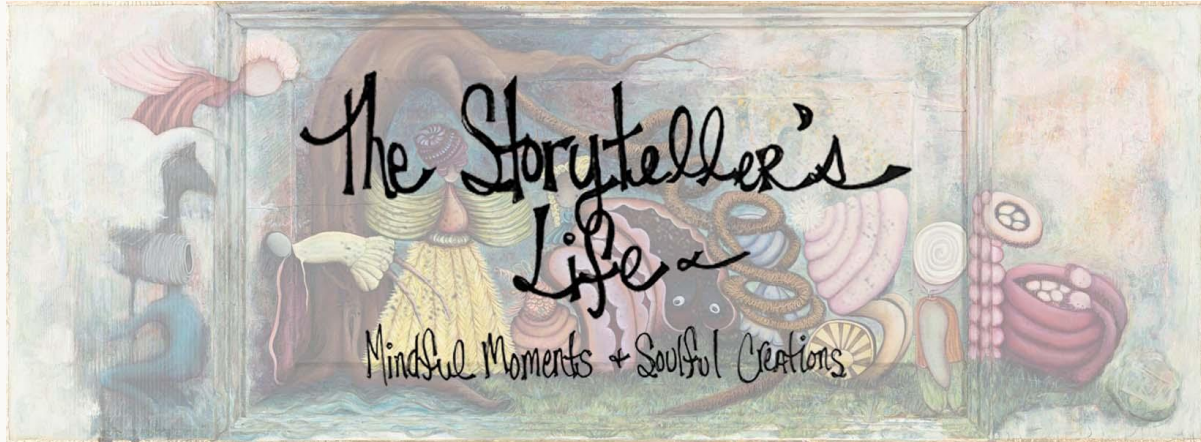




*I truly believe in the importance of play, while being authentic and telling our stories.*



April 23, 2026

Hello to you, both near and far! 🌸

I don't know if it's because it's The Year of the Horse or how the planets are aligned or if it's the turning-more-fully-into the season of spring, or sadly because of the state of today's times, or any combination thereof.... Whatever it may be, do you feel it too? There's this momentum, almost quickening of the heart beat, a pulse of excitement alongside a titch of anxiousness (is the word that comes to my mind right now) for the unknown ahead. For me to not feel overwhelmed or get ahead of myself, I'm intentionally incorporating tools into and throughout my every day routine. May the following loves of mine nourish and support you as well ❤️



*In this this edition:*

- ✦ 3 Loves of mine right now
- ✦ Quote, reflection, & gentle prompt
- ✦ In the Studio, Updates

→ **Greek Spinach (or Stinging Nettles!) and Orzo Soup** - Soup is my go-to-love for nourishment and well-being. Combined with Stinging Nettles! and this is a double-love 🥰 Nettles are super amazing - from history, to folklore, to fabric, to being beneficial to 40 species of insects! (I could go on and on!...) the sting it gives one is a small price to pay (in my humble and in-love opinion) for all that it offers. Bonus are the nutritional benefits of this beautiful plant - please see the recipe.

→ **Friedensreich Hundertwasser** - In New Zealand about 10+ years ago I was 1st introduced to his architecture via a public bathroom he designed. I fell in love with his whimsical yet ecological focus on architecture, his unapologetic use of color, and his love of the spiral. Being exposed to great creators and artists before and currently around me is my way to nourish my soul and invite myself to take pause during the day. It can be via a book, a walk through a museum, looking at the craftwomanship of a basket.... It all matters!

→ **Getting my Hands Dirty** - Feeling the slight soreness and happy tiredness in my body today reflects the way I gently moved through our garden; bending and stretching as I gathered decaying stems and leaves (in moderation!). Having residue paint on my hands at the end of my time in the studio is another sure sign that day I was fully alive. Completely immersed with all of my senses ~ so much so I find myself in a meditative state where I loose track of time while my mind freely explores, ponders, and wonders....

*"You must yourself become the author of your environment. You cannot wait for a permit or an authority. Not only your clothes and your rooms, but the face of the building in which you live belong to you"*

~ Friedensreich Hundertwasser

→ **My reflection:** I love this quote and it sums up my loves above too. My husband and I are definitely the authors of our home, both inside and outside. Our curated collections (i.e. cookbooks, art & craft work, my studio, our garden....) bring us so much joy in our day to day living. We absolutely get our hands dirty making our home what it is today (this also includes taking care of our well-being) ~ as nothing created is without imperfections 🥰

→ **May I gently ask:** Looking around you, who is the author of your environment or are you waiting for permission to be authentically you?

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*In the Studio, Updates:*

🎨 My Story on Wood, “With Eyes That Now Sea” (a snippet shown lower left) received **Honorable Mention!** Visit the Hopkins Center for the Arts Member Show to view more than 150 artists - thru May 16.



🎨 Join me and the other 31 artists for the **Juror's Talk & Closing Reception, May 9, 4-6PM at Form + Content OPEN LOOP 2026: AMONG AND BETWEEN**, Juried by Kylie Linh Hoang ("The Whoopie Do Affair" (above right) was happily accepted into this show)

🎨 The complete list for my **upcoming summer art fairs** is up-to-date on my Events & News web page. I have not had such a busy season as I will be having this 1st half of the summer = excitement + a titch of anxiousness (as referenced above)!

🎨 In time for my 1st fair (Edina), I will have a **new batch of sandstone coasters** available. In addition to the favorites (middle above), I'm looking forward to finding new snippets within my Stories on Wood to fulfill this order. Stay tuned!

✨ Well, that is it for this month's 2nd newsletter. Thank you so much for being witness to my journey as an Artist and a Being on this earth. I look forward to sharing more with you. AND I would so love to hear from you ~ if you are so inclined to reply or share back 🙏

*Until next time,  
Please be well,  
Heidi*

# Connect Further:

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*I'd love for this community to grow. If you connected with this newsletter, please forward this email to a friend who might appreciate it. 🙏*



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