

Heartbeat Lifesharing Newsletter

www.heartbeat.org

FALL 2011 • Heartbeat Lifesharing • 218 Town Farm Rd • Hardwick, VT 05843

Growing Again!

Dear Friends of Heartbeat,



August having fun with his big brother Zach

Once again amazing work keeps us on our toes as we step into fall. Crisp cool nights and mist-filled mornings remind us that the seasons are changing. We meet the yellow flash of school buses on the road and leaves fading from a brilliant summer green to camouflage with warning flags of red and orange. As many of you may know through the news, this has felt like a clash of seasons or an outcry from nature with destructive amounts of rain washing away farms, flooding towns, and damaging roadways. Covered bridges that have spanned the test of time were washed away down raging rivers that broke banks and rose above historical highs—friends' farms and homes sustained major damage. Heartbeat was extraordinarily lucky with only minimal impact from five inches of rain that fell over a day. It does feel like a moment of reckoning as we focus our energy towards a new home!

When we walk down the road we all look up at the hillside next to Karl König with visions of the fourth house, imagining that this time next year a warm home bustling with winter processing, laughter, family and love will stand as the newest marker of our community commitment; it is astounding, this unfolding of community! There is always tension in bringing an imagination into reality but I know that each time we share our dream, tell someone the vision of the fourth house, each time Lindsey asks about her new home, or Sequoia questions the design of his room, we move closer to making this a reality. Max dances down the road at Heartbeat with the utmost trust that we will unfold a life for him that fulfills his adult destiny, honoring his love for the earth and animals. The Hatch family is tucked into the farm house (White Pine) for now, and for one year it will feel cozy but more than that it will only feel squished—we are counting on the NEW house! They are looking forward to being the householders and this year serves as a time of training and learning community—we are so lucky to have them patiently taking on the tasks at hand, creating relationships and sharing their gifts and three beautiful children!



Sara & Jemma in blueberry heaven



Andy & Max contemplate hay

This summer has been filled with contracts, designs, permits, timelines and transition, all familiar activities indicative of this fourth house moving its way into reality. Not to worry, we also enjoyed bringing in the hay, growing our food, baseball games in Montpelier, visiting and pot lucking, and lots of time swimming in the pond, playing soccer and riding on lawn mowers—we never forget to play at Heartbeat!

Amidst all this excitement, we find our direction and growth affirmed through long term commitments to the community made by five of our nine volunteers. Jess has joined Sarah and Clare in staying on and is enrolled in the one-year biodynamic gardening course. Marcianna and Tony have returned to Heartbeat and are starting the four-year Social Therapy study course through Beaver Run. In this way Heartbeat is truly growing from the ground up, as our foundation of experienced and committed coworkers expands and strengthens the whole community. With your continuing collaboration in building up the walls and putting on the roof of the fourth house, Heartbeat approaches the final sprint of this capital campaign. Our gratitude is immense!



Lindsey arrives!

Hannah Schwartz,
Executive Director



Hannah & Renna- sun & fun



Bridge building crew tests the final result...



Connor & Alicia sport juicy smiles



Ann celebrates her birthday with friend Ann



Thomas loving the Family Day festivities



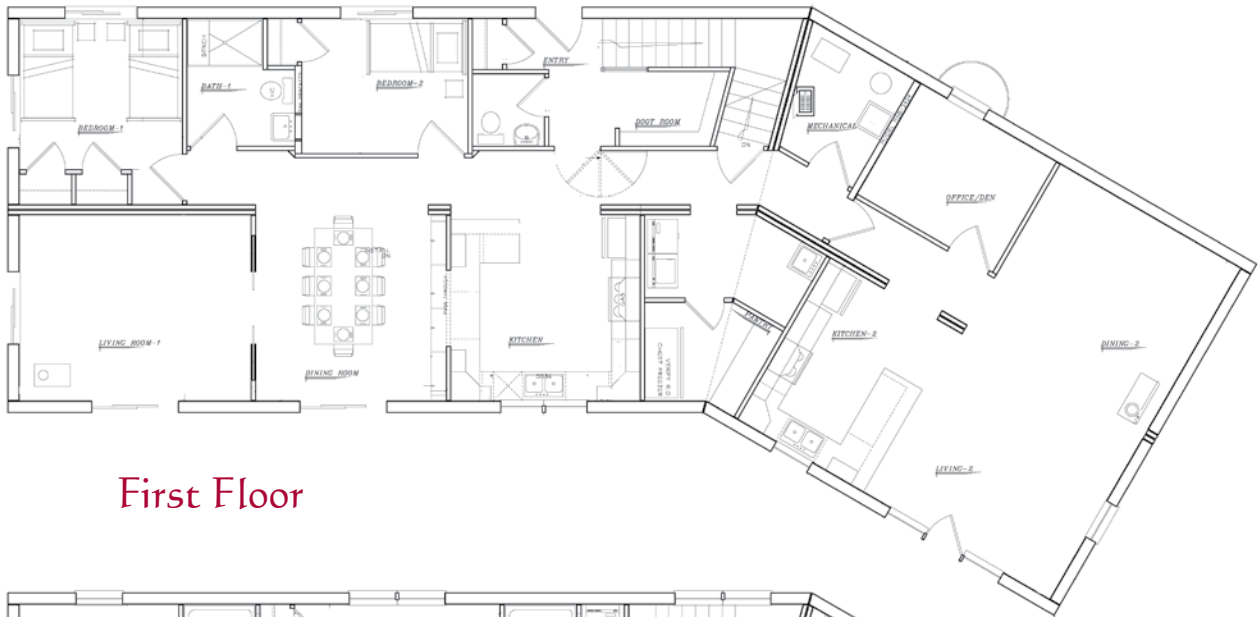
Parker shows his weaving finesse

Help us raise the *Greens* for the fourth house!

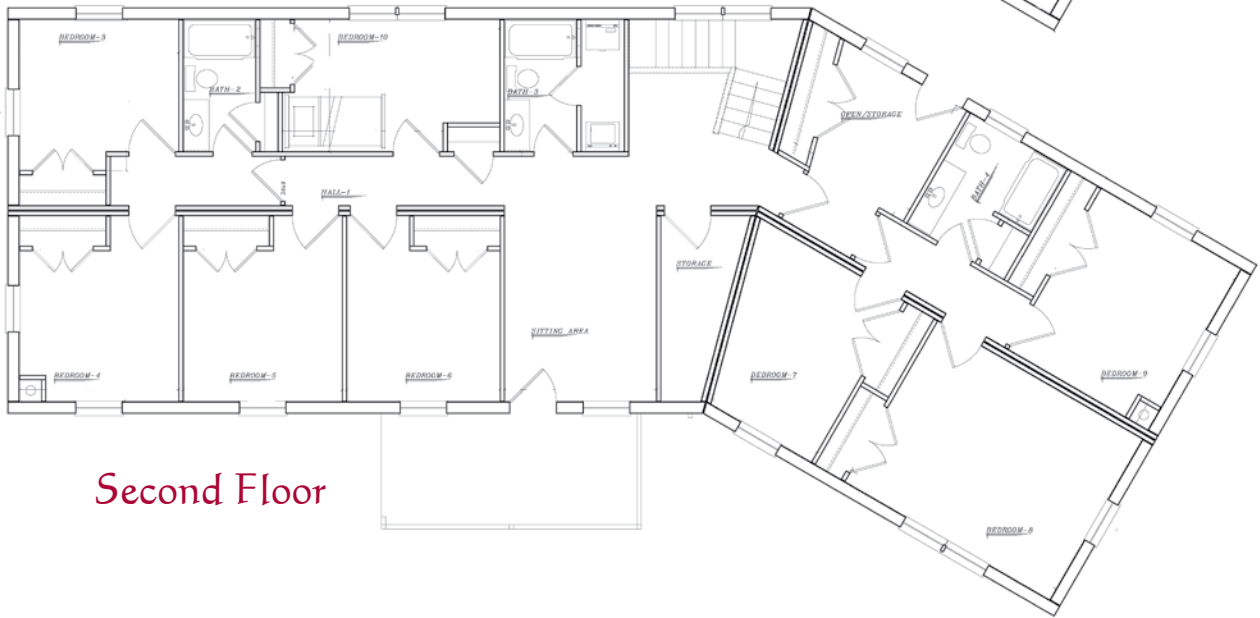


We've got the *Heart* and the *Beet* in place...

Fourth House Floorplans Take Shape!



First Floor



Second Floor



Heartbeat sings at Family & Friends Day

Volunteer Welcome



Welcome 2011-12 Volunteers! Clare, Sarah, Jess, Matt, Kaylin, Marci & Daichi. Missing: Tony and Aaron

Laughing in the Hard Times

by Kate Phillips

An experience like Heartbeet is more than once in a lifetime, it is always and forever. From the moment I stepped onto the farm I knew I was about to experience something that would change my life. Now, after ending my year of volunteering, I can plainly see how I have grown from an individual to a community member. I have learned to become more patient with not only those I work with but with myself as well. As a result, I am confident enough to move through the phases of life and give without losing myself.



Without question the Friends with special needs are those who have taught me the most. I have learned to laugh in the hard times, listen when it was loud, and trust in destiny. In particular, the Friends I lived with (Annie, Parker and Kei) have shown me different perspectives on life through their own unique ways. Words cannot express how grateful I am to have lived with this constellation of individuals, but I can say that it has been a true gift. I feel that even through multiple transitions, which can be a time of heightened emotions, we were all able to be loving and compassionate towards each other. It was very hard to see Rachel leave Heartbeet in June, but from all our conversations of compassion and trust I knew how easy it would be to welcome the Hatches and Clare into White Pine.

It is very hard to physically move away, but I believe it is part of my destiny to move forward and cultivate community in other experiences. I feel extremely lucky to have had the opportunity to live at Heartbeet and even luckier to leave knowing I have a second home and family.

Heartbeet - The Healthy Island

by Daniel Frieske

One year of friendships, experience, hopes and fears, strength and weaknesses, communication, acceptance, understanding, feelings, imagining... the list is too long for this little space where I would like to share how Heartbeet and all its people affected my life.

It all started with a big Kaspar house, people I didn't know, and ended in a community I would endlessly love and never forget. This place changed my life in many ways and I guess I didn't know how much I could learn from my Friends.

I learned to open my eyes, feel with my heart and breathe through my soul. To see things from another angle, not to judge, rather to see people as they are, in their true beings.

It was breathtaking at first and as necessary as breathing in the end. All my love goes to the people who carried me, who were patient and accepted me the way I am. My deepest appreciation to these individuals.

The seasons passed by so quickly and with it Heartbeet became my second home! A home of peace. I love it... And by the way: healthy communication and social therapy rock!



Heartbeet - A Year In The Name Of Beauty

by Torsten Plöger

My year at Heartbeet was definitely not what I expected! Nevertheless I consider it one of the best decisions of my life.

Community offers a lifestyle that is so diverse and different from what modern society offers people. Once you find the beauty in hardship, honest relationships, change, and developing yourself, there a widerange of opportunities and love reveal themselves.

Heartbeet showed me that life isn't about me and myself the entire time. There is room for empathy, dedication, care, and selflessness.

This place is not only a home for people with special needs; it's a place of healing and growth for everyone who decides to live at Heartbeet or visit it.

It took me a big chunk of my year of service to see the beauty, but looking back I don't regret a single day of struggle as it was repaid by beauty. Heartbeet is a shining light that cries to be imitated all over the world. I will miss it!



Names and Farewells

Heartbeat, Just Amazing by Tobias Inan



When I first came to Heartbeat I didn't know what to expect and what I found was the most beautiful place to live. My year in Heartbeat went by so fast; I learnt so much which would have taken me years to learn in other places. The people I lived and worked with are just amazing and I formed so many strong bonds; I am so thankful that I chose to spend a year at Heartbeat.

It's really hard to describe such a year full of adventure, diversity and new experiences. Coming from the city (Hamburg, Germany), I had no experience of tasks such as haying, barn chores and working on the land around the farm. They were so new for me but gave me such a sense of satisfaction. I really enjoyed doing them because there is a sense of enthusiasm and so much appreciation from your coworkers, and that gives you a feeling you cannot describe.

Also the artistic workshops I took part in -- you wouldn't believe what you can do with wool! The feltings are just breathtaking, and learning to make your own paper and give it the shape you want is something I would probably never have experienced otherwise.

Heartbeat taught me something I will never forget and that is a special warmth that you achieve through the relationships you create with the people here. It's like a flame you keep inside you, which is never extinguished even in the coldest winter. I really found the missing piece living and working



Tony returns in October



Connor Welcomes Aaron

here -- it's just fulfilling in every single way you can think of.

The friendships I have made here in Heartbeat are so special, and I know they will last a lifetime. I am really sad to say goodbye to all to my friends at Heartbeat, but my time here has prepared me well for my life back in Hamburg. I am ready to get started and know I am always going to have a second home at Heartbeat.



Childhood Dreams

by Mac Schneider

Ever since I was a little kid I have always wanted to live on a farm and help people with special needs. When I saw Heartbeat on the AmeriCorps website, I knew that's where I wanted to be. My childhood dreams soon became reality, something that would change my way of thinking and feeling. With so many feelings and questions running through my head, I jumped on a plane and flew to Vermont.

My time at Heartbeat was great. I lived in Karl König House with amazing people who have very different backgrounds and abilities. I developed such strong relationships; everyone grew into an extended family. I was interested in learning about their lives just as they were interested to learn about mine.

I knew I was a part of something so wonderful when I felt the support of everyone in the community when the Green Bay Packers, my home team, went to the Super Bowl. It was so amazing to watch everyone who donned Packer green and gold colors cheer for a team that they have never heard of! I am also grateful for the generosity of Rob and Anne Brigham and Peter and Kathy Watson, who offered their homes for the football games. The love and support I received for that event was so meaningful and showed me how special a place Heartbeat is for making that one of the most memorable experiences in my life.

Being Human in the 21st Century: Toward New Thinking

Reflections on the April symposium at Kimberton Hills, PA
by Annie Jackson, Sarah Mahan and Chris Stuhlmann

This conference in Spring 2011 was attended by people both within and outside the Camphill movement. I asked Annie J, Sarah and Chris, who attended along with Hannah and Jonathan, to share their impressions and insights from their participation in the conversations and artistic workshops. -Ingrid

Annie speaks ~ Overall it was very educational for me to learn about other people's points of view. Mostly I loved meeting the people -- having a chance to make new friends. I met Daichi there, and now he is a volunteer at Heartbeet and living in White Pine, and I am enjoying getting to know him better here!

I met Sophia Wong [conference speaker]-- she was the sweetest because of how she talked, and she brought a slideshow on the topic of being human that included Chris and me.

I liked the opportunity to hear what others had to say about being human. In one of the conversation groups I shared that I don't like the word "retarded," because it's hurt my feelings a lot in my life. I think if you're going to use an R-word, it should be respect! One woman talked about what our human story is about. That interested me because I love poetry; it's a good way to share how we're human. It's a topic that can be spread around, and it can be different for each person. I participated in the Poetry workshop with Chris and Hannah, and we got to go outside and observe nature. Our workshop leader, Stephen Steen, guided our writing by giving us questions to answer, and at the end we all shared our poems. It was awesome.

Clowning was another workshop topic and the presenters demonstrated how we can find our individual paths to being human in a humorous way, and how people can learn from this. It was funny and I liked it.

I also liked hearing what Tom Stearns had to say about farming and growing our own food. We each start as a seed. Like a seed, being

human takes time to grow.

I was touched by going to this conference, and it inspired me to visit other communities. The trip was worthwhile and I really appreciated being asked to go.

Sarah speaks ~ One of my impressions from this conference was how great it was to incorporate members of the wider community as presenters and attendees. I found the variety of people refreshing, and I think it was eye-opening for those not connected to Camphill. Meeting long-standing Camphill members -- whose names I've heard so often over the last few years -- was likewise a highlight.

I loved my first-ever experience of eurythmy, an art form moved to music or recited verse!

Eva Kittay, a philosopher, spoke about the struggles surrounding her daughter, who has severe disabilities, and her work and debate on the question of who has the right to be human. I was especially moved by the awareness that was brought to this question, which had never even occurred to me.

As part of the topic of "nature, nurture or technology," one of the questions that stood out for me was considering the increasing disposal of technological devices into the earth, and wondering about their effects on the quality of life for people living in those vicinities.

All these ideas leave me with deep-seated questions in my soul and gratitude for the bubbling ideas and conversation at the conference among anthroposophists and non-anthroposophists alike!

*We are not stationary beings.
We are beings in becoming.
The more we put ourselves
into the situation of becoming
the more we fulfill our true mission.*

Being Human

Chris had the opportunity to read this poem as the closing statement of the conference. The format for writing the poem was to respond to the prompts on the left (in italics); Chris' poem is on the right.

If you could ask your family a question, what would it be?

What makes you feel human?

A thought on the sun

A thought on home

A thought on plants

A thought on wind

A thought on technology

A thought on water

A thought on fire

Anything else on the four elements

Are you an Indian Tribe?
Where did I come from?
Are you the Birth of the Sun?
Where do I belong?
What do the plants plant?
Are you all graceful?
Are you good phone?
Are you peaceful?
What are you made of?
Why are you so wild?
What makes you the warmest?
Are you the element?

I Am the Horizon

For this poem, participants went outside and used nature as their inspiration.

There is an image I have
of mountains that come up
out of beauty all around.

The trees, the house and the hills,
the memories of the green grass.

I feel like I am lying down and looking at a
waterfall, swimming hole amid tall trees.

I am the mountain.



Kei with the women in his life



Britt & the men in her life



Double date for Eric & Seneca, Annie & Chris

Ted Dornseifer - Donor, Volunteer, and Friend

a conversation with Ingrid Nuse

INGRID: Hi Ted, welcome back on another Wednesday afternoon! You've been a regular weekly presence here again this summer and a vital part of our extended community. How were you introduced to Heartbeat?

I attended an event at the Lakeview Inn in Greensboro a couple years ago, and was impressed by what I saw and heard about Heartbeat. Later that year my wife Connie and I followed up with a visit, and that's when I decided to make a financial contribution. The next year I came to volunteer, because volunteering had been mentioned, and I joined the felting workshop.



Ted and Connor figure out cross-stitching

How have you volunteered your time?

I've been in the felting workshop for a couple years, and even started a felting of my own. In the last few weeks I've been cross-stitching with Connor. Last week we both felt a sense of accomplishment when Connor really started getting the concept of putting the needle into the next hole by the end of the row.

This summer the felting crew moved outside to help in the gardens quite a bit, so I joined them there. Weeding the rock garden and squash beds, and helping to head the 220 lbs of strawberries the community had picked were a few of the high-

lights. I've also baked bread in the outdoor oven and helped make lasagna and NY cheesecakes! So there's always something new and interesting to learn!

What inspired you to donate to Heartbeat?



Ted helps Britt & Jess with strawberries

The fact that it is an extended family experience here-- Heartbeat really feels like a big family. It's wonderful that such a dignified environment of caring for one another includes some of the most vulnerable of our population. I have two friends with children with special needs, and I know the parents worry that their children won't be

able to take care of themselves when they're gone. And they are also anxious about how these family members will be taken care of as the parents get older and can no longer serve as the primary caregivers. Through my involvement as a volunteer a few hours a week, I can see how effectively community life addresses these concerns.

What has kept you coming back to Heartbeat to volunteer?

I enjoy it! In some ways it's selfish of me, because I feel so good when I'm here. I feel like I've done something worthwhile.

What else stands out for you about Heartbeat and the community lifestyle here?

I like the idea that everyone has their chores at Heartbeat, and that some Friends have outside jobs in the broader community. Ann Blanchard even has a jewelry-making business!

Whenever I come Brittany always asks me, "How's Connie doing?", and I find that reaching out touching, because she and my wife have only met once or twice!

Heartbeat is special, no question, and I enjoy telling people about what goes on here and bringing them to visit. The clear purpose and meaningful and joyful living that I experience at Heartbeat inspire me to keep giving and volunteering, and that in turn adds meaning and joy to my own life.



Connie & Ted at Friends & Family Day



Jonathan leads a Heartbeat farm tour



Kei is visited by his sister and brother-in-law



Britt welcomes her mom on Family Day



Three Cheers from Parker



Haying makes muscle!



Kai in his new 2nd home at Camphill Special School



Kai & Gilbert kids



Kai & brother Wilde



A typical summer's day for Kai

New Beginnings by Seneca Gonzalez

Over the past year I have contemplated the question, "What does it mean to meet our children's needs?" So often as a parent it can be about meeting the daily care needs of hunger, warmth, sleep, entertainment, etc. Often our needs and our children's needs are so intertwined that it is hard to see where one begins and the other ends. When your child has special needs, the depth of this can be threefold and the timeline for care can seem infinite.

In September of this year our family started on a new journey when our 8-1/2 year old son Kai moved to Camphill Special School (Beaver Run) in Pennsylvania. It is the only residential/day Waldorf school in the nation created especially for children with special needs. Beaver Run is a magical, beautiful village that is nothing short of a miracle. After we made several visits, it was clearly a perfect fit for Kai. In addition to receiving an education that meets his needs, he will have lots of friends to love, and be treated with dignity, care, and love. What more could a mother want for her child? Now the question I ponder has become, "How will I care for my son 4 states and 8



Relaxing with dad



With walking buddy Ryan

hours away?" This arrangement is not a traditional role of mothering and yet, it is at the very core of what it means to be a mother and freely love. I will miss Kai's daily grin, his mop of blonde hair, and his big bear hugs. This is a journey that I have very few concepts for and that is filled with a new emotion every day. Kai has built a bridge to Beaver Run, and our family of community has expanded. For this we feel so blessed.

Love and Blessings, Seneca

This year's Spring Conference brought over 90 participants to Heartbeat!



Mission:

Heartbeat 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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Creative Donations

Corporate Donations can be supported through business matching grants. If you are giving a donation to Heartbeat, 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.

Heartbeat 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 Fourth House.



Kei & his poppy felting