



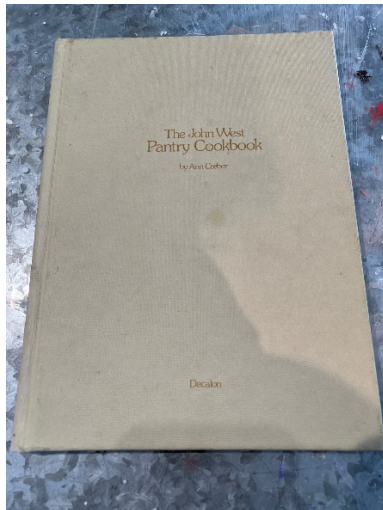
Noosa Arts & Crafts

CREATE A JOURNAL COVER: Rituals & Layers that reflect YOU

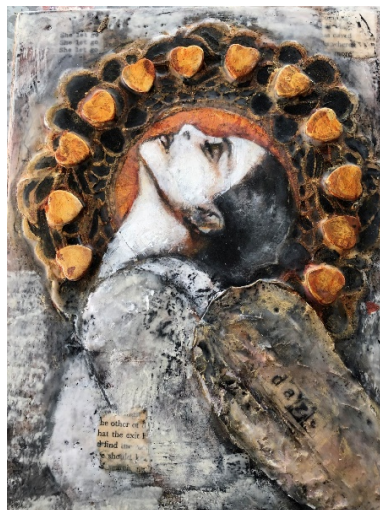
1-DAY WORKSHOP WITH JO COOK

Saturday 19 November 2022

9.00 am – 4.00 pm



1



2



3

In this workshop Jo will share the rituals and tips that support her creative work & inner journey. She will provide demonstrations and examples of techniques such as rust transfers, acrylic skins, image transfers, sewn 'vestments', embellishing ideas & examples of journals including her published creative & writing journal.

The aim for the day is to create a journal cover that reflects freedom and joy. Participants will use a thin spined recycled hard back book cover (about A4 size) with the pages either intact or removed to leave the shell (see Image 1 above for example).

Images 2 & 3 above show the front and back of a journal cover Jo made for a group exhibition called She Let Go in 2018 from a recycled book.

In addition to producing a journal cover during the workshop, Jo will also assist participants to commence individual journal content pages which they can finish after the workshop if desired. These individual pages will cater for drying time & allow participants to move between pages to maximise content & techniques.

Each participant will be provided with a pack of pre-made mixed media pieces for future reference and/or for use on the day.

Equipment/Materials list overleaf ...

Equipment/Materials list

(Jo will also have some supplies & equipment on hand):

- Thin spine recycled hard cover book A4 size approximately (pages intact or removed). IT WILL SAVE TIME IF PARTICIPANTS HAVE GESSOED THE COMPLETE COVER IN WHITE BEFORE THE WORKSHOP.
- Bring extra sheets (at least 5) of drawing paper or other paper which can be used to develop a journal page.
- Bring photocopied images that resonate with you right now (bring 2 copies so one can be used as reference) – e.g. a face, a flower, a child, a butterfly.
- Gesso white.
- Willow charcoal sticks.
- A variety of brushes if you have them.
- A container for water.
- A rag.
- An apron.
- An old hairdryer if you have one.
- Colours – bring what you have – acrylic, inks, posco pens, pencils, watercolours (not oil colours due to drying time).
- Ephemera – e.g. music, newspaper, old papers, letters, lists, old book pages, coloured paper, photos, lace, material, buttons, old jewellery bits, words from a magazine, images from magazines etc.
- Poems or quotes that you love or titles to songs.
- Scissors.
- Stencils.
- Needle and thread.

JO COOK ARTIST

'Art that beckons the feminine spirit to embrace her heart'

Cost: Members \$150/Non-members \$155

Noosa Shire Arts & Crafts Association Inc (NSACA)

Wallace House, 1 Wallace Drive, (off the Eumundi Rd/Gibson Rd roundabout)

NOOSAVILLE, QLD 4566

TEL: 07 5474 1211

POSTAL ADDRESS: PO Box 320, TEWANTIN, QLD 4565

EMAIL: create@noosaartsandcrafts.org.au WEBSITE: <https://noosaartsandcrafts.org.au>

We acknowledge the Gubbi Gubbi/Kabi Kabi people, the traditional custodians of this land on which meet, learn and form friendships.

We pay respect to Elders past, present and emerging.



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