

January Events

1/4, 11, 18 & 25 Adult & Family Night Ski at Riveredge 5–8pm
 Enjoy the beauty and serenity of a crisp snowy evening on skis. Refreshments will await you at the end of the trail. Call or check our website for current snow conditions before venturing out. Fee: Adult \$4, 12 & under \$2 Members: Free www.riveredge.us

1/6 Animal Tracking Family Program at Riveredge 1-2:30pm
 Explore the woods, wetlands and meadows of Riveredge and search for signs of creatures that live there. The hike will either be on foot or snowshoes, depending on snow depth. Pre-registration suggested. Fee: Adult \$6, 12 & under \$4 Member: Adult \$5, 12 & under \$3 www.riveredge.us

1/12 Snowshoe Hike Family Program at Riveredge 1-3pm
 We'll supply the snowshoes and instructions, you come with enthusiasm and excitement! In case of insufficient snow cover, we will venture out on our own two feet. (Children under 12 must be with an adult.) Pre-registration is recommended so we can provide snowshoes for each participant. Fee: Adult \$7, 12 & under \$5 Member: Adult \$5, 12 & under \$4

1/15 The Recycling Revolution Science for Everyone Lecture Series 7pm at Riveredge
 Join Lynn Morgan, public policy specialist for Waste Management of Wisconsin, for a glimpse into the evolving world of recycling. Fee: Free (\$5 Donation Appreciated)

1/16 Transition Ozaukee Book Club at the Niederkorn Library Community Room 6:30-8pm
 *See article on page 1

1/26 Port Washington Winter Farmer's Market 9 a.m.-1 p.m.
 at the First Congregational Church, 135 N. Webster St. www.portfish.org



Ozaukee Living Local

Working collaboratively for a more resilient and sustainable future.

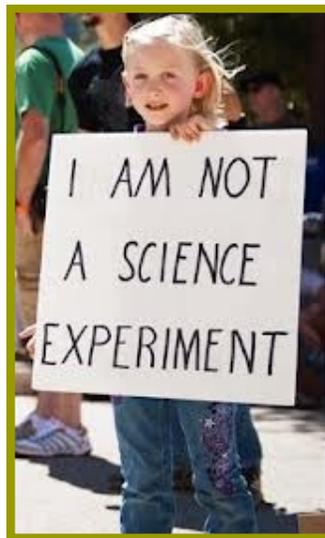
Starting a New Year's Revolution

By Mary Boyle

Like most people, I try to make a resolution or two at the new year. It's a time of reflection, learning and moving forward—armed with the knowledge you've gained through your experiences over the past year.

A large part of the Transition Movement is based on the knowledge that real change starts small; creating a ripple effect—the opposite of a top-down approach, in which we try to master all of the water at once. The phrase "Think globally; act locally" comes to mind—it's important to keep the big picture in your mind of the world you wish to create; however, the

big picture never comes first.



Your resolution may be to shop more locally, to eat

healthier, to spend more time with family and friends, to read more or to learn a new skill—and, at first glance, it may seem that these changes are unrelated when, in fact, they all lead to the same big picture that most of us share: a healthy, happy planet. It all starts by making a resolution, then making a connection. Before you know it, you have a revolution.

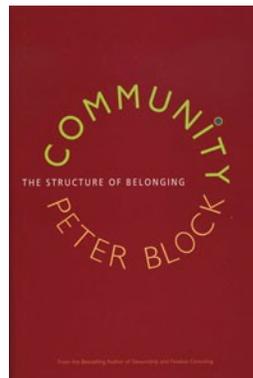
My New Year's resolution is to avoid genetically modified food, because one of the things I've learned this past year is that GMOs make me sick—and I don't mean sick as in disgusted, I mean they literally cause unpleasant effects in and on my body.

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Transition Ozaukee Book Club Reunites

By Mary Boyle

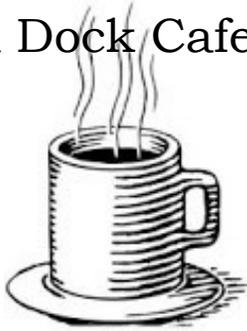
Last Spring, Transition Ozaukee invited the community to come together to discuss an amazing book: *Community: The Structure of Belonging* by Peter Block. Steering Committee Member Jennifer Janowitz, a Port Washington native who is a trainer in dialogue and circle process, led the discussion. The mini-community and energizing discussion created in those few sessions was so invigorating and the book was so inspiring, that it's happening again on Wednesday, January 16 from 6:30-8pm in the Community Room at the Niederkorn Library in Port Washington—the whole Community is welcome!



(Continued on pg. 3)

Java Dock Cafe **Starting a New Year's Revolution** (Continued from page 1)

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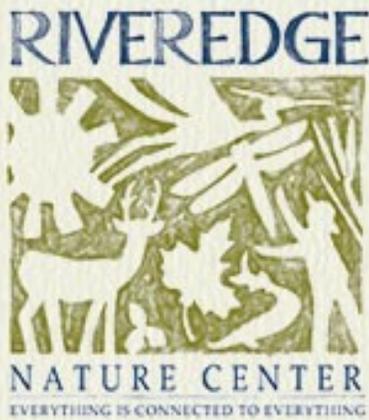
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My personal health issues aside, though, the evidence is growing daily that GMOs are not safe for anyone, and it makes me furious that the general population is not aware that these foods exist, much less what they are, or that they have been eating them for years!

Some people confuse this which, you may recall from school science class, is a different variety or species variety or species with which you are a gardener, you are doing this process because it you've ever planted bell peppers, for in with extremely spicy



GMOs with hybridization—remember from high school when you mated different traits from both. If you are likely very familiar with this can occur naturally. If you plant jalapenos near your bell peppers, and ended up with bell peppers.

Genetic Modification, cannot happen in nature in a lab. Further-Modified Food has not been through any long-term testing for safety—unless you count the past 20+ years that they've been on the market, un-labeled and unleashed on an unaware public.

on the other hand, it can only happen—more, Genetically Modified Food has not been through any long-term testing for safety—unless you count the past 20+ years that they've been on the market, un-labeled and unleashed on an unaware public.

According to labelgm0s.org, 50 countries already label GMO's and some, like Europe, have even banned them completely. Producers of GMOs claim their food is perfectly safe, of course. Why then, have they spent millions of dollars to keep them from being labeled? If they are so proud of their creation, why not brand it? Market it? Let the world know! People love to purchase brand-name items, after all. Something smells fishy—and it's not just because I live in Port Washington.

Manufacturers of GMOs want the public to believe that their products are better for the environment because they use less herbicides and pesticides, and that the crop yield is higher; however, this simply isn't true. According to the Institute for Responsible Technology (responsibletechnology.org), "Although there have been attempts to increase nutritional benefits or productivity, the two main traits that have been added to date are herbicide tolerance and the ability of the plant to produce its own pesticide. These results have no health benefit, only economic benefit. Genetically modified foods have been linked to toxic and allergic reactions, sick, sterile, and dead livestock, and damage to virtually every organ studied in lab animals. Pollen from GM crops can contaminate nearby crops of the same type, except for soy, which does not cross-pollinate. In fact, virtually all heritage varieties of corn in Mexico (the origin of all corn) have been found to have some contamination. Canola and cotton also cross-pollinate. The long-term effects on the environment could be disastrous."

The Institute for Responsible Technology has produced a documentary, *Genetic Roulette*, in order to bring more awareness to the public about GMOs. The movie is available at www.geneticroullettemovie.com if you are interested in learning more.

Establishing a strong local food supply is one of the hallmarks of the Transition Movement. We should all have access to safe, healthy food and what we eat should not be controlled by corporations. As it stands, it is nearly impossible to avoid GMOs in our country—almost all of the corn and soy produced in the US is GM, and nearly all foods contain at least a derivative of corn or soy. I'm afraid I won't be eating out much in 2013—but I do hope you'll join me on my New Year's revolution.

Transition Ozaukee Book Club Reunites

(Continued from page 1)

If you haven't already read it, here's some insight into the book:

"Modern society is characterized by isolation and a weakened social fabric. The various sectors of our communities—businesses, schools, social service organizations, churches, government—work in parallel, not in concert. They exist in their own worlds as do so many individual citizens, who long for connection but end up marginalized; their gifts overlooked; their potential contributions lost. This disconnection and detachment makes it hard, if not impossible, to envision a common future and work towards it together.

We know what healthy communities look like—there are many success stories out there, and they've been described in detail. What Block provides in this inspiring new book is an exploration of the exact way community can emerge from fragmentation. How is community built? How does the transformation occur? What fundamental shifts are involved? He explores a way of thinking about our places that create an opening for authentic communities to exist and details that each of us can do to make that happen.

Citizens have the power to change the community story and bring a new context into being. Block shows us how we can overcome isolation and anxiety and create communities alive with energy and possibility. This book is written to support those who care for the well being of their communities. It is for anyone who wants to be part of an organization, neighborhood, city, or country that works for all, and who have the faith and the energy to create such a place." *

Transition Ozaukee Book Club will continue to meet the 1st and 3rd Wednesday of each month, February through May, from 6:30-8 p.m.—join in the discussion! Contact Mary Boyle at transitionozaukee@gmail.com for more information.

*Statement from: <http://www.designedlearning.com>



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*Checks received through Jan 8 and dated no later than Dec. 31, 2012 will be eligible for a 2012 tax deduction.

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We sold out by the end of March in 2012! Don't delay! Become a CSA Shareholder now!

Call (262) 675-6755 or visit www.wellspringinc.org



Ozaukee Living Local

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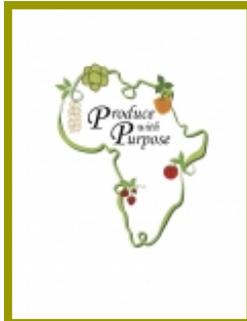
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Port Washington Winter Farmers' Market - Vendor Spotlight



Produce with Purpose farm is a sustainable vegetable and fruit micro farm located just outside of Fond du Lac, WI. Their goal is to provide fresh, safe food for our local communities while maintaining reasonable prices, respecting our environment and being socially active in ending extreme poverty in the world.

The owners of the farm, Dawn and Rick, are passionate about a couple of things: the importance of 'real' food and helping small farmers around the world—particularly in

Africa.

Realizing how broken our current food systems are, the couple set out to grow healthy, organically grown food which they offer directly to the public through farmer's markets and their CSA. A percentage of the profits go to benefit small farmers through their organization called Rural Empowerment Initiative (REI). PWP works with small farmers in the philosophy of a hand up...not a hand out. When you support Produce with Purpose, not only are you getting some local, highly nutritional, great tasting produce and fruit, but you are impacting poverty in parts of the world that just need a break.

Produce with Purpose creates a cascade of community benefits: *healthy soil grows healthy food and healthy food makes for healthy people.*

Know your farmer; know your food.

Visit Produce with Purpose at the Port Washington Winter Farmers' Market on the last Saturday of the month, January through May, from 9 a.m. to 1 p.m. at the First Congregational Church, 135 N. Webster St. in Port Washington, where you can get terrific fresh produce directly from the farmer. You can also learn more about Produce with Purpose at their website:

www.producewithpurpose.com