

*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 in either 90 or 140 lb. The paper comes in pads of 75 sheets for a very good price. I also really like Strathmore Aquarius II which comes in individual sheets and might be a better option if you don't want to commit to a full pad of paper. Or any other 140 lb. watercolor or mixed media paper. Cold press paper works, too, although your results may have a "textured" look.
- \* 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
- \* Choice of mylar stencils (Stencilgirl and Shawn Petite are two online companies with a good selection of quality stencils.) I would suggest 2-3 geometric/abstract pattern stencils in different sizes like 6x6, 9x12, etc. *I WILL ALSO BRING SOME STENCILS FOR YOU TO PLAY WITH.*
- \* 1 or 2 textured rubber stamps - think dots, small squares, X's...anything with a smaller repetitive pattern
- \* Fine Liner needle-nose bottle and fill with Golden High-Flow Acrylic in Shading Gray or Raw Umber **AND/OR** Stabilo All "Aquarellable" pencil in black or brown **AND/OR** watercolor or Intense 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 **OR** Faber Castel Gelatos. 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** 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.
- \* Gel plate - size is up to you and there are few companies who make them: Geli Arts; Speedball; and Gel Press. I have several, but mainly use my 8x10.
- \* Rubber brayer
- \* Metal ruler (12" or 18")
- \* Scissors
- \* 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
- \* 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

**Optional:**

- black gesso and Daniel Smith Gold gesso
- baby wipes
- deli paper
- black text weight (around 20 lb.) paper
- water-soluble graphic stick
- acrylic molding paste - regular or heavy
- If you want to bring watercolors please do so. I can show to incorporate them in this process!

**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 regular white tissue if you're not concerned about it. (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).

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. (DUH!)
- 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???