



Community Outreach

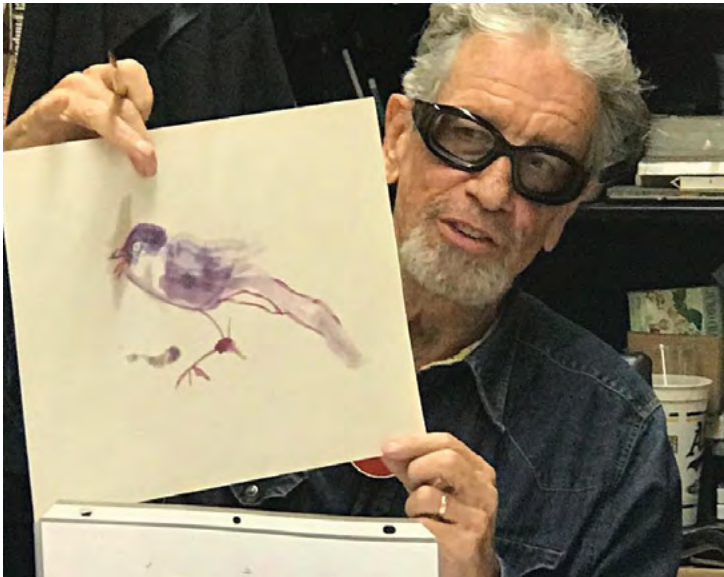
Oakland VA – Get Well Art

The Oakland VA painting project for June was one of heart-felt intention. The project was to create cards conveying wellness, healing and recovery. A member of our Oakland VA group, Walter Seabock, had suffered a life threatening motorcycle accident. Walter has been a long time member of the group. Over the years he's shared many life episodes besides being a veteran of the Vietnam war.

To begin we talked about subjects that might bring comfort and symbols of regeneration and spiritual wellness. Nancy had brought some poetry books which we shared for inspirational words. Then every one just started in...the silence of deep concentration descended upon us.

The collage below shows the results. They were delivered by hand to Walter in the hospital. Happily Walter has improved greatly. He even made a visit to the Oakland group assisted by his lovely wife Stacey. He reflected, "When I was in the siege of Khe Sanh in Vietnam, I thought I would die every day." After the accident "they said I'd stopped breathing and they'd brought me back to life. Yeh! I'm glad to be alive. It wasn't my time... I don't know what's next, maybe I'll write a book"

We were all delighted to see Walter so positive and recovering so well. The art we created for health and wellness may have helped Walter turn a corner. It surely helped us show that we cared and were sending him art from our hearts.





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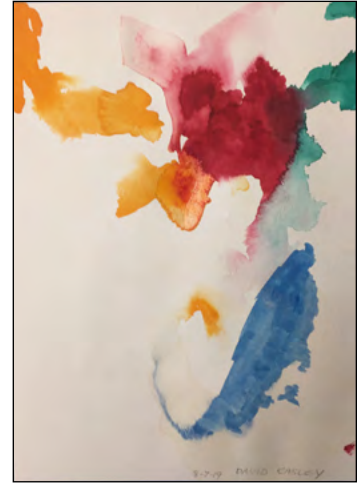
Martinez VA – Creating Inspired and Varied Art



Painting by Debbi Linnekin



Painting by Ziggy



Painting by David



Painting by Harry



Painting by Wes



Painting by Jenna

We have observed that the artists at the Martinez VA are relying far less on photos for inspiration with great results.

Debbi Linnekin from About Face has been working with us and provided a still life of golden zucchinis of varying sizes and wooden drawing mannequins. It was innovative and really got our artistic juices flowing!

Ziggy created a composition based on it that showed a strong sense of design elements. He also has been experimenting with integrating his individual style of portraiture and figures into traditional landscapes.

David works just to get paint on the paper, yet has been creating abstracts with dramatic blending of color.

Harry claimed that he “didn’t paint and never has,” yet created a painting with the carefree abandon of a child using colors and brushwork that impressed us all.

Nita is new to painting with us and created a farm scene with vibrant colors. We are looking forward to her finished product.

Wes has had health issues that made it difficult for him to paint in his usual style. Interestingly, he is producing looser, more unusual interpretations of his usual subjects that are exciting and inspiring.

Jenna is prolific and focused and has begun to experiment with different brushes and salt.

We have had a “full house” the past few sessions and are enjoying the old and new faces as well as the enthusiasm for watercolor. New volunteers are always welcome!

Julie, Debbi, Victoria and Maggie