



## **Journal for a New Year (or Anytime!)**

Materials needed to participate in the online workshop led by  
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### **Tools:**

- Bone folder
- Scissors
- 2 binders clips, small or other clips (bulldog clips, paper clips)
- Awl or piercing tool
- Ruler, 12" metal
- Pencil
- Glue stick
- Cutting mat
- X-acto knife
- Right triangle
- Sewing needle
- Japanese hole punch (optional)
- Beeswax or paraffin (optional)
- Access to printer or copy shop prior to workshop (to print
- optional calendar pages that will be sent)

### **Materials**

- Double-sided tape, 1/4" wide. About 4 feet. 3M #415 is the kind I use, as it has a paper backing which is helpful. If 1/2" tape is all you can find, you can cut it down as we work.
- Thread, about 36 inches. Linen bookbinding thread (#18/3 or other), button and carpet thread, or other similar craft thread

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# MINNESOTA CENTER FOR BOOK ARTS

## Paper

***All paper grain should be parallel to the height measurement, so for these papers, parallel to the 8.5" height.***

### Cover paper:

- 1 sheet 8.5" high x 17-22" wide paper. Options for cover papers include:
  - Cover weight or card stock paper, 80 lb.
  - A 90 lb. or 140 lb. watercolor paper (that folds well without cracking)
  - A handmade paper suitable for a paper case binding, such as Cave Paper or St. Armand
  - Fabriano Tiziano (160 gsm) or Canson Mi Tientes (98 lb/160 gsm)

### Text block paper:

- 8-15 sheets of 8.5" high x 11" wide paper  
Various kinds: plain, graph, or any other that you like to use. Text-weight, 70-80 lb. text weight best. Copy paper can be used and some copy shops have nice choices. This paper can be printed with any of the PDFs provided: calendar, notes, contacts, or title pages, which will be sent prior to the workshop. Or just use plain paper. 10 is probably about the right number of sheets of paper for binding this book, but this may vary depending on the paper used.

### For small and side pockets in the front:

- 1 sheet of 8.5" high x 17" wide paper  
Cover weight or card stock, 65-80 lb. best.  
Other possible options: 90 lb. watercolor paper, Fabriano Tiziano (160 gsm), or Canson Mi Tientes (98 lb./160 gsm)  
If you can't find paper 17" wide, you will need paper at least 12".
- Tyvek: A few small pieces, about 3" x 3" A piece of a Tyvek mailing envelope will work fine.  
You can color the Tyvek prior to the workshop if you wish, by rubbing acrylic ink over it. Then buff with a paper towel.

### For a side pocket in the back:

- 1 sheet of 8.5" high x 11" wide paper  
Cover weight or card stock, 65-80 lb.  
Or a substitution of papers, as for the front pockets (see above).