

## SUPPLIES FOR MARKING TIME: A DAILY PRACTICE WITH SHERRIE LOVLER — A ZOOM EXPERIENCE

*(Your local art supply store should have most of the items listed.  
Supplies with bold code numbers are available through [JohnNealBooks.com](http://JohnNealBooks.com))*

**MAT BOARD** or similar hard board for making templates—approx. 10x18" (If you have a paper cutter and want to skip this step, that is fine.) See video for how we will use this.

**PAPER:** *Enough paper to cut 16 pages 4x6" and 2 pages 4 x 9-1/16" \**

1. Arches Text Wove: 1 full sheet 40 x 25½" (**PS01-FS**)

OR

- Hahnemühle Ingres: 2 sheets—antique or ivory white—18¾ × 24¾" (**PS22-WHT**)

OR

- Canson Mix Media or similar pad that can be used with watercolor and ink. 98 lb (160 gsm) 14 x 11" or larger

2. 1 strip of regular bond paper cut 4 x 1"

3. 140 lb. watercolor paper: 2 small pieces cut to 3-15/16 x 2-15/16" (This paper will be inserted into the cover fold to make the cover thicker. Can be other weight paper.) (**PA47-57**)

### **BINDING MATERIALS:**

1. 2 pieces of 20" waxed linen thread (bookbinding thread) (**S826**)
2. 4 straight needles (can be blunt ended) (**S213**)
3. Awl (**S234**) (**S255**)
4. Bone Folder (**S308**) (Amazon has bookbinding kits for these first four items: [amazon.com/dp/B083S6RWQF](http://amazon.com/dp/B083S6RWQF))
5. Scissors
6. Self-healing cutting mat 12x18" or other cutting surface (**S504**)
7. Sharp pointed hard (2H-4H) pencil (**PL38**)
8. Breakable utility knife
9. Ruler (**S270**)
10. Metal straight edge or metal ruler to cut against
11. Glue stick (**S391**)

### **ART SUPPLIES:**

1. Black sumi ink (**I70**) or Payne's Gray FW acrylic ink (**I13**)
2. Watercolor or gouache: 3 colors—can be any colors you like. A nice variation of red, yellow and blue is Winsor & Newton Light Red or Venetian Red, New Gamboge Yellow and Indigo. (**WNWC1**)
3. Pointed brush size 3 or 4 (**BR30**) (**BR26**) or use what you have.
4. 1 or 2 Mixing brushes. Cheap, synthetic (white nylon) #4 or 5 round i.e. Loew Cornell #795 round
5. Palette for paint with 6-10 wells (**S679**)
6. 2 or 3 containers for water (**S1005**) (**S1151**)
7. An 8 x 10" piece of smooth heavy paper or mat board. This is to put behind your book page as you paint it. Size can vary.

*\* The cut pages will be folded in half and the fold should be with the grain of the paper. To find the direction of the grain, the paper listing might say long grain (along the longer side of the paper) or short grain (along the shorter side of the paper). The direction of the grain may also be underlined in the measurement. You can tell which way the grain is by trying to lightly fold the paper with your whole hand. The direction with the least resistance is the direction of the grain.*