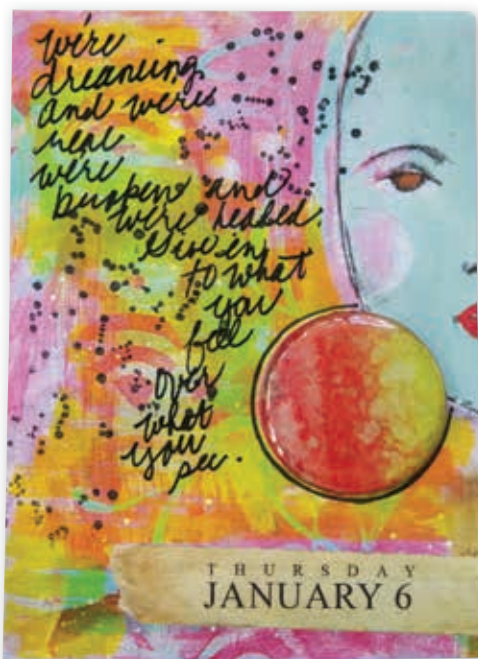
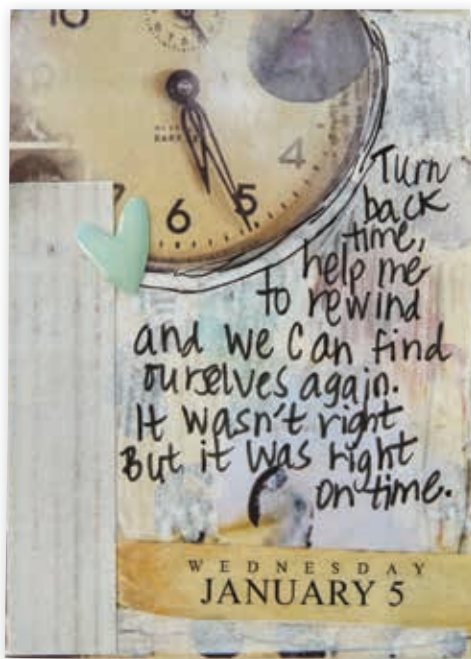


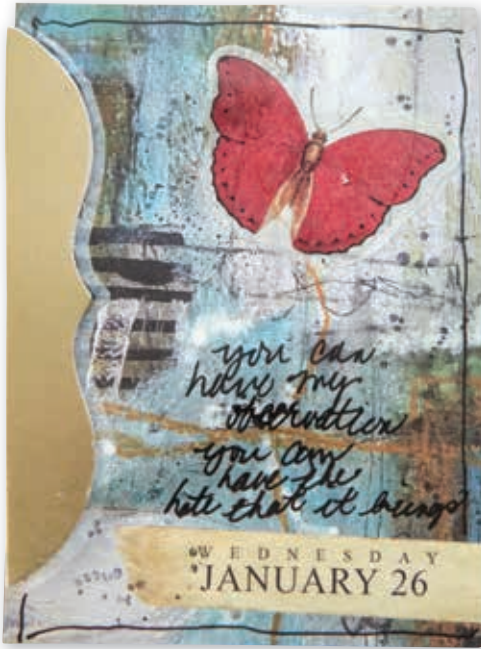
Pleasures Per Diem:

PART 2

BY DANA TATAR



I do not make resolutions, but I do like to come up with some artsy ideas that will hopefully keep me creating throughout the year. The 2022 Artist Almanac, a collage fodder resource and calendar created by DeeDee Catron and Tina Walker, was just what I needed to jump-start my daily journaling. The variety of prints produced by the contributing artists in this small calendar served as the base pages of my monthly mini-books, to which I added additional layers, colors, doodles, and words.



MY INNER WORLD

I am an introvert and a primarily solo crafter who sometimes struggles to express myself verbally, but these art-filled pages gave me the chance to process and transfer the thoughts and feelings in my head, and in my heart, onto paper.

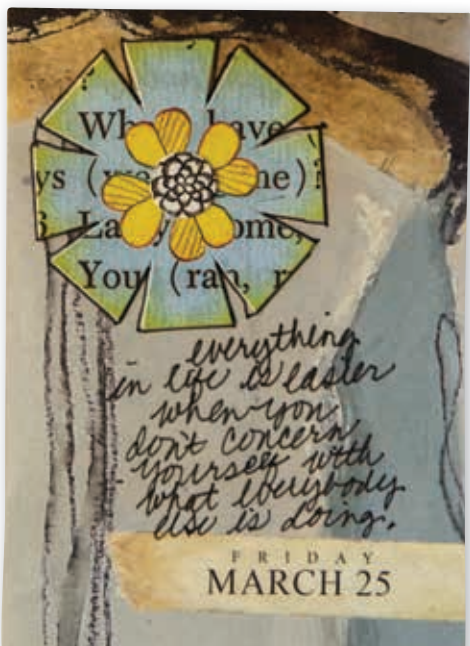
I spend most of my creative time documenting events and memory-keeping for my family. I have always made this task my priority, and time spent on art journaling became a reward for completing what I deemed mandatory. At this point in my life, most of my days are dedicated to family commitments and coordinating busy schedules, so creative time is a luxury. Due to these circumstances, projects that I want to create purely for myself often never get started. I decided to shift the focus from my family to me for this project, and set aside time for daily self-expression. The result is 365 pieces of my inner world and the most personally rewarding project that I have ever completed. »

PIECES OF ME

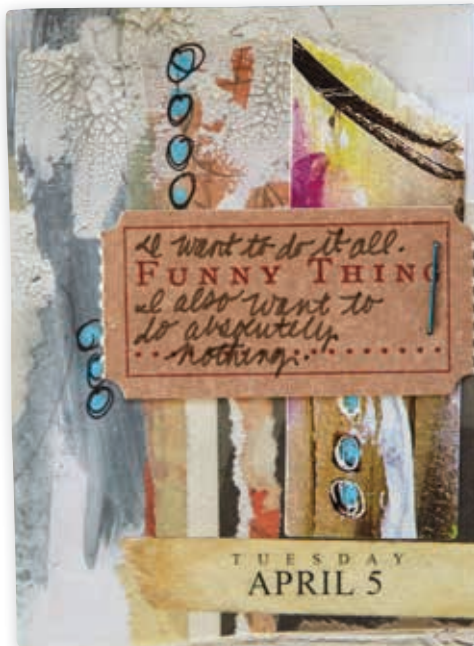
These small monthly journals are the closest thing that I have to a diary. There are many secrets hidden inside these mini-books. Flipping through the pages will give the reader a good impression of what I was feeling on a particular day, but only I will know the specific memories, events, thoughts, and emotions that are linked to a song lyric or line of poetry. I know how I relate to the words of my favorite musicians and poets; for others, understanding or reacting to these verses is a great way to also relate to me.

Art Goals

Giving myself permission and the time to create without a specific end goal in mind. Small pieces of art can lead to all kinds of creative projects when given the freedom to grow without plans or expectations.



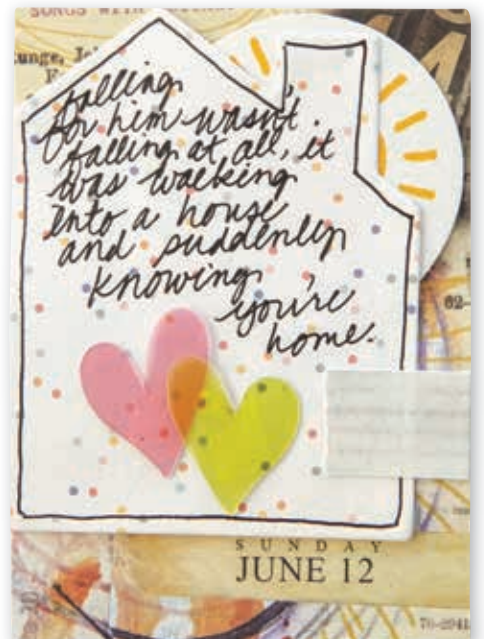
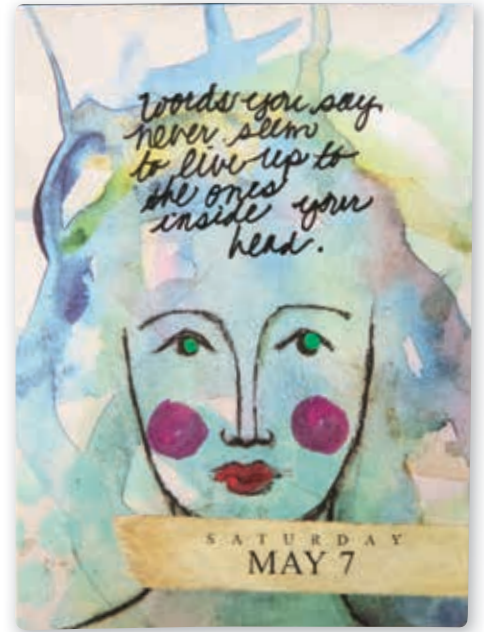
I SPEND MOST OF MY *creative* TIME
documenting EVENTS AND *memory-keeping*
FOR MY *family.*

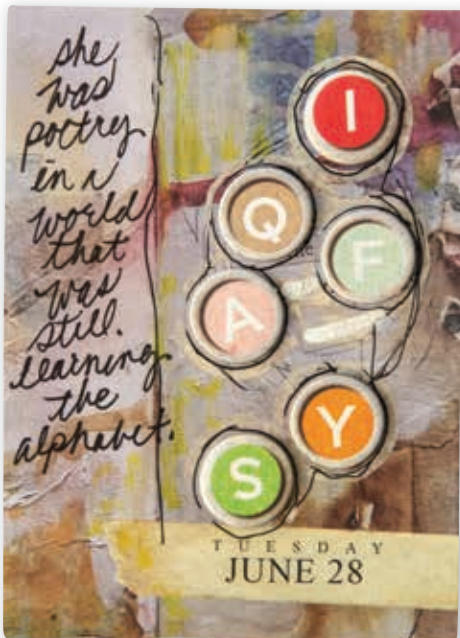
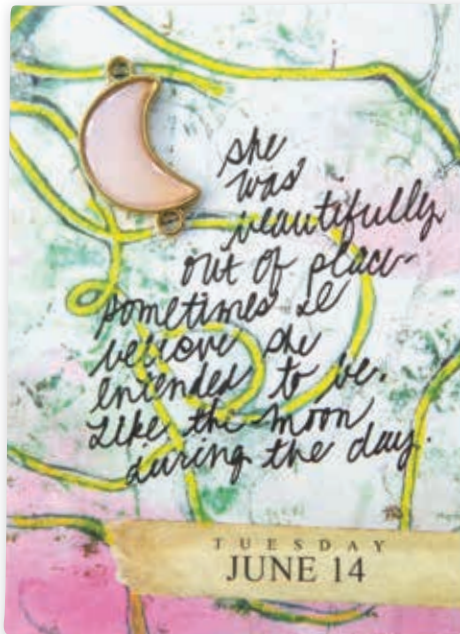


MINIATURE MONTHLY JOURNALS

I created the pages for these monthly journals using Stampington & Company Artists' Papers, cardstock, and ribbon. To create the journal binding, I cut black cardstock into 2½-inch strips, scored them every ½ inch, and then fan-folded them. I adhered the top edge of the odd-numbered calendar pages and the bottom edge of the even-numbered calendar pages to the folded cardstock. At the beginning and end of the folded binding strip, I left a flap of cardstock for the journal cover. »

... THESE ART-FILLED *pages* GAVE ME THE CHANCE TO PROCESS AND TRANSFER THE *thoughts* AND *feelings* IN MY HEAD, AND IN MY HEART, ONTO *paper*.





To create the covers, I cut Stampington & Company Artists' Paper to 2½" x 8" and scored it at 3½ inches and 4½ inches to fold over the bound pages. After cutting a 24-inch length of ribbon, I secured the center of the ribbon to the back of the journal cover. I applied adhesive to the open cardstock flaps, and pressed the cover onto the journal. A card denoting the month was stitched onto the front of each journal cover. I cut additional pieces of Artists' Paper to about 2½" x 3¼" to cover the inside of the front and back covers. Once the journals were assembled, I applied adhesive to the bottom of each pair of pages to seal them for easier reading.

PAGES OF JOY

Looking through these journals at the end of the year brought me so much joy. My hope is that by sharing this project, I am also able to pass on some of my gladness. I share more about the surprises and challenges I encountered while creating these journals in my article "Pleasures Per Diem" in the Summer 2023 Issue of *Art Journaling*. »



TIPS

- Decorative brads, buttons, eyelets, and colored staples are fun attachment options for pieces of ephemera, and they add texture and dimension to an art journal page.
- The variety of paint markers available on the market offer more accurate color application than a paintbrush and are a wonderful alternative to more traditional inks and paints that can require long drying times.
- Try starting a journal page with a piece of patterned paper and see what happens. Busy prints can easily be toned-down with a light layer of paint or a sheet of vellum.
- Perfect penmanship is not a requirement for journaling and neither are original words. Adding a handwritten message is a wonderful way to personalize a page.
- The 2022 Artist Almanac contributing artists include: Amanda Spence, Birgit Koopsen, DeeDee Catron, Eleaca Young, Kristin Peterson, Lisa Goddard, MaryBeth Shaw, Megan Whisner-Quinlan, Nathalie Kalbach, Shawn Petite Andrews, Tiffany Goff Smith, and Tina Walker.

Dana Tatar lives in Ohio, with her husband and two teenage children. What started as a love of scrapbooking has expanded to include mini-albums, mixed-media pieces, and art journaling. When not creating art, Dana enjoys baking, reading, and spending time in her garden with her family and basset hound, Peach. You can follow her blog at datatar.blogspot.com and find her on Instagram (@danatar).