It started in the early 90s when I met Simply Living founder Marilyn Welker. Her vision for a new environmental organization rooted in voluntary simplicity felt right to me. I was already skeptical about the consumer culture’s ad-saturated, shop ‘till you drop path to happiness. Marilyn was taking it further by connecting the dots between our consumer lifestyle and the environment. It was exciting to imagine a more authentic lifestyle, making mindful choices more in harmony with the earth. I joined, and Simply Living has been my community ever since!

Many of you remember the Clintonville Community Market (1996 - 2015), which had a huge impact on my life. As I step down from the Board this fall, I was asked to reflect on how my life has changed through my membership and participation in Simply Living.

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Does anybody give a ***? With climate change on the march, growing wealth inequality, and troubles aplenty, it’s easy to be apathetic or go into denial. But Simply Living members DO give a hoot! We are dedicated to making life good together and all that entails. The Simply Living Board is extremely grateful to all of you who are members, participate in our events, share our values, and are ready to take action. One example is our Sustainable Home and Garden Tour in July. We had eight Simple Livers who graciously opened their gardens and homes so the community could benefit. We had a great turnout of folks who were eager to learn, share, and of course do. And it was great fun to boot.

The theme of our annual Gift to be Simple (GTBS) fundraiser on October 24 is Making a Difference. As explained in more detail elsewhere in this newsletter, we are bringing in entrepreneurs who have a demonstrated track record in improving our community and increasing sustainability. From educating backyard gardeners to building a sustainable living center to establishing a community-based business in Franklinton, you’ll hear from people who do give a you-know-what and have used that energy to make a real difference. We hope you attend GTBS to learn, be inspired, and have a great time with others from our tribe. Plus, there will be fabulous food and drinks. GTBS details are below.

And keep an eye on your emails and social media as Simply Living continues to screen documentaries, have the Sustainable Book Club, and organize other educational and social events.

In Board news, we are extremely fortunate that Tim Montague has joined the Simply Living Board and has taken the position of Treasurer. Tim brings tremendous financial expertise coupled with plenty of common-sense. Welcome aboard, Tim!

And there is bittersweet Board news with Chuck Lynd’s announcement that he is stepping down from the Board. Chuck is a Simply Living founding parent, and his enumerable contributions and unwavering dedication are briefly covered in a separate newsletter article. The Board will miss Chuck greatly, but we are thrilled that Chuck will continue to be active in Simply Living in many, many ways – thank you, Chuck!

We hope to see you at Gift to be Simple on October 24!

- With gratitude, Simply Living Board

Community Education for Sustainable Living

Upcoming classes and workshops are announced in the LEARN section of our weekly Community Update. Visit SimplyLiving.org/blog
Edward Bain and I became friends when we were serving on a Simply Living committee. At that time Edward had a vision to move the King Avenue food co-op to a larger space and SL wanted to move from home-based meetings to a public location. I grew up in Ironton, Ohio working in my dad’s book store, and I saw the opportunity to combine forces with the food co-op and start a bookstore for Simply Living. After a long search for a location, and many months of renovation, my dream came true when we opened our store in Clintonville that included a bookstore, and later Del’s bakery. SL created a bookstore committee and I evolved from book lover to book buyer - for 14 years!

And that’s not all. I volunteered at the food co-op and discovered the world of organic produce and the community building aspect of a cooperatively owned retail business. I learned all about the world of health foods, bulk buying, supplements, and our support of local vendors who distributed their produce, crafts, CDs, even clothing in the store.

I changed my diet to mostly organic foods and became a passionate supporter of local entrepreneurs. I saw first-hand the advantages of local sourcing and its benefits: less use of fossil fuels by reducing food miles from farm to table, less use of pesticides and herbicides by growing organic food, and more money circulating in the community.

Simply Living has a long tradition of screening independent films that explored the benefits of local food, buying local, using local energy sources like solar panels, and building local community, aka "social capital."

Living local came to be seen as more sustainable, more aligned with the local environment, and as an alternative to the global consumer economy.

After I retired from OSU at the end of 2008, I was looking for a project. Marilyn Welker suggested that I look into the Business Alliance for Local Living Economies (BALLE) for ideas that we might apply here. I attended the first of 7 national conferences and discovered thought leaders like David and Fran Korten, Judy Wicks, Michael Shuman, Marjorie Kelly, and many others. I was inspired with Simply Living to organize a coalition of locally focused organizations we called SOLE (Support Our Local Economy) along with our ThinkColumbusFirst.org website. The partners included Local Matters (Eat Local), SBB, the Small Business Beanstalk (Buy Local campaign), KEMBA Credit Union (Bank Local), and ECDI, the Economic and Community Development Institute (Invest Local), and of course SL with our focus on Living Local.

As SL connected the dots that led us to see the value of the local economy, Randall Loop and Donna Sigl-Davies had the idea to create a local business membership option in addition SL’s individual and family memberships. Their work gave me the opportunity to be proactive and encourage locally owned and sustainability focused businesses to become an integral part of our SL family. With help from SL’s techie staff, I am delighted that every issue of our newsletter proudly displays the logos of businesses who share our values.

Simply Living has given me a community of like-minded people who share my values. Together with many friends, acquaintances, and partners who send me information about local events, I continue to send out a compilation every Friday to encourage engagement in our mission to provide Community Education for Sustainable Living. If you don’t already receive the Community Update, you can subscribe by sending an email to Hello@simplyliving.org.

Finally, I am inspired and I listen every day to our low power FM community radio stations, WCRSFM.org (92.7 and 98.3) and WGRN.org (94.1). Thanks to the dedication of former SL member Ken Kraska, who persisted for 6 years to obtain the FCC license, SL founded WCRS and made it operational with the help of Eugene Beer, Evan Davis, Robb Ebright, and dozens more volunteers. SL no longer owns the stations, but WCRS and the newer WGRN led by Victoria Parks, carry some of the very best national programming as well as local independent voices that are not available on mainstream radio. The Thom Hartmann Talk Show and Amy Goodman’s Democracy Now! are just two examples. I keep them on my presets and you should too! Learn more and support the Free Press Network www.patreon.com/freepressnetwork.

I am deeply grateful to Simply Living for these and many other opportunities to get involved and fulfill my own interests over the past 27 years. 🥰
SIMPLY LIVING EVENTS

### OCTOBER

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<th>Date</th>
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<th>Event Name</th>
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<tbody>
<tr>
<td>SUN 27</td>
<td>2 PM</td>
<td>Symbiotic Earth: How Lynn Margulis rocked the boat and started a scientific revolution</td>
<td>Grandview Theater</td>
<td>Suggested Donation: $7 or $5 SL members. SYMBIOTIC EARTH explores the life and ideas of Lynn Margulis, a scientific rebel who challenged entrenched theories of evolution to present a new narrative: life evolves through collaboration. The film examines the worldview that has led to climate change and extreme capitalism and offers a new approach to understanding life that encourages a sustainable and symbiotic lifestyle.</td>
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### NOVEMBER

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<tbody>
<tr>
<td>SUN 24</td>
<td>2 PM</td>
<td>What Would Jesus Buy?</td>
<td>Studio 35, 3055 Indianola Ave, Cols 43202</td>
<td>Suggested Donation: $7 or $5 SL members. The documentary follows Reverend Billy and the Church of Stop Shopping gospel choir on a cross-country tour. Through retail interventions at the Mall of America, corporate exorcisms at Walmart, and some good old-fashioned preaching, Reverend Billy (actor Bill Talen) reminds us that we have lost the true meaning of Christmas. Simply Living hosts this screening at the start of holiday shopping to connect the dots between our addiction to shopping and credit card debt and the environmental consequences of the consumer culture.</td>
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### DECEMBER

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<tr>
<td>FIRST WEEK</td>
<td></td>
<td>Fantastic Fungi</td>
<td>TBA</td>
<td>Check for final date and time in Friday Email Updates or SimplyLiving.org/blog. Tickets: TBD. This film by animation genius Louie Schwartzberg features dazzling visuals and interviews with a host of scientists, doctors and other experts to make the case that fungi are &quot;the connective tissue in the ecosystem that knits life together. It's the bridge between plants and animals. It's a bridge where trees can speak to each other. It's like an underground internet that's a shared economy, not based on greed but encouraging systems where life can flourish.&quot; Do visit the fantasticfungi.com website.</td>
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**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!

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<tr>
<td>THUR 24</td>
<td>5 - 8 PM</td>
<td>Gift To Be Simple</td>
<td>Strongwater Food and Spirits 401 West Town Street Columbus, OH 43215</td>
<td>This year we honor some remarkable individuals whose innovation and entrepreneurial efforts are Making a Difference in Columbus. Their work, each in their own way, is not only making our communities more sustainable, but more resilient, self-sufficient, healthier, and even wealthier. Find out more and get your tickets at Eventbrite.com, search for “Gift to be Simple” General Admission, $75.00. Premium Ticket includes Yes! Magazine for 1 year, $100.00.</td>
</tr>
<tr>
<td>THUR 21</td>
<td>6:30 - 7:30 PM</td>
<td>Meetup at Green Haven Living, LLC</td>
<td>12 W College Ave Westerville OH 43081</td>
<td>We will gather at Green Haven Living, share introductions, and hear from owner Angie Scheu. The small store in the heart of Uptown Westerville offers eco-friendly home furnishings and gifts, all carefully selected and sourced locally as often as possible. Angie is all about sustainability and is eager to share her start-up story with us. After the Meetup, some of us will walk across the street and eat and/or socialize at Java Central (20 South State St), one of the best local coffee houses with a music and art venue in central Ohio.</td>
</tr>
<tr>
<td>THUR 12</td>
<td>5 - 8 PM</td>
<td>Holiday Open House</td>
<td>COhatch co-working space 752 High Street, Suite 2 Worthington, OH 43085</td>
<td>Feel free to bring appetizers, desserts, and “holiday cheer.” Simply Living will provide alcohol-free punch and some snacks. We’re looking forward to seeing you then. Free with a requested donation of $50 to COhatch’s Community Fund.</td>
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**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

Interested in joining the Care and Share Time Bank? First, watch the following video recording of an “orientation” meeting: tinyurl.com/y3peg6k5. Second, take notes with any questions you may have.

Third, send an email to Michael Greenman, CSTB Coordinator, at mgreemanoh@gmail.com to arrange the completion of your membership application.
GIFT TO BE SIMPLE SPEAKERS

TISA WATTS is a garden educator, designer, and public speaker with 20 years of experience. Tisa moved to Columbus with a dream to find an affordable property suitable for starting a school to teach gardening and related skills. She and her wife launched The Columbus Garden School which offers year-round classes on gardening, homesteading, and crafting topics.

INNA KINNEY is a Columbus native, grew up in the city’s Short North Arts district, comes from a family of artists who helped shape the creative landscape of the Short North during the 70s and 80s. After moving to the Franklinton neighborhood in 2004, Chris saw the potential for redevelopment through the creative and entrepreneurial spirit that the city has fostered for generations. ‘400WestRich’ and related projects.

CHRISSHERMANis a garden educator, designer, and public speaker with 20 years of experience. Tisa moved to Columbus with a dream to find an affordable property suitable for starting a school to teach gardening and related skills. She and her wife launched The Columbus Garden School which offers year-round classes on gardening, homesteading, and crafting topics.

INNA KINNEY is one of the top U.S. SBA intermediary microlenders with a mission to invest in people to create measurable and enduring social and economic change.

ANNIE and JAY WARMKE founded Blue Rock Station in 1993, a 40-acre sustainability center located in the foothills of the Appalachian mountains in southeastern Ohio. The center features the first earthship built east of the Mississippi River, and is a living laboratory to test and demonstrate sustainable living concepts and options. Annie's projects include the development of a goat school and Jay is an award winning speaker and writer.

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? Call Chris at 614.447.0296 for 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!

**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**  
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

**COMMUNITY MARKETS**

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

**DESIGN**

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

**CLASSES / WORKSHOPS**

**SIMPLY LIVING**  
SUSTAINABLE UNIVERSITY  
Community Education for Sustainable Living  
Sustainable.SimplyLiving.org

**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.

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

**ECO-SOLUTIONS**

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

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

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

**TONGDA AUTO SERVICE**  
3395 & 4100 Indianola Ave  
Cols, 43214  
614.262.1426  
Auto Service | Sales | Lease | Rental  
TongDaAuto.com

**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.
HEALTH & WELLNESS

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

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

HEALTH & WELLNESS (cont)

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

INSURANCE

GRuber INSURANCE
3040 Riverside Dr
Cols, 43221
614.486.0611
GruberInsurance.squarespace.com

LOCAL MEDIA

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

MUSIC & ARTS

COMMUNITY FESTIVAL
Annual Festival
Promoting Progressive Social Change
ComFest.com

NATURAL LANDSCAPING

SUNNY GLEN WELLNESS
3507 Sunny Glen Pl
Columbus 43224
404.603.6284
www.facebook.com/
SunnyGlenWellness

REAL ESTATE

DUNIGAN REAL ESTATE GROUP
3500 N High St, Cols, 43214
614.361.8400
www.CindyDunigan.com

CARLETON REALTY
614.383.8379
chopecunningham.com
chopecunningham.caretorealty.com

SHOPS

DABBLE AND STITCH
211 E Arcadia Ave
Cols 43202
614.407.4987
DabbleAndStitch.com

THEATERS / FILM

GATEWAY FILM CENTER
University District
1550 N High St
Cols, 43201
614.247.4433
gatewayfilmcenter.org

GRANDVIEW THEATER AND DRAFTHOUSE
1247 Grandview Ave, Grandview Hts, 43212
grandviewtheater.com

STUDIO 35 CINEMA AND DRAFTHOUSE
3055 Indianola Ave
Cols, 43202
Studio35.com

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

WILD ONES
COLUMBUS CHAPTER
WildOnes.org

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

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WellnessForum.com

WILD ONES
COLUMBUS CHAPTER
WildOnes.org
Simply News, a publication of SIMPLY LIVING, is published on a quarterly basis.

Simply Living Book Club and Discussion

Portia’s Cafe
4428 Indianola Ave, Cols 43214

SUNDAY, NOV. 3RD | 3:30-5 PM

The Fifth Sacred Thing, by Starhawk. California state senator Tom Hayden called it, “wisdom wrapped in drama.” Published in 1993, set in 2048, Starhawk’s The Fifth Sacred Thing is both a thrilling cautionary tale and a stunning anthem to help us envision our sustainable societies of the future. Join us for the discussion. Optional vegan buffet 5 - 6 pm.

Contact: Elizabeth Petruziello, neerel@gmail.com or 614) 353-9524