

# THE PALETTE

## YOUR CAS COMMITTEE

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- VICE CHAIR & COMPETITIONS: SANDY DUFFELL-CANHAM
- SECRETARY & WEBSITE: ALESSIA STOKES
- TREASURER : NOELINE Mc MASTER
- SOCIAL MEDIA: SAMANTHA HARLOCK-MOISEY
- EXHIBITIONS & FINANCE ASSISTANCE: JUDE MOLLOY
- LIBRARY & MONTHLY CHALLENGES: MIKE BAUDAINS
- LIBRARY: PAT BAUDAINS
- CATERING : SANDY BACON
- COMMITTEE ASSISTANT - PHOTOGRAPHER: MARC PENTZ
- COMMITTEE ASSISTANT - AV: ANDY DUFFELL-CANHAM
- COMMITTEE ASSISTANT - PALETTE: PHILIPPA VERSFELD

*Hi Fellow Creatives,*

Winter has arrived as well as a busy CAS period. Our year end is just around the corner.

Please start renewing your membership subscriptions which are due on or before 31st July. Our annual challenge and AGM will take place 27th August. The annual challenge theme this year is "Lost and Found". You are being challenged to find lost value in waste. All artworks to include recycled waste. Have lots of fun creating! Sandy D-C is very busy negotiating with our sponsors generating prizes for our challenge winners.

Sadly, after years of service 4 of our committee members are stepping down. Please consider joining the committee. It will be unfair on the remaining 5 volunteer committee members to fulfil the secretarial, web design, catering and library portfolios as well as their current portfolios.

The committee meets once a month to enjoy delicious treats, plan events and discuss new ideas on keeping our meetings and society fresh and exciting for our members.

Committee meetings are warm and friendly. Please send an email to [constantiabergartsociety@gmail.com](mailto:constantiabergartsociety@gmail.com) or contact me, 0823026406, for more details if you are interested in serving on the committee.

Philip Barlow, our May speaker, was a breath of fresh air. I am still blown away by how he has created an international career in art from creating paintings from blurred photographs. My takeaway from the meeting was to embrace life and find the beauty in our surroundings.

Anschen Frederichs is our June speaker. Through her presentation, Anschen will introduce us to the art mediums she enjoys. Anschen creates soft furnishings, jewellery and leather handbags from her paintings. Examples of her products will be available to purchase between 7pm and 7:30 at our monthly meeting.

I look forward to seeing you all on 25th June.

*To-Anne  
Cas Chair*

Website: [www.constantiabergartsociety.com](http://www.constantiabergartsociety.com)

Email: [constantiabergartsociety@gmail.com](mailto:constantiabergartsociety@gmail.com)

Instagram: [@casconstantiabergartsociety](https://www.instagram.com/casconstantiabergartsociety)

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



**It's that time of year again**

**We know you love being a part  
of CAS, and we love having  
you!**

**Don't forget to renew your membership  
before 31 July 2024, so we can continue to  
create - exhibit - support - inspire**

**Renewal fee for 2024/25: R340**

**Second family member: + R170**

**Additional family members: +R80**

**New members additional fee: + R160**

**Please don't forget to put **SUBS+Name+25** as  
a reference so that we know the payment is from you!**

## CAS Diary: Meeting Dates

- June 25th - Anschen Fredrichs
- July 30th - Interactive Painting Evening
- August 27th - AGM and Annual Challenge
- September 24th - Crit Evening with Marc Alexander
- October 29th - Philippa Versfeld on Linocut
- November 26th - Year End and Founders Trophy for best completed artwork for 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.

## Library Matters

Abstract books are what I have looked up this month. With our abstract challenge coming up in July, let me tell you what the library has on offer for inspiration.

To start, we have books on abstract artists such as Rothko and Kandinsky or those with a more realistic approach, such as Klimt and Voigt. We have a range of instruction books, namely :

- “Painting Abstract” by Rolina van Vliet
- “Realistic Abstract” by Kees van Aalst
- “Abstract in Acrylic and Ink” by Jodi Ohl
- “Acrylic Revolutions” by Nancy Reyner
- “Creative Artists” by Nina Leland

There are many more of a slightly less abstract nature such as the Impressionist books. Looking through the pages of these books gives me a feeling of fun and excitement. Forms, shapes, colours, giving the impression of simplicity, yet so difficult to achieve that harmony which makes for a good painting.

*Mike*



**Abstract art was the equivalent of poetic expression; I didn't need to use words, but colours and lines. I didn't need to belong to a language-oriented culture but to an open form of expression.**  
- Etel Adnan

# Meet the Committee

## Samantha Harlock-Moisey

Samantha has always been creative and enjoyed trying different arts and crafts. She grew up in Cape Town and has a background in social work. She has worked in organisations that have used art and creativity as tools for employment, growth and upliftment.



It was during the COVID-19 lockdowns that Samantha started focusing more on trying to improve her painting skills, while still having fun learning new techniques. She started attending online lessons in 2020, and in 2022 joined the Constantiaberg Art Society to be able to learn more and meet other creative minded people. She then joined the committee in 2023 in the social media portfolio.

She enjoys working with a variety of different materials and loves pushing herself to experiment with new materials and techniques. She generally prefers painting on smaller canvases and also enjoys documenting her creative journey in sketch books. She has found that being part of creative communities has really helped her learn and grow alongside others.



# May Speaker Feedback

## Philip Barlow

When the English language fails, borrow from another language. “Bokeh”, in one word, sums up Philip Barlow’s more recent work. This Japanese word beautifully describes the blurry or hazy quality often associated with a photograph technique.

Even though he came from a family that studied graphic art, (which he too felt would make him more employable) a lecturer gave him the push he needed - to be true to wanting to “produce something from his soul” - which is how he felt about art. This led him to graduate in 1990 with a diploma in Graphic Fine Art, with printing, stained glass, and photography from the Nelson Mandela Metropolitan University in Port Elizabeth.



Philip candidly shared some of his former bohemian youth. His early, more surrealist work reflected his unsettled mindset of that time, a feeling of not belonging or being at odds with the world. He initially felt that he needed an altered state of mind in order to be more productive, yet found that it actually made him less productive.

In his youthful travels, he found himself in various European countries. Some of his adventures led to him having to sleep on the beach or a park bench. Yet, in one of those times of want, he realised that he should make the most of his “God given skill.” This led him to do a magnificent drawing of Hôtel Le Negresco, in Nice. He approached the hotel manager with the drawing, who then bought it for a generous amount!

1993 was a turning point for him, and his newfound faith in God. Hebrews 11:3 being among his favourite scriptures. He feels that creation allows for ordinary things to be viewed as extraordinary. The simplicity of a daisy when viewed with fresh eyes is, in fact, a marvel of engineering. Philip wants a mundane scene to be beautiful.

His photography background has helped find his style of “bokeh” painting.

Although the concept is photography based, and indeed Philip uses his camera to capture his reference images, he firmly believes that painting brings something to “life” that a photograph cannot - as “a photo cannot see” what a painting can show. “More of a story can be told by paint on canvas than by a photograph”. He feels that painting provides nuance. He loves how our eye is able to discern the subject of the image, although blurred.

Colour is extremely important to him (especially pink) as is the “elusive nature of light”. Whilst he loves colour, he limits his palette to about 9 colours (of which pink strongly features). Having said that, he rarely uses the colours in their pure form. Rather, he works with complimentary colours, or colours that have a touch of another mixed in with them. When placing them in his painting, he will then use a mixed colour next to a “clean” (pure) colour. This collocation makes for a visual feast.

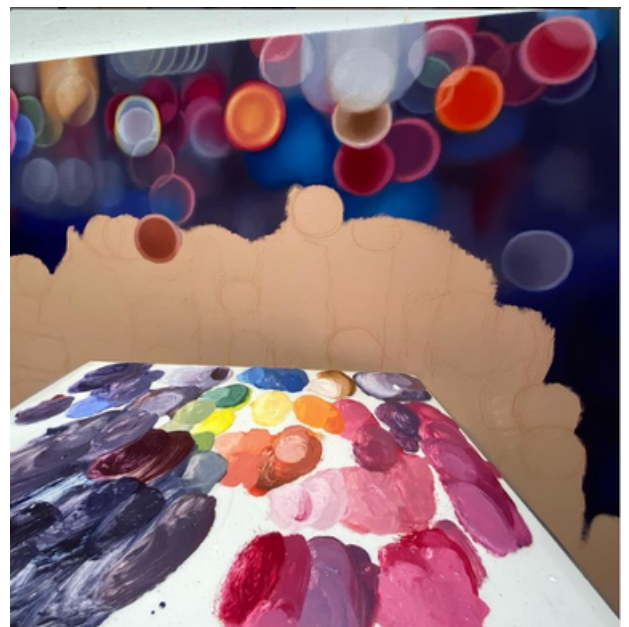


Image Source : Instagram @philipbarlow

## **Philip Barlow Report Continued...**

His method when painting, (as his paintings are labour intensive) is to work from top to bottom and completing a section from left to right. His wet on wet approach is further achieved by using one of the longest drying oils, poppy oil. Filberts are among his most used types of brush as the curve allows a cleaner finish. Belgian or Italian linen are his favourite canvas choices.

Philip was a thoroughly engaging speaker, whose evident passion for art and life came through copiously. His story has solidified that although challenging, it is possible to have a successful career as an artist.



# **YOUR SOCIETY NEEDS YOU!**



Please consider joining the CAS committee. Four committee members have indicated they are no longer available to serve on the committee 2024/25. If you are interested in volunteering please contact Jo-Anne (0823026406) or email [constantiabergartsociety@gmail.com](mailto:constantiabergartsociety@gmail.com) for more information. We are needing a secretary, web designer, caterer, and a librarian.

# LOST AND FOUND

AGM CHALLENGE COMPETITION

27 August 2024

The CAS committee is challenging

members to

FIND LOST VALUE

in what would otherwise

become waste

All artworks are to be created from  
recycled materials.

Max size is 75cm

(length, width & height)



# June Speaker

## Anschen Friedrichs



As an art lover, creative and entrepreneur, Anschen believes that art should be more than just a gorgeous picture on a wall. She thus created a unique range of lifestyle art products and expanded the range to include wearable art products, such as genuine leather handbags, which she manufactures in her studio. In addition, her art range consists of sterling silver jewelry, table runners, placemats and scatter cushions, to name but a few. Each of her art products bears an image of one of her original flower paintings.

Anschen Friedrichs is a South African visual artist, creative entrepreneur and business owner. Based in Cape Town, her studio overlooks glorious Table Mountain from which she draws inspiration, finding beauty in everyday life. Anschen is intrigued by the relationship between light, shadows and colour in art. She aspires to accurately capture the delicateness of flowers, the details so often overlooked by busy world travellers, as well as their breath-taking beauty.

Anschen is an active member of the South African Society of Artist (SASA) and has taken part in various SASA group exhibitions held in the world famous Kirstenbosch Botanical Gardens, which can be found at the foot of Table Mountain in Cape Town. Anschen had the privilege to be part of the “Home is Where the Art is” art collection group exhibition at the ZEITZ MOCCA Museum of Contemporary Art, located in the Silo District at the V&A Waterfront in Cape Town (Oct 2020 – Oct 2022).



A collaboration between WonderTV (a DigiTV channel) and Anschen, led to a 10 episode “Art by Anschen” digital TV series which went live on the 28th of February, 2022. The aim for this show was to introduce 10 different arts and crafts to the viewers in a wonderful journey of exploration and finding the new. The series can be viewed via following the link: [https://tv.digicentral.co.za/wonder/Wonder-Tv-arts-and-crafts/akrillies\\_deel1](https://tv.digicentral.co.za/wonder/Wonder-Tv-arts-and-crafts/akrillies_deel1)



Various commissioned works have been completed and have found forever homes as far as the USA and all over South Africa. Art by Anschen products have been shipped to 12 countries in the world (as of late 2021) and each order still results in a big smile and a happy dance!

Continued...





#### ARTIST STATEMENT:

The smallest flower can leave me breathless and astounded by the amount of beauty that it holds. While we are so much in a hurry doing everyday life, I give my utmost to get the viewer of my artwork to pause for a moment, to breathe in the movement of the petals, the shadows and light, the colours which are intricately woven together, the details and the scent of the flower – albeit for longer than just a moment.

Art is more than just a full time occupation to me. It is a glorious hymn of praise that brings my heart and soul to life. Whilst I started off my full time art career in 2018 mainly by painting with acrylics, I have discovered Rembrandt oil paint, which is my first choice for artworks on linen. The rich colours and creamy substance allow me to layer and glaze as needed, while bringing the subject to life. The promise of colour fastness and quality are well suited for my art style and ensure a high quality end product. I spend around 150 to 200 hours to complete an artwork.

An introduction to PanPastel in May 2022 opened up a whole new world to me. This professional quality, uniquely packaged pastels' ability to be applied like a paint, has given me 'permission' to work faster and a little looser. I am excited for the journey ahead! In 2023, I have added Linocut art to my profile of art mediums and embarked on the watercolour paint journey in March 2024.

“**My motto? “I aspire to bring beauty to the world, one flower at a time.”**

**Ps 37:4 Delight yourself in the Lord, and He will give you the desires of your heart.**”

Contact the artist via email on:  
[info@artbyanschen.com](mailto:info@artbyanschen.com)

EXAMPLES OF ANSCHEN FREDERICKS'S PRODUCTS WILL BE AVAILABLE TO PURCHASE AT 15% DISCOUNT BETWEEN 7PM AND 7:30 AT OUR MONTHLY MEETING. UNFORTUNATELY, DUE TO TIME RESTRAINTS, HER PRODUCTS WILL NOT BE AVAILABLE TO PURCHASE AFTER OUR MEETING. ALL HER PRODUCTS ARE AVAILABLE ONLINE TO ORDER PRIOR TO OUR MEETING OR THEREAFTER.

[ARTBYANSCHEN.COM](http://ARTBYANSCHEN.COM)  
[INFO@ARTBYANSCHEN.COM](mailto:INFO@ARTBYANSCHEN.COM)

Only 25-06-2024

15% OFF



Scatter Cushions Sleeves & Placemats



Sterling Silver & Leatherlings



Coasters & Table Runners



# May Challenge

## Impasto



Tanya Ngana, "Glencairne, Oils



Samantha Harlock-Moisey, "Protea", Acrylic



Margie Munro, "Approaching Elephant", Oils



Mike Baudains, "Vineyards Groot Constantia", Acrylic



Kirsten Slater

# May Challenge Continued...



Sharon Oxford, "Postberg in Spring", Oil



Trevor Vaughn-Jones, "3 Trees", Oils



Fil Angelakis, "Palette Knife Floral", Acrylic



Sandra Duffel-Canham, "Vinyards", Oil

**25 JUNE - ACTION, PAINTING MOTION**

**30 JULY - ABSTRACT**

**27 AUGUST - AGM "LOST AND FOUND"**

**24 SEPTEMBER - SPRING COLLAGE**

**29 OCTOBER - GLASS & SILVER STILL LIFE**

**26 NOVEMBER - FOUNDERS' TROPHY :**

**MY BEST ARTWORK**

# July Challenge

## Abstract

Someone said that at birth, everyone has an artist within them who sees the light, dies young, and then lives on as an adult.

Abstract is about learning to see like a child once more. It is more than slavishly depicting the reality of nature, it's going back to the roots of the artist's skills of feeling colour, shape and texture; learning creativity, expression, originality and individuality. It's the joy of playing with materials and design, creating something entirely of yourself, your feelings, your fantasy.

In the process nothing is 'wrong'.

Consider, alternatively, creating a 'realistic abstract' as our May speaker, Philip Barlow, does; the subject recognisable only by the essence of the scene, painted with freedom and fluency, leaving much to the imagination of the viewer.

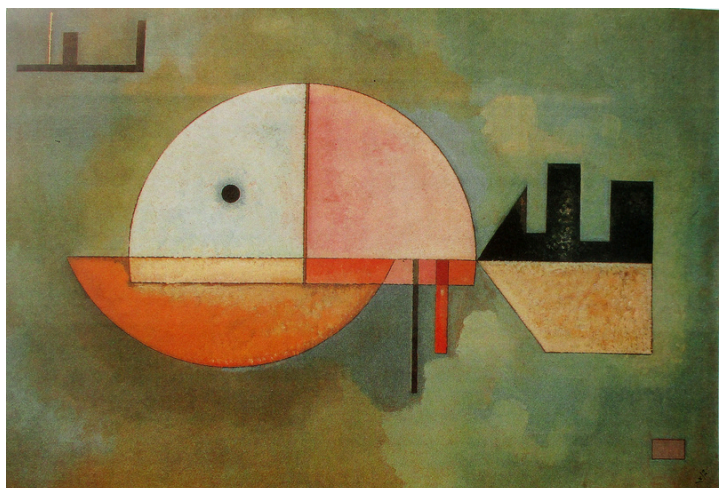
Paint in the way you would read poetry or listen to music. Gustav Mahler said that "what's best in music is not found in the notes".

Have fun!

*Mike*



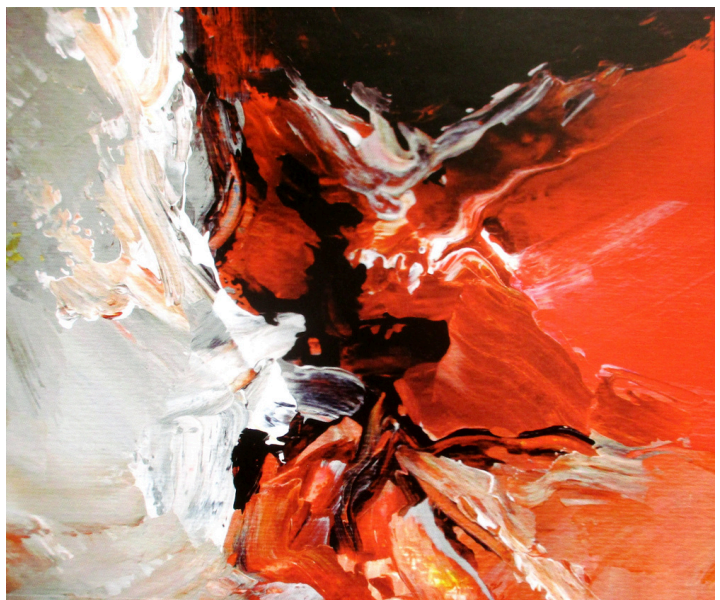
"Riddles of the Earth", Virginia Lee Williams



"Upward", Kandinsky



"Colour Riders", Bonny Youdin



Excercise in Palette Knife, from "Painting Abstract", Relina van Vliet

THE DECKLE EDGE 

**STOCK UP EARLY**

FOR A GREAT

**WATERCOLOUR  
MONTH**

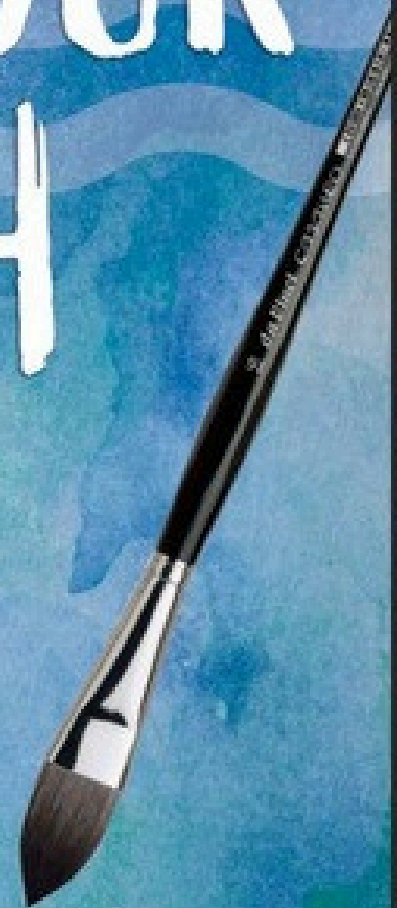
**SAVE UP TO**

**30%**

**ON THE WATERCOLOUR  
ART SUPPLIES YOU LOVE**

TS AND CS APPLY

[WWW.DECKLEEDGE.CO.ZA/PROMOTIONS-COMPETITIONS/](http://WWW.DECKLEEDGE.CO.ZA/PROMOTIONS-COMPETITIONS/)



Adult Prize

THE DECKLE  
EDGE



Stand to WIN a watercolour hamper worth R 8000

Use your own watercolours at home  
or  
Come to The Deckle Edge and use our  
watercolours in-store for FREE

Holiday painting  
fun for the  
whole family

Come paint in-  
store with our  
amazing  
watercolours



THE DECKLE  
EDGE

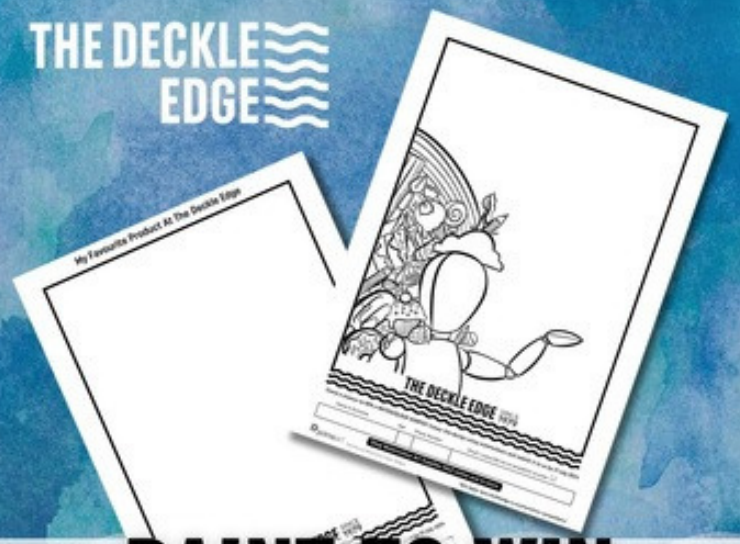
Watercolour PAINTING  
Competition

THE DECKLE  
EDGE



PAINT TO WIN  
Watercolours In-store

THE DECKLE  
EDGE



PAINT TO WIN  
Watercolours At Home

## RULES:

THE DECKLE  
EDGE

1. Collect entry forms in-store or download online
2. Must use watercolour paints or pencils
3. Must subscribe or be a subscriber to Deckle newsletter to enter and to win
4. Entries close on 31 July 2024 and we will choose a winner from our favourite submissions.
5. You can submit entries in-store, via email and via social media by tagging us in your creations using the handle @thedeckleedge on Facebook, Twitter and Instagram.
6. Full T's & C's on our competitions and promotions page.

## DISCOUNTS FOR CAS MEMBERS

Your 2023/24 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)

## NOTICE BOARD

**CLICK ON THE LINKS BELOW TO ACCESS THESE RESOURCES:**

- [CAS Recommended Framers](#)
- [Art Classes and Workshops](#)
- [Art Groups & Plein Air Outings](#)
- [Instagram Accounts to follow](#)



**artland**  
EMPTY WALLS LOVE US

**eth**  
canvas

**THE DECKLE**  
**EDGE**



THE  
**WRITE**  
SHOPPE

Until Next Time -  
Keep Creating!  
CAS Committee

