

Video Arts Instructional Workshop Series

Creative Artists Migrant Program Services (CAMPS)

Administered by the Genesee Valley Council on the Arts (GVCA), Mt. Morris, NY
(Formerly of the Genesee Migrant Center)

Bookbinding: A Visual Journal

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Session 1: Making the Books

Making the No-sew book

1. Fold the sheet of paper in half so that it is short and wide (instead of long and thin)
2. Rotate the paper and fold it in half again.
3. Rotate the paper and fold it in half one more time.
4. Unfold the last two folds
5. Find the closed edge of the paper and cut along the crease from this edge to the center of the paper and stop
6. Unfold the paper completely
7. Fold the paper in half so that it is long and thin
8. The middle cut section wants to pop open where you cut it. Using only the folds that are already there, open up the paper like a bird beak or a cross.
9. Flatten the paper using only the folds that are already there and fold it in half again.
10. The no-sew book is complete. 8 pages (including the front and back covers)

Making the stitched book

1. Follow steps 1-3 for the no-sew book and unfold the paper completely
2. Cut the paper in half along the two center folds, both up and across, so that you have 4 separate pieces each with a fold in the middle. These are called folios.
3. Stack the 4 sheets together and crease them all together along the fold that is already there
4. Make a mark along the outside spine (the closed end of the book) about ½" or about 1cm from the top of the book and one the same distance from the bottom of the book
5. Make a mark in between those two marks on the spine
6. Make a mark in between the top and the middle and the bottom and the middle mark. Now you have 5 evenly spaced marks on the closed edge (spine) of the book
7. Using scissors, carefully cut a slit that goes through all 4 sheets of the book from the outside on each of these 5 marks.
8. Widen these cuts from the inside of the book by pushing a sharpened pencil through the cuts while twisting and wiggling the pencil until you can see light clearly through the hole
9. Cut a length of yarn that is at least 3x the height of the book. It is better to have too much than not enough
10. Take a small strip of scotch or packing tape and wrap it tightly around one end of the yarn. It should look like the end of a shoelace.

11. Tie a large knot at the other end of the yarn. The taped end is like your needle for the next stitching steps.
12. For sewing we'll refer to the holes in order 1-5, and refer to the yarn going IN (from the outside of the book to the inside) or going OUT (from the inside of the book to the outside) Pull the yarn tight between each stitch. Sewing steps:
 - a. Out hole 1
 - b. In hole 2
 - c. Out hole 3
 - d. In hole 4
 - e. Out hole 5
 - f. In hole 4
 - g. Out hole 3
 - h. In hole 2
 - i. Tie the yarn to the knot that is at hole 1, on the outside of the book
13. The stitched book is now complete. 16 pages (including the front and back cover) This is called a single "signature" and this technique can be used to make much larger and more professional books!

Session 2: Block Letters

We're going to practice different block letter techniques in the no-sew book with 8 pages. Use either your initials or just a few letters to practice if your name is very long. When you find a block letter style you like, use it to decorate the front of your stitched journal with your name.

Using <https://fonts.google.com> is a great resource to look for different letter styles to copy. You can type anything you want at the top to see what it looks like in hundreds of different styles. The video demos are with uppercase but you can also try lower case or making your letters tall and thin or short and squat.

Basic block letters

1. Draw your name in all capital letters with lots of space in between
2. Draw a rectangle around each line in the letter
3. Erase all the inside lines
4. With practice, you can skip the steps of drawing the inside lines and the rectangles and just draw the outlines straight away
5. Variant – rounded block letters follow all the same steps above but make a hotdog shape instead of a rectangle

Block letters with serifs (the hooks at the end)

1. Start with basic block letters, but also follow the rule that up and down (vertical) lines are thick and sideways (horizontal) or diagonal lines are thin
2. At the rectangular end of every letter, add a small triangle that is curved on one side and erase all the inside lines

3d block letters

1. Start with basic block letters

2. From every hard corner on the letter, draw a line down and to the left that is about ½” or about 1cm long. If the line would cross into the block letter, do not draw it. If you have a letter with a rounded shape and no corner such as D, look for the spot where drawing a line down and to the left (a 45 degree angle) smoothly connects to the curve without making a bump and draw it there.
3. Connect the angled lines in the same way that they are connected to the letter. For example, the two angled lines from the top and bottom of the left side of the K would be connected to each other with a vertical line similar to the left side of the K. This creates a bunch of closed shapes around the block letter.
4. If the shape formed is connected to a horizontal line on the block letter, shade it black
5. If the shape formed is connected to an up and down or angled line on the block letter, shade it light gray
6. If the shape follows a curve that connects the side and the bottom of the letter, you can try to make a gradient where it blends from black when it is under to light gray when it is on the side

Pop out block letters

1. Start with basic block letters
2. Draw one dot underneath the block letters, 2-3 inches (5-8 cm) away
3. Using a ruler and starting with the corners on the block letters that are closest to the dot, draw a line connecting every corner to the dot
4. If the line crosses any line or block letter before it reaches the dot, stop drawing that line as this means it goes “behind” the other letter
5. Shade the long triangular shapes using the same rules for the 3d block letters, if the shape is under a letter shade it black, if it is to the side or angled, shade it light gray

Rainbow shading and colored pencil blending

1. Blend between colors by drawing lightly with the pencil in between
2. Use a lot more of the light colors
3. Switch back and forth using light pressure to make nice blends
 - a. Red + Yellow = Orange
 - b. Yellow + Blue = Green
 - c. Blue + Red = Purple

Glitch effect coloring

1. Start with block letter outlines
2. Using an eraser, make gaps going across (horizontally) in random places on the block letter outlines
3. Using pink, draw down and to the left of every outline, including what would be considered “inside” the letter. When you reach a gap draw a small line going horizontally out from the letter
4. Using blue, draw up and to the right of every outline using the same rules as the pink above
5. Add finishing touches such as some pink and blue lines in random places

Session 3: Journaling Techniques

These instructions are for how to go about making a spread (two pages side by side) that show what you did and who you talked to during the week. There is no right or wrong way to do this, but these techniques are a good start when you don't know how you like to journal yet.

1. Draw the dates for the week. Use block letter techniques to make it look interesting
2. Draw the names of some people you talked to that week using block letter techniques
 - a. Draw them large with plenty of space between
 - b. Shade or color the word in a way that reminds you of the person
 - c. Add notes about what you talked about or did together
3. Add outlines
 - a. Videocamera outline for a videochat, speech bubble outline for a conversation
 - b. Fire outline for excitement
4. Add simple illustrations that help tell the story
 - a. Barbells for working out
 - b. Paper crane for origami
 - c. Skateboard for exercise
 - d. A simple comic for Matt, starting sad, receiving a gift of tea, and becoming happy.
 - e. Arrows can help show that this is a sequence
5. Draw a simple picture of yourself with something that shows your mood that week
 - a. Can use Ivan Brunetti's simple cartoon style to make a cartoon version of yourself that is simple but represents you
 - b. Use symbols to show mood, such as sun for happy, rain cloud for sad
6. Add small doodles to fill space
 - a. Simple flowers or designs to fill empty space
 - b. Drawings of birds and animals inside a speech bubble that stop at the edge of the speech bubble make it look like it has a nice pattern
7. Coloring!
 - a. You can save it for last or do it as you go
 - b. There is no right or wrong way to do it! Use techniques from the video or just color however you think looks best
8. Have fun and include things that matter to you! Some other ideas:
 - a. Song lyrics
 - b. Important dates or events
 - c. Important achievements you had that week
 - d. Places you went that week
 - e. Really good food that you ate that you want to remember