

THE PALETTE



Good day members,

Many thanks to members who have renewed their membership- A reminder that membership expires on 31 July 2026. We've been delighted to welcome many visitors at our recent monthly meetings – and that so many have chosen to join our society. A warm welcome to our four new members highlighted below.

Our committee has transitioned to holding remote meetings on Tuesday evenings each month. The convenience of meeting after business hours, without travel time or fuel costs, from the comfort of our homes, has proven to be a great fit.

We are thrilled to welcome Jude Molloy back onto the committee as Treasurer and Lynda Murison and Kim Watermeyer, new to the CAS committee – thank you for offering your time and commitment. We look forward to the fresh energy and new perspectives you will bring.

Regrettably, our library and catering portfolios are still vacant. These positions are crucial for our monthly meetings and events, so we invite members to consider contributing in this area.

Last month, Nicholaas Roos and his lovely wife, Isabelle, shared insights into becoming a professional artist.

July is watercolour month, and Candice Christie, with Artsavingsclub, will host an interactive evening on watercolour and water-soluble mediums. Not to be missed!

Looking ahead, August is competition month! How are your 3D artworks coming along? Raksha is securing prizes, and we can't wait to see the creativity our members bring to this year's challenge.

KEEP CREATING *Jo-Anne*

Your CAS Committee

Jo-Anne Pentz - Chair
Philippa Versfeld - Secretary
Jude Molloy - Treasurer
Samantha Harlock-Moisey -
Social Media & Exhibitions

Raksha Gajjar - Competitions
Lynne Routledge
Alan Routledge
Lynda Murison
Kim Watermeyer

Contributors: Nadja Martinussen- Website manager

Ruth de Vantier Chowles- The Palette Editor.



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



Dates for your diary

28th July: Watercolour month
Candice Christie/ Artsavingsclub

25th August: Annual
challenge/competition and AGM

29th Sept: Event TBA

27th Oct: Event TBA

24th Nov: Year- End Event

**Meetings are held on the last
Tuesday evening of every month,**

Venue: Alphen Hall in Constantia

Time: 7pm for 7.30pm start



July 2026 Watercolour Month

WELCOME TO OUR New Members

A warm welcome to our new CAS members,
Please keep an eye out for visitors and new
members at our gatherings and help us make
them feel at home in true CAS spirit.

Margi Linegar
Steven Widegger
Cheryl Widegger
Tabitha Mee

CAS membership

2026/27 Subscriptions:

- New/lapsed Members: R175 joining fee + annual subscription
- Single member: R370 (includes monthly newsletter)
- 2nd family member: +R185
- Additional family members: +R95

**REMINDER: Annual memberships expire
at the end of July. Kindly ensure that
your renewal is completed timeously.**

Send proof of payment to:

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June report:

NICOLAAS ROOS

At our June meeting, Nicholaas and Isabelle Roos shared valuable insights into the business of art. Nico spoke from his experience as an artist, while Isabelle offered guidance from a gallerist's perspective.

After 35 years practising as a psychologist, Nico became a full-time artist in 2017, supported by Isabelle's knowledge of the industry. Nico believes there is a buyer for every painting. He is self-taught and openly admits he knows little about technique – instead, he emphasises that knowing yourself is what ultimately reflects in your art.

For Nico, composition accounts for 80% of a painting's appeal, far more than technique. He describes himself as an abstract or impressionist painter. His process is fast and intuitive: he can complete a painting in an hour and a half, then revisits it three weeks later to refine and tweak. He often begins with an acrylic underpainting and works with a limited palette, applying oil paint straight from the tube. The colours mix directly on the canvas as he builds his layers.

Nico believes art is more perspiration than inspiration. Time management is essential – he goes to work every day at the studio he shares with other artists. Developing your own style can take 10 000 hours, and he encourages artists to always bring light into their work. Strong contrast contributes significantly to a painting's success.



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June report cont..

ISABELLE ROOS

Isabelle reminded us that galleries buy what they like, and not every gallery will be interested in your particular style or subject matter. Before approaching a gallery, she strongly recommended preparing a proper inventory of your work, including past sales and dates, to demonstrate consistency and stability. Social media presence is another tool galleries use to gauge an artist's reliability and ongoing activity.

She emphasised that artists should never arrive at a gallery unannounced and expect an opportunity to show their work. Make arrangements beforehand, respect the gallery's time, and present yourself professionally.

Both Nico and Isabelle encouraged artists to determine and stick to subjects they genuinely enjoy painting rather than chasing trends. Developing a recognisable style is essential. Pricing your work correctly is equally important – many investors are currently purchasing artworks in the R20 000 to R40 000 range, and each gallery has its own "sweet spot" when it comes to pricing.

From a business perspective, Nico reminded us that galleries sell investment art, and large paintings often perform best in that market.



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Our July Guest



CANDICE CHRISTIE

Founder of Heysweetart

Candice has been expressing her creativity with a pencil or paintbrush since she was a child, and her artistic journey has taken many forms over the years. After spending more than a decade in creative positions within the retail sector—covering everything from marketing and graphic design to photography—she consistently gravitated back to traditional art during her leisure time.

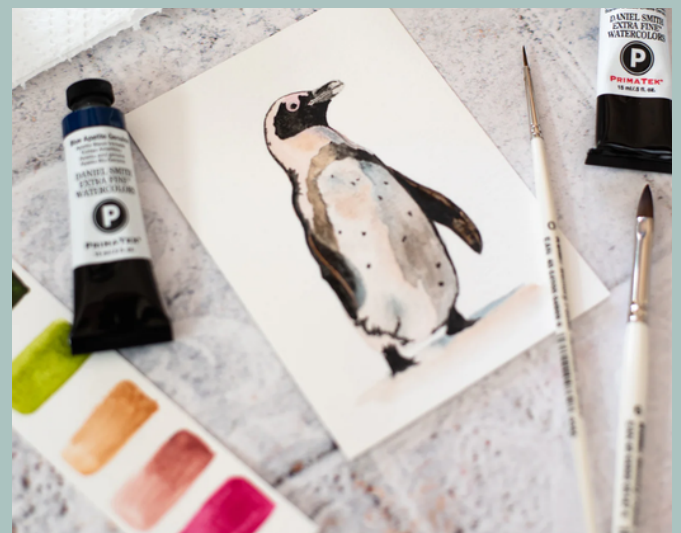
In 2020, a commission for a floral illustration from a bath and body brand revealed to her the opportunity to elevate her art to new heights. Seeing her paintings featured on exquisite packaging provided her with a deep sense of satisfaction that she was eager to explore further. This led to the creation of Hey Sweet Art, which began as an Instagram page chronicling her artistic path and has since blossomed into a vibrant business offering workshops, mentorships, and art products.



Artsavingsclub is a South African art supply retailer with stores in Johannesburg and Cape Town and nationwide online delivery. Founded on the belief that art is important and that quality art supplies should be accessible, Artsavingsclub describes itself as a team of creative, like-minded individuals passionate about enabling people to live out their creative dreams.

They stock a wide range of leading brands, including Daniel Smith, Schmincke, Sennelier, Winsor & Newton, Cretacolor, Staedtler, and KUM, among many others.

This month, Artsavingsclub is collaborating with Candice Christie, founder of Heysweetart in the Watercolour Joy event at the CAS July meeting, providing a range of watercolour and water-soluble materials for guests to explore and experiment with on the evening.



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Introducing our New Palette Editor



RUTH DE VANTIER CHOWLES
A Journey of Artistic Fulfillment

We are pleased to introduce a new addition to our CAS team, meet Ruth - Editor and Designer of The Palette.

After a long career in the advertising world as both a Creative Director then Executive Television and Radio Producer, Ruth stepped away from the advertising game to explore a variety of creative endeavors.

These included restoring antique ceramics, designing and executing wedding floral installations, refurbishing vintage chandeliers, and even crafting a delightful collection of handmade bunnies, inspired by the birth of her first granddaughter.

During the pandemic, Ruth returned to her easel where she reignited her passion for portrait painting in oils, initially capturing the likenesses of her family and friends which later brought commission requests from many a satisfied patron.

In her latest works, Ruth has incorporated stitching to engage the viewer and leave evidence of an artwork created by a human.

Looking ahead Ruth envisions sharing her studio space with aspiring artists, guiding them to discover their own creative journey.



Portrait of my daughter - 2020



Portrait commission - 2025



New work - 2026

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Introducing New CAS member

STEVEN WIDEGGER

Artist and Photographer

Steven's work is inspired by the textures and colours found in nature and the great outdoors.

"I create textural landscapes, moody seascapes, and ethereal cloud studies, translating scenes first imagined in the digital world onto canvas through a rich mixed media of oils and cold wax."



 [_steveartphotography](https://www.instagram.com/_steveartphotography)



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Monthly challenges

Our monthly art challenges offer a chance to step outside your creative comfort zone, explore new ideas and try something different. Whether experimenting with a new medium, technique or style, each theme encourages artists to grow, build confidence and discover fresh ways of creating. It is also a reminder that art is about exploration, creativity and enjoying the process.

July :

Still life scene from home

Choose a corner of your space – your kitchen table, a shelf, your desk, or even your windowsill – and build a still life scene using everyday objects. It could be fruit in a bowl, your favourite mug, books stacked up, or plants soaking in the light.

The challenge is to notice the beauty in the ordinary and capture it in your own style. Look at shapes, shadows, and colours – and see how the familiar can become art.

August Annual Competition : Kirstenbosch Gardens in 3D

The August Challenge invites you to participate in our Annual competition by creating a 3D* artwork that embodies the diverse elements that make Kirstenbosch Gardens one of the world's premier botanical gardens.

(*2D submissions with some 3D enhancements are allowed)

Rules of entry:

- Entry is only open to CAS members who are present at the meeting.
- No digital entries will be accepted.
- Only one submission per artist.
- The selection of the artworks will be based on the open voting of members on the evening of the AGM.

*Drawing is rather
like playing chess:
your mind races ahead
of the moves that you
eventually make.*

DAVID HOCKNEY
1937 - 2026



June Challenge

Artivism submissions



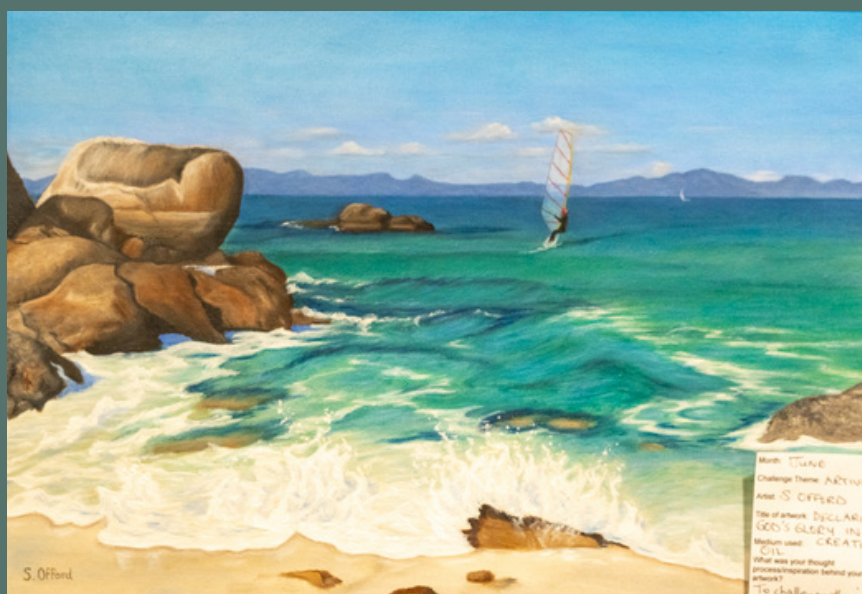
Claire Ross- Support Animal Rescue



Samantha Harlock Moisey-No gate keeping required



Fil Angelakis-No time to waste- Make Art



Sharon Offord- Declaring God's Glory in Creation

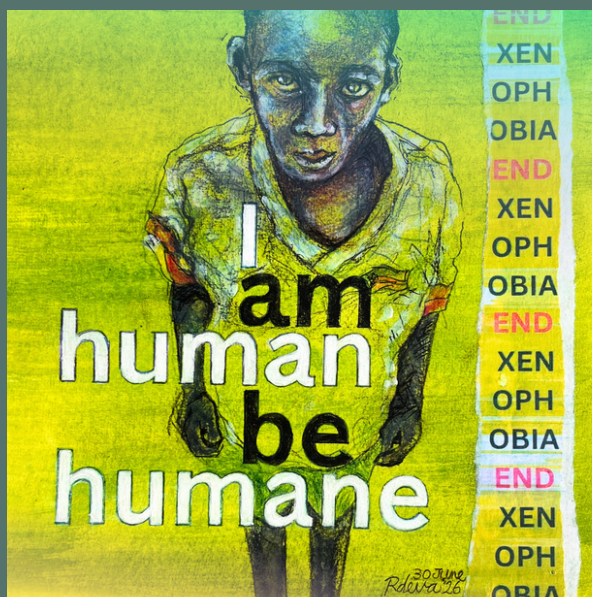
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Naomi Suzane-Born in Mauritius



Irene Oxley-Save Our Art



Ruth de Vantier Chowles-End Xenophobia

June Challenge

Artivism submissions



Kirsten Slater- Say No to Xenophobia



Lynne Routledge- Stop Africa Burning

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CAS discounts

Your VALID membership card gets you discount from the following art suppliers:

- **10%** at Truly Fantastic Canvases (Capricorn Business Park, Muizenberg)
- **10%** at The Write Shoppe (Steenberg, Sun Valley, Long Beach) selected art materials
- **10%** at The Italian Artshop (Riverside Mall, Rondebosch)
- **10%** at Waltons (Constantia Village, Constantia)
- **10%** at Artsavingsclub, Cape Town (Claremont)
- **10%** at The Deckle Edge (13 Brickfield Rd, Salt River)
- **10 %** at Artland (F7 Prime Park, Mocke Road, Diep River)
- **10%** at Oxford Stationers (Gardens Centre & Table Bay Mall)
- **15%** at ETH Canvas
- **5%** at Loot.co.za (Arts and Crafts only, using the monthly CAS Voucher code)

Palette Advertising-R250 per Ad

Terms and Conditions:

- 1.) Paid adverts include an email to members, posts to our CAS Social Media Stories, a post to the "CAS News" Whatsapp group, and a full A4 page in the Palette (as publication timing allows)
- 2.) Two business days notice is required before the expected publication date of your advert.
- 3.) Please include text in the body of the emailed advert- (No editing of adverts or text, will be executed by CAS.)
- 4.) Proof of payment should be sent to constantiabergartsociety@gmail.com.
- 5.) Adverts may be posted for CAS Members on the "CAS News" Whatsapp group, FREE of charge.

CAS resources

Click on the links below:

- [CAS Recommended Framers](#)
- [Art Classes and Workshops](#)
- [Instagram Accounts to follow](#)



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