

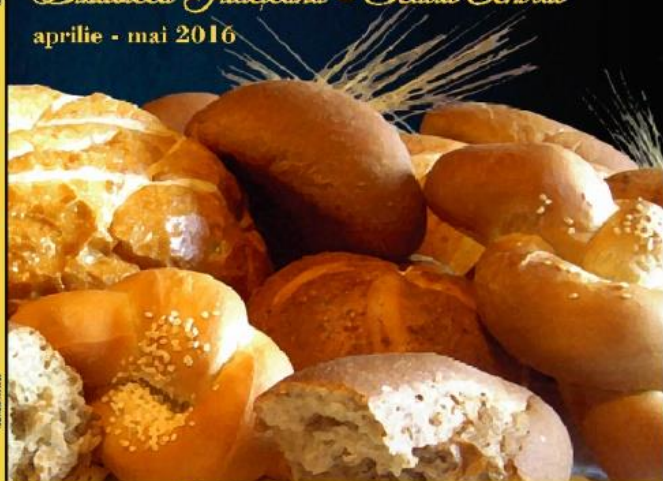


## Braşov

- Bread is the staff of life (Our daily bread)

# Pâinea noastră cea de toate zilele

*Biblioteca Judeţeană - Sediul Central*  
aprilie - mai 2016



## Our team today

### Soroptimist members:

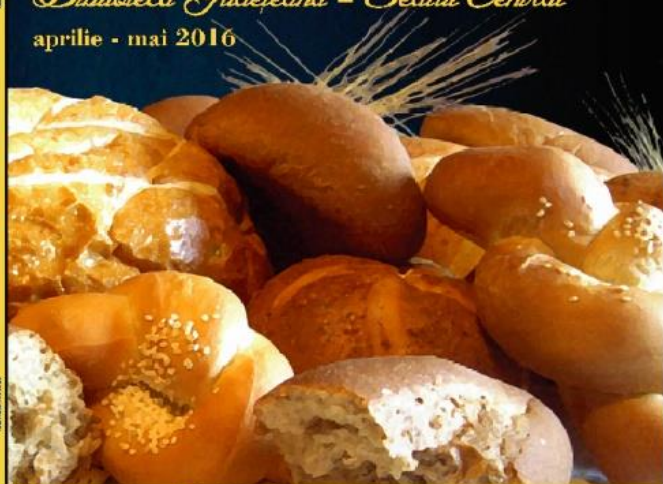
- Ana Covaci
- Elena Racheru
- Mariana Ghiso
- Laura Asanache

### Mr. Daniel Nazare -

- *Public Library "George Baritiu" Brasov*

**Pâinea noastră  
cea de toate zilele**

*Biblioteca Județeană - Secțiul Central*  
aprilie - mai 2016



**Sponsor:**

**Partner:**

UNIVERSITY OF TORONTO  
GEORGE EASTON  
BRADY

ASSOCIATION OF  
JAPANESEASPECTORATUL ÎNCEPĂ  
SĂ ÎNCEPĂ

SCITEA - A DINAMICĂ A ÎNFR  
ROȘA SCITEI



ȘCOALA GIMNAZIALĂ  
HÂRMAN - BIAȘOI



MUSEJ ETNOGRAFIČNI  
"STARI HARMANCI"  
URBAN - DRAGON

# Our Daily Bread

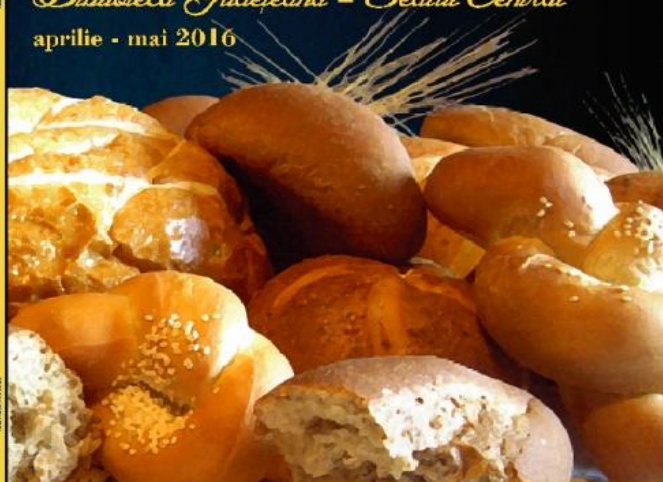
## Regional economic empowerment campaign for students in the rural area and urban center – Brasov County.

**European Project Tastes of Danube Bread, Wine and Herbs – DANUBE NETWORKERS, Ulm Germany.**



# Pâinea noastră cea de toate zilele

*Biblioteca Judeţeană - Sediul Central*  
aprilie - mai 2016



Sponsor:



Parteneri:



BIBLIOTECA JUDEȚEANĂ  
BRAȘOV



ASOCIAȚIA NAȚIONALĂ  
A ROMÂNILOR DIN GERMANIA



ȘCOALA GIMNAZIALĂ  
BRAȘOV



ASOCIAȚIA NAȚIONALĂ  
A ROMÂNILOR DIN GERMANIA



ȘCOALA GIMNAZIALĂ  
BRAȘOV



MUZEUL ETNOGRAFIC  
NAȚIONAL BRAȘOV

# Our Daily Bread

Title	Number	State	Actions
A warm meal for everyone	SIE-07205	Validated	
<b>Bread is the staff of life ( Our daily bread)</b>	<b>SIE-08083</b>	Validated	
THE SOCIAL AND EDUCATION CAMPAIGN - "HANDS AND MINDS FOR COMMUNITY"	SIE-07234	Validated	
THE SOCIAL AND EDUCATION CAMPAIGN - „HANDS AND MINDS FOR COMMUNITY"	SIE-07233	Archive	
Warmth for children's house	SIE-07727	Validated	





## Braşov

- Bread is the staff of life (Our daily bread)

Our daily bread

**The beginning...**

# Our daily bread

## The letter from Carmen Stadelhofer November 2015

Carmen Stadelhofer

### **New European project „Tastes of Danube. Bread, Wine, Herbs“: Participants wanted!**

As a follow-up project of "The Wanted Danube" which has just been awarded with two European prizes the "Danube-Networkers" organization in Ulm starts a new project along with their partners in September 2015. "Tastes of Danube: Bread, Wine, Herbs" is the name of the project which welcomes civil society organizations, schools, single persons and groups in Germany and all other Danube countries as active participants. From now on, every interested group, institution or person is invited to present their ideas for project activities.

#### **Bread, wine, and herbs**

Transnational activities will be designed and carried out circling around bread, wine, and herbs as traditional groceries and luxury foods which are equally common in all countries along the Danube river. The different activities will offer a chance to not only get knowledge about the use and meaning of these foods nowadays but to research about their social and cultural history throughout the countries. Memories and experiences from individual and professional life will fill the subject with life, along with teamed creative planning and baking or, for example, discussing possibilities of food sharing.

#### **More than just food**

For example, what is the meaning of the old ritual of giving bread and salt as presents to welcome a family in their new house? Is this or a similar ritual also common in the other countries? For bread, wine, and herbs are more than food: They are tokens of cultural community or separation, witnesses of both the present way of life and history, spark festivities, trigger experiences and memories and are important objects in stories. They symbolize love and care but they sometimes are also the tools of power and violence, especially when people are short on bread in times of war or because of food speculation in global capitalism.

#### **A project for people of all generations, ethnic groups, social and educational backgrounds**

Like the foregoing project, this Danube project wants to motivate people of all generations, ethnic groups, social and educational backgrounds to take part. The focus is not only to enhance mutual knowledge and to find out more about traditions and values common to all countries. The focus is also to exchange experience and to meet – in real life as on the internet by pictures, skype, and videos. The participants get the chance to become acquainted to each other within a country or across the borders. Additionally, they get the possibility to create something as a team – an experience that fills the idea of an European identity with life.

The project is designed to be an inclusive one. Everyone is welcomed from the heart and finds a place in it to match. People with a handicap or without English language knowledge are explicitly invited to take part, for example with creative or hand-crafting activities.

### **Shared activities and the Danube Festival 2016**

The project is related to process and products. It is kept alive by the participants. The „Danube-Networkers for Europe (DANET)“ e.V. is looking for ideas and suggestions to their realization.

A first highlight of the project will be the International Danube Festival Ulm/Neu-Ulm 2016. The project will offer lots of possibilities for every participant to become active in his or her hometown or area. All activities will be shared in an online network and presented to other participants so that an exchange of opinions will be made possible. Similar as „The Wanted Danube“, the festival will be a perfect frame for the participants to meet and also for presentations, discussions, and talks.

#### **Researching, storytelling, filming, gardening: Do what you want to do**

„Tastes of Danube“ is a project focusing on team activity and action learning. Everyone who likes to explore and research, to discuss, to talk with experts or to lecture will find opportunities.

The project's website invites all participants to exchange their opinions and provides a platform to distribute materials and coaching scripts which support the activities. Everyone can contribute to the project documentation in his own language, via photo and video picture. Central texts will be translated into English.

There are also creative possibilities of taking part, for example baking bread in a team, creating and exchanging recipes, collecting and preparing herbs, and much more. As many activities as possible should be documented in photos and videos so that everyone along the Danube can follow the others' activities for there is no language common to all the participants except the language of pictures.

#### **Looking for ideas and participants**

The project is in its preparation stage now. The topic "Bread, Wine, and Herbs" will be parted into subgroups. Up to the Danube Festival 2016, the teamed activities will focus on the subtopic "bread". But the other two topics won't get less attention because the Danube Festival is not the end of the project.

To include people of all generations, ethnic groups, social and educational backgrounds, the "Danube-Networkers" invite especially schools of all types and institutions of education, culture, social and environmental issues to be their project partners. Interested groups of seniors, civil society organizations and local groups all along the Danube are very welcome, too. There are no limits for own ideas and suggestions!

#### **Many active people can form a symbol for a friendship-based Danube Region**

The project can only be realized with as many participants as possible. Altogether they can form a visible symbol for their interest in a peaceful Danube Region within a „House of Europe“ which is created by teamwork and experienced as common identity. In "Tastes of Danube" bread does not mean bread alone. It also represents sharing, friendship and the responsibility for a peaceful future for everyone.

For more information please contact: Carmen Stadelhofer, ILEU e.V., [Carmen.stadelhofer@uni-ulm.de](mailto:Carmen.stadelhofer@uni-ulm.de)



## Our meeting where we decided to start the project «Our daily bread...»: December 2015

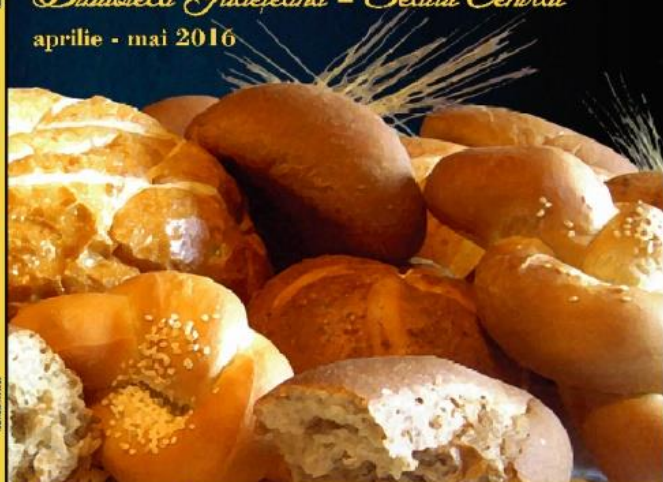


It was the proposal of our friendship link since 2005 SI Club ULM – Donaustadt as a part in the European project „**Tastes of Danube. Bread, Wine Herbs**”, initiated by „Danube – Networkers”.



# Pâinea noastră cea de toate zilele

*Biblioteca Judeţeană - Sediul Central*  
aprilie - mai 2016



Sponsor:



Parteneri:



BIBLIOTECA JUDEȚEANĂ  
BRAȘOV



ASOCIAȚIA MUSHASINO  
JAPONIA



ASOCIAȚIA CULTURALĂ ȘI  
SPORTIVĂ A ROMÂNILOR  
DIN BRAȘOV



ȘCOALA GIMNAZIALĂ  
HARMAN - BRAȘOV



MUZEUL ETNOGRAFIC  
HARMAN - BRAȘOV



MUZEUL NAȚIONAL  
AL PÂINII

## Our daily bread...

### Partners:

SI Club Ulm Donaustadt – Germany

The Brasov County School Inspectorate

Harman Middle School – Brasov County

Remus Radulet Tehnical College Brasov

The Public Library Brasov "George Baritiu"

Ethnographic Museum Harman – Brasov County

The Mushasino-Japanese Association in Brasov

SI Club Ruse – Bulgaria.





## Our daily bread – 5 visits “Different Week”



1

**Visits** to VEL PITAR local producer of bread and other bakery products – April 19, 2016



## Our daily bread



Visits to VEL PITAR local producer of bread and other bakery products – April 19, 2016

## Our daily bread - 6 weeks



2

**Exhibition** about bread organized in the Public Library of Brasov it was attended by over 400 students and their teachers, 40 librarians, and other people



# Our daily bread



*He who shares my bread and salt is  
not my enemy.*

(bedouin proverb)

*"If the people have no bread, let them eat  
cake"*

(Marie Antoinette)

*In the sweat of thy brow shall you eat  
your bread.*

(Bible)

*Take not from the mouth of labor the  
bread it as earned.*

(Thomas Jefferson)

*Hope is the poor man's bread.*

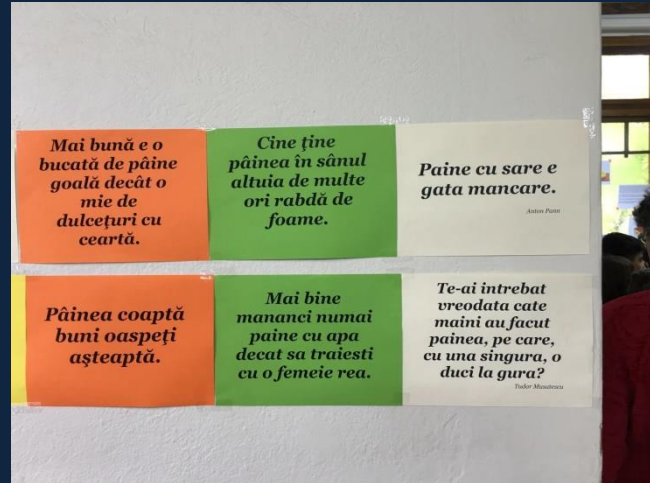
(Thales of Miletus)



Flyer for the exhibition visitors with Romanian and English proverbs

# Our daily bread

## Proverbs in exhibition about bread in English and Romanian languages



# Pâinea noastră cea de toate zilele – Our daily bread

Old posters exhibition about bread  
(The Public Library Brasov –archive)





# Our daily bread

Expo books , old and new about bread from Public Library Brasov - archives



# Our daily bread

**EXPO** – a different perspective on bread from the other side of the world from the Japanese culture with the help of the Musashino-Japanese Association in Brasov



# Our daily bread

EXPO - posters about bread



# Our daily bread

**EXPO** – objects and drawings of the students participants in the project





# Our daily bread

## EXPO – QUIZ





# Our daily bread

## EXPO – treasure hunt



# Our daily bread

## EXPO – treasure hunt



Treasure hunt using some books on the library shelves to find missing parts of bread idioms





## Our daily bread



Information about our project was disseminated through posters exhibited in schools, banners displayed in the exhibition, flyers distributed to the visitors, a press conference, and there was also a book of impressions – where visitors wrote down their opinions.



# Our daily bread

## Old tools for making bread, Romanian proverbs & old posters





# Our daily bread

EXPO – Stand **VEL PITAR** – sponsor



Bread and bakery  
products **VEL PITAR**



## Our daily bread



**EXPO – Workshops** : workshops for learning how to make bread with 76 attending students, Workshop by **VEL PITAR**





# Our daily bread

## EXPO – Workshops



## Our daily bread





# Our daily bread



# Our daily bread

After Workshops





# Our daily bread

After Workshops



## Our daily bread



EXPO – group partners and sponsor



# Our daily bread



## Our daily bread



At the end of the day (April 22)

## Our daily bread

The S.I. Club Ruse sent us a natural sourdough with rye flour (received from ULM Donaustadt - the sourdough is created without yeast, only by natural fermentation of rye flour with water) and we also exchanged bread recipes

Each club made bread (different recipes) and we ate it together at a dinner organized in Brasov between 29 -31 May 2016





# Our daily bread

**Bertram Wegemer**

## Natural sourdough with rye flour

In this recipe of natural sourdough with rye flour, the sour dough is created without yeast, only by the natural fermentation of rye flour with water. This procedure drags on over several days, but it is not a big workload, everything can be done alongside.

### Ingredients: for 600 g sourdough

300 gr. of rye flour Roggenmehl Type 1150  
300 ml of hand-warm water

### Making of:

For the preparation of the first day:

Mix 75 gr. of rye flour and 75 ml of hand-warm water in a baking bowl and process it to a small amount of a thickish dough.

Cover the bowl with a damp kitchen towel or foil and leave it for 48 hours in the kitchen, with a room temperature of approx. 20 °C. With warmer temperatures in summer, usually 24 hours are sufficient.

Dump the kitchen towel from time to time, in order to prevent the dough from drying out.

After 24- 48 hours:

Mix 75 ml of hand-warm water with the prepared sourdough in the bowl, add 75 gr. of rye flour and stir it in. ("feed on")

Cover it with a damp kitchen towel and leave it in the kitchen for another 24 hours.

After another 24 hours:

Add 150 ml hand-warm water and 150 ml rye flour to the sourdough and cover it one last time with a damp kitchen towel.

The leaven starts to grow pretty much in the height in the beginning, but sags back after a time in order to ferment. Leave the rye sourdough rest for the last 24 hours.

Now 600 gr. of natural sourdough are created and can be used when ever sourdough is required in a recipe.

### Dividing and multiplying sourdough

Remove approx. 100 gr. of the finished sourdough and transfer it to a clean rinsed jam jar with lid and store it in the fridge until the next bread baking process (it remains fresh for several weeks). Make sure that you do not screw the lid of the glass strong, only lay it on the glass.

In order to bake a bread by using the retained sourdough from the glass, pour the sourdough out of the glass into a baking dish, one day before baking.

Stir it with 125 ml (15 tablespoons) hand-warm water until it gets a smooth mass.

Add 150 gr. of rye flour, and in addition if needed once again a bit of hand-warm water. Stir until a porridge-like mass of sourdough is formed.

Cover the sourdough with a damp kitchen towel and leave it in the kitchen until the next day.

In turn take approximately 100 gr. of sourdough and fill it into a jam jar and store it in the fridge for the next bread baking process (with loosely attached lid).

Knead the remaining sourdough into a bread dough, according to the chosen recipe.



Leaven after his first rise



Feeding the leaven after his first and

second day



Leaven after the last feeding and rising on the third day

Bertram Wegemer natural sourdough with rye flour

## Our daily bread



Traditional welcoming in Brasov, of our partners of SI Ruse' Members – Bulgaria



## Our daily bread



**Our bread:** SI Club Brasov-Romania  
& SI Club Ruse -Bulgaria



## Our daily bread



The end of the common project  
„Music – one language for ALL nations” we  
enjoyed with glass of wine and our bread

# Our daily bread





# Our daily bread



**At Technical College REMUS RADULET – Elmentary School No 31  
Brasov: award ceremony: almost 200 DIPLOMAS 23 iunie 2016.**



# Our daily bread



**The 4th grade teacher prof. Gicuta Farcas**



# Our daily bread



Photo group 6th and 7th grade

# Our daily bread

## Impact:

Participating students learned about bread making traditions in Romania and Japan. The interactive approach (games, quizzes, treasure hunts, etc.) helped them to memorize the facts about bread making and some of them may choose this profession in the future.

The librarians appreciated the interactive style of the exhibition and decided to multiply its effect by organizing similar exhibitions in their respective counties.

The general public enjoyed the exhibition and through the press and media coverage we made advocacy about the ideas of **SOROPTIMIST INTERNATIONAL**





**THANK YOU!**

