



Simply News



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Join Your Local Food Co-op!

Clintonville Community Market
200 Crestview Rd 43202
communitymarket.org

Bexley Natural Market
508 N. Cassady Ave 43209
bexleynaturalmarket.org

NEW!

Near East Side Cooperative Market
1117 Oak St 43205
neareastsidecoop.org

www.simplyliving.org

“A Gift To Be Simple 2013”

Moving from Me to We: Being Change, Building Community

By Chuck Lynd

A funny thing happened on the way to a sustainable future: we discovered

community! As individuals, Simply Living members have been pioneers in changing our behavior to lessen our ecological footprints. Think recycling, eating organic food, taking yoga classes, phasing out our incandescent lights, driving less, bicycling and bussing more, investing in socially responsible companies, etc.

Examples abound, but here is a sampling of our pioneers:

- Jack Burdette and Liz and Eric Hansen built their homes "off the grid."

- Vegetarian Edward Bain helped start the Clintonville Community Market natural foods co-op.
- Dana Warner birthed Columbus' first home energy audit program.
- Becky Allen led workshops on "reconnecting with nature."
- Ellen Baumgartner, Dan Hughes, and others

See Gift to Be Simple - page 4

Simply Living will hold its 8th annual fundraiser on October 31st at the Boat House restaurant at Confluence Park in downtown Columbus.

More than 300 people are expected to enjoy a complimentary luncheon in the beautiful setting where the Scioto and Olentangy rivers are joined.

You are invited!

A Gift to Be Simple



**11:30 am
Networking
Reception**

**Noon—1 pm
Complimentary
Luncheon**

**The Boat House at
Confluence Park
679 West Spring
Street**

**RSVP- Simply Living
at 447-0296
hello@simplyliving.org**

CHECK OUT OUR EVENTS:

DOCUMENTARY FILMS & LOCAL SOLUTIONS

Simply Living showcases independent, documentary films that address a variety of current issues. Each event is followed by Q&A with experts representing local organizations working to provide solutions to issues raised in the film. Thanks to a grant from the Puffin Foundation West Ltd. public screenings will be held in local theaters whenever possible. Invite friends and spread the word about this informative series.

SIMPLY LIVING SOCIALS

Join Simply Living at our free monthly gathering the 2nd Friday of every month. We offer a brief program with Q & A, and include plenty of time to mingle. Venue changes monthly. Doors open at 6:30 p.m. Check-in and program starts at 7 p.m. (Exceptions will be listed). Venues and program schedule below.

CARE AND SHARE TIME BANK / COMMUNITY POTLUCK

Meet your CSTB Community. Share a potluck dish. Discuss and add services. Brainstorm growing CSTB. Additional details below.



Join with others at our . . .

Documentary Films & Local Solutions



Sunday, November 3 2 p.m.
"GrowthBusters: Hooked on Growth" at Studio 35

In this award winning film, "one man takes on City Hall, Wall Street, and The Pope as he questions society's most cherished beliefs about prosperity." Is everything we thought we knew about economic growth wrong? This documentary flips our world upside down to see what makes it tick, as it explores the most critical question of our time: how do we become a sustainable civilization? Q&A will follow for what promises to be a provocative discussion. Admission: \$5. Location: Studio 35, 3055 Indianola Ave, Cols, 43202. More at www.growthbusters.org.

Sunday, November 17 2 p.m.
"In Organic We Trust" at Studio 35

An eye-opening food documentary that follows Director/Producer Kip Pastor on a personal journey to answer commonly asked questions about organic food. The film digs deep with farmers, organic certifiers, scientists, and organic critics to explore the content beneath the label and the truth behind the marketing. What began as a grassroots movement of small-scale farmers has turned into a \$30 billion industry. The film highlights inspiring stories of local family farmers dedicated to stewardship of the land, a thriving "locavore" subculture centered on farmer's markets, chefs feeding children healthy school meals, and urban and school gardens sprouting up to bring fresh food to low-income communities. Individual citizens and communities are taking matters into their own hands and change is happening from the ground up. Sponsored by the Columbus Film Council and Simply Living. Location: Studio 35, 3055 Indianola Ave 43202.

Join with others at our . . .

Simply Living Socials



Friday, Nov. 8 6:30 - 8:30 p.m.
Simply Living Social Meets Central Ohio Sierra Club

It's double green fun in November as Simply Living partners with the Sierra Club! There will be an update about plans for the new Simply Living University and the Sierra Club will talk about their local activities and their advocacy work on state and national campaigns. Bring lots of questions and leave time for networking. More collaborations are in the works. . . Light refreshments will be provided. Location: Northwood High Bldg, 2231 N. High St., Room 100, Cbus, 43201. Contact: Chuck Lynd chuck.lynd@gmail.com or 614-354-6172.

Friday, December 13 5:00 - 8:00 p.m.

A special Open House at the Simply Living office with the theme "Sharing Green" Holiday Traditions.

Friday, January 10 6:30 - 8:30 p.m.

Simply Living Social with the Folk Music Society Features Hootenanny! — Bill Cohen and the Columbus Folk Music Society (CFMS) will bring us all together around our cultural roots in folk music! There will be time for socializing and networking as always before we gather and learn about the diverse folk music traditions in central Ohio. Bill Cohen will lead us in a sing-a-long hootenanny style with everyone participating! Location: Clintonville Resources Center, 14 W. Lakeview Ave, Columbus 43202. Contacts: Chuck Chuck.Lynd@gmail.com or 614-354-6172; Bill Cohen bill.cohen44@gmail.com

Friday, February 14 6:30 - 8:30 p.m.

Featuring Portia's Cafe — Portia Yiamouyiannis is an entrepreneur on a mission to serve our community with super healthy, nutritious raw and vegan food. She opened Portia's Cafe in the fall and she has a story to share about her experience. Come with questions about her awesome recipes! Location: Global Gallery, 3535 N. High St. in Clintonville 43214.

Join with others at the . . .

Care and Share Time Bank/Community Potluck



Earn two time credits. Participate in our new SHARING TABLE — bring something you want to give away and/or take something you would like to have. Invite your friends who might be interested. Remember: they receive time credits if they join and post an offer and you receive time credits for recruiting them! Table service available in case you do not bring your own.

Third Sundays:

October 20
 November 17
 December 15
 January 19
 February 16

6:30 - 8:30 p.m.

Location: First Unitarian Universalist Church of Columbus, Fellowship Hall, 93 W. Weisheimer, Col. 43214

Additional Information:

Call 614-560-1732 (Alice)

Website:

www.hourworld.org

Invest Local Ohio

by Douglas Craven



In 2011, Economic and Community Development Institute (ECDI) implemented a unique development campaign called Invest Local Ohio (ILO) with the purpose of connecting individual investors to local business owners in need of capital. ILO is one of the only investment opportunities in Ohio that gives community members the chance to support the local businesses they frequent daily, while also offering a 2-3% return on investment. Furthermore, every ILO dollar loaned to a small business is leveraged with at least two more dollars from other existing ECDI loan funds, creating optimal community impact.

ECDI is pleased to announce that since creating this fund, \$235,349 ILO

dollars have been dispersed to 46 businesses. Making the ILO dollar go even further, by leveraging investments ECDI has distributed a grand total of \$1,364,308.60 to local entrepreneurs over the past two years. With this money, 121 jobs have been created. In light of these great results, ECDI is excited to see the Invest Local Ohio initiative continue to contribute to a thriving local economy.

Investments start at just \$1000, making the entry point very reasonable for any individual with a CD

or modest savings account. If you would like more information about this opportunity, contact Steve Fireman sfireman@ecdi.org.

I transferred funds from a modest savings account to Economic and Community Development Institute's Invest Local Ohio campaign. I have a deep sense of satisfaction knowing that those funds are directly benefiting small local businesses and that I am contributing directly the creation of the new economy.

Carol Fisher

Localism 101

The following introduction to Localism is from the Business Alliance for Local Living Economies (BALLE). Simply Living, through our partnership with the Support Our Local Economy (SOLE) Coalition, is affiliated with BALLE and its 80 local networks working to build a new economy. But enough acronyms - read this primer and ask whether you too are ready to proclaim "I am a Localist."

Localism is about building communities that are more healthy and

sustainable – backed by local economies that are stronger and more resilient. It



means we use regional resources to meet our needs – reconnecting eaters with farmers, investors with entrepreneurs, and business owners with the

communities and natural places on which they depend. It recognizes that not one of us can do it alone and that we're all better off when we work together.

See Localism 101 - page 5

SIMPLY LIVING BOARD OF DIRECTORS

Jim Coe, President
Dominic DiBlasi, Treasurer
Sarah Pariser, Secretary
Karen Ferris
Chuck Lynd
Milo Petruziello
Luke Toney

GENERAL INFORMATION

Office: 614-447-0296
E-mail: hello@simplyliving.org
www.SimplyLiving.org

Hours: Tuesday - Thursday
11 a.m. - 4 p.m.
Or by appointment

Our office is located at 2350 Indianola Avenue in the Maynard Avenue United Methodist Church, on the upper level, where we are pleased to share office space with the Center for Compassionate Communication.

Chuck Lynd, Interim Director
Joanne Wissler, Office Mgr.

The Simply Living Transition Hub serving central Ohio is affiliated with Transition United States: Bringing a new world to life. Simply Living established the Support Our Local Economy (SOLE) Coalition, one of 80 networks affiliated with the Business Alliance for Local Living Economies.

Simply News Newsletter
Luke Toney, Newsletter Editor
Diane Boston, Graphic Design/Layout
Robert Studzinski, Photographer

Simply Living's vision:

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

Gift to Be Simple- from page 1

brought the Northwest Earth Institute courses on sustainability to Central Ohio.

- Lisa Daris created a "FreeCycle" event in Worthington that has been replicated elsewhere.
- Wanda Hambrick kept us thinking "big picture" by introducing Brian Swimme and Thomas Berry's work describing the "new universe story" and our place in evolution.

And along the way, we have shared our experiences "living sustainably and joyfully on the earth" at countless potlucks, workshops, conferences and informal gatherings.

One of the most gratifying outcomes of our many individual efforts to live sustainably has been the joy of becoming an authentic community. I say authentic because our efforts have been based on common values that respect and appreciate our uniqueness as individuals and our interconnection with the web of all life on earth. These are deep values that engender trust. When we gather at our Socials and our movie nights, there is a palpable sense of community. I believe that is why we continue to come together after 20 years. It's why our members keep starting new projects, create neighborhood sustainability initiatives, and volunteer on committees that plan events and keep us all informed. We celebrate our successes at our annual

meeting and, not surprisingly, some of us fall in love and plan green weddings (yours truly included ☺).

Co-creating our own community among Simply Living members is an ongoing process, but it turns out to have an unexpected benefit. We live in an unprecedented time of challenges because of worldwide

This year the theme is Moving from Me to We: Being Change, Building Community.

For the past 20 years, Simply Living has earned a reputation as the hub of a wheel turning communities toward a sustainable future in central Ohio.

The event is an opportunity to showcase the current work and future plans of Simply Living.

cultural practices - economic, political and environmental - that have created the dark cloud of Climate Change that threatens all life on earth. There is no need to reiterate the magnitude of the challenges facing institutions that cling to business as usual, but our wisest elders agree on one essential ingredient if we Davids are able to slay the Goliaths of Finance, Industrial Agriculture and the Fossil Fuel Conglomerates. That secret ingredient is community, the creation

of resilient communities led and modeled by people like us stepping up all over the world to work for a just and sustainable future.

Bill McKibben speaks of a leaderless revolution, Wendell Berry shows how to dig in, know and advocate for the places where we live. Vandana Shiva offers hope in the every day acts of leading change from the bottom up, and Danial Sheehan calls for an alliance between the idealistic generation of the 60s and 70s with the young millenials who must face the reality of climate change now. The takeaway is clear and urgent: we must begin building strong, local communities from neighborhoods to city hall.

At Gift To Be Simple we will focus on how we are "moving from me to we" as we work together and with our community partners. Our goal is to build local resilience sufficient to weather upcoming storms in whatever form during this critical time of transition. For example, the Sustainable Clintonville group has been re-energized this year and is busy organizing events that showcase growing local foods, bike rides through the ravines, and visits to homes that model energy efficiency. The Transition Clintonville group is a separate initiative that is following the model of the Transition Town movement and they have been cataloging the sustainability assets available locally. The two groups are working together to explore opportunities to form a solar energy cooperative to make renewable energy more affordable.

See Gift to Be Simple - page 8

Gift to Be Simple- from page 4

Simply Living works with multiple partners in the Support Our Local Economy (SOLE) Coalition. Bill LaFayette, owner of Regionomics and former Chief Economist for the Columbus Chamber of Commerce, will share his experience working with SOLE & the Southern Gateway Collaborative to strengthen south side neighborhoods.

Finally, expect to hear from Jim Coe, our Board President, about plans taking shape now to establish a "Simply Living University." The idea is to offer classes and workshops covering "life skills and knowledge" for the 21st century. We already offer the series of Earth

Institute discussion courses and Randall Loop's *Your Money or Your Life* workshops, webinars and classes. We plan to collaborate with partners like City Folks Farm Shop and Stratford Ecological Center to aggregate a variety of classes that range from urban homesteading skills to gardening and growing your food to recycling and renewable energy. We've been calling it "Sustainable U" and brainstorming ways to encourage participation in diverse neighborhoods.

This is our 8th annual luncheon and fundraiser held at the beautiful Boat House dining room at the confluence of the Scioto and Olentangy rivers. You're invited!

Doors open at 11:30 a.m. before the complimentary lunch and program from 12 to 1 p.m. The locally sourced menu is prepared by chef Michael Jones, Executive Director of Local Matters. An RSVP is required. Contact Connie Everett lithag@aol.com or call 614-361-3161. Donations are appreciated but not required.



Localism 101 - from page 3

Localism is about building the New Economy, right where we live. It starts with expanding and diversifying local ownership, import substitution, and business cooperation in a particular place, and results in more wealth and jobs per capita, and in greater personal accountability for the health of the natural and human communities of which we are a part. The goal is real prosperity - *for all*.

Changing a local economic system starts by changing its most basic industries: agriculture, energy, manufacturing, retail,

building and transportation, and capital. When these sectors are transformed into localized, sustainable, green- and

**A 10% Shift
from chain to local
keeps \$312 million
in Franklin County –
enough \$\$ to create
5000 new jobs!**

community-focused industries, the entire economy is transformed.

In addition, localists recognize the necessity of looking at the systemic relationship between these sectors. With a focus on the whole economy, we don't

prioritize or isolate the importance of energy efficiency from investing in local energy production, or 'green' buildings from the health of their occupants, or the viability of local farms from the prosperity of the grocers to whom they sell.

Localists also recognize that, while our focus is primarily on our own communities, our vision is global. Each of us is crafting a piece of a larger mosaic – a global network of cooperatively interlinked local economies.

For an extended reading on the "values" of localism, see <http://bealocalist.org/Localism-101>.

Electric Utility Choice Workshop

— **Sponsored by Central Ohio Sierra Club and Simply Living**

Tuesday, December 10th 7:00 - 8:00 PM

OSU Family Practice building, 2231 N. High St., Room 100, Columbus OH 43201

- Free parking in rear lot, off W. Northwood Ave.
- Limited seating

Have you been approached by door-to-door energy marketers or received literature in the mail about shopping for your electricity or natural gas? *Want to learn more and feel confident that the decision you make is right for you, your family or business?* At this workshop a representative from the PUCO's Office of Retail Competition will explain your rights in choosing an electric or natural gas supplier.

For more info about this workshop or scheduling one for your group, please contact Sierra Club's Amber Bellamy at bellamy.41@buckeyemail.osu.edu

CARE & SHARE TIME BANK NEWS UPDATE

by Karyn Deibel



Care & Share Time Bank (CSTB) continues to grow and offer more services. I see CSTB as a forerunner for paradigm shift and am delighted to support its growth.

Remember that when we join CSTB we earn time bank hours for all hours we volunteer for Simply Living events and services.

CSTB meets monthly for a community potluck at First Unitarian Universalist Church of Columbus, 93 West Weisheimer Road. On the 3rd Sunday of each month from 7:00 p.m. to 9:00 p.m.; all are welcome.

To learn more and/or to join Care and Share Time Bank of Central Ohio go to www.hOurworld.org Any questions contact karyn.deibel@gmail.com

CSTB brings back an age-old connection between humans and their needs. An hour of my time

Some of the Services Available through Care & Share Time Bank

Arts & Crafts for Children/Adults
Gift Wrapping
Sewing, mending and alterations
Learn to Knit and/or crochet
Calls to shut-ins
Marketing and Publicity
CD Burning
Auto and Bike repair
Business and Office services
Cooking and meal Prep
Moving and Hauling
Pet Care
Transportation

General home repair

- *Odd jobs/handy person*
- *Painting*
- *Plumbing*

Health & Wellness

- *Bodywork*
- *Energy therapy*
- *Food & Nutrition*
- *Massage*
- *Meditation*
- *Eye Exam*

(providing services I am willing and able to give) equals an hour of your time, earning time hour credits.

You spend that hour on something you need or value; while building community, opening to new resources, possibilities, and support, while not requiring the use of money!

This alternative currency works on 5 main principles as expressed by Time Dollars founder, Dr. Edgar Cahn, J.D.:

- **Assets:** We all have something to give
- **Redefining Work:** The work of building home, family and community are important
- **Reciprocity:** Asking receivers to become givers as well
- **Community:** Acknowledging our interdependence
- **Respect:** We all have worth and value!

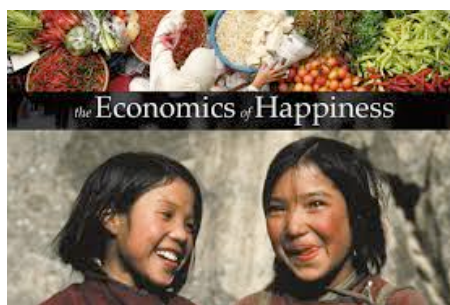
The time bank is a currency, it must be kept in motion!

Did you know that **Clintonville Transition Energy Coop** (like Simply Living) is now also an affiliate of Care & Share Time Bank (CSTB)? Their Plan is to make it affordable for us to transition to clean energy (such as solar and/or wind) for our homes. Coming soon – training for many of the simple tasks involved, providing a way we can then earn time bank hours to help defray some of the costs.

Simply Living supports individuals, families and organizations in creating a more compassionate and sustainable world by offering learning opportunities that promote personal and civic responsibility, informed action and wholeness. Three themes guide our work: simplifying our lives, greening the earth, and healing toward wholeness.

– For more information about Simply Living, contact Joanne Wissler
hello@simplyliving.org or call the office at 614-447-0296

Simplifying our lives Greening the Earth Healing toward wholeness



The Economics of Happiness – An Interview with Carol Fisher

by Luke Toney

Carol Fisher was one of the founding members of Simply Living. Recently having left the Board of Directors, she continues to play a pivotal role in Simply Living's continued growth and development through events she coordinates and plans, most notably her continued screenings of *The Economics of Happiness*. Here, we discuss just why she is so passionate about the film.

Luke Toney: When did you first see *The Economics of Happiness*?

Carol Fisher: In November 2011, after attending the Tar Sands Protest against the Keystone XL Pipeline in Washington, D.C., Bill McKibben of 350.org emphatically urged us to go home and put raising awareness of climate change ahead of every other advocacy issue. Deeply affected by the climate change issue and the implications of the XL Pipeline what could I do in the face of these challenges? On the way home from the Washington rally, several of us, including Chuck Lynd, stayed overnight with friends. That evening, Chuck suggested we see the film and I was hooked. If people saw this film, perhaps awareness would be raised;

maybe people would leave the film and be motivated to buy local. Setting up screenings was something that perhaps I could learn to do.

Luke: There are any number of films out there with similar themes and topics; what was it about *The Economics of Happiness* in particular that gave you this passion to get as many people as possible to see it?

Carol: If one can say that awareness is where action begins, then *The Economics of Happiness* depicts our crises in a way that shows how globalization encompasses virtually all the issues confronting us and does so with realism and comprehension, while providing an artistic affirmation and depiction of life affirming global developments standing against the forces of globalization infecting the world's economic, cultural and environmental systems. I believe if people are made aware in a nonjudgmental, non-bombastic, non-didactic way, they will respond out of their innate goodness, common sense and compassion. I felt this film tapped into those feelings in a profound way.

Luke: What are some of the biggest challenges and or successes you have faced in holding screenings?

Carol: In the beginning, the challenge of learning how to get the projector, sound system and screen all working together!

Another challenge has been to maintain focus on the screening of the film, when the call sometimes is what are you doing beyond the screenings to deal with these issues? My goal continues to be to build a community's shared literacy around these issues and what can be done by the viewers. I see this film's role is to spark that awareness and sense of possibility. Yes, issues are complicated and distressing, yet

together we can make the profound changes needed. How those changes take shape, really needs to be the providence of individuals and communities.

In the way of successes, it has been most satisfying to experience the dynamic post screening discussions where people often stay an hour or more after the screening just to talk, express their frustrations and concerns, saying that this is the first time they've been in such a conversation.

Another success has been the film's ripple effect in some 50 showings, while about 550 viewers have been from Columbus and surrounding areas, more than 260 have come from other areas such as Urbana, Granville, Washington Court House, Yellow Springs, Springfield, Denver in response to our invitation to show the film to others.

Another dimension still unfolding, yet one I see as having the potential for impacting awareness of the power of localization, is involvement of small businesses. We've had two community screenings where local businesses have been invited to donate items that are then auctioned; the businesses response has been strong. The businesses are publicized and the the audience is urged to take the call in the film to buy local, by going out the theater door to their immediate community. It will be interesting to measure that impact.

Luke: The film talks about or otherwise mentions/features several coalitions with which Simply Living is involved, BALLE and Transition Network to name a few. Was SL's involvement a result of this film, or do some of these relationships predate the film?

Carol: These particular relationships predate the film. We hope that what

See Economics of Happiness - page 8

Economics of Happiness - from page 7

the film's screenings are doing is heightening awareness of these in some cases fledging initiatives, providing a context for their work and affirming its importance in creating the new economy.

Luke: One of the core messages of the film, and one of the least acknowledged in more mainstream discussions on sustainability, globalization, environmentalism, etc., is the effect these efforts actually have on people's well being. Why do you think this message is ignored in the mainstream and what can we do to get it talked about more widely?

Carol: The message that we can live life with authentic, sustained joy and connection is antithetical to corporate consumer culture, a culture built on dissatisfaction and on being valued for externalities, which, in turn, comes from consumption generated through

advertising. For the mainstream media, it is essential that advertising pervade virtually every corner of our lives. For the media to speak of how the results of that advertising can be destructive to a full life – I fail to see that happening. To my mind, a way to deter those forces is to withdraw our financial complicity. And that can begin by people talking together, joining together with others who feel the same way and then supporting localization with virtually every purchase.

Luke: Is there a point at which you think you'll decide you've screened the film enough? That is, do you have any idea of what a successful run or a completed job looks like for these screenings?

Carol: We've yet to see. We're realizing that it may be time to expand our thinking about how we frame the screenings, how we publicize them, the dates and times we hold them. One proposal is to

focus on one community building a relationship with the governmental, business and social networks in a town over a period of several months, culminating in the film's screening, so the focus is on highlighting the community, rather than the film needing to carry the entire challenge of building impact.

Even after seeing the film now almost uncountable times, and still affected by its power, I feel the film continues to be timely and relevant. The way we publicize and frame it can continue to evolve. There are over 1 million people in Columbus, and dozens of communities, so we have a ways to go!

Don't miss the next showing of "The Economics of Happiness"

Sunday, January 19, 2014, at 2:00 p.m. at the Northwood High Building, 2231 N. High St., Cols, 43201

Please support our 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!

Business Member Directory

Key: Large listings = Community Builder Member (\$500)
Small listings = Idea Launcher (\$250) & Business Member (\$125)

AUTOMOTIVE



TongDa Auto Service
 3395 Indianola Ave.
 Cols, OH 43214
 614-262-1426

TongDaAuto.com

Eco Conscious
 2011 Angie's List
 Super Service Award
 winner

BANKING



Kemba Financial Credit Union
 614-235-2395
KEMBA.org

CLASSES / WORKSHOPS

City Folks Farm Shop (see Shops)
Dabble and Stitch (see Sewing/Crafts)
Pearls of Wisdom (see Shops)
Randall Loop (see Health & Wellness)

COMMUNITY MARKETS

BEXLEY NATURAL MARKET
all organic produce



Bexley Natural Market
 508 N. Cassady Ave.
 Bexley, OH
 614-252-3951

BexleyNaturalMarket.org



614-261-3663
CommunityMarket.org

200
 Crestview Rd.
 Cols, OH
 43202

Greener Grocer (see Local Foods)

Business Member Directory – continued

COMMUNITY MARKETS (CONT.)

North Market
59 Spruce St., Cols 43215
614-463-9664



NORTH MARKET

NorthMarket.com

ECO-SOLUTIONS



Big Green Head
Worthington, OH
bgh@biggreenhead.com

BigGreenHead.com



Ecohouse
614-805-5776

EcoHouseOhio.com



Green Tech of Ohio
614-975-1206


GreenTechofOhioLLC.com



Go Sustainable Energy
3709 N. High St., Ste. 100
Cols, OH 43214
614-268-4263

GoSustainableEnergy.com

FLORIST



EcoFlora
17 E. Tulane Rd. Columbus
43202
614-266-1618

EcoFloraDesign.com

HEALTH & WELLNESS



Dental Alternatives
150 E. Wilson Bridge Rd.
Worthington, OH 43085
614-888-0377

DentistryForBetterHealth.com



Keller Chiropractic
422 Morse Rd.
Cols, OH 43214
614-885-4480

KellerDC.com

HEALTH & WELLNESS (CONT.)



Karyn Deibel,
Certified Senior Trager
Practitioner
614-261-6480

Karyn.deibel@gmail.com


Trager®
A somatic approach to
mind/body integration



Randall Loop, LMT, MLC, LSH
193 E. Whittier St.
Cols, 43206
erloop@gmail.com
614-496-4595

Massage
Coaching
Workshops

randallloop.com



Wellness Forum
510 E. Wilson
Bridge Rd., Ste. G
Worthington, 43085
614-841-7700

wellnessforum.com

INSURANCE



Gruber Insurance
3040 Riverside Dr.
Cols, 43221
614-486-0611

mgruber@gruberinsurance.com

LEADERSHIP COACHING



Unifying Solutions
4041 N. High St., Ste. 300H
Cols, 43214
614-341-7025

UnifyingSolutions.com

LOCAL ECONOMY



ECDI INVEST
EDUCATE
INNOVATE

Economic and Community
Development Institute

1655
Old Leonard Ave.
Cols, OH
43219
614-559-0115

ECDI.org

Local Matters (see Local Foods)

LOCAL ECONOMY (CONT.)



Think Columbus First
an initiative of S.O.L.E.
(Support our Local
Economy coalition)
614-354-6172

ThinkColumbusFirst.org

LOCAL FOODS



Greener Grocer
59 Spruce St.
Cols, OH 43215
614-223-1512

thegreengrocer.com



Local Matters
731 E. Broad St.
Cols, 43205
info@local-matters.org
614-263-5662

local-matters.org



Luna Kombucha
3478 N. High St.
Cols, OH 43214
(614) 262-0000

lunakombucha.com



**Personal Wellness
Integrity, LTD**
Worthington, OH

iampwi@yahoo.com

MEADERY / WINERY



**Brothers Drake
Meadery**
26 E. 5th Ave. Cols, OH
614-388-8765

BrothersDrake.com

Luna Kombucha (see Local Foods)

RESTAURANTS



**The Boat House
Restaurant**
679 W. Spring St.
Cols, OH 43215
614-469-0000

TheBoatHouseRestaurantOH.com

Business Member Directory – continued

RESTAURANTS (CONT.)

Global Gallery (see Shops)



Lavash Cafe
2985 N. High St.
Columbus 43202
614-263-7777
LavashCafe.com



**Mozart's Bakery
& Piano Cafe**
4784 N. High St., Coils, 43214
614-268-3687
Mozartscave.com



**Northstar
Restaurant**
614-783-2233
TheNorthstarCafe.com



Portia's Cafe
4428 Indianola Ave
Columbus 43214
614-928-3252
portiascafe.com

SEWING / CRAFTS



Dabble and Stitch
211 E. Arcadia Avenue
Coils, 43202
614-407-4987
dabbleandstitch.com



Wholly Craft
3169 N. High St.
Coils, 43202
614-447-3445
whollycraft.net

SHOPS



**Better Earth
General Store**
59 Spruce St., Coils, 43215
614-224-6196
BetterEarthProducts.net



City Folks Farm Shop
4760 N. High S. Coils, OH
614-946-5553
CityFolksFarmShop.com



614-621-1744
GGFairTrade.com



Pearls of Wisdom
3522 N. High St.
Coils, OH 43214
614-262-0146
PearlsofWisdomInc.com

TRAVEL ALTERNATIVES



Pura Vida House
Paso Hondo
Guanacaste
Costa Rica
571-244-7248
PuraVidaHouse.com

**Local ~ Eclectic
Earth Friendly**

In recognition of the integral role of local, sustainable businesses, Simply Living established a Business Membership class in January 2012.

The business membership is intended to be an ongoing commitment to partner and promote to our members and friends the goods and services provided by local, independent businesses that contribute to the sustainability of neighborhoods and communities in central Ohio.

**Interested in
Simply Living
"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 economy and supportive community for a resilient future! Download our Business Member Application at: <http://www.simplyliving.org/content/business-membership> or contact Chuck at: Chuck.Lynd@gmail.com or call 614-354-6172.

**natural
awakenings[®]
CENTRAL OHIO EDITION**

What a delight to discover Natural Awakenings!

This new publication launched in March and every issue meshes beautifully with our Simply Living mission. It's chock full of takeaways and tips to incorporate healthy and

sustainable practices in our daily lives. Regular sections such as Green Living, Healing Ways, and Inspiration are supplemented with local resources. The Calendar, News Briefs, and Natural Directory listings all help foster community.

The October issue's theme is Environment, and the topic is explored through pairing featured national content covering climate change with a local story on the eco-friendly initiatives of a device

unique to Central Ohio called the G-PAD. You can find your free copy at over 300 locations in central Ohio or online at www.nacentralohio.com. Simply Living and co-publishers Kerry Griffith and Sean Peterson are grateful for the opportunity to partner and share resources in helping to cultivate sustainable living awareness. Copies will be distributed at Gift To Be Simple!

Simply Living

Membership Form

Please Print Clearly

Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ ☐ Home ☐ Cell Alt. Phone (____) _____ ☐ Home ☐ Cell

Email _____

Add me to: ☐ Weekly Community Update

Interests: _____

Membership Levels

- ☐ \$35 Individual
- ☐ \$20 each Young Adult (<30)
- ☐ \$20 each Senior (>60)
- ☐ \$50 Household

☐ Additional donation \$ _____

☐ \$100 Friend (includes membership)

☐ Sustainer \$ _____ per month (minimal \$20)

Additional Household Name _____

Email _____

PAYMENT

Cash or Check enclosed in the amount of \$ _____ payable to "Simply Living"

Mail to: Simply Living, P. O. Box 82273, Columbus, OH 43202

or

to pay by credit card or PayPal: contact us at: 614-447-0296, email hello@simplyliving.org
or go to www.SimplyLiving.org under the tab: Join/Support and Become a Member



Continuing Offer . . . Get a free subscription to Yes! Magazine! How?

- Join at the Friend Level (\$100) or higher
- Become a Sustainer when you Donate \$20 per month or more through your bank or credit card

Monthly pledges mean no more requests to update your membership! Save Trees!



Simply Living: Who We Are

by Simply Living Board of Directors

Our members have been pioneers for 20+ 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 colors, creeds, or gender preference.

Please join us in our work to leave the world better than we found it for future generations.

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43202

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Shop Local and SAVE \$\$

The Small Business Beanstalk - SBB - offers a free community card that you can use to get deals at 500 local independent stores in neighborhoods all over central Ohio.

The SBBeanstore is Columbus' best place to purchase discounted gift vouchers for local businesses. When you choose to purchase a gift voucher, you are directly supporting shop-local efforts in Central Ohio and our unique business community.

To order your free Community Card and buy discount vouchers, visit thesbb.com. SBB makes it easy to support local every time you shop.

SIMPLY NEWS

OCTOBER, 2013

MINI-CALENDAR:

Transition Central Ohio Hub Meets first Thursdays:

Nov. 7, Dec. 5, Jan. 2 6:30 - 8 pm
Northwood-High Bldg., Room 100,
2231 N. High St., Cols, 43201. Free.
Parking in Rear. Contact: Mac Crawford
mcrawford@cph.osu.edu or
call 614-307-4573
Open Meetings – You're Invited!

Intentional Community Potluck and Sharing Circle:

**Nov. 6 & 22; Dec. 4 & 19;
Jan. 8 & 15 6:30 - 9 pm**
Contact: Ali Malley for location at
Ali@michaelthetoryteller.com or call
614-267-2177
New People Welcome!

SAVE THE DATE:

Holiday Open House!

Friday, December 13 5 - 8 pm
Simply Living Office
2350 Indianola Ave 43202

New DVD Library for Simply Living Members

Have you enjoyed attending our documentary film series? If you happened to miss one that you really hoped to see, you will be pleased to know that our library of DVDs has grown steadily these past several years. Our student intern, Abby Partridge, has been posting the titles on our website and adding more all the time. You can browse our collection online at <http://simplyliving.org/content/dvd-library> or just visit SimplyLiving.org, click on the "About Us" tab and scroll down to the DVD Library.



Why not host a house party and show the film to family and friends? These independent films address important topics but they are often hard to find or not available at the library. To reserve a film, call 614-447-0296 or send an email to Hello@simplyliving.org. We will set it aside and arrange for you to pick it up at the office. Our regular hours are 11 a.m. - 4 p.m. Tuesday, Wednesday, and Thursday

but we can often arrange for pickup by appointment on other days.

Did You Know?

When Simply Living closed our bookstore at the Community Market, we decided to take advantage of Amazon's affiliate program and build an online store because the books and DVDs we

recommend are not common or easily found locally. Gemma Dixon has been volunteering to add titles that we used to carry to the online store. Simply Living receives a percentage of any item you purchase through Amazon so long as you enter from the Simply Living

website. To access Simply Living's online bookstore, go to SimplyLiving.org and scroll down until you see the Amazon widget on the right. You can shop by category in our store - for example, "Permaculture" or "Spirituality". If you would like to volunteer and be trained to add items to our store, contact Chuck.Lynd@gmail.com.