

Heather Hinam, or Dr. Hoo as she is sometimes known, is one of two amazing [keynote speakers at the 2012 Nature Summit](#). Besides teaching at the Uof W she also owns and operates [Second Nature-Adventures in Discovery](#). She is a highly-trained naturalist and experienced educator, her endless curiosity fuelled studies through three university degrees, culminating in a Ph.D. in Ecology and Conservation Biology from the University of Alberta. Over the last 18 years, she has led programs with the Universities of Manitoba and Alberta, Fort Whyte Alive, Elk Island National Park and the Radisson Hecla Oasis Resort. Having returned to her favourite corner of the world, Heather is committed to developing and delivering experiences that will engage your senses and awaken your curiosity.

Manitoba Nature Summit Inc. is excited to be working with such a talented individual who clearly understands the importance of wonder and discovery! Here are the four workshops that she will be presenting:

Looking For The Little Things

Nature often strikes us on a grand scale: rolling forests, sweeping mountains, a majestic moose: but it's much easier to get to know it on a personal level if you start small. There are entire worlds right under our noses, waiting to be discovered in our schoolyards, local parks, ponds, forests and streams.

Stop and smell the roses in this celebration of all the things we take for granted and see the world with the eyes of a child and mind of a scientist. This workshop will get you on the forest floor and at the water's edge exploring the details that make this world special. Take a virtual snapshot of the understory ecosystem to learn about its major groups and their roles. Discover the underwater ecosystem, then take your explorations down one more level to uncover the microscopic world.

This workshop will take place along the forested edge of the Assiniboine River and will include quadrats, dipnets, magnifying glasses and all other equipment. Guides to common organisms and suggestions of how to use these techniques with your students will be included in your workbook.

Nature Journaling

Cement your connection with nature by making it a part of your life and the lives of your students. Keeping a regular record of your experiences feeds your curiosity and encourages exploration. It's also a great way for you and your children to share stories and look back on how far you've come. Nature Journaling touches a wide range of subjects from art and creative writing to science and empirical observation. It is a way to slow down, start noticing the details and to find your own voice.

Begin this workshop learning the importance of field books for scientists, naturalists, artists and writers. After a brief overview of basic journaling techniques, set out and find a spot that speaks to you, somewhere quiet to settle in. Then enjoy 30 minutes of reflection and observation while you find your voice, rediscover the world around you and explore ways of capturing the essence

of your space. Heather will circulate and offer guidance when needed, whether it's identifying an unusual plant or providing tips for translating your inspiration to paper, be it in images or words. Wrap up back with your group and share your stories and impressions, discuss how you chose to record your experience and how you might be able to apply these techniques in your own situations.

I Want To Talk With The Animals- Exploring Animal Behaviour

Kids and adults alike are fascinated by animal behaviour: but how do we encourage exploration on limited budgets in our own backyard? Discover simple ways of attracting wildlife to your space and activities that allow students to engage with animals in a safe and meaningful way.

Begin this workshop with a walk in the woods and learn to read the stories animals have written on the world around you. Explore the basics of tracking and animal sign on your way to an outdoor laboratory that has been set up ahead of time. Once there, begin a hands-on exploration of basic animal behaviour by observing the feeding patterns of common local birds. Groups will enjoy a peaceful period of observation, reflection and discovery as they collect simple data about birds' feeding behaviour. After all the observations have been collected, regroup and summarize your discoveries and discuss ways you could modify this experience for your needs.

Learning For The Future; Making a Difference Today- [Citizen Science](#)

Create a lasting connection with nature for you and your students by making a difference for research and conservation. Enter the world of the citizen scientist and discover ways to engage your class in a variety of activities right in your own back yard.

Begin this outdoor workshop with an introduction to environmental monitoring. Why do we do it? What is an indicator species? How do scientists enlist the public to help them keep tabs on the natural world? Discover monitoring programs going on right in your own Manitoba backyard.

Then, it's time to get your hands dirty. Break into groups and head out to collect data for a selection of local and national monitoring programs that will be submitted by the end of the experience.

Laura Reeves is the 2012 Nature Summit's connection to the [Wilderness Awareness School](#). WAS were the keynote speakers at the 2010 Nature Summit but were unable to return for 2012 :(, however Laura-besides all the other amazing things she does- is currently working on the [Kamana 3 Naturalist Training Program](#) through Wilderness Awareness School. Laura Reeves is a botanist, living in [Gardenton, MB](#), where she runs "[Laura's "You can eat that?!" Wild Edible Adventures](#)". Her main passion is wild edible and medicinal plants, but her curiosity and penchant for learning new things often causes her to explore the endless network of other trails relating to nature awareness. Laura also co-instructs the popular [Wilderness Skills Intensives with Dwayne Logan](#). She has taken 8 courses at [Tom Brown's Tracking, Nature and Wilderness Survival School](#) in New Jersey.

She will be presenting 3 workshops at the 2012 Nature Summit:

1) **Cattail Mats** – This workshop will be introduced by discussing the many ways that cattails can be used for food, shelter, fire, light, cordage and medicine. I will have some examples on hand. Participants will then be shown how to make a simple cattail mat that will be the envy of all other Summit participants! Cattail mats have an insulation value comparable to blue foam sleeping pads with the added bonus of being completely biodegradable! (I use mine all the time when I want to sit outside in wet or snowy conditions.)

2) **Blind Drum Stalk** is a fun and exciting way to stretch peoples' awareness of their surroundings and increase their comfort zones. By removing our dominant sense - sight – participants will be left to depend on hearing, touch and smell to get from Point A to Point B. To prepare for this activity, participants will practice using their owl eyes, dog nose, deer ears, and raccoon touch. They will also be introduced to (or reminded of) the fox walk, which was introduced at the 2010 Nature Summit. Activity leaders will lead the blindfolded group in single file to a predetermined area and spread people out along the starting line. Once everyone is lined up, a distant drum will begin to beat every 8-10 seconds. The blind-folded, bare-footed participants will then try to make their way to the drum, using their non-dominant senses and intuition to guide them around obstacles such as trees, shrubs, logs and buildings. Activity volunteers will keep watch and quietly steer participants around or away from any potential dangers (e.g. pits, river, junk piles, etc.). When each person reaches the drum, they will be tapped on the shoulder. They may remove their blindfold and sit quietly behind the drum and wait as the others move in. When all, or most, have made it to the drum, we will call everyone in and share our experiences and observations.

3) **Field Guide Scavenger Hunt**- This activity is an excellent indoor alternative for days when the situation doesn't allow for outdoor play or when the weather is just plain miserable. The goal of this exercise is to introduce students to the wealth of information contained within nature field guides and familiarize them with the way this information is presented. Participants will be given a selection of field guides to hunt down the answers to several (five) questions. For example, "I am the smallest mammal in Manitoba, but I have an incredible appetite. What do I eat?" To answer this question, participants will need to find out which small mammals live in Manitoba (using the illustrations and maps provided in the field guides). While doing so, they will notice that there are many different kinds of small mammals and that they are not all mice. As they figure out which is the smallest, they will learn how to distinguish between mice, voles and shrews. By reading about their diets, they may be intrigued by the different role each animal plays in their ecosystem. As they flip through the pages, they may stop to look at or read about some other peculiar-looking animal, furthering their curiosity about the animal kingdom.

Maddi Kettner is an educator with a passion for taking students outdoors. She is currently a fourth grade teacher at [Riverbend Community School](#) (Seven Oaks School Division), and has also worked in the U.S. and Canada as a park ranger, park interpreter, naturalist teacher and nature camp coordinator. She believes that outdoor education can be effectively used across the curriculum at every grade level.

Making and Using Field Journals with Children

In this workshop participants will learn to make simple field journals and will have the chance to try out a variety of student-tested activities that have worked very well for my students and me. Coming away from this workshop, I hope that participants will feel that a field journal is a simple and effective tool they can use in their journey to connect students with nature. I would also like teachers to realize that a field journal can be linked to curriculum and integrated very effectively into a classroom setting. Ideally, this workshop would take place over two days. I would introduce the idea of field journaling and we would make covers for our field journals out of recycled paper, leaves and cardboard. The next day, after the handmade paper had dried, we would assemble our journals and try out a variety of activities for different ages including micro-hike, sound map, leaf/berry rubbings, nature poetry/sketching, insect tracks and more.

Rhonda McLennon is currently a program trainer at [Bookmates](#) and has over two decades of experience in the field of childcare. Rhonda has also worked in unique social service settings such as [Villa Rosa](#) and the [Behavioural Health Foundation](#) where she taught parenting classes and ran programs for families.

Rhonda is a strong advocate of early learning education and of parents being children's first teachers. Rhonda has a particular interest in connecting children to nature and of teaching healthy environmental habits early. Rhonda has incorporated these philosophies in the centres and programs she has worked in. Supporting facilitators to run family learning and literacy programs is a natural position for Rhonda as she hopes to inspire others to take advantage of early learning opportunities.

The **“Growing up Green”** project is a family literacy and learning program that is in the developmental stages.

The project will support the development of a six week program with parents and children learning together. The purpose of the program will be to expand parent's knowledge of environmental health and “plant the seed” about caring for our environment in the minds of young children.

[Research](#) shows that the influences in the first five years of life for a child will affect how they view the world for the rest of their lives. Parents will be encouraged to dialogue with their children in ways that enhance learning about environmental health.

Experiences in nature are essential for healthy childhood development and for the physical and emotional health of both children and adults. How children respond to nature and our environment and how parents raise their children, will shape the future of our communities and environmental health.

By interacting with their children through play, rhymes and books provided through the program, families will experience the joys of learning together while furthering their experiences and

knowledge of good environmental practices and offering tools to foster their connection to nature and the environment.

Kathryn Mackenzie is a Prairie Horticulturist in Landscape Design, Permaculture Designer, long-time community gardener and organizer, Master Composter. Kathryn presented at the last Nature Summit and the participants said their only complaint was that they wished the workshop was longer!

Bad Soil? Vandalism? No space? Stinky compost bin worries? After this workshop you may be surprised by your ability to garden almost anywhere and solve some common problems! By being a little more prepared for the unexpected and learning some tricks, your garden can thrive. Take home some great design ideas and potted seeds to get your garden growing -even inside during the winter!

This workshop is open to any and all questions about gardening in challenging places- both indoors and out, public or private. Lots of Q&A time and some hands-on experience to get your garden growing. Open to beginners and to more experienced gardeners with a focus on designing for tough places and sharing ideas for getting your garden started on the right foot next year! Question and answer period ongoing throughout workshop, all gardening questions welcome!

For participants: If available please bring photos of your site that we can look at on the computer or as pictures. Comfortable clothing that can get a little dusty, gloves if desired.

Ruth Lindsey-Armstrong is an ECE III, an Instructor at Red River College Early Childhood Education Workplace Program and outdoor enthusiast! Ruth is the current Chairperson (or head-hippie as we like to call her :)) of the Manitoba Nature Summit Inc. She is also on the advisory committee for the Manitoba Nature Action Collaborative for Children

Edible Science

Ever stuck for ideas on how to do science learning with children and keep them engaged? Children learn through their senses and one of those senses is taste!

Use opportunities to teach children about growing their own food, and the science about agriculture in Manitoba. Participants will develop an understanding of planting practices, plant identification and coordinating planting and cooking with children.

Barret Miller: Growing up in the boreal forest around [Pinawa](#), Manitoba, Barret played and learned outside. When he moved to Winnipeg, he was saddened to learn not every child gets to do so, and decided to do what he could to make change! In his role as Special Projects Interpreter at Fort Whyte Alive, he shares his passion for teaching and playing outdoors with students, educators and public visitors.

Minna Goulet: Minna loves nature, however and wherever it is found. Whether it has been protecting the forest as a wildfire fighter, connecting visitors with [St. Norbert](#) and [Whiteshell](#)

[Provincial Parks](#) as an interpreter, or developing and running Fort Whyte Alive's [Naturescape](#) program for homes and schools Minna is a strong advocate for the natural world.

The Outdoor Classroom:

See how your 'classroom' moves with you as you explore outside! We believe each student (and educator) has the right to regular outdoor education, across the curriculum. This workshop is for those who regularly teach indoors, such as early, middle, and senior-years teachers, professors and instructors, youth workers, ECE's and those who teach outdoors but would like to improve their skill set. Experienced Outdoor Educators from [Fort Whyte Alive](#) will help you take whatever lesson you want to teach beyond the four walls of your regular classroom. Outside we will model and practice outdoor teaching skills that set the standard for outdoor education in Canada.

Learn how to effectively use any outdoor space to make each learning experience a safe but memorable adventure. Take the ideas back to your students and watch them grow to love the outdoors as your lessons come to life!

Specifically this workshop will cover:

- Linking curriculum or concepts to the outdoors
- Using the outdoors as an instructional tool
- Risk Management- making every experience a safe adventure
- Practical outdoor group management, safety and teaching methods

Geocaching with School Age Children

You may recognize Suzanne from a post about [geocaching](#) on the Manitoba Nature Summit website last year. I wrote a small piece about a geocaching project she was doing with her school-age children that has inspired the staff at my centre (SPLASH Child Care Inc.) to do geocaching with our school age children this summer. She has presented an abridged version of this workshop at the School Age Resource Evening last fall and is looking forward to doing a more hands-on version at the 2012 Nature Summit. What I find particularly intriguing about Suzanne's workshop is that she can share personal anecdotes about her experiences geocaching with children and has great resources like an emergent curriculum web to show participants.

Here's what Suzanne has to say about herself:

I am an Early Childhood Educator III with over twenty-four years of experience in the childcare field. I have had experience as a frontline worker, a supervisor, an assistant director, and acting director. Over the years I have worked with a variety of age groups and with a variety of children who have challenged and amazed me.

I truly believe that life is a journey! It's not so much about the destination, but more about the experience that you have along the way! I love nature and the outdoors and enjoy sharing this with the children in my care. I am not afraid to bring nature inside for children to explore and experience. Sometimes it's my coworkers that learn the most from these experiences! My husband Mike and I have been married for over twenty years. We don't have children of our own, just a cat (Kitkat). Mike and I love spending time outdoors with friends on the snowmobile or ATV trails, camping or at the cottage, or out for a ride on our motorcycles. When we aren't out on the trail, we are looking after our house and yard out in the country. We also love to travel, and have vacationed in Cuba, the Dominican, and Mexico! Some of my other hobbies include photography, gardening, snorkeling, and geocaching!

Three words that I believe sum me up:

LIVE! LAUGH! PLAY!

Luba Mycio-Mommers, Ph.D. Director of Education Canadian Wildlife Federation

Luba grew up in [Brantford, Ontario](#). After completing an undergraduate degree at the [University of Toronto](#), she eventually joined the Canadian Wildlife Federation and began a journey of developing national wildlife education programs after an amazing assignment in the [Galapagos Islands](#).

Working with partners, she helped carve professional development experiences such as [WILD Education](#), including [Project WILD](#) with the [Council of Environmental Education](#). This effort engaged over 110,000 educators across Canada over 27 years.

Luba created Habitat 2000 in the 1980s in response to her concern of the absence of programs where students could spend time learning in the outdoors. Now known as WILD Schools, it was the first of its kind at the national level and involved hundreds of thousands of young people learning about wildlife in the outdoors by doing habitat projects. It was the basis for a book she co-authored, [Backyard Habitat for Canada's Wildlife](#), which led to CWF's programs of engaging adults in improving conditions for wildlife.

Luba has served on many committees and organizations, including 25 years with COSEWIC and CEE. She returned to university where she eventually earned a Ph.D. in Educational Administration at the University of Ottawa.

Luba has edited or authored over 50 publications, including the Learning About Wildlife, Learning About Oceans and Learning About Canada's Watersheds series. Her work has been widely adapted by many programs, such as Hinterland's Who's Who. She was also instrumental in the development of Canada's Oceans Day and Rivers to Oceans Week. More recently, she became a Founding Fellow of the CWF Learning Institute and is becoming involved in IUCN-related activities.

Luba believes in starting where students are at and creating opportunities for them to realize they can make a positive impact on the natural world. Her work is directed to empowering educators

with capacity for this to happen. She also believes in the power of what young people can teach adults about their concerns of the future of the natural world and enabling that to happen.

Carolyn Kosheluk Program Manager [Manitoba Wildlife Federation](#)

Carolyn's career with the MWF began recently, when she started in the role of Program Manager in January 2012. She has a strong background of work and volunteer experience with outdoors and non-profit organizations, through which the majority of her efforts have focused on program development, project management, and communications. She is an avid angler, hunter, archer, and hiker.

Carolyn's work has touched on many areas of recreational angling. She began her career in marketing at [Lund Boats](#), and later worked on program development for Lund and the [Faculty of Fishing](#). She has also published outdoors articles in [Hooked Magazine](#), the [Outdoor Edge](#), and Sun Media papers. Through volunteer work, Carolyn has organized several learn-to-fish events for youth and non-profit groups, and has run both professional and family-oriented fishing tournaments.

Carolyn's additional career experience has included five years in the media as Special Projects Manager, and several large-scale freelance projects in writing, editing, and project management.

In her career with the MWF, Carolyn is responsible for overseeing existing MWF programs, including Hunter Education, Recreational Fishing Leagues, mentored hunts, and Becoming and Outdoors-Woman. She is an active participant in [Winnipeg's Urban Angling Partnership](#), contributing to events such as the [Winnipeg Fish Festival](#). She will also develop new programs and partnerships to further engage Manitobans in the outdoors and encourage youth and families to participate.

Get Them Hooked

The workshop will be comprised of hands-on lessons from [CWF's Fishways](#) educational program and MWF's angling programs. These lessons will teach educators specific activities to engage youth in the discovery of aquatic habitat and species. Lessons will include Fishways activities like "Reel Estate: Homes for Fish," an activity that explores the characteristics of fish habitat through discussion and art, and MWF's "Gone Fishin'" introductory angling lesson. Participants will be provided with a tool-kit for developing related lesson plans for youth, and will receive information on further available resources.

Let's Go Geocaching!

The presenter of this workshop is [Tabitha Martens](#). She is the Aboriginal Programming Coordinator for [Oak Hammock Marsh Interpretive Centre](#).

The Oak Hammock Marsh Interpretive Centre is an award-winning wetland education centre. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative

education and outreach programs. These programs range from birding walks and dipping for water bugs, to canoeing and geocaching adventures.

Geocaching is a worldwide outdoor game of hiding and seeking treasure. Containers called caches are hidden throughout cities and natural areas and the locations of these caches are posted on the Internet. Anyone with a GPS unit can enter the locations' coordinates to find these caches.

Geocaching is a great way to get outdoors and explore new areas. It is an activity suitable for all age groups, including families with children, students, adults, and retirees. It is a worldwide activity with a strong sense of community and support for the environment. All geocachers are encouraged to be mindful of the environment and practice "Cache in Trash Out." Since September of 2000, geocaching has grown from 75 caches in several countries to hundreds of thousands of caches all over the world. It is one of the fastest growing recreation activities in the world.

This session will involve a short presentation on how geocaching works, as well as an outdoor, hands-on tutorial using the GPS units. Participants will also use GPS units to explore the area and find geocaches.

Early Morning Yoga

Erin Greene has been working with children, teaching dance classes, for almost ten years. Her passion for people and cultures guided her to complete her B.A. in Sociology and Anthropology at [Concordia University](#) in 2008. In 2011, she completed her yoga certification courses with Yoga Fit, and began teaching yoga at Action Daycare. In connecting children back to nature, culture and the body, she believes that yoga can have a great impact for positive change in the way that children see themselves and the world around them. She possesses a great sense of adventure, an immense love of nature, and an energetic playfulness that children just love.

Daina Leitold is an actor, director, mime, and drama educator. Over the last decade, her work has been seen on stages large and small in and around our province. She has enjoyed teaching drama to young and old from the Theatre Schools at [Prairie Theatre Exchange](#) and [Manitoba Theatre for Young People](#). For Daina, Green Kids is a perfect fit, as she gets to combine her two favourite things : theatre and our planet.

Back to Nature: and Eco-Theatre Workshop

An interactive theatrical workshop whose participants will explore a variety of awe-inspiring phenomenon that occur right in our own backyard. From flower propagation to soil organisms, participants will embody nature's processes, characterize the interactions between plants, animals and humans, explore the physical fundamentals of an ecosystem, and more. Through drama exercises and games, role-playing and physical improvisation, participants will examine and express our connection to the natural world around us, and how we can best preserve and celebrate it

The Company

[Green Kids Inc.](#) was established in 1991 to address the need for entertaining, educational programming for school-aged children about the importance of environmental stewardship. Green Kids seeks to empower children by providing them with facts about environmental issues in a positive manner, and then equipping them with simple but effective tools to live “green”. We have been nominated three times for the Sustainable Development Award of Excellence.

Bonnie Tulloch

Bonnie began with Assiniboine Park in 2003, moving into education 2006. While pursuing an Honours degree in Fine Arts from the University of Manitoba, Bonnie enjoyed fulfilling a variety of passions including interior design, art history and women’s studies. Bonnie’s horticultural experience comes from many years of gardening, as a manager at [Shelmerdines Nurseries](#) and as associate editor of the [Prairie Gardener Journal](#). She furthered her horticultural education through the [University Of Guelph](#) and [Assiniboine Community College](#).

Jenny Stuesser

Jenny joined the Park’s team of educators in April of 2011, bringing previous experience as an Environmental Educator in Australia and as a museum educator at the [Western Canadian Aviation Museum](#). Jenny completed her Bachelor of Tourism Studies from the [Brock University](#) in Ontario as well as earning a Masters of Environment from the [Griffith University](#) in Australia.

Exploring Ecology in Art

Using a sampling of activities from [Assiniboine Park](#)'s art programming, we will get the creative energies flowing by using nature to inspire a variety of art projects. We will take two hours to play outdoors, exploring the forests and open spaces through facilitated art-based activities. Some of our projects will use only natural materials found in the area, while other projects will use traditional materials, but be inspired by our experiences outside. Participants will learn about and create place-based [eco-art](#). Everyone will have the opportunity to work on an individual project as well as contribute to a group project.

Deanna Kazina has worked with [Bridging The Gap](#), since 2007 as an interpreter and is presently the Program Manager. She has spent many years working with children from Winnipeg’s core neighbourhoods teaching gardening and environmental issues. She holds a deep passion for the environment and aims to impart this message to all students, helping to expand their understanding and knowledge. She is currently a Research Assistant at the University of Winnipeg in the Education Department. She has spent two years studying at the University of Winnipeg and is working towards completing her Bachelor of Science.

Deanna will be facilitating two workshops. One will be **Making Recycled Paper** which she described as such:

In this 1.5 hour workshop participants will learn the basics of paper making. They will hear stories from the presenter on the experience of making bison dung paper for a grade four Bison Curriculum. Participants will then use recycled paper along side materials collected naturally such as leaves to construct their own paper. Seeds will be pressed into the paper for planting at a date of their choice. Suggestion of how this activity can fit into age appropriate learning outcomes will be discussed.

Her second workshop will be an **Outdoor Nature Hike**.

This workshop will run approximately 1 hour. Participants will spend a few minutes being familiarized with the Bridging The Gap Program. Following this introduction, participants will explore the nearby river bottom forest through a hike lead by a Bridging The Gap staff and a [City of Winnipeg Naturalists Services](#) Interpreter.

The hike will focus on describing the local habitat/ecosystem and the medicinal/edible plants found within, emphasizing that this type of environmental learning can be duplicated anywhere. The workshop will conclude with participants enjoying a cup of a wild edible, child friendly tea such as itchy bum (rose hip) or stinging nettle. Participants are asked to bring their own mug.

Meet **Stephanie De Sousa** she is an early childhood educator, from Montreal, Quebec, Canada.

Formally trained as an architect, she soon realized her passions lay in education- more specifically nature education. She has studied ECEC in New Zealand, where she also worked with children. As well, she attended the [World Forum on Early Care and Education in Kuala Lumpur, in 2007](#). She is currently studying and doing an internship at an outdoor kindergarten in [Trondheim, Norway](#).

This is an excerpt from Stephanie's Workshop Proposal:

"I am currently living and studying in Trondheim, Norway, where I will also be participating in a practical training program with an outdoor kindergarten (ages 2-6 years). This program runs from mid-March to mid-June, in which time I will be observing children, working with staff, children, and parents, and documenting my experiences. It is my intention then, to present my findings at the Manitoba Nature Summit, with focus on several areas:

- the role of play, and more specifically outdoor play, in the development of a competent, confident, socially intelligent child
- the merits of risky play, and teachers' responsibilities of such actions
- the strong sense of fellowship and community within the group vs. individuality and competition
- the advantages of having mixed age groups
- the role of the teacher in Norwegian ECEC institutions
- the constant collaboration and communication with parents"

As she has just begun her training program and can only give a general outline of her presentation at this time but I, for one, am very excited to hear what she has to say!

