

## Season 10, Week 5 October 8th, 2012 - 5:01pm

Join us for a CELEBRATION!

This Wednesday, 10/10, from 6-9pm  
at Tres Rios Community School  
1507 Fayetteville St. in Durham  
for more info, read on!

Today has been a busy day in the kitchen. The rainy, cold day made it nice to be where there were bread and muffins bking. We baked 21 whole



Panadería 'Bread Uprising' Bakery  
breaduprising@resist.ca www.breaduprising.org  
816 Yancey St. Durham NC 27701

wheat loaves, 21 olive rosemary artisan loaves, 4 1/2 whole wheat 1/2 sourdough loaves and about 6 dozen muffins! We also had our first volunteer come in today. Joyce read an article about Bread Uprising in the Herald-Sun and contacted us about volunteering. We have had several folks contact us because of the articles that were written during our Indiegogo campaign. It's been interesting trying to negotiate how we handle folks wanting to volunteer. It feels different than when members contribute their time. For now along with so many other things we're just seeing how it works out and if it's something we feel good about.

Also our Indiegogo celebration is this Wednesday at Tres Rios school. From 6-9pm, we're celebrating that we were able to raise more than \$10,000. Bring a topping for pizza, drinks or a side dish to share. We're going to be making thank you cards to send to all the people who contributed to the Indiegogo campaign. Hope to see you all Wednesday and enjoy the bread! -Javiera

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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.

#### Half Wheat Sourdough Sandwich Bread (840g)

Water (38%), Organic ww bread flour (30%), Organic 14% white bread flour (16%), Organic white bread flour (15%), Canola oil, salt.

#### Olive Bread (746g)

OG white bread flour (39%), (Water (35%), OG ww bread flour (16%), Olives (5%), Olive oil (2%), Rosemary from Nadeen Bir's garden, OG garlic powder, salt.

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

Organic whole-wheat pastry flour (27%), NC Pear Puree made with pears from Lauren (17%), Canola oil (12%), NC honey (12%), Organic yellow cornmeal (6%), NC pecan

milk (6%), Crystalized ginger (4%), OG apple cider vinegar, Powdered ginger, Baking powder, baking soda, salt.

#### Gluten Free Bread (715g)

Water (41%), OG brown rice flour (15%), OG millet flour (11%), OG potato starch (10%), Cornstarch (9%), OG tapioca flour (7%), NC honey (4%), Salt, canola oil, yeast, guar gum.



Rainbow cupcakes that we baked for NC Pride the last weekend in September

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## Goodbye to the “Govenor”

by Javiera

We have a new oven! Last week the oven we call “The Govenor” baked it’s last round of bread. It had been baking unevenly for awhile and last Monday the gas would not catch to heat up the oven. After some info gathering (thanks Blair!) it was decided that it was probably thermocoupler which is pricey. So the hunt to find a new oven began. We debated going ahead and purchasing a gas stack oven which is what you often see in commercial bakeries. Between the price and the lack of good venting to run it we decided that finding another residential oven was our best option. After a lot of phone calling and running around we finally found an oven at the Habitat re-store in Raleigh. It’s shiny and so new looking! And it only cost \$75! Retrieving it today in the rain was quite the adventure but am looking forward to all the deliciousness that it will bake in the future.

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### “The Real History of the Americas” Day

by Noah

Today is the US Federal holiday known as Columbus Day. We are not observing this as a holiday at the bakery, but wanted to pass along some information about its history.

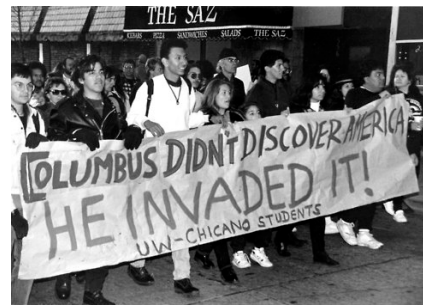
Columbus Day commemorates the arrival of Christopher Columbus to the Americas in 1492. It was created as a US federal holiday in the 1930s, because of lobbying from an organization called the Knights of Columbus. However, many Indigenous communities have long explained the devastation that Columbus and the colonization that followed his arrival (and continues to this day) has caused to indigenous peoples across the Americas.

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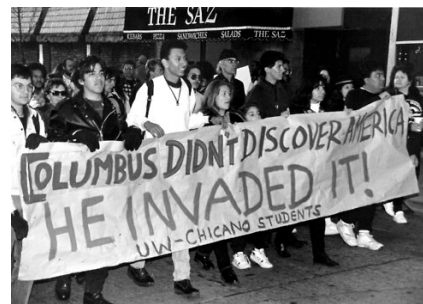
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Chicano students commemorating the anniversary of Columbus' arrival, in 1992

Americans by the Spanish colonists. Writing just 49 years after Columbus landed, he describes the landing in a piece called “Brief Account of the Devastation of the Indies”:

“...into this land... there came some Spaniards who immediately behaved like ravening wild beasts, wolves, tigers, or lions that had been starved for many days. And Spaniards have behaved in no other way during the past forty years, down to the present time, for they are still acting like ravening beasts, killing, terrorizing, afflicting, torturing, and destroying the native peoples, doing all this with



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the strangest and most varied new methods of cruelty, never seen or heard of before, and to such a degree that this Island of Hispaniola once so populous (having a population that I estimated to be more than three million), has now a population of barely two hundred persons.” (From [www.historyisaweapon.com](http://www.historyisaweapon.com), which has a variety of primary source documents.)

As we think about the struggles of indigenous people in the US and the Americas, we can also connect this to indigeous people around the world. Dennis Banks, a long-time Native American activist and co-founder of the American Indian Movement, spoke on the radio program Democracy Now earlier this week. He spoke about Palestine, and explained, “It is the same pattern. What is happening to [Palestinians] is what we went through during the last century. It is, unfortunately, the same people [backing it]: it is the U.S. government which funnels money to Israel, and then it goes to hurt the Palestinian people.” ([www.democracynow.org](http://www.democracynow.org))

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