

# June is:



## S.A.F.E.

# S.A.F.E. AWARENESS MONTH

What is S.A.F.E. and why do we care so much about it??

S.A.F.E. stands for Southern Alamance Family Empowerment

And it's our community food ministry with the purpose of ending hunger

last year SAFE helped 1,759 families from within our community

that's a lot of people within our community that are hungry and not able to meet their basic food needs.

Whoa!

recently SAFE set a goal of serving the needs of 3,000 families per year

so why do we care so much?

and we believe every person has the right to be cared for when they need it.

because our community is important to us and we want it to be as healthy as possible

period.

So, now that you are a little more aware (#1 task of June's SAFE Awareness Month- check!), what more can you do? Check out some of Saxapahaw's special events this month which directly benefits S.A.F.E.

## JUNE EVENTS in Saxapahaw to support S.A.F.E.

for more info on donating, volunteering, and fundraising check out the SAFE website: [www.safealamance.org](http://www.safealamance.org) or call 336-376-5651

June 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	★	★		★		★
7	8	9	10	11	12	13
	★			★		★
14	15	16	17	18	19	20
	★	★		★	★	★
21	22	23	24	25	26	27
	★			★		★
28	29	30	1	2	3	4
★						

### River Landing Inn:

plan to stay a night at River Landing Inn in June because they are donating 5% of their sales that month to S.A.F.E.!

### Saturdays in Saxapahaw

Plan to bring food donations to the Saturday's in Saxapahaw farmer's market & music series for the month of June. There will be donation boxes and someone from SAFE available to chat about their organization.

### Out of the Fire Clay Studio

Event: Adventures in Clay!  
 Location: Out of the Fire Sculpture Studio  
 6035 Church Rd. in Saxapahaw, off Hwy 87  
 Date: June 20  
 Time: 1-3PM and 3-5PM  
 (choose one 2-hour time slot)  
 Contact: Cindy Biles, email [cbiles@triad.rr.com](mailto:cbiles@triad.rr.com) or phone: (336) 376-9091  
*Have fun and create memories to cherish for years to come! Your Masterpiece must be fired, but you can stop by later to glaze or paint it at the studio (for a very small fee), or take home to paint or love as is!*  
**Cost: \$24 per adult, \$15 per child, \$32 adult plus child. Includes clay and one firing. 50% goes to S.A.F.E.! Also, during the month of June, 10% of earring purchases goes to**

Look for marked boxes for food donations throughout the village of Saxapahaw for the month of June.

★ indicates events offered for entire month of June

### SAFE Donation Classes at The Bridge at Rivermill

#### Yoga Class

Monday, June 1st, 4:30-5:30pm  
 Instructor: Lauren Brennan  
[brennan.la@gmail.com](mailto:brennan.la@gmail.com)  
*Deepen your yoga practice with a Vinyasa flow.*  
 Cost: \$15 suggested donation, all proceeds go to SAFE

#### MELT Class

Saturday, June 6th 10:00-11:00am  
 Instructor: Leigh Johnson  
[leigh@metaformmovement.com](mailto:leigh@metaformmovement.com)  
*Experience relaxation and rebalancing using soft body rollers. Learn more about how you can care for yourself and reduce stress.*  
 Cost: \$15 suggested donation, all proceeds go to SAFE

#### Yoga Class

Tuesday, June 16th 7:00-8:15pm  
 Contact for info: Eleanor Dillon [eleanorjulia@gmail.com](mailto:eleanorjulia@gmail.com)  
*Vinyasa Flow yoga class, leave feeling relaxed and uplifted.*  
 Cost: \$15 suggested donation, all proceeds go to SAFE

#### Gentle Yoga class followed by Intro to Argentine tango

June 19th 5pm-6pm Gentle yoga, 6-7pm: Introduction to Argentine Tango  
 Instructor: Murielle Elizéon [infotheembrace@gmail.com](mailto:infotheembrace@gmail.com)  
*Join in for some fun movement practices with Murielle Elizéon, french professional dancer, choreographer and teacher recently settled in Saxapahaw! Feel free to participate in both classes*  
 Cost: \$15 suggested donation per class. donations will all go to SAFE

#### Gentle Yoga class

Sunday, June 28th 5:00-6:30 PM  
 Instructor: Alexandra Desiato  
[alexandradesiato.com](http://alexandradesiato.com)  
*Join experienced yoga teacher Alexandra DeSiato for a 90 minute all-levels, gentle yoga class for SAFE.*  
 Cost: Donations of non-perishable food items and money, which will go directly to SAFE.

#### Event: Acupuncture & Chinese medicine

Judith Brooks L.Ac. 919-260-1430  
 5% of fees collected on Monday appointments during the month of June will be donated to SAFE

#### Saxapahaw General Store

Event: when you eat at the Saxapahaw General Store on Thursdays in June, 5% of all cafe sales on those days will go to SAFE  
 Location: 1735 Saxapahaw-Bethlehem Ch Rd  
 For more info: go to [www.saxgenstore.com](http://www.saxgenstore.com)

#### Left Bank Butchery

Pop-up Dinner! An intimate dinner provided by Left Bank Butchery will pop-up in a secret location in Saxapahaw. TBA.  
[www.leftbankbutchery.com](http://www.leftbankbutchery.com)

Star key- match the events with their stars on the calendar.

### The Eddy Pub

Experience The Eddy Pub's SAFE special dish and beer for the month, and \$1 from each item goes directly to SAFE.

Location: The Eddy Pub 1715 Saxapahaw-Bethlehem Church Rd

For more info email: [theeddypub@gmail.com](mailto:theeddypub@gmail.com) or check the website [www.theeddypub.com](http://www.theeddypub.com) for hours of operation.

### Haw River Farmhouse Ales

Pop down to the Brewery as they will have one special brew where \$1 from each sold will go to SAFE.

for more info check out: [www.hawriverales.com](http://www.hawriverales.com)

### Peaceful River Farm offers Lee's Healthy Cooking Class,

"Healthy Recipes from Refectory Cafe" with Laura Hall  
 June 6th 10:00 - 1:00 p.m.  
 Location: Peaceful River Farm of Crawford Dairy Road, 7125 New Light Trail, 8 miles from downtown Saxapahaw on the ancient Haw River  
 For more info: Lee Newlin [leecooks@att.net](mailto:leecooks@att.net) or [peacefulriverfarm.com](http://peacefulriverfarm.com)

Laura will demonstrate favorite local/sustainable recipes served at Refectory, participants will have the opportunity to taste her out-of-this world creations and will learn secrets in the kitchen. Tour Peaceful River Farm, a sustainable farm that is a supplier to The Eddy Pub and Saxapahaw Gen Store. For each participant in class \$10 of produce will be delivered to help those in need through SAFE.  
 Cost: \$50.00 per person. You may also order your own produce box to take home for an additional \$18.00 (5-6 items) or \$30 for (10 plus items)

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