



Painting negative space was the concept for last month's Oakland veteran's watercolor gathering. The subject was a garden of white lilies. This lily project required a certain amount of drawing and decisions to create a composition. Michael Friedland, our leader, took the opportunity to demonstrate using resist instead of painting the negative space. He explained that wetting the brush with soap and water before using the resist allowed the painter to clean the brush after the resist was applied. Once the resist was dry, painting the green to dark green background was easy because there was no need to paint around the lilies.

For those who opted to paint the negative space, the process was wetting one section at a time with a light-toned wash, then charging into it with strong color creating the greens in the background. The whites of the lilies leaped forward to be shaded and shaped into buds and open flowers.

Regardless of how the background was painted, it needed to be dry before the buds and open lilies could be painted. For those using resist, it was removed with a rubber cement lifter. Painting the lilies and buds was accomplished with graded washes of pinks and greys leaving the white of the paper to be the white of the lilies.

These paintings took longer than usual, thus our critique was brief. However, the results are a dramatic contrast of whites and greens. We artists were generally pleased with the outcome, though a number were not finished, and planned to complete the painting at a later date.

This is the last time the group gathered at the Veteran Center; next month we will be back at the VA outpatient building on 21st Street.

Sheila Cain

Co-Director, Community Outreach



Community Outreach Martinez VA

CWA is back at the Martinez VA! It is wonderful to see staff and volunteers again, but the clients have changed. We are in a different location at the facility. Previously, we were in a space at an intersection of four major hallways with high visibility. Now we are in a common space in one of the units; it is quieter and has fewer distractions. On nice days we can go out on the patio. Already I have observed that our artists are more focused and able to plan a painting, select colors, and use a paintbrush.

Our primary contact is Darlyn Phillips. One of her ongoing projects is acrylic painting classes. She has adapted techniques to support painters who may have physical or cognitive issues. Her support and encouragement have truly made the CWA watercolor studio an ongoing success. We are rebuilding our art supply “stash.” Some items are in different spots and some were happily used during the “Covid Era.”

Georganne Zaro and Victoria Bianco are on the team, and anyone interested can email Maggie Metcalf at Magster753@msn.com, or Georganne Zaro at georgannezaro@gmail.com.

Maggie Metcalf
Community Outreach Volunteer



- Who:** Volunteers, YOU, and Maggie Metcalf plus Georganne Zaro
- What:** Assisting veterans with watercolor painting
- Where:** Martinez VA Hospital, 150 Muir Road, Martinez, CA 94553
- When:** Twice a month at 1:00 pm, day TBD (on Tuesdays or Wednesdays)
- How:** Call Maggie at (925) 849-5212 or Georganne at (925) 980-7722 for more info or to volunteer