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 goodnies: 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.

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 work 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 moved to 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 house 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...
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
Executive Director

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

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

Concept sketch only

Fire safety 40K
(alarm & sprinkler)

Roofing 25K

Bedroom(9) 12K ea

Bathroom(4) 7K ea

Siding 26K

Furniture 20K

Excavation 30K

Plumbing 35K

Living room 25K

Appliances 16K

Painting 20K

Kitchen 25K

Flooring 25K

Offices 12K

Landscaping 20K
(incl drive & walkway)

Foundation 25K

Total $650,000

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.

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.
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 consistent 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 Brittany loves and is very handy at. The slurry stage is next, and this is where Annie J’s creative force 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.

Sequoya 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 life-sharing 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.

Sequoya 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.

Drawing by Kane Architecture
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 Marianna 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 undoubted 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.

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 relationship to each animal. The gift to us is always a part of the life on the farm, a small space.

But my fuel is the memory of how good and right it feels. 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!!

Welcome 2010-11 Volunteers!

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.