



SIMPLY NEWS

Sharing Information, Joy and Thoughtfulness
A Publication of Simply Living

Can't Change the World? You bet you can...Go Emily!

How does change happen, especially with so many issues and indicators calling for urgent action? Quite simply, change happens with daily decisions and commitments and connections that you and I make.

Two powerful events will happen this month in our community. They will bring people together to bear witness, to offer service, to connect our hopes and dreams for this world, and to facilitate change. Big Change!

How did these events come to be? For ***A Year in a Day—Central Ohio's Earth Day 2007 celebration on April 21st*** (see pg. 4), Emily Plews and Tad Dritz, the originators of Green Drinks Columbus a year ago, agreed they wanted a multi-faceted event to bring people together to serve and to celebrate. They had no idea what it would take, but

they committed. They asked Simply Living to be their fiscal agent, and your board said yes. They have asked for help from the Comfest Committee, from their friends, from the Columbus Foundation, from many more. Have they flinched at the scale of their undertaking? Only momentarily. Will the event exceed their expectations? Absolutely!

For ***Step It Up on April 14th*** (see pgs. 6-7), Stephanie Suter stepped up personally, signed herself up to be the coordinator, and committed to organizing an event in Columbus, one of more than 1000 other events being held around the U.S. on April 14th. Did she have any idea how she was going to pull this off? No way. Will this contribute to the largest effort ever in the U.S. to call for Congressional action to address global warming? Absolutely!



Photo by Keith Beveridge

I hope to see you at these events. What a joy to witness so many expressions of service with one another. Through this service, our lives are not only enriched but profoundly shaped. From the commitments of Emily and Tad and Stephanie and many, many others, we all grow.

--Marilyn Welker

In this issue

Earth Day 2007	4
Step it up!	6
Community Radio	8
1st Person Perspective	9
Member Profile	10
Earth Institute Update	11

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

Simply News is published six times a year by Simply Living.

Please send submissions (all welcome) to:

Mary Frances Ball, editor, *Simply News*
8383 Cleveland Ave. N.W.
Westerville, OH 43081

Email: **MARYFRANCES@INSIGHT.RR.COM**

The deadline for items for the next issue is:

May 10, 2007

Call the editor at (614) 895-2100. Please remember to include your phone number with submissions.

PLEASE SEND ALL CALENDAR SUBMISSIONS TO:

Marilyn Welker

P.O. Box 82273

Columbus OH 43202

Phone: 614/447-0296

Email: **mwelker@ctcn.net**

An invitation to electronic information

You are invited to receive timely, relevant information through two listserves created and sustained by the generous commitment of Janet Ingraham Dwyer and Chuck Lynd.

•**Simply Living Listserve:** Expect 2-5 diverse messages per week ranging from events of note to free available items to housing requests and more. Contact Janet Ingraham Dwyer to join and/or to request posting of information you'd like to share with the Simply Living community: janet@simplyliving.org

•**Clintonville Community Market Listserve:** Chuck Lynd sends out a lively weekly digest of community events, usually on Thursdays. An enjoyable read in and of itself, it's chocked full of opportunities to connect with good work, good people and good fun! Contact Chuck: clynd@cavenet.org

Our 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.

The Three Themes of Simply Living:

- » *Simplifying our lives*
- » *Greening the earth*
- » *Healing toward wholeness ...through our learning, loving and serving*

We invite you to invite others to learn about us! If you have someone whom you think would enjoy reading our newsletter and/ or attending our events, contact Sarah Straley 614/447-0296 to pass on their names. We gladly send complimentary newsletters and find that our members' recommendations are the best "advertising."

Simply Living Membership Information

Simply Living members *are* the organization. Members may be involved at various levels, are financially committed, and share a vision of growth and transformation.

We invite members to participate in all activities and to offer your special interests and gifts as well. For more information, call Simply Living at 614/447-0296

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Visa/MC# _____ Exp _____

A One-year subscription to *Simply News* is \$20

An Individual memberships is \$30/yr.*

A Family membership is \$45/yr.*

A Senior citizen or Student Membership is \$20/yr.*

***Note: Memberships include a one-year subscription to *Simply News*.**

Make checks payable to Simply Living and send to:
205 Crestview Rd., P.O. Box 82273, Columbus OH 43202

Phone: _____

Simply Living Welcomes New Members

John Kovalcik	Babette Gorman
Alison Katz	Scott Hall
Adrienne Novak	Barney Bargmann
Margaret Burns	Leanne & Don Bly
Matthew & Queretta Gordon	Janet & Sid Druen
Carol Baldauf	Pat James
Matthew Moffitt & Karlyn Geis	Kim Phillips Munster
Amy Matthews	Katharine Moore
Vincent Stross	Linda Oshens
Tim Pohlar & Jayme Richards	Mary Sinclair
Zach Henkel	Cecile Smith
Nicole & Gary Hoch	Theresa Horan-Sapunar
David Nesmith	Toni Teague
Merry & John Norris	Brenda Wilhite
Jewell Mongeau	Mark & Emily Swanson
Brent & Marie Skatzes	Martha Balint
Dave Atanasoff	Eric Hansen
Laura White	Lori Graves
Diane Webster	Darcie Galowitch
Ruth Milligan & Dave Daiber	Carla Sheak

Welcome!

Simply Living Board

John Harrison, President 216-6124	Bob McNall, 621-1623
Donna Sigl-Davies, Vice President, 268-7656	Jenny Floch, 563-9031
Michael Paull, Secretary 316-4092	Jed Swift, 921-1997
Dan Baer, Treasurer 343-0493	Suzanne Lentz, 629-3052
	Marilyn Welker, Director 937/484-6988



Simply Stated

Sharing News and Information from
the Simply Living Community



Discussion Group for Small Space Gardeners

This informal discussion group is for you if you want to grow food using organic methods but have only a small space, perhaps a window box, patio or small plot. We're currently discussing characteristics of different varieties of vegetables and starting seedlings indoors under lights.

We also share books, two favorites being *How to Grow More Vegetables in Less Space than You Ever Imagined* by Jon Jeavons, and *Square Foot Gardening* by Mel Bartholemew. Beginning gardeners are especially welcome, since a small garden is much easier to handle when first learning gardening skills. An amazing number of vegetables can be grown in containers. Even a window box can provide herbs, lettuce, green onions, radishes and baby carrots.

Join us on the second and fourth Wednesdays, 6:30 p.m. The location varies; contact Marian Garcia, megarcia89@yahoo.com, or 447-9772.

Simply Elegant Garden Tour ~ Sunday June 3rd

The second Simply Elegant Garden Tour will be held Sunday, June 3rd from noon until 5:00PM. Demonstrating that beautiful gardens and environmentally responsible gardening can go hand-in-hand, all gardens will emphasize utilization of organic fertilizers, elimination or minimal use of pesticides/herbicides, and use of native plants.

Six ornamental gardens in the Grandview and Upper Arlington neighborhoods will be featured, four created by professional landscapers dedicated to environmentally responsible landscaping. Also included will be a certified wildlife garden and a unique Franklinton garden belonging to a sixth generation African American herbalist whose garden is her pharmacy.

Owners will be on hand to provide information about their gardens. Venues will include samples of organic fare from local restaurants/bakeries/etc. and/or music by local musicians. THIS IS A RAIN OR SHINE EVENT. Tickets go on sale in early May for \$15. Watch the SL newsletter/e-bulletin board for more information.



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

Call
(614) 447-0296




Sixth EarthSpirit Rising Conference: June 8-10

Bellarmine University, Louisville, Kentucky

Conference Theme: Return to Earth Wisdom

Plenary Presenters: Margaret Wheatley, Starhawk, Paul Rogat Loeb, Kirkpatrick Sale, Jerry Mander, Michael Dowd and Connie Barlow, Jane Siberry.

Pre-conference workshops: Friday, June 8th with Margaret Wheatley, Starhawk, Connie Barlow and Michael Dowd.

Join us to work and play together to create a sustainable and compassionate future. For more details and online registration, visit www.earthspiritrising.org. Email: earthspiritrising@imagoearth.org or 513-921-512. Presented by IMAGO and Cultivating Connections, with co-sponsorship by Simply Living and many other organizations.

Standing Women ~ Saturday, May 13th, 1 p.m., wherever you are

The women of Ohio call upon the women of the world, from day-old babies to our most senior elders, to stand with us on May 13th to save the world. This project is based on Sharon Mehdi's book, *The Great Silent Grandmother Gathering*. View a summary of the original version at www.standingwomen.org, along with details and registry. The website is in 15 languages and links to a YouTube video.

We will be standing for the world's children and grandchildren, and for the seven generations beyond them. We dream of a world: Where all of our children have safe drinking water, clean air to breathe, and enough food to eat. Where they have access to a basic education to develop their minds and healthcare to nurture their growing bodies. Where they have a warm, safe, and loving place to call home. Where they don't live in fear of violence—in their home, in their neighborhood, in their school, or in their world. This is the world of which we dream. This is the cause for which we will stand.

Please Note: Articles appearing in *Simply News* reflect the views of their authors and do not necessarily reflect policy or positions of Simply Living.



Earth Day 2007: A Year in a Day

Walk, Bus or Bike (or carpool!) to these coming events:

BE PART OF THE LARGEST COLUMBUS EARTH DAY EVENT IN MORE THAN A DECADE:

8 a.m. to Noon: Volunteer at the worksite of your choice including three community gardens related to our foodshed project. Meet your neighbors, make our community greener, contribute your energy and gain satisfaction from working together! Our goal: Involve 500 people with 4 hours of morning work, the equivalent of one person's work at 40 hr./wk., 50 wk./yr.

Saturday, April 21st

Co-sponsored by
Green Drinks Columbus,
Simply Living and Sierra Club

Noon - 7 p.m Walk, ride the bus or ride your bike to Goodale Park for the celebration! To include live music and entertainment, hands-on demonstrations, a hybrid car drive-in and scrumptious local and organic food and drink. So organize a walk, a COTA ride or bike riding group and meet us there!

For more information and to sign-up, visit www.ayearinaday.org

May is National Bike Month

That's right. A whole month dedicated to our most efficient transportation mode. The League of American Bicyclists is also sponsoring **May 14-18 as Bike Week** and **May 18 as Bike to Work Day**. Think of all the benefits from riding your bicycle: better health, money saved, a better community and a cleaner environment. Pick a day, pick a week, pick the whole month to ride your bicycle! Not sure how? Participate in any of the events below.

~Bike Workshop & Rally ~

Saturday, May 5th, First Unitarian Universalist Church, 93 W Weisheimer Rd.
Saturday, May 19th, Maize Manor United Methodist Church, 3901 Maize Rd.

Registration limited

Please contact Chris Luers for times and to register: 447-2053 (h); 937-7616 (cell); dluers@earthlink.net.

Offered by Simply Living's Alternative Transportation Project, each workshop will be 2 1/2 hours, followed by an optional 1/2 hour bike ride on local streets. We encourage everyone to bring their own bikes.

Purpose:

- To know your bicycle
- To know how to do general repairs and maintenance
- To know how to ride comfortably and intelligently on city streets

Specific topics include:

- Getting a bicycle that fits you: Bicycle styles, frames, wheels, drivetrain, seats and handlebars.
- Keeping your bicycle reliable: Chain, tires, cables, wheel truing, bearings, lubrication.
- Fixing your bicycle when it breaks: tools, flat tire, chain fell off, when to take your bike to a professional.
- Accessories: Helmets, gloves, racks/baskets/bags, locks, lights, fenders, mirrors, bells, reflectors.
- Rules of the road: Where to ride on the road, signals, right of way, defensive riding.

Walk, Bus, Bike: Routes to a Better Society

Tuesday, May 1, 7:30 pm.

Northwood Building, 2231 N. High St., Rm. 100

Sponsored by Friends of the Olentangy Watershed (Flow)
www.olentangywatershed.org

In a lively, informative and motivating format, Simply

Living's Alternative Transportation Project will present easy ways for people to reduce their car use. -- *Simply Living's Alternative Transportation Project -Eric Davies, Dave Erb, Chris Luers and Lisa Staggenborg*

Local Matters, Especially Food!

Greater Columbus Foodshed Project expands and merges...

How do we grow a revolution in our food supply? By growing our food locally, eating local foods, and connecting local growers with eaters every way we can!

Simply Living's commitment to growing a healthier, more sustainable food supply took a giant leap forward with our board's approval to embrace a larger agenda. The GCFS project merged with the Central Ohio Chef/Grower's Network, an organization focused on re-connecting the traditional farm community with local restaurants and chefs. The tentative name for this new venture is **Local Matters**, but we'll keep you posted!

Our mission remains: increasing local foods is our project.

For three years, Noreen Warnock coordinated our Foodshed Project, dedicated to **ensuring access to affordable, nutritious and delicious food through a vibrant local food supply**. Through Noreen's efforts, neighbors created community gardens. Children learned where food comes from, sunk their hands into the dirt and harvested their first, fresh-from-the-garden veggies. Teens honed their entrepreneurial skills, selling their freshly harvested produce at the neighborhood Farmers Market. This merger provides another outlet for creating market opportunities for farmers, urban gardeners and urban farmers and for providing educational programs as well as delicious, local products to the greater community.

Our leadership circle grows along with new opportunities.

An expanded leadership council will now guide the project's work, and will include several Simply Living members and others from the wider community. We warmly welcome Martha Balint and Michael Jones, who, along with SL members Cheryl Foster and Susan Weber, are highly motivated individuals bringing extraordinary leadership and skills to the expanded project.

Noreen Warnock will continue as Project Coordinator for the Urban Farm and Gardens program and Martha Balint will serve as Project Coordinator for the "Farm to Restaurant Fork" program (the farm/restaurant connection).

We are defining new projects and refining current efforts. Watch for more details about upcoming events and projects. Plan now to attend the two upcoming programs on April 19th and May 8th (See Page 8.)



Photo by Abram Kaplan

Kevin and Katy Malhame

NorthStar Café Commits to Growing Local Foods with Major Gift!

In the midst of opening their new café at 4241 N. High St., owners of NorthStar Cafes Kevin and Katy Malhame presented Simply Living with a gift of \$4000 in support of our local food project. Susan Weber and Marilyn Welker gratefully accepted the contribution at their recent Producers' Dinner, to unveil their new location and thank their many local food producers.

Dedicates 1% of Profits for the Planet

Dedicated to leveraging their resources to create a healthier planet, Kevin and Katy Malhame are exemplary "green business" owners, participating in the national organization, 1% for the Planet. When Kevin's brother Darren was asked why NorthStar does not publicize its commitment to serving locally and organically-grown foods, he noted the owners' philosophy that people who care about those aspects of their food will find out about it. Their commitment is to serve healthy, nutritious and delicious foods and beverages that also contribute to our planet's health and well-being.

With their Clintonville location's grand opening scheduled for April 21st, enjoy their tasty menu selections throughout the day, with breakfast hours to be added April 21st.

Thank you, Kevin and Katy, for your support and commitment to our community!

Local Food Continued....

See page 8 ... for two special events co-sponsored with the Social Responsibility Initiative, OSU College of Food, Agricultural and Environmental Sciences

STEP IT UP



2007



Bill McKibben

A Letter From Bill McKibben

Dear Friends—

This is an invitation to help start a movement—to take one spring day and use it to reshape the future. Those of us who know that **climate change** is the greatest threat civilization now faces have science on our side; we have economists and policy specialists, courageous mayors and governors, engineers with cool new technology.

But we don't have a movement—the largest rally yet held in the U.S. about global warming drew a thousand people. If we're going to make the kind of change we need in the short time left us, we need something that looks like the civil rights movement, and we need it now. Changing light bulbs just isn't enough.

So pitch in. We hope to have gatherings in every state, and in many of America's most iconic places: on the levees in New Orleans, on top of the melting glaciers on Mt. Rainier, even underwater on the endangered coral reefs off Key West.

We need rallies outside churches, along the tide lines in our coastal cities, in cornfields and forests and on statehouse steps.

Every group will be saying the same thing: Step it up, Congress! Enact immediate cuts in carbon emissions, and pledge an 80% reduction by 2050. No half measures, no easy compromises--the time has come to take the real actions that can stabilize our climate.

By its very nature, this action needs all kinds of people to help out. We can't make it happen--it has to assemble itself.

We need creativity, good humor, commitment. If you are active in a campus group or a church or a local environmental group or a garden society or a bike club--or if you just saw Al Gore's movie and want to do something--then we need you now.

And by now, we mean now.

The best science tells us we have ten years to fundamentally transform our economy and lead the world in the same direction or else, in the words of NASA's Jim Hansen, we will face a "totally different planet," one infinitely sadder and less flourishing.

The recent elections have given us an opening, and polling shows most Americans know there's a problem. But the forces of inertia and business-as-usual are still in control, and only our voices, united and loud, joyful and determined, can change that reality.

Please join us.

Bill McKibben is a former staff writer for The New Yorker. His most recent book is Deep Economy: The Wealth of Communities and the Durable Future.

**Step it Up!
Cut Carbon 80% by 2050**

Make History on April 14, 2007 -- STEP IT UP!

Saturday, April 14

Noon to 3 PM

Ohio Statehouse

West Plaza

Global Climate Change calls for a Global Solution!
Hike, bike, bus, or carpool to the Statehouse.

12:45 Mass group photo for website,
1 p.m. Speakers. (see below)
Wear green to show support!

Sign up at www.stepitup2007.org today!

Join in the largest day of citizen action
focusing on global warming in our nation's
history, a nationwide campaign comprised of
over 1000 actions being held on April 14, 2007

◆ This is truly a viral grassroots movement,
organized online through word of mouth, email
outreach and the online community.

◆ The actions range from a rally of thousands in
New York City, to a handful of scuba divers off
the coast of Key West, to a gathering of citizens
on the Statehouse lawn in Ohio.

◆ All individuals, groups and organizations involved in these actions agree on one thing: the need for substantial and rapid action.

We are united in delivering a critical message:

FOR CONGRESS TO PUT AMERICA ON A COURSE TO CUT CARBON EMISSIONS 80% BY 2050. THIS IS LESS THAN A 2% REDUCTION PER YEAR.

- While many Americans are choosing to make the switch to new conservation technologies in order to cut emissions, only bold leadership from Washington can drive the large scale changes needed to stave off the catastrophic effects of global warming. We are pleading for them to step up and take action.

As a truly global crisis, global warming will impact everyone. However, the impact will be felt greatest among the most vulnerable of the world's population. While global warming presents us with our most pressing challenge, it also presents our most inspiring opportunity.



Speakers include: David Robinson - Climate Project; Andy Keeler - John Glenn Institute; Marilyn Welker -Simply Living; Ed Roberts - Sen. Brown's office; and Susan Ashbrook - City of Columbus Environmental Steward.



102.1 FM - Local Power Community Radio Is Happening!

With support from so many of you for assistance and offers to help, willingness to produce programming, and ongoing encouragement, we anticipate being on air by late April.

WHAT: WCRS, 102.1 FM, the voice of Simply Living
WITH WHOM:

WCRX, 102.1 FM, the voice of Bexley Public Radio Foundation, is **currently on air** from 11a.m. to 1 p.m. Mon. through Fri., rebroadcasting simultaneously on 98.3 FM.

WCRC, 102.1 FM, the voice of Community Refugee & Immigration Services, will also begin broadcasting within the next few months.

We anticipate rebroadcast support from 98.3 FM, owned and operated by the Columbus Institute for Contemporary Journalism.

Our station (transmitter w/ antenna and equipment) is built, thanks to extraordinary effort by Eugene Beer!

Next steps:

Short term: Finalize agreements with our broadcast partners. Finalize music licenses and program permissions. Comply with FCC requirements. Produce playlists and broadcast!

Longer term: Write business plan. Build studio. Develop capacities to produce our own local programming. Build community partnerships and larger constituency to support community radio.

Your Simply Living Radio Steering Committee: Eugene Beer, Jenny Floch, Rich James, Jim Kammerud, Kris Keller, Bruce Reed and Marilyn Welker, with valued long distance support from Ken Kraska.

The excitement is growing—Columbus is the largest U.S. city to have a low power community radio station. Your station—your voice for what matters!



Local (Food!) Matters

continued from page 5...



Two Special Events co-sponsored with the Social Responsibility Initiative, OSU College of Food, Agricultural and Environmental Sciences

Both events will be held in Rm. 100, Agricultural Engineering Bldg., 590 Woody Hayes Dr., OSU Campus (Free parking)

I. Field to Table: Increasing our local food supply

Thursday, April 19th, 7-9 p.m.

From growing, processing and distributing food to our purchasing, cooking and consuming, what we do shapes our world. Learn more about the concept of Field to Table that promotes healthy eating, teaches food preparation and cultivation, develops community capacity and creates non-market-based forms of food distribution.

Panelists will be community persons who are actively working to increase access to local foods, followed by audience participation.



II. Assessing our Community Food Supply: where are we and where do we need to be?

Tuesday, May 8th, 7-9 p.m.

"A Community Food Assessment is a collaborative and participatory process that systematically examines a broad range of community food issues and assets, so as to inform change actions to make the community more food secure." *What's Cooking in Your Food System: A Guide to Community Food Assessment, p. 11.*

Increasingly we cannot and must not take our food supply for granted. Learn more about what we know and don't know about our local food supply and how a comprehensive food assessment can inform our actions. Panelists: Carol Goland, Jeff Sharp, Marilyn Welker, Noreen Warnock and Martha Balint, followed by audience participation.

First Person Perspective: Creating Your Community One Meeting at a Time A Simple Call to Action

By Keith Beveridge

During presidential and midterm elections I easily get fired up about voting, finding time and energy to volunteer to make sure that as many people as possible vote. However, after November comes and goes, so does the energy that burns inside so many of us. This energy fades away for two or even four more years until the next national election. We get busy with family, work, and daily activities, expecting that our local and city officials will do the things that they do and that hopefully we will be happy with their decisions.

That is precisely why I am writing. **I CALL YOU TO ACTION**, to the important things that are going on in Clintonville, other neighborhoods and Columbus that need your attention and more importantly your voice. Everyday our elected officials make decisions that ultimately affect us. You have the choice to take on this “Call to Action”; to make sure your voice is heard in whatever vote or decision our elected officials make. The easiest way to do this is to attend your local Association, Commission, or City Council meeting.

As a resident of Clintonville I regularly attend the Clintonville Area Commission (CAC) meetings on the first Thursday of every month at the Whetstone Library. During these meetings various topics are covered and discussed, from voting issues, to zoning and variances, to local businesses interested in developing in Clintonville, and more. You have the opportunity to speak at these meetings and to hold local elected officials to their word for the good of the community.

Before the Clintonville Area Commission now is the future merger of the Ohio State Schools for the Blind and Deaf. The state property on which these schools exist is prime real estate, land that developers would love to develop.

I care about our current density and value green space for our children, ourselves and our neighbors, including the local plant and animal species. What will become of the hawk that I see each day perched in the trees or flying overhead as I bike on my way to work, or the hawk’s nest? What effects would development have on Bill Moose Run Ravine’s gorgeous spring and summer wildflowers? Or the pressure put on the birds, groundhogs, fox, or



Keith Beveridge

the deer? I can assure you that more development in this area will surely push out our last remaining wildlife neighbors that call Bill Moose home. I hope enough citizens will speak out on behalf of the conservation of this land, to protect this valuable and beautiful area of our city.

Previously, citizens spoke out and secured an easement on the Bill Moose Ravine that runs through the state school properties. They understood the importance of protecting such a valuable and important piece of land. We too can be heard on this issue and others, but only if we participate. Won't you join me and other neighbors in Columbus at these meetings, and give voice to what we value? You voted in November—remember that your voice matters every day!

kbeveridge@sbcglobal.net; 614.433.7320

The 4/5 CAC meeting, 7 p.m. at 3909 N. High St., should include a discussion on the Resolution from the CAC and the community to forward to the Ohio State Schools for the Blind and Deaf.



Member Profile

Pat Marida

Pat Marida is a rock star! Her name has been associated with serious local and global environmental activism for over two decades. During a “low carbon” (her words) phone interview, this icon of environmental defense demonstrated why her charismatic voice has carried and continues to carry such authority. She had just returned from Piketon, Ohio, where she participated in a public hearing, speaking in opposition to a proposed “nuclear recycling center” to be built on the site of the former uranium enrichment plant. She commented, “The opposition was eloquent and [attendees] were 3 to 1 opposed.” She is constantly teaching whether she knows it or not – characterizing the arguments involved in the debate clearly. “People don’t want to distrust the government,” she acknowledged, implying that the supporters of these proposals believe they will produce good, safe jobs.

Pat, while not conceding to the title of systems thinker, admits to a deep interest in systems theory. “We tend to find blame [instead of asking] how the system can put one [ill-prepared] person in a position of power.” She is interested in applied systems theory particularly as it relates to social issues, asserting “Everything IS all connected and can’t be isolated.”

While she has stepped down as Central Ohio Sierra Club Chair, her activism with the Club will continue. During her tenure the Club has worked on numerous issues and initiatives which impact the daily lives of nearly all Franklin County residents in some manner. When asked which issue most identified her, she chose the issue of illegal sanitary sewer overflows in the City of Columbus. Summarizing, she states, “the City needs to stop adding new sewers to a system that is already over capacity and to repair the existing system....Progress has been made – [by way of] legal and other efforts. Two agreements have been reached between Columbus and the Ohio Environmental Protection Agency to make repairs and enforce laws regarding sanitary and combined sewers.”

Pat grew up on a farm in Northwest Ohio. Her parents were “very conservation-minded and didn’t like waste.” She attributes her father’s thriftiness to his family background. She spent much of her childhood outdoors, acknowledging, “There was nothing nearly so interesting indoors.” As for her father, she comments, “My dad was a skeptic. He said, ‘Believe none of what you hear and read and only half of what you see.’ He was known for honesty and for being hard-working.” Her father utilized contour farming methods and planted “hundreds” of trees, a “labor of love”. He left much of his land untilled and in woods. Her parents always encouraged her and valued education.

Pat’s career path led her to a degree in pharmacy: “I was always interested in science... in how drugs acted in the body, in solving problems from a rational, scientific angle.” Her activism burst into flame as a result of a Mother’s Day present in 1981. Carl Sagan’s book *Cosmos* included a final chapter about nuclear weapons and war. Being deeply concerned about this issue, her first step was to join the Sierra Club. Through Sierra, she came into contact with the Ohio Nuclear Weapons Freeze Campaign and served on its board for nine years. As the cold war was ending and the organization was changing, her direct participation ended but her interest in environmental issues was broadening and deepening.

Pat has been involved in Simply Living pretty much since the beginning. She knew Marilyn Welker from community networking and had partnered with her on Earth Day activities – SL was a natural fit. She states, “The greatest gift of Simply Living is the opportunity to educate myself and to meet like-minded people and [the excitement of] how we have grown and reached out to the greater community, with things like the Foodshed Project, Local Matters and the new radio station.”

You will most likely find Pat outside if she’s not in a meeting. She enjoys hiking, walking and biking. “Exercise allows me to stay balanced. Much of my work is of a sedentary nature – at the computer. There were no computers in community activism in the 80’s, and while they have exponentially increased our learning and ability to communicate, they also require us to remain more sedentary.” She adds, “Humans don’t have evolutionary experiences being indoors – part of our psychic dilemma is [caused by] not being outdoors.” Pat is an avid reader, attributing the works of Starhawk, James Howard Kunstler and Jared Diamond as particularly inspirational and informative. She is currently reading *The Omnivore’s Dilemma* by Michael Pollan. She appreciates “iconoclastic authors” who write well and would probably fit that description herself were she to write a book.

“If anything is spiritual, then everything is spiritual,” describes her worldview. Tying directly to her interest in systems theory, she states “there is so much depth to the real story [of the universe],” and cites the works of Brian Swimme as exemplary in this area. One more thing: Yes, Pat Marida is a rock star. Yes, she is a well-known and respected activist. But Pat Marida loves to laugh and knows how to have a good time. “Some people presume [I’m] negative because of the [serious nature of the issues I deal with], but actually it’s the opposite.” She tempers deep knowledge and commitment to our earth with a great deal of self-awareness and a very healthy dose of fun-loving. To get to know Pat, look for her outside!

--Sally Murphy

What They Are Saying:

From our newest Earth Institute discussion course—*Global Warming: Changing CO₂urse*, participants are saying:



"I'm glad for the opportunity to discuss a potentially scary topic with other concerned people. We learn so much and get ideas for making changes in our lives."

– Shirley Cox



"The Global Warming CO₂urse has provided many new insights and allowed for me to better understand the climate crisis from other perspectives. The task at hand is overwhelming, However, if we can make inroads to help one another we can get through this crisis. The

time is here; We Need To Get Busy!!" – Keith Beveridge



"It's wonderful to discuss this issue with people who take it seriously."

– Dale Hooper



"Just like the other discussion courses, the Global Warming course provides gentle support and stimulus around this most important issue. People might think this course is too depressing, but no one in the class has killed her/himself! Instead, we laugh and cry together as we discuss, what is it

going to take for humanity to work together to preserve this most beautiful planet for future generations?" – Sarah Straley



"I am learning so many facts about global warming which I can use to convince unbelievers about the truth. So, I can spark conversation."

– Paula Jones



"This course is very valuable in that it gives concerned community members an outlet for giving each other hope and optimism. It's an opportunity to learn new information about global warming and how to work in our own lives to take steps to protect and repair the

Earth. It also strengthens my ability to talk about this issue with others."

– Jane Butler



"I'm delighted to be in another course. I am becoming more articulate about global warming, so that I will be more effective in my conversations with others who are looking for information and inspiration about how to change ourselves and our communities in order to increase

our positive responses to this crucial challenge of sustainability. It is so refreshing to hear the stories and perspectives of others in the group. I go home each time more charged and better informed by the insightful readings and passionate discussion we share." – Larry Cox



"I am enjoying sharing thoughts and ideas on how I can make changes to make a difference. I also am learning ways to talk to others and plant seeds for change."

– Karen Hjelm

Join in these empowering discussions: Come to our next course introduction: Wed. Apr. 18, 7-8:30 PM, 205 Crestview Rd. Coursebook cost is \$20; participants will meet four times. For more information contact Sarah: 447-0296.

A Publication of
Simply Living
205 Crestview Road
P.O. Box 82273
Columbus, OH 43202

COSMO*

Community Shares of Mid Ohio

NON-PROFIT ORG.
U.S. POSTAGE
PAID
COLUMBUS, OH
PERMIT NO. 7268

Return Service Requested

**Dated Material,
Please Expedite!**

The Simply Living Bookstore at The Clintonville Community Market (CCM)

200 Crestview Road, Columbus, Ohio 43202

Tel: (614) 261-3663

A joint venture of the Calumet Natural Foods Cooperative and Simply Living

"You can never learn less, you can only learn more." ~ Buckminster Fuller

Featured this month are several books by Bo Lozoff

We're All Doing Time: A Guide to Getting Free and
It's a Meaningful Life : It Just Takes Practice, with Beth Stover.

Enjoy a delightful children's book, **The Wonderful Life of a Fly Who Couldn't Fly**.

A New Arrival — **The Silent Takeover: Global Capitalism and the Death of Democracy**, by Noreena Hertz — a noteworthy addition to our collection of books addressing **globalization** and its impact on our culture and our communities.

Classic titles are back in stock, including **Censored 2007: The Top 25 Censored Stories**, **Stop Global Warming! What You Can Do About It**, **The Blue Pages: A Directory Of Companies Rated by their Politics and Practices**, and **Green Living: The E Magazine Handbook for Living Lightly on the Earth**.

Good food books abound, including **Grub: Ideas for an Urban Organic Kitchen**, the PETA Celebrity Vegan Cookbook.

Be sure to check out all the latest zines!

Special Orders always welcome- email Chuck: clynd@cavenet.org



As always, a big
THANK YOU
for supporting the SL
Bookstore at the CCM!

CCM Hours

Monday through Saturday 7 a.m. to 10 p.m.
Sunday 8 a.m. to 10 p.m.