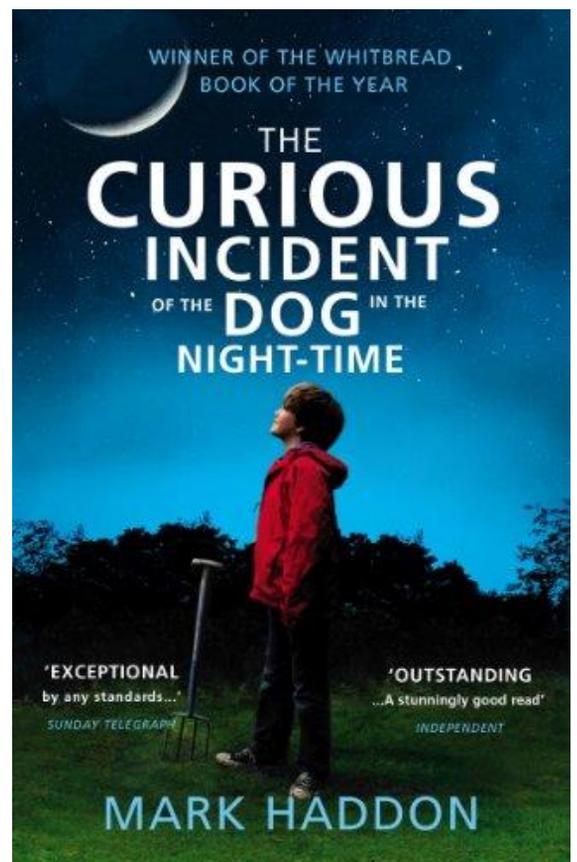
By M.C. Image sourced from Google images.



# Review For Mark Haddon's *The Curious Incident Of The Dog In The Night-time*

The Curious Incident is a book written from the point of view of a 15-year-old boy, Christopher, solving the murder of his neighbor's dog. His personality and experiences are central to the plot, as his outsider status and neurodivergence are what helps him to unravel the mystery; he describes himself as "a mathematician with some behavioral difficulties" and is clearly coded as autistic, though it's never outright stated that he is.

I identified very strongly with Christopher when reading The Curious Incident (and when watching the stage play, but I enjoyed the book more). He's well-written and sympathetic, never infantilised, or two-dimensional, or written in a ridiculous or stereotypical way – despite his characterisation and the way he's treated in the story not being perfect or completely free of ableism.



# RECIPES

~ images sourced from Pinterest



## Easy Butter Chicken:

- 1 kilogram's chicken
- 2 tablespoon refined oil
- 1 teaspoon red chilli powder
- 1 1/2 cup tomato puree
- 2 teaspoon coriander seeds
- 2 crushed cinnamon
- 1 or 2 green chillies
- 500 gm butter
- 1 teaspoon coriander powder
- 1 1/2 teaspoon kasoori methi powder
- 2 bay leaf
- 2 teaspoon salt
- 2 medium onions
- 2 teaspoon onion paste
- 1 teaspoon garlic paste
- 1/2 cup yoghurt (curd)
- 1 teaspoon ginger paste
- 1 teaspoon mace powder

### Step 1- Prepare the marinade and marinate chicken overnight

To prepare this chicken recipe, we need to marinate the chicken. Take a large bowl and mix together yogurt, onion paste, green chillies, ginger-garlic paste, salt and mace powder. Add pieces of raw chicken in the bowl and mix well. Allow the chicken to marinate overnight, once the chicken is marinated roast it in an oven till its 3/4th done.

### Step 2- Prepare the masala

Now, heat some butter in a pan over moderate flame, add a bit of onion, red chilli powder, coriander powder, kasoori methi powder and tomatoes. Sauté them for 5 minutes and once done, transfer the mixture in a blender to make a puree.

Step 3- Heat the remaining butter in a pan. Add the pureed mixture and bring it to a boil. Add marinated chicken pieces, salt, fresh cream, and mix well. To make sure that the consistency is not too thick, add some water to the mixture, now let it simmer on a low heat for about 10 minutes.

Step 4- Transfer the dish to a serving bowl and garnish it with coriander leaves and cream. Serve with rice or naan.

Hope you enjoy this recipe.

Ms Landa



# ASIAN CUISINE – Aicha Year

9



Tom yum or tom yam is a type of hot and sour Thai soup, which is normally cooked with prawns. Its origin is in Thailand. The word Tom refers to the boiling process, while yam refers to a Thai spicy and sour salad.

Curry is a variety of dishes originated in India. It uses a variety of spices or herbs, usually including ground turmeric, cumin, coriander, ginger, and fresh or dried chilies. Curry is generally prepared as a sauce and is usually served with white rice.



## **TOM YUM- Ingredients-**

Medium prawns (12 to 14, raw , no shell)  
6 cups chicken stock  
1 stalk lemongrass (finely minced)  
4 cloves garlic (minced)  
3 tablespoons onion (minced)  
6 teaspoons ginger  
3 bay leaves  
1 teaspoon lime juice (or lemon juice)  
1 1/2 tablespoons fish sauce  
1/2 tablespoon soy sauce  
1 carrot (sliced)  
1 to 2 cups shiitake mushrooms  
1 small zucchini (sliced)  
1 cup cherry tomatoes (sliced)  
1/4 to 1/3 can coconut milk (adding more or less to taste)  
1 teaspoon chili oil  
1/3 cup fresh coriander  
Optional: brown sugar (to taste)  
Optional: crushed chili pepper flakes (to taste)

## **RECIPE FROM THE SPRUCE EATS**



## **CHICKEN CURRY- Ingredients-**

6 spring onions  
3 garlic cloves  
2 tbsp vegetable oil  
half a 400g tin chopped tomatoes  
2 tbsp curry powder  
1 tsp ground ginger  
400g/14oz boneless skinless  
chicken thigh, cut into 2.5cm/1in  
pieces  
100ml/3½fl oz Greek-style natural  
yoghurt, plus extra to serve  
salt and pepper  
200g/7oz long grain rice  
RECIPE FROM  
BBC FOOD [https://www.bbcgoodfo  
od.com/recipes/collection/easy-  
curry](https://www.bbcgoodfood.com/recipes/collection/easy-curry)

## Ceviche – Peru

Ceviche is a seafood dish of fresh fish served in a marinade of lime juice and chilli most commonly found in Peru. It's a cold dish so the fish is raw, a bit like sushi ! It is often found on street stalls, food markets and restaurants across the country but Lima, the capital of Peru is said to have the best ceviche in the world.



Recipe by BBC Good food

### Ingredients

500g firm white fish fillets, such as haddock, halibut or pollack, skinned and thinly sliced

- juice 8 limes (250ml/9fl oz), plus extra wedges to serve
- 1 red onion, sliced into rings
- handful pitted green olives, finely chopped
- 2-3 green chillies, finely chopped
- 2-3 tomatoes, seeded and chopped into 2cm pieces
- bunch coriander, roughly chopped
- 2 tbsp extra-virgin olive oil
- good pinch caster sugar
- tortilla chips, to serve

### Method

•In a large glass bowl, combine the fish, lime juice and onion. The juice should completely cover the fish; if not, add a little more. Cover with cling film and place in the fridge for 1 hr 30 mins.

•Remove the fish and onion from the lime juice (discard the juice) and place in a bowl. Add the olives, chillies, tomatoes, coriander and olive oil, stir gently, then season with a good pinch of salt and sugar. This can be made a couple of hours in advance and stored in the fridge. Serve with tortilla chips to scoop up the ceviche and enjoy with a glass of cold beer.



## Arepas- Colombia and Venezuela

As such a big continent, there are many variations of South American food. However, certain ingredients form the basis of all variations of food. The same maize flour that is used to make tortillas in Mexico and tamales in Peru, is used for arepas in Venezuela and Colombia. These little corn flatbreads are served with cheese, avocado, egg, or jam and can be eaten for breakfast or an afternoon snack.

Recipe by BBC Good food

### Ingredients:

- 1 teaspoon salt
- 2 1/2 cups masarepa cornmeal
- 2 3/4 to 3 1/2 cups hot water
- 2 tablespoons melted butter
- 1/2 tablespoon butter or vegetable oil

### Method:

Stir the salt into the masarepa cornmeal.

Pour 2 3/4 cups of hot water over the flour and mix well with a wooden spoon.

Stir in the melted butter. Cover dough with plastic wrap and let rest 15 minutes.

If you want thicker arepas, separate the dough into 12 pieces.

Shape each piece into a smooth ball. Add more water if needed—the dough should be moist enough so that you can shape the arepas without the dough forming lots of cracks around the edges.

Place each ball in between 2 sheets of plastic wrap or 2 Ziplock bags and flatten gently with the bottom of a pot. Arepas should be about 3 inches in diameter and almost an inch thick.

Use your fingers to smooth out any cracks along the edges. Place the shaped arepas on a cookie sheet covered in plastic wrap.

Heat a cast iron skillet on low heat. Put 1/2 tablespoon butter or vegetable oil in the skillet. Place several arepas in the pan, leaving room to turn them.

Cook the arepas for 5 minutes until they look a bit like an English muffin. The thicker arepas go in the oven.

## Empanadas- Argentina

Empanadas are Argentina's favourite fast food: they are savoury fillings wrapped in pastry. These are sold almost everywhere and eaten by the vast majority South America. They can be sold anywhere: stalls, restaurants or even made at home. Many enjoy eating their small pastry parcels with some beer at a football game and can also be eaten anywhere.



Recipe by BBC Good food

### Ingredients:

For the filling

- 700g Minced meat [not too lean]
- 2 Onions [big] 3 [medium], diced
- 3 spring onions, sliced
- 1 vegetable stock cube, crushed
- 30g Butter
- 300g Tomato sauce
- 300g Green pitted olives, cut into halves
- 2 Hard-boiled eggs, diced
- Paprika [mild or hot] to taste
- 1 tsp cumin [remember empanadas
- Have a Moorish origine]
- Salt and Pepper

For the dough

- 1kg all purpose flour
- 200g pork fat [or butter]
- 'Salmuera' [mixture of water and coarse salt]

### Method:

- In a large frying pan sauté, the onions in the oil and butter. [Using butter is very important, once cold it will make assembling the empanadas easier]. Sprinkle the crushed vegetable stock and add the meat. Cook until slightly coloured.
- Incorporate the tomato sauce [this optional]. Add in all the spices, olives and hard-boiled eggs and refrigerate [preferably 24hr]
- In a bowl, put the flour, slowly adding the melted fat or butter. Incorporate this using a fork. Then put the mixture on the table and make a well: pour the 'salmuera' inside little by little. Make a ball and knead until the dough is smooth.
- Let the dough rise for 15 minutes [put a towel over it]. On a floured surface roll the dough until it's 3mm wide and cut 12cm circles with a pastry ring. Put a spoon full of filling onto the circles and cover them completely. Place the empanadas on a baking tray lined with sunflower oil and bake them for 15 to 20 minutes until golden brown.



## Coxinhas – Brazil

Brazil is the place to go for street-food lovers. Brazilian food is a mix of dishes and Portuguese/African influences which reflects Brazil's exotic culture. One of the most popular street foods Brazil are coxinhas, delicious deep-fried balls of creamy shredded chicken. Made better with a fresh tomato salsa.

Recipe by BBC Good food

Ingredients:

To make the coxinhas:

3 chicken breast fillets

1litre chicken stock [cube is fine]

1 small onion, chopped

2 garlic cloves, minced

2tbsp olive oil

375ml milk

50g butter

450g plain flour

1 small handful fresh parsley

3 spring onions [green part only]

Salt and pepper

**Method:**

Poach the chicken breasts in the chicken stock until cooked: it will take 15 minutes. Remove from the liquid and cool.

While the chicken is cooking, fry the chopped onions and garlic in the 2 tbsp of olive oil until soft.

Remove some of the chicken stock so that only 375ml remains and then add 375ml milk and the butter. Melt the butter and then slowly beat in the flour and cook until the dough comes together. Put on a plate and cool.

Finely chop the chicken, parsley and spring onions, add the cooked onion and garlic, salt and pepper. Mix.

Knead the dough, pinch off walnut sized lumps, roll them into a ball and flatten them with a slight lip at the edges.

Take these rounds and add a tsp of chicken. Roll up the edges into a ball and then turn it into a pear shape. Pour the oil into a large saucepan and heat until the oil is 180 degrees. Beat the egg and put the 125ml milk in a dish and the breadcrumbs in another. Put the coxinhas in the egg and milk mixture and then add the breadcrumbs. Then fry the coxinhas until golden.

To fry:

2 litres vegetable oil

250ml milk

200g fine breadcrumbs

1 large egg

**Maya Year 7  
Nov 2019**