

THE PALETTE

YOUR CAS COMMITTEE

- CHAIR: LINDA HOWE-ELY
- VICE CHAIR AND SOCIAL MEDIA:
JO-ANNE PENTZ
- SECRETARY: ALESSIA STOKES
- TREASURER: NOELINE Mc MASTER
- COMPETITIONS: SANDY DUFFELL-CANHAM
- EXHIBITIONS AND FINANCE ASSISTANCE:
JUDE MOLLOY
- THE PALETTE EDITOR: BELINDA DU RAND
- LIBRARY AND MONTHLY CHALLENGES:
MIKE AND PAT BAUDAINS
- CATERING: SANDY BACON
- ASSISTANT TO COMMITTEE AS PHOTOGRAPHER: MARC PENTZ

Dear Members

A warm welcome to new members Sharon Offord (featured in this edition), Raine Parsons, and Sean McCormack, Kevin and Philippa-Jane Versfeld and Betsie Morris. I hope that you will enjoy taking part in all that CAS has to offer.

This is my last letter as Chair of CAS, and so I would like to say how much I have enjoyed serving with the CAS committee, who are always so kind and, supportive. I wish them well for the new CAS year starting next month, and can recommend joining them! They are an experienced and capable group, with great ideas. It has also been very rewarding interacting with all the members I have met, both at meetings and exhibitions. Speaking of exhibitions, our Spring show at Kirstenbosch is just around the corner.

See what Jude has to say about it on page 4.

Our next meeting should be interesting; with the theme of paper, some creative work is likely to be presented!

It's also going to be busy, with the competition, the AGM, and a short talk by Brendon Bussy, art and design teacher at the Dominican School for Deaf Children in Wynberg. Should you have any art materials that you think the school could use, you will be able to give them to Brendon himself. We will also send a wish list from the school before the meeting so you know what they need.

This is also the last newsletter compiled by Belinda Du Rand, and we thank her for the many hours she has worked on showcasing our society in informative editions of the Palette since 2019.

Linda

CAS Diary: Meeting Dates

- 29 August : AGM and Challenge Competition - paper artwork
- 26 September - Les Cohn - Establishing yourself as an artist
- 31 October - Hands on "Art Swap"
- 28 November - Founder's Trophy and "My Best Artwork" Competition
- 30 January 2024



MONTHLY MEETINGS:

Meetings are held on the last Tuesday evening of every month, at the Alphen Hall in Constantia.

Time: 7pm for 7.30pm.

COMING SOON!

**OUR FIRST ANNUAL
SPRING EXHIBITION OF
MINIATURE ART @ THE
BRIGHT STREET GALLERY**

**OFFICIAL OPENING:
1ST SEPTEMBER 2023
SHOWING FOR
THE WHOLE MONTH**

**OPEN TO ALL ARTISTS IN
THE WESTERN CAPE**

**(THE EXHIBITION OF MINIATURES
WILL RUN CONCURRENTLY WITH
OUR REGULAR ARTIST'S DISPLAYS)**

Bright Street Gallery in Somerset West is open from Monday to Friday 09:00-16:00 and on Saturdays from 09:00-12:30.

We also celebrate First Thursdays 16:00-20:00 and Second Saturdays 10:00-14:00 events. These include demos from some of our artists and refreshments.

Our space is also available to hire for celebrations, end of year functions and much more. We have a courtyard at the back, bathrooms and basic kitchen facilities.

All are welcome to our warm and loving environment.

Please contact Kerry Mason at 084 441 0637 for bookings and more information

JULY MEETING REPORT BACK: RICHARD MITCHELL ON PRESERVATION AND RESTORATION OF OIL PAINTINGS



Richard began by saying that ignorance is often the reason why oil paintings get damaged. He then showed us how little we knew!

Bubble wrap, he said, is the cause of much damage, and he really hates it. If a painting is wrapped in it and spends some time in a hot car, the bubbles magnify the heat and can damage the surface of the paint.

The key, is to start with a well-prepared canvas. It needs to be sized, primed and stretched correctly to offset some of the damage that creeps in over the years. Suggested priming includes gelatine or rabbit skin glue. As oil rots canvas, the idea is to create a layer of protection between the oil paint and the canvas. It also helps to give tooth for the oil to adhere to more firmly. Several layers of primer should be used. Incorrectly primed canvases can cause the paint to crack and even peel away from the canvas.

The construction of the stretcher is also most important. Sharp edges at the angles of the stretcher eventually cause the canvas to tear. Staples or tacks that do not rust should be used. You also need to ensure your canvas is stretched as tightly as it can be on the stretcher.

Picture varnish enhances colours and protects the paint, but the paint has to dry for at least six months before varnish can be used. As varnish is the element that protects the oils from the environment, it ends up taking the beating and discolours over the years. It is the essential step to protect paintings from dust, moisture and scratches.

Luckily it can be stripped and reapplied to extend the life of the art piece for centuries.

Richard is not keen on retouching varnish as it mixes with the uncured paint, so it is not good from a restorer's point of view.

Richard answered many questions from interested members, then showed a series of “before and after” slides of works he has restored - the magic of restoration unfolded right in front of us. When he removed the old, discoloured varnish, the true vibrant and detailed artwork was revealed. The difference was astonishing. One of the paintings was done in the 1600s. Some of the works he has restored are on display at Groot Constantia and Groote Schuur Hospital.

Richard has also done restoration work for some of our members. He may be contacted on 082 409 2242.

CAS SPRING EXHIBITION

Don't forget to book your place at our September Exhibition from 1 to 15 September. Thank you to all who have already booked. There are still panels available, but please get your entries in soon to be sure you can get a space. We're allowing double panels now as we're getting closer to the exhibition date, so if you're looking for an extra panel, let me know via email. I'm looking forward to a great September Exhibition! X Jude.

MEMBER FEATURE: SHARON OFFORD

One of our newest members, Sharon Offord writes: I was the child who was always doodling and sketching but was nervous of paint because it is harder to control. After my youngest child left home, I felt the need to deal with the empty nest syndrome and took up fabric painting. This progressed to other types of painting and eventually to oil painting with a particular interest in painting the sea. I do not have formal art training but tend to challenge myself with each new painting I tackle. (See if you can recognise her scenes from an East London beach and False Bay.)



MEMBER FEATURE CONTINUED: SHARON OFFORD



CAPE CLIVIA SHOW

30 Sept - 1 Oct 2023

Milnerton High School

www.cliviasociety.com

The Cape Clivia Club

is hosting an international conference in conjunction with their annual show. Clivia enthusiasts from around the world as well as other parts of South Africa will be attending, along with the general public.

If you might be interested in exhibiting your works of Clivia flowers and habitat - paintings, drawings, printed cards etc please contact

Belinda Du Rand

0718726923

THE BOOK NOOK & CO.

"Creativity is not just about making your mark on the paper. It's about looking at the world a little differently and opening up your imagination to what it could be." (Lorna Scobie)

Being creative and making art is important to a lot of us - not just because it's enjoyable. Rather, in doing so we get to express a very important part of ourselves that otherwise doesn't get let out of its cage very much.

If your life is anything like mine, finding a balance between what you have to do and actually want to do, tends to tip that see-saw very much to the side of "have-to". If "have-to" was an animal, it would be that hefty hippo undulating over the sides of that see-saw, eating watermelons and winking at you...

What then can help us to keep inspired, motivated and indeed able to carve out time - with whatever we can get our hands on, even if it just a blunt picnic knife?

Starting with bite size pieces may be a good place to begin. Lorna Scobie's brilliant book, "365 Days of Creativity - Inspire your imagination with art every day", is one such bite.

This beautifully produced, full colour "exercise" book is designed to keep you making something everyday. Some pages are blank with a prompt such as #131 - "A great

way to encourage yourself is to think creatively is to focus on the things that inspire you. Fill this page with drawings of items, ideas, or even places that you love."

#48 recommends - "Draw a sea. You could start with watercolour paint, and allow the colours to blend into each other. Or perhaps use oil pastels, which can be blended together with your finger. Suggest movement by making energetic marks, or using torn pieces of paper."



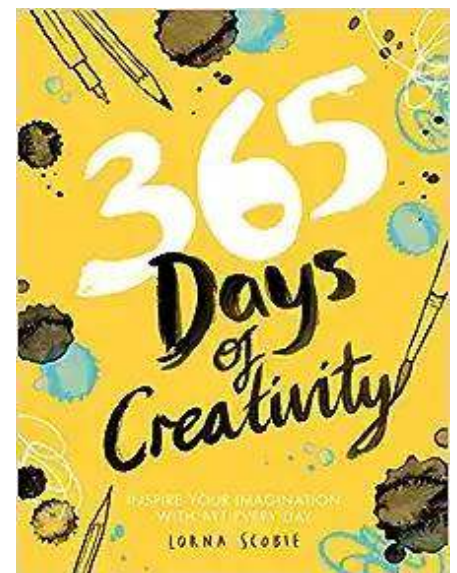
#225 proposes you "Mix watercolour paint and water in a palette, dip your finger or thumb and create fingerprints on the page. Create abstract shapes, objects or even characters from the marks you make."



While these exercises may seem infantile to the seasoned artist, they are actually an amazing way to just get out of your head, and just be. They completely remove the pressure to make some master piece and allow you to purely enjoy being

creative. It was Picasso that so famously said, "It took me four years to paint like Raphael, but a lifetime to paint like a child."

Young children have a an ability to simply relish the process and not be judgmental of what they are making. Perhaps it is time to get out of our rut and remember what it is like to play. (Images copyright L.Scobie, 2019)



Need some more ideas how to stop artist's block get motivated? Find it by clicking on this link:

<https://www.constantinabergartsociety.com/thebooknookandco>

Happy Reading!

Alessia

MONTHLY CHALLENGES

2023

- August - AGM Competition
(see below for more details)
- September - Renoir lady
- October - Pierneef landscape
- November - My Best Painting Competition
- December - No challenge

AGM Competition

Medium - PAPER

Theme - SERENDIPITY

serendipity

[ser-uhn-dip-i-tee] noun

the fact of something interesting or pleasant happening by chance.

an aptitude for making desirable discoveries by accident.

We look forward to seeing what ingenious ways paper can be used .

Do remember, the judging is to be on the application of the medium and theme,
and not technical ability

Paper used as a support - water colour or pencil sketch.

A 3D work made out of paper- paper sculpture.

Paper on paper - a collage.

Works may be supported by card, as a backing and/or or as a support for a 3D
work made of paper.

The maximum size is 50 x 50 cm, including mount, where applicable.

SEPTEMBER CHALLENGE: RENOIR LADY

Pierre Auguste Renoir 1841-1919

Renoir was once described as a painter of 'an influx of little round plump beings with beautiful red cheeks'. He had always had an ideal woman in mind though, even before he met his favourite model (see the blonde bather), later to be his wife, Aline Charigot. His paintings of pearly, smooth skinned girls with small noses, blonde hair, wide mouths, rosy cheeks and a tendency to the plump became his favourite form. Working first as a decorator of porcelain and silk, until machinery took over with accurate replication, he then embarked on a career in the fine arts, enrolling at the Ecole de Beaux-Arts where he encountered the Impressionist

movement. Looking back on his early work with porcelain, he said, 'I loved my first job, it was good, honest work'. Renoir was one of the most successful impressionists, selling his paintings.



He painted happy scenes, smiling people, relationships between attractive people - child and adult, sparky young men or kissable girls, sunshine, flowers, a bottle of wine, breaking from the 18th century formality of art.

Charles Cleyre, his teacher, observing his sketches, said 'Young man you are very skilful, very gifted, but no doubt you took up painting to amuse yourself' to which Renoir replied, 'Certainly if it didn't amuse me, I wouldn't be doing it'.

In later years, suffering from arthritis, he strapped a brush to his wrist to paint.

Happy painting, Mike



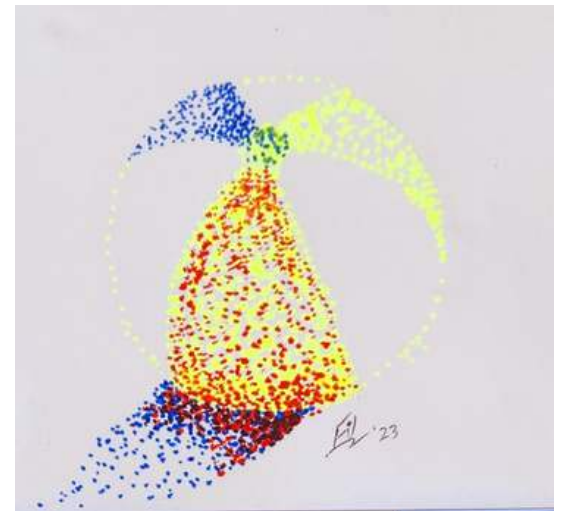
JULY CHALLENGE: SEURAT



Penny Steynor
Muizenburg Beach
Medium: watercolour



Artist: Linda Howe-Ely
West Bay



Fil Angelakis
Beach Ball
Medium: fine line markers on paper

Inspired by Seurat's style of pointillism in primary colours.

Samantha Harlock-Moisey
Beach scene
Medium: Acrylic



JULY CHALLENGE: CONTINUED



Artist: Mike Baudains
They went that way
Medium: Acrylic

Artist: Kirsten Slater
Beach Babies
Medium: Oil



Trevor Vaughan Jones
Blouberg Strand
Medium: Acrylic



Due to our unreliable postal service, our UK magazine, The Artist, has been arriving in fits and starts but fortunately, most have succeeded in reaching us. This month two magazines arrived and they have many interesting articles. In the June issue, there is a demonstration on seascapes in mixed media by Soraya French (the demo happens to be of Hermanus beach) which follows nicely from the demo given by Lynne Menge. There is also a two part article on portraiture by Sally Ward which continues in the July issue, also received. Sally, an award winning portrait artist, has many useful tips and two excellent demos to follow.

There is an article on transitioning from oil to acrylic, another two part article on portraits - in pencil and charcoal, a demo on painting an object made of glass, and an article on the Zorn palette in the July issue and much more.

We have, in the library, an almost unbroken sequence of The Artist magazine from June 1995 to the present with an incredible range of info on all medias and styles of painting, so give us a call to order a magazine to peruse.

Mike

SOME REMINDERS ABOUT USING OUR LIBRARY

1. BOOKS ARE LOANED FOR A MONTH, FROM ONE MEETING TO THE NEXT. PLEASE BE CONSIDERATE ON THIS ISSUE.
2. YOU MAY RENEW YOUR BOOK ONCE, THEREAFTER A FINE OF R10 FOR EVERY MONTH NOT RETURNED. PLEASE CONTACT MIKE TO RENEW.
3. IF SOMEONE ELSE HAS REQUESTED THE BOOK YOU HAVE OUT THEN IT CANNOT BE RENEWED.
4. ONLY 2 ITEMS MAY BE TAKEN OUT AT A TIME.
5. GUESTS OF MEMBERS MAY NOT BORROW ANYTHING FROM OUR LIBRARY.
6. IF A BOOK IS LOST OR DAMAGED THEN IT NEEDS TO BE REPLACED WITH AN IDENTICAL COPY OR PAID FOR.

Please consult the attached lists of CAS art books and magazines.

Make your selection and contact our librarians,

Mike (0822236501) and Pat (0761423891) Baudains, on patbaudains@gmail.com,

or 021 7616395, to collect your pre-reserved items at our monthly meeting, or arrange to pick them up in Plumstead.

ART CLASSES, Workshops, and GROUPS

Fil Angelakis

Contact number: 082 437 1434

Email: fil@artistfil.co.za

Media taught: Oil / Mixed Media

Area of operation: Kirstenhof Home Studio

Karen Burns

Contact number: 082 4126695

Email: karenjlo704@gmail.com

Media taught: Oils

Area of operation: Newlands

Glenda Chambers

Contact number: 082 222 2820

Email: artgchambers@gmail.com

Media taught: Watercolour, Acrylic and Oil

Area of operation: Bloubergstrand

Karin Davel

Contact number: 072 122 8084

Email: karindavelart@gmail.com

Media taught: all mediums (not limited to Watercolour, Ink, Mixed Media, and especially Drawing)

Area of operation: Glencairn Heights

Sonja Frenz (workshop)

Contact number: 083 631 3476

Email: sonjafrenz@gmail.com

Media taught: Oil, Charcoal/ Artist's Journal

Area of operation: Durbanville (or other venues supplied)

Laetitia Koen

Contact number: 082 659 9336

Email: laetitia.finearts@gmail.com

Media taught: Acrylic, Pastels and Graphite

Area of operation: Pinelands

Melanie Meyer

Contact number: 082 874 2393 (Whatsapp is best)

Email: melanie@melaniemeyer.co.za

Media taught: All

Area of operation: Pinelands

Lyn Northam

Contact number: 072 380 4209

Email: northamlyn@gmail.com

Media taught: Oil painting for beginners

Area of operation: Newlands

Elizabeth Pearson

Contact number: 082 658 5533

Email: lizp@iafrica.com

Media taught: Oils

Area of operation: Kenilworth/Claremont

Wyn Rossouw

Email: wynrossouw@gmail.com

Media taught: Oils

Area of operation: Bergvliet

Penny Steynor

Contact number: 072 526 4431

Email: steynor@mweb.co.za

Media taught: Watercolour and Pastel

Area of operation: Pinelands

Kim Watermeyer - In The Zone

Contact number: 079 343 5953

Email: art.inthezone@gmail.com

Media taught: Acrylics, Mixed Media, & a wide variety of different workshops

Area of operation: Plumstead/Constantia border



DISCOUNTS FOR CAS MEMBERS

Your 2022/23 membership letter/card will allow you to claim your discount from the following art shops:

- 10% at Truly Fantastic Canvases (Capricorn Business Park, Muizenberg)
- 10% at The Write Shoppe (Steenberg, SunValley, LongBeach) selected art materials
- 10% at The Italian Artshop (Riverside Mall, Rondebosch)
- 10% at Waltons (Constantia Village, Constantia)
- 10% at Brush & Canvas (Belvedere Square, Claremont)
- 10% at The Deckle Edge (13 Brickfield Rd, Salt River)
- 10 % at Artland (Heritage House, 20 Dreyer Str, Claremont)

PALETTE ADVERTISING RATES

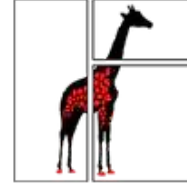
Full Page R300 (A4 portrait)

Half Page R200 (A5 landscape)

Insert R150

(All options include an email to members and advert on the CAS social pages)

Thank You to our 2023 Competition Sponsors



artland
EMPTY WALLS LOVE US

eth
canvas

THE DECKLE 
EDGE 



THE
ITALIAN
ARTSHOP

THANK YOU ZELLEN FOR SPONSORING CAS
MONTHLY CHALLENGE



THE
W'RITE
SHOPPE

Southern Suburbs

ARTLAND: Linda

Shop 4, 20 Dreyer St, Claremont

021 671 6001.

(Offer 10% Discount to members)

CRAFT PICTURE FRAMERS: Gavin

Ground floor Stadium on Main, Claremont

021 6832472

FRIEDA THE FRAMER

32 Ontong Way, Grassy Park

0733735588

JACQUI'S FRAMERS AND ART GALLERY

89 Main Road, Fish Hoek

021 782 7324

KELSO FRAMES: Craig Cowan

083 463 0329 or 021 706 0287

Unit 10, South Cape Industrial Park, Diep River

REFLECTIONS GLASS AND FRAMING

Christy Centre, 35 Kendal Road, Diep River

reflectionsglass.framing@gmail.com

083 263 3475

THE FRAME JOINT

6A Richmond Road, Mowbray

0828101889 or 021-686-4041

THE FRAMERIE: Johan

55 Main Rd, Bergvliet

021 7123141 or 072 5361521

THE FRAMERY

24 Meadow Lane, Hout Bay

0739495971

THE FRAMING CENTRE: Mike Heath

021 7626563 or 083 444 2226

9 Torrens Road, Golf Links Wynberg/Ottery

TRULY FANTASTIC,

Capricorn Park

021 7851161

(Offer 10% Discount to members)

THE VILLAGE FRAMERS

58 Belvedere Rd, Claremont

0216838996

TEMPLECREST ART FRAMERS: Davel

Cell: 0836550032

44 Cockburn Street, Glencairn Heights

THE FRAMING RABBIT

079 724 8903

5 Kestrel Rd, Kreupelbosch

Northern Suburbs

DIE ROOI RAAM: Lindie Conradie

Durbanville

0762458924 or 021 9751857

lin@dierooiraam.co.za

KINGSTON FRAMING

Stuarts Hill, 12 A Pinewoods Rd, Somerset

West

079 495 0374

www.kingstonframing.com

By Courier

FRAMING MATTERS: Margie Peacock

072 173 5283

Pringle Bay, uses a local courier



ART GROUPS and PLEIN AIR OUTINGS

Liz Pearson - facilitates an art group
Newlands at Peter Clarke Art Centre
Any medium
Costs involved: R250 per term
082 658 5533

Life Drawing Dale Brook Community Centre
Tuesdays 9am to 1 pm R80 per person –
For more information contact Ros Walters
076 4171705 or 021 786 2208

SASA En Plein Air group
Meet up all over Cape Town
Free to attend
For meeting details contact Sonja on
0836313476 or
sonjafrenz@gmail.com

You can also join the Cape Painters and Sketchers
which goes out most Mondays depending on the
weather.

Cape Painters and Sketchers is a group of plein air
artists from SASA, CAS and BAS, as well as a few
freelancers, who go out most Mondays, weather
permitting. Venues and times are posted on the
WhatsApp group.

If you would like to join the WhatsApp group,
please email sonjafrenz@gmail.com or
chris@reabow.com and they will add you to the
list.

These outings present a wonderful opportunity to
be outdoors with safety in numbers and take
away the ongoing dilemma of 'what should I
paint'.

Just a reminder that when you are planning a
plein air outing, you can contact
constantiabergartsociety@gmail.com for a copy
of a letter giving you permission to paint en plein
air in any of the Table Mountain National Park
areas.

Please send a pic of your finished artwork to
constantiabergartsociety@gmail.com to be
included in our next newsletter.

Assist CAS to grow ...

- Our society is committed to the development of local artists, invite your friends and acquaintances to our monthly meetings.
- Please tag #casconstantiabergartsociety when posting on social media.
- Feature your art on our Facebook page. Members may email their biography, and up to 10 photographs of their artwork to constantiabergartsociety@gmail.com

Not sure if you have an album? Follow this link to see all current albums

<https://www.facebook.com/CASConstantiabergArtSociety>

Is your existing album outdated? No problem.

Send us some photographs of your new artworks and any additional information you would like to share and your album will be updated.

I look forward to seeing and sharing your artworks.

To Anne Pentz

Social media/Vice Chair.

Until Next Time -
Keep Creating!
CAS Committee

