



MARCH
2025

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,

Our February meeting was a treat. Marius Prinsloo had us laughing out loud at his humour while he produced a landscape with palette knives. See his finished painting on page 5.

I am very concerned about the future of CAS. Our Ditzzy Exhibition Portfolio holder, Jude Malloy, will sadly resign from the committee at the end of July. As an accountant Jude audits our accounts as well. We will miss Jude's enthusiasm and dedication to CAS. Her resignation will impact on the society going forward as we cannot operate with only 4 committee members.

We are currently operating outside of our constitutional requirements. The constitution stipulates 8-12 committee members. I agree that we need a minimum of 8 committee members. Remember that the committee volunteer their time to serve you, the members, and have limited time due to commitments outside of CAS - but many hands can make light work!

I am very grateful to Mieke (library), Tanya (catering), Marc, Andy, Pat and Mike Baudains and a few other members who generously offer their time to help regularly. However, we need more committee members before we can plan our next exhibition. We would like to host a member's exhibition at Kirstenbosch in September.

The committee meetings are joyful times for the sharing of ideas, enthusiasm, and friendship as we collaborate in the work of keeping CAS running smoothly. Please consider joining us.

Our March meeting will be an interactive charcoal demonstration with Sonja Frenz. Sonja is a much-loved art teacher from Durbanville. I am looking forward to brushing up on my charcoal techniques. We look forward to seeing many of you there. Until then -

Keep creating!

Jo-Anne
CAS Chair

Website: www.constantiabergartsociety.com

Email: constantiabergartsociety@gmail.com

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

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

MONTHLY MEETINGS:

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

CAS Diary: Meeting Dates

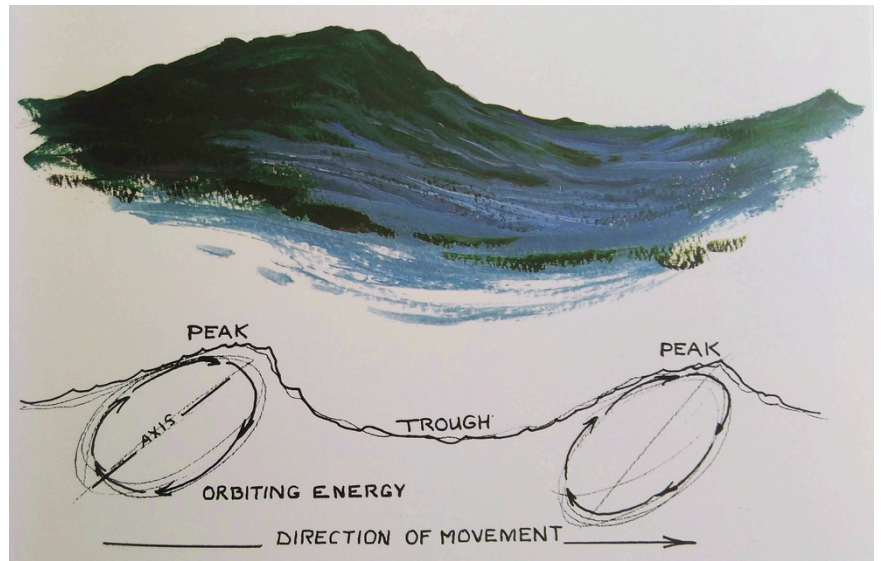
March 25th - Sonja Frenz Charcoal Demo

April 29th

May 27th

Library Matters

E. John Robinson is an artist who has focused on painting the ocean for decades, with amazing insights and tips on seascapes: "Remember, fog is a cloud of moisture and obscures details as well as giving a lighter tint to all colors". He also states that "if you want a clear water effect, you must never mix white into the underpaint." Confirming that the white of the canvas is important in oil painting and covering it up or toning it before painting is a creative crime.



Anatomy of a wave from "Paint the sea in Oils Using Special Effects", E. John Robinson

I found the information about the anatomy of the wave particularly useful. Even if oil is not your preferred medium, the level of understanding the author has about his subject will be enriching to anyone interested in painting a seascape. To see the ocean through the eyes of someone who has made a career of capturing its essence, has made me more aware of its mesmerising beauty.

Needless to say, this book inspired a painting and I am sure it will do the same for anyone who reads it.

Happy Painting,

Mieke

THIS GUIDE
SIMPLIFIES THE SEA
INTO SINGULAR ASPECTS
ARTISTS CAN
ACHIEVE ONE PIECE
AT A TIME.

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

Sonja Frenz | Charcoal Demo

About Sonja Frenz

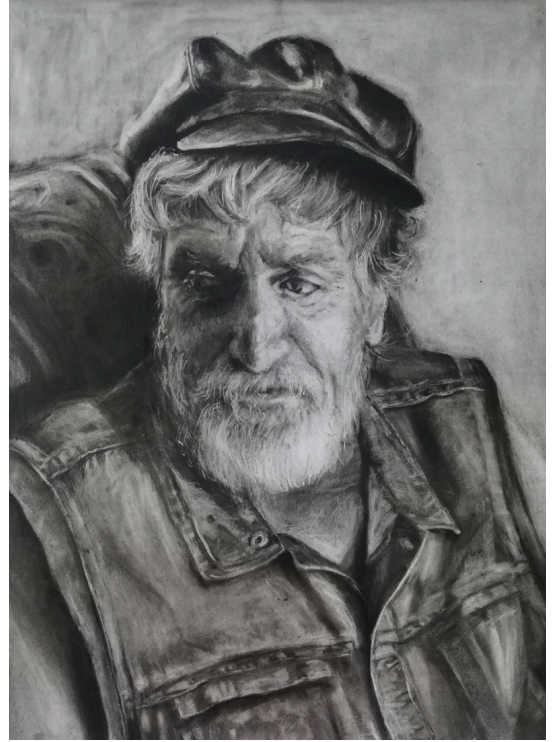
Sonja Frenz is a multifaceted artist and educator with a passion for nurturing creative growth. Holding a BA in Fine Arts and a Higher Education Diploma, Sonja has taught various art forms, including oil painting, watercolour, artist journaling, and charcoal workshops.



Artistic Achievements

Sonja's artistic prowess has earned her numerous accolades, including:

- Winner of the annual drawing contest at SASA (2018, 2020, 2021, and 2022)
- Winner of the annual best painting at CAS (2018)
- Winner of the best drawing at SASA's annual selection weekend (2019)
- Awarded Fellow Artist of the South African Society for Artists (2022)
- 2nd in Drawing Contest at SASA 2025



Publications and Affiliations

Sonja has written articles on various art techniques for The South African Artists Magazine. She is an active member of three Art societies, which have significantly contributed to her artistic development.

Current Focus

Sonja is currently dedicated to her own painting practice and sharing her expertise through workshops.



February Speaker Report

Marius Prinsloo



I don't think I have laughed so much at a monthly meeting as I did with Marius Prinsloo! Marius arrived at our February meeting with a big smile on his face, a canvas under his arm, his acrylic paints and his adapted easel. Little did we know we were in for a treat. Marius generously and humorously shared his life, career, and many tips with us, while creating a landscape.

Marius regularly paints on location and has adapted an easel to suit his needs with a shelf in front for holding his palette. His preferred palette is a tea tray covered with a piece of canvas which is helpful when painting in acrylics as he can keep the acrylic paints moist by dropping water into the tray when necessary.

Before painting Marius determines his horizon and focal point. Marius uses the same method as Leonardo Da Vinci to determine his focal point. Draw a diagonal from corner to corner on your canvas. Draw a second diagonal line from a corner to a centre edge of your canvas. The focal point will be at the intersection of the two lines. See the photo. Be very aware of the direction of the light. In Marius's paintings the light always highlights the subject.

Marius's go-to colours are Titanium white, Ultramarine, Cobalt, Cad Red, Veridian green, Pthalo Green, Burnt Sienna and Yellow Ochre. Marius uses artist quality Cad yellow or Cad orange when painting flowers in the foreground as the colours are more vibrant and impactful than cheaper paints.

His chromatic black of choice is Pthalo Green and Cadmium Red. Marius blocks in with a paint brush before completing his paintings with palette knives. He creates skies with cobalt and titanium white, with yellow ochre accents in the clouds. He uses ultramarine, yellow ochre and a little burnt sienna to paint mountains. He blocks in under the foreground with a mix of veridian green and cadmium red.



February Speaker Report Continued...



SOME WORDS OF WISDOM FROM MARIUS:

"It is best to stand and paint as it loosens the shoulder and hand."

"Paint with your canvas and palette in front of you."

"Placing the direction of shadows incorrectly can ruin a painting."

"Don't wait till you are in the mood to paint. (Your bank manager will not understand). Train yourself to enjoy the process."

"Standardise on canvas sizes to standardise on pricing."

"Do not undersell yourself, however, be realistic when pricing your art."



February Challenge

"This is me"



Sonja Rivett-Carmac, "A Taste of Blue", Oil on Acrylic mirror



Mike Baudains, "Art to stir the emotions", Acrylic



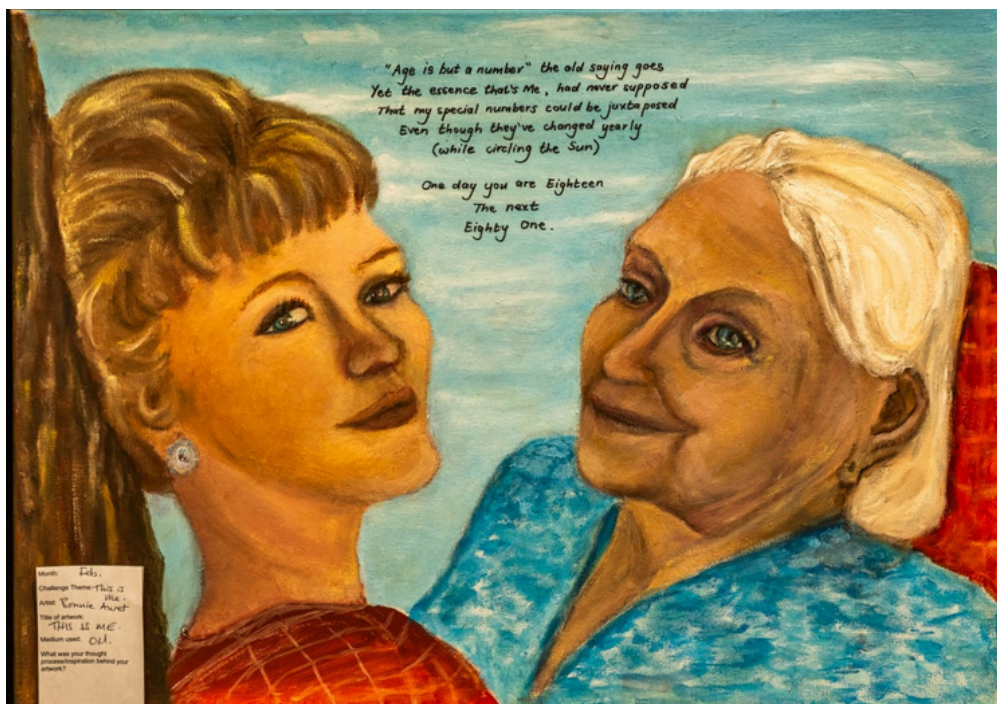
Samantha Harlock-Moisey,
"There is a place for us (for we are glorious)", Acrylic



Jenny Ritchie, "This is me!", Soft Pastel



Mieke de Villiers, "Gras", Ink



Bonnie Auret, "This is me", Oil



Michael Wade, Oil on Wood Carving

March: Find your Muse

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

MARCH + APRIL



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

March Challenge

“Find your Muse”

As artists, we are passionate to pursue the creative pull that our hearts crave, whether the influence of the internal longings of expression within, or the visual inspiration from the world around us.

A familiar spot is like an old friend, always accessible and always there for the artist. The key is to find a special place, subject or inspiration that you, as an artist are repeatedly drawn to depict.

This is a chance for everyone to get a peak into your personal creative world.

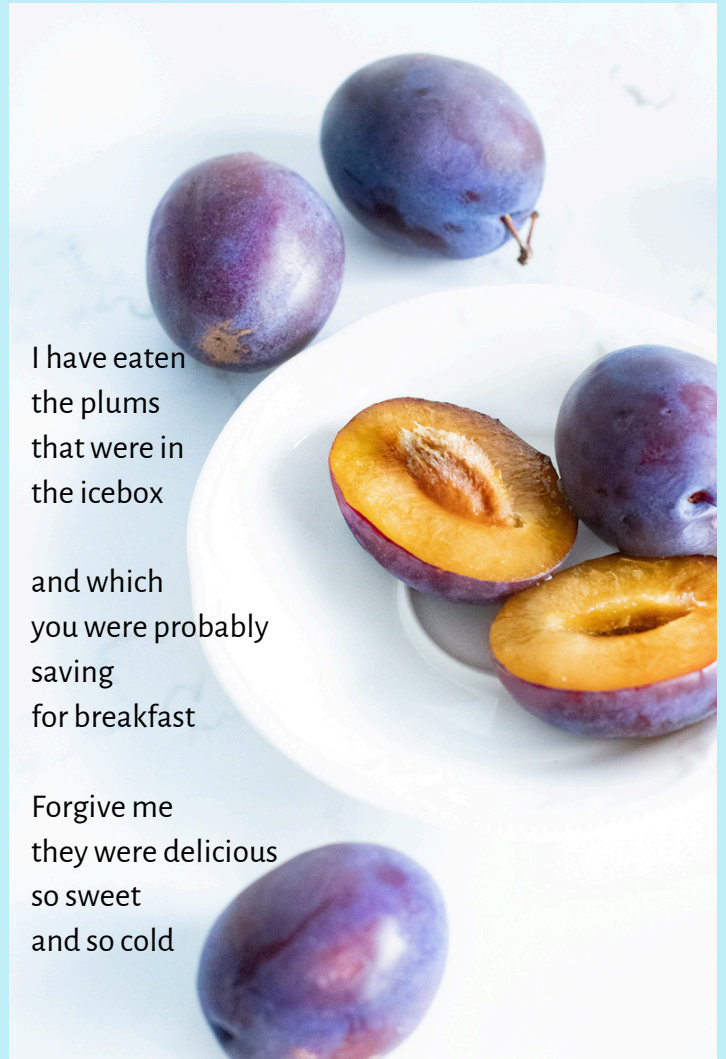
Happy Creating!

Sandy

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

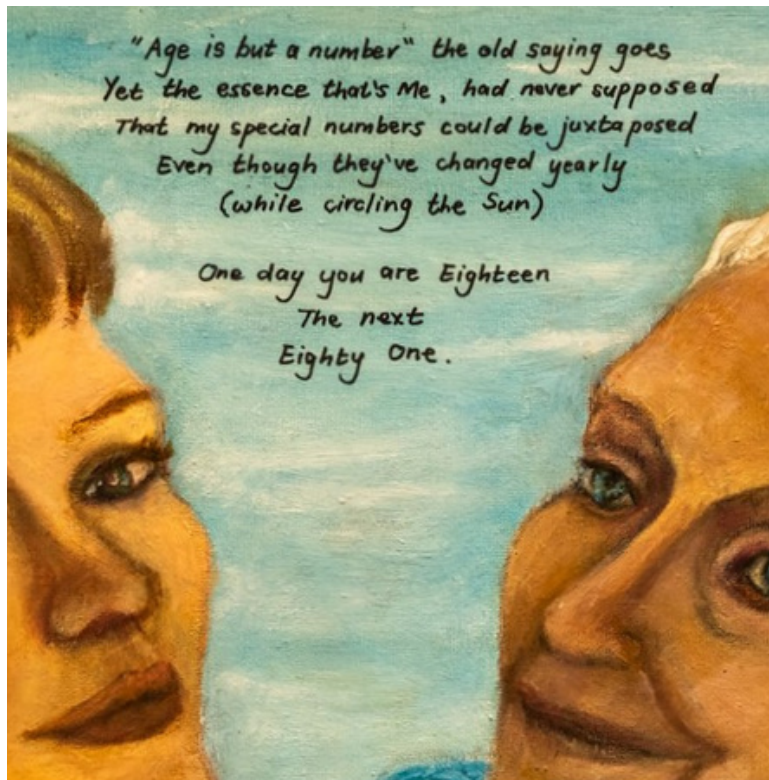


INSPIRATION CORNER

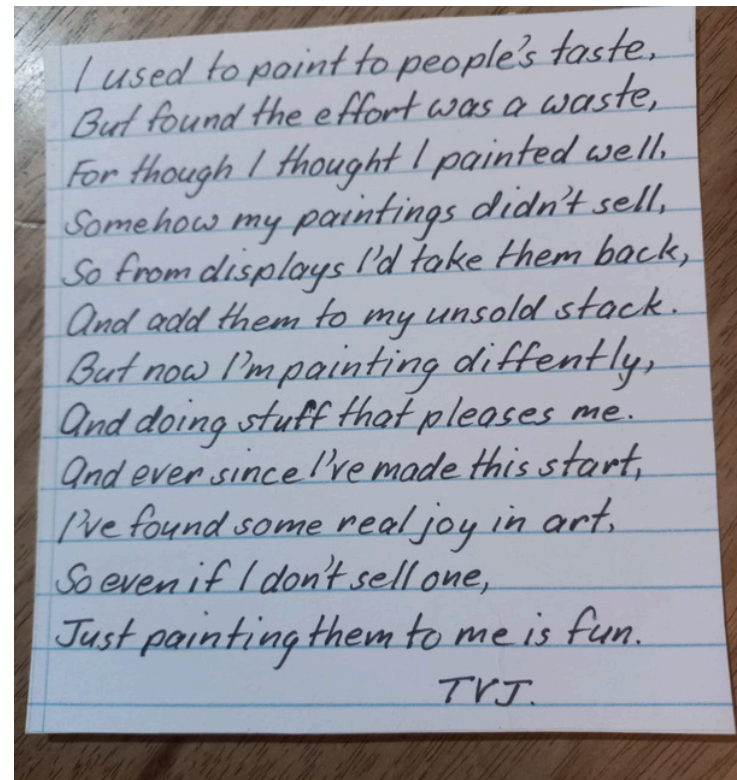
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"Painting is poetry
which is seen and not
heard. Poetry is
painting which is
heard and not seen."
- Leonardo da Vinci

Our February monthly challenge was to capture the song "This is me". Bonnie Auret submitted a self-portrait of herself at 18 and 81 years old. She wrote a moving poem to accompany her artwork. The art of a poem telling the story of a painting is called ekphrasis.



Lynette Petersen shared with us this insightful poem found amongst Trevor Vaghan-Jones's belongings after his passing. I think we can all identify with Trevor's thoughts.



"A TASTE OF BLUE"

BY SONJA RIVETT-CARNAC

FEBRUARY CHALLENGE "THIS IS ME" PROMPT

Portrait painting is exciting and rewarding; the thrill of capturing a likeness never going away.

Experiments with self-portraiture can be even more fun, liberated from the risk of offending the subject.

Having previously painted a self-portrait on acrylic mirror, I was keen to explore the smooth surface further with thin layers of oil paint. The reflective substrate looks like normal glass mirror, but being plastic there's no risk of breakage. It's also sturdy and light.

We are as unique as our fingerprints, and so I decided to play ...



1.) I was inspired by an impromptu studio selfie taken in 2020, depicting an unplanned smear of blue oil paint ... A taste of blue?

INSPIRATION CORNER CONTINUED



2.) Original Handprint on black perspex

Image 2: I made a handprint by covering my palm with olive oil and carefully pressing my hand onto a clean, dry sheet of black Perspex. Next I added a sprinkling of talcum powder, blowing off the excess. I used a soft dry paintbrush to remove extra powder from around the handprint ... imagining I was dusting for fingerprints ;)

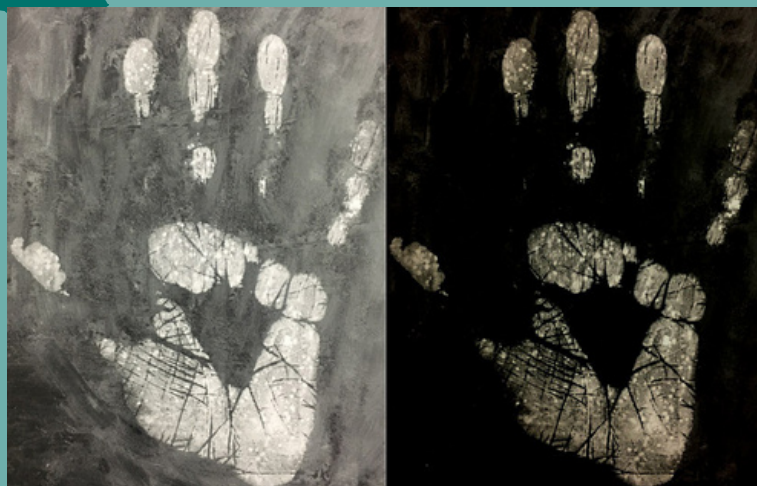
Images 3 – 5:

I planned the layout of the painting in Photoshop, working in layers with the edited handprint (adjusting contrast and definition for creating a template). After printing quality reference photos of the portrait (with and without the masked handprint), I opened the edited handprint in Silhouette Studio to cut adhesive stencils on my vinyl cutter.

Referring to the Photoshop mock-up of the layout, I applied the vinyl handprint on the mirror to mask the right handprint and keep the mirror unblemished.

Next I primed the masked mirror with Schmincke 50516 Grundierung transparent primer, making an extra smudged handprint on the left. The transparent primer create an opaque, slightly rough, matte surface with a nice tooth to paint on.

Once the primer had dried I removed the right vinyl mask, and applied a final handprint stencil in the middle with the handprint unmasked for painting on (the negative space around the handprint was masked).



3.) Photoshopping Handprint



4.) Photoshop mock up 1



5.) Photoshop mock up 2 : Masking and layers adjusted



6.) Painting after priming with vinyl cur hand print mask in place



7.) Painting in progress with the masked hand in place



8.) A close up of painting in progress with the masked hand in place



9.)

Image 9 -Looking at the completed unmasked painting it becomes a double portrait with the reflective mirror revealed. The viewer looking at the subject, and the subject watching the viewer in return.



10.) The final painting

"A Taste of Blue" by Sonja Rivett-Carnac
(Self-portrait in oil on acrylic mirror)



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 (Heritage House, 20 Dreyer Str, Claremont)
- 10% Oxford Stationers (Gardens Centre & Table Bay Mall)

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



THE DECKLE
EDGE

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