

Heartbeet Lifesharing Newsletter

www.heartbeet.org

FALL 2013 • Heartbeet Lifesharing • 218 Town Farm Rd • Hardwick, VT 05843

Eye on the Hall!

Dear Friends of Heartbeet,

May and June came with record-breaking rainfall, matching the residual mood at Heartbeet left by the burning of Sophia House. We all experienced the slow spring as supportive to our process. The melancholy mood that comes with so many cloudy, soggy days brought the right amount of longing for light and sun to help us snap out of our sullenness and focus our energy on a fast-paced rebuild.

Every aspect of the new house going up was appreciated and met with eagerness. Our new construction team and general contractor, Harry Miller, encouraged and supported us with his fresh perspective. The energy at the worksite was contagious and filled with enthusiasm for both the spirit of Heartbeet and for what this new home would bring to the community—big changes!!!

Huntington Homes worked fast and hard to get us a small and efficient cottage delivered by May 24th, and again, Harry came to our rescue and moved his team's focus from the fourth house to the cottage so that a temporary move of the Tidblom-Gonzalez family could make room for the long awaited arrival of the Menard family, who had spent months in transit due to the fire. With a baby on the way, they welcomed their arrival and settling in process. Our community expanded to a fifth unexpected small home, thanks to all the fire support funds that came our way—thank you from all of us at Heartbeet!

Seneca and Eric left König House after being the first householders for this house, and they started what would be a four month journey to the farmhouse. Eric had seen the "Big Move" as an opportunity to request proximity to the barn, since, as the head farmer, "It's much easier to check on things being closer, the farmer should live near the farm." The summer passed in a blur of activity as Katy Lince, our new gardener, and a dedicated garden crew kept our bellies filled with amazing fresh food, and filled up our freezers for the winter. Other crews worked tirelessly to bring in the hay, milk the cows, and build up wood supplies to dry for the colder months that always feel just around the corner in Vermont.

September came with generous warm weather, blessing our Big Move, and the community filled with new members. The new house, now called Amber Rose, stands shining in the evening light, emanating joyful sounds of homemaking and settling. The first night of everyone sleeping there brought with it fulfillment of a heart journey for this community.

Continued on Page 2



Heartbeet community!



Part of building crew with Harry on right



Sequoia and Jessie in Amber Rose



Into Amber Rose, with piano moving crew Matthias, Andy, Tony & Eric



Ann & Board member Kristina M undaunted by sprinkles at Open House



The Cottage, now being settled by Onat & David



Groundbreaking for Hall



Children laying roses



Sarah with baby Hunter

Eye on the Hall! con't.

Lots of work was needed to ready the old farmhouse, known as White Pine, to welcome its new family. Painting, new carpets and many general repairs were done in a grand push, and now the house is looking spiffy and welcoming. Jared and Sam, two of our main farmers, join Eric in living closer to their vocation. Wonderful warmth radiates from the renewed farmhouse.

Alongside the Big Move, we all invested our hearts and time in preparing for the laying of the foundation stone for our much dreamed of gathering space, the new Community Hall, in a ceremonial event. With hopes of starting construction in the spring of 2014, our timing lined up with history in a most supportive way. This was the 100th anniversary of an important event, namely, the laying of the foundation stone for the original Goetheanum. With song, verse, word, and honoring the elements, the event started what feels like an inauguration of Heartbeet into a full-fledged mature Camphill community. Joan Allen, author of *Living Buildings* and long-time architect in service to Camphill, brought her wisdom, warm presence, and interest in Heartbeet's future.

So here we are again with an amazing tapestry of color spilling over the hills, and the red, orange and gold remind us that the seasons are turning. We will all turn with them to focus on designing the Hall with our new Building Team. We are planning on sketching, clay modeling and creatively exploring, before committing to full building plans sometime in early December.

The fundraising for this project is already on its way. We have raised \$430K, thanks to everyone who has brought us well on our way to our goal and given us the confidence to believe in this community gathering space. "Keeping our eye on the hall," we need one million dollars in addition to these substantial initial gifts to bring the Hall into reality.

We are currently cramming into the weavery for festival and morning gatherings—we are literally pressed against the walls! Heartbeet is dedicated to maintaining and enhancing the cultural and social life of the community and to extending a welcome to those beyond in the wider Northeast Kingdom of Vermont. To break ground in late spring 2014, we are going to need all the help we can muster.

Please help us build our new Camphill Hall!

With gratitude for your
accompaniment and generosity,

Hannah Schwartz,
Executive Director



Hannah with Silas

Preparation for the Hall ~ Our Growing Building Team

by Hannah Schwartz

It all started three years ago when Angie Foster brought her Nose-to-Nose Clowning workshop to a Heartbeet Youth Conference for the first time. As ideas for a Community Hall were percolating, Angie mentioned her nephew Otto Stonorov and his wife Tolya to me. They had recently moved themselves and their design build firm Stonorov Workshop to Montpelier, in order to pursue teaching opportunities in the Norwich University Architecture + Art Department and to be closer to their projects in the Adirondacks and Pennsylvania.

Our conversation with Angie piqued our interest in Stonorov Workshop, and upon getting in touch with them, we discovered another connection that goes back even farther: Otto and I had met as seventh and eighth graders at Kimberton Waldorf School! Now, with children of our own and vocations established, we could meet in a new format to discuss the architecture of our Hall.

This summer our Heartbeet Hall Committee invited Otto and Tolya for a dinner and tour to see if it would be a good fit. After lots of conversation, memory lane, future visions, and a great dinner together—we were well on our way to a new collaborative endeavor. Their openness to the philosophy of Camphill and anthroposophical architecture, their genuine interest in helping to give form to our own ideas, and their emphasis on clean green building concepts and materials all fit together with our aspirations for this cultural and community gathering place. We began to dream up a process.

As Otto and Tolya explained to us, “We founded our design and building collaborative on the belief that good design makes life better. We strive to use sustainable materials and methods in honest and simple expressions to create spaces whose existence outlasts their original use. Our designs are developed with careful consideration of our client’s needs, a rigorous study of site, and an open and involved creative process tempered by ecological sensibility. We also build many of our own designs and incorporate this experience into all of our work.”

With several wonderful meetings involving our community members, our builder Harry Miller, the input of Joan Allen and members of other Camphill communities, our path of collaborating and co-working has begun, and it is with a mood of listening to the landscape and community needs that we continue our Hall planning and warmly welcome Otto and Tolya to our Building Team.



Otto, son Niko and Tolya
in front of their first home



Site of Heartbeet's future Hall



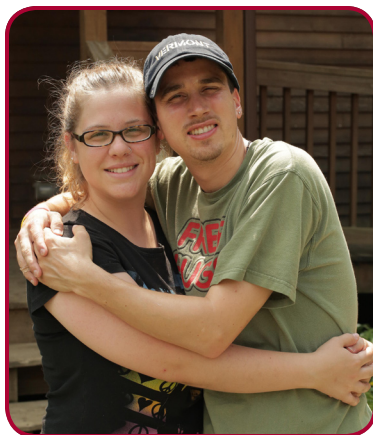
Raindrops on roses (well almost)
keep Sequoya & Jonathan dry



Thomas & Kei...
the long and the short of it



New coworkers Onat, Victoria, Jon (seated);
David, Matthias, Björn (standing)



Rachel & Connor

The Energy of my Soul

by Yoga group Parker, Lindsey,
Anne J., Ann B., Jessie and Kaylin

Cedar trees and sunsets
Red to soothe the soul,
The soil foundation
Of new growth emerges.

In the orange glow of the moon
Creativity of freedom.
To taste pure water
Is to taste the flow of life.

The cleansing fire forms our being;
The radiating energy
Of the golden fields
Lives in us.

Love from the heart
Brings spring in the soul--
With that openness
We give to others.

As I gaze into the aquamarine
I gaze into the blue sky
And in it I hear
The waves of communication.

In the smell of jasmine
And the depth of nighttime sky
I recognize the knowledge of being,
The intuition of my soul is at ease.

Silence of the mountain tops
Can be transcendence
When inner contemplation
Strives towards universal consciousness.



Clare in White Pine kitchen



Max & Eric do forestry work



Wilde & Sen take game break



Lindsey & Ashley



Ann stocking White Pine fridge



Sam enjoys a visit from his family



Parker, Tony and Max on landscaping



Jared tending to the animals

Yoshiaki Shimizu Honored by Ingrid Nuse

It is indeed a pleasure for Heartbeet to share the news that Dad of our own Kei Shimizu was recently named to the American Academy of Arts and Sciences. He is one of eight Princeton University faculty members, and among "198 leaders in scholarship, business, science, the arts and public affairs elected this year in recognition of their contributions to their specific fields." Yoshi Shimizu is one of the foremost scholars of Japanese art history.

We asked Yoshi how his journey unfolded to bring him to receive this esteemed tribute. He began as a painter — a studio artist, attending art school both in the US and Germany. After four years in New York and then Japan, he found that an artist's life was very hard and decided he had to look into how he could make a living.

Journeying from undergrad studies at Harvard, he wanted to be an artist. But art history convinced him that he could reach more people as a historian. So he did his MA at the Univ. of Kansas and then went to Princeton for his PhD. Subsequently he taught for several years at Berkeley, followed by working as a curator at the Smithsonian's Freer Gallery of Art for five years. Yoshi was also actively publishing, which led him to be invited to return to Princeton as Professor of Art and Archaeology. After visiting and thinking it over, having a family with two children at that time, he accepted the invitation. His many accomplishments include research, curatorial work for museums, articles and books in his areas of special interest, including Zen Buddhist arts, medieval ink painting, Sino-Japanese cultural history and calligraphy.

In 2009 Yoshi retired after 25 years of teaching and publishing. As some of his students state in *Crossing the Sea: Essays on East Asian Art in Honor of Professor Yoshiaki Shimizu*, "We, too, have crossed the sea. We have been inspired to journey far and wide in pursuit of our art historical interests...the variety is a tribute to Professor Shimizu's own insatiable curiosity. His studies are not restricted to any single chronological era, medium, or subject — and neither are ours."

More recently, Yoshi has researched and lectured on the responses of the arts to the Japanese nuclear disasters occurring in the Pacific between 1945 and 1954. He has primarily compared the works of two artists, Japanese Hirayama Ikuo and American Ben Shahn, and has delivered public lectures at the Seattle Asian Art Museum and in Tokyo following last year's nuclear reactor explosion. From January to June next year Yoshi will be a Guest Scholar at the Getty Research Institute in California, working in residence on the topic of the China-Japan interface connected to this year's annual research theme of Connecting Seas: Cultural and Artistic Exchange.

With the help of his students, he has been working on tracking down all his paintings and drawings to once again put together an art exhibit of his own, something he has not done in a long time. Perhaps this long, rich and productive journey through art history now brings him full circle back to Yoshi Shimizu, the artist.

Congratulations, Yoshi! It is a privilege to count you among Heartbeet's extended family!



Prof. Yoshiaki Shimizu



Kei with his Dad
"What's that you said?"



Yoshi with his children Katie, Kei, Kenny, Karen and granddaughter Aki



Sam and Jon out and about



Cottage move for Seneca & Kai



Ladies man Chris with Annie and Britt

Suzannah Joins Heartbeet! by Martha Dickinson

Suzannah was born on a blustery October day and enjoyed her first days surrounded by the love of her mother, father, older sister and her grandmother, Ama. She grew well and loved best to watch her sister play. Suzannah loves to explore and often walked or ran in the woods near our home. She also likes to play in the waves of the ocean and make castles and dig holes on the beach. She cares for everyone, and is especially careful with animals, whom she loves. She feeds and waters the ducks and chickens at her home in Norwich, helps play with the cats and dogs, and tends all of the wild birds who flock to her bird feeders every day. Suzannah is a good dancer and likes to sing. She laughs freely and often, and is very comforting when someone hurts — either from



Suzannah in papermaking during her trial visit



Suzannah arriving at HB with her dad Jed and mom Martha

hurt feelings or from a hard bump or fall.

Suzannah has spent her life in Vermont, living in Woodstock and Norwich with her extended/blended family, which includes three sisters, two moms and a dad. Her Ama now lives with her family, too. She graduated from Woodstock Union High School last June where her fellow students noted that Suzannah knew every person — students and teachers — in high school by their first names!

Suzannah's eldest sister visited Heartbeet many years ago when she was singing with Village Harmony. She knew then that the Heartbeet community would be a perfect place for Suzannah to live when she was older. We are thrilled that her move to Heartbeet in October is finally upon us and very glad that this chance meeting of so long ago has become a strong friendship for all of us!

Part of Something Beautiful by Hannah Marika Andersson

When first asked to reflect on my year at Heartbeet Lifesharing about two months prior to the end, my initial response was a confused look and rush of hopelessness. How could I ever create a cohesive synopsis of an entire year whose depth was beyond any of the previous years in my life? Well, two months of thoughtful procrastination later and I've finally realized that it's simple, I can't. In fact, my year at Heartbeet has been so instrumental in my own personal growth that I can only now begin to look back, let alone process, whatever happened while living in that old yellow farmhouse, situated along a karmic loop connecting three amazing households all flowing in the rhythm of life together. The coming years will be my true reflection. When I move on from this stage of planting a seed, I will take what nourishment I have so, so, so gratefully received, to then germinate, and with continued nourishment, eventually sprout.

What I have learned here and spiritually absorbed seems more than I could ever offer the folks I've lived with and done my best to support, but I've learned to disregard such comparisons. Intangible things such as love and support cannot be measured. Likewise, I cannot count how many laughs I have shared or tears I've shed, but just in case you're curious, it was a lot. Of both.

Recently, after witnessing something particularly hilarious or receiving a simplistically kind gesture, I have

caught myself thinking, 'Wait, why am I leaving again?'. A legitimate question, because only here would your householders knock on your door at 11pm after getting home from a four hour drive just to give

you a chocolate bar they picked up along the way for you. And only here would your house-

brother listen to your sarcastic comments about the joy of budgeting finances and student loan repayment, and stubbornly force you to accept ten dollars to enjoy something special on your personal time.

For me, it's the absolute simplest things,

the quietest moments that speak the loudest. My year here has overflowed with such moments, and while I know I will continue to ask myself why I ever chose to physically leave Heartbeet, I will be quick to remind myself that I haven't left it at all. As with all who pass through this community, a mark is left in some way, upon both the place and within the individual. I believe I'm meant to take this experience with me and allow it to shine through and into whatever work I go on to, spreading the light that I have seen, the warmth I've absorbed, the wisdom I've gained. In one sentence: This past year I was a part of something beautiful. And the beauty of it all is that it doesn't end there.



Marika



Unfolding by Marika

Thank you thank you so much! by Dominik Kerschl

As the days grow longer
Time grows shorter
I stepped not just over a border
From the very first moment
I had a giant feeling like a monument
I knew this is the right place to be
For me especially I felt at home, I am not alone
The community is growing
So was my personality growing
Heartbeat is the spark that caught me on fire
Can't forget this place with its ever changing face



Dominik (R) with Tony

My first thought when asked to write a letter for this newsletter was:

"You can write so much about all different kinds of moments, memories and things, but what really counts is thank you."

So I would like to say thank you so much to each of you who welcomed me like a family member from the very first day. My first impression was: "I am at home." When Clare gave me a welcome hug I knew that Heartbeet was the right place to be for me. Its unique community members, each cow, and every other single living thing at Heartbeet make it special. Every day provided its own adventure and its own events to look forward to. From cooking with friends from other houses to

outdoor work with varied crews I stayed busy every day. That teamwork helped me to connect personally with the other members of Heartbeet. I have built lifelong friendships!

I am so grateful to have been a part of Heartbeet in such an interesting and ever changing time. Now, several months after the Sophia House fire, community members are more united than ever before. I guess everything happens for a reason.

At Heartbeet I found a warm, accepting and lovely home. I don't want to call it my second home, because it is not comparable to anything else. Heartbeet is my extended home. Now I can say the world is my home.

What a Gift by Jessica Barber

As I'm sitting down to reflect on my time at Heartbeet, ironically I find it hard to refrain from looking forward. I'm filled with immense excitement for the future of this community, and most immediately, for the move into the fourth house. This won't be the first time I've moved during my two and a half years at Heartbeet. In fact, by moving into the new house, I will be completing my personal journey around the Heartbeet loop, from Karl König House, to Kaspar House, to White Pine, and then to Amber Rose.

People often ask, "What's it like to have lived in all the houses?" It's a tremendous gift! While it's true that each house has its own special feel and that being a part of three different households has given me a unique perspective on the community as a whole, this is not what stands out most distinctly to me. What I've taken to be the most valuable part of my experience of living in all three, now four, houses, is simply the people with whom I've been so fortunate to live. Through my time in the different homes, I've been given the opportunity to live with most everyone at Heartbeet, the chance to really get to know the individuals who make up this beautiful community.

When we live with each other, we really get to know each other. We experience each other's strengths and weaknesses, we witness each other in moments of intense vulnerability, and through such meetings an opportunity arises to develop deep trust and understanding. What a gift it is to have experienced such moments with so many incredible individuals!

Heartbeet Lifesharing is truly a gem. The picturesque landscape, the radiant homes, and the flourishing gardens, for me, are external reminders of the beauty that lives in each person who calls this place home. As I look ahead to Heartbeet's future, I see immense growth: the completion of the fourth house and the cottage, the building of the community hall, the welcoming of many people, both to live here and to visit. While I'm excited for the construction of the physical buildings, what I'm most looking forward to is the human beings these buildings will hold, the gifts that each one will bring, and the opportunities that will arise to develop meaningful relationships.



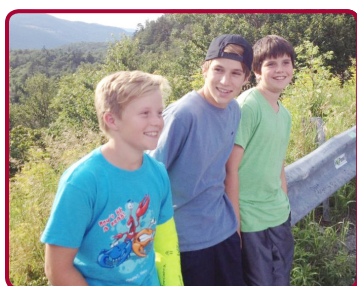
Jessie (ctr) chiming with Lindsey

Josiah's Sauna Project

- interview with Ingrid Nuse



Pleased builder Josiah



Josiah with Jasper (L) & Wilde (R)



Sauna time!

Hi Josiah. I've been admiring the beautiful sauna by the pond the past month. How did this project come about?

In 8th grade everyone chooses a year-long project. It had to be something we'd never done and something we could get help with. I knew I wanted to build something. I'd helped with small building details on Karl König house, but had never taken on a complete project. And I wanted to have something to show at the end.

How did you decide specifically to build a sauna?

Doing a building project was inspired by Connor's wish to have a gazebo by the pond, and I took different people's ideas, including my mom's. She's been wishing for a sauna here for a long time!

Can you tell me a bit about your design process?

From my conversations I knew we wanted the building also to be used as a changing room for swimming. It had to be big enough for several people, of course, and needed benches in both the sauna and changing space.

We chose to use logs from Authentic Log Homes just down the road from Heartbeet. I designed the structure to be 10' by 10', because that length log fit the budget I had.

Were there other interesting aspects to your project?

Yes, I had to give a presentation at school. For that I researched and wrote up the history of saunas in different parts of the world. For example, in Asia they use more steam and it's usually outdoors, whereas Native Americans would build a fire in wigwams. The sauna I built is the Finnish type, which heats the space with a woodstove. I also made a chart showing how to properly use a sauna.

What were some challenges and high points during the building process?

The biggest challenge was definitely figuring out how to move the sauna from the shop to the pond. The solution was that Gary Bellavance moved it over on his excavator! Also, we didn't have a stove for it, but our friend Stuart Soboleski donated a used one to us.

There were lots of high points: putting on the roof was great, because it really felt like a lot of progress. The staining gave the wood such a beautiful color, and the stained glass window that my dad found adds a special touch. I also really liked doing the last little pieces, like the door latch, which opens from the inside by pulling a string; and the natural branches that we used for the door handles and towel hooks.

When will the sauna be ready for its first firing?

As soon as we can make a few small stove repairs, and definitely by winter!

Mission:

Heartbeet 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:

Heartbeet 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 Heartbeet, 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.

*Heartbeet 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.***



Sauna window