



# THE GOOD LIFE CENTER NEWSLETTER

Spring 2015  
Issue #2

## 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 from the Good Life Center!

We hope you enjoy reading the second issue of our e newsletter. Featured articles include a tribute to the late Bill Coperthwaite by John Saltmarsh, a review by Jennifer Adams of the 1915 University of Pennsylvania firing of Scott Nearing, and Clark Pomerleau's re-cap of the 2014 sixtieth anniversary of "Living the Good Life". Please make a special note of the upcoming musical performance by Masanobu Ikemiya, on Sunday, August 23rd, at 3 pm at the Unitarian Universalist Church of Ellsworth to benefit the programs of the Good Life Center. Mr. Ikemiya will present his popular program "Classics to Ragtime" a piano recital with commentaries. Please get in touch if you would like to write an article or share a photo for the next issue. We welcome your feedback! Happy Spring!

Greg Joly & Bob Jones, Co-Chairs

## OPENING DAY JUNE 18, 2015

*The Good Life Center is open Thursdays through Mondays from 1 to 5 pm. For tours, individual appointments and group visits call 207. 374. 5386. Volunteers of all ages are welcome for garden, homestead maintenance and library tasks. Come visit us!*



## SUNDAY, JULY 26 IS OPEN FARM DAY ! 10AM – 5PM at Forest Farm



*Workshops ~ Special Events~ Tours of the Historic Gardens and Stone Buildings ~ Yummy Refreshments!*

*A Maine Department of Agriculture Program.*

## THE 2015 MONDAY NIGHT SPEAKER SERIES

**Monday, July 6 7pm.** *"Creating a More Just, Peaceful, Sustainable World"* - **Zoe Weil**, author, educator, stand-up comedienne and president/co-founder of the Institute for Humane Education in Surry, Maine, shares a hopeful, viable and exciting vision of the future.

**Monday, July 13, 7pm.** *"The Importance of Saving Seeds"* - **Neil Lash**, Director of the Heirloom Seed Project at Medomak Valley High School in Waldoboro, Maine, discusses his seed saving program and the importance of saving seeds. Seeds from this project are in many of the nation's historic gardens.

**Monday, July 20, 7pm.** *"Health Risks of GMOs."* - **Bob Jones**, Good Life Center Board Co-chair, reviews the health risks of GMOs in our food and what we can do about it.

**Monday, July 27, 7pm.** *"The Helen Nearing Ethic of Community Service"* - **Dr. Clark Pomerleau, Ph.D.**, professor at University of North Texas, discusses Helen Nearing's community service ethic and the graceful welcome she gave to the many visitors to Forest Farm each year.

**Monday, August 3 7pm.** *"The Scott Nearing Trial for Sedition and Present Day Suppression of Food Safety Information"* - **Dr. Jennifer Adams, Ph.D.**, professor at Depauw University, discusses the Scott Nearing trial for sedition and compares it to present day government practices of suppressing information on food safety and punishing whistle blowers who are outspoken against government and corporate practices.



### SPECIAL WORKSHOP WITH STEPHANIE TOURLES

### "RAW ENERGY IN A GLASS" SATURDAY, JULY 18<sup>TH</sup> 10AM

*Stephanie Tourles is an author, herbalist and licensed esthetician. In this special workshop Stephanie will give a hands-on presentation of the benefits of a raw foods diet. Participants will get to sample many of Stephanie's delicious recipes!!*



**Monday, August 10 7pm.** *"Child Labor Laws and Scott's Advocacy for Child Labor Legislation"* - **Greg Joly**, author, homesteader and GLC Co-chair discusses the evolution of child labor laws in the US and Scott Nearing's historic and heroic advocacy for child labor legislation.

**Monday, August 17 7pm.** *"Moon Shadow of War"* - **Len Yannielli**, activist, educator and author reads from his recent memoir detailing his antiwar efforts during the 60's and 70's and the relevancy today of the Vietnam War.

**Monday, August 24 7pm.** *"Why We Homestead."* - **Anneli Carter Sundqvist**, author, homesteader and co-owner of the Deer Isle Hostel discusses the significance of homesteading.

**Monday, August 31 7pm - Resident Stewards Reflections** - Claire Briguglio and Sam Adels review their residency experience and what it has meant to them.



## REMEMBERING BILL COPERTHWAITE



- John Saltmarsh, Scott Nearing Biographer

The Good Life Center is what it is today partly due to the influence of Bill Coperthwaite. Bill saw homesteading as a joyous adventure of expedition and discovery and wanted the Good Life Center to be that way, too.

Bill was there from the start. I got to know him at the first retreat at Forest Farm, cutting wood, sawing away at ideas. An original member of the group of stewards, he participated in the long (too long) discussions and guided us in the art of spoon carving, a staple of those early meetings. We carved as we talked, passing my bandana around to wrap the fingers sliced by knife blades. This is where the meaningful work of the Good Life Center got done: in the conversations that took place while we worked.

*..Meetings provided an opportunity to reconnect with him..*

Bill made it to many more of the Good Life Center meetings than I did.



Dedicated to its success and to the people who gathered there, he attended retreats, gave talks at the Monday Night Meetings and ran workshops.

Meetings provided an opportunity to reconnect with him and find out what he was thinking about, working on or reading. He and I would often rendezvous in the kitchen during the wee hours of the morning before anyone was awake. We would concoct a breakfast of leftover apple crisp and coffee ice cream and talk while we ate. At sunrise we would saunter over to the old Nearing homestead for some reconnaissance of the garden, pond and sauna. On more than one occasion Bill would remark favorably about a shirt or vest I was wearing and I would make sure to leave it in his car before I drove off. I smile at the photos of him wearing it: he was the kind of person to whom I would give the shirt off my back.

### *..avoiding the disease of hardening of the categories..*

The “Good Life” the Nearings left behind was one of raising questions. Bill wanted to know how we could live non-violently, educate differently, be makers instead of consumers, test our mettle and find our way in the world without falling in behind others and losing sight of the path ahead. He raised questions, challenged dogma, encouraged us to be bold, principled, to experiment, learn and grow. Bill enjoyed longstanding good health partly because he avoided the disease of hardening of the categories!

### *I wondered what had become of me, a man in his late thirties, loving every minute of making mischief..*



On my first visit to Bill's homestead he organized a flotilla of canoes to cross the pond to the

blueberry fields of the “Indian lands,” where we split up into groups to collect blueberries for that evening's dessert. Perhaps because he sensed I was too serious, too analytical, he decided that our group should sneak down to the shore and hide the canoes so as to confound the others when they came back.

Running though the underbrush with delight as we giddily followed, I wondered what had become of me, a man in his late thirties, loving every minute of making mischief with this joyful man in his sixties.

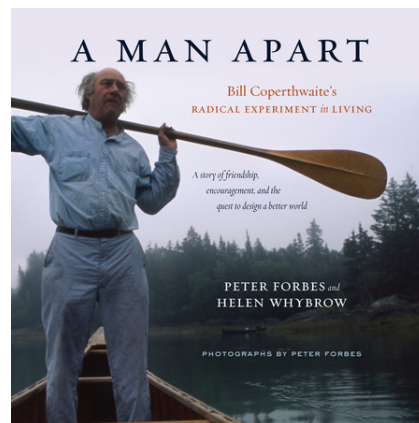
When we visited Bill at Dickinson's Reach as a family, he took our sons off on an adventure across Mill Pond where they “discovered” the skull of a moose that had been trapped in a bog. (Bill knew exactly where to



paddle so that the discovery could be made). That moose skull made it to many classroom show-and-tells. It remains in our basement today, and in our children's memories of how he encouraged them to explore.

Bill's homestead made me profoundly aware of my surroundings and routines. Many others had a similar experience; all of us were changed by it. Learning to let go of the things in life that didn't matter and gaining a deeper understanding of what did was transformative; I always left feeling more alive, a different person with a new life.

During Bill's final summer, my wife Jill and I spent a couple of days with him. He was struggling with cancer but not prone to despair. Instead, he let go and did what mattered: we laid the floor for a new yurt.



Last summer Jill and I spent a few days building a water yurt in Bill's memory at the Vermont home of Peter Forbes and Helen Whybrow, co-authors of *A Man Apart: Bill Coperthwaite's Radical Experiment in Living*. It is a beautiful meditation yurt, erected on the

foundation of an old pump house. A circle was cut from the floor; water flows magically through the foundation.

Peter and Helen poured their love and tears into their remarkable book: a compelling tribute and probing exploration of what it means to live a good life. The chapters alternate between the two writers, weaving the biography with a thickly layered story of building a yurt under his mentorship.

Bill kept a list of the fifteen books he would save if the world were burning up. This book would be on my list. It recalls my experience at Dickinson's Reach, the joy Bill brought to his experiment in living, and his enduring legacy.

For more information about Peter Forbes and Helen Whybrow's book *A Man Apart: Bill Coperthwaite's Radical Experiment in Living*, go to <http://www.billcoperthwaite.net>. John Saltmarsh is the author of *Scott Nearing: The Making of a Homesteader* (1991), and wrote the introduction to Bill's book *A Handmade Life: In Search of Simplicity* (2002).

## SCOTT NEARING: 100 YEARS OF ACADEMIC FREEDOM



- Jennifer Adams,  
Ph.D., DePauw  
University

1914 found Scott Nearing enjoying a successful career as Professor of Economics at Wharton, the prestigious business school of the University of Pennsylvania. Known for his dynamic lectures and socialist perspective on economics, he held

the trusted position of teaching the large introductory course to the newest students each year.

Well published in his field, he completed a doctorate in economics and subsequently produced six academic books and numerous articles. Professor Nearing was an inspiring, thought provoking instructor and an accomplished researcher yet his achievements could not prevent him from being fired without cause during the summer recess of 1915.

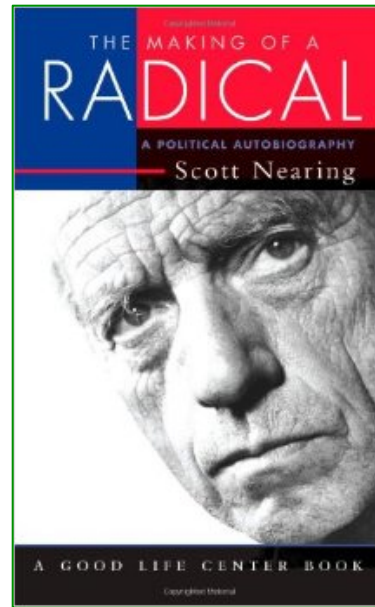
### *Challenging the economic rationale for child labor..*

No reason was formally given to Nearing for his dismissal but an investigation by the newly formed American Association of University Professors discovered that a politically motivated conspiracy between individual alumni and members of the Board of Trustees lay behind it.

Nearing's public persona, socialist position and published research challenging the economic rationale for child labor were offensive to the Board's moneyed decision makers, ultimately causing them to target him, a fact they acknowledged in an official statement several months later.

Scott Nearing was not one to shy away from a fight for justice and battled to retain his job. He launched a public relations campaign and mailed 1500 letters to journalists and others who could publicize his case, including the *New York Times* and several Philadelphia newspapers that covered each new development. Faculty and students at UPenn and many other universities publically supported him; academic institutions across the country soon established protection of tenure for proven faculty and the right of academic freedom.

Years later Nearing recorded his reaction to his termination in his autobiography



*\*The Making of A Radical:*

*"In a word, I was fired without previous notice, without charges, without a hearing, without recourse, from a job that I had held for nine years ... the University authorities had waited until after Commencement when faculty and students had scattered for vacation, waited until there was little or no chance of finding another job for the ensuing year and then sent me a curt note dispensing with my services. There was no*

*reason given for my dismissal, no word of regret, not a syllable of common courtesy. This conduct on the part of the Pennsylvania University authorities was outrageous to an academician and mean and spiteful to a member of an organized group. It was a breach of decency and good manners, to say the least ..."*

### *The beginning of a robust scholarly life with Helen..*



Scott Nearing was never reinstated to his beloved job. His academic career was irreparably damaged when he was federally charged with sedition for his outspoken opposition of

World War I. Nevertheless, he did not abandon his role as educator; the end of his academic career marked the beginning of a robust scholarly life with Helen.

The Nearings never tired of writing, giving speeches and welcoming untold numbers of seekers eager to learn whatever was taught, a tradition that continues at the Good Life Center today.

*\* Scott Nearing - The Making of a Radical: A Political Autobiography (Chelsea Green Publishing 2000), 84.*



## 2014 - THE 60<sup>TH</sup> ANNIVERSARY OF "LIVING THE GOOD LIFE" - Clark A. Pomerleau, Ph.D, University of North Texas

Last summer the Good Life Center at Forest Farm celebrated the sixtieth anniversary of the publication of Helen and Scott Nearing's seminal book *Living the Good Life*. Friends and visitors were drawn to the speakers and hands-on instruction featured in the Monday night Speaker Series and Open Farm Day events.

### *The 2014 Monday Night Speaker Series*

On July 21 Greg Joly presented a slide show of historic photographs of the Nearings' Vermont and Maine stone buildings, demonstrating how the Nearings used spruce tongue-and-groove forms to construct them.

The following week Jennifer Adams gave a talk entitled "*Scott Nearing and the University of Pennsylvania - Tenure and Academic Freedom, Then and Now.*"

### *2014 Open Farm Day*

The Good Life Center's participation in Maine's Open Farm Day was a high point of the season as friends gathered to celebrate with talks in the living room, and, undaunted by overcast skies, outdoor events.



Resident Steward Ivy Ricci led a morning yoga class on the lawn overlooking the water and read from *Living the Good Life*.

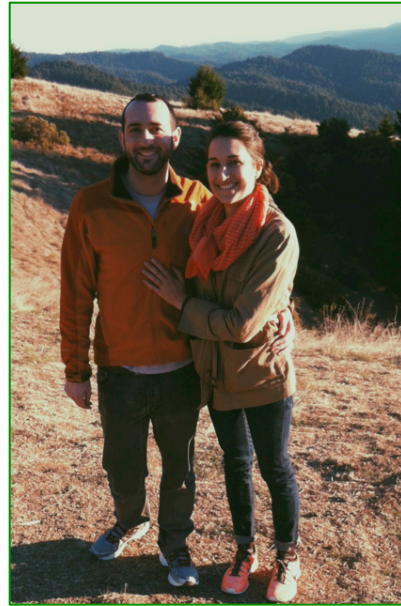
Greg Joly gave a talk that took its title *The Great Madness* from Scott Nearing's pamphlet protesting U.S. involvement in World War I.

At mid-day

Jennifer Adams discussed the idea of homesteading as a political solution in her talk "*Homesteading as a Form of Rhetoric - How does a place become an art of persuasion?*"

Bob Jones and Resident Steward Joel Ricci demonstrated tool sharpening techniques in Scott's tool shed, Warren Berkowitz and Greg Joly shared reflections on their relationships with the Nearings, and Richard Garrett, photographer, was much appreciated for a captivating slide show and display of his collection of framed Nearing photographs.

## WELCOME 2015 RESIDENT STEWARDS CLAIRE BRIGUGLIO AND SAM ADELS!



Sam and Claire have been best friends for nine years. They were married last summer in New York's Hudson Valley and can often be found biking to new places, cooking with herbs from their garden, experimenting with fermentation and connecting with people at picnics in the park. They are excited to begin this new phase of life with open minds, a passion for simple living and their gregarious cat, Sabu.

**Claire Briguglio**, from Bangor, Maine, was raised in the Berkshire Mountains in Western Massachusetts where she spent her summers seeding, weeding, harvesting and learning to garden on a family friend's farm. She studied art and the environment at Macalester College in Minnesota (where she met Sam), and worked at the Horticultural Society of New York before coming on board as a Resident Steward at GLC.

A visual artist, Claire interprets nature through printmaking and photography. She is committed to education that incorporates nature with healthy physical, mental and environmental practices – whether via food, farming, art or leisure – to create a more sustainable world.

**Sam Adels** was born and raised in Philadelphia. His love of nature was instilled by an environmentalist father and frequent camping trips - his earliest memory is of a family road trip and tour of the national parks at age four. Sam studied history and the environment at Macalester College and has a masters degree in environmental education from New York University. Committed to social and environmental justice, he devotes his professional life to the practical aspects of environmental education. Working for the National Park Service and various nonprofits, Sam offers hands-on activities and inquiry-based field trips that connect youth with the natural world, sharing his passion with the planet's future generations of eco-literate stewards.



## MEET CAROLYN WAITE - GLC'S NEW ADMINISTRATIVE COORDINATOR



*Carolyn Waite* grew up in California. She came to Isle au Haut, Maine from Montana in the 1970's and later moved to Sedgwick, Maine with her

husband, Parker, and two children. She recently worked as personal assistant to a mathematician and an author – her responsibilities included the task of cataloging a large personal library, many of the books in Russian.



## OUR NEWEST VOLUNTEER



*Kim Peralta* became a steward in 2014 after attending a meeting of the GLC. She was attracted to the Good Life Center by the Nearings' vegan vision: "*.. we have*

*largely ceased to use dairy products and have allied ourselves with the vegans, who use and eat no animal products.. This is all in line with our philosophy of the least harm to the least number and the greatest good to the greatest number of life forms.*" A senior student of B.K.S. Iyengar since 1989, she returns to India each year for further training at the Iyengar Institute. Kim lives on a ten acre farm where she embraces a vegan lifestyle and continues to teach at the Iyengar Yoga Center in Brooksville.



## MUSICAL PERFORMANCE !

*"Classics to Ragtime" - A Piano Recital  
with Commentaries by*

**MASANOBU IKEMIYA**



**Sunday, August 23<sup>rd</sup> 3 pm**

**Unitarian Universalist Church**

121 Bucksport Road, Ellsworth, ME 04605  
*Proceeds to benefit the programs of the Good Life Center.*

Award winning pianist, artistic director and peace activist, Masanobu Ikemiya has given solo recitals at New York's Lincoln Center, the Smithsonian Institution and many other venues.

Mr. Ikemiya was born in 1946 in China to a Japanese Christian missionary family. He grew up in Kyoto and Kansas and was educated at Oberlin College (1970, B.M.) and Indiana University (1972, M.M.) He has been the recipient of numerous honors and awards, including The Philharmonic Society of Krugan, Russia, and the Maine State Senate and House of Representatives for his "contribution to the cultural life of the State."

Masanobu and his wife Tomoko were very close to Helen Nearing and follow in the Nearings' footsteps at their home in Mt. Desert Island, Maine. This recital is a tribute to the memory of the Nearings. Don't miss it!





THANK YOU, JOSH SALTMARSH!!

*Much love and appreciation for volunteering your time and skill to update the GLC website.*



### VOLUNTEER WEBMASTER SOUGHT

*The GLC is seeking a person with internet skills to maintain and update our website. Knowledge of Wordpress required. If you would be interested in volunteering for this position please get in touch. [information@goodlife.org](mailto:information@goodlife.org)*



### SUMMER YOGA CLASSES AT GLC

*Introductory Iyengar Yoga classes with Certified Iyengar Yoga teacher Kim Peralta - Fridays from 8:30 - 9:30am, July and August. Iyengar Yoga emphasizes precision of alignment and attention to detail. No experience necessary. Suggested donation \$10 - proceeds to benefit the GLC. To learn more about the Iyengar method of yoga visit <http://iyengaryogamaine.com>*



### THE 2015 GLC WISH LIST

- Two kayaks for residents and guests (as a donation or at a discounted price)
- Flat screen TV
- Garden tools

*Please consider making a tax-deductible donation to the GLC! <http://goodlife.org/donate>*

*Visit our website [goodlife.org](http://goodlife.org) and check out our Facebook page.*

*Thank you!*

