

# RESIST

4TH AUGUST 2022

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## ONE GIRL'S FIGHT BACK AGAINST THE NAZIS

### War update via Radio Oranje

The Allied invasion of northern Europe is imminent. Allied boots are already on the ground in southern Europe and gaining territory in Italy. Soviet troops are advancing towards Germany's eastern borders. Allied bombing of German cities is destroying the Nazi war machine and breaking German morale.

Our Dutch queen Wilhelmina and the Royal Family remain safe in London and they encourage us to stay strong. The day is coming soon when we can once again wear orange with pride. We must hold on. We must continue to RESIST!

### Death candidates

The occupying Nazis continue to hold hostage nearly 500 of our most prominent citizens. These brave men were captured in an attempt by the occupiers to thwart the efforts of the resistance. It has been confirmed that, so far, five of the hostages have been murdered, among them Otto, Count van Limburg Stirum, brother-in-law of Ella van Heemstra. This scandalous execution of innocent civilians will be avenged.

### Arbeitseinsatz

**WARNING:** to all Dutchmen, young or old. The Nazi occupiers are rounding up more and more of our citizens and sending them to work as slaves in German factories. Families have reported losses of fathers, sons, brothers, uncles and even grandfathers. Last week the 17-year-old son of Ella van Heemstra, Ian, was taken. There are rumours that young women will be targeted next. No one is safe. Be aware! Resist!

### Fundraising for the vulnerable

We need funds to assist in the concealment of those the enemy class as "undesirables", and in the rescue of Allied airmen whose aircraft have been shot down by enemy fire. A "Dark Evening" will therefore be held after curfew, where we will gather to enjoy music, poetry and dance. Local children will be performing, including one remarkable young dancer, Edda van Heemstra, who is surely set for stardom in the future, when our occupiers are finally overthrown. Venue and time to be shared by word of mouth with those who can be trusted.

## Not to be trusted

Even in our beloved towns of Velp and Arnhem there are those who choose to sympathise or even collaborate with the Nazi occupiers. Those not to be trusted include:

- Hendrik Klass Smit
- Jacob Willem Mesman
- Jan Mannis De Wit
- Pieter Funck
- Ella van Heemstra

## A Hunger Winter

This coming winter could be the worst Hunger Winter we have ever known. Greece and other Nazi-occupied countries have already faced famine, and we know the occupying forces will do their best to steal as much food as possible from Dutch fields. Over the spring and summer we must therefore prepare as best we can. Grow as much food in your gardens as possible. Gather and store what you can from the fields and even the hedgerows.

Look for anything you can safely eat to stave off hunger. Try our grandmother's recipe for nettle soup below.

### Nettle soup (serves 6)

Gather nettle tops from your hedgerows. Wash them well first. Gently fry the onions and garlic until soft. Stir in your carrots and potatoes; leave the skins on the potatoes. After a few minutes cover with water, or stock if you have it. Put your gloves on and chop your nettles into small pieces. Cook for 45 minutes and serve hot. Suggested replacements: onion and garlic – swap for a small grated tulip bulb (minus the poisonous central yellow shoots). We recommend cooking on a haybox to save fuel. Books and furniture burn well if there is no other fuel, and their smoke adds extra flavour.

### Ingredients

- ½ onion
- 2 cloves garlic
- Oil
- 1 cup diced carrots
- 1 cup diced potato
- 6 cups water/stock
- 3 cups nettle tops

**RESIST** by Tom Palmer is the story of a teenage girl who fights back against the Nazi occupation of the Netherlands during WW2. It is inspired by the true story of Audrey Hepburn's childhood and features her mother, Ella van Heemstra, her brother, Ian, and the tragic story of her uncle Otto.

