

Rewild Yourself with Field Journaling



July 7–9, 2023 • Sue Jorgenson

**\$280 per person / \$265 for Mono Lake Committee members
 enrollment limited to 10 participants**

As Mary Oliver reminds us, “Pay attention. Be astonished. Tell about it.” Rewild yourself by paying attention to, being astonished by, and telling about nature in the Mono Basin! There is a unique quality to the Mono Basin’s geology, flora and fauna—some would even call it magical—and it draws you into a deeper connection with nature. Sue will discuss and lead you to and through several biodiverse regions—wildflowers will be a major focus, but other flora, fauna, ecology, and geology will be included in our perambulations. Using your portable field journaling methods along with magnifying glasses provided by Sue, you’ll be drawn into following your curiosity, which will create new perspectives and deepen or rekindle your own unique connection with nature. Best of all, this is something you can do at home or anywhere else!

The wildflower season is short, spectacular, intense ... and unpredictable. Locations will be determined depending on weather and concentrations of wildflowers. Field journaling techniques include using art supplies, pen or pencil, cameras, binoculars, even written or recorded words—the key word is portability. And the key concept is to use techniques that are best suited to your journaling needs. Please bring a chair or cushion you can sit on when we stop to record our impressions.

Sue Jorgenson has visited and explored the Mono Basin for over 15 years, on her own and with Mono Basin Field Seminars. Art and nature are her deepest passions, and she is primarily self-trained in art, journaling, and nature identification—she owns the title of amateur with great pleasure!

ITINERARY

Friday, July 7, 2:00pm: Meet at the Lee Vining Community Center (296 Mattly Avenue). Please bring your journaling supplies. We'll get to know each other and our techniques, go over handouts, and cover the Saturday and Sunday itineraries. Then we'll go to County Park and explore it, especially the boardwalk, to do journaling exercises as a warm-up for the weekend ahead. We will finish for the afternoon around 6:00pm.

Saturday, July 8, 8:30am: We'll meet at the Community Center again; bring snacks for the morning and journaling supplies. We'll carpool to Lundy Canyon where we'll explore a short distance up the Lundy Canyon Trail with ample time for journaling. At 12:30pm we'll return to Lee Vining for a lunch break. We'll meet again at 2:00pm and head to Saddlebag Meadow near Tioga Pass to explore and journal alpine meadow ecology. We'll return to Lee Vining by 4:30pm to continue our journaling while discussing what we saw and felt throughout the day and finish up at 6:00pm.

Sunday, July 9, 8:00am: Meet at the Community Center with your journaling supplies and snacks for the morning. We'll return to Lundy Canyon to explore the south side of the lake. We'll cover the beaver ponds and wildflowers up the road. At 12:30pm we'll return to town for a lunch break and for those who need to leave. If you're staying on, we will explore and journal another location and return to the Community Center to continue discussing and journaling until 5:00pm.

ACTIVITY LEVEL: EASY TO MODERATE

This seminar's activity level: *easy to moderate*. We will be walking from cars to journaling sites in the field, at most one mile from the cars. Participants will need to carry their art and journaling supplies from the cars to field locations and back. We may wander slowly at our field sites off trail, which may require stepping over obstacles on uneven ground. Some 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 July in Lee Vining are 84°F (max) and 53°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.

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.

TO BRING

- journal suitable for your choice of media (Stillman & Birn Beta Series is a favorite)
- portable art supplies (pens, watercolor, pencils, etc.)
- phone or camera (with portable charger if possible)
- binoculars (optional)
- lightweight chair, stool, or mat for sitting
- appropriate field clothing: sun hat, sunglasses, warm layers, raingear
- day pack including plenty of water, sunscreen, insect repellent, etc.



Mono Lake Committee Field Seminars

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