



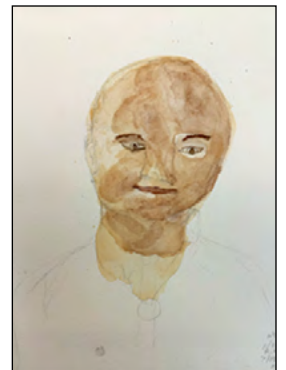
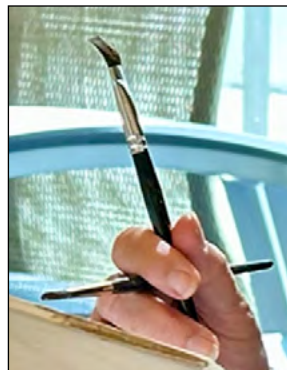
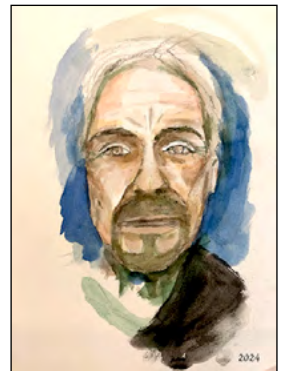
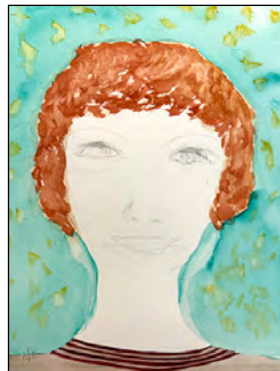
Community Outreach — Oakland Veterans

Portraits and Self-Portraits in Process



It was a joyous gathering with the Oakland veterans last month with the return of our founding member from a successful surgery. Another member shared a box of chocolates from the Hawaiian Islands. The subject for this class was portraits and self-portraits. This group had previously painted self-portraits in 2017. Sheila had them on her phone and sent everyone their former version of themselves.

After the initial sharing of news, Pat put on some music, and we settled into our projects. Some of us began by working on the background, while others started with the foreground. There were questions about how to



achieve the right skin tone, and Pat demonstrated blending two colors for skin tone using two puddles and two paint brushes held in one hand, similar to holding chopsticks. Sheila was investigating the strengths and weaknesses of cropping the portrait at the top versus painting the whole shape of the head. After consulting the book, *Portrait Revolution*, she concluded that either one can make a successful painting.

At the end of the class, we displayed our artwork. Although none of the paintings were finished, we had made some promising beginnings. Painting a self-portrait does feel scary at first, but it is a worthwhile endeavor especially if it becomes a ritual.

Sheila Cain

Co-Director, Community Outreach





Community Outreach — Martinez VA

Painting Pumpkins

Recognizing an individual's ability can help them succeed. This month we painted the classic autumn subject — pumpkins.

I provided prints of paintings and a still life.

It is a different sort of challenge to render a drawing of a 3D subject in a 2D drawing.

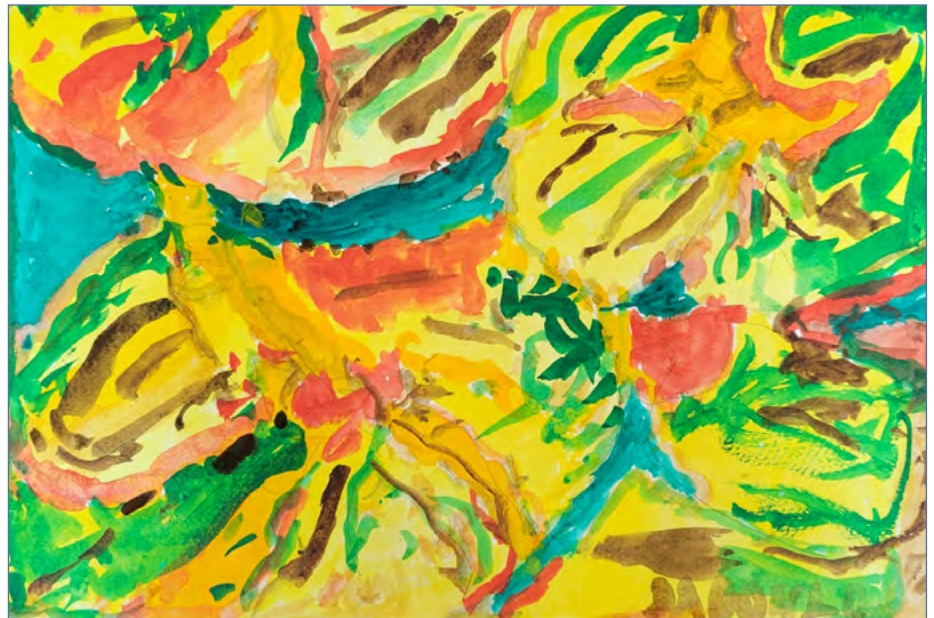
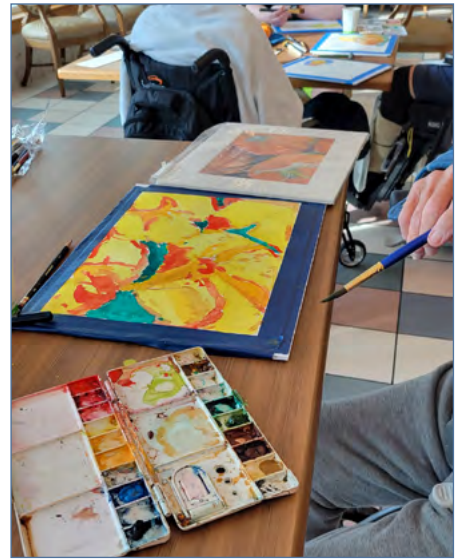
Painting the still life became a group effort with individual results.

The artist who prefers to interpret other's paintings wisely chooses a good one.

When appropriate I show them my own work that clearly shows what not to do. We're all learning here!

Maggie Metcalf

Community Outreach



Did you know?

The California Watercolor Association (CWA) is committed to fostering artistic growth and inspiring creativity through our active community outreach program. We proudly offer art experiences that bring the joy of watermedia to diverse groups. Our outreach efforts include student art show awards, workshops at local Veterans Affairs facilities, and art presentations in schools. Our monthly and bi-monthly watercolor sessions for veterans at the Oakland and Martinez VA facilities is one of our most active programs. These sessions serve both inpatient and outpatient veterans, many of whom face mental and physical challenges. CWA volunteers lead these groups, offering hands-on assistance to help veterans express themselves through art. The Oakland group consists mostly of Vietnam veterans who have been involved in occupational therapy programs for years. With the guidance of our volunteer teachers, these veterans come together to explore watermedia and rediscover the joy of creativity.

Volunteers Welcome! Call Maggie at (925) 899-9185 to get involved!