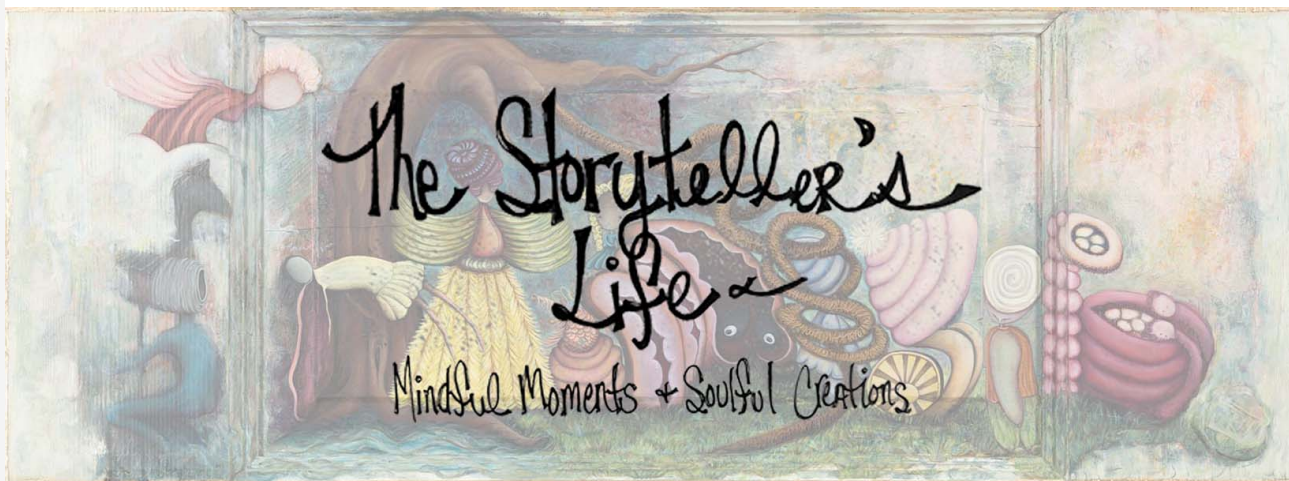




I truly believe in the importance of play, while being authentic and telling our stories.



February 5, 2026

✨ Dear Community,

Addressing my newsletter this way, today, felt appropriate. As I feel like I'm creating a space for those who support my work and who I am as a person. Thank you for being a part of this! I just wish you were able to meet one another!

In the times of which we are in, community is more important than ever, whether it's with neighbors, friends, businesses, etc., or any combination on a regular basis. It's why also, I love hosting and being a part of the Life Drawing group that comes here every Tuesday evening. There is nothing like being with like-minded folks to soothe the soul.

WHAT I'M LOVING RIGHT NOW....

→ L♥VE~ I love "love" as I tell my husband. I believe in it's power to overcome indifference, adversity, and fear. It creates support, connection, healing, growth.....



I could go on and on about this, but I'll let you read on in the link above 😊

→ [How to Help the Twin Cities](#) ~ Lists are ever-changing and no two are alike. I came across this one and loved how it encompassed so many categories. I also very much appreciate her acknowledging the need for us to also take care of ourselves.

I absolutely adore tulips. And by late January one can usually find them.

Putting a few different vases out throughout our main floor brings us both joy and reminder to pause.

→ [The Winter Olympics](#) ~ there is nothing like observing the comradery between athletes and the support from their countries. I also truly appreciate the dedication and passion each must have in order to even be a part of the Olympics. It's inspiring to see!

My takeaway is perfectly summed up by [Marc Chagall](#), one of my favorite painters:

"In the arts, as in life, everything is possible provided it is based on love."

So I gently ask you: how are you able to bring more love into your life?

In the Studio, Update:

A few worth mentionings:

🎨 I now have an **archive of "The Storyteller's Life" newsletters**. They can be found on my website, [here](#).

🎨 Due to reasons that don't make sense to share, **I have dropped out** of the **Excelsior Art Crawl** this coming weekend. Come and support the participating artists!

🎨 I will have 2 pieces in **2 different shows** that are opening this next week. Please visit [my website](#) for details.

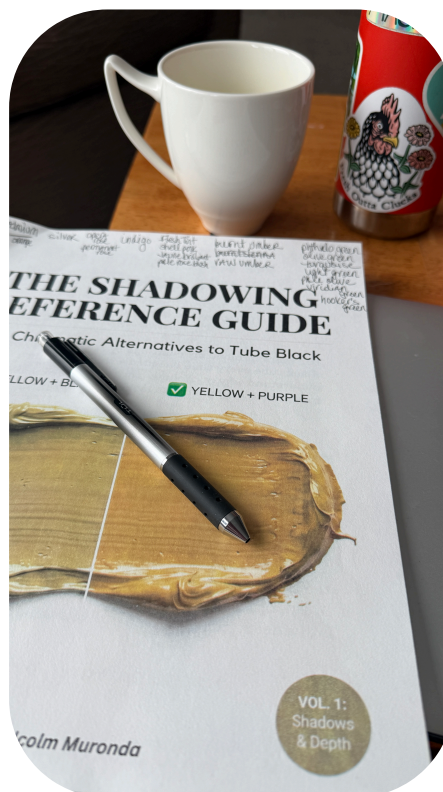
🎨 Every new year I revisit **my Artist Statement** so that I have it ready for the year's applications. This is my latest:

"Through an intuitive and organic process, I create layered, textural works that explore the themes of interconnectivity, memory, and identity. My work is a conversation between the tactile world and my own internal landscape, creating stories that are as unique and everchanging as each of us.

Drawing inspiration from the magic and minugia of nature, I offer the opportunity to escape into the worlds that I create. My intent is to provide a quiet sanctuary from the noise of modern life, where one feels a



This is a snippet of my so-very-close-to-being-done mixed media painting titled, "Mum's the Word"



I'm super excited to have come across this guide on mixing color

grounded sense of calm while still making room for their own reflections.

Each piece begins with full sensory play – fingers in acrylic – until images emerge. My work utilizes a diverse range of materials: including oil, cold wax, powdered pigments, carbon paper, gold leaf, and embroidery on one-of-a-kind reclaimed wooden substrates to achieve pieces of substance and depth. Layers are built up and stripped back with solvents and mark-making, mirroring the way our own identities are formed and reformed over our lifetime. Through this physical process, I weave authentic stories of healing, transformation, and resilience, celebrating the beauty found in both the delicate stitch and the bold stroke.”

and can hardly wait to see how it impacts my work. Stay tuned!



Near every week, I try a new medium in our Life Drawing session. This week, I pulled out my favorite and trusty pastels. It was all so very satisfying.

✨ 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.

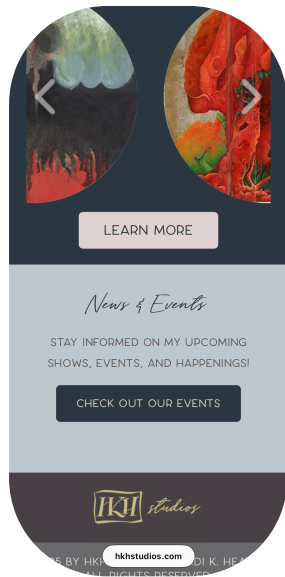
AND I would so love to hear from you ~ if you are so inclined to reply or share back 🙏

*Until next time,
please take good care,
Heidi*

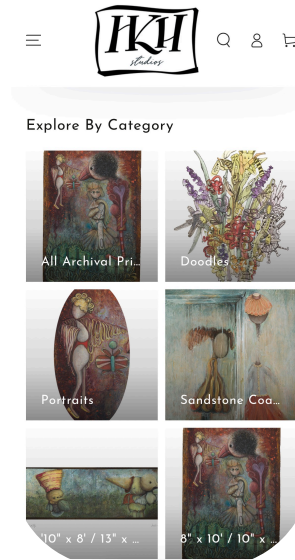
Connect Further!

I invite you to reach out to me if you are interested in a **Studio Visit**. I also welcome **Inquiries** regarding the availability of my oil & mixed medium work: Stories on Wood, Abstractions and Gems of Being. Just reply to this email!

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Please note: I aim to share my experiences and knowledge; rather than to promote or push specific sources onto you.

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