

SEASON 12. WEEK 13 AUGUST 19 2013 — 1:45 PM

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Bakery updates & community events:

- **Next week is the last week of this season!** We will have a two-week break followed by the start of Season 13 on September 16th!
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you'd like to make to your order!

- This Friday, August 23 at the Pinhook (117 W Main Street, Durham): **Queer it In, Queer it Out: A community variety show and dance party.** With MCs JJ Gelato and Tate Diggs from the CuntryKings, and DJ No Hetero. \$5 but no one turned away. Doors at 9pm/show at 10pm.
- Next Tuesday, August 27th at 6 PM is another **Games to Grow Cooperation.** All are welcome to join an inter-generational play group exploring liberation through games inspired by Theatre of the Oppressed. Contact Manju at manju.rajendran@gmail.com for location details.
- Next Wednesday, August 28th is the

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50th anniversary of the March on Washington. The NC NAACP is organizing simultaneous rallies at 5:30 PM in each of NC's congressional districts. **Taking the Dream Home to Raleigh!** Because of the crazy redistricting pushed through by Republicans last year, bakery members in parts of Durham who are represented by GK Butterfield would head to head to Elizabeth City to the Museum of the Albemarle Front Lawn (501 S. Water St. Elizabeth City, NC). Other folks who are represented by David Price might head to the Peace & Justice Plaza in Chapel Hill, and folks who are represented by George Holding (the only Republican of those 3) are at the

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Wake County Courthouse (316 Fayetteville St, Raleigh). If this is as confusing to you as it was to me, try the Facebook event page: <http://www.facebook.com/events/520279714711962/>

- To plan ahead for – September 20-22 in Greensboro, NC is a gathering of folks working on creating solidarity economies in the state, called **ReWeaving NC**. ReWeaving NC is offered as a time and place where young North Carolinians can come together to build relationships, learn from one another, and mobilize to build economic pathways that meet our individual and collective needs in a just, sustainable way. More info at: <http://www.facebook.com/events/580667968650867/>

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SNAP benefits to decrease in November

Federal SNAP food assistance benefits will decrease in November 2013. In 2009, Congress approved a temporary increase in SNAP benefits, mainly as an economic stimulus measure. That increase expires in November and Congress has not taken any steps to renew it.

As a result of the cuts, 1.7 million North Carolinians (17% of NC residents benefit from SNAP assistance) will see their benefits decrease, with the new *maximum* as \$1.40 per meal per person. Maximum monthly benefits for a family of 4 will decrease by \$36, for a single-member household they'll decrease by \$11.

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assistance because lawmakers agree that every person has a right to food. Rather they see programs like SNAP either as quick economic stimulus programs (more money to SNAP means more money to grocery stores, and ultimately to large food conglomerates), or as subsidy programs to farmers (by buying crops from farmers and then making those available through, for example, the School Lunch Program, the USDA can help decrease supply and thus increase the price of things like grain and milk).

See <http://pulse.me/s/p6LyU> for more numbers related to food insecurity in NC. Thanks to **Anthony Maglione** for suggesting the story!

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WHAT WE BAKED!

Whole Wheat/ Pan Integral (840g)

OG Whole wheat bread flour (55%), Water (36%), Non-GMO canola Oil (3%), NC Honey (3%), NC sorghum (1%), Salt, Yeast.

Carrot-Dill Bread

Water (35%), OG unbleached white flour (33%), OG whole wheat bread flour (16%), OG carrots (10%), OG cornmeal (3%), Olive oil (2%), Dill seed, Salt, Dill weed, Dried Basil

Lemon-Poppyseed Muffins

Non-GMO canola oil (21%), OG sugar (20%), OG whole-wheat pastry flour (19%), Pecan milk (16%), OG white pastry flour (10%), Water (9%), OG poppyseeds (5%), Golden flaxmeal (4%), Salt, Baking Soda, OG lemon zest, Lemon extract

GF Sandwich Bread

Water, Brown rice flour, Millet flour, Potato starch, Cornstarch (non-GMO), Chickpea flour, Tapioca flour, Orange county honey, Sea salt, Canola oil, Yeast.



Cake we made on Friday for the SAF end-of-summer celebration

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