

# THE PALETTE

## YOUR CAS COMMITTEE

- CHAIR: JO-ANNE PENTZ
- VICE CHAIR & COMPETITIONS: SANDY DUFFELL-CANHAM
- SECRETARY & PALETTE: PHILIPPA VERSFELD
- TREASURER : NOELINE Mc MASTER
- SOCIAL MEDIA: SAMANTHA HARLOCK-MOISEY
- EXHIBITIONS & FINANCE ASSISTANCE: JUDE MOLLOY
- COMMITTEE ASSISTANT - LIBRARY: MIEKE DEVILL
- COMMITTEE ASSISTANT - PHOTOGRAPHER: MARC PENTZ
- COMMITTEE ASSISTANT - AV: ANDY DUFFELL-CANHAM

## *Hello Members,*

Winter is almost here - my favourite season. Will you, like myself, be spending more time indoors creating? Are you needing to purchase art supplies? Please remember to give special support to our sponsors who generously donate prizes for our competitions every year – The Deckle Edge, Zellen, Artland and The Italian Artshop. For a full list of art suppliers who offer us discounts please see page 8.

I enjoyed seeing all the charcoal drawings produced at our March meeting. Sonja was inspiring. She shared many techniques with us in a very short time.



Our meetings are designed to stimulate and grow you as an artist. Our April meeting will challenge you – life drawing. Our model, Gabby, is very excited to pose for us. The first time I did life drawing it was embarrassing: I was clueless. However, over time I have seen growth. Let's do this! Life drawing on 29<sup>th</sup> April. Please bring your preferred drawing materials, paper, an easel, etc. There is a wealth of knowledge and experience in our Art community - let's share and encourage each other to do something challenging.

Going forward Sandy will be baking homemade cookies for our monthly meetings. Thank you, Sandy.

Happy creating,

*Jo-Anne*  
*CAS Chair*

MONTHLY MEETINGS:

Meetings are held on the last Tuesday evening of every month, at the Alphen Hall in Constantia.  
Time: 7pm for 7.30pm.

April 29th - Life Drawing

May 27th - Gavin Thompson

# Library Matters

## do's

Do a tonal sketch first – to establish your values properly.  
Do give your audience something to interpret for themselves – they love it!  
Do choose a simple subject – then simplify it even more!  
Do remember if you're going to have a failure – let it be a glorious failure, and not a meek, miserable one!  
Do think hard *before* you put the paint on the paper – *not* afterwards.  
Do remember that, like golf, the fewer strokes you use the more professional it looks.  
Do remember that your job as an artist is to capture the essence of a scene – a distillation of it – leaving out the superficial clutter.  
Do set yourself a time limit, sometimes – it gets the adrenalin flowing.  
Do remember that washes are bound to fade back when dry, and always compensate for this.  
Do use contrasting techniques in a painting – wet-into-wet alongside dry brush – sharp against soft etc.  
Do remember when painting on a wet surface to compensate by using a much richer mixture of paint on your brush.  
Do remember that a complicated scene needs a simple sky – an elaborate sky needs a simple foreground.  
Every stroke you put on that paper should mean something – if not it shouldn't be there!

## don'ts

Don't overwork your painting – stop as soon as your basic message becomes evident.  
Don't make your foregrounds too fussy or muddy.  
Don't put too much pressure on your brush especially the 'Hake' – think of it as a feather.  
Don't put too much detail in your backgrounds – keep them as a simple flat wash.  
Don't let that white paper intimidate you – it can't hit back!  
Don't use tiny brushes – they're an absolute invitation to fiddle!  
Don't be afraid of leaving uncluttered space – paintings need areas of silence as a foil to all the busy bits.  
Don't use too much water – a swimming palette denotes a weak painting.  
Don't be mean with your paint.  
Don't make your heads too big when you're painting figures.  
Don't make your skies too safe and weak – frighten yourself a bit!  
Don't forget about counterchange.

AND YET AGAIN – DON'T FIDDLE!

Ron Ranson,  
"Watercolour: Fast and Loose"

## Watercolour Fast and Loose

Ron Ranson waxes about the crisp beauty that fast and loose painting can produce and credits most of his success to his trusty hake brush. He even boasts about painting entire paintings solely with this brush, with very impressive results might I add.

I really like his witty writing style: "There are three factors that contribute towards weak, fussy watercolours that so many beginners produce. First the inexplicable reluctance to squeeze enough paint out before starting, Second, this combines with a tendency to use far too much water... Finally, that greatest disease of watercolourists – fiddling!"

Throughout his many workshops, observing countless beginner and professional attempts at impressionistic watercolour painting, he honed his eye on what makes a few strokes look like a masterpiece. He generously shares his knowledge about techniques painting certain subjects and scenes and he even composed a handy list of do's and don'ts, that really helps one to approach one's own artistic process more thoughtfully.

After reading this book I understand why he especially reveres artists that are capable of economising brush strokes. There is no way of making mud when we refrain from fiddling!

*Mieke*

Are you needing a framer or art classes? You can access a list of recommended service providers via our newsletter under "Notice board".

# March Speaker Report

## Sonja Frenz | Charcoal Demo

Sonja Frenz was our March guest. Sonja holds a BA in Fine Arts and a Higher Education diploma. Sonja, a Fellow Artist of the South African Society for Artist, has won numerous drawing awards with SASA and CAS.



Sonja arrived with enough charcoal and paper for an interactive meeting. She prefers to draw with natural charcoal on hot pressed paper. With experience one will learn how different substrates produce different effects. Sonja has a favourite tool for filling in the background – an applicator she made using an old tea shirt tied over cotton wool or similar filler attached to a short stick. Makeup sponges are great applicators. Instead of purchasing costly charcoal powder, Sonja suggests one sands some charcoal on sandpaper and collect the powder. Paper stubs are handy blending tools. Dependant on the project Sonja may add black PanPastel to her artworks. Sonja adds detail with compressed charcoal or similar but warns to not introduce harder charcoal too soon as it does not erase easily.



When producing charcoal drawings, it is as important to remove charcoal to create highlights. A kneadable eraser is your friend. It can be shaped into a point for fine detail, as well as rolled over your drawing to lift particles and create textures. Mechanical erasers, various sizes and shapes, will produce many different effects in your drawing.

Humorously Sonja shared that dirty charcoal fingers are less likely to cause oil marks on your drawing than clean fingers. Talcum powder on one's hands will also reduce oiliness. Fixative can reduce the layers you have created; therefore, Sonja suggests not applying fixative to the final layers of your drawing. Charcoal drawings can be layered between tracing paper to avoid smearing during transport. Charcoal drawings are framed with a spacer between the drawing and the mount board to catch any loose charcoal.

Sonja offers monthly workshops from her home studio in Durbanville. If you are interested in attending a workshop, please send her a message requesting to be added to her mailing list – 0836313475 or [sonjafrenz@gmail.com](mailto:sonjafrenz@gmail.com).



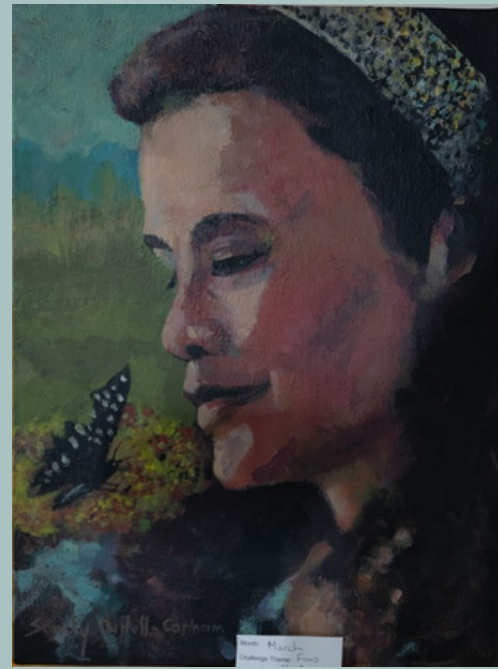
# March Challenge “Find your muse”



Truida Grove, “Jugs of creativity”, Acrylic



Laurence Ata, “My daughter”



Sandy Duffel-Canham,  
“Motivation - Interaction in Nature”  
Acrylic



Samantha Halock Moisey, “Moody Mornings”, Acrylic



Michael Wade, “Helen”, Oil



Fil Angelakis, “Created to create”, Mixed Media

# April Meeting Life Drawing



## 29th April 2025

19:00 for 19:30

Join us for a fun evening of Life Drawing! Our Lovely model, Gabby, will be ready to strike us a pose.

Please bring your preferred drawing materials, paper, an easel, etc.



**April:** Poem inspiration: "This is Just to Say" - William Carlos Williams (1963)

**May:** Cloudy Skies

**June:** Song inspiration: "Bohemian Rhapsody" by Queen (1975)

**July:** Cityscapes

**August:** AGM Challenge TBC

**September:** Poem inspiration: "Perspectives" by Nikita Gill

**October:** Abstract Conversations

**November:** Founders' Trophy My best artwork

2025

MONTHLY  
CHALLENGES

# MONTHLY CHALLENGE

## APRIL + MAY

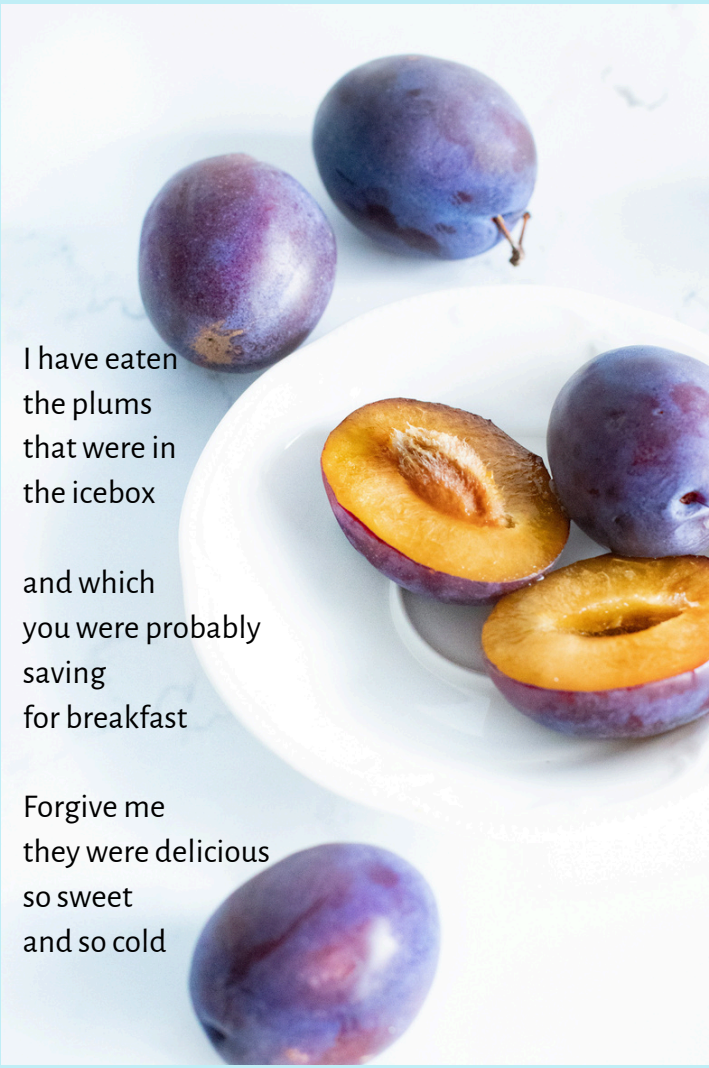
### April Challenge

The April Challenge is to be inspired by the following poem. No rules, rather just use the poem to inspire you anyway you would like.

*Sam*

### This is Just to Say

1934  
William Carlos Williams



I have eaten  
the plums  
that were in  
the icebox  
  
and which  
you were probably  
saving  
for breakfast  
  
Forgive me  
they were delicious  
so sweet  
and so cold

### May Challenge

### Cloudy Skies

The visual representation of clouds in the sky is known as a cloudscape in the Art world. For this challenge it is more about the Cloudscape being the hero and less about the other details in one's painting.

This can be an exercise in observing and noticing the world around us. What inspiration can you find by simply looking up from your every day busy activities?

*Sandy*





PLEASE CONSULT THE ATTACHED LISTS OF CAS ART BOOKS AND MAGAZINES. MAKE YOUR SELECTION AND CONTACT OUR LIBRARIAN, MIEKE (0760237568 OR EMAIL HER AT MIEKEFINEART@GMAIL.COM), TO COLLECT YOUR PRE-RESERVED ITEMS AT OUR MONTHLY MEETING. ALTERNATIVELY YOU CAN ARRANGE TO COLLECT THEM IN WYNBERG.

## Social Media Corner

Click the icon and come and visit our Social Media pages



## 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 IS PAYABLE FOR EVERY MONTH NOT RETURNED. PLEASE CONTACT MIEKE TO RENEW.
3. IF SOMEONE HAS REQUESTED THE BOOK YOU HAVE OUT THEN IT CANNOT BE RENEWED.
4. ONLY TWO 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.

## DISCOUNTS FOR CAS MEMBERS

Your 2024/25 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 ( 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 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](#)



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EMPTY WALLS LOVE US



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