

# SASA NEWSLETTER – January 2016

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## ☐ Diary



<b>JANUARY</b>	<b>Wednesday</b>	20	Hiking and Sketching Outing: Newlands Stream
	<b>Monday</b>	25	Merit Exhibition Hanging and Opening
	<b>Thursday</b>	28	Monthly Meeting: Talk on Social Media with Mike Taberner
<b>FEBRUARY</b>	<b>Sunday</b>	7	Closing of the Merit Exhibition
	<b>Thursday</b>	25	Monthly Meeting: AGM and Drawing Competition

**You've only got three choices in life; give up, give in or give it all you've got**

Unknown

## ☐ President's Letter

Dear Members

Hope that you all had an amazing Festive Season and a very 'Arty' start to 2016. Well, I guess the well-deserved break is over and SASA is ready to roll again. A Special Thank you to all the Council Members and members who helped in 2015.

The Society could not exist without the help from the Council and you, the members. The success of the exhibitions and all the other events takes a lot of organizing, so please let's make 2016 even better.

Many hands make light work. The Merit Exhibition is our next big one, Monday 25<sup>th</sup> January – 7<sup>th</sup> February 2016 and this year, only the Merit artists and council will be hanging, so if you are a Merit artist and you have not yet volunteered to help with hanging, please email me [president@sasa-artists.co.za](mailto:president@sasa-artists.co.za). We cannot do it without your help.

Congratulations to our winners of the Eleanor Palmer competition, it was really difficult to choose and the standard was amazingly high. Well done Helen van Stolk on winning the Trophy. (see detail in Newsletter). And thank you to Christine Cherry-Jones and Ros Molteno for organising the quiz and to Wyn Rossouw for assisting on the night.

We had a really hectic end of 2015 with Art in the Park (first one including other art societies) and Members' 2 exhibition; thanks to our members for the high standard of work exhibited. Congratulations to all who sold work and to all those that took part.



We sold:

- Art in the Park 2 (Sat 28<sup>th</sup> November 2015): 216 works to the value of R179 080 - keeps getting better and better, thank you Adrian and your team. (2014 last year 168 works sold to the value of R160 049)
- Members 2' Exhibition (2<sup>nd</sup> -10<sup>th</sup> December 2015): 81 Works to the value of R121 997, (last year 2014 was 71 works to value R112 105)

We start our year off with Liz and I giving a talk on "Our Journey through Paris", an impromptu talk on our two month sojourn in Paris, on Thursday 21<sup>st</sup> January at 7pm at the Athenaeum. This will be in addition to the SASA monthly meeting on Thursday 28<sup>th</sup> January which is a very needed and anticipated talk on using social media to promote your art.

See the newsletter for all the upcoming events. Don't forget about our new online gallery, details on the web.

To all our members I wish you an abundant 2016, filled with many goals and dreams.

Happy painting!

*Glenda Chambers*

## ☐ Member News and Happenings

The noticeboard is put up at every monthly meeting and the latest news from the art world put up for your information. You are invited to bring along your own bits of information to post on the board. Members are also welcome to put up notices advertising their art related products or classes. Please contact Kate Pearce on [katiemp69.kp@gmail.com](mailto:katiemp69.kp@gmail.com) or if you have any news you would like to share, email [secretary@sasa-artists.co.za](mailto:secretary@sasa-artists.co.za).

We hope your Festive Season was relaxing and joyous and we look forward to a rewarding and painterly 2016.

We welcome the following new members who joined at the end of 2015 –

- |                                    |                    |
|------------------------------------|--------------------|
| ☆ Valerie Lewis                    | ☆ Lize Duddy       |
| ☆ Glenda Borraine                  | ☆ Arthur Brigg     |
| ☆ Peter Schaefer from Johannesburg | ☆ Denise Bernstein |
| ☆ Barbara van Alphen Stahl         | ☆ John Carson      |

And welcome back to Ronnie Biccard and Marcelle Lyons. We look forward to seeing you all at our monthly meetings.

Every year, your society gives an award to a selected student of the UCT art school. This is part of our outreach programme to encourage young, up-and-coming artists to join our community. The prize ceremony was attended by Glenda Chambers representing SASA in her capacity as President and by Jeremy Day as Vice-President and Outreach Co-ordinator.

This year we welcome **Matete Motubatse**, a third year student from Michaelis who is the recipient of the 2016 SASA prize. Matete was selected by the lecturers at Michaelis and his prize includes a two year membership to SASA. We look forward to meeting him in the very near future.



Jeremy Day admiring the students' work

A special 'Thank You' is due to those wonderful people at the art supply shops.

To Pippa, Margo and Elsabe of **Deckle Edge** in town and Constantia

To Skye of the **Italian Artshop**

To Derek and Cheryl of **Village Brush and Canvas** and **the Art Shop** in Hermanus

To Katherine of **Art Source** and **Art Sauce**

We thank you and your staff for your continued support.



SASA's home is the Athenaeum and all who attend the monthly meetings have come to know and love the old building.



The history of the property goes back to 1660, the first owner being Jan Pieters Louw. After passing through various hands, the property, known primarily as *La Rochelle*, in 1926 became the residence of Henry Hepburn Bright, his wife, Wilhelmine Henriette and sister-in-law, Dorothea Frances Bleek. Dorothea Bleek was then the acknowledged authority on the Bushman (San) language and art.

Dorothea subsequently sold the property to Professor Goodwin of the Department of Archaeology at UCT. In 1948 a Board of Trustees was established with the purpose of developing and preserving the property for cultural and limited social purposes. SASA became one of those trustees and we have been using the Athenaeum as our headquarters ever since.

A building of this magnitude and age takes considerable work and in this newsletter we acknowledge the work and dedication that SASA member, **Ken Kynoch** has given to both the society and the Athenaeum. Ken has been a member of SASA for the last 15 years and has served on the SASA Council, setting up our extensive computer systems, as well as representing SASA on the Athenaeum Board of Trustees. Thank you, Ken, for all you have done and continue to do.

Please remember to let us have any changes in your details. Check your 'spam' boxes every now and then to see if any SASA correspondence has found its way into them. It's also a good idea to make sure your mailboxes are emptied as many emails are returned because your boxes are 'full'. Add SASA as one of your contacts – possibly that will help with any future spam problems.

## ☐ 2016 Membership Fees

Membership fees are now due. You can make payment via the internet to SASA Nedbank Constantia, branch code 198765, account number 1088006981.

If you pay by cheque, please make your payment out to the South African Society of Artists (in full) and post to:

The Treasurer  
PO Box 2574  
Clareinch  
7740



Email proof of payment to [secretary@sasa-artists.co.za](mailto:secretary@sasa-artists.co.za) and use your name as the reference.

Ordinary members	: R265
Country members	: R165
Students (full time under 25)	: R165

Please remember that the library will function only on membership numbers and no items can be taken out without your new number. Your 2016 membership card will allow you to claim your 10% discount from the following art shops:

***Please note that if your membership is not paid by the end of February 2016 at the latest, your membership will lapse and you will be required to pay the joining fee of R100.***

## ☐ SASA Programme - What's on

### Monthly Meetings

SASA Monthly Meetings are held at the Athenaeum, Boundary Terraces, off Campground Road, Newlands, on the last Thursday of every month at 19h00. Entry is R10 for members and R20 for guests, including refreshments. The library will be open from 17h45 to 18h45 – your membership card is your access to the library.

### Thursday 26<sup>th</sup> November: Eleanor Palmer Competition and End of Year Function:

What a fantastic end-of-year function. And congratulations to everyone who took part in, firstly, the Eleanor Palmer competition, and secondly, the 'pub quiz' organised by Ros Molteno and Christine Cherry-Jones. That was great fun and the competitors displayed a wealth of general art knowledge! There were some easy and some very difficult questions, all art-related, that tested the best.

And an ecstatic Helen van Stolk won the Eleanor Palmer trophy for her painting 'Thursday Night on Long'. Second was Laura Wenman with 'Butterfly Blaze' and third prize went to Sona Jacka with 'Natasha'.



A big thank you to the Skye and Gus at the **Italian Artshop** for sponsoring the prizes of gift vouchers and other art 'goodies'.

### Thursday 28<sup>th</sup> January: Talk on Social Media with Mike Taberner

The internet is now a major marketing tool for most products and services and the artworld is very much a part of that. This is your chance to learn how to best use those social media sites to promote your work and even how to create your own website.

Mike Taberner was one of the people tasked with updating and refreshing the SASA website. He is a partner of the marketing company, Brandesign, along with SASA member, Adrian Larkin. If you haven't yet seen the new site, go to [www.sasa-artists.co.za](http://www.sasa-artists.co.za).

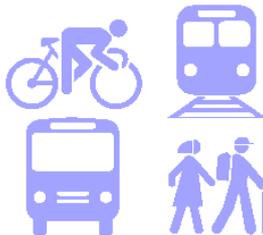
Take advantage of this great opportunity to hear from those in the know how you can benefit by utilising, not only the SASA gallery, but how to best take advantage of Facebook, Blogger, Twitter, etc.



### Thursday 25<sup>th</sup> February: Annual General Meeting and Drawing Competition:

Our AGM is held every February during which a synopsis is given of the previous year's activities together with the financial status. This is your society and we encourage you to attend this year's meeting.

The AGM is also where you can get involved by volunteering your (or a fellow member's) services for the SASA Council. There are a couple of members who will be stepping down from Council at the end of this financial year and our Constitution stipulates that we need ten (10) members to effectively help run the society. **If you would like to become part of the team**, speak to one of the current Council members to find out what it entails. To put your name forward for election, please contact the secretary on [secretary@sasa-artists.co.za](mailto:secretary@sasa-artists.co.za) or telephone 021 671 8941.



The Annual SASA Drawing Competition will follow the Annual General Meeting. The theme for the competition is "Transport", which gives broad scope for the imagination! So get out those drawing implements and put your skills and imagination to the test.

Please remember that this is a monochrome (single-colour) drawing competition. Therefore, only drawing techniques are permitted, using **one** drawing medium in any **one** colour. For example, charcoal on paper or support (an unpainted surface). Other single drawing media may be used, such as pencil, graphite, conté or pen. No paintings will be accepted on the evening. Rules and regulations will be detailed in the February newsletter.

### Exhibitions

#### Merit Exhibition: Monday 25<sup>th</sup> January to Sunday 7<sup>th</sup> February:

The Merit Exhibition is an invitational exhibition, extended to those members who achieved excellent results on the previous Annual Exhibition Selection. According to the scores achieved, invited artists are permitted a related number of artworks, as part of a new body of work.

Hanging day for this year's Merit will be on Monday 25<sup>th</sup> January with the opening in the evening. Invitations will be sent out to everyone in due course.

Conditions of Entry and Entry Forms have already been sent out to those participating. If you haven't already replied, please let Liz know at [secretary@sasa-artists.co.za](mailto:secretary@sasa-artists.co.za) how many works you will be submitting.

To those who have been invited to participate in the 2016 Merit on the 25<sup>th</sup> January, **please remember to renew your membership otherwise your work cannot be accepted.**



**Members' 1 Exhibition 3<sup>rd</sup> – 15<sup>th</sup> May 2016:** The first Members' exhibition of the year is at a lovely time of the year at Kirstenbosch and includes two weekends! Plenty of time to get to work and all the details will be sent out closer to the time.

**The Constantiaberg Art Society** will be holding their first exhibition of 2016 from the 15<sup>th</sup> to 24<sup>th</sup> January at the Sanlam Hall, Kirstenbosch. For further information please contact Sue Paulsen at [constantiabergartsociety@gmail.com](mailto:constantiabergartsociety@gmail.com).

The **Bright Street Gallery** in Somerset West will be featuring a number of SASA artists at their opening of "New Beginnings" on 8<sup>th</sup> January at 18h00. Included are Di Ackerman, Marion Langton, Marion Cross, Kathy Wivell and Di White. Contact Chris Hall on 021 851 2520 for further information.

The **1<sup>st</sup> International Watercolour Biennale** will be held from 3<sup>rd</sup> – 11<sup>th</sup> October in Johannesburg at the Crowne Plaza Rosebank Hotel. For more information on both the International Watercolour Society and entering the Biennale, please contact [info.iwssa@gmail.com](mailto:info.iwssa@gmail.com).

## ☐ Plein Air Outings

Linda Howe-Ely has planned another exciting **hiking and sketching outing** for Wednesday 20<sup>th</sup> January at Newlands stream. Park and meet at the Newlands Forest parking area and take an easy walk up next to the Newlands stream as far as you feel like going. A good opportunity to work off those excess kilos gained over the Festive Season! There are plenty of shady trees, lots of rocks and small pools to enjoy and sketch.

Don't forget water, food, sunhat, sunscreen. sketching things: pen, sketchbook, pocket watercolour set, etc, nothing heavy! Folding stool optional if you can fit it in. Please contact Linda on 021 797 2601 or 073 5644 845 or [lindahe@vitalitybroadband.co.za](mailto:lindahe@vitalitybroadband.co.za) if you will be attending, or have any queries.



## ☐ Workshops, Classes and Information

Your 2016 membership card will allow you to claim your 10% discount from the following art shops: **Deckle Edge – all branches. The Italian Artshop. Village Brush and Canvas. The Art Shop in Hermanus** and 5% from **Art Source in Obs** and **Art Sauce in town**. You will need to present your 2016 membership card when claiming your discount, so please ensure that you collect your card at the monthly meeting. All the art shops have instructions to only give the discount to paid up members.

Exploratory Course by Hanna von Maltitz: Experience gestures & symbols in a journey of self discovery through colours which will enable you to create authentic paintings without reference material. 6,13,20 Feb & 5,12 March. R950. Contact Hanna on 0721388707 or [hesione1@gmail.com](mailto:hesione1@gmail.com).

If you would like your classes included in the newsletter, please contact [secretary@sasa-artists.co.za](mailto:secretary@sasa-artists.co.za)

## ☐ Library

Once a year (in February) we do a stock take of the library items. As such, all items taken out in November need to be returned at the January meeting. **Please** make an effort to return all items so that we don't spend unnecessary time trying to find out where the 'missing' items are. Also a reminder to all members with outstanding library items, especially those outstanding for more than two



months! can you please make every effort to return these items this month.

Because of the stock take, no items can be taken out this month, but we will be open for 'business as usual' in February.

If you have any queries regarding any aspect of the library, please contact Audrey Innes. Her email is [audsinnes@hotmail.com](mailto:audsinnes@hotmail.com).

## ☐ Goal Setting

Taking Control of your Creative Life [Michaela Cristallo](#)

With 2016 well under way, goal setting tends to become a much discussed subject. This article, by Michaela Cristallo of [Skinnyartist.com](http://Skinnyartist.com) gives a couple of pointers for your art goal setting.

"You're showing up to the studio every day, you're making art and you feel like you're on the right track,

but do you ever wonder if you're making the right kind of progress to get to where you want to be?"

“Creating some big goals is about getting real with your art. It’s about setting yourself up for success and making a solid plan to get there. It’s a great process to go through every 6-12 months and it all starts with some big picture thinking.

**“1. Think bigger than big! The sky’s the limit.**

Get out of the everyday and think big! As artists it’s easy to get trapped in the details of our daily busywork and to-do lists. But every now and then you need to give yourself the chance the dream. Answer these three questions to get started:

- Who do you want to be as an artist?
- What kind of work do you want to create?
- What do you want to achieve?

Think long term (at least 5 years) and dream big. The answers to these questions will be your starting point. They will be the basis for your goals and ultimately for what you achieve as an artist, so take your time and dig deep.

**“2. Get specific about how you’re going to get there**

Dreams are great but they’re nothing without action. It’s time to set some real goals about how you’re going to get there. You should set some big goals every 6-12 months and include everything you need to do that year to move closer to living your ideal life as an artist. You can have as many big goals as you see fit but as a start anywhere from 5-10 is good. Any more and it’s potentially overwhelming, less and you might be setting your bar too low.

Make your goals specific and measurable. If you want to grow your art sales, by how much? If you want to experiment with new mediums, which ones specifically and how?

**“3. Every good goal has a deadline** (and yours should too!)

A goal without a deadline is unlikely to be completed in any kind of reasonable time frame (read possibly never!). By setting deadlines you get your mind working

towards a date for completion, meaning you can pace yourself with your work and really start to get things done.

Set a deadline date for every goal on your list spreading them out over the year based on how big each goal is and how they’ll all fit together.

**“4. Action = Magic!** (aka how to get your goals working for you)

Even with specific goals and deadlines it’s easy to get lost in the busy-ness of day to day work. To avoid potential goal disaster create a list every single week where you write up a set of small doable tasks that will move you closer towards achieving your big goals.

Make each task specific and easy to achieve within the week. It could be as simple as drafting an email to send to someone or as big as completing an entire artwork.

**“5. Find a friend and get accountable**

Having a big dream, goals and weekly tasks really mean nothing unless you commit to stick to them. I find that often when I’m setting goals for my creative work I’ll be incredibly optimistic and excited when creating them only to have my plan derailed (by myself of course) within weeks.

“To avoid a similar fate stick your weekly task list somewhere highly visible in your work space and get accountable by finding a friend to keep you in check! Tell your friend about your plan and ask them to follow up with you on your progress once a week. These two things alone will up your chances of success big time because they make your goals real and ever present.

**“Make every day count**

Follow these five steps and you’ll be setting yourself up for achieving big things. The progress we make on a daily basis might not seem like much, but over the span of a year or more it’s huge. Make every day count by setting some big goals for your art and see the difference it makes.”

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