WHAT DO WE DO NOW? by Chuck Lynd, Simply Living Board Member

We humans are not wired for rapid evolutionary change. We talk about system change and the need for "personal, community, and cultural transformation." It’s in our Simply Living vision statement. But are we ready?

We’ve been awakened by the reality of climate change that is happening now. Our once sacred democracy has been corrupted by the almighty dollar and is morphing into an American form of corporate oligarchy. Income inequality is worse than in the 1920s before the Great Depression. Drone warfare is the new norm. Black Lives Matter has exposed White Privilege. If all that isn’t enough, we have a new administration in Washington DC that denies climate change and is led by a cabinet of billionaires, corporate CEOs, and generals!

The ancient Chinese observed shrewdly that we are condemned to live in interesting times. When times are this interesting, it can feel overwhelming. It’s become a cliché, but the Chinese word for crisis also means opportunity.

So, what do we do now? The answer lies in how we embrace opportunities to participate in transformational change – what Joanna Macy calls the “Great Transition.”

SELF CARE. Yes. Our very first priority task is to make a personal commitment to deal with the uncertainty and anxiety that surface when social norms are

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Earth Day
Columbus
Sat, April 22
1-10pm, Columbus Commons
Join the celebration as we commemorate our collective volunteer efforts.
Enjoy local bands, food trucks, kids’ activities while visiting environmental groups, green businesses, and our Simply Living booth. Want to volunteer? Email: Hello@simplyliving.org.

GREEN ON THE GREEN
8th Annual Green
on the Green
Sat, May 6 8am-1pm
Old Worthington
FREE community event presenting a diverse sampling of exhibitors promoting sustainability, healthy living, and localism. Some of the activities include:
• Kids interactive music with Mr. Eric
• Drawing for a free Canopy Tour - ZipZone Canopy Tours • Solar PV Demo & Home Energy Monitoring Demo • Free Spinal Screenings of the neck • Free pet consultations • Nontoxic cleaning demonstrations • AND MUCH MORE!

Comfest,
since 1972
June 23-25
Goodale Park
Celebrate, Relax, Dance!
Simply Living will be there. Visit our booth in Peace Village, learn about our new solar involvement, and come to our workshop. Also, Refresh! Site of bring-your-own-cup WATER BOOTH!
DIRECTOR’S COLUMN

Personal Sustainability

When we hear the word “sustainability” we generally think about the environment, natural resources, design, alternative energy, transportation and other macro categories. These are external realities that are the societal brick and mortar elements of what sustainability addresses in communities, governments and policies. I take this space to remind myself and our readers of the “internalities” of sustainability. To be the best community members we can be, we must strive to have a clear, calm, informed internal reflective space. We need this to address the miasma of change, incongruence and chatter we face in this world of “fake news,” misinformation from moneyed interests and a new government that defies our common knowledge of what civilized discourse means to society.

Our advice? Look to the first word in our organization’s name - “simply.” Learning to simplify is empowering. Internal process, and the empowerment found in self-trust, is an extraordinary tool for our current environment. Don’t let the noise disturb you or bring you down.

I have heard that true love does not exist without self-love. This is not a call to arms for conceited people; it means that we must understand and appreciate ourselves before we can appreciate and understand others.

Living in this hectic modern world is not easy. It can feel like we are forced to face the question of living life in fear or in love. Simplicity bends the universe toward the latter. The path of fear has no attraction to us, yet it pulls us. The path of love grounds us in our purpose, gives hope and fosters the self-reliance that we strive for in our lives.

Think of self-reliance as a shift of the “Think Globally, Act Locally” mantra we share. Self empowerment may mean a life of think always of others, start with the self. Properly executed, this is not selfishness. It is a gift to our community, starting with ourselves.

Choosing a life of love means changing our lifestyle away from the norm. It means lowering consumption and impact toward more sustainable activities. Ride a bike or take public transit, participate in community activities, cook organic, local foods when possible, volunteer, buy used goods when possible. These activities can soothe the soul. In this way, we can impact our community and ourselves in the smallest and largest possible way simultaneously.

When our primary life goals are intrinsically rewarding, we reap greater satisfaction from our activities, and that happiness flows like sunshine out to our community.

You’ve heard this before: An ounce of prevention equals a pound of cure. This can be a personal maxim of sustainability and internal peace for the committed citizen in this crazy, fast paced world.

Nothing at last is sacred but the integrity of your own mind.
- Ralph Waldo Emerson, from Self-Reliance

A DIFFERENT WAY
LIVING SIMPLY IN A COMPLEX WORLD

New Northwest Earth Institute Course:
A Different Way: Living Simply in a Complex World

Simply Living is forming a new NWEI course to be offered this spring or early summer. The discussion courses are designed to encourage systems thinking and inspire participants to make positive changes in their own lives. In this course, participants will explore the many personal and global issues we face that a simple lifestyle can help address. We will explore the values that lead us to an interest in simple living, how simple living will help us to live more in line with our values, and then commit to action to create a bigger impact in our world.

If you are interested in taking this course, contact Sarah Edwards at sedwards@simplyliving.org. Please put “NWEI” in the subject line. Dates and time will be determined once the class is filled (6 sessions, 8–12 participants). Cost: $29 for the course book (paperback or e-book).
shifting. The process can be overwhelming and disruptive, and lead to feelings of helplessness, apathy, cynicism, or even despair.

Fortunately, we have wonderful resources in our community to help us stay strong – to live, work, and play with confidence and resilience. Meditation, yoga, energy healing, the arts, nonviolent / compassionate communication, counseling, holistic medicine, spiritual practices, mindfulness, even healthy eating – discover what works best for you on your path to wellbeing. (See sidebar for local connections, page 7). Self care that integrates our mind-body-spirit is the key to our own “personal transformation,” so essential for us to actively engage in the transformative practices described below.

TRANSFORMING OUR FOOD SYSTEM. Everybody eats and participates in the food system! Our food choices can drive the transformative changes we see emerging everywhere. Our food systems are growing locally and organically and we see it in the explosion of farmers markets, community gardens, and diet recommendations based on Michael Pollan’s dictum: “Eat food, not too much, mostly plants.”

By food, Pollan means eating anything our grandparents would recognize. Eating healthy is the trend, and we see the evidence in every major supermarket that now features a separate “natural” foods section or the organic alternatives are placed side-by-side the “conventional” produce. Imagine a future where the alternative sections feature “delicious processed food and perfect produce” – meaning laden with sugar and grown with poisons.

Millennials are leading the transformation with urban agriculture and organic farming that serves local communities and neighborhoods. Permaculture design principles, a process for revitalizing our soil and supporting “permanent agriculture,” now inform the evolution away from conventional, fossil fuel pesticide dependent farming practices, toward new “agro-ecology” systems that promise to feed the world based on sustainable practices.

TRANSFORMING THE ENERGY GRID. We can all reduce our energy footprint and help drive the transition to a sustainable energy future. Renewable energy sources like wind and solar are now actually cheaper than fossil fuel generated energy from coal, oil, and natural gas. That’s good news,
DOCUMENTARY FILMS + LOCAL SOLUTIONS

A showcase of independent, documentary films addressing a variety of current issues. Often followed by Q&A with experts representing local organizations. Thanks to the Puffin Foundation West Ltd. for supporting these monthly public screenings. For questions, contact Chuck Lynd at Chuck.Lynd@gmail.com or 614.354.6172

SUN 25
7-9 PM
A Fierce Green Fire: The Battle for A Living Planet
Drexel Theatre
2254 East Main St, Cols, OH 43209
614.231.9512
A FIERCE GREEN FIRE is the first big-picture exploration of the environmental movement - grassroots and global activism spanning fifty years from conservation to climate change. Free. Donations support the Drexel Theatre.

TUES 25
11 AM-2 PM
Climate March in Columbus
Ohio Statehouse
1 Capitol Square, Cols, 43215
Join us in a call to action at the People’s Climate March and Rally at the Ohio Statehouse. See back page for details.

MON 29
7-9 PM
Orientation
First UU Church, Rm 7
93 W Weisheimer Rd
Cols, 43214

SUN 30
6:30-8:30 PM
Community Potluck
First UU Church, Fellowship Hall
Check website for program topic

MEETUPS/SOCIALS

Join Simply Living for “good green fun” at gatherings held in a different local business or organization each month. We learn from brief presentations by the owners or directors, followed by Q&A. We include plenty of time to socialize and network. Light refreshments are served. Free!

Sign up for Films & Meetups at Eventbrite.

CARE + SHARE TIME BANK

Share food, network, participate! Each potluck includes a program presented by a member or guest speaker. Topics vary each month. Potluck.

For more information, visit https://www.hourworld.org/bank/?hw=1057

First UU Church
93 W Weisheimer Rd, Clintonville

APRIL

TUES 25
7-9 PM
A Fierce Green Fire: The Battle for A Living Planet
Drexel Theatre
2254 East Main St, Cols, OH 43209
614.231.9512
A FIERCE GREEN FIRE is the first big-picture exploration of the environmental movement - grassroots and global activism spanning fifty years from conservation to climate change. Free. Donations support the Drexel Theatre.

SAT 29
11 AM-2 PM
Climate March in Columbus
Ohio Statehouse
1 Capitol Square, Cols, 43215
Join us in a call to action at the People’s Climate March and Rally at the Ohio Statehouse. See back page for details.

MON 10
7-9 PM
Orientation
First UU Church, Rm 7
93 W Weisheimer Rd
Cols, 43214

SUN 16
6:30-8:30 PM
Community Potluck
First UU Church, Fellowship Hall
Check website for program topic

MAY

TUES 9
7-9 PM
Biophilic Design: The Architecture of Life
Gateway Film Center
1550 N High St, Cols, OH 43201
Come on a journey to the world’s most celebrated buildings in a search for the architecture of life. Encounter buildings that connect people and nature - hospitals where patients heal faster, schools where children’s test scores are higher, and communities where people know their neighbors and families thrive. This film pairs excellently with the May 15th Meetup at MORPC.

MON 15
6-8 PM
MORPC
Mid-Ohio Regional Planning Commission
111 Liberty St, Suite 100, Cols, 43215
We will be participating in an interactive exercise that will ask us to envision what our city looks like in 2050, especially in regard to development and population growth. Attendants will learn how city planning impacts the local experience. This Meetup is a great follow-up to the May 9th film, “Biophilic Design: The Architecture of Life.” Limit: 30 participants. Parking in south-side lot in “M” spots.

MON 15
7-9 PM
Orientation
First UU Church, Rm 7
93 W Weisheimer Rd
Cols, 43214

SUN 21
6:30-8:30 PM
Community Potluck
First UU Church, Fellowship Hall
Check website for program topic

JUNE

SUN 25
2-4 PM
Planetary: Reconnect to Something Bigger
Studio 35
3055 Indianola Ave, N High St, Cols, 43202
PLANETARY is a cross continental, cinematic journey, that explores our cosmic origins and our future as a species. It is a poetic and humbling reminder that now is the time to shift our perspective: to reconsider our relationship with ourselves, each other and the world around us – to remember that we are PLANETARY.

TUES 27
5:30-7:30PM
Sunny Glen Wellness Urban Food Garden & Certified Wildlife Habitat
3507 Sunny Glen Place, Linden (Cols), 43224
Join us at Dianne + Stephen’s backyard. Instead of growing grass, they are using natural methods that require minimal care and produce a lot of food. Find out what is growing that contributes to improved health and well-being for people and the planet while networking with others in the community.

MON 12
7-9 PM
Orientation
First UU Church, Rm 7
93 W Weisheimer Rd
Cols, 43214

SUN 18
6:30-8:30 PM
Community Potluck
First UU Church, Fellowship Hall
Check website for program topic
Looking to build your sustainability knowledge and skills? Already an expert?

Get involved with Simply Living Sustainable U, an initiative that organizes workshops/classes that train and educate people about sustainability topics and practices.

Questions? For more information contact Sarah Edwards at: sedwards@simplyliving.org or call 614.447.0296.

For more details about these classes, visit Sustainable.SimplyLiving.org
WHAT DO WE DO NOW?  
continued from page 3

but the window for this transition is closing fast due to climate change and the melting of the polar ice caps.

Energy efficiency is the fastest and cheapest way to move the sustainability needle. Have you contacted Columbia Gas for a home energy audit? Thinking about installing solar panels? You can help reduce the carbon. Are you ready?

TRANSFORMING THE ECONOMY.

Everybody shops! Other than our local Care & Share Time Bank, dollars are the currency we use to purchase goods and services. Simply Living members have been critics of the global consumer economy since we started in 1992. Today we understand that the mass consumption of fast food, fast fashion, and cheap products designed with planned obsolescence to keep generating profits is not sustainable.

Thought leaders like Michael Shuman, Stacey Mitchell, and David Korten agree that the fastest way to reverse a fossil-fueled global economy that is wreaking havoc on the environment and disrupting communities worldwide is to re-localize our economies.

We can speed up this trend by shifting our shopping to locally owned businesses. We can all be mindful to eat, drink, buy, bank, and invest more of our money locally. When we buy our groceries from a locally owned store or food co-op, more of our dollars stay in the community and support small food businesses. When we buy from Zettler’s or an ACE hardware store, we’re preserving the
local wisdom of long-time employees. Use a community bank or credit union that won’t sell your mortgage to Wall Street? You get the idea, and you can learn more at the ThinkColumbusFirst.org website.

**TRANSFORMING OUR POLITICAL SYSTEM.** We can all participate and help transform our food system, transition to a renewable energy grid, and support our local economy. This is change from the bottom up, making individual choices that turn into movements that must eventually turn into policies. Our political systems are responsible for creating and implementing policies that value and give priority to local food systems, clean energy, and strong local economies.

Our current political system is deeply divided along party lines. Perhaps more importantly, though, it is a system that has been corrupted by too much money from large corporations and wealthy donors used to influence elections.

By joining movements and advocacy groups committed to reclaiming our democracy, we can transform our political system. Examples include Indivisible, MoveOn.org, Public Citizen, Common Cause, Move To Amend, and many others who are educating the public about legislation and policies designed to get money out of politics, restore voting rights for all, open up elections to include multiple parties, and support public financing of elections.

We all have a part to play by engaging in our communities and creating the new stories that will transform our culture from one of competition and scarcity to one of cooperation and abundance. The task is daunting. But we are all in this together. Don’t burn out. Pick and choose your own level of self-restoration and involvement based on your personal passion.

Take care of yourself. Stay strong!

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**WHAT OUR PARTNERS SUGGEST:**

**Modo Yoga**

“Modo Yoga is a tech-free space that allows freedom and opportunity to push everything aside and reconnect with yourself.”

– Chad Underwood, modoyogacolumbus.com

**Simply Living Sustainable U**

“Fresh ideas and fresh skills are something that can increase our sense of well-being. Connect with learning from local businesses: City Folks Farm Shop, Boline Apothecary, the Wellness Forum, and Columbus Wild Ones, all offer a variety of classes on multiple topics.”

– Sarah Edwards, simplyliving.org

**Clintonville Natural Foods**

“Good food ingredients are critical for our on-going health and energy. You can feel confident when you know where your food comes from and how it was grown. Spending time in the kitchen can be very satisfying and fun, as well as fueling one’s body!”

– Portia, 614.826.4357

**The Crest Gastropub**

“Enjoying good food is one of the things that can lift our spirits and nourish our sense of community. In addition to being active in strengthening our local food system, you can rest assured that the Crest has sustainability goals of caring for our environment.”

– Nohal and the Green Team, TheCrestGastropub.com

**Rambling House**

“Music plays a major role in people’s lives. Come to Rambling House for community camaraderie and share or make music!”

– John Lynch, theramblinghouse.com

**Table Top Café**

“Games bring people together in ways that other activities might not. A great way to relax and energize is to have fun with friends, old and new, exercising your mind in a dedicated tabletop game environment.”

– Aaron Brown, tabletopgamecafe.com

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*BUY LOCALLY – ACT NEIGHBORLY!*
Please support Simply Living’s local business members. In addition to yourselves, they help support our efforts to “build local.” You might also mention that you saw their listing in our directory!

**AUTOMOTIVE**

**TONGDA AUTO SERVICE**
Cols, 43214
614.262.1426
Auto Service | Sales | Lease | Rental
TongDaAuto.com

**ECO-SOLUTIONS**

**BIG GREEN HEAD**
Worthington, OH
bgh@biggreenhead.com
BigGreenHead.com

**BLUES ROCK STATION**
1190 Virginia Ridge Rd
Philo, OH 43771
740.674.4300
bluerockstation.com

**ECOHOUSE SOLAR**
614.456.7641
EcoHouseSolar.com

**BANKING**

**KEMBA FINANCIAL CREDIT UNION**
614.235.2395
Kemba.org

**CLASSES / WORKSHOPS**

**SIMPLY LIVING**
Sustainable SimplyLiving.org

**DESIGN ENERGY**
4041 N High Street
Cols, 43214
614.507.3073
Community Power Builders
design-energy.net

**HEALTH & WELLNESS**

**ECOFLORA**
614.266.1618
EcoFloraDesign.com

**FLORISTS**

**KARYN DEIBEL**
Certified Senior Trager® Practitioner
614.261.6480
Karyn.Deibel@gmail.com

**COMMUNITY MARKETS**

**BEXLEY NATURAL MARKET**
508 N Cassady Ave
Bexley, OH
614.252.3951
BexleyNaturalMarket.org

**CLINTONVILLE NATURAL FOODS**
4398 Indianola Ave
Cols, 43214
614.826.4357
Find us on Facebook!

**ALL LIFE CENTER FOR INTEGRATIVE WELLBEING**
123 Hyatts Road
Delaware, 43015
740.201.8242
AllLifeCenter.org
HEALTH & WELLNESS (cont.)

BOLINE APOTHECARY
15 W Dunedin Rd
Cols, 43214
614.517.0466
BolineApothecary.com

DENTAL ALTERNATIVES
150 E Wilson Bridge Rd
Worthington, 43085
614.888.0377
Dentistry for better health
DentalAlternatives.net

COLUMBUS HERBS & ACUPUNCTURE
4218 Indiana Ave, Ste B
Cols, 43214
614.804.0614
columbusherbsandacupuncture.com

KELLER CHIROPRACTIC
422 Morse Rd
Cols, 43214
614.885.4480
KellerDC.com

SUSTAINABLE SERVICES, LLC
RANDALL LOOP, LMT, MLC, OM
1560 S 4th St
Cols, 43207
614.496.4595
erloop@gmail.com
Massage - Coaching - Workshops
RandallLoop.com

WILD ONES COLUMBUS CHAPTER
Barbara Velez Barbosa: barb_carson@hotmail.com
WildOnes.org

LOCAL FOODS

CORNUCOPIA COMESTIBLES, INC
2474 East Main St
Cols, 43209
614.231.6323

PERSONAL WELLNESS INTEGRITY, LTD
Worthington, OH
IAmPWI@yahoo.com

THE KALE YARD
thekaleyard@gmail.com
740.808.9908
TheKaleYardOhio.com

TWO CATERERS
550 S High St
Cols, 43215
614.882.7323
twocaters.com

FIND COLUMBUS FIRST
an initiative of S.O.L.E. (Support Our Local Economy Coalition)
614.354.6172
ThinkColumbusFirst.org

LOCAL MEDIA

naturawakening.com
NATURAL AWAKENINGS
A monthly magazine for healthy and sustainable living. Produced locally and distributed for free.
NACentralOhio.com

WCBF 90.5 FM
Central Ohio NPR
News & Music
WCBE.org

MARKETING / DESIGN

AMELIA STREET STUDIO
Columbus, OH & Chicago, IL
330.285.2569
“We Make Stuff”
AmeliaStreetStudio.com

INTERESTED IN SIMPLY LIVING BUSINESS MEMBERSHIP?
Contact Sarah Edwards at sedwards@simplyliving.org or 614.447.0296 for more details.
**OUR MISSION:**

Simply Living is a community organization that celebrates and connects people to learning opportunities that promote community sustainability, environmental awareness, and our local economy through educational outreach and partnerships within our community.
BECOME A MEMBER OF SIMPLY LIVING

Fill out and mail in the form below along with a check OR sign up online at SIMPLYLIVING.ORG.

Please Print Clearly  

Check One:  

☐ New  

☐ Renewal

NAME(S)

ADDRESS

CITY  STATE  ZIP

EMAIL

PHONE

PLEASE ADD ME TO:  

☐ NEWSLETTER  

☐ COMMUNITY UPDATE

Make checks payable to Simply Living and Send to:
Simply Living
PO Box 82273
Columbus, OH 43202

Simply Living is a 501(c)(3) organization. Membership dues and contributions are tax deductible to the full extent of the law.

CONTINUING OFFER . . .
GET A FREE SUBSCRIPTION TO YES! MAGAZINE! HOW?

Our members have been pioneers for 25 years in learning to live responsibly and joyfully on the earth. Today, Simply Living is a hub of the wheel turning communities toward a sustainable future. We have a broad vision to co-create “a compassionate and sustainable world through personal, community, and cultural transformation.” As individuals, we encourage voluntary simplicity. As a community, we advocate for localization to rebuild our local economy, our food system, and transition to renewable energy. As a culture, we promote holistic approaches to living in harmony with nature.

The global consumer economy is not sustainable. Business as usual is not sustainable. Simply Living attracts cultural creatives working to change this status quo. We are a nonprofit, grassroots organization affiliated nationally with the Transition Town movement and the Business Alliance for Local Living Economies. We are intergenerational and welcome people of all ages, colors, creeds, sexual orientation or gender identity.

Please join us in our work to leave the world better than we found it for future generations.

E-mail: Hello@simplyliving.org.
Simply Living April Meetup
People's Climate March
and Rally at the Ohio Statehouse

Who: All of Us
When: Saturday, April 29 from 11 AM - 2 PM
Where: Ohio Statehouse, 1 Capitol Square, Downtown Columbus

Following Simply Living’s screening of A Fierce Green Fire: The Battle for a Living Planet on April 25 – the brilliant film documenting the history of the environmental movement – Simply Living’s April Meetup calls us to action and to participate in the People’s Climate March and Rally at the Ohio Statehouse. While some of us will be attending the People’s Climate March (PCM) in Washington DC on this same Saturday, we invite all our members and friends to join us at the PCM Sister march right here in Columbus! We will bring our Simply Living banner and encourage you to make and bring your own signs to the demonstration. We will join our partners in the Central Ohio Climate Action Coalition, including members from the Sierra Club, Interfaith Power & Light, local chapters of the Citizens Climate Lobby, local community sustainability groups, the Columbus Community Bill of Rights, Keep Wayne Wild, and many others concerned about climate change and environmental justice. We bring a positive message of change in advocating FOR the transition to a green infrastructure and renewable energy grid created by new green job opportunities!

Visit the official PCM site: http://tinyurl.com/mcsoyow that includes a link to the Facebook page.

See you there!