

# CREATIVE JUICE

NEWS-TO-USE

February 23, 2008

Brad painted an oil painting of his friend, Jessica when she graduated early so we could still have her in our AP art class.

**“Love wasn’t put in your heart to stay. Love isn’t love until you give it away.”**



For more ideas: [www.artworkontheweb.com](http://www.artworkontheweb.com)

## Love the Life you Live

### Replenish Your Creative Resources

By Joan Maresh-Hansen

Art Educators are generous people who constantly give of themselves. They work long hours on new lesson ideas or organizing a new exhibit, re-arranging the room for a more effective arrangement, grading work, completing paperwork, keeping up with supplies, reordering or purchasing all that is needed to keep the classes running smoothly.

Life beyond teaching also has its requirements from buying groceries, preparing meals, paying bills, cleaning house, raising a family. The list goes on and on. It's no wonder that we sometimes feel depleted creatively. We need

to take care to refill the creative till as those resources become depleted.

Julia Cameron's book *The Artist's Way* addresses this concept. She encourages each of us to do things to recharge our creative genius. One of those suggestions is to take yourself each week on a soul date. A soul date is described as anything that makes us happy. Each week, we are to take one hour or one afternoon all to ourselves. For one person that could be a walk in the garden, others may enjoy an afternoon at the museum taking in the newest exhibit. It could be something soothing, like

pampering yourself in a bubble bath or with a trip to the spa for a massage. What is it that makes you smile? What allows you time for those a-ha moments?

Another process, Julia shares is taking three pages to write in a free flow style— letting anything be put down on paper that comes to mind. Do this each morning as you wake up without any editing or even re-reading what is written. After six months you may go back through the pages and I think you will be pleasantly surprised at what you discover about the process. Try these two practices and see how you feel. I believe they are life altering.

# “What I Loved about Teaching “ A Few of My Favorite Things

By Joan Maresh-Hansen

**“Make your own recovery be the first priority of your life.”**

**Robin Norwood**

Reflecting back and realizing what did and didn't work are important in order to get better in anything. Don't you agree? With that said, I thought for this February issue I would share a few of my favorite discoveries during my awesome teaching life.

1. **Focus Pocus:** As I continued to focus on contour drawing year after year, in spite of the grumbles. The resistance stopped when students started having “breakthroughs” in their skills. Students then began to use this drawing-seeing approach when asked to draw from life. My former students as they returned from college for a visit informed me that they were teaching their college classmates how to contour draw. Below are two self-portraits done in one class period using fine point markers in the modified contour process.

2. **Self Employed:** Journals, sketchbooks and altered books were an ideal extension of the class work. I always required that my students keep a sketchbook to plan their work and to extend their study of art. I loved seeing their original creations in their “juicy journals.” I'll be sharing the too many to mention assignments in workshops and on the web sites. Stay tuned!

**“Always leave enough time in your life to do something that makes you happy, satisfied, even joyous. That has more effect on economic well-being than any other single factor.” Paul Hawkin**

3. **Color-My World:** Who ever invented color coding, I appreciate their willingness to share that remarkable idea. My last school teaching assignment had overloaded classes in a small space. It went from chaos to calm the day I introduced the colored portfolios on the color coded tables from the color coded shelves. My file folders, shelves, and portfolios, slides, and all poster visuals were color coded by the level or class that completed the work for easy access. Just today in going through the 500 scanned images for my web sites, I was cutting strips of colored paper to color code the images by levels to find them easier.

4. **Time Will Tell:** There was a time when my hands shook and in those shaky hands were index cards with what I was going to say to my class. It was nice to finally reach the point where I could trust that the right things to say would flow and learned to use dry erase boards, smart boards, hand-outs, presentations “prompting discussions of the concepts being introduced.

For more ideas: [www.artworkontheweb.com](http://www.artworkontheweb.com) or [http://web.mac.com/jmh5/ My Virtual Art Room/Welcome.html](http://web.mac.com/jmh5/My_Virtual_Art_Room/Welcome.html)

## Self Portraiture:

I always told my students that when they wanted to practice drawing the human face, look in the mirror as you always have a model doing a self portrait. Here are two examples of that. Michelle and Tina loved drawing with fine point markers. It shows!



## Love an Old Book Give it a Second Life!

By Joan Maresh-Hansen

The altered book is an exciting art form in which artists take existing books and transform them into new innovative works of art. In the eleventh century, Italian monks, recycled old vellum manuscripts by scraping off the old ink and adding new text and illustrations. Altered books are advanced journaling.

First you find an old book, hold it feel the paper and the covers. Ask yourself: do you like the feel? do you like the size? Is it in good condition? Does something catch your eye? Even notice the title, does it seem suitable for your altered book project. Once you have found your book to alter to give a second life. Next, decide whether you want to have a particular theme.

Some artists like to have a practice book that is filled with new experimental processes and techniques. Once you have decided what this book is being used for, start by removing some pages. Doing this allows you to add thickness and still be able to close the book. Add color by staining the pages and adding collage images.

The assorted materials found in the art room are suitable for altering books.

**Basic tools and materials** are: scissors, paints, brushes, markers, collage materials, glue, x-acto knives, tape, rubber stamping materials, hole punches, fibers, and embellishments, along with personal things you want to use.



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It is a good idea to make a pocket or insert to keep loose things in. This can be done by simply folding a front or back page down or diagonally and gluing it to the cover.

I like to see what the book has to say to me by opening the book and reading down the page, it amazes me how what I read is applicable to my theme more often than not. Circle those important words and paint out the rest.

There are so many techniques that can be employed in the pages of your altered books. More than we have room for here. Watch web site for altered books and "Juicy Journals" information. Try the

## Heart Art Valentine's Day Assignment

By Joan Maresh-Hansen

One year I came up with an idea to allow my students to have a choice between any media available to create a work of art that incorporated the symbol of the heart. Look out Hallmark! They could have their piece be a traditional valentine or art that simply used a heart in some creative way.

Students had so much fun making wearable heart art with shirts, hats, and jewelry, edible heart art with cookies, cakes, candy, pizza and heart shaped sandwiches. They made games like

"It's like working in a series because it's one whole piece of work....you are driven by the book, driven by the theme, driven by the text, driven by the images. You can develop a story of images across your pages. You can develop what your images are and or what your colors are or what you're telling by pulling out the text. A collage or painting are one piece, whereas an altered book is an instant series,"

Michelle Ward, Altered Book Artist

same processes used in art class. Transfer methods are fun, bleached photos, stamping and using glue then allowing it to dry and then painting over it to see patterns created.

Round-robin swaps can be encouraged among your art students as wonderful ways to boost creativity. Look at the online community for artists, there is an International Society of Altered Book Artists (ISABA) at:

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

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

My AP students were given the theme of altered books as self portraits and they were impressive.

checker boards with game tokens in the shapes of hearts in two colors. They packaged LOVE like the box to the left with warnings on the outside." Beware contents can cause lightheadedness."

Students made box sculptures with heart shaped opening, canvas paintings had heart shaped suns setting, teddy bears came adorned in appliqued clothing with hearts on them. There were so many creative presentations that I chose to do it for the next seventeen years and enjoyed each year as new ideas came pouring in. The assignments were due on Feb. 14th and we enjoyed our day as love was made visible in many art forms."



### Innovative Packaging of LOVE!

Above Christie designed a box in which she packaged her LOVE. Labels on the exterior gave users a warning that the use of the contents may cause lightheadedness.