

*EXPRESSING YOUR ARTISTIC INNER VOICE:
A MEANINGFUL & CREATIVE JOURNEY IN MIXED MEDIA*

While this looks like a long supply list, I've included some optional items along with some rather "wordy" instructions and alternative options. I've tried to be as clear and explain as much as possible. Yes, it's a bit of a list, but not as much as at first glance. You probably already have some of these items and some of them are free. If you're taking this workshop with a friend, sharing materials could be a good option.

Supplies:

- * Paper - I like Fabriano Studio Watercolor **Hot Press** 11"x14" in either 90 or 140 lb. The paper comes in pads of 75 sheets for a very good price. Several of you can buy one pad and split it. Strathmore Aquarius II is also a good option. (Available in single sheets only.) **Cold press paper works, too, although your results may have a "textured" look.** Feel free to bring what you already have.
- * Regular white 8-1/2x11 computer printer paper. I'm guessing 25 sheets or so.
- * Fluid and/or tube acrylics in your choice of at least 3-5 colors. I use both.
- * Plastic acrylic paint palette **OR** large plastic cottage cheese lids **OR** an old vintage book (one that's not worth anything; this can be used later as collage material) **OR** wax paper **OR** freezer paper **ANYTHING THAT YOU CAN USE FOR PUTTING OUT PAINT**
- * 2 or 3 3/4" to 1" inexpensive flat brushes (Princeton Select Flat Wash runs about \$8-\$9.)
- * White gesso
- * Your choice of 1 or 2 mylar stencils (Stencilgirl and Shawn Petite are two online companies with a good selection of quality stencils.) **I WILL ALSO BRING SOME GEOMETRIC STENCILS FOR YOU TO PLAY WITH.**
- * 1 or 2 textured rubber stamps - think dots, small squares, X's, woodgrain, musical notes... anything with a small repetitive pattern
- * Stabilo All "Aquarellable" pencil in black or brown **AND/OR** regular watercolor or Inktense pencils in black or brown
- * Triangular dense-foam make-up sponges - available at drug store or a dollar store
- * Water-soluble crayons or water-soluble pastels like Caran d'Ache Neo Color 2. You only need 1 or 2 crayons, not a whole set...unless you really, really, really want a set.
- * Archival Ink pad in brown and/or black
- * Soft Gel **OR** fluid Acrylic Medium — gloss or matte your choice (I use mostly matte. Use gloss if you want a shiny finish.)
- * Collage papers — old ledger pages, magazines, vintage books, sheet music, sewing patterns, security envelopes...any ephemera...for collage. Old photos are great. Don't worry, you'll be making copies of these onto tissue paper and not damage the original photos. See instructions for making tissue paper copies at the bottom of the supply list.
- * Rubber brayer

Misc. tools:

- * Scissors
- * Metal ruler 12" to 18"
- * Plastic or metal artist's palette knife **AND/OR** old credit card or hotel room key
- * Pencil
- * Large water container (1/2 or 1 gallon size)
- * Spray bottle with water
- * Baby wipes, paper towels or rags
- * Low-tack tape
- * Corrugated cardboard wrapped on all sides with clear packing tape to use as support to work on **OR** gator board. (Cardboard is free; gator board a little pricy unless you already have one for watercolor paper support.)
- * Garbage bag to tape onto your table for your use

FOR YOU TO PREP AT HOME IF YOUR PRINTER CAN MAKE PHOTOCOPIES: TISSUE PAPER COLLAGE MATERIAL OF OLD PHOTOS OR MAGAZINE IMAGES

You can make computer printer tissue paper collage images at home. Acid-free tissue is best for long-term conservation, but can use cheap, regular white tissue if you're not concerned about PH levels. (**ABOUT THE TISSUE PAPER:** Acid-free tissue paper is available through [B&H Photo website](#) or [Lineco](#). FYI: Lineco's shipping is expensive.) You'll also need a re-positionable glue stick. I use Elmer's. UHU is another brand although it tends to be stickier and becomes "permanent" faster than the Elmer's.

Go through family photos or magazines (keep in mind copyright rules for images that you choose from magazines) and get a selection of your favorites. You won't be damaging the original images.

How to prepare images:

- 1) Place your original images on your printer for copying.
- 2) Using your glue stick, run a line of glue about 1" below the top of and 1" in from one side of a sheet of computer printer paper.
- 3) Adhere 1 sheet of tissue paper along the glue lines. Make sure the tissue is lying flat so as not to catch when it runs through your printer.
- 4) Load it into your printer so that the images will print out on the tissue-side of the sheet.
- 5) Print! If you have a color printer, it's fun to customize the color of your images. Black & white is great...But how about a sepia or even blue??? Do you dare to go red???