

# Heartbeat Highlights . . .



Renna & Kai exhibiting spring energy



Buddies Jared & Tobi



Teammates Jared, Sean, Thomas, Daniel



Britt & Annie & basketball fun



Ann B & Annie - friends!



Mac (front ctr) leads Packer fans Jessie, Britt, Jared, Ann & Chris in celebrating Superbowl win



Kate & Annie enjoy egg dying

Fasching: Who's who  
 a) Annie & Chris as Chris & Annie b) Alicia & Clare as the Blues Bros.  
 c) Seneca & Eric (the Swedish milkmaid) d) Connor as "Violet" e) Ann B, Wilde & Chris

## Mission:

Heartbeat is a vibrant lifesharing community that includes adults with developmental disabilities and interweaves the social and agricultural realms for the healing and renewing of our society and the earth. Community members live and work together, in beautiful extended family households, forming a mutually supportive environment that enables each individual to discover and develop his or her unique abilities and potential.

## Donations

Heartbeat Lifesharing • 218 Town Farm Rd • Hardwick, VT 05843  
 E-Mail: [Hannah@heartbeat.org](mailto:Hannah@heartbeat.org) • Phone: (802) 472-3285  
 Website: [www.heartbeat.org](http://www.heartbeat.org)

## Creative Donations

Corporate Donations can be supported through business matching grants. If you are giving a donation to Heartbeat, check with your business or corporation to see if they would be willing to match it. If you are thinking of giving money but would like to give it over time, we can organize a pledge donation.

*Heartbeat is registered as a 501(c)(3) non-profit corporation and its primary purpose is serving individuals with developmental disabilities. We are a youthful organization with significant capital expenses, so your support is greatly appreciated and can be directed towards the following areas of need: General Operations or Fourth House.*



Felted Poppies

# Heartbeat Lifesharing Newsletter

[www.heartbeat.org](http://www.heartbeat.org)

SPRING 2011 • Heartbeat Lifesharing • 218 Town Farm Rd • Hardwick, VT 05843

## Moving Ever Forward!

Dear Heartbeat Friends,

It is a tremendous privilege to open almost every newsletter with some form of amazement; at Heartbeat there are truly ongoing moments of magic. We have been experiencing a prolonged opening to spring with late March snowfalls and cold weather, but the last few days brought with them warm winds, sun and the sound of rushing creeks—spring is definitely here! Along with the warm weather came a call from Susan Wehry, the new Vermont Commissioner of the Department of Disabilities, Aging and Independent Living, with the news that it is her intent to clear any barriers to Vermonters with disabilities who wish to live at Heartbeat. This follows many meetings at the state level with the general consensus that Heartbeat has developed a wonderful and unique community setting that fits the Vermont landscape and people—we have eleven years of joyful community building behind us and a lot to look forward to!



Daniel, Connor, Josiah, Parker, Kei and Alicia.

The preliminary work for the fourth house is coming to an end and the excitement of designing and construction are ahead. There is a lot of enthusiasm from the community as well as Lindsey, Sequoya and Max, as we dream together of our expanding community. The PRD (Planned Residential Development) application has been presented to the Hardwick Zoning Board and the final pieces are being worked

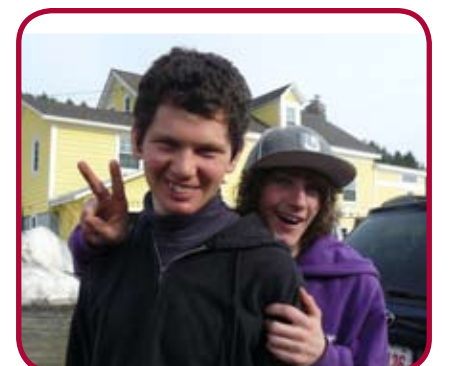
out. This process has led Heartbeat into a new and wonderful relationship with Northern Rivers Land Trust, which will offer protection to our natural resources and allow us to cluster our construction to parts of the property that will least interfere with our agricultural commitments. This has been an active winter—and the burgeoning activity and labor are very much in tune with spring.



Hannah with her cooks Kei & Connor.

Last, but certainly not least, we are all anticipating Rachel's departure from Heartbeat in early June with heavy hearts and best wishes as she steps out into her new life with Raphael.

Things do not always go as planned as happened with our search to replace Rachel, but what we have found with Heartbeat is that even the struggles lead us to what is right. The Hatch family (our fourth house core family) will be moving into the White Pine House, bringing with them a tremendous amount of joy and experience. It will give them a strong foundation in community life and allow time for Heartbeat to figure out the right constellation for the Farmhouse. Clare Collinson, a wonderful and strong



Sean welcomes our new teenager, Zach!



Jonathan, Andy & Eric tackle the shed move, which was built thanks to a generous grant from Vermont's own Seventh Generation!

coworker, has offered her support and will be joining them. She has enrolled in the Camphill training course through a new extension program and will be staying for the next four years to the delight of everyone at Heartbeet!

We are happy to say that everything feels like it is falling into place, with the land development and with the State of Vermont, as we move towards expanding into a fourth house. We have already raised \$300,000 of the \$650,000 needed to make this fourth house manifest—what we need are continuing leadership gifts so that we can truly move this fourth house into reality. To all of you who have given so far, these founding gifts give us the



Sleet, snow or rain – Andy's construction doesn't stop!

courage to believe in dreams, and those yet to give will move us into the reality of construction!

My heart truly sings with the thought of all the new life and lives that will expand the beauty and joy of what is happening at Heartbeet. Through your financial support you are truly enabling us to unfold this community!

With tremendous gratitude,

Hannah Schwartz

**For alternative ways of donating please check our website: [www.heartbeet.org](http://www.heartbeet.org)**

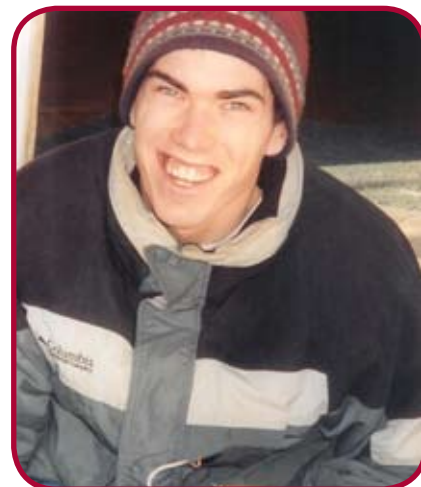
## Lindsey, Max and Sequoya are ready – let's make the 4th House happen!



Lindsey meets her future 4th House parents.



Max with Hannah during his Heartbeet visit.



Sequoya's excitement is palpable.

## Jumping the Puddle into a Dream . . . Come True!

by Clare Collinson

Ever since I can remember I'd planned to take a trip in America. I even dreamed that I could live there one day, but my daily life kept my dreams in the background and I became a career woman and a homeowner. It's funny how the things you do or the things you own can dictate how you live your life. In September 2008 I took a week-long vacation on the Southern English coast with one of my best girlfriends. She was 6 months pregnant and excitedly talking about her plans for her future with her partner and new baby, and it got me thinking. I came home, put my apartment for rent and starting searching for opportunities! I had a checklist: Volunteer position, Adults with Special Needs, America- and that was it.



Clare making prep with Tobi.

After just a short amount of research I discovered that at 33 I was 'too old' for many volunteer organizations, unless I wanted to pay substantial amounts of money for them to place me. Undeterred I carried on, and in early 2009 I stumbled across the Camphill Movement website and was immediately struck with the beauty in its simplicity. I began reading about the movement and Anthroposophy and knew that I was closer to finding what I was looking for. Whilst investigating Camphill I also discovered a link to their partner communities and found a very interesting website -- Heartbeet. I was hooked . . . here was a place built on love and understanding, set in a beautiful part of the US, and enriching the lives of what seemed to me to be a special group of people.

After some wonderful conversations with Rachel, and making my application in May 2009, I was accepted to Heartbeet. I arrived on a snowy, cold night and was greeted with a warm hug and the beautiful smile of Seneca, who was to be my house mother -- I couldn't have been happier. Those first few days really

confirmed that I had made the right decision. Heartbeet is such a special place, and I began to think that 12 months would not be long enough. As I found out more about Anthroposophy and its values, the burning question in me became how I could combine my two deep interests of staying longer and formal education. That summer, Guy Alma, Director of Development at Beaver Run, made a visit and all my prayers were answered! Beaver Run had begun a Community Based Extension program for other community members to take the four year Seminar but in their respective communities -- and they would be willing to allow me to take the Social Therapy program and remain at Heartbeet. I was overjoyed, so in November 2010 I joined the seminar and signed up for four more years with Heartbeet.

Hannah and everyone at Heartbeet were incredibly supportive with my efforts to stay--it would have been hard for them not to when I bent their ears so often! Hannah generously agreed to mentor me through the study program; I was so grateful for her experience not only of Anthroposophy but also of community life. I can usually find an interested ear in the community when I need to speak my thoughts on the latest reading, and the study is designed specifically to fit around community life. Alongside producing a monthly piece of written work I am also building up a portfolio which includes artistic work. So far this consists of poetry, drawings and reflections on everyday life, which also helps me to really appreciate the magic that is created on a daily basis.

It's good to dream -- it's even better when your dreams come true!



Clare & Ann B share a fun moment.

## Valentine's Day...

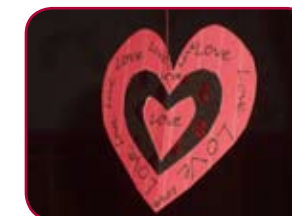
included a sweet card exchange, special outfits, and of course-- the Valentine's Dance!



Connor... in the name of Love



Parker dancing the night away



Valentine's Love



Sarah & Sean... ready to dance!

# Pioneering Coworker and Student Life

by Sarah Mahan



Sarah with her Goddard advising group

Over two years ago I came to Heartbeet, not knowing the journey that I was about to undertake. I entered the community making a one year commitment and with the knowledge that I would be going back to school after my year of volunteering here. Soon that changed, when after 6 months I knew that I would not be able to leave this wonderful place that had come to be my home. Nonetheless, I had a dilemma – I wanted to stay at Heartbeet but I wanted to finish my degree. After long conversations with members of the community I came to the conclusion that I would enter this path of going to school while living/working fulltime at Heartbeet. After speaking with Hannah about her experience with Goddard College and exploring several other options, it was clear that Goddard was a good fit for me.

When I found Goddard, I thought it was too good to be true. It has a low-residency program in independent studies, where students are empowered to design their own critical thinking curriculum. The needs of the school are clear: I needed to attend a week long residency every semester and then every three weeks write at least 20 pages to document my learning along the way.

After already finishing two semesters studying Social Therapy, I am confident in saying that living at Heartbeet and going to school at Goddard are very compatible. I enjoy being able to create my own line of study about where I am living and having the benefit of meeting wonderful people who are also part of my program. Heartbeet's flexibility in scheduling around study and on-campus time have allowed me to pioneer this idea of both being a full-time coworker and pursuing my education. I still have to balance the challenges of time management in the sometimes overwhelming Camphill life that I live, but the gifts of learning and living this meaningful life help keep me grounded. It is deeply inspiring to be able to merge my study and the living reality of community, and I am so grateful that Heartbeet has made it possible for me to pioneer this possibility.



Annie, Connor, Kei, Sarah baking



Sarah gets a skiing lesson while waiting for spring to arrive



Sarah studying

## What is Fasching??

Maybe Mardi Gras sounds more familiar, or Carnaval... at Heartbeet Fasching meant it was time for a chase-away-the-winter-blues party, and what a party it was! Drumming with Kei, hilarious skits, and costumes extraordinaire. That is, costumes with a twist-- since this was a cross-dressing affair. Here's your challenge: can you guess who's who? Have fun!



(Answers on the back cover)

# Welcome Lindsey Bassett!

An interview with Lindsey by Ingrid Nuse

### How did you hear about Heartbeet?

I learned about Heartbeet from Sequoya (Cheyenne) at Triform and it sounded interesting to me right away. I was interested in a place closer to where my family lives, and also a smaller community.

### Where did you grow up?

I grew up in Rutland, VT with my parents and sister Sarah and brother Jonathan. I also have aunts and uncles and cousins near there. My parents and other relatives still live there.

### What led you to spend the last 3 years at Triform in NY state?

My sister went to work at Triform and I wanted to live in the same place with her. When I first visited, I wasn't sure I wanted to be there, but then I decided I needed to go. Sometimes being in large groups is a bit overwhelming, but I've enjoyed a lot there.

### What are some of the activities you have learned and enjoy the most?

I like to do baking and home-ec, and also work outside on the farm, estate, garden and forestry crews. I made my mom a woven scarf during my trial visit at Triform.



Lindsey celebrates Michaelmas with new Heartbeet friends Connor & Annie.

### What were highlights and challenges for you during your Heartbeet trial visit last September?

Doing onions with Alicia, Annie J and Chris was fun. I love felting and found out that I was really good at it. It was my first time doing it at Heartbeet. I also liked going out to dinner and seeing a movie. The first week was rocky, because I didn't know anyone. The second week I settled in.

### Can you tell us about some of your other interests and what you bring to Heartbeet?

I am interested in languages and am somewhat fluent in Spanish and know a bit of German. I took German in high school when it was offered in the curriculum. I speak Spanish with a man from Mexico, and I went to Spain several years ago with my mom and sister. I know a bit about movie actors, I'm good at folding laundry, and I have crafting skills in felting and papermaking.

### What else would you like us to know about you?

I had surgery at age 15 due to a malocclusion in my lower jaw. Afterwards my face looked like it had been punched until it healed.

### How do you like to spend your free time?

I like to listen to music and read a book. I like looking at Windows translator to practice languages. I love to swim!

### What are you looking forward to?

I'm happy that there's a possibility of coming to Heartbeet sooner (this spring)!

### What about Heartbeet makes it feel right?

I like a lot of the people. I especially get along well with Ann B, Annie J and Britt. Also, Heartbeet is a smaller place to be, and I'll be closer to my parents and aunt.



Lindsey and friend David at Triform graduation.

## With Gratitude

by Rachel Schwartz

My heart is filled with gratitude when I look back over the last five years and recognize the privilege of helping to establish this community. It has been a gift to work with colleagues who share common values and striving and I thank Hannah and Jonathan, Seneca and Eric for their friendship and collegueship. What a joy to work hard with people you respect at something you know is good. It is difficult to remember the Heartbeat I joined five years ago, but somehow each little step we took has led us to this exciting moment of further growth and development.



Rachel & Kei... mmm, subs!

As Heartbeat takes its next big steps with new friends and families, new buildings and activities, I am taking my leave. The time feels right. How deeply thankful I am to everyone at Heartbeat for the support and love that has flowed to my husband, Raphael, and me over the last three years as we worked to join our lives. I look forward eagerly to our life together in Middletown, Connecticut, where Raphael will complete medical residency over the next four years. Our door will always be open!

Leaving community is bittersweet but I go forth feeling nourished by the love and friendship I have shared and full of trust that these relationships will continue to unfold. Parker, Ann Blanchard, Annie Jackson and Kei, and all the families I have worked with – I can only say thank you. You are beautiful people

and I feel blessed that our lives have connected over these years. Connor, Chris, Britt, Jared, Thomas and Sean, Ingrid, and all the co-workers and volunteers who have taught me so much, offered so much, sung with me, made me laugh and cry too – thank you!

Community has challenged me to step beyond my comfort zone and I am still just a novice with the patience, flexibility and equanimity which are required. Yet this is the work being asked of us today. Heartbeat is a place where high ideals are practiced. We may fail over and over but something magical becomes possible because of the striving. I wish everyone well in this work (including Sara, Andy, Zach, Jemma, August, Lindsey and Max!) and look forward to staying connected as Heartbeat continues to grow.



Andy, Kei, & Raphael- weaving community.



Rachel & Raphael take leave of White Pine & Heartbeat in June.

## The Hit Paws raise \$1000 in a benefit concert for Heartbeat!



AnnB & Britt chat with one of the singers after the concert

Who are The Hit Paws, you ask? They are none other than a UVM A Cappella group that previously included Brittany's brother Chris, and through him were so inspired by the Heartbeat story that they approached us this winter and offered to make Heartbeat the recipient of their annual benefit concert. Not only that, but then they rounded up three more New England college a cappella groups to join them. On April 1st (no fooling!)- despite threatening wintry weather- they put on a terrific show which brought in their largest audience ever. Heartbeat offered up two songs

## The Hatching of a New Era

by Sara Hatch



Heartbeat welcomes the Hatch family  
~ Zach, Jemma, Sara, Mosey the dog, Andy and August!

With joy in our hearts we will soon join our friends at White Pine House. Our journey to Heartbeat began in 2001 when we met Hannah, Jonathan, Renna and baby Josiah at the Green Mountain Waldorf School, which our children attended. Over the next several years we maintained our friendship through attending festivals and through Andy's carpentry work at Heartbeat.

In 2008 as Karl König House neared completion, our family joined Kaspar House for a pizza night. It was on that Friday night that Hannah planted the seed of us becoming future houseparents. This seed slowly germinated over the next two years. Andy continued to fulfill nearly all of Heartbeat's carpentry needs, and I began to study Waldorf Education and homemaking through the Lifeways program. When the opportunity arose for us to hold White Pine House upon Rachel's departure we gratefully accepted.

Together we will bring many years of experience in farming, gardening, education, carpentry and parenting. Our three youngest children, Zach- 15, Jemma- 4, and August- 3, are very excited to move to the farm where they will happily join all the

children of Heartbeat. We are all looking forward to the joys and challenges of living in community and feel blessed that our family has been invited to share in such a wonderful journey as Heartbeat continues to grow. We just can't wait to join our friends Annie, Parker, Kei, Clare, Tobi and Kate this spring at White Pine House!



Sara & Lindsey share a delighted moment together



Andy moves in-- and the shed moves up to Karl König house



Sara, August & Alicia at a Heartbeat gathering

as well, and besides the generous gift of the money raised, there were lively and heartfelt conversations that followed. A most amazing one was when two of the singers came over because they recognized Jared-- come to find out they had all attended the same high school in NJ! Many hearts were touched on this lovely evening of shared music, and we extend our gratitude to The Hit Paws for selecting Heartbeat as the beneficiary of this special event.



Hannah leads Heartbeat in singing