Simply Living Healthy* invites you to
HEALTH EDUCATION AND AWARENESS DAY

When: February 2nd, 11-4:30 pm
Where: Simply Living Office, 2929 N. High St.
(above Aladdin’s Restaurant)
Why: Because we want you to BE HEALTHY!
What: A 30 minute bodywork session & up to four thirty-minute information sessions

The focus of this event is to empower you with information that will support your health. Your individualized 30-minute session will give you at least two specific practices that address your needs and that you can do at home to support and improve your health.

Cost: $20 at the door; $15 pre-register by phone; $10 at door for information sessions and snacks only. Portia Yiamouyiannis will be providing healthy snacks, with donations from the Clintonville Community Market. Books will be available for purchase.

To pre-register, call Sarah at the SL Office, 447-0296. Choose either 11-1:30 or 1:30-4 to attend. You will be assigned to a practitioner educator and can hear as many information sessions as you wish.

*Simply Living Healthy is a learning group that meets monthly to which all are welcome! See SL’s monthly calendar for meeting schedule. Their mission is: 1) to educate and empower community members to achieve and maintain optimal health; 2) to provide channels of communication between providers and the community; 3) to assist community members to have a larger voice in creating a rational and compassionate health care and wellness system; and 4) to explore models for such a system.

Simply Living's 15th Annual Meeting

You are invited to
Simply Living - Live and On the Air!
Saturday, March 8th
5:30 – 8:30 p.m.
Parish Hall
First Congregational Church
444 E. Broad Street

Come celebrate 15 years of dynamic growing into joyful relationship with ourselves, our community and our world.

A special program will feature our exciting new venture, WCRS 102.1 FM community radio, rebroadcasting at 98.3 FM. We will also honor and elect our board members for 2008. (See roster on pg. 2.)

We’re known for our potlucks….Without doubt this is the best one of the year!

Bring your friends and family, a dish to serve 6-8, and your table service.

Activities for young children are being planned.

For information, call 447-0296.

Simply News
Sharing Information, Joy and Thoughtfulness
A Publication of Simply Living

This issue is dedicated to
Growing

Living’s Vision: Creating a compassionate and sustainable world through personal, community and cultural transformation.
Simply Living Welcomes New Members

Kathy Anthony  Alison Colman & Jaron Bernstein
Joe Baer       Rich Cordle
Chris & Nancy Baker  Kae Denino & Mac Weber
Sarah Baker    Marvin Doebler
Denise Baumann  & Irina Tanasean-Doebler
Dexter Blue & Jake Westrick Joanne Dole
Jeff & Lucy CaswellAnn Farrell Hughes
Miriam Chon   Sara & Michael Gallaugher
Shirley Chong  Kari Barnes

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

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: March 10th.
Call the editor at (614) 895-2100.
Please remember to include your phone number with submissions.

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.

An invitation to electronic information

You are invited to receive timely, relevant information through two listerves 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

Simply Living Membership Information

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 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 _______________________________________
Phone: _____________________________________________
Email: _____________________________________________
Visa/MC: __________________________ Exp: ___________

A One-year subscription to Simply News is $20
An Individual membership is $30/yr.*
A Family membership is $45/yr.*
A Senior citizen or Student Membership is $20/yr.*

Please add me to SL’s Listserve
Please add me to the Community Update Listserve
Please contact me about volunteering. I’m interested in:

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

Make checks payable to Simply Living and send to:
2929 N. High St. Suite A, P.O. Box 82273,
Columbus OH 43202

Continued on page 11
we make every effort to be efficient, accurate and timely in both thanking you and documenting your gifts!

Thinking of clearing your clutter?
Recycle your used books and donate to Simply Living! Are you looking for an easy way to recycle your valued but ready-to-be-passed-along books? Rodger Williams has offered to visit your home, make an offer to buy your selected books, and donate that amount if you wish, to Simply Living. You may also take your books to him, just down the street from the Clintonville Community Market. Contact him at 208-2698.

In Memoriam: Bob McNall
Former SL board member and lifelong learner
Bob McNall passed on in late November. He never stopped surprising us with his colorful and varied past lives and current interests. From farming with Ohio’s prison system to contra dancing to being a Spiritual Director, Bob lived to grow, always seeking to understand who we are and what our humanity is all about. We celebrate his life and service and are grateful for his contributions in fulfillment of our mission.

An offer from Farmer Dick Jensen
I have a strong need to start giving away things to people who need them. I feel that God has really blessed me and that I need to do some things this year to share more of the bounty from my farm. This year I am committed to giving away 25% of the garden to people who need food in our local area. Maybe you can help by directing me to the food banks that accept fresh food? Maybe you would be able to help me harvest and distribute it too? Because of my time commitment to other crops on the farm, I don’t grow anything in the garden without help. So if you want to learn about growing food organically and would commit to learning by helping in my garden—or know of others, send them my way. I am happy to share food from the garden with volunteers.
Dick’s farm is northeast of Columbus in Licking County. See page 8 for his contact information.

Donate Your Car: Get a Tax Deduction and Help Simply Living!
Call 447-0296
VISTA - Volunteers in Service to America … and WCRS

**VISTA’s mission:** To start, strengthen, or expand programs, systems or services that help people move out of poverty.

- 1961 - Envisioned by President Kennedy
- 1964 - Legislated into existence under President Johnson’s leadership
- 1964 - First 20 volunteers sworn in

In the past 40+ years, over 177,000 people have served as VISTA volunteers working with local organizations to strengthen communities and help people escape poverty. In 2006, 6854 VISTAs served with approximately 1000 project sponsors.

**Being a VISTA means:**

- You receive a living allowance which is less than poverty wages.
- You have not taken a job, but rather have committed a year of your life to serving your community and your country. (In fact you are prohibited from holding a job.)
- You are happy to have people treat you to lunch (or dinner).
- You have joined an elite corp of volunteers in service to America.

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**How is Simply Living so fortunate to have a VISTA volunteer?**

The Ohio Community Computing Network (OCCN), which works statewide to increase people’s access to computer literacy and technology, has over a dozen approved VISTA positions. OCCN invited Simply Living to apply for one of these positions because Simply Living’s radio station WCRS is committed to serving underserved, including low-income, people. We were approved to host a VISTA volunteer, and we chose Zach Henkel to serve. He has very willingly and generously committed a year of his life to build the capacity of our station, WCRS.

We invite you to get to know Zach. He can be reached at 447-0296 x103 or zachhenkel@hotmail.com.

_Simply Living member Beal Lowe served in the fourth year of the VISTA program. His story represents a different era of America, yet a reminder that much work remains to be done._

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**Simply News February/March 2008**

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**Simply Living member Beal Lowe served in the fourth year of the VISTA program. His story represents a different era of America, yet a reminder that much work remains to be done.**

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**VISTA survives!**

I was so pleased to learn recently that Simply Living’s radio station is receiving the help of a VISTA volunteer, Zach Henkel. I was particularly interested in Zach because I was a VISTA volunteer in Ripley, Tennessee, and Huntsville, Alabama in 1968-69. This was just on the heels of the active and dangerous Southern civil rights movement and during the height of President Johnson’s war on poverty. At that time, VISTA’s mission was to provide enthusiastic (but unskilled!) young volunteers to serve in the Community Action agencies which were springing up in towns across the country as a way for the federal government to direct its anti-poverty activities and monies.

When I joined VISTA after dropping out of college and getting a draft deferment, I received six weeks’ training in Atlanta with a group of 20 college students and other idealists. We were then assigned in small groups to work in rural communities throughout the South. I was sent to Ripley, Tennessee, a small town on the edge of the Mississippi Delta with a long history of plantation-style racism and poverty.

My few months in Ripley were confusing and difficult because we had little supervision, and all tasks and goals were ambiguous in those early days of the program. I was packing my car to leave on April 4th, 1968, when I learned that Martin Luther King had been killed in Memphis, just 20 miles away.
I did leave Ripley that day, still planning to resign, but after driving to VISTA’s Atlanta headquarters through the beautiful, but poverty-blighted South, with my soul shrouded by the death of yet another hero, I arrived in Atlanta during the post-assassination riots. Police cars screamed through the city with automatic rifles poking from the windows. It was simply no time to quit the fight.

When things calmed down, I went to the VISTA office and asked not to resign but to be transferred. I was assigned as a community organizer to a rural African-American community of 150 people outside Huntsville, Alabama. We set up a small cooperative which allowed people to buy cheaper coal to heat their homes, and I organized a parents group at the local elementary school. I surely did not achieve much as a VISTA, but it was a pleasure to live in that small, warm community and to enjoy many friendships and the quiet, rural isolation.

VISTA was a life-changing experience for me through getting to know and to live in this community. As a New Jersey suburban kid, I had had virtually no interactions with African-Americans. I learned there and then, and have never forgotten, that racism is the greatest lie ever told. (I’ve since learned that sexism, too, is a great lie.)

I wish Zach all the excitement, adventure and learning he can have. I’m very happy that VISTA is alive and well, and that through Zach it can now contribute to Simply Living’s mission and goals.

Beal Lowe

What’s happening with Simply Living’s radio station - WCRS 102.1 and 98.3 FM?

Our signal and reception continue to improve, thanks to Eugene Beer’s tireless efforts. If at first you don’t succeed, please do try again. Best reception will likely be on 98.3, unless you live in the northeast quadrant of Franklin County. Refer to reception tips on our website….

Speaking of which, visit our new website, www.wcrsfm.org for an up-to-date playlist and information about our locally-produced programs. A huge thank-you to Pat Leonard for this work-in-progress.

One-of-a-kind programs we proudly promote:

Democracy Now! The War and Peace Report, a weekday award-winning news program hosted by Amy Goodman, through our Pacifica affiliation.

Cynthia Rosi celebrates Conscious Voices every Friday from 4-5 p.m., bringing an artistic touch and professional experience to mindful and joyful living.

Zach Henkel features wide-ranging stories about cycling in Central Ohio with the Cranksters every Friday from 6-7 p.m.

We’ve also added some top notch, locally-produced music shows featuring local musicians, talented DJ’s, and up and coming bands you’ll not hear elsewhere.

Our studio is operational, and we thank the Community Festival (Comfest) Committee for their grant which made possible our equipment purchases.

What we’re discovering:

Columbus is an untapped hot-bed of talent for community radio!

WCRS is offering programming unavailable on any other local commercial or non-commercial station.

We need lots of behind-the-scenes work to build WCRS.

Here’s how you can help. Join one of these working groups or call us:

- Community Outreach - coordinates promotion, marketing,
underwriting and fund-raising;
Contact: Marilyn Welker, 447-0296; mwelker@ctcn.net.

- Technical/Production Support - coordinates technical and training support, including
  Sound/production - Contact Eugene Beer: 262-1415;
    ebeer6141@wowway.com
  Website/podcasting - Contact Pat Leonard:
    leonardpg@gmail.com.
  Streaming - Contact Robb Ebright: 313-8595;
    robbebright@yahoo.com.
  Playlist production - Contact Zach Henkel:
    447-0296 x103; zachhenkel@hotmail.com

- Broadcasters/Programming - Programming decisions will be made by a programming committee. Programmer applications are now available along with broadcast requirements. Contact: Zach Henkel (see above) or Stephanie Blessing:
  (304)561-4575; steph.bless@yahoo.com.

Dear Simpy Living,

I thought Ellen Baumgartner’s article/poster in the last newsletter was terrific and wanted to tell her and all your readers that my edgy singer-songwriter/spoken word artist daughter, Evalyn Parry, has a terrific piece called “Bottle This!” that is all about saying No to bottled water. You can hear it on her CD, “small theatres” or on her website link to an mp3. Go to www.evalynparry.com and enjoy!

Caroline Balderston Parry

City Girl Seeks Organic Farmer

What: Approximately five acres of land available for organic crop/food production; no animal production allowed.

Where: Fairfield County on SR 22, east of Fairfield-Union High School and almost directly across from new high school site.

Previous production: Wheat, soy, corn rotation prior to June ’04.

Current vegetation: Ten acres planted with cool season grasses using a chemical fertilizer in ’05, with front five acres in conservation program. Property bushhogged twice a year since then. Organic certification possible.

Land features: 300’ x 1330’ with a culvert and driveway entrance for about 20’. Back five acres include a stream through the northwest corner with a riparian area. Front five acres (minus the driveway area) must be undisturbed except for bushhogging after July 15.

Contact Cathy Zanon at 614-310-5395 if you are interested in planting the back five acres.

Bottle This!

(an excerpt, with permission)

Just hold on before we go any farther –
I want to take a moment to talk about water.
That liquid that you’re holding
that bottle in your hand: you thought it was water you were drinking
not a corporate brand.
You thought it was cleaner and safer, and better for your health
but were you thinking about who
profits from the wealth
of the public water that’s been taken for free
and sold back to you for an exorbitant fee?

Listen my friends, listen up folks:
Aquafina is Pepsi. Dasani is Coke.
They’re selling filtered tap water
and this is not a joke.
These corporate giants buy tap water
at a tax-free-super-discount
filter it five times
then sell it back to you
for five thousand times the amount
that you pay for running water from your tap
and when I start thinking about that
my blood starts to boil, my head starts to spin
as I try to understand where to begin.

Evalyn Parry
Tom and Mary Lou Shaw: Compassion In Action

Even as the hopeful signs of Spring are a mere promise for many of us, for Simply Living members Mary Lou and Tom Shaw signs of new growth are abundant year-round. They just kick into high gear after Winter passes!

On one of the coldest days of January, I experienced this new growth at their Fayette County farm. We collected chicken eggs. We fed and “scooped poop” for their heifer pair, both heavy with calves. Earlier in the day, Mary Lou and Tom had milked them, using their sweet milk to make yogurt and cheese until the anticipated calves arrive and assert their turn. Lunch was a tasty stew of squash, potatoes, carrots, onions and garlic, all plucked from their “root cellar” basement. A mache salad, recently harvested from a covered garden spot, was accompanied by homemade bread and butter. Later in the day Tom baked cornbread in their woodstove, a goodly portion of which would nourish the two friendly Guinea hogs. Colorful jars of preserved peaches, pears, tomatoes and an array of dried beans graced the storage shelves.

What sights these were to behold, and better yet, what sensual pleasures they were to partake!

The Shaws not only grow vegetables, fruits and grains, but also raise pets and farm animals, many of which belong to rare heirloom breeds. Their farm is home to horses, donkeys, cows, hogs, chickens, dogs, bees, and house and barn cats. Their restored wetlands shelter ducks, geese, turtles, hawks, fish and many other wild critters. (The fish arrived as eggs transported on the wings of birds.)

What fascinates me about the Shaws’ farm isn’t just the diversity of plants, animals and food that they raise and tend. It’s their approach. Their concern for the Earth and their compassion for all living things are evidenced in each decision they make. They have rescued many of their dogs, cats and horses, and in some cases, restored them to health. When they decided to add chickens, Mary Lou researched the possibilities while Tom turned a very rundown coop into a beautiful chicken house. The results were a red double-sided structure with smart white trim, each side sporting a “runway” into large, separate, secure yards. The contented inhabitants are a couple dozen silver and colored Dorking hens, an easy-to-raise and very old breed from the “critical” endangered breed list that boasts a rich history as both excellent egg-layer and meat chicken. The cows are Dutch Belted, also on the “critical” farm animal list and referred to by Mary Lou as “Oreo cookie cows.” The newest additions to their heritage family are the pair of endangered Guinea hogs, also referred to as “big black piggy banks.” These two, so ugly that they can be called “cute,” have personalities plus and love to be scratched.

As the Shaws work to preserve heritage seeds and breeds for future generations, they are creating community within their rural Fayette County. They mentor not only the neighbor children, but also many urban preschoolers from Columbus who experience their first-ever farm visit. They encourage bartering and lend a hand whenever possible. They continue to teach themselves and learn from others how to collect rain water, erect a windmill, preserve topsoil and compost, among many other skills. Tom’s project for this year is to learn how to construct greenhouses, then of course to build them.

The Shaws’ low-consumption, energy-efficient, self-sufficient, healthy and green lifestyle is absolutely inspiring. They are living the principals to which I aspire and which I believe are essential to being good stewards of the Earth.

Karen Hansen

Editor’s note: Do you know someone who exemplifies these qualities in an urban setting? Please let us know for a possible future article.
Locavores Unite!

Carnivore…herbivore…omnivore. If you are like me, you are challenged to know what foods are best for me, my family and the planet. Perhaps less controversial is the choice to become a “locavore”. A what?!

Locavores (the 2007 Oxford American Dictionary Word of the Year) intentionally reduce the number of “food miles” their food travels to reach their table. By doing so, their food choices have far-reaching health, political, environmental and economic implications. Locavores generally try to eat food that is grown or harvested within 100 miles of their home. In Central Ohio, a locavore could support farmers markets, U-pick farms, local co-ops, backyard gardens, or restaurants featuring local foodstuffs. Our local food choices are expanding significantly, with the opening of a Worthington Winter Farmers’ Market an exciting example. Check the Sustainable Worthington website for upcoming dates through April. http://www.sustainableworthington.org/

Another opportunity for Simply Living members and friends to enjoy a supply of regular, fresh, local food is to join a Community Supported Agriculture project, or CSA. CSAs are a growing social movement and a practical way to create a relationship between local farmers and consumers. “Members” or “shareholders” pay a fee in the spring to join the CSA. In return they receive a weekly portion of the grower’s harvest throughout the growing season. While most CSA growers provide a wide variety of vegetables, herbs and some fruits, additional items might also be offered such as flowers, mushrooms, eggs, etc. With each week’s harvest, members pick up their share at a designated location.

You are welcome to contact any or all of the growers listed below for more details or to sign up. Please keep in mind that each is unique in its variety and quantity, so prices do not necessarily reflect comparable value.

For interested persons wondering if you can use a whole share who want to find a “share partner”, email Janet Ingram Dwyer (janet@simplyliving.org) with your contact info and preferred CSA by March 1st. Janet will connect interested persons to facilitate sharing.

For locavores who prefer to customize their selection of fresh, local food, other alternatives exist. To find your local options, visit Local Harvest’s excellent resource on their website at www.LocalHarvest.org.

Author Michael Pollan in his most recent book, In Defense of Food, writes “To shop at a farmers’ market or sign up with a CSA is to join a short food chain, and that has several implications for your health. Local produce is typically picked ripe and is fresher than supermarket produce, and for those reasons it should be tastier and more nutritious. As for supermarket produce, it too is likely to have come from far away – from the organic farms of California or, increasingly, China.” (p. 159). Join the band of enthusiastic Simply Living locavores to improve your health and the health of Mother Earth.

Barb Pratzner

The Elizabeth Telling Farm: Sandy Sterrett (Barnesville); 740-484-0243. Cost: $450. Season: May 24-Nov. 22. Pick-up at North Market from 8a.m. to noon on Saturdays.


Flying J Organic: Dick Jensen (Johnstown); (740)967-4030; rjensen@core.com. Cost: $350 for pick-up @ farm plus 18 hrs. work/yr; or $450 for pick-up @ Westerville Farmers Market. Season: May 15-Oct. 24. Pick-up on Weds. 3-5 p.m.

Kame Farm: Karen Johnson (Galion); (419)566-4268; kamefarmohio@aol.com. Cost: ? Pick up at farm only; approx. 50 mi. NE of Worthington.

Garden Patch: Trish Mumme (Alexandria); (740)924-4331; gardenpatchproduce@earthlink.net. Cost: $450. Season: approx. 18-20 wks. Serves Granville/Johnstown/Newark area only.

Gerry Hendey (Columbus); 638-7598. Call for information.

Sippel Family Farm: Ben & Lisa Sippel (Mt. Gilead); (419)946-1394; blsippel@earthlink.net. Waiting list only.
Mark your calendar now

Simply Living, The OSU Social Responsibility Initiative, Columbus Green Building Forum and other community organizations are co-sponsoring a powerful Spring conference:

**Sustainability Now! Strategies for Personal and Community Action**
Fri./Sat. May 16-17
OSU Agriculture Campus

**Featured keynote:** Jim Merkel, author of *Radical Simplicity: Small Footprints on a Finite Earth*, and Director of Global Living Project, [http://www.radicalsimplicity.org/](http://www.radicalsimplicity.org/)

Workshops are being planned on a broad range of topics including simplicity, community activism and sustainable communities, local food and agriculture, green building, energy, holistic health, campus sustainability, community radio, youth leadership, the power of cultural stories, and more.

Would you like to share your ideas on workshop topics and possibly be a presenter, or be part of the planning team? Please contact Marilyn Welker: mwelker@ctcn.net; 447-0296 x102.

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**Simply Living is talking about…**

Simply Living members are deeply engaged in the world around us. Many are also avid readers who, in our discovery of significant books on world and social trends, inspire discussion, practice groups, and programs which deepen our community’s shared experience. Examples include David Korten’s *The Great Turning*, Marshall Rosenberg’s *Nonviolent Communication: A Language of Life*, and *Your Money or Your Life* by Joe Dominguez and Vicki Robin.

*Blessed Unrest* belongs to this list. Marilyn Welker, Simply Living’s director, has said, “I will be forever grateful to Paul Hawken for writing this book. He not only validates Simply Living’s work, but also uplifts and names countless efforts across this world undertaken daily in the name of Life.”

Barry Lopez wrote to Simply Living members, "Once in a long while a book comes along that gives all of us a sense of unified purpose, of participation in something larger than ourselves. Paul Hawken’s *Blessed Unrest* is such a book."

Our Simply Living Bookstore is now featuring *Blessed Unrest*. We also have copies that can be borrowed from our office. Read it, talk about it, and share it! Your heart will be energized.

Also visit Hawken’s website [www.wiserearth.org](http://www.wiserearth.org) for an interactive website to facilitate building our collective efforts. You’ll find Simply Living among thousands of organizations who share the vision of a world transformed.

* See book review, Page 10.

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**Celebrating Love**

With the observance of St. Valentine’s Day, we’re being neither sentimental nor romantic in giving love its due. What other power can inspire, motivate, captivate and activate like Love? What other power has more transformative capacity for us humans than love? In the spirit of celebrating love, we’ve asked two of our members to share their story. We hope you too will celebrate and nurture the love(s) of your life!

**Liz (Hugenberg) Hansen:** In Summer ’06 I was helping to organize the 2nd annual Light upon Light fundraiser/celebration for Simply Living’s Earth Institute courses. Anyone who has attended this event knows it is an enchanting evening. Earlier in the week another planner, Sarah Straley, had mentioned at least three times to me that I should meet a certain anticipated guest who was building an off-the-grid solar house north of town. As a SL member, that didn’t seem too outrageous to me, so I didn’t really "get" why this man’s name kept coming.

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continued on page 11
A Personal Perspective on Paul Hawken’s *Blessed Unrest*

“There was a weight on her wings that I could feel bearing her down. She could not lift the weight.” This flying experience of the pioneering aviator Beryl Markham describes my feelings as I become increasingly aware of the heaviness weighing on our world.

Just as Markham’s plane was caught in a perilous downdraft while flying in a valley created by steep hills, her flying instructor “took the controls…climbed in spirals … then went over them and home.” This describes my gratitude while reading Paul Hawken’s *Blessed Unrest.*

Hawken writes of the emerging presence of uncountable people shepherding myriad organizations around the globe in the service of life-affirming values and restoration of the earth--healing the environment, giving voice to the wisdom of indigenous peoples, calling for social justice.

For me, his insight into the emergence of these groups as an immune response by humanity to heal itself is a powerful contribution to perceiving this historic, turbulent time for our earth home.

Hawken takes James Lovelock’s proposition that the earth’s natural systems function as an organism and postulates that the Gaia concept may also be operating within humanity. He suggests that this manifesting grassroots movement – without ideology, without an individual leader – is “that part of humanity which has assumed the task of protecting and saving itself…a collective movement that would protect, repair and restore that organism’s capacity to endure when threatened.” This movement can be seen as “humanity’s immune response to toxins like political corruption, economic disease and ecological degradation.”

There are many reasons to read this compelling book- its unique taxonomy of the movement’s groups, the care with which he puts his concepts in context, his heart clear descriptions of what the world is enduring. For me though, it is his metaphor of an immune system at work in our weighed down world that takes this reader “over the hills and home.”

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**Book Review: *From My Experience***

By Louis Bromfield

Rather than a work of fiction, *From My Experience* is Louis Bromfield’s story of Malabar Farm and the surrounding area, his vision for it, and his philosophy on “organic” agriculture. He wrote, “Indeed the whole of agricultural and livestock science and even human medicine, if sound, is merely the business of discovering certain natural patterns already in existence, putting together the various pieces and discovering their relationship to the whole universe; indeed such a process is science itself.” I would say Bromfield was a man ahead of his time!

This book, published in 1955, is the first Bromfield book I read and still my favorite. Published just a short time before he died, it is a pleasure to read. Beginning with his desire to get back to nature and following through to the sister farm his daughter created in South America, he weaves an unforgettable story of the history of the area, the land and the people.

Bromfield pioneered many agricultural philosophies and bucked the trend of people enamored by the promise of chemical agriculture. Many times he was told “it couldn’t be done,” only to demonstrate otherwise. One story concerns a pig who, he was told, wouldn’t eat a certain crop. The pig escaped his pen and ate the crop, that is until he got too fat to escape!

I found a real connection with this book, maybe because I can still visit places he described. Many remain as they were when he was alive. One of my favorite spots is the Farmer’s Market, with the pure cold spring water running through the produce stand where you can buy locally-grown produce in season. This book reminds me that living in harmony with nature is not a new concept but a long tradition we seem to have forgotten. I recommend spending a little time with this book to help us all remember.

Chris Luers

Chris runs a bicycle repair business, Restoration Bicycle, and a green products business, Little Square Farm.
up. That is, until the night of the event. Before I was even introduced to Eric I realized that Sarah had been planting seeds and anticipating that the two of us might share some common interests. We definitely did, finding many of our interests reflecting Simply Living’s themes of simplifying our lives, greening the earth and healing toward wholeness.

Eric Hansen: I am interested in organic farming and also wanted to find a life partner who shared similar interests, which is how I ended up going to the fundraiser at Bill & Kim’s farm. I walked in, and there was Liz, and the rest is history.

Our Story: After meeting at Light Upon Light and spending many more days together, many of which were spent at the house in progress, we decided to marry in June ’07. Our new home seemed the perfect place. Working with our church’s lay leader we created our ceremony. During the service we all sang the Shaker classic, "Simple Gifts", and "If I Had a Hammer", written by Pete Seeger and Lee Hays, both chosen to celebrate our values. In lieu of gifts, we requested that guests make a donation to either The Maureen Hansen Book Fund or The Rebecca Jeanne Andrew Memorial Fund at Miami University. Maureen, a retired reading teacher, is Eric’s mom, and she has been buying a book for every baby born in Holmes County, Ohio, for the last 8 years. Rebecca Andrew was a friend of Liz’s from Miami University who died tragically in 1995 in a skiing accident in France, while studying at the Luxembourg campus. Guests dressed casually, and we all enjoyed a potluck, games of corn hole & over-sized Frisbees and an impromptu visit from the neighbors who offered horse rides to the children!

Liz and Eric Hansen
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