



"If people knew how hard I worked to get my mastery, it wouldn't seem so wonderful at all." - Michelangelo

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From the President

Dear Members

The mid-winter solstice is behind us and we are on to the second half of 2026 already! Hope you are all keeping warm in this chilly damp weather.

Our plans for our juried selection for the 119th Annual Exhibition are well underway, and Louise and her team are already busy sorting the entries that have been received. Remember you only have until the 10th of this month to enter up to three of your best artworks to be eligible to exhibit at our prestigious Annual Exhibition. We have given the judges five days to go through the entries and give their marks, whereafter these will be put up on a spreadsheet, sorted and everyone advised of their scores.

I do hope you are going to take advantage of this opportunity to not only be able to exhibit at Kirstenbosch, but also to stand

the chance of being selected for a highly commended or commended award or even as a winner in any one of the eight medium categories. There's also the Jeremy Day cup for the highest awarded points as well. So much to go for!



I want to say a big 'thank you' to Sonja Frenz for hosting Elize Bezuidenhout at last month's monthly meeting. She kindly took over from me as I was away in a slightly warmer Europe and from all accounts, she thoroughly enjoyed the occasion. And Elize, of course, was the star of the show showing

just how she works on a large scale producing an incredible work of art.

On top of all that preparation for selection, this month you also need to think of what you are going to put up to win a prize at the Landscape, Life and Still Life competition at our July monthly meeting. Consider something different to what you put in for selection, so you have a chance to display more of your work. There's also the relatively newly introduced "New Members" section which we have pared down to those members who have been practicing art for three years or less, rather than having been a member of SASA for a limited time. All the relevant information is in the newsletter.

We have a busy time ahead and I'm looking forward to seeing all those exciting works of art at both the July meeting and on the 1st August at our final judging.

Until then, keep warm and keep safe.

Liz Pearson

DIARY

July	Friday	10	Juried Selection - online submissions close at 17:00
July	Saturday	25	Winter Workshop - Landscape Painting With Johanneke Strydom, 10:00 to 15:00 at the Peter Clarke Art Centre
July	Thursday	30	Members' Meeting - 19:00, at the Cape Town Athenaeum, Newlands. Landscape, Life and Still Life Competition. More details on page 4.
August	Saturday	1	Juried Selection - Final Judging at Cape Town Athenaeum.

SASA LIBRARY

Your SASA membership gives you access to masterclass tutorials and global art trends. Our collection is packed with insightful, inspiring and beautifully curated publications to hone your skills or explore something new.



You can borrow four items per month, absolutely free. Visit the Library at our monthly meeting from 17:50 to 18:50. Arrive early, browse at leisure, and take home something wonderful to discover your next creative breakthrough.

If you have any queries regarding any aspect of the library, please contact: Sonja at sonjafrenz@gmail.com

SASA Community Chat Groups on Whatsapp



SASA Community Chat

SASA now has WhatsApp community chat groups. While the broadcast channel on the number **071 496 1029** is great for general announcements, we wanted to create a more interactive, social space where we can connect, chat and share.

To join this community, click on this link on a device where you are logged in to Whatsapp
<https://chat.whatsapp.com/FHNfMowIFyC2zar6stDARU>

Instead of one giant chat, this community is split into specific groups, so you only get notifications for what you are interested in. You can join groups for:



Monthly Meetings



Selection Work



Life Drawing Sessions



Workshops



Members Exhibitions

It's a great way to stay connected with fellow society members.



RECEIVE WHATSAPP BROADCASTS

If you would like to receive Whatsapp broadcast messages, please email Louise on secretary@sasa-artists.co.za and save this number to your phone: **071 496 1029**

Please note: This number is not monitored permanently. Our main mode of communication is via email.

MONTHLY MEMBERS' MEETING

SASA Monthly Meetings are held at the Athenaeum, Newlands, on the last Thursday of every month at 19:00. Entry is free and includes refreshments, which can be enjoyed before the meeting commences. We

encourage you to attend and find out what's going on in your society and also connect with your fellow artists. There is always a regular informative demonstration, talk or competition scheduled for the evening.



MEMBERS' MEETING - PAINTING DEMO AND TALK WITH ELIZE BEZUIDENHOUT - 25 JUNE 2026

We were delighted to have Elize Bezuidenhout as our guest speaker at our June members' meeting. Her talk and demo gave a clear view of painting as a fully structured professional career rather than a sequence of isolated studio moments.

What stood out is how much of her "painting process" happens before the brush touches canvas and how much of the reality of being an artist sits outside the studio in systems of planning, reference creation, and representation.

Elize works exclusively through a single agent who represents multiple galleries. The agent handles gallery placement, overseas sales, collectors and most client interaction, allowing her to focus on studio work. In return, Elize doesn't sell privately or work with other galleries, or exhibit independently outside the arrangement. Everything flows through one channel and their business model flows from a position of mutual trust.

Elize's paintings are often sold before full completion based on existing demand, but sometimes a complete work may also be rejected. There is a subtle feedback loop from the agent between commercial demand and subject matter. While she retains full control over execution, the agent can influence direction by encouraging themes that align with collectors' interests. This does not override artistic choice, but it does shape the environment in which decisions are made.



Against this backdrop, discipline becomes central. She describes long working periods—often 12 to 14 hours during intensive phases—and a consistent focus on preparation as much as execution. The painting stage is only the final step in a much longer chain of decisions.

A major part of that chain is her preference for creating her own reference material. She avoids found imagery, instead constructing her own photographic setups to control lighting, composition, and intent. This can involve spending an entire day working through a single subject, adjusting light, shadow, and positioning until the desired visual conditions are achieved. She prefers strong directional light and high contrast because it creates clearer structure for painting.

Once enough reference is gathered, she moves into simple compositional testing by arranging images digitally at canvas scale. This allows her to resolve structural and compositional issues before paint is applied. Her principle is pragmatic: it is cheaper and more efficient to solve compositional problems early than on canvas.

Her stance on photographic reference is uncompromising. Literal copying is not the goal—if that were the case, a photograph would suffice. Instead, Elize paints an interpretation, suggesting texture rather than copying, subtly amplifying temperature relationships rather than exact matching, and brushwork is used to imply structure rather than reproduce detail. She works primarily in



MEMBERS' MEETING - (Cont)

warm-cool relationships and introduces complementary colours subtly to create vibration rather than contrast for its own sake.

Her brushwork follows form rather than detail. Strokes describe structure—such as the direction of petals—rather than building surface imitation. Mistakes are not immediately erased but often painted over or incorporated, treated as part of the evolving surface rather than disruptions.

Her technical workflow remains consistent: drawing, under-painting, blocking in major colour areas and only then refining the image. In the early stages she prioritises structure. On larger works, measured reference points and

proportional divisions help maintain accuracy.

Elize's singular style seems to come to naturally to her. She has developed a personal visual language, seemingly unintentionally.

Her paintings are a visual portrayal of what she exudes, inner peace and quiet confidence. Elize's work ethic is something to be admired and aspired to. Every brushstroke is applied with care. There is intense concentration, building up the image with multiple layers and immense patience and dedication.

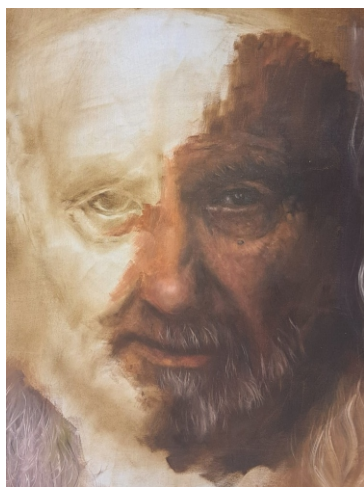
Elize is quite particular about the materials she uses, fine, good quality canvas that is professionally stretched canvas and the best paint. She loves the

colours in the Michael Harding set pictured below, and in Elize's hands those colours absolutely sing.

But there is another very important arrow in Elize's quiver, her husband Frik. She credits him as the most supportive spouse an artist could want. While he enjoys retirement, it allows him to take care of all the little things artists forget about, like shopping for meals, cooking and other chores and errands. On behalf of Elize's fans, Frik, we salute you.

Elize offers workshops all over South Africa, where Frik also plays a pivotal supportive role.

Thank you, Elize, for taking time out of your schedule to come and share your process with us. We came away awed and inspired.



MEMBERS' MEETING - 30 JULY 2026 LAND/SEASCAPE, LIFE AND STILL LIFE COMPETITION - 30 JULY 2026

Every year SASA has its Land/Seascape, Life and Still Life Competition at the end of July. Here all members have the opportunity to enter artworks within these categories to be judged by their peers. This year it will be on Thursday 30 July 2026 at our members' meeting at the Cape Town Athenaeum.

We will accept entries from 18:00. The meeting will start at 19:00. You may enter one artwork in each category. Simply enter the artwork/s by bringing it in on the evening.

All members who have been practicing art for 3 year or less are invited to enter in the Newbies Categories under the same themes.

Beth Lowe and Sue Paulsen have kindly agreed to give feedback on entries.

Conditions of Entry:

Only SASA members may participate. Work must be either a landscape/seascape/ cityscape AND/OR a life drawing/painting AND/OR a still life composition.



Last Year's Winners

One entry per member is allowed in each category, either as a new member or a longstanding member.

Work may be in any medium.

Works do not have to be framed.

Work cannot be entered if it has been done in a class convened

by an art teacher, nor if it has been previously entered in any SASA competition or exhibition.

Work entered may be submitted for selection and to a future SASA exhibition.

This is a great opportunity to showcase work done 'ala prima', during plein air outings

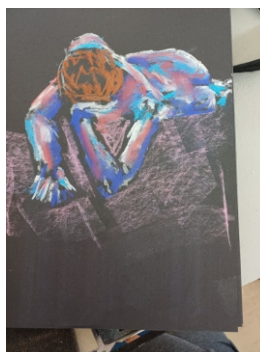
LIFE DRAWING SESSIONS - 30 MAY to 27 JUNE

SASA's Life Drawing sessions for 2026 came to an end last Saturday. Over the past five weekends, members enjoyed a creative and inspiring time at Duminy Hall, honing their skills and deepening their understanding of the human form.

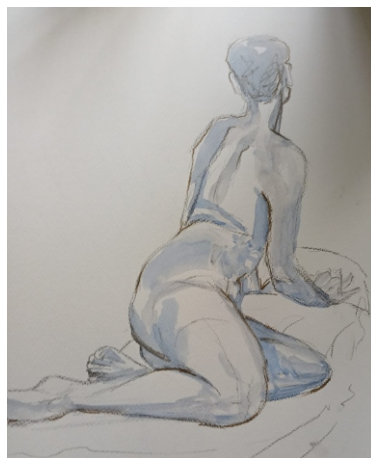
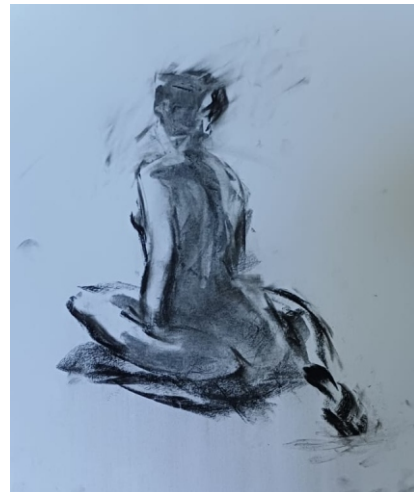
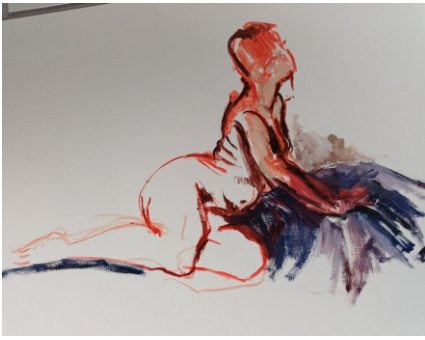
What makes life drawing so special is that it challenges artists to translate the three-dimensional world into a two-dimensional space without the option of relying on reference photographs. It strengthens foundational skills, improves eye-hand coordination, and provides a meditative escape from modern distractions while training the artist's eye to truly observe and interpret the subject.

Thank you to all the members who participated, to our wonderful models, Kitty, Liz and Sansu, and especially to the organisers — Audrey Innes, Avril Retief and Sonja Frenz — for making these sessions possible.

We look forward to next year's life drawing sessions with great anticipation.



LIFE DRAWING SESSIONS - 30 MAY to 27 JUNE



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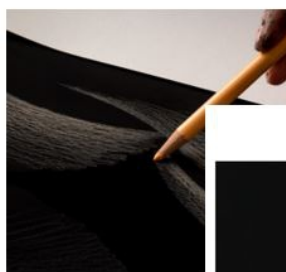


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SASA's JURIED SELECTION 2026

2026 is the second year SASA is using an online submission process for our Juried Selection. For those who have been through a few Selection Weekends, I'm sure they think back on those busy and cold weekends at Rustenburg High School with much nostalgia.

What we have lost in camaraderie, sharing our joys and woes about our scores on the weekend, oohing and aahing about each other's artworks, we make up for with efficiency, more time for the judges to view all the artworks and the opportunity for members outside of Cape Town to more easily take part.

JUDGES: This year, we have three brand new judges of considerable prominence in the art world. We are excited to be working with them on this important event on SASA's calendar.

YOUR SCORES: After the online entries close, the judges will score each artwork out of 10, giving you a total score out of 30 for each artwork. Once the scores are in, we will inform you via email of the score for each artwork and whether your artwork qualified for final judging on 1 August at the Cape Town Athenaeum in Newlands, where the qualified artworks will be viewed in person by the judges and Best Of Category and Commendations will be awarded.

DELIVERY OF ARTWORK THAT QUALIFIED FOR FINAL JUDGING: All Cape Town members who qualify must deliver their artworks on the morning of 1 August, and Country members may send their works by courier if preferred. Dalene Smit will be handling all courier arrangements. She can be contacted on 081 362 5824.

WEBSITE: After Final Judging all the qualifying artworks as well as the award winners will be published on the SASA website <https://www.sasa-artists.co.za/> so we can all celebrate and commiserate with our fellow artists.



WHAT'S ON



TINY TREASURERS

Now on at Bellville Library

<https://www.artb.co.za/product-category/tiny-treasures>

VULEKA ART COMPETITION 2026

Is currently in the judging stages.

Exhibition opens at the Bellville Library on 1 August 2026 at 10:30



THE FLOWER SELLERS

An exhibition in support of
The Flower Sellers of Adderley Street.

Exhibition opens Thursday, 16th July at 18:00



Revisiting
Ronald Muchatuta

HUB GALLERY

union house, 25 commercial street, cape town
Thursday 2 July 2026 - 31 July 2026

Solstice - Earth Song II

Group Exhibition

Duration: First Thursday 2nd
July – Saturday 25th July.

Place: The Cape Gallery CC,
60 Church Street, Cape Town
Please RSVP by emailing,
web@capegallery.co.za.

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YOUTUBE VIEWS: Painting a Waterfall in Oils From Life with Andrew Tischler



In this plein air paint session, Andrew is joined out in the field by fellow artists, Samuel Earp and Andrew Pugh. They had an absolutely fantastic time painting at the stunning Wishbone Falls, located in the South Island of New Zealand.

There's nothing better than painting plein air with friends in a stunning location. When painting with other amazing artists, you get to learn from their own processes, techniques, and also grab a bit of liquin when you forget yours.

<https://www.youtube.com/watch?v=xAJ0Se5SNXI>

MEMBERS' DISCOUNTS



Your 2026 membership card will allow you to claim a **10% discount** from:

Artland, Diep River
Deckle Edge, Salt River
The Italian Artshop, Rondebosch
ACF Bespoke Canvases
Artsavingsclub, Claremont
ETH Canvas, Woodstock
The W'rite Shoppe, Longbeach and Sun Valley Malls and Steenberg Village
Oxford Framing & Art Supplies, Garden Centre and West Coast Mall.

Also a **5% discount** from:

Art Sauce, Cape Town.
loot.co.za, on all sales of R250 or more. Use this coupon code: **LOOT4SASA6**

Winsen's Canvases offer free delivery of their canvases from their factory in Johannesburg.

Please present your membership card, either digital or printed, to claim your discount.

PAINTING GROUPS WITH SPACE TO PAINT

THURSDAY: 10am to 1pm in Newlands (JP Duminy Hall). Easels, tables, and chairs are available. Bring own painting supplies and refreshments. For more information on the above, please contact Audrey: Cell: 076 5713 976 or email: audsinnes@hotmail.com

FRIDAY MORNING: Non-tutored Art Group at Peter Clarke Art Centre in Claremont. Enjoy a relaxed morning of painting or drawing with a friendly bunch of artists. For further details contact Dianne: Cell: 082 8955 122

Present your SASA Membership Card and receive a 10% discount on all art supplies purchased at The Write Shoppe.

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 REDDAM AVE
 All branches: 021-7857614

ART CLASSES

LAURA WENMAN MFSASA teaches drawing and oil painting technique classes for beginners to advanced students from her studio in Parklands on Tuesday mornings and Friday afternoons. Contact her at laurawenman@gmail.com

SONJA FRENZ FSASA runs workshops from her studio in Durbanville. Contact her at sonjafrenz@gmail.com for more information

ANSCHEN FRIEDRICHS FSASA holds her PanPastal introductory Workshop in Platteklouf. Contact her at info@artbyanschen.com

LYN NORTHAM FSASA holds her 'beginner and/or get back to it' oil classes at the Newlands Scout Hall on Thursday mornings. Contact her at northamlyn@gmail.com

PENNY STEYNOR SFSASA holds watercolour classes during the week from a studio in Pinelands. Contact her at steynor@mweb.co.za

HELEN VAN STOLK FSASA offers workshops (online and live-experiential) for artists exploring intuitive expressive creativity. For more information, please email helenvstolk@gmail.com or visit <https://www.helenvanstolk.com>

ELIZE BEZUIDENHOUT holds regular portrait workshops in her studio in Durbanville. For more information and to find out times, contact Elize at elize.artist@gmail.com

GLENDA CHAMBERS offers both morning and evening classes and regular workshops in watercolour and oil in the Blaauwberg area. You can contact her at gchambers@mweb.co.za

LESLEY CHARNOCK teaches oil painting workshops: portraits, still life, colour mixing and en plein air workshops in the winter months only (May to November). Contact her at lesleycharnock@gmail.com or on 082 424 1033

SALOMÉ KRUGER offers drawing classes in Somerset West at the Helderberg Fine Art studios, Wednesday mornings from 09:00 to 12:00. For more information contact her on 072 591 2667 or at smkruger@mweb.co.za

MARCELLE LYONS holds oil and watercolour classes, workshops and courses in the Girl Guide Hall, Alma Road, Rosebank on Monday mornings. Contact her at marcelle.lyons@gmail.com



JOANNE MCGILVRAY holds sculpture classes in Kalk Bay for any hand built ceramic pieces, including sculptures, functional art and decorative clay work. 6-week modules, maximum 4 students per class. Contact her on 082 443 3116 or at joanne.mcgilvray@gmail.com

LYNNE MENGE holds regular workshops and classes in acrylic in her studio in the Milnerton area. Contact her at lynne@adrenalyn.co.za

VICKI NORCLIFFE gives portrait classes working with any medium on Monday mornings and workshops throughout the year, always painting from a model from her studio. Contact +27761988678 or vickinorcliffart@gmail.com

LIZ PEARSON offers basic oil painting classes every Monday and Tuesday morning in the Kenilworth area. Please contact her at lizp@iafrica.com

INGE SEMPLE runs beginner and intermediate drawing, watercolour and oil classes at Peter Clarke Art Centre and workshops in other venues in Cape Town for Cornerstone Art Atelier. Inge can be contacted via www.ingesemple.com or 072 597 5375.

LOUISE VAN WYK offers beginner and intermediate oil painting classes Wednesday mornings in Durbanville. Please contact her on louisevwe@gmail.com or 064 535 2313

KIM WATERMEYER (In The Zone) – Light and airy studio in Plumstead. For fun, relaxed acrylic painting & mixed media lessons for beginners and intermediates. She also offers a wide variety of creative workshops throughout the year. 079343 5953 / www.kimwatermeyer.co.za/blog



FRAMERS



We have included a list of our members who offer framing services. If you would like your name added to this list, please email: secretary@sasa-artists.co.za

Artland Framing - Unit D8, Prime Park, Mocke Road, Diep River 7800 South Africa www.artland.co.za +27 83 265 7737 - From Concept to Conclusion. Wide range of framing options with personal service and professional workmanship.

Coralie Bradburn, Blaauwberg - Custom mountboard cutting. She has a computerised mount cutter, so all work is accurate and precise. Individual boards or bulk cuts, regular, v-groove, circular, oval and many more options. White and off-white boards always available: other colours can be ordered on request. 082 925 2416.

Mountain View Framing & Design - Shop 13, Platteklouf Shopping Centre. Bespoke framing of all artworks. Contact Pamela on 021 558 4863 or at mvframing@outlook.com Website: mountainviewframing-design.com

Village Framers - 58 Belvedere Road, Claremont. 021 683 8996 or 084 585 4535; info@villageframers.co.za, www.villageframers.co.za

Winsen's Canvases -Specialises in manufacturing custom-made artists' canvases and custom, hand-gilded frames, with the capability of re-stretching original artworks, including the stretching of canvas prints. Unit 3, Block C, Gallagher Corner, 23 Richard's Drive, Midrand. Free courier delivery nationwide. 011 315 0565; www.winsens.co.za

ADVERTISING RATES

All money earned from advertising goes towards the SASA Outreach Programme.

To advertise in the newsletter or send out an email to the SASA database, the rates for **Art-related** events are:

Newsletter: Full page **R260** Half page **R160** Quarter page **R95**

Email rates: Business or non-members advertising service or goods for profit **R250**.
Members advertising service or goods for profit **R200**.
This also includes a post on the SASA Facebook page.

Bookings Contact: secretary@sasa-artists.co.za

Please Like, Follow and Share the SASA Social Media Posts and Pages. Thank you.



<https://www.facebook.com/SASArtists>



<https://www.instagram.com/sasa.artists>

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