

Heartbeat Lifesharing Newsletter

www.heartbeat.org

SPRING 2012 • Heartbeat Lifesharing • 218 Town Farm Rd • Hardwick, VT 05843

Gathering Together



Terex is here!

Dear Friends of Heartbeat,

The Terex (excavator) has arrived and the hillside is decked out with a silt & runoff water management screen, setting the pathway for the new road. We have been planning and planning, and now spring has sprung. In its rush of excitement, all the inner visioning and concrete planning jump to life with the clearing of trees and the changing of our landscape. We are bustling with outside activities, mulching all the trees and berries, clearing trimmed apple branches, uncovering our flower gardens, not to mention all the greenhouse work and planting of our food for the next season. Our farmyard is literally jumping with new kids; we were blessed with two



The new road takes shape

beautiful baby goats along with the arrival of our new piglets. Best of all though, our Heartbeat family is once again growing. The Fourth House, thanks to all of you, is imminent, and with the tweaking of the final design and the actual construction starting late May, we are hoping for a move-in date sometime in November!



All hands on deck to clear the new house site

This winter has been a time of expanding local connections and friendships. Our Tuesday Tea Time group went to visit a local ashram to participate in meditation and a tea ceremony. They had twelve weeks of pottery with Heather Stearns at the Muddy Creek Pottery studio, and as you will read in this newsletter, they collaborated with Pete's Greens in the hope of building a longer term integrated team. In April we also welcomed Annie Volmer into the office to provide additional administrative support. As we grow, so do all our extended relationships!

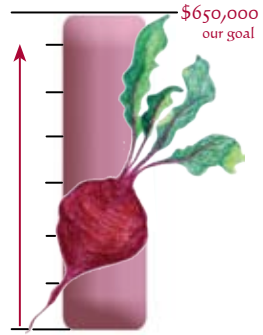
Along with everything else that comes with the onset of spring, we are actively moving towards the vision of a Community Hall, which we hope and dream to have finished by fall 2013. Once again and more than ever, we are going to need your support with this \$500,000 expansion. This is an ambitious yet necessary goal that was anticipated in our ten year strategic plan. Kaspar House was built in 2005 to provide a meeting place for the members of the community until we would once again outgrow the existing space. You'll find more from Annie about this exciting next step in this newsletter as well. Our hope is that this community building will become a social and cultural center for our extended community and serve as a meeting ground for all of us to find the artist within.

As we embark on the construction of the Fourth House, we are filled once again with the deepest appreciation and awe for the contributions that have made this possible. With our eyes set on the future needs of this



August and Jemma test out the 4th House swing

We're almost there . . .



the 4th House is happening!

community, we are actively seeking your support for a cultural gathering space—imagine yourself sitting with us in a beautiful Hall enjoying music or a conference with our heartfelt gratitude!

Truly, without all of you these amazing things would not be happening; our combined efforts allow the unfolding of this community.

Blessings on Spring and Thank You!

Hannah Schwartz,
Executive Director



Jonathan and Hannah

For alternative ways of donating
please check our website:
www.heartbeet.org



New kids on the block



Slumber party & Karaoke with Clare
& Britt



Tidblom boys on vacation



Sean on his daily compost
rounds



Basketball fun – ladies' man Parker
with Britt & Annie J; Jared behind



Kaylin & Patrick are
engaged!



Barnyard conversation

~ Save the date! ~
We look forward to seeing you at
**Heartbeet's Annual
Friends & Family Day**
Saturday, June 23
3 – 7 p.m.

Introducing. . . Annie Volmer!

I began hearing about Heartbeat while living in Alaska. Here's the story of how I came to work here, and a little back story as well.

My husband Josh Carpenter and I came to northern Vermont in 1989 to teach at Sterling College. Our oldest daughter Abbey was born, and in 1995 the three of us moved to Idaho for Josh to pursue his doctorate degree. In 1998 we moved to Sitka, Alaska for a job. While living in Alaska, we began hearing from our Vermont friends about this farm community including adults with developmental disabilities. Positive things. This was of particular interest to us because 1) we still owned our Vermont home and were considering moving back, and 2) while living in Idaho, our second child, Lelia, was born with Down syndrome.

We moved back to Craftsbury in 2002, and enrolled Abbey in the Green Mountain (formerly Waldorf) School in Wolcott. When the school closed midway through the year, I took on the task of "homeschooling" Abbey and five of her friends for the remainder of the school year. The Green Mountain School parents found a building for our classroom, and on days when we weren't using the space, Hannah Schwartz was using it for a Morning Garden group. Hannah and I met briefly on a few occasions.

We wanted to know more about Heartbeat, so our family attended an Open

House just after Kaspar House was built in 2006. We immediately felt welcomed and comfortable. The land was beautiful, the farm well-kept, and the people were warm. There was a pervasive sense of security and well-being. We took a tour with Jonathan and were impressed with what we saw and heard. This place was organized and well-run, on top of our other impressions!

We came back annually for Open House events and became better acquainted with Hannah and Jonathan. My husband Josh, a psychologist, joined the Heartbeat Board of Directors in 2010. Our connection with Heartbeat grew, and I volunteered as a grant writer in 2011.

This is a time of tremendous growth for Heartbeat, with three new homes and a community hall planned within the next eight years. Each of these projects is a huge undertaking. I am thrilled to jump in as an administrative assistant and help wherever I can, and to be a part of something so vital and so meaningful.

I bring a variety of professional and life experiences to my work at Heartbeat. I have a

degree in geology with a minor in English from Beloit College. I spent a year living in a consensus-run community, Audubon Expedition Institute, where I met my husband.

The dynamics of communities and collaborative problem-solving continued to interest me. I studied and received training in the Collaborative Process, and I have been involved in initiating and facilitating two civic collaborations, one in Alaska and one here in Craftsbury.

I taught at Sterling College for six years. I ran the draft horse program, developed an introductory geology course, taught a traveling field semester in the southwestern U.S., and co-taught in the farm, forestry, and outdoor education curricula.

In addition to my work at Sterling, I have been a librarian, a non-profit co-director, a small business owner, a project coordinator, a farmer, and an environmental educator.

I also bring the experience of a parent of a child with special needs. Experience with state agencies and the educational system—and experience worrying about a child's future. I enjoy connecting with current Heartbeat parents, and look forward to conversations with prospective parents.

While the learning curve is steep, my short time at Heartbeat has been joyful. There is much to learn and much work to be done. Admittedly this can feel overwhelming, yet that pervasive sense well-being in the community translates into warm, welcoming individuals who have quickly made room for me in their daily lives. I love being at Heartbeat—working next to Hannah, Ingrid and Clare, eating lunch with the community, and contributing where I can to this dynamic and important organization.



Abbey, Annie, Lelia & Josh



Annie joins the admin team!



Clare & Zach with his shoulder pins out!



Ingrid & Hannah

Dreaming Big ~ Envisioning t

Another spring with a house on the way—for those of us doing this for the fourth time in 12 years it still makes our stomachs flutter with both the excitement of opening our hearts and a touch of overwhelm for the work ahead! The project is on target, with the construction scheduled to begin in May. Once again we will be transforming the landscape and imprinting it with human care, taming nature of the Northeast Kingdom and welcoming more souls into this community!



Connor, Thomas & Aaron share
mealtme

Heartbeat is a gathering place on every level. With the fourth house we will become a community of 45 members, and we will no longer have the space to meet as a whole community, let alone with all our visitors and wonderful guests! Unquestionably the time is now for the creation of the Community Hall. Currently, Kaspar House serves as our gathering center where all of Heartbeat can meet under one roof. It is tight, and even with our current size we often have to rely on the hayloft to accommodate larger cultural events! And when it's freezing out (half the year), we're in big trouble! The new Community Hall will provide a year-round venue.

Take a moment to imagine this new gathering space with us:

The Community Hall is where we share and celebrate what it is to be human. An auditorium with a stage is the setting for festivals, plays, music, dance and artistic presentations.



House site clearing



Our architect is dreaming big with us!

The Community Hall by Annie Volmer



Kei & Lindsey

It also enables us to invite the greater Hardwick community and beyond to join us in these creative endeavors. A conference room provides a place for trustee meetings, study groups, and a classroom for "Tea Time," where Heartbeat Friends explore and experience a wide array of topics.

Eating our own food, grown on the farm, is one of the foundation stones for health. A certified and well-equipped kitchen allows many individuals to learn and help with the art of preparing and processing food for conferences as well as for our own community.

Our growing library also finds a home in the new building. Over the years, Heartbeat has received numerous valuable donations of books. Study groups, coworkers, volunteers and students in the Social Therapy course all find inspiration and support for their festival planning, coursework

and personal development questions here. The library is a significant anthroposophical collection, with potential to become a resource for the greater community.

Heartbeat offices move from Kaspar House to the Community Hall, freeing up more space in Kaspar House for felting and paper making workshops. The weavery is able to set up permanent floor looms, bringing the opportunity for all the crafting workshops to grow.



Basketball players Annie J, Matt, Aaron, Daichi, Callie & Chris



Britt & Seneca play a HANDLE exercise

Heartbeat Friends head to the Hall to receive specialized therapies like eurythmy in the medical and therapy room designated for this purpose. This is also where yoga, Pilates and other exercise activities could take place.

This new space is a tremendous community asset and greatly increases Heartbeat's ability to interface with the larger community—a critically important and mutually enriching aspect of life at Heartbeat. The Community Hall becomes the heart of the social and cultural life of the Heartbeat community, extending our relationships with our surrounding communities. It provides a venue to host area artists, craftspeople, presenters, fundraising events and much more.

Our imaginations run wild with the multitude of opportunities that will come with this space!



Hannah & Josiah



Jasper & Lyla



Eric & Andy study house plans



Daichi & Parker

Celebrations of Spring

by Ingrid Nuse and Hannah Schwartz



Gardening fun for Jonathan

Heartbeet has been blessed to mark the celebrations of the season in multiple ways this spring. To start with, Spring herself dipped into northern Vermont early, with mid-March temperatures climbing briefly into the 70s and 80s, prompting dips—albeit quick ones!—into the pond by an enthusiastic few. Gardening season has begun, with crews moving seedling trays to the greenhouse, and the expanded vegetable garden tilled and ready for planting. All is becoming that delicate shade of green of tender new leaves and shoots.

In April, Amy and Warren Gleicher, parents of Max, brought a special gift to Heartbeet: a community-wide Passover Seder hosted in Kaspar House. Amy and Warren choreographed and led the beautiful ceremony, with all members of the Heartbeet community participating in reading the narrative and prayers and sharing in the Seder meal. The Passover story of the Hebrew

people's escape from their slavery in Egypt to freedom is one that still demands our attention in so many places and ways today.

In the weeks approaching Easter we plant wheat grass indoors—the rising of the grain provides an awakening to the visible and invisible life forces that are springing forth all around. The ongoing discussions and cumulative experience of Holy Week (the week that precedes Easter) brought us an inner calling to slow down our pace of life, to look below the surface of volatile emotions to deeper awareness of what stirs in us. This year marked our 12th season of Easter sunrise celebrations atop our hill. This event has become a local favorite, with friends from the broader community joining in an eclectic and open blend of meditation, prayer and movement. Festive house brunches, good coffee, and a wicked kickball game followed.

These assorted celebrations, all tied as they are to new birth and freedom, reflect the interfaith nature of the Heartbeet community. Here, there is a recognition of the need for religious renewal through sharing in each other's faiths. Community is the foundation that holds the chalice for us to have mutual experiences of spirit, and to break down what divides us from one another.

Within us and around us, spirit sings anew!



Lovely heralds of spring!



Jared in good form



Community Seder!



Easter grass joins Seder plate



Gleicher bros: John, Max & Adam



Heartbeet's own Passover Haggadah



Eric Nuse & Ann B join in celebration & conversation

Heartbeat & Pete's Greens Expand Community

by Ingrid Nuse and participants

During the winter leading up to planting season, Heartbeat and Pete's Greens in Craftsbury initiated weekly exchange work visits. This was driven by Connor, whose friendship with Pete started several years ago when Heartbeat hosted the local business association meeting. They immediately bonded, and this exchange has jumpstarted some wonderful collaborative moments, as shared by the various participants below. Jessie Barber, Heartbeat's new Gardener Apprentice, has been coordinating these formative experiences.

Connor speaks

Ingrid: Hi Connor! How has it been to work at Pete's?

Good! It's made me happy.

What work have you been doing?

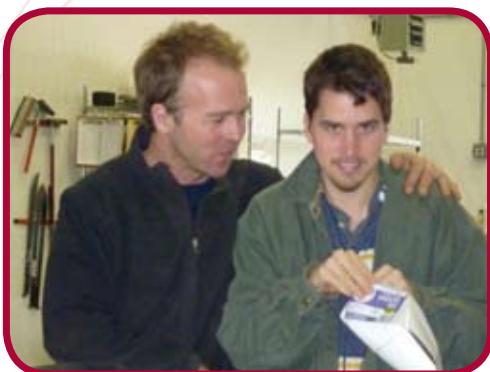
Helping to clean leeks and beets and carrots, putting labels on bags, and a lot of stuff.

What's been especially fun for you?

Having lunch with everyone at Pete's.

Do you hope that this exchange keeps going?

Yes! I'd like to do it again.



Pete & Connor – buddies!

Interview with Pete Johnson

Ingrid: Hi Pete! (as he mulches rhubarb plants) How did you originally connect to Heartbeat?

I met Hannah when Heartbeat was a crazy dream. She visited my mother a few times and they hit it off, and our connection has also been strengthened through our participation in a local business group. I think that dream has been fulfilled several times over!

Can you tell me some of your impressions of Heartbeat?

Chock-full of love! Friendships! I think the biggest thing is the story of all the individuals with disabilities who don't have access to Heartbeat. I'm all for more, bigger places like Heartbeat. I'm sometimes baffled by how it all works, but it does.

What has sustained your connection to Heartbeat over the years?

The fact that we're neighbors, with many shared interests is a big factor. Connor and Parker are my special buddies—Parker and I both grew up in Greensboro, so I've known him since childhood. They've been really assertive about staying

in touch, and we go out together a few times a year. Our local business group has also been an important source of developing friendships and associative work among area businesses and organizations.

What do you see as the value of Heartbeat in this region?

It is a dream come true for individuals with special needs. Being around people with special abilities is something many people don't have experience with. This was true for me personally. Our mutual friendships are an asset for all involved, and as valuable for the larger community as for a population that is often peripheralized. The reality is, my time with Heartbeat members and my conversations with them usually leave me laughing.

Can you speak about how Pete's Greens' relationship with Heartbeat is evolving?

Some of my interns have toured and helped out at Heartbeat, and for the last couple months Jessie has been coming over with Connor, Annie J. and Chris on Thursday mornings to label produce bags, followed by a shared lunch with our interns. I hope over time that we can diversify the tasks,



Chris & Annie J

integrate our crews more and create more shared projects. Down the road I could even see Heartbeat and Pete's Greens partnering on some commercial enterprise to develop a more diversified income stream.

Jessie's view

Strengthening the connection between Pete's Greens and Heartbeat has proved to be a wonderful experience. Through building this relationship over the past few months, we've had the opportunity to gain valuable gardening knowledge as well as to develop meaningful friendships with our neighbors. For Heartbeat, I think it has served as an important chance to take an active role in the local community and to learn what's happening

right down the road from us. At the same time, we've been able to share the spirit of Heartbeat with those at Pete's, and to expand the Heartbeat community a little further.

Pete's Greens interns Jaxon and Annie comment

Ingrid: How has it been for you to connect with Heartbeat?

Jaxon: I think it's cool that there are two local farms with community around them, and it's been great getting to know the guys from Heartbeat through our visits there and when they started coming here.

Annie: I think it's a good way for two groups of busy people to spend time together!



Connor & Jessie label bags



Pete's interns

What have you learned through your connection to Heartbeat?

Jaxon: I've learned how to felt—and I noticed the felting I made is still hanging in Connor's room!

How has this mutual connection enhanced your interning experience?

Jaxon: I love having the Heartbeat group come over—it's really a blast talking to Connor, Annie J, Chris and Jess, and the variety of faces here makes our work more fun.

Annie: Even though I've lived here for a year, I had never heard of a Camphill community, so it's been exciting to learn what Heartbeat does, to meet community members and to see it for myself.



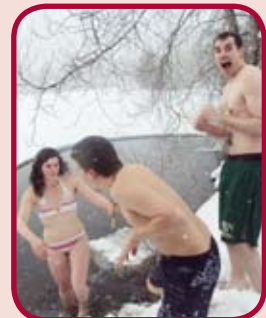
Sara & Seneca



Renna will be off to college on a full scholarship!



Max takes Tony for a ride



Marci, Connor & Patrick brave the Penguin Plunge!

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
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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 Community Hall.



Give us a year & the hall will be here!