

Heartbeet Lifesharing

- A Camphill Community -

Newsletter

www.heartbeet.org

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

Needing a MIRACLE MILLION! *~ Help Us Break Ground in the Spring ~*

Dear Friends of Heartbeet,

Summer has zoomed past with unbelievable transformation of the Heartbeet landscape, both physically and personally. The cool night air and beautiful colors remind us to look back and appreciate all that has been accomplished. Gardens have reached fruition with abundant harvest, and beautiful weddings and engagements were celebrated. A much needed boot room and covered porch now complete the Cottage, along with landscaping that creates the finishing

touches to our new construction, and our barn has been stabilized and transformed to meet the needs of the animals and to support our values in care.

Last but not least, this summer has been filled with lots of practical design work on the Community Center, conversations around collaboration with other area organizations, and the ongoing hard work to raise the money needed to make this a reality. At this point we need miracle givers and friends who will stretch to close the gap between the \$950,000 already raised and the \$2.2 million total

building cost, so that we can confidently break ground next spring!

This building is special in that it weaves so many of the aspects of the Northeast Kingdom of Vermont into a beautiful harmonious space—a commitment to food (our kitchen will collaborate with local farms and sustainable food-focused initiatives in the area); the open gathering space and stage will be made available as a resource for the region; and our hope is that our interfaith space will provide encouragement for us as an extended community to come together in conversation around inclusion, gentleness, mindfulness and love—the things we all long for. I also need to mention that this building will honor the administrative team that keeps things running smoothly by providing appropriate and adequate space for their work.

Heartbeet members also took time to support the international Camphill



Thanks to donors who made the barn renovation possible!



Matching wedding socks for Onat & David from Max.

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Jonathan and Hannah.

Miracle Million! con't.

Movement by planning and hosting a September youth conference and welcomed 60 members from all over the world. The four day conference left us all inspired and renewed in our commitment to community as a lifestyle and as a cutting edge spiritual initiative. The summer was not all work—we found time for fun with hikes and swims, overnights at Lake Elmore, pizza nights outside with friends and night-time bonfires with singing and fireflies, and birthday after birthday. Returning coworkers—Odile, Dome, Umed, Mac, Kate and Sam—came back to be warmed by life at Heartbeet and helped out in gardens and houses. What a joy to have such abundant and faithful friends all over the world.

We are delighted to welcome Emma Goodman and Mateo Kehler as Heartbeet's newest Board of Trustee members—read about them on page seven of this newsletter. And with heartfelt gratitude, we thank departing Trustees Sherry Wildfeuer (since 2007), Alison Carroll (2009), and Peter Watson (2010). Their contributions of time and valuable areas of expertise in Heartbeet's last decade of astounding growth have been invaluable. We will miss their presence at meetings but will look forward to their continued social presence in this community.

Back to the Community Center—this building will be a “hub” for Heartbeet's cultural life, for initiatives in the local area, and for the Camphill Movement worldwide—I am sure it will be more than I could dream of, like everything else about Heartbeet! With your financial support, we can send you good news in the next newsletter—I am sure we can do this! Contributions of all sizes will be deeply appreciated. This building really needs to happen!

With a trusting heart,

Hannah Schwartz,
Executive Director

Heartbeet's Wish List

- Riding lawn mower
- Zero-turn mower
- Compact coworker car for personal day use
- Six burner gas range



Max cracking up the crowd.



A lot of love goes into our garden produce!



Welcome new coworkers William, Morgan, Samantha, Dan & Johannes!

Green Thumbs at Work

Heartbeet received a generous “Green Thumbs at Work” grant this year, from the Vermont Community Garden Network in partnership with the VT Department of Health. We were awarded \$500 for materials, a \$250 gift certificate to Gardener's Supply Company, and \$1000 in technical assistance from Vermont Master Gardener and VPR Garden Show host, Charlie Nardozi.



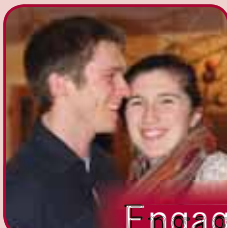
Go Garden!

Our gardeners, Jessie and Katy, used the grant money to purchase ergonomic garden tools to make garden work easier and more accessible to everybody. The equipment was well used this summer. As our community grows, our garden also grows, and the people-hours necessary to plant, maintain and harvest were greater than ever this year. Everyone spent time in the garden, and the Green Thumbs at Work garden equipment was much appreciated – as was Charlie's expert advice. Thank you to the Vermont Community Garden Network for choosing Heartbeet!



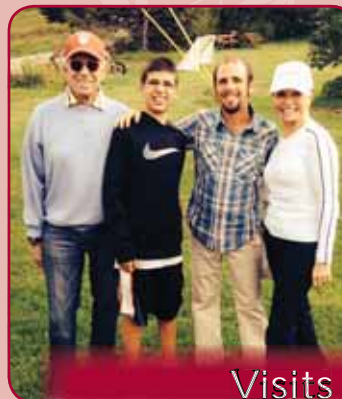
Suzannah with new cultivator.

Happy Happenings at Heartbeet!



Congrats to, from upper left: Dan & Marcianna engaged; Chris proposes to his Annie. Weddings of Eloise & Pete; Jessie & Tony; and Onat & David.

Engagements & Weddings



Visits

Jared with brother Ben & grandparents Jerry & Fran Gilberg; Raphael, Rachel & Philip; Kei enjoys a visit from his dad.



Lindsey, Sequoya, Jemma & Tony with first HB honeycomb!



HB's 1st Cheese & Honey!



Jared & Max on forestry; Annie J., Chris & Jon . . . & tomatoes!; Connor churning butter; Thomas separating cream with Dan; work crew Jared, Sam, Parker (behind), Rachel, Björn, & Connor; farm crew Eric, Matthias, Johannes & Sequoya; feeding Alden.



Workshop Activity



~ Your Gifts are Building



In celebratory fashion, the Heartbeet community and 60 international Camphill Conference participants gathered on September 20th to consecrate the land where the new Community Center will be built. This and other ceremonies over the past year have strengthened our sense of the need for this building and given glimpses of the lively activity that—with your help—will soon fill this space.

Much has been accomplished in the last year towards the realization of the new Community Center. Every Wednesday the busy hum of voices can be heard as Heartbeet's Hall Group plans, designs and drives to Montpelier to meet with our architects, Ward Joyce and Stephen Frey. Through the visioning process deep friendships have formed, as the teams, together with a circle of technical design consultants, designed a building that is energy efficient and practical, yet maintains an aesthetic that conveys Heartbeet's ideals and commitment to beauty. Our 9000 square foot building will include a theater stage within a large community space, a well-equipped kitchen, an interfaith meditation room, a library & educational resource center, a therapy room and new office space.

On the ground and in our hearts, we are poised to begin the actual construction in Spring 2015. The Heartbeet Hall Group and the Building Committee of our Board of Trustees are doing their part: the final set of plans for the building are in place; we have selected a well-respected construction firm in our region to oversee all aspects of the project; all permit applications for the building have been filed and most are approved. **And now we ask you to join us—we need your active help and generous gifts to make this start date a reality!**



the Community Center! ~



Sneak preview of Community Center kitchen.



The Beet is Back!

\$2.2 Million

We've reached
\$950,000!



Photos (clockwise from upper left): The band plays on...
Kel, Marci, Dan, Ashley & Björn at Family & Friends
Day - last time in the maintenance shed?; Heartbeet
keeps growing!; Outdoor fair-weather festivities; Village
Harmony squeezes into KH dining room to perform;
Kerryann McQuade, Anne Brigham & son Parker.



Reflections . . .

What Happens in Between

by Bjørn Ullmann

One year ends and another one starts, but what happens in between makes the difference. Taking off to a different country on my own was the biggest step I've made in my life and probably one of the most exciting, too.

I arrived in Heartbeet 11 months ago at night and moved into the new house Amber Rose with everybody, and from then on the time just flew by and my last month now lies before me.

Looking back, there were so many beautiful events and things I could experience, like all the little parties we celebrated during the long cold winter. Also the workshops with all the friends were full of joy and happiness, making them special times every day.

Heartbeet is family, friends, adventure and challenge all in one, and that is what makes it a place I will come back to. Thank you to my house for this wonderful year!



The Time of My Life!

by Matthias Liebske

When I graduated high school I wanted to do something really different. So I applied for a volunteer year at Heartbeet.

Before I came I had a lot of fears: to come into a new culture, to take care of people with different needs, and my English was not great at that point. I thought there would be a lot of misunderstandings and struggle.

However, when I arrived all the coworkers and the Friends were so kind and patient. It was easy for me to feel welcomed and to find a lot of very good friends, friends with whom I worked, lived, and laughed and who I will never forget.

During my year I learned a lot about being responsible. I learned the responsibility of caring for others, for my house, and the farm. I am so glad that I could be a farmer, a friend and a part of this really cool community. It is good to know that I have a second home to come back to.

Thank you Heartbeet for the time of my life, and for community—friendship—responsibility—trust—and work!



A Foundation for the Courage to Leap

by Ashley Davies

I remember how excited I was the day I arrived at Heartbeet. How I'd seen the Heartbeet video so many times I had it memorized. Yet, as we wound up the road towards Heartbeet, my eyes drinking in the generously green hills of Vermont, I really had no idea of the adventure that lay before me, the depths of the relationships I would form, the unexpected twists and turns my life would take, and the growth within myself I would have to confront here.

Here I found a sense of belonging in discovering a way of life that aligned with so much of who I want to be...

A life of living in harmony with and care for the land. I discovered a reconnection with the food that we eat, and a reconnection with my body in the physical labor to grow this food. I reconnected with the seasons and the way my soul responds when life corresponds with them so intricately in the inward depths of winter, the outward, bursting, dreaminess of summer, and the transitional ebbing and flowing shifts of spring and fall. On walks day after day, Sean and I watched the world slowly transform and retransform around us through the seasons. Witnessing his pure wonderment at the sticks, wildflowers, shadows, moon and changing trees, his sensitivity to the changing seasons, has been a teaching for me in slowing down enough to notice the beauty that is always available in nature and the rhythmical pace it carries, regardless of the busyness and drama of everyday life.

A life of loving. From waking in the morning until going to sleep at night, Heartbeet is basically occupational loving. It is love as action, and that is not a fluffy thing for the faint of heart. It's in all that we do from the mundane to the extraordinary. It's in folding the laundry, cooking, growing our food and brushing teeth. It's in being challenged to stretch beyond ourselves to meet one another's needs, while attempting to still honor ourselves and our

own needs in the process. It's in returning again and again after the hard conversations and the meltdowns, and seeking to understand one another. In living side-by-side we are challenged to look past the superficialities of status, education, "abilities" or "disabilities," and instead try to contact the essence of who we really are. We are called to not pick and choose which pieces to love, but to instead love the whole of the other from the whole of ourselves.

Looking back at my days here, this extraordinary reconnection with nature and learning to love the whole in the other is something that seems to have unfolded almost indecipherably amidst the backdrop of sharing everyday life together. As I embark on this next chapter of my life, I am brimming with gratitude for this community and my time here. The road ahead looks perhaps more uncertain than ever before, full of questions. Part of what makes this leap possible is knowing that I have this foundational community behind me. Perhaps, that is one of love's greatest gifts of freedom. It allows us to find the courage to leap, to take risks, to face our fears and to explore new places in ourselves...trusting that no matter what happens, there is not just one person, but a whole community behind you, and to carry with you always in your heart, wherever you may go. Thank you. Every single one of you. From the very bottom of my heart. My intention is to carry this tremendous light and all that I have learned during my two years here out into the world.



Auf Wiedersehen, But Not Good-bye

by Ingrid Nuse

Every summer I have sent out requests to our departing coworkers for their reflections on their time at Heartbeet. Now, four and a half years since joining the administrative team, it has come around to my turn. At the end of this year, I will be transitioning out of my 4-day office week to a more flexible schedule. I look forward to taking on freelance translation work and “playing with languages” again, which I enjoy so much, along with more travel and outdoor adventures with my husband Eric. I will leave this desk, but the love of and for my Heartbeet friends will accompany me and be renewed in new activities here and elsewhere. So with much love I will say “Auf Wiedersehen”—until we meet again!



Ode to Heartbeet

Heart activity pulses
Receiving and giving
Embracing and holding to account
Striving to balance
Ever learning to communi-connect
Staying open, growing.... younger!
Space to breathe, move and imagine
Now changing roles, yet
A silken thread, delicate and strong,
Connects our souls.

Welcome New Trustees!

Emma Goodman

Emma's brother, Christopher Stuhlmann, joined Heartbeet in 2008, and has been thriving there. Emma has been impressed by all of the people she's met who are members of the Heartbeet community, and was honored to



be considered for a position on the Board of Trustees. She looks forward to contributing to the community in this new and exciting way.

Emma is an attorney at The Legal Aid Society, where she represents indigent clients in all types of criminal cases. Emma became a public defender there after she graduated from Temple Law School, in Philadelphia, in 2010. She attended college at Oberlin College and The University of Maryland, College Park, where she graduated with honors with a degree in Sociological Theory.

In addition to her legal work, Emma has extensive experience volunteering for causes close to her heart both in the U.S. and abroad. Being a member of the Board is a perfect opportunity for her to contribute her ideas and experience to that which is closest to her heart: her brother.

Emma lives in Long Island City, Queens, with her husband, Ben, and their rescue dog, Pearl.

Mateo Kehler

Mateo Kehler started Jasper Hill Farm with his brother Andy in 2003. Here they produce a wide range of cheeses

from the milk of their herd of 45 Ayrshire cows. In 2008 they started a new venture, the Cellars at Jasper Hill, a 22,000 square foot underground cheese ripening facility. Its purpose is to lower the barriers to entry for new cheesemakers by maturing, marketing and selling their cheeses, managing logistics and administration and providing technical support to local producers. The Cellars at Jasper Hill is committed to developing economic mechanisms to keep the working landscape in Vermont's Northeast Kingdom working, and delivering deliciousness is a principal component in this effort. Mateo lives on the farm in nearby Greensboro, VT with his wife Angie and children Reed and Zola.



Jasper Hill's connection to Heartbeet has evolved, starting with Mateo and Hannah as colleagues in the monthly local business group and blossoming into strong friendships between young entrepreneurial spirits and organizations. For several years, Annie Jackson has strengthened the bond as a steady weekly employee at Jasper Hill, and now Mateo welcomes the chance to support Heartbeet's work and growth as a Board of Trustees member.

Arriving Home

by Kaylin & Patrick McCarthy

It is 9:30 in the morning, Karl König House's breakfast has been cooked and cleaned up, laundry has been started, a crew in the kitchen is making 500 chocolate chip cookies for the upcoming conference, technicians tested our fire alarm system, Alden is taking a nap after his morning stroll with Victoria and Sara, Patrick is off to work, and Kaylin has sifted through 10 Heartbeet e-mails received in the past 24 hours. This is home.

Our personal and joint relationships to Heartbeet have shifted and changed over the years. Starting with Patrick at the age of 15, volunteering for the Hardwick Area Special Olympics Basketball team and babysitting Renna, Josiah, and Lyla; and then Kaylin joining the community as a coworker in 2011. This was followed by our meeting and falling in love by means of a joke internet dating account created in a Kaspar House bedroom by a fellow coworker. Next came our anthroposophically inspired wedding in

the Machine Shop, officiated by Jonathan in 2012, which led to us moving to the next town over and providing respite for Sean and other Friends of Heartbeet. We joined dinners at each house weekly to foster our beloved relationships with each beautiful home. Hannah and Seneca witnessed and supported our son Alden's birth. Each step of the way our family has become ever more entwined with this spectacular place and every one of its beautiful people. This is and always has been our home.

We are so grateful that there was a need in the community that our little family could fill. We had always planned on moving back. Our desire in our time away was to focus great intention on our family, marriage, and selves, so that work could radiate back to the community when we returned. As with all aspects of our lives, if you keep a keen eye and listen closely, life will dictate when it is time to take the next step, and so we have returned, fully present and prepared to help in every way we can. We thank you all for welcoming us home, for loving us, and entrusting us with the care of your friends and family members.



König House

Back row (left to right):
Kaylin, Ann,
Victoria,
Clare, Alden
& Patrick

Front row:
Brittany,
Chris &
Johannes

Inset:
Suzannah



Sean & Marci out and about; Happy trio Sam, William & Jemma; Alden hanging out with the big guys, Josiah & Jasper.

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 • Phone: (802) 472-3285 • Website: 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 Lifesharing is an equal opportunity employer and provider. 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.***

Parker –
just happy!

