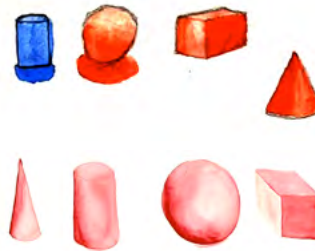
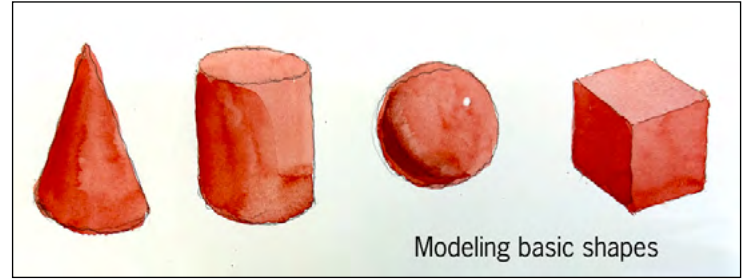




Community Outreach Oakland Veterans



The January Oakland VA gathering began with setting up our new beautiful room. This room in the 21st Street VA building in Oakland is airy and spacious with high ceilings and huge south-facing windows. We have lots of light, in fact too much light. On entering our first task is to find the remote for the window shade so that we can lower it and not have the sun beaming into our eyes. Once we were able to lower the shade we greeted returning veterans — some we hadn't seen since the Covid lockdown.



the paint to shape a form takes more skill than the washes we have been practicing. There were lots of questions and careful painting. We enjoyed a break and snacked on cookies I had brought. Eventually, most people got the idea about the basic shapes and painted them.



Michael Friedland began the formal instruction with drawing and painting value studies of the basic shapes: cube, sphere, cylinder, and cone. The plan was to draw and paint the basic forms, then go on to paint a still life we had set up in the center of the room. However, the drawing and painting of the basic forms took longer than we had anticipated. Grading

Some veterans had time to paint the still life. Regardless of each veteran's final product, we all enjoyed seeing each other after the holidays. Now that we've covered how to draw and paint these basic forms, we can spread our wings and tackle other still-life subjects, landscapes and, who knows, maybe even the human form.

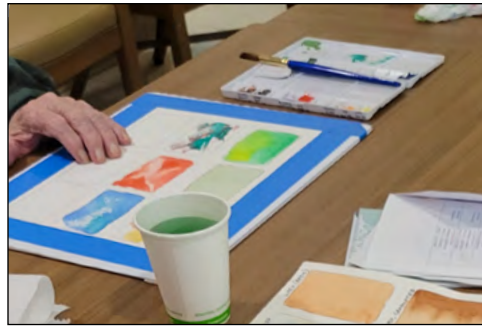
Sheila Cain

Co-Director, Community Outreach

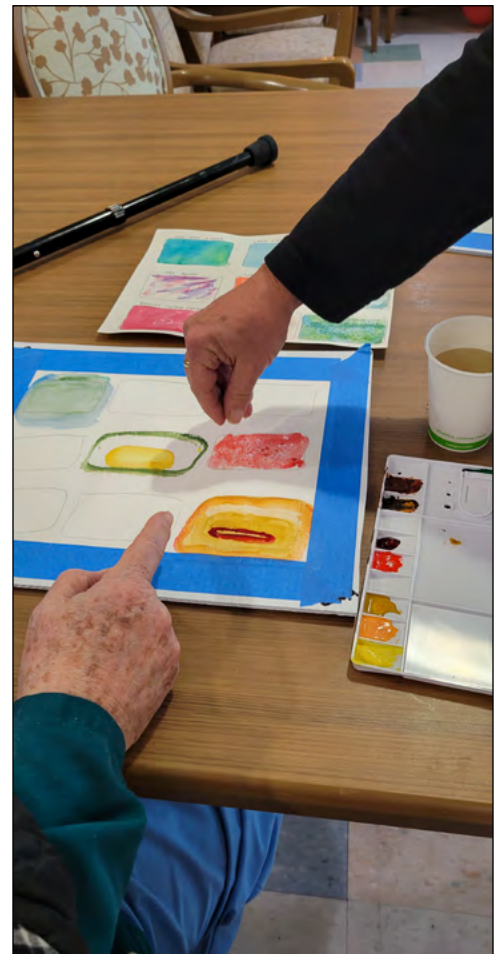
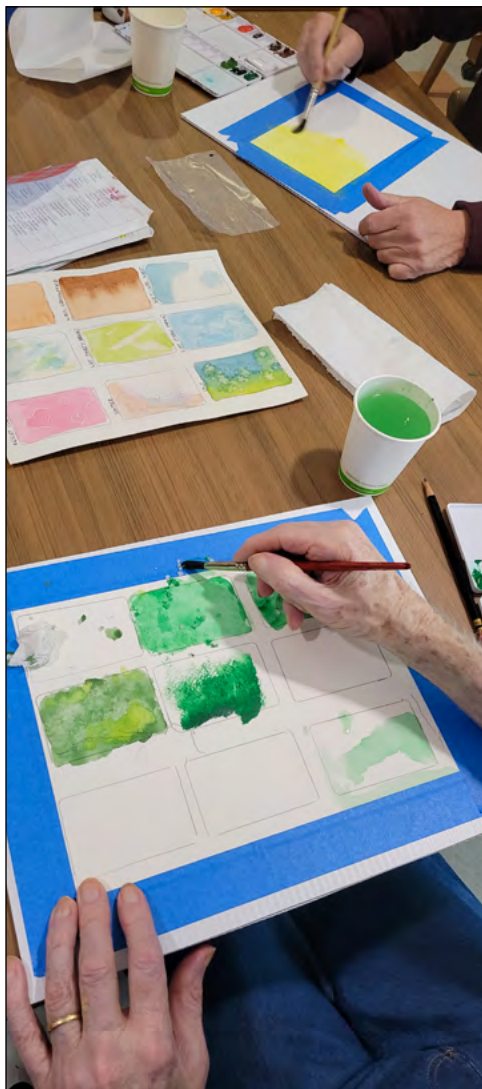


Community Outreach

Martinez Veterans



February 2024 found Dale Rutz and Maggie Metcalf at the Martinez VA teaching basic watercolor techniques. There are a lot of approaches but we had our artists draw spaces on paper using old gift cards. We demonstrated some basic techniques and the artists followed directions. We observed that one artist with hearing issues was struggling so a visual guide was created. We concluded that having visual lesson plans creates a more inclusive experience and will pursue that in future lessons.



The artists did their own improvising. We all had fun seeing what they could do with paint. One painter added a border that looks like dolphins. Another opted to create a music-themed New Year's card.

It was a fun session and inspired themes for upcoming art lessons.

Maggie Metcalf
Community Outreach Volunteer

