

Caterham Art Group



Newsletter

May 2025

Gather Ye Rosebuds While Ye May



John William Waterhouse's painting is enchanting with a poignant message: Carpe Diem! Literally translated as 'pluck' or 'harvest' the day. 🌸 We are only three months away from the CAG Summer Exhibition. Dear Members do start planning now what you would like to exhibit. Gather your rosebuds! Carpe diem! Carpe artem! - Suzanne Marie Clinton, Editor

2025 Events

Demonstrations held in United Reformed Church Hall, Caterham, 7:30pm-9:30pm on a Wednesday. Members free/Visitors £5 Homemade cake + coffee/tea £2

Workshops are held in St. Mary the Virgin Church Hall, Caterham, 10am-4pm on a Saturday. Members £40/Guests £45. Coffee/tea provided.

28th MAY DEMONSTRATION	Ian Hendersen: Pastel pet portrait
31st MAY TUTORIAL EN PLEIN AIR	Ginny Singh: Titsey Gardens, Oxted
25th JUNE STILL LIFE EVENING	Caterham Art Group Social
28th JUNE WORKSHOP	Jeremy Ford: Pastel
1 st 2 nd & 3 rd AUGUST CAG SUMMER EXHIBITION	
27th AUGUST DEMONSTRATION	Bill Hall: Charcoal, Shiny still life
24 th SEPTEMBER DEMONSTRATION	Joe Dowden: Watercolour – Light, sun
22nd OCTOBER DEMONSTRATION	Ian McManus: Watercolour, Cityscape
25th OCTOBER WORKSHOP	Ian McManus: Watercolour
26 TH NOVEMBER DEMONSTRATION	Rebecca Bush: Acrylic, Fantasy
17th DECEMBER CHRISTMAS PARTY	Caterham Art Group

Plus! Sketching days, visits to galleries and more.

Note! You can check the EVENTS page of our website for the most up-to-date information. www.caterhamartgroup.org.uk

Did you know a CAG membership makes a nice gift! Email to arrange: secretary@caterhamartgroup.org.uk

TO BECOME A MEMBER...
Please email
membership@caterhamartgroup.org.uk



CAG Artist in Profile: Christopher Stack

We are so impressed by Christopher Stack's work, especially his celebrity portraits...

**Chris, when and how did your art journey begin?
Did you paint as a child?**

I have been drawing on and off most of my life.

Is there a particular style of art you prefer?

I like most styles of art.

Have you any favourite artists?

I have no real favourites, but if I must pick one it would be JMW Turner.



David Gilmore watercolour



Amy Winehouse Pencil

Do you take any art classes?

I am mostly self-taught but have attended a few art classes.

Have you sold your art?

I have sold a few paintings a long, long time ago. I remember one painting I sold was sent to Canada. Another painting I sold ended up in South Africa!

Have you any paintings on exhibit now?

I recently exhibited at CAG and in Warlingham with the art group, for members only.



The White Lion Acrylic





The Masters: John William Waterhouse

In the footsteps of the Pre-Raphaelite Brotherhood, Waterhouse became more commercially successful than any of them.

My Sweet Rose, 1908 (left)



Gather Ye Rosebuds While Ye May, (below)



John Waterhouse was born in Rome in 1849 to two English painters, in the same year that the Pre-Raphaelite Brotherhood was first hitting the London art scene. When he was six his family moved to South Kensington, near the newly opened V&A Museum. He often sketched artworks in the British Museum and National Gallery as well.

When he was 22, he entered the Royal Academy of Art School to study sculpture but moved to painting. His early works were not Pre-Raphaelite, but classically themed. *Sleep and His Half-Brother Death* (right) was exhibited in the Royal Academy Summer Exhibition. It was a great success, and Waterhouse's career took off. He exhibited each year in the RA's Summer Exhibitions until just before his death.



After the Dance (left) got prime position at the RA when he was 27. He then began moving away from an academic style of painting to adopting the subjects, vibrant colours and sharp focus of the Pre-Raphaelite style, although he never met them. His best-known subjects

were of legendary women like *The Lady of Shallot* (right) and Ophelia. Like the Pre-Raphaelites before him, he sought to capture sensual feminine beauty.

Waterhouse married fellow-artist Esther Kenworthy, and they were active members of their St John's Wood art community. In 1895, at age 46, Waterhouse was elected full Royal Academician. He died of cancer in 1917 aged 68.



Valued at £2.5 million in 2007, the painting *Gather Ye Roses While Ye May* is retained by Sothebys, New York.



Carpe Artem!

Art is good for the mind, body and soul.

Recently, at CAG's Annual General Meeting, I let loose the far-fetched claim: ***doing art can add ten years to your life.*** Can this really be true?

I did a bit of digging and indeed, the theory came from research done at (take a breath) the International Arts + Mind Lab (IAM Lab) of the Pedersen Brain Science Institute of the Johns Hopkins Medicine Institution of Johns Hopkins University—ranked in the top five universities for neuroscience and behaviour. Their studies have shown concretely how our brains and body are wired for art. Furthermore, that the arts are a powerful and potentially scalable means of fostering mental health and well-being at any age. Art has long been used as therapy, but this is ground-breaking research that shows why. The IAM Lab's discoveries advance the emerging field of 'neuroaesthetics', also called 'neuroart'.

They state specifically, that **engaging in an art project for as little as 45 minutes can reduce the levels of the stress hormone cortisol, and participating in just one art experience a month can potentially extend one's life by 10 years.** (Assuming a moderately healthy lifestyle.) Furthermore, art done with others increases this benefit significantly. But whether it is 10 years or less, their research has clearly shown art has an impact on mortality.

This is due to four things:

Neuroplasticity—the brain's amazing ability to re-organize and form new neural connections when doing or viewing art.

Enriched environments—colour, shape, smell, pattern etc. stimulate the senses and increase brain mass.

The aesthetic triad—the experience of art involves our brain's sensorimotor functions, our value/reward systems, and meaning-making processes.

The default mode network—the daydreaming, mind-wandering part believed to be the neurobiological realm of the self is utilized when doing or viewing art.

All this science means is that art improves the health of our brains and improves brain function in a very real way. So...carpe artem! Enjoy art.

Words of Wisdom

From CAG President, John Ward

All of us have had busy lives, so when we are able to retire it's the ideal time to seize the opportunity to explore the art form that you have never had the time for during your working life. Make new friends and don't be afraid to share and sell your art!



Recent Events: Vegetable Inks Demonstration with Ellie Green

It was a full-house with our join-along demo session. Oak gall ink is a vegetable ink derived from an abnormal round growth on the tree called a gall. This growth is a reaction to chemicals injected by the larvae of the gall wasp. Oak gall inks were used in the Magna Carta and the first recipe was from Pliny the Elder (AD23-73)!



Ellie began with a bit about herself and her struggles with finding her path. She studied to be a mixed media artist. She started her career as a pre-school teacher but her subsequent teacher training in art was a light bulb moment. With an MA in Education, she taught in Tower Hamlets to B-Tech students and was Artist-in-Residence at a Whitechapel gallery. After a move to Surrey, she started her own school of art: Surrey Art School which is inspired by nature and all about mindfulness.

Ellie then went on to talk about oak gall ink and drawing with pen and ink. She recommends *The Nature Notes of an Edwardian Lady* by Edith Holden.

RECIPE for OAK GALL INK

2 galls: crush and leave in water for two days
Add gum Arabic (a binder). What results is a tannin-rich liquid. Add more gum Arabic to increase shine and thickness.

You then have a brown ink. By adding clove and essential oils it stops the ink from going mouldy. And, importantly, if you add a rusty nail it will shift from brown to a purple-black. Use a damp brush when painting with it. Note that it gets darker as it dries. Ellie prefers Daniel Smith's silver brushes.

What an interesting demonstration!



Workshop with Clare Kent: Storytelling with Acrylic

A fascinating workshop! This took everyone out of their comfort zone using a layering technique to build a narrative in which a painting is formed from bits of memory. Under Clare's



enthusiasm and guidance some lovely pieces were created! We all came away having learned a different approach to composition. Here are some of many impressive story-telling

pieces...



Don't Miss! ***Demonstration with Ian Henderson*** ***Pastel Pet Portrait***

Weds, 28th May

United Reformed Church, Caterham

Ian studied at Heatherley, London and at City & Guilds of London Art School. There he worked with Spencer Churchill on a series of portraits of Winston Churchill for American clients. He worked for many years with Bernard Hailstone, who painted portraits of the royal family. Ian has exhibited in the Royal Portrait Painters and the Wildlife Artists societies and in other galleries. He moved to Germany where he lived for 25 years working as a full-time artist and teacher. He recently moved back to the UK and has a studio in Salfords Village, Surrey.



En Plein Air Tutorial with Ginny Singh ***Saturday, 31st May, Pitchfont Lodge Titsey Place*** ***Water Lane, Oxted RH8 0SA***

11am-4pm Free for members/£5 for guests

£7 garden entry fee

Lunch at the café or you can bring a packed lunch.

Free parking on site.



Join Ginny for a relaxed paint-along workshop where you'll explore painting the beauty of the garden. Ginny will demonstrate watercolour and gouache techniques, but you may use whatever medium you prefer. There will be sketching exercises before painting the final piece.



Please email secretary@caterhamartgroup.org.uk to book. Do not delay as places are limited!



Sharing Gallery



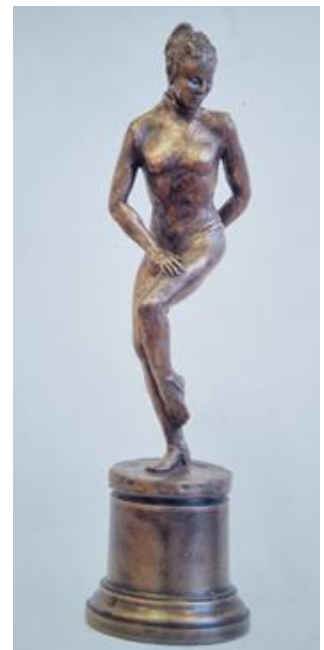
Clear Glass (left)
By Julie Wright
Soft pastel watercolour



Let's Surf (right)
By Linda Lambert
Four stages of acrylic



Who Doesn't Like Sunflowers? (left)
By Suzanne Marie Clinton
Acrylic on stretched canvas



Dancer (right)
By Jacquie Wadsworth
Bronze resin sculpture



Fun With Dragons (left)
By Evi Trickey
Watercolour

CALLING ALL MEMBERS!
Please share your art by sending
photos with title/medium to
gallery@caterhamartgroup.org.uk



Notice Board

- ✦ **CAG's SUMMER EXHIBITION is three months away, but now is the time to prepare.** Get planning and painting. Mark the diary for 1st 2nd and 3rd of August. We think this will be the best year yet and are starting to advertise now. Let us know if you have any ideas to help promote it! secretary@caterhamartgroup.org.uk
- ✦ **A SPONSORS LIST WITH DISCOUNTS was emailed to all members. Let us know if you did not receive it.** As the list grows, we will be emailing updates. (Note, some vendors will need your CAG membership card, and some use a discount code at checkout.)
- ✦ **eSHOP SUBMISSION GUIDELINES were recently emailed to members.** Please let us know if you have any questions. And do send in art for the eShop. Seize the day!

Art About Town

WILDWOOD ARTISTS, WEST HORSLEY PLACE

IN MY MIND'S EYE, Spring Exhibition

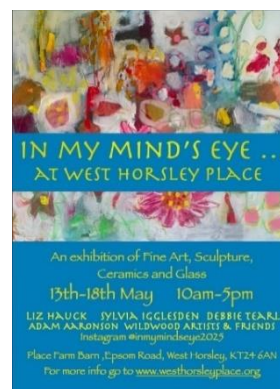
13TH-18TH May 10am-5pm

West Horsely Place Barn.

Parking on premises.

Selling beautiful paintings, ceramics and glassworks.

Wildwood Artists is a collective of well-established professional artists. The glass sculptures are by popular artist, Adam Aaronson. A lovely afternoon out!



TATSFIELD VILLAGE HALL, TN16 2AG

TATSFIELD ART GROUP, Art Exhibition

4TH & 5TH May 11:30am-4:30pm, free parking

Original paintings, prints and more by local artists



SCULPTURE EXHIBITION

and SALE
including

Ceramics Wood carvings
Stained Glass
Hand-crafted Jewellery
Cards

14th to 17th May 2025
Wednesday to Saturday
10am until 4pm

FREE PARKING OPPOSITE FREE ENTRY
St Lawrence's Ancient Church
Church road
Caterham
Surrey CR3 6SA

ST. LAWRENCE'S ANCIENT CHURCH, Caterham

Sculpture Exhibition 14th-17th May 10am-4pm

Plus, hand-crafted jewellery, cards, stained glass.

Free parking opposite.



Know Your Committee

President - John Ward

John has been involved in a leadership role with CAG for many years. In March 2018 John was voted President of CAG.

Chairman Pro Tempore - Amita Patel

Amita is acting chairman.

Secretary and Treasurer – Amita Patel

Amita manages communications, events, AGM, and funds.

Membership Secretary – Sarah Saysell

Sarah handles membership including fee collection and support.

Publicity Team - Suzanne Clinton, Nicole Morrigan, Frances Conn

The Publicity Team covers social media, website activities, and marketing. Suzanne heads the team and is also editor/writer of the CAG newsletter.

Hall Bookings – Agnes Maxwell

Agnes handles bookings for meetings, workshops, and exhibitions

Programme Team - Wendy Ward, Ginny Singh, John Ward

The Programme Team plans, books, and manages artists for demos and workshops. Wendy Ward is Programme Secretary.

For any enquiries please contact Amita on 07818 815961
or email her at: secretary@caterhamartgroup.org.uk



Caterham Art Group £40 Annual Membership Advantages

Benefit		Members	Friends
Monthly Newsletter	<i>CAG news + art features</i>	YES	YES
Master Class Demonstrations (Monthly Demos)	<i>Learn from successful artists</i>	FREE	£5 entry fee
Guided Workshops (3 Saturday workshops/year)	<i>Take your skills to a higher level!</i>	£40 fee	£45 fee
CAG Summer Exhibition	<i>Exhibit and sell your art!</i>	YES	-----
CAG Art eSHOP*	<i>Sell your art online!</i>	YES	-----
Profile on CAG Website	<i>Artist profile advertising your art (optional)</i>	YES	-----
Group Sketching Events	<i>Plein Air and Pub Sketching groups</i>	YES	-----
Discounts!	<i>Participating local art classes and shops</i>	YES	-----
Cultural Days Out	<i>Galleries, museums etc.</i>	YES	-----

In short...

CAG'S £40 Membership offers you savings on demos and workshops.

PLUS Members can sell their art in the eShop and Exhibitions.

PLUS discounts

PLUS other art activities and social events!

**Art is good for the soul, and healthy for the mind
and body. Enjoy the holistic pleasures of art!**