$$\mathcal{H}\left( \begin{array}{cccc} a & b & c \\ & & & \\ & & & \\ & & & \\ \end{array} \right) \xrightarrow{\cong} \mathcal{H}\left( \begin{array}{cccc} a & d & b & e & c \\ & & & \\ & & & \\ \end{array} \right) \xrightarrow{F} \bigoplus_{e} \mathcal{H}\left( \begin{array}{cccc} a & b & e & c \\ & & & \\ & & & \\ \end{array} \right) \xrightarrow{e} C$$