Simply News, a publication of Simply Living, is published on a quarterly basis.

THANKS!

to all who volunteered for the Sustainable Living + Garden Tour.

Gift to be Simple

2018

Save the Date!

SIMPLY LIVING'S ANNUAL FUNDRAISER

WHEN:
Sunday, October 14
5:00-8:00 PM

WHERE:
TRISM
1636 N High St
Cols OH 43201

TICKETS:
$50 ~ includes annual membership

Visit Eventbrite and query 'gift to be simple 2018'
WHAT’S NEXT?
DAVID ORR SHARES HIS VISION AT GIFT TO BE SIMPLE 2018

It’s beyond cliché to say these are challenging times. Simply listing all the challenges that demand our attention is daunting: climate change, of course, and the deterioration of critical ecosystems, but also income inequality, industrial scale food systems, the refugee crisis, health care, corporate influence on our electoral systems, and many more can be named. These are all systemic problems made even more complex by their interrelationships, and in today’s political climate it is easy to become discouraged at our prospects for the future, both globally and locally here in central Ohio.

Fortunately, SIMPLY LIVING is able to offer insights and guidance from one of the leading intellects and architects of the path to a sustainable future.

We are delighted and honored to bring David Orr to Columbus as our featured speaker at A Gift To Be Simple, our annual fundraiser.

David’s career as a scholar,
DIRECTOR’S COLUMN

Come Together. Break Through...

Fundamental community sustainability is not yet the normal state of affairs. We wish it were, but it is still perceived as an “alternative” state. (Just as we still label food “Organic” as though that were outside the norm, when the opposite ought to be true.) As we bend the universe together to make the “alternative state” the norm, it helps to have the company of others with us on that seemingly uphill path. At SIMPLY LIVING, we have ways of helping to keep the conversation close: our global— to—local monthly film series (Documentary Films + Local Solutions), Earth Institute courses, Simply Living Book Club and our annual gathering and premier event, A Gift to Be Simple.

This year, SIMPLY LIVING is pleased to present visionary David Orr as our speaker. His career as a scholar, professor, author, speaker and entrepreneur spans fields as diverse as environment and politics, environmental education, campus greening, green building, ecological design, and climate change. He is the author of seven books, Earth in Mind, Dangerous Years: Climate Change, the Long Emergency and the Way Forward, The Nature of Design: Ecology, Culture, and Human Intention, and Ecological Literacy, to name a few. We are anticipating an extraordinary evening and are looking forward to hearing his insights, vision, and guidance on our shared path forward to a sustainable—even resilient future!

COME TOGETHER. BREAK THROUGH...

David Orr is the personification of knowledge diversity. He has had the experience of pulling disciplines together, along with community members, to get things done. The Oberlin Project (see sidebar, p7), done jointly with the city, college, and local and institutional partners has a diverse set of goals, including economic revitalization, carbon reduction, promoting local agriculture and community development.

We each have individual strengths and when we gather to be energized with like-minded friends with diverse interests, we benefit from a natural “multiplier” of our strengths. This gathered strength will help us to break through together.

Together, in time, we make that “alternative state” of community sustainability become the norm. Many hands make light work. It is our 26th year in Central Ohio and we are proud of the collective good work we have done and will keep on doing in our community. So, join us at A Gift to Be Simple, this year with David Orr. TRISM, The Crest Gastropub and Anna and the Consequences are sure to create an evening of learning and celebration!

Save the date—see you there

Sustainably yours, Sarah

SIMPLY LIVING IS EXPANDING ITS BOARD OF TRUSTEES!

Are you someone who has board experience and would like to help broaden SIMPLY LIVING’S sustainability reach and increase its community impact? Do you have Leadership, Financial, Communication and/or Organizational skills that you would like to put to good use?

If you have a passion for community education for sustainable living, then we would love to hear from you!

Over its 26-year history, SIMPLY LIVING has attracted an extraordinary group of people who have served to deepen our sustainability connection.

Please contact our Board President, Dan Barash at ddbarash@yahoo.com or our Director, Sarah Edwards at sedwards@simplyliving.org for further conversation or more information.
teacher, writer, speaker, and entrepreneur spans fields as diverse as environment and politics, environmental education, campus greening, green building, ecological design, and climate change. He is the author of seven books and co-editor of three others. He is the recipient of six honorary degrees and other awards including The Millennium Leadership Award from Global Green, the Bioneers Award, the National Wildlife Federation Leadership Award, a Lyndhurst Prize acknowledging “persons of exceptional moral character, vision, and energy.”

David Orr is a rare visionary leader who is also a “doer,” defined as one who gets things done. On the visionary side, David developed and pioneered an integrated approach called “full spectrum sustainability,” an attempt to bring everything we know about how everything is connected and interrelated and put it together in a single system. He modestly states that the phrase “full spectrum sustainability” is just a fancy way to say that we are a community and our vision is to solve, not just single problems in isolation, but problems that are interconnected. To achieve this vision, Orr offers examples. “[We must] focus on food growing, reviving local food economy, becoming a carbon-neutral community, rebuilding a local economy that actually works, and do all this as an educational venture.”

Further, he adds that subsidiary goals must be to change policies and incentive structures in order to make sustainability the default setting, the easy thing to do, not the hard thing.

David Orr is no ivory tower academic. In 2009, he founded the Oberlin Project (see sidebar) to implement a model full spectrum sustainability program by creating a collaborative initiative involving the college and town of Oberlin along with the private sector business community, industries, and the local municipal power company. In 8 years of operation the project closed its office in 2017 after achieving their goals and leaving a successful legacy of innovations and accomplishments that earned it numerous awards, including the U.S. Department of Energy and the Obama administration making Oberlin one of 16 top Climate Action Communities in the nation.

David Orr once said, “Hope is a verb with its sleeves rolled up.” His work with the
2 pm (please join us at 1:15 in the Drafthouse!)  
GROWING CITIES: A film about urban farming in America  
Studio 35 & Drafthouse  
3055 Indianola Ave, Cols, 43202  
A documentary film that examines the role of urban farming in America and asks how much power it has to revitalize our cities and change the way we eat. Q+A following the film to discuss the local food system in central Ohio.

DOCTROGRAPHIC 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.  
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!

CARE + SHARE  
TIME BANK  
Share food, network, participate! Each potluck includes a program or guest speaker. Topics vary each month. For more info, visit www.hourworld.org/bank/?hw=1057
First UU Church  
93 W Weisheimer Rd, Clintonville

TUES 30  
7 PM  
We The People 2.0  
Drexel Theatre  
2254 E Main St, Bexley, OH 43209  
We the People 2.0 is a film about the loss of democracy in the US and how people are saving nature and themselves by regaining their rights to local lawmaking. Q+A following the film will discuss the Columbus Community Bill of Rights and the struggle to regain our right to Home Rule.

SUN 14  
5 - 8 PM  
Simply Living’s Annual Gift to Be Simple  
TRISM  
1636 N High St, Cols 43201  
Our premier annual fundraiser with KEYNOTE by David Orr: scholar, author, speaker, teacher, and entrepreneur. We will hear his insights, vision and guidance on our shared path forward to a sustainable future. We will enjoy healthy, quality food together, provided by TRISM, and MUSIC by Anna and the Consequences. See back page for more details.

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

SUN 21  
6:30-8:30 PM  
Community Potluck  
First UU Church, Fellowship Hall  
93 W Weisheimer Rd, Cols 43214

SUN 11  
2 PM (PLEASE JOIN US AT 1:15 IN THE DRAFTHOUSE!)  
GROWING CITIES: A film about urban farming in America  
Studio 35 & Drafthouse  
3055 Indiana Ave, Cols, 43202  
A documentary film that examines the role of urban farming in America and asks how much power it has to revitalize our cities and change the way we eat. Q+A following the film to discuss the local food system in central Ohio.

SUN 18  
3:30 - 5 PM  
Simply Living Book Club  
Portia’s Cafe  
4428 Indiana Ave, Cols, OH 43214  
Fall selection is Pandora’s Lunch Box: How Processed Food Took Over the American Meal, by Melanie Warner. Optional vegan buffet. Donations accepted. Free, but registration is required on Eventbrite. Limited to 15. For further information email chuck.lynd@gmail.com.

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

SUN 18  
6:30-8:30 PM  
Community Potluck  
First UU Church, Fellowship Hall  
93 W Weisheimer Rd, Cols 43214

THU 13  
5:30 - 8 PM  
Simply Living Holiday Open House  
Salt Mines Co-Working Space  
2997 Indianola Ave, Cols 43202  
Stop in for conversation, networking, holiday deliciousness, and cheer with our Simply Living community. All are welcome!
Whole Foods Basics: Fantastic Dairy Substitutes
Wednesday, October 10
7PM $20
Pre-registration required
Wellness Forum Health
510 E Wilson Bridge Rd
Worthington, OH 43085
614.841.7700
wellnessforumhealth.com

Medicine Makers: Fat Based Remedies #2
Wednesday, October 10
7PM $60
Pre-registration required
Lily Kunning, Community Herbalist
757 Garden Rd
Cols, OH 43214
www.lilykunning.com

Circuit Training Bootcamp
Thursday, October 11
6:45-7:45AM $10
Wellness Forum Hot Yoga
510 E Wilson Bridge Rd
Worthington, OH 43085
Email Sonya at shom@wellnessforumhealth.com

Tall Grass Prairies of Ohio
with Guy Denny
Saturday, October 13
10 AM - NOON Free
Inniswood Metro Gardens
940 S Hempstead Rd
Westerville, OH 43081

Hot Vinyasa with Weights
Monday, October 15
7:30PM Free
Wellness Forum Hot Yoga
510 E Wilson Bridge Rd
Worthington, OH 43085
Email Sonya at shom@wellnessforumhealth.com

Medicine Makers: Topicals #1
Wednesday, October 17
7PM $40
Pre-registration required
Lily Kunning, Community Herbalist
757 Garden Rd
Cols, OH 43214
www.lilykunning.com

Soap Making with Paul of Spotted Salamander
Wednesday, October 17
6:30-8PM $20
Pre-registration required
City Folks Farm Shop
4760 N High St
Cols, OH 43214
www.cityfolksfarmshop.com

Dinner at the Forum with Chef Del
Wednesday, October 17
6PM Free
Pre-registration required
Wellness Forum Health
510 E Wilson Bridge Rd
Worthington, OH 43085
614.841.7700
wellnessforumhealth.com

A Food Adventure: Sensory-based Food Education for Kids
Saturday, October 20
10-11:30AM $40 ($30-members)
Pre-registration required
Wellness Forum Health
510 E Wilson Bridge Rd
Worthington, OH 43085
614.841.7700
wellnessforumhealth.com

Earthship and Sustainable Farm Tour
Saturday, October 20 and Saturday, November 10
1-3:30PM $10
Double pre-registration required
Blue Rock Station
1190 Virginia Ridge Road
Philco, OH 43771
740.674.4300
annie@bluerockstation.com

Earthships 101: A Behind THE SCENES LOOK: PERMITS, COSTS, BUILDING, LIVING IN AN EARTHSHIP
Saturday, November 3 to Sunday, November 4
Classes continued on pg 6
Oberlin Project has ended, and from this work he learned first-hand how much can be accomplished locally with very little support from state and federal government support. Since then, however, we are all now keenly aware that our challenges are magnified by the past two years of an administration that actively ignores climate science and is moving aggressively to enact the agenda of the fossil fuel industries and the billionaires who seek to deregulate environmental protections established since the 1970s. David’s response to the current political environment has been to organize a series of conferences that confront head on the work ahead that requires that we roll up our sleeves with new priorities.

The hope today is that we can overcome what David calls the “rising danger that we are coming unmoored from our history, the Constitution, the better angels of our nature, our highest values, and our collective solidarity as Humans and Americans.” To emphasize the nonpartisan nature of this work, he quotes Republican David Frum:

“We are living through the most dangerous challenge to the free government of the United States that anyone alive has encountered. What happens next is up to you and me.”

One outcome of this work is a website: stateofamericandemocracy.org. David Orr has brought together a broad array of thought leaders to create a dialog to address What’s Next and promote strategies that can be implemented to repair and restore systems and institutions that can
revitalize our democracy and represent our collective interests.

Here are just some of these leaders:
Gar Alperovitz, The New Economy Movement and New Political Power;
William J. Barber, II, Organizing Moral Politics 7 Days a Week;
Ari Berman, Voting Rights;
David Karpf, Social Media and Democracy;
Stephen Kinzer, Militarism and Democracy;
Denise Fairchild, Democracy and Race in America;
Jane Mayer, Dark Money and Democracy;
Josiah Ober, How Democracies Succeed or Fail;
Diane Ravitch, Civic Education;
J.D. Vance, Democracy in the Red Zone

"We are living through the most dangerous challenge to the free government of the United States that anyone alive has encountered. What happens next is up to you and me."  – David Frum

David Orr is able to bring these and a dozen other leaders to model the essential, civil conversations in today’s poisonous climate. Here are his ground rules:

1. Our deliberations are neither conservative nor liberal.

2. Our present situation—however you define it—is a symptom of deeper causes and of a long history that stretches back decades, perhaps centuries.

3. We are not focused on the crisis of the day, but on the work of repair and the strengthening of democratic institutions, procedures, and the habits of mind and heart that undergird democracy.

These are ground rules that all of us in the SIMPLY LIVING community of friends, activists, environmentalists, and advocates for social justice share and live every day in central Ohio. We invite you to come, listen, converse, and learn from David Orr, our very special guest speaker this year!
SIMPLY LIVING’S
BUSINESS MEMBER DIRECTORY

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
Indianola Ave
Cols, 43214
614.262.1426
Auto Service | Sales | Lease | Rental
TongDaAuto.com

BANKING

KEMBA FINANCIAL CREDIT UNION
614.235.2395
Kemba.org

ECO-SOLUTIONS

COMMUNITY SHARES OF MID-OHIO
1699 W Mound St, Cols, 43223
614.262.1176
CommunityShares.net

ECO-SOLUTIONS (cont)

ECOHOUSE SOLAR
614.456.7641
EcoHouseSolar.com

KEEP WAYNE WILD
KeepWayneWild.com

HEALTH & WELLNESS

DENTAL ALTERNATIVES
150 E Wilson Bridge Rd
Worthington, 43085
614.888.0376
Dentistry for better health
DentalAlternatives.net

INTERESTED IN SIMPLY LIVING BUSINESS MEMBERSHIP?
Contact Sarah Edwards at sedwards@simplyliving.org or 614.447.0296 for more details.
HEALTH & WELLNESS (cont)

COMPASSIONATE COMMUNICATION CENTER OF OHIO
2350 Indianola Ave
Columbus, OH 43202
614-558-1141

ALL LIFE CENTER FOR INTEGRATIVE WELL BEING
123 Hyatts Road
Delaware, 43015
740.201.8242
AllLifeCenter.org

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

SUSTAINABLE SERVICES, LLC
RANDALL LOOP, LMT, MLC, OM
1560 S 4th St
Columbus, 43207
614.496.4595
erloop@gmail.com
RandallLoop.com

WELLNESS FORUM Health
510 E Wilson Bridge Rd
Ste G, Worthington, 43085
614.841.7700
WellnessForum.com

WORTHINGTON OPTIMAL WELLNESS
6180 Linworth Rd
Worthington, 43085
614.848.5211
WorthingonOptimalWellness.com

CASSANDRA BRISCOE
For Bookings: 415.993.1720
kaliholistichealth@gmail.com

LOCAL ECONOMY

REGIONOMICS
Bill Lafayette, Ph.D.
614.443.3992
RegionomicsLLC.com

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

SUNNY GLEN WELLNESS
3507 Sunny Glen Pl
Columbus 43224
404.503.6284
www.facebook.com/SunnyGlenWellness

WILD ONES
COLUMBUS CHAPTER
WildOnes.org

SUNNY GLEN Wellness
3507 Sunny Glen Pl
Columbus 43224
404.503.6284
www.facebook.com/SunnyGlenWellness

LOCAL FOODS

CORNUCOPIA COMESTIBLES, INC
2474 East Main St
Columbus 43209
614.231.6323

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

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

LOCAL MEDIA

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

WGRN FM
1021 E Broad St,
Columbus, 43205
614.360.1878
info@wgrn.org
wgrn.org

MEADERY / BREWERY / WINERY

BROTHERS DRAKE MEADERY
26 E 5th Ave
Columbus, 43201
614.388.8765
BrothersDrake.com

RAMBLING HOUSE
310 E Hudson St
Columbus, 43202
614.468.3415
theramblinghouse.com

LAND GRANT BREWING
424 W Town St
Columbus, 43215
614.427.3946
landgrantbrewing.com

NATURAL LANDSCAPING

SUNNY GLEN WELLNESS
3507 Sunny Glen Pl
Columbus 43224
404.503.6284
www.facebook.com/SunnyGlenWellness

WILD ONES
COLUMBUS CHAPTER
WildOnes.org

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

WEBCOMMUNICATIONS CENTER OF OHIO
2350 Indianola Ave
Columbus, OH 43202
614-558-1141

SUSTAINABLE SERVICES, LLC
RANDALL LOOP, LMT, MLC, OM
1560 S 4th St
Columbus, 43207
614.496.4595
erloop@gmail.com
RandallLoop.com

WELLNESS FORUM Health
510 E Wilson Bridge Rd
Ste G, Worthington, 43085
614.841.7700
WellnessForum.com

WORTHINGTON OPTIMAL WELLNESS
6180 Linworth Rd
Worthington, 43085
614.848.5211
WorthingonOptimalWellness.com

CASSANDRA BRISCOE
For Bookings: 415.993.1720
kaliholistichealth@gmail.com

LOCAL MEDIA

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

WGRN FM
1021 E Broad St,
Columbus, 43205
614.360.1878
info@wgrn.org
wgrn.org

MEADERY / BREWERY / WINERY

BROTHERS DRAKE MEADERY
26 E 5th Ave
Columbus, 43201
614.388.8765
BrothersDrake.com

RAMBLING HOUSE
310 E Hudson St
Columbus, 43202
614.468.3415
theramblinghouse.com

LAND GRANT BREWING
424 W Town St
Columbus, 43215
614.427.3946
landgrantbrewing.com
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 614.447.0296 or sedwards@simplyliving.org for details or more information.

**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.

DATE: ____________________________________ Please Print Clearly

NAME(S)

ADDRESS

CITY   STATE   ZIP

EMAIL

PHONE

In an effort to be both fiscally and environmentally responsible, we will send a full-color interactive newsletter via e-mail unless you request a hard copy be mailed to you.

☐ I PREFER A HARD COPY OF NEWSLETTER
☐ PLEASE ADD ME TO 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?

[Image of newsletter]

• Become a Sustainer when you Pledge monthly through your bank or credit card.

[Image of credit card]

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

Our members have been pioneers for 26 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.