

Canning Creations



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ISSUE 52

June/July 2021

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



**CITY OF
CANNING**

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 again Members

After what's seemed to be an endless winter, spring is in the horizon - and we have even glimpsed a few special days to remind us what's hopefully in store for us. Before we know it, we'll be complaining about the heat!

Many members have utilised their \$50 off either for term classes or workshops. Just as a reminder this is a special once only, this year only, reduction for members to celebrate our 50th birthday, and it's something that we can all enjoy. Our coordinators have organised a fabulous array of workshops so even if there's nothing that suits your usual medium or style, why not try something new? For example, there's an

intriguing workshop on using natural materials for dyeing with CAG life member and renown WA artist Trudi Pollard. There are still a few spots left so why not step outside your comfort zone, have a go and make a beautiful hand-dyed scarf? We have had one fascinating recycled glass workshop and there may be other glass workshops in the pipeline. And, of course, if you have an idea for a workshop let our Coordinators know and they may be able to organise something. In the meantime check out the Workshops page on our website in case you have missed something.

The Canning Art Awards are now over and the committee would like to thank all members

who participated in receiving, hanging and gallery sitting, particularly Chris Goldberg for the roster organisation, etc. This is a great way to support your club even if you haven't entered as the City of Canning makes a contribution to our funds for all the work we do. Congratulations too to all members who entered. It takes courage to exhibit your work publicly but it's certainly worth it to see our works displayed in a gallery-type setting.

It seems timely too to thank the City of Canning for their continued support. For many years they have contributed to the funding for our Coordinator and also equipment grants, etc. Long may the relationship continue. We have no further information at this stage regarding our proposed new building, and we believe it is still at the costing phase. We'll keep you updated on any progress.

Thanks should also go to our Gallery Coordinator Alison for organising the fabulous Children's Exhibition and Opening. Many parents and children attended and enjoyed the display by our talented young artists.

Your committee hasn't been completely hibernating and we've managed to emerge from time to time to make some plans for the future! Of course we can only do so much in these testing times, and any initiatives we have made are all subject to delays or cancellations.

The first casualty will unfortunately be our Open Day planned for October. The committee has decided to postpone this to a more suitable time. There may also be an issue with our planned pottery workshops as the tutor will be travelling from Canberra. Time will tell.

However we have been planning other events. The cancellation of the Open Day gives us access to the Centre for the whole weekend of 2 and 3 October and plans are underway for a members' weekend when you can come to the centre, work on your latest project and, importantly, socialise with your fellow members. For years this event has been called CAGStock (which will resonate with the oldies!) but perhaps it's time for a new title? This had been planned for September so please note the change of date. There will be further information elsewhere in the Newsletter.

After that our annual Stocklands sale will take place from 10 October. There will be more details closer to the time but in the meantime keep busy creating lovely works to tempt the public. Also in progress are plans for our special 50th Birthday Afternoon Tea on Sunday 14 November. All members are invited to attend and collect their special 50th Birthday Souvenir Bag. To make catering more manageable, we will be asking members to bring a small plate of food to share. More information will be provided later.

To bring the year to a conclusion there will be our second exhibition for the year at Riverton Library, our Christmas Sale and Christmas Party! So, members, a busy and exciting time for us all.

Happy creating!

CAG Committee



Coordinators Corner

Hi Everyone

We're just reflecting on how lucky we are here in Western Australia, not being in lockdown and carrying on with our everyday life. Long may it continue!!

Our Arts Centre is as busy as ever and it's wonderful to see so many people enjoying the facilities, taking classes and enjoying our incredible morning teas!!

The September/October Artsfun program is starting on the 28th September. The program of events is now on the website for the little one's in your life, so please keep an eye out.

Adult and Children's Term 4 classes are now being organised so please keep an eye on your inbox for details regarding bookings, etc.

We have been kept busy organising the many workshops we have on offer, if you would like to book, please jump on the website.

Our latest exhibition "Copy a Master" and "Favourites" is now on, so please pop down and have a look at the Gallery. Thank you to Alison Hanrahan for all of her hard work.

If you have not already done so, please don't forget that members are entitled to a \$50 discount against classes and workshops this year to celebrate the 50th anniversary of the Canning Arts Centre.

Also, a reminder of our famous hobby days:

Potters – Tuesday's

Glass – Thursday's

Painters – Tuesday's & Thursday's 12.30 – 3pm, Friday's 9.30 – 12noon

Fran and Katie

Canning Art Award 2021



**Congratulations to our Gallery Coordinator Alison Hanrahan for winning the
'150 Years Award' category for her piece titled
'Kent St Weir, A Canning Icon'.**





Some random images from the opening night.....



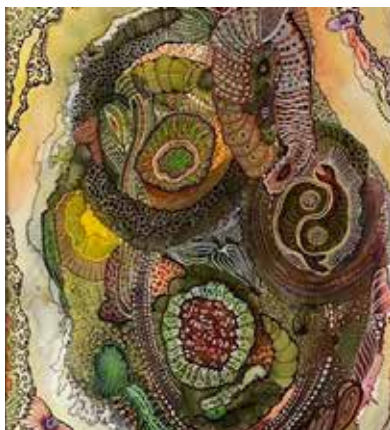
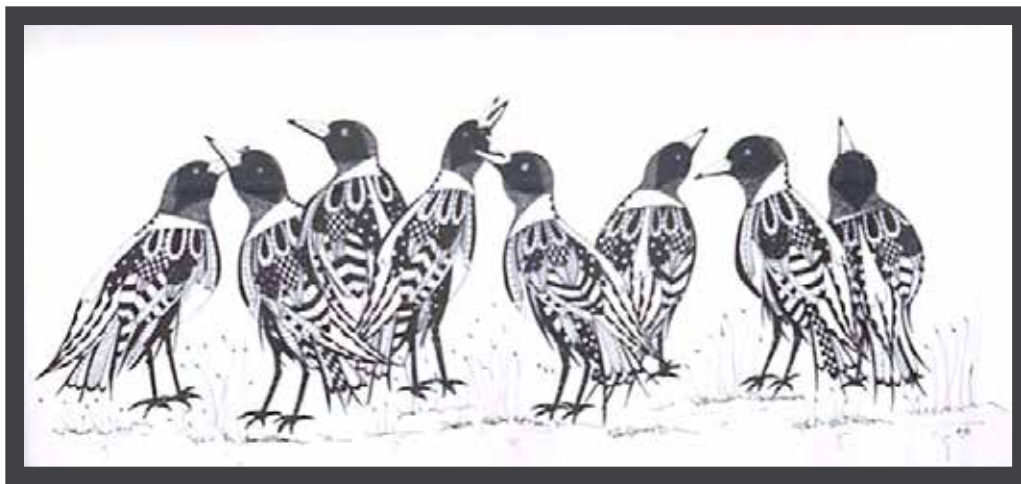


Army Art 2021

The Army Art exhibition showcases original WA artwork from established and emerging artists and raises money for WA Defence associated charities. Started in 1974 at Campbell Barracks Swanbourne the home of SASR, the volunteer organisation has been holding exhibitions over the past 40 years raising over \$750,000 that goes directly to benefit charities in Western Australia. They showcase approximately 100 WA artists and their original artwork of paintings, ceramics, sculpture and special exhibits, held at Leeuwin Barracks East Fremantle over 2 and half days each year.

CAG had several artists showing work there this year with good sales reported.

Jill Archibald, Alison Hanrahan, Irene Perry.



Members Exhibitions 2021

7th May- 14th May Riverton Library	Impressions	
10th May-9th June [5 weeks] Deliver art Thurs 6th- Setup Fri 7th CAG Gallery	Little Works	A4 maximum size. Pottery glass miniatures
14th June-21st July [6 weeks] Deliver art Thurs 10th - Setup Fri 11th CAG Gallery	Western Australia	What do you love about WA? Landscape, activities, places, people
26th July-18th Aug [3 weeks] Deliver art Thurs 22nd - Setup Fri 23rd CAG Gallery	Children's Exhibition	Artworks from the school holidays
23rd Aug-13th Oct [7weeks] Deliver art Thurs 19th - Setup Fri 20th CAG Gallery	Copy a Master/ Favourites	Provide a photo of the original to sit alongside your masterpiece, or hang your Favourite piece.
18th Oct-24th Nov [6weeks] Deliver art Thurs 14th - Setup Fri 15th CAG Gallery	Aqua	Sea, colour blue, pottery, glass in sand and sea colours, coastal, water.
10th Oct - 17th Oct - Confirmed Southlands Shopping Centre	Art Sale	
18th Nov -26th Nov - Confirmed Riverton Library	50th Anniversay Art Exhibition	
TBA Painters Hall CAG	Christmas Sale	
School holidays 2021		
School resumes 1st Feb 2021 Easter 2nd April - 18th April Winter 3rd July -18th July		
Spring 25th Sept - 10 Oct Christmas 17th December - 30th January		

Dates For Your Diary



Workshops

Sunday 26 September

Mixed Media Workshop with Naomi Grant

Sunday 10 October

Natural Dyeing Workshop with Trudi Pollard

Saturday 23 October

Plein Air Painting with Leon Holmes (Full)

24 October - 7 November

Creative Alcohol Inks with Harmony Rose

3 week course Sundays

Events

Sat 2nd & - Sun 3rd October

CAG stock

Sun (pm) 10 Oct-Sun 17 Oct

Southlands Shopping Centre Sale

Sun 14th November 2-4pm

Members Afternoon Tea to celebrate our 50th Birthday

Thurs 18-Mon 29 November

Exhibition at Riverton Library

Christmas

Mon-Tue 29-30 November

Centre Clean Up

Wed-Thurs 1-2 December

Christmas Sale Setup

Fri 3-Sun 12 December

Christmas Sale

Fri 17 December

CAG closes

Term 4

11 October-16 December

Painting with Paper Workshop

with multi award winning artist

Naomi Grant

Saturday 25th September
9.30am to 4.30pm



Explore your creativity and allow yourself the freedom to experiment with Acrylic and Collage.

Naomi is running a one-day workshop to demonstrate her technique of collage/painting with paper. She has been doing this technique for about 20 years, and loves the freedom of expression and new ideas that can be developed with the technique. So, whether you're a complete beginner or accomplished artist, this workshop will give you new ideas to extend your creativity and free you up, especially if you would like to move more into the semi abstract side of art.

You will look at how to move beyond the realms of basic painting by learning to use layers of coloured tissue paper and paint to create the painting you desire, whether that's realism or abstraction or somewhere in between. By developing your collage techniques, you will be able to create a piece that moves beyond what paint alone can offer. She will demonstrate and discuss with you the techniques she uses, then you will create your own piece.

What to bring

- A canvas (max size about 50 x 50 cm)
- Your own acrylic paints/brushes etc
- An old 1/2 " paintbrush stiff hog hair that you won't mind being used for gluing (glue will ruin a good brush)
- A palette knife, flat plastic plates or palette for mixing paint on.
- Water jar and paper towels
- Photo /images or ideas about what you might like to paint, (if you have none there will be plenty of pictures to choose from at the workshop)

You will be able to purchase glue and tissue papers from Naomi on the day, **Special workshop price are \$5 for plain colours and \$7.50 for fancy papers** (a large sheet of paper aprox A2 in size) and depending on your painting, you may need 4 - 6 sheets.

Members \$170 Non-Members \$190

Bookings @
<https://canningartsgroup.vpweb.com.au>



Issue 52



CAGSTOCK 2021 is back baby!



All members welcome.

**Saturday October 2nd and Sunday October 3rd
10am Saturday until 4pm Sunday.**

It's a fun, open weekend to come and spend time creating at the Canning Arts Centre.

Bring a plate to share and your beverage of choice.

Pottery, Painting, drawing, sculpture, whatever takes your fancy. You never know, you may even see some interpretive dance as the night progresses.

It's a great opportunity to meet other members, try something new and learn a trick or two.

Look forward to seeing you all there!



Creative Alcohol Ink – For Beginners

with Harmony Rose

Come join local artist Harmony Rose in this three class series learning beginner techniques in the beautiful and mesmerising art of alcohol ink.

In this series of classes Harmony will walk you through a number of techniques that any beginner can apply, with ample time to create your very own alcohol ink masterpiece.

Come and discover the vibrant and fluid nature of this stunning medium in a fun and relaxed environment.



Sundays (3 week course)

1.00 – 4.00 pm

24 October – 7 November 2021

COST: \$175 Member

\$195 Non Member

All supplies included.

Bookings and payments can be made directly from our website at

www.canningartswa.org.au

Enquiries by email office@canningartswa.org.au or phone 9457 9600

The office is open **9.30am—1.00pm Monday to Friday.**

Bookings close 7 days before the start date. Full payment required at bookings.

No refund for missed classes. Full refund is given if the course is cancelled by CAG.

Visit our website for information on other classes.



Natural Dyeing With Trudi Pollard

10 October 2021 | 1.00 – 5.00 pm

A comprehensive introduction to the wonderful dye colours from our very own Australian plants, everyday vegetables, and other natural dyes from around the world. From reds to browns, greens, yellows, and golds obtained from petals, barks, leaves, and roots. Be fascinated by the amazing colours you will discover. You will learn the basics and secrets of effective sustainable natural dye practice from a Master natural dyer. Suitable for all levels.

Members Price: \$85 | Non-Members Price \$100

Book online through Canning Arts Group website:

<https://canningartsgroup.vpweb.com.au/>

All classes are held at Canning Arts Group, 72 Riley Road (cnr High Road) RIVERTON

Email: office@canningartswa.org.au | website <https://canningartsgroup.vpweb.com.au/>

Phone: 9457 9600 | Office Hours 9.00am – 1.00pm Monday to Friday

Travel Tales

A place to share your travels and Public Art you have seen

Northampton Ewe Turn

Maggie Smith

When we lived in Dampier we used to zoom through Northampton, hardly turning our heads to one side or the other. These days on our annual trip north I always look forward to reaching Northampton - not only for the Shearing Shed Cafe's famous vanilla slice but also to check out any new additions to Ewe Turn, a flock of fibreglass "ewes".

Ewe Turn is a community arts project established in 2018 to create "unity, a vibrant local attraction and the recognition of the sheep industry of the Shire". It consists of 50 or so ewes, lambs, rams and kelpies (mostly painted by local artists) decorating the highway and side streets.

In addition to the Ewe Turn installation there are many old buildings, including the St. Mary in Ara Coeli Church build by Monsignor John Hawes whose many churches and chapels are scattered throughout this part of our state.



So if you're heading north, why not slow down and take a (Ewe) Turn through Northampton.





Maggie Smith

Eastern States Trip

Chris Taylor

Paul and I travelled to the eastern states again this year to visit family.

A highlight of our stay in Adelaide was a visit to



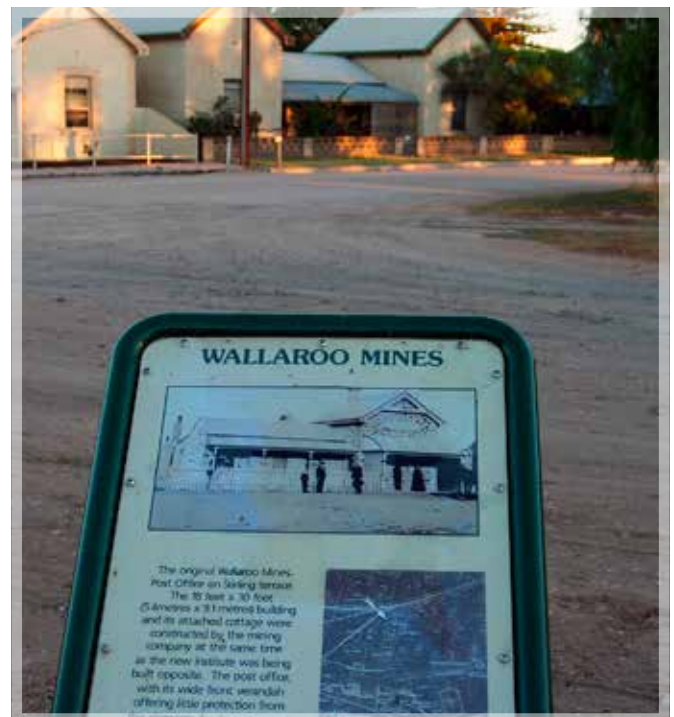
the National Gallery of South Australia which was holding an exhibition of the work of Clarice Beckett. She had spent a sad life and her painting was often dark and misty as she could only venture out to paint either very early or late in the day. She died of pneumonia in 1935 at the age of 48. After her death about 3,700 of her paintings were stored in a lean-to shelter in rural Victoria exposed to weather and vermin and most were lost. The current exhibition can be viewed at

<https://www.agsa.sa.gov.au/whats-on/exhibitions/>



clarice-beckett-present-moment/

We also went on to Kadina, a small town on the York Peninsula described as the foot holding OZ up. Kadina It is one of 3 of the copper triangle towns along with Moonta and Wallaroo. My Aunt and Uncle have lived in an old miners cottage for as long as I can remember. The Cornish fair was on while we were there. They love to be involved even though they are both well into their 80's. After spending a few days there we headed back through Clare, then went to Hamilton in Victoria to visit family. This was also a short stay as borders were going to be locked. It was a quick drive back to SA. In the end we did get locked down for a week but it was worthwhile to see those relatives.



New Zealand 2016

Sue Clark

We went to New Zealand in June 2016 for our nephew's wedding. It was held at this beautiful church, Bethlehem College Chapel.



We climbed Mount Maunganui and managed to take this photo after we regained our breath.

We went to Queenstown and this was the view from our apartment. It was freezing but beautiful.



The wedding reception was held at this gorgeous house, Charlemagne Lodge.



Our day trip to Milford Sound was long but worthwhile. It is such a stunning place.





This is the Art Gallery next to the Cardronna Hotel. I really want one of these.



We went to Waiheke Island and it amazes me that people live here and this is their daily view. Hopefully, we will be able to get back to New Zealand in the near future. It's a wonderful country.



Painters Page

Hoarder v Collector

Hoarder as defined in the dictionary: is someone who saves things excessively regardless of usefulness or value.

Collector as defined in the dictionary is someone who collects things of a specific type.

'Never throw anything away; you never know when it may come in useful.'



So over the years I've collected things that my brain tells me they could be useful or are beautiful and I want them, not knowing why but it fills my 'happy place' and gives me great enjoyment.

I'm passionately attracted to colour and needlework and my collection of fabric is enough to fill a shop.....!



I also love small decorative ornaments, jewellery and coloured beads.

There comes a time when I wonder, have I enough years to use all these things?





As I sit inundated by all my colours and textures
I think that after all.....

I'm just one great...Hoarding, Collector !!!

Margaret Colyer



Realism says probably not, so do something now....!

A collection of samples from studying on various courses years ago, stored in folders which rarely see the light of day - surface. With my latest love of painting with mixed media it brings a lot of these things together.



I hope they will give others enjoyment and maybe even spark an interest to create their own art.

Collage Process

This is the collage process I used in creating my Canning Art Award entry,

"150 years - Growth, Regrowth."



The process uses torn paper to represent the City of Canning's modern skyline; the line drawing is the heritage Waverley Hotel, which was situated at the corner of Albany Highway and Cecil Avenue. The depiction of these buildings references the destruction of the native bush to achieve "growth".



We are more conscious of what we have lost and now place more emphasis on the "greening" or "regrowth" of our City. This is represented by the painted cut paper foliage in the foreground. I made a deliberate choice in using the blue-orange complementaries to pick up on the orange detailing on the City of Canning's offices in Cannington.



Maggie Smith

Plein Air Down Under Festival

An unexpected art retreat in Mandurah

Even though I graduated in Fine Arts - Drawing & Painting and a post graduate degree in Contemporary Art Practice decades ago, I haven't spent time just painting for myself. My career took its turn into graphic designing and my family became my priority. The unexpected event of Covid brought up the need to find solace in something within reach and I felt compelled to start painting again. It was this time that I saw the advertisement for this festival online last year.

I was excited when I found out that such an event is organised close to Perth. With Covid lockdowns, attending art symposiums and festivals abroad

became an unachievable dream. This seemed like a great opportunity and I booked in for this event to go along with my daughter who is also interested in painting.

Having lost touch with painting and not having any single painting medium as my own, I tried getting into one day watercolour workshop conducted by Cass Gartner. But since it was last minute, all the seats were sold out. I just started preparing for the 3 day festival and to my surprise, one of the registered participant couldn't make it and the organiser Barbara Thoms gave me a call and I took the spot immediately.



I just remember driving to Mandurah with so much of excitement. From the time the workshop started until the event finished on 28th September last year, my daughter and I felt so connected and rejuvenated. The whole community of artists - Mandurah Plein air group along with Artist Leon Holmes who conceptualised and organised this event have created something that is so welcoming and inspirational. There are professionals, beginners and

amateurs painting along side sharing experiences and techniques, making friendships

and networking. For Leon Holmes to re-create the experience that he gathered from other International Plein Air festivals for his local community in Western Australia, is highly commendable. Various competitions and demonstrations allowed everyone to engage in the process of creativity throughout the festival.

Last year being the second year of this festival saw over 150 participants. The locations we painted over the three days at Mandurah foreshore, Pinjarra Heritage Walk trail and Halls Head beach (Doddi beach) helped and supported the local businesses as well.

Overall, the whole experience revived something that I had forgotten. My daughter and I are very



Photographer: Brian Osborne Photography

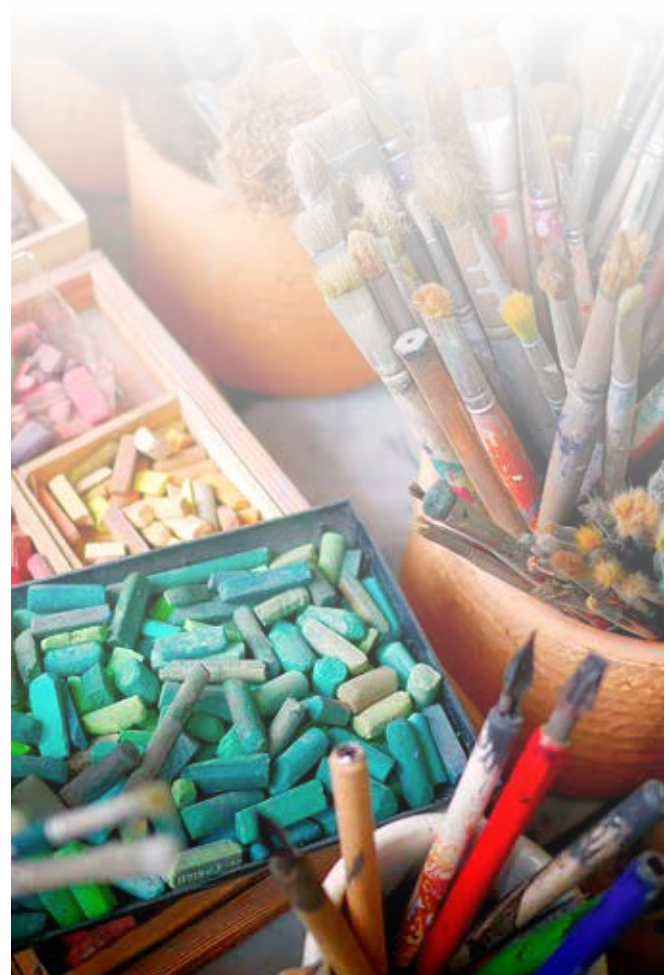
much looking forward to this years event and highly recommend it to anyone who loves drawing and painting.

The registrations are open to paint at the festival. For more information: <https://pleinairdownunder.com>

Subhashini Maniam



Photographer: Brian Osborne Photography



Recycled Glass Workshop

with Marilyn O'Shannessy

Merilyn, CAG tutor and prize winning artist, has been working with glass for over 18 years since doing a CAG workshop with Richard Fry. In this workshop she focussed on using recycled glass including bottles and broken glass from bus shelters. We started off by learning how to cut glass and use the grinder. Merilyn demonstrated the gentle art of bottle smashing and using the glass before we students had a go!

We then used our variously coloured broken shards to create free-form pieces, either on to a piece of float glass or directly in the kiln shelf, or used one of CAG's many moulds to make a more formally shaped piece.

Our imaginative creations (some with copper inclusions) were then fired overnight to 820 degrees C in the glass and clay kilns. It felt a bit like Christmas when our multicoloured artworks were revealed.



Work in progress, before firing



After firing



1. Demonstration of free-form shape





Work in progress, before firing



Before



After firing.



After ...

This was my creation and I was pretty happy with the result.

Maggie Smith



Work in progress

Whats on your

Easel/Wheel/Table

Trish Ray WIP



Irene Perry WIP



Alison Hanrahan WIP



Cally Jarlett WIP



Margaret Colyer WIP



My latest work in progress. It's taken from a photo taken at Russell in New Zealand.



Gill Plowman WIP

Sue Clark

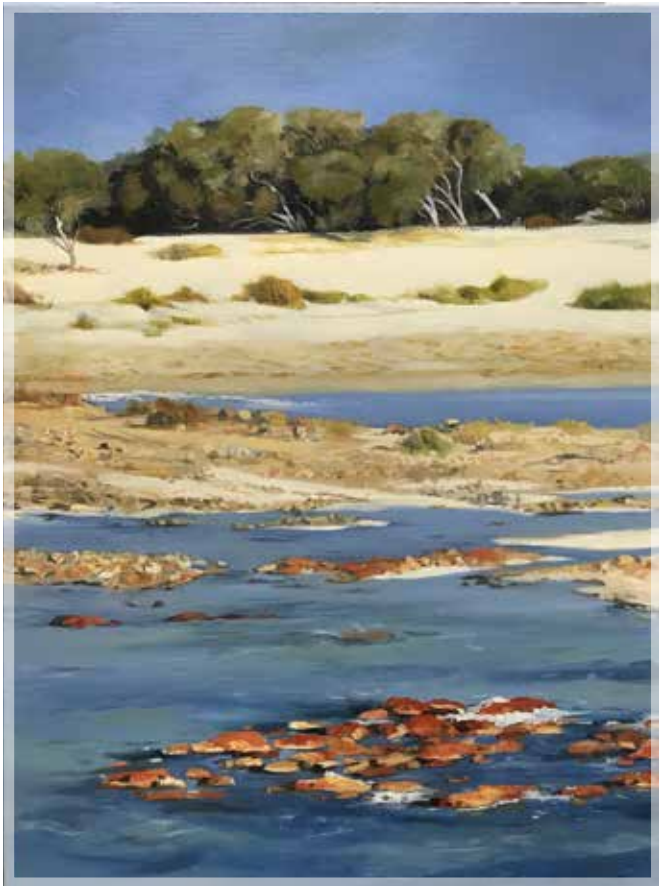
These are some of the baby clothes I've been making for our grand daughter who is due to arrive in October. I've been lucky enough to be able to set up a sewing room now that our youngest son has moved out of home. It's been a lot of fun making these little clothes.



Colin Muscroft WIP



Janette Pryor



Margaret Colyer WIP



Geraldine Hermann WIP

Geraldine is one of our new members. Here she is embellishing fabric (from Australian designer Jocelyn Proust) with embroidery, which she will then turn into earrings.



John Guilfoyle WIP



Yadj Campbell WIP



Karen Ball



WIP



Pam Bradley WIP



Merle Oliver WIP



Lynn Owen

The sketches were done plein air on the recent trip to Waroona (see last newsletter) and the subsequent paintings inspired by the sketches



Lynn Owen WIP



Maggie



Graham Longworth WIP



Chris Taylor WIP



Janet Ball WIP





Potters Page

HOBBYDAY

9-30 TO 3 PM

Hi everyone well spring is in the air the sun is shining and flowers are appearing.

Everyone is busy on Tuesdays working at the Art Centre and we have a few new members that have joined us to pot and have morning tea.

Thank you to Chris for the donation of the soup bowls for the fundraiser and hopefully next year we can get started a bit earlier and get more potters involved.

In the coming months we have many sales coming up at the library and Art Centre, so keep busy potting so we can fill the gallery up as well.

Please make sure that you clean the wheels and table before you leave for the following classes .

Unfortunately our Raku Workshop and Table ware demonstration with Chris Harford which we have all been looking forward to has been cancelled because of the lock down.

Hopefully we will do a Raku and maybe pit firing Workshop in October.

All keep well and I will see you on Tuesday

Cheers Jill

Cheers Jill

KILN PRICES

as at 1 September 2021

Piece	Cost per Piece
Coffee Mugs	\$3.50
Small Bowl	\$3.50
Medium Bowl	\$5.00
Large Bowl	\$8.50
Sculpture Pieces under 20cm in height	\$10.00
All larger pieces or large amounts: Kiln to be hired	

Kiln Hire - Pottery	Cost
Small Electric Kiln	\$100
Large Electric Kiln	\$120
Gas Kiln	\$140
Mesh Raku Kiln – one firing	\$20
Kiln Hire – Glass	
Small Electric Kiln	\$40
Large Electric Kiln	\$50
Glass Kiln	\$35

Priority will be given to pieces created in classes and/or workshops.

Kiln Hire – for large pieces or large amounts of firing, it will now be necessary to hire a full kiln. A requirement of hiring a full kiln is to load, operate and unload the kiln yourself. Training must be undertaken prior to operating the kiln and a register of trained kiln users will be kept by CAG. Please contact Jill Archibald regarding training. Workshops in kiln operation will be offered at regular intervals.



Recipe Corner

Yes cooking IS an art form

This is a place to share your favourite recipes

Carrot Cake

CAKE

- 375g plain flour
- 2 tsp baking powder
- 1 ½ tsp bicarb soda
- 2 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp allspice
- 2 tsp salt
- 345g castor sugar
- 375ml vegetable oil
- 4 eggs
- 3 medium carrots, grated
- 220g tin crushed pineapple, drained
- 200g pecans, chopped

GLAZE

- 2 tbsp vegetable oil
- 110g brown sugar
- 2 tbsp milk
- 40g pecans, chopped

ICING

- 250g cream cheese, room temperature, cut into cubes
- 125g unsalted butter, room temperature, cut into cubes
- 500g icing sugar
- 1 tsp vanilla extract

Method

1. Preheat the oven to 180C (160C fan). Grease a 23cm round cake tin and line with baking paper.
2. Sift the dry ingredients together into a bowl. In a separate bowl, beat the eggs and oil, then add to the dry ingredients. Mix well then add the carrots, crushed pineapple and pecans. Mix to form a smooth batter and pour into the cake tin.
3. Bake for 30 minutes then quickly prepare the glaze by placing all the ingredients for it in a small saucepan and heating over medium heat, stirring, until all the ingredients are combined.
4. Pull the cake out on the oven rack and carefully pour the glaze over the cake.
5. Bake for the rest of the baking time, roughly 40 minutes or until a bamboo skewer inserted into the centre of the cake comes out clean. Remove from the oven and allow to cool for 10 minutes in the tin on a wire rack. The glaze will have melted onto the tin, so take a butter knife or metal spatula and run it carefully around the inside of the tin. Upend and allow to cool on the wire rack.
6. Prepare the frosting by whipping the cream cheese, butter, icing sugar and vanilla essence together in a bowl. Put the cake, bottom side down, on a serving plate and cover the top of the cake with frosting. Allow to set for several hours before serving.

Lietta Jacobs

Slow Cooked Beef Cheeks



- 1/4 cup plain flour
- 1.2kg beef cheeks
- 2 tbsp olive oil
- 2 medium brown onions, cut into wedges
- 6 cloves garlic, halved
- 2 medium carrots, coarsely chopped
- 1 cup (250ml) Shiraz red wine
- 2 cups (500ml) Massel beef stock
- 2 tbsp brown sugar
- 2 tbsp tomato paste
- 2 bay leaves
- 3 sprigs fresh thyme
- 40g butter
- 6 shiitake mushrooms, halved
- 6 medium swiss brown mushrooms, halved
- 12 small button mushrooms
- Salt, to season

1. Season flour with salt and pepper. Place flour in a large snap-lock bag. Add half the beef. Seal. Shake to coat. Remove from bag, shaking off excess flour. Transfer to plate. Repeat with remaining beef.
2. Heat oil in a large frying pan over medium-high heat. Cook beef in batches, for 3 minutes each side or until browned. Transfer to a plate.
3. Add onion, garlic and carrots to pan. Cook, stirring, for 3 minutes or until golden. Place half the onion mixture in the bowl of a 5 litre slow-cooker. Top with beef and remaining onion

mixture.

4. Add wine, stock, sugar, paste and herbs to frying pan. Bring to the boil then pour over beef in slow-cooker.
5. Add butter to pan, then mushrooms. Cook, stirring, for 3 minutes or until browned. Add to beef.
6. Cover with lid. Turn slow-cooker on low. Cook for 8 hours or until beef is tender. (Alternately, turn slow-cooker on high and cook for 4 hours). Sprinkle with fresh thyme and serve with garlic mash, steamed asparagus and green beans.

Chris Goldberg

Orange Almond Bars

Base

- 300g plain flour
- 75g caster sugar
- 1.5 tsp baking powder
- 1/2 tsp salt
- 160gm cold unsalted butter, chopped
- 1 egg, lightly beaten
- 1 tsp vanilla extract



Filling

- 200gm almond meal
- 150gm caster sugar
- finely grated zest of 1 orange
- 125ml orange juice
- 1 tblsp lemon juice

Orange Icing

- 240 gm pure icing sugar
- 2 tblsp orange juice

Preheat oven to 175c. Line a 21x31cm baking tin, leaving a overhang of paper on longer sides.

1. Put the flour, caster sugar, baking powder and salt into large bowl and whisk to combine. Add the chopped butter to the dry indredients and crumble together using your giftingertips or a pastry blender until them mixture resembles breadcrumbs.
2. Combine the egg and vanilla then add to the bowl, mixing with a wooden spoon at first, and then with your hands to form a dough. Divide the dough into 2 discs, wrap each one tightly and refrigerate while you make the filling.
3. Prepare the filling by combining the almond meal, caster sugar, orange zest, orange juice and lemon juice and mix well.
4. On a lightly floured piece of baking paper, roll out one piece of dough to the size of the prepared tin and place it in the tin. Don't worry if you have to patch and press the pastry to fit the tin, it will be covered with filling or icing.
5. Spread the filling over the pastry in the tin. Roll out the remaining piece of dough to the size of the tin and place it on top of the filling, patching and pressing as needed. prick generously with a fork, then bake for 35 minutes or until the top is golden
6. With 10 minutes cooking time remianing, make the icing. In a small bowl combine the icing sugar and orange juice, and mix until it is a smooth thick paste.
7. Remove the slice from the oven and spread the icing over the top while still warm. Allow to cool before cutting into bars.

Chris Goldberg

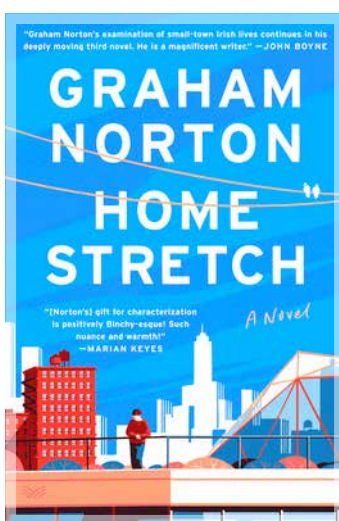


Whats on Your Bookshelf



Home Stretch

by Graham Norton



It is 1987 and a small Irish community is preparing for a wedding. The day before the ceremony, a group of young friends, including the bride and groom, are involved in an accident. Three survive. Three are killed.

The lives of the families are shattered and

the rifts between them ripple throughout the small town. Connor survived, but living among the angry and the mourning is almost as hard as carrying the shame of having been the driver. He leaves the only place he knows for another life, taking his secrets with him. Travelling first to Liverpool, then London, he eventually makes a home—for himself in New York, where he finds shelter and the possibility of forging a new life.

But the secrets—the unspoken longings and regrets that have come to haunt those left behind—will not be silenced. Before long, Connor will have to confront his past.

A powerful and timely novel of emigration and return, *Home Stretch* demonstrates Norton's keen understanding of the power of stigma and secrecy—and their devastating effect on ordinary lives. (Goodreads)

Yadj Campbell

Danger Music

by Eddie Ayres



From the former ABC Classic FM classicist comes a remarkable story about the power of music and courage to be one's self

Eddie Ayres has a lifetime of musical experience - from learning the viola as a child in England and playing with the Hong Kong Philharmonic for many

years, to learning the cello in his thirties and landing in Australia to present an extremely successful ABC Classic FM morning radio show. But all of this time Eddie was Emma Ayres.

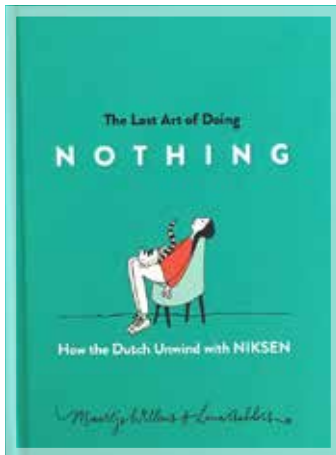
In 2014 Emma was spiralling into a deep depression, driven by anguish about her gender. She quit the radio, travelled, and decided on a surprising path to salvation - teaching music in a war zone. Emma applied for a position at Dr Sarmast's renowned Afghanistan National Institute of Music in Kabul, teaching cello to orphans and street kids.

In *Danger Music*, Eddie takes us through the bombing and chaos of Kabul, into the lives of the Afghan children who are transported by Bach, Abba, Beethoven and their own exhilarating Afghan music. Alongside these epic experiences, Emma determines to take the final steps to secure her own peace; she becomes the man always there inside - Eddie. (Goodreads)

Chris Taylor

The Lost Art of Doing Nothing

by Maartje Willems



Don't you think it's time for a break? Plagued—as we are!—by nonstop pings and notifications, we have lost the knack of zoning out. Kicking back. Slacking off. Even when pandemic-induced lockdowns forcibly cleared our calendars, many who

thought I'm free! filled their days with Netflix and doomscrolling. How can we reclaim our free time (planned or not) to truly rest and reset?

The Dutch have it figured out: with nixsen. Perhaps their best-kept lifestyle secret, nixsen is the art of doing, well, nothing. It's the opposite of productivity, and it's incredibly good for your . . .

MIND—it makes you calmer.

BODY—it offers rest on hectic days.

CREATIVITY—it clears a space for brilliant ideas.

WALLET—it's free!

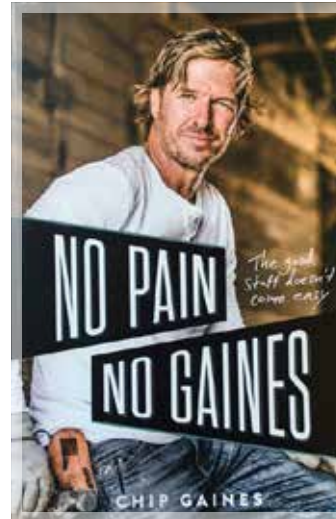
If you're waiting for an invitation to go lie down in the sunshine, this book is it. (Goodreads)

An interesting look into doing nothing. It's harder than it seems. We're always doing something. A good read for busy people.

Sue Clark

No Pain, No Gain

by Chip Gaines



In his most vulnerable book to date, Chip Gaines opens up about his lifelong pursuit of building relationships with people from all walks of life. Chip emphasizes the importance of seeing people for who they are and not for what they can do for you, enabling you to build a strong community and

a life of meaning, joy, and connection.

How does it happen? By being intentional about choosing the company you keep. Chip explains the value of seeking out people who are electrified by living according to their purpose, who will stand beside you as you tackle new challenges, and who bet on each other instead of the status quo. The key is being true to yourself, figuring out what you want to do with your life, and finding people who will lift you up along the way.

A good life doesn't always come easy, but that's because the good stuff never does. It requires faith in people. It requires faith in yourself. It requires hope. And it requires a willingness to grow even when it hurts. In *No Pain, No Gain*, through hard-won lessons and personal stories all told with his trademark blend of wit and wisdom, Chip Gaines will coach you on how to make your life rich and your relationships run deep.

(Goodreads)

'Fixer Uppe'r is one of my favourite TV programmes so it was fascinating to read about the family behind the show.

Sue Clark

Songlines: the Power and Promise

by Margot Neal & Lynne Kelly



Songlines: The Power and Promise has a blend of Indigenous and non-Indigenous voices. It offers what Margo Neale calls 'the third archive'. Aboriginal people use songlines to store their knowledge, while Western cultures use writing and technology. Aboriginal people now use a third

archive – a combination of the two.

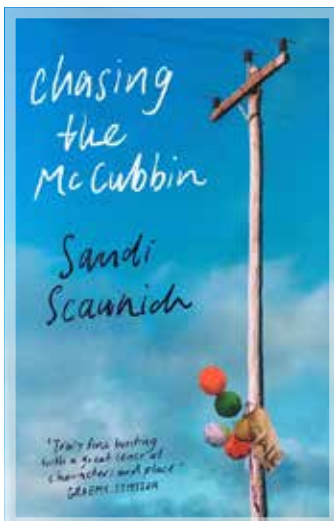
The authors believe that the third archive offers a promise of a better way for everyone to store, maintain and share knowledge while gaining a much deeper relationship with it. (Goodreads)

A thought provoking conversation about memory keeping. It's amazing to realise that a community with no written language can keep stories and knowledge and pass it on, unchanged, just through conversation.

Sue Clark

Chasing the McCubbin

by Sandy Scaunich



The Pines, an outer Melbourne suburb down on its luck. A country in the grip of recession.

Experienced collector Ron senses new possibilities: swift evictions provide hard-rubbish to scour and garage-sales have doubled. There's only one problem: since losing his

wife, Ron has struggled to navigate the suburbs

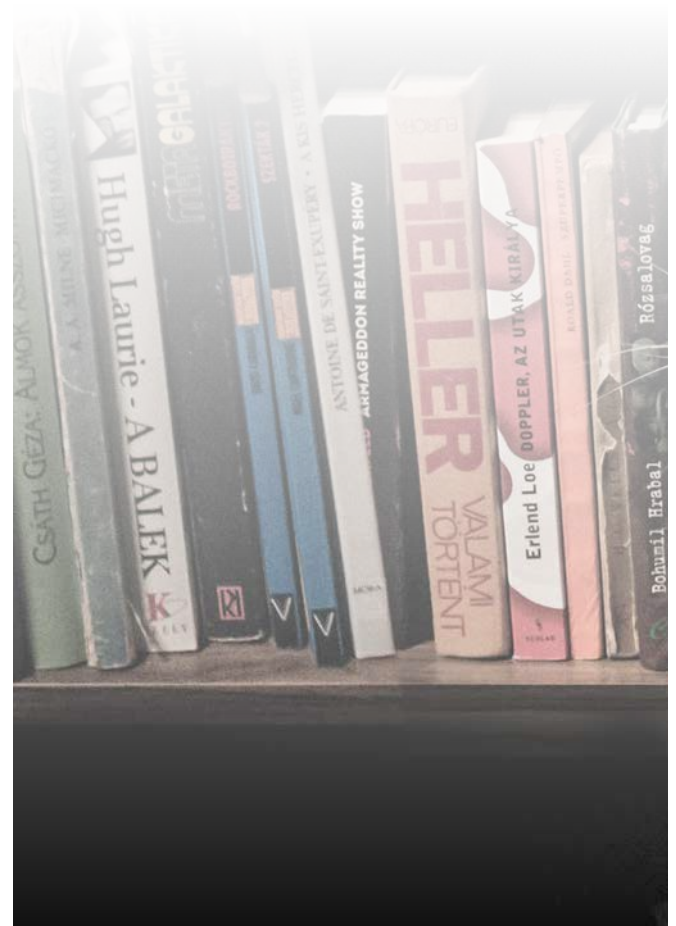
alone. Plus, his deteriorating health slows him down.

This all changes through a chance meeting with Joseph, a troubled, withdrawn and unemployed 19-year old who knows nothing about antiques. As Joseph comes to understand and appreciate Ron's world of eccentric bargain hunters, and hopefulness, his ability to navigate a history of family violence and to see a future for himself grows. Both come to share the wild dream of finding a rare bargain such as an original Frederick McCubbin painting and making their fortune. So begins an exhilarating adventure and an unlikely and beautiful friendship.

Set against the background of the early 1990s, Chasing the McCubbin is funny and sad in equal measure. A story of loneliness and the ageless desire for belonging, it will be the most heart-breaking yet feel-good novel you will read this year. (Goodreads)

A sweet story about garage sale 'professionals'. I never realised how competitive it is

Sue Clark



THE BOX MAN

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(08) 9351 8111

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



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

Solid Jarrah TV Unit

206cm long x 51cm wide x 61cm High.

Was built to my specification, but due to down-sizing it has to go.

\$300



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karenballartist@gmail.com
0405 468 049

A Warm Welcome to our new members

Full Membership

Maggie Cao

Susan Leong

Kerry Platt

Probationary Membership

Luke Morgan

Geraldine Hermann

Malcolm Edwards

Jennifer Feszczak

Ruza Ostrogonac-Seserko

Gabriela Suarez Navaro

Rodney Cook

Rosemary Kerr

Jeanine Auvache

Phillip & Elizabeth Mulcahy

Angela Pui

Thanks to all those who have contributed to this issue.

If you do plan to contribute, you may send content through any time, not need to wait for my email reminders. It would actually help to spread the work out over the month, just be sure to put **newsletter content** in subject line. send to - **chris@posterpassion.com.au**

Chris Goldberg



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72 Riley Road, Cnr High Road
RIVERTON WA 6148
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Fax: 08 9354 7079
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Ben Morton.