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## ***Spring 2023 Newsletter***

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### **PRESIDENT'S MESSAGE**

Dear Members,

Spring is here and the warm days of summer are soon to follow. My wish for you in these coming months is that you continue to practice calligraphy and art on a daily basis. Your health and well-being depend on it!

Several recent clinical studies discovered that the benefits of making art highlight this important self-care practice. Christianne Strang, a professor of neurosciences at the University of Alabama Birmingham and former president of the American Art Therapy Association says: "Creativity in and of itself is important for remaining healthy, remaining connected to yourself and connected to the world."

Benefits and the ways the brain is affected by art are listed below:

- Lowers stress – Creating art can reduce cortisol levels. (High levels are deleterious to your well-being.)
- Deep focus – Practicing art allows people to enter a "flow state," or that sense that you lose track of yourself and time. Creating art can help you be more present, activates neuropathways in your brain which leads to a relaxed, reflective state, focused on attention and pleasure.

*Continued on page 8*



*Above by Valerie Weilmuenster from our 2022 Challenge. See page 5 for more and page 8 for 2023 Challenge guidelines.*

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**WRITE ON:  
THE LETTERING OF WES WILSON  
WITH AMITY PARKS**

Earlier this spring, I took a workshop with Amity Parks exploring the psychedelic and groovy lettering style of Wes Wilson. His poster designs are well recognized for their distinctive bold colors, wavy texts, and imaginative graphics. Wes's most iconic designs advertised rock concerts during the 1960s--think Jefferson Airplane, Frank Zappa, Grateful Dead, Chuck Berry and more, many performing at The Fillmore Auditorium in San Francisco.

After a thorough presentation on Wes Wilson and his works, Amity guided us on how to analyze the structure of his letters and how to draw the simple forms before getting more creative. The letters begin with a basic grid which creates blocks forming the letter shape. The details of the letters are added by rounding corners and using narrow lines to reveal the letter's identity. Once the alphabet design is established, it can be altered with unlimited variations to change the graphic effect; the shapes can be distorted with wavy lines, you can stretch the letters or squeeze them. There are no boundaries with this fun and funky style. The most impactful characteristic of these letters is the use of color.

This was my first experience using Nickers Poster Colour. They are rich, quite opaque, and very smooth. Amity gave a demonstration on how to prepare the "paint," as it comes out of the jar very thick. They can be mixed with water to the desired consistency. Once we conquered the basics, she guided the class through the process of designing and layout of a simple project followed by detailed examples of each step. This workshop was more fun than finger painting in kindergarten!

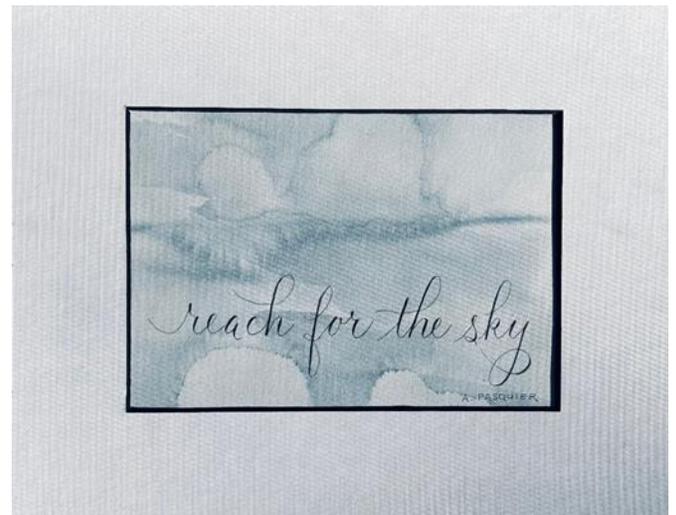
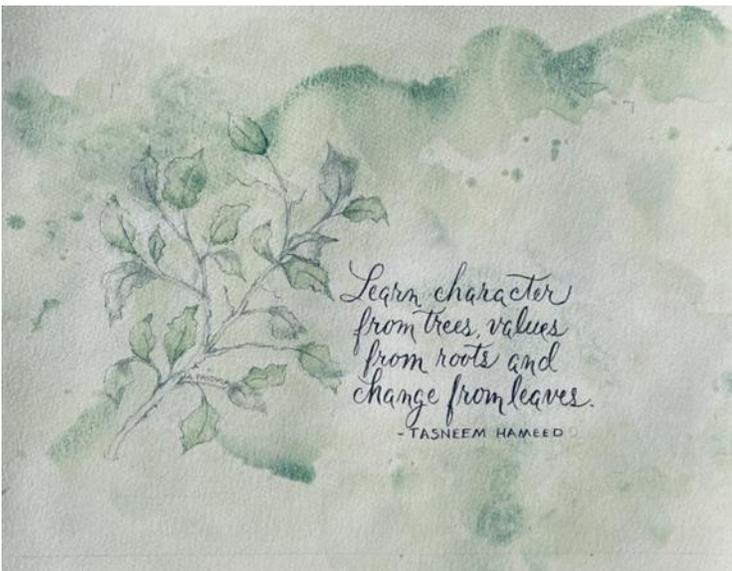
*Submitted by: Lissa Brand*



## CASUAL SCRIPT, CASUAL LAYOUT AN ONLINE CLASS WITH PAT BLAIR

Though not in person, it was a pleasure to take this class online along with fellow CCG members Mary Wildrick, Beth Rubin, Selma Rudin and Laurie Yeandel in January and February 2023. Pat Blair is a former White House calligrapher and was a 2-day workshop instructor for our guild in October 2018. This class met three times, with a week between each class. Pat's relaxed and encouraging manner and the spaced lessons allowed us time to develop our own casual script as well as time to prepare materials for follow-up sessions.

We began by reviewing basic script (Copperplate) and what makes up good letterform. Pat then introduced us to her casual script alphabet. Letters were made at a 66-degree slant with the oval letters and turns wider and fuller. Branching could be high, medium, or low, and letters could bounce above or below the base line. Ascender and descender loops were freer and more casual than in copperplate. Pat's handouts included both lower- and upper-case casual letters, and she demonstrated several other ways of achieving a casual look by bouncing, changing the size of letters, and changing interlinear spacing. The aim was to make a pleasing casual layout by using a short quote, just a few words, or a greeting of our choice. After watching Pat demonstrate many variations, it was fun to experiment and try them.



*Above by Ann Pasquier*

**CASUAL SCRIPT...CONTINUED**

Pat then demonstrated a “dab, drop and plop” method of making a casual watercolor background on a large piece of watercolor paper, encouraging us to leave areas of white space. This enabled us to experiment with watercolor backgrounds before the final session and have our dried backgrounds ready-to-go for final pieces. During the final session, we moved the corners of a mat frame around our watercolor paper to find a suitable area for a final piece, deciding where to place our lettering and additional elements if wanted. There were so many possibilities in size and placement on just one watercolor sheet: a framed piece, a card, a name tag or even a small section could be cut out and placed on a greeting card. Adding additional watercolor elements after the lettering was dry was also an option which I chose to use on several of my pieces. What I found most enjoyable was finding a use for previously colored papers and scraps that were never used or tucked away and forgotten and I found these techniques especially useful when making cards. The casual script, casual layouts and easy backgrounds made for a fun and inspiring class.

Submitted by Ann Pasquier



Above left to right by Selma Rudin, Ann Pasquier, and Mary Wildrick

**2022 CREATIVE CHALLENGE**

Below are the results of our 2022 Guild Challenge using the quote:

“The hum of bees is the voice of the garden” by Elizabeth Lawrence

Pieces were displayed at our 2022 Holiday Party last December. Three members won gift certificates to Paper and Ink Arts or John Neal! See the 2023 Challenge guidelines on page 8.



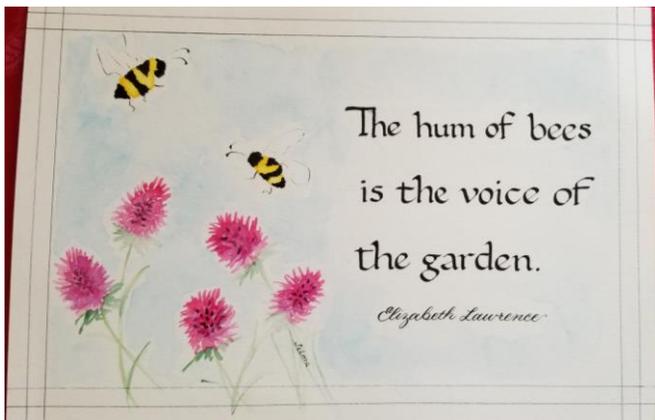
*Above and right by Ann Pasquier.*



*Above by Lissa Brand.*



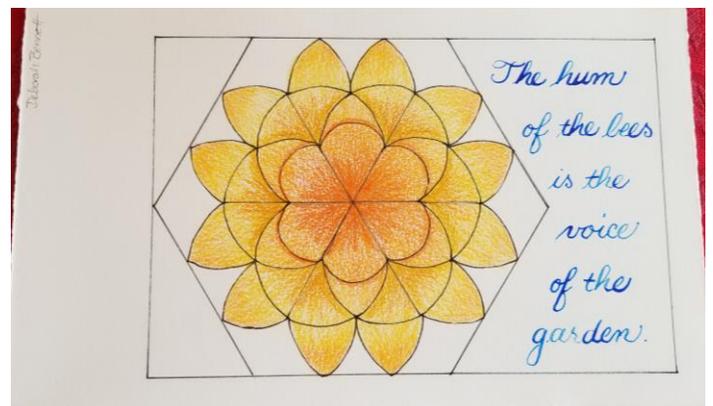
**2022 CHALLENGE...CONTINUED**



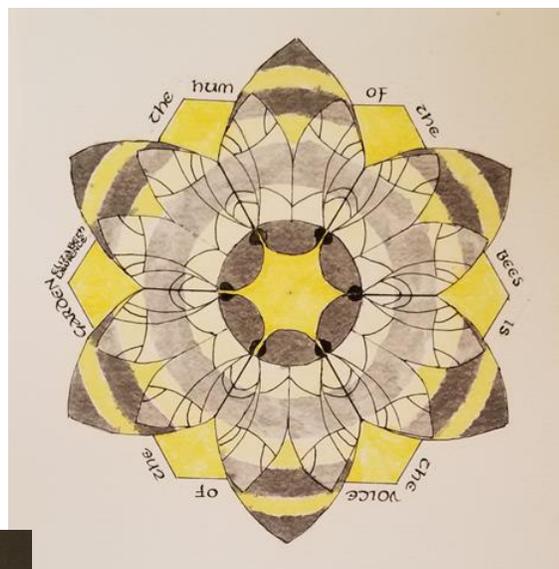
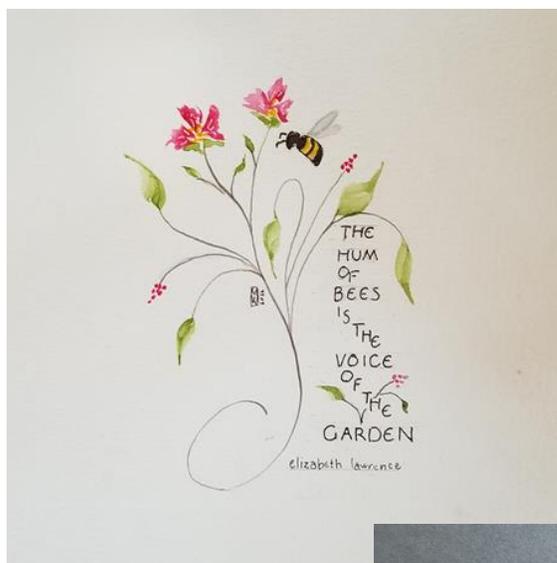
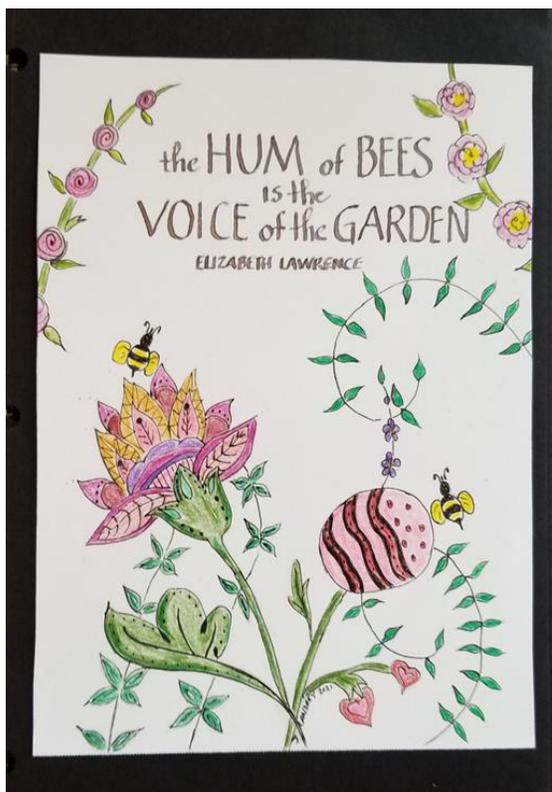
*Top row by Selma Rudin*

*Middle row left by Selma Rudin, right by Debbie Bennett*

*Bottom right by Debbie Bennett*



**2022 CHALLENGE...CONTINUED**



The hum of bees  
is the  
voice of the  
garden

*Top row left Joan Landrey,  
right Valerie Weilmuenster,  
middle row left Mary Wildrick,  
right Jim Bennett.*

## 2023 CREATIVE CHALLENGE

All guild members are invited to participate in this year's Creative Challenge to be shared at our December Holiday Party. No judging is involved, just a desire to challenge yourself and share with others. No one should be concerned about ability level, since we are all on a lifetime continuum of learning! You can use any media, lettering hand, layout, tools, size, etc. You are only limited by your creativity and imagination! This year's challenge is:

### The Alphabet

Your piece can be a composition of the alphabet or some form of decorated letter. The only criteria is that it must be a "new" piece, not something that was created in a prior workshop or that we have seen before in the Newsletter, etc.

This year we will again be offering an incentive. We will have a random drawing of names and award gift cards. Attendance at the December meeting is not required, but you must send us a photo of your work to be eligible. Photos of all entries will be featured in our Spring 2024 Newsletter.



### PRESIDENT'S LETTER...CONTINUED FROM PAGE 1

- Art can help decrease anxiety and increase coping skills. Making art allows you to express emotions in other ways besides words and can be a cathartic process.
- A more hopeful future – art can help you make decisions, interpret images, and help you face potential futures as well as better and more hopeful ones.
- Positive social interaction with other artists provides support, collegial relationships, and human connection. Social isolation is endemic in our society along with an alarming increase in reports of stress and anxiety. Being with others reduces the feelings of loneliness and isolation. (Article summary from AATA website.)

Remember that carving out time each day to practice calligraphy is a necessity and not a selfish luxury.

Have a great spring and summer!

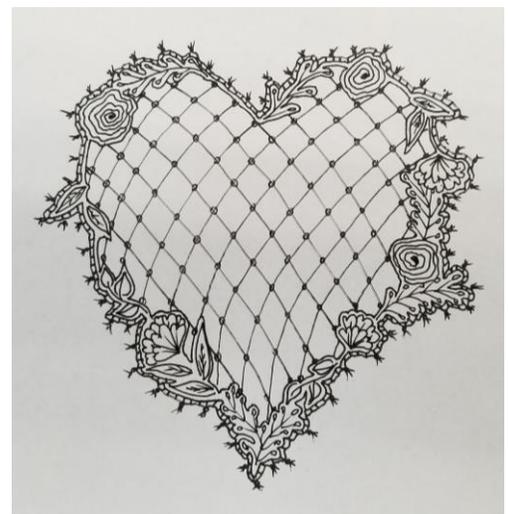
Laurie Yeandel

**GUILD WORKSHOPS – JANUARY, MARCH, & APRIL**

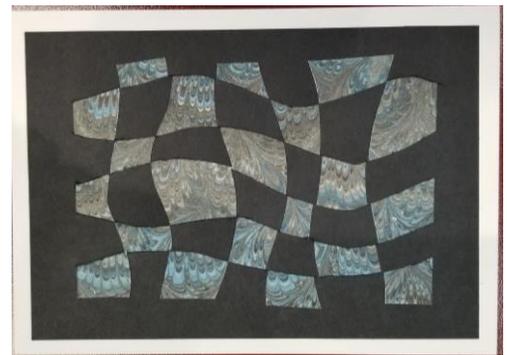
**JANUARY: VALENTINE MAKING WITH LAURIE YEANDEL AND PENNY SCHWAN**



**JANUARY...CONTINUED**



**JANUARY...CONTINUED**



**MARCH: TANGLED & ILLUMINATED LETTERS WITH SUSAN MOEN**



**APRIL: DECORATIVE & RENAISSANCE LETTERS WITH JANET FURR**



*Above left by Erica McPhee, middle and right by Mary Wildrick.*

## ORGANIZING A TO Z

*This is a new series of articles that will introduce organizing techniques, tips, and products on various topics. For each edition of the newsletter, I will invite you to share your organizing knowledge, insights, and experience along with me for a specific topic. I will be inviting some of our members to describe and show their studio space. There will also be product reviews and links to helpful videos.*

*This issue will start with professional organizing principles that I researched. Janet Furr has also graciously shared photos of her “scriptorium,” how she organizes, and product links.*

*By: Penny Schwan*

### INTRODUCTION

Last summer I decided to reorganize my workroom—again. This was about the fourth time for me since moving to Florida. I had been through several iterations of containers as well as moving to a different room. Encouraged by a series of organizing videos and studio tours through the Handmade Book Club, I decided it was time again for an overhaul.

Because I had so much difficulty organizing my art supplies, I thought a series of articles would be of interest. Even the most organized of us can always use new ideas and tips. To start, here is my summary of the basic organizing guidelines.

### STEPS TO ORGANIZING

When we start organizing, we all want to run out and buy organizing stuff—cute containers, furniture, little lazy-susan things that hold stuff. Every professional organizer will tell you to stop, look at everything, evaluate your space first, then go through all your supplies, and purge **BEFORE** you buy anything.

### EVALUATE

The first step is to assess what you have for work/storage space or where you can create space. Some of us are lucky enough to have an entire room, while others may have only a closet or chest of drawers for storage. There are many ideas out on the internet that creatively use spaces like space under a staircase (not always an option in Florida!), wide hallways or a nook. Whether or not you have a large or small space, we will be exploring interesting ways to utilize that space throughout this series.

## ORGANIZING...CONTINUED

### SORT & PURGE

I know this step is difficult, but you do need to go through and assess what you have and get rid of what you really don't use or need. If you can't decide, just put it aside for a while and if you have not used it in six months or a year, maybe it's time to go! (Speaking from experience, this is easier said than done!)

### ASSIGN IT A HOME

Put familiar items together. Decide where you want these items. Are they frequently used and need to be nearby? Or are they occasionally used and can be stored away? Do you want them out and within reach? In a drawer? These questions will help with the next step.

### CONTAIN IT

Now you can start deciding what containers will work for you. Sometimes your first choice may not work, so keep your budget in mind, too. You may want to test the waters with some cheaper containers and see if they work before investing in many "designer" items.

*Note: Short on funds? You can use cardboard and boxes covered with pretty paper to divide drawers or contain items on shelves. Aluminum cans covered with paper can hold pens, pencils, etc. There are loads of do-it-yourself ideas and I will find ideas for each topic we cover.*

You then must decide how to "contain the containers." Are you using drawers with dividers? Closed containers on shelves? Carts you can roll in and out of a closet?

### LABEL IT

Be sure that you label your storage containers. You don't want to spend your precious creative time looking for things. Also, make your labeling system easy to maintain.

### CREATE ZONES OR SUBDIVIDE SPACE

If you work on multiple arts and crafts, you want to keep your items together and work in different areas if possible. If you prefer to stand when doing certain tasks, you may want to invest in a standing desk that changes height. If your workspace is more spacious, perhaps a dedicated bench height area and separate worktable/desk for sitting tasks.

You also want to keep the supplies you use in those zones frequently close at hand and easily accessible.

## ORGANIZING...CONTINUED

### MAXIMIZE SPACE

You can maximize your space in a variety of ways. Go vertical. There is a myriad of ways to use vertical space other than shelving. Use doors. There are many creative ways to use doors for storage of art supplies. Turntables can help to organize smaller containers of supplies. Carts that roll around the room and in and out of closets can also be a great choice. One article even suggested using the ceiling, but I'm not sure about that!

### MAINTAIN IT

No matter how well you organize, it must be easy to maintain. I would also add

- Leave room for expansion. Unless you are strict in following the “one in, one out rule,” chances are your supplies will expand, so try to prepare for it.
- Plan room to store on-going projects.
- Plan room for finished projects.

## SOME LINKS OF INTEREST

Several years ago, I purchased a standing table (moves up and down) at Costco that I love. Here is the model they have listed on their website. Mine is light grey and does not have the phone charging capability and was about \$200. I have seen these at other vendors upwards of \$600. I really like that the top is glass and easy to clean.

The Amazon table was recommended by a YouTuber. It was listed at \$160 and comes in five different color configurations. Not sure what the top is made of.

Costco Table: <https://www.costco.com/tresanti-47%22-adjustable-height-desk.product.100664030.html>

Amazon Table: <https://a.co/d/dSoUOD3>

This video surprised me with IKEA products I would not think to look at for organizing a studio.

Best Kept IKEA Organization Secrets: <https://www.youtube.com/watch?v=jJFAK5w2IX0>

Here are two studio tours that you might find interesting. Keep in mind when watching some of these types of videos that the people in them are professional product developers or makers to developers and receive lots of free products. A little overwhelming, but good ideas.

Confetti and Cards Craft Room Tour: <https://www.youtube.com/watch?v=qyenurdsxtA>

Tim Holtz Studio Tour: <https://www.youtube.com/watch?v=SruORMqegV>

### A PEEK AT JANET FURR'S SCRIPTORIUM

I was happy when Janet graciously agreed to share her recently reorganized scriptorium with us. Janet obviously has a limited space, but makes it work.

Photo A shows the overall space, tucked into a nook and taking advantage of all the vertical space. Photo B includes a recently purchased unit for pen storage (<https://a.co/d/21QFT3M>) and where she stashes her scrap paper to the left in an expandable file folder. Above the pen unit are two small green shelves handy for holding ink and paint bottles. They were made by her husband in middle school! The cork board in the middle was purchased at Walmart. Photo C has brushes handy (container purchased at Home Goods) as well as rulers, cutting mats, and scoring board tucked away but within easy reach.



*Photo A*



*Photo B*



*Photo C*

**A PEEK...CONTINUED***Photo D**Photo E*

We can see that Janet is taking full advantage of the vertical space with two different width shelves. The lower two shelves are the perfect width for holding inks and other small container art supplies (Photo D). The wooden dinky dip holders were purchased on Etsy (see link below).

The wider shelves above (Photo E) hold containers of supplies, paper, and books. Containers were purchased at Walmart, Target, and Home Goods. The shelves were all made by Janet's husband. Link below for the wire mesh paper holder.



Janet also reorganized her watercolor paints, combining small paint sets into large sets using adhesive magnets to hold paint pans secure. She made swatches of all colors to fit inside the lid. See link below to purchase ready to go tins. (See my copycat version on page 18.)



And last, Janet's nib organizers. There are many variations of bead holders to do this. Link below to this model.

Product Links:

Wooden Dinky Dip Holder:

[https://www.etsy.com/listing/862448684/amanda-25ml-plastic-jars?click\\_key=0c9572527465c0211be37b2c28958d22274273c6%3A862448684&click\\_sum=11bdf4aa&ref=search\\_recently\\_viewed-1&frs=1&sts=1](https://www.etsy.com/listing/862448684/amanda-25ml-plastic-jars?click_key=0c9572527465c0211be37b2c28958d22274273c6%3A862448684&click_sum=11bdf4aa&ref=search_recently_viewed-1&frs=1&sts=1)

Wire Mesh Paper Holder: <https://a.co/d/7MEOZUL>

Watercolor Tin: <https://a.co/d/gTNzGy2>

Nib Organizer: [https://www.michaels.com/product/storage-system-625x4x14-with-12-1x375-flitop-boxes-D289890S?cm\\_mmc=PLASearch-\\_-google-\\_-MICH\\_Shopping\\_US\\_N\\_Beads+&+Jewelry\\_N\\_PMAX\\_Dropship\\_N-](https://www.michaels.com/product/storage-system-625x4x14-with-12-1x375-flitop-boxes-D289890S?cm_mmc=PLASearch-_-google-_-MICH_Shopping_US_N_Beads+&+Jewelry_N_PMAX_Dropship_N-_-)

Armless Computer Desk Chair: <https://a.co/d/cVK3PEU>

**WORKSHOPS, ETC.**

**TIDBITS FROM FRED  
BY FRED RECKER**

I recently decided to investigate ceiling pendants for my house and discovered that there were “Calligraphy Pendants” of various sizes. I couldn’t resist and purchased a 24” pendant.

This sculptural interpretation of the art echoes exquisite hand lettering like your script flowing across the page. It’s beautiful! Who knew a household lighting pendant would be called a Calligraphy Pendant.



Article: Why Did We Stop Using Cursive?  
[https://www.wordgenius.com/why-did-we-stop-using-cursive/Y72R9TB\\_8wAIvf-](https://www.wordgenius.com/why-did-we-stop-using-cursive/Y72R9TB_8wAIvf-)

IAMPETH 2023  
July 17-23  
Scranton, PA  
<https://www.iampeth.com/annual-conference>

International Conference 2024  
“Roman Holiday”  
June 22-29  
Davenport, IA  
<https://www.calligraphyconference.org/>

**New** CCG Workshops

**Tiny Capitals as Text  
&  
Tiny Paintings as Graphical  
Elements**  
with  
Beth Lee

October 28-29, 2023

Day Spring Episcopal Conference Center



I loved Janet’s idea of combining watercolors in larger tins. I have six different Prima watercolor sets and often use more than one at a time. I also have a hard time throwing out things that I know will come in useful. I have several colored pencil tins and this one perfectly fits all six watercolor sets. I’ve stashed the original tins away in case I want to just take one or two to a workshop. Now I need to decorate the cover! Thanks Janet!

*Submitted by: Penny Schwan*

Magnetic sheets:  
[https://www.amazon.com/dp/B09WCXS3NV?psc=1&ef=ppx\\_yo2ov\\_dt\\_b\\_product\\_details](https://www.amazon.com/dp/B09WCXS3NV?psc=1&ef=ppx_yo2ov_dt_b_product_details)



**2022-2023 Meeting Schedule**

Sept 11	Bluebird Brush Capitals with Ann Pasquier*
Oct 2	General Meeting/Meandering Book with Laura Stevenson* <b>CANCELLED</b>
Nov 6	Envelope Addressing with Erica McPhee**
Dec 11	Holiday Party***
Jan 8	Valentine Making with Laurie Yeandel and Penny Schwan*
Feb 5	General Meeting/The Carolingian Hand with Laurie Yeandel*
Mar 5	Tangled & Illuminated Manuscript Letters with Susan Moen*
Apr 2	Decorative & Renaissance Borders with Janet Furr*
May 7	The Uncial Hand Part 1 with Fred Reckker and Jim Bennett*
Jun 4	General Meeting/The Uncial Hand Part 2 with Fred Reckker and Jim Bennett*

\*In person and via Zoom  
 \*\* Via Zoom only  
 \*\*\*In person only

Board of Directors meeting will be held via Zoom at 7:00 pm on the following dates:  
 September 27, 2022, January 31, 2023, May 23, 2023.

**2022-2023 Board of Directors & Committee Chairs**

<b>President</b> Laurie Yeandel		<b>Membership</b> Judy Klug
<b>Vice President</b> Vacant	<b>Members at Large</b> Debbie Bennett	<b>Newsletter Editor</b> Penny Schwan
<b>Treasurer</b> Laura Stevenson	Lissa Brand	<b>Raffle</b> Lissa Brand
<b>Secretary</b> Vacant	Pam Lewis	<b>Hospitality</b> Pam Note
<b>Past President</b> Penny Schwan	Fred Reckker	<b>Web Site</b> Erica McPhee

**Newsletter Information**  
 This newsletter was produced using Microsoft Word and PowerPoint in Century typeface.  
**Newsletter Editor**  
 Penny Schwan  
**Masthead by**  
 Ann Pasquier (Designed with flat brush lettering and Marilyn Reaves' Bluebird caps.)  
 Newsletter submissions may be submitted in PDF or text format; photos in .jpg.  
 Submit items for publication to: [pennybeth54@gmail.com](mailto:pennybeth54@gmail.com)

The Coastal Calligraphers Guild's purpose is to promote the art of calligraphy and related arts for all persons who share the love of them, and to offer educational programs for the surrounding communities.  
 Memberships range from \$10 to \$25 for the July 1 to June 30 membership year.  
 For more information, visit our web site at [www.coastalcalligraphersguild.org](http://www.coastalcalligraphersguild.org)