



# Community Outreach

## Oakland VA – Back to Basics and Beyond

The Oakland veteran's group continued to build on the clean wash class with two lessons. The “paint-along projects” included graded washes, layering dry glazes, negative painting–cutting around, and wet into wet.

The group used masking tape and mylar for lifting and masking. We looked for a range of colors in making greens and shadow areas plus dry brush strokes for texture. The group worked hard, learned a lot, and had fun.

*Sheila Cain*





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## CWA Goes to Veteran Event STAND DOWN ON THE DELTA 2019



Every two years the Delta Veterans Group of Antioch, California, sponsors a STAND DOWN event. The goal in their words: *“We strive to bring our Veterans the four pillars of success – Housing, Employment, Health and Education – one which will not work without the other three.”* This year they put together a four-day, three-night event bringing veterans to the Antioch Fairgrounds where they are provided full medical treatment, court and legal services, DMV, mental health and addiction counseling, and a myriad of other services.

Between their appointments with these groups they have leisure time. The volunteers from CWA Community Outreach, in collaboration with the STAND DOWN recreation program, offered the experience of painting with watercolors for these waiting-around time slots. We brought a project and made sure all supplies were ready for up to thirty veterans.

Our participants were more often the children of veterans than veterans, though watching the volunteers demonstrate was a participation in itself. The project was painting a series of an apple from whole and then eaten down to an apple core. One veteran decided to paint just one big whole apple. When finished he was visibly proud. He signed his painting and stated with a big smile, *“This is my apple.”*

Our volunteers, Victoria Bianco, Sheila Cain, Maggie Metcalf and Georganne Zaro-Eddy, were able to work one-on-one with the participants. The children of the veterans had their own ideas to paint but were guided on using watercolors and mixing secondary colors. At the end of the day, we were pleased to be able to share painting with watercolors and planned to strategize methods of attracting even more veterans to experience the creative fun of watercolors next time.

*Sheila Cain*

