

# Canning Creations



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## ISSUE 54

Nov/Dec/Jan 2021/22

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 1pm weekdays.

Contributions from  
members are welcome.

## Committee Roundup

Hello Members

A belated Happy New Year to everyone. We hope you have all had a lovely festive season – whether it involved a complete break from all things arty or you couldn't wait to get back to CAG for our hobby days and Summer School. Those of us who attended Summer School thrived on the opportunity to try something different – whether it was gelli printing, making a pot in a day, a fiery dragon or some fabulous glass pieces.

Before we go forward into this year's activities at CAG perhaps we should spend a moment reflecting on last year. 2021 was unique as we celebrated our 50th birthday. The \$50 off courses and workshops for members was a great

success with over half our members making the most of the opportunity. The highlight of the year though was our Afternoon Tea where we welcomed most of our life and founder members and enjoyed the stroll down memory lane, including extensive photo displays. If you'd like to have another look at some of the photos the movie can be found on CAG's YouTube Channel: <https://www.youtube.com/channel/UCOUYc45JXCMBUm-LGh3OD8Xg>.

No-one knows quite what 2022 will throw at us but here at CAG we'll endeavour to carry on as "normally" as possible and provide a happy and safe environment in difficult times.

CAG falls into the category of “an indoor entertainment venue” and as such we need to comply with the government directives. From 31 January proof of vaccination for people aged 16 years and over will be required. The Coordinators will be keeping a vaccination register and we ask that all members register their status as this will simplify the process going forward. To keep everyone safe, especially our members who may be elderly or immunocompromised, we all need to play our part by complying with the rules, such as mask-wearing, checking-in, sanitising hard surfaces and physical distancing. For those who are wondering, we require all our tutors to be vaccinated.

Now to more “fun” things. Our Coordinators have arranged an exciting selection of courses; in addition to our favourite courses there are some new ones. For those of you who’d like to have a change from more traditional painting, Stephanie Reisch will be teaching us about the Art of Abstraction. Maureen Lipa returns with her exciting Watercolour class, which involves traditional and experimental techniques. There are also lino printing, glass slumping and creativity workshops in the pipeline. If classes are cancelled because of Covid, refunds will be given for the unused portion. So take the plunge and get creative. Art is wonderful – it relieves stress, encourages creativity, is

good for your brain -and coming along to CAG, whether for a class or hobby day, makes us feel less isolated and more connected as a community.

Now is the time to renew your membership, if you haven’t done so already. Memberships run from 1 January to 31 December, so are now due for renewal. (Some people thought they didn’t expire until March – possibly because we’ve always been generous in allowing a couple of months grace period.) All memberships can be renewed online through Trybooking: <https://www.trybooking.com/BUTLH>. If you haven’t renewed your membership please do so now so you can take advantage of CAG’s discounted class prices and come along to our members’ hobby days.

We would like to welcome our new Pottery Studio Manager Rebecca Tester. Rebecca has extensive experience as a potter and will be taking care of all our firings, kiln management, mixing of glazes, etc. You can see some of her lovely work on her Instagram page. Once she’s settled in we hope she will be running some workshops for us.

Just a reminder that our AGM will take place on Tuesday 1 March. Why not volunteer to join our committee? We have some exciting projects in hand for the coming year including a possible pop-up shop at Stockland Riverton and exhibitions

at Riverton Library. It’s great to make a contribution to our wonderful club – and have a few laughs along the way.

We wish you health, happiness and creativity for 2022.

## **CAG Committee**





# Coordinators Corner

*Hi Members, Happy New Year to you all!*

It's been a fantastic start to the New Year here at CAG (forgetting COVID for a minute!), we started back on the 4th January for Tuesday hobby days and then we had Our Summer School Program for Adults! This was a great success and from all feedback received went extremely well. Thank you to all that took part!

Our new Pottery Studio Manager and Tutor, Rebecca Tester will be starting at CAG on the 1st February. We would like to welcome her to the Centre and look forward to an exciting year ahead!

Term 1 classes will commence 7th February. If you're thinking of trying something different this year then please have a look at our website. You can either book online or through the office.

We have Maureen Lipa and Stephanie Reisch joining our schedule in offering adult classes for the new term. Maureen will be offering a watercolour class where you will be exploring both traditional and experimental techniques through a series of playful weekly projects which will encourage you to develop your own creative vision.

Stephanie is running a mixed media course that guides students through the various steps and processes towards abstracting an image, both visually and conceptually.

We are also offering an Advanced Pottery Course with Chris Elliot. This class will help you iron out any technical issues you may have. You will learn how to finish and present pots for sale and take your pottery to new levels. This class will cover both wheel work, hand

building and glazing.

Children's classes are all going ahead as usual with our fantastic tutors Narelle, Lynne, Chaya, Bernie, Michelle, Tim, Bridget, Migara and John!

Looking forward to seeing you back at CAG for Term 1!

2022 Membership renewals are now due and can be renewed online. If you have difficulties please contact the office. Your membership card and discount card will be available for collection from the office once you have renewed.

With Covid now in our community you are legally required to show proof of your vaccination status. If you have not already done so then please pop into the office to see either Katie or myself. Please also remember to wear a mask whilst in the building.

Our incredibly famous morning and afternoon teas should be taken outside for the foreseeable future.

Please note the office is open Monday – Friday 9.30am until 1pm.

*Looking forward to seeing you all soon*

*Katie and Fran*

# *Celebrating 50 years*

The 50th Anniversary afternoon tea for lifetime/founding and general members was a great success.

There was a youtube video playing showing CAG through the years, (created by Maggie Smith) balloon art (created by John Guilfoyle), a photo/info display on our lifetime members and photo albums going back to the 70's. A lovely afternoon tea and cake was enjoyed by all, followed by the presentation of a small gift (created by Chevy Smith), to lifetime members.







## *Some of our Lifetime Members*



**CANNING ARTS GROUP INC**  
**ADVANCE NOTICE OF AGM**  
**TUESDAY 1 MARCH @ 6.30PM @ CANNING ARTS CENTRE**  
**NOMINATION FORM – COMMITTEE MEMBERS AND OFFICE BEARERS**

In accordance with the Associations Incorporations Act 2015, nominations are to be sought for committee members and office bearers 42 days before the AGM. All members nominated for office (nominees) and all nominators must be financial members or life members of the Canning Arts Group Inc at the time of the nomination.

Each nomination must be signed by the nominee and the nominator and must be returned to the office where it will be handed over to the Returning Officer. Also in accordance with the Associations Incorporations Act 2015, nomination forms must be returned to the returning officer 28 days before the AGM, which is Tuesday 1 February.

***If you wish to nominate after 1 February please still complete the nomination form, and return to the office, as this can be presented to the meeting.***

POSITION & NAME OF NOMINEE	SIGNATURE OF NOMINEE	NOMINATOR
President		
Vice-President		
Treasurer		
Secretary		
Gallery Coordinator		
Committee Member		
Committee Member		
Committee Member		
Committee Member		
Committee Member		
Committee Member		
Committee Member		
Committee Member		

Nominator: The person who is recommending someone for a particular position  
 Nominee: The person who is recommended for the position



# Social Notes/Club Happenings

## CAG stock











## Portraits + Xmas lunch





## ***New Totem Poles are UP***



## ***Opening of 50th Anniversary Exhibition at Riverton Library***

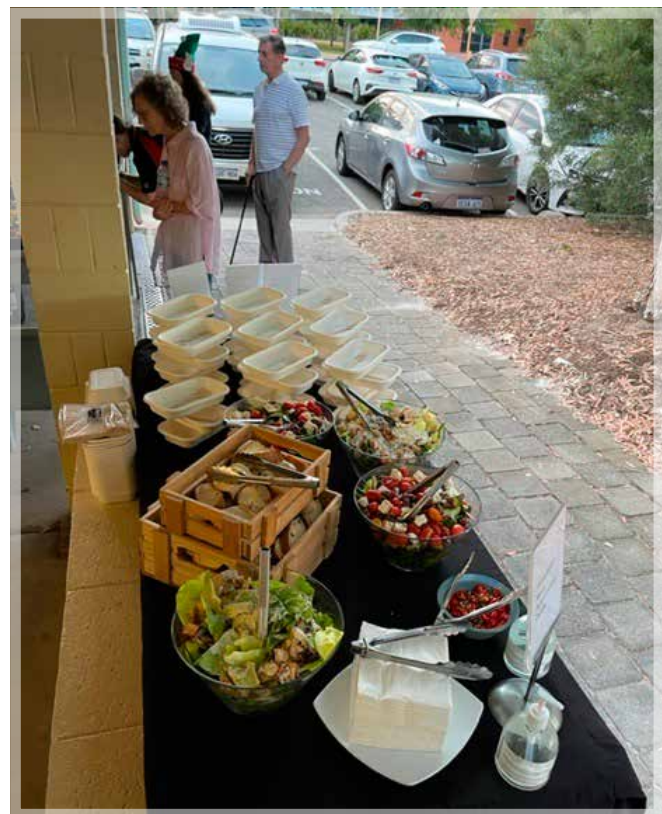




# CAG Christmas Party 2021









# Dichroic Glass Workshop

## with Irene Perry

Those of us who did this workshop agree that this was a fabulous introduction to kiln fired glass. After learning (and overcoming our fear) how to cut glass without cutting ourselves (photo1), we started on the first of our projects. Irene gave us some beautiful dichroic glass fragments (photo 2) which we placed on our pieces of clear glass with the idea of making a small platter for slumping or a design for display. (Photo 3)



(Dichroic glass is glass which displays two or more different colours depending on lighting conditions. To make dichroic glass, the glass must be sprayed



with micro-layers of metals, usually including titanium, chromium, gold, zirconium, and aluminium. This is conducted in a vacuum chamber, which evaporates the metals and fuses them to the glass in extremely thin layers. The process was discovered as part of the US space program.)

We then used our left-over clear glass, cut to shape, and dichro to make smaller items suitable for jewellery, etc. (Photo 4) These items were then placed in the kiln for firing. Irene also added some small fragments of dichro to utilise the kiln space. Irene uses these on her cards or other artwork. (Photo 5)

There was great excitement for the "reveal" – when Irene opened the kiln on the second day of our workshop. We were all thrilled with our pieces, which looked so much more gem-like after firing. (Photo 6)

We then learnt about the various ways of slumping our glass pieces to form them into small bowls or platters. We all chose to use layers of a special paper to form the shapes for our glass to drop into in the kiln. (Photo 7)

After the kiln was loaded we made our small pieces





into pendants and earrings, etc, by attaching jewellery findings either by drilling holes in the glass or using special adhesive. (Photo 8)

We all had so much fun that we've persuaded Irene to do another workshop so we can learn more about this beautiful medium.

### **Maggie Smith**



# Abstracting the Landscape

## with Stephanie Reisch

*Born in Belgium and based in Perth, Stephanie Reisch is an interdisciplinary artist, curator, researcher and arts educator. Her practice references prehistory and natural phenomena through drawing, painting, sound and digital media. Stephanie holds a Bachelor of*

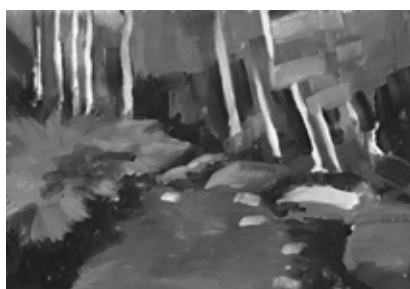


*Fine Arts (Honours) and Master of Fine Arts from the University of Western Australia and is represented by Linton & Kay Galleries (Perth) and Jahroc Galleries (South West)..*

The workshop began with a short discussion on abstraction and conceptual art and what it meant to us.

### 1st exercise (below)

Using oil painting paper and a reference landscape image, we were instructed to paint the simple light and dark masses visible when squinting at the image. The photo was then turned face down, and we began another painting based purely



on the grayscale painting just completed, this time in two colours with white, again simplifying the shapes.

### 2nd exercise (over)

This time we were given orange toned paper and instructed to







mix a chromatic black, (created by mixing two complementary colours) which we painted over the entire page. Then with a rag we began to wipe out the light areas, using medium and wiping right back to the orange background for the brightest areas. We again focussed on the main shapes from our photo and kept it soft and blurry looking. We then chose a blue - French Ultramarine or Cerulean - to paint in highlights.

### 3rd exercise

For our final painting, there was no reference image, we began with mark making using very dilute transparent oil paint with lots of medium, treating it almost like watercolour, starting very lightly and gradually building up the colour and layers. Eventually we used opaque colour to add depth to the piece.

*Stephanie is an accomplished encouraging tutor, and her term class will be great for anyone wanting to loosen up or explore the world of abstraction.*

**Chris Goldberg**



## ***Gelli Printing with Maureen Lipa***

For those of you not familiar with gelli printing, it's a form of monoprinting using a gelatin printing plate, which can either be purchased or you can make your own. We used gelli plates made by Maureen, for which she gave us the recipe.



Gelli printing is a very simple technique - paint is applied using a brayer and then various materials



are added before the print is made – but the results are unique, unlimited, exciting.

Maureen says there is no right way or wrong way to do Gelli Printing: Experiment! Have Fun! Explore! Be Curious! Take Risks! Think: "I wonder what would happen if I did this. . . ? And then do it!"

This workshop was great: no rights or wrongs, just a lot of fun. I have masses of unique printed papers (which I can draw into if I want) for use in collage, my altered books and cards.

PS Maureen makes a mean Peanut Butter slice. I need to bribe her for the recipe!

**Maggie Smith**





# Fabulous Felines Workshop

with Maureen Lipa





# Monoprinting Workshop

## with Bridget Seaton

Monoprinting is a direct and beginner friendly printmaking process. There are two basic ways to approach monoprinting – the additive and subtractive methods. Either of these methods can be used with water - soluble or oil-based paints and



ink. When creating an image using the additive-method, you can add paint to your printing plate the same way you would to a canvas. This allows you to build up your image by continually adding colour, until you are satisfied. With the subtractive



method, you first apply the colour to your plate in large blocks. From there, using different tools, you slowly take colour away, creating your image as you remove the colour from your plate. For both methods, a simple piece of plexiglass serves as a printing plate on which your image is created and printed from.







# Painters Page

## The Bali Quilt

Eleven years ago when I came to live in Perth I had to leave the country for two weeks as part of my residency application. Rather than go all the way back to UK. I went to Bali with a friend for a holiday. We hired a car and travelled around the island anxious to get a feeling for the real Bali which is spectacular and very inviting.

My visits to the local markets displayed a colourful exotic range of goods and a wonderful selection of cotton fabrics of top quality. I was overwhelmed by the choice of designs and colours and knew I should make something to remember my trip.

I chose my favourite colours of pinks and purples and bought enough fabric to complete a double bed sized quilt.

At the time I belonged to a craft group and knew that I would have to work small panels by hand at the group as hauling a sewing machine around was not possible. I made good headway, if slowly, for a couple of years.

Then my interest in painting came to the fore. I joined Canning Art Group and immersed myself totally in paint.

The quilt took a rest for a while as it's size joining the squares together was getting more difficult to handle.

Five years later my friend bought a caravan and I knew I had to finish the quilt which would be perfect for our travels. It progressed a little further but life events took over as they do and the quilt had another rest.



Over the years my eyesight was getting weaker and my days of sewing by hand and machine were coming to an end.

My daughter was to inherit my precious machine after me but her need for better sewing equipment was getting closer.

I decided to stop sewing altogether and offered her the machine straight away but first I had to finish the quilt myself otherwise it would never be completed.

Knowing there was an exhibition coming up after Christmas at CAG, I spent numerous hours toiling



away on the final efforts to finish the quilt, backing it with my treasured last piece of Laura Ashley fabric.

It is currently on display at the Canning Art Group Gallery for a few more days, then I can enjoy the last of the eleven quilts I have made during my

lifetime.

My daughter is delighted with the sewing machine and her first words were to ask if I could help her finish a big quilt she started 10 years ago.....!!!

**Margaret Colyer**





# Whats on your

# Easel/Wheel/Table

## Lyn Bindley

I've been delving into my family photos and using layers of netting on canvas and sewing machine I've done two informal portraits of my grandfather and grandmother.



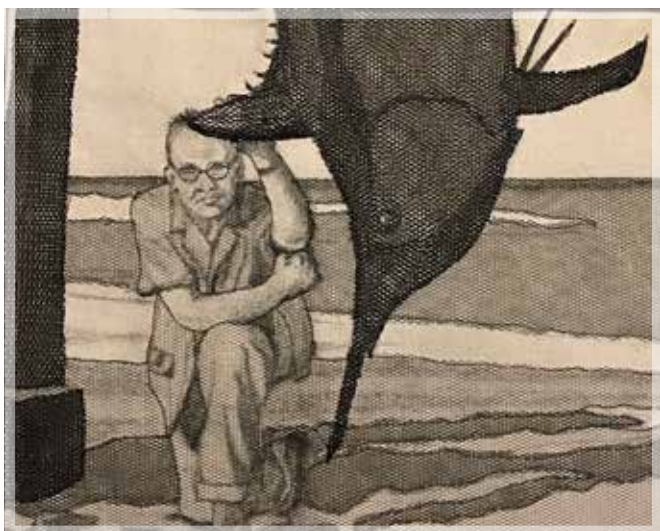
## Sue Clark

This is a painting of a beach at Russell in New Zealand. Because we can't travel, I'm reliving our holidays by painting these beautiful places



## Chris Goldberg

This painter has been playing with clay again. :)





**Jill Archibald**



**Lyn Owen**



**Trish Ray**

**Margaret Colyer**



**Rose Seale**







# Potters Page

## **Hobby Day**

TUESDAYS 9-30 TO 3PM

Well I hope you had a Happy Xmas and New Year let's hope the year ahead improves and everyone can get back to seeing family and friends from interstate and overseas.

It will be good to get back to our Art again and start creating interesting new work, and catching up with members and having a chat.

This year we welcome our new Kiln Technician and Pottery Room Manager Rebecca Tester to look after our firings, glazing, workshops and the many jobs that need to be done at the Art Centre.

to take them home straight away, but after the pots are fired and finished, they are to be taken home not left on the shelves.

I hope to see you on Tuesday to have a delicious morning tea and catch up on all the news.

**Cheers Jill**

## **Pit Firing Workshop**



Hobby Potters - please place your pots on the shelves in the kitchen for drying if you don't want







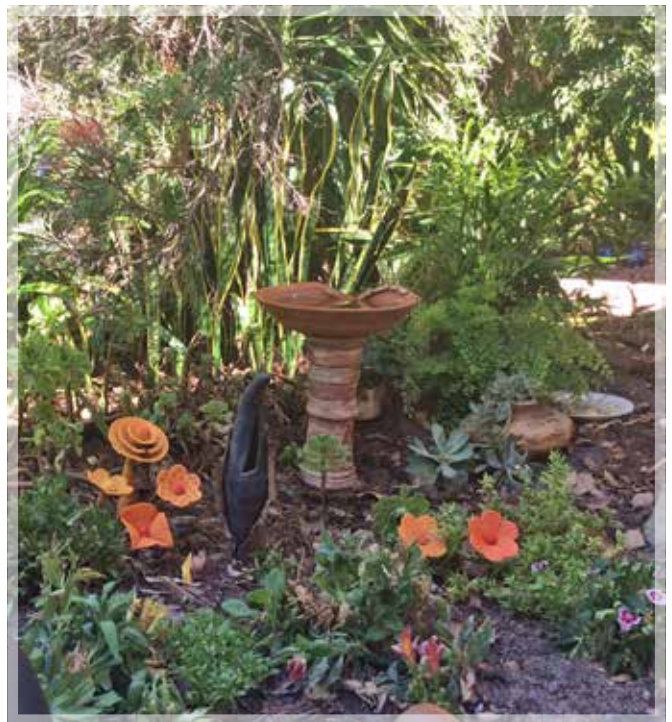
# Whats in myGarden/Community

A place to share what's growing in, residents/visitors to, or art in your garden

*Gwen Brennan*

I have been enjoying clay for over 30 yrs as a medium to express my love for creativity, that is fluid and limitless.

I love creating forms that are non functional, but rather artistic, and hopefully pleasing to the eye. I personally enjoy the art work I have placed in my garden, remembering the process which led me to the completed piece.











# Recipe Corner

Yes cooking IS an art form

This is a place to share your favourite recipes

## Russian Honey Cake



### Ingredients:

#### *Pastry layers*

125gm unsalted butter at room temperature

170gm caster sugar

2 eggs

90gm honey

2 teaspoons bicarb soda

600 gm plain flour, sifted

#### *Filling*

500gm cream cheese at room temp

120gm icing sugar, sifted

500gm pure cream

#### *Also needed*

100gm roasted chopped hazelnuts

(note, the pastry can be prepared and baked up to 3 days before assembling if kept in an airtight container)

### Method

Start this recipe at least 1 day before serving.

1. You will need a large heatproof bowl that fits snugly over a medium saucepan. Add about 2.5cm water to saucepan and bring to boil. Put the butter, caster sugar, eggs and honey in the bowl, and whisk together to combine (the butter will remain in pieces.) Place the bowl on top of the saucepan (make sure bowl is not touching water) and reduce heat to medium or until the mixture is smooth and slightly thickened. Remove the bowl from the heat and allow to cool slightly.
2. Add the bicarb to the mixture and then add the flour. Mix with a wooden spoon to form a firm dough.
3. Divide the dough into 8 equal pieces
4. Preheat oven to 200C.
5. You will need 2 baking trays and a 20cm diameter plate or template. Roll out 1 piece of



dough on a piece of baking paper and using the plate or template cut out a circle. Remove scraps of pastry from the circle and place the baking paper with the pastry circle onto one of the trays.

6. Repeat with the other 7 pieces pieces of dough. Bake for 5 minutes, or until slightly puffed and deep golden. It will firm as it cools. Remove from the tray and cool on a wire rack.
7. To make the filling, use an electric mixer to whisk the cream cheese until light and fluffy. Add the icing sugar, honey and whisk until combined. Add the cream and continue to whisk until it is thick enough to spread.
8. To assemble the cake spread 1 round with approx. 3mm of the filling, top with another round and continue to do so until you have used all the layers.
9. Spread the remaining filling over the top and around the side of the cake and sprinkle with the chopped hazelnuts.
10. Cover with plastic wrap and refrigerate at least over night and for up to 3 days.

## Savoury Kugel



## Ingredients

- 4 onions, cut into a medium dice
- 3 Tablespoons butter
- 1 tsp sugar
- 400 gram wide noodles ( parppadelle)

- 1 cup sour cream
- 1 cup cottage cheese
- 1 tblsp poppy seeds
- 5 eggs
- 1 cup shredded cheddar cheese
- 1 cup shredded Mozzarella
- 1/2 cup grated Parmesan
- salt and pepper

## Method

Preheat oven to 175C

1. Boil your noodles in salted water according to package directions. Drain and set aside.
2. Heat the butter in a frying pan and add the onions and season with a little salt and pepper add the sugar. Saute over medium heat for about 25 minutes until golden and caramelized. Add the onions to the noodles
3. Mix the sour cream, cottage cheese, poppy seeds, eggs, cheddar, yellow cheese and parmesan, add to noodle onion mixture
4. Season with salt and pepper and pour the mixture into a greased pan.
5. Bake at 175 for 45-50 minutes or until the kugel is golden and set to the touch.

**Chris Goldberg**

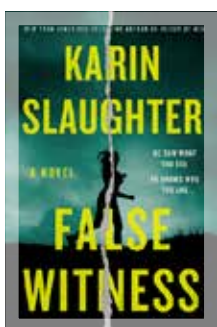


# Whats on Your Bookshelf



## False Witness

by Karen Slaughter



Leigh Coulton has worked hard to build what looks like a normal life. She has a good job as a defence attorney, a daughter doing well in school, and even her divorce is relatively civilised - her life is just as unremarkable as she'd always hoped it would be.

But Leigh's ordinary life masks a childhood which was far from average... a childhood tarnished by secrets, broken by betrayal, and finally torn apart by a devastating act of violence.

Then a case lands on her desk - defending a wealthy man accused of rape. It's the highest profile case she's ever been given - a case which could transform her career, if she wins. But when she meets the accused, she realises that it's no coincidence that he's chosen her as his attorney. She knows him. And he knows her. More to the point, he knows what happened twenty years ago, and why Leigh has spent two decades running.

If she can't get him acquitted, she'll lose much more than the case. The only person who can help her is her younger, estranged sister Calli, the last person Leigh would ever want to ask for help. But suddenly she has no choice... (Goodreads)

*Keeps you wondering how the goodies are going to get out of the mess they're in. A can't stop reading book.*

**Chris Taylor**

## All We Have is Now

by Kaneana May



A richly nuanced and empathetic examination of life, loss and courage from a talented new Australian author.

Health and wellbeing brought Olive, Elsie and Bree together. After five years, their bustling wellness centre is demanding expansion. A beautiful federation house nestled among the picturesque back-

drop of their small town is the perfect place to grow their business. But they don't count on their personal lives getting in the way.

Practical and pragmatic, Olive keeps her past hidden from her friends. But when an old high-school flame shows up, the secrets she's worked so hard to bury threaten to tear her carefully constructed world apart.

Bree is the fun-loving one, although family tensions lurk behind her free-spirited facade. The reappearance of her troubled sister Winnie brings Bree's priorities into sharp focus. Will she have to shelve her own happiness to save her sister?

Kind and maternal to all those around her, Elsie's role as the practice's counsellor comes naturally. But when tragedy strikes, her world tumbles down like a house of cards. (Goodreads)

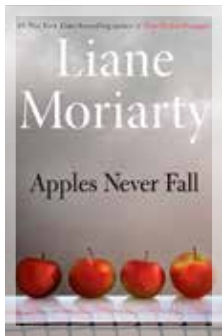
*I bought this book at the airport and was surprised that it turned out to be a romantic story. It's a good read despite knowing how it will end.*

**Sue Clarke**



## Apples Never Fall

By Liane Moriarty



If your mother was missing, would you tell the police? Even if the most obvious suspect was your father?

This is the dilemma facing the four grown Delaney siblings.

The Delaneys are fixtures in their community. The parents, Stan and Joy, are the envy of all of their friends. They're killers on the tennis court, and off it their chemistry is palpable. But after fifty years of marriage, they've finally sold their famed tennis academy and are ready to start what should be the golden years of their lives. So why are Stan and Joy so miserable?

The four Delaney children—Amy, Logan, Troy, and Brooke—were tennis stars in their own right, yet as their father will tell you, none of them had what it took to go all the way. But that's okay, now that they're all successful grown-ups and there is the wonderful possibility of grandchildren on the horizon.

One night a stranger named Savannah knocks on Stan and Joy's door, bleeding after a fight with her boyfriend. The Delaneys are more than happy to give her the small kindness she sorely needs. If only that was all she wanted.

Later, when Joy goes missing, and Savannah is nowhere to be found, the police question the one person who remains: Stan. But for someone who claims to be innocent, he, like many spouses, seems to have a lot to hide. Two of the Delaney children think their father is innocent, two are not so sure—but as the two sides square off against each other in perhaps their biggest match ever, all of the Delaneys will start to reexamine their shared family history in a very new light.

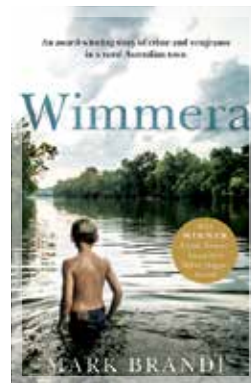
(Goodreads)

*As always, Liane Moriarty presents a story that keeps you guessing until the end.*

**Sue Clarke**

## Wimmera

by Mark Brandi



In the long, hot summer of 1989, Ben and Fab are best friends.

Growing up in a small country town, they spend their days playing cricket, yabbing in local dams, wanting a pair of Nike Air Maxes and not talking about how Fab's dad hits him or how the sudden death of Ben's next-door

neighbour unsettled him. Almost teenagers, they already know some things are better left unsaid.

Then a newcomer arrived in the Wimmera. Fab reckoned he was a secret agent and he and Ben staked him out. Up close, the man's shoulders were wide and the veins in his arms stuck out, blue and green. His hands were enormous, red and knotty. He looked strong. Maybe even stronger than Fab's dad. Neither realised the shadow this man would cast over both their lives.

Twenty years later, Fab is still stuck in town, going nowhere but hoping for somewhere better. Then a body is found in the river, and Fab can't ignore the past any more. ( Goodreads)

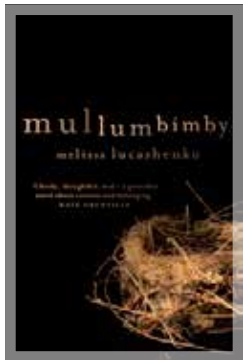
*A beautifully written story. It's gritty, as are all Mark Brandi's books, but well worth reading.*

**Sue Clarke**



## Mullumbimby

By Melissa Lucashenko



A darkly funny novel of romantic love and cultural warfare from one of Australia's most admired Indigenous voices.

When Jo Breen uses her divorce settlement to buy a neglected property in the Byron Bay hinterland, she is hoping for a tree change,

and a blossoming connection to the land of her Aboriginal ancestors. What she discovers instead is sharp dissent from her teenage daughter, trouble brewing from unimpressed white neighbours and a looming Native Title war between the local Bundjalung families. When Jo unexpectedly finds love on one side of the Native Title divide she quickly learns that living on country is only part of the recipe for the Good Life.

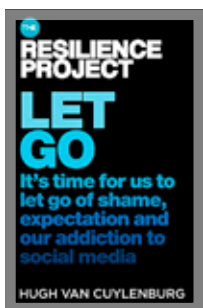
Told with humour and a sharp satirical eye, Mullumbimby is a modern novel set against an ancient land. (Goodreads)

*Funny and sad, this story gives an insight into Aboriginal connection to country and family.*

**Sue Clarke**

## Resilience Project LET GO

By Hugh Van Cuylenburg

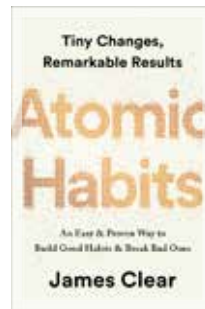


*This is Hugh's second book and he shares very personal stories. He has a podcast with his brother, Josh, and Ryan Shelton, called 'The Imperfects'. Both the book and the podcast are full of revealing stories and people sharing their innermost thoughts.*

**Sue Clarke**

## Atomic Habits

By James Clear



No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny

behaviors that lead to remarkable results.

If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights.

Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal. (Goodreads)

*James Clear looks at habits from a different perspective and gives lots of ideas about how to change your life by making small changes.*

**Sue Clarke**



# Canning *Creations* Classifieds

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

## Easel: Free



Large wooden easel, works well but needs a bit of attention,

FREE to pick up

54 Queens Park Road, Wilson (near Kent Street Weir).

**Mobile (0) 466722879**

**Landline 09 61 (0) 8 94512613**

by arrangement please; we get a lot of scam calls

**Jan/John Botha**

**(Johannes H. Botha)**



## ***THE BOX MAN***

8 Karratha St, Welshpool

(08) 9351 8111

[www.theboxman.com.au](http://www.theboxman.com.au)

Thought I'd include this information for members as art packing boxes were being discussed recently and I have used this company before. Their boxes are excellent and affordable.

They stock a range of generic sized "Heavy Duty" Art Boxes suitable for shipping locally and abroad.

To compliment their standard range they do a run of custom made picture cartons daily, which if ordered by noon will be available for collection noon the following day.

They know your art is precious and make their cartons to meet the rigors of shipping.

Chris Goldberg



### **Standard Sizes**

Very Sm	480 x 380 x 70	\$5
SM	650 x 550 x 70	\$6.50
M	800 x 550 x 70	\$9
L	1050 x 800 x 70	\$11
XL	1300 x 1000 x 90	\$16

**MASTER PICTURE FRAMERS  
GALLERY**

**BLAIR BUCKINGHAM**  
PROPRIETOR

UNIT 1/1397 ALBANY HIGHWAY  
CANNINGTON 6107

PH: 9350 5121 FAX: 9350 5101

[bmb@masterframers.com.au](mailto:bmb@masterframers.com.au)

Many of our CAG artists use Master Picture Framers, Blair does an great job and is able to advise on suitable framing options for your precious work. Convenient location opposite Carousel Shopping Centre.



# *A Warm Welcome to our new members*

## **Probationary Membership**

Chantal Clemkey

Kerrie Duff

Jillian Howarth

Gillian Jean

Elisabeth Mandic

Louise McVicar

Anita Ray

Sivasakthy Sett

Sharon Taukiri

Sue Darby

Alex Burgess

Farheen Hassan



Scan with your  
phone camera  
to link to our  
Instagram page.



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Email: [office@canningartswa.org.au](mailto:office@canningartswa.org.au)  
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This Newsletter  
is kindly printed by the  
Office of Ben Morton  
MP, Federal Member for Tangney