**Call to Adventure Radio Show:**

with Alex Opoulos and John Duckworth

We are thrilled to have the opportunity to enter into a conversation with you about meaningful moments in your life that we might refer to as “Calls to Adventure” We thought it would be helpful to provide you with an introduction to the concept, along with some things to begin thinking about prior to our recorded conversation. We have found that it is very difficult to determine someone’s seminal life moments via a google search. So rather than guessing at what they are, we ask you simply to identify them for us. 1 or 2 sentences should suffice. We then provide you with a host of questions for you to think about as you begin your preparations. We hope that this introduction helps you in your preparations enabling us to have a rich and impactful conversation to share with our listeners.

In the beginning of our show we will ask you 3-5 simple questions. Those questions are indicated below.

Beginning Questions:

* Who locally do you find inspires you?

Tricky question to answer in Two sentences, because there are so many people that do. I have only lived here for two years, and to be honest there is such a great group of people who inspire me everyday. I have meet so many folks who make time to get involved with so many things.

You fine gents who are doing a radio show called Call to Adventure amongst so many other things, Kate Nevin who was on your show recently creating Enough Pie, my dear friend Cyrus Buffum who created Charleston Water Keeper, Brooks Reitz who created Jack Rudy and Leon’s, Mickey Bakst and his feed the need organization. I think what really inspires me as a newcomer to Charleston is the community as a whole and how much is possible with the spirit that exists.

* What trait do you most admire in others and which do you most deplore?

I admire Curiosity and Humility and I deplore greed and arrogance

* Music you are currently listening to?

Sturgil Simpson, John Denver, Lenored Cohen, Bon Iver and a whole bunch of house music that I crew up with like Frankie Knuckles.

* What book currently sits on your nightstand? What was the most meaningful book you’ve recently read?

The Churchill Factor by Boris Johnson and Fours Seasons by Isadore Sharpe. I also recently read Boys in a Boat, which I though was wonderful. Most important book I have ever read, is probably Deep Ecology By Bill Devall and George Sessions or The China Study by Colin Campbell PHD and Thomas Campbell MD

* Consider Charleston as a person, how would you describe him/her? (be as descriptive as possible)

My great friend growing up had the most magical parents, Called Shane and Nigel Winser, they both worked for the Royal Geographical Society and had help plan many great expeditions to far flung corners of the world through the 70s, 80s and 90s, they also loved a good Sunday lunch party with plenty of red wine. The table was always filled with what Nigel would describe as Artists and Travelers. They were people who had lots of wonderful stories collected through experience but they had a love of the young and new, and always wanted to engage with our generation, they were exciting to be around because they were curious, engaged and had a really strong identity. I think of Charleston like one these people around those Sunday tables.

* Favorite Quote- We will ask you to recite/read this quote at the end of our interview

“Treat people like kings and kings like people” GIUSEPPE CIPRIANI

Thanks for taking the time to think through these questions and for enabling us the opportunity to heed our own Call to Adventure via this program. We are humbled and honored to spend time with you as we discuss these pivotal moments that have helped to shape your life.

**Program Description:**

Program is a 30-40 minute conversation hosted by Alex Opoulos and John Duckworth. The underlying ethos of the show is inspired by the ideas of mythologist Joseph Campbell. Campbell studied human narratives throughout recorded history in an attempt to find common threads, and what he found he refers to as “The Hero’s Journey” or “Monomyth”, which he says is embedded in the DNA of humanity. This journey unfolds in distinct stages in a circular pattern - Ordinary Life, The Call to Adventure, The Departure, The Initiation, The Transformation, and the Return. The initial Call to Adventure involves stepping into the unknown, where the “hero” discovers new aspects of himself/herself and the world at large. Campbell is clear to point out the ‘hero’ in these stories is a metaphor to inspire everyday individuals to step out into the unknown as well - because, as he points out, this is where all the magic is, this is where growth occurs - stepping out of our comfort zones and embracing the unknown with curiousity.

From this vantage point we would like to engage each guest in a conversation about those moments in their lives that proved pivotal, and set their course of action (whether willingly or thrust upon you). Something that either illuminated a path, forced a decision, inspired courage, or nurtured discipline- something that gave purpose, meaning and direction to your life……. A particular moment (be it happy, sad, tragic etc), or a specific person (parent, mentor, boss, enemy) or a job, project, risk, or fear……. Something that in hindsight can be identified as a key moment, a turning point that solidified a direction.

As the adventure unfolds in Campbell's Monomyth, there is a destruction of the world we know and ourselves within it, and then an amazing reconstruction of a bolder, cleaner, more spacious and fully human life.  The “hero” is in all of us and is the person who has been able to battle past his personal and local historical limitations to find the primary springs of human life and thought and become ‘reborn’.  The secondary task of each ‘hero’ is to then return to us (the world), transformed, and teach the lesson he/she has learned of life renewed.

However, it’s important to mention that this doesn’t have to be “lofty” or “grand” or “heroic”, it can be a simple moment from your childhood where you won an award, first rode a bike, or camped alone… or it can be a major adult event, like the death of a loved one, a divorce, or a move…

With that in mind please identify 2 or 3 times where you heeded the Call to Adventure.

* Call to Adventure:

Getting Chronic Fatigue at the age of 16, I was bed ridden for nearly a whole year sleeping almost 20 hours a day, I had a to look at pretty alternative ways to cure myself, diet meditation, yoga etc. In the middle class England this was some pretty hippy dippy stuff and my parents refused to except or get behind this idea, so I ended up leaving home at 17 when I was stronger enough to go it alone. My late step-father, later turned to these methods to cure himself of Cancer and live in remission for 12 years before eventually passing this year. He actually become one of the most celebrated voices in macrobiotics, and apologized for his narrow view on my journey to heal myself.

* Call to Adventure:

Setting up a restaurant in New York City in 2009, we were Brits with no visa’s at the time, no money and there was not a lot of people who were looking to invest in restaurants. We had an idea to serve simple, well cooked and locally sourced food in a little old Chinese sausage factory on the lower east side. Every one said we were idiots, but after a year and half of trying we did it and it changed my life forever. We have touched many farmers custumers and emplyees , written a book and taken the restaurant in the form of pop ups to Rio, Paris, China and Israel.

* Call to Adventure:

After a tricky start to my time in Charleston for various reasons, I needed a project to do and decided to ride my bike across the US to raise money to build gardens in schools and work with a charity called Just Foods. It was a magical experience all be it with some serious challenges at times but something I feel blessed to have done. It filled me with a sense of achievement on a very basic level and gave me a much better understanding of a country I call home.

Our likely follow up questions will look similar to the following:

* Describe the moment, what did it feel like, how old were you, where did it happen
* Was there fear/anxiety or was there a trigger or catalyst
* What was it about that moment that stands out?
* What did you learn most from that change in path?
* Did you understand it as it was happening or only in hindsight?

Joseph Campbell also refers to the “Refusal of the Call” in which the path or choice is recognized but for some reason (fear, comfort etc) the call is not heeded

Please identify 1 or 2 times where you chose not to take the Call to Adventure

* Refusal

A recent project I was working had all the ingredients to be a great success, and I am sure it will be. However I had to walk away from this call because I could not seem to align my values with that of the company I was working with. I decided however great the rewards, both financially and from a recognition stand point sometimes its not worth it.

* Refusal

Leaving NYC and the company that I built with my great friend Phil Winser. We had a tremendous thing with a great deal of opportunity at our feet, and instead of marching on I had to change my direction.

Our likely follow up questions will look similar to the following:

* What was the fear/anxiety?
* Do you have regrets about that refusal?
* Was it an experience you learned from and what was the lesson?
* What are your suggestions to our listeners out there who may have a Call in front of them?
* Do you have any advice?
* What is next for you? Is there an adventure out there calling your name?

**BIOGRAPHY**

If you have a “ready-made” bio that you can send to us, please do so… if not, and you have the time, please list a brief chronology of your personal history - where were you born, where you have you lived, brothers/sisters, jobs, children, etc…

**Ben Towill**

Born in England, Ben co-founded *Silkstone Hospitality Group* in 2008, and created renowned New York City eateries, *The Fat Radish, Ruschmeyers, The Leadbelly* and *The East Pole*. He co-authored “*The Fat Radish Food Diary*” published by *Rizzoli*. Ben was voted *Forbes “30 under 30”* in 2014, and recently wrote a food focused travel column for *The New York Times* documenting his cross country bike ride, called “*A Ride In The Country*”. He is an active and passionate advocate of sustainable food systems and how they effect us.

Ben most recently launched *Basic Projects* with his wife, Kate.

*Basic Projects* is a lifestyle driven design and development company. Our focus is on finding unique properties and developing the best programs suited to them. Simple, thoughtful design, timeless concepts, creative collaborations and financial discipline are at the heart of what we do.