

# Heartbeet Lifesharing

- A Camphill Community -

## Newsletter

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

SPRING 2014 • Heartbeet Lifesharing • A Camphill Community • 218 Town Farm Rd • Hardwick, VT 05843



### Dear New and Old Friends of Heartbeet,

We are once again in our spring transition. This long snowy winter gave us time to catch our breath, settle in and forge new friendships. It was punctuated with new forms of celebration—an amazing New Year's party in Kaspar House with Björn's fireworks and the best awards ever given; a Fasching party with dancing and craziness; and wonderful evenings spent getting to know our community in its new constellation.

Already in late fall a small "Community Center Group" was formed to develop a collective picture of what our community center would need to encompass. Small and large meetings, trips to other buildings and other communities, and lots of research took us into early winter. The architects, the Community Center Group, the Building Committee and the Board all helped to make sure that this building will serve

the future needs of the community. We are now celebrating spring with the final details of the design, which we are excited to share with you in this newsletter.

All of us here already love our new hall and can envision it standing at the top of our drive to welcome our visitors. As with most things at Heartbeet, it has ended up better than we could have imagined.

This building will provide the space for the maturing of our potential as community; it will be a gathering space for social, educational, and cultural events for Heartbeet and beyond. With limited numbers of building sites at Heartbeet, it is a multi-faceted building. Its center will be the theater/ gathering space. It will also house a processing kitchen, a community library, therapy rooms, and administrative space. It will enable us to collaborate and share musical and

*Continued on Page 2*

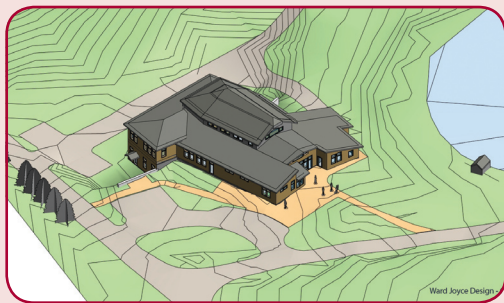


Halloween get-up: Max as dad Warren, with Jessie & Tony.



Building Team working with our architects.





The Hall is coming... with your help!



HB Board members L-R Amy G, back of Peter W, Pres. Jed Williamson, Jonathan, Ann B, Roger B, Kristina M, Susan G.



Schwartz-Gilbert kids ham it up.

~ Save the date! ~

Join us for

## Family & Friends Day

Heartbeet Lifesharing  
- A Camphill Community -

**Saturday, June 28**  
**3 - 7 p.m.**

Farm Tours - Music - Potluck Supper

## The Time is Now! con't.

dramatic performances with others. We look forward to preparing plays that we can take outside as well. This inclusive environment will celebrate differences through arts programs for a diverse adult population, providing a more gentle and non-competitive environment for creative expression.

We are excited to expand our food processing so we can eat more of our home grown food. We are dreaming of making cheese and increasing what we put in both cooler and freezer. Food processing is an art that many in this community feel deeply connected to—this kitchen will make us more sustainable for the future.

The Community Center is living in the realm of potential; it is a milestone in the history of the community, offering opportunities to expand programing and to collaborate on many levels with local business and cultural endeavors. This is a 2.2 million dollar building, and to date we have raised \$700,000—it is a big leap to get to where we need to be, and it will take extraordinary gifts to get us there. We really need your help to take the next step so that we can confidently hire a general contractor and bring this building from imagination to reality!

This is a big moment that calls on all of us who feel strongly about Heartbeet to give!

With gratitude for your generosity and a hopeful heart filled with pictures of this amazing new space.

*Hannah Schwartz*

Hannah Schwartz,  
Executive Director

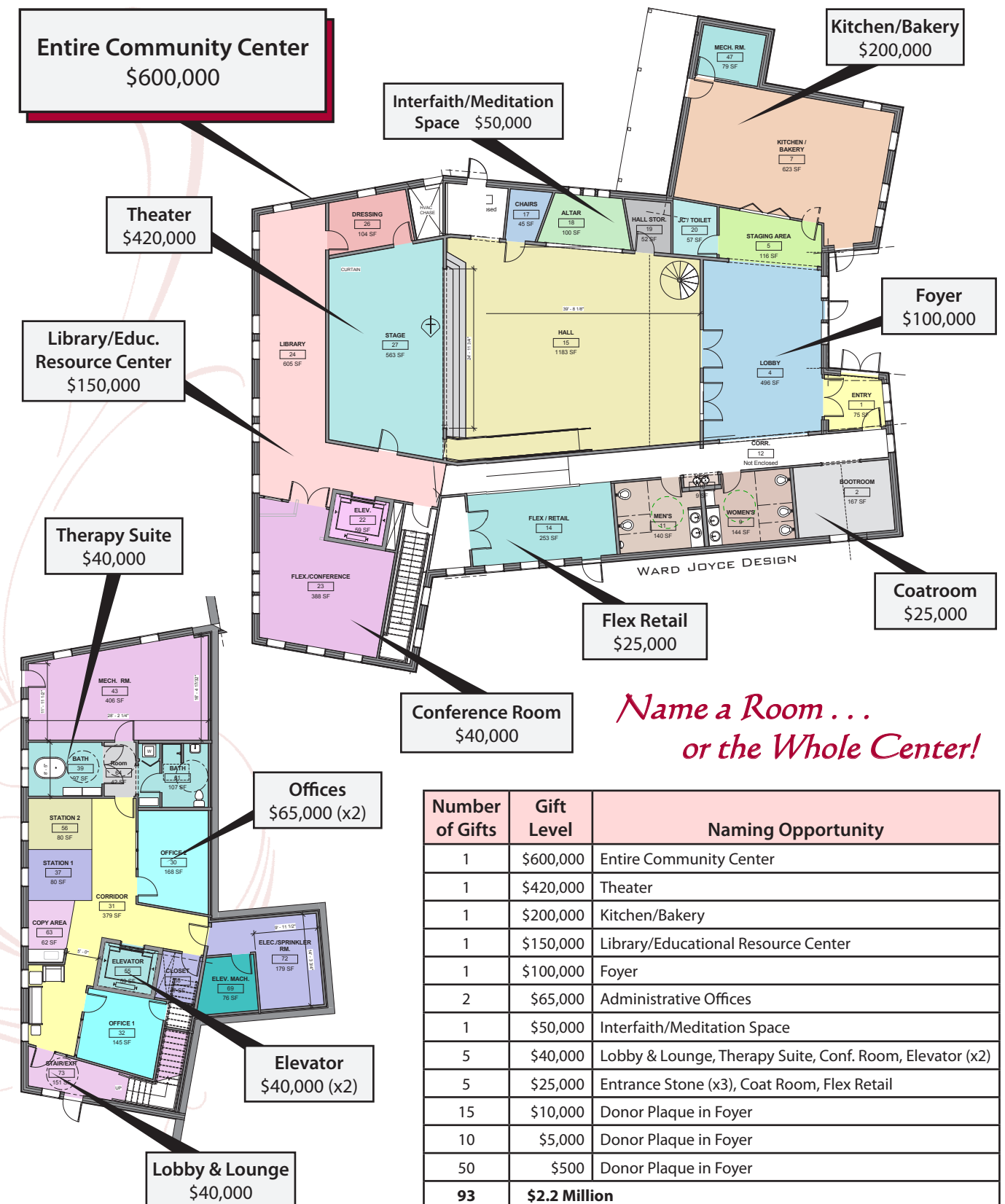


Annie J & Hannah bring  
in the New Year.



Celebrating Candlemas . . . and the Winter that just wouldn't end!

## Gift Naming Opportunities





# ~ An Inclusive Cultural Hub ~



*A gathering space for the social, educational and cultural events of the Heartbeet community and beyond.*



*An interweaving, dynamic relationship between Heartbeet and area businesses, restaurants, lodging, and recreation.*



*An inclusive, non-competitive environment for a broad spectrum of quality arts events including plays, concerts, dance performances, contra dances, readings, and lectures.*



*A place where differences fade and diversity is celebrated!*



# Saveur Visits Heartbeet

by Karen Shimizu, Senior Editor, *Saveur* magazine

At the time that my youngest brother Kei Shimizu first moved to Heartbeet in 2008, I had just started working at *Saveur*, a national food magazine based in New York City. *Saveur*, now in its 20th year, is a magazine that explores and celebrates not just recipes and cooking, but the stories behind those things—the cultures, families, individuals, histories, that give rise to the food we make and eat. When I first visited Heartbeet, I was blown away by the beauty and vitality of the farm, and the engagement and love that I sensed in the community. It was also clear from the beginning that the cultivation, cooking, and sharing of good food was of utmost importance—a central part of life there. I felt immediately that Heartbeet would be a good subject for *Saveur*. Over the years, I kept the idea in the back of my mind.

From time to time, *Saveur* dedicates an entire issue to exploring a single topic. We decided to devote our May 2014 issue to showing great food moments from around the world, starting early in the morning and going until late at night. Each story, we hoped, would help to demonstrate the tremendous diversity—and deliciousness—of how the world eats, and would also show how the preparation and sharing of meals is a universal, unifying, everyday human activity. Heartbeet's rhythms and routines, from daily chores and workshops to the rituals of saying grace before meals and thanks after, have helped Kei to grow, mature, and thrive over the years. And so I proposed that one of the moments in our "Best Food Moments" issue be at the breakfast table at Heartbeet. My fellow editors, happily, agreed.



This February, I drove up to Heartbeet with my husband Chris and my daughter Akiko to help produce a photo shoot for the magazine. Hannah Schwartz generously invited us to join her household at Kaspar House for Sunday brunch. A talented photographer, Corey Hendrickson, joined Hannah and Onat Sanchez, Annie Jackson and Thomas Cusick, in the sunny Kaspar House kitchen as they all prepared a breakfast of "crazy day" crêpes and a bacon, cheese and spinach frittata. Kei came down from Amber Rose House to hang out with his niece, and I took notes as the meal came together. After a few hours of shooting and cooking—and a lot of patience on the part of Kaspar House, as our presence slowed down the normal pace of things—we sat down to a delicious meal.

Later, back in New York, the rest of the May issue came together, with images and stories from far-flung locales like Tokyo, Abu Dhabi, Kiev and Paris. But of all of the moments and meals in the issue, the brunch in Hardwick, Vermont is the one I'm most proud of. It also has pride of place in the magazine itself—Hannah's beautiful crêpes are on the front cover of the issue.

I think that most of *Saveur*'s readers probably have no idea that places like Heartbeet exist. And I very much hope that by sharing this one moment—breakfast at Kaspar House—with them, their sense of what's out there, and possible in the world, is greatly expanded and enriched, just as my own horizons were broadened when Kei first moved to Heartbeet.



Corey photographing the results.



Kei gets in the act.



Karen & Akiko -- in charge.

# Within the Knotty Pine Walls by Eric Tidblom

Nestled in the center of our lifesharing community, the Heartbeet Barn is a characteristic Vermont icon. A distinctive atmosphere emanates from within the knotty pine walls of the native rough cut timber structure, which provides much more than warmth and shelter for our animals. It also encompasses all the memories of countless stories told, of songs sung, of bitter cold fingertips and toes, and of emerging friendships in the spirit of working together, revealing experiences of birth, burgeoning life and of death. Furthermore, the barn life offers everyone a unique, regular daily routine and an environment that thrums to a definite rhythm or pulse in likeness to the beat of the human heart.



Ashley & Sean on compost rounds.



Ann B feeding calf.

He was not referring to the Cows; but rather this is his usual merry greeting for Sequoya, Annie J. and me while we were busy brushing the Cows. "I am going to milk two cows today!"

I stopped to think of Brittany, learning to hand milk a cow and sharing the gratification of her success with family, friends and new acquaintances with- a twinkle in her eye, "I milked the cow...and the cow made chocolate milk."

Meanwhile, Jared faithfully checks and fills the animal water troughs in a typical and systematic fashion and completes his routine by sweeping the barn floor until spotless, stating, "I think it's ready for the Board Meeting."

Ann B. is giving a tour of the barn and is delighted at the newest spectacle, the birth of a kid goat, Lavender, who is taking her first steps.

Every day on his afternoon walk Sean collects the compost buckets from all the house kitchens and with great satisfaction feeds the appreciative pigs.

The barn chores occur every day, twice a day, rain, snow or shine. They provide the Heartbeet Community with cow milk, goat milk, butter, yogurt, kefir, cheese, eggs, beef, pork, chicken & turkey, and represented a value-added savings last year of \$60,000.

The animals and our crews have been deeply grateful for the renovation of the back part of the barn, completed in 2010. It is serving our animals well. Now the oldest section of the Heartbeet Barn has aged to a timeworn stage and deteriorated to the point of needing repair. We



Sequoya milking.



Jared watering calves.

have plans to re-establish the foundation and have collectively envisioned and approved the design of two new additions on our barn to meet the needs of the growing community. Community members have rallied in support of caring for the barn and are excited to increase its size and thereby improve animal housing and productivity in our daily work. Construction is scheduled to begin June 2014. We welcome anyone and everyone who wishes to open a new doorway to discovery: a place of honest work, friendship and understanding and an opportunity to cultivate a genuine love for the Heartbeet Barn...for many years to come!



The Heartbeet Barn with Additions.



# The Time for a Community Center is Now!

by Onat Sanchez



Bell chimers Parker, Suzannah & Lelia.



Onat leading bell chime choir.



Shakespeare meets Fasching.



Jessie & Max



Connor shows Annie his Teatime masterpiece



Crowded instrument storage!

## 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

E-Mail: [Hannah@heartbeet.org](mailto:Hannah@heartbeet.org) • Phone: (802) 472-3285 • Website: [www.heartbeet.org](http://www.heartbeet.org)

## 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 Center.***



Wilde, Jasper & August.