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The 300 Committee is a private, non-profit land trust dedicated to preserving natural places in Falmouth for everyone to enjoy now and in the years to come.

Since 1985, The 300 Committee has taken a lead role to acquire treasured open space for conservation, recreation and water protection. In the last 35 years, more than 2,500 acres have been permanently protected through our efforts.

Leaves

New Features at Teaticket Park

If you've visited and walked through Teaticket Park in the last few months, you've undoubtedly noticed the new open area in the southwest corner, the site of T3C's new pollinator meadow. Professionally cleared and prepared last spring by the Vermont-based Lawn and Mowing Solutions, this ¼-acre space has been seeded with a mixture of native flowering meadow species tailored to Cape Cod.

T3C is pleased to bring to fruition this small restoration area from scrubby invasive species to broadly planted pollinator space. Pollinators help sustain ecosystems and produce natural resources. T3C's project aims to support the re-growth of critical pollinator habitat to bolster the expansion of this vital, yet nearly invisible, ecosystem service that is declining across the globe. The new meadow will host plant species that pollinators (birds, bats, bees, butterflies, beetles and some small mammals) depend on to do their critical work of helping the plants reproduce.

Local Girls Scouts, Juniors Troop 82179, helped seed the meadow and delineate its walking path. To ensure the successful establishment of the seeds and young plants, T3C is installing a temporary watering system that will be active for the next few years during the spring-summer-fall growing seasons. Also in the works are new educational panels that will highlight the importance of pollinators and the plants they depend on.

The new exhibits, one main overview panel and five smaller signs, will include beautiful photographs that identify plants along the meadow path and educate visitors about the pollinators' functions within the ecosystem. A QR code on the main panel links to T3C's Teaticket Park web page. From there, another button links to the *Homegrown National Park* website, a creation of Dr. Douglas Tallamy, which provides excellent resources for those interested in learning more and supporting the growth of highly productive ecosystems.

George Lawrence of Sketchbook Studio in Santa Fe, New Mexico, who designed the first set of panels already installed at the Park, has guided the design of the new exhibits, and we are grateful to The Friendship Fund for the grant that has made the pollinator panels possible. T3C will coordinate the signs' installation along the meadow path later this spring. We hope our efforts will inspire visitors to plant native pollinator species at home.



Local Girl Scouts pull pokeweed from the new pollinator meadow area at Teaticket Park with help from T3C Stewardship Committee Co-chair Adam Thomas.

New Features at Teaticket Park continued

Pollinator Meadow - Version 4/03/22

Flowering plants use fragrance and color to attract butterflies, moths, flies, bees, bats and hummingbirds. Most of these pollinators come to drink nectar—the energy-packed sugary liquid flowers produce. The plant's pollen (powdery seed dust) rubs off onto the gentle feet, wings and bodies of pollinators as they feed. Pollinators move from flower to flower, spreading the pollen and helping the plants to reproduce by making fruits and seeds. In addition to providing habitat for bees and butterflies, Pollinator Meadows are places where birds, mammals, reptiles, and amphibians seek refuge in the dense foliage. Meadow plants hold the soil in place, preventing erosion and protecting the surrounding landscape. Pollinator Meadows are vital habitat for declining bee and butterfly populations that help to increase overall productivity of an ecosystem. Threats to pollinator populations include habitat loss and the use of pesticides.

Pollinators at Work
Many flowering plants have evolved over time to reflect the form and habits of their pollinators. Bee-pollinated plants are often tubular in shape, with a lip called a "landing pad." Butterfly-pollinated flowers tend to be broad and flat like the helicopter. Bats require open flowers with room for their wings, and hummingbirds and honeycreepers pollinate tubular flowers.

Teaticket Park's Pollinator Meadow

Three-fourths of the world's flowering plants and about one-third of the world's food crops depend on pollinators to reproduce.

You can help! - by planting a Pollinator-friendly Garden.
Many birds and insects are experiencing steep population declines, but you can help by planting a flowering variety where full of native plants and free of harmful chemicals. Native plants attract more insects than non-native plants, and provide necessary sources of nectar and food for local and migratory birds. By planting a wide array of native plants that bloom from spring through fall, and by avoiding insecticides and pesticides, you can create a pollinator-friendly garden at home.

The artwork displayed here is the work of Faircloth High School Studio Art students as part of the "Protect our Pollinators Project"

Do picky pollinators prefer particular plants?
Positively! As you walk the pathway through the Pollinator Meadow, follow the smaller exhibit signs that pair pollinators with their preferred plants through the blooming months.

Have the QR code for more information about the Meadow.
30Committee.org

Panel: 48" wide x 24" tall, 1/2" radius all corners

Draft 1 Sketchbook Studio • Santa Fe, NM

Pollinator Meadow - Small panel 4 - Version 4/03/22

From August to October - look for these pollinators with these plants

<p>New England Aster (<i>Symphyotrichum novae-angliae</i>)</p> <p>Green Sweat Bee (<i>Agapostemon texanus</i>)</p>	<p>Black-eyed Susan (<i>Rudbeckia hirta</i>)</p> <p>Saddleback Caterpillar Moth (<i>Achuria stimulea</i>)</p>	<p>Blanket Flower (<i>Gaillardia aristata</i>)</p> <p>Narrow-winged Dagger (<i>Acronicta americana</i>)</p>	<p>Sweet Everlasting (<i>Pseudognaphalium obtusifolium</i>)</p> <p>American Painted Lady (<i>Vanessa virginica</i>)</p>
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Panel: 17" wide x 11" tall, 1/8" radius all corners

Sketchbook Studio • Santa Fe, NM

Colorful new interpretive signage for the Teaticket Park pollinator meadow will educate visitors about the importance of pollinators and highlight numerous plant and pollinator species to look for.

Stewardship Highlights

Over the last six months or so, T3C's Stewardship team, made up of Director of Stewardship Alexandra (Alex) Zollo and TerraCorps Land Stewardship Coordinator Lynn Francis, has organized and directed volunteers on a broad spectrum of maintenance on land trust and Town-owned properties. We are always eager to welcome new volunteers and are enormously grateful for their important work.

Trail Crew

Trail Crew is a critical and productive branch of T3C's volunteer efforts and has been led masterfully by Charlie Peterson over the last several years. Beginning early in December and usually wrapping up by the end of March, Trail Crew focuses on trail maintenance—widening overgrown trails and cutting away trees and debris felled by high winds and storm activity. Each work session relies on a team of several volunteers with a variety of tools—power brush cutters, chain saws, loppers, clippers and rakes. Sessions are typically scheduled on Sunday mornings.



Volunteers Cathy Kligler, Willy Burgess, Zach Karmen, Henrietta Trantum and Tom Weaver after a Trail Crew work session at the Bartolomei Conservation Area.

The winter 2021-22 Trail Crew conducted extensive work at Flume Pond, Bartolomei Conservation Area, Andrews Grove, Peterson Farm, the Angel's Mirror Trail (in the Swift-Chute Preserve on west side of Long Pond), the Coonamessett Reservation, Mock Moraine Trails, Long Pond Gate 1 access trail and Hayway Road Conservation Area.

In addition, Trail Crew members took on extra tree removal work at Hayway Road, Shallow Pond Woodlands and River Bend Conservation Area.

Coffee Cleanups

Our Wednesday morning volunteer stewardship sessions, T3C Coffee Cleanups are drop-in opportunities at various parcels around town. Volunteers tackle a range of projects, including litter cleanup, invasive species removal, fence installation, trail blazing and more.

Gathering at 9 AM at a different property every other week, volunteers and T3C staff share some coffee and make a game plan for the day. The goal of this group is to be social and productive while learning about and helping with the management of our conservation properties.

Projects completed during this winter's Coffee Cleanups include: Trail maintenance and trail rerouting at Shallow Pond Woodlands; removal of weeds and invasive plants at the Teaticket Park wetland meadow; removal of pitch pines from Breivogel and Teaticket Park; bridge maintenance at Andrews Grove; trail sign work at Shallow Pond Woodlands, and more.

Additional stewardship sessions have taken place at River Bend, Donald Whelden Preserve, Angel's Mirror Trail and Wing Pond Woods.

Signage

T3C's Lynn Francis worked with volunteers on new trail signs which will help people access and navigate the trails.

Andy Rosen hand-painted signs for trails at Angel's Mirror, Long Pond and Donald Whelden. A group of sophomores in the Upper Cape Tech Carpentry Shop created Trailhead symbols and signs for the Moraine Trail, Andrews Grove and Mock Moraine Trails. Eddie O'Neill made signs for the Mares and Spectacle Ponds Reservation.

Using an engineered wood product that is designed to withstand rot and last significantly longer than traditional wood signs, a sophomore from Upper Cape Tech's Carpentry program works with a CNC (Computer Numerical Control) machine to cut a new sign for the Angel's Mirror Trail.



Members of the Trail Crew clear fallen trees at Andrews Grove.

Bob Laquidara and Charlie Peterson cleared trails at Wing Pond Woods on a beautiful April morning using T3C's electric, rechargeable brush cutters. This equipment is key for our Trail Crew and Coffee Cleanup efforts. We are grateful to the Woods Hole Foundation for a grant that has helped us convert to "green" stewardship tools.



Signs made by T3C volunteers will help provide better identification of trails on Falmouth's conservation lands and will improve visitor experiences on our trails. We are grateful for these special efforts!

AmeriCorps Work Day at Breivogel, February 11th

Twenty AmeriCorps Cape Cod service members attended the work day, and in four hours were able to clear out most of the pitch pines in the sand pit. In addition, the service members were able to move and straighten the kiosk in the parking area. The Town of Falmouth's Conservation/MES Tech Mark Kasprzyk and AmeriCorps member Emily Russ coordinated this effort with help from Lynn at T3C.

All of these stewardship activities contribute to T3C's ongoing ambitious management goals for Falmouth's conservation lands and we are so grateful to all our fantastic volunteers.

A First for Teaticket Park?

T3C was delighted to discover that Carolyn Kirincich, a 3rd grader at Teaticket Elementary School, skied to school through Teaticket Park on a snowy February morning. *Photos by Jody Kirincich, Carolyn's mom.*



Zoom Talks Remain Popular

T3C's virtual programming continues to attract great audiences. While some people may feel "Zoomed out," this online platform has proved to be a useful tool that enables us to connect with audiences in a healthy way, providing educational talks that viewers can appreciate from the comfort of home.

Since our last newsletter, T3C volunteer and bird enthusiast Mike Tucker shared his love of birds and his extensive knowledge in several informative talks: *Raptors of Cape Cod* in November, *Winter Birding* in December, *Love Birds* in February and *Photographing Birds* in March. A highlight of Mike's talks always are his many beautiful bird photos.

T3C has welcomed other speakers to talk about a range of topics. At the end of March, Ian Ives, Director of Mass Audubon's Long Pasture Wildlife Sanctuary, presented *Coming Soon to a Suburb Near You*, in which he discussed the growing abundance of deer, foxes, coyotes, fishers and turkeys in our Cape Cod neighborhoods. In April, Zoe Cardon, Senior Scientist at the MBL's Ecosystems Center, discussed *Surprising Things Plant Roots Do*, a fascinating look at underground systems that have an enormous effect on our overall environment. Planned for early May is a talk by the group Old Ladies against Underwater Garbage (OLAUG), who will take us under the surface of Cape Cod ponds and share their motivations and methods for improving these important water bodies.

We are delighted that so many people have enjoyed these talks and we are grateful to all our presenters. Most of them have been recorded and are available to view on T3C's YouTube channel.

Spring Delights

Mike Tucker, bird enthusiast/photographer and T3C volunteer, was excited to capture shots this spring of these rare-for-the-Cape species.



Yellow-throated Warbler (above), Prothonotary Warbler (below): These warblers are rare finds on the Cape. They are "spring overshoots," meaning their breeding range is south of us but weather fronts will often push them past their range and into our area.



Little Blue Heron (right): Massachusetts is the extended northern range of this species, which is much less common than other heron and egret species. Birds born last year are still mostly white (like this juvenile), but adults develop a purple-maroon head and neck and a dark slate-blue body.



Wayfinding Hikes Cover Many Miles

With the continued goal of getting people out on the land, T3C's outreach volunteers have conducted another impressive schedule of walks on conservation parcels all over Falmouth. "Wayfinding Hikes are a great way for us to get outdoors to share our knowledge and love of trails on Falmouth's beautiful protected lands with a variety of active people. We definitely have fun!" remarked Alex Lancaster, T3C's Board Clerk and Co-Chair of the Outreach Committee

T3C's Wayfinding Series began in October and has included several dozen hikes spanning the late fall, winter and spring months. The majority of Falmouth's conservation lands with trails were featured at least once. New "Full Moon" hikes at Black Beach, Breivogel Ponds and the Coonamessett Greenway were especially popular, and described by one avid participant as "magical." In the spring lineup, T3C also hosted four evening outings to look and listen for American Woodcocks during courtship (two led by Molly Cornell and two by Mike Tucker) and another round of Mike's spring migration walks. Back in January and February, Molly Cornell led two annual waterfowl expeditions and Mike conducted a morning outdoor program, "Birding Land and Sea." Special walks designed for families were held during the school vacation week, and a themed walk, focusing on ethnobotany, is on the spring schedule.

While T3C's pre-registration system for nature and bird hikes has worked well during the pandemic, we are eagerly opening up walks for the general public and will discontinue some of the registrations. It is great to see faces free of masks and our walk leaders feel quite safe outdoors. **T3C extends heartfelt thanks to all our dedicated walk leaders and sweeps!**



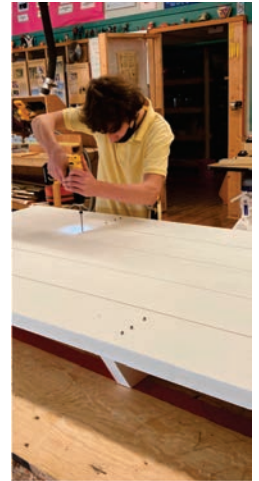
Walkers stop along a Wayfinding Hike at Sea Farms Marsh for a view of lovely Israel's Cove.

T3C Thanks...

All of T3C's volunteers. We couldn't do our work without you! Extra special thanks to Trail Crew Leader Charlie Peterson and to Dave Lafreniere and his team from NEMBA (New England Mountain Bike Association) for extensive work on many trails.

Lawrence School Engineering teacher Bob Porto and his 8th grade students for their hard work building two picnic tables (one for Two Ponds Conservation Area and one for Matt Souza in Hatchville), two benches (for Two Ponds) and five information kiosks (four for the Moraine Trail and one for Matt Souza). Two have been installed — at Two Ponds and Breivogel — and the other will soon be placed at the Bartolomei Conservation Area.

T3C members and friends who continue to support our work.



Eighth graders in the Lawrence School's Engineering program, led by teacher Bob Porto, construct picnic tables for Two Ponds and Matt Souza Conservation Areas.



New signs along the Moraine Trail were installed by Dave Lafreniere, a volunteer with the New England Mountain Bike Association.

Interactive Nature Trail Project Launched in Teaticket

Working with the Falmouth Public Schools' Committee for Outdoor Education, The Falmouth Rotary Club has installed a new educational nature trail at Teaticket Elementary School and T3C's Teaticket Park. Originally begun as a means to reduce exposure to and risk of COVID-19 by advancing outdoor education in Falmouth, the nature trail addresses three critical areas: cardiac health, curriculum enhancement, and conservation awareness.

Multiple studies have documented physical, mental and emotional health benefits in children who learn and spend time outdoors, with evidence of lower blood pressure, strong heart rate, and reduced stress levels, plus decreased anxiety, depression, and fatigue. A 2019 study of 20,000 participants published in *Nature's Scientific* found that people were significantly more likely to report good health and a sense of well-being when they spent 120 minutes or more in nature per week.

The new trail is a 2,000-foot loop that starts at the Teaticket School and continues into Teaticket Park, traversing several different habitats: open field, wooded upland and wetland meadow. Crossing the schoolyard, the trail follows the wooded pathway linking the school and park properties. Emerging from the woods near the park's outdoor classroom, the trail then circles around the park's restored wetland. A master kiosk at the beginning provides an overview of the trail and a map showing ten QR-code stations along the way. At each station, visitors can scan the code with a cell phone or cellular-capable tablet; the



The kiosk at Teaticket Elementary School provides an overview of the new nature trail that starts on school grounds and loops through Teaticket Park.



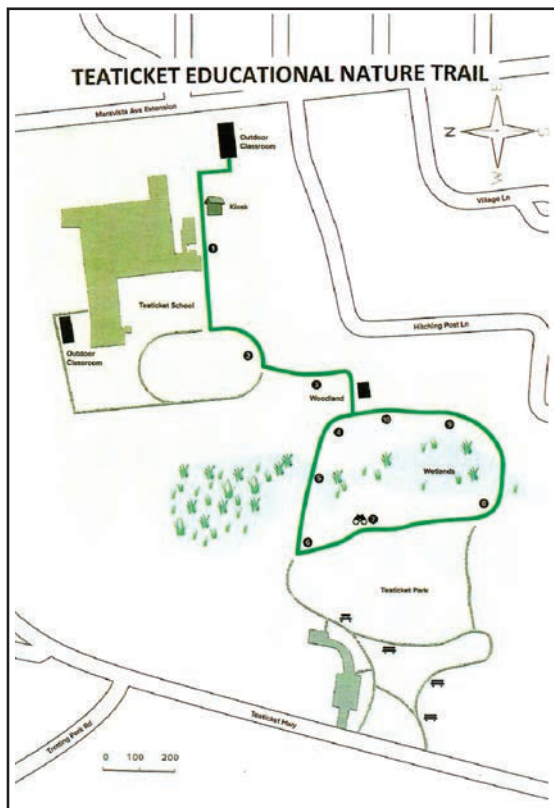
Station 8 along the Teaticket Nature Trail. Scan the code to listen and learn!

codes link to 30-second videos with sounds and sights of the environment, featuring animals and plants found along the trail.

The videos tie into the school's elementary science curriculum for Mystery Science and Outdoor Learning Opportunities, with scripts that match particular learning units for Grades 1 through 4, including *Plant and Animal Superpowers*, *Plant Adventures*, *Animal Adventures*, *Animals through Time* and more.

The intended primary audience and user group are school-children at the Teaticket Elementary School, but the trail can be accessed by the general public, too. The portion of the trail within the Park is available at any time (QR Stations 4 through 10), but access to the segment on school grounds (school kiosk and Stations 1 through 3) is limited to weekends or Monday through Friday after 5:30 p.m. Adult supervision of children is required on school property.

Similar nature trails are planned for conservation lands near the other three elementary schools in Falmouth. The Shivericks Pond Pathway trail, close to Mullen-Hall, is next in the lineup, with trail designs and content for the Florence Sylvia Woodland (North Falmouth Elementary) and Donald Whelden Preserve (East Falmouth Elementary) in the works. All of these trails will get students outdoors for exercise, learning and an appreciation of Falmouth's protected lands. Huge thanks to Bill Kerfoot for spearheading this great project, along with George Pelletier, co-director of the Falmouth Rotary Club Grants Committee, Lori Duerr, Falmouth Public Schools Superintendent, and Sandy Kapsampbelis, Teaticket Elementary School Principal. Funding sources include Falmouth Rotary Club, Falmouth Road Race, MV Bank Charitable Foundation, Eastern Bank, Cape Cod 5, and the Behrens Trust.



Closeup of the Teaticket Nature Trail map, showing the ten QR-code station locations.

Sylvia Woodland Acquisition Completed CR Recorded, Held by Town

In March, T3C paid its final installment of \$200,000 to Jerry Sylvia of North Falmouth on the \$650,000 acquisition of the nearly 10-acre Florence Sylvia Woodland. Once the final payment was made, the Town then issued T3C a reimbursement check of \$200,000, which represents the Community Preservation Committee's grant commitment to the purchase of a perpetual conservation restriction (CR) on the property. The CR held by the Town ensures future public access to this protected land, a stone's throw from the Shining Sea Bikeway and a short walk to the hub of North Falmouth Village.

To celebrate the achievement T3C hosted a walk through the Woodland with members of the Falmouth Select Board and staff representatives of the Conservation Department and Community Preservation Committee. The event was a happy occasion acknowledging the final steps of this terrific community collaboration in conservation.



A late winter walk celebrated the partnership that contributed to the successful Sylvia Woodland acquisition. (l to r): T3C President Anne-Marie Runfola, volunteer Molly Cornell, Falmouth Select Board Member Onjale Scott Price, Conservation/MES Tech Mark Kasprzyk, Community Preservation Coordinator, Maureen Thomas, T3C Executive Director, Jessica Whritenour, Conservation Administrator Jennifer Lincoln, Select Board Chair Doug Brown and T3C Board Clerk and Outreach Committee Co-Chair Alex Lancaster.

Upcoming Dates for your Calendar

Flower Pounding...Father's Day
Sunday, June 19 at Teaticket Park

T3C Annual Meeting, Thursday, July 14, In person at the Navigator Clubhouse, Ashumet Road, Hatchville

6:30 pm: snacks and desserts on the patio;

7:15 pm: Meeting and Awards.

Note: We are delighted to finally gather again in person to celebrate T3C's land protection work across Falmouth.

Falmouth Road Race, Sunday, August 21. T3C again is a charity partner in the Falmouth Road Race Numbers for Nonprofits Program with guaranteed numbers for runners who wish to raise funds in support of our land trust. Call the office 508-540-0876 or email

helfrich@300committee.org for details.

Wednesday, September 14, 7:00 PM, Zoom talk by jessie little doe baird, a local (Mashpee) linguist known for her efforts to revive the Wampanoag (Wôpanâak) language. She received a MacArthur Fellowship in 2010 for her remarkable work. You won't want to miss this compelling presentation.



The trail through the Swift-Chute Preserve, 24 acres within the Long Pond watershed owned and managed by T3C, offers an early spring panorama of Angel's Mirror Pond.



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- ♥Robert Angland from Paul Angland
- ♥Mr. & Mrs. Daniel Bartolomei, Sr. from Daniel Bartolomei
- ♥Peggy Bowler from Daniel Bartolomei
- ♥Robert & Olive C. Butman from Bradford Butman
- ♥Tony Cave from Peg Brandon
- ♥Susan K. Eliason from Susan Eliason
- ♥Barbara & Jerry Fanger, our beloved parents from Shari & Chuck Warshaver
- ♥John & Margaret Fogarty from Anne Richards & Mike Fogarty
- ♥Alan & Ginny Gibb from Jan Hamilton-Sherwonit
- ♥Peter Gibb from Elizabeth Gibb-Fuller
- ♥David Hayden from Deborah Hayden
- ♥Mignon M. Holz from George Holz
- ♥Edward F. X. Hughes from Jack & Helen Barnes, Helenann Dixon, Joanna Groden, Paul & Elizabeth Hughes, Doreen Kelly, Andrew & Lynn Lees, James & Diana McPhail, Jane Breen Pierce, Kelly Quinn, Linda Schiffer, Kathleen Taylor & Bruno Notari, the University of Illinois at Chicago Center for Research on Health and Aging
- ♥Friederun & Holger Jannasch from Hans & Elizabeth Jannasch
- ♥Carl Ketchum from Lorraine Stratis
- ♥Richard (Dick) Koehler and Carolyn (Carol) Bryan from Robert & Jennifer Vander Pyl
- ♥Lorraine Lawrence from Julie McGrath
- ♥Rosemarie Lawrence from Frederick Lawrence
- ♥Thomas P. Leonard from Joseph & Deborah Acquaviva, Mary Anne Conboy, Elizabeth Craig, Marguerite Dupee, Sherry Malone, Jill Manning, Jan Mercier, John O'Shea, the Thursday Yarners
- ♥Tom Manchester from Jonathan Loveland
- ♥Frank Mello from Sharon Jaquith
- ♥Frank Messman from Gary & Linda Walker
- ♥Casey Miller from Michael & Kathleen Miller
- ♥Arlene Black Mollo from Peter Mollo
- ♥Paul S. Montague from Paul Montague
- ♥Shirley Mossman Nisbet from Ian Nisbet
- ♥Richard & Julia Richards from Anne Richards & Mike Fogarty
- ♥Dr. Norman M. Starosta from Peter & Cynthia Starosta
- ♥Anita & John St. Clair from Frank Lovell
- ♥Elaine Tripp from David & Nancy Babin
- ♥Virgina Valiela from Judy Fenwick, Eric Turkington & Nancy Taylor
- ♥Sylvia Werner from Ruth Segal
- ♥Roland L. Wigley from Cynthia Domack
- ♥Bob Wilcox from Elizabeth Craig

GIFTS IN HONOR OF...

- ♥John Aziz, Heather Goddard, Dan Soszynski & Michael Soszynski from Cynthia Aziz & Timothy Von der Embse
- ♥John Bowers' 65th Birthday from his brother and sister
- ♥Bruce Beal & Frank Cunningham from Mary Goldman
- ♥Sarah & Thornton Brown from Edward Brown
- ♥Chris Buccino from Patricia Maloney
- ♥Brad Butman from Jonathan & Kimberly Hare
- ♥Molly Cornell from Wallace & Pamela Stark
- ♥Mike Duffany from Ralph Herbst
- ♥Nicole & Jonathan Goldman from Mary Goldman
- ♥Laurel Hallmann & Larry Ladd from Katy Vogt
- ♥Susanne Goodman Hallstein from Peter Clark & Ellen Barol, Bill Hallstein, Eric Hallstein & Suzanne Lippert
- ♥Lucy Helfrich, Alex Zollo & Lynn Francis from Jessica & Bob Whritenour
- ♥John & Olivann Hobbie from Erik & Alison Hobbie
- ♥Leonard Johnson from Ralph Herbst, Robert & Susan Ripley
- ♥Vicki Lynn Jones from Peter & Cynthia Starosta
- ♥Vicky Lowell from Meredith Golden, Joanna Lowell, Jessica & Bob Whritenour
- ♥Stephanie Madsen from Katherine Joyce
- ♥Fred & Louise Makrauer from Joanna Hurley
- ♥Jason Newman from Lanita Avery
- ♥Jordan Race from Jacek & Margaret Sulanowski
- ♥Laurie Raymond & Stephanie Prior from Anne Halpin
- ♥Kevin Ruddy from Janet Gibson
- ♥Anne-Marie Runfola from Ken & Wendi Buesseler
- ♥Mary Saudade & Donald Landing for all their environmental gifts from Tom & Deb Saudade
- ♥Dr. James C. Smith from Jesse Smith
- ♥Greg Souza from The Dolotta Family Charitable Trust
- ♥T3C's Trail Crew from David & Abigail Young
- ♥Freddy Valois from Gloria Borgese, Julie Child, Barbara Douglass & Helen Wilson
- ♥Arna Vatuk from Marianne Gould
- ♥Carolyn Wurm from Michele Wurm