

# Strawberry Moon

Issue 6: Handmade Books

MAGAZINE

juicy reflections on art journaling



Cover books by Diana Mahar

# THE WILLA WORKSHOPS AT willa wanders

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**LETTER FROM  
THE EDITOR**

**M**aking the perfect book for a project is one of my favorite things to do. I get to choose everything—the perfect kind and amount of paper, the size and shape, and customize the cover however I want. I have the skills to make it neat and tidy (relatively), but I also love to throw together random bits of paper and make a messy junk journal, too.

From what I know of you, my fellow art journalers, many of you are also fans of making your own journals and so it was very natural to put together an entire issue that focused on handmade books. You'll find a HUGE range of content here about bookmaking. We have a number of tutorials ranging in complexity, as well as a variety of personal stories and musings on bookmaking. There are many (many!) images of art journals for you to be inspired by.

I purposely included a number of articles that may seem like they are duplicating each other, but everyone has their own twist on the topic—and sometimes you need repetition or even a different way of looking at something in order to have a concept sink in. You'll also find that many of the articles complement each other—with details from one tutorial being relevant to another.

We're also lucky to have two wonderful featured artists. Faith Hale and Wendy Solganik are both fabulous book artists (among many other talents) and I was so happy that they were generous enough to answer my questions and share photos.

There's a lot to take in here, but I can guarantee that you'll find yourself planning the next book (or ten) that you are going to be making and I can't wait to see them!!!

*Suzanne*

**About Suzanne**

Suzanne is a multi-passionate artist who lives in Eastern Iowa with her husband. She has two adult children (who happen to be twins).

Professionally, she has been a multi-talented wizard (aka school secretary), longarm machine quilter, stay-at-home mom, bank technology manager, computer network installer, t-shirt seller, and library page. (She shelved returned library books in high school. Favorite job ever.)

She is currently the sole proprietor behind Strawberry Moon Magazine and is always making things, including art, quilts, knitting, and messes.

**Connect with Suzanne**

Instagram: @suzanne\_earley



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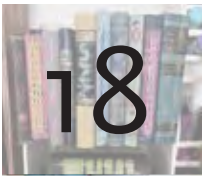
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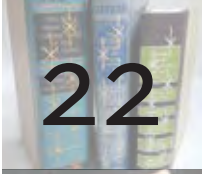
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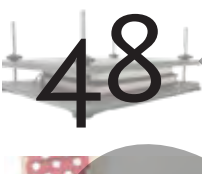
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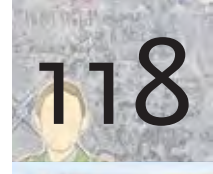
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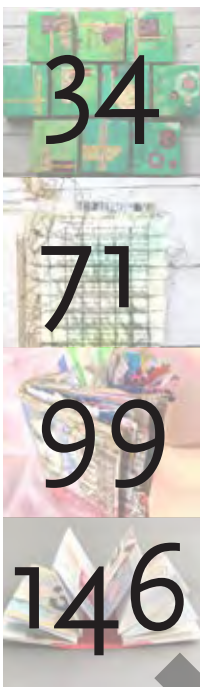


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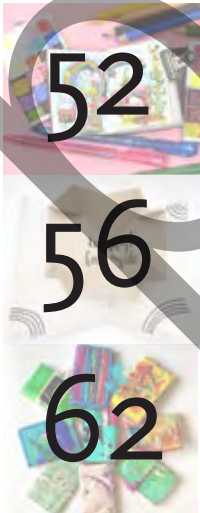
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## USING THE ARTIST PAPERS

I know you'll love using the artist papers that Jill Russell created for this issue. You can use them out of the magazine or you can download and print copies on your favorite paper. See the box to the right for the details on where to find the downloads!

In addition to the artist papers, this issue comes with several special extras. In the website resources section, you'll find a Periodic Table of Junk Journaling created by Rebecca Swayzee, full of ideas for creating in your journal when you need inspiration! She has also included a fun sheet for swatching.

And if that wasn't enough, Diana Mahar and I have created a handy flowchart to help guide you through the process of choosing the perfect book and creating your own handmade art journal. It can also be found on the website!

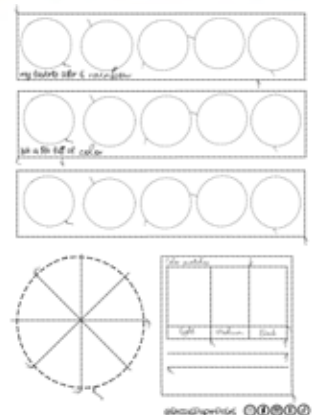
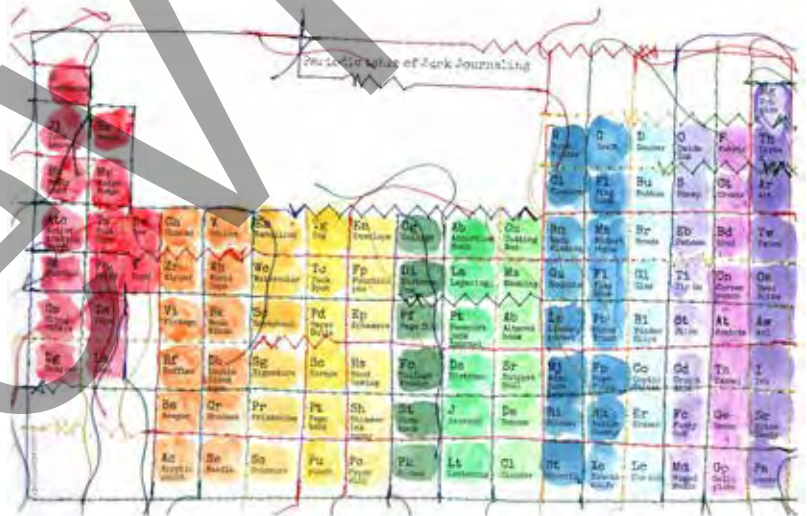
When you use any of the artist papers I hope that you'll share—you can email your work directly to me ([hello@strawberrymoon.art](mailto:hello@strawberrymoon.art)) and if you post on social media, be sure to tag [@strawberrymoonmag](#) and use [#strawberrymoonmaginspired](#).

### DOWNLOADABLE

If you don't want to cut up your magazine, you can download all of these printables from the Strawberry Moon website:

[www.strawberrymoon.art/resources](http://www.strawberrymoon.art/resources) and enter the password **YOUAREMAGIC** to gain access. You can print multiple copies and use sticker paper to make them even easier to use!

## Artist Paper Previews



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# STRAWBERRY MOON MAGAZINE

Issue 6: Handmade Books

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## PHOTOGRAPHY CREDITS

Unless stated otherwise, all photographs were taken by the artists.

## COPYRIGHT

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The artist papers are provided for your personal use in personal journaling projects and for items made for gifting and limited sales, such as cards and journals. They may also be used in artwork for publication as long as Strawberry Moon Magazine is credited and they are just one component of your larger work. Do not copy, edit, or redistribute the papers as is.

## SUSTAINABILITY

Strawberry Moon Magazine is printed on environmentally certified and recycled papers from sustainable sources. The ink is vegetable based and the printer recycles all of their waste products.

As the magazine grows, we will continue to evaluate options to further limit our impact on the environment.



**Flora & Fauna: Two Seasons of Bookmaking**

*A New Online Offering with Jana Freeman*

**Register Now!**

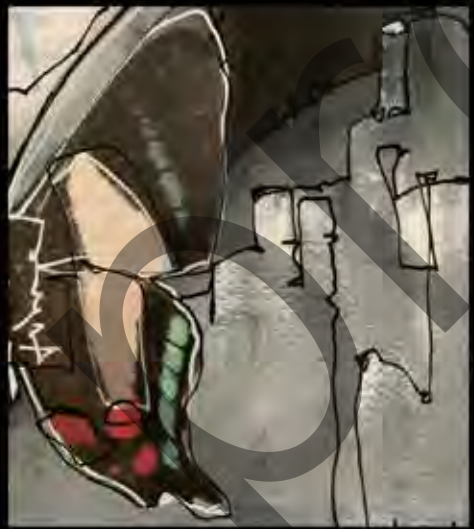
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**CONNECT WITH THE WISDOM OF THE MOON IN...**



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- BREATHE
- MOVE
- EXPLORE
- CREATE



SARAH LOVATO WOLFE BAILEY  
 Artist & Creative Guide  
 Create the Way Arts & Wolfe.S Art

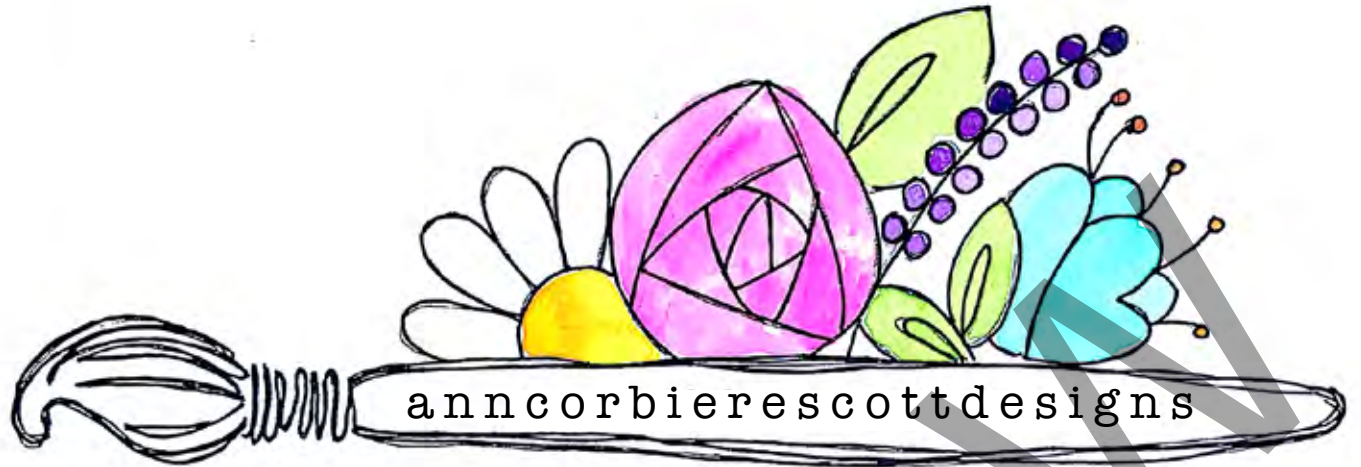
Online workshop  
 Intuitive art practice  
 Synched with the cycles of the Moon



**EXPLORING SHADOW WORK THROUGH PAINT AND MIXED MEDIA**

[www.createthewayarts.com](http://www.createthewayarts.com)  
[sarah@createthewayarts.com](mailto:sarah@createthewayarts.com)





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Limited spaces  
available to  
keep retreats  
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personable

## Art. Culture. Adventure

Tracy of Be Brave Studio and Theresa of Blue Tulip Designs are bringing the North and South together for a series of Art, Culture, Adventure retreats.

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- Personalized fine silver
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- Sketching
- Painting
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- And much more!

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### Adventure

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Be Brave Studio



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# ART JOURNALING RETREATS 2023 – 2024

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confidence  
and a fail  
proof action  
plan by  
Thanksgiving!

a 6-week  
transformational  
journey to YOU and  
your what's next

- What would be possible for you, if
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- ...you had more confidence in your talents and superpowers?
- ...you had accountability to keep you focused on YOU and what lights you up?

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Next cohort launches in October! Limited to 10.  
[www.jennessadurrani.com/ignither](http://www.jennessadurrani.com/ignither)



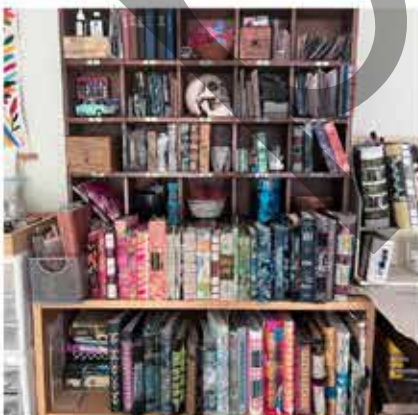
## ASK THE ART JOURNALERS

Each issue, I put together a list of questions and invite anyone who wants to participate to answer and submit a photo. In previous issues, I asked for selfies, but this time, I decided I wanted **SHELFIES**. Look at all of these books! Now just imagine all of the art that this page represents. Wow!

You'll find the questions and their answers spread throughout the magazine!

This issue's participating artists are:

- Debbie Bamberger
- Pauline Clark
- Laurie Farkas
- Johanna Fox
- Jana Freeman
- Sarah Gardner
- Cheryl Gebhart
- Yooper Hill
- Christina Keim
- Ellen King
- Diana Mahar
- Rachel Mims
- Alison Mytych
- Charlene Reeder
- Jill Russell
- Joanne Sharpe
- Janet Toto
- Beverly Army Williams



# Issue 6 Authors

## Molly Anthony

Molly Anthony is a writer and mixed-media artist from Minneapolis, MN. She loves exploring art in all forms and sharing her ideas with others, but through the pandemic and family struggles she learned the importance of using those practices for self-care. In her work and her teachings, she strives to embrace imperfection, focuses on process over product and is constantly looking for new ways to be curious about the world around her, especially while on walks with her dog. She teaches locally in the Twin Cities and is also the co-facilitator for the MN Visual Journal Collective.



Instagram: @mkranthony  
Website: [www.TheFoundArtWalk.com](http://www.TheFoundArtWalk.com)

## Nicole Austin



Nicole is a mama, artist, and instructor living and making art in the Arizona desert. She has a passion for making messes and teaching others that it's ok to connect to their innate curiosity and creativity.

Website: [kinueko.com](http://kinueko.com)  
Instagram: @kinueko  
Facebook: @nicoleaustinart

## Kris Baker

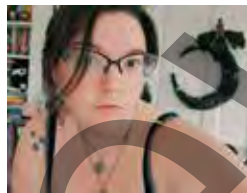
When adulting, Kris teaches music theory and composition at the college level. She also studies classical guitar. Though she is fortunate to have a career in the creative arts, there is a child in her that needs time to play. In her free time, Kris enjoys knitting, building



LEGO sets, getting messy with art supplies, and, recently, learning to make books. She also cherishes time spent playing with her two young grandsons. Kris lives in Dallas, TX with her husband, too many dogs, a cat, and two adult daughters near by.

Instagram: @allinadaykris

## Sonya Cheney



Sonya Cheney is a writer-artist-witch haunting the forests of New Hampshire. She likes horror, knitting, and witchcraft.

Instagram: @xosonya  
Blog: [sonyacheney.com](http://sonyacheney.com)

## Ann Marie Corbiere-Scott

Ann Marie Corbiere Scott is the owner and artist of [anncorbierescottdesigns.com](http://anncorbierescottdesigns.com) art printables (digital downloadable, classes, and SO much more! Her art is proudly licensed by Unity Stamp Co and Adornit. She is living her dream, she draws for a living-how fabulous is that!?!)



Website: [www.anncorbierescottdesigns.com](http://www.anncorbierescottdesigns.com)  
Instagram: @anncorbierescottdesigns

## Jennessa Durrani

Jennessa Durrani works to help transform the lives of mid-life moms with humor, grace, and a little bit of paint. She runs a new kind of playgroup called A Daily Practice.



Originally from Iowa, she now lives outside of Boston with her husband and two crazy teen boys.

Instagram: @justjennessa  
[adailypractice.mn.co](http://adailypractice.mn.co)  
[www.jennessadurrani.com](http://www.jennessadurrani.com)

### Joleen Emery



Joleen Emery and her husband Darin Warling own Big Raven Farm, a retreat center for yogis and artists in Spring Grove, MN. Joleen hosts several art retreats throughout the year, she has an online craft club that folks are

welcome to join, and has become a craft influencer on TikTok.

Websites: [bigravenfarm.com](http://bigravenfarm.com)  
[bigravenyoga.com](http://bigravenyoga.com)  
Social Media: @joleenemery  
Email: [hello@bigravenfarm.com](mailto:hello@bigravenfarm.com)

### Susan G. Engleman

Susan G. Engleman has a day job in healthcare but much prefers making messes in her art room. She enjoys binding books, journaling, sketching, painting, and collage. She lives in the humidity of Houston with her boyfriend and their four-legged friends but prefers traveling to cool and interesting places. Susan has twin daughters, both artists as well. They often spend time making great artsy messes when they get together.



Email: [suengleman@yahoo.com](mailto:suengleman@yahoo.com)

### Jana Freeman



Jana spent a career working in various support roles to high profile architects and in managing their firms. After the last real estate collapse, Jana left architecture and pursued advanced studies in Wine and Winemaking and pursued her creative

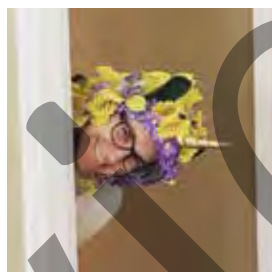
ambitions through art journaling, collage, book making, and more recently, abstract painting and printmaking.

Her thirst for more art knowledge and technique led her to open the successful venue, Way Art Yonder Studio, where she teaches and hosts leading artists and talent

in the mixed media and book arts world. She is a wife, a mother, a Nana, mixed-media artist, wanderluster, wine goddess extraordinaire, and the emotional support human to one devastatingly handsome labrador retriever, Marcel.

Instagram: @janamfreeman  
@wayartyonder  
Facebook: @WayArtYonderStudio  
Website: [www.wayartyonder.com](http://www.wayartyonder.com)  
Email: [wayartyonder@gmail.com](mailto:wayartyonder@gmail.com)

### Shae Freeman



Shae is a formally trained metal sculptor turned mixed media artist with a penchant for collage, amassing ephemera, and art journaling. As a devoted student of everything, she has studied anything that has

piqued her interest, following three major threads in her life: art, the natural world, and spirituality. She is a Reiki master teacher, medical astrologer, and certified herbalist. She has a no-stone-left-turned approach to learning and is constantly working toward a synthesis of art and healing. When she's not learning a new skill, you can find her motorcycling or birding (or both) with her husband in and around the New Orleans area.

Instagram: @scrappyshae

### April Gleason

April Gleason is a mixed media Artist in Seattle. Her work is influenced by pop culture both old and new. Her pieces are full of vibrant color, rainbows, unicorns, and burgers. Commonly found subject matter are little girls and lots of naughty food and sweets. Her work expresses the delights that one can find and experience in the world.



Instagram @april.gleason

### Jan Golden



Jan has been crafting for over 20 years and specializes in unique card making, and eclectic, up-cycled wall and yard art. She loves watercolor, mixed media and junk journaling, and book making is quickly becoming a favorite!

Everything that comes from her craft room is one of a kind and special to each creation.

Jan's love of design, color and techniques definitely comes through in her work. Being inspired by a variety of artists, Jan's heart shines through in each of her pieces.

Facebook: @HandmadeTreasuresbyJan  
Private FB Group: @TreasureTroveofGratitude  
TikTok: @jjgolden01  
Instagram: @jjgolden1

### Diana Mahar

Diana Mahar is an artist and physician practicing in California. She has found moments of flow and glimmer in visual journaling, mixed media art, and making handmade books. Her art practice helps bring balance to the intensity of her work life.



Instagram: @art.is.medicine.is.art

### Claire Mercado-Obias



Claire Mercado-Obias is a writer, food stylist, and pastry chef based in New Jersey. Crafting for her is both creative expression and healing balm in the ups and downs of life. She has a crafty recycling blog called "Blah to TADA!" where she rescues items

destined for the trash ("blah") and gives them new life ("TADA!").

Website: [www.clairemercadoobias.com](http://www.clairemercadoobias.com)  
Blog: [blah-to-tada.blogspot.com](http://blah-to-tada.blogspot.com)  
Instagram: @blahtotada

### Rachel Mims



Rachel Mims, MS, ATR-BC, LPC-AT (She/Her), has always loved making art. She served 10.5 years in the Army as a PATRIOT Missile Launcher Operator/Maintainer. After her service, she became an art therapist. Rachel uses art

to process life events and she is passionate about helping women, veterans, and queer folks recover from trauma. Rachel loves to art journal, make and swap handmade postcards, garden, roller skate, and spend time with her chickens and her two standard poodles.

Instagram: @Deepintheartoftexastherapy  
Facebook: Deep in the Art of Texas Therapy  
Website: [www.deepintheartoftexastherapy.com](http://www.deepintheartoftexastherapy.com)

### Jesse Petersen

Jesse has been an avid journal maker her whole life. She has worked in the arts and crafts



industry throughout her career, creating products that inspire creativity in others. You can find her designs in Target, Michaels, Joann Fabrics, and Hobby Lobby. She also created art journaling courses and products as an instructor for Let's Make Art. Jesse's current focus is hosting art journaling workshops, expanding her online education offerings, and empowering others to create.

Website: [jessepetersenart.com](http://jessepetersenart.com)  
Instagram: @jessepetersenart  
Facebook: @jessepetersenart  
Facebook Group: [artclubwithjessepetersen](https://www.facebook.com/artclubwithjessepetersen)

### Jill Russell



Jill Russell is a mixed media artist, educator, and librarian from Alameda, California. She loves to take what she has on hand and transform it into useful, colorful and beautiful art. She enjoys the process of creating collage layers in her art journals using a variety of handmade and collected papers. Being a



lifelong stitcher, both hand and machine stitching often add the finishing touches.

Instagram: @jillrusselldesigns

### Rebecca Swayzee



Rebecca began her journey into junk journaling with her love of scrapbooking in 1997. She's a lover of all crafts but her favorite thing is paper crafting and sewing on paper.

@BeccasPaperPosies on FaceBook, Instagram, Etsy, and Youtube

### McKenzie Swanson

McKenzie Swanson is a journal-maker and mom of three living in the Midwest, USA. She enjoys documenting her story in creative ways and hopes to encourage and inspire others to celebrate and savor life with their own creative pursuits.



Instagram: @mckenzieonpaper

### Erin Szewczyk



Erin lives in Georgia with her husband, daughter, and fur baby. She is methodical and constantly curious. She often struggles with logic versus emotions, which she explores through art. As a microbiologist, her background included no art training, but she is continually amazed by the art others create, and is enchanted with visual arts.

Instagram: @erin.szewczyk

### Mandy Thompson

Mandy is an artist who has found life and sanity through her journal practice. She shares journaling with those of us searching for a way to weave self-care and soul-care into our daily lives.



mandythompson.com

### Janet Toto

After several careers spanning law enforcement and as an elementary school teacher, I describe myself as a mixed media artist and lover of all things vintage and some things shiny. I enjoy watercolor, acrylics, and inks and I've never met a piece of fodder that I didn't like. I gush over the idea of a blank piece of paper transforming into a storytelling moment in time. I love capturing an expression or feeling in my abstracted portraits and making handmade books are my go-to when I'm looking for inspiration.



Website: [www.janettotoarts.com](http://www.janettotoarts.com)

Instagram: @janettotoarts

### Kassie Walters



Kassie Walters and Bear, her stuffie avatar, explore and write about all things stitchy, journaly, and just plain creative. And, sometimes 'floraly' because flowers.

A freelance feature writer who wrote extensively for national needlework magazines, Kassie, along with Bear, invite you to share our occasional adventures delving into our creative side in the fiber arts, art journaling, and beyond.

### Beverly Army Williams

Beverly Army Williams is a writer and mixed media artist living in the woods of Connecticut. Her writing has appeared in The Ekphrastic Review, Whale Road Review, Uppercase Magazine, and The Dandelion Review. Her solo visual art show "Grimm, Abstracted" recently appeared at The Thimble Gallery. She has taught for Tatter Blue Library, Massachusetts Poetry Festival, and Fiber College of Maine. She holds an MFA in Creative Writing from the University of New Mexico.



Photo by Ga Zucker

Website/Newsletter: [www.beverlyarmywilliams.com](http://www.beverlyarmywilliams.com)

Instagram: @beverly\_army13

# Gallery Artists

## **Robin Anderson**

*Instagram: @robins.space*

Robin is a southern gal born and raised in GA with art surrounding her from a very early age. She pursued all kinds of arts almost her entire life covering a wide range of topics, materials and mediums from painting, sewing, crocheting, woodworking, scrapbooking, and even some remodeling. Robin is a self-taught artist who finds that art is a form of therapy and that it satisfies her active mind and curiosity. She has taught classes locally and finds joy in sharing her experiences and techniques with others. She believes that anyone can be successful with enough drive and determination. You have to get up and get busy. You have to practice over and over and over again. Simple repetitive practice changes everything.

## **Debbie Bamberger**

Debbie Bamberger is an art journaling nurse practitioner in Berkeley California. Her shelfie on page 10 is all of her filled art journals and zines of the past seven years!

## **Pauline Clark**

*Instagram: @polliclark*

Pauline Clark started scrapbooking in 2001 and now runs a mobile scrapbook business. Though she loves hosting retreats for scrapbookers, her real love is making mini albums and junk journals.

## **Deborah Fay D'Onofrio**

*Website: www.deborah-fay.com*

Deborah shares the art of being alive. She is a New England based (but globally available) mixed media artist, art journaler, storyteller, wordwitch + life guide. She is a certified Shamanic

practitioner, bodyworker, Reiki Master Teacher, and has led online and live women's empowerment, tarot and intuitive development courses, full moon circles and shamanic journey, creativity and meditation groups. In addition, she's co-hosted Wild Magic Harmony, a podcast on the Divine Feminine. Deb is a published mixed media artist with contributions in Beyond Scrapbooks and Crafter's Devotional and is featured in Art Journaling magazine. Her work has been displayed in private home collections, auctions, and in Boston's MFA, Art in Bloom.

## **Laurie Farkas**

*Instagram: @haveteacupwilltravel*

Laurie got into art journaling during the pandemic and quickly found herself into bookbinding. Watching every video she could find on binding, junk journals, etc., it has become a great stress reliever for her.

## **Johanna Fox**

No magazine or pretty ephemera has ever been safe from Johanna's scissors. She has been creating collage, mixed media and books for decades and loves the opportunity to learn whenever she has the opportunity. Being a former craft store owner she still loves the energy of teaching other creatives.

## **Cheryl Gebhart**

*Instagram: @cherylgebhart1655*

Cheryl Gebhart has made things most of her life. She has been a quilter for at least 25 years. She enjoys calligraphy and other hand lettering and recently fell in love with mixed media art. She rediscovered the joy of making her own books after doing a 5 day challenge with Ali Manning of the Handmade Book Club. She lives in Oklahoma with her husband of

46 years. She has a son, daughter-in-law, and two grandsons.

## **Yoopur Hill**

She retired and went back to find an old love...art! She now spends her days either traveling the country by car with her loving husband or arting (and some community volunteering if she's lucky!)

## **Donna Joy**

*Instagram: @Donnajoy88*

Donna has been creating ever since she could hold a crayon. Her mom let them do every craft fad in the early 1970's. That probably led to the interest in mixed media—never content to do one thing. She leans towards bookmaking these days.

## **Christina Keim**

*Instagram: @bonfireart*

*Website: www.bonfire-art.com*

Christina is a mixed media artist based in Argentina. Her "adult art journey" started with pencil sketches, took her through various twists and turns until she discovered Mixed Media Art and Cosmic Smashbooking. She's very passionate about creating without pressure, finding spaces for contemplation, experimentation, healing, and self-discovery through art.

She took the step to become a Cosmic Smash Book Guide in 2021 and has already taught her first workshop series. She dreams of introducing this magical process to other people to discover how to create with joy and intention as a form of self-care. She is continuing to work on new offers for artists, creatives, and people who don't think they're creative at all (it doesn't matter, because this is art anyone can make) and will be putting them out in the world soon. She wants more people to discover how to heal through art

and create better, more colorful lives, just like she did.

### **Ellen King**

*Instagram: @ellenking*

Ellen is a retired graphic/web designer who spent years keeping a journal and sketching in a sketchbook, until she discovered the world of art journaling and married the two. Now she is busy making art every day and expanding her art practices with online classes and hanging out with like-minded artists.

### **Araela Kumaraea**

*www.araelakumaraea.com*

*Instagram @araelakumaraea*

Araela Kumaraea is a mixed media book artist and paper maker using nature-made organic materials along with repurposed and found objects. Concerned about minimizing her ecological footprint, she likes to practice zero waste in all areas of her artistic process. She lives and teaches on the ancestral lands of the Dakota and Anishinaabe peoples.

### **Bel Mills**

*Instagram: @scrap\_paper\_circus*

*Website: scrappapercircus.com*

Bel Mills is a book artist living outside Washington DC. She's also a mail artist, an avid upcycler, the owner of Scrap Paper Circus Upcycled Book Arts Studio.

Her passion is creating bespoke, one-of-a-kind handmade books out of salvaged paper (think cardboard boxes, paper sacks, and file folders) and using online workshops to teach students to do the same.

She's sold over 200 books on Etsy, and taught dozens of classes for art centers and museums, including the Nevada Museum

of Art, and the Smithsonian National Postal Museum.

Her classes are featured on SkillShare and Creativebug, and her book designs were recently spotlighted by PRINT magazine.

### **Alyson Mytych**

*Website: www.spyhoplane.com*

*Instagram: @faith.hope.love.art journal*

*Meet Up: @Conejo Valley Art Journal*

Mixed Media loving Jersey girl living in SoCal, Retired RN, Wife, Mom, Blogger, Photographer, Art Journal MeetUp Facilitator, Citizen Scientist documenting the Pacific Gray Whales Northern Migration, ITP Warrior (Immune Thrombocytopenia), Breast Lymphoma Survivor!!!

### **Charlene Reeder**

A newbie to the world of handmade books, so no shelf to share. Yet. Learning new ways to finish and incorporate my cross stitch pieces into handmade books to sketch designs and hold thoughts. Life long journal keeper and cross stitcher.

### **Joanne Sharpe**

Joanne Sharpe is whimsical artist who teaches creativity through numerous online classes and art retreats. She provides playful instruction for art journaling, hand lettering, mixed media art, and textiles. She also is the author of the best-selling book *The Art of Whimsical Lettering*. Joanne resides in Rochester, New York. Follow all Joanne's artful adventures and class offerings at: [joannesharpe.com](http://joannesharpe.com)

### **Debbie Siddon**

*Instagram: @debsiddon*

Debbie has always had a creative spark in her but she picked up art journaling just in the last few years. She never would have

imagined the community that it would open up to her.

### **Shanta Devi Williams**

*Website: www.shantadevi.com*

*Instagram: @shantadevi*

*Flickr: shantadevi*

Black. Woman. Artist. Shanta Devi creates as an act of self-care, revolution, and spiritual practice.

### **Ana Zanella**

*Instagram: anazanellaart*

*Website: www.anazanellaart.com*

Acrylic painter Ana Zanella incorporates a diverse range of media into her art, creating a sense of history and interest. Through her use of collages, pastes, inks, pastels, charcoal, and more, Ana layers these elements in unexpected ways, inviting viewers to engage with the artwork in their own personal manner. This artistic diversity allows her to delve into the realms of abstract art and expressive portraiture, drawing inspiration from a kaleidoscope of colors, textures, travel experiences, vintage imagery, the wonders of nature, and the richness of traditional crafts.

In Ana's brushstrokes and mixed media wonders, you find an invitation to embrace the unlimited possibilities of our own unique artistic endeavors, while simultaneously gaining fresh insights into the world.

### **Julie, from Denmark**

Julie is a mixed media artist living in Denmark. Although creative throughout her life, it is only in recent years she has worked with mixed media and made junk journals and collage art. Exploring techniques, tools and media as she comes across them. Her slogan is cabh (create and be happy). She finds creating art therapeutic and calming.



*Editor's Note: When I received Diana's photo that appears on the cover of this issue, my jaw dropped! Look at all of those gorgeous art journals! (Go ahead, turn the magazine around and look at the outside again, I'll wait...)*

*Not only are the books themselves glorious works of art, I find myself wondering what wondrous art they hold between their covers.*

*Thanks to Diana, you'll walk away from this article with her tips on how to use vintage books as your book covers and hopefully end up with a big shelf of your own (if you don't already have one...)*

## MAKING VINTAGE BOOKS IN TO ART JOURNALS

By Diana Mahar

Whether you are a novice art journaler or have been art journaling for decades, having a handmade journal is a wonderful way to get inspired to make art. You can create a book the size you like, with your favorite papers, and feel the satisfaction of having something you made just for yourself! You don't need fancy equipment or lots of experience to make a beautiful art journal.

When I first started art journaling, I bought myself a beautiful blank sketchbook to have as my art journal. It is still sitting, unused, on my shelf. I just couldn't get up the nerve to put my "terrible" beginner artwork on such beautiful paper. I would sit, staring at it, paralyzed with fear that I was going to ruin it.

Thankfully, I soon discovered the concept of the "junk journal"—using junk mail, recycled paper, book pages, envelopes, and other materials to make a handmade book. My first was a bit of a mess, but I felt incredibly free to scribble, draw, paint, and collage on these pages, because they would have otherwise wound up in the recycling. How could I make something worse than garbage?

One can make beautiful handmade books, of course—with purchased book board and fabric book cloth and high-quality paper. I have made many books like this and they are a delight! But the materials can be expensive, and again, a beautiful book sometimes creates a barrier for me in making messy art.

Vintage book covers have solved that problem! There are so many gorgeous book covers on topics that are unlikely to be bought, read, or find a home on someone's bookshelf. You can find them at estate sales, garage sales, library discard bins, bookstores, free little libraries, and even your own bookshelf!

When you find a book that speaks to you, either because it has a beautiful cover or it is the perfect size or because you are saving it from the trash, the first step is to remove the guts of the book or what is called the *text block*. This can often be the hardest part. You might think "I can't destroy this book!" or feel like the library police are going to bang on your door as you contemplate

cutting out the text block. If this has been a problem for you, I have some words of encouragement:

You can tell yourself:

- ★ *No one is likely to read this book.*
- ★ *I am going to make something beautiful out of this and I will enjoy it, I will learn from it, and I will treasure it on my shelf when I'm done.*
- ★ *This book cover will see more love than the book itself may ever have.*
- ★ *There are other copies out there in the world—if someone needs one, they can find one.*

And my favorite:

- ★ *It is just paper.*

Just repeat these phrases over and over as you set about cutting the cover away from the text block. Once you've done it a few times, trust me, you won't think twice.

### Make your own book

Here are the steps to go from materials and a dream to your very own bespoke art journal:

### Supplies

- ★ Vintage book
- ★ Scissors
- ★ Craft Knife
- ★ Pencil
- ★ Waxed thread
- ★ Awl
- ★ Fabric
- ★ Adhesive
- ★ Ruler
- ★ Graph Paper »



## Process

**Step 1:** Find your vintage book. The only requirement is that the spine itself is not glued to the text block. If you can look down inside the spine and see a little gap between the spine and the text block, the book will work. If the text block is entirely glued to the spine, choose another book. If you don't like the cover, you can paint or collage over it or cover it with book cloth or fabric.

**Step 2:** Remove the text block. Remember, we talked about this? Using a cutting blade, cut down between the text block and the end paper on each side to separate the text block from the book. Trim any shaggy bits. The book pages can be used to cut out quotes, images for collage, blackout poetry, as a palette for your paint, and for making collage fodder—nothing goes to waste!

**Step 3:** Reinforce the spine. There are several ways to do this. My favorite is to cut a strip of cotton fabric the same height as the spine and slightly wider. (I usually cut mine about 2 inches wider than the spine). Glue this to the spine and edges of the covers using fabric glue. Let it dry. You can also use bookbinding tape, but I find that stitching through the glue adhesive on the tape leaves sticky residue on the needle and thread.

**Step 4:** Choose your papers for the inside. You have complete freedom here! If you want blank paper, you can use any type of paper, such as drawing paper, mixed media paper, or watercolor paper. If you're like me and you fear the blank page, use any paper you have on hand for your signatures: junk mail, extra notebook paper, envelopes, book pages, wrapping paper, construction paper, outdated maps, paper bags, etc. Fold each paper in half and gather them together, one inside another, so you can stitch through them all at once when you bind the signature into the book.

**Step 5:** Decide how you want to bind your journal. There are hundreds of ways to bind a journal. If you're just starting out, stick with something simple. You can look online for videos on different ways to stitch your signatures in. I have a few methods that I tend to turn to



If you don't want to see the stitching, you'll need to stitch your signatures into a text block and then glue that into the spine. For that you'll likely want to use the Coptic Stitch or the Link Stitch to bind your signatures. This takes a bit more care and practice and doesn't work as well for pages that are different sizes and thicknesses. There are lots of videos online that demonstrate how to do this.



**Connect with Diana**  
Instagram: @art.is.medicine.is.art

because they are easy to do and/or they allow the pages to open relatively flat for journaling. These styles all involve stitching through each signature and through the spine of the book, so you see the stitch pattern on the outside of the spine.

**Pamphlet Stitch**—3 hole or 5 hole. (See page 25 for instructions and a diagram!)

**Cosmic Star**—detailed instructions can be found on the following pages

**Cross Stitch**—creates a set of “X” patterns on the spine

Other stitches I love because they are gorgeous are the French Link Stitch and the Chain Link Stitch.

**Step 6:** Go for it! Bind your Journal.

**Step 7:** (optional) Add a closure—you can wrap your journal with a ribbon, add an elastic closure, or add a button to the front and sew or glue the edge of a ribbon to the inside back cover and use it to close your journal.

**Step 8:** Congratulations, you did it! Now you can start making art in your new, one-of-a-kind, journal!



# Bonus

Diana and Suzanne have created a handy flowchart to help guide you through the process of choosing the perfect book and creating your own handmade art journal.

Visit the resources page of the Strawberry Moon Magazine website to find out how to get your own copy of the chart. (Details about the resources page on page 4 of the magazine!)

# Diana's Cosmic Star Binding Tutorial

This bookbinding method creates a really fun, retro-mod pattern on the spine of your book. It also has the advantage of allowing the pages to open and lay flat, which makes art journaling easier. The stitching can be a little fiddly in the beginning, because you are stitching two signatures in at the same time, but it is a relatively simple process and worth it for the end result.

You can adjust the length of the long stitches—making them longer for more of a “cosmic” look, or shorter to have more of the look of a six-pointed star. You can use any kind of paper for your signatures, just stack them together first to make sure they fit easily within the width of the spine. If you will be adding layers to your pages (such as with collage for art journaling) you’ll want to space out your signatures to leave room for the journal to expand.

## Here's how to make a Cosmic Star journal:

1. Choose your vintage book—consider any interesting images or markings on the spine—you may want to adjust your template to take advantage of those patterns.
2. Follow my tutorial on the previous pages to prepare your book cover.
3. You will need signatures in multiples of 3. For the alternating star pattern shown in the image, you will need 6 signatures.
4. Make your template or use the one provided. The template uses 1/4 in. grid paper and you can adjust the size to fit your book's spine. Note that because the stitch pattern is asymmetric, you will start stitching in your signatures from the back of the book to the front.
5. Label the columns on your template 1-6. Label your signatures 1-6 and clip the papers for each signature together with small clips.
6. Lay your book open with the outside of the spine facing you on top of a piece of cardboard or foam. Put the template over the spine, tape it with some washi tape to keep it in place and poke holes using your awl. Remove your template.
7. Fold your template vertically along the lines for each signature and use this template to poke signature holes. Match the number of the signature with the corresponding column on the template to punch the correct pattern in each signature.
8. Choose a waxed linen thread in a color that contrasts well with your book spine, so the stitching will stand out visually.
9. Stitching—you will first make the vertical straight stitches using signatures 2 and 5 (or just 2 for a three signature journal) and then making cross stitches over the straight stitches using the other signatures in pairs to create the star






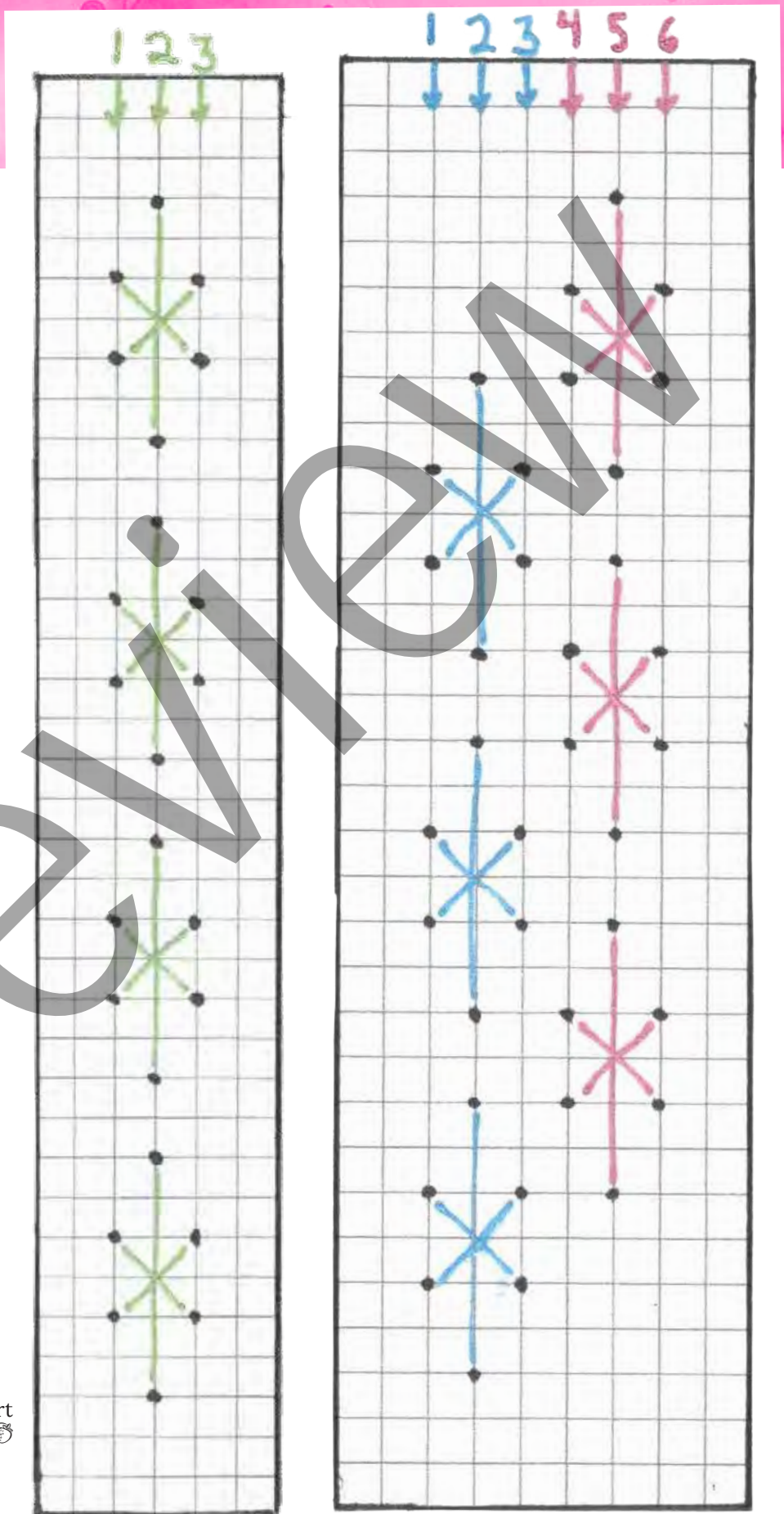
effect.

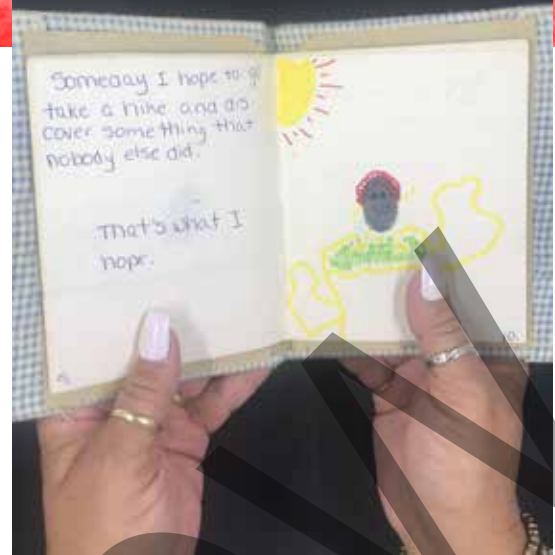
Be sure to tighten your stitches as you go so that the signatures are tightly snuggled up to the spine of the book.

**Straight stitches:** Measure a piece of thread about twice the height of your book and thread your needle. Starting with signature 2, enter the first hole from the inside, through your signature and the spine, leaving a tail of 2-3 inches of thread inside and then go down into to hole 2. Tie off inside using a square knot over the 2nd hole. Continue with this same thread into the next hole, from inside to outside, then back in and out until you get to the last hole. Tie off on the inside using a half-hitch knot and cut off any extra thread. Repeat with signature 5 which has the same straight-stitch pattern.

**Cross stitches:** Measure a piece of thread about 2-2.5 times the height of your book and thread your needle. Start inside hole 1 of signature 1 and bring the needle out through the spine and across/down into hole 2 of signature 3. Leave a tail of 2-3 inches. Then bring the needle up inside the signature to hole 1 and then out and across/down into hole 2 of signature 1, creating an "X" pattern on the outside of the book. Tie off signature 3 inside the book. Carry on by putting the needle through hole 3 of signature 1 and outside, across/down to hole 4 of signature 3, back up to hole 3 of signature 3 and out, across/down to hole 4 of signature 1 and tie off using a half hitch knot. Repeat with signatures 4 and 6.

Admire your handiwork and start making art in your journal! 





## THE ART OF THE BOOK

By Jan Golden

### Definitions

A **folio** is a single sheet of paper folded in half.

A **signature** is the unit of a book that is made of folios. They can include any number of folios, but for thick paper, one to three sheets is a good guideline and for thinner paper you can use four to eight sheets. The thickness of your book will depend on the number of sheets in each signature as well as the total number of signatures. I love using a variety of types of paper: watercolor, vellum, card stock and plain old copy paper. My books allow for painting, stickers, drawing and anything else I might choose to create in them.

My bookmaking journey began forty-four years ago. I was twelve years old when I picked up some chipboard, a needle and thread, some copy paper, an ink pad, the wild imagination of a child, and my thumb—yes, my thumb—to illustrate and make my first book.

Now, after many years have passed, I find myself honing my skills, using many different techniques, and even teaching my favorites to friends and followers. I have so many favorites—I could write a book about making books and I'm excited to share with you two quick and easy projects.

Here are the basic supplies I suggest keeping on hand. You could invest a lot in the art of bookmaking, but this is a good start.

- ★ Waxed thread and needle
- ★ Awl
- ★ Large paper clips
- ★ Bone folder
- ★ Ruler
- ★ Sharp scissors
- ★ Chipboard and variety of paper

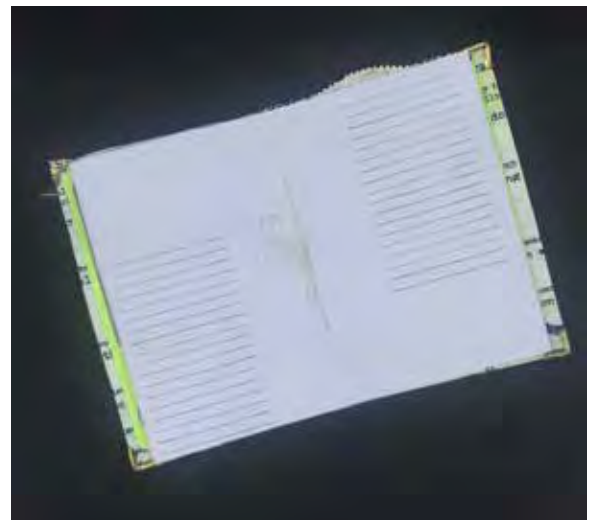
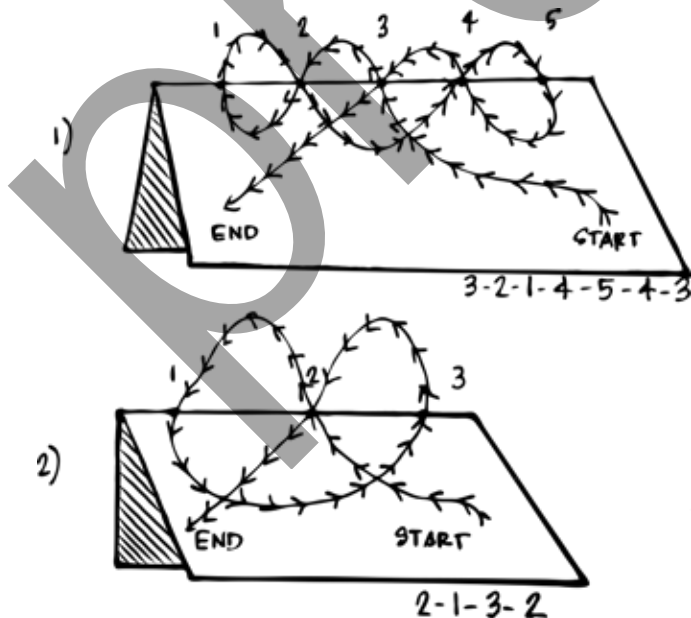


## Pamphlet Stitch

The process for this book is easy and results in a sturdy product for anything you might want to create. Regardless of the size of paper you choose, whether 8.5" by 11" paper or something else entirely, the process and stitch pattern are the same. However, if you work in a different size, you may want to change the number of holes.

Here are the steps for putting together a 5-Hole Pamphlet Stitch book using 8.5" by 11" paper folded in half.

1. Once you determine the number of signatures and types of paper, fold all sheets into a folio (in half) the long way. Your folded paper should measure 5.5" by 8.5". Press the fold with your bone folder. Be sure to fold your cover, too. You can fold pages individually and then stack them, or you can stack and then fold them all together.
2. After you have layered your pages, open the signature and clip the papers together securely.
3. Using an awl, punch one hole exactly in the middle of the fold, which is your spine. Punch the rest of the holes approximately 1.5" apart, working away from the center hole.
4. Cut a length of waxed thread that is at least twice the height of your book, plus extra for tying your knot and if you want the tails to be longer. Thread your needle with the thread. Start on the inside and go out through hole 3, the center hole, leaving a tail of about 3 or 4 inches. Follow the pattern on the diagram until you exit through hole 3 the second time. You can also do the reverse and start on the outside, in which case you might want to leave a longer tail. You can then add embellishments to your thread ends. (If your book is smaller, you can use three holes, as demonstrated on the diagram below).
5. Gently tie the thread using an overhand knot and trim the ends as desired.



## Envelope Book

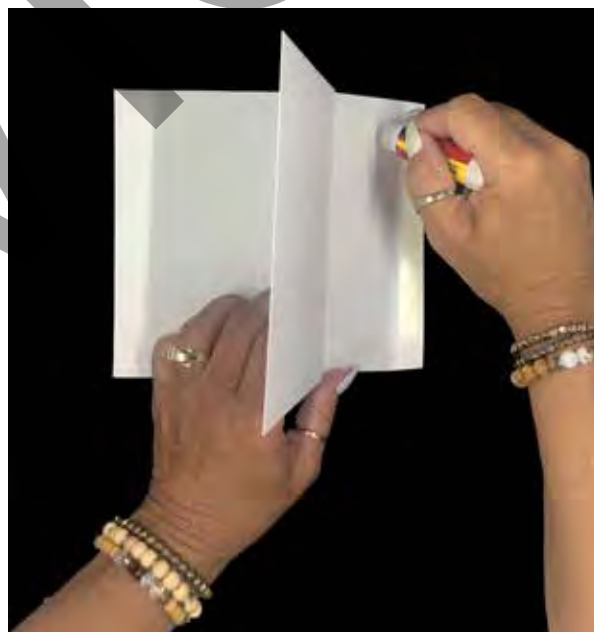
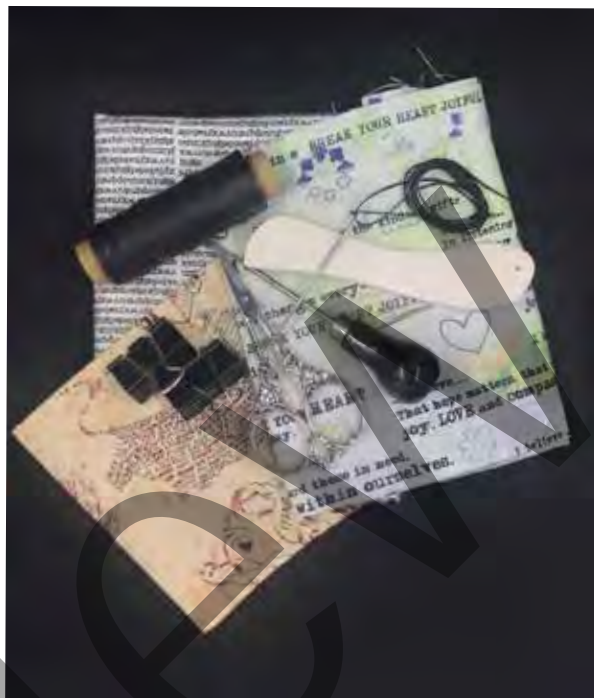
This book style is fun and fairly simple to make. It's easy enough for children and it doesn't require many supplies.

Here is what you need:

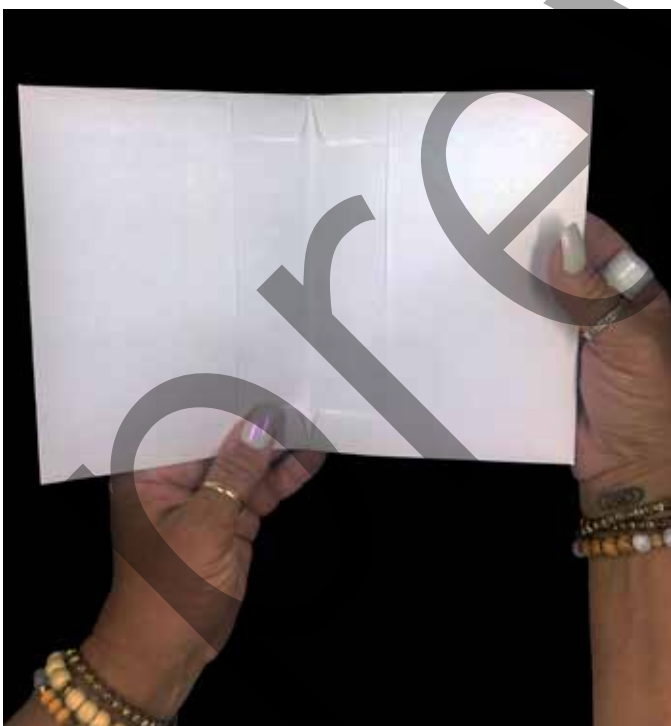
- ★ 4.75" by 6.5" (A6) Envelopes (I used 12)
- ★ Paper to cover envelopes - cut 4.5" by 6.25"
- ★ Chipboard for cover - 6.75" by 5"
- ★ Chipboard for binding - 6.75" by 1"
- ★ Fabric or rice paper for cover - 8.5" by 11"
- ★ Adhesive: I like to use Beacon's Zip Dry glue or Tombow Mono Liquid glue and Uhu glue stick
- ★ Scissors and/or guillotine trimmer
- ★ Sari silk, ribbon, or trim to bind signatures

## Signatures

This book is assembled by gluing the outside of the flaps together and tucking them into one of the envelopes. These interlocked envelopes are a folio. Stack together as many paired envelopes as you want for a signature, one inside another. I like to cover the envelopes with decorative paper.



*Gluing the flaps together*



*Envelopes glued together into a folio*

## Cover

Lay your fabric or rice paper on your work surface. Lay your chipboard out as shown, allowing a space approximately the width of one piece of chipboard between each piece. Using a pencil, trace around the larger cover pieces so that you know where to place them when gluing. Pick up each piece, add glue, and lay back down, smoothing as you go. Cut straight across the corners so that you can fold over the top, bottom and sides and glue to the insides of the covers. From here, you can finish the inside covers with pretty end papers or pockets.

## Binding

For each signature, cut a length of ribbon or silk that is at least three times the height of your book. You may want to experiment with the length before cutting in order to determine the length of the tails and if you want a bow or just a knot. Attach the signature to the book spine by looping the ribbon through the signature and tying the ends of the ribbon on the outside of the spine. You can add any embellishments that you might like to the ends of the ribbon.

I hope that you will try one or both of these two fun book patterns. Use them to journal or to write a fun story. However you use them, you're sure to make them over and over. You will love them and so will everyone you share them with.



Cover assembly

### Connect with Jan

Facebook: @HandmadeTreasuresbyJan  
Private FB Group: @TreasureTroveofGratitude  
TikTok: @jjgolden1  
Instagram: @jjgolden1



Bound with silk ribbons



Inside Jan's finished envelope book





Editor's note: you might already be familiar with Wendy and her work, but I think you'll enjoy this look in to her thoughts about creating handmade books. And I KNOW you'll love having photos of some of her books and artwork to easily refer to in the future!

**W**endy Solganik, aka @willa.wanders on Instagram, is a lifelong artist and crafter, currently working in handmade books, mixed media art, collage, hand lettering, and watercolor. From production wheel pottery to scrapbooking to knitting and so many more passions, Wendy always dives deep to master a craft. After a fifteen year stint as the co-owner of Luscious Verde Cards, a successful, award-winning, custom invitation manufacturing company, you can find Wendy at home in her art studio. Crafting, creating, and administering online art class experiences like Fodder School for students all over the world is her current passion. You just never know where she will wander to next!

**Strawberry Moon Mag's readers are art journalers—is some form of art journaling part of your art practice? (Here at SMM if you make art of any kind in a book, we call that art journaling, even if you call it something else...)**

Yes, art journaling is an essential part of my artistic practice. As soon as I was turned onto the idea that I could make a lot of art in books and journals—but I didn't need to have the stress of dealing with mountains of canvases or even works on paper that I would need to sell or gift, I knew that art journaling was for me. I get to be the prolific artist that I need to be with none of the stress.

**When did you start making books? How did you learn bookmaking techniques?**

I began making handmade books close to 30 years ago. I was working on my »

**Connect with Wendy**

Instagram: @willa.wanders

Website: willawanders.com

# Wendy Solganik

calligraphy skills and I got wind of a local calligraphy group in Southern California that held workshops. Many of the workshops combined lettering with handmade book making and



I fell in love with all of it. That was how I learned all of the basic skills. More recently, over the past five or so years, I took up the subject again and took many, many online classes from a wide variety of instructors. This really advanced my knowledge on the subject a lot.

**Do you have a favorite style or size of book to make? To work in? Do you find that there are books you like to make but don't like to use?**

Oh my gosh. What a question! I've basically never met a handmade book I didn't like. But there are definitely ones that make it easier for me to make the kind of art that I like to make.

I love books with pages that already have messy art on them or random Gelli prints.

**If someone is new to making books, do you have any suggestions or top tips for them to keep in mind?**

Start with very simple books to learn the basics. Then just take as many classes as you can, one at a time, learning a little bit of something new

each time. You will end up with a lot of different handmade books, and your understanding of the subject will grow.

**What is your relationship with PVC glue? (For example, I despise it, but I still use it because it does the job...)**

There's no glue that I can't handle.

**What are your most important bookmaking tools?**

My awl and my book binding cradle.

**Do you have any funny bookmaking mishaps you can share with us?**

Ha ha. Many!!!! Sewing in signatures upside down no matter how hard I try not to! This is very frustrating because it has to be fixed.

**What do you do with the books you make?**

For a while I was selling one custom handmade book per week, but I got very frustrated with my space. My small bedroom art studio just didn't make my bookmaking an efficient experience because every step of the way I needed to put away the tools and materials from the step before.



This was very time consuming and, like I said, frustrating. So I gave up making and selling custom books. I'm a very "production art" oriented





person and I enjoy making things in large batches. Perhaps someday I will have a significantly larger studio space that makes selling books a possibility. So for now, I occasionally make myself a handmade book and use it for art journaling.

**Who are your favorite artists? Whose work inspires your own?**

I am inspired by a long list of artists that post their work on Instagram. Way too many to name. I used to have a lot of art crushes and I used to spend a lot of time looking at a lot of art. Lately, I've felt a lot more confident that I've pretty much had my fill of looking at other people's art. So what inspires me now is the challenge of a new project that I can apply all of my skills and aesthetic to. And anyone willing to teach can provide a cool bookmaking or mixed media project for me to apply myself to.

**What colors bring you inexplicable joy when you use them in your work?**

Pink, chartreuse and teal. These colors are my go tos! »



**If you don't like something you've made, how do you handle it? Rip it up? Cover it up? Leave it and move on?**

I almost never make something I don't like because I just keep working on it until I do like it. If there really is something that I totally give up on, I just put it on the shelf with everything else. Then I see it again later and it is mildly irritating, but for some bizarre reason I have a hard time throwing away my art.

**Do you look back at your old work?**

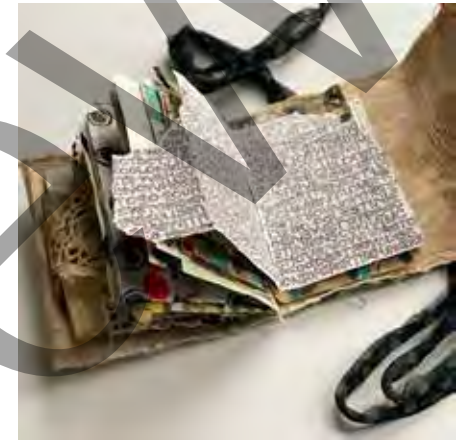
Yes, but mainly just as I'm flipping through an art journal looking for the next page(s) that I'm going to work on.

**What are your deserted island art supplies?**

Watercolor paint, pencil + sharpener, handmade watercolor journal, good brushes.

**Do you do a lot of written journaling or do you focus more on visual art?**

I love to write in my art journals, but not with my handwriting. I enjoy a form of handlettering that is very imperfect but very fun. Adding quotes to my art journals is essential to my process. I absolutely love to record things that I hear in audiobooks and podcast episodes with my imperfect lettering.



What's Next?

**ISSUE 7: THE MAGIC OF THE  
NATURAL WORLD**

**ISSUE 8: POP CULTURE**

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## Issue 6: Handmade Books

### FEATURED ARTISTS

Wendy Solganik  
Faith Hale

### ARTISTS AND AUTHORS

Molly Anthony  
Nicole Austin  
Kris Baker  
Sonya Cheney  
Ann Marie Corbiere-Scott  
Jenessa Durrani  
Joleen Emery  
Susan G. Engleman  
Jana Freeman  
Shae Freeman  
April Gleason  
Jan Golden  
Diana Mahar  
Claire Mercado-Obias  
Rachel Mims  
Jesse Petersen  
Jill Russell  
Rebecca Swayzee  
McKenzie Swanson  
Erin Szewczyk  
Mandy Thompson  
Janet Toto  
Kassie Walters  
Beverly Army Williams

### GALLERIES

The Fancy Creations  
The Junky Journals  
The Upcycled Books  
The Unusual Creations

### COLLAGE PAPER ARTIST

Jill Russell

