



Evergreen Garden Club

# WILD IRIS



December 2020

**WISHING YOU ALL A SAFE, HEALTHY  
AND HAPPY HOLIDAY SEASON!**

**NEXT EGC MEETING  
TUESDAY DECEMBER 8, 2020 VIA ZOOM**  
Watch your e-mail for details on how to join in.

**DECEMBER'S PROGRAM WILL BE  
A CHRISTMAS ZOOM PARTY!**

**9:30 am – 11:00 am**

*See details below*



# *Evergreen Garden Club*

## *Xmas Zoom Party*

*Tuesday 8th December*

*9.30 - 11am*

*Invite coming via  
email soon*

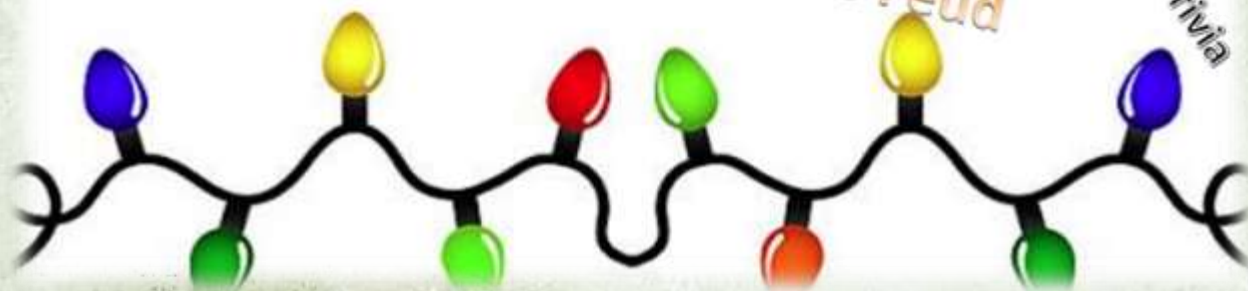
**UGGLY SWEATER  
CONTEST**

**BINGO**

**PRIZES**

**Christmas Feud**

**Christmas and gardening Trivia**



**Evergreen Garden Club Minutes  
November 10, 2020  
General Membership Meeting via Zoom**

**Treasurer's report:**

Helen began the meeting with the sobering news that 672 families in the Evergreen area are relying on EChO now. Our Club recently made a cash donation to them. Food donations can be dropped off at The Place as the Food Bank recently relocated to 27888 Meadow Drive. Cash donations can be mailed to their PO Box.

**Evergreen Christian Outreach  
P.O. Box 1515  
Evergreen, CO 80437**

**Membership report:**

Donna reported that we have a total of 65 members (individual, family, and businesses) to date. The directory is just about complete and it will contain a memorial to Peggy Bertrand who passed recently. Welcome back to returning member Mary Beth who mentioned Grow & Give, a timely Master Gardener program to help share the harvest.

<https://cmg.extension.colostate.edu/grow-give/>

**PARTY!** Tuesday, December 8 via Zoom will be our next meeting. The holiday party will go on! Wear your ugly Christmas sweater and have a surgical mask ready to decorate. We'll be having games and prizes.

Informal discussion included three topics: caterpillars, greenhouses, and gophers.

Our guest speak was Marion Owen from Kodiak Island, Alaska. Her website is [joyofcomposting.com](http://joyofcomposting.com) and her email is [mygarden@alaska.net](mailto:mygarden@alaska.net). Helen will make a recording of Marion's talk available.

Here are the four basic steps to composting. Many of us responded to Marion's suggestions to add kelp and comfrey to our compost.

1. Gather your ingredients (You can request a flyer of the 220 things to feed your compost at Marion's email.)
2. Mix ingredients thoroughly
3. Add water as needed
4. Turn frequently

Our beautiful and informative Newsletter is up on the web site and was emailed to the members—the Halloween plants were amazing. Read about gophers, bulbs, and so much more! Natural Resources for November, Creating a Native Meadow, was sent today to the email list.

Our November 2020 speaker was Marion Owen, all the way from Kodiak, Alaska, who gave a delightful and informative presentation on *Composting*. For those of you who may have missed it, a link was emailed to all EGC members on November 12<sup>th</sup>; follow that link to listen to the recorded presentation in its entirety.

Below is a note from Marion, along with a request that you participate in the quiz she has included. Enjoy!



Marion Owen

EXPIRES IN... 14 20  
days hours

START QUIZ >

### What Is Your #1 Composting Mistake?

Take This FREE 65-Second Quiz To Find Out "What is Your #1 Composting Mistake?"

START QUIZ >

Why do some people make composting look so easy, while others struggle to scratch out a few crumbs?

If you would like more information or have questions you can contact Marion at her website [joyofcomposting.com](http://joyofcomposting.com) and/or her email [mygarden@alaska.net](mailto:mygarden@alaska.net)

**Greetings from Kodiak, Alaska!**

**For those of you who shared the screen during Tuesday's Zoom on Composting: Thank you for your enthusiasm! And also, for letting me know (a few weeks ago), about your main composting concern. It REALLY helped me shape the Zoom workshop.**

**AND, it added a lot to my Composting Quiz called "What is Your #1 Composting Mistake?"**

**So, may I ask you a favor? I'd really appreciate it if you took this quiz, not only so I can understand where people trip up on composting, but I'm sure you will find it helpful and fun! Plus, you get a results report sent to your inbox.**

**Here is the link: <https://go2.bucketpages.com/sf/f3948557>**

**Have a great rest of your week!**

**Cheers and blessings, Marion**

How to Draw Trees and Flowers



START A GARDEN JOURNAL WITH THE KIDS OR GRANDKIDS

Trees



1



2



3



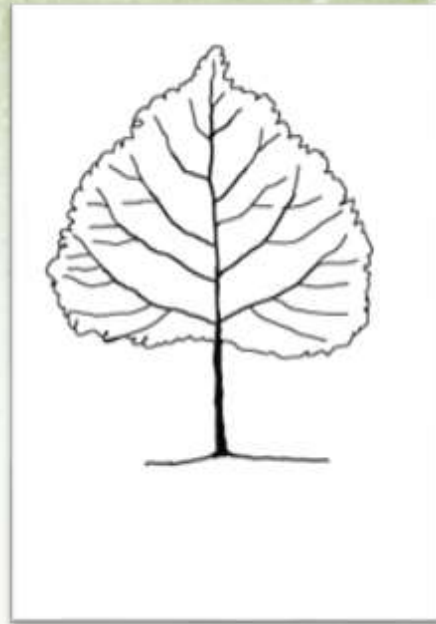
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5



6



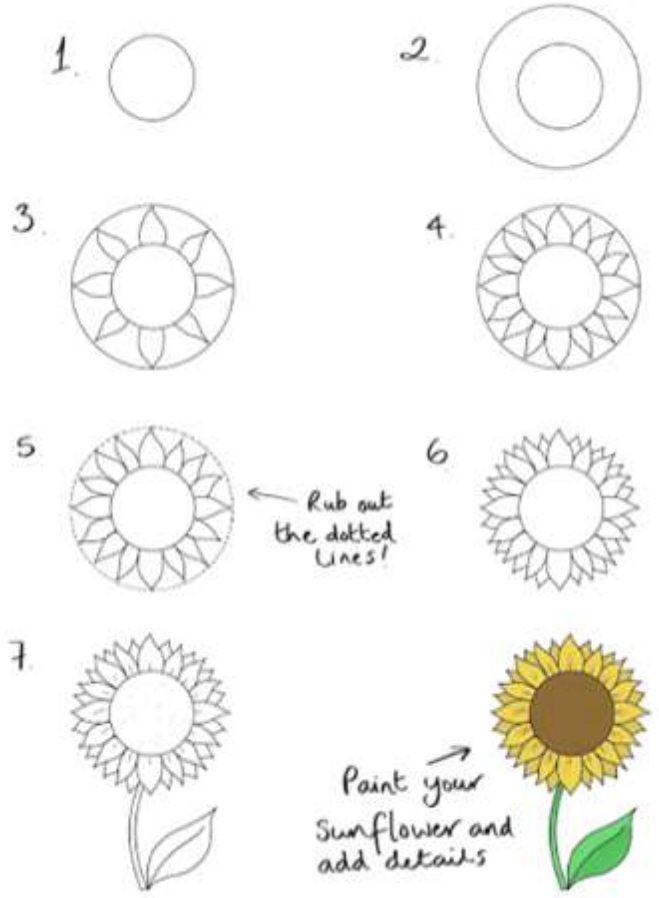
Different leaves make different trees!



**Leaf and bark rubbing is a great way to study the shape, pattern and texture of leaves and trees. All you need is a crayon or oil pastel and some paper. For leaf rubbing, put the leaf under the paper and rub the crayon over the leaf - you might need to experiment with how hard to rub the crayon to get the best effect, but that's all part of the fun. For bark rubbing, the same applies, but you will probably have to put the paper against the tree trunk.**



### How to draw a sunflower in 7 steps





Tulip

Rose

Sunflower



Snowdrop



Daffodils



Lotus



Periwinkle

If you click this link, you will find all kinds of drawing guides for different flowers!

[Love to Draw Things](#)



## Leaf Threaded Mobiles



Leaf threading is a great fine motor activity for adults and children alike, plus when you make long chains like the ones pictured, they make beautiful hanging sculptures for your garden. *The Kids Classroom* have a great post on how to do it, check it out!

[All Natural Leaf Threading - Kids Craft Room](#)



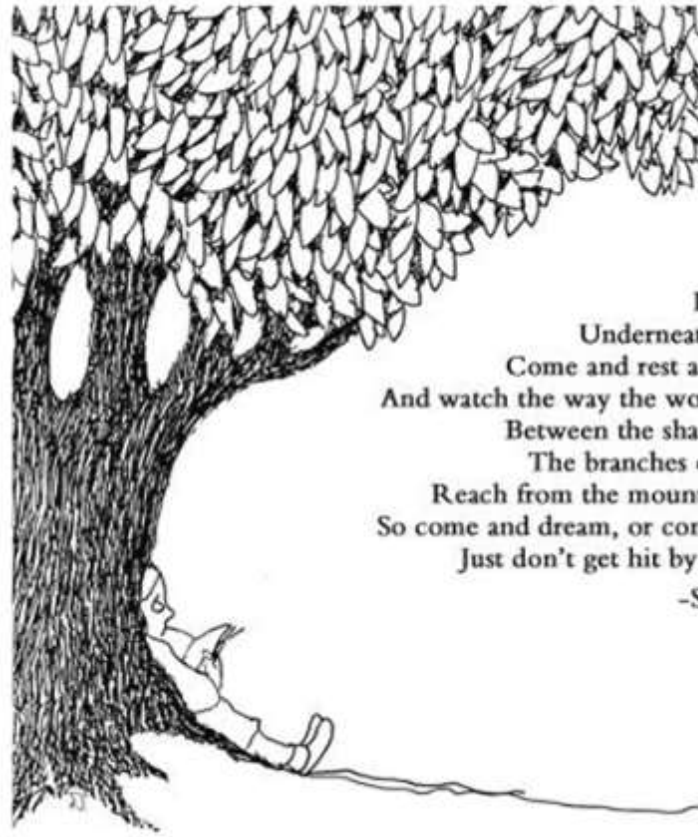
 Save

When the children finish their leaf threading activity I like to hang them up in a window or outside under a tree, they look wonderful and kids can enjoy watching them dry and change colour over time.



## Afternoon Reading

Here is a poem by the great Shel Silverstein – Poet's Tree



### POET'S TREE

Underneath the poet tree  
Come and rest awhile with me,  
And watch the way the word-web weaves  
Between the shady story leaves.  
The branches of the poet tree  
Reach from the mountains to the sea.  
So come and dream, or come and climb—  
Just don't get hit by falling rhymes.

-Shel Silverstein

## Journal Prompts

You could go back to the drawing workshop for your journal pages today, or here are some other ideas:

- Fill your page with leaves of all shapes, sizes and colors
- Press some leaves into your journal, you could label them, or draw around them...
- Draw your favorite tree across the whole page
- Draw around your hand, then fill it with leaf vein type patterns
- Write about leaves and trees, maybe a poem, or just some free writing
- Sit or lie under a tree in your garden or a park, look up and watch the leaves dance in the breeze... if its sunny see how the light dapples through the leaves... how does it make you feel?



THIS IS A DIFFICULT TIME FOR MANY AND RIGHT NOW 672 EVERGREEN AREA FAMILIES ARE NOW RELYING ON ECHO. EGC HAS MADE A CASH CONTRIBUTION, HOWEVER, FOOD DONATIONS ARE STILL GREATLY APPRECIATED. EVEN THOUGH WE ARE NOT MEETING IN PERSON, ECHO FOOD BANK IS STILL COUNTING ON EGC'S GENEROUS DONATION OF HEARTY SOUP AND CORNBREAD NOW MORE THAN EVER. SINCE THERE IS NO WAY TO REALLY COLLECT THEM AS A GROUP THIS YEAR, PLEASE LET US KNOW HOW MANY CANS OF SOUP YOU WERE ABLE TO DONATE. THANK YOU! ECHO FOOD BANK HAS RECENTLY RELOCATED TO THE BUILDING KNOWN AS

***THE PLACE***

27888 MEADOW DRIVE, EVERGREEN  
CASH DONATIONS CAN BE MAILED TO THEIR PO BOX.

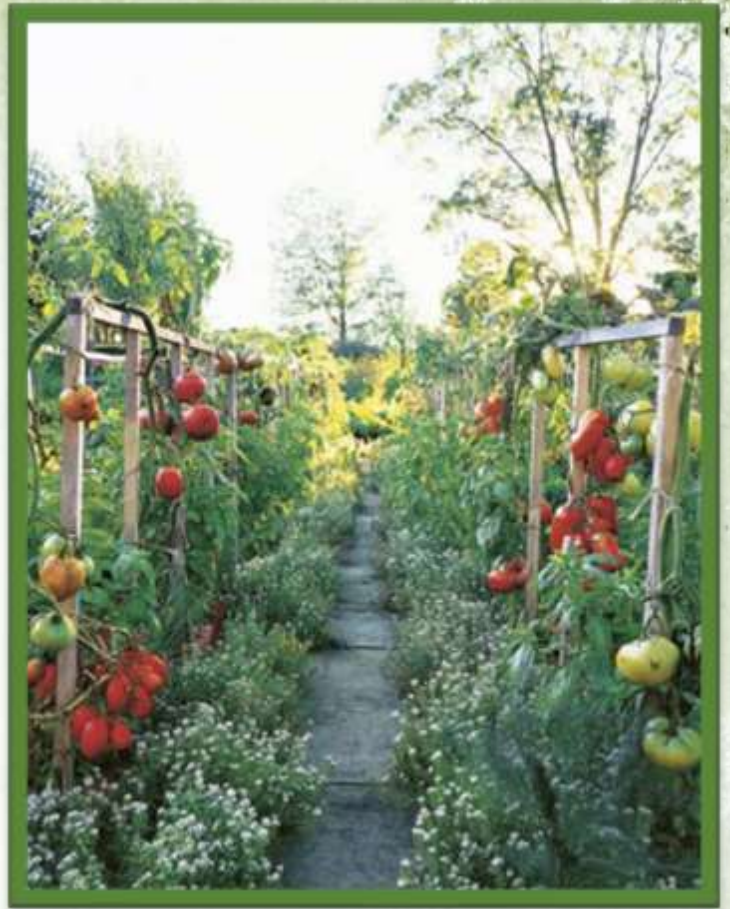
EVERGREEN CHRISTIAN OUTREACH  
P.O. BOX 1515  
EVERGREEN, CO 80437





**A WINTER REPRIEVE -  
GARDENS THAT DRAW YOU IN. . .**



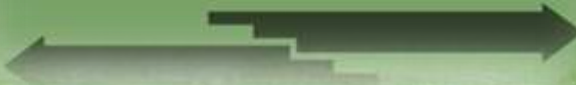




**YOUR EGC  
DIRECTORY  
IS ON THE  
WAY!**



**EGC  
DIRECTORY**



**IT'S NOT TOO LATE TO RENEW YOUR MEMBERSHIP  
for the 2020-2021 year!**

**Please send checks to EVERGREEN GARDEN CLUB,  
PO Box 1393, Evergreen, CO 80437**

**You may also PAY ON LINE at our website:**

**<https://www.evergreengardenclub.org/membership-details>**

**Personal yearly membership is \$30.00**

**Family membership is \$40.00**

**Business membership is \$60.00**



# PLEASE PATRONIZE OUR BUSINESS MEMBERS!



- THE EVERGREEN GALERY**
- THE HOLLY BERRY**
- SUNDANCE LANDSCAPING**
- STEVEN PARKS GOLDSMITH**
- STEMS**
- VILLAGE GOURMET**
- NELLEYBELLE**
- COLDWELL BANKER**
- JAVA GROOVE**





Birdbaths are essential for every bird-friendly landscape. While there are many different [types of birdbaths](#) you can buy, there are even more ways to create your own bath with upcycled, recycled, or repurposed materials, no matter what your level of crafting skill. These 10 creative projects offer plenty of opportunities for creativity and personalization while still providing water to your favorite [backyard birds](#) in fun and imaginative ways.

## 10 EASY BIRD BATH PROJECTS

*To follow the links, hover the cursor over the link, hold down the control button and click!*

*Submitted by Cherie Luke*



### TIPPY POTS PLANTER AND BATH

There are many ways to use clay pots to make DIY bird baths, from simple towers to creative stacking, but this topsy turvy design is one of the most fun and whimsical options. Bold colors make the project pop, and the tipped pots make perfect planters for flowers, herbs, ferns, or other greenery. Add [flowers for hummingbirds](#) or [seed-bearing flowers](#) to attract even more birds.

Follow this link for detail instructions on how to make the Tippy Pots Planter & Bath  
[DIY Garden Planter & Birds Bath \(homestoriesatoz.com\)](http://homestoriesatoz.com)



## RECYCLED GLASSWARE BIRD BATH

Pedestal birdbaths are popular designs, but your pedestal doesn't have to be boring or plain. Recycling glassware is a great option for a birdbath with extra sparkle and flair, and who doesn't have old vases, platters, and plates gathering dust in a cupboard or piling up at a thrift store? Put them to good use by creating a birdbath that will add vintage style to the yard.

Follow this link for detail instructions on how to make the Recycled Glassware Bath [What to do with recycled dishes and china in the garden? | Flea Market Gardening](#)



## TEA POT BIRD BATH

Add storybook whimsy to the garden and invite birds to a tea party with this teapot bird bath stack. Mismatched cups, saucers, and teapots can blend together with a coat of paint, creating a memorable and fun design that is a great companion to a [teapot birdhouse](#). Use your own miscellaneous crockery or visit thrift stores or yard sales for a wide variety of choices to turn into a DIY birdbath.

Follow this link for detail instructions on how to make the Tea Pot Bird Bath [Tea Pot Bird Bath Garden Art Made from Thrifted Items - Morena's Corner](#)





### ONE-OF-A-KIND BIRD BATH

This stacked birdbath allows you to express your creativity with different colors and by filling the stacked vases with a variety of items. Try pebbles, marbles, colored gravel, seashells, colored sand, yarn scraps, tumbled rocks, or any other fun fillers for unique colors and textures. The wood slice separators give the project consistency as well as good stability.

Follow this link for detail instructions on how to make the One-of-a-kind Bird Bath [Homemade Bird Bath \(decoart.com\)](http://decoart.com)



### STACKED STONE BIRD BATH

The rustic look of this simple stone stack will add structure and an easy water feature in more natural gardens. Galvanized trash can lids are perfect for bird bath basins, and if the lids are a bit bumped and dented, so much the better for a weathered look. Stones added inside the basin give birds more perching space and keep the lids sturdily in place.





## GLASS LID HANGING BIRD BATH

Hanging birdbaths are a great choice for hanging below balconies, from awnings, or from large tree branches, and this easy glass lid bath is a simple but perfect project to [attract birds with water](#). The chain adds durability and stability to hang the bath, but the lid can easily be removed to wash (even in the dishwasher) when it is time to clean the birdbath.

Follow this link for detail instructions on how to make the One-of-a-kind Bird Bath Hanging Bird Bath that is Easy to Clean by [Upcycling a Glass Lid ! \(sadieseasongoods.com\)](#)



## CUTE SERVING DISH BIRD BATH

Dollar stores and thrift stores have a wide variety of colorful serving bowls and platters that can make stunning birdbaths. This project adds even more custom flair with a carved table leg (recycled, of course) as the pedestal, complete with a stable platform to be sure the birdbath can support all its feathered visitors without tilting or tipping.

Follow this link for detail instructions on how to make the Cute Serving Bowl Bird Bath from [HomeJelly](#)



## REPURPOSED LAMP BIRD BATH

Turning an old lamp into a DIY birdbath is one bright idea, and you don't need an electrician's license to do it. What you do need is an old, ornate lamp you'd find at a thrift store, resale shop, or yard sale, and your favorite paint color to give it some pop. Add a crystal basin or other bowl for the water, and your birds will love the opportunity for an elegant bath.

Follow this link for detail instructions  
on how to make the Repurposed Lamp Bird Bath  
[DIY Lamp into Orange Birdbath - Color Me Thrifty](#)



## TOMATO CAGE BIRD BATH

Add a birdbath to your [vegetable garden](#) or anywhere you want birds to make a splash with a simple tomato cage birdbath. The sturdy wire of the cage provides an easy pedestal for the clay saucer basin. The cage could be trimmed to any height, or you can make multiple baths at different heights to add even more water and character to the garden.

Follow this link for detail instructions  
on how to make the Tomato Cage Bird Bath  
[DIY Tomato Cage Bird Bath | My Life Abundant](#)





## JEWELLED CONCRETE BIRD BATH

Perhaps you already have a heavy [concrete birdbath](#) that is showing its age with chips, nicks, or cracks. Give it new glamour with a simple coat of concrete and glittery jewels, with a smaller colorful basin in the middle for a fun focal point. You can even leave the smaller basin loose in the bath so it can be removed for easy [cleaning](#) whenever needed.

Follow this link for detail instructions  
on how to make the Jeweled Concrete Bird Bath  
[Following the Master Gardener: D.I.Y. Birdbath Restoration](#)



**Jefferson County Master Gardener's  
2021 Calendars are now available!**  
Calendars are \$15.00 and profits benefit  
a Colorado Horticulture Student Scholarship  
Contact Cherie Luke at [cherie7651@gmail.com](mailto:cherie7651@gmail.com)  
or Cindy Gibson at [cgibson426@gmail.com](mailto:cgibson426@gmail.com)  
to get yours today!



A vintage illustration of a steam train chugging through a snowy, mountainous landscape. Santa Claus is visible in the front car, and a young girl is sitting in a small cart in the middle. The train is decorated with holly leaves and berries.

**WELCOME NEW MEMBERS!**

**TODAY:**

**Cynthia Baldwin**

**Karen Lubbe**

**Krystine Trien**



**BEST WISHES  
TO ALL OF OUR EGG  
DECEMBER BIRTHDAY  
BOYS & GIRLS!**



# 10 Best Christmas Plants and Flowers—Plus How to Make Them Thrive 'Til Santa Arrives

Keep your Christmas tree, plants, and flowers beautiful the whole season long.

BY ANNA LOCCA SAMSONE

**A HELPFUL  
CHRISTMAS REPEAT!**

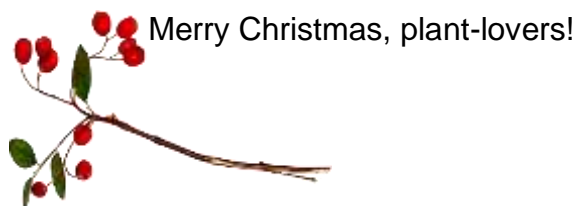


Who says winter's not gardening season? Sure, you might not be able to plant fall mums right in the middle of December, but the way we see it, greenery and flowers are even *more* necessary around the holidays, adding color, life, and cheer to your home on even the chilliest of days. Their value is often underestimated (especially when compared to more obvious holiday elements like Christmas cookies), but make no mistake: Plants are a huge, important part of holiday décor.

Here, we've rounded up the absolute best Christmas plants and flowers (think: Christmas trees, Christmas poinsettias, and even the lovely Christmas cactus) that'll keep your home feeling like a greenhouse all the way through the winter months. What's more, we've included tips on caring for them, including advice on whether to keep them or toss them after the holiday. Most of the plants we've selected here are hardy, nice to look at, and even feature Christmas-approved color combinations—which means they work wonderfully as affordable gifts for your mom, husband, neighbors, and family friends too.

Worried your plants won't make it till the end of the season? Think again: "Many holiday plants can thrive for years with the right conditions and care," says Tim Pollak, outdoor floriculturist with the Chicago Botanic Garden. Of course, just like with any garden, it's important to stay on top of your plants' watering and tending schedule—but if you do, you'll reap the beautiful, red-and-green benefits.

The good news? You've got everything you need right here—and then some—to ensure that your favorites don't end up as the Ghost of Christmas Past before the holidays even arrive.



Merry Christmas, plant-lovers!

Christmas cacti are so pretty, they just might rival the beauty of the ornaments on your tree. "These are one of the hardier holiday plants and can last for years and years," says Pollak. Different species bloom at different times of year including Thanksgiving and Easter.

#### **HOW TO CARE FOR IT**

Place in a bright window. Flower buds that drop before opening may be caused by warm temperatures or overly dry soil. Water when dry, but don't let the plant sit in water.

"They're a succulent and the pads get soft and mushy if you overwater," says Pollak. Check pot every seven to 10 days.

#### **KEEP OR TOSS?**

Keep! To get flowers to set next year, take the plant outdoors for about three weeks in late summer to early fall, bringing it indoors before temperatures dip into the mid-40s. They prefer to be pot-bound, so no need to repot for years. Fertilize monthly between April to October.

## **Christmas Cactus**



## **Cyclamen**



These cool-season plants tolerate temperatures into the 40s, which is why they're popular in the winter months. They can bloom for more than eight weeks with the right conditions.

#### **HOW TO CARE FOR IT**

Place in medium diffused, not super-bright, light. Avoid warm drafts to prolong flowering, and deadhead spent flowers and yellow leaves by pulling off the entire stem near the foliage line. Water from the base, not from the top, by setting it in a saucer of water and letting it absorb for 15 to 20 minutes, then remove the plant. Avoid splashing water on the leaves.

#### **KEEP OR TOSS?**

Toss! It's tough to get cyclamen to re-bloom.



Poinsettias are nearly as classic as Christmas movies! "Choose plants that have little yellow flowers, called cyathia, in the center of the colored leaves," says Gary Vollmer, product and technical manager with Selecta North America, a poinsettia breeder. If you chose a plant that's shedding pollen or the yellow flowers have dropped off, it's past its prime and won't last through the season.

#### HOW TO CARE FOR IT

Cover your poinsettia when bringing it home, especially if temperatures are in the 20s or lower, and don't leave it in the car while you run errands. Water when dry to the touch. "The most reliable way to kill them is root rot from overwatering," says Vollmer. Remove the foil or pot cover (or poke holes in it) that's around the plant when you buy to ensure it's not sitting in water. Water sparingly, then let drain completely in the sink.

#### KEEP OR TOSS?

Your call! To promote flowering next year, place in a bright window after the holidays. After April 1, remove the colored leaves (called bracts). Shape as needed by pinching tips until early August. Feed every two weeks with a standard fertilizer. In September, move to a room where it gets only Mother Nature's light with absolutely zero artificial light after sunset. In early October, move back to your regular living area, and cross your fingers.

## Poinsettia



This plant often is sheared into a topiary or pyramidal shape to mimic a Christmas tree. Its fresh piney scent is invigorating in the middle of a dreary winter and is a savory addition to stews and roasts.

#### HOW TO CARE FOR IT

Place in bright light in a south or west-facing window. The more light the better or it tends to drop leaves. Keep the soil evenly moist by checking the pot every few days. "The number one most common mistake with rosemary is underwatering," says Pollak. These plants are Mediterranean, but they don't like to dry out completely.

#### KEEP OR TOSS?

Keep! Move it outside as soon as your area is frost-free, typically sometime in May. Fertilize every few months with a slow-release pellet-type product, and let it grow naturally. You don't need to maintain the topiary or pyramidal shape unless you prefer it.

## Rosemary





## Amaryllis

These exotic-looking flowers bloom about four to six weeks after you plant the bulb. Some varieties send up the flower first before the foliage. It's the perfect winter plant—and yes, it'll keep blooming even after you take off for your winter vacation!

### HOW TO CARE FOR IT

Place in bright light, not hidden away on the coffee table where low light levels may cause it to grow floppy and topple. Turn the pot every few days to help the plant grow upright. Keep the soil evenly moist, but don't drown it.

### KEEP OR TOSS?

Keep! Once the flowers fade, cut the stalk but keep the leaves to help replenish the nutrients in the bulb. Move outside in a shaded area when the danger of frost is past. In late summer or early fall, let the plant go dormant and place in the garage or basement. Cut off the yellowed leaves, and ignore it (no water!) until November when you begin watering and start the growing cycle again.



## Paper Whites

These often come in kits or loose bulbs with a planting medium. Pot them up and enjoy the fragrant blooms in two to three weeks. Trust us: They smell nearly as good as the gingerbread cookies in your oven!

### HOW TO CARE FOR IT

Keep them in a cool but sunny location. Locations that are too warm cause leggy growth. As soon as the flowers emerge, tie the stems to a decorative stake to prevent them from toppling over. Water regularly so that the soil stays evenly moist.

### KEEP OR TOSS?

Toss! They're inexpensive enough to buy again next year, and they're tropical so they can't be replanted outdoors.



These delicate-looking plants are not as fragile as they appear and will bloom for months with little care, says Pollak—maybe even into the spring.

#### **HOW TO CARE FOR IT**

Give them bright, indirect light. They generally prefer it on the cooler side indoors. Avoid sudden temperature changes, which causes buds to drop. Water once a week until water comes out the bottom of the pot (they're usually planted in a soil-less planting medium).


#### **KEEP OR TOSS?**

Keep! Keep in an east or west window. Feed with a specific orchid fertilizer. Water regularly but in late summer, let the leaves dry out or wrinkle a bit to trigger the plant setting new buds. Once you see a new stem, start watering again but stop fertilizing.

## Phalaenopsis Orchids



## Norfolk Pine



This long-lasting plant is native to the South Pacific so it cannot be planted outdoors in most of the country, says Pollak. With soft, Christmassy, fringed needles, it looks like a prop straight out of a Hallmark movie.

#### **HOW TO CARE FOR IT**


Keep it medium-bright light such as an east or west-facing window. It needs about six to eight hours of light per day. Light conditions that are too low may cause lower branches to drop. Water when dry to the touch, but don't let it dry out too much or you'll get loads of brown needles.

#### **KEEP OR TOSS?**

Keep! Every two years, refresh the planting medium by topdressing with new soil. It prefers to be pot-bound. You can take it outdoors in late spring if you like, but keep it shaded. Bring inside before temps drop lower than 40 degrees. Fertilize every 6 to 8 weeks with a standard fertilizer. Toss when it gets too leggy because it won't re-grow lower branches that are lost.



## Frosty Ferns



These adorable tiny fern-like plants tinged with white are a newcomer to the holiday lineup. They're increasingly available at high-end grocers and nurseries. Keep them on your dining room table or desk; just the sight of them will inspire some seriously meaningful Christmas card messages!

### HOW TO CARE FOR IT

Place in low to medium light. They prefer consistent humidity, so they do well in terrariums. Keep the soil slightly moist. Use room temperature, not cold, water. Water from below by placing in a saucer of water, letting it absorb for 15 minutes, then removing the plant.

### KEEP OR TOSS?

Keep, if you're lucky. The plant is on the finicky side and often dies long before you get tired of it. No worries. Enjoy its delicate form as long as you can.



## Christmas Trees



*O Tannenbaum*, indeed! [Christmas trees](#) are the most iconic Christmas plant, and you can get them cut or potted. Whether you're cutting down your own evergreen or selecting a pre-cut spruce, pine, or fir, you'll want to check for insects and pests as well as any damage, such as broken branches.

Test the freshness of a pre-cut tree by pulling on a branch. They should be sturdy enough to hold ornaments, and the needles should be flexible and not shed. Use your other senses: Does it have a nice green (not brown) color? How does it smell? (Of course, a living tree will be fresh.) Take the height of your room into consideration, and make sure you have a way to water it.

### HOW TO CARE FOR IT

Before putting your cut Christmas tree in water, saw off about 1/4 inch from the trunk. Secure the tree in a stand that fits (don't whittle the sides to force it). Position the conifer away from heat sources, fill with water, and keep it filled. A cut Christmas tree will drink a lot in the first week. Despite tips you may have read online, experts including the [Penn State Department of Horticulture](#) agree that there's no need to feed it anything other than water.

### KEEP OR TOSS?

A cut Christmas tree generally stays fresh for a month or so when it's well cared for. After three or four weeks, when the needles become dry and brittle, it might be time to toss. If you went with a potted Christmas tree, you'll only want to display it for a week or so before transitioning it to the garage to help it acclimate to the cold, then into a hole outside, where you should keep it well-watered.

# A FAIRY MERRY CHRISTMAS!



Please send any corrections or submissions for  
The Wild Iris to [louiseheern@gmail.com](mailto:louiseheern@gmail.com)