

Season 10, Week 12 Nov 26, 2012 - 4:41pm  
Hey y'all, here is a zine!



## Community Events

### Catch the Fire: An Evening of Conscious Words and Song

Tues 11/27, 7-9pm at the Hayti Heritage Center - 804 Old Fayetteville Rd, Durham

Part of the One Million Strong exhibit. Part-show, part-community talk-back, & part social commentary.

### History of Durham Trivia/Benefit

Fri 12/7, 5-8pm at 9th Street Bakery in Durham  
10% of all 9th St. Bakery proceeds throughout the day will go to benefit the Durham Solidarity Center.

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## Bread Uprising Happenings

### Things we did over the past week:

- Baked about 30 pies and 20 orders of rolls for our Thanksgiving bake day!
- Hired the new Baker Apprentice, Mya Hunter. Mya comes to us from years of working with SpiritHouse, and studied at the Morrisville Chef's Academy. We are so excited to work with her!

### Things to come:

Bread Uprising is about to begin a listening campaign! A listening campaign is a way of hearing from y'all where you would like to see the bakery go. This is a big time of transition for Bread Uprising, so over the next several months, we'll be finding ways to talk with everyone about how you see the bakery, and your visions for the future. Currently we are forming a listening campaign team which will clarify the goals, come up with questions and process for the campaign, and have the conversations. If you are interested in being on this planning team, talk to Noah (919-619-9935)! We hope to have an initial meeting in the first half of December.

This Saturday we'll be vending at Durham's Holiday Fun Fest. Stop by Durham Central Park from 1-5pm to visit!  
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## Are GMOs Behind the Rise in Gluten Intolerance?

by Culley Holderfield

As we enjoy holiday feasts with friends and family, it's worth noting that the foods we love best—and our basic health—are under increasing threat from the corporations pushing Genetically Modified Organisms (GMOs) into our food supply. Gluten intolerance and digestive conditions such as Celiac Disease, Crohn's Disease, and irritable bowel syndrome have been on a steady rise in the U.S. alongside the proliferation of GMOs in the American diet. Author Jeffrey Smith in his documentary \*Genetic Roulette: The Gamble of Our Lives\* asserts that there is a connection, and recent research seems to back him up.

One way scientists have attempted to "improve" crops is by introducing toxins, such as Bt, into the genetic makeup of crops so that the stomachs of insects explode when they eat them. It turns out that the toxin also affects mammalian stomachs, too. Exposure to the toxin creates tears in our digestive tracts, making it more difficult for us to digest gluten.

In addition to toxins, GMOs also include proteins with potentially harmful side effects. Researchers at the Walter and Eliza Hall Institute of Medical Research in Australia have studied grains patented by Monsanto.

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In addition to toxins, GMOs also include proteins with potentially harmful side effects. Researchers at the Walter and Eliza Hall Institute of Medical Research in Australia have studied grains patented by Monsanto.

Their research discovered three proteins that act as metabolic disrupters. Essentially, the body sees the proteins as invaders, triggering an immune reaction that results in inflammation and dysfunction. This is a very similar reaction to that caused by Celiac Disease.

It would seem that the best course of action would be to avoid GMOs altogether. Easier said than done. There is currently no requirement to label GMO food so that we can make informed choices about what we buy and consume. In fact, a huge opportunity to require such labeling was defeated in California during the recent elections. Proposition 37, on the ballot earlier this month, would have required GMOs to be labeled as such, preventing them from being marketed as "natural" or "organic." The biotech industry—led by Monsanto, Dupont, Pepsico, Dow, and Bayer—spent \$46 million in their misinformation campaign, grossly outspending supporters of the Proposition who had raised \$9 million.

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# What We Baked!

## El Pan de la Semana

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

OG Whole wheat bread flour (55%), Water (36%), Canola Oil (3%), NC Honey (3%), OG fair-trade molasses (1%), Salt, Yeast.

### Tomato Basil Bread (746g)

Organic 14% white bread flour (34%), NC tomato puree (23%), Organic whole-wheat bread flour (18%), Water (16%), Organic white bread flour (8%), Olive oil, dry basil, salt.

### Fig Ginger Muffins (540g/6)

Organic whole-wheat pastry flour (33%), Frozen figs from The Stone House (20%), Organic dried figs (10%), Canola oil (12%), NC honey (12%), NC pecan milk (6%), Organic crystallized ginger (2%), Baking powder, OG apple cider vinegar, baking soda, salt, organic powdered ginger.

### Granola (about 430g or 4c/bag)

Organic Oats (60%), NC Honey (11%),

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Canola Oil (9%), OG Sunflower Seeds (7%), OG Pumpkin Seeds (5%), NC Pecans (5%), OG Fair-Trade Molasses (3%), Raisins, Salt, Cinnamon, Cardamom

## Reflections from the Walmart Protest

excerpts from a piece by Elise Thorburn

It would be inappropriate to call this a strike, as no workers walked out today. Rather, a crowd of mostly well-intentioned but oftentimes really politically odd folks showed up to....well, i'm not totally clear they knew what they were showing up to do, really. Organised by Jobs With Justice, who have been coordinating with the OUR Walmart organisers, the event was mostly a solidarity picket of a non-striking workplace I guess. There was a surprisingly small number of shoppers - I had expected lines out the door but it was more like a regular week day, maybe weekend, at the strip mall, and maybe 30 demonstrators [zine note: media listed numbers as over 100 people]. The Jobs With Justice organisers... said that some wal mart workers had contacted the OUR Walmart campaign and that the JWJ folks had been in touch with workers that way, but no one had agreed to strike today. it is a scary thing to walk off the job at a workplace that is openly hostile

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to labour organising and without union protections, especially in the state with the lowest unionisation rate in the country (2%), and suffering from the effects of an extremely long recession (can we just call it a depression already!?!). ...

We stood there for a bit and then someone started shouting "Boycott WalMart!" and everyone joined in and everyone was shouting at cars passing by "Boycott Walmart! Boycott Walmart!" "Have the workers called for a boycott?" I asked the fevered folks around me. "What?" they said. "If the workers haven't called for a



Bakery member Natalia Caballero Baron holds a homemade sign during the rally. Photo by Jillian Johnson.

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boycott we shouldn't be calling for one on their behalf." I said. Then a Jobs with Justice guy appeared and said "STOP! NO BOYCOTT! BOYCOTT IS NOT A WORKERS' DEMAND"

I don't know what to think about today. On the one hand, I am a bit disappointed that the workers didn't walk out and that some of the chants were creepy/confusing/confused. On the other hand I think the striking of unorganised, precarious, retail workers is amazing, and the new models attempted by OUR WalMart and WalMart workers is rad and inspiring. I feel like this organising drive is making productive use of the internet, and going beyond its limitations, creating viable networks out of geographically disparate and isolated workers while not ignoring the importance of trust built between face to face interactions. ... While I am happy that so many people care enough to come to a WalMart demo on their day off, I wish well-meaning liberals could learn to take the lead from the poor, mostly of colour retail workforce that is leading this charge, instead of inventing things themselves. ... This whole event has also got me thinking more about the constant question of organisation and leaderlessness; spontaneity and structure, and what the appropriate dialectical relationship between the two is.

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