



Simply Living

# SIMPLY NEWS

Sharing Information, Joy and Thoughtfulness

A Publication of Simply Living

## Thank you ... and Welcome!

With these past three months of transition as SL has worked toward hiring our Member Services Coordinator and Development Coordinator, we have been fortunate to have had the dedicated and sustaining services of **Suzanne Lentz** and **Diana Keller**.

Suzanne has been our Membership Coordinator for a year, bringing her professional expertise and skills to our membership processes and a challenging database. We are grateful for her perseverance and for her continuing volunteer work with our Bookstore Committee as she moves into fulltime employment elsewhere. For all of your efforts, we thank you, Suzanne, and wish you well.

Diana began working in early March as our Interim Office Coordinator, and through these past months she has provided a friendly, competent presence in our office. She has approached an overwhelming variety of tasks with equanimity and a quiet confidence, for which we are most grateful. We wish you well in

(Continued on page 9)

## Sustainability Now! Strategies for Personal and Community Action...

Conference Wrap Up ...pg. 3



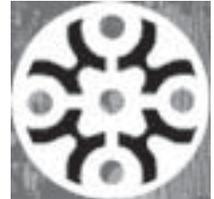
Author Michael Dowd invites participants to celebrate these times.

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

## Comfest 2008

Friday, June 27 - Sunday, June 29

Goodale Park, Columbus



This "grand daddy" of Columbus' festivals just keeps getting bigger and better. Come celebrate our community at Comfest, arguably the largest free, non-corporate urban music and arts festival in the U.S. Showcasing community organizations, live and local music, great food and much, much more, perhaps the biggest and best element of Comfest is the cooperative spirit of thousands of volunteers, many of whom work year-round to make the festival happen.

**Can you help?** Please call us at 447-0296 to volunteer! We thank you!!

- Friendly people needed to greet festival-goers at our Simply Living and WCRS booths for 2-4 hour shifts. Shifts begin at noon each day, with booths closing at 9 p.m. Our SL booth will highlight sustainable community groups throughout Central Ohio, and our radio booth will promote WCRS, our community radio station. (No prior experience necessary!)
- Helpers needed to work 4-hour security and clean-up shifts for the Festival.
- Helpers needed for booth set-up Friday morning and/or take down Sunday evening.

This year's schedule will include more children's activities and workshops, including green energy topics and hands-on media how-to's. Visit [www.comfest.com](http://www.comfest.com) for program specifics as the weekend draws near.

## Simply Living Welcomes New Members

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](mailto:MARYFRANCES@INSIGHT.RR.COM)

The deadline for items for the next issue is:

July 10, 2008

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

PLEASE SEND ALL CALENDAR SUBMISSIONS TO:

Ben Redman

Phone: 614.447.0296 x100

P.O. Box 82273

Email [ben@simplyliving.org](mailto:ben@simplyliving.org)

Columbus OH 43202

Mary Barkalow & Karl Ruttan

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Jenny Farkas

Lauren Golden &

Avy Appleton

Lisa and Jesse Hickman

Leontien Kennedy

Robyn Lowe & Ryan Whalen

Babu Mathew

David Mortman &

Kathryn Campbell-Kibler

Greg Pace

Anthony & Sharon Perez

Justin Rooney and Allison

Collins

Rhenda Routh

Mike & Kelly Sandman

Margie White

Welcome!

### 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.*

### Simply Living Board

John Harrison, President, 216-6124

Donna Sigl-Davies, Vice President, 268-7656

Dan Baer, Treasurer, 343-0493

Becky Allen, 488-7122

Jenny Floch, 563-9031

Jim Kammerud, 844-5066

Kris Keller, 885-2964

Lisa Staggenborg, 436-9931

Jed Swift, 921-1997

Marilyn Welker, Director, 937/484-6988

### 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](mailto:janet@simplyliving.org)
- Clintonville Community Market (CCM) Listserv is created by Chuck Lynd and now available on the CCM website: [www.communitymarket.org](http://www.communitymarket.org). To receive an email notice when an updated calendar has been posted, please contact Chuck Lynd at [clynd@cavenet.org](mailto:clynd@cavenet.org). Chuck's Community Update calendar is an enjoyable read, chocked full of opportunities to connect with good work, good people and good fun!

### 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 Simply Living 614/447-0296 to pass on their names. We gladly send complimentary newsletters and find that our member's 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: \_\_\_\_\_

One Year Membership to Simply News -- \$20

Individual Membership\* -- \$30 / year

Family Membership\* -- \$45 / year

Senior Citizen or Student Membership -- \$25 / year\*

\_\_\_ Please add me to SL ListServ

\_\_\_ Please add me to the CCM ListServ

\_\_\_ Please contact me about volunteering.

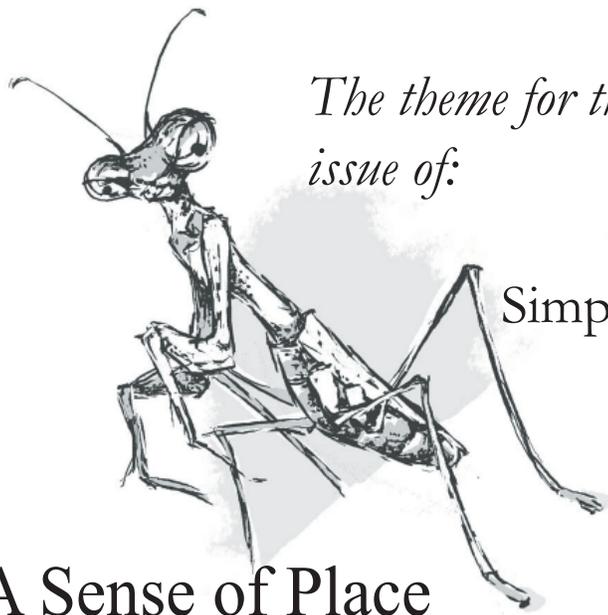
I'm interested in: \_\_\_\_\_

\*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

PO Box 82273 Columbus OH 43202



*The theme for this  
issue of:*

Simply News...

## A Sense of Place

### Dear Friends,

In choosing “Sense of Place” as our theme, we echo a well-known quote from Wendell Berry. He believes that one of the most radical things you can do is “to stay put”. We celebrate those who live intentionally where you are. This includes not only mindfulness of one’s place, but also responsibility, care and love of one’s home, along with imagination with which we co-create our place.

At our May 16-17 conference, speaker Jim Merkel shared his understanding of sense of place. We are here, now, sharing our home with 6.6 billion humans, 25 million species, and all those who have gone before and will follow us. We are connected to all of these beings beyond our capacities to imagine. Thus place is more than geography. It encompasses the continuum of time. It includes awareness of what is both seen and unseen and how we are hitched to everything else (in John Muir’s words).

In this issue Chris Gillespie and Joanne Leussing find joy in their backyard and neighborhood connections. Arcadia and Eric Davies delight in the neighborliness on their street. Mark Hartford intentionally stands with those who have acted on our behalf and who have bravely spoken, yet have been heard by too few of us.

Each of us has a place in the order of things. May we participate fully in knowing the beauty, aliveness and blessedness of our place.

--Marilyn Welker, Director

## Sustainability Now! Strategies for Personal and Community Action

### *Conference Wrap Up*

**Take** the growing awareness of our current challenges (climate change/rising energy prices/economic instability and growing disparities/shall we add more?)....

**Add** the increasing availability of workable solutions.

**Incorporate** generous doses of active, wise, committed citizens.

**Include** our children and students and elders.

**Mix** with experienced, inspiring and seasoned community organizers, sustainability practitioners, thinkers and do-ers.

**Shake** with a “recovering engineer” named Jim Merkel, whose carbon footprint resembles one’s smallest toe.

**Then inhale deeply**, partake fully, digest thoughtfully, and act accordingly.

This describes our menu as 225 participants came together to experience **“Sustainability Now!” on May 16-17, the seventh annual conference** jointly sponsored by OSU’s College of Food, Agricultural, and Environmental Sciences’ Social Responsibility Initiative and Simply Living, with support from the Columbus Green Building Forum.

From Jeff Sharp’s introduction to Jim Merkel’s keynote talk, reminding us

(Continued on page 10)

# Discovering the Place Where You Live

By Joanne Leussing

I was a young girl when my grandparents bought a cottage in the north woods of Wisconsin on Diamond Lake. With only a few other cottages along two sides of the lake, the mostly uninhabited shoreline consisted of marshy woodland with wildlife trails and patches of deep spongy moss. It was a sandy land of countless lakes, many strung together by channels or marshes.

My grandfather taught us the few plants he knew: red and white pine, paper birch, poplar, and wintergreen. He warned us not to strip bark from birch trees. Bracken fern thrived among the varied undergrowth. There was no TV, radio, or telephone, and few books. In the quiet we heard the wind sighing through the trees, a whip-poor-will in the evening, and loons on the lake. We fished, chased crayfish, ran shrieking from water snakes, and took notice of lichens. We picked blackberries in a clearing, took long walks, and navigated the rowboat down a narrow channel to a much larger lake. Immersed in this nearly unspoiled region for many years, I still feel deeply connected to the place.

When we came to Columbus, nature as I knew it seemed to be utterly lacking. There are no lakes or large hills. The Olentangy River appeared to be little more than a muddy drainage ditch. We explored a few state parks, but preferred to vacation in northern forests.

How does one discern nature in an urban place? Cities are heavily paved. Undeveloped land tends to become a dumping place for trash. Landscaping often consists of lawn (an exotic grass) and non-native shrubs and trees. Insects are not welcome. Save for a bird feeder, back yards are likely to be inhospitable to wildlife. The connection to nature is broken. Much of the Olentangy, once said to run clear, IS a muddy drainage ditch, owing to careless riverside construction practices and rapid runoff from pavement that erodes stream banks. It has been straightened, dammed, and abused with sewage, trash, and lawn chemicals. How can children experience nature as I once did?

But look closer and discover portions of the Olentangy that have cleaner water, supporting aquatic life. Imagine finding threatened and endangered fish and mussels. Get acquainted with White Heelsplitter, Fat Mucket, and Elktoe

(and other kinds of) mussels; with the Blue-breasted and Redhorse darters. Discover riparian corridors (stream banks) with native plants that shelter birds and other wildlife. Look for the Yellow Crowned Night Heron and Cerulean warblers. Remove the trash from undeveloped land and see what grows there. Remove the invasive plants and see green space come alive with native wildflowers.

I missed the birch trees, but then discovered Ohio's beautiful thriving trees: redbud, dogwood, and pawpaw. In time we planted these and other natives in our yard.

As a volunteer for the Priorities '95 environmental study, I met professional naturalists whose recommendations attempted to address lack of green space in the metro area, giving me reason

to hope for a city more attuned to nature. Priorities Partners, Inc. formed as a watch dog organization to promote the environmental recommendations. Friends of the Lower Olentangy Watershed (FLOW) organized a year or so later.

Our first project was to oppose Worthington's attempt to acquire land from Rush Run Park to expand Walnut Grove Cemetery. As the group's only Worthington resident, I was asked to take on City Council. I could not imagine how burial space would be more important than a woodland for present and future generations. This conflict went on for several years until Worthington finally lost. While discussing this concern one day with my husband, he passionately declared, "I don't want to be buried."

And so he was not; nor will I be either.

Rush Run Park is a lovely woodland surrounding the creek at the Olentangy River, a tranquil place to see deer and evidence of other animals. Having become a dump site, volunteers have done annual cleanups for more than ten years while enjoying a few hours in the woods. More recently we began to remove invasive honeysuckle and garlic mustard to encourage a resurgence of native wild flowers. All of the plants in the park have been identified by a botanist. Last year we removed honeysuckle along Rush Run in Boulevard Park and planted hundreds of native plants.

At home over the same years, I first planted raspberries, a cherry tree and a few vegetables. Then my gardening increasingly focused on native plants. Front and back yard prairie plots now attract

**“Striking orange and black beetles appear on butterfly weed. I invite neighborhood children to see them and the caterpillars. Coneflower seed heads feed winter finches... One young granddaughter made a special effort to get acquainted with all of the flowers when she came to visit.”**

(Continued on Page 11...)

# This could be your Neighborhood

By Arcadia and Eric Davies

Within a several block stretch of East Maynard Avenue in the University District's Olde North Columbus community, neighbors have integrated each other into their lives by sharing yards, garden space, tools, meals, play, conversations, child care (or more appropriately raising children) and the pursuit of simplicity and sustainability. Eight Simply Living households live within a five-block area, which also includes many like-minded and/or community-minded people.

## Eleven-year-old Arcadia writes:

*If you were out looking for houses you may say upon seeing this neighborhood: "Hey--what about this one. It looks great! There are a lot of trees, and families are playing and talking." We want people to know that they are very welcome in our neighborhood. On East Maynard Ave. we have many activities such as the Intentional Community group, which is a group of new and old friends that all get together and have a potluck and sharing circle every other week. Many of the members of this Simply Living group live in the neighborhood. On this street we have tons of children, and after school, especially as it gets warmer, the kids usually play while the grown-ups talk. There is one yard on our street that is really three yards connected where neighborhood kids often play. The old-fashioned tire swing is the most popular spot in the yard as children encourage adults to push them as high as possible. We also all get together in cold weather, such as this winter when families made two huge snow forts with a connecting tunnel.*

*Not only do we have a great community, but we have great nature in our neighborhood too. Lilacs, redbuds and gardens have been in bloom this spring. This year one of our neighbors tapped a sugar maple and tried making maple syrup, and we also sometimes see raccoons scouring around and bats flying in the sky.*

As you can tell from Arcadia's description, Maynard Ave.'s residents have shifted the concept of neighborhood from a collection of people residing in separate houses to a village



Arcadia Davies and Xenia Holm: Aqua Girls

that embraces the idea of living, working and playing together while pursuing the concepts of simplicity and sustainability. As evidence, last summer twenty-five neighbors came to a backyard concert by the Aqua Girls, a band started by Arcadia and 9-year-old Xenia Holm, that raised money for charity and gave everyone another reason to get together (if one really is needed). Beyond the relationships, the Maynard community offers a traditional walkable neighborhood accessible to public transit and the Olentangy Bikeway, all located only four miles from downtown and less than a mile from The Ohio State University. While we urge all neighborhoods to build community, we also encourage individuals, couples and families to consider buying or renting in ours. Three houses are currently for sale, and one double is for rent on our block. For more information contact Eric at (614) 397-3569.

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*Eric Davies is a long-time Simply Living member and East Maynard resident. Daughter Arcadia is a "lifetime member" of both who, given a choice, would choose to be where she is.*

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# For Me, Lately, Gardening is for the Birds

By Chris Gillespie

I grew up gardening. We didn't grow a large variety of vegetables, and we certainly didn't come close to growing all the food we needed. Mostly, we just enjoyed growing things. Sharing the bounty was a source of pleasure and social bonding for my family. With the incredible number of fish my dad regularly caught, we had frequent fish fry/pool parties, which included fresh tomatoes and mint tea from our garden. Throughout the summer and fall, neighbors brought over gifts from their gardens: zucchini bread, plums, and the beautiful hybrid tea roses that old Mr. Wheeler would give to me when I was trimming the fence lines between our yards. I loved the sense of abundance and each person's pride in what they had grown.

I moved to Columbus 5 years ago. The yard where I live is very shady. It had probably been professionally landscaped over 20 years ago, but since then the trees had matured, and many plants that originally had been in sun were now dead or dying under the heavy canopy. Intense root competition had also depleted the soil. I spent my first 2 years removing dead plants, getting weeds under control, and removing the numerous barberry bushes--which I particularly despise because I like to go barefoot in the garden. I also spent the time trying to decide just how to use my yard to grow edibles. Since removal of the mature trees from my yard was not something I would consider, a traditional vegetable garden was out of the question. The yard was already producing crabapples and service berries. I decided I could tuck in herbs and berries wherever possible, and then fill in with mostly native perennials to add beauty.

I knew that the trees were in need of pruning, and that appropriate thinning could also allow more air, water, and sunlight below the canopy for better health of the overall garden. I hired a professional arborist to address the health and structure of the trees and the underlying gardens. This and my composting were probably the most important steps to improve conditions for shade gardening in my yard.

Now like I said, all this preparation was originally done with the idea of producing edibles for my friends and family. The winter of 2006 changed my direction. It was then that I spotted the downy woodpecker searching the bark of one of our crabapples for something to eat. These little guys are just darling, and so I decided to put out some bird food and a heated water dish and see who came to visit. In no time,



Chris' backyard habitat attracts wildlife

I was surprised at the number and variety of birds. I began trying to identify all the species, and in finding online resources, I came upon the National Wildlife Federation's Backyard Habitat program. I already met the requirements for certification, so I entered our data and was certified. That first year, I spotted over 30 distinct species, 28 of which I was able to photograph. Some folks were surprised by that number in an urban neighborhood, but it's really not remarkable when you think about it. Old urban neighborhoods are incredibly green spaces. With more than 125 years of various forms of gardening in my neighborhood since the land was last cleared for home building, our neighborhood is home to a wide variety of plants and stately old trees. The birds were already here in the neighborhood. Some of them had just decided to stop in my yard for an easy bite or a drink.

I get such pleasure from the birds that I've decided to continue to add new plants with them in mind. I may get a few berries here and there for my husband and myself, but the birds will get the majority. I also added a butterfly garden last year and am in the process of expanding my backyard woodland garden this year.

By creating a wildlife habitat in my backyard, I'm sharing the bounty and enjoying beauty and entertainment from the wildlife. Each year, I've been meaning to make crabapple jelly to share with neighbors but haven't been able to find time, yet. Hmm...maybe this fall. Until then, I've been baking Christmas cookies to give to the neighbors and leaving the crabapples to the birds.

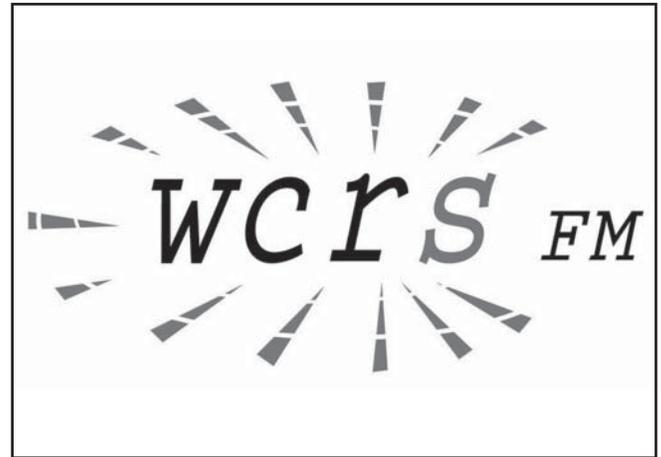
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*SL member Chris Gillespie lives in the Short North neighborhood and has recently joined the board of Friends of Goodale Park to further enhance its beauty and role as an urban oasis.*

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*News and notes on*  
**WCRS 102.1 and 98.3 FM:**

*Our Community*  
*Radio Station*



Logo by Jenny Floch

By Zach Henkel

**WCRS completes one-full year of broadcasting this June!** Over this past year our station has been evolving into a community radio station with over 12 hours of weekly local programming and dozens of volunteers contributing to every aspect from studio operation to fundraising to technical help and more.

**Thanks to two outstanding volunteers- Dan Thomas and William Cail**, who have volunteered over 225 hours since late January. We also thank **Keith Flory**, a recent studio volunteer, and **Scott Habrun**, a June graduate from Otterbein College who has produced PSAs for several community organizations.

**Three new locally-produced programs will soon begin airing.** *Fair Trade Coffee Break* will feature discussions on Fair Trade and related economic issues, produced by Betty Blockinger. Alexander Leahy will produce a program on herbalism, and “foodie” Lisa Dillman will contribute short pieces on local foods and cooking. Check our schedule online for the times: [www.wcrsfm.org](http://www.wcrsfm.org)

**Mark your calendars for a rockin’ good time at the next WCRS benefit concert: Saturday, July 19<sup>th</sup> at Ruby Tuesday’s**, 1978 Summit St. at E. 19th Ave., east of campus. Over a dozen local acts are scheduled to play through the night and food will be available. Volunteers Adam Fleisher and Todd Pontius are organizing the benefit. The event will be family-friendly from 5-9pm.

**Join the WCRS Yahoo listserv and become our friend on Myspace and Facebook today.** Be the first to know of programming specials, events, and more. Go to [www.wcrsfm.org](http://www.wcrsfm.org).

**Volunteers needed and welcome--** to operate the studio, produce PSA shorts and promos, help with fundraising, tech support, artwork, marketing and more! Interested? Contact [zachhenkel@hotmail.com](mailto:zachhenkel@hotmail.com) or call 447-0296 ext. 103

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*Zach Henkel serves*  
WCRS-LP as a VISTA volunteer

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## **Tell us what you think!**

*How can we create greater cooperation among various groups that are addressing environmental and social justice issues, so as to become, as constituents and consumers, more of a force to be reckoned with?*

*Do you think focusing on one’s own life and one’s own community is what matters, as opposed to trying to start any sort of mass social movement? Does it have to be one or the other?*

I am working on producing radio content related to these questions and ask for your responses. Please contact me at [tover001@columbus.rr.com](mailto:tover001@columbus.rr.com) and/or by phoning me at 614-202-0178.

--Tom Over

# Being present in this place, at this time:

## Winter Soldier: Iraq & Afghanistan

Winter Soldier Investigation, Iraq and Afghanistan (WSIIA), sponsored by Iraq Veterans Against the War (IVAW)

*As important as the Winter Soldier event was, our community radio station, WCRS, was the only Central Ohio station to provide live coverage of the event this past March.*

By Mark Hartford

A year before he was assassinated, Dr. Martin Luther King spoke out against the US war in Southeast Asia. His speech, delivered April 4, 1967, at a meeting of Clergy and Laity Concerned at Riverside Church in New York City, included these now famous words: “A time comes when silence is betrayal. And that time has come for us in relation to Vietnam.”

Many of King’s staunchest supporters were critical of him for speaking out against the war rather than staying focused on the condition of African-Americans here in the US. He

giving aid and comfort to the enemy for speaking out while the war was still in progress.

They chose the name “Winter Soldier” because it was a name given by Tom Paine in 1776 to soldiers who stayed beyond the summer months and past their enlistments so they could continue to fight alongside Gen. Washington on behalf of their young country. Paine wrote, “These are times that try men’s souls. The summer soldier and the sunshine patriot will in this crisis shrink from the service of his country, but he the winter soldier who stands it now deserves the love and thanks of men and women.”



was vilified for stepping outside his “traditional” role of leading the civil rights movement.

In 1971, Vietnam Veterans recently returned from combat in Vietnam found that they too could no longer stay silent about the reality of the US war in Southeast Asia. They felt the country needed to hear the truth about the war on the ground. They wanted the American people to know the culpability of the chain of command – all the way to the White House – that it wasn’t a “few bad apples” that were causing My Lai and other atrocities, but the result of command policy, institutional racism and a military culture that covered up these atrocities.

These veterans, members of Vietnam Veterans Against the War, sponsored the first Winter Soldier Investigation in early 1971. Those who testified to what they saw and did while “in country” were called liars and traitors and accused of

Like the winter soldiers of 1776 and Vietnam veterans in 1971, today Iraq and Afghanistan veterans know that America is in grave danger. What threatens our country is not redcoats, reds or Al Qaeda, but rather the attack on our constitution by our own President, the crime of a war of choice waged upon people who never threatened us, the desire for “enduring” bases in the heart of Arabia, and the cost of that war with many manifestations, including the trauma and pain brought home as a result.

The veterans and military personnel who testified at Winter Soldier Investigation Iraq and Afghanistan presented straightforward testimony about acts which are war crimes under international law. Acts, seen and participated in by these men and women. Acts, which are the result of policy, not those of “a few bad apples”. These young men and women were willing to risk the same harassment, physical

(Continued on next page...)

# Thank you and Welcome!

(Continued from Page 1....)

your future work, Diana, and thank you for serving us so conscientiously.

We also thank **Terri Litchfield** for her helpfulness over the past two and a half years as our volunteer database consultant. Terri has been known to spend days troubleshooting with us, always with a generous and kind spirit. We have been fortunate indeed to have had your assistance, Terri!

**We warmly welcome...**

**Jayne Richards**, our new **Development Coordinator**, began working with us the week of our May conference and quickly proved her fortitude and commitment. She brings a background in social work and several years' experience with grassroots organizations. Most recently, she was a key organizer for Green Columbus' Earth Day 2008 celebration, *Now Get Busy!* Jayme can be contacted at [jayne@simplyliving.org](mailto:jayne@simplyliving.org), phone 447-0296x101.

**Ben Redman** joined us June 2nd as **Member Services Coordinator**. A recent transplant from Bowling Green and graduate of BGSU, Ben's background is visual communication technology. Working with the town of Bowling Green, he created a palette of stories about the town and its people to showcase the best of their identity. Ben will be anchoring our office, working with the Earth Institute Steering Committee, and helping us maintain a dynamic website. Ben can be

Our staff members serve you, our members, to fulfill our mission in ever growing ways. We look forward to new relationships and the joy of mutual learning as we welcome and embrace these new staff members.

## Winter Soldier

(Continued from previous page...)

and emotional assault, as did those who came before them.

As a member of VVAW, I was called on to help with assuring the security for these brave young veterans, soldiers and family members to speak truth to power. I heard the testimony describing the killing of civilians, falsifying of reports, use of "throw down" weapons placed with civilians to justify their killings, taking of war trophies, destruction of property, indiscriminate arrest of innocents and abuse of detainees – testimony backed up with pictures and documents, all of which are considered war crimes.

I listened to the parents of soldiers who, after returning home, committed suicide after being denied care by the Veterans Administration. I cried as I heard the father describe, "My brave Marine, my decorated hero, my beautiful son, came to me and asked if I would hold him

on my lap as I did when he was a child" because he couldn't take the pain any more – just after he was denied care at the local VA Clinic and just hours before he killed himself.

I was transported back to 1971, where I was among young veterans as they cried and spoke to each other of the crimes they saw or committed because no one else would listen. We made a promise back then to future veterans never to leave them alone as they became the winter soldiers of their time, serving past their enlistments, on behalf of a grateful nation – speaking, not silent, heroic once again, defending their country and their Constitution from enemies, both foreign and domestic.

I was honored to be at WSIIA and proud of the safe space we provided for them and their allies to speak the truth, truth that is profoundly affecting us all.

Mark Hartford  
Korea DMZ Veteran, 1966-1967  
VVAW West Coast Coordinator, 1971  
Resident, Columbus, Ohio

# Sustainability Now Conference

(Continued from Page 3...)

of ten-year-old Anna Shultz's plea to act so that future generations might also live, to the children's closing play, our conference offered much to think about and many ways to build more sustainable lives and communities.

Putting on this conference required much hard work and dedication, not only in the months of planning but also in the hands-on work during the conference.

## We gratefully acknowledge

- The **Planning Committee**, chaired by **Jeff Sharp** of the Social Responsibility Initiative at OSU with the support of OSU's Department of Human and Community Resource Development: **Molly Bean Smith, Lucie Pollard, Eric Davies, Marilyn Welker, Emily Ellis, Catherine Girves** and **Meera Parthasarathy**.
- Over **sixty presenters** who generously volunteered their time and expertise as workshop leaders and speakers.
- The OSU students who helped with set-up
- SL members who staffed registration and book tables, food prep and clean-up.
- With special acknowledgement to **John Blanc, Susann Castore** and **Jayme Richards** who worked from early morning until evening on Saturday to ensure people were well-fed and hydrated.

New to this conference were an activity track for older children and a **Central Ohio Youth Summit on the Environment** for teens. We thank **Kristi Lekies, Eric Davies** and **Donna Sigl-Davies** for their leadership in planning and implementing these activities, with the support of many volunteers. **Rebecah Freeling** once again organized activities for our young children, culminating in the closing play.

We especially thank **Jim Merkel** for sharing his life and work with us. Whether talking about how he understands health insurance as taking care of oneself and developing right relationships with others, or how a school such as Dartmouth College could raise awareness while reducing "throughputs" and energy use, he exuded the joy of learning to live lightly and simply so that "all may simply live."

On the conference evaluation, many participants shared their intentions to implement numerous actions and practices toward more sustainable living. We applaud these commitments and welcome your suggestions and ideas about how Simply Living can support you in those efforts. We are all in this together!

*--Marilyn Welker*

## Conference attendees at Sustainability Now!



# Discovering the Place Where you Live

(Continued from page 4...)

butterflies, grasshoppers and several kinds of bees. Striking orange and black beetles appear on butterfly weed. I invite neighborhood children to see them and the caterpillars. Coneflower seed heads feed winter finches. To replace grass, I planted spring wildflowers and ferns on a rear slope under a handsome buckeye tree. One young granddaughter made a special effort to get acquainted with all of the flowers when she came to visit.

A pine tree offers a lovely view from the study while screening off driveways across the street. It and the buckeye are now large enough for our grandchildren to climb. Black gum trees will some day shade the driveway. A tall stump remains from a maple tree that had to be removed. A section of the thick trunk lies next to it, covered with moss, lichens, and wood ears. Our grandchildren and the squirrels play king-of-the-hill on the stump. I planted elderberries in one corner to create a wild nesting area for birds, and now there are enough plants to share with friends.

The gardens are a delight in all seasons. I look out and experience the peace that I found in the north woods. Imperfect though it may be, many of us are part of a growing web of nature.

*SL member Joanne Leussing quietly offers her care and support to tough plants withstanding benign neglect!*



Conference speakers Kwodwo Ababio and Catherine Girves frame sustainability as a social justice issue



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The Three Themes of Simply Living:

- » *Simplifying our lives*
- » *Greening the earth*
- » *Healing toward wholeness*

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- 📖 ***Kitchen Literacy***, by Ann Vileisis - the book [eatingwell.com](http://eatingwell.com) says will help you understand "how we got so far off the eaten path." Vileisis breaks down the history of what she calls the "covenant of ignorance" that has allowed the current state of our food.

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