

NATURE JOURNALING

IDEAS AND INSPIRATIONS

BY SCOTT VANDERLIP

NATURE JOURNALING GUIDE *IDEAS AND INSPIRATIONS*

TABLE OF CONTENTS:

WHAT IS NATURE JOURNALING...

HOW TO NATURE JOURNAL

ACCESSIBLE AND CONSISTENT JOURNALING

WHY?

GETTING STARTED TIPS

SAMPLE JOURNAL PAGES

REFERENCES

REFERENCES AND CONTACT INFORMATION:

RECOMMENDED JOURNALING
KEEPING A NATURE JOURNAL – BY CLARE WALKER LESLIE AND
CHARLES E. ROTH – STOREY PUBLISHING

THE LAWS FIELD GUIDE TO THE SIERRA NEVADA –
JOHN MUIR LAWS – HEYDAY BOOKS
WWW.JOHNMUIRLAWS.COM

© 2010 BY SCOTT VANDERLIP. NO PORTION OF THIS
DOCUMENT MAY BE REPRODUCED WITHOUT
PERMISSION FROM SCOTT VANDERLIP.
PLEASE CONTACT HIM AT SCOTT@INET-SCIENCES.COM
FOR MORE INFORMATION.



IN THIS 20TH CENTURY, TO STOP RUSHING AROUND,
TO SIT QUIETLY ON THE GRASS, TO SWITCH OFF THE
WORLD AND COME BACK TO HEAR, TO ALLOW THE
EYE TO SEE A WILLOW, A BUSH, A CLOUD, A LEAF...
I HAVE LEARNED THAT WHAT I HAVE NOT DRAWN
I HAVE NEVER REALLY SEEN. –

FREDERICK FRANCK – THE ZEN OF SEEING

TABLE OF CONTENTS:

WHAT IS NATURE JOURNALING.....2

HOW TO NATURE JOURNAL.....3-4

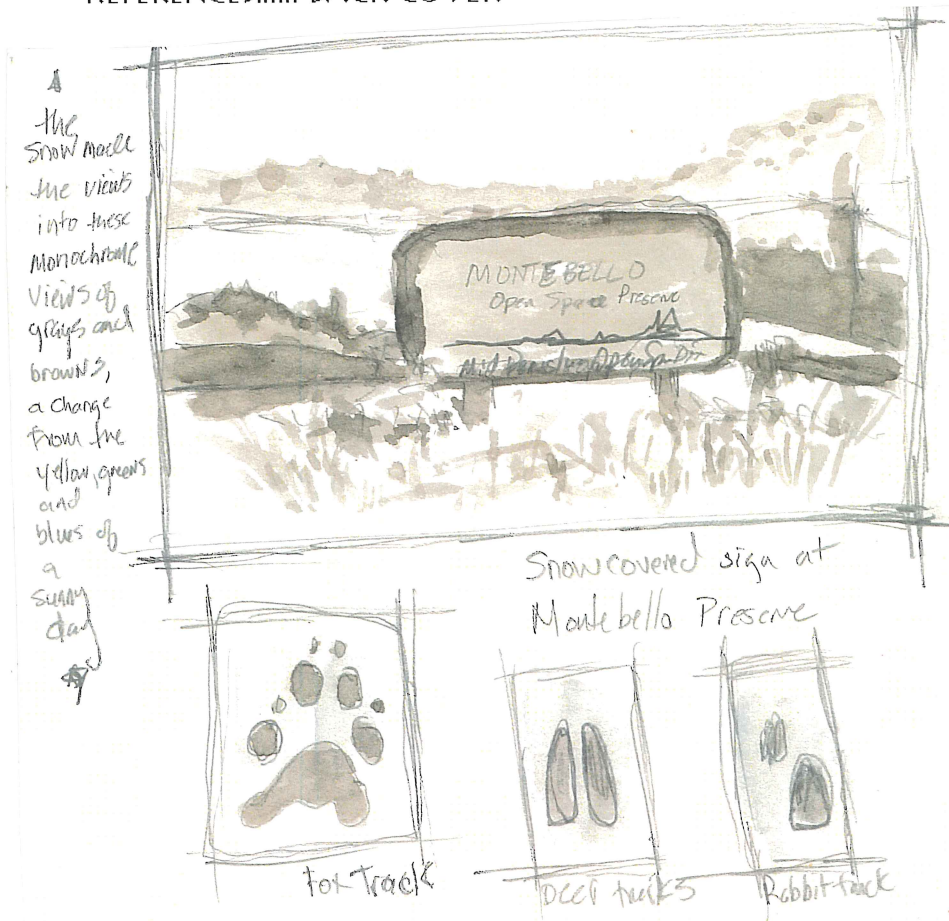
ACCESSIBLE AND CONSISTENT JOURNALING.....5

WHY?.....6

GETTING STARTED TIPS..... 7

SAMPLE JOURNAL PAGES

REFERENCES..... BACK COVER



9/27/09 9:20AM

80°

this morning is a nature journaling class in Byrne Preserve. Lots of voices of bikers going by enjoying the warm, morning air. Nobody came to journal class, although it was well advertised



Two trees at the top of the Preserve
Note: Need to do several "oak tree studies" for the Pathways run Logo.



7/15/2010

#115 to Burst Rock - Lunch stop

1:35 pm Sunny 80°



View from burst rock
looking toward 3 chimneys

Hot day sitting reorganizing lunch, dangling
over our feet over a 500' vertical
drop. Quiet, peaceful.

Ideas for today - Take Wilderness Therapy

① Class to use equipment from
South adventure group for the
② Take water coloring class. ^{Nature water coloring} Feeling very
friendless these days. Not enough adult interaction.

Need more friends to enjoy nature with!

WHAT IS NATURE JOURNALING?

NATURE JOURNALING IS THE REGULAR RECORDING OF OBSERVATIONS, PERCEPTIONS, AND FEELINGS ABOUT THE NATURAL WORLD AROUND YOU. BY INVOKING THE PROCESS OF FOCUSED OBSERVATIONS ON THE NATURAL WORLD AROUND US, WE CAN BEGIN TO APPRECIATE AND REMEMBER OUR EXPERIENCES IN NATURE MORE COMPLETELY. UNLIKE PHOTOGRAPHY, JOURNALING INVOLVES THE ILLUSTRATOR DIRECTLY IN WHAT HE OBSERVES AND IT HELPS TO MAKE THE BEST OF EXPERIENCES THE MOST LASTING FOR ANYONE WISHING TO ENJOY IT.



Pinecrest Lake

6/14/2010

3pm 80°

While sailing
over to treasure
cove and sitting
on the warm rock
and catching sun, many
rocks and cracks were
filled with
Penstemon,
seems later
than normal

Mountain

(Penstemon

Newberryi)

Lots of Penstemon on the
trail around the lake in the
rocks

HOW TO NATURE JOURNAL

THERE IS NO RIGHT OR WRONG WAY TO NATURE JOURNAL. A NATURE JOURNAL IS A WAY TO DESCRIBE YOUR FOCUSED OBSERVATIONS OF THE NATURAL WORLD AROUND YOU. YOU CAN USE DRAWINGS, PAINTING, TEXT, MAPS, POETRY, TAPED IN PICKED FLOWERS (EVEN BUGS), LEAVES, LEAF RUBBINGS, OR WHATEVER MEDIUMS AND WAYS YOU CAN THINK UP TO RECORD YOUR OBSERVATIONS. THE ONLY MEASURE OF SUCCESS SHOULD BE THAT YOU FEEL YOU HAVE CAPTURED AND RECORDED THE OBSERVATIONS YOU WISHED TO CAPTURE IN YOUR JOURNAL, WITHOUT WORRYING ABOUT CREATING A "PRETTY PICTURE".

TYPICALLY JOURNAL ENTRIES HAVE A RECORDED DATE, PLACE, TIME, WEATHER AND FIRST IMPRESSIONS. THIS HELPS TO GROUND THE JOURNAL ENTRY FOR LATER ANALYSIS AND MEMORY RECOLLECTION.



oak leaf from
Heritage Oak at the top
of Bay Preserve - Full size, Fall

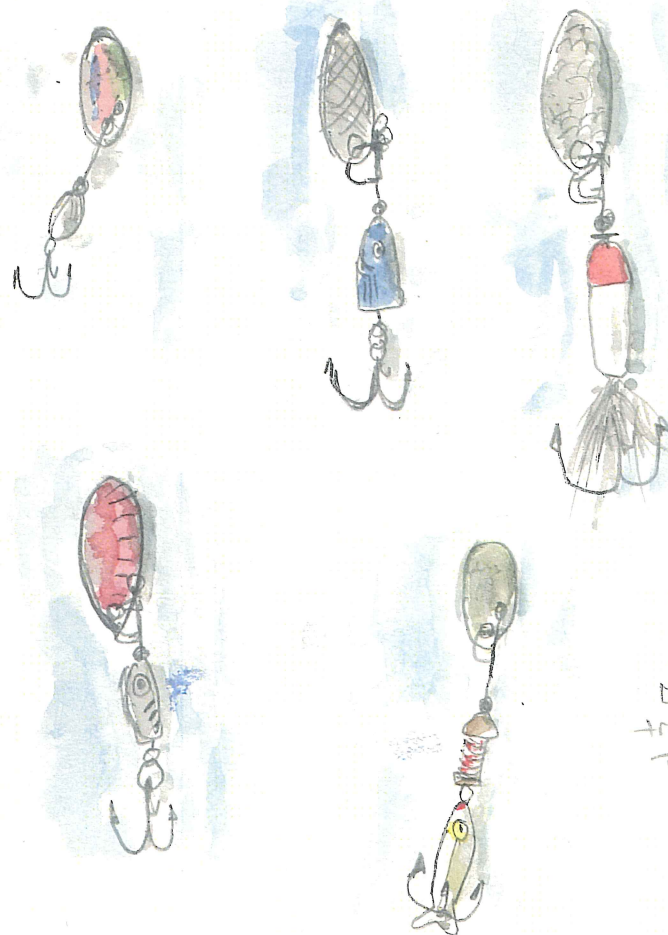
MY PERSONAL JOURNALING TECHNIQUE INVOLVES USING A 5MM MECHANICAL PENCIL AND WATER COLORS. THE SIZE OF THE JOURNAL AND THE QUALITY OF PAPER IS IMPORTANT TO ME AND I CAREFULLY PICK BOUND JOURNALS THAT ARE SMALLER (AROUND 8 BY 5 INCHES) BUT HAVE PAPER THAT CAN HANDLE WATER COLOR DRAWINGS. CURRENTLY I USE JOURNALS THAT ARE FROM HAND.BOOK JOURNAL COMPANY FROM GLOBAL ART MATERIALS.

104° today in the sun,
Warm winds & water.

Pinecrest Lake / cabins
17/16/2010

Went Lure diving today
and even a evening swim at 7:30 10:20pm
sailing, and a early run around the lake this AM.

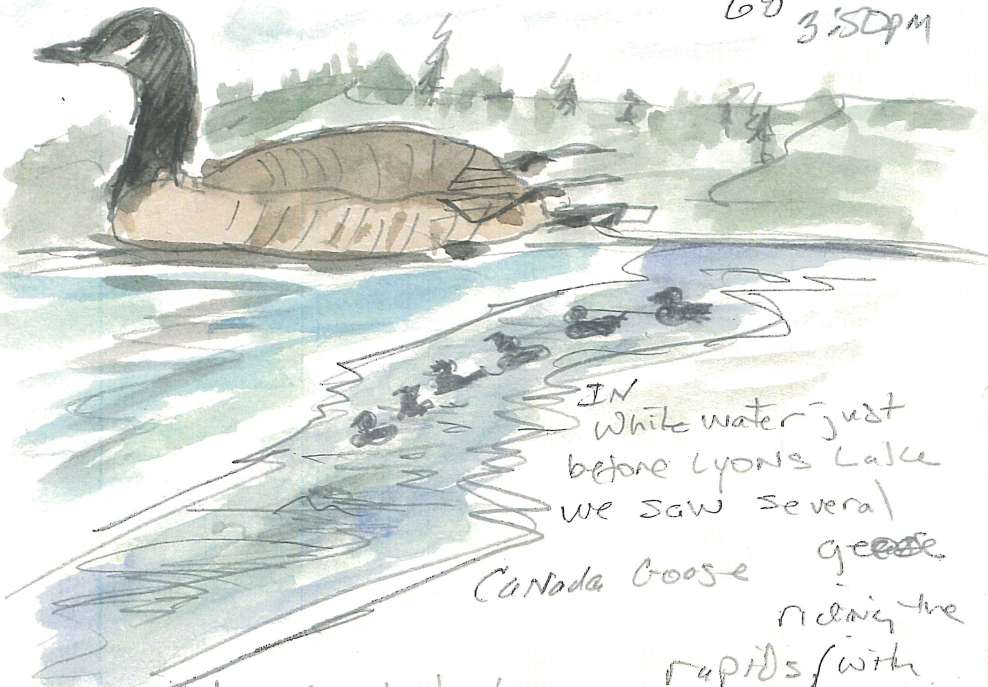
Here are some of the Lures we
found while diving today!



LURE DIVING
TREASURES FOUND
TODAY

An incredible warm day today. Did a nice AM
run around the lake, fixed the kitchen and put everything
back in after floors were refinished, went and
distributed flyers and boxes for Pinecrest lending library,
sailing, lure diving, swimming, and more early Spring.

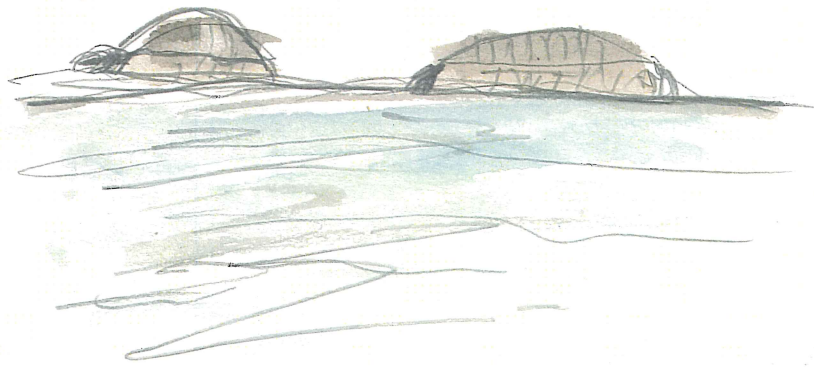
6/20/2010
LYONS Lake
6:40⁰ 3:50 PM



IN
White water just
before Lyons Lake
we saw several

Canada Goose ~~geese~~
riding the
rapids (with
joy.)

When we got to the
lake, we saw all these objects
that looked like rocks near the shore - they
were geese feeding on the bottom.

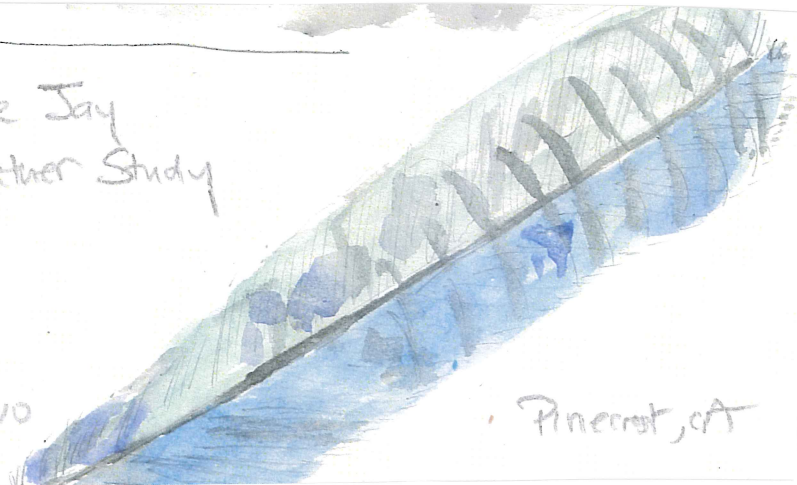


Blue Jay Feather Study

Actual
Size

7/5/2010

Pinecroft, CA



FOR MY WATER COLORS, I USE A SIMPLE SET UP OF A TRAVEL SIZE WATERCOLOR SET FROM WINDSOR AND NEWTON, A WATER COLOR BRUSH THAT COMES WITH AN INTEGRATED WATER RESERVOIR, AND AN OLD CUT OFF SOCK ON MY OTHER HAND THAT USE TO CHANGE PAINT COLORS. THE SOCK AND INTEGRATED WATER RESERVOIR ALLOWS ME TO PAINT AND CHANGE COLORS WITHOUT HAVING TO SETUP A WATER CUP FOR BRUSH CLEANING BETWEEN COLORS. FIRST I SKETCH THE OBJECT OR SCENE AND THEN COME BACK AND WATER COLOR SECOND. ADDITIONAL DETAILS COULD BE ADDED LATER ONCE THE WATER COLOR IS DRY. THIS IS BY NO MEANS THE ONLY METHOD OR STYLE AND THE MEDIUM YOU CHOOSE TO JOURNAL IS ENTIRELY UP TO YOU.

MY JOURNAL OFTEN GOES WELL BEYOND RECORDING THE NATURAL WORLD AROUND ME. I ALSO USE THEM TO RECORD MY THOUGHTS AND IDEAS, INSPIRATIONS, NAMES, PHONE NUMBERS, EMAILS, EXPERIENCES THAT ALL TIE WITH THE CHRONOLOGICAL ENTRIES OF THE JOURNAL.

10/10
5:51 PM
6:00



Black oak leaves
back lit against the
falling sun in fall colors
make bright green, yellow & orange

Listening to the sounds of the
nut hatch, and jay now and then
sounds of people in the forest

// The beep of nut hatch
The squeak of the noisy jay
Sun through the leaves //

ACCESSIBLE AND CONSISTENT JOURNALING

ALTHOUGH MANY WOULD THINK YOUR JOURNAL ACCESSIBILITY IS NOT IMPORTANT.. IT IS!

YOU DON'T WANT TO HAVE YOUR JOURNALING MATERIALS IN A BOX IN THE CLOSET. EFFECTIVE JOURNALING IS CONSISTENTLY GOING OUT AND RECORDING OBSERVATIONS AND THOUGHTS. I PERSONALLY HAVE ALL OF MY JOURNALING MATERIALS (JOURNAL, WATER COLORS, BRUSH, PENCILS, SOCK, OTHER PENS AND PENCILS) WITH FIELD GUIDE, SMALL WATER BOTTLE FOR WATER COLOR BRUSH, SUNSCREEN, AND ZIPLOCK BAGS TO COLLECT NATURAL TREASURES IN A CANVAS BAG READY TO GRAB ON A DOOR KNOB AS I HEAD OUT THE DOOR OR IN THE CAR. ONE SHOULD HAVE IT WITH THEM WHEN THEY CAN EVEN IF THEY DON'T PLAN TO JOURNAL SO WHEN THAT SPECIAL MOMENT IS AVAILABLE AND THE THOUGHT OR NATURE OBSERVATION IS THERE, YOU CAN RECORD. PHOTOGRAPHERS CAN NOT IMAGINE TRAVELING WITHOUT THEIR CAMERA, NATURE JOURNALIST SHOULD NOT BE WITHOUT THEIR JOURNALS!

tn - with scott

8/13/09

I love trail running
The un-even keeps me focused
My feet feel alive.

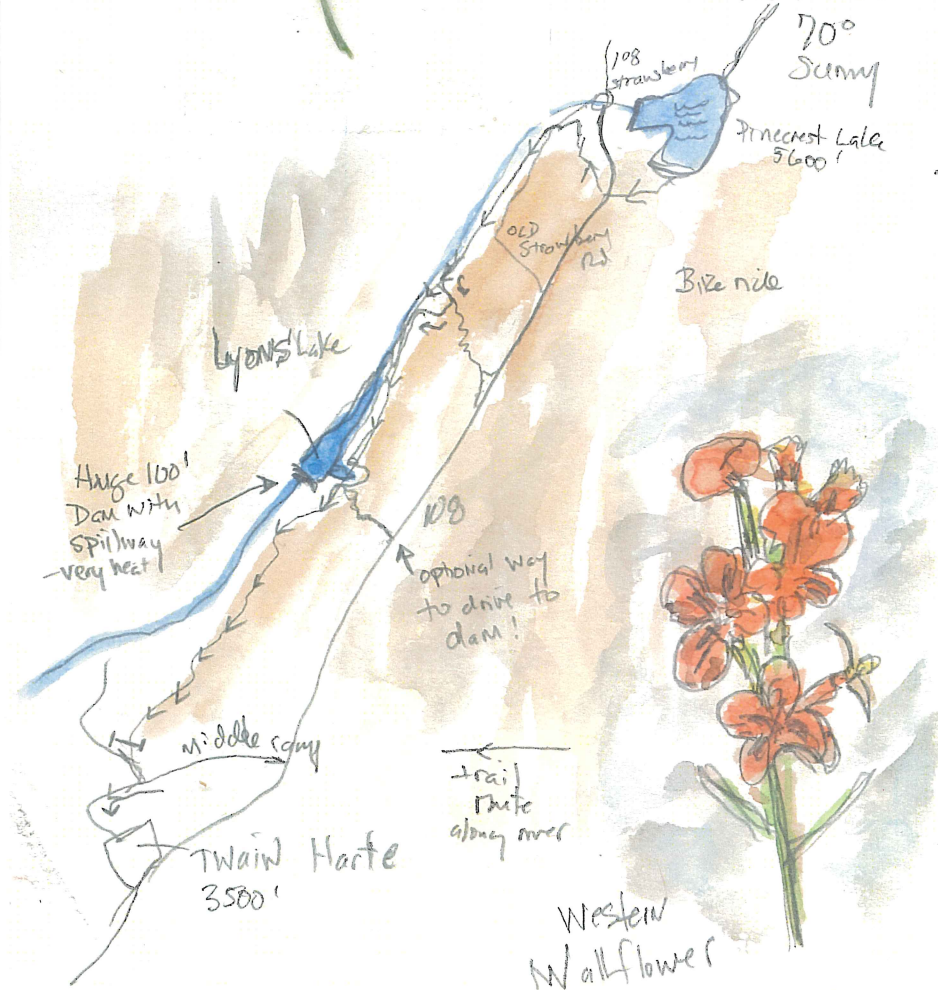
SV 8/09



6/22/2010

MAN
Bike ride Pinecrest
to Twain Harte
6/21/2010

Lots of wild flowers
along the route,
Fox wood flowers
still blooming near
Lyon Lake
~ 25 miles



7/23/2010 9:30 AM

A nice SM run this morning to the very end of the Wallace Island. Woken up early this morning to a bald eagle in the tree behind our boat.

An amazingly scary experience this morning on the run. At one moment, the high brush next to trail starting moving wildly and I heard this loud growling sound ~~in~~ in the brush. It was moving toward the trail. I thought for sure some large animal - Mountain lion, wolf?

The next minute 2 smaller raccoons came out of brush fighting each other. Yesterday we talked to some who thought we heard a mtn lion.



Entrance of Wallace Island - Conover Cove



SWORD Lake
Carson-Iceberg
Wilderness Area - 6/18/2010
Sunny 70° 2:25 pm

WHY:

PEOPLE ALWAYS ASK ME WHY? FOR EACH PERSON, THE REASONS MAYBE DIFFERENT. FOR ME, IT'S A WAY TO BETTER REMEMBER MY NATURE EXPERIENCES AND FORCES ME TO TAKE TIME TO RELAX, FOCUS AND ENJOY THE MOMENT AND RECORD IT USING ART AND TEXT, POETRY. SNAPPING A PHOTOGRAPH OF A SCENE OR A HIGH SIERRA FLOWER WILL RECORD IT BUT THAT PHOTOGRAPHIC PROCESS LACKS THE DEPTH AND CONNECTION THAT YOU GET WHEN YOU FOCUS TO RECORD SOMETHING WITH A SECONDARY SET OF PROCESSING LIKE DRAWING, PAINTING OR DESCRIPTIVE TEXT OR POETRY WITH A JOURNAL.

GETTING STARTED TIPS:

GETTING STARTING WITH NATURE JOURNAL CAN BE DIFFICULT. WE ARE OFTEN CONCERNED OUR FIRST ENTRY AND OUR PERFECTION OF ART AND TEXT.

HERE ARE A FEW TIPS TO HELP ONE GET STARTED:

JOURNAL SOMETHING SMALL AND SIMPLE
(AN ACORN, SIMPLE FLOWER, SINGLE LEAF).
BOTANICAL

ENTRIES LOOK GREAT AND ARE FAST AND EASY
COMPARED TO ANIMALS OR LANDSCAPES

TAKE A LEAF OR OTHER NATURE OBJECT AND LAY IT
FLAT ON YOUR JOURNAL, TRACE THE OUTSIDE OF THE LEAF
TO GET THE EXACT OUTLINE AND THEN FILL IN DETAILS
WITH PENCIL AND COLOR.

DO A LEAF RUBBING BY PLACING A LEAF, FEATHER, OBJECT
AND RUN A DARK PENCIL OVER THE OBJECT TO CREATE A
LEAF RUBBING OR OTHER NATURAL RUBBING IN YOUR
JOURNAL.



6/15/2010
Lyons Lake, Sierra Village,
CA

Mountain Dogwood

7/15/2010

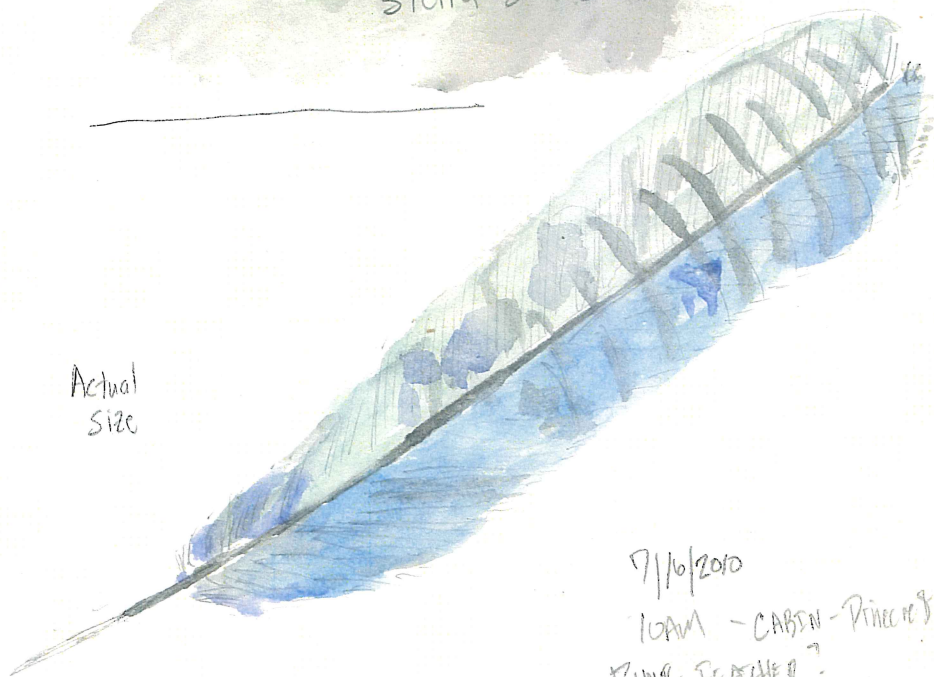
7:48 AM
Pinecast Lake 70° WARM
Finally - Summer has arrived to Pinecast.
Warm water, Warm weather



Sierra Skidseed

FOUND THIS
small flower
(actual size)
on Crabtree
Road on our
return trip from
Pinecast Lake area.

Actual
size



7/16/2010
10 AM - CABERN - Pinecast
BLUE FEATHER?
OH

Quaking Aspen
Study

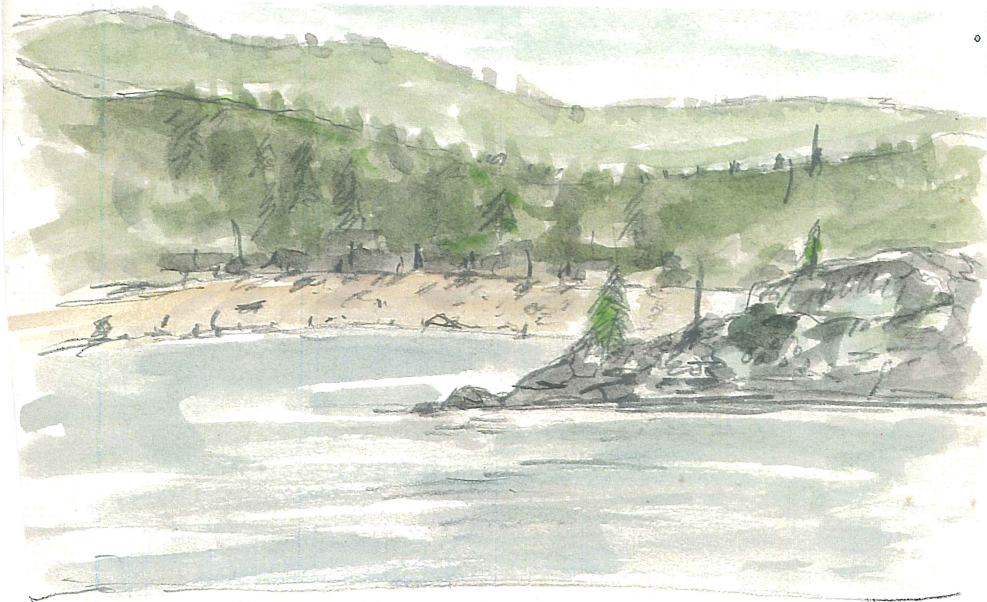
8/9/09
Pinecrest
11:AM



LEAF

My favorite thing of aspens
is the sound of the
quaking leaves. ON
warm summer early mornings, just
as the sun rises, the wind would
blow gently through a patch of
"quaking Aspens" next to our
cabin telling us that another
day has started. Early wind in the
Aspen might mean a warmer and
windy afternoon later on.

TREE
TRUNK



Hiked around the Lake this
afternoon with Tay.
Looking toward the "point"

Pinecrest Lake
North Shore Looking
West

10/10/09

2:30pm
70°

MORE GETTING STATED TIPS

SKETCH ONLY PART OF OBJECT.. JUST A SHORT SECTION
OF TREE TRUNK, PART OF A FLOWER, A BERRY

START WITH A SMALLER DRAWING RATHER THAN A
WHOLE PAGE ON SOMETHING SIMPLE.

IF NEEDED, EXPERIMENT AROUND WITH YOUR
JOURNALING MEDIUMS (PAPER, COLOR PENCILS OR
WATER COLORS, PENCILS AND PENS, ETC) SO THAT
YOU ARE COMFORTABLE AND FAMILIAR WHEN YOU
START YOUR JOURNAL.

USE PACKING TAPE TO DIRECTLY SAVE NATURAL (FLAT)
ITEM IN YOUR JOURNAL.

IF YOU ARE OUT OF TIME, GRAB THE OBJECT AND TAKE
IT WITH YOU TO RECORD AND JOURNAL LATER.

Pinecrest Lake 8/7/09 10:AM 60°/clear

The rain yesterday has made the air very clear today. Still warming up today.

Wanted to pick some "mountain Misery" plant, a small fern like plant that lets off a strong aroma that is found between 3500-5500 feet in dry areas. What is special about this plant is that this plant is the "tree smell" that we always enjoyed as a family coming up to Pinecrest. For years we thought it was the smell of the pine trees, but really what were smelling was this plant.



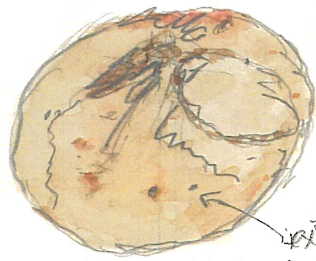
mountain Misery

SMELL ME ↓



(See Poem about this special scent 2 pages forward)

Galls IN Valley Oaks



exit holes for insect

Molly & I found some cool galls in the oak trees in the corner picnic area at Bryne Preserve. ("oak apples") Molly calls them tree frowns



light pink

insect gall? 5 or 6 points on leaf bottom side

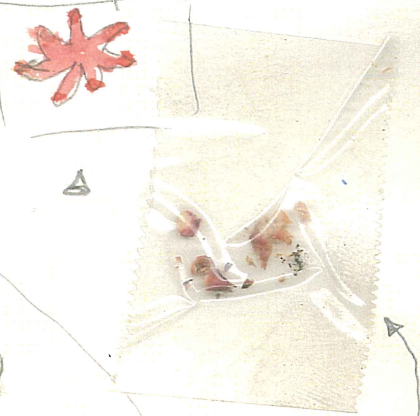
valley oak leaf

Insects bury their eggs on a leaf or on a branch and the tree responds by creating a "gall"

Different insects create different galls



valley oak Acorn



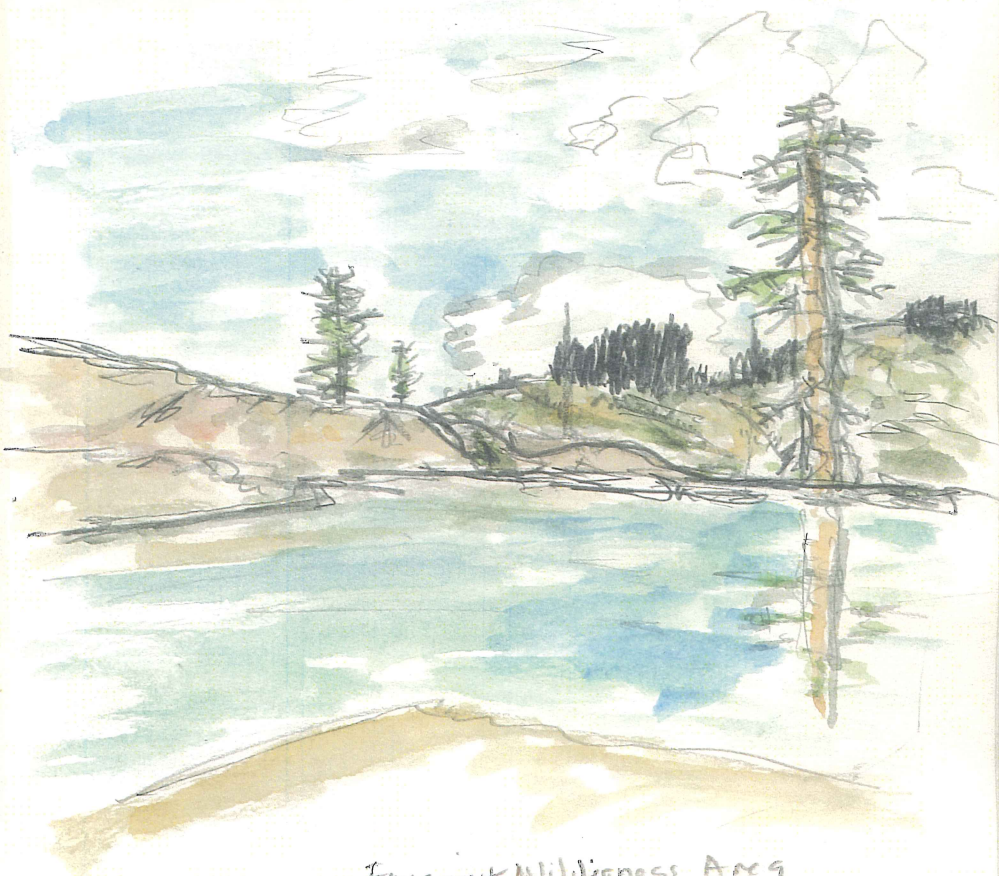
tiny galls

that look like tiny "hersey" kisses

7/15/2010

2:45 PM 80°

"Bob" Lake
Just 1/4 mile North
of Powell Lake



Emigrant Wilderness Area
small, un-named lake on top

This amazing little granite bowl lake is like an infinity pool. at one end the end gently flows out over this great canyon below. look out toward the daidarells & A small water fall feeds into lake on the other side, cascading down some rocks. the sound of falling water as it tumbles over the edge into the canyon.

Took in some sun on the rocks and yamined

we took a short swim in the refreshing water. Eric found a frog.

Wallace Marine Inn
Pattner Point

70°, sunny, windy
white caps



We sailed and motored from telegraph harbor over to Wallace Marine Island park. A tricky, stern tie in this amazing little cove. Some neat traditions here, you make a sign from driftwood with the name of your boat, and your name and leave it /hang it in the abandoned cabin. Hundred of signs left over the past 20 years.

7/27/2010 10:30 PM

Wallace Marine Park

Community Art Project Ideas

Tonight we took a nice walk down the length of Wallace Island, this long linear island. Great sunset over the islands

We made our own bit of history to add to the collection of drift wood with names of the boats and persons. Our boat the Baraclette, 27' Catalina

Thinking it would be neat to add that tradition to Pinecrest, or maybe the cabin somehow.

Another night on the deck sleeping out under the stars & full moon

FIELD NOTES AND
PRACTICE JOURNALING PAGE