

## 2023 Art League of Leland (ALL) Workshop Series

### Capturing Moments in a Sketchbook: Journaling Workshop with Lin Frye

Wednesday, May 1, 2023, 10 AM – 4 PM

#### Workshop Description

We live our lives within the confines of our home, family, friends and community. We speed through our days in the blurred activities of work, meals, children, grandchildren, and obligations of all kinds. We surround ourselves with things we love .... And we enjoy all of these. Still, at the end of the day, the end of a week, the start of a new month – we realize that time has simply flown by – disappeared and consumed us in the art of living. And, if you're anything like Lin – you can hardly remember where it all went!

This workshop is intended to create a way to capture those daily moments of our lives – to stop the clock for brief amounts of time in order to more fully appreciate, experience, and remember the 'what is so' about our lives – the tiny events, mementos, accomplishments, joys, and disappointments that make up our lives. We'll be sketching in ink and watercolor – fast, fun, playful – to record the things that give our lives meaning. In doing so, we'll realize how very much 'everyday matters' to us and to those we love. In this workshop we'll focus on our favorites – favorite colors, songs, animals, drinks, desserts, flowers, recipes, mementoes, books – YOUR CHOICE, etc.



Lin Frye: [linfrye@yahoo.com](mailto:linfrye@yahoo.com)

#### About the Artist:

Lin is an ethnobotanist by training – she studies people and plant relationships, but has been creative all her of life. She has sewed, collaged, cross-stitched, embroidered, done soap crafting, napkin art, altered books, written poetry and natural history articles, and has kept journals of all types.

She has worked as an instructor for students at Johnston Community College, created the gardens at the JCC Arboretum and designed its programming. She has been a watercolor artist for over 15 years and has taught in this medium for as many years. Her watercolors are inspired by the things she loves– the land, flowers, cats, gardens, Italy, trees.

She has been keeping various types of journals for years. She uses many types of journals – a sketchbook, daily 'smallies,' morning pages, travel journals, daily thoughts, events, ideas, practice, quotes, and poems. She's journaled about heirlooms, and ABC journal, journals of each of her children and grandchildren, and more. She works in watercolor predominantly, though she loves the spontaneous and fresh approach of ink and wash. There is something appealing to her in the translucency of watercolor and the 'light' provided by this medium and she has worked with little else. She also likes mixed media and adores collage and altered books.

## Registration Information

**Date:** Wednesday, May 1, 2023

**Time:** 10:00 AM – 4:00 PM (Doors open at 9:30 for set up)

**Place:** Community Commons (Glassed in building located just before Brunswick Forest Fitness Center)  
2701 Brunswick Forest Parkway  
Leland, NC 28451

**Cost:** \$60 ALL Members, \$75 Nonmembers

**Lunch:** On your own during a 30- to 45-minute lunch break. Bring your lunch!

## Payment / Registration Form

- First, make a Credit Card payment at the ALL Store.
- Fill out online fillable Registration Form, download it and send to [artleagueofleland.com](mailto:artleagueofleland.com)

## Supply List (see details below list)

- Watercolors
- Waterbrush and/or watercolor brushes
- Water container
- Sigma Micron Pen (or any suitable PERMANENT pen)
- Ruler
- Pencil / Eraser
- Tissues or paper towels
- Glue stick
- Scissors
- **Ephemera – We will be working on our favorite things – YOUR choice – flowers, quotes, places, recipes, birds, movies, things we do, books, colors, songs, animals, sports, exercise, drinks, jewelry, desserts – please bring several photos and/or favorite objects that will form the first several pages of your sketchbook/journal**

The following is a list of the watercolors and materials Lin uses–PLEASE NOTE – You are free to bring anything you already have or if you have a question about particular watercolors, etc., please feel free to email her at – [linfyre@yahoo.com](mailto:linfyre@yahoo.com) You certainly do not need all of these!!!!!!

- Palette
  - [MEEDEN Empty Watercolor Tins Box Palette Paint Case, Small Purple Galaxy Tin with 12 Pcs Half Pans](#)

- You can purchase additional half pans to add to the palette variety if desired- shown below the palette on amazon.com

- **Sketchbook**

- [Kilimanjaro Black Travel Water Color Journal](#)
  - Size: 8.5” x 5.5” Spiral Bound, 140# Cold Press Paper (I use both sides of the paper.),

- **Waterbrush**

- [Pentel Japan Aquash Waterbrush Water Brush Pen, Medium](#)

- **Paint Colors**

- [Turners Professional Watercolors](#). (I find them comparable to Winsor Newton but far more economical and come in larger tubes for less cost.)

▪ Permanent Yellow	Gamboge
▪ Yellow Ochre	Quinacridone Gold
▪ Rose Red	Permanent Scarlet
▪ Alizarian Crimson	Manganese Blue
▪ Burnt Umber	Sap Green
▪ Prussian Blue	Cobalt Blue
▪ Ultramarine Blue	Indigo
▪ Sepia	Dioxazine Violet

- Quinacridone Burnt Orange (DAVINCI Paint – not Turner – but also from Jerry’s)

- **Pens**

- Pigma Micron Pen (black) Sizes: .01, .03, .05
- Sharpie EXTRA FINE Pen

- **Pencils**

- I use Bic pencils from the dollar store.

- **Eraser**

- **Spray Bottle**

[Ranger Mini Mister \(These come in a set of 3 – Amazon.com\)](#)