This inscription on a bench at Highbanks Metro Park reminds us why we are so drawn to the natural world. We seem to know instinctively that time in nature heals—body, mind, and spirit.

The practice of turning to nature for healing has a long history. Virtually all preindustrial indigenous peoples engaged in ceremonies, rituals, and medical practices tied to nature. Healers from the East Indian ayurvedic tradition to traditional Chinese medicine have long advocated nature exposure as a prescription for healing.

In 19th century America, nature writer Henry David Thoreau and naturalist John Muir urged people to find peace and calm in nature. The rapid expansion of cities and industries during this period was causing an increase in mental distress.

Eventually, medical doctors began to prescribe nature exposure to reduce stress and improve mental outlook. As a result, privately funded sanitariums and health resorts, located deep within natural settings, flourished. People who couldn't afford this luxury found respite in newly created metro parks, such as New York City’s Central Park. However, the notion that nature could have a medicinal effect on the mind and body was purely anecdotal. As the 20th century began to unfold, a demand for scientific evidence grew. As a result, the “assumed” benefits of nature immersion were dismissed in favor of a chemical means of reducing stress. The emerging pharmaceutical industry came to the rescue.

“I go to nature to be soothed and healed and to have my senses put in order.”

~ JOHN BURROUGHS, NATURALIST

See Healing Power - page 6

SIMPLY LIVING BOOK CLUB
SUNDAY, MARCH 31  3:30 - 5PM
Portia’s Cafe
4428 Indianola Ave
Cols, OH 43214

Winter selection is Journey of the Universe: An Epic Story of Cosmic, Earth and Human Transformation by Brian Thomas Swimme and Mary Evelyn Tucker.

Optional vegan buffet from 5 - 6 pm

Film version screened on March 24 (see page 2). Register on Eventbrite.

Contact: chuck.lynd@gmail.com.
**Journey of the Universe: An Epic Story of Cosmic, Earth, and Human Transformation**

Northwood High Bldg, Room 100
2231 N High St, Columbus OH 43201

JOURNEY OF THE UNIVERSE is an epic film about the human connection to Earth and the cosmos. This one-of-a-kind film was created by renowned scientists, scholars, and award-winning filmmakers led by co-writers Brian Thomas Swimme, the acclaimed author and evolutionary philosopher, and Yale University historian of religions Mary Evelyn Tucker. Together they weave a tapestry of scientific discoveries in astronomy, geology, biology, ecology, and biodiversity with humanistic insights concerning the nature of the universe.

**MEETUPS/SOCIALS**

**Journey of the Universe**

Join SIMPLY LIVING at gatherings held in a variety of different locations each month. We learn, network, and usually enjoy food or share refreshments. From our book club discussions to exploring local issues and annual community events, we value our times to ‘meetup’ in person. Always free and fun!

**SIMPLY LIVING EVENTS**

**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.

For questions, contact Chuck Lynd at Chuck.Lynd@gmail.com or 614.354.6172

**JANUARY**

**SUN 27**

**2 - 4 PM**

Love Thy Nature: Key to Saving Ourselves and the Planet

Studio 35 Cinema and Drafthouse
3055 Indiana Ave, Cols, OH 43202

Narrated by Liam Neeson. Love Thy Nature is a lovely cinematic journey through the beauty and intimacy of our vital relationship with the natural world. This gorgeous film shows that a renewed connection with nature is key not only to our well being, but also to solving our climate and environmental crises. Q&A to follow the film. $10 suggested donation or pay whatever you can afford.

**THU 31**

**6 - 8:30 PM**

Central Ohio Transition Hub Team Meeting

Northwood High Bldg, Room 100
2231 N High St, Columbus OH 43201

We’ll show the film, Transition 2.0, for inspiration as we imagine new projects to make our communities resilient as we confront the climate crisis locally. See page 3 for more details.

**FEBRUARY**

**TUES 26**

**7 - 9 PM**

Planetary: Reconnect to Something Bigger

Drexel Theater
2254 E Main St., Bexley OH 43209

PLANE TARY 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. Q&A to follow the film. $10 suggested donation or pay whatever you can afford.

**SAT 23**

**12 - 3 PM**

Simply Living’s 27th Annual Meeting

Indian Oven
427 E Main St., Columbus, OH 43215

All members and friends are welcome to celebrate with delicious Indian food! We’ll be honoring Sarah Edwards, who has just retired. We will toast our Garden Tour leader, and present an award to two of our innovative business members for their work in greening the energy system. Meet the Board and learn about our plans for the coming year! Please share your ideas and volunteer your time as we build a new Team Structure in 2019.

**MARCH**

**SUN 24**

**2 - 4 PM**

Journey of the Universe: An Epic Story of Cosmic, Earth, and Human Transformation

Northwood High Bldg, Room 100
2231 N High St., Columbus OH 43201

We will discuss the book, Journey of the Universe, by Brian Swimme and Mary Evelyn Tucker. Journey of the Universe transforms how we understand our origins and envision our future. Though a little book, it tells a big story—one that inspires hope for a way in which Earth and its human civilizations could flourish together. This book is part of a larger project that includes a documentary film, an educational DVD series, and a website. The film will be screened on March 24 (see above) and an online discussion will be available to participants.

**SUN 31**

**3:30 - 5 PM**

Simply Living Book Club

Portia’s Cafe
4428 Indianola Ave., Columbus 43214

We will discuss the book, Journey of the Universe, by Brian Swimme and Mary Evelyn Tucker. Journey of the Universe transforms how we understand our origins and envision our future. Though a little book, it tells a big story—one that inspires hope for a way in which Earth and its human civilizations could flourish together. This book is part of a larger project that includes a documentary film, an educational DVD series, and a website. The film will be screened on March 24 (see above) and an online discussion will be available to participants.

**CARE + SHARE TIME BANK**

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

For more information, visit www.hourworld.org/bank/?hw=1057
BOARD OF DIRECTOR’S COLUMN

Farewell Sarah.
Hello to our newest volunteer!

The last few months have been busy for Simply Living! Executive Director Sarah Edwards left her role in November, after four years of outstanding leadership. We are extremely grateful for Sarah’s vision, energy, and tremendous work ethic. Sarah’s tenure included numerous successes such as the creation of Simply Living Sustainable U, exciting new formats for our annual Gift to be Simple fundraiser, and increased awareness of Simply Living through collaborative community partnerships. Fortunately, Sarah will remain engaged with Simply Living as a volunteer and advisor. Thank you, Sarah!

We have attracted two new Board members. Lynn Stan brings her business savvy as co-owner of Celebrate Local Ohio and decades of community networking experience. Mac Crawford is a founding member of the Clintonville Energy Collaborative and an expert in climate change and the Transition Town movement.

Chris Hardin recently stepped down from the Board, and then started a new role as our office manager. Her outstanding organizational talents will be put to good use in her new position. SL member Lisa Kreischer is our new bookkeeper and QuickBooks expert. Mayda Sanchez, owner of Unlimited Media, has been retained to help us with technology issues.

The Board will have our annual Retreat in early February. This is where we take stock and set the direction and goals for the new year. The search for a new Executive Director will be a major topic, along with expanding our committee teams.

We look forward to 2019 as a year for Simply Living to grow and continue to be guided by our values of sustainability, compassion and community.

— With gratitude, Simply Living Board

BOARDS OF DIRECTORS:
Dan Barash, President
Amy Ceccoli
Mac Crawford
Chuck Lynd
Jenée Murphy
Lynn Stan

GENERAL INFORMATION:
Christine Hardin, Office Manager
Lisa Kreischer, Bookkeeper
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 2997 Indianola Ave.
Columbus, OH 43202 at the Salt Mines, a co-working space, just south of Studio 35

SIMPLY LIVING serves as the Transition Hub in central Ohio to promote resilient, sustainable communities. We are affiliated with TransitionUS.org.

SIMPLY LIVING is affiliated with the Northwest Earth Institute and offers all their courses on sustainability topics. Contact:
Hello@simplyliving.org

SIMPLY LIVING is affiliated with the local Care & Share Time Bank. SL volunteers may earn HOURS to exchange services with other members. Contact:
VilviVannak@gmail.com

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

THANK YOU TO ALL WHO VOLUNTEER!

CENTRAL OHIO TRANSITION HUB TEAM MEETING

THURSDAY, JANUARY 31  6 - 8:30 PM
Northwood High Bldg, Room 100
2231 N High St., Columbus OH 43201

We’ll start with refreshments, introductions, and a discussion of the Transition Town movement.

For background, read The Big Picture by Richard Heinberg.
www.resilience.org/stories/2018-12-17/the-big-picture/>

We’ll show the film, Transition 2.0, for inspiration as we imagine new projects to make our communities resilient as we confront the climate crisis locally.
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**
  3395 & 4100 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

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

**HEALTH & WELLNESS**

- **COMPASSIONATE COMMUNICATION CENTER OF OHIO**
  2350 Indiana Ave
  Cols, OH 43202
  614.558.1141
  speakingpeace.org

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

**DESIGN**

- **PIINK IINK STUDIO**
  Columbus, OH
  330.285.2569
  piinkiink.design

- **KEVIN WAYNE WILD**
  KeepWayneWild.com

**COMMUNITY MARKETS**

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

**CLASSES / WORKSHOPS**

- **SIMPLY LIVING**
  Sustainable Living
  Community Education for Sustainable Living
  Sustainable.SimplyLiving.org

**DESIGN ENERGY**

- **421 W State St, Cols, 43215**
  614.507.3073
  Community Power Builders
  design-energy.net

**ECOHOUSE SOLAR**

- **614.456.7641**
  EcoHouseSolar.com
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.
Today, nearly two decades into the 21st century, the EPA reports that Americans are spending 90% of their time in buildings or vehicles. It is no wonder we suffer from a sense of uprootedness and are still searching for salvation from our fast-paced, stressed-out lives. Computer technology promised to make our lives easier and happier, but in many ways, it has done the opposite. We've become slaves to our screens—information addicts. And sadly, with this addiction have come even higher levels of anxiety and depression, as well as a decline in empathy, cognitive function, and general health.

Fortunately, over the same period, scientists around the world have been studying the effects of nature immersion on human physiology. By measuring heart rate variability, blood pressure, muscle tension, and cortisol and amylase levels—all markers of stress—researchers have been able to determine the effect that time in nature has on the body and mind. When humans reconnect with nature, especially in the forest, their nervous systems reset; they feel calmer and more relaxed. It is the place their DNA recognizes as home.

Because time in nature puts us in a more balanced state, our minds and bodies can begin to heal. Nature immersion has been shown to improve cardiovascular and respiratory health; enhance mental clarity, concentration, and creativity; hasten healing from surgery; reduce incidence or severity of depression, anxiety, and other mood disorders; decrease feelings of anger and aggression; and improve sleep.

Perhaps the most significant research findings have come from Japan, where an activity known as shinrin yoku, or forest bathing, has been practiced for decades. Researchers there have discovered that natural chemicals known as phytoncides (fight inside), which are emitted from evergreen trees, work in concert with our immune systems. As we breathe in these chemicals during a two-hour walk, the number of our natural killer cells, which attack cancer and harmful pathogens, can increase by 50%! And this effect can last for weeks.

Today, due to these dramatic findings, forest-bathing walks and retreats are occurring all over the world. The Association of Nature and Forest Therapy Guides and Programs has trained over 600 guides in 40 countries. But what exactly is forest bathing?

Forest bathing is a slow, meditative walk through a forest. It is typically less than a mile and lasts anywhere from two to four hours. As you walk, a trained guide invites you to breathe deeply and open your senses. Listen to birdsong, feel the textures of leaves and bark, smell wild herbs, watch a pair of frolicking squirrels. As you tune in to these sensory experiences, you become more present. Your usually busy mind grows quiet and your body relaxes. A loving and tender connection soon develops between you and the rest of the forest world. It is this intimate relationship with nature that provides a source of healing and joyful well-being.

To gain the full benefit of forest bathing, make it a practice. Return again and again throughout each season. The forest will welcome you.

Guided forest-bathing walks are scheduled throughout the year in Central Ohio. On the fourth Sunday of every month, Highbanks Metro Park is the site of a two-hour, guided forest-bathing excursion led by Cindy Lanese. Also, Upper Arlington’s Parks and Recreation Department will be offering three guided forest-bathing walks January through March of 2019.

So, try it out! You might begin with a guided experience and then enjoy forest bathing on your own. If you don’t have access to a forest, look for ways to engage your senses at a nearby park or in your own backyard. Reconnect with the natural world and enjoy the many benefits!
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

PHONE

EMAIL

By providing your email, you will be added to our Community Update weekly email unless you opt-out below.

☐ Do not add me to email list

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

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

LOCALIST LEVELS

☐ $35 Individual

☐ $50 Family

☐ $20 Young Adult (<30) or Senior (>60)

SUSTAINER LEVELS

☐ $500 Community Builder

☐ $250 Idea Launcher

☐ $100 Friend

☐ Monthly Pledge ($8.50 or more) _________

☐ Please send “YES!” Magazine (Monthly Pledgers)

BUSINESS MEMBERSHIP

Our members and the community at large refer to SIMPLY LIVING for relevant and current resources. Join us as we build a vibrant local and supportive community for a resilient future! Questions? Contact Chuck Lynd at Chunk.Lynd@gmail.com or call 614.447.0296 for more details.

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?

• Become a Sustainer when you Pledge $10/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.

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 News, a publication of SIMPLY LIVING, is published on a quarterly basis.

**Gift to be Simple 2018**

*Come Together. Break Through.*

THANKS TO ALL WHO CAME OR DONATED TO OUR ANNUAL FUNDRAISER!

**SIMPLY LIVING’S 27TH ANNUAL MEETING**

**When:** Saturday, February 23, 2019

12 - 3 PM

**Where:** Indian Oven

427 E Main St.

Columbus, OH 43215

Meet the Board and learn about our plans for the coming year! Please share your ideas and volunteer your time as we build a new Team Structure in 2019.

**SEE PAGE 2 FOR DETAILS!**