

# Journal Fodder Junkies

## Workshops

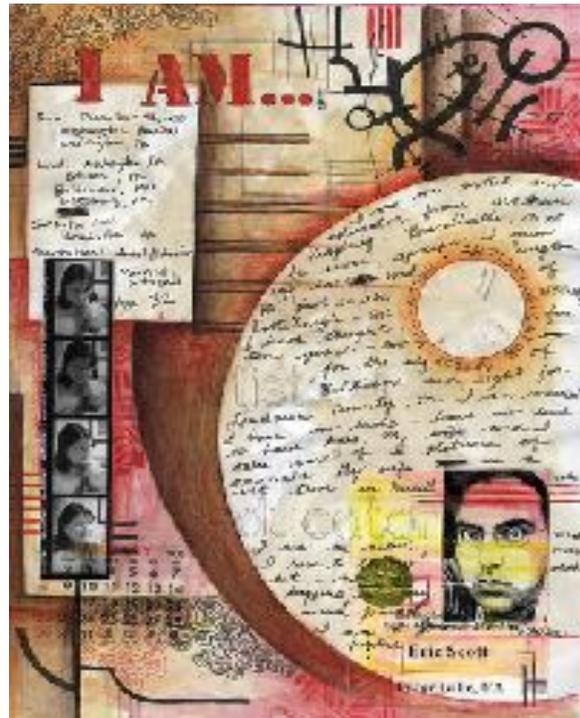
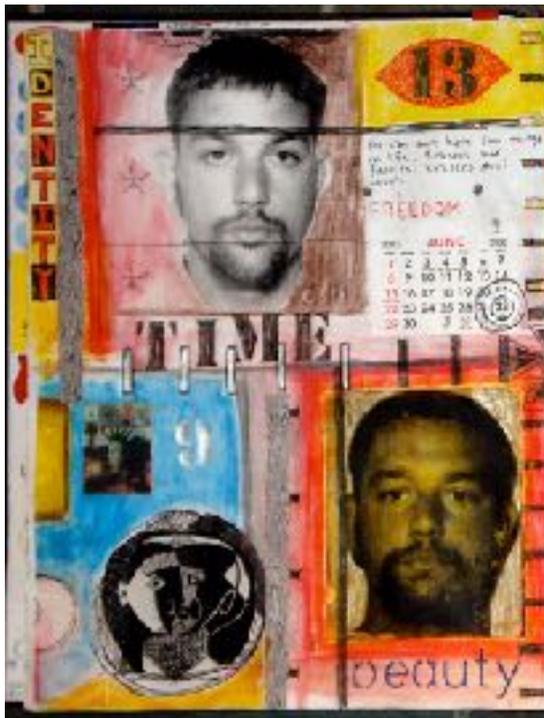
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## **The Visual Journalist's Oath**

Adapted from Robert Kaupelis' *Experimental Drawing*

I solemnly swear that from this day forward I shall never again be caught without a journal during my waking hours, and also that I shall use it faithfully everyday.

**My VISUAL JOURNAL is,  
me.**

**EVERYTHING I am and everything I am not.**

**It is my weakness and my strength.**

**It is MY self-confidence and  
MY self-esteem.**

**It is my past, my present, and  
most definitely my FUTURE.**

**My visual journal is where I am going.**

**It is WHERE I have been.**

**Places I should not have been, gone... and should  
not GO.**

**It is everything and just a book.**

**It is my INSPIRATION and my generation.**

**My visual journal is never finished.**

**Never done... and always a work in PROGRESS.**

**It is everything I have ever seen,**

**Heard,**

**Touched,**

**Smelled,**

**Sensed,**

**And believed.**

**It is my worst fears and all my HOPES...**

**All at the same time.**

**It is the BEGINNING and the END of an era...**

**And so much more than a phase.**

**It is my visual journal, and describing it...  
is describing ME.**

**BECOMING AN ARTIST IS A LIFETIME PROCESS.** It begins with the way you see things. **THEN YOU WANT TO EXPRESS WHAT YOU SEE AND FEEL.** You try something. **EXPLORE IT.** Change it. **REWORK IT.** Destroy it. **AND START IT AGAIN.** Each time you discover something new about yourself. **BECOMING AN ARTIST DOESN'T STOP WITH TIME OR CIRCUMSTANCE OR JOB OR AGE.** Its real value is to yourself. **A WAY OF LIFE.** But, it's not a life for everyone. **THOSE WHO CHOOSE IT FIND IT FULFILLING AND STIMULATING.** But one thing is certain. **LIFE IS NEVER BORING.** And the best part is that your whole life is spent in "becoming." **SO YOU CAN ALWAYS LOOK FORWARD TO CHANGE.**

### **What is a Visual Journal?**

The visual journal (a.k.a. artist's journal, visual thinking journal, illuminated sketchbook, artist resource book, artist's sketchbook) is an artifact created by people that combine both visual and written elements. It can be kept by artists and non-artists alike.

#### **A visual journal is part:**

Sketchbook	Notebook	Idea Book
Journal	Dream Catcher	Experiment Log
Scrap Book	Photo Album	Shopping List
Doodle Pad	Daily Planner	And much, much more
	Coloring Book	

A Visual Journal can be an Everything Book.

### **How do you keep a visual journal?**

There is no right way or one way to keep a journal. Below are several suggestions.

1. Set up a specific place at home and at school that is always ready.
2. Take the journal everywhere. You never know when inspiration will hit. Keep a portable journal kit of your favorite and most transportable media – pens, pencils, watercolor pencils, stencils, small brushes, markers
3. Explore and experiment with media and ideas. Do not limit yourself.
4. Use your journal everyday to take notes, to work out projects, to complete sketches and designs, to doodle, and to create even if it is only for five minutes.

## How Do You Prepare the Journal?

These are just a few things that you may want to consider as you begin working in the journal.

**Cover.** Personalizing the cover is a great way to bring ownership to the journal and make it a special thing. Think about using paint, collage, Stickers, and paint

**Inside Cover.** The inside cover is a great place to put your identifying information. Think about the following:

- Name, Address, Phone, and Email
- Reward
- Visual Journalist's Oath – "I solemnly swear that from this day forward I shall never again be caught without a journal during my waking hours, and also that I shall use it faithfully everyday." – adapted from Robert Kaupelis in *Experimental Drawing*.
- Initiated and Retired Dates – When did you begin and when did you end?

**Pocket(s).** Having pockets to hold items and fodder is invaluable. Think about the following where you want a pocket and how to create one.

**Calendar.** If you have trouble keeping track of yourself, a calendar in the journal is a great way to keep yourself organized. Think about drawing or gluing in a calendar.

**Fodder.** According to Merriam-Webster OnLine, the term "fodder" means "something fed to domestic animals; *especially* :coarse food for cattle, horses, or sheep." This is a term we have adopted for all that stuff that we seem to collect and save, and it is this ephemera from everyday life that we call fodder – it is food for your journal. Fodder can easily be stored in boxes and trays, and placing some of this material in a large, plastic or manila envelope works well to make fodder portable. Try collecting some of the following:

- Photos– your own, others, magazines
- Flyers
- Postcards
- Brochures
- Tickets – movies, theater, plays, etc.
- Stickers
- Specialty papers
- Newspaper
- Telephone books
- Envelopes
- Maps
- Computer printouts
- Photocopies
- Business cards
- Greeting cards
- Labels
- Wrappers
- Old artworks
- Letters
- Calendars
- Cartoons and comics
- Name tags
- Fabric
- Menus
- Receipts
- Notes
- Playing cards
- Puzzle books
- Old books
- Lists
- Post-its
- Pressed flowers and plants

## How do you begin a page?

### Encountering the blank page – preparing pages

#### Watercolor



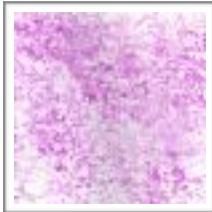
#### 1. Wash (Wet-on-dry)

Paint a thin layer of paint to fill a page or part of a page.



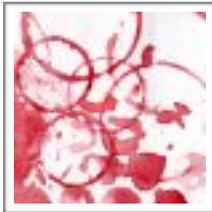
#### 2. Bleed (Wet-on-wet)

Paint two or more wet colors next to each other and allow the paint to mix and blend.



#### 3. Sponge

Paint a sponge, and then stamp it on the paper.



#### 4. Stamp

Paint objects like bottle caps and bubble wrap, and then press them onto the paper.



#### 5. Stipple (Splatter)

Get paint on a stiff bristle paintbrush or old toothbrush, and flick paint onto the paper.



#### 6. Salt

Sprinkle salt into wet paint on the paper and allow it to dry. Brush the salt off once the paint is completely dry.

## Watercolor Pencil



### 1. Activate with Water

Paint clean water over watercolor pencil on the paper.



### 2. Activate with Watercolor Paint

Paint a contrasting color of watercolor paint over watercolor pencil on the paper.



### 3. Activate with Water-based Marker

Color over watercolor pencil on the paper with a contrasting color of water-based marker. Only light colors work well, and this eventually ruins the marker.



### 4. Dip the Tip

Dip the tip of the watercolor pencil in the water and draw on either wet or dry paper. This example is done on dry paper.



### 5. Draw into Wet Paper

Wet the paper with water or watercolor paint, and then draw a wet or dry watercolor pencil into the wet paper.



### 6. Activate Multiple Colors

Paint water over several colors of watercolor pencil on the paper. The colors mix and blend together.

## Solvent Transfers

Xylene, acetone, and Citrasolv® are several chemicals that will transfer **photocopies** and **laser printed** images. These chemicals will not work with ink jet images. I find that xylene works the best. Caution: All these chemicals are very volatile and evaporate quickly, and they must be used in a well-ventilated area. Xylene will melt plastic so use caution, and do not try to store in a plastic container.

### Materials

Xylene containing product (Goof Off®, Oops®, Chartpak® Blender Pen), acetone, or Citrasolv®  
Photocopied (b&w or color), laser printed (b&w or color), or magazine image

Burnisher – wooden or metal spoon

Glass container

Old rag

Receiver surface – drawing paper, watercolor paper, wood, cloth, or gessoed canvas

Blotter paper or newspaper

### Procedure

1. Cover work area with blotter paper or newspaper. These chemicals soak through many layers so it's a good idea to have a thick layer of blotter paper on your work surface to soak up excess chemical.
2. Select an image. With photocopies and laser prints, the fresher the print, the better.
3. Place the receiver paper on top of the blotter paper, and then place the image face down on the receiver paper.
4. Soak the back of the image with the chosen chemical product (pour the chemical into the glass jar, and dip the rag into it). I like using an aerosol can of Goof Off® to soak the back. If using the blender pen, just color the back of the image. If you use too much chemical, the image will bleed.
5. If the chemical has pooled, allow it to sit for a moment. Acetone evaporates very quickly, so work fast.
6. Use a wooden spoon or metal burnisher to rub the back of the photo. Use a firm and even pressure. Xylene melts plastic; so do not use a plastic spoon or burnisher.
7. Lift a part of the image to see how it has transferred. Burnish the photo more or apply more chemical if necessary.
8. Pull off image to reveal transferred image.

**Warning:** These chemicals should only be used in a well-ventilated area. Read all labels and warnings before using.

Since magazine images have images on both sides, special caution is necessary. When using magazine photos, soak the receiver paper first with the chemical before placing down the image, and use a scrap paper to place on back of the magazine image before burnishing. This will keep the mess to a minimum.



# Packaging Tape Transfers

Ordinary clear packaging tape can be used to make quick image transfers of newspaper, magazine, photocopied, and b/w laser printed images. It works to some degree with color laser printed images.

## Materials

Clear packaging tape

Newspaper, magazine, photocopied, or b/w laser printed image

Scissors

Burnisher

Bowl or small tub of water

Sponge (optional)

Glue stick or acrylic medium

## Procedure

1. Cut the chosen image to desired size.
2. Cover the image with clear packaging tape – use multiple pieces if the image is wider than the tape.
3. Smooth out the tape using a burnishing tool to make certain that the image is adhered to the tape.
4. Soak the image in water for at least a few minutes. Warm water works well, but cold water is fine if you soak it longer.
5. Remove the image from the water, and place it tape side down.
6. Gently rub the back of the image with your finger to begin removing the paper. Soak longer if needed.
7. Continue to rub gently to remove all the paper. Sometimes a sponge can be used effectively. The image should be completely transparent.
8. Allow the transfer to dry.
9. Glue the image to the desired surface using glue stick if the back of the image is no longer sticky. Acrylic medium can also be used if gluing to a non-paper surface.

**Warning:** Different magazines work better than others, so experiment to see which works best for you. Sometimes a fine film of paper will remain no matter how long you rub. Also, sometimes the image will become scratched, but that may be a desirable effect.

# Visual Journal Resources

## Artists to check out

**Leonardo da Vinci**, *The Notebooks of Leonardo da Vinci, Sketches and Drawings*

**Frida Kahlo**, *The Diary of Frida Kahlo*

**Dan Eldon**, *The Journey is the Destination*

**Sabrina Ward Harrison**, *Spilling Open, Brave on the Rocks, Messy Thrilling Life*

## Books To Get You Started

*Journal Junkies Workshop* by Eric M. Scott and David R. Modler

*Journal Fodder 365* by Eric M. Scott and David R. Modler

*Artists' Journals and Sketchbooks* by Lynne Perrella

*The Decorated Page* by Gwen Diehn

*The Creative License* by Danny Gregory

*The Artist's Way* by Julia Cameron

*Drawing From Life: The Journal as Art* by Jennifer New

*What It Is* by Lynda Barry

*Visual Journaling: Going Deeper Than Words* by Barbara Ganim

*Wreck this Journal* by Keri Smith

*Life Is A Verb* by Patti Digh

*How To Be An Explorer of the World* by Keri Smith

*Writing Down the Bones* Natalie Goldberg

## Web Sites

[www.journalfodderjunkies.com](http://www.journalfodderjunkies.com)

[www.daneldon.org](http://www.daneldon.org)

[www.sketchbob.com](http://www.sketchbob.com)

[www.teeshamoore.com](http://www.teeshamoore.com)

[www.lookatbook.com](http://www.lookatbook.com)

[www.1000journals.com](http://www.1000journals.com)

[www.kporterfield.com](http://www.kporterfield.com)

<http://jeffcoweb.jeffco.k12.co.us/isu/art/sketchbook.html>

[www.arthousecoop.com/projects/sketchbookproject](http://www.arthousecoop.com/projects/sketchbookproject)