

**May Events**

**5/1 & 5/15 Transition Ozaukee Book Club at the Niederkorn Library Community Room 6:30-8pm** Drop in for some dialog with Jenny Janowitz as we discuss *Community: The Structure of Belonging* by Peter Block

**5/2 Flat Tire Flowerpots at Mequon Nature Preserve 4:30-5:30pm** Presented by Mike Hottinger, Flat Tire Flowerpots, West Allis. Planting prairie seeds in a flat tire flowerpot for Mother's Day \$5 fee For more information or to register, contact Kristin Gies at [262-242-8055](tel:262-242-8055) [x106](mailto:x106@center@mequonnaturepreserve.org) or [center@mequonnaturepreserve.org](mailto:center@mequonnaturepreserve.org).

**5/8 DIY: Sunscreen, Bug Spray & other Summer Essentials at Slow Pokes Local Foods noon - 1:30pm or 6-7:30 p.m.** \$25 Call (262) 375-5522 or email [slowpokesfood@gmail.com](mailto:slowpokesfood@gmail.com)

**5/9 Seasonal Produce Cooking Class – Asparagus** at Wellspring 6-8pm Learn to prepare asparagus at its' peak! Organic Cooking Coach led demos, tastings and tips of a menu featuring asparagus. Wine pairings and recipes handouts to take home. Cost: \$25 before 4/30, \$30 after. [www.wellspringinc.org](http://www.wellspringinc.org) or (847) 946-5565.

**5/11 Pachamama Symposium: Awakening the Dreamer: Changing the Dream** with Mary Ann Srnka, SSND & Mary Beck, SSND 9:30-3pm at the Mequon Nature Preserve, \$15/person or \$25/couple includes BBQ sandwich lunch. To register: [portwiner@portfish.org](http://portwiner@portfish.org) or call (414) 202-7840

**5/11 Foraging for Wild Edibles Workshop at Wellspring 2-6pm** Collect, harvest, and taste wild edibles currently in season. Learn about foraging safety, ethics, and plant families. After the foray, enjoy appetizers featuring plants found on the walk. Bring home what you collect as well as recipes. Cost: \$30 till 5/4, \$35 after. [www.wellspringinc.org](http://www.wellspringinc.org) or (847) 946-5565.



# Ozaukee Living Local

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

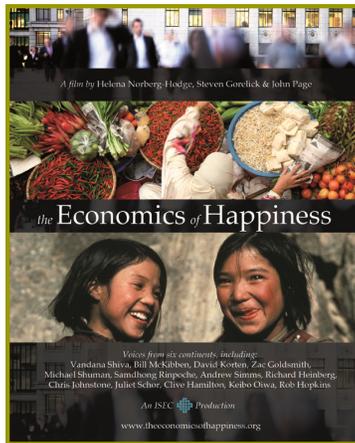
## The Economics of Happiness

By Mary Boyle

In the documentary, ***The Economics of Happiness***, Helena Norberg-Hodge, the founder and director of the International Society for Ecology and Culture (ISEC), introduces us to the people of Ladakh, a region bordered by Tibet and the Himalayan mountains, whom she has lived among and studied for many years.

Until recent times, the people of Ladakh, because of their geography, were isolated from civilization; they were the very picture of sustainability: no homelessness, no poverty; everything they needed, from their food, to their clothing, to their

houses, came from the land they lived in. Then, in 1974, the government built a road into the region. So begins the very real-time tale of



what Globalization does to small communities; where once there was plenty, now

the Ladakh found scarcity, because the global system, subsidized by cheap oil, undermined their local system—a system that had caused they're culture to thrive for generations.

The solution to the problem in Ladakh was obvious: return to the system that worked. The localized, sustainable system.

Rob Hopkins, founder of the Transition Movement in the UK (of which Transition Ozaukee is an extension of) was inspired to create the Transition Movement by a very similar story.

In 1990, Hopkins visited the Hunza Valley in northern

## Wellspring Organic Farm Hosts Seasonal Cooking Classes

By Francie Szostak

The question “What is the best way to prepare ‘insert any veggie?’” is one that Wellspring Farm Manager, Will Moyer is quite familiar with. “Our CSA members and farmer’s market customers are always looking for new recipes for seasonal produce or tips for preparing unfamiliar varieties,” says Moyer.

In response, the nonprofit education center created a series of seasonal produce cooking classes, with a focus on teaching cooks how utilize veggies during the peak of their season.

The second Thursday of the month, May through November, Wellspring hosts a cooking class where a local chef and organic cooking coach, KC Thorson, demonstrates four recipes using produce harvested from Wellspring’s garden. Class attendees receive samples of each dish, wine, healthy cooking tips, and recipes to take home.

“Our mission here at Wellspring is to not only grow quality, organic produce, but to teach the community about the importance of eating locally and sustainably,” says

*Continued on page 2*

## April Events Continued

**5/15 What to Eat Now? at Slow Pokes Local Foods** noon -1:30pm or 6-7:30 p.m. Learn to eat seasonally & feel your best! \$25 Call (262) 375-5522 or email [slowpokes-food@gmail.com](mailto:slowpokes-food@gmail.com)

**5/16 Sip, Shop & Stroll, Ladies Night Out in Downtown Cedarburg** 4-9pm Register and get more info. at [www.cedarburg.org](http://www.cedarburg.org)

**5/18 Container Gardening Workshop at Wellspring** 9-11am Who says you need a large yard to grow your own food! Learn principles for growing a successful container garden. Bring your own container, go home with an edible garden! Cost: \$35 till 5/14, \$45 after - includes soil and seedlings - For additional students from the same household (sharing one container)- \$20 per additional person.  
[www.wellspringinc.org](http://www.wellspringinc.org) or (847) 946-5565.

**5/18 Spring Garden Prep Event – Organic Seedling Sale and Gardening Workshops at Wellspring** 10-2 It is time to get that garden planted! Stop by Wellspring to purchase organic veggie and herb seedlings. Free organic gardening workshops on soil nutrition, composting and transplanting will be available throughout the morning.  
[www.wellspringinc.org](http://www.wellspringinc.org) or (847) 946-556

**5/22 Anxiety and Food at Slow Pokes Local Foods** noon -1:30pm or 6-7:30 p.m. Learn what foods will help you tackle anxiety and depression, and what foods can aggravate these issues. Also, learn natural treatments and remedies. \$25 Call (262) 375-5522 or email [slowpokes-food@gmail.com](mailto:slowpokes-food@gmail.com)

**All Thursdays in May at 7pm, the Unitarian Church North in Mequon presents Food Focus Film Series.**  
5/9 *Hungry for Change*,  
5/16 *Forks Over Knives*,  
5/23 *Food, Inc.*  
5/30 *Fresh*

Get your event listed here! Contact the editor, Mary Boyle, at (262) 573-6678 or [transitionozaukee@gmail.com](mailto:transitionozaukee@gmail.com).

## Seasonal Cooking

(Continued from page 1)

Moyer. "Contradictory to the belief that eating local limits ones choices, eating seasonally actually expands the variety in ones' diet by encouraging folks to step out of their comfort zone and select unfamiliar fruits and veggies.

The first Class of the season will be held Thursday, May 9 from 6 to 8 p.m. and will feature Asparagus. The cost is \$25 per class and \$150 for the entire series. For more information and to register, please visit [www.wellspringinc.org](http://www.wellspringinc.org) or call (847) 946-5565.

Class Topic list for the whole season:

**May 9** - Asparagus **June 13** - Rhubarb **July 11** - Herbs **August 8** - Eggplant  
**September 12** - Peppers (Sweet and Hot) **October 10** - Squash varieties  
**November 14** - Thanksgiving dishes

# Treasures of OZ

## 2013 tour june 15

Celebrating the natural gems of Ozaukee County

### Celebration

Forest Beach Migratory Preserve  
noon to 6 p.m.

Music by String-Along

Food by Smokin Joes BBQ & Chuck's of Thiensville

Silent Auction - until 5 p.m.

Exhibits including "Randyman" Hetzel's  
live animals and nature topics  
Pineview Raptors with Jeanne Lord

**2013 sites**  
open 9 a.m. to 3 p.m.  
with docents & guides

On the Boardwalk at the Cedarburg Bog

Port Washington Coal Dock Bird Sanctuary

Kurtz Wood State Natural Area

Shady Lane Natural Area in Hawthorn Hills County Park

Armin Schwengel Waterfowl Production Area

Blue Heron Wildlife Preserve

Quarry Lake site of Stonehaven - Harrington Beach State Park

Forest Beach Migratory Preserve

for more information and to download your passport:

[www.treasuresofoz.org](http://www.treasuresofoz.org)

we energies.   
through the Wisconsin Energy Corporation Foundation

JWC  
Junior Woman's Club  
of Mequon-Thiensville

WUWM 89.7

  
PWSB  
PORT WASHINGTON STATE BANK  
Established 1854, Reorganized 1998

# The Economics of Happiness

(Continued from page 1)

Pakistan; another place that, until 1978, had been essentially cut off from the outside world. At the time, Hopkins had no notion of permaculture, sustainability or resilience, yet he was blown away by this society that “lived within its limits.” Hopkins said, “Hunza is quite simply the most beautiful, tranquil, happy and abundant place I have ever visited, before or since.”

It struck Hopkins that if Hunza was completely cut off from the rest of society, it would manage just fine—everything they needed, from food to shelter to clothing, was sourced locally. If the world suffered an economic collapse, these resilient, happy people would have little to worry about. Suddenly, the small signs of modern culture invading the Hunza (commercial fertilizer, refined foods) concerned Hopkins. Having grown up in a culture where resilience was considered backward, country people considered “old-fashioned” and self-sufficiency the very opposite of progress, he began to wonder if the opposite were true.

On Saturday, May 18th from 10-1 at the First Congregational Church on Webster St. in Port Washington, **Transition Ozaukee will host the 6th Annual Sustainability Fair.** Originally conceived by Port resident, Marliiss Rogers, and hosted by the Ozaukee Community Awareness Forum (OCAF), this will be the first year Transition Ozaukee/PortFish, Ltd. is hosting the Fair. The theme this year is **The Economics of Happiness** and this hopeful, inspiring masterpiece of a documentary will be screened for all to enjoy. We hope you can join us for a silent auction, local food and to get acquainted with some local businesses who are focused on the relocalization of our economy, such as the **Cedarburg Toy Co.**, who only carries products made locally or in America. CTC owner, Natasha Loos, will be joining us to share what inspired her to open her unique store in such uncertain economic times—trust me, it’s a story you won’t want to miss!

Back by popular demand, a play of **The Lorax** by Dr. Suess will be performed by local homeschoolers. This classic tale truly mirrors the message of *The Economics of Happiness* and brings a new light to the brilliance of the work of Dr. Suess.

In combination with the Fair and Mission 4/1 Earth Days, the Sustainability Committee of the First Congregational Church is sponsoring an electronics recycling from 9-1. Anyone can bring basically anything that plugs in or takes batteries to be recycled by Legacy Recycling, including PCs and monitors. For an added fee, Legacy will wipe hard drives, as well.

6th Annual  
**Sustainability Fair**  
*The Economics of Happiness*

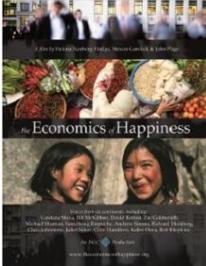
Saturday, May 18th, 2012  
10:00am-1:00pm  
First Congregational Church Fellowship Hall  
131 N. Webster St., Port Washington

Screening of the Documentary Film,  
*The Economics of Happiness*

Free Electronics Recycling  
Courtesy of the  
FCC Sustainability Committee

Back by Popular Demand, *The Lorax*,  
as performed by the Oz Homeschoolers

Free Admission! Indoor Event  
Silent Auction, Children’s Activities, local food & More!

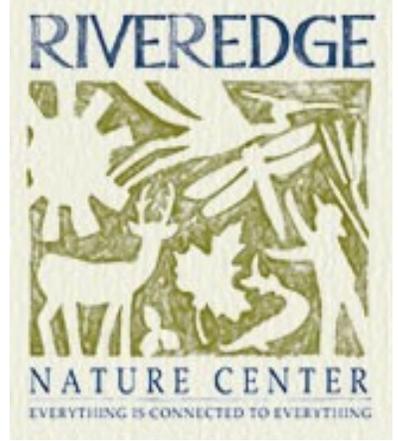


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For more information, contact:  
transitionozaukee@gmail.com or (262) 573-6678



Are you a Writer?  
Transition Ozaukee  
is looking for  
articles about  
sustainability and  
all things local!  
Submit articles to  
the Editor at:  
transitionozaukee  
@gmail.com



[WWW.RIVEREDGE.US](http://WWW.RIVEREDGE.US)

Come and See  
**CEDARBURG  
TOY CO.**  
Owner, Natasha Loos,  
at the 6th Annual  
Sustainability Fair  
10:30AM, May 18th  
**“Living Local”**  
[www.cedarburgtoyco.com](http://www.cedarburgtoyco.com)



# 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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**Wellspring**  
FOOD. EDUCATION. COMMUNITY.

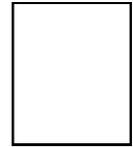


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## Port Washington Winter Farmers' Market - Vendor Spotlight

Burkel Family Farm is a 5th generation family farm located on the rolling hills of northern Fredonia. They offer a variety of quality, all-natural products ranging from pasture raised meats and eggs to unique, handcrafted wooden wares and specialty gifts.



Burkel Family Farm has a very holistic view of agriculture—they absolutely believe their product has to be good, but at the same time, they feel their model has to be the best option for the land and their family. Farming is not an industrial process, it is a biological process. The farm has lots of hills, and by adopting a grazing program they can promote conservation by reducing run off and soil erosion. Moreover, their cattle actively redistribute nutrients, which increases the overall productivity of the soils. The chickens complement the cattle by aggressively foraging for insects and bugs. The bees pollinate the numerous legumes and flowers of the pastures, which increases plant diversity and productivity. It really is about the big picture. What they do is for the long term.

Burkel Family Farms also regularly offers an assortment of cutting boards, trivets, wine bottle stoppers, game boards, toys, rocking chairs and more. They have many patterns and designs with all different wood combinations. Their goal is to have something that has eye appeal and contrast, but yet is very functional and durable. Whenever possible, they use Wisconsin hardwood. They can also do custom orders! If you have an idea they could probably build it!

Burkel Family Farm will be at the **Port Washington Spring Farmers' Market** on from 9-1 on April 27<sup>th</sup> at the First Congregational Church on Webster St. - be sure to stop by to say hello!