



THE GOOD LIFE CENTER NEWSLETTER

Fall 2014

Issue #1

OUR MISSION

To uphold the legacy of Helen and Scott Nearing through preservation of the Historic Forest Farm Homestead and educational programs that teach skills in sustainable living, social justice, organic gardening and vegetarianism.

Greetings!

We hope you find our first e newsletter of interest. We thought a good way to start would be for the board and staff of the Good Life Center to introduce ourselves. At the end of this issue is a summary of programs the GLC has offered this season. We invite your participation and support and hope you will share with us how the Nearings' work or a visit to Forest Farm has been meaningful to you. Just reply to this newsletter! Future issues will include a column to feature your testimonials and feedback.

-Bob Jones, Co-Chair

MEET THE TEAM!

Greg Joly - Co Chair



Greg demonstrating the Flagg slip-form method at Harborside, July 2014.

Greg Joly homesteads with his wife Mary in Maynard Hollow, Vermont, just seven miles from Bergli, the Nearings' original stone house. In 1990 Greg began to conduct interviews with those who knew and/or worked for Scott and Helen. He joined the Good Life

Center Group of Stewards in 1997 and for the past three years has served on the Board.

A letterpress printer, Greg has shepherded various reprints and translations of the Nearings' work into print for the Good Life Center through several publishers in the United States and abroad. On any given day Greg might be printing, laying stonework, logging firewood, editing a collection of poetry, framing a building, cultivating the gardens or researching Nearing-related historical questions. As Scott noted, "If you will, you can learn to govern yourselves."

Bob Jones - Co Chair



Bob Jones retired from the business world to focus on environmental problems. He opposed the aerial spraying of pesticides on blueberries, started the Toddy Pond Environmental Association, was active in

Transition Town work and after 9/11 became an anti-war activist, organized protests and started an Occupy group. Bob identifies with Scott Nearing's writings on the dangers of oligarchy and militarism. He strives to embody the Nearing model of self-sufficiency with his partner, Doris Groves (they grow much of their own food at Sweet Dog Farm in Brooksville, Maine). Bob enjoys working with and teaching organic gardening methods to the younger generation. His focus today is on raising awareness of the major impact of animal agriculture upon climate change.

Diane Fitzgerald – Board Member



Maine.

Diane Fitzgerald was a friend of Helen Nearing. She has a long history of service on the Board of the Good Life Center. Diane and her husband John live in Blue Hill,

Mary Hildebrand – Bookkeeper



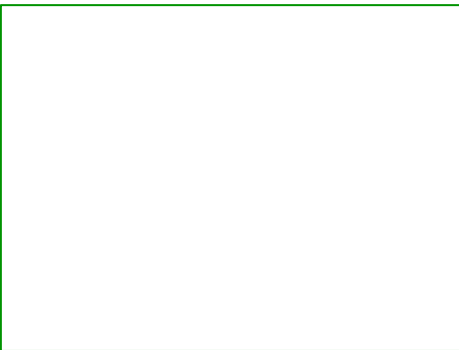
Mary Hildebrand lives with her husband Steve in an owner-built, solar powered off-grid home in Surry, Maine, where they grow a lovely

garden on their small, wooded, pastured lot.

Mary is a firm believer in Scott and Helen Nearing's pay-as-you-go philosophy. She enjoys volunteering at *The Simmering Pot Community Supper* and is a member of the *Hancock County Food Security Network*.

Along with Steve and a small group of close friends she shouts it out with a local rock n' roll band known as *The Free Radicals*.

Meredith Gray – Administrative Coordinator



Meredith Gray lives in Little Deer Isle, Maine with her husband Garrett (a boat captain), and their two young daughters, Iris and Maeve. As

the director of *Healthy Island Project* she spent several years working with islanders of all ages to promote health and wellness.

Meredith has a teaching degree and since becoming a mother devotes much of her time to homeschooling her children - this includes lots of digging in the dirt, very messy art projects and plenty of storytelling!

A volunteer for several island organisations, she also serves on the boards of *Opera House Arts* and *Project Launch*. Meredith enjoys exploring the islands of Penobscot Bay, reading, hiking and cooking.

Doris Groves – Board Member



Doris Groves first met Helen Nearing in 1986. Inspired by Helen's good energy, direct manner and compassionate ways, she settled in Brooksville, Maine, twelve miles from the Nearing homestead, where she raised and

homeschooled her daughter and son. In 2008 she co-founded the *Brooksville Farmer's Market*.

A lifelong vegetarian, Doris made the decision to embrace a vegan lifestyle in November 2013. She and her partner Bob Jones practice vegan farming at *Sweet Dog Farm* in Brooksville and offer an exchange program for young WWOOFers (*Worldwide Workers on Organic Farms*).

Warren Berkowitz – Farm Manager



Warren Berkowitz was a long-time friend of Helen and Scott Nearing and one of the Good Life Center's first stewards. After 40 years of service in public education Warren now lives in

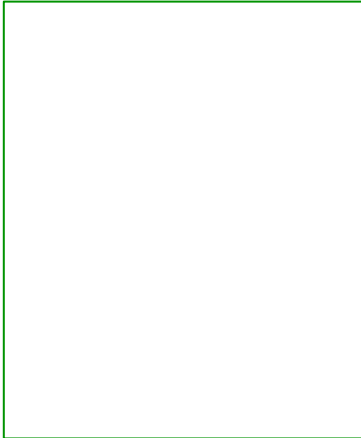
Blue Hill, Maine with his wife Nancy, who manages the garden at Forest Farm and was also very close to the Nearings.

Warren's goals as Farm Manager include maintaining Forest Farm to provide future generations with access to the inspiring Nearing legacy, nurturing the Residential Steward Program and inviting youth groups to participate in the Good Life Center's daily activities.

A proud parent, Warren's two adult children have wonderful memories of time spent with Helen at Forest Farm. Daughter Jenny is a yoga teacher, professional dancer and Occupational Therapist in Baltimore and son Jacob Scott is an international economics analyst in Washington DC.

Warren's primary interests include gardening, yoga and tennis.

Martha Young – Senior Development Officer



Martha Young lives on a farm in rural Piscataquis County, where she and her husband, Richard Garrett, are licensed maple syrup producers, avid gardeners, photographers, loggers and researchers. She is on the boards of the *Bingham Area Health Council* and the *South Solon Historical Society* and staff at *Partners for Rural Health in the Dominican Republic (PRHDR)*. Martha's Quaker education has provided the impetus for her numerous socially philanthropic projects and interest in our ecosystem. She is especially concerned about the threats to human health and the natural environment by hazardous waste, industrial pollution and dangerous chemicals.

Jocelyn Langer – Advisory Board

Jocelyn Langer is a graduate student of Translation Studies at the University of Massachusetts/ Amherst where she currently focuses on medical translation. Jocelyn teaches courses in Comparative Literature and Spanish. For the past fifteen years she has served as a volunteer and held executive director and board member positions for several non-profit organizations. Jocelyn became a member of the Good Life Center Group of Stewards in 1999. She lives in Northampton, Massachusetts.



Joan Cheetham – Advisory Board



Joan Cheetham became a Steward of the Good Life Center in 1999. She has served as Treasurer, Board Chair and Website Manager. Joan grew up on a small, diversified farm in southern Maine, tending her first garden plot at age five. She currently homesteads with her family in Monroe and promotes local, sustainable food systems with *Maine Organic Farmers and Gardener's Association* in Unity, Maine.

GOOD LIFE CENTER PROGRAMS *2014 Year End Summary*

The Good Life Center continues to inspire..

This year the Good Life Center attracted over 800 visitors of all ages from around the globe. Guests were warmly welcomed by our Resident Stewards Ivy and Joel Ricci, whose dedication embodied the pioneering spirit of the Nearing legacy and whose hard work, under the supervision of Forest Farm Manager Warren Berkowitz and Garden Manager Nancy Berkowitz, was simply outstanding.

Thank You!

We would like to extend our heartfelt gratitude to all of the volunteers for the many hours of important work they contributed this season.

Youth organizations *Outward Bound*, *Chewonki Institute* and *White Mountain School* pitched in with community service labors that included farming, gardening and various homesteading chores.

Archival photos and documents that showed signs of deterioration were lovingly framed, including two fascinating sketches of Scott Nearing by renowned portrait artist *Rob Shetterly*.

A couple from the Boston area worked with Ivy and Joel in the garden for two days, taking advantage of the opportunity to study the Nearing's organic gardening and composting techniques. The GLC was also extremely pleased to host members of the *New England Permaculture Association*.

2014 Summer Speaker Series Highlights

The Summer Speaker Series provided an interesting variety of presentations and experiences:

- Labor activist Peter Kellman and artist/peace activist Rob Shetterly discussed Peter's early experiences with Scott and Helen and how they influenced his life and career.
 - Greg Joly gave a presentation on the Nearing Stone Houses. Using one of the original slip-forms he brought from Vermont, Greg demonstrated the Flagg Slip-Form Method.
 - Dr. Jennifer Adams returned for her second visit and led a lively discussion on academic freedom and Scott's dismissal from the University of Pennsylvania.
 - Authors Barbara Damrosch and Anneli Carter Sundqvist read from their latest books.
 - Peace activist Dud Hendrick spoke of his recent travels to the Palestinian Occupied Territories.
 - The Annual Apple Pruning and Herbal Workshops provided hands-on experience for enthusiastic participants.
 - The Good Life Center celebrated the life of Bill Copperthwaite with a candlelit tree planting ceremony and photo essay. Bill built the yurts at Forest Farm and was a close friend of Helen and Scott.
 - Gene Baur, President and Co-founder of Farm Sanctuary, the nation's leading farm animal protection organization, gave a presentation titled "*Changing Hearts and Minds About Animals and Food*".
 - The Series concluded with a presentation by Resident Stewards Ivy and Joel, who shared their experiences of living and working at the Good Life Center and their ideas on the art of welcoming.
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2015 Urgent Projects

Of our extensive to-do list, these projects urgently require funding:

- *Digitization of the Good Life Center's precious archive of audio and video tapes.*

Oxidation is compromising our singular holdings and they are in danger of being lost forever. Preserving the irreplaceable recordings of Helen and Scott is a top priority. *Estimated cost: minimum \$3000.*

- *A new roof for the barn.*

The Good Life Center barn houses the Resident Stewards' living quarters, Scott's workshop and the Nearings' tools. The roof was built in 1974 and urgently needs replacing. *Estimated cost: \$11,000.*

- *Greenhouse damage.*

The greenhouse glass was damaged by the intense October snowstorm and will require replacement before the start of our Summer 2015 season.

Preserving the Nearing Legacy..



Photo by Richard Garrett

Friends,

It takes the commitment of many people – board, staff and volunteers - to promote the ideals and principles of Helen and Scott Nearing. Many of you have been deeply influenced by their writings and life works. To continue to preserve and maintain the buildings, grounds and intellectual property of the Good Life Center, and to ensure that future generations will continue to benefit from the Nearings' example, we need your help and support.

I encourage you to make a tax-deductible donation, either to our General Fund or earmarked for a particular purpose. If you are able to donate please visit our website goodlife.org/donate for directions on how to proceed.

- Warren Berkowitz, Farm Manager

A GOOD LIFE CENTER Announcement..

Seeking Resident Stewards for 2015 Season

We are seeking an outgoing couple who would enjoy living and working at Forest Farm in 2015. Details about this interesting and challenging opportunity are posted on our website: goodlife.org/residency. To learn more and about how you can become a Resident Steward, please drop us a line: information@goodlife.org

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Visit us on the net!

We are currently upgrading the Good Life Center website. Please visit us! goodlife.org
Also, stay current with updates on our Facebook page.

Photos on this page by Chiotsrun

Good Life Center Newsletter Issue # 1 Created by Kim Peralta