

# Canning Creations



Canning Arts Group

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## ISSUE 44

January/February 2020

Canning Arts Group thanks the City of Canning for its continued support.



This bi-monthly newsletter is distributed to members of the Canning Arts Group, and a limited number of printed copies are available from the office at Canning Arts Centre between 9.30 and 2.30pm weekdays.

*Contributions from members are welcome.*

## Presidents Column - March 2020

### *Welcome to the New Year 2020 for Canning Arts Group*

I would like to thank the members of the committee for all their work in 2019 especially the executive Fran Jones, Fran Fishlock and Jill Archibald. I would also like to thank our kiln supervisor Sandra Wilson-Courtney for the wonderful job she did all year. It has been great working with everyone. CAG cannot exist without its members and especially a committee.

At the beginning of the 2019 it was decided that we should paint a mural on the veranda and put up some totem poles in the garden.

Well the mural is finished and looks wonderful and many thanks to the painters for arranging and painting the mural. A special thanks to Chris Goldberg for all the work she did to get this happening and all the painting she did to complete the mural.

Totem poles well we don't have them up yet, but the potters have made the pieces to go on them. We should see these up in the next month or so. I would like to thank all the potters who have contributed to these poles.

I also approached the council about a replacement shed for the outside area. The council has replaced the shed and we will soon be able to store our various pieces of equipment.

CAG key activities over the year will be:

- Exhibition in Library in May
- CREEC (Canning River Eco Education Centre) Art Exhibition.
- Children's Award of Excellence
- City of Canning Art Awards.  
This will be held in the library again.

- CAG stock was held in October.
- Southlands sale of work
- Award of Excellence.
- Christmas Sale of works

## Relocation to Leisureplex

The council is in discussion with the committee about the center moving over to the leisureplex. They are trying to accommodate us with more room, but parking is a problem at present. I will keep members updated in the newsletter. At our committee meeting on 18th February 2020 a motion was passed that we will work with the council and the design team to see if we can be accommodated at the Leisureplex.

## Co-coordinator Position

Erica our coordinator resigned in December. I would like to again thank Erica for all the work she did for CAG over the years she was with us. I wish her all the best.

We had interviews in December and have appointed Selena Watson as our coordinator. Selena started on 28 January so I hope members will welcome her and give her time to settle in.

I would like everyone to think about coming onto the committee next year. We need members to nominate for the committee so we can move forward and improve CAG so that it will be current now and in the future. The committee meets once every 5 weeks so not too much call on your time.

*Everyone is gifted - Just open your package*

Washington Irving

## Coordinator's Corner

'Hello all!

Just a quick note to introduce myself...I am the new coordinator here at the centre, and it's been a pleasure meeting many of you over recent weeks.

The centre has been a hive of wonderful, creative activity this month as our Term 1 classes and hobby groups are well underway. We are now busily planning for April ARTSFUN and Term 2 classes / workshops to keep the creative momentum going!

Many thanks to all who have responded to our recent callout for workshop expressions of interest, we have had many replies and will be keeping all of your ideas and interests in mind when scheduling upcoming topics.

Thanks also to all for the warm welcome, I look forward to meeting more of you over the coming months.

*Selena'*



# Your Committee for 2020



(Seated - left to right)

Fran Jones (Treasurer), Fran Fishlock( Secretary), Robyn Brown ( President). Jill Archibald ( Vice-President)  
Selena Watson (Coordinator)

( Standing - left to right)

Chevy Smith, Meg Hewitt, Maggie Smith, Chris Goldberg

The 3 committee members below were not available for the photocall at the AGM



Coralie Lister



Amber Pek



Margaret Frew

# Awards of Excellence 2019

This year the categories were increased to include 3 levels in both 2D and 3D.

Novice: Members who have been creating their art for less than 18 months

Hobbyist: Members who have been creating their art for longer than 18 months

Advanced Hobbyist: Members who have previously won an award

The judges for the event were Leesa Padget (Multi Award Winning Artist) and Belinda Kay (BA Honors, Manager of Gallery at Houghtons). The awards were presented by President Robyn Brown, Treasurer Fran Jones, and City of Canning Councilor Yaso Ponnuthurai.

The event was well attended by members and their families with everyone enjoying both the sale of work, the Awards of Excellence, and the drinks and nibbles.



## Winners 2D

### Novice

1st: Aliison Hanrahan

### Hobbyist

1st: Lyn Bindley

2nd: Rose Seale

3rd: Lynn Owen

### Advanced Hobbyist

1st: Chris Goldberg

## Winners 3D

### Novice

1st: Debs Gestorfer

### Hobbyist

1st: Sharon Mackay

2nd: Maggie Smith

3rd: Qinwen Shi

### Advanced Hobbyist

1st: Marg Nash

2nd: Marilyn O'Shannessy





Debs Gestorfer - "Just a Jug"  
**3D Novice**



Sharon Mackay - "Fire Dance"  
**1st - 3D Hobbyist**



Maggie Smith - "Bee Book"  
**2nd - 3D Hobbyist**



Qinwen Shi - "Mini World"  
**3rd - 3D Hobbyist**



Marg Nash - "Lidded Container"  
**1st - 3D Advanced Hobbyist**



Merilyn O'Shannessy - "I Spy"  
**2nd - 3D Advanced Hobbyist**



Alison Hanrahan - "Free Range"  
**1st - 2D Novice**



Lyn Bindley - "Gardening with Gloria"  
**1st - 2D Hobbyist**



Rose Seale - "Sun Thistles"  
**2nd - 2D Hobbyist**



Lyn Owen -  
"Homage to Two Margarets"  
**3rd - 2D Hobbyist**



Chris Goldberg - "Old Timer"  
**1st - Advanced**



# Gallery News

## Hello Members

Welcome back to CAG. I hope your long summer break has been very productive as we'll all need lots of work for this year's exhibitions!

Our most exciting news is that this year we will be holding two exhibitions at the Riverton Library (the very successful Canning Art Awards venue). The first exhibition will be in May, just in time for Mother's Day. We have called it (for publicity purposes) From the Heart. It may have particular appeal for Mother's Day but, as we all know, Art is From the Heart – so basically there is no specific theme! In addition to our current hanging boards we will be hiring some extras and we are also purchasing some new portable plinths to use at events such as this. So we are hoping for lots of work to fill the "gallery". The set-up will be on 1st May and run until the following weekend. We have to monitor the exhibition at all times (to handle all those sales!) so there will be roster spots to fill by all participants. Our other major exhibition of the year, the Award of Excellence, will also be held at the Riverton Library in November.

Concurrently with our From the Heart exhibition, we will be displaying Local Colour at the CAG gallery. So if you are stuck for an idea to enter in the Canning Art Awards creating something to this theme may be worth thinking about. Our Shades of Green exhibition will be something a bit different: not only green in colour (although a green

painting or green glaze would be fine) but also the concept of Green, so perhaps embrace recycling (canvas, collage, clay or glass), endangered species, really anything with a connection to green!

In September we will have an Earth & Fire theme, specifically tailored to our potters and glass people. Hanging space will be allocated for clay and glass items, while we will just fill in the gaps with paintings, etc. Also in September (another busy month) CAG will again be taking part in the CREEC exhibition. This year the theme will be Planet Earth, so just about anything could be included, and this year there will be no written component, which I know put some people off last year. CREEC will be planning some activities around this weekend to attract more visitors.

And now for something very different – Un-Natural! This October exhibition is just the place for abstracts, buildings, cityscapes, fantasy, surrealism, cartooning, constructions. Dare to be different!

We will also be holding our Southlands Sale in October, Award of Excellence (as mentioned) and our annual Christmas Sale. So there are lots of events to work towards and lots of opportunities for sales for those who like to sell their work. You have been warned!

*Happy Creating*

Maggie Smith - **Gallery Coordinator**



# Members Exhibitions 2020

7 Feb - 13 March CAG Gallery - (5 weeks)	<b>Holiday Creations</b>	Current Exhibition
13 March - 3 April CAG Gallery - (3 weeks)	<b>The Living Form</b>	Any living thing; people, animals, plants, bugs, insects, reptiles, flowers, micro-organisms, etc!
3 April - 22 May CAG Gallery - (7 weeks)	<b>Local Colour</b>	Representations of Canning, which can feature local scenery, trees, plants, flowers, buildings, how you feel about living locally.
2 May - 8/11 May <b>Riverton Library - (10 days)</b>	<b>From the Heart</b>	First exhibition at the Riverton Library. All pieces for sale. Your choicest items – maybe relevant to Mothers Day?
22 May - 26 June CAG Gallery - (5 weeks)	<b>Shades of Green</b>	Not only the colour green but perhaps your interpretation of a green lifestyle; recycled art and craft – all shades of green.
26 June - 24 July CAG Gallery - (4 weeks)	<b>CAG Children's Classes Exhibition</b>	1 week for setup, 2 weeks display, 1 week dismantle.
24 July - 4 Sept CAG Gallery - (6 weeks)	<b>Favourites</b>	Easy – your favourite pieces of art. Painters - this may be the time to bring your favourite seascapes and landscapes.
4 Sept -16 Oct CAG Gallery - (6 weeks)	<b>Earth &amp; Fire</b>	Specifically tailored to our potters and glass artists. Just the place for your beautiful feature pieces. Space will be allocated for hanging .pottery/glass works.
16 Oct - 27 Nov CAG Gallery - (6 weeks)	<b>Un-Natural</b>	Abstracts, buildings, city-scapes, surrealism, constructions. Dare to be different!
End of October	<b>Southlands Shopping Centre Sale</b>	
21 Nov - 29 Nov <b>Riverton Library ( 9 days)</b>	<b>Award of Excellence</b>	A great opportunity to really show everyone our fantastic creations – and a great time and venue for pre-Christmas sales.
Dec	<b>Christmas Sale</b>	
School Holidays		
Easter 9 - 28 April   Winter 3 - 20 July   Spring 25 September - 12 October   Summer From 17 December		



## CAG MEMBERS ART SALE

# ART...Naturally

March 20 - April 3





# Donation by Commonwealth Bank



In December 2019 the Commonwealth Bank Riverton selected our organization 'Canning Arts Group' to receive a donation of \$500 as part of their national Community Donations program. They selected our organization because they were aware that we offer art classes and workshops to children and people with disabilities and special needs and therefore would like to put the money towards this.

The Committee would like to express our thanks for the donation. The committee has decided to use half for the disabled classes to enable their teacher to purchase materials that she may not have in the past. The children's award of excellence will receive the other half.

## The City of Canning Inaugural Community Trail

The Trail will take place over Saturday 2 and Sunday 3 May 2020 and enables local community and cultural groups to:

- Raise awareness and promotion of your group within the City of Canning
- Encourage community members to "have a go" of to see demonstrations of what your group does
- Enables community members to meet members of your group in a fun, interactive way
- Increase memberships and involvement of your group within the community

This also coincides with our first exhibition at the Riverton library, so we will really be flying the flag that weekend.

CAG plans to run 2 sessions at the centre over the weekend where members of the community can visit our centre and watch members at work and perhaps participate in an activity. Proposed times are 1.30-3.30 on Saturday and Sunday

**We will need your help to do this, so are calling for volunteers to come into the centre and do what you do best, create ! for a couple of hours on the 2nd and 3rd of May.**

# Dates For Your Diary



## **Morphed Alchemy**



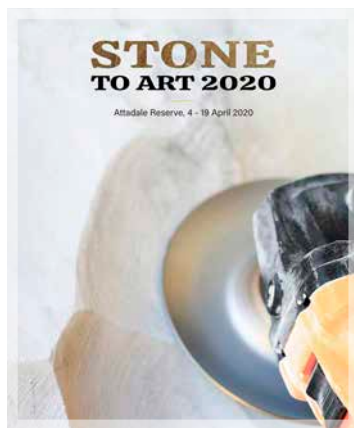
**March 1st - March 29th**

### **Ellenbrook Arts Centre**

Featuring new work by Joanna Wakefield, Helen Robins, and Annemieke Muklders.

This collection of sculpture captures the stony and rugged nature of Western Australia, using the very same clay and minerals that form this landscape. The creative processes morph and reveal forms that are hidden within the natural environment; at once zoomorphic and textural, and combining stylized elements with abstract forms. These works are simultaneously fragile, robust, complex and simple. The exhibition features muted earth tones, contrasted with details of metal and gold, a gorgeous mix of installations, sculptures placed on plinths, and wall hangings.

## **Art In Place 2020**



**April 4th - April 19th**

### **Attadale Reserve Melville**

#### **Stone to Art, sculpture workshops**

The City of Melville is proud to support Stone to Art a unique sculptural artwork exhibition.

Over 16 days, six artists from Japan, Taiwan, Belgium and Western Australia will create sculptures from Western Australian stone. The public are invited to observe the process of creation, including the selection of the raw stone, observing the artists at work and installation of finished sculptures.

Stone to Art will be free to the public and in addition to being able to watch artists at work; the public can take part in a stone sculpture workshop.

Learn the basics of stone sculpture from well-known sculptor, and WAISSS artist-in-residence, Victor Eszenyi and you get to keep your sculpture at the end of the workshop!

Each student will receive:

- A piece of Donnybrook Sandstone (250 x 250 approximately)
- Gift pack with safety goggles, disposable overalls, T-shirt, backpack and water bottle
- Lunch with our international sculptors
- Use of sculpting Tools (with the option to purchase following the workshop)

<https://www.eventbrite.com.au/e/stone-to-art-2020-stone-carving-workshops-tickets-92539491109>



## **Dreams Exhibition**

**Feb 17th - March 8th**

### **Atwell Arts Centre & Gallery**

The exhibition has been planned to coincide with the Perth Festival Highway to Hell event on 1 March.



## Embroiderers' Guild - Foundations 1



Not just for beginners, local Guild tutor Raelene Vinciullo has designed this 4 day course for anyone wishing to refresh their

skills with an opportunity to learn and/ or revise basic skills, equipment and stitches needed to lay the groundwork for an excellent foundation to all embroidery.

Foundations 1 runs over **two weekends: 4 to 5 April and 30 to 31 May.**

Held at Guild House, 565 Canning Highway, Alfred Cove, beginners are welcome.

<http://embroiderersguildwa.org.au/learning/>

## Southern Perspectives



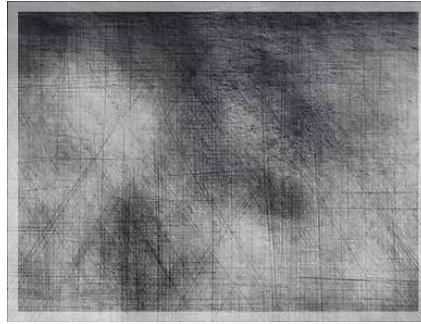
**2020**

**8th Feb -22 March**

**Heathcote Cultural Precinct**

An exhibition of thought-provoking artwork from Year 12 Visual Arts students. All exhibiting students graduated in 2019 from selected high schools South of the River.

## Apparition - Harvey Mullen



**Feb 17th - March 8th**

**Heathcote Cultural Precinct**

In a time of increasing sensitivity to climate change, Apparition is an exhibition that examines our connections to the natural world. In a series of print and sculptural artwork, artist Harvey Mullen investigates natural phenomena, enquiring into the essence of landscape as a genre.

## Altar'd Lament - Masonik



**March 28th - April 26**

**Heathcote Cultural Precinct**

**Project Space**

Altar'd Lament examines migration, diaspora culture and history. It is produced by Masonik, a multi-disciplinary art collective, and features live music, video projection, and spoken-word performance alongside an immersive art installation.



# PAINT THE PORT!

Are you an artist or photographer, or just looking to have a go? Come on down to Victoria Quay to paint, draw or photograph our amazing harbour.

Enter the lightning exhibition in B Shed to **WIN** one of eight great prizes, including **\$350 for best photo** and **\$350 for best artwork**. Workshops and kids' activities on the day and youth prizes too!

You can get your entry in **NOW** or there are special prizes for artworks done or photos taken on the day.

Finish off a fantastic day by witnessing the massive ocean liner **Queen Mary 2** sail out of the port at 6pm.

Scan below for more information or visit us on [www.fremantleports.com.au/news/paint-the-port](http://www.fremantleports.com.au/news/paint-the-port)



#PaintThePort2020



This is by no means an exhaustive list of Perth events, just a few that have come through my email. Other venues you can check out -

- Kidogo Art House- Fremantle
- Moores Gallery- Fremantle
- AGWA- City
- ZIG ZAG Gallery- Kalamunda

- Linton & Kay:  
Subiaco, West Perth,  
and Mandon Estate Winery
- Lawrence Wilson Gallery - UWA



# Painters Page

A place for you to share your work, workshops you might have attended, show a WIP (work in progress) or just tell us what you have been up to, and exhibitions or workshops you've attended. We can all learn from each others work and experiences. Hopefully next time you begin a painting you will have your camera by your side ready to photograph the process.

If there is anything in particular you would like to see in these pages, email me [chris@posterpassion.com.au](mailto:chris@posterpassion.com.au)

This month Karen Ball has kindly shared a WIP of one of her paintings with us, and I have done a small demo of how to paint eyes, for any painters out there interested in having a go at portraits.

## Peacock on Yellow: Mixed Media on Canvas- Karen Ball

For this picture I used a very long canvas, size 151cmH x 31cmW.

Before starting I looked on the internet for some pictures of peacocks and their feathers to get some inspiration.



A. Draw design with pencil



B. Create textures with moulding paste



C. Close up of texture



D. Paint the background with acrylics





E. Paint the background with acrylics

A. I began by drawing out a rough sketch of how I want the picture to fill the canvas. Refer to picture A

B. I then start adding texture with Moulding Paste you can buy this from any art store I used Atelier Moulding Paste.

I used various pieces of plastic, palette knives and other things I have laying around to create a pattern on the canvas, I apply the paste quite thickly as it tends to shrink as it dries. I have to be careful not to put texture where I don't want it as it is very hard to get off once it dries.

D. I then paint a background using acrylics. When the background is dry I pour over other colours mixed with water & Derivan Polymer Gloss water based about a 50/50 mix. This paint will settle in the texture creating a random effect..

E. I then start picking out the pattern with my Oil Paint.

F. Finally I add detail and the painting is completed.

Karen also has an exhibition on at Gigin Railway Station from March 6th - May 3rd, with ceramic artist Angela Ellis, so if you are out that way way do drop in and check it out, see page 17.

G. Details of finished work

F.

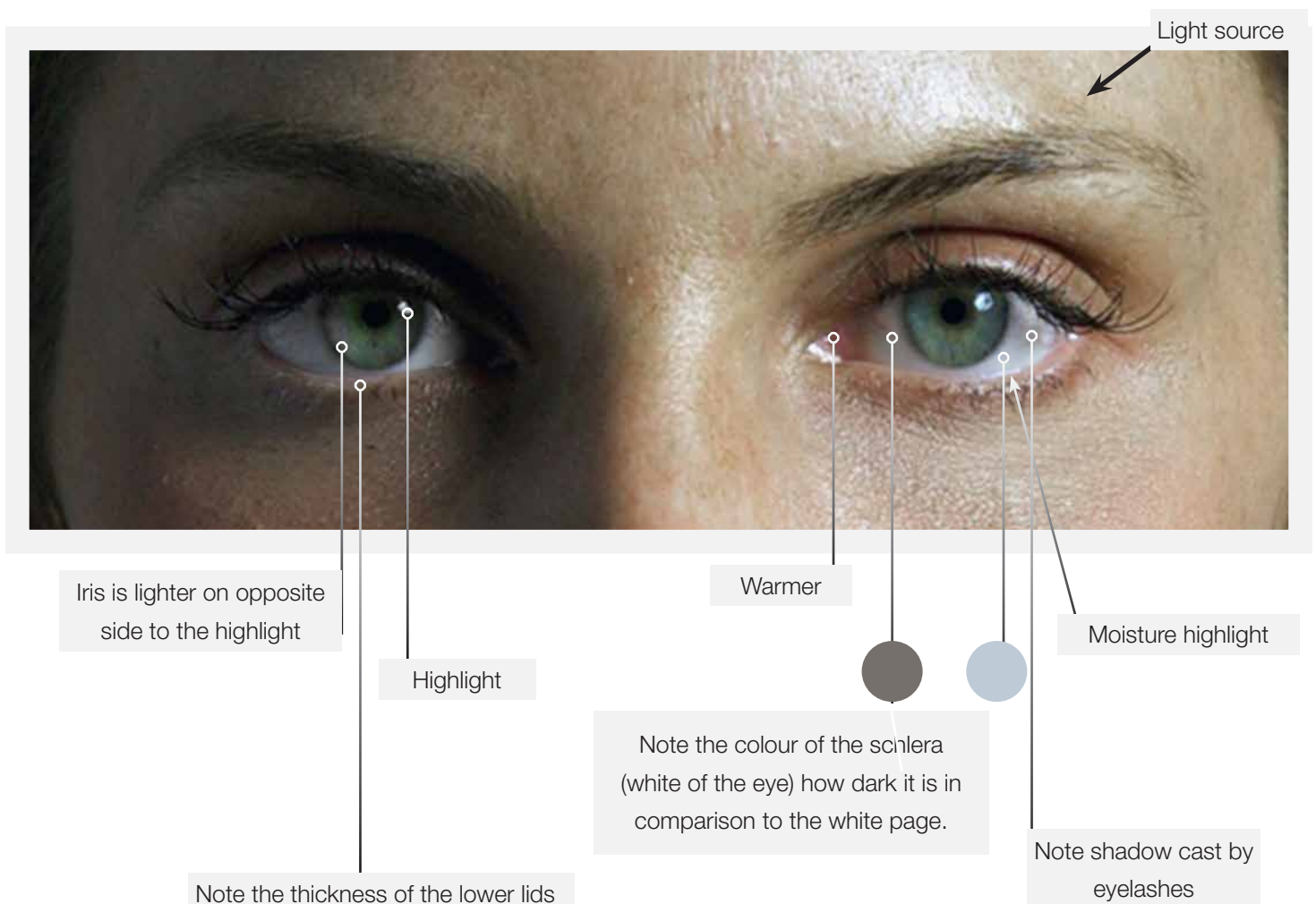


# Painting/Drawing Eyes

(This is for you Pam 😊 )

## A few things to keep in mind, and landmarks to look out for.

- The eye ball is round, so should be slightly shaded at inner and outer edges of eye ball
- The white of the eye is NEVER white
- The top lid generally sits over the top of the iris, its rare to see the whole of the iris
- The top lid is like a shelf and sits out from the eye generally casting a shadow across the top of the eye, (depending upon light source)
- The bottom lid is also like a shelf, and you should see its thickness, it should not be represented by a single line.
- Eyelashes come out of the outer edge of both lids.
- The outer corner of the eye sits higher than the inner corner
- The highest point of the curve on the upper lid is medial (closest to centre of body) to the centre, and the lowest part of the lower lid is lateral (closest to the outside of the body) to the centre.
- The iris of the eye is generally lighter on the opposite side to the highlight, due to the light passing through the transparent schlera.
- White of eye is warmer on the inside nearest the nose
- There is often a little highlight where the lower lid meets the schlera and in the inner corner, showing the moisture of the eye, also along the lash line.







The round eyeball is housed inside the orbicular cavity, which is rectangular in shape. The upper, lower and outside edges of the eyeball are in close contact with the bony structure of the orbit. (1)



An eye can be drawn very simply with mostly shadows, without going into a lot of detail as I have done on the following page.



The upper lid overlaps the lower lid at the outside corner. Because the upper lid is functional it is twice the thickness of the lower lid which is stationary. (1)



The position of the orbicular cavity is downward, outward and inward. The downward provides run off for perspiration, the outward allows us to see peripherally. (1)

Bear in mind these are only guidelines. There are as many different faces in the world as people, and whilst there are generalisations, accuracy comes back to observation, really looking at your subject or image, whatever you are working from.



Note the lowest point of the lowerlid is lateral to the centre.

1. Artist Guide to Drawing the Head.

William L. Maughan



Simple line drawing as starting point, note thickness of both eyelids.



Rough tonal block in with dilute paint and medium



Fully rendered grey scale version, this is not necessary, but its often makes its easier when learning to have a road map to follow tonally.



Here I have mixed several flesh tones and put colour notes to check my accuracy.



Start with the darks, then continue with the other tones. You need to continually correct your drawing as you paint as you will lose some of the accuracy



See how the shading on the eyeball gives it is roundness compared to the previous more flat version.



More fine tuning.



And lastly ,for the fun bit, highlights and lashes.

This was painted on arches oil paper with a limited palette of 4 colours indian yellow, french ultramarine, permanent alizarin crimson, burnt umber, and titanium white.



# INSPIRED BY NATURE

an Exhibition of

Paintings by Karen Ball

Pottery by Angela Ellis



The Exhibition is on from 6th March to 3rd May 2020

Gingin Railway Station Lot 500 Jones Street, Gingin.

Visit the station 9.30am to 3.30pm

Friday to Sunday and Monday Public Holidays.



# Potters Pages

## Help Needed

Are there any members who would like to learn to fill and fire the kilns? This would be just an overview of the basics, so if our kiln person was unwell there would be someone to step in.

(As an aside all of the members of the Bentley park pottery are able to step in but it is up to a joint mix of two. And this does make it go smoother. )

Contact : Margaret Frew

[ericdog2002@gmail.com](mailto:ericdog2002@gmail.com)

## Hobby Day

**Tuesday's 9-30 to 3pm**

Hello everyone,

Hobby Day has started again, come down and join in with members and have a chat and enjoy a delicious morning tea. It's a fun morning with everyone chatting, enjoying each others company, creating and helping with any problems you may come across.

I hope to see you down the Art centre

Cheers JILL

## Magic Water

3 tablespoons sodium silicate

3 tablespoons soda ash

3.5litre water (warm water to dissolve soda ash)

whizz all together and magic will happen.

## Kiln Wash

50 Kaolin

50 Alumina



It is always a thrill to watch your fellow ceramic artist see their works coming out of the kiln. Chevy has been creating and working hard with some new glazes, and thanks to Chris Elliot's

classes I am happy to have my ocean ceramic series show cased. Laurie Cochrane



## Sculpture by The Sea

Is on at Bathers Beach in Fremantle and is worth a visit. Showcasing some fun works by West Australians, get on down and enjoy the event, closing March 2nd. You can even have a dip in the ocean and there are a few showers and a change room. WHAT A DAY! - Laurie Cochrane





# Glaze Workshop at Happs Winery

with Gary and Japneet

On the 5th of February Marg and myself headed to Dunsborough for a 5 day Glaze Workshop with Gary and Japneet. There were 10 of us in the class experimenting making glazes and firing them in a gas kiln. Most of the ladies came from the Busselton Potters Club and other country areas.

Gary was a wonderful teacher full of information and knowledge of firing and making kilns. We would start around 9am and finish between 5 pm and 6pm. Marg and myself were busy mixing glaze tests, experimenting with Triaxials, line blends and over and unders, we were in heaven having the time to play and experiment.

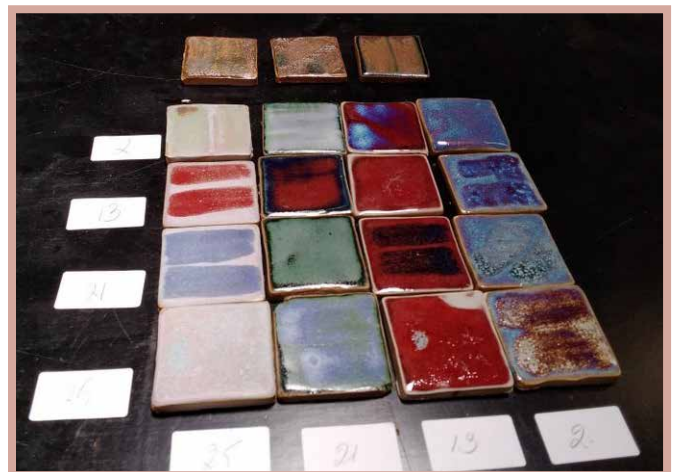
The kilns when they were opened had so many wonderful coloured tiles we couldn't wait for Gary to unload them so we could admire each others work, there were so many variations of glazes. Marg and myself were exhausted each day but couldn't wait to get back into it again mixing and measuring glaze materials to put on tiles and get them in the kiln for another firing. Jap had all our paper work and photos organised for us to take home when we left on the Sunday.

We came away with lots of experiments and different ways to do our firings. Gary was very giving with his knowledge and nothing was too much trouble. We can't wait to start experimenting now we are home.

Gary and Japneet are going to do more workshops and bring overseas Artists to Dunsborough, they have a wonderful pottery gallery at Happs winery please drop by and have a chat to them when you are down there and look at the beautiful pottery.

Many thanks for a great Workshop

Margaret and Jill





# Recipe Corner

*Yes cooking IS an art form*

*This is a place to share your favourite recipes*

## Florida Key Lime Pie



### Ingredients

- 5 eggs yolks
- 100ml lime juice
- 395ml sweetened condensed milk
- 20-25cm prepared pie shell
- 200ml cold whipping cream
- 3 tablespoons castor sugar
- Zest of 1 lime

### Method

Preheat oven to 180C

1. Whisk egg yolks
2. As you whisk, slowly add the condensed milk, then the lime juice. The mixture should be tart, if it isn't pleasantly tangy add more lime juice. Pour the filling into the prepared pie shell
3. Place the pie on the centre shelf of oven to bake for around 15 minutes. Remove and let stand to cool
4. Whip cream with castor sugar until soft peaks form

5. Spread cream evenly over the pie, sprinkle lime zest over the top and serve at room temp.

### Tip

If you don't wish to make your own pastry shell, there are frozen ones available in Coles

### How to blind bake a pastry shell.

Cut a piece of baking paper to fit pie shell, fill with rice, dried beans, or pastry weights, (they all work) and cook at 190C for 10-15 mins, (until edges go light gold), remove pie from oven, remove paper and weights, prick base with fork and return to oven for another 10 mins.

**And now that you have 5 egg whites saved ..... you can make..... Blueberry Friands,** (or they freeze well in a zip lock bag for later use.)

## Blueberry Friands

### Ingredients



- 90g unsalted butter, melted
- 200g icing sugar
- 60 g plain flour
- 120g almond meal
- 5 egg whites



- 150g icing sugar
- zest of 1 orange
- Blueberries 3-4 for each friand

## Method

Reheat oven to 190C

1. Melt butter, and allow to cool.
2. Use about 10g to coat the moulds. (You can use muffin tins if you don't have friand tins)
3. Sift icing sugar, flour and almond meal and mix lightly.
4. In separate bowl, beat egg whites until light and frothy.
5. Using a spatula fold egg whites into dry ingredients, (be gentle) add remainder of melted butter and orange zest and mix until just combined.
6. Transfer mixture to a jug so it can be poured into moulds. Each mould should be about 2/3 full.
7. Top with 3-4 blueberries.
8. Bake for 15-20 mins or until edges start to go golden brown.
9. Remove from oven, and allow to cool a little before turning out
10. Dust with icing sugar to serve

## Tip

If using frozen blueberries, thaw first on paper towels to soak up the juice then use as fresh.

## Cumin Scented Chicken

### Ingredients

- 3 tbsp cumin seeds
- 3 tbsp vegetable oil
- 1/2 tsp black peppercorns
- 4 green cardamom pods
- 2 fresh green chillies
- 2 garlic cloves

2.5 cm piece ginger, grated

1 tsp ground coriander

2 tsp ground cumin

1/2 tsp salt

8 chicken pieces, skinned, thighs/drumsticks

1 tsp garam masala

1. Preheat wok or frying pan over medium heat and dry roast 1 tbsp of the cumin seeds for 1-2 mins until they release their aroma, set aside.
2. Heat the oil in a wok or large pan and fry the remaining cumin seeds, black peppercorns and cardamoms for about 2 mins.
3. Add the green chillies, garlic and grated fresh root ginger to the spices in the pan and fry for 2 minutes.
4. Add the ground coriander and cumin to the pan with salt and cook over a medium heat, stirring for a further 1-2 minutes.
5. Add the chicken pieces, stir and mix thoroughly with spices. Cover and allow to simmer for 20-25 minutes.
6. If it dries out and starts to stick to base of pan, add a little water to loosen spices.
7. Add the garam masala and reserved dry-roasted cumin seeds, and cook for a further 5 minutes.



Editors note -

I hope you enjoy these recipes, and I look forward to receiving YOUR favourite recipes for inclusion in future editions of our news letter. email me at [chris@posterpassion.com.au](mailto:chris@posterpassion.com.au) or if handwritten drop off to Selena in office.

# Resources for Artists

Dont forget our Canning Arts Library situated in the metal cupboard in the painters hall and the book-case just outside the pottery area. These are there for your use, simply put your name in the book provided if you would like to borrow one.

NB All the links below are live, so just click on them and Acrobat will ask for permission to go there.

## **<http://www.artsource.net.au>**

Established in 1986, Artsource is the peak membership body for visual artists in Western Australia. Their purpose is to engage with and support Western Australian visual artists with practical, affordable and relevant services.

## **<https://www.artistsnetwork.com>**

Subscription based, live stream or purchase training videos, magazines, and books in all mediums

## **<http://www.wetcanvas.com>**

The largest community for visual artists on the Internet!.

The online community is comprised of artists of all levels, ranging from Sunday painters to artists who exhibit in some of the finest galleries in the world. Whether your interests lie in learning new techniques, experimenting with alternative or cross-over mediums, gaining critiques from fellow artists, or getting the scoop on exciting new industry products, WC has something for you, including a full online library of reference images.

## **<https://www.pmp-art.com>**

Paint My Photo (PMP) is a social networking site dedicated to sharing photos for artistic inspiration without fear of infringing copyright, something we all need to be aware of if we intend selling our work.

## **<https://www.nma.art>**

Subscription based. Learn from the world's top artists in a variety of styles and approaches, with a focus on foundation. Unlimited streaming courses means you can learn anywhere, anytime, no matter how busy your schedule. With streaming plans starting at US\$35/month.

## **<https://brightlightfineart.com>**

Subscription based. Fine Art Drawing and Painting Classes, by David Leffel, Sherrie McGraw, Jacqueline Kamin & Stacy Kamin

## **<http://www.fitzroystretches.com/>**

Art supplies, east coast but with free shipping, and if you want to make your own canvases, this is a good place to buy stretchers.

## **<https://www.oxlades.com.au/>**

Art supplies. Perth

## **<http://www.hukendall.com.au/>**

Art Supplies. Perth

## **<https://www.jacksons.com.au/stores>**

Art supplies. Perth



**<https://thepottersmarket.com.au/>**

Based in Stockdale Rd, O'Connor-  
Pottery Supplies, Raw materials, clay, tools and equipment, firing services

**<https://pottersonline.com.au/index.html>**

The Australian Ceramic Art & Pottery resource network

**<http://ceramicartsdaily.org>**

Subscription based, live stream instruction videos, buy videos

**<http://www.claytimes.com>**

Ceramic Art Trends, Tools, and Techniques for Potters Worldwide

**<https://www.ceramicartswa.asn.au/>**

Established in 1993, the Ceramic Arts Association of WA (CAAWA) is a not for profit organisation run by members supporting the ceramics community in Western Australia. They aim to connect and promote all aspects of hand made pottery and ceramic sculpture.

**<http://www.clayworksaustralia.com/>**

Sell clay, brushes, hand tools, raw materials, equipment new and used, colours, glazes, decorating items.

**<http://walkerceramics.com.au/>**

Manufacturers of Australian clays and glazes by Walker Ceramics, Feeneys Clay and Cesco.

**<https://margaretriverartisans.com.au/>**

The Margaret River Artisans is a select group of highly esteemed arts and crafts people living in our stunning coastal region in Western Australia's South West. They have open studios sometime in April.

### **You Tube**

Too much here to list, but just enter your area of interest in the search field and you will be inundated with videos to watch, some better than others, but a wealth of information. I will try to have some specific channels for you to subscribe to for next edition.

### **Pinterest**

Great for inspiration, and to see what others are doing, but do be aware of copyright issues, you cant just take photos or work from here and copy it.

# Canning *Creations* Classifieds

*A place for members to buy, sell or gift freely :)*

## For Sale

## Wanted to Buy

## Free to a good home

### Milk Kefir Grains

A fermented beverage made from kefir grains and milk, kefir resembles liquid yogurt. It is a natural probiotic that promotes the health of the gut microbiome. Kefir also tastes tangy like yogurt but has a thinner beverage-like consistency.

Kefir has proteins, calcium, phosphorus, vitamin B12, and riboflavin, and magnesium.

It is also a good source of vitamin D and bioactive compounds, organic acids, and peptides which boost its health benefits.

As a probiotic source, kefir is much more powerful than yogurt. The grains of kefir include at least 30 different strains of yeast and bacteria. This means that it offers not just a good quantity of probiotics but also multiple diverse strains as well as yeast. Most other fermented dairy products are created with very few probiotic strains and do not have any yeast. The result is that organic kefir delivers over 40 billion probiotic organisms in just half a cup, while probiotic yogurts give about one billion in a serving.



Kefiran, a specific type of carbohydrate found in the drink, has antibacterial properties that actively protect against harmful bacteria and infections. Made from full-fat dairy, kefir is rich in calcium as well as vitamin K12. This vitamin helps metabolize calcium and aids in reducing the risk of fractures by about 81%. The grains have a gelatinous feel to them and appear in a sort of miniature floret shape, much like cauliflower. It is made by simply placing your grains in a jar of full cream milk, covering with paper towel and leaving at room temperature until the milk thickens, about 24 hours depending on room temperature. The grains grow and multiply over time (if they are happy :) so I have some to spare, if anyone would like to try making milk kefir I can give them some grains and a book of instructions (PDF) on how to make it. It can also be used in place of buttermilk in cooking.

Contact: Chris Goldberg - 0468 368 174

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CAG MEMBERS ART SALE

# From The Heart

(art made from the heart)

@ RIVERTON LIBRARY

2-11 May 2020



## Editors Notes

### Resources

I hope the potters will forgive me presuming to know anything about the ceramic world by offering some links that might be of use, if you would like to direct me to your favourite online resources, I will include them in the next newsletter. Thanks to Jill and Narelle for their contributions. The painter links are simply some of the ones I have found useful myself over the years, again if you have any favourites send them to me so that we may share them with fellow members.

### Re content you might want to submit for future newsletters.

If sending me images, send large files, I can scale down to any size I want, but scaling up results in poor quality. If you don't have computer or internet access and would like to submit something, hand-write it and drop it off to Selena in office.

### Deadline for future submissions.

I believe it was 20th of the month and this works OK for me, sooner the better as I also have work commitments at end of month.

### April 20th is next deadline for content.

### WIP

I hope some of you will consider doing a WIP of your painting or ceramics, these are always interesting for others to see, we can all learn so much from each other.

### Recipes

I look forward to receiving some of your favourites. With such a multicultural club, we should be able to compile an impressive eclectic mix of recipes.

### Suggestions

If anyone has suggestions for future content, do let me know, always open to suggestions, I am usually in the painters hall on Tuesday afternoons, and also currently sweating over a pottery wheel 😂😂😂 on Wednesday mornings (definitely out of my comfort zone there !!!)

email [chris@posterpassion.com.au](mailto:chris@posterpassion.com.au)

or drop any handwritten content off with Selena.

### Thanks

To Margaret Drummond for her photography of the Awards of Excellence and for working with me to get the best possible result regarding image quality.

To Karen Ball for our first WIP, and Robyn, Selena, Jill and Laurie for their contributions to this first edition of 2020. I look forward to hearing from lots of you with lots of interesting 'stuff' for our next edition.

Chris Goldberg



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