

Season 6, Week 6

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El sábado pasado, organizamos el primer taller de formación política de la panadería. Juntxs, escribimos definiciones de 'soberanía alimentaria', y coreografamos pequeñas bailes para profundizar nuestros pensamientos de como organizarnos hasta una comunidad de soberanía alimentaria. Vamos a seguir con talleres así en el futuro, entonces ojalá que todxs puedan participar!

This past Saturday, we had our first political education workshop in the bakery! We wrote definitions of food sovereignty, and used a movement exercise to tell stories about injustice and organizing around food, and to understand with our bodies what it means to organize for a community of food sovereignty. We're going to keep having workshops over the next years, so hopefully we'll see all y'all out there one day or another!



Danza Mexica Cuauhtemoc danzers from Los Angeles in front of the prison support the hunger strikers with ceremony. / Miembros de Danza Mexica Cuauhtemoc apoyan a los presos con baile ceremonial

abuses against all indeterminate SHU prisoners in the state of California. Effective July 1st we are initiating a peaceful protest by way of an indefinite hunger strike in which we will not eat until our core demands are met. This hunger strike will be carried on by all races, New Afrikans (Blacks), Mexicans (i.e. of all walks), whites and others who realize we are silently being murdered by CDCR/CCPOAA Union as well as the U.S. judicial system who have turned a blind eye while we suffer a civil death at the hands of profiteers.

Therefore we have decided to put our fate in our own hands .... No one wants to die. Yet under this current system of what amounts to intense torture, what choice do we have? If one is to die, it will be on our own terms. Power concedes nothing

## Miles de presos en huelga de hambre en California

Miles de presos de la prisión californiana de Pelican Bay en Crescent City mantienen una huelga de hambre, que dura una semana, para poner fin a la práctica del aislamiento.

Los prisioneros de ese centro penitenciario del oeste estadounidense consideran ese castigo como cruel e inusual que viola la Constitución del país. John Martínez, uno de los huelguistas, estuvo encerrado durante los últimos 10 años, y casi las 24 horas del día, en una celda pequeña, sin ventanas, con luz eléctrica encendida todo el tiempo y sin tener acceso a hablar ni convivir con nadie. "Estoy cumpliendo un aislamiento perpetuo, no porque haya tenido un comportamiento violento o negativo, sino por mi origen étnico y asociación con prisioneros de la misma raza", indicó Martínez en un comunicado revelado por su madre Dolores Canales.

Decenas de internos se quitan la vida cada año en las prisiones estatales de California. El 70% de ellos estaban confinados sin acceso a hablar con ninguna persona.

La información con Fernando Velázquez, del colectivo Pueblos Sin Fronteras, de Radio Pacífica, en Los Ángeles, Estados Unidos.

without demand.

*The CA strike is one of several organized acts of prisoner resistance this year against the racist brutality of the US prison system, including previous strikes in Georgia and Ohio. To find out more about what's going on in CA, visit [prisonerhungerstrikesolidarity.wordpress.com](http://prisonerhungerstrikesolidarity.wordpress.com)*

## Nuevas bolsas para la panadería!

En lugar de bolsas de plástico, a un miembro le ocurrió la idea de usar bolsas de tela reutilizable para las entregas del pan. Cada miembro tendría un juego de dos bolsas. Cada semana, entregariamos el pan en una bolsa, y los miembros dejarían su bolsa ya utilizada en la puerta para que la recogieramos.

Vamos a hacer las bolsas de tela que vamos a adquirir del Scrap Exchange o de donaciones. AJ hizo el 'prototipo' de tela que donó una amiga, Alba Onofrio.

Si a ud. le gusta ayudar con este proyecto, o a ud. le gusta cocer, hablar con AJ por correo electrónico a [aj.vrieze@gmail.com](mailto:aj.vrieze@gmail.com). El diseño es bastante fácil cocer, entonces no tengan miedo de ayudar!

Instead of continuing to use plastic bags for delivery, one of our subscribers (AJ) has come up with a plan to make reusable, fabric delivery

## Why Prisoners are Protesting

California Pelican Bay State Prison Security Housing Units Peaceful Protest Hunger Strike Starting July 1, 2011. By James Crawford, Mutop DuGuya (a/k/a Bow Low)



It is important for readers to understand the cruelty of the policy sanctioned by the state that allows the CDCR to place men/women under an indeterminate SHU program only on the word of a prison informer—where there is no offense, no

bags! The thought is to have 2 matching bags for each subscriber, so that they can be swapped out each week. here's how we see it working - bread is delivered to you in a bag one week, then the next week you leave the empty bag on your front porch so that it can be exchanged for a bag full of delicious Bread Uprising goodies!

The bags will be made from material that has been acquired through donation, the Scrap Exchange, or repurposed items. Currently, one set has been made from old pillow cases and other sets are being made from material donated (unknowingly) by Alba Onofrio. If you find this venture fascinating, have a sewing affinity, and/or would like to help with the bag-making process, please get in touch with AJ at [aj.vrieze@gmail.com](mailto:aj.vrieze@gmail.com). The design of the bags is simple enough for beginners so don't be afraid to jump in!

## What we baked! / El pan de la semana

### Half Wheat / Pan Medio-Integral de Levadura Natural (840g)

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

### Whole Wheat / Pan Integral (840g)

Harina Integral Orgánica (57%), Agua (35%),

violence, nor any gang or criminal activity.

...Since 1990 prisoners have been making complaints against abuses by prison guards. Some of these abuses against PBSP-SHU prisoners were addressed in the Madrid case, where the court agreed that guards were responsible for a number of areas of prisoner mistreatment. ... The Madrid ruling was a failure. Prison guards either ignore the court order altogether or implement token rules they do not follow. Nothing the court did persuaded the guard staff or prison administration to change their abusive behavior. This place is a plantation or a prison colony and we prisoners are the slaves (a status legitimized by the 13th amendment to the U.S. constitution). The guards are free to do with us as they please. They have complete control of our medical care, mail, visits, property, supplies, law library access, laundry, yard, isolation, the lights in our cell, family, friends, lock downs, etc. This is an environment in which the prison guards can torture prisoners both physically and psychologically over extended periods of time.

It is this ever increasing attack that has forced us prisoners to put aside our historical differences in order to address the protracted attack on our lives and to expose the criminal activities and

Aceite Vegetal (4%), Miel de Carolina del Norte (2%), Melaza, Sal, Levadura

### Pear Ginger Muffins / Muffins de Pera y Jengibre (475g/6)

OG whole-wheat pastry flour (27%), pears from Monica's yard (27%), NC pecan milk (21%), NC honey (10%), OG cornmeal (8%), Vegetable oil (4%), Apple cider vinegar (2%), Candied ginger, baking soda, salt, baking powder, powdered ginger

### Tomato Basil Artisan Bread/ Pan Artesanal con Tomates y Albahaca (770g)

Organic unbleached 14% bread flour (26%), Tomato puree from tomatoes from Kifu and Melanie (24%), Organic whole wheat bread flour (19%), Organic unbleached bread flour (18%), Water (11%), Fresh basil from Serena & Emily's garden, Organic olive oil (2%), Salt

### Preppizz/Pizza crusts (328g/prepizza)

Agua (36%), Harina Integral Orgánica (29%), Harina Orgánica (29%), Aceite de oliva (3%), Sal, Levadura

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