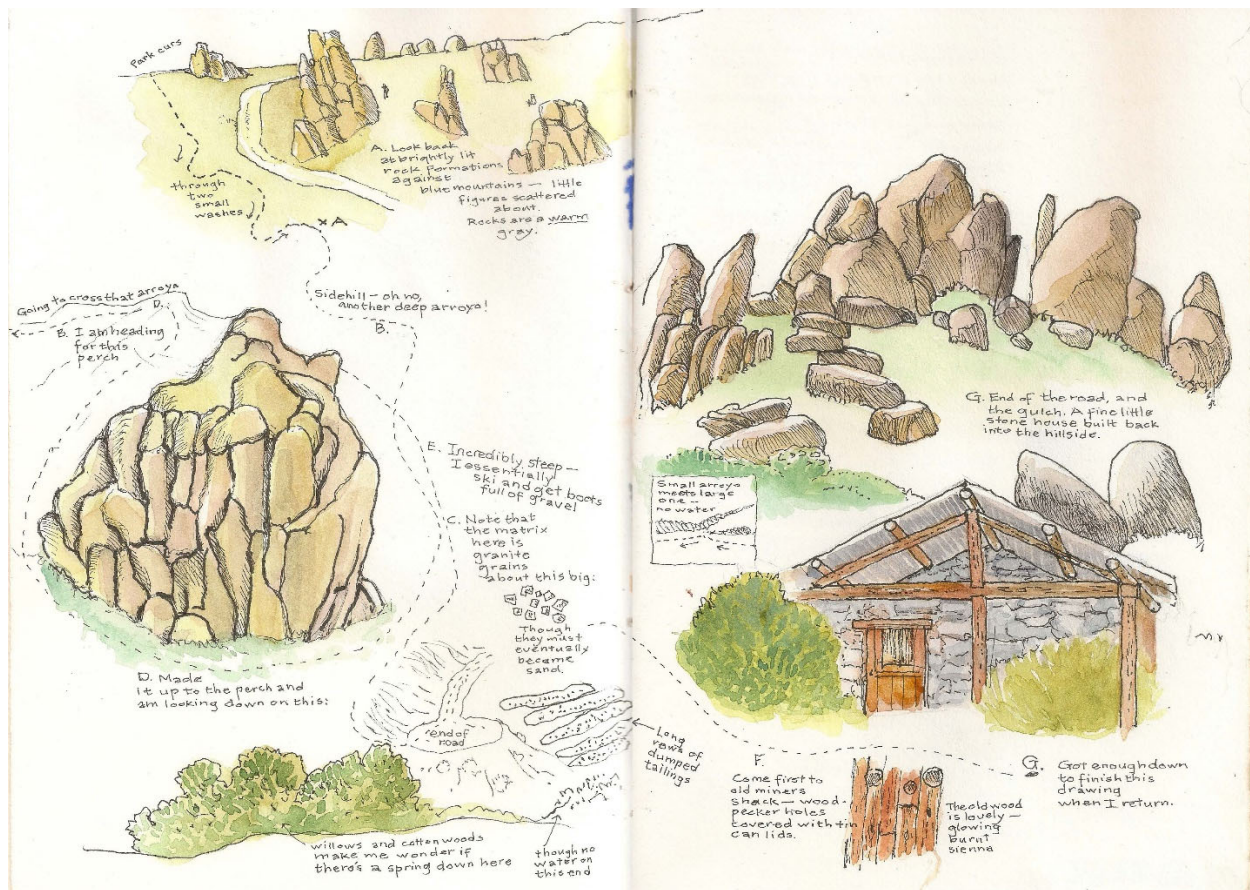


Creating the Illuminated Field Journal



Hannah Hinchman • September 6–8, 2019

**\$192 per person / \$177 for Mono Lake Committee members
enrollment limited to 12 participants**

To be fully present in the natural world, we must be alert and inquisitive—receptive to the small signs and subtle clues around us. A field journal is an ideal vehicle to record moments of discovery, as well as a quiet way of simply being present outdoors. In this workshop, artist/writer Hannah Hinchman will guide you in exploring the variety of nearby habitats, opening windows to nature's many secrets and learning to personalize these experiences through journal entries, both drawn and written.

Hannah will provide plenty of individual instruction, beginning Friday night, and during the middle of the day on Saturday. As naturalists and artists, we want to be in the field relatively early in the morning and on into the evening, when the light is most lovely and animals are most active. On Sunday, we will plan a longer field trip to try out our new-found skills and go deeper into the pages of the journal. At the end of our day afield, we'll return to Lee Vining in time for a leisurely review of our pages, discussing what we've learned and experienced.

Hannah is the author of three books: *A Life in Hand: Creating the Illuminated Journal*, *A Trail Through Leaves: the Journal as a Path to Place*, and *Little Things in a Big Country: An Artist and Her Dog on the*

Rocky Mountain Front, and has a fourth book in the works. She has been teaching field journal workshops all over the US for over 20 years.

ITINERARY

Friday, September 6, 6:30pm: Meet at the Lee Vining Community Center (296 Mattly Avenue) in Lee Vining. We'll get to know each other, and Hannah will talk a bit about the possibilities of the field journal, showing some examples. Then we will get acquainted with our tools (Hannah will bring many to experiment with) and move directly into some drawing exercises. Please bring your supplies to this evening session.

Saturday, September 7, 8:00am: Meet back at the Community Center, and we'll work inside until about noon. We'll break for lunch (bring a bag lunch or walk/drive to a restaurant in town), after which we'll carpool to upper Lee Vining Creek near Tioga Pass to explore and work in that area until later in the afternoon, possibly dining at the Whoa Nellie Deli on the way back (optional).

Sunday, September 8, 7:30am: We will depart from the Community Center and head up to Rattlesnake Gulch to spend the morning exploring and working in the journal. At 11:00am we'll move to Lundy Canyon for lunch (bring a bag lunch) and continue working into the afternoon. At about 3:00pm we'll make our way back to the classroom to put finishing touches on our pages, and then conclude with a page-sharing and discussion. We should be finished by 4:30pm.

Altitude and Dehydration Cautions: This workshop will take place at elevations ranging from about 6,000 to 10,000 feet above sea level. It is a good idea to acclimate at the elevation of Lee Vining for at least 24 hours prior to the start of the workshop. Please bring lots of water and drink it often because your body loses more water at high altitudes. Please bring and use sunscreen, sunglasses, and a hat to protect yourself from the sun's intensity at high elevations.

MEALS

On Saturday you can bring a bag lunch or plan to go to a restaurant in Lee Vining (restaurants are within walking distance from the Lee Vining Community Center). On Sunday please bring a bag lunch to eat in the field. All other meals are on your own. Make sure you have plenty of water and snacks each day.

TO BRING

- daypack
- layers of clothing (long-sleeved shirt, fleece or vest, rain/wind shell)
- water bottle and plenty of water
- packed lunch for Sunday and snacks for both days
- Crazy Creek chair or similar folding ground chair
- comfortable boots/shoes suitable for short hikes
- sunglasses, hat, sunscreen
- binoculars (optional)
- hand lens/magnifying bug box (optional)

REQUIRED EQUIPMENT

I will bring lots of equipment for you to try, and likely some to purchase. But here is a minimal list of supplies, which you can supplement from the optional list, if you like.

A journal: It's worth it to get a good one. Stillman & Birn makes a good sketchbook, as does Strathmore, using its excellent multi-media paper. It should be bigger than pocket-size, but not too big to fit in your daypack. I prefer hardbound to spiral bound, since the spiral keeps you from using a two-page spread effectively.

Drawing/writing pens: Pigma Micron pens are my constants, but Pitt Artist Pens are good, as are Staedtler Pigment Liners and Prismacolor. These come in a variety of point sizes, and some come in sets. If you decide to get a set, try to find a way to purchase extra single pens in the .005 and .01 sizes, because we will use them a lot and their points wear down. Please don't purchase colored pens! They are awful colors! We'll add color using other tools, if we choose to.

A "water brush:" These are brushes with nice synthetic points that carry their own water supply! You can generally find them in any decent art store, or even at Michael's. We'll be using them for wash drawings as well as watercolor.

A good mechanical pencil, with a white eraser.

OPTIONAL EQUIPMENT

I love to use watercolor and colored pencils in the journal. I always bring a watercolor travel set with me into the field. These are rather expensive, so if you don't want to get one, I'll be able to supply you with a little kit to use, and you'll already have your water brush. I will bring along all my colored pencils—though I don't bring them with me into the field usually, I love to add color to sketches back in the studio.

Water-soluble pens: These are getting harder to find, since everyone wants archival ink now (as in the Pigma Microns). Pens that have ink that ISN'T waterproof are really fun to draw with, because you can then touch the lines with your water brush to create monochromatic watercolors, or "wash drawings."

One way around the scarcity of water-soluble pens is to use a **fountain pen**, and there are many, many varieties of very nice fountain pens out there now. Here are some of the best-loved brands: Rotring Artpen, Lamy Safari, Noodler's Flex (with tons of gorgeous inks), Pen & Ink Sketch, and Preppy pens. You can see a whole array of fountain pens at gouletpens.com or jetpens.com. I will have a number of pens to try, so if you don't want to spring for a fountain pen, we'll have you covered.

SOURCES

- **Paper & Ink Arts:** 800-736-7772, paperinkarts.com —A fabulous, very personal store.
- **Jerry's Artarama:** 800-U-ARTIST, jerrysartarama.com —You can't always tell what they'll have (though I do notice they have the Rotring ArtPen for a good price).
- **Dick Blick:** 800-828-4548, dickblick.com —Wide selection, sometimes great prices.

If you have any questions, don't hesitate to email me at hannerhin@gmail.com.



Mono Lake Committee Field Seminars

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