



outreach

June 2016

Martinez + Oakland Outreach Programs

The **CWA Outreach Program** reports a successful presentation of our **VA Outreach Program** in collaboration with **AC5** (the Arts and Culture Commission of Contra Costa County), self-portrait watercolors painted by veterans at the **VA Center for Rehabilitation and Extended Care**. Both Martinez and Oakland Group were represented.



ABOUTFACE

The show runs from
May 24 to June 10, 2016
Art Passages Gallery
651 Pine St, Martinez, CA.
8:00 AM to 5:00 PM

Monday - Friday.
Admission is
FREE



Watercolor Paintings from our group



Acrylic Paintings by Veterans living in Contra Costa County

On May 24th **AC5's** Director Roger Renn presented to the Board of Supervisors **ABOUTFACE: Building Veterans' Understanding through Self-portraits as the new Art Passages Exhibit** (located in the Foyer on the main floor). The paintings were done by veterans living in Contra Costa County during a series of workshops offered in late 2015 and early 2016.

These are a few quotes from Veterans who participated:

"I felt like I was looking out a window. I felt like the image was looking back at me. I didn't feel blue at any time during the process."

"I felt able to express myself as I blended my colors and reflected on my life."



Portraits are an endless source of interest because we have a basic human impulse to look at faces and try to see the character behind them. Self-portraits have the added fascination that comes from looking into the mirror and trying to study one's own face. These self-portraits were created by veterans through the partnership between the Martinez VA Recreation and Therapy Department and the California Watercolor Association.



Building Veterans' Understanding Through Self-Portraits

"This portrait makes me reflect on all these 83 years of life and where I am now. Whenever I draw and paint I feel good all over."

"I felt a sense of accomplishment after completing my self-portrait."

The **ABOUTFACE** exhibit will then travel throughout Contra Costa County stopping at Libraries and Veterans' buildings over the next year. It is also invited to show at the Governor's Mansion.

For the past year, the **Arts and Culture Commission of Contra Costa County** and the **County Veterans Service Office** has sponsored a program for veterans to paint self-portraits. Called **ABOUTFACE** the program helped veterans gain confidence and enhance their creativity. As you view these self-portraits our hope is that you will become aware of each veteran's unique story. The paintings were done by veterans living in Contra Costa County during a series of workshops offered in late 2015 and early 2016.

Special thanks for the support of the **California Arts Council** and the **California Watercolor Association**. We are pleased to include in this exhibit several watercolors done by veterans as part of the California Watercolor Association Outreach Program.

We also want to acknowledge the support for **ABOUTFACE** workshops from the **Contra Costa County Board of Supervisors**, **Contra Costa Television**, and **Friends of AC5**. Thank you to **ATU4IA** for providing the art studio to conduct eight workshops and to **Pacifica Pizza** for hospitality for our veterans during these evening workshops.

ABOUTFACE workshops were based on the belief that individuals have the capacity to heal themselves and improve their ability to function in civilian life. The workshops require self-reflection from the participating veteran. During the workshops veterans learned acrylic painting techniques that allowed them to express their feelings by visualizing, painting on large canvases and telling their stories. We hope you gain a deeper insight into the unique stories of these veterans as you experience this show.

Outreach Donation Wish List

- Watercolor Pigments
- Professional quality primary colors
- brands: American Journey, Holbein, Winsor Newton, Daniel Smith
- colors:
 - reds—quinacridone rose, permanent alizarin crimson, cad. red
 - yellows—lemon yellow, aureolian yellow, quinacridone gold, yellow ochre, cad. yellow
 - blues—cobalt blue, ultramarine blue, peacock blue
 - Additional colors—cobalt violet, cad. orange, cad. Yellow deep, quinacridone burnt orange, opera
- Miscellaneous:
 - 10 gator boards 25" x 19" approx.