

# free spirit press

Vol.1  
No.4

115 cents



people get ready the bands are coming  
Paolo Soleri - architect for the year 2000  
first person Viet-Nam combat experience

1972

the most successful commune in the united states



# FREE SPIRIT PRESS



Vol.1 No. 4



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Free Spirit Press magazine is one year old. It was started by two people with absolutely no experience in the magazine field, on two-hundred and fifty dollars earned by selling advertising and subscriptions (paid in advance).

F.S.P. is the largest magazine of its background ever marketed; it is sold throughout the United States and in parts of Europe. When the final copy of this issue is sold, it will have been read by 180,000 people; the total readership for all four issues will be approximately 325,000.

Why this phenomenal growth?

Because we, as individuals, are part of a phenomenal expansion, a highly motivated expansion, sparked by having tasted a perspective that mankind has craved for centuries. A part of this is the fulfillment of a time-less dream of life free from want, disease and all forms of negativity. In some ways that dream is coming true with the opening of a "new frontier." Out of that frontier is bubbling an inexhaustible flow of positive creativity that has already begun to affect our trades, colleges, the systems that maintain our country, our wars, our architecture, our music, fiction, and even in our communes (page 33). The Free Spirit Press is designed to get the specifics of that perspective down in print, as they affect the everyday expansion of our world. It is a geometric expansion as obvious and as exciting as the growth of this magazine and the living of the lives of the people who create, contribute, and communicate through it.

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*James M. Baker*

James M. Baker, editor



Photo by Peter Samu.



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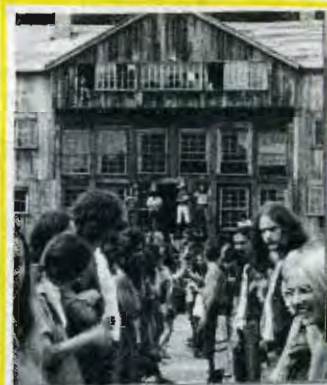
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# BROTHERHOOD of the SPIRIT

the most successful commune in the u.s.a.



In 1967, a sixteen-year old boy quit school and hitchhiked to California to become a Hell's Angel. He changed his mind about the Angels soon after getting to the coast. Finished with California a year later, he returned to Massachusetts. A few friends joined in and they started a community of eight. The only rules: no drugs, no alcohol and no promiscuity...After neighbors burned down the tree house (a few weeks later), they built a cabin. A couple of months passed and there were eighty people living in the 20 foot by 40 foot structure. That necessitated another move, this time to a farm. Some people worked jobs, some for money, some for free. One winter, all winter, the only food was squash and corn; but the whole idea kept on growing.

In 1970, the community, now known as

the Brotherhood of the Spirit, bought an inn and 25 wooded acres of land in Warwick, Massachusetts. We now have 300 members, own four separate homesteads (about 75 acres and five houses in four towns). We've purchased a block of buildings in one of these towns. We're beginning to make it financially, we've been making it in other areas for a long time. Our greatest success is a way of life and as part of that life an environment where people can be themselves. We are a school, where learning what "being themselves" means is taught and experienced.

The first students were people who wanted more than anything else to understand and experience something beyond the obvious day-having or trying to have a good time (8 hours, or more if they could do that at work),



# Colombo<sup>TM</sup>

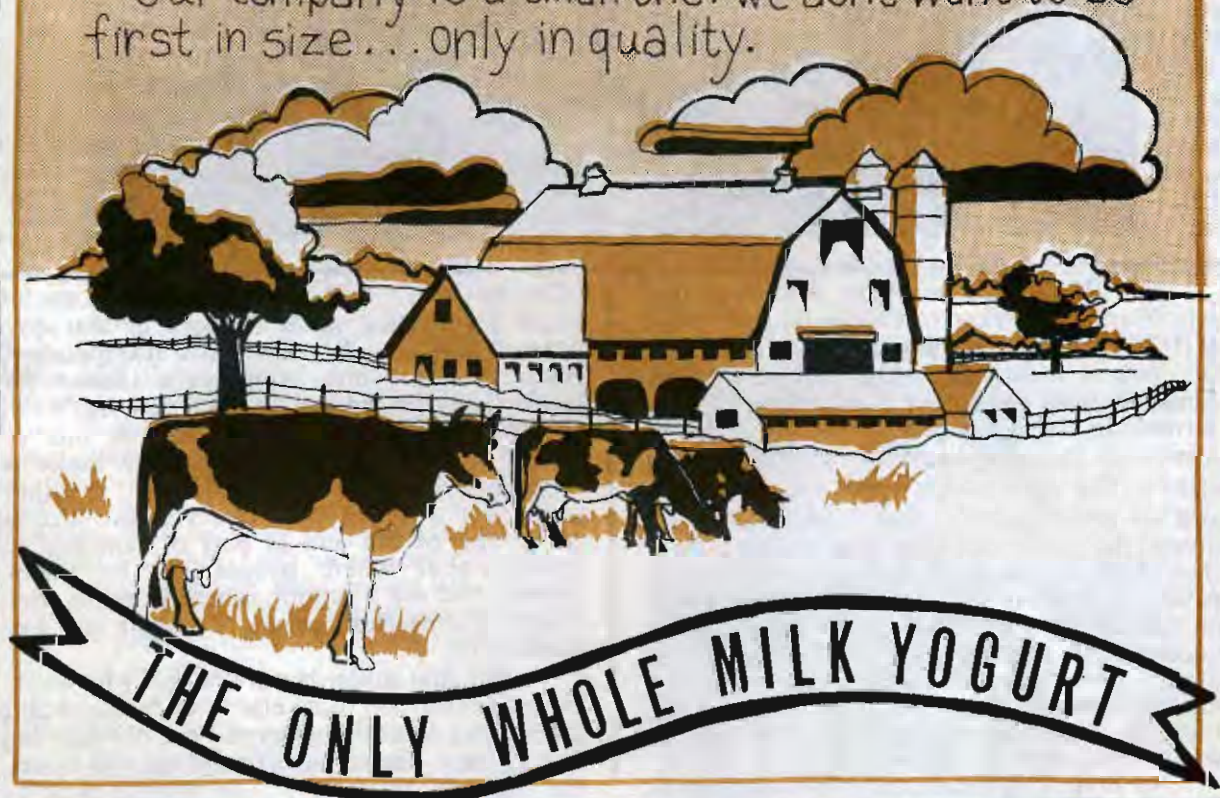
## Our Colombo family's yogurt:

We began making and selling yogurt in Andover, Massachusetts, over 40 years ago. Ours was the first yogurt dairy in America.

Today we still use only fresh 100% whole milk, collected daily from 19 nearby New Hampshire farms.

When you compare the natural delicate flavor, and custardy-smooth consistency of our yogurt, you'll know why we insist that real yogurt can only be made from farm-fresh whole milk.

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sleeping the remaining eight and on Sundays resting up from it all. Beyond this, they wanted to understand themselves. They felt depths within their gut that weren't satisfied in their regular seven days a week living. Dimensions that went deeper than what they were satisfying - getting laid, drunk or stoned on drugs.

Big deal, we all feel those depths. True, we all feel them, but we don't all feel that filling them is the first priority in life. The majority of the people in this country generally don't feel this way and they're absorbed in a style of life that makes it awful hard on those that do. It makes some people appear to be better than others and it makes those others appear to be losers and they are, but not because there is anything wrong with them. They are losers because there is only one game and they'd rather not play it. They'd rather not play games at all.

But where do you start? You could start with a tree house. When Mike started his, he had already found out a great deal of what the people who came later wanted to to know and that's why they came.

It's been 4½ years since the tree house and during all that time we've been focalized primarily on understanding ourselves and each other and how to inject that understanding into all aspects of our lives, from the infinite experience of love of one another, to cooking dinner, washing dishes, building a building, running a business or any other material job that has to be done. Whether those things are fun or an all out drag, we're learning to stay high and creative (not just productive), even when we're working.

One of the greatest lessons we've learned is that people are more than just bodies and personalities. They are mind. "Under" all that flesh are spiritual beings with spiritual minds, whether they know it or not. There is a physical energy and there is also a spiritual energy. To experience that energy is to experience not "just" living but the very flow of life itself. This can be experienced between any individuals in any circumstance. It is this experience that fills to overflowing those previously mentioned places, sensitivities or whatever you want to call them.

To live consistently in this force, (God, Spirit, whatever) is to attain the consciousness that Christ came into this world with 2,000 years ago. It is a consciousness of creative energy that can be experienced through the physical, but is not limited by the physical.

Living in this force doesn't mean you won't experience pain, or fear or emotion, or that you won't have to earn a living. It means that you can experience and do these things from an understanding, an attunement with life itself, beyond the naturally limited physical, emotional and intellectual senses. It means that you've attained an understand-

ing of love beyond the love of things, a love that is neither enhanced by the presence of things nor diluted by their absence or loss. It is a love that endures beyond all frustration, all problems, all anger.

This consciousness is not limited by time or space nor is it limited by one physical lifetime. We've lived and we've died and we've unfolded a more and more encompassing awareness or understanding of life than you could possibly gain in one single lifetime. Whether you are conscious of that understanding or not, it exists. You have existed for thousands of years as a spiritual being of mind (not brain - that is a physical organ dependent on a physical body). You have existed in other bodies and each time you have developed the personality of your conditioning and the intellect you were born with and unconsciously (in most cases) you have developed your spirit. You have died intellectually but spiritually you have been recycled.

Why don't you experience the memory of this? You would if you lived a life that channeled your growth in that direction. But it has to be a life of greater depth than the main preoccupation or business of the majority of the people around you. If you are not trying to realize that part of yourself it's very unlikely that you will (although "accidents" happen). You have no real need to become aware of a greater consciousness, a consciousness that encompasses past lives, because you aren't even using fully what you've experienced this lifetime. True, you could be a more successful businessman - make more money, if you could draw on the experience of past lives just as you could be a more productive artist by learning to paint with your toes as well as your hands and turn out twice the work as you could otherwise. But, would that improve the quality of your work? Spirit is the quality of life not the quantity. There is no measurement of quantity in spirit. Looking back, there is no measurement of quality either, but there is that which makes it (which fills you to overflowing), and that which doesn't. It's up to every person to decide for themselves what they are going to settle for. For those that want the experiences we've had, they can have them as part of our school.

But how does this understanding relate to the lives of those already members of the Brotherhood? How does it affect the ways we run our community, take care of our kids, earn a living, raise our food, and do everything else that somebody has to do in every community in every country throughout the world?

## LEADERSHIP

### Christopher Garland

The way the Brotherhood is set up is as a living environment. The living environment is



essential to the spiritual lessons that need to be learned by those who come into the community. There is no restriction or schedule over the way a person may live within the community other than that of necessity. Anyone can do pretty much anything he wants to as long as it doesn't involve smoking, drinking, drugs, or sexual promiscuity. There is also the requirement of necessity in that, for example, if the garden needs to be done, people are going to have to do it.

The only leadership exercised in the community is by those who take on the responsibility to do something. In other words, if a certain person sees that something needs to be taken care of, he takes it upon himself to see that it is done. He organizes the project and carries it out.

Why this? Because people in the community are interested primarily in seeing that the community runs smoothly. There is no difference in the status of a job. It is only the decision of people of a society that makes one job have more status than another.

All the different parts of the community are strung together by people in the community being together and communicating. Constant communication is absolutely necessary. Without it, everything would fall apart. And the communication has to be complete. All feelings, any grievances, must be aired and resolved. Otherwise, they build up and there is lack of coordination because there is too much static. Person to person real communication....

## BUSINESS

### Steve Wolfson

As the Brotherhood of the Spirit solidified and expanded, there was an outgrowth into the business world.

The first venture was a pool hall. And the new proprietors found out that there was a lot more to running a store than opening the doors. There were lot's of practical matters to be dealt with: banks, landlords, accounts and records, advertising, decorating and most important, managing. It takes a



lot of energy to keep a place alive so kids keep coming to it.

We learned a great deal from this effort, and it was soon followed by others. Many times the people who had businesses or were thinking of starting one would get together to see what they could do to help each other out. Ideas and resources were shared; i.e., building matters, finances, supplies and manpower.

The Rebirth Dance Studio centered itself in Brattleboro, Vermont. An antique clothing and jewelry store, Creation, set up in Amherst, Massachusetts. Rough Edge Leather Crafts and Lumiere Photo Studio shared a building in Turners Falls and a homemade ice cream shop was opened in Greenfield.

Some of our businesses grew out of needs of our community itself; i.e., Krishna Electric



was started by the men who wired our lights and installed our heat. They learned how to work with refrigeration equipment and built a number of walk-in freezers for us and area businesses. They became Cold-Zap Refrigeration and worked out of the basement of a second hand store in Greenfield repairing appliances, refrigerators, stoves, etc. They are again in the process of expanding and moving to a new location. A bakery developed out of our desire for good, fresh bread. Finding and financing the equipment was a major effort, but well worth it.

All of these businesses started with hardly any money at all and in all of them, success or failure has been based mainly on how well those involved learned to work together. It's a constant challenge to create an enterprise of business that's really satisfying for you and those you serve.

## FINANCE

### John Pollard

All of the money that comes into the community is turned over to two individuals. They are responsible for all financial decisions.

A certain amount is given to each house for food, cleaning supplies, gas, and laundry, and any left over goes on projects vital to the entire community. Handled in this way, money goes a long way, for it's always going for a use which helps all of us, all of the time.

Property is held through an unincorporated legal association. This arrangement allows us to act as a body in whole for all commercial and legal matters. The affairs of the community are naturally run along these lines, and so the formal structure of an association presents no imposed limitations.

Members of the board of directors make policy decisions; they grew to their positions as a natural consequence of the responsibility they held before any legal framework was formed. The association presents another vehicle through which we can relate to society, and vice versa.

## PHYSICAL EXPANSION

### Doug (Bear) Edson

The summer of 1970 marked the beginning of our large construction. There were 80 of us living in a house with facilities for twenty seven people. We needed to adjust this for our own needs and also because we were served an eviction notice by the local board of selectmen, who are also the board of health.

Here began our legal hassles, involving permits, meetings, permits for permits, con-







demned buildings, soil tests, inspections, new zoning laws, hearings and a court case.

We began in the simplest way we could. We got a stay of eviction and began constructing the bathrooms, showers and kitchen facilities plus a sewage disposal system to hook them into.

By fall our population had increased to 140, so in three months we built a 100' by 30' three-story dormitory. It housed 100 people and was heated by a large wood furnace. We installed our own plumbing and electricity (with licensed supervision).

It was also in October that we obtained a house in Northfield (legal space for 77 people). Other than a new septic system, only minor repairs were needed. Our main work was in Warwick on a new addition to the house. This included rebuilding a four story chimney and six fireplaces. We were still putting the finishing touches on the dormitory.

In January we drilled a 275 foot deep artesian well and built a four car garage with a two car underground pit and an upstairs storage attic.

In August, 1971 we bought our third place, a small farm west of Northfield. It also needed a septic system and repairs on the barn to house the animals. At this time we built an addition onto the Northfield house and built a 10 x 20 garbage shed in Warwick.

Two months later we purchased a house in Turners Falls which was already in good condition. That fall and winter we took on salvaging jobs, where we tore down a hospital and a hotel for their contents (furnace, radiators, doors, toilets, sinks, pipes, wood) all of which we put to good use. We keep repairing and redecorating our houses to suit our needs.

In the summer of 1972 we finally came to an agreement with the town of Warwick. Our twenty-seven person septic system was approved and we were permitted (ordered) to build seven more like it to cover our needs.

We couldn't start until September because the selectmen requested more soil tests. Despite the numerous special meetings and several plan changes, we began collecting the \$22,000 worth of materials we needed for the job.

The D. Bear Construction Company was formed by five members of the Brotherhood to do the job and others. Eight leach fields had to be dug, each requiring twelve 75 foot long by 3 foot wide trenches. Constructing these leach fields requires over 1,500 tons of crushed rock and 9,000 feet of four inch bituminous fiber pipe being put into an excavated area of one and a quarter acres. A prefabricated septic tank weighing 46 tons with a liquid capacity of 14,000 gallons is being installed on site by crane. This is one of the largest sewage projects under construction in Western Massachusetts. Completion of this system is the final requirement to making



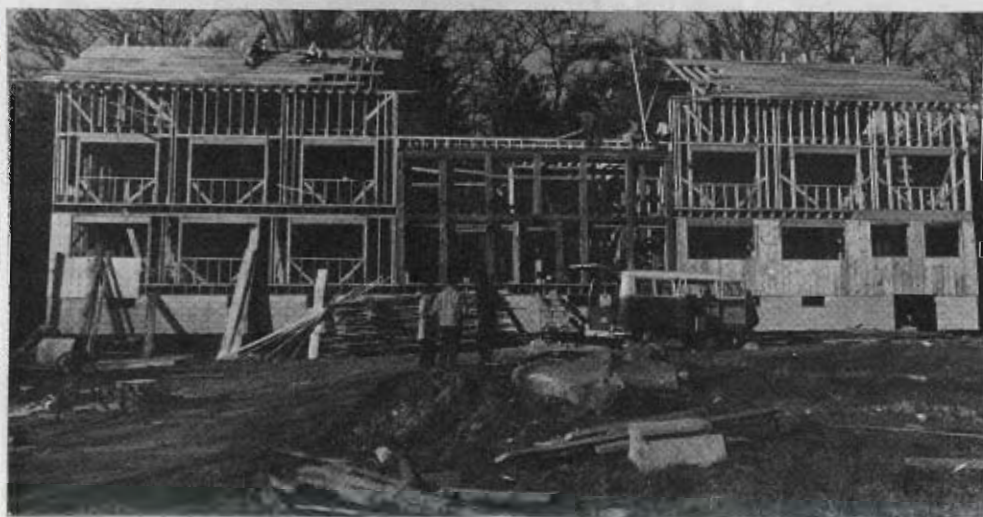
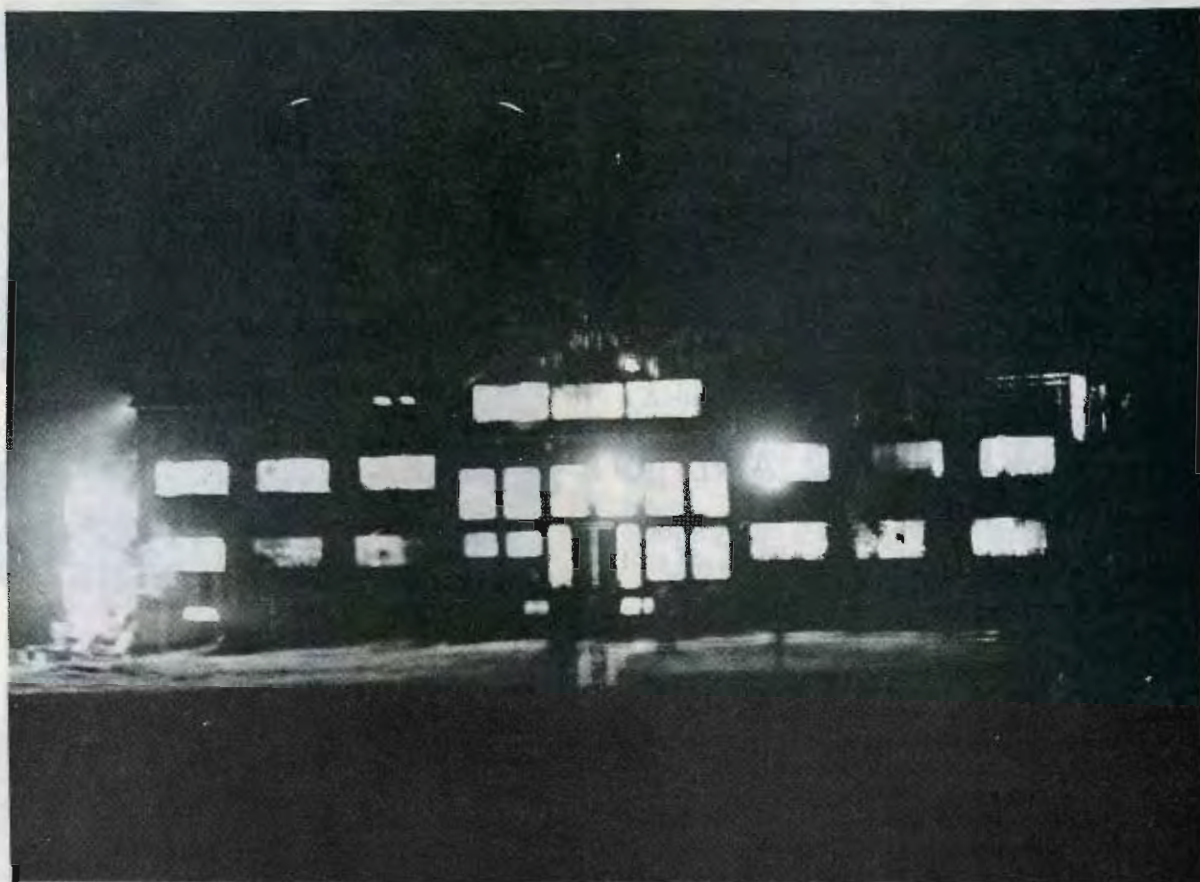
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#### Warwick Center permanent.

While this is going on, we're also busy redoing a block on Main Street (our latest purchase) in Turners Falls (population approx - 10,000). It's a fantastic foundation, including a movie theater, bowling alley, a huge open 3rd floor, four storefronts and a gigantic cellar. We plan to renovate it and re-open the area with new businesses.



# HEALTH

## Anne Messmann

One of the most commonly asked questions is, "What do you do when someone is sick?" My answer is, "I take care of them." I'm a twenty-six year old registered nurse. I worked for a number of years in many capacities: Camp nursing, recovery room, psychiatric nursing, VISTA, geriatrics and in a drug dependence unit for heroin addicts. With the knowledge I've gained, I can teach people how to care for many of the common disorders: upper respiratory infections, fevers, diarrhea, minor burns and skin inflammations. At the first signs of infection I start the hot soaks in epsom salts and when someone's in bed with the flu, I serve them hot liquids (herb teas are good), have them gargle with salt water, and get plenty of rest so the infection doesn't spread. We wash their dishes separately and use sterilizing tablets in the rinse. If the infections persist or someone needs suturing or prescription medicine, I send them to one of the local doctors or hospitals.

When a woman is pregnant, she sees the local gynecologist. I believe in prenatal care, so women go for regular check ups and many of the parents attend the Lamaze classes at the local hospital where their babies are delivered. The mother stays in the hospital until she's strong enough to come home. The medicines, dietary needs and postnatal supplies are provided for each mother and child.

Children are one of my special concerns because their tiny bodies can go off balance easily. The mothers and fathers have created a nursery room for the preschool age children. There they play and eat together. There are two local pediatricians who work with the families.

I've read and heard about the epidemics of hepatitis and venereal disease common to some communities throughout the United States. We have never had these epidemics nor any other disease in large proportions. We believe in cleanliness of the body, of clothes, house and property.

Especially essential, too, is your mental condition or state of mind. A healthy mind is paramount to a healthy body. To stay in a balance, it's important to relax, to feel good with yourself and to express the feelings you don't feel good with.

Smoking, promiscuity, and the use of drugs and alcohol are against the community rules, as their indulgence dilutes the consciousness we're committed to. This also eliminates many chronic and acute disorders, both physically and mentally.

We're very sensitive to ourselves and each other and if there needs to be a change in what we do to be healthy, we create that change.

# THE SCHOOLKIDS

by Sitagyl

(Sylvia Jordan)

What is it like to be from twelve to seventeen and be members of the Brotherhood of the Spirit? How is it being turned on to the rudiments of brotherhood at such a young age? What do you think it's like being side by side with an older generation sharing equal responsibility for our world as it now exists? With no holds barred and have it not be destructive? Sounds like a great hype, doesn't it? Well, it's not. These principals are very much alive and living in each of the dozen or so Brotherhood Schoolkids. Though it is not always an easy thing to execute and certainly not to explain, each kid works hard for that war-weary chant, Give Peace a Chance!

What they must be like to execute such an awesome task? I know. They're normal, of course, with an unquenchable quest for adventure. The Brotherhood Schoolkids are fighters, practicing what they preach: Discretion. Schoolkids of discretion. Schoolkids of distinction. Fighting for the right to be heard, so that they might unlock the doors of those who might hear, and heed the call of wild and freeflowing youth. Not just the young, but the young in heart. Responsibility doesn't have to be a drag. Nor does life have to end where responsibility begins. And these particular kids are hellbent to make adventure a reality for everyone who refuses to grow up and settle into the ordinary and commonplace. Because we believe inside everyone there lies a Brotherhood Schoolkid, which is the most UN-common, if they'll but dare the vision. You'll be hearing from us! The Brotherhood Schoodkids





## THE NURSERY

### Donna Wolfson

The nursery began about two and a half months ago. Until that time, each child of pre-school age was taken care of by his or her Parents. We ("the mothers") realized there had to be an easier, less restrictive and more creative way in a community of 300 people.

The nursery operates out of it's own building. The building is furnished with a kitchen and a playroom. Each mother works two days a week caring for fifteen children from ages 1-5. Sometimes it seemed an impossible task, but gradually a smoothness and coordination was reached.

I began to realize more fully the importance of my son being with other children, and of me having more time for special projects of interest and to spend with others.

Meals are prepared and served kids style, three times a day: We start at Breakfast and have the children all day. They nap after lunch and spend the last hours of the day with their parents.

We are quickly finding out what we need to keep our kids happy - which, surprisingly, isn't a lot. Books, blocks, paint, sturdy riding toys, dolls, trucks, a record player, piano and soon a TV, seem to be most of what they want.

Excessive "teaching," moment-to-moment entertainment, and overly close supervision were found to be unnatural. Somehow, because they are all together, they have learned to be creative with basic things and to work together as a group. They turn to each other for attention and are really learn-to respect each other.

It is a place we all trust, in which we can leave our children all day without fear.



## THE FAMILY

### Randy Kleinrock

The family experience has been a totally satisfying one for me. I have two children and am expecting a third any day. Every aspect of it is natural - from discipline to consideration, mutual respect, love, and sex. The key for me has been openness and honesty in dealing with my children and my wife. But beyond this, the overriding and guiding force in my life is love. It heals all problems.

Once you realize you don't have to prove yourself to anybody, or impress anyone with how well-behaved your kids are or how groovy your sex life is, marriage becomes a gas. There's a great deal more going on in a parent-child relationship or a husband-wife relationship than just the physical level - how many toys junior gets, can your wife have a new dress, will she do the laundry! There are dimensions of love and understanding to be shared and as these grow, the physical needs of each family member are naturally provided for. You notice your son's bed is a little short for him and offer to help him build a longer one. You find your children let you sleep without disturbing you at 6:00 in the morning, and if they do, it's not really all that disturbing. You naturally want to do things that make life a little easier and more fun for everyone - clean up the room, go to the store, take your kids out for a walk or fishing once in a while.

I find the things I do naturally include other people. It doesn't limit your freedom - you may go out for a night with the boys, but it's not to run away from your wife and you both know it.

When I realized what I really wanted to do with people; that is, genuinely experience them and share love of an inner nature and expand this love to encompass the whole world, I found the freedom inside myself to have a family experience. I give myself to all people the way I do with my wife and that's what really makes my life complete.



## THE OVER 30's

### Ruth Miller

In 1960, I was a housewife living on Long Island, New York. During that year it became necessary to start working in order to maintain our household bills. The only thing available at the time was midnight to eight in a mail order house feeding an inserting machine. During that time openings in other areas of the company were posted and I was fortunate enough to be given the chance to take a test for the computer room. I was moved to the day shift and learned slowly but surely the data processing business. A few years later I moved to another company since the opportunities were greater, and there became third shift supervisor in charge of the computer operation. When I had reached the point of wanting another challenge, I decided to go back to college and see what programming was all about. Two years later I had proven to the heads of the department that they could take a chance on me and was moved to the systems and programming,



a challenging and creative field. The people I was working with were interesting and great to be with...but I still wasn't satisfied.

My son had been living in a commune, Brotherhood of the Spirit, and during the past year my two daughters and I spent an occasional weekend there. My visits became more frequent as I got to know more people. There was less and less to hold me in New York. I couldn't understand why I enjoyed spending time in the kitchen there. I guess it didn't

feel like work compared to mine at home. My daughters were hesitant at first when I talked about moving, as they didn't want to leave their friends in New York and they weren't quite sure what the Brotherhood was all about. After they met some of the other

high school age children living there, they agreed to try it. It was a big change: one of my first realizations was that people were interested and respected me as a person, not as an age (I'm 43) or a mother (four kids). My relationship with my children became a sharing experience instead of a battle ground.

We were seeing each other through new eyes.

As far as my work goes, I've kept on with it. I'm employed by Sears, Service and Sales Department. In my spare time I keep accounts for one of the community businesses.

The difference that makes all the difference is knowing that there exists something more meaningful and lasting than the physical work I do. And it's from the depth within me that I share what I am, whether I'm working or not.

## FARMING- FOOD PRODUCTION

### Nate Tilton

Since its conception, the Brotherhood of the Spirit, in its desire to be a positive, natural down to earth way of life, has continually been involved with one of the oldest down to earth ways of life: farming.

During 1968, the first members of the Brotherhood devoted most of their physical energies to helping neighboring farmers.

In 1969, the community raised its first vegetable garden (about five acres). The harvested vegetables, supplemented with brown rice, sustained the eighty members of the community through the cold winter.

At the start of Spring, 1970, the Brotherhood purchased a house and twenty-five acres of land in Warwick, Massachusetts. Our neighbors said the land was too poor to grow vegetables, but we trucked in tons of manure and lined each furrow of our six acre garden with nature's best fertilizer. A local church donated the use of their kitchen facilities and we worked daily preparing several thousand quarts of vegetables.

Through the winter and spring of '71-72, we supplied a Northfield, Mass. potato grower with the manpower he needed in his grading and bagging operation. In return, along with all the potatoes we could use, he supplied us with seven acres of land, over a hundred tons of manure and the use of his tractor, plow, harrows and manure spreader. Most of our gardening was done by hand.

This year, because most of our people either have their own business or job or are involved in other projects, we invested about



\$5,000 in farm machinery. We bought two tractors, two trucks, two manure spreaders, two harrows, a cultivating unit and seeding machines.

We began planning in April, before we had any land or equipment. Three unrelated parties donated the use of a total of nine acres in four different locations. We rented five acres by the Connecticut River in Northfield and utilized two, one-acre plots by our own houses.

In response to newspaper ads, people donated a total of over eighty tons of animal manure. We rebuilt a 3 ton 1952 Chevrolet dump truck and hauled the manure to the fields which were up to thirty miles away.

Four of us worked long hours from May through August plowing, fertilizing, harrowing, seeding and cultivating. Heavy rains kept us moving from one location to another, planting an acre at a time as the weather permitted. Our county and most of southern New England was officially declared an agricultural disaster area.

A full time "crew" of about 15 people worked daily, June through October, transplanting, weeding, watering, thinning and har-

vesting. Occasionally, two hundred or more people of our community would help out in the garden doing the more tedious and heavy jobs.

When the harvest started to come in, we got together a group of people to freeze and can the vegetables. Often they worked day and night to store the food while still fresh.

Out of thirty entries in the Franklin County Fair this September we won eight-third prize ribbons, five-second prize ribbons, and six-first prize ribbons.

For next year we already have twelve acres of land plowed, fertilized and seeded with a cover crop of rye. We plan at least twenty-five acres of vegetables for our own use, plus another twenty-five acres for surplus and livestock.

The experience of this year has shown us that growing food can be a very effective instrument for bringing people together, not only for the common physical need or survival but for an almost more vital need - to work and share together an experience of true brotherhood.



## FOOD MANAGEMENT

### Alan Harris

"I'll tell ya what I'd like - a 'Big Mac' with french fries and a chocolate shake."

"Hey look! Why not have spaghetti and meatballs tonight?"

"Brown rice and tamari really do me up!"

Three hundred tongues you have to listen to. If I thought I had to please 300 different tastes, I'd go nuts! But I do consider them just as you would your best friend. I know there's something simple that people can share in their lives that balances out all the ups and downs, ins and outs and missing ingredients.

About 125-150 people eat in Warwick. Those people who work in businesses or jobs away from home take along a bagged lunch.

We have three or four people who manage the kitchen during its twenty-four hour schedule. (Cleaning is usually done at night.)

Meals are kept simple, but never routine.

Basics include a combination of various soups, grains (brown rice, wheat & granola cereals), our own fresh vegetables, fish, soybeans, homemade yogurt and sauces, peanut butter, apples and our own breads.

The other houses have their own set-up with a few people in charge of the kitchen. The grocery needs of each house vary according to the activities and number of its members. My job is to make sure everyone gets what they need.

We've canvassed quite an area for bulk supplies. Nowadays it's almost impossible to acquire cheaply or easily large amounts of food that are not old, impure, or devoid of nutrition. We buy large drums of peanut butter in New York City, cheese by the wheel in Vermont, fish wholesale in Boston, and mayonnaise by the gallon from a local restaurant. Occasionally we drive our tractor trailer truck to pick up wheat and rice from as far away as Montana, Texas or Arkansas.



When we can afford "groovy stuff" we enjoy it and when we don't have extras, we learn to be more creative with what we have. But we don't waste anything, nor do we get hung up!

Handling food is simple. It comes down to: (1) knowing the nutritional value of the foods we have so we can balance the diet, (2) being aware of how to cook and store the food so it retains its nutrients, (3) educating people beyond their conceptions so they acquire a taste for "good food."

## TRANSPORTATION

### Toby Keyes

For a community our size, getting around is vital. Often everything hinges on getting someone from one place to another quickly. So good automotive service has been something we've provided ourselves with, rather than depending on lengthy, costly and sometimes unreliable professional

help.

Our garage staff has learned their technique "on the job," refining their skills through four years of almost constant repairs and study. The manuals don't teach you everything, though: consider the challenges involved in covering thoroughly our 45 vehicles: 6 VW sedans, 1 VW bus, 5 Dodge vans, 2 trucks, 2 farm tractors, 1 backhoe, 3 Saabs, 3 school buses, 5 station wagons, 4 pick up trucks, a jeep, a Malibu, a Vega, a Toyota, a Volvo, a Tempest, a Nash, a Chrysler, a Cadillac, a Rolls Royce, and a Diamond Reo tractor trailer rig.

We've built our own garage with a pit and block and chain. We've got welding equipment for iron, steel, and aluminum, and a complete supply of tools - when we learn what is needed we usually manage to get it. It's a rough job, often grinding on into the night - physical skills blend in with patience and endurance. When we reach the point where our own maintenance takes less and less time, we'll be able to help others in the area - we do whenever we can anyway.



## BECOMING A MEMBER

Jon Haber

I look starry-eyed at a new world  
Full of movement and activity.  
My mind sometimes begins to float,  
Wandering through old thoughts,  
But sensing a challenge of a lifetime,  
To live in my highest dreams.  
I meet myself in every person,  
A nauseousness I feel,  
Creeping through my gut -  
I'm afraid to lose a comfort  
Of thinking I know me.  
But the people here pierce through my walls,  
To succeed in showing the Truth of love,  
A never-ending force of peace,  
An inward awakening,  
Of a gentle commitment to each other.  
The next day I seem to be alone,

My revelations seem to go away.  
My help is needed in the garden  
Said a strange man. My gut is tight,  
But I get up to go alone:  
Into this depression, no further will I fall.  
During the day seeing that I affect all those  
around me,  
I sought to be free to give everyone a high.  
Wow, that answered all my doubts.  
That's why I'm here, and we harvested for all.  
And sowed what we reaped.  
It felt good not to be alone.  
Two weeks which felt like two years gone by.  
And I stood before a group of devoted friends.  
I gave my possessions to us all,  
But more I gave  
I gained my life.