

$$\begin{array}{ccccc}
 & & F & & H \\
 & \curvearrowright & & \curvearrowright & \\
 \mathcal{C} & & \Downarrow \alpha & & \Downarrow \beta & & \mathcal{F} \\
 & \curvearrowleft & & \curvearrowleft & \\
 & & G & & K
 \end{array}$$