

Canning Creations



Canning Arts Group

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ISSUE 63

July / August 2023

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

The Art Centre has been busy with Adults classes for painting and pottery, Children's classes for pottery and Drawing. It is great to see so many people using the Art Centre.

The sun has come out and it puts a smile on every ones face to see it again, after a cold wet winter.

It is the time of the year when things gets busy with the Canning Art Award which opens on Friday the 15th Sept. I hope lots of our members are participating in the exhibition, Maggie has been very busy working with the Canning Council and we need members to help with the hanging and set up of the exhibition. There is a list on the door of the Art Centre for you to put your name on.

Also this year Chris Taylor

is organizing an Art of Excellence Award at CAG which will run at the same time as our Xmas sale, the opening will be the same night as the Xmas party. Chris will have all the information in our next newsletter for you and we would like the help of our members to both participate in and help Chris with the organising and set up.

It's getting busy now with all the events coming up, Artsfun: 26th - 6th Oct, Cagstock: Sept 30th-1st Oct, Melbourne Cup lunch on the 7th Nov and then cleanup, Xmas sale, and Art of Excellence Award and finally our Xmas Party. It's a very busy time with all the other things that are happening at the Art Centre. The committee organizes these events for members to socialize, sell

their work and have a happy and enjoyable place to come to, and we would appreciate members giving them some time and help when needed.

The new large Kiln that we are going to purchase for replacing the small kiln in the pottery area may take a little longer to get, as we have to see if there is enough power to have a large one at the Art Centre, so that is in progress at the moment. We are also going to do more shelving in the area under the stairs, with so many pottery classes and now the gas kiln there aren't enough areas to store all the pottery. A digital scale will also be purchased for measuring the glaze materials in the pottery area.

We are still waiting for Sarah from the Canning Council to organize a meeting at the Art Centre in regards to seeing if the Glass kiln can be moved to the storeroom.

We have received our grant from Canning Council to assist us with the Co-ordinators.

The Gallery is being set up again so don't forget to bring down all your Art to be displayed, there hasn't been a lot of pottery on display lately, and there are so many potters at the Art Centre.

I must say a big thank you to Harmony who has been helping Golda with the gallery set up, Harmony is leaving us and moving away. All our best wishes go with you and thank you for your help.

CAG also had a visit from some of the City of Canning's Urban Forest team on Tuesday. Heather Johnstone who is the Urban Forest community Engagement officer, provided a morning tea for some of our potters and painters.

Amber Peck and Georgia Lydiate who also work for the City's Urban Forest team and are on the committee at CAG came down to assist Heather.

The purpose of the visit was to talk about the Urban Forest Strategy and ways the Arts can be used to support promoting and protecting our trees.

There was some good conversation about trees and some great ideas like a tree themed exhibition, Plein air painting demonstrations, using botanical artists to showcase some of the City of Canning local species, having online workshops and using natural materials from trees and plants to create art.

Heather is taking all of this information back to the City of Canning for planning future events.

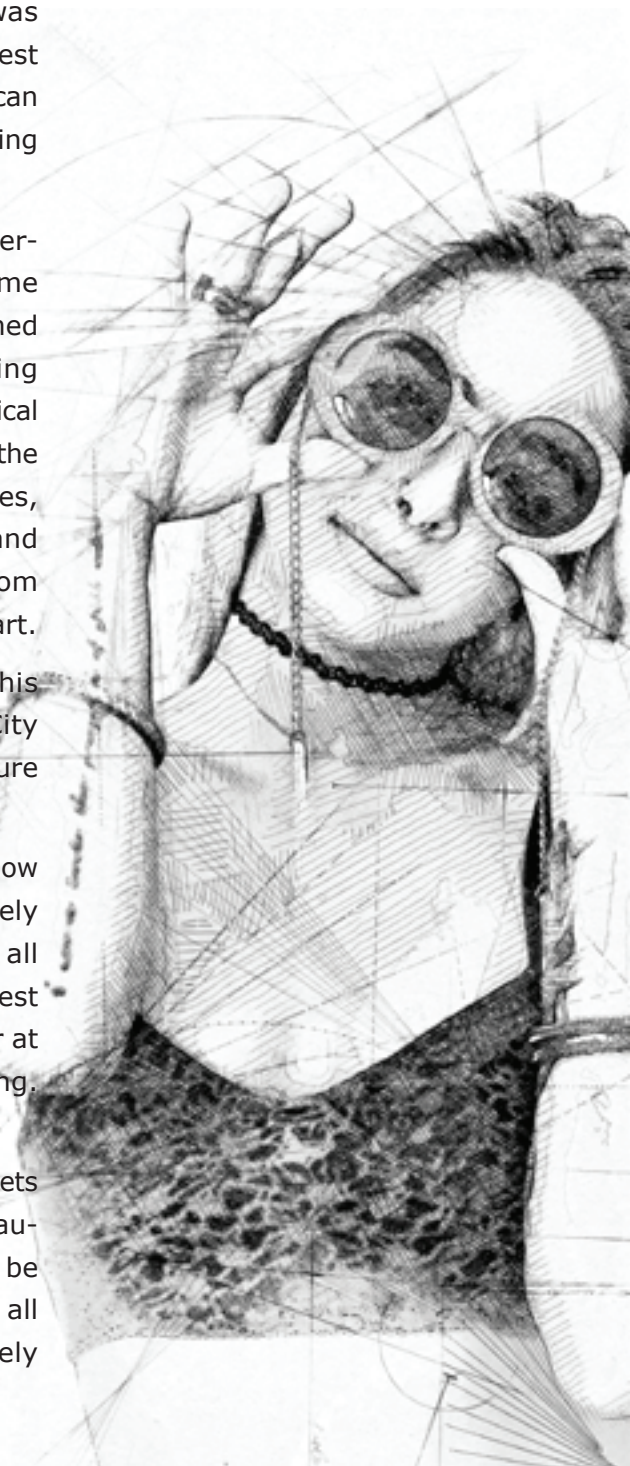
If anyone has any ideas on how CAG can work collaboratively with the City to celebrate all things trees and Urban Forest please reach out to Heather at Heather.Johnstone@canning.wa.gov.au

Now that spring is in the air, lets all get out and enjoy our beautiful wild flowers, which will be springing up every where, all our gardens blooming lovely

again, giving us inspiration for our art.

Cheers

Jill and the Committee





Coordinators Corner

Hello Members,

Can you believe we're already nearly finished with Term 3?

If you have taken advantage of any of the classes and workshops we have run at CAG, we hope you've been enjoying your creative pursuits.

As Elizabeth Gilbert said:

*"A creative life is an amplified life.
It's a bigger life, a happier life, an expanded life,
and a hell of a lot more interesting life."*

You can't argue with that!

We have already sent out re-enrolment emails for current students to enrol in their classes again for Term 4, and general enrolments will be opening from midday on 18 September 2023. You can pick up a brochure of Term 4 offerings from the office and bookings can be made directly from the CAG website or we can assist you.

Did you know that each week during term we offer:

- 12 weekly classes for adults in painting and pottery
- 14 classes for children in art and pottery
- 3 classes for People with a Disability and
- 4 member only hobby sessions for potters, painters and glassies?

It's always very busy here at CAG during term.

We also have our September/October Artsfun program organised and taking bookings. If you or anyone you know has children who would like to try out some pottery, tie dying, mixed media, cartooning or painting, please direct them to our website for bookings.

One of the most anticipated workshops of the year will very shortly happen and we are very keen to see the whimsical masterpieces created in Fleur Schell's workshop on the 20th of September. We also have a great workshop being run by Tina Bryce on the 17th September called "Reverse Paint your Positive Image". Many of us saw Tina's very popular art on display last year during our Mundaring Arts Festival bus tour and an opportunity to learn her technique shouldn't be missed. There are still places available if you would like to take advantage of this opportunity. Book from our website or chat with us in the office.

Many of you have noticed a shuffle round in the office. Fran is currently on leave and will be returning on 28 September. Aleisha is working Mondays and Tuesdays and Katie is working Wednesdays to Fridays until Fran is back.

Lastly, just a friendly reminder that office hours are 9.30am – 1.00pm. We often have work we need to do without interruption so we would very much appreciate if you can please remember to restrict your queries to office hours. Thank you.

Looking forward to seeing you all in the approaching warmer spring days!

Katie & Aleisha



Gallery News

Exhibitions:

What a wonderful response we had to the 'Earth Wind and Fire' exhibition which will be running until 15th of October 2023. Great to see our potters and glassies bringing some dimension to the theme and our painters for their vast take on the many aspects the elements present.

Looking forward to seeing what everyone brings for the Black and White exhibition running 25/09/2023-14/10/2023. Black-and-white is such a timeless, striking and versatile combination.

If you are grappling with glazes or palettes as the term comes to a close, why not consider embracing the simplicity of black and white! (And yes, we're open to shades of grey and brown too, so long as it's monochromatic!) Please be sure to have your items dropped off by the Friday 22nd of September for 'Black & White'

Following the Black and White exhibition in mid October, we ask you, what's home to you? In our exhibition titled 'Where I come from', we invite you to share what is home to you. Is it food or ritual? Is it the people you love, or is it a place?

Gallery Notes:

For our painters, a quick reminder to ensure all paintings have the appropriate hanging apparatus in place before delivering them to the gallery.

Picture Perfect Workshop:

If you're interested in learning how to mount your own hanging apparatus, we're will be offering workshops led by a skilled picture framer on the Friday before the next few exhibitions.

For a \$5 donation to Cat Haven, Gollda will guide you through the steps of mounting hanging apparatus onto canvas or frames.

We'll have a limited number of small hanging apparatus kits and associated tools available for purchase. If you already have supplies, and tools as listed feel free to bring them along.

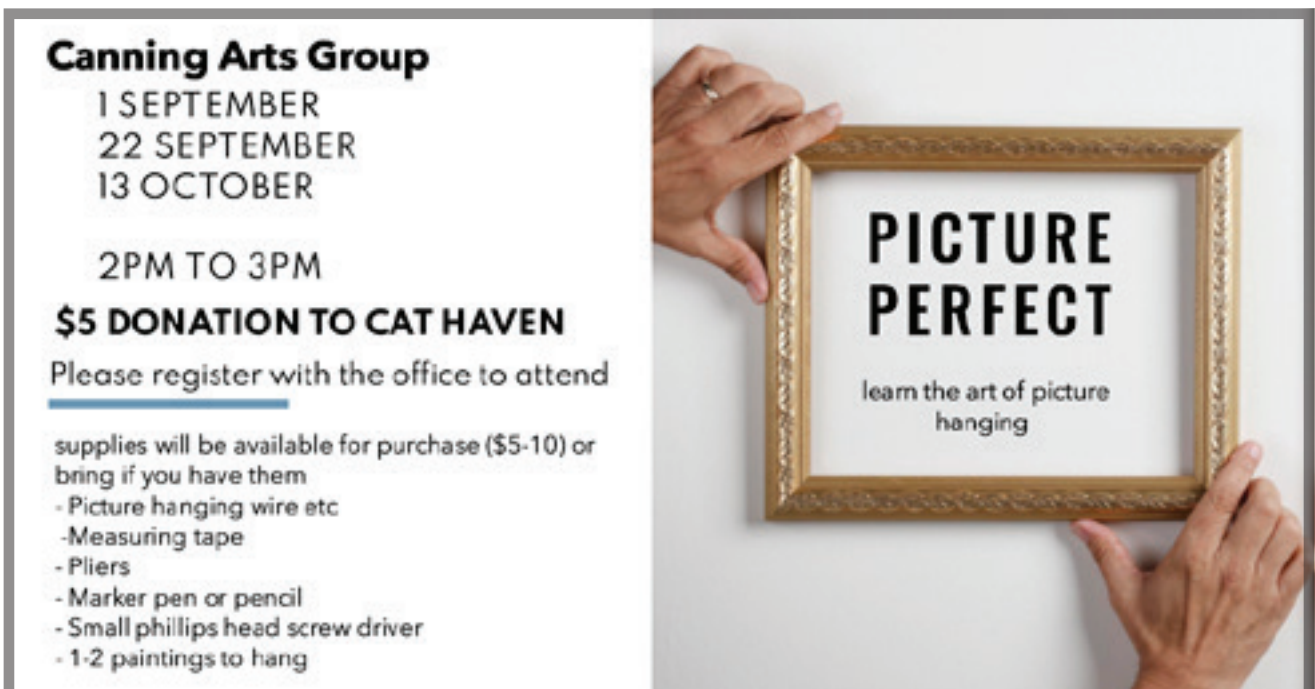
- Measuring tape
- Pliers
- Marker pen or pencil
- Small phillips head screw driver
- 1-2 paintings to hang

And a piece or two to hang of course!

To ensure we accommodate everyone, please express your interest to the office on what session you are able to attend.

Paintings without proper hanging apparatus won't be included in exhibitions going forward so please take this opportunity to upskill.

Georgia Lydiate



Canning Arts Group
1 SEPTEMBER
22 SEPTEMBER
13 OCTOBER

2PM TO 3PM

\$5 DONATION TO CAT HAVEN

Please register with the office to attend

supplies will be available for purchase (\$5-10) or bring if you have them

- Picture hanging wire etc
- Measuring tape
- Pliers
- Marker pen or pencil
- Small phillips head screw driver
- 1-2 paintings to hang

PICTURE PERFECT
learn the art of picture hanging



Canning Arts Group
Gallery Calendar 2023

Title	Context	Type Of Exhibition	Item Drop Off Starts	Item Drop off Closes	Set up Date	Exhibition Opens	Items collection starts	Exhibition Closes
Earth Wind & Fire	Forged with fire? Swept by the breeze? Sprung from the earth?	Main Exhibition	Monday, 28 August 2023	Friday, 1 September 2023	Friday, 1 September 2023	Monday, 4 September 2023	Monday, 9 October 2023	Sunday, 15 October 2023
Black & White	Is it all black and white or is there grey?	End Of Term	Monday, 18 September 2023	Friday, 22 September 2023	Friday, 22 September 2023	Monday, 25 September 2023	Monday, 9 October 2023	Saturday, 14 October 2023
Where I come from	A celebration, education and expression of culture, family, food and place. What is home to you?	Main Exhibition	Monday, 9 October 2023	Friday, 13 October 2023	Friday, 13 October 2023	Monday, 16 October 2023	Monday, 20 November 2023	Sunday, 26 November 2023
CHRISTMAS SALE		CHRISTMAS SALE	Monday, 20 November 2023	Friday, 24 November 2023	Friday, 24 November 2023	Monday, 27 November 2023	TBA	TBA
TBA								

HOME IS WHERE THE HEART IS



WHERE I COME FROM

Canning Arts Group

16 October - 26 November

Item drop of closes 13 October 2023

Travel Tales

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

Irene Perry

We've just come back from 4 weeks holiday at Barn Hill. This is a working cattle station with a caravan park. The scenery is stunning along the beaches. It's on the opposite side of Roebuck Bay (Broome is about 50 kms on the other side) but 130 kms by road.

It's got powered (only 6volt) sites under the big trees & unpowered sites situated along the pindan cliffs that overlook the ocean.

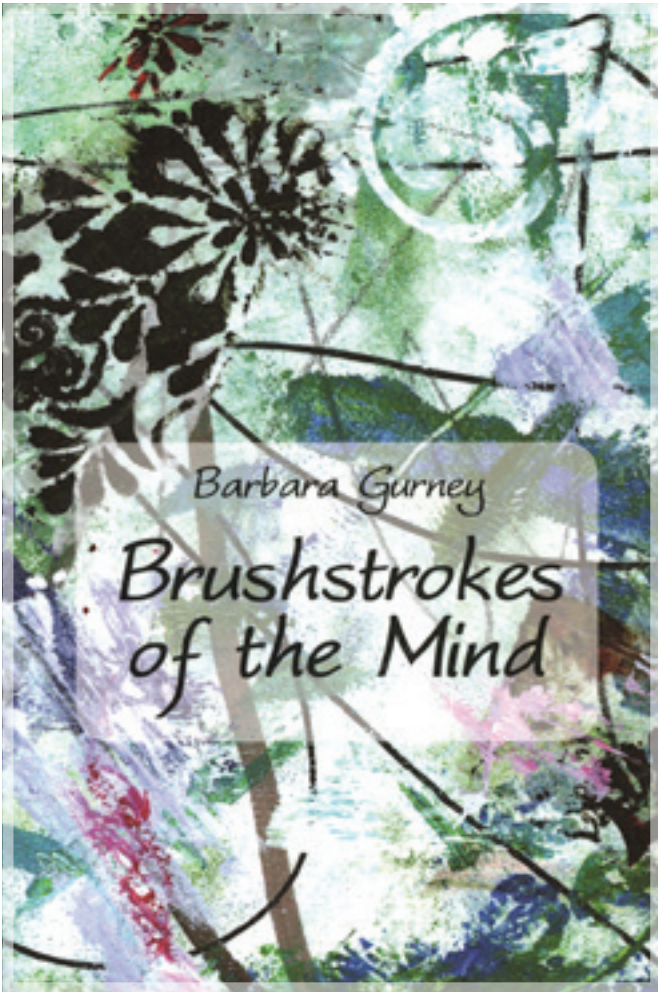
It's certainly not 5 star but really Australian outback.



Brushstrokes of the Mind

I've recently launched my fourteenth publication, my fourth poetry book – the cover of which is abstract art produced at Peta Zellar's acrylic art sessions on Thursday mornings at CAG.

The launch, on 20th August, included an art exhibition of my other work, also done in the above-mentioned classes.



"In Barbara Gurney's fourth poetry collection, where hope follows melancholy, *Roses of the Heart*, *Mellow Glow* and *In the Moment* reminds us that our lives are painted with many hues, and blue can turn to gold.

Brushstrokes of the Mind brings together a collection of poems that spread the colour of nature and the psyche with light and shade; colour and monotone; form and abstract—like an artist's brush."

www.barbaragurney.com



Doves : by Barbara Gurney

If I could fly

doves would be my flock

I'd beg their wings could beat so strong

and swarm to far off lands

cover dejected shoulders

with feathers of empathy and love

coo with a song of hope

to those who've lost their future

strut with confidence

alongside the downcast and homeless

perch on graves of the brave

carry their soul to infinity

If only I could fly

The Journey

It starts after retirement with wanting a painting to fill a blank spot on a wall - why spend money on a cheap print when you can create your own masterpiece?! So you take a class or two, and maybe a workshop. It becomes a relaxing pastime and you come along to a CAG hobby day. Encouraged by the new friends you've made, you take part in a joint exhibition. It's a scary feeling but, oh, the excitement when you sell your first painting! Someone loves your painting enough to spend their hard-earned money on something you've created!

After a while, following more courses and workshops, you experiment with different styles and materials. You can't decide on your favourite medium, so you become a mixed media artist and use them all. Then there's mixed media 3D and papier-mâché magpies! You have a roomful of paints, inks and other materials including bits of an old coffee machine and computer parts that you're going to turn into something. There's a new course on offer that's all about creativity. You have to give it a go - and before you know it you're going down rabbit holes in pursuit of gelli printing, collage, altered books - all of which lead to further rabbit holes: making books, 3D paper/pop-ups, netting, stitching . . .

While doing all these things, you can't be a CAG member and not notice the beautiful things produced at the other end of the building. Of course, you have to be part of it so sign up for a class. But unfortunately the more you learn about pottery (and glass) the more you realise the depth of your ignorance. It's going to take lots of classes and several years to become competent! You start reading up about glazes, you wonder what you can do at home without any equipment, and you realise that your latest dabbling has become a bit of an obsession. Your garden is dotted with arty "sculptures" and your house has "unusual" wonky pots and bowls. You spend more and more time thinking about, reading about, talking about and making pottery. You gaze out of the window (that probably needs cleaning!) while absentmindedly thinking about your next creation and it occurs to you that you should give thanks for being able to have such a creative lifestyle. Oh, yes, and thank

you CAG for all the opportunities to learn and create! You also wonder if you can get your other half to make some room in the shed for you and your pottery gear - and maybe one day you'll check out his wood- and metal-working tools too!

Maggie Smith

Beeping Irritations

I think of myself as a calm patient person, even saint-like in the face of contemporary irritations. However, two prevalent modern practices are driving me to distraction nowadays.

One is beeping. When younger I don't remember anything that beeped except for cars. Indoors, all domestic appliances were respectfully silent servants. Nary a peep from the fridge or washing machine. The iron politely kept itself to itself. None of our household machines had it in for us. Now our domestic lives are regulated by a series of increasingly aggressive beeps, from petulant little chirps to blaring sirens.

Beeping entered our lives via car alarms, reversing garbage trucks and nervy ceiling smoke-alarms infuriated by the smell of toast or chops. Then came mobile phones with a beep for everything. Message received - beep. (Hurry up and answer!) Message sent - beep. Fully charged - beep. Dying battery - beep.

Kitchen appliances now won't shut up. The microwave, dishwasher, fridge and freezer have joined the bullying. Says the Noise Abatement Society, "with the rise of technology has come a proliferation in noise. Its now impossible to get a machine that doesn't beep and go through your head like a laser."

Where does this constant racket lead? Recently a cleaner who turned off a deep-freeze "to stop the annoying beeping noise" destroyed decades of scientific research. The freezer at New Yorks Rensselaer Polytechnic Institute was storing cell cultures at -82C. The cleaner is being sued for \$!US million.

(From West Australian Newspaper)

Merilyn O'Shannessy

Whats on your

Easel/Wheel/Table

Janette Pryor WIP



Carmel Slomp WIP



Anne Kraszlan WIP



Gill Plowman WIP



Jane Lidbetter WIP



This is a pastel that I am currently working on in my studio.

The next photo is of my ceramic buttons, three of which I am giving to a friend who is a dressmaker which she will incorporate in a dress she is making.

Also other buttons I have made.

I have at last managed to work out how to make crochet flowers for my fingerless gloves so here are some.



Sue Clark WIP



Harry Cheek WIP



Trish Ray



Graham Longworth



Sandy Robertson



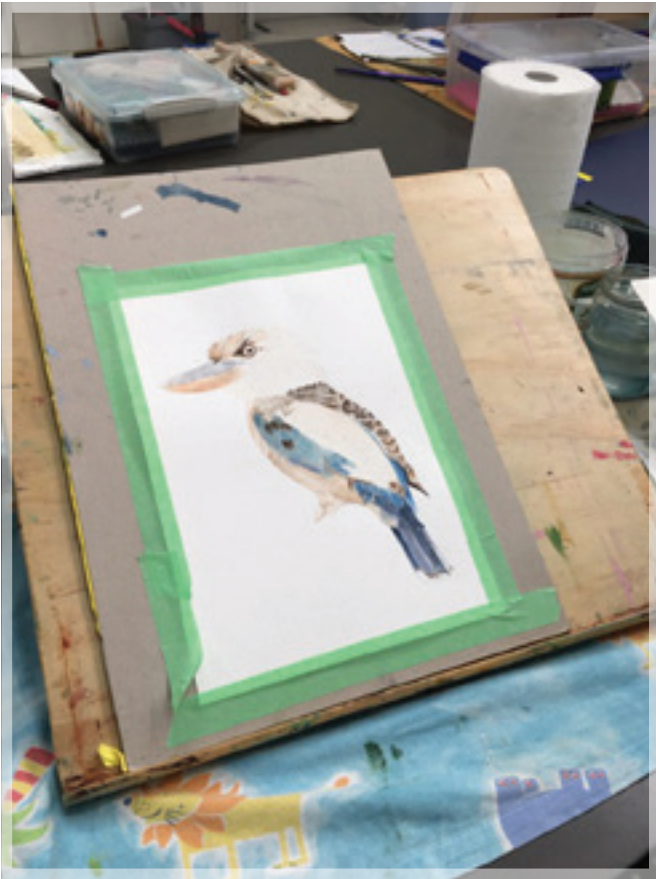
Alison Hanrahan



Jeff Armstrong



Lynn Owen WIP



Sue Clark

I've managed to sew a few things lately. The jumpsuit is for our grandson, Jesse.



Chris Taylor WIP



Pam Bradley WIP



Christine Ross WIP



Margaret Colyer WIP



Whats in myGarden/Community

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

Maggie Smith

For the last 20 or so years the approach of spring has meant returning home from our winter escape. Alas, this year we have wintered at home. My little caravan has gone to a younger couple who have taken her on a new bush adventure prospecting for gold, and Frank's beloved Landcruiser will be experiencing more than an annual few months of lazy travels.

Just as we have travelled in Australia once the allure of long haul flights was lost, so now we look closer to home for our experiences with nature. We are very lucky to live so close to the river and the Canning River Regional Park. I have been enjoying my little walks from home watching the approach of spring and thought I'd share some of my photos here. We are so fortunate to be surrounded by beauty.





Sue Clark

I have had this camellia for many years. It didn't bloom until this year after I moved it. I'm so thrilled with it and the many beautiful flowers it has. Just goes to show - if you're in the wrong spot, you should move.



Jane Lidbetter

A lovely sweet pea flower that has appeared in our garden



Potters Page

Hobby Day Tuesdays 9-30 to 3pm

Well Hobby Day is very busy down the Art Centre, we have many potters coming and socializing on Tuesdays, the pottery area is abuzz with chatter and laughter, it's great to hear.

Everyone is very busy producing and designing lovely pieces for the gallery of Canning Art Centre. It would be a shame for them to be stored away at home so bring them down so everyone can appreciate them.

We had a visit from Canning Council today who had morning tea with us and discussed planting more trees in the Canning area and wanted to get ideas that we could help them with.

The months have zoomed past and spring is in the air with all the gardens waking up and going into bloom, it's a lovely time of the year.

Don't forget we have Cagstock coming up, a weekend for members to come down and enjoy 2 days of creating some interesting art, eating, drinking and mixing with members and having fun.

Members, just letting you know that Rebecca has programmed the kilns for the Mid Fire Glazes since members are wanting to do firings to 1200 Degrees. Don't forget that you have to check with Rebecca for when the kiln is available for firing, as it has to be organized around Rebecca's firings for classes. Also you have to know how to load the kiln with an experienced potter before hiring it.

Also, Rebecca would like members to make sure they are placing their pots on the right shelf in the kiln room, she has enough work to do without sorting the pots before they are fired.

I would just like to mention as well, don't forget

Tuesday is our time to pot, it is nice to give advice to members if they want it, but members should not expect others to give up their time when they are also down at the Art centre for their own enjoyment.

I will try to organize a bus trip in October for Art in the Hills, just waiting to see if I can get Laurence to drive the bus for us.

Let's catch up on Tuesday's down the Art Centre for a chat and morning tea.

Cheers Jill





Wood and Salt Firing Workshop at Capel and Nannup

Off I went to Capel to spend 2 days at Chers sisters farm to do wood and salt firing. Robin Lees came from Denmark to meet up with me and we stayed in a nice little unit in Capel.

On Monday we headed to the farm to meet up with all the other potters and get acquainted with everyone. After having a chat we selected the pots we wanted to fire in the wood and salt kilns, and put our glazes on. Once all the pots were glazed they started stacking them in the kilns, as they had to be ready to begin the firing at 6am Tuesday morning.



After the kilns were lit we have to do shifts stacking the kiln, working in 2 hour shifts, all day and through the night. The salt kiln was finished firing at 1-o'clock in the morning and all sealed up. The the wood kiln takes longer and they finished stoking it on Wednesday at 5-o'clock but couldn't get it to temperature as it had been choked in the fire box by putting to much wood in. We returned on Saturday morning to unpack the kilns and unload the pots.

We packed up and continued our workshop at Nannup at Chers place where we were doing workshops, fast firing, pit firing and Raku firing.

All this time it never stopped raining, Robin and I were so cold we couldn't wait to get back to the house to get the heater on and get warm.

Mary had trouble getting the pit fire hot enough to do the pit firing and in between the rain we tried to do the Fast Firing and the Raku Firing. Cher also did an Air Firing which I hadn't done before with some lovely results.

Cher had arranged many workshops, with Bela throwing a large pot, Robin Lees doing one of her sculptured ladies and a mermaid tea pot. Mary Wallace was teaching slip decorations and carving, Andrew Tremain was doing wooden handles on pots, Chester Nealin was demonstrating how to make brushes and handles with flax and copper wiring. Stu McKay's demonstration was blending different coloured clays together and building wonderful designs which look like marble.

There was so much to see during the week, but the rain made it difficult for the kiln firings to be successful. There were so many talented potters there doing the workshops.

On Friday we all took a plate and went up to Chers to have drinks and nibbles, it was a lovely evening chatting with everyone, Cher has a large family room with a wonderful display of pottery from potters world wide, absolutely exquisite and great stories to tell.

After our enjoyable evening we headed home as we had to leave to go back to Capel to unload the kilns and get our pots out. We arrived back at 10am Saturday and started to unload the kilns. The



Salt kiln fired great and there were lovely colours and everyone was happy with the work, but the Wood kiln didn't get to temperature so all the glazes hadn't matured and were dull which was very disappointing. After taking photos of all the pots that were produced at the workshop, we said our goodbyes to every one. Robin and I went into Capel and had lunch and then said our goodbyes and headed for home.

Unfortunately on approaching Bunbury I ended up with a flat tyre which was very annoying. My dear husband came down and rescued me, fixed my tyre and we headed for home. After a very cold wet week it was so lovely to be home again, however on getting up the next morning Cher rang to say that one of the ladies had Covid and sure enough I did a test and both myself and Robin had it, so it didn't end on a happy note.

Thanks again Cher for your hospitality and lets hope the weather gods are better next year.



Cheers Jill







Recipe Corner

Yes, cooking IS an art form

This is a place to share your favourite recipes

Protein-Packed Ricotta Pancakes (with blueberries)



- 1 cup rolled oats (before they are ground to flour)
- 1 egg
- 3/4 cup Greek yogurt
- 3/4 cup ricotta cheese
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- Blueberries

In a blender, blend oats until flour like consistency. Combine all other ingredients (except blueberries) in the blender and blend until smooth. Then stir in blueberries.

Heat griddle or skillet over medium heat. Spray with cooking spray of choice.

Pour batter onto griddle in 3-4 inch sized pancakes. Flip when bubbles begin to form on top. Cook for another couple of minutes until golden brown.

This mixture makes about 16 pancakes.

These are considered to be gluten-free. "Oats do not contain gluten. They contain a similar protein called avenin and research has shown that most people with coeliac disease can safely eat avenin." Source: coeliac.org.uk

Maggie Smith

Lemon Coconut Brownies



- 250g butter
- 430g (2 cups) caster sugar
- 4 eggs
- 225g (1 1/2 cups) plain flour
- 85g (1 cup) desiccated coconut
- 3 tsp finely grated lemon rind
- 60ml (1/4 cup) fresh lemon juice
- Icing sugar, to dust

Preheat oven to 180°C. Line a 20 x 30cm (base measurement) slab pan with non-stick baking paper.

Melt the butter in a saucepan over medium heat. Remove from heat. Stir in sugar. Add eggs, 1 at a time, and stir until mixture is thick and glossy.

Sift the flour over the egg mixture and stir until well combined. Stir in coconut, lemon rind and lemon juice. Spread over base of prepared pan.

Bake for 30 minutes or until a skewer inserted into the centre comes out clean. Set aside in the pan to cool completely. Cut into pieces. Dust with icing sugar.

Chris Goldberg

Salmon & philadelphia cheese dip

- 1 small tin of red salmon
- 1 small tub of Philadelphia creamed cheese
- ½ a finely chopped white onion
- 4 finely chopped large sprigs of parsley

Mix together in a bowl until smooth

Serve with dry biscuits - Cheds or other

Coleslaw extravagance

- 2 cups of finely chopped cabbage
 - 1 grated carrot
 - ½ a finely chopped onion
 - ½ cup of sunflower seeds
 - ½ cup of finely chopped cauliflower
 - ¾ cup of sultanas
 - Salt, pepper and garlic herbs (optional)
 - Mix thoroughly, Add salt to taste
 - 1 teaspoon of honey
 - 1 dessertspoon of lemon juice
 - 1 dessertspoon of olive oil
 - 1 tablespoon of vinegar and add to the vegetable mix.
- Serve hot

Pork Mince Treat

- 1 pack of pork mince
- 1 grated carrot
- 1 cup of chopped celery
- 1 small chopped brown onion
- 1 cup of chopped cabbage
- 1 cup of chopped tomatoes (optional)
- 1 cup of sultanas
- ½ a cup of sunflower seeds
- 1 tablespoon of gravox
- 1 teaspoon of honey

Fry the pork with a little olive oil and salt

Add rest of ingredients to pork and stir all until cooked

Serve with cooked San Remo Orecchiette pasta

Country Sultana & Sunflower Pancakes

- 1 cup of self-raising flour
- 1 teaspoon of baking powder
- ½ cup of sultanas
- ¼ cup of sunflower seeds
- 1 egg
- a small amount of cows milk
- 1 teaspoon of honey

Blend the ingredients together into a firm mix.

Spoon small lots into an oiled frypan. Turn until golden brown. Eat hot or cold.

My violin students love recipe number 1

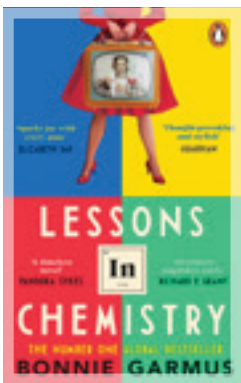
Dorothy Holmes

Whats on Your Bookshelf



Lessons in Chemistry

by Bonnie Garmus



Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one:

Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results.

But like science, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show *Supper at Six*. Elizabeth's unusual approach to cooking ("combine one tablespoon acetic acid with a pinch of sodium chloride") proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.

Laugh-out-loud funny, shrewdly observant, and studded with a dazzling cast of supporting characters, *Lessons in Chemistry* is as original and vibrant as its protagonist. (Goodreads)

This book was excellent.

Chris Taylor

Where Light Meets Water

by Susan Paterson



London, 1847. Sailor Tom Rutherford has two passions: the sea and his painting. Sent to sea as a young boy after the loss of his father, Tom knows nothing but life on tall ships, and is determined to captain his own.

On shore leave while his ship is being repaired, Tom is struck by the discovery of a delicate glove laced with the unmistakable scent of turpentine. The owner is Catherine Ogilvie – captivating, headstrong and a talented artist in her own right. While Tom's work breathes life into the world around him through perfectly crafted detail, Catherine's art is bold and vivid. Intrigued by this singular woman, Tom finds himself swept by chance into Catherine's privileged yet stifling world, and his eyes are opened to creative possibility.

As Tom and Catherine grow closer, Tom's lifelong ambitions are upturned. But the sea calls to Tom, and he must face an impossible choice.

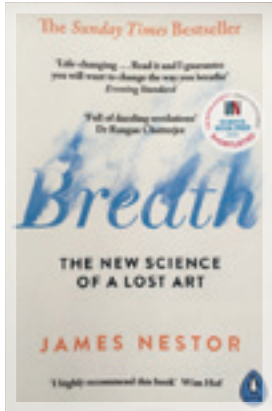
(Goodreads)

This is one of the best books I've ever read. Set in England in the 19th century, it is a beautifully written novel. Highly recommend this one.

Sue Clark

Breath

by James Nestor



No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly.

There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat

twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences.

Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of Sao Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe.

Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is.

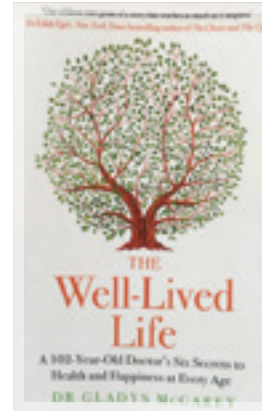
Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again. (Goodreads)

This is a very interesting exploration of breathing. James Nestor has investigated many types of breathing including yogic breathing and explains how we breathe affects our health.

Sue Clark

The Well-Lived Life

by Dr Gladys McGarey



Dr. Gladys McGarey, cofounder of the American Holistic Medical Association, began her medical practice at a time when women couldn't even have their own bank accounts. Over the past sixty years, she has pioneered a new way of thinking about disease and health that has transformed the way we

imagine health care and self-care around the world.

On these pages, Dr. McGarey shares her six actionable secrets to enjoying lives that are long, happy, and purpose-driven:

- Spend your energy wildly: How to embrace your life fully and feel motivated every day.
- All life needs to move: How to move—spiritually, mentally, and physically—to help let go of trauma and other roadblocks.
- You are here for a reason: How to find the everyday “juice” that helps you stay oriented in your life’s purpose.
- You are never alone: How to build a community that’s meaningful to you.
- Everything is your teacher: Discover the deep learnings that come from pain and setbacks.
- Love is the most powerful medicine: Learn to love yourself—and others—into healing.

In a voice that is both practical and inspiring, Dr. McGarey shares her own extraordinary stories and eternal wisdom—from her early childhood in India and a chance encounter with Mahatma Gandhi to her life as a physician and a mother of six, to her survival of both heartbreak and illness. (Goodreads)

Gladys is 102 years old and has certainly lived an interesting and challenging life. She shares many stories from her life and from others lives to support her ideas about living well.

Sue Clark

Resources for Artists

Don't forget our Canning Arts Library situated in the metal cupboards in the painters hall and the bookcase just outside the pottery area. These are there for your use, simply put your name in the book provided if you would like to borrow one.

NB All the links below are live, so if you are reading this on a tablet or computer, just click on them and Acrobat will ask for permission to go there.

If anyone has other links they think may be of value to our members, email me and I will include next time.

Chris Goldberg

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

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

<https://www.artistsnetwork.com>

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

<http://www.wetcanvas.com>

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

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

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

<https://www.nma.art>

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

<https://brightlightfineart.com>

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

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

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

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

Art supplies. Perth

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

Art Supplies. Perth

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

Art supplies. Perth

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

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

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

The Australian Ceramic Art & Pottery resource network

<http://ceramicartsdaily.org>

Subscription based, live stream instruction videos, buy videos

<http://www.claytimes.com>

Ceramic Art Trends, Tools, and Techniques for Potters Worldwide

<http://keaneceramics.com.au>

Keane Ceramics is one of the country's largest clay producers, suppliers and online retailer of our renowned clay range, pottery equipment, raw materials, tools and the Australian official distribution agent for Amaco.

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

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

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

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

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

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

<https://keaneceramics.com.au/>

Keane Ceramics is one of the country's largest clay producers, suppliers and online retailer of our renown clay range, pottery equipment, raw materials, tools and the Australian official distribution agent for Amaco.

<https://www.youtube.com/index>

Too much here to list, but just enter your area of interest in the search field and you will be inundated with videos to watch, some better than others, but a wealth of information.

<https://perthartglass.com.au>

Perth Art Glass online store

<https://www.etsy.com/au/c/art-and-collectibles?ref=catnav-66>

Etsy -To see what other artists are selling

<https://www.artslaw.com.au/>

Arts Law service - Your legal rights as an artist

<http://pixabay.com>

A source of reference images, free of copyright. Remember to read the fine print re usage rights.

<http://unsplash.com>

A source of reference images, free of copyright. Remember to read the fine print re usage rights.

Canning *Creations* Classifieds

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

Free to a good home

Milk Kefir Grains

Kefir is a fermented beverage made from kefir grains and milk, it resembles liquid yogurt, but has a thinner consistency.



It is a natural probiotic that promotes the health of the gut microbiome. The grains have a gelatinous feel to them and appear in a sort of miniature floret shape, much like cauliflower.

It is made by simply placing your grains in a jar of full cream milk, covering with paper towel and leaving at room temperature until the milk thickens, about 24 hours depending on room temperature. The grains grow and multiply over time, if they are happy :) so I have some to spare. If anyone would like to try making milk kefir I can give them some grains and a book of instructions (PDF) on how to make it. It can also be used in place of buttermilk in cooking, and is lovely on top of porridge with honey and banana.

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

in just half a cup, while probiotic yogurts give about one billion in a serving.

Kefiran, a specific type of carbohydrate found in the drink, has antibacterial properties that actively protect against harmful bacteria and infections. Made from full-fat dairy, kefir is rich in calcium as well as vitamin K12. This vitamin helps metabolize calcium and aids in reducing the risk of fractures by about 81%.

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

Contact:

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chris@posterpassion.com.au

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(08) 9351 8111

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Our members receive discount on full sheets of glass and some other supplies from Perth Art Glass (but not hobby squares).

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PH: 9350 5121 FAX: 9350 5101

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

As a member of Canning Arts, you join a group of enthusiastic artists, including potters, painters, glass artists, printmakers, textile artists and more! You will also enjoy discounted classes and workshops and use of the facilities and equipment at the Centre.

Members also have the unique opportunity to enter their artwork in Members' Exhibitions in the Centre Gallery and to display and sell work in various sales that are held throughout the year at community venues.

Club Keyholders

Jill Archibald 0407 995 649 | Fran Fishlock 0406 511 006 | Trish Ray 0434 556 453



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



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Fax: 08 9354 7079
Email: office@canningartswa.org.au
Web: www.canningartswa.org.au



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MP. Federal Member for Tangney