

### December Events

**12/1 9a.m.-1p.m. Port Washington Winter Farmer's Market** Enjoy the piano sounds of Anthony Deutsch and enter to win a Christmas Tree (see ad on pg. 3 for details!) First Congregational Church—131 N. Webster St. in Port

**12/6 6-8p.m. Sweet Holiday Dessert Recipes at Slow Pokes Local Food** \$25 slowpokesfood@gmail.com to register or call (262) 375-5522

**12/8 9a.m.-1p.m. Port Washington Winter Farmer's Market** with music from Howard & Friends. Christmas Tree Raffle Winners will be announced! First Congregational Church—131 N. Webster St. in Port

**12/9 1-2:30p.m. Making Treats for the Birds Family Program at Riveredge** \$6/adult & \$4/child under 12—\$4/\$3 for members [www.riveredge.us](http://www.riveredge.us)

**12/13 6-8p.m. Savory Holiday Appetizers and Entrees at Slow Pokes Local Food** \$25 slowpokesfood@gmail.com to register or call (262) 375-5522

**12/15 9a.m.-1p.m. Port Washington Winter Farmer's Market** with Irish Music with Bantry Bay & Friends. First Congregational Church—131 N. Webster St. in Port

**12/15 1-2:30p.m. Winter Solstice Ski at Riveredge** Ages 12 and up. \$4/person—\$2 members. [www.riveredge.us](http://www.riveredge.us)

**12/27 1-3 p.m. Holiday Snowshoe Hike at Riveredge** \$7/adult & \$5/child—\$5/\$4 members [www.riveredge.us](http://www.riveredge.us)

**12/29 9a.m.-1p.m. Port Washington Winter Farmer's Market** Music TBA. First Congregational Church—131 N. Webster St. in Port

**\*Look for the Transition Book Club coming back in January!**



# Ozaukee Living Local

*Working collaboratively for a more resilient and sustainable future.*

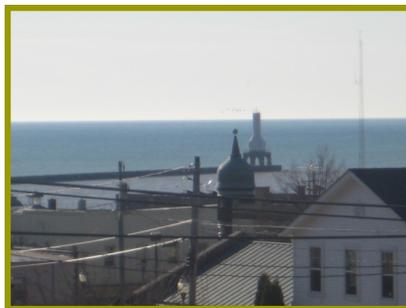
## Shouting from the Rooftops

By Steve Sandlin

Most recently, at a Transition gathering, the discussion turned to the topic of community - a theme that has been central to all of our efforts as a group. As people expressed their appreciation for the level of community that exists in many parts of Ozaukee County, it seemed evident that we have something worthwhile and precious. Clearly we have 'community,' and yet we continue to use the language of 'building community' to define part of what we do.

So, what do we mean when we say we want to build community? What is it that

we are seeking and attempting to build if we have acknowledged that it already exists? What kind of community does Transition see as relevant?



One of the members present at the gathering, Patriq DuSaint, eloquently defined the issue when he described the difference

between 'conscious' and 'unconscious community,' or the difference between community that simply exists and community that recognizes the importance of its existence. Through recognition, we build an 'intentional' community; a community that *intentionally* binds itself together for the benefit of everyone, regardless of belief or political persuasion. It is the kind of community that acknowledges where it is, and works together to get to where it needs or wants to be. It is active and conscious.

Emergent communities that evolve in the aftermath of natural disasters might help

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## Sweet Treats for the Holidays

By Tricia DuSaint

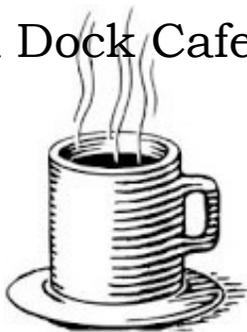
As we are in the midst of the holiday season, many of us find ourselves eating and serving more dessert-type items than during the rest of the year. Instead of avoiding sweet treats, which can be very difficult when entertaining or being entertained, I find it works well to substitute wholesome but delicious goodies for the refined, sugary ones. One can make many delectable, enticing desserts from fresh and dried fruits, nuts and seeds, unsweetened coconut, raw cacao and natural spices and flavorings.



*(Continued on pg. 3)*

## Java Dock Cafe

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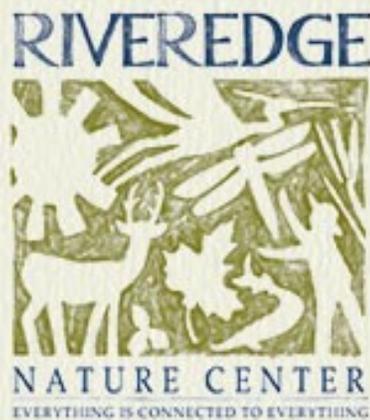
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## Shouting from the Rooftops *(Continued from page 1)*

to inform the discussion and serve as an analogy for the kind of action that is necessary and possible for a Transition group. During times of great disaster, we are apt to see both the best and worst of human behavior. We witness acts of great courage and compassion, as well as acts of selfishness and shame.

I would suggest that emergent communities — those that develop during and after natural disasters — are merely intensified versions of the ones that existed before the event. In periods of turmoil, communities rely on and strengthen the connections and networks that already exist. Where the connections are strong and resilient, great and awe-inspiring things emerge. Where connections are fractured or nonexistent; where people are isolated; actions emerge that are selfish and individualistic. In times of natural disaster, it is the kinds of relationships we hold with each other that are critical in determining the outcome of such unfortunate events. It is in acknowledging that we need each other, and in seeking to both ask for and offer support, that communities exhibit resilience.

While it may be understandable why and how 'community' evolves in the wake of storms or natural disasters, it may be less clear how community might be formed in the face of a different kind of storm: a silent storm. A silent storm is difficult to discuss because it is hard for most people to see. However, while it may not be as obvious as the colorful radar images of an approaching hurricane, a silent storm is developing on the horizon. The winds are picking up; the forces of drastic change are forming and our communities are directly in the path. Peak Oil, Global Climate Change and Economic Uncertainty are the forces driving this storm, and it will prove just as challenging to our communities as any natural disaster.

To continue to use the analogy of natural disasters, when in the path of a storm, it seems to work in the favor of people to be informed and prepared. The preparation, early warning and support that were present for Super Storm Sandy went a long way to minimizing greater potential hardship. It should be no less so for our silent storm.

So, can we ask ourselves this question: "In the face of a silent storm, what kind of community do we have and what kind of emergent communities can we expect?" Are we, as members of Transition, not obligated to be the weathermen; to show the radar images and ask people to be prepared?

It is an uncomfortable truth, but a truth nonetheless, and I think we in Transition do a disservice in avoiding it. It seems to me that it is difficult to make change without a message, and while the message of Transition is a difficult and unpopular one, the concept of Transition has to be framed within the context of this silent storm. Rather than hide the evidence, I believe we need to stand on the roof tops and shout it out! If we are talking about building conscious communities, then consciousness implies an awareness of where we are, what is coming and where we might want to be in light of it all. Awareness motivates action.

Should we bring this unpopular message to the community? I believe the answer is yes. Will we be ridiculed? Of course - probably by the majority in Ozaukee County. Yet, if we say nothing, those who are ready to hear the message will never get the chance to step up and be a part of the solution.

When someone asks 'What is this Transition thing?,' perhaps our best response would be to say: A storm is on its way and it's going to change life as we know it. Transition Ozaukee is a group of concerned community members who are bringing difficult issues to the table and searching for positive responses—and you are invited to participate. **||** \*Steve Sandlin is the founder of Transition Ozaukee & Steering Committee Member

# Sweet Treats for the Holidays

(Continued from page 1)

Unlike foods made from white sugar and flour— which are acidic and can spike blood sugar, leach calcium out of the bones and teeth and cause hyperactive (and cranky) behaviors in some people— treats made from living and minimally or unprocessed ingredients are more satisfying, help meet our nutritional needs and are delightful, as well.

May you have a joyful holiday season and a healthful, blessed 2013!



## Truffles

*These truffles are so scrumptious it's hard to believe that they are wholesome enough to eat for breakfast!*

- 2 cups walnuts or pecans
- 1 cup raisins & 1 cup dried seedless cherries
- ½ t. pure almond flavoring
- Dash cinnamon
- ¼ t. Celtic or sea salt
- Assorted dried fruit as stuffing
- Shredded unsweetened coconut to coat outside

Put nuts, raisins, salt and cinnamon in food processor using S-blade and process until ingredients are blended well. Add flavoring and continue to process until mixture sticks together. Form into 1 inch balls; form some of the balls around pieces of dried fruit, e.g. a whole dried seedless cherry, a piece of dried apricot, pineapple or papaya, for a delicious surprise when biting into the truffles. Coat some in shredded coconut and leave some plain.

\*A chocolate version can be made by adding to the above recipe: ¼ c. unsweetened raw cacao powder

2 t. water

Process as above.

*\*Tricia DuSaint, M.S., is an educational psychologist and holistic therapist, a certified Living Foods Instructor and a Steering Committee member of Transition Ozaukee.*



## Mango Banana Pudding

- 1 ripe mango, peeled & cut into chunks
- 2 ripe bananas, cut into chunks
- Dash of Celtic or sea salt
- A few drops of pure vanilla flavoring
- Nutmeg as topping (optional)

In a blender, add mango and banana chunks, a little at a time, and blend thoroughly until of pudding consistency. Add salt & flavoring and blend briefly. Top with a sprinkling of nutmeg before serving.

This basic pudding recipe also makes great parfaits. Using a parfait glass or wine glass, spread a layer of pudding in the bottom of the glass, add a layer of fresh pineapple chunks, topped by another layer of pudding. Continue alternating layers until the glass is filled, then dust with nutmeg & shredded unsweetened coconut.

Port Washington Winter Farmer's Market

## Christmas Tree Raffle!



For every \$15 you spend at the market, you earn a raffle ticket and a chance to win one of 3 \$30 vouchers for a tree being sold by the First Congregational Church at the corner of N. Webster St. and Grand Ave. There is no limit to the number of tickets you can enter!

Winners will be drawn and notified on Saturday, December 8<sup>th</sup> (after the market). Market Days are Saturday Dec. 1st and 8th from 9 a.m.-1p.m. at the First Congregational Church—131 N. Webster St. in Port Washington.

# Ozaukee Living Local

**Ozaukee Living Local** is a monthly newsletter published by **Transition Ozaukee**. To learn more, please visit: [www.transitionozaukee.com](http://www.transitionozaukee.com)

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### Port Washington Winter Farmers' Market - Vendor Spotlight

#### MMB's Bar-B-Que

In the summer of 2008, Mary and Betty took the family's recipe for BBQ and secret sauce and set up shop. The original recipe came from Mildred, Mary and Betty's mother, who taught them both how to cook way before their teen years. Mildred's core vision was simple: "to have local people know the taste of southern BBQ."

Quick and friendly service, and a very good BBQ sandwich (your choice of ribs, brisket or pulled pork) MMB's uses only the freshest meats available. Meats are smoked in a time-honored method, using a mixture of woods, at a very low heat and for a long time. The meat is tender without being soggy or greasy and has just the right amount of real smoky flavor. The sauce is great and very unique, with just the right blend of sweet and tangy.

Visit MMB's at the Port Washington Winter Farmers' Market and taste just how much they care!