



# Haslemere Art Society

Founded 1894

## Newsletter No. 100, May 2021

Welcome to the 100<sup>th</sup> edition of our Newsletter and I hope this finds you well and in good spirits after more than a year of Covid related worries.

No doubt any art activities, whether serious painting, simple doodling or even just watching art programmes on the television have helped as a distraction from lockdown gloom.

### **Message from our President Roger Dellar ROI.RI.PS**

*Dear All,*

*Gradually we see ourselves entering back into the real world, prospects of painting en-plein air, meeting up with other artists, friends and hopefully having some sunshine. Courses in this country are looking to be resumed, all positive steps. However, we need your help!!!*

*Kaja and her team have been running the Society for about ten years, They need new blood (members) to be part of the running of the Society.*

*Please can you offer your help with a bit of support so that the Society can carry on. Without it who knows?*

*I would like to think we may still have a "Paint the Town " later in the summer, please join me, as it would be nice to meet up again.*

### **Annual General Meeting, Thursday 24<sup>th</sup> June, 7-9 pm. (Now cancelled due to extension of COVID restrictions, until further notice)**

Please join us for this important meeting for the election or re-election of Committee members.

Some of us in the Committee have been enthusiastic supporters of the HAS for many if not too many years, but we need **input from members to secure the future and wellbeing of the Society.**

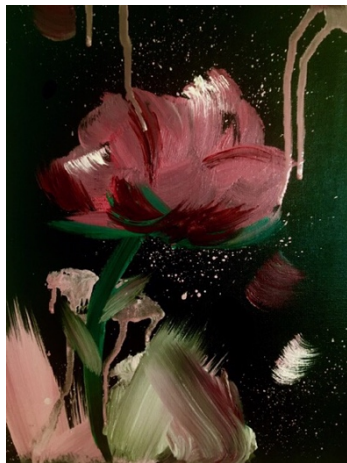
After the AGM formalities Roger will choose the winner of the “President’s Award”. At the 2019 AGM Roger chose as subject for the following year (2020, no AGM was held) “Times are Changing”. Little did he or we know how appropriate that subject is now. Please bring your artwork, no doubt there will be a great variety. If the weather allows we might have a drink in the garden of the museum, a nice opportunity to catch up with fellow members.

### **Recent Demonstrations.**

Many thanks to Sheila who worked hard to find alternative demonstrations via Zoom.

**Ronnie Ireland** gave a lively demonstration “Drawing Portrait with graphite”. Quite a few members who took part in this Zoom session, created their own image of Ronnie’s example at the same time, which resulted in a little Online show afterwards. Many thanks to Ronnie.

**Stephen Foster**’s demonstration “Still life to Abstract” resulted in various discussions and opinions. But even that is good in Art. Sheila invited members afterwards to produce their own abstract work and send it in for a little gallery. Unfortunately only four members took up the challenge, so not really enough for a gallery, but here they are:



Brezetta Thonger.



Suzanne Riley



Sheila Carr



Kaja van Walt

**Dr Janet Pennington** gave a very interesting illustrated talk on “The Art of the Inn Sign” full of information on Inn and Tavern signs throughout the centuries. William Hogarth (1732-1754) and Hieronymus Bosch (1500-1510) a.o. played their own role in the creation of these signs.

On May 28<sup>th</sup> Roger will be in the Museum painting the Town crier. This is a HAS demonstration, but also part of the Haslemere Festival. Members have in the meantime received information on this event.

In the current circumstances we are cautious making further arrangements for demonstrations or workshops and we will email as and when available.

### **September Exhibition 2021**

In view of the current still uncertain Covid circumstances the annual Exhibition will be a much scaled down event, 3-14 September in the Haslemere Room of the Museum only. There will be No Private View to avoid a packed room and hand-in and collection will be streamlined to make it a smooth operation. Maximum entries are two paintings/ sculptures/ceramics per member.

This way the Society will still make a statement and with great artwork from our members we can show visitors that the HAS is, after 126 years, still a thriving Society.

Rachel will email further information on how submit your artwork on-line.

In the Summer we hope to get together for **Painting the Town**, planned for Saturday 7<sup>th</sup> August, to draw attention to the HAS. Please join us if you can.

### **Haslemere Art Society Archives and Thank You to David Culpin.**

David has been a very enthusiastic and loyal HAS member for many years, helping with various events and quite importantly producing the “Haslemere Art Society and its Heritage” booklet.

Last year, David masterminded a series of on-line “Influences”, a much appreciated weekly contribution of various members about their introduction to art and what it means to them. Some years ago David volunteered to keep the HAS Archives under his wings (the earliest minute and exhibition books from 1895 are in the library of the Museum) and has occasionally dug out interesting information on the HAS and its members through the decades.

David is now preparing to move to the West Country to be close to his family and we hope that one of our members with interest in the HAS would like to take on the archives ( two boxes). Please let us know.

We send a huge Thank You to David for his help, enthusiasm and dedication to the HAS and best wishes for many happy years in Devon.

**Life Group.** Penny Adams who has been instrumental in keeping the Life group going for a long time sends a message that David Pattenden and a new team have taken on the running of the group. David can be contacted at [kingsleyhaulageltd@hotmail.co.uk](mailto:kingsleyhaulageltd@hotmail.co.uk)

The **HAS Tuesday Group** has kept in touch with a weekly on-line gallery, all very low key and friendly, with the aim of making the lockdown days a little more colourful. All contributions have been interesting and it has been enjoyable and motivating to see each other's work.

With this in mind I hope that you will find the following extract of an article, by Art Therapist Sarah Jane Sellors, interesting. I have known Sarah Jane for a long time and know how committed she is using Art as a tool for wellbeing.

**“The benefits of the creative arts for our wellbeing”.**

“It will come as no surprise to those who regularly spend time in artistic expression that creativity induces a reduction of our stress hormone, an impact that is positive for not only our mental wellbeing, but our physical health also. Regularly encouraging our imaginations is additionally a wonderful way to achieve a state of “flow”; those moments when we completely escape into our experience of creating and time loses meaning.

Such positive feelings can be individually experienced but also encountered in groups, generating not only creative healing energy, but a shared communal sense of belonging, particularly in these days of enforced separation and social distancing. Being able to share our creative expression with one another supports connection and while the age of Covid is somewhat limiting, finding creative ways of sharing can be unexpectedly stimulating. Shaun McNiff believes that ‘Art is soul’s medicine’; Art nourishes our inner spirit, healing our hearts, connecting us, lifting us, calming and liberating us. With such high levels of anxiety in the world at the moment, what a wonderful way to boost our bodies and minds.”

Sara Jane Sellors, February 2021

**News from our members:**

Yeside Linney and Liz Crawford have worked hard to create a collection of art work and are taking part in Surrey Artists Open Studios ([www.surreyartistsopenstudios](http://www.surreyartistsopenstudios), No. 144). They welcome visitors at Liz’s studio in Seale, GU10 1JL.

Brezetta Thonger and Margaret Benton are also taking part in SAOS (No. 133 ) Their work, part of a group under tutor Ronnie Ireland, can be seen at Farnham Pottery, GU10 4SL.

David Paynter is, in conjunction with SAOS, staging another “Art and Soul” Exhibition in the grounds of his house. See information at [www.theartfulgallery.co.uk](http://www.theartfulgallery.co.uk) .

With best wishes from the Committee and we hope to see you at the AGM in June,

Kaja van Walt  
Chairman

