



# Lillian Orlowsky + William Freed Museum School Materials List Using color with the figure for artists

who want to learn Hofmann's push/pull theory.

Please bring the following to be prepared for your workshop:

USE WHAT YOU HAVE first.

## Material List

**COLOR SWATCHES:** You will make color swatches on paper, an oil paper, or a thicker paper in colors of all kinds. Have a larger pile of red, blue, yellow, and black and white. For example, you take your oil paper 11 x 14, and make three reds, etc. OR you take your paper that is decent (90 lbs. +), gesso and paint color swatches.

Only what I have: Cardboard, house paint, watercolor, kid paint, newspapers, magazines for swatches, house glue, charcoal, rags, erasers

If ordering supplies: 5 sheets from a SKETCHPAD 18 x 24, charcoal, chamois (or rag), kneaded eraser

**PAINT:** Acrylic or oil paint, walnut oil paint or pigment sticks in primary colors. Have a palette, water and a solvent if needed. Gamsol is best indoors. OIL TAKES TIME. You will need a week to dry.

**Brushes:** Go buy three new brushes, one large, like a Flat Size 30. Do not spend a lot of money. Buy something you would not normally use.

**Scrapers:** old kitchen utensils, bubble wrap: FREE unexpected materials to apply paint.

### Solvent Notice (where applicable)

Turpentine, regular Turpenoid, regular mineral spirits, Damar Varnish and Spray fixatives (or any aerosol sprays including spray paint) are NOT ALLOWED in PAAM studios.

Approved Solvent: Gamsol

Here's why: Gamsol contains 1/3 the toxicity of turpentine. Gamsol separates liquid from paint particles when left to sit in a jar. As a result, the "clean" fluid can be poured off and used repeatedly, while pigment sediment can be disposed of. Also acceptable is Martin/F. Weber Co. Turpenoid Natural.

**Approved Mediums:** PAAM recommends Chartpak's Grumbacher Alkyd Painting Medium or Grumbacher Copal Painting Medium; Winsor & Newton's Artisan Painting Medium or Artisan Water Mixable Fast Drying Medium; or one of the natural oil products such as Daniel Smith's Poppyseed Oil.

Gamsol and many of these other products are available for purchase at the Artist-Loft or Conwell Lumber in Provincetown.

### Workshop Location

This workshop will meet at PAAM's studios, at 460 Commercial Street. The PAAM Museum School entrance is along the Bangs Street side of the building and can be reached either from Bangs Street or by taking the 460 Commercial Street museum entrance ramp around to the left. Once inside you may either take the stairs or the elevator to the second floor.

### Parking

Unfortunately, parking is not available at PAAM. Students are encouraged to drop heavy materials off at the School before class, and to allow time to park and walk. If doing so, please pull into a space and leave your blinkers on.

Provincetown is a great walking and biking town. There are two bike racks at the Museum.

**Parking on Bradford or Commercial Streets:** Street parking can be found within a few blocks radius of PAAM on Bradford and Commercial streets. Please pay close attention to yellow lines, which signify tow zones. Please do not park in Angel Foods parking lot or block driveways on either street as your car will be towed. Street parking is available on many nearby side streets.

**Provincetown's Public Parking Lots:** Parking Fees are in effect April through October.

Johnson Street Parking Lot: corner of Commercial St. and Johnson St., parking meters.

FarLand Market Parking Lot: corner of Johnson St. and Bradford St. (next to FarLand Market)

MacMillan Wharf Lot: base of MacMillan wharf.

There is also a parking area with meters along Harry Kemp Way, close to Conwell St.

**Handicapped Parking:** For those people with handicapped placards, there is a space reserved in the PAAM lot on Bangs St and two spaces on Commercial St.

**Alternatives to driving:**

The FLEX bus:

The FLEX bus runs daily from Harwich down to Provincetown (800)352-7155 [capecodtransit.org](http://capecodtransit.org)

**Other Parking Alternatives:** If you know of parking not listed here, can offer suggestions to resolve parking issues, or have parking questions please speak with Kiah Coble.

The Lillian Orlowsky + William Freed Museum School  
Provincetown Art Association and Museum  
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