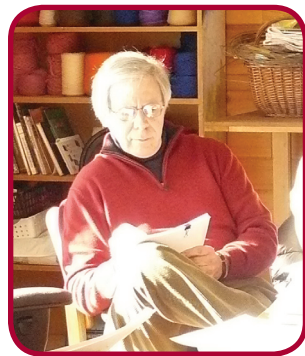


Introducing Board members...



Peter Watson

My path to Heartbeet arose several years ago through visiting the community at the invitation of friends whose son is a resident there. My wife and I were quite taken with the enthusiasm and passion shown by Hannah and Jonathan in both their time and patience in showing us the various activities the members of the community engaged in and describing the nurturing environment in which everyone lived and participated.

My professional career as a chartered accountant led to some general discussions of financing with Jonathan and some thoughts on future needs in the community. I was honored to accept an assisting role on the Board of Heartbeet with a primary focus on the financing, treasury, and bookkeeping concerns of the group. With my particular skill sets, I'm hoping I can assist in the growing and important needs of this lifesharing community.



Josh Carpenter

My second daughter Lelia was born into a world of ambivalence. It was punctuated by a snowstorm that delayed her midwife's arrival, and the ER doc's words, "It looks like Downs". Lelia's first hours and days were not filled with the unconditional love and wonder that greeted the birth of my first daughter. Actually, it took me months to bond with my daughter.

That was almost 14 years ago and looking back, it is hard to believe. Lelia is a "doer" like me. Our relationship is grounded in shared activities. We kayak, bicycle, swing, play dolls, ski, sauna, fish, and the list goes on. She loves unconditionally and wears her heart on her sleeve. Where can this lovely quixotic being thrive? This question has plagued me from her early years.

I have been aware of Heartbeet since its inception and was intrigued by the possibilities it offered those people with different abilities. Getting to know Hannah, Jonathan and their family only made me more excited about Heartbeet and its evolution. I recognized a growing desire in myself to get involved. To me, Heartbeet is an intentional community founded in love. What a perfect place for people of all abilities to mix!

When Hannah asked if I would be interested in joining the Board, I agreed. Meeting the other members, I felt like I was joining a circle of elders committed to protecting and growing the Heartbeet community. I am not sure what gifts I bring to that table, but I know this, I am no longer ambivalent about my daughter's future. I am committed to this community and its success.

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

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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 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, Land Design, Equipment Fund, or Fourth House.



Annie helps Chris display his newest felting.

Heartbeet Lifesharing Newsletter

www.heartbeet.org

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Moving Into Heartbeet's Second Decade!

Dear Friends of Heartbeet,

Autumn has already begun to creep into the evening air, and ripening fruits and vegetables abound. Last year's volunteers have departed and our new crew has arrived. I forget each year how sad the fall goodbyes are and am amazed at the blessings that come with welcoming the new volunteers. We are surviving the chaos, joyfully integrating these wonderful new people into our merry band as quickly as we can. There is truly a feeling of rhythm even in the change this year, with ten years holding everything together.

As always, life is full of movement at Heartbeet. We completed an amazing hay season, finished painting the new barn (it is now a beautiful red with green trim), and the new steel building is well underway. This garage will house farm equipment -- much needed in snowy Vermont winters for maintaining the integrity of our farm machinery -- and a heated wood workshop space. The garden is full of fall goodies: carrots, cabbage, potatoes, squash, pumpkins and much more, that with a lot of harvesting and processing work will fill our freezers, shelves and root cellars with food for the winter.



Heartbeet Community in 2010.



Hannah with Edith Bronner, who sold the farm to Heartbeet.

This year brings with it the celebration of a decade of our existence and the exciting work of looking ahead and confirming the footprint for the next ten years. Along with the board we are working on a plan that will take us into the future with confidence, to envision what will be required to meet the needs of those looking for this type of lifestyle in Vermont. We are actively working with Hardwick zoning to build a property plan that will allow us to think about three more houses, a community center, and a parent cabin.

What we can say with assurance is that a fourth house is on the way. Yes, a fourth house is in the works! Trial visits have been underway and we are happy to announce a welcome to both Sequoya Cheyenne and Max Gleicher. For some of you who have known of Heartbeet from the beginning, Sequoya will be a familiar figure. He spent a year at Heartbeet in 2002, then went on to a vocational training/youth guidance community in upstate New York, and is now returning to us with his advanced skills six years later. We had a visit with him this summer and mutually decided that Heartbeet

was a wonderful fit for his adult life. Max, who visited us last year, is busy with his work at Camphill Special Schools and will graduate in time to bring his open heart and amazing capacity to make others laugh into the new house in late fall of 2012. We are overjoyed to be welcoming these wonderful new friends into our community. We are at the beginning of this capital campaign to build the fourth home at Heartbeet. From the preliminary plans, we know that this is going to need at least \$600,000--and we will need your support to move forward with courage. I know that this fourth house

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Jared, Chris and Tony on land crew.

offers a priceless opportunity to expand our relationships and our work, to bring in more dedicated and caring people and create another amazing home filled with love, dignity and family. Please help us grow Heartbeet into the future with this new house!

Many, many thanks!!!

Hannah Schwartz

Hannah Schwartz
Executive Director

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



The happy faces of
White Pine.



Renna and Lyla skimming
cream for butter.



Eric and Jonathan do farm
planning.



Jared, Connor and Chris all
dressed up.

Moving the 4th house from imagination to
reality will require many builders! What
construction role would you like to play?

Concept sketch only

Heating & Solar 125K

Fire safety 40K
(alarm & sprinkler)

Roofing 25K

Bedroom(x9) 12K ea

Bathroom(x4) 7K ea

Siding 26K

Porches & deck 15K
(ADA ramp)

Furniture 20K

Plumbing 30K

Electrical 35K

Excavation 30K

Appliances 16K

Living room 25K

Foundation 25K

Painting 20K

Kitchen 25K

Office 12K

Flooring 25K

Landscaping 20K
(incl drive & walkway)

View from the 4th house site

Total \$650,000

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Catching up with Ann Blanchard

An interview with Ann by Hannah Schwartz

I had a lot of options after leaving the Fellowship Community in New York, where I lived for 25 years. I truly like it here at Heartbeet and can't believe that I am fifty already.

I started as a farmer and as a second mom with Hannah for her kids. Now I am one of the lead farmers and have a job in town, too. I have learned carpentry with Jonathan as well and having helped with building the buildings here, and I have learned to cook.



Hannah: How long have you been at Heartbeet? I have been here for eight full years. When I first arrived at Heartbeet I knew that this was the right place for me. At the other places that I visited I did not have the space to learn about the safety of being out in the community. I visited a group home and did not like the feeling and met other people that offered me other situations and I chose Heartbeet.

What led you to working at the Buffalo Mountain coop? I wanted a job outside of the work that I was doing at Heartbeet. I feel more independent with my job and my new necklace making. I love the Buffalo Coop because I get to see everyone in town and I get a paycheck and can have my own bank account.

Who was the first person that you worked with? Kate was the first person that I worked with when she came to make her sushi rolls here at Heartbeet. We got to know each other and then I went to work with her in the café when it first opened. I have been at the café from when it started. People have come and gone but I still love the work and seeing everyone.

What do you do there? I prepare food. I wipe down tables. I run the dishwasher. Go up and down the stairs a lot to get stuff for the people that I work with.

What have you learned? I have learned to work during my work times and to be social—very social—on my lunch breaks learning all the news of the community—giggle—I have learned to work very hard and to concentrate on my work.

What were some of the challenges? To be positive when I was learning new things that were hard. When my Mom passed away it was hard, but everyone was supportive and kind and I got the gift of a message from a dear friend.

When did you start making your necklaces? I started six months ago because I wanted something that was my own now that I am fifty, and I was needing something new and different. I sat down with Hannah and we talked it over and we looked at different crafts in catalogs, and I chose beading and making jewelry.

How is the necklace-making going? It is super good. I enjoy making them. In the beginning it was nerve breaking. I kept dropping them and knocking the beads over because they are very small, and it is hard to get used to them.

What kinds are you making? Amber, turquoise, amethyst, tiger's eye, garnet, citrine, and I use beautiful colored glass filler beads with the gemstones. Hannah and I learned how to put on the clasps and have found out what a crimp bead is and what wires to use. I even have my own kit and box for my beads now.

Where do you sell your beads? At the Buffalo Coop, and other places are asking to have them, too.

What do you hope for the future? I hope to be able to get faster at making these necklaces and to take them to craft fairs and to sell them in new places. I would like to make earrings that match. I hope to keep up my good job that I am doing and bring my golden heart to Heartbeet.



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Papermaking ~ The Struggle & Beauty of Creation

Ingrid Nuse interviews Seneca Gonzalez



Kei on embellishments.



Thomas & Britt shredding.



Kate dipping the mold & deckle.



Parker & Seneca.



Chris ironing.

INGRID: Good morning, Seneca. I've observed how busy you and your crew have been this summer with papermaking - both indoors and out. What have you been working on?

SENECA: Indoors we've been doing a lot of experimenting to see what works best. For example, we've tried recycling different types of paper, used a variety of embellishments- such as plants, lace, magazine photos- and refined certain steps in our process. Outdoors, we're collecting ferns, flowers, and leaves and pressing them for later use through the winter as well.

IN: Right, those kinds of field trips will be winding down before too long! What are some of the discoveries you've made with your crew in the actual process of making paper?

SG: One of the most rewarding aspects has been to discover where each individual's talents lie. There's a fine line between guiding technique and allowing everyone's creative force to be birthed. I've definitely shifted to controlling the whole process less, and now everyone has become more integrated in the creative process.

In letting the crew speak where their skills and preferences are, we now know, for example, that Chris is the guy to iron each piece of paper. Some people would tear the paper, which is so delicate at this stage, but Chris' steady and constant nature lends itself well to this task. Kei, on the other hand, doesn't care for the wet and sticky water, but he loves to sort paper and can discern which paper is the good stuff, and which is too shiny, or has plastic on the envelopes, or staples that need to be removed. He has exactly the attention to detail that's needed for this.

Papermaking is a very tactile and sensory (read: wet and messy!) process, but set-up and clean-up of the workshop space and tools are meticulously handled by Thomas. He and Brittany also shred the paper to get it ready to make pulp in the blenders, which Britt loves and is very handy at. The slurry stage is next, and this is where Annie J's creative knack comes in with adding embellishments, such as pictures or cut lace to give an antique look to the cards. Connor is able to do the whole process, and our purple/blue card series is his inspiration.

Parker made a real breakthrough recently with learning how to dip the mold and deckle into the water. The trick is to place your thumbs on the edge in just the right way, and now he's got it! Our volunteers couch the paper, which is sandwiching it between wool felting mats to start the drying process. Once the water is sponged off, Chris goes to work with the iron, and then the paper is put into a press for a week to dry further.

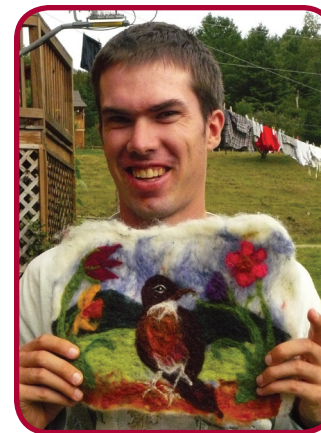
IN: What challenges and hardships have you faced in this start-up phase, and where have you found the beauty of creation?

SG: A big struggle for me has been between artistic creation and practicality--with limited time, it's hard to balance the artistic process with the need for getting the product out. Also, we don't want to create something that is so artistic that it can't be used. I need to pull myself back into practicality, and that's not my nature!

I like that this process generates something useful. It's inspired by pure art and at the same time is very usable in daily life. I've found through this challenge that simple is better.

Now that we have the basic process flowing smoothly, the next challenge is to find ways to become more efficient. Right now we are making 10-15 cards a week in two sessions, and just in-house we have more demand than we can meet. Do we set things up so each person becomes more specialized, more of an assembly line process? We will try this out, but I don't want to lose the experience of something new being born in the process.

I love the mystery of the creative process! Rudolf Steiner described art as a manifestation of spirit into the physical. This creative outlet generates a lively and engaged atmosphere in our papermaking workshop.



Sequoia Anticipates His New Home

by Susan Cheyenne

From early on in our son Sequoya's life, we were drawn to the Waldorf educational impulse. Head, heart and hands is a philosophy that resonated for us for our children. Not knowing how it would play out for our son with disabilities, we enrolled Sequoya in our local Waldorf school. Some very compassionate teachers took on the task of having him as a student for 1st and 2nd grade. This experience has had a lasting effect on our family.

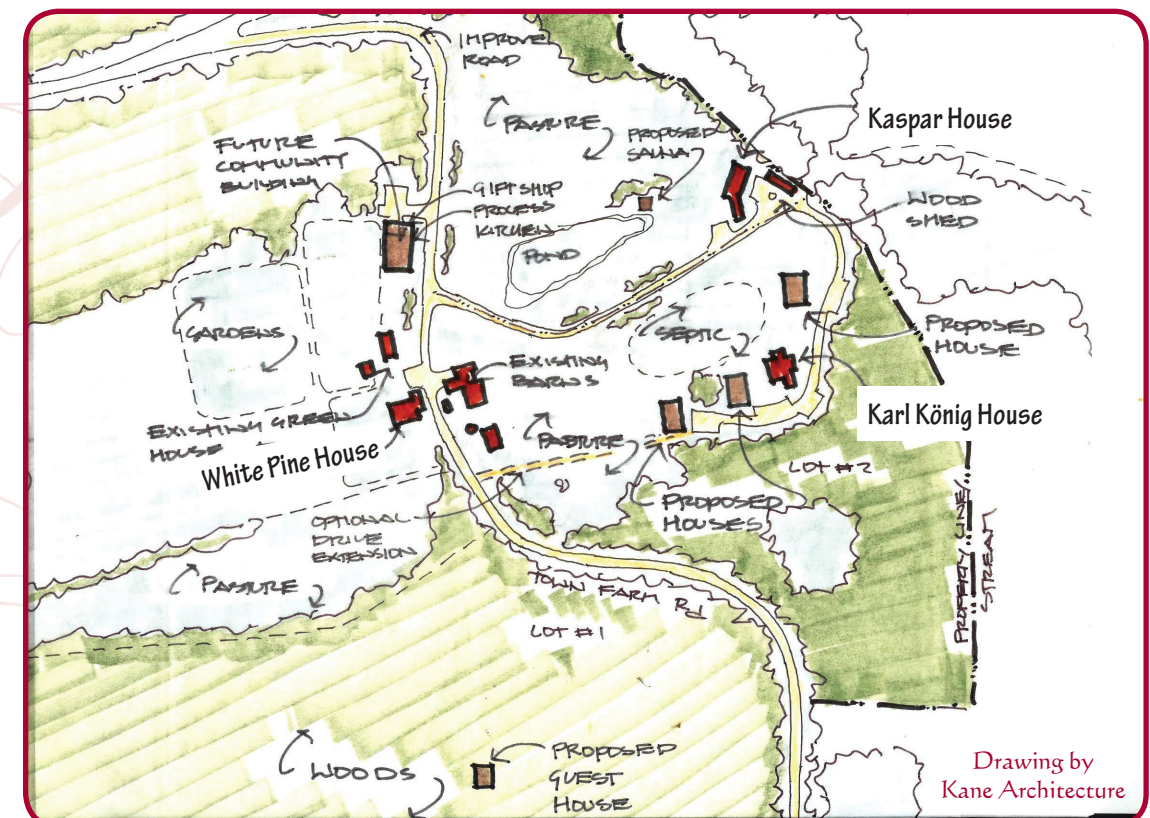
Within this school community we were introduced to the Camphill movement. As I learned more about this amazing community for children and adults, we eventually visited the Beaver Run campus in Pennsylvania.

At age 15, Sequoya demonstrated that he needed more than what the public school or we could provide for him. At this point he joined the Beaver Run community and easily felt right at home in their loving embrace. As parents we knew that this was the place for him. We felt we had found a second home for our child where his gifts would lovingly be developed. For four years we made the 20-hour round trip, many times a year, to enable this experience for us all. Always in the back of our mind was, "This is wonderful, but then what after four years?"

Miraculously, at this point, Hannah and Jonathan moved to our northern Vermont community. As we came to know this young and energetic couple with two small children, we learned of their Camphill background and they began to know our son. I believe it was around this time that Hannah and Jonathan felt a calling to start a community for biodynamic farming and provide a lifesharing experience for adults with special needs. We were skeptical at first when they shared this dream with us, but their sincerity, optimism, and energy allayed our fears. We have watched and supported this endeavor from the start. Heartbeet is an inspiration for us all, as we watch the miraculous evolution of this village.

Sequoia presently lives at Triform Camphill in Hudson, NY. He spent a gap year at Heartbeet in the early days, between his time at Beaver Run and going to Triform to benefit from their varied vocational opportunities. As he has grown and developed in many ways, so has Heartbeet. We are thrilled with this growth and we want to see Sequoya come back to Vermont. He recently spent a successful trial visit week at Heartbeet, and looks forward to returning to live in the fourth house that is in the design phase and still needs to be built!

This drawing is a preliminary site plan for Heartbeet's growth in the coming decade, pending board and local zoning approval.



Farewell 2009-10 Volunteers!



Staying on are Sarah, Clare & Alicia!

Heartbeet - a wonderful place to be for one year by Tony Preibisch



I came last year in August to be a volunteer, right during the beginning of haying. I started my year on a hay wagon and I also finished it on one.

In between there was a time full of so much life, so much diversity, that I cannot tell it all in such a small space. But I found my love especially in one particular thing here in Vermont. The farm with land crew and barn chores caught my interest, and so I discovered my love for nature and the beautiful way the animals are kept and how they are part of the farm. I noticed that the animals are treated with a high level of respect, and that the consciousness about their gift to us is always a part of the life on the farm, a part of the relationship to each animal. The way we grow our food is as unique as the animal care. When I was introduced to biodynamic farming, I learned pretty quickly that farming at Heartbeet means living with the earth and giving and taking as an exchange, so the soil's vitality is not destroyed. Heartbeet--and I am sure about this--changed my life, my ideas for the future and opened my eyes to something that is so needed: an expanded consciousness about how we treat the earth and how we find our place in it.

Our Volunteers: Transitions and Reflections



Heartbeet is Just Special by Paul Schroeder

I arrived here last fall right from an awesome summer full of partying after my graduation. I came open and without expectations. I was willing to take in whatever I was confronted with and to do what I was asked, and I did! It was exciting to meet people, take on work and responsibility and feel my new environment. I'm grateful to everybody I lived and worked with. I feel that I've grown into the family and I want to stay a part of their lives. It is special to me that I played an important role in the life of Jared, Britt, Chris, and Ann, and I'm proud of the level of trust I received within my work. I'm thankful for the opportunity I had to help.

I felt wanted, appreciated and loved from the very first day. My experience at Heartbeet opened my view of human relationships. I learned that interdependence is not an enemy but a friend in developing individuality. The tight network of understanding, support and love created the perfect environment for me to reflect on myself and my life. To see this different focus in relationships has been an impetus for my personal growth and development.

It is my goal to carry on in my future the way of human interaction I learned at Heartbeet. I don't expect it to be easy, but my fuel is the memory of how good and right it feels. I love Heartbeet and I'll be back!!!

A Year to Remember by Noah Rieger



I came to Heartbeet in the beginning of September 2009 right after graduating high school. The first period of time was definitely not easy for me. Everything was so new and there was so much to learn, but for every challenge you overcome, you will gain knowledge. As I look back at this whole year, full of all these valuable experiences, I am thankful for the support I received and that I was given the opportunity to learn so much from every single person in this strong community. The high level of caring for each other, the respect for every individual, and the abundant love in Heartbeet are hard to put into words. By sharing life with people with special needs I realized that we all have our special

needs, and it made me recognize my own strengths and weaknesses.

I really appreciated working with Sean, who taught me patience and a lot more. We explored the landscape around Heartbeet together and enjoyed the beauty of the nature all year long. The work in the garden was so satisfying, and the experience of growing our own food over the cycle of a whole year really changed my relation to food and the way I look at it now.

Heartbeet has given me so much that it will always have a special place in my heart. It taught me things I will benefit from for the rest of my life. Thank you so much to everybody- I will really miss you! But I am already looking forward to coming back to visit!

Open Mind, Open Heart, and Open Soul by Marcianna Tulecke-Beyer



I came to Heartbeet with an open mind, open heart and open soul, ready to grow. I was welcomed by the warmth of the fire of love and interest everyone is continuously feeding here. The dedication to life, each little detail that means the world to someone, the dedication to our own humanity, the community, and the support of each other. Every moment someone takes to look at how another is experiencing the world is nurturing these things. Developing awareness of each other continues to help me expand my awareness of myself and the world around me. The relationships I cultivated with all our friends at Heartbeet and the undoubting support of the householders have opened my heart in a way that I could only have dreamed of.

Experiencing the Reality of a Dream by Johannes Kohn



Right after I had arrived at Heartbeet in August 2009 I was impressed by the beauty of nature around me and I asked myself: "Is this just a dream, or is it a reality that I may spend a whole year at this gorgeous place?" And then I met all the wonderful people living at Heartbeet and felt at home right away.

Welcome 2010-11 Volunteers!



Toby, Alicia, Clare, Kate, Torsten, Mac, Sarah & Daniel!

Shortly after my arrival I was trained in all the household chores. A lady who owns a local cleaning company gave us professional cleaning training. Thus, we became the fastest cleaners ever, and on housecleaning days, equipped with cleaning aprons, spray bottles and rags, we almost flew through the huge Kaspar House, cleaning it until it shone.

The barn chore mornings definitely became a highlight of my weekly schedule. Waking up my friend Connor early in the morning, who told me every time that he had to dress himself warmly as he did not want to become sick for the next chicken dance. Unforgettable as well was the day we hayed with Eric until late in the night so that we could watch the "Germany vs. Spain" soccer game the next day.

At Heartbeet, there is a big pursuit to recognize that everything on earth has its dignity: plants, animals and human beings independent of their physical or mental capacities. In my opinion, a dream has become reality there.

At the weekly study groups which I could join voluntarily, I was amazed by the excitement put into this philosophy by the long-term co-workers. I got the impression that biodynamic agriculture, three-folding economy and anthroposophical medicine are not old-fashioned and out-of-date but something which belongs in our time. It will be the task of those of us who left Heartbeet this summer to carry at least some of those ideals into the world and let them become part of our lives in the future.