



## OUR VISION:

*Creating a compassionate and sustainable world through personal, community & cultural transformation.*

# SIMPLY LIVING SUSTAINABLE U IS FOR YOU

By Chuck Lynd

For the past three decades, Simply Living has been growing and nurturing a community of people concerned about living more sustainably. We have always questioned the materialistic values of the consumer culture, but more importantly we value a life that is “outwardly simple, but inwardly rich.”

Those words are from Duane Elgin, author of *Voluntary Simplicity*, the book that launched a movement whose message is now being widely heard in this period of economic disruption, climate change, and COVID-19. With so many broken systems and institutions, Simply Living’s vision to “create a compassionate and sustainable world through individual, community and cultural transformation” offers a path to a future that is not only sustainable, but where the quality of our lives will be greatly enhanced.

As the global consumer economy collapses as it faces the twin threats



of the coronavirus pandemic and the climate crisis, bottom up movements that have been building for years suddenly offer the opportunity to reform and supplant failing systems.

- Regenerative agricultural practices and local and organic farms are poised to replace industrial scale monoculture and factory farm operations.

- Renewable energy sources, including community solar and wind farms, are now less expensive than fossil fuel investments;
- New economic systems driven by investments that benefit local and regional markets are emerging as global stocks and commodity markets are facing an extended depression;
- A comprehensive, global Green New Deal has quickly become a magnet drawing

support for a de-carbonized future as well as for strengthening community safety nets – health care for all, public investments in education at all levels, a jobs guarantee to support a just transition, and even reforms to restore our democracy from corporate corruption of our political systems.

In this larger frame, the work of

*See Sustainable U - page 3*



BOARD OF DIRECTOR'S COLUMN

## News of Living Simply in Complex Times

As this unusual summer slides into autumn we can take stock of the conditions that have resulted in such uneven economic wellbeing. The pandemic has disproportionately affected under-represented, minority populations, who are largely the same people at the front lines of "essential work." Millions have lost jobs, many permanently, along with access to health insurance. Further, the climate crisis continues unabated, contributing to intense tropical cyclones on one side of the country and drought conditions that lead to fires ravaging the west coast.

These are complex issues, but a simpler lifestyle can make it easier to get by on less income and chip away at the greenhouse gas production that drives the climate crisis. Simply Living aspires to be an organization that can bring people and resources together to address these challenges.

Simply Living has been highlighting people in our community who exemplify living with lighter impact on the environment and society. We originally dubbed them "Local Heroes" but we want to stress the fact that these lives are not extraordinary (is that a hallmark of a hero?), but rather geared toward concern for others, and, frankly, the rest of Nature. Let us know how you think we should refer to folks trying to make differences large and small.

We recently hired Savannah Smith to increase our social media presence (Facebook, Instagram and Twitter) and continue the good work Rachel Schank, our previous social media director, did for us. Look for Savannah's posts in our "Love Local, Live Local" campaign. We will highlight local bicycle shops, coffee roasters, bookstores, hardware stores, bakeries and restaurants, and help publicize the link between local businesses, increased employment, and retention of capital in our area.

Our lead article is on Simply Living Sustainable University (SLSU) has been around for a while but we are taking it to another level. Our partners in Central Ohio working to help us gain the skills to live more sustainably can draw on our membership and social media to attract participants in their classes. Education is at a crossroads, between Covid-19 and the attendant economic challenges, so remote learning and interaction may be the norm for a while longer.

We are in the planning stages of the 2020 Gift to be Simple (GTBS), which will be a virtual auction (planned to run from November 27th through December 5th). Volunteers are needed! Contact Chuck @simplyliving.org and find out how you can get involved.

We sadly accepted the "retirement" of Amy Ceccoli from the Board of Directors. Amy admirably served Simply Living for years and she will be sorely missed. Luckily for us she'll chip in her skills (prodigious skills at that) on occasion as the spirit moves her.

From the entire Simply Living Board, be well and join us online!

– *With gratitude, Simply Living Board*

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www.SimplyLiving.org  
**Office Hours:** by appointment;  
give us a call!

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](mailto: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](mailto:VilviVannak@gmail.com)

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THANK YOU TO ALL  
WHO VOLUNTEER!

# SUSTAINABLE U

- continued from page 1

Simply Living's mission to "provide education for sustainable living" right here in central Ohio is fully in tune with the emerging trends leading the way to a livable future. Simply Living has developed extensive networks and partnered with environmental organizations to:

- deliver our ongoing Documentary Films and Local Solutions series on diverse sustainability and quality of life issues;
- host 4-6 week courses produced by the Northwest Earth Institute on 10 interrelated sustainability topics;
- mentor community groups and neighborhood sustainability initiatives while serving as the Central Ohio Transition Hub;
- lead a coalition of community organizations and business leaders to advocate for local, sustainable economic development;
- convene community events to discuss sustainability issues and learn about allied organizations and local businesses;
- present workshops, presentations, and exhibits at local conferences and community festivals; and
- share news about learning opportunities and distribute information about local events that align with our mission through print and online newsletters, a weekly calendar of events, and social media.

**Sustainable U.** In recent years Simply Living's Board of Directors has been developing an initiative to expand our outreach for all the programs described above that we call "Sustainable U." Inspired by the DIY movement and so

many projects designed to re-think existing policies and practices now seen as unsustainable, we envision the need for everyone to begin to prepare as individuals and as active community and neighborhood citizens, for the transition to a society that is diverse, and an economy that includes everyone and integrates sustainable practices into our mainstream institutions.

Sustainable U will serve as an umbrella initiative that showcases our own programs and will promote the workshops/classes/resources/goods and services offered by our collaborating partners. Together, Sustainable U will function as an educational hub to advance the goal of preparing central Ohio for the transition to a thriving resilient culture rooted in ecological awareness and values. Examples of topics addressed by Sustainable U will include:

- Food
- Urban Homesteading
- Health & Wellness
- Green Building
- Banking and Finance
- Energy Solutions
- Transit Options
- Ecological Economics

We believe this is the perfect time to reach out and engage the broader central Ohio community in co-creating a sustainable future. No one can predict exactly how that future will look and feel, but we are excited to be part of this critical time of transition.

Volunteer opportunities are also needed, valued and appreciated. Email Hello@SimplyLiving.org or call 614-447-0296.

*To ensure the success of the Sustainable U initiative, the Simply Living Board has directed the Communications Committee to:*

- redesign our website to showcase the Sustainable U initiative and our collaborating partners;
- expand our social media presence to increase followers and co-host virtual events with our partners;
- create a press release that promotes Sustainable U in local print, online, and social media outlets.



## Community Education for Sustainable Living

Upcoming classes and workshops are announced in the LEARN section of our weekly Community Update. Visit [SimplyLiving.org/blog](http://SimplyLiving.org/blog)



# SIMPLY LIVING VIRTUAL EVENTS

## VIRTUAL MEETUPS/ SOCIALS

Simply Living events and gatherings are now online. We miss the wonderful in person energy flows in our community, but we hope a new eco-friendlier new normal will emerge – and soon!



Question. Discuss. Network

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@simplyliving.org](mailto:Chuck@simplyliving.org) or 614.354.6172

**Suggested Donation: \$7 or \$5 SL members**

## OCTOBER

**WED 21** 7 PM  
**The Amazing Way Bicycles Change You**

**TEDxZumbroRiver 17 minutes**  
**Virtual Meetup on Zoom**  
**Register on Eventbrite**  
**Search title to locate the event**

Tony Desnick, Director for Development and New Projects with Nice Ride Minnesota, makes the case that bikes are saving the world from itself. Bicycles really do change you and, in amazing ways, change the community around you. Watch the TED talk on Youtube and join us for a discussion about bicycling in Columbus with local advocates and enthusiasts.

**Get ready for a brand new take on A Gift To Be Simple (GTBS), our annual friend-raiser!**

**Virtual Auction:**  
**Friday, Nov. 27 - Saturday, Dec. 5**

The Action is at the Auction this year, and it kicks off on Black Friday. Start your holiday shopping mindfully and enjoyably by bidding on slightly used items like Chuck's espresso coffee maker, Sheila's worm composter, or bid on experiences like movie passes, or an immersive adventure at True REST Float Spa.

Do you have an item to donate? Email [Hello@SimplyLiving.org](mailto>Hello@SimplyLiving.org) with "Auction" as the subject

**Virtual Screening:**  
**Wednesday, Dec. 2 at 7 pm**

Wait! GTBS is not complete without an awesome, upbeat, inspiring event and this year we will be screening the new documentary, **Kiss the Ground**. Q&A discussion with local leaders in the new soil sciences, regenerative agriculture, and food waste solutions.

**Details and registration coming soon!**

## NOVEMBER

**WED 18** 7 PM  
**The World's Greenest City: Curitiba, Brazil (2014)**

**Runtime: 10 Minutes**  
**Virtual Meetup on Zoom**  
**Register on Eventbrite**  
**Search title to locate the event**

Urban planners the world over visit Curitiba to learn from the sustainable vision of a city designed around its people instead of its cars. This short video features former mayor-turned-architect, Jaime Lerner. His pioneering work includes letting flocks of sheep mow the lawns, buses without timetables that arrive every minute, and a garbage exchange programme that rewards recycling with fresh produce. Q&A discussion on the greening of Columbus.

**TUE 10** 1 PM  
**Virtual Town Hall on the Benefits of Public Banking in Ohio**

Simply Living is collaborating with the Public Banking Institute, the Ohio Sustainable Business Council, the American Independent Business Alliance, and other advocates for creating public banks to provide credit to small business owners, affordable housing developers, green infrastructure projects and more.



**CARE + SHARE TIME BANK**  
Share food, network, participate! **Now All Virtual!** Each potluck includes a program or guest speaker. Topics vary each month. For more info, visit [www.hourworld.org/bank/?hw=1057](http://www.hourworld.org/bank/?hw=1057)

## DECEMBER

**WED 16** 7 PM  
**The Essence of Mindfulness & ALL Spirituality (Pt. 1)**

**Eckhart Tolle | Rubin Report (38 minutes)**  
**Virtual Meetup on Zoom**  
**Register on Eventbrite**  
**Search title to locate the event**

Dave Rubin of The Rubin Report talks to Eckhart Tolle (Author, 'The Power of Now' & 'A New Earth') about his background and experience with anxiety and depression, the essence of mindfulness, consciousness, and all spirituality, the importance of self transcendence, and more. Watch the video on Youtube and join us for a discussion of mindfulness with local practitioners.

**HOLIDAY OPEN HOUSE**  
**SIMPLIFYING THE HOLIDAYS**

**TUE 15**

**TUESDAY, DECEMBER 15 AT 7 PM**

We look forward to seeing your faces on Zoom this year! Holiday dress, funky sweaters, optional. Share your holiday traditions, and expect some surprises!

**Interested in joining the Care and Share Time Bank? Watch the video recording of an "orientation" meeting at [cstimebank.org](http://cstimebank.org). Email to [Vilvi Vannak](mailto:vilvivannak@gmail.com), CSTB Membership Chair, at [vilvivannak@gmail.com](mailto:vilvivannak@gmail.com) to complete your membership application.**



## THESE LIMINAL TIMES

By Mac Crawford

We seem to be living in unprecedented times, although most generations would probably look at themselves and their circumstances and collectively say, "What the hell?" We do know for certain that there have never been 7.8 billion people on the planet though, so we can be secure in asserting the "unprecedentedness" of our moment. A word that is not commonly used, liminal, may help put these times in context for us. Here is an entry from a quick web search:

*liminal: adjective*

1. relating to a transitional or initial stage of a process.
2. occupying a position at, or on both sides of, a boundary or threshold.



Early in the shutdown for Covid-19, I began hearing this word and discussion of it in a few media outlets. Liminal events can occur in individual lives or within societies, or even across the world. The pandemic has taken over 210,000 lives as of this writing in the US alone, and each one of those deaths represents a threshold, a dividing line for the families left behind in the wake of loved-ones' deaths. By the same token, the U.S. and most of the rest of the world will, for decades to come, refer to "pre-Covid-19" and "post-Covid-19" ways of life. As I watch TV programs (I know, so 20th Century!) and movies, I can't help

but react to depictions of crowds with a cringe at the "dangerous" behavior – too close, no masks! The economic effects of the pandemic are continuing to worsen and millions of families across our country, and the world, are forced to reckon with precipitous changes in income, health care access, mental health, and housing, among many other issues.

Recently, Rolling Stone ran an article entitled "[The Unravelling of America](#)," by Wade Davis, and it made a few points that I think are spot on.

*See Liminal Times - page 7*



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Monthly pledges mean no more requests to update your membership! Save Trees! Call 614-447-0296 for details.

## 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/MEMBERSHIP](https://SIMPLYLIVING.ORG/MEMBERSHIP).

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 614-447-0296 or email [hello@simplyliving.org](mailto:hello@simplyliving.org) for details.

*SIMPLY LIVING is a 501(c)(3) organization. Membership dues and contributions are tax deductible to the full extent of the law.*

*Collaborating is baked into our DNA. Our partners make Simply Living programs, films, and meetups succeed. Thank You!*



[www.local-matters.org](http://www.local-matters.org)



[greenenergyohio.org](http://greenenergyohio.org)



[www.sierraclub.org](http://www.sierraclub.org)



[www.ecdi.org](http://www.ecdi.org)



[www.oeffa.org](http://www.oeffa.org)



[www.sierraclub.org](http://www.sierraclub.org)



[www.columbus.gov/greenspot/](http://www.columbus.gov/greenspot/)



[www.greenbus.org](http://www.greenbus.org)

***Frustrated with the abundance of one-use containers piling up? Then unsure if it can be recycled?***

Beer is easily refilled, just take a growler to your local brewery.

Household products can easily be refilled, too, as Dr. Bonner and CommonGood know, it is not a trend, it is about sustainability.

***In Central Ohio, City Folks Farm Shop and KoKo embrace that thought too!***

Both have ways to refill your containers with essential household products, and both offer a wide range of sustainable household products.

Since its beginning City Folks Farm Shop has been refilling containers with a variety of products. It recently added Glenn Avenue Soaps to its offerings and are moving and expanding its refill area into its own room.



*4760 North High Street  
just south of Morse Road  
[cityfolksfarmshop.com/](http://cityfolksfarmshop.com/)*

KoKo's, new to Columbus, is a refillery where customers can fill and refill products, over and over. [Columbus Underground story](#) has great photos and details.



*15 North Westmoor Ave  
just off W. Broad St between  
Hague and Wilson  
[kokotheshop.com](http://kokotheshop.com)*

Know of other local businesses that refill containers? Or have suggestions on recycling the packaging materials? Please send to: [hello@simplyliving.com](mailto:hello@simplyliving.com)

**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.*



## Amy Ceccoli - Farewell and thank you for serving as a SL board member

And Amy, nature thanks you and Mike Pope, for blossoming an urban farm in Clintonville.

Hoping to open their yard as a stop on the 2020 Simply Living Sustainable Tour, Amy and Mike were excited to show how the carport has evolved into a garden shed, growing room and home to four chickens. A system where two rain barrels are irrigating part of the garden and the large, animal resistant compost bin. And Amy's style of vegetables and flowers, prolific, vertical and beautifully and tightly intertwined. So until we can gather for next year's tour, check our Simply Living Sustainable U for places to hear Amy talk about living simply.

Still staying involved as a volunteer, Amy (with her chicken Matilda) spoke to the Community Shares of Ohio community about Simply Living. If your employer is enrolled in Community Shares of Ohio, please consider adding Simply Living (#19052) to your list. Amy's video will soon be available on the SL website.



## LIMINAL TIMES

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"Pandemics and plagues have a way of shifting the course of history, and not always in a manner immediately evident to the survivors. In the 14th Century, the Black Death killed close to half of Europe's population. A scarcity of labor led to increased wages. Rising expectations culminated in the Peasants Revolt of 1381, an inflection point that marked the beginning of the end of the feudal order that had dominated medieval Europe for a thousand years. The COVID pandemic will be remembered as such a moment in history, a seminal event whose significance will unfold only in the wake of the crisis. It will mark this era much as the 1914 assassination of Archduke Ferdinand, the stock market crash of 1929, and the 1933 ascent of Adolf Hitler became fundamental benchmarks of the last century, all harbingers of greater and more consequential outcomes."

So that word, liminal, whose first meaning above evokes a transition, has particular meaning for those of us looking for local, and global, resilience and sustainability: we are in the midst of a transition to a lower-energy, less polluting, more-socially-connected and just ways of living and doing business. As Paul Gilding said (paraphrasing) in his book *The Great Disruption*, humans will make the necessary changes to survive, not because we want to, but because we have to. There are so many great things happening in central Ohio, amid all of these converging crises (climate, pandemic, extinction, the broader environmental crisis, and economic and racial disparities to name a few), that I can't help being buoyed by the mission and vision of Simply Living, and, by extension, our Transition Hub. We exist to bring people together; facilitate conversation; raise consciousness through films, books and presentations; and to seek out guidance on navigating this ecological bottleneck for ourselves and our members. Simply Living Sustainable University (SLSU), the Transition Hub and the activities of all of our friends and allies will be part of the answers to the troubling questions we face. We look forward to hearing from and working with you to find our way through. Remember, crisis is opportunity!



### Meet Savannah Smith,

Savannah has been on a walkabout around the country for the last few years. Now she is back in Columbus ready to engage for change. She will be our Social Media specialist sharing our content on Facebook, Twitter and Instagram.

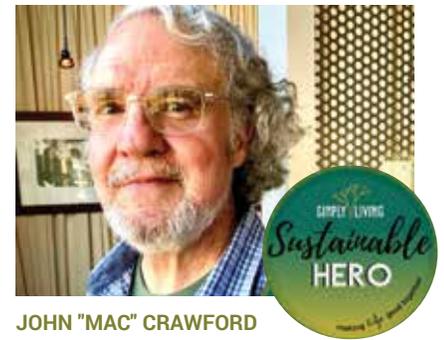
## Be the Change!

Meet your neighbors making Columbus clean and green.

Find out more about our Sustainable Heroes on Instagram



MAYDA SANCHEZ



JOHN "MAC" CRAWFORD



PAULA J. PENN-NABRIT



LISA DARIS

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*Simply News*, a publication of SIMPLY  
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*Thank you to the contributors who  
celebrated Chuck's special birthday  
on Facebook and raised \$1,665!*

*Your donations support our sustainability.  
Any amount helps at this time. Thank You! ♥*

Visit [SimplyLiving.org](http://SimplyLiving.org)

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