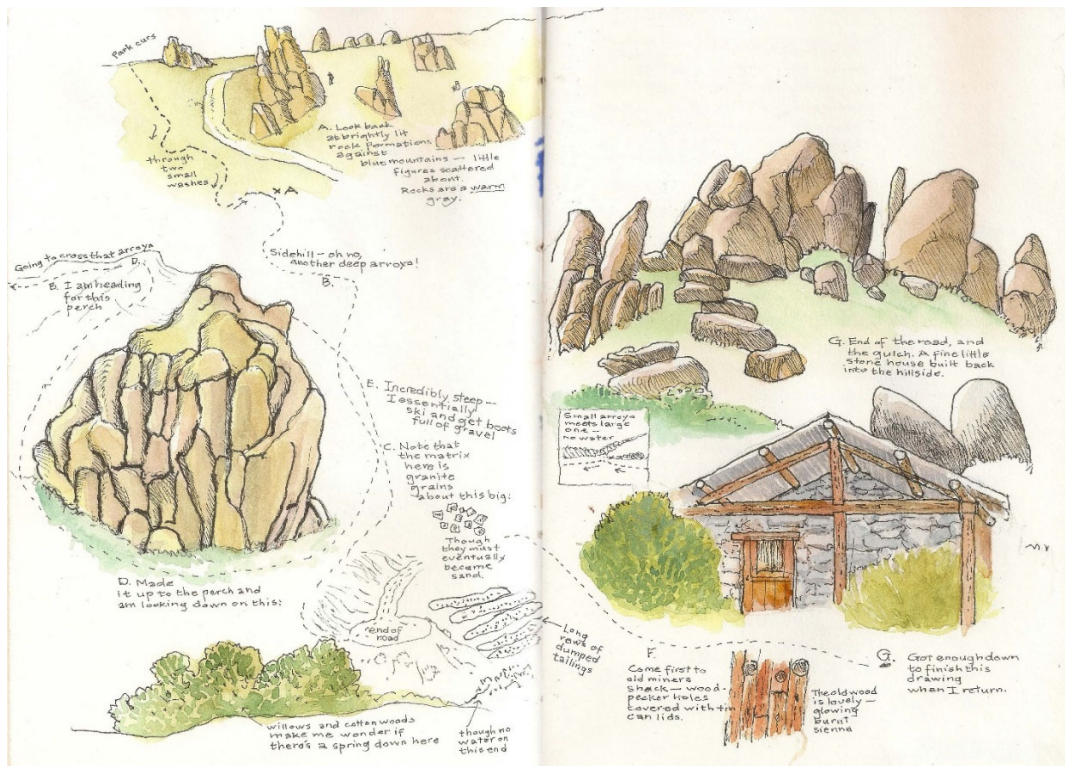


# Creating the Illuminated Field Journal



**June 10–12, 2022 • Hannah Hinchman**

**\$280 per person / \$265 for Mono Lake Committee members  
enrollment limited to 14 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 being present outdoors. In this workshop, artist/writer Hannah Hinchman will guide you in exploring 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, June 10, 2:30pm:** 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 afternoon session.

**Saturday, June 11, 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, June 12, 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.

## **ACTIVITY LEVEL: EASY**

This seminar's activity level: *easy*. We will be walking from cars to journaling sites in the field, no more than half a mile from the cars. Participants will need to carry all their art supplies from the cars to field locations and back. Some of the journaling locations may be in the sun.

## **WEATHER & ALTITUDE**

Temperatures in summer will be hot during the day and drop to chilly at night, with possible windy conditions and afternoon thunderstorms. Average temperatures in June in Lee Vining are 76°F (max) and 47°F (min).

This seminar 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 seminar. Those with a history of heart, ear, or respiratory problems should consult their doctors before attending. Anyone restricted to lower elevations should not enroll. \*Note: If you have residual respiratory effects from having Covid-19, activities at altitude may be particularly difficult for you.

Remember to bring (and drink!) lots of water because your body loses more water at the higher altitudes of the Mono Basin. Begin drinking extra water as you drive to higher elevation in order to prevent dehydration and headaches. Also, the sun is intense at high elevations, capable of burning even on cool and cloudy days, so be sure to protect yourself thoroughly using sunscreen, sunglasses, and hat.

## **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

- face mask (N95 or KN95 recommended)
- 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](http://gouletpens.com) or [jetpens.com](http://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](http://paperinkarts.com) —A fabulous, very personal store.
- **Jerry's Artarama:** 800-U-ARTIST, [jerrysartarama.com](http://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](http://dickblick.com) —Wide selection, sometimes great prices.

If you have any questions, don't hesitate to email me at [hannerhin@gmail.com](mailto:hannerhin@gmail.com).

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## COVID-19 REQUIREMENTS FOR 2022

All participants and instructors must be fully vaccinated and boosted. Proof of vaccination will be required after you register for a seminar.

Please minimize your exposure to Covid in the time leading up to your seminar. We recommend obtaining a negative PCR test result within 72 hours prior to your seminar starting.\* If your PCR test comes back positive for Covid, you must cancel your registration and stay home. If you begin to feel sick in the days leading up to your seminar, you must cancel your registration and stay home. You will receive a full refund in either case.

\*Depending on the regional Covid situation we may need to *require* a negative PCR test result within 72 hours prior to your seminar starting.

During the seminars masks will be required indoors and in carpools/Mono Lake Committee van in accordance with Mono County requirements (N95 or KN95 masks offer the best protection). If Mono County has lifted the mask requirement, masks will not be required indoors and in vehicles during the seminars. (You may wear a mask at any time if you wish to.)

If you begin to feel ill with Covid symptoms at any time during the seminar, you must immediately notify the instructor or staff member accompanying the group and leave the seminar.

Please keep in mind that conditions may change at any time and we may have to change our procedures in order to provide the opportunity for everyone involved with the Field Seminars to safely participate. Depending on the Covid situation in the weeks leading up to your seminar, we may have to plan to hold the seminar completely outdoors. Mask requirements may change. There's a chance we may have to cancel seminars altogether. We will communicate with you about any of these changes, and you can always get in touch with us if you have questions or need more clarification about specific circumstances, by emailing [fieldseminars@monolake.org](mailto:fieldseminars@monolake.org) or by calling (760) 647-6595.

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## Mono Lake Committee Field Seminars

P.O. Box 29 • Lee Vining, CA 93541 • (760) 647-6595 • [monolake.org](http://monolake.org)