



Community Outreach

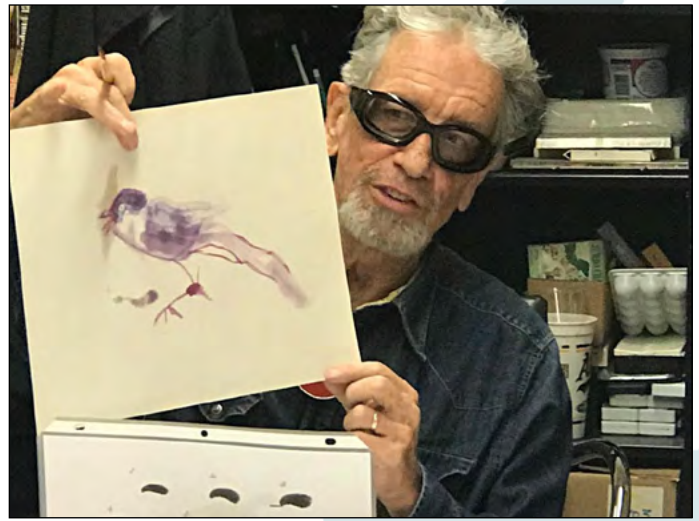
Oakland VA – Maori Symbols and their Meanings



Above: A version of the Maori Symbol Guide

Top Right: Walter Seabock

Below Right: George Archibeque, Nancy Redden, L. Ross



Images of the butterfly, tree and snake have different symbolic meaning for western and eastern cultures. Last month the Oakland CWA team and vets were treated to painting and learning about symbols from the Maori culture. The Maori are the indigenous people of Australia. Each year the Maori in spring, or on a significant day, make a drawing exercise which they then interpret as a guide for their coming year. We were instructed to paint a circle on our paper, and then add, in any order we chose, the following items: tree, mountain, path, bird, shelter, flower, snake and butterfly. No additional instructions were offered.

When we had all the symbols on the paper, we divided the circle into four equal parts. These were the domains of our mental, emotional, physical and spiritual states. Then we noted how many of the items were included in each section

and what each item symbolized for the Maori. For example, the path symbolizes the ability to hope, our direction and is our discipline. The snake symbolizes transformation, regeneration and renewal. The mountain is our spiritual center, our trust and personal identity.

One vet has a great fear of snakes, even to the point of being uncomfortable painting a snake. She did manage a squiggly line and confessed that her fear of snakes just showed how far she was from the Maori interpretation of regeneration and transformation. Everyone enjoyed learning about Maori culture and creating our personal guide. The trick is in the interpretation and that is our personal project.

Sheila Cain



ABOUTFACE

An Exhibit of Self-Portraits by Veterans
at the Richmond Art Center



Don't Miss This Powerful Exhibit!

More than 100 self-portraits by veterans are on exhibit in the new
"ABOUTFACE" show at the Richmond Art Center.

Our Martinez and Oakland veterans have watercolor portraits
painted in the CWA Community Outreach groups.

Exhibit Runs June 11-August 16, 2019

Richmond Art Center – Community Gallery
2540 Barrett Avenue | Richmond, CA 94804
Gallery Hours: Tuesday-Saturday, 10:00am-5:00pm
Free and open to the public.
(510) 620-6772 | richmondartcenter.org

