



The Good Life Center Newsletter

Spring 2016
Issue #4

OUR MISSION

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

Greetings from the Good Life Center!

After a quiet winter at Forest Farm we are pleased to present our Spring e newsletter. This issue's contributors include Dr. Jane Eagles, whose personal take on global warming gives pause for thought, Jocelyn Langer on former Board member Diane Fitzgerald, and an update by our Chair, Bob Jones, on our efforts to bring the core values of the Nearings to more people via the magic of the internet. We introduce you to our 2016 Resident Stewards Holli Cederholm and Greg Benson, and welcome our newest Board member, Josh Saltmarsh. Here's to a healthy, productive season and sunny days ahead!

Happy Spring from the Good Life Center Team!

Kim Peralta, Editor

WELCOME 2016 RESIDENT STEWARDS HOLLI CEDERHOLM & GREG BENSON!



Outdoor play, dancing and good food brought Holli and Greg together. They look forward to learning from the Good Life Center community and working in rhythm with the land.

Holli Cederholm has been involved in organic agriculture for over a decade – including freelance writing, advocacy work and owning/operating a farm business in midcoast Maine.

Motivated by her interest in our collective agrarian heritage, Holli has taught myriad workshops - from seed saving to wood-fired pizza baking. She has also written extensively about organic agriculture, and last winter acted as interim host for Heritage Radio Network's *The Farm Report*.

Greg Benson was born in New Haven, Connecticut, the son of a nursery school teacher and a restaurant owner. He spent his early twenties in Vermont hitchhiking, climbing trees, double-digging gardens, cooking community meals and immersing himself in experimental self-sufficiency.

Believing in the viability of economies independent of the dominant market system, Greg is intrigued by methods in which food, shelter, and leisure are distributed, procured and enjoyed through planned, earnest communal farming, without the exchange of money.



MASTER GARDENER VOLUNTEERS



The Good Life Center is excited to announce a collaborative effort with the *University of Maine Cooperative Extension Master Gardener Volunteers Program*, whose mission is to educate home gardeners, who, through volunteer experience contribute to the improvement of the greater community. Five master gardeners - *Joyce Anderson, Nicole Barnes, Ardis Cameron,*

Camilla Cochran and *Arlene Witham* - will volunteer their skills in Forest Farm's historic garden, which continues to inspire organic gardeners from around the world.



2016 MONDAY NIGHT SPEAKER SERIES



All talks start at 7pm.

- **June 27** Jim Merkel, 'Radical Simplicity'
- **July 11** Deb Soule, 'Herbal Tonic for Enhancing Immunity'
- **July 18** Sally Clinton, 'Eating with the Seasons: An Ayurvedic Perspective on the Good Life'
- **July 25** Greg Joly, 'The Evolution of Scott Nearing's Ideas on Socialism & Democracy'
- **August 1** Jon Wilson, 'Compassion for Accountability: Restoring the Victim Centered Roots of Restorative Justice'
- **August 8** Rob Shetterly, 'Freedom-What does it mean?'
- **August 15** Bruce Friedrich, 'The Future of Protein'
- **August 22** Dr. Habib Dagher, 'The Deepwater Offshore Wind Opportunity: What's in it for Maine and the World.'
- **August 29** Greg Krech, "The Art of Taking Action: Lessons from Japanese Psychology".

SATURDAY WORKSHOPS AT WOODLAWN MUSEUM IN ELLSWORTH

We are pleased to offer this special series of Master Gardener workshops on Saturdays throughout the summer season.



Saturday, May 14 11:00 AM - Noon

Warren Berkowitz - The Legacy of Helen & Scott Nearing, Icons of the Modern Homesteading Movement
Warren Berkowitz, farm manager of the Good Life Center, will lead a discussion on the importance of the Nearings' legacy and their contribution to the organic gardening movement, as well as their social activism, economic justice work, and vegetarianism. The presentation will include a slide show, some video clips of the Nearings and a review of the mission and educational programming of the Good Life Center.

Saturday, June 4 10:30 AM - 11:30

Tom McIntyre - Square Foot Gardening - Making Every Inch Productive

Want to decrease the time, cost and effort you put into your garden while increasing the yield? It may sound too good to be true, but Tom McIntyre will show you the "magic" in the techniques of square foot gardening. With succession planting, seeds and starts are set throughout the summer to use space wisely and to extend harvesting until frost in the fall. Then, Jan McIntyre will offer tips on growing and using herbs. Learn ways to assure a fine harvest and conserve resources with these Master Gardener Volunteers.

Saturday, June 11 9:00 AM - Noon

Andrew Dewey - Honeybees, Beekeepers, & YOU! Helping Honeybees & Native Pollinators in Your Yard

Join Master Beekeeper and Master Gardener Volunteer Andrew Dewey to learn what honeybees collect, how beekeepers ensure their colonies are well nourished, and what you can do for honeybees and native pollinators in your yard throughout the growing season.

Saturday, August 6 1:30 PM - 3:00

Martina Dittmar - Edible Flowers - A Feast for the Eyes & So Much More

Master Gardener Volunteer Martina Dittmar will share her interest and knowledge of edible flowers grown in the garden and found in the wild. The possibilities are amazing! Come sample dishes made with flowers, learn about their health benefits and help prepare a recipe to eat or take home.

Saturday, October 1 10:00 AM - 11:00

Lesley Straley & Dorcas Corrow - All About Allium: The Allure of Edible Onions

Onions, in all their forms and sometimes called the world's healthiest food, are always in demand. Hancock County Master Gardener Volunteers Lesley Straley and Dorcas Corrow will share their knowledge of growing these tasty root vegetables, including leeks, shallots, garlic and onions.



RACING TO EXTINCTION

- Dr. Jane Eagles

While visiting my 6, 9, and 11 year old grandchildren, I watched a television program called "Racing To Extinction" - a vivid portrait of man's impact on our planet that was riveting in its emphasis on the many ways we hasten the demise of life on earth as we know it.

I was particularly struck by the statistics on animal excretion of methane, which contributes to the build up of greenhouse gases and affects climate change.

A United Nations report, "Livestock's Long Shadow" - <http://www.un.org/apps/news/story.asp?newsID=20772#.VO NluKti5SU> - states that our voracious consumption of animals, especially cattle, contributes to 18% of the total methane emissions worldwide - "...more than cars, planes, and all other forms of transport, with methane emissions being 30 times more potent than carbon dioxide as heat trapping gas...[In addition,] burning fuel to produce fertilizer, grow feed, produce meat and transport it, and to clear vegetation for grazing produces 9% of all emissions of CO₂. Livestock also produces more than 100 other polluting gases, including more than 2/3 of the world's emission of ammonia, one of the main causes of acid rain."

As we focus on reducing carbon emissions it seems we are ignoring this even greater contribution to global warning.

In one dramatic scene cows have plastic bags filled with emissions of methane gas tied to their G.I. tracts. To make matters worse, acres and acres of forests throughout the world are destroyed - the same forests that absorb carbon dioxide gases - to make areas on

which to graze the animals and provide feed until eventual slaughter.

As the forests disappear, so does a crucial way of stalling climate change and our rush to extinction. Presented with this overwhelming problem, I wondered what I, as one individual among millions, could do - just as I imagine the world leaders at the Climate Summit in Paris were trying to do.

While visiting my 14 year old grandson I posed to him the dilemma of our animal driven consumption, suggesting that a change in diet might be "something" each of us could do to slow the race. He replied that no way would such a change be possible now, what with MacDonalds and Burger King, etc., a worldwide phenomenon.

Hearing this, I thought of how fast, in my lifetime and his, our world has changed - from party line telephones to hand held cellphones, from the Internet to worldwide communication - and I considered whether he might be right, or, if each of us could indeed change how we impact our world.

Tonight I went to the local grocery store for my weekly shopping. As I roamed the aisles with my shopping list, I saw many tantalizing animal products and found it hard to come up with alternatives. Whole industries are built around them - jobs employ and feed millions of people because of them.

Was my grandson right? Or can we change how we affect our planet, one person, one choice at a time?

It's an issue with no easy solutions, but if we don't do something we are indeed racing to extinction - not only our own, but that of our children, our grandchildren and their offspring, too.

- Dr. Eagles is a former GLC board member.



DIANE FITZGERALD - SIX YEARS OF SERVICE TO THE GOOD LIFE CENTER BOARD

- Jocelyn Langer



A founding member of the Good Life Center, Diane Fitzgerald has been a vital part of the organization for nearly two decades. In addition to her service as a member

of the group of stewards, Diane recently completed two terms on the GLC board of directors. Her voice and kind, gentle presence have been a part of GLC meetings for many years, yet despite the countless

hours we've spent together in meetings and conference calls, Diane still has stories of the Nearings that haven't been heard before.

Like many of her generation, Diane's connection with the Nearings began in the 1970s. She lived in Connecticut, where she was politically active in the anti-war and civil rights movements, and was inspired by the back-to-the-land lifestyle.

Before moving to Maine's Blue Hill Peninsula, her passion for peace and social justice led her to read the Nearings' books. Although she didn't relocate specifically because of the Nearings, they became part of her life once she settled in the area.

Diane joined the Blue Hill area branch of the *Clamshell Alliance* (a New England-based anti-nuclear group). Through them she met Nancy and Warren Berkowitz, and occasionally crossed paths with the Nearings at meetings in Harborside. She recalls a meeting during which Scott was asked by a young photographer to smile for the camera. He replied, "Young man, you take care of your camera and I'll take care of my face."

After Scott's death in 1983 Diane spent more time at Forest Farm, working in the garden with Helen and Nancy. Although influenced by the Nearings' writings on homesteading, vegetarianism and politics, Diane was most impressed by Helen's views on aging. A shopping trip during which Diane and Nancy lagged behind illustrates Helen's youthfulness and sense of humor: turning to the younger women, she cried, "Come on girls, let's get going!"

Inevitably, Diane's story of the Nearings turns to Helen's death. On the night of the accident she rushed to the hospital, where, after calling family and loved ones, she and a friend, sitting quietly, sent energy to Helen. Many more friends gathered to bring Helen home. After driving through the rain and the fog back to Harborside, Diane remembers the group of friends laughing and crying, and the beauty of the ritual of washing Helen's body together.

In the twenty years since Helen's death, Diane has devotedly carried on the Nearings' work through her involvement with the Good Life Center. While not always in agreement with the group's decisions, she acknowledges that members are doing the best they can, echoing the organization's motto and Nearing quote, "Do the best that you can in the place where you are and be kind".

Through the years Diane Fitzgerald has witnessed the Nearings' continuing influence on people, including herself, to step back and gain a fresh perspective on life. Their work lives on with all of us who gather to continue the Nearing legacy.

- Jocelyn Langer is a former Board member who has given many years of service to the GLC.

HARNESSING THE INTERNET TO BRING THE NEARING CORE VALUES INTO TODAY

- Bob Jones, Chair



We are excited to announce our plans for bringing the Nearing core values into today. The goal is very simple – to be of more value and greater relevance to our members, community and society. Here are the steps we are taking:

The GLC Website: Our website is being revamped to offer a fresh new appearance with videos and a larger gallery of photos.

YouTube: The Good Life Center YouTube channel will offer "how to" videos on growing food and gardening as well as topics related to social and economic justice, living sustainably and the non-exploitation of animals. Videos of our Monday Night Speaker Series will also be available.

Preserving & Recording Scott's Lectures: We are in the process of digitizing some of Scott's lectures from our deteriorating VHS tapes, and will offer them on the website and YouTube. We are also making professional voice recordings of some of these lectures which only exist in writing.

Social Media: The GLC has an active Facebook page where we post videos and articles on environmental issues, living sustainably, growing/eating healthy food and, in keeping with Scott Nearing's approach to life (see *The Making of a Radical* by S. Nearing), current progressive topics.



Paid Position for Videographer!

The GLC is offering a paid position to film this summer's Monday Night Speaker Series presentations. If you are interested please get in touch! Bob Jones 207. 326. 8641 bobjonesinnz@yahoo.com

MEET JOSH SALTMARSH, OUR NEWEST BOARD MEMBER



Josh Saltmarsh studied finance and after college worked in New York and Boston. "Narrowly escaping the grasp of corporate America", he now owns a small

business and lives in an off-grid tiny house in rural Mercer, Maine. Josh first visited Forest Farm in 1996 with his father, John Saltmarsh, who at the time was writing a biography of Scott Nearing. Years later, in 2015, Josh reconnected with the GLC as part of his quest to build a sustainable and self-sufficient lifestyle. Josh's primary interests include Permaculture studies, surfing and yoga. Welcome Josh!



SPRING 2016 GLC WISH LIST

- 6' step ladder
- apple ladder
- digital video camera
- digital projector



Projects that urgently need funding:

- *A new roof for the barn* - The barn houses the Resident Stewards' living quarters, Scott's workshop and the Nearings' tools. The roof, built in 1974, urgently needs replacing. - *Estimated cost: \$5 - 10,000.*
- *4 basement windows* - *Estimated cost: \$500*



GO PAPERLESS!

Tell us if you would prefer to be contacted only by email. Send a quick email to Mary Hildebrand: hildebrandsm@yahoo.com



DONATE

Friends,

The GLC cannot do it's work without your support. *Please consider making a tax-deductible donation to the GLC!* <http://goodlife.org/donate>

Visit our website goodlife.org and check out our Facebook page.



2016 GLC BOARD MEMBERS

Warren Berkowitz, Farm Manager
Doris Groves
Bob Jones, Chair
Kim Peralta, Secretary
Josh Saltmarsh, Webmaster
Charles Stephens, Treasurer
David Zachow

Thank you from the GLC Team!

