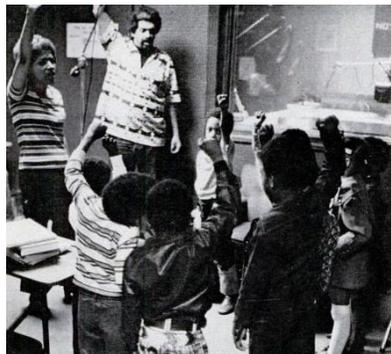


Bread UPRISING

Season 4, Week 6

Welcome to the winter bake **Dec 20, 2010** day of 2010! Happy Solstice, Christmas, Kwanzaa, and New Years to folks that celebrate these upcoming winter holidays. We put this zine in with the bread each week to let you know the ingredients in the bread, news about the bakery, and other interesting stories and articles. This week, we've got reportbacks from the last two weeks of bakery study sessions, where we learned about Durham history from Ray and talked about ground rules and how the practice of the bakery matches up with our values. For more back issues of the 'zine (and for more about the study sessions we've been doing), see breaduprising.wordpress.com

stories



kwame mcdonald leads a black power salute with young folks in the WAFR studio. there's another picture of a 'flip-cup' bread fundraising party for the study session was a listening session with Ray Urquhart. Brother Ray has been organizing in

ground rules from the 'class class'

- Step up, step back
- No interrupting (maybe)
- I statements: speak from your experience, work to understand the limits of your experience, take responsibility for your story
- Value each others experiences
- Be honest, dig deep
- Caring for each other
- Balance honoring your interests/needs and the interests/needs of the group
- Respect the work of the facilitators
- Stay present, stay engaged
- Feelings matter, they have meaning
- Openness to being uncomfortable
- Speak in a language that's comfortable for you

"people think that Durham ain't shit. like anywhere else, it ain't shit, but Durham's got history."

from

Durham forever, and he shared his deep knowledge of the history of black working-class organizing in Durham. Some things he shared with us:

brother

• an incredible network from the '50s through the '70s of radical community survival institutions, including a community cannery, the "Your Own Thing" theatre, and WAFR radio, a 24/7 community radio station broadcasting black power and revolution.

• the duplex on the corner of Shepherd St and Arnette (where Aya and Teli live now) was at one point a headquarters for communist organizers organizing millworkers of all races in the West End. folks living there had reading groups, a library, and raised rent money throwing fish fries and chitlin dinners. they also had a co-operative bookstore on Mangum St

- Respect, be kind, not nice
- Honor each other's humanity and our stories
- There's not one way to be in community together – we're learning how to be together. Flexibility.
- No yelling for some, yes yelling for others

some points from our discussion

- how do different spaces in the bakery (pick-ups, assemblies, meetings) engage people from different communities? why is it that pick-ups seem disproportionately white compared to the bakery membership? is that a problem?
- can we start baking bread that reflects the culture of everyone in the bakery membership, not just of the bakers?
- the bakery is doing an awesome job of being an engaging, inspirational project. people need and want that.
- what does a multi-racial community look like? do people of color in the bakery necessarily want

• even before the People's Intergalactic Food Conspiracy moved there, Chapel Hill St. was a corridor for community food institutions, with a fresh fish market and organic soul food restaurant run by the Nation of Islam

• advice for us: be bold! take risks! "people like boldness.. think of Louis Farrakhan, or Alexis Pauline-Gumbs". buy a

building! hold collective space, even if it only lasts a while.



the 'Your Own Thing' theatre in 1970, the day after it was destroyed by an ammonia nitrate bomb

or need that?

• how do we build a community which doesn't try to absorb, consume or replace all the existing communities which bakery members call home?

ingredients list

Granola (466g/portion)

Made by Manju with love!

Half-wheat sourdough sandwich (840g/loaf)

Water (36%), OG ww flour (30%), OG white flour (30%), veg oil (3%), NC Honey (1%), Salt

Whole-wheat sandwich bread (840g/loaf)

OG ww flour (57%), Water (35%), Vegetable oil (4%), NC Honey (2%), Fair-Trade Molasses, Salt, Yeast

White dinner rolls (580g/10 rolls)

Organic white bread flour (63%), Water (36%), NC Honey (3%), Vegetable oil (3%), Salt, Yeast

Artisan Oatmeal bread (760g/loaf)

OG whole wheat flour (43%), Water (34%), OG unbleached bread flour (12%), Oatmeal (9%),

NC Honey, Salt, Yeast

Carrot-Raisin Muffins (416g/half-dozen)

OG ww pastry flour (27%), Pecan milk (25%: NC pecans, water), OG carrots (17%), OG cornmeal (8%), Canola Oil (5%), NC Honey (5%), OG Raisins (5%), NC Pecans (3%), OG FT Sugar (3%), Apple cider vinegar, Vanilla, Salt, Baking Soda, Baking Powder, Cinnamon, Garam Masala, Cardamom

Christmas Bread (462g/loaf)

OG unbleached bread flour (37%), OG Coconut Milk (19%), Orange Juice (9%), OG Raisins (8%), NC Honey (6%), OG whole wheat bread flour (5%), Candied Citron (3%), Dried Cranberries (3%), Candied Lemon Peel (3%), Water (3%), Canola oil (2%), Candied Orange Peel, Yeast, Salt, Cinnamon, Cardamom. *Citron & Candied Peels contain corn syrup

Oatmeal-raisin pecan cookies made by Manju!

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