COMMUNITY EDUCATION FOR SUSTAINABLE LIVING

by Amy Ceccoli, Simply Living Board Member

At our current rate of consumption it would require two planet Earths to sustain human life and if everyone lived the way Americans do we would need FOUR planets! We need to act now and live more sustainably. Fortunately, Simply Living members have been acting and educating the central Ohio community for the past 25 years. We know that the solutions lie in the power of collective change. By taking action in our own lives and inspiring the people around us we can see the ways that small changes add up when many of us acquire the knowledge and adopt changes in our lifestyles.

EDUCATION FOR SUSTAINABILITY is defined as a transformative learning process that equips people with the new knowledge and ways of thinking we need to achieve economic prosperity and responsible citizenship while restoring the health of the living systems upon which our lives depend. Simply Living has been and continues to be an excellent resource in our community for educating and promoting sustainable solutions. In the past our members have started and run a natural food co-op, a bookstore, a radio station, and some members even started their own intentional community. In this community residents pool their resources and by doing so they contribute less to the mindless consumption in which our society is so good at convincing us we must participate. Today more than ever Simply Living understands the value of learning about the issues and finding local ways to address them through newsletters, films, our meet-ups, Northwest Earth Institute courses and our Sustainable U.

"we have lived our lives by the assumption that what was good for us would be good for the world. We have been wrong. We must . . . live by the contrary assumption that what is good for the world will be good for us!"

- Wendell Berry

see Community Education - page 6

JOIN US at Chasing Coral, see details on page 4
DIRECTOR’S COLUMN

Moving from Connections to Community

In her lead article in this issue, Amy Ceccoli, one of our dedicated Simply Living Board members, highlights the opportunities Simply Living offers to connect, learn, and share ways to live more sustainably. Amy walks her talk and you are likely to meet her at one of our documentary films, meetups, or Earth Institute courses. She carries her passion for living sustainably into her workplace, too, developing her expertise and promoting best practices for recycling and sourcing locally at her place of work.

Simply Living is a different kind of organization because we intentionally “connect the dots” between the lifestyle choices we make. It often starts with learning practical ways to “reduce, reuse, recycle, repurpose and rethink” but our programs go much further to explore the energy we use, the food we eat, how we get around town, even how to support the local economy which likely leads to living wage jobs.

Choosing to live sustainably can involve dozens of choices and there is no “one way” that works for everyone. Policies and economics have a profound impact on choices. Solar panels won’t work for every home, but they can work on many. There are many food choices, and healthy diets can lessen our impact on the environment. Riding a bus or a bike to work is not always an option. Deciding how many children or whether to have any children varies widely. All these choices have an impact on the earth’s ecosystems. We sometimes say, “To live simply, you need to know a lot of complex things!”

To learn all the complex things involved in lifestyle choices, Simply Living networks and collaborates with organizations and businesses that address all these various sustainability choices. Local Matters is on the forefront of creating a healthy food system for all, regardless of income. We partner with businesses that offer renewable energy systems, such as Ecohouse Solar, Design Energy and Power Up Renewables. The Economic and Community Development Institute (ECDI) offers micro-loans to entrepreneurs and social enterprises. We partner with the All Life Community for Integrative Well Being and the Wellness Forum.

Out of all this connecting, learning, networking, and collaborating comes something very special, much greater than the sum of all these interactions. We can sum it up in one word: community. We are building relationships with the people who are working to make the world sustainable for our children, or as those of the Great Iroquois Nations advise, for the next seven generations. This work takes many forms but we at Simply Living are privileged to play our part in working to create a community of individuals committed ever more deeply to living sustainably on the earth.

– With gratitude, Sarah

ARE YOU A SUSTAINING MEMBER OF SIMPLY LIVING?

Simply Living is here to educate, promote, inspire and celebrate sustainable choices! Every month, our small and dedicated staff offers Documentary Film Night + Local Solutions, Meetups that support Local Businesses, Earth Institute discussion courses, Simply News (our quarterly newsletter), Simply Living Sustainable U (SLSU) directory, the Weekly Community Update email that lands in your inbox to inform you about events and news important to our community and more!

Show your support by becoming a Sustaining Member at $8.50+/month through your bank or credit card, and as a thank you receive a subscription to the innovative Yes! Magazine.

Contact Sarah Edwards at sedwards@simplyliving.org or 614.447.0296 for details or more information.

SUPPORT SIMPLY LIVING!
Become a Sustaining Member and get Yes! Magazine.
DETAILS ON PAGE 11
IS YOUR COMPANY LOOKING TO BECOME MORE SUSTAINABLE?

SUSTAINABILITY WORKS: RETHINKING BUSINESS AS USUAL

Simply Living invites interested businesses to participate in a Lunch + Learn discussion course. Contact: amycleccoli@gmail.com.

NWEI’s discussion courses are designed to spark shared learning, shared stories, and shared action.

Sustainability Works: Rethinking Business as Usual Is the NW Earth Institute’s newest discussion course, and it is designed to help organizations respond to the need for systems-level change that benefits both people and the planet. This new four-session discussion course highlights the business case for sustainability and includes resources that will support the delivery of your sustainability goals.

Sustainability Works provides the information and inspiration you need to engage your team, and contains tools to help you create a plan to advance sustainability in your business. If your sustainability efforts are already underway, this discussion course will offer an opportunity to fine-tune your goals and commitments while also engaging new stakeholders.

There are 4 sessions that will meet in the afternoon for about an hour once a week. Please e-mail: amycleccoli@gmail.com if you are interested and we can finalize dates and times for this very important discussion course.

There is no cost for the course except for materials: $28 (e-book or printed version).

The Earth Charter speaks of “a sustainable global society founded on respect for nature, universal human rights, economic justice, and a culture of peace.”

Sustainability implies responsible and proactive decision-making and innovation that minimizes negative impact and maintains balance between ecological resilience, economic prosperity, political justice and cultural vibrancy to ensure a desirable planet for all species now and in the future.

en.wikipedia.org/wiki/Sustainability

BOARD OF DIRECTORS:
Dan Barash, President
Cassie Shearer, Treasurer
Christine Hardin, Secretary
Jenny Alberti
Amy Ceccoli
Lawrence Hendrix
Chuck Lynd
Jenée Murphy

GENERAL INFORMATION:
Sarah Edwards, Director
Gloria Jones, Office Manager
Office: 614.447.0296
E-mail: hello@simplyliving.org
www.SimplyLiving.org
Office Hours: by appointment; give us a call!

Our office is located at 2350 Indianola Avenue in the Maynard Avenue United Methodist Church, on the upper level, where we are pleased to share office space with the Center for Compassionate Communication.

The Simply Living Transition Hub serves central Ohio and is affiliated with Transition United States.

Simply Living established the Support Our Local Economy (SOLE) Coalition, one of 80 networks affiliated with the Business Alliance for Local Living Economies (BALLE).

SIMPLY NEWS NEWSLETTER:
Jenny Alberti, Graphic Design
Diane Boston, Layout
Joanne Wissler, Proofing
Robert Studzinski, Photographer

THANK YOU TO ALL WHO VOLUNTEER!
DOCTO R Y FIL MS + 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.

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: QUERY SIMPLY LIVING 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

JULY

Summer Break – no films; see you in September!

AUGUST

10 AM-1 PM
Bus It!
2350 Indianapolis Ave
Cols 43202
Meet at the Simply Living office and join in with Mariellen Miller for a trip around our city learning how to navigate by the COTA bus system. Purchase a day-pass at Kroger or Giant Eagle or bring a pocketful of singles and let’s go! Park in the Maynard Street lot across from our office. Query Simply Living on Eventbrite to sign up.

SEPTEMBER

7 PM
Chasing Coral
First Unitarian Universalist Church
93 W Weisheimer Rd
Cols, 43214
Coral reefs around the world are vanishing at an unprecedented rate. Divers, photographers and scientists set out on an ocean adventure to discover why the reefs are disappearing and to reveal the underwater mystery to the world.

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

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

7-10 PM
Enchanting Urban Garden
1424 Bryden Rd
Cols, 43205
Come for a magical tour of this outstanding urban garden. See what can happen when an artist’s imagination is applied to a once challenging setting. Come for conversation, light hors d’oeuvres, and a glass of lovely! Donation: $10. Query Simply Living on Eventbrite to sign up.

6:30-8:30 PM
Community Potluck
First UU Church, Fellowship Hall
93 W Weisheimer Rd, Cols, 43214
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

UPCOMING CLASSES

Hot Yoga ("1st Class is Free" week)
Sunday, July 9 – Saturday, July 15
9:30 AM – 7:30 PM
Wellness Forum Health
510 E Wilson Bridge Rd, Suite G
Worthington OH 43085
614.841.7700
gardnerj@wellnessforum.com

Lozenges and Gargles
Wednesday, July 12
7–9 PM $35
pre-registration required
Boline Apothecary
Register for venue address
https://squareup.com/store/boline-apothecary/

Dinner at the Forum, with Chef Del and Dr. Pam Popper
Thursday, July 13
6 PM Free
pre-registration required
Wellness Forum Health
510 E Wilson Bridge Rd, Ste G
Worthington OH 43085
614.841.7700
gardnerj@wellnessforum.com

Syrups, Elixirs, Oxymels, Electuaries
Wednesday, July 19
7–9 PM $50
pre-registration required
Boline Apothecary
Register for venue address
https://squareup.com/store/boline-apothecary/

Cooking Class: Kids in the Kitchen, with Chef Del and Julie
Thursday, July 20 (part 2)
Noon – 2 PM
pre-registration requested
Wellness Forum Health
510 E Wilson Bridge Rd, Ste G
Worthington OH 43085 US
614.841.7700
gardnerj@wellnessforum.com

Cheesemaking 101, with Annie Warmke
Saturday, July 22
1–4 PM $55 (limit: 10)
pre-registration required

Blue Rock Station
1190 Virginia Ridge Rd
Philo, OH 43771
740.674.4300
annie@bluerockstation.com

Harvesting and Processing Your Herbs
Wednesday, July 26
7–9 PM $35
pre-registration required
Boline Apothecary
Register for venue address
https://squareup.com/store/boline-apothecary/

Earthship and Sustainable Farm Tour
Saturday, July 29
1–3:30 PM $10 (Limit: 25)
pre-registration required
Boline Apothecary
Register for venue address
https://squareup.com/store/boline-apothecary/

Introduction to Pranic Healing
Wednesday, August 2
7–9 PM $20
pre-registration required
Boline Apothecary
Register for venue address
https://squareup.com/store/boline-apothecary/

Herb, Reiki, and Massage Swap!
Wednesday, August 9
7–9 PM Free
pre-registration required
Boline Apothecary
Register for venue address
https://squareup.com/store/boline-apothecary/

Wild Ones Columbus Native Landscape Designs for Home & Businesses with Lynn Emiler-Fleak
Saturday, August 12
10 AM – Noon Free
Whetstone Library – Community Room
3909 N High St, Cols

Classes continued pg 6
toured the facility and tasted the products. We’ve been to ModoYoga and been inspired by their passion for wellness and their dedication to green living and giving back to the community. Simply Living members were fortunate to board a bus and travel near Zanesville to tour Blue Rock Station, central Ohio’s first EarthShip. The owners, Jay and Annie Warmke, are true pioneers in sustainable living in Ohio. They dwell in a home built from re-purposed material that uses passive solar technology and a unique water catchment system that uses far fewer resources without giving up creature comforts to which we have grown accustomed. They do all this while operating a farm, managing a herd of goats, a flock of chickens, a couple of pigs, and educating the public with tours of the property, various homesteading and solar panel installation classes. See page 12 for details about our July 29 meet-up.

START WITH WHAT YOU EAT. Simply Living can connect central Ohio to local solutions. Some easy ways to address the issues is to start with what you eat. Support local farmers by spending some of your food dollars at your local Farmer’s Market, join a CSA, try to waste less and buy in bulk when possible. Grow some of your own food. Even if space is limited there is probably somewhere to put a window box or small container to grow fresh herbs. Make your own cleaning products out of non-toxic, effective and inexpensive items like baking soda, lemons and vinegar (see side bar). Make your own personal care products. Coconut oil is an amazing and versatile product that can be put to a multitude of uses. Stop spraying chemicals on your lawn, or better yet, convert your lawn into an edible landscape or plant native species that require little to no watering or maintenance. Switch to a local credit union and keep your money out of big banks. Spend some of your money at local businesses instead of big box stores. Doing this will keep more money in our local economy, create more jobs and more tax revenue that can help strengthen our community.

LIVE SIMPLY WITH MINDFULNESS AND INTENTION. Simply Living has been affiliated with the Northwest Earth Institute for over twenty years and members have learned about and have committed to change on a personal level in a variety of ways. Learning to live simply and with mindfulness and intention have been our goals since our inception and the NWEI has helped many of us attain these goals. The newest discussion course takes this to a whole new level.

RETHINKING BUSINESS AS USUAL. Sustainability Works: Rethinking Business as Usual seeks to reshape business with a mind toward sustainability. This new discussion course is designed to be a guide for transformative learning and change. It will explore how what is good for business and the bottom line can be good for the planet too. Research has shown that being a good corporate citizen can also increase revenue and productivity. More and more consumers and potential employees are seeking out socially responsible companies.

Sustainability is everyone’s business. Our future depends on finding solutions to living on this planet in harmony with nature. Simply Living is proud to continue in our role to educate and connect the central Ohio community to all things sustainable.
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!
INTERESTED IN SIMPLY LIVING BUSINESS MEMBERSHIP?

Contact Sarah Edwards at sedwards@simplyliving.org or 614.447.0296 for more details.
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.
directory. We strive to connect our community to classes and educational opportunities to make sustainable life choices.

Wendell Berry says that “we have lived our lives by the assumption that what was good for us would be good for the world. We have been wrong. We must change our lives so that it will be possible to live by the contrary assumption that what is good for the world will be good for us. And that requires that we make the effort to know the world and learn what is good for it.” Simply Living members have long understood this. We work to educate so that others will gain the knowledge, skills, and values to address the environmental and social challenges of the coming decades. By learning to think ecologically and to understand the interconnectedness of human and natural systems we hope to apply this understanding so that human and natural ecosystems may thrive.

WAYS OF LIVING MORE SUSTAINABLY can take many forms. Intentional communities, ecovillages, and sustainable cities can reorganize how we live. Utilizing green building, biophilic design, permaculture and sustainable agriculture all contribute to helping the planet help us. We can learn ways to be more sustainable in what we buy, the food we eat, the way we travel, the energy we generate and consume, and the way we bank.

Simply Living members also know that change starts from the bottom up and that starting at the local level is the best way to make the shift. Every Simply Living meet-up is a mini field trip that connects our community to local businesses that share our values and our passion. If you want to make the biggest impact start locally. Our meet-ups have taken us to places like BackRoom Coffee Roasters who give back 1% to the planet. Brother’s Drake Meadery makes mead and sources all the honey to produce it right here in Ohio. We
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?

Support Simply Living by becoming a Sustaining member!

• Become a Sustainer when you Pledge $8.50/month or more through your bank or credit card.

Monthly pledges mean no more requests to update your membership! Save Trees!
Call Sarah at 614.447.0296 for details.

WHO WE ARE

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 July Meet-up

Blue Rock Station

**What:** Join Simply Living on a tour of Blue Rock Station, Ohio's original Earthship!

**When:** Saturday, July 29, 1-3:30 PM

**Where:** 1190 Virginia Ridge Rd, Philo, OH 43771 740.674.4300
annie@bluerockstation.com

Re-thinking is the first step in a journey to create a sustainable living way of life. Take a tour of the common rooms of the 2,200 square foot house that utilizes tires, cans, old barn wood, bottles, straw bales and mud to form a home that is heated by the sun, earth and wood, and provides a comfortable place to live.

After touring the main space, we will have a chance to tour the straw bale "chicken chalet", straw bale sleeping cabins with living roofs, water collection systems, a plastic bottle greenhouse made of over 1K 2-liter plastic pop bottles, a rain garden, composting, a solar oven, woven fences from brush, and more!

We will have an opportunity to enjoy the tranquility of this active farm and spend some time chatting about the latest trends in sustainability - or the realities of living sustainably in a consumer-oriented culture.

Travel time is about 1 hr 30 mins. Drive yourself directly or carpool with Simply Living. For carpooling, contact Sarah Edwards at sedwards@simplyliving.org. Please put “Bluerock” in the subject line.

Register directly with Annie as soon as possible. Spaces sell out fast! Cost: $10