

Kehoe/Lichtman/Pochinski online course Sept 2022 Materials List

Catherine Kehoe

Still Life: The difference between things

Viewfinder



Drawing paper, (lightweight, about as heavy as newsprint or copy paper) approximately 9x12 inches (22x30 cm)

Drawing board, approximately 11x14 inches (28x36 cm)

Soft pencil, 3B or similar

Pencil eraser

Six-inch ruler

Painting surfaces, approximately 8x10 inches (20x25 cm) probably two or three will be enough. Or you might want a few extra. Can be a stretched canvas, prepared panel (gesso), or prepared paper (gesso)

Oil paint OR acrylic paint

Whichever medium you feel most comfortable with. Advantage to oil paint: more time to mix the color before it dries. Advantage to acrylic paint: dries quickly so you can paint over it

These palettes include two reds, two yellows, two blues, one white, plus one green. If you have other colors you want to use, feel free. No earth colors or black, please.

Paint colors — oil:

Gamblin Artist's oil color

Williamsburg

Winsor & Newton

Cadmium green pale (Winsor & Newton) OR cadmium green (Gamblin)

Courbet green (Williamsburg) Makes beautiful blacks (optional)

Cadmium scarlet (Winsor & Newton) OR cadmium red light (other brands)

Titanium white (any brand)

Cobalt teal (Gamblin or Williamsburg)

Alizarin crimson, any brand OR perylene crimson (less blue, slightly more opaque, less fugitive)

Ultramarine blue (any brand)

Cadmium lemon OR cadmium yellow light (any brand)

Indian yellow (any brand)

Dioxazine purple

Paint colors — acrylic (Golden Heavy body acrylic is good, but other brands are fine) *Golden Acrylic*

Light green (yellow shade)

Cadmium red light

Alizarin crimson

Cobalt turquoise or similar

Ultramarine blue

Cadmium yellow light

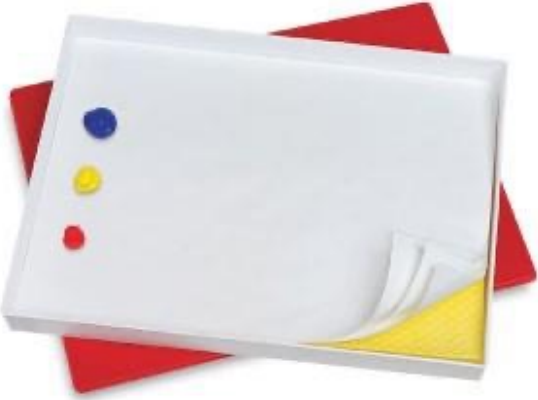
Indian yellow or another yellow (not yellow ochre!)

Titanium white

Dioxazine purple (optional) Other colors if you have them

Palette For oil paint, any palette you prefer. A pad of palette paper will be fine.

If you are using acrylic paint, a [Stay-Wet palette](#) (pictured) can keep the acrylic paint from drying out before you are finished mixing.



Palette knife for mixing paint. Not a little diamond shaped one. Use a larger mixing knife that is offset (bent between the handle and the blade)

Brushes

Flat brushes in the bright shape. One 1/2 inch, one 3/4 inch, or similar
Bristle, sable, synthetic, your choice.



Transfer or carbon paper to transfer your drawing to your painting support. And your usual painting supplies.

A clamp light can provide strong lighting to help you see shapes in the setup if you like a high-contrast motif.

This one can be found in a hardware store.



If you have more than one, you can light your palette, setup, and painting. You might need to place them some distance from your setup.

High lumens LED flood light bulbs

(~150-watt equivalent)

These bulbs come in different temperatures: 2700K (kelvin) = warmest, yellow light 3000K = warm, but not as yellow. Anything higher than 3000K gets very cool, and blue.



Still life objects

Anything! Ordinary, simple things you find around your home. Fruit, vegetables, plants, flowers, kitchen objects, shoes, tools, fabrics.

Avoid shiny objects or anything with patterns. A few shallow cardboard boxes can give your setup multiple levels. You can set up your still life in a larger cardboard box as a way to control the light in unstable lighting conditions.

Susan Lichtman

You will be asked to make:

- 2-4 drawings, approximately 9x12 or 11x14 inches, (22x30cm or 27x35 cm)
- 1 painting, approximately 12x16 inches or 18x20 inches. (30x40cm or 45x48 cm)

Drawing Materials:

- Any good quality drawing paper
*i.e. **Strathmore** Drawing Paper, medium surface. 9x12 inches*
- Graphite pencil, 2B
- Eraser and sharpener

And/Or

- Penholder with ink nib.
- Drawing Ink

i.e. Speedball holder with speedball B-5 nib. India Ink.

Painting Supplies:

- Use any oil or acrylic paint, supports and brushes you are comfortable using. The materials purchased for Kehoe and Pochinski's assignments will work!
- We will be using a limited palette, (a few colors mixed into a range of tones,) for each painting. You will need a large tube of white, (titanium/zinc or flake,) and then a trio of a red, yellow or blue/black or your choice. For example:
Venetian red, Cadmium yellow medium, Ivory black or Cadmium red medium, yellow ochre, cobalt blue or Naphthol Red, lemon yellow, ultramarine blue etc.
- *A good palette knife with teardrop or diamond shaped blade for mixing.*
- *The largest palette possible.*
- If you would like to try Acrylic Gouache, I can recommend it as a great paint to have in your studio for small paintings. Please note: the colors available are not the same as oil or acrylic paint, so any reds, yellows or blues and blacks will do. Here below is more info:

Acrylic Gouache (optional)

Gouache is a water based, opaque paint. Traditional gouache is related to watercolor, and is made with pigment and gum arabic. When traditional gouache dries, it can re-wet and removed from the paper surface. Recently, paint companies have developed an acrylic gouache. Like traditional gouache, Acrylic gouache has a matte, velvety texture. Unlike traditional gouache, once it has dried, it cannot be re-wet. This permanence makes re-painting and layering very easy. It can be used thinly in transparent washes, but also can be built up to create crusty impasto. Acrylic gouache also has the advantage of not changing in color as it dries.

BRANDS I recommend:

Holbein Acryla Gouache, 40 ml tubes,(sold by Blick or art stores everywhere,) or

Turner Acryl Gouache, (sold by Jerry's Artarama and Amazon, in the US and various art stores worldwide.)

Holbein is excellent quality. Turner is less expensive, and is available in economical large tubes:100ml

SURFACES:

Acrylic Gouache can be used on panels, (ie *Ampersand smooth gessoed panels.*) It can also be used on heavy paper, taped around all edges to a board.

- *If using paper, I recommend smooth printmaking paper, like RIVES BFK or Arches, or hot press watercolor paper. For inexpensive pads of paper for studies, I recommend Canson XL watercolor pads. This paper is cold pressed, but fairly smooth, and a hefty 140lb/300 g weight.*

BRUSHES:

With acrylic gouache you can use both bristle and soft brushes, rounds and flats, long or short handle. With gouache I prefer short handle soft watercolor brushes, both flat and rounds. Keep oil and water based paint brushes separate.

- *I recommend [Winsor Newton 101 Sceptre Gold](#), Rounds in 2 and 4, and 606 Flats $\frac{1}{2}$ and $\frac{1}{4}$ inch. This is a soft brush, that has both sable and synthetic bristles.*

PALETTE: For mixing acrylic paint, a big paper palette is necessary.

- You might buy a [Stay-Wet palette](#) with sponge and lid, which will keep your mixed paint workable for weeks.

Feel free to send me questions about materials.

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Jennifer Pochinski

PAINT

Oil paints (acrylic ok)

Standard palette ok or whatever you use.

I do not have a set palette. But I use so many other colors at any given moment. I am not a fan of earth colors. I love anything new.

If you follow what Catherine and Susan require you will be set!

MEDIUM

A medium for oils such as Gamblin [Galkyd](#) light or [Neo Megilp](#) or whatever you choose is a must.

If you are working in oils, medium is extremely important. Gamblin has been very invested in producing a variety of good mediums- depending how you want your paint to be handled. They promote oil paints drying and binding together and are archival quality.

SUPPORTS

The exercises will be done on paper

Paper made specifically for oils are great inventions. No priming needed. [Canson Canva-paper.](#), [Arches](#) etc. Any brand you choose.

Or paper that has been primed with Gesso

BRUSHES

Good quality brushes are always a must.

STILL LIE MATERIALS

A plain glass

Banana

All materials listed here are not requirements but rather suggestions. The resources link in red are affiliate links, meaning you leave a comission to support Theartdiggerlab project (at no extra cost to you) if you use that link to make a purchase. THANK YOU!