

# GROUNDING

LOVE IS LIVING





## Hello GROUNDING

... is a small independent magazine to spread love for South Germany's plants & wildlife and to share my perspective on their unique beauty.

It's inspired by a similar newsletter from my cousin, Fort Lauderdale artist Stephanie McMillan.

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## Hello DEAR PEOPLE

Let's say hello to our neighbors.

Let's respectfully greet all the living beings we encounter.

Let's learn their names and ways.

Let's contemplate their uniqueness and beauty.

Let's open our hearts in gratitude for Mother Earth.

Let's protect and provide safe habitat.

We are all intertwined within the web of life.

Let's get grounded.





## Hello CLIMBING HYDRANGEA

... is a hardy, self-climbing plant that is ideal for greening shady facades, fences, and walls. It is a common sight in many Bavarian gardens.

I prefer it to the better known garden hydrangea varieties. Its flowers are more delicate, more dainty, and more graceful.

Starting in June, it forms large, white, umbrella-shaped panicles. Its flowers have a wonderfully sweet scent, similar to elderflowers, and provide food for butterflies, bumblebees, and bees.

This year, a pair of blackbirds nested in the hydrangea in our yard. Unfortunately, the squirrels got to the eggs. Garden life isn't always beautiful.



CLIMBING HYDRANGEA







## Hello STRAWBERRIES

Ours are much smaller than the ones from the supermarket. I am sure they taste twice as good.

When I water the garden early in the morning, I walk past them and a wonderful, sweet scent fills my nose. Woodlice and snails have been snacking on them at night. Good for them. The basket fills up slowly as you slide around on your knees in front of them. For me, they're the true sign that summer is really here.

When I was 13, I earned some extra pocket money working in a strawberry field. By evening my skin was sunburned, I was tired and happy. Then I drifted off to sleep blissfully with the scent of strawberries in my nose and dreams full of red fruits.

## Hello CLIMBING ROSE

In its tireless growth, the climbing rose shows that true art need not be loud. It unfolds patiently, leaf by leaf, bloom by bloom, and offers the viewer a fleeting yet unforgettable moment.

There are seven different varieties in various colors growing around our house. Each one has its own character, its own special beauty, and above all, it exudes its own wonderful, enchanting fragrance.

One red exemplar has stood in our courtyard for ages, undemanding, indestructible. In June, we find ourselves standing in front, filled with wonder and awe.

Thank you for being here.





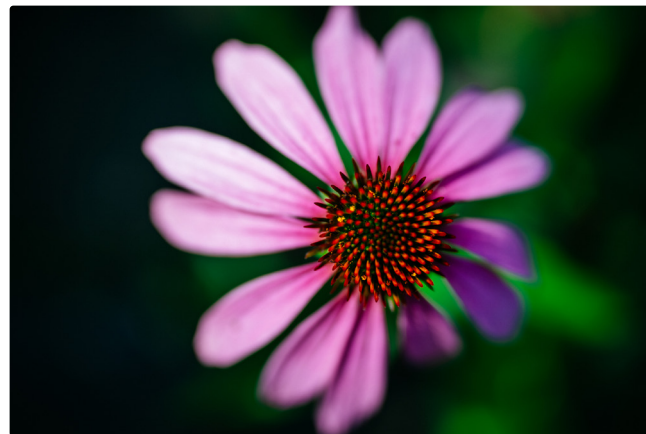
## Hello PURPLE CONEFLOWER

... also known as Echinacea, is a very popular garden perennial that is native to the prairies of North America. It was regarded as an antiseptic medicinal plant and is used today in many cold remedies.

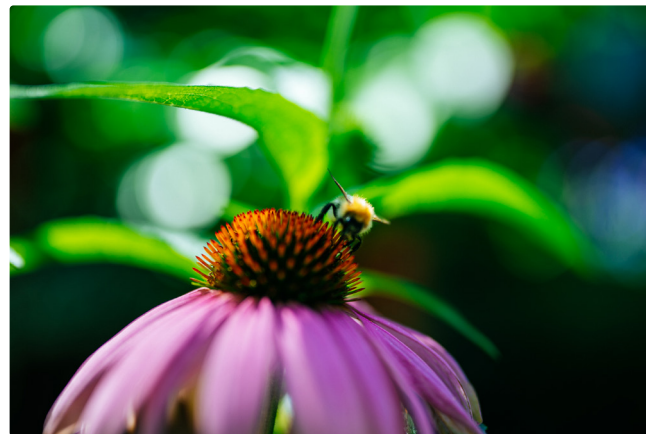
The substances contained in the above ground parts of the plant such as alkamides, essential oils, and caffeic acid derivatives have a positive effect on the immune system and fight infections.

The botanical name Echinacea is derived from the Greek word "echinos," which also means "hedgehog." The flowers magically attract butterflies and bees.

For some reason, I really enjoy touching the bristly flower.



PURPLE CONEFLOWER





## Hello ASH TREE

Two old ash trees once stood here in a prominent spot at the Maximilianeum. However, the remaining tree stumps were deliberately preserved. Since ash wood decays very slowly, the stumps provide a valuable habitat for many years to come. They are home to numerous insects, mosses, and fungi.

New, more resilient ash trees have now been planted in the old stumps. As they slowly decompose over the years, the young trees can grow. In this way, past and present life processes intertwine and complement one another.

Trees are not objects or property. Trees are conscious living beings who eat sunlight and produce oxygen, making it possible for all of us to live on earth.

## Hello BEAVER

The Isar is what makes our city so unique. A mountain river with crystal clear water, where large fish swim and people cool off in the summer, right in the middle of a major city. An estimated 80 beavers live in Munich. With a little luck, these nocturnal animals can be spotted at dusk or dawn.

In June 2019, I saw you swimming from right to left. How many times have I been at my favorite spot below the "Kabelsteg", admiring the sunset? I only had the pleasure of seeing you there once. I still remember how you swam proudly and calmly right past the shore. Neither our dog nor my presence seemed to bother you. Take care, little friend. See you soon and don't kill too many young trees.







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