

Tico Star

Led by patsy monk

San Diego Book Arts Meeting

Wednesday, April 14, 2021

10:00 a.m. Pacific Time, via Zoom



We'll learn the steps for the simple but elegant Tico Star as designed by Maria Sinayskaya. Once the original version is perfected it is easy to try out the variations included in an instruction sheet that will be provided after the meeting.

Materials for the demo:

- Pencil
- Bone folder
- 1 – 6" x 6" piece of two-sided paper (origami or regular text weight is best; do not use card stock) This will be your sample fold to keep as a reference so don't use your favorite paper!
- 8-10 pieces of 4" x 4" or 6" x 6" two-sided paper (origami or regular text weight is best; do not use card stock) You may want to have two different colors for your star.
- The number of pieces you will need will depend on the weight of paper. For instance, for origami weight you will need 8 pieces, for heavy text weight you will need 9 or 10 pieces.

Artist Statement from patsy monk:

As a nurse and health coach, health is important. As we practice any craft, we are reducing stress. **Stress** is a physiological problem that affects the body and mind and **origami** tackles both of these by engaging them equally. As the mind starts to get absorbed, you give in to the moment and let yourself be distracted.

The practice of Origami is a perfect 'take along' craft that is easy and fun to do.