



November 2020 Newsletter

“Art Journaling and writing heals the soul”

November	Thursday	12	Live mixed media demo by Glenda Chambers
	Saturday	21	SASA Art in the Park at Rondebosch Park, book: exhibitions@sasa-artists.co.za , pay R150 for 3mx3m section, 15% commission to SASA
December	Thursday	12	Year end social and in-house competition
January	Monday	11	Last date to submit photo for printed poster
	Thursday	14	Demonstration Water Colour loose method Animal portrait by Gayle Gerber
	Friday	15	start exhibition at Table Bay Mall
February	Thursday	11	AGM and fun quiz compiled by Renee Morkel: please volunteer to be voted into the 2021 committee, as some of the existing committee members are leaving and the society cannot function without the committee or its members, each play their part.
	Sunday	14	End exhibit – collect unsold work

Monthly Meeting: Please note that our meetings at the Milnerton Bowls Club have changed to the **2nd Thursday of every month**. They can no longer accommodate us on the 1st Tuesday as before. From 18h30 to start the demo/presentation promptly at 6.45pm. Members R20, Visitors R30 and students R20 entry. Tea & coffee & refreshments before we start.

Our meeting on the 10th of December will be social event and a in-house competition for BASE members, with any of your works accepted – no need to be framed, nudes and political subject matter acceptable – unlike our exhibition rules. PNA vouchers for 1st, 2nd and 3rd place as prizes and also a lucky draw prize for those attending. Base will supply the eats and we will hand over our annual donation to Seal College. As we are now meeting on the 2nd Thursday of the month, we have decided to have a meeting on 11th January, where Gayle Gerber will demonstrate a loose style of animal portrait in water colours.

Please make use of our well stocked **library** before meetings. Older Artist Magazines are for sale at only R5 each. When attending our live meetings this year please wear a mask and prepare to have your temperature measured and recorded together with your contact number. We will space the seating and also sanitise before entering.

Annual Subs: Our membership fees remain the same for 2021. R200 ABSA Bank Blaauwberg Art Society Acc: 9238594101 Branch: 632005 with an additional R60 fee for cash deposits. It is best to pay via EFT or cash or card at the meetings. **A really big drawcard for our society is that we are a member of SANAVA which allows our members to apply to stay at the Cite Internationale des Arts in Paris.** Your 2021

membership card will allow you to claim a 5% **discount** at Creative Atelier, 44 Oxford Street, Durbanville, and a 10% discount from Deckle Edge, all branches, and the Italian Art Shop in Rondebosch, Art Source in Cape Town; and Oxfords Garden Centre and Table Bay Mall. 10% discount at Artland: Art Van Go will offer deliveries to BASE members. Any orders are to be emailed to Linda (linda@artland.co.za) or call 021 671 6001

Next exhibit at the Table Bay Mall dates have changed to: 15th January to 14th February, only paid up members are allowed to exhibit. Photos of your work to be emailed to Gayle for your printed poster by 11th January: admin@fencesandgates.co.za. We are always looking for future exhibit space, possible pop-up shop, so let us have any of your suggestions. Email baseartsociety@mweb.co.za.





Art Exhibition



This Art work by Renee Morkel

Table Bay Mall, 10am to 6pm daily

Cnr West Coast Rd & Berkshire Blvd, Sunningdale.

15 January to 14 February 2021
Contact Glenda Chambers 0822222820

We are grateful to Michele Collins, together with Lindsay Tedder, who has been creating a lot more interest on our BASE Facebook platform. She is willing to do albums to post for our members of their work. Please email her images of your work, petportraitsbymichele@telkomsa.net Also follow us on Instagram @Blaauwbergartsociety_

Demonstration: Interactive Mixed Media / Art Journaling by Glenda Chambers 12.11.2020



After leaving the corporate world some 22 years ago, she began a very interesting journey and is now a full time artist and art teacher (since 2008). She comes from a family of artists and really loves all aspects of art. She won her first art award when she was 9 years old in Port Elizabeth. She runs a life painting group since 2008, organises various art workshops, art weekend away and teaches classes in her studio – 4 classes per week (oil and water colour) and an acrylic class on Tuesday's at her Table Bay Mall shop. She spent 2 months at the Cite Internationale des Arts in Paris (Aug/Sep 2015 SANAVA) She was invited to ProArt Clarens (2017& 2018 and is organiser since 2019) Director and Curator of Art SA Exhibitions in Cape Town since 2014. SASA member since 2008, Past President and Exhibitions Co-Ordinator since 2010 and is one of our Blaauwberg Art Society Founding members (started our society in her braai room) She was made honorary member of BASE in 2013 and honorary member of SASA in 2020 and is also a member of CAS and is on the IWSSA committee.

On the night, Glenda offered those attending an interactive mixed media workshop where she demonstrated and allowed us to participate by creating our own whimsical portrait. For her, art journaling and writing heals the soul and she says that there have been studies where this very

therapeutic art process has proved to help with depression. It releases negative emotions and improves your mental state. Also, if you sketch or paint in a specific place, this can then act as a powerful reminder of that experience, it triggers your memory by association and takes you right back to the place and experience as it stimulates all your senses, like smells, taste, touch...so much more than just taking a photograph. You then have a richer source of reference material for your studio paintings. In the beginning of her art journal she has written this message for herself, "I give myself absolute permission to express myself in this journal in the ways I choose to. I declare this is a safe space for me to create. No judgement. No Expectation." Wow! We should all be less judgemental of our work. Be kinder to ourselves and use the process as a means to keep our spirits soaring! Glenda repurposes old hard cover books into art journals. Look out for old books with non-glossy thick paper. And if the paper is not thick enough, glue some of the pages together. Glenda uses baking wax paper in between the pages of her journal so that they do not mess onto each other.

The idea of the whimsical portrait that Glenda encouraged us to create was to change some negative emotions by painting something cheerful and positive. We started by writing down some things that we are stressed about such as 'fear of failure, financial responsibilities, feeling alone, fear of the unknown, emotional upheaval etc.' Nobody else needs to see this as the next step is to cover these words up with something beautiful. We each chose a printed serviette and peeled off the top layer, this was then torn randomly and glued over our words with acrylic gel medium. Once this is dry, a section in the centre was thinly painted with home-made Gesso: in a glass peanut butter jar add: ¼ white gold glue, 2 big puffs of Johnson Baby Powder and fill it up with PVC paint you buy at a hardware store (colour: Rice Paper) Once this is dry, it is time to start drawing your construction lines for your whimsical face. First draw an oval with the chin slightly more pointed than the forehead section. Then draw a horizontal dividing line half way and another halfway between this line and the chin and then a 3rd line half way between the 2nd line and the chin. Then draw a vertical line through the middle of the oval. On the top horizontal line, either side of the vertical line, draw in your eyes. Note for a realistic portrait the width of the face is equal to 5 eye widths, but





By Michele Collins

for a whimsical face the eyes are drawn purposefully larger. Place downward turning eye ducts on the inner corners and draw in the top lid with eyelashes top and bottom. Draw in the iris with the top and bottom of the round shape 'disappearing' under the lids and draw a tiny C shape as the pupil. Eyebrows are drawn above these and their shape could indicate many emotions, so play around with this.

On the 2nd horizontal line draw in the nose by drawing a smiley face in the middle and a diagonal line either side and then a curved line each side of these. The mouth is drawn on the 3rd horizontal line, and once again this can be bigger than the rules that apply to a realistic portrait and can also be played around with to create different emotions. The hair is placed below the oval forehead and above the oval crown of the head. You then rub out the construction lines and proceed to add some colour. Glenda prefers to combine Lukas "Flesh Colour" and "Apricot" for her skin colour which is painted over the face.

Once this has dried (the drying process can be speeded up by using a hairdryer), she uses Gelatos, which are like a lipstick tube of water soluble paint which is drawn on similar to oil pastels and then smudged with a finger to create shadows along the nose and on the outside edge of the forehead, cheeks and chin and also the neck. The eyes, hair and lips are now painted with a thin layer of acrylic paint. Remember to follow the flow of the hair with your brushstrokes, and remember the top of the lip is always darker than the bottom.

The next step, Glenda uses Posca black and white pens to draw in the details and add some highlights. Positive words are written around your face to finish off your artwork. Thanks for a fun, sharing exercise, I am sure we all felt the positive benefits of creating together.

A comment from one of the participants, 'I loved painting my journal girl and finished it at home, although I don't have all the materials Glenda has, so mainly used acrylics. I can't wait to start a journal, and to start taking a sketch book with me wherever I go. When I was younger I used to take a book to write poetry and ideas in, but never a sketch book. Now I will start again, only this time to sketch in.'



Glenda showed us a great trick for adding interesting texture to a finished water colour painting: place a stencil on top of the painting and using water and a Magic Eraser (available from the Crazy Store) you rub out some of the paint through the stencil.

For sealing her mixed media work she uses Zelcraft Podge Medium or rubs on a Beeswax hair product used for African hair.



By Lindsay Tedder



By Renee Morkel

Thank you for all who made this meeting possible, hope there will be many more and let us all continue to be creative and kind and non-judgemental with ourselves.