



SIMPLY NEWS

Sharing Information, Joy and Thoughtfulness
A Publication of Simply Living

Rise Up Together and DANCE! Simply Living's 18th Annual Meeting

Saturday, February 26th
5 to 7:30 p.m.
St. John's Evangelical Protestant
Church
59 E. Mound St., Columbus

Gene Kelly once sang, "Gotta Dance!" But more to the point, Martha Graham, one of the country's foremost choreographers, tells us, "Dance is the hidden language of the soul."

On Saturday, February 26th, Simply Living friends and family will gather at St. John's Church to "rise up together and join in the Dance of Renewal for our organization."

We'll enjoy one of the best potlucks in the city with something good for everyone,
(Cont'd on Page 4...)

Dear Friends

Weathering the involuntary move of our office, staff turnover, loss of a full-time employee position, and the process of seeking FCC approval to transfer WCRS, plus a major overhaul of our membership and financial tracking systems—all of these agendas and more in the past year have challenged us to the core.

Yet always in the midst of crises, we find partners and strength. Extraordinary leadership from our board members, wise guidance from organizational mentors Chet Bowling and Suzanne Roberts, and steadfast support and involvement from so many of you have enabled

(Cont'd on Page 3...)



Dive In...Let's Continue the Dance

An invitation to co-create Simply Living's next chapter

This past November Simply Living members were invited to participate in a leadership circle through 2011 for the purpose of co-creating SL's next chapter. Recognizing that the past 3-5 years have brought us to a crossroad, we sought twenty persons to commit to a year-long process with our board and staff, mentored by Suzanne Roberts of Unifying Solutions, focusing on leadership development, strategic visioning, and succession planning.

In early January our co-creation group of thirty met for a two-day retreat to begin this defining year. Sarah Straley shares her experience here. Marilyn Welker shares her transition from Director of Simply Living in the Dear Friends column.

What is your body telling you right
(Cont'd on Page 4...)

Simply Living's Vision: Creating a compassionate and sustainable world through personal, community and cultural transformation.

Celebrating leaders who make our work possible--our board members

Integral to a healthy nonprofit organization are the persons who guide the organization by serving on the Board of Directors. Simply Living has been blessed with extraordinary persons who have served in this capacity. Especially over the past three years, our board members have successfully navigated considerable organizational challenges while dealing with their own very full lives.

We honor and thank the following board members who will continue to serve in the coming year:

- **Donna Sigl-Davies** - (since '06) "retiring" from two years as Bd. President. Donna has invested her formidable leadership and skills to guide us through unprecedented challenges.
- **Randall Loop** - (since '09) last year's Vice President, serving as President this coming year. Randall's contributions in planning our annual fund-raising luncheon have been outstanding.
- **Dominic DiBlasi** – (since '10) serving as Treasurer, having joined our board last fall. Dominic brings his bookkeeping experience and a keen mind for problem-solving.
- **Nathan Johnson** - (since '10) serving as Secretary, having joined our board last fall. As a lawyer and environmental activist, Nathan brings a fresh perspective and many talents.
- **Dan Baer** - (since '06), serving as our Treasurer for the past 5 years, Dan will continue in '11 to provide continuity and insights gleaned from his years of experience. Without Dan's accuracy and spreadsheets we would be far less financially literate.
- **Stephanie Glass** – (since '10) brings her business and academic acumen, most recently developing and overseeing the member survey.
- **Chuck Lynd** – (since '10) brings years of experience serving on the Clintonville Community Market board, managing the SL Bookstore, and creating the weekly electronic *Community Update* newsletter, to name just a few of his contributions and talents.

Nominated to serve on our board this coming year is **Jim Coe**. Jim is currently a participant in our Co-Creators group and helping to plan our Annual Meeting. He brings a strong background in development (fund-raising) work, currently serving as the Sponsorship/Fund Raising Development Director at WCBE. His service to our community includes leadership roles with Earthtouch, Columbus Metropolitan Club, Green Columbus, and others.

The board always welcomes your feedback RE: board nominations, organizational priorities and programs. If you have comments regarding nominations or recommendations for new board members, including nominating yourself, please contact us at slboard@simplyliving.org.

--Marilyn Welker

Simply Living is a 501(c)3 organization. All contributions are tax deductible to the fullest extent of the law.

TO RECEIVE YOUR NEWSLETTER ELECTRONICALLY... Please contact Allison at 447-0296 or allison@simplyliving.org.

You can access our current and past newsletters online at www.simplyliving.org/newsletter. We are currently publishing three newsletters/year.

Simply Living's Mission:

Simply Living of Central Ohio supports individuals, families and organizations in creating a more compassionate and sustainable world by offering learning opportunities which promote personal and civic responsibility, informed action and wholeness.

We welcome articles for our newsletter and website:

www.simplyliving.org

Send submissions to:

Marilyn Welker: mwelker@ctcn.net

NEW MEMBERSHIP BENEFIT FOR SIMPLY LIVING MEMBERS!



Do you know what your money is doing today? Are your mortgage interest dollars recirculating through small local businesses-- or being sold to foreign investors? If you have credit card debt, are those interest dollars financing local homeowners' mortgages and small businesses, or contributing to record profits for megabanks? Where you choose to do your banking can support our local economy --or extract local wealth to benefit distant interests.

**WE HAVE RECENTLY BECOME A SELECT GROUP
WITH KEMBA FINANCIAL CREDIT UNION.**

Why are we excited about this partnership?

- Established in 1933, KEMBA is a local not-for-profit financial cooperative existing solely to serve their members.
- KEMBA is a full-service financial institution with membership open to anyone who lives, works, or worships in Franklin County.
- Unlike a bank who returns their profits to stock holders, their earnings are returned to their members in the form of higher interest rates on savings accounts, lower rates on loans, fewer fees, and many free services. For most members the biggest benefit comes from refinancing existing debt like high interest credit cards, auto loans, and mortgages.

With your SL membership you receive
special promotional rates and services
when you bank with KEMBA.

- **Contact information for KEMBA and their current promotions for SL members are posted on our website: simplyliving.org and will be updated quarterly.**
- **To learn more, visit their website, kemba.org, or call or visit one of their many branches.**

We thank KEMBA for being a sponsor for our annual fund-raising lunch, *A Gift to be Simple*, the past two years and for their partnership with Simply Living in working with our SOLE (Support our Local Economy) initiative. To learn more about SOLE, see page 7.

We also thank **Kris Keller, D.C.**, and **Randall Loop, L.M.T.**, for their special member discounts. Business owners who want to explore a discount for SL members, please contact Marilyn at 447-0296.

Dear Friends

(Cont'd from page 1...)

us to begin 2011 with honest hope. Turning 18 years of age this month, we are "coming of age".

This is an auspicious year for Simply Living for many reasons. Knowing that every organization must move beyond its founders and that we are investing significantly in leadership development this year, I am resigning as Director, effective as soon as we successfully hire my successor. The timing feels right for me and for SL.

I look forward to continued involvement with SL and to investing more time and energy in our programming, where my strengths lie. The work we do together feeds my soul and anchors me in sanity.

What a marvelous response from so many of you to our invitation to join the Co-Creators group, from new members to those who've been round the block a number of times! We are charting a bold course for SL's continuation and intentionally building new leadership for our organization.

Simply Living is resilient, life-affirming communities of practice. We start with ourselves. We seek honest hope together.

--Marilyn Welker

Dive in...

(Cont'd from page 1...)

now? Do you know? How could you find out? Alan Watts, a Zen philosopher, states "The only way to make sense out of change is to plunge into it, move with it, and join the dance." At Simply Living's Co-Creator group retreat on Jan. 8th & 9th, thirty engaged Simply Living members dove into our bodies and felt where we wanted to lead the organization.

This embodied learning process was led by Suzanne Roberts of Unifying Solutions. Much of the interaction focused around "the two-step"-- a simple movement that can be done individually or in a group to develop trust, recovery, and resilience. The practice, pioneered by the Strozzi Institute, is inspired by Aikido movements. Two-stepping embodies the unexpected turns, disappointments, and excitement of life. It centers individuals and groups to be present with what is real *and* to be ready for what lies ahead. The two-step practice serves as a metaphor to build coordination, presence, and attention to the needs and rhythm of the group, readying the group for challenging conversations, imagination, and change.

We engaged fully on behalf of Simply Living. We centered, moved, and paid attention to what energized us. Self-organizing assignments from Suzanne challenged us to act effectively, embody wisdom, and be leaders. We identified habits that inhibit realizing our potential and engaged in practices to build self awareness for creating a mutually desired future.

In our year-long work we are committed to a) building a cohesive community of inspired leadership around SL's mission; b) developing infrastructure to evoke and sustain change congruent with SL's vision; and c) designing a culture that is generative beyond SL's founders.

To create a strong leadership base we invite you to join us: What role could you see yourself playing around the vision of creating a compassionate and sustainable world? Why is Simply Living important to you? Please consider joining in on the fun-- whether it be a planning group or a group of your own design. Plunge in. Move with us. Join the dance!

Sarah Straley is a former SL staff member, now Program Manager with Green Energy Ohio.

We invite you to join one of these Action Circles—or create your own!

Organizational Development:

- Board membership
- Membership events & engagement
- Information technology (IT) support
- Communications
- Development and fund-raising
- Grant-seeking
- Finance
- Succession planning and search committee

Program Development

- Agent of Change course development
- Earth Institute course development
- Transition Central Ohio
- Support our local economy (SOLE)
- Earth Day Worksite

Please call Allison or Marilyn at 447-0296 or email Marilyn at mwelker@ctcn.net to connect!

Annual Meeting

(Cont'd from page 1...)

and we'll highlight successes in 2010, future plans, and elect our board members (see pg.2). We will also celebrate YOU and your contribution in support of Simply Living. At the conclusion, our children will offer a special presentation, created with the loving guidance of Rebecah Freeling and Megan DeLaurentis.

Please bring your favorite potluck dish for six (an ingredient list would be most appreciated), and your table service. We look forward to seeing you there!

If you'd like to help plan the event or help on the day of the event, please call our office at 447-0296.

SIMPLY LIVING'S LEARNING COURSES —

Engaging learners for personal and cultural transformation

We are not lacking in the dynamic forces needed to create the future. — Thomas Berry

I. How to be an agent of change in your circle of influence

A new course will begin in early March with the start date to be finalized. We're delighted to be working with Paul Bukky to hold the course at the remarkable one-of-a-kind Earth Block Building on the Ohio State Fairgrounds. **To receive notice of course details, please email Lisa at learnerhelper@att.net.**

Nine past course participants recently met to reflect on their role as Agents of Change, particularly as it relates to their chosen projects. Janeen Sands noted, "I realize this is something I have been doing all along — connecting with people of like interests. I have a stronger sense of how important it is to *be* a change agent, not focusing just on the particulars of *doing*. This experience has helped outline a process that can be used over and over again." Janeen's project is to turn her family's yards — back and front — into an edible garden and to encourage her neighbors to join in creating an edible streetscape.

II. Earth Institute Discussion Courses

Our Earth Institute Steering Committee will assist you in engaging your co-workers or faith community in meaningful conversations. Visit our website at <http://www.simplyliving.org/EarthInst> to see the full course list.

Special Presentation:

Friday, March 11th, 7 p.m. at the SL office, 2350 Indianola Ave., **Sarah Baker will share her experience last fall of walking from Alexandria (west of Granville) to the Gulf of Mexico**, talking with people along the way about how they could use less oil in their everyday lives right now and sharing inspiration to reduce our human energy footprint.

Mini-course on the Gulf Oil Disaster:

Friday, March 18th, 7 p.m. at the SL office, a conversation using the study guide, *Just Below the Surface: The Gulf Coast Oil Spill*, **addressing the Gulf of Mexico oil disaster and exploring opportunities for change.** Explore how the Gulf of Mexico oil disaster is connected to our daily lives and how we can make meaningful and lasting changes. Please register with Ellen, ellenb28@earthlink.net, by 3/14, and we'll send you information to access the guide electronically. Cost: \$5 for the guide.

SL member Sue Green organized a group at Southeast, Inc., using the newest course, *A World of Health*. She was intent on bringing people together to get to know each other differently than just through their work interactions. Kelly Wesp, a course participant, shares her story on page 6.



Not so pleasantly surprised!

by Kelly Wesp

As a mother of three, I have implemented practices like the “5 second rule” and shared with my daughter that a little bit of dirt won’t hurt her (as she was licking a rock she had found during a hike). I’m usually not the type to worry or stress over the amount of dirt they play in--or sometimes ingest--because I believe a “good scrubbing” of clothes and body will remedy any potential harm that could come from their natural exploration and curiosity.

And then, one day, I volunteered to provide the “opening” for our workplace discussion group, *A World of Health: Connecting*

People, Place, and Planet.^{*} I nonchalantly said that I would be responsible for the session titled “Cleaning House,” because it would help our family achieve some goals we’d been putting off for a while. Only after I started reading this section did my worry and stress begin to set in.

You see, I thought that using “high power” laundry detergents and soaps containing antibacterial ingredients would wash away

the dirt, grime, and odors that accompany a busy family of five. As I read more and more of this section it occurred to me that perhaps my house was full of dangerous chemicals.

So to help with anxiety, I decided to start my house “cleaning” project in our laundry room, the smallest room in the



house. I believed it would be a manageable task and would provide me with a better idea of what I was facing. To my dismay, I learned that the laundry room was one of the most dangerous rooms in our house.

You see, it contained the laundry soap and the dryer sheets. After reading our coursebook chapter on the topic, all I could think about was how the clothing, sheets, towels, and blankets were covered by these chemicals. Day in and day out my family

was lounging, playing, resting, and exposed to these chemicals. I pulled out the fabric spray we used to “cover up” the human and dog odors that collect on our sofas and chairs. Again, I learned that where we spent our time as a family was covered in harmful chemicals. And finally, I pulled out the hand wipes that the kids used to “wash” their hands when they come in from playing outdoors. We purchased these because of fights over who got to wash their hands first and thought we would solve this by offering “hand-sanitizing wipes”.

As I read the back of this bottle, my worries mounted as I realized the number of times my children used the wipes and moved on to eat their food with their hands!

I tucked all of these items into a bag and shared my “house cleaning” experience with our discussion group. My fellow participants offered their support and encouragement for finding healthy alternatives. We are continuing to “clean

our house” and by doing so are contributing to greater health and wellness in our community. And as a family, we are becoming more appreciative of what the earth has given us.

--Kelly Wesp was *A World of Health* participant at Southeast, Inc.

**Please contact Ellen at ellenb28@earthlink.net to learn more about offering this or another Earth Institute course at your workplace or faith community.*

SIMPLY LIVING'S COMMUNITY INITIATIVES –

CREATING MORE RESILIENT CENTRAL OHIO COMMUNITIES

I. Transition Central Ohio (TCO)

Taking inspiration from Rob Hopkins' *The Transition Handbook: from oil dependency to local resilience*, our Action Group has held two gatherings with representatives of local sustainable community initiatives. Most recently, twenty-five people representing eight of the sustainable community groups and TCO met with Laura Koprowski, government affairs liaison with the Mid Ohio Regional Planning Commission, to dialogue about strengthening citizen involvement with public officials for a more sustainable region.

We will meet again on Thursday, March 10th, 7 p.m. in Rm. 100 of the Northwood Building, 2231 N. High St. Persons wanting to build a “community of practice” are welcome, whether this is your street, neighborhood, or your community. We highly recommend an article by Margaret Wheatley and Deborah Frieze, titled “Using Emergence to Take Social Innovation to Scale.”
<http://www.margaretwheatley.com/writing.html>

Representing decades of inquiry about how change happens, they write, “As leaders and communities of concerned people, we need to intentionally work with emergence so that our efforts will result in a truly hopeful nature. No matter what other change strategies we have learned or favored, emergence is the only way change really happens on this planet.”

II. Support our Local Economy (SOLE)

With a commitment to support a vibrant local economy and to form a Business Alliance for Local Living Economies, or BALLE, chapter in Central Ohio, representatives from Simply Living, Local

(Continued...)

Central Ohio Sustainable Community groups

- Sustainable Clintonville
- Sustainable Delaware
- Sustainable Grandview
- Sustainable Pickerington
- Sustainable Reynoldsburg
- Sustainable Upper Arlington
- Sustainable Westerville
- Sustainable Worthington
- University Area Enrichment Association

To see a complete listing of web addresses and descriptions of these and other groups, visit <http://www.sustainableworthington.org/links#COSusComm>.

Thanks to Lisa Staggenborg for a thorough, concise and informative compilation of Central Ohio groups!



Matters, Economic and Community Development Institute (ECDI), KEMBA Financial Credit Union, Small Business Beanstalk (SBB), and interested individuals are hosting a meeting on March 22nd at the Columbus Foundation. We will introduce the potential of a BALLE chapter to local business owners and partner nonprofits for the purpose of building a healthier local economy

Creating a coalition of local independent business owners, nonprofit organizations and committed citizens is the first step toward our goals of

- Providing services to support, maintain, and encourage locally owned, independent businesses that create stable jobs and a vibrant local economy
- Educating, networking with, and involving Central Ohio citizens to support our local economy and providing services that engage and encourage their participation.

To learn more and to get involved, contact Chuck Lynd, chuck.lynd@gmail.com

III. The Active Transportation Project (ATP)

The Active Transportation Project (ATP) of Simply Living represents transportation issues within Simply Living and to the greater Central Ohio community. The ATP provides education and resources to help SL members and others shift to walking, bicycling, and public transportation as more widely used forms of mobility. Eric Davies alerts us to upcoming opportunities to advocate for greater public investment in public transportation.

2011 – A critical year for public transportation issues

The loss of federal funding to build the 3-C passenger rail project that would have connected Ohio's major cities by train stunned many proponents. However, other key transportation projects and legislation have major implications for Central Ohio and all Ohioans. Within the next month the new governor's administration will introduce a critical transportation bill that will set and fund the Ohio Department of Transportation's (ODOT) priorities, a bill that must be passed by the Ohio General Assembly by March 30. The transportation budget is separate from the General Revenue Funding (GRF) and is not subject to the \$8 billion shortfall faced by the GRF.

Unlike many peer states, public transit systems in Ohio unfortunately do not have a dedicated source of funding and thus must compete with other GRF priorities, rather than exist on equal footing with roads and highways. Thus local public transit receives little state funding and relies heavily on local subsidies, mostly in the form of sales taxes. Yet ODOT efforts to gain public

input, most recently through the GO OHIO initiative, have shown repeatedly that Ohioans want a balanced multi-modal transportation system that provides infrastructure to allow mobility through



walking, bicycling, and public transportation, as well as by car.

On a larger scale the National Surface Transportation Act has expired and is due to be renewed by Congress. New legislation may be proposed within the next few months. This comprehensive legislation will set transportation spending priorities for the next decade

and set guidelines for resource allocations for roads, highways, pedestrians, bicycling, and public transportation. **Public and stakeholder input will be critical during the next two to three months on both the federal and state levels to ensure a complete, balanced and sustainable transportation system is advanced within Ohio and nationally.**

Proponents of a balanced transportation system are encouraged to contact their state and federal legislators to emphasize that a multi-modal approach is key to the economic stability, vibrancy, and environmental health of Ohio communities. For background information, refer to two key documents released recently by ODOT:

- [www.dot.state.oh.us/policy/Documents/ODOT-Foundation for Transportation.pdf](http://www.dot.state.oh.us/policy/Documents/ODOT-Foundation%20for%20Transportation.pdf)
- [www.dot.state.oh.us/groups/goohio/Newsand Documents/Documents/GoOhio-2011Overview.pdf](http://www.dot.state.oh.us/groups/goohio/Newsand%20Documents/Documents/GoOhio-2011Overview.pdf)

In addition, **Columbus has been selected as one of the cities nationally to host a hearing on the Surface Transportation Authorization to gain input from local communities. The date is expected to be sometime around February 19 – 21. Watch SL's website for further details.**

(Continued on next page...)

SIMPLY LIVING'S COMMUNITY INITIATIVES

ATP Cont'd...

Locally, Simply Living's Active Transportation Project (ATP) has seeded the formation of a new local transit advocacy organization to increase education and support for better public transportation in Columbus and Central Ohio, which will be formally launched in the near future. For more information contact Eric Davies at 614-397-3569 or: transportation@simplyliving.org.



Successful transfer of WCRS toasted by (L-R) Eugene Beer, Marilyn Welker, Jim Ebright, Evan Davis and Robb Ebright.

IV. Simply Living transfers community radio station WCRS 102.1 to The Neighborhood Network

Concluding three and a half years of broadcasting and an investment of almost ten years, we officially transferred our license and the ownership of WCRS to The Neighborhood Network this past December 21st.

As a community asset, WCRS, in its short 40 months of broadcasting, provided unique and valuable programming to Central Ohio, the majority of which was locally produced. Especially noteworthy are the following **Central Ohio firsts**:

- First to air *Democracy Now!*, the nation's premier independently produced news program
- First to air Somali language programming, serving the nation's 2nd largest Somali population

- First to air a locally-produced youth radio program, *Youth Beat Radio*
- First to air Pacifica programming

Simply Living's role in building the station and providing access to people and viewpoints who are otherwise not represented in today's radio environment cannot be overemphasized. Central Ohio is, in fact, the largest metro area in the nation to be served by low power radio, and WCRS is the nation's only low power station to be rebroadcast on a translator station.

**Donate Your
Car: Get a Tax
Deduction
and
Help Simply
Living!**



**Call to Donate
(614) 447-0296**

Who Is Simply Living? An interview with Charles Koontz

By Tom Lasik

As members we may think we know what Simply Living is, but who Simply Living is opens up many intriguing possibilities.

Charles Koontz is a man who both lives and works his philosophy of living simply, practicing energy efficiency and respecting our Earth. Charles and his family live an intentional life, growing and canning vegetables and fruit and focusing on family and on the earth. He works at Integrys Energy Services, a diversified energy company helping customers meet their energy needs and save energy resources at the same time.

SL: How did you get started with Simply Living?

Charles: My wife and I were looking for a place to live in Columbus, and we were able to find a house that suited us perfectly. It wasn't until we moved in and began to meet the great people there that we found out we were living in a neighborhood with an Intentional Community - an open, intergenerational circle exploring community and personal development and living simply, and that those in the neighborhood believed in many of the things we did. I like to say we were the only family to unintentionally move into an Intentional Community!

That's when I heard about the Simply Living organization. The people in this organization are like-minded on issues that are important to my family and me on renewable resources, lifestyle, buying local, and energy efficiency.

We've since moved out to a home in Galena where we can have a bigger garden. We try to live a life free of as much environmental toxicity as possible, doing organic gardening and canning, organic lawn care, cooking at home, participating in CSAs, composting, and collecting rainwater. We live television free. We even make our own organic cleaners.

SL: Who or what inspires you in your chosen lifestyle or in Simply Living?

Charles: You know, I think I've been inspired by meeting other people in the organization; ordinary people who have the extraordinary ability to live what they believe. Sometimes it's not just one person or author or speaker, but a group of dedicated people who believe similarly,

I like to say we were the only family to unintentionally move into an Intentional Community!

and, I guess, practice what they preach. I learn more from them every day.

SL: How does the philosophy of voluntary simplicity affect your spiritual side?

Charles: For me I guess it's just the positive outlook I find in people in the organization. It's an awareness of the reality of the world but not a sense of helplessness. The people here believe that we can make a difference. We can



Charles Koontz

step back from the global economy and restore a sense of self-control. I find a real sense of unity and of belonging.

SL: What do you say to people new to this organization who are just beginning their journey of exploration?

Charles: Simply Living is now working hard on its mission statement to make clear how the organization can be of value to members. I'm hoping to be involved in that. But people will find a feeling of compassion for people wanting to learn more. Anyone making an effort to engage can learn and grow. Learn to live a more intentional life, de-emphasize money, have a more compassionate and sustainable outlook on life. Simply Living is an organization that values time and commitment to these kinds of ideas and will help you find your own connection to them.

Tom Lasik, a SL member, is inspired by meeting fellow travellers committed to a path of simplifying our lives, greening the earth and healing toward wholeness (SL's three themes).

Book Review:

Reviewed by
Gerry Hendey

The End of the Long Summer: Why We Must Remake Our Civilization to Survive on a Volatile Earth

by Dianne Dumanoski, 2009

Ms. Dumanoski, a seasoned environmental journalist, is a truth revealer. She writes with compelling eloquence and remarkable ability to synthesize many disciplines, contributing insights that cast deep light on our culture, history, and technology with a planetary perspective. This challenging book demands an honest response from the reader without setting up an agenda or a standard of comparison. I was brought face to face with my own ignorance but did not experience anger at my own smallness that a book such as this can often evoke.

The book title refers to the unusual and prolonged period of relative climatic calm and warmth that our world has experienced in the past 12,000 years. The more volatile—and historically more normal—patterns of Earth's erratic climates are now appearing sooner than expected, in large part due to human activities. These climate changes will carry devastating consequences in their wake, as they have repeatedly in Earth's multi-billion year story.

Earth will survive humanity, but can we survive our self-inflicted traumas? Where do we turn for guidance in such uncharted territory? Many of our revered and deeply held assumptions and paradigms must go "extinct" if we are to adapt and participate in nature's cycles. Dumanoski examines our past and present relationships to science, technology, Earth, and each other to suggest paths for our possible futures.

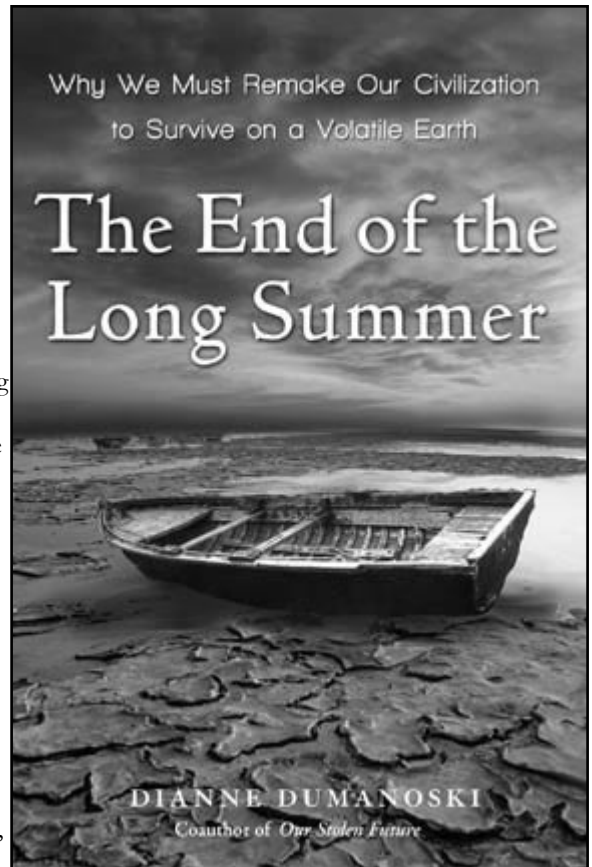
Earth's crises now reflect our human crises, brought on by our abilities to overpower nature coupled with our economic and technological arrogance and ignorance. While as a species we are in radical denial, we are not doomed

nor are we helpless. She states that any global technological "quick fix" will likely worsen our challenges and cannot in the long term reverse the many changes to Earth's current life-sustaining systems. But...our species has survived many climatic swings before, and we are capable of surviving if we have honest hope.

In truth, our culture and the large institutions on which we depend are extremely vulnerable. We may not be able to control or prevent catastrophe, but we can build communities of practice where cooperation is the premier ethic. She describes key design elements to collaboratively meet this long term emergency of climate change, which include intentionally living more locally ("compartmentalization") and the critical value of redundancy (as in many seed companies instead of only a few). We are free and able to design a more resilient culture now, so that when the cards begin to fall there is a will and a way.

The primary stumbling block to this future is the ingrained assumption that we are the apex of evolution, or the sole image of God, and therefore we are entitled to exploit resources exclusively for human purposes. Any future civilization that endures will have made the pivotal decision of setting effective safeguards against our own ignorance. This will happen when we fully embrace the truth of symbiosis with our biosphere and fellow creatures.

Throughout the book she talks about honest hope. I have come to understand honest hope as fully facing the staggering denial with which I and we are imbued. Without doubt we will experience a world that has been drastically altered from what we now know by the end of this century. What



type of civilizations will exist on Earth is unclear, or if they will be viable in the long term. Honest hope is **not** waiting for more inevitable crises where we can collectively defer to lifeboat ethics as a means of survival. In some measure I have been guilty of this because I, like so many others, harbor the hope that everything will go on as normal, at least until the day I die. How do you have honest hope without feeling overwhelmed? For me, Dumanoski has answered this question better than most writers.

This book deserves a group discussion, as the author addresses values and delusions that we share in common. I highly recommend *The End of the Long Summer* as a platform for a Simply Living study course. It dovetails well with our endeavor to develop leadership and clarity in our individual and collective work as agents of change.

Gerry Hendey is a SL member and owner of Gerry's Garden, a summer Community Supported Agriculture (CSA) project. He can be reached at gerryhendey@yahoo.com.

John Wilson...

In memoriam

by Meg Freeling



John Wilson passed on December 15, 2010. Over the years he gave his time and talents generously to many Central Ohio nonprofit organizations, especially in the role of treasurer or accountant. From '02-'05 he served as Board Treasurer for Simply Living, continuing to assist his successor over the next few years. We are grateful for his life and service!

JOHN WILSON left his special life signature on Simply Living. John's learning journey into simple living has always inspired me. When I first met him, he was putting his CPA skills to work helping to streamline Simply Living's accounts and bookkeeping system. We were both on the Simply Living Board at the time, and John's clarity and easy manner combined to make working with him fun-- even on difficult things.

John sold his big house in Upper Arlington and fixed up a much smaller home for himself on the West Side. He created interesting adventures for himself. He would bid on an old clunker car in an online auto auction. When he won, he would take a train to the state where the car was located and pick it up. Driving it home, he'd keep his tool kit handy in case the car broke down on the way. Once home, he'd figure out the car's quirks and cajole it into several more years of car life before starting the cycle again.

John was able to combine clear thinking with kindness. He was very clear about what he would and would not volunteer to do. Within that light of clarity, he lived kindness into most everything he did. When he helped streamline the Simply Living accounts, I remember with what care he shaped the office administrator's tasks so they were within her capacities and would provide the necessary information without overwhelming her.

John would rather be outdoors walking, yet he still took time to be indoors helping people do what he knew so well. He helped me create a personal budget a few years ago that I am still using. He insisted we write it out by hand first as a more direct way to see the essentials. His special "magic" appeared in the clear structure that lived in him for such things. As a result, when he mapped out a set of accounts, it all made sense.

If John were still here in his body, or as we tune to him in the form he is in now, I think we would find him clearing a trail in a woods somewhere, so more of us could enjoy the fresh air, birds, and sunlight. And then we would see him mingling among friends at a local gathering, looking for those who might like to go for a walk with him on that path. And we would see his eyes still twinkling with delight when someone said "Yes!"

Meg Freeling, a SL member, is an English and piano teacher with a passion for Waldorf education.

With gratitude to Jenny Floch

Jenny Floch is one of our generous members who has worked tirelessly behind the scenes. For the past five years she has applied her artistry and skills to all facets of our communications as our graphic designer, designing our Simply Living, Earth Institute, and Transition Central Ohio logos, our website, bookstore posters, a signature look for *A Gift to Be Simple*, and much, much more.

She has brought a professional look to our communications, contributing beauty, function, and identity in fulfillment of our vision. She has served most generously, sharing her time and talents, including considerable technical proficiency with design software.

Thank you, Jenny, for sharing your artistry, creativity, and dedicated service these past five years!

We invite anyone who would like to serve in this capacity to contact us at the SL office.



Catching Up...

...thinking about Simply Living

By Rick Sentieri



In the late 1990s when I was on the Board of Simply Living with Bob Welker and others, our organization was concerned about all manner of social issues related to stopping rampant consumerism, waste of natural resources, using local products, striving for a more sustainable society, and associated issues. At the time I expressed the notion that, as laudable as our goals were, and we were convinced that we were on the right path, we were still clearly in the minority in our society. I believed that the majority of people had little concern for those ideas and that we were something of a “fringe group.” Nevertheless we persisted, offering classes on the subjects of concern, writing letters, talking with any leaders who would listen, networking with other groups and organizations which seemed to be in step with us, and generally keeping the faith.

We all took delight when, shortly after the wonderfully successful launch of “our” little market in Clintonville, Whole Foods came to town, even though a few thought of that as a dangerously corporate competitor. Since then the Andersons have joined in the local movement. Hills Market is here now. More and more Farmers Markets operate in Central Ohio, some now long-standing. The major chains have added “health food” sections to their shelves, and some are given considerable floor space. The “market” has of course driven these developments, and that means our ideas, to which more and more people adhere.

I was delighted to note a recent restaurant review in *The Columbus Dispatch* by Denise Trowbridge, which is surely representative of these on-going developments. In her review of Phat Wraps, now two years old and near campus (of course), she details the growth in the use of local healthy foods, not only here but also nationally. The results of this growth are pretty astounding.

Trowbridge cites the top three trends in restaurants from the National Restaurant Association this year: 1) locally sourced meats and seafood; 2) locally grown produce; and 3) sustainability. Does any of that sound familiar? She notes that the owner of Top Steak House, Craig Hoover,

grows much of his own produce for the restaurant. Hoover says, “You can’t get better than homegrown.”

Trowbridge also quotes a restaurant consultant named Bob Welcher who says that locally-grown produce is great because “the end result is food that is healthier and better tasting.” My first reading got that consultant as “Bob Welker”, and I began to imagine that Simply Living’s influence was indeed much greater than I had known. Sometimes you read what you want to read.

Perhaps some of us are impatient that our values have not taken firmer hold in our culture. I believe that change, however slow in coming, is coming...is indeed in the process of becoming. Turning a ship around is difficult, especially a ship with a crew of more than 300 million.

Surely we might take satisfaction with recent developments in our society, some of which so clearly approximate our values. The idea of fringe group, if ever we were such, is certainly no longer true as our values begin to settle into the mainstream of food production, distribution, and consumption. Even as we note more and more issues to understand and act on, even as we attempt to align our own lives with those original tenets, we were on this path many years ago, when others had not even spoken the word “sustainability”. Now if we could maybe just work a little harder on world peace.

SL member Rick Sentieri leads educational travel tours and builds understanding of our role as world citizens.





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Simply Living Bookstore going online !

Thanks to everyone who bought books at our closeout sale in December! We want to keep a good thing going and love to share good books. So....We are working on two ways to link you to books relating to our themes of **simplifying our lives, greening the earth, and healing toward wholeness** that will also generate revenues for SL:

1) Access Amazon's website through our home page (simplyliving.org). If you do this before you buy any item distributed by Amazon, then Amazon will pay at least 4% of the purchase price to SL. There is no extra cost for you, and SL receives extra revenue. This applies to any item you purchase from Amazon, not just books or videos.

2) Chuck Lynd, Allison Collins and volunteers are compiling a listing of recommended titles relating to our three themes which will be on our website, with click-through capability to Amazon's site. Chuck welcomes your suggestions for books, audio books, CDs, and DVDs to list. Contact him at chuck.lynd@gmail.com. Volunteers are also welcome! We'll keep you posted as this becomes available.

Thank you, Chuck!

Few people may know or remember that Chuck Lynd was the visionary spirit behind the move of the former King Ave. Food Coop to its current location on Crestview Rd. When the Clintonville Community Market opened its doors in 1997, Simply Living's bookstore occupied half of the space, thanks to Chuck's efforts. Over these 13+ years, Chuck has been the driving energy and constant worker who has made the Bookstore a reality.



In recognizing your leadership with the Bookstore, we honor and thank you, Chuck, for your steadfastness, joy, competence, cooperative spirit, responsibility, inspiration, and personal attention to our customers over these many years!

Questions and special orders: Please contact Chuck Lynd, chuck.lynd@gmail.com or 614.354.6172.