

High Country Water Media Society (HCWS) June 2026

Demonstration Title

Mixed Media Wandering & Wayfinding with Theresa Redmond

Description of the Demonstration for HCWS

This demonstration will balance a focus on technique with theme as I offer members an inside look at the process of creating my cairn series. To make these meditative pieces, I use a blend of mixed media collage, painting, monoprinting, and drawing. Crafting stones from layers of paint and string using the gelli plate press for monoprinting is a playful process that invites one into a rhythmic and artful introspection. I have always been drawn to cairns— from the momentous and weighty structures marking trails in the high peaks of the Adirondak Mountains to the subtle, smooth, and ephemeral stone sculptures that emerge along the shores of New England in summertime to the river stones stacked in streams off the Blue Ridge Parkway. I appreciate the symbolism of cairns as an element in wandering the wilds as well as the significance of these stones as markers of place, space, and person. Returning to the demonstration, I especially enjoy the challenge of manipulating my paints with splatters and string to render or impersonate the natural textures and surface patterns of stone... a process I hope participants will enjoy as well!



Cairns on Algonquin Mtn in Adirondacks, NY

Learning Aspects

- Discover the intuitive joy of mixed media art processes.
- Identify the attributes of gelli plate printing for rendering form and texture.
- Celebrate the messy and unpredictable nature of monoprinting as a composition technique.
- Contemplate the process of art-making as rhythmic and meditative.

Sample Artworks Related to the Demonstration



Wayfinding, 2026
11 x 14"



A Path Illuminates, 2026
8 x 10"



Until Now, 2026
11 x 14"

Materials List

- Rubber gloves
- Water canister
- Rags, torn T-shirts, tissues, and/or paper towels
- Canson 50lb Sketch Paper (or similar)
- Found and repurposed materials (e.g., old books, magazines, wrapping paper, tissue paper, string, etc.)
- Locally-sourced botanicals (e.g., pressed leaves, stems, and flowers)
- Chip paint brushes with natural bristles (various sizes, 1¹/₂" is a good option)
- Liquitex Acrylic Medium, Matte Gel
- Golden Fluid Acrylics (Titanium White and Carbon Black)
- Liquitex Basics™ Acrylics (various colors, but some of my favorites are neutral gray, green gray, and blue gray)
- Liquitex Soft Body Acrylics (various colors but I love Burnt Umber, Raw Sienna, Green Gold, Payne's Gray, Phthalocyanine Blue green shade, and Iridescent Antique Gold)
- Liquitex Heavy Body Acrylic (various colors)
- Gelli Arts Gelli® Printing Plate (various sizes– the 6" X 6" is convenient for this demonstration)
- Speedball Soft Rubber Brayer, 3.5 Inch (or similar)
- Parchment paper, waxed paper, vinyl, or similar for cutting stencils
- Scissors
- Posca paint markers (various colors, 3mm bullet tip)
- Smooth wooden spoon (for transferring paint from the gelli plate)
- Wood Panels (such as those by Blick or Ampersand in various sizes to adhere the final piece)
- Dorland's Wax Medium (to finish the piece)
- Beloved stones, crystals, or rocks from your own collection for inspiration
- A meditative playlist or stimulating audio book
- Milk chocolate, butterscotch, or another favorite sweet treat