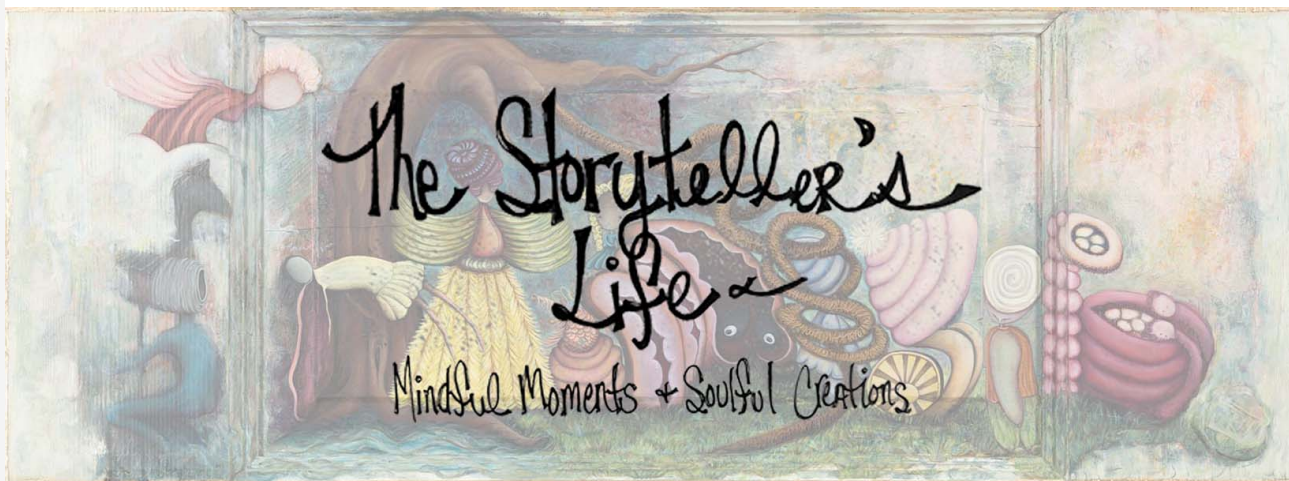




I truly believe in the importance of play, while being authentic and telling our stories.



January 23, 2026

Hello, on this bitterly cold winter day (for those of you outside of Minnesota, we woke to a -23 degrees **Fahrenheit** this morning!). But it is indeed January and we are in Minnesota, and I say if we are going to have winter let's have it (though I know some of you may not necessarily agree with me 😊)

Over breakfast this morning, I received some not-so-welcome news. Our dear dog, Moo (or Mr. Moo or Moo-Moo), was lying in a chair next to me and I petted his ears as I digested what we just heard. He proceeded to moan and groan in pleasure, in the way only he does, bringing out a laugh and a smile to my face. And I was reminded again – for the 4th time this week – about the word, “duality”.

And it can be mentioned that today, January 23rd, is “ICE Out of Minnesota: Day of Truth & Freedom”. As I write, thousands are protesting an intensive federal invasion of our state. And residents have been encouraged to skip work, school, and shopping to demand the removal of ICE agents.

**WHAT I'M LOVING
RIGHT NOW....**



Not only does he make a lot of noise, he also loves pillows.

→ Kathleen Hoagland ~ I love and believe in therapy. And she popped up in my IG feed this last week with this video (my 2nd reminder about “duality”).

→ Artists that are making a difference ~ Minnesotans are amazing! and I love that creativity is bringing people together 🥰

→ Hot Italian Soup ~ Soup is my go-to for dinner. There’s nothing like homemade soup and some good crusty bread that nourishes the soul. This recipe is one of my favorites!

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

~ Martin Luther King Jr.

My Gentle Ask: continue to take care of yourself, believe in Love, look towards the Light, and give to the cause of Minnesota as you are able to.



The ‘Being’ above is one of my favorites as she represents (to me), Love.

In the Studio, Update:

February is right around the corner. And with it, I am participating in 3 different local events. Not only is taking in art good for your well-being, it is also a way to support the artists 🥰

🎨 **February 7–8, 11AM–5PM:** Excelsior Art Crawl
I've been placed at Bella on the Bay

🎨 **February 7 – March 28:** One of my Stories on Wood has been accepted into "Aesthetic Essence I" at Burl Gallery.

March 7, 5–7PM: Artist Celebration / Reception

🎨 **February 13 – March 20:** Members' Salon
at Minnetonka Center for the Arts

March 12, 6–8PM: Artist Celebration / Reception

✨ 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 🙏

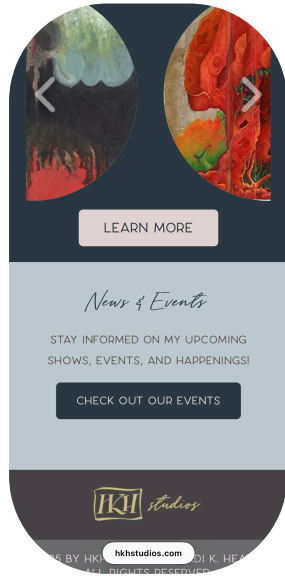
*Until next time,
Please be safe and well,
Heidi*

Connect Further!

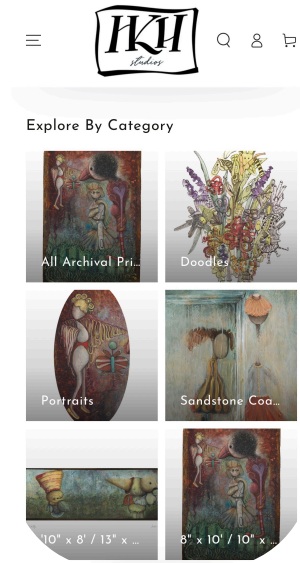
I invite you to reach out to me if you are interested in a **Studio Visit**. I also welcome **Inquiries** regarding the availability of my oil & mixed medium work:

Stories on Wood, Abstractions and Gems of Being. Just reply to this email!

Visit my Website:



Visit my Store:



Share with a Friend



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

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