TRANSFORMATION? JUST SAY YES!  By Chuck Lynd

What does 'transformation' really mean? It’s a big, bold, important-sounding word and Simply Living placed it prominently in our Vision statement: Creating a compassionate and sustainable world through personal, community and cultural transformation. We talk a lot about the value of compassion in all our relationships. Our community values kindness and fairness and we are most often the ones who advocate for peaceful, nonviolent solutions to both personal and social problems.

Our commitment to sustainability is also widely recognized and is in many ways the core of our identity: we act individually to live sustainably and we see the connections between the choices we make and the size of our ‘ecological footprint.’ We recycle, eat organic, buy and bank local. We bike, bus, walk, and drive hybrids and EVs. We love nature and work to protect it from poisons, plastic, and pollution.

We are mindful about walking the talk, or as Gandhi put it, we must "be the change we wish to see in the world.”

But our Vision states that the way to create a compassionate and sustainable world is "through personal, community, and cultural transformation.” That last word, transformation, implies that a dramatic change, or an evolutionary change to a new state of awareness will be needed to create the world we envision.

The climate crisis, and the sheer scale of the changes that will be required to change the direction we’re headed, underscores the relevance and need for transformational change. It may seem like hyperbole to talk about the consequences of global warming as an existential threat to human civilizations or even the fate of humanity, if the rate of species extinctions continues unabated. The reality is that our complex industrial, technological, fossil fueled global economy is the primary
BOARD OF DIRECTOR'S COLUMN

Kudos! The Board offers a collective high five to the committee who has once again organized an exciting Sustainable Living and Garden Tour. The eight venues on our Tour this year illustrate the overarching theme of this issue: Every one of us can make a difference!

The homeowners at our Tour sites demonstrate how we practice our values. There are so many ways to “green up” our lifestyles. We can all take some pride in our pioneering members who are showing off some of the best examples of sustainable living in Columbus. In addition to the one-on-one Q&A that our hosts provide to visitors, this year several Tour sites include community resources that enhance the educational experience. Examples include master gardeners, a solar energy expert, and a SWACO representative.

Our documentary film series this summer further reinforces how everyone can make a difference as we transition to a new culture that aligns with our values. In July we will screen A Concerned Citizen: Civics in Action, which tells the story of how one scientist decided to use her expertise to fight pollution, modeling how citizen activists can spur legislative change. In August we will show the PBS American Masters series about Pete Seeger's life, documenting the "Power of Song" in support of social change. In September we turn to the power of humor and satire in fomenting social change. We will show The Yes Men, two acclaimed pranksters who surprise and delight with their creative performance art. We will also screen short videos of Reverend Billy and the Church of Stop Shopping!

Our Book Club selection this quarter is Active Hope: How to Face the Mess We’re in without Going Crazy, by Joanna Macy and Chris Johnstone. This book, and related videos available online, offers deep reflection as well as practical advice on how getting active can, well, keep us sane. We will be discussing the book in August, once again at Portia’s Cafe in Clintonville.

Finally, our annual fall fundraiser, A Gift To Be Simple, extends our theme as we feature presentations by individuals who are making outstanding contributions to “greening the earth.” See below for details!

– With gratitude, Simply Living Board

A GIFT TO BE SIMPLE

WHEN:
Thursday, October 24        5 - 8 pm

WHERE:
Strongwater Food & Spirits
401 W. Town St.

Our theme will be Making a Difference! We will showcase the work of outstanding individuals in our community who will share their personal stories. There will be an opportunity to interact with presenters.

We are delighted with the spacious venue and adjacent parking. Expect healthy meal options, delicious desserts, a cash bar and ample time for networking with friends new and old. Live music will add to the ambiance. Details coming soon!

BOARD OF DIRECTORS:
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Our office is located at
752 High Street, Suite 2
Worthington, OH 43085
at COhatch co-working space

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!
driver of the excessive heat-trapping greenhouse gases that are already disrupting the climate. Extreme weather events are now natural disasters that bear human responsibility stemming from the destruction of what are now being recognized as ecosystem services.

Here in middle class, middle America we’re embedded in a bubble of prosperity and convenience in our car-centric, fast food, consumer culture. While those of us reading this article are critical of this culture, many of us are at a loss as to how to respond. Can we really transition from gas stations to charging stations? Can we move away from monoculture, commodity farming to agro-ecological methods and carbon sequestering soil systems? Can we weatherize, solarize, and rehab our homes, schools, hospitals, businesses, etc. to LEED standards? Even if we know we have the technologies to make these transitions, scientists tell us we have only one more decade to fix these broken systems and build a new ecological culture.

The challenges we face are formidable but as folk singer Holly Near wrote, "We are a gentle angry people." It's the lead verse in her signature song, "Singing for our lives." This song gives me hope. We are gentle, but there is a deep well of anger that we need to draw upon now for the energy to face failed systems, repair, replace, and rebuild them in alignment with our new understanding of nature’s interconnected web of life. The seeds of healthy change have already been planted, and we must now nurture them until they emerge and supplant the old industrial systems. As novelist Arundhati Roy famously said, "Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing."

So YES, the time is right to embrace transformational change. As individuals, we must avoid the temptation to despair and summon our inner strength to contribute to this unique moment in history when we have the opportunity to transform our way of life. Joanna Macy says that Active Hope is the ability to accept the broken systems and transform them. On an individual level, she says "The heart that breaks open can contain the whole universe." (Active Hope is our Book Club selection at the August Meetup).

At the community level, there are dozens of ways to engage and participate in transformational change. See the sidebar for a selection of organizations, resources, and projects that are waiting for your energy and commitment. A longer list is available as a blog on the Simply Living website: simplyliving.org/blog.

Embrace Your Inner Change Agent

Find your passion, then join, advocate, volunteer!

TRANSFORM OUR LOCAL FOOD SYSTEMS Local Matters Local-Matters.org

CONNECT WITH COMMUNITY GARDENS Growing to Green fpconservatory.org/education-programs/outreach-programs/growing-to-green/

Friends of the Lower Olentangy Watershed (FLOW) olentangywatershed.org

Friends of Alum Creek and Tributaries (FACT) friendsofalumcreek.org

PROTECT OHIO’S ONLY NATIONAL FOREST Keep Wayne Wild keepwaynewild.com

BRING SOLAR TO HOMES Clintonville Energy Collaborative cec-freedom.org

GROWING FOOD, CREATING FOOD, BUILDING COMMUNITY Franklinton Farms franklintonfarms.org

GREEN DRINKS MEETS MONTHLY + EARTH DAY, VOLUNTEER PROJECTS Green Columbus greencbus.org

MEETUPS, DOCUMENTARY FILMS, COURSES ON SUSTAINABILITY TOPICS Simply Living simplyliving.org

FREE AND INEXPENSIVE EDUCATIONAL PROGRAMS OPEN TO ALL Environmental Professionals Network epn.osu.edu-EPN

Ready for 100 Campaign sierraclub.org/ohio/central-ohio/readyfor100columbus

BUY A NEW OR USED EV Drive Electric Columbus driveelectriccolumbus.com

HOME RULE PETITION TO KEEP OUT OIL&GAS OPERATIONS Columbus Community Bill of Rights columbusbillofrights.org

COALITION TO TRANSFORM CITY GOVERNANCE Yes We Can Columbus yeswecancolumbus.org

GET $$ OUT OF POLITICS Move To Amend Central Ohio movetoamend.org/oh-columbus

Access an expanded listing at SimplyLiving.org/blog

Community Education for Sustainable Living

Upcoming classes and workshops are announced in the LEARN section of our weekly Community Update. Visit SimplyLiving.org/blog
Always free and fun!
Join SIMPLY LIVING at the following locations to 'meetup' in person.

**DOCUMENTARY FILMS + LOCAL SOLUTIONS**

**JULY**

**TUES 23**

**5-7 PM**

A Concerned Citizen: Civics in Action

Studio 35, 3055 Indiana Ave Cols 43202

Marine toxicologist Dr. Riki Ott, who helped fishing communities hit by the Exxon Valdez and Deepwater Horizon spills, creates a civics course to help young activists become effective. Local activist groups will lead the Q&A discussion after the film. Free. Donations appreciated!

“A must see video for anyone who wonders what he/she can do to change the world and needs a spark of inspiration.”

~ Lisa Eargle

**AUGUST**

**TUES 27**

**7-9 PM**

Pete Seeger: The Power of Song

Drexel Theater
2254 E Main St., Bexley, 43209

Pete Seeger (May 3, 1919 – Jan. 27, 2014) introduced America to its own folk heritage... and got them singing together and using music as a force for social change. He deeply believed in the power of song, convinced that individuals can make a difference. Seeger’s inspiring story is told by Bob Dylan, Joan Baez, Bruce Springsteen, Natalie Maines (the Dixie Chicks), Tom Paxton, Arlo Guthrie, and Seeger himself. Co-sponsored by the Columbus Folk Music Society and the Columbus Free Press. Q&A discussion following the film.

“A hopeful roadmap for the future.”

**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

**MEETUPS/SOCIALS**

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**

**JULY**

**TUES 23**

**5-7 PM**

A Concerned Citizen: Civics in Action

**SAT 27**

**9:30 AM**

Sustainable Living and Garden Tour

Worthington Library Parking Lot
820 High St. 43085 OR Whetstone Library Parking Lot
3900 N High St 43214

9:30 am Gather to Carpool; 9:45 am Leave for Tour

Enjoy Simply Living’s Garden Tour by practicing sustainable transit - CARPOOL with friends! The Tour is self-guided, so the two library locations - both near a farmers market - are just suggestions! If YOU decide to be a driver, then you can meet your friends wherever and whenever. See Page 5 for more details.

**SUN 25**

**3:30-5 PM**

Simply Living Book Club and Discussion

Portia’s Cafe
4428 Indiana Ave, Cols 43214

We will discuss the book, Active Hope: How to Face the Mess We’re in without Going Crazy, by Joanna Macy, Chris Johnstone. Active Hope shows us how to strengthen our capacity to face this climate crisis so that we can respond with unexpected resilience and creative power. Library copies and inexpensive used copies are available. You can also watch Joanna Macy’s TED Talk or lectures on YouTube. Stay for a vegan buffet after the discussion from 5 - 6 pm. Register free on Eventbrite.

**SEPTEMBER**

**MON 23**

**6:30-8:30 PM**

The Yes Men! + Reverend Billy and the Church of Stop Shopping

Northwood High Bldg, Room 100
2231 N High St (Park free in rear lot only in R spaces), Cols 43201

Time for some humor! Come experience how the Yes Men are “changing the world one prank at a time.” Their pranks are “thought-provoking, insightful, and entertaining” (San Francisco Chronicle) and Roger Ebert said it “has to be seen to be believed” and gave it two thumbs up! Stay for the double feature tonight and experience Rev Billy (aka Bill Talen) take his choir to the streets and send a powerful message to our consumer culture. Don’t miss the “Beatitudes of Buylessness.”

**TUES 27**

**7-9 PM**

Pete Seeger: The Power of Song

**SAT 21**

**10 AM-NOON**

Meetup with Judy Fasone: Talk/Demo of Trager(R) Approach

Northwood High Bldg, Room 100
2231 N High St (Park free in rear lot only in R spaces), Cols 43201

Judy Fasone, long time Simply Living member and Certified Trager(R) practitioner, will explain how this simple approach to movement can help us all lead a pain-free life. Judy is a holistic nurse with many years experience as a professional in the healing arts. Come at 10 am for networking and light refreshments. Program begins at 10:30 am.

**INTERESTED IN JOINING THE CARE AND SHARE TIME BANK?**

First, watch the following video recording of an “orientation” meeting: tinyurl.com/y3peg655. Second, take notes with any questions you may have.

Third, send an email to Michael Greenman, CSTB Coordinator, at mggreenmanoh@gmail.com to arrange the completion of your membership application.
SUSTAINABLE LIVING & GARDEN TOUR
SATURDAY, JULY 27, 10 AM - 3 PM
Rain or shine   $15 Donation
Limited Number of Tickets available on Eventbrite

Going green is good, but how? Simply Living will show you lots of nature-friendly ways to “green-up” your lifestyle. This year we have curated a diverse selection of home owners and gardens selected to help you learn from local pioneers in sustainable living.

Snacks, musicians, and literature on sustainability will enhance your experience in several locations.

Have open seats in your carpool? Email Hello@simplyliving.org: let us know how many you can take, and tell us where and when your carpool tour will begin. Not driving but want to carpool? We will send you contact info for drivers with open seats. First come, first served!

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

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.
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

**DESIGN**

**PIINK IINK STUDIO**
Columbus, OH  
330.285.2569  
piinkink.design

**COMMUNITY MARKETS**

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

**BANKING**

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

**CLASSES / WORKSHOPS**

**SIMP没 LIVING**
Community Education for Sustainable Living  
Sustainable.SimplyLiving.org

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**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.

**ECO-SOLUTIONS**

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

**DESIGN ENERGY**
421 W State St, Cols, 43215  
614.507.3073  
Community Power Builders  
design-energy.net  
Green Energy Pioneer Award Winner

**INTERESTED IN SIMPLY LIVING BUSINESS MEMBERSHIP?**

Contact us at hello@simplyliving.org or 614.447.0296 for more details.
Simply News, a publication of SIMPLY LIVING, is published on a quarterly basis.

**SIMPLY LIVING’S ANNUAL FUNDRAISER**

**A GIFT TO BE SIMPLE**

Our annual fundraiser will be held this year in the resurgent downtown neighborhood of Franklinton.  
*See page 2 for more details.*

**WHEN:** Thursday, October 24  5 - 8 pm  
**WHERE:** Strongwater Food & Spirits  
401 W. Town St.