



March 2026

P.O. Box 4631  
Walnut Creek, CA 94596  
www.californiawatercolor.org

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# California WATERCOLOR Association

ZOOM Demo for Members and Guests on Wednesday, March 18, 2026 at 7:00 pm PDT.

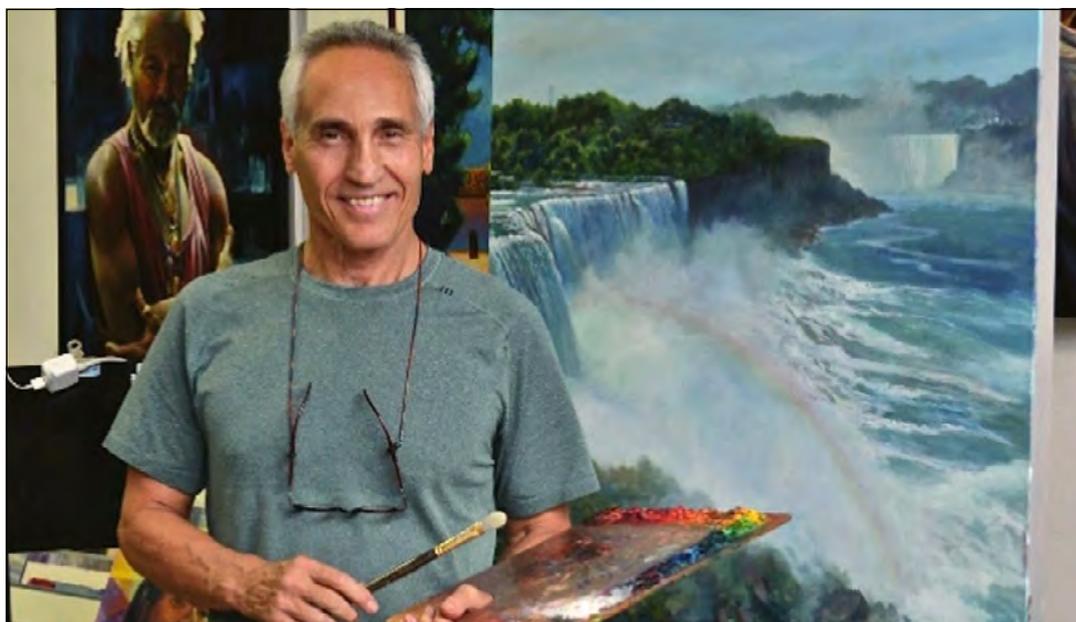


## March ZOOM Demo Artist Ken Goldman

There will be a **ZOOM General Meeting and Demo** by Ken Goldman for CWA members and friends to participate, on Wednesday, March 18, 2026, from 7:00–9:00 pm PDT.

**Here is the ZOOM link and passcode** which will remain the same for all future General Meetings.

To join, simply click on the **Join Icon** on the right.  
**Meeting ID:** 810 0987 0399 **Passcode:** 383542



Ken Goldman, our demo artist at our March general meeting, is an internationally recognized artist, author, educator, and art juror. He paints in all mediums, including oils, acrylics, watercolor, and pastels, and has received numerous awards and exhibited in solo and group shows across Europe, Asia, and the Americas. As author of seventeen instructional books, Goldman has also been featured in prominent art magazines, such as *The Art of Watercolor*, *Southwest Art*, *International Artist*, *Watercolor Magic*, *Splash*, and *The Artist's Magazine*. He is also a past president of the National Watercolor Society. Artist's website at [goldmanfineart.com](http://goldmanfineart.com)





# The Drawing Board

Each month a different member of the CWA Board of Directors has the opportunity to write an art-related article for our members.

## Why Paint a Self-Portrait?

### Because It's the Most Available Subject You'll Ever Have by Sheila Cain

What if your most powerful watercolor subject was already in front of you—every single day? Years ago, my teacher suggested I paint a self-portrait every year. The idea felt uncomfortable, even exposing. Yet history makes one thing clear: artists return to their own faces not from vanity, but from necessity, curiosity, and challenge.

For watercolorists, self-portraiture is a demanding laboratory: light, value, edges, timing, and emotional accuracy collide all at once. There is nowhere to hide—except, perhaps, behind your sunglasses. Below are artists who returned to the mirror for very different reasons.



### Rembrandt: Light, Shadow, and Survival

Rembrandt van Rijn (1606–1669) created nearly one hundred self-portraits: more than forty paintings, thirty-one etchings, and many drawings. His life shifted from early success to devastating loss and eventual poverty. Yet he never stopped painting himself. Though he is known for dark canvases, his palette grew lighter with age. Aging skin, changing expressions, and emotional weight were carried almost entirely by light.

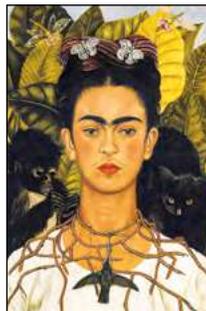
For watercolorists, Rembrandt offers a clear lesson. Value structure—not color—drives emotional truth. Careful light placement, controlled darks, and lost edges do the real work.

Rembrandt van Rijn, late self-portrait

### Frida Kahlo: Painting as Necessity

For Frida Kahlo (1907–1954), self-portraiture was essential. After childhood polio and a catastrophic bus accident at eighteen, she lived with chronic pain for the rest of her life. Her self-portraits function as a visual autobiography. In *The Wounded Deer*, painted as her health declined, Kahlo shares her enduring physical and emotional suffering with her audience. (source Wikipedia)

For watercolor painters, Kahlo reminds us that expression matters more than polish. A fantasy image can carry meaning far beyond realism.



Self-Portrait with Thorn Necklace and Hummingbird, and The Wounded Deer by Frida Kahlo



### A Contemporary Voice: Myrna Wacknov

*Contemplating Turning 65* by Myrna Wacknov Myrna Wacknov (1942–) offers a contemporary, process-driven approach to self-portraiture. When asked why she paints herself, she explains: “The self-portrait is an easy subject because you are always there. You can vary the look by adding textures. I use the primary colors and always premix before applying to the painting.”

Her painting, *Contemplating Turning 65*, which narrowly missed inclusion in the Smithsonian, demonstrates variation through texture, restraint, and sustained focus on one subject.

For watercolorists, her work reinforces the beauty and richness of premixed color, surface variation, and disciplined limitation.

*Contemplating Turning 65, Let Your Fingers do the Walking, and Meditation* by Myrna Wacknov

*The Drawing Board continues on page 13*



# CALIFORNIA WATERCOLOR ASSOCIATION 56 INTERNATIONAL EXHIBITION

## Don't Miss It!



The Opening Reception was a huge hit, with over 500 attendees! The 56th International Exhibition at Arts Benicia is still on display until March 15th.



The exhibition dates are January 31–March 15, 2026,  
and gallery hours are Thursdays–Sundays, 1:00–5:00 pm.



**California Watercolor Association**  
P. O. Box 4631  
Walnut Creek, CA 94596 USA  
[www.californiawatercolor.org](http://www.californiawatercolor.org)  
[56questions@californiawatercolor.org](mailto:56questions@californiawatercolor.org)



**artsbenicia**

**Commanding Officer's Quarters**  
1 Commandant's Lane, Benicia, CA 94510  
[artsbenicia.org](http://artsbenicia.org)

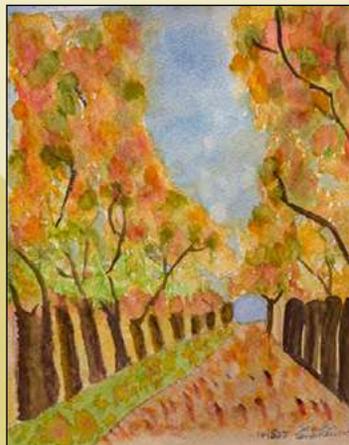


# Community Outreach — Oakland Veterans

## Exploring Watercolor as a Suggestive Medium

The new year brought veterans together to explore watercolor as a suggestive medium, using an image of a ginkgo-lined street as inspiration. Fallen leaves, in yellows, greens, and golds, glowed across the ground. The scene's abundant texture, with trunks, branches, and foliage, offered a perfect opportunity to apply the "less is more" principle.

CWA volunteers ensured each veteran's palette included clean pigments: yellow, lemon or aureolin yellow, cadmium orange, cobalt blue, and a red pigment. After a quick sketch, planning the trees' and street's boundaries and the overhead branches, some painters squared off the oblong reference image, while others exaggerated the vertical format, creating interesting variations. Throughout planning, a clear focal point was discussed.



Once the painting was under way, Pat introduced salt for texture, and Michael demonstrated dry-brush techniques. The project highlighted watercolor's suggestive power. Fine detail was not necessary; a few partial leaves or broken shapes allowed the viewer's imagination to complete the scene.

Conversation flowed easily as they painted. Someone mentioned a coyote swimming to Alcatraz; others discussed coyotes howling in the hills. One veteran shared a story about a bear encounter.

Time passed quickly. The session ended with the paintings lined up, revealing striking results: glowing washes of yellow, green, and gold. Though some pieces were unfinished, the power of suggestion was clear. The elongated compositions, in particular, worked beautifully. The shared act of painting created a relaxed space for conversation, connection, and time well spent.

*Sheila Cain*

Co-Director, Community Outreach



# Community Outreach — Martinez VA

## A New Approach



We're starting the New Year with a new approach to art experiences. Artists were given simple pencil sketches on watercolor paper to choose from and asked to paint the image as they saw fit, without any source material. Everyone did a fantastic job using their imagination. We repeated this for Valentine's-themed paintings. We usually meet on the 1st and 3rd Tuesdays from 11 am to 1 pm at the Martinez VA. If you're interested in this fun activity, please contact Maggie Metcalf.

*Maggie Metcalf & Darlyn Phillips*  
Community Outreach



**Call Maggie at (925) 899-9185 to join us!**



## We Need You!

**Now is your chance  
to be a CWA board member!**

**Click here for the list  
of open positions.**

**Click here to read the description  
of the positions in the CWA bylaws.**

**Click here to contact  
CWA Secretary, Leslie Wilson  
for more information and say  
you want to volunteer.**



# CALIFORNIA WATERCOLOR ASSOCIATION 2026 WATERCOLOR WORKSHOP SERIES

2026  
LINEUP!



## Pat Moseuk Abstracts in Mixed Watermedia

LIVE

**3-Day In-Person Workshop**  
**March 1–3, 2026**  
**All Levels**

CWA Members \$300  
Non-Members \$363

Are you interested in beginning abstract painting? This workshop offers hands-on demonstrations of techniques, composition, color, and more. Explore painting with unconventional tools and discover the freedom of abstraction. Daily group critiques will be held.

Artist's website at [patmoseuk.com](http://patmoseuk.com)



## Birgit O'Connor Within the Flower



**3-Day Online Workshop**  
**April 15–17, 2026**  
**All Skill Levels Welcome\***

CWA Members \$250 Non-Members \$310  
Discover how to paint flowers that are both unique and striking, with imaginative forms and complex centers, which set them apart from traditional floral compositions. Bringing focus to the intricate details of each flower's core, using layering of color and delicate brushstrokes to highlight textures and depth. Artist's website at [birgitoconnor.com](http://birgitoconnor.com)



## Geoff Allen Watercolor Essentials for Landscape Painting

LIVE

**3-Day In-Person Workshop**  
**May 4–6, 2026**  
**Beginner & Intermediate\*\***

CWA Members \$350 Non-Members \$410  
Discover the joys of capturing the moment, color, and impressionistic mood in watercolor, whether from a photo or en plein air. Geoff will teach basic watercolor handling techniques to accelerate your process, encourage relaxation, and improve your success in painting outdoor scenes.

Artist's website at [geoffallenart.com](http://geoffallenart.com)



## Stan Miller Painting the Portrait and Landscape in Watercolor

LIVE

**3-Day In-Person Workshop**  
**June 13–15, 2026**  
**Basic Understanding of Watercolor**

CWA Members \$375 Non-Members \$435  
Each day, Stan will demonstrate both a portrait and a landscape. Students can choose to paint either the landscape or the portrait, with guidance from Stan. Students are also welcome to work on their own subjects. The workshop will also cover technique, color, choosing paintable subjects, composition, and design.

Artist's website at [stanmiller.net](http://stanmiller.net)



## Thomas W. Schaller The Power of Design and Imagination

LIVE

**3-Day In-Person Workshop**  
**October 2–4, 2026**  
**Intermediate**  
CWA Members \$500 Non-Members \$560  
The reason we paint is more important than what or how we paint. His work explores contrasts: light and dark, vertical and horizontal, warm and cool, and the real and the imagined. Thomas enjoys designing with conflicting elements, allowing them to find balance and resolution on the paper's surface in surprising and expressive ways.

Artist's website at [thomaswschaller.com](http://thomaswschaller.com)

CWA is dedicated to offering our students some of the best workshops with top professional artists. We invite you to join in the fun and look forward to meeting you. Recordings of the entire workshops will be available for 30 days. In-person workshops will be held at the Danville Ranch Clubhouse, 1895 Ridgeland Circle, Danville, CA 94526.

For detailed workshop descriptions, pricing, and online registration, please visit <http://www.californiawatercolor.org/classes.php>.

For additional information, please visit [www.californiawatercolor.org/contact.php](http://www.californiawatercolor.org/contact.php) and choose **Workshops** from the **Recipient** drop-down menu.

\*Focus on skill level of Intermediate to Advanced. \*\*Some experience required.

## CALL FOR ART

# Wonder of Watercolor

## CWA SIGNATURE & MASTER SIGNATURE MEMBERS SHOW

June 6–8, 2026 at Piedmont Center for the Arts  
Open to all current CWA Signature and Master Signature members\*

### Entry Deadline

May 1, 2026

### Juror of Selection and Awards

Michael Reardon

### Awards

1st Place — \$700, 2nd Place — \$500, 3rd Place — \$300

### Show Calendar (Save these Dates)

May 1, 2026, 5:00 pm DST	Entry deadline
May 8, 2026	Acceptance notification
May 22–June 2, 2026	Receive shipped paintings
June 4, 2026, 9:00 am–1:00 pm	Hand-deliver paintings
June 4, 2026, 3:00 pm	Awards selection
June 6, 2026	Exhibition opens
June 6, 2026, 2:00–4:00pm	Artist Reception and Awards Ceremony
June 28, 2026	Exhibition closes
June 30, 2026, 1:00– 4:00pm	Pick up hand-delivered paintings

### To Enter

Log in to the Members home page at [www.californiawatercolor.org](http://www.californiawatercolor.org), choose **Shows/Exhibitions**, and choose **2026 Signature and Master Signature Members Show**. Confirm your information, add your painting details and upload your images. Entry Fee for Members (nonrefundable): \$45 for one image, \$5 for each additional image (maximum of three images, \$55 total). Entry fees are payable via PayPal using a credit, debit, or individual account.



**Piedmont Center for the Arts**  
801 Magnolia Avenue, Piedmont, California 94611  
[www.piedmontcenterforthearts.org](http://www.piedmontcenterforthearts.org)



[Click here for Prospectus](#)

**Questions:** [SigShowPiedmontquestions@californiawatercolor.org](mailto:SigShowPiedmontquestions@californiawatercolor.org)

*\*Membership status must be current for Signature and Master Signature members to enter.*



### Mailing Address

California Watercolor Association  
Post Office Box 4631  
Walnut Creek, CA 94596 USA

### To Email a Board, Staff or Committee Member Go To

[www.californiawatercolor.org/contact.php](http://www.californiawatercolor.org/contact.php)  
and choose a recipient from the drop down menu.

### Membership/Data Manager

Make changes to your address, phone number and email on the members home page, under membership when you're logged with a current membership account.  
Email [datamanager@californiawatercolor.org](mailto:datamanager@californiawatercolor.org) if you have trouble logging in.

### General Meetings

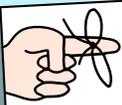
Monthly General Meetings are held on the third Wednesday of each month from 7:00 pm-9:00 pm, DST, via Zoom, unless otherwise specified.

### Newsletter Distribution

To receive this newsletter electronically please contact the Webmaster with the email address at which you wish to receive the newsletter.

### CWA Photo Notice

CWA may be taking photos or videos at CWA events. Your attendance at CWA events constitutes your "permission, consent, and release" to be photographed without compensation whatsoever in perpetuity. Images may be used online and in print exclusively by CWA explicitly for publicity, information, and promotion.

**Plan Ahead!**  
Submissions for the newsletter must be received by the 15th of the month prior to publication!  
**April Newsletter  
Deadline is March 15th.**  
**Click here to make a submission.**

## CWA Member Show

# Splendid Surroundings

**March 12 - May 10, 2026**

Artwork Drop-off on March 12, 2026  
at Livermore Valley Arts/UNCLE Credit Union Art Gallery

Show Opens March 13, 2026

### Congratulations to the Accepted Artists!

- |  |   |
|--|---|
| <i>Summer Time</i> by Ceil Bettner                   | <i>Cascade Cliffs</i> by Craig Moline                               |
| <i>Magnolia</i> by Teresa Beyer                      | <i>Day Road Ranch</i> by Jamie Morgan                               |
| <i>Kauai's Quiet Place</i> by Nancy Byrnes           | <i>Dream of Desert Lily</i> Yumiko Nishizawa                        |
| <i>Standing Noble</i> by Saswatee Kashyap Chatterjee | <i>Midsummer Dreams</i> by Michael O'Rourke                         |
| <i>Frozen Lake</i> by Norman Choo                    | <i>Coastal Farm</i> by Marina Omelianenko                           |
| <i>Botanical Stroll</i> by Angela Cox                | <i>Muir Woods</i> by Sue Pearlstein                                 |
| <i>Peak</i> by Linda Curtis                          | <i>Coastal Haven</i> by Patricia Pierce                             |
| <i>Winter's Coming</i> by Jessica de Jesus           | <i>A Breeze Over the Marsh</i> by Jaladhi Pujara                    |
| <i>Sassy Nude</i> by Rafael DeSoto, Jr.              | <i>Glorious Field of Poppies</i><br>by Anthonla Randopoulos         |
| <i>So. Co. Journey</i> by Burton Edwards             | <i>Artisan Remembered</i> by Edward Reus                            |
| <i>Fire at Brandy Creek</i> by Margaret Fago         | <i>April in Tuscany</i> by Diane Rodriguez                          |
| <i>Waiting</i> by Tiffany Ferreri                    | <i>Hotel Claremont</i> by Judy Rowe                                 |
| <i>A Streak in the Hills</i> by John Giannotti       | <i>The Barn on East Side Road in Sonoma Co., CA</i><br>by Dale Rutz |
| <i>Leading the Pack</i> by Eric Greenwood            | <i>Jewels of the Pond</i> by Teresa J. Sharp                        |
| <i>Diamond Head Celebrates</i> by Bro Halff          | <i>Social Hour</i> by Nutan Singh                                   |
| <i>Antique Mid-Century Vintage</i> by Jenna Hobbs    | <i>Coffee</i> by Stan Stadelman                                     |
| <i>Grand Teton Barn</i> by John Hopper               | <i>Protecting the Golden Gate</i> by Bernie Stein                   |
| <i>Autumn on the Hills</i> by Carol Husslein         | <i>Walk in the Lane</i> by Kathleen Stumpfel                        |
| <i>Splendid Sunset</i> by Carol Irwin                | <i>Divine Light</i> by Sujit Sudhi                                  |
| <i>Lindesnes Lighthouse</i> by Glen Jarvis           | <i>Desert Spendor</i> by Joanna Taylor                              |
| <i>Solitary Glow</i> by Rekha Joshi                  | <i>Sunny Afternoon in Rome</i> by Shruti Thombare                   |
| <i>American River</i> by Molley Klier                | <i>Fall in the Tetons</i> by Joseph Tringali                        |
| <i>Kayaking on Beaver Creek</i> by Jean Lea          | <i>Morning Walk</i> by Alka Vaidya                                  |
| <i>Morning Glories</i> by Marion Leggett             | <i>Sunkissed</i> by Vinita Velhal                                   |
| <i>House on the Shore</i> by Lisbeth MacDonald       | <i>Cathedral Cove</i> by Georganne Zaro                             |
| <i>Timeless Blush 2</i> by Meghana Mitragotri        |   |
| <i>Takeoff</i> by Benjamin Mohr                      |   |

### Awards

Awards to artists at reception and posted at [californiawatercolor.org](http://californiawatercolor.org) on April 11, 2026

### Jurors

Juror of Selection: Susan Avis Murphy, AWS, BWS  
Juror of Awards: Jeff Ishikawa, CWA

### Show Closes, and Artwork Pick Up

At Livermore Valley Arts/UNCLE Credit Union Art Gallery on May 10, 2026

### Venue

**Livermore Valley Arts/UNCLE Credit Union Art Gallery**  
2400 First Street, Livermore, CA 94550  
[livermorearts.org](http://livermorearts.org)

### Questions

Email [shows@californiawatercolor.org](mailto:shows@californiawatercolor.org)



# Plein Air at Arts Benicia — Again!

Saturday, March 14, 2026, 1:00 to 4:00 pm



Get ready for another paint-filled afternoon in Benicia, the 'Jewel of the Bay'! Join us for a plein air adventure in this charming waterfront town, where history meets stunning views.

Meet at 1:00 pm at Arts Benicia, then grab your gear and capture the beauty of the rolling hills, historic buildings, and vibrant streets. Bring lunch or grab a bite on First Street. We'll reconvene at 3:30 pm to share our masterpieces. Afterward, check out CWA's 56th International Exhibition before it closes (last day of the exhibition is March 15). Gallery hours are 1:00–5:00 pm, and park in any lot — can't wait to see your interpretations!

### Directions to Arts Benicia at the Commanding Officer's Quarters

Take I - 780 to East Fifth Street exit, turn left onto East Fifth

If coming from the East; or turn right onto East Fifth

If coming from the West; Turn left at the stoplight onto East Military and continue on to the stop sign just past the Arsenal District entrance gates

Take a slight left up Adams Street and follow the signs to the Commanding Officer's Quarters and the Clock Tower

Take a slight left to pass through arch that reads Johansen's Square and Commandant's Lane

The Commanding Officer's Quarters is the large, white mansion to your left

Park in any lot

Enter at front door or use the ADA ramp in back as needed

### Arts Benicia

The Commanding Officer's Quarters

1 Commandant's Lane

Benicia, CA 94510

(707) 7470131

[Click here](#) for website

### Questions?

Contact Nutan Singh, Plein Air Coordinator

Email: [nutan.finearts@gmail.com](mailto:nutan.finearts@gmail.com)



CALIFORNIA WATERCOLOR ASSOCIATION  
**56** INTERNATIONAL EXHIBITION  
January 31 – March 15, 2026



[artsbenicia](#)

# BENICIA *Plein Air* GALLERY



## Join the Benicia Plein Air Gallery's 2026 Paint Out!

This competitive paint-out, open to all artists, celebrates the spirit of plein air painting and will conclude with a public show at the Benicia Arts Festival on Saturday, June 6, from 11:00 am to 5:00 pm. Artists can paint in Benicia at their leisure from May 29 to June 5, 2026.

### **Awards:**

1st, 2nd, 3rd, Honorable Mention and People's Choice!

### **Juror:**

Carol Tarzier

### **Entry Deadline:**

May 15, 2026

**Click here** for details, entry form and prospectus.

Benicia Plein Air Gallery  
307 First Street  
Benicia, CA 94510  
[www.BeniciaPleinAir.com](http://www.BeniciaPleinAir.com)

### **Event Sponsors:**



# VALLEY ART GALLERY SLOPES OF DIABLO 2026 CALL FOR ART



The subject is the artist's perspective and interpretation of the awe-inspiring East Bay landmark Mount Diablo.

## **JURORS:**

Paul Kratter and Tia Kratter, acclaimed instructors and painters of the California landscape

## **JUROR'S AWARDS:**

First Place Award \$350, Second Place Award \$250,  
Third Place Award \$150

## **EXHIBITION DATES:**

June 6–August 1, 2026

## **DEADLINE FOR SUBMISSION:**

Thursday, May 7, 2026

## **ELIGIBILITY:**

Artists residing in the San Francisco Bay Area

## **QUESTIONS?:**

Send an email to [ValleyArtGallery@gmail.com](mailto:ValleyArtGallery@gmail.com)

## **Valley Art Gallery**

1661 Botelho Drive, Suite 110  
Walnut Creek, CA 94596  
[valleyartgallery.org](http://valleyartgallery.org)  
(925) 935-4311

**CLICK HERE  
TO APPLY THROUGH ENTRYTHINGY**

Painting by Shirley Case

## **From Our Members**

### **Ryan's Abstract Art**

by Donna Davies



Can anyone create great art? Absolutely! Once when I was working for a large pharmaceutical company outside New York City, the marketing department announced a child's art contest with a prize for the best one. The employees could enter their child's artwork if they were under five years old. Boehringer Ingelheim was introducing a children's drug and planned on using the artwork for packaging the medicine and publicizing its new product in ads.

I knew immediately that my own four-year-old son's recent finger painting was an excellent candidate: a big, bold, colorful, and lively piece. As they were looking for work that tended toward the abstract, I thought the accidental, total effect of his abstract tempera painting had truly great design and composition. And indeed, the judges agreed with me and bestowed upon him 'best of the bunch' giving him a small bundle of fine art supplies in the process.

But then, a funny thing happened on the way to the finish line. Some executive in the Marketing Department decided at the last moment that the entry was too sophisticated to be regarded or used as a child's work. In fact, he or she declared it looked like "it came right out of MOMA."

Can anyone make great art? Yes! Just look for the joy, beauty, color, or composition, and you'll find great art everywhere.

**We want to hear from you!**  
**To share your story, [click here.](#)**

# Member News



*Pond Koi* by Lis MacDonald



Kieu Chinh and Lis MacDonald



## Lis MacDonald, CWA

After my painting, *Pond Koi*, sold at the Napa Gallery, I was contacted by Bill Imada, the director of the Napa Valley Asian American Film Festival (NVAAFF). He had purchased the painting to present to the well-known Vietnamese actress Kieu Chinh, recognizing her courage and bravery in media. (She has starred in *M\*A\*S\*H*, *The Joy Luck Club*, and many others.) I was informed that the eight Koi are auspicious in Asian culture and asked if I would present her with the painting at NVAAFF, which I gladly accepted.



## Art in the Garden

You are invited to a relaxing afternoon of art and live music in Lenka's garden on March 21st & 22nd, 2026, from 11:00 am to 3:00 pm

Lenka Glassner's watercolor paintings and hand-painted eggs will be on display, accompanied by violinist Laurie Carlson. It's going to be a lot of fun! There will be more than a hundred watercolors of Mt. Diablo and local landscapes, along with hundreds of unique, hand-painted eggs in the traditional style she learned from her ancestors in Czechoslovakia. Just in time for Easter!

715 Black Point Place, Clayton, CA

Follow Lenka A. Glassner on Facebook



## FLORA IN FOCUS

A Flower-inspired Art Show  
January 10 - March 7, 2026

### Participating Artists

Monique Makepeace, Wei-Ting Chuang, Charlotte Severin, Jenna Hobbs, Helene Roylance, Tuan Karsevar, Rekha Joshi, Peggy Kervin, Usha Shukla, Ranjini Venkatachari, Lynda Briggs, Tejal Shah and the show's creator and organizer Meghana Mitragotri

### March Live Demo Schedule



Saturday, March 7  
11:00am - 12:30pm  
**Helene Roylance**  
Light and Shadow  
(Watercolor)



Saturday, March 7,  
1:00pm - 2:30pm  
**Jenna Hobbs**  
Dramatic Contrast for  
Floral Painting (Gouache)

Harrington Gallery,  
Firehouse Arts Center  
4444 Railroad Ave.  
Pleasanton, CA 94566

Contact: Meghana Mitragotri  
at meghana.ms@gmail.com

Click here for show information, demo/  
talk schedule and gallery hours



## The Drawing Board

continued from page 2

### Why This Matters for Watercolor Artists

Self-portraiture removes excuses. No travel. No ideal reference. Just observation, decision-making, and honesty — under unforgiving conditions.

### A Challenge Before Your Next Major Piece

- Set up a mirror
- Limit your palette
- Paint yourself — not perfectly, but truthfully; watercolor has a way of revealing more than we intend

## Voices From the Studio



Karen Frey, self-portrait (earlier, and more recent work)



Crazy Hat by Barbara Lind



Pat Moseuk self-portrait



Sheila in the Pool by Sheila Cain

#### Karen Frey

“I paint a self-portrait every year or every other year with my art group. My expression is serious because I’m looking so closely. I always paint from looking in a mirror — that’s how I see myself. When a photo is used, the image is flipped horizontally. You can always tell.”

— Karen Frey

The later self-portrait is one Karen admits feels scary. She does not shy away from strong emotion, and the result is powerful work. Other self-portraits show a lighter, more cheerful face.

#### Barbara Lind

Barbara arrived at self-portraiture indirectly. While searching through photos for one with good darks and lights, she realized her best option was a photo of herself.

As she explains, “People are not that receptive to being painted, but I like painting people. The availability of the self-portrait made the choice practical and the result effective.”

— Barbara Lind

#### Pat Moseuk

“When you paint self-portraits, it gives you the opportunity to experiment with technique, color, and the freedom to create without constraints.”

— Pat Moseuk

#### Sheila Cain

“I began painting self-portraits when Karen Frey suggested it. Later, I returned to them while working with veterans in the About Face project. The vets were exploring their psychological transition from warriors to civilians through art. Since I asked them to do it, it felt only fair that I painted one myself. I painted myself in the pool because it’s my happy place. There I focus on my stroke and let my mind wander.”

— Sheila Cain

## Conclusion

There are many reasons to paint a self-portrait. Artists return to their own faces because the subject is always available and endlessly variable. The mirror offers no idealized reference and no easy escape. What appears must be addressed line by line and wash by wash.

Historically, artists such as Rembrandt used self-portraiture to study light, value, aging, and to make money. Others, like Frida Kahlo, painted themselves out of necessity, using the image to externalize pain, identity, and inner life. In both cases, the self-portrait records lived truth, not just appearance.

For contemporary watercolorists, the reasons remain just as compelling. Painting yourself removes logistical barriers and replaces them with meaningful challenges: committing to value, premixing washes, managing edges, and accepting

timing as part of the outcome. Returning to the same subject allows variation through process.

Ultimately, painting a self-portrait is about attention. It demands presence, honesty, and decision-making under pressure. Over time, these works become markers—not of how you looked, but of how you saw, what you understood, and what you were willing to face. In watercolor, where every choice is visible and every hesitation leaves a trace, the self-portrait remains one of the most direct and revealing practices an artist can undertake.

*Sheila Cain*

Co-Director, Community Outreach



## CWA Board of Directors

President	<b>VACANT</b>
Vice President/Membership	Sharon Hopkins
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Director, Member Shows	Kathleen Stumpf
Director, Communications	Jessica de Jesus
Director, Programs	Lis MacDonald
Director, International Exhibition	<b>VACANT</b>
Co-Director, Community Outreach	Sheila Cain
Co-Director, Community Outreach	Georganne Zaro
Director, Workshops	Joe Tringali
Member At-Large	Rekha Joshi
Member At-Large	<b>VACANT</b>

## CWA Support Personnel

Bookkeeper	Melissa Alva
Membership/Data Manager/ Webmaster	Adrienne Hefter
Newsletter Editor	Patricia Rosa

## CWA Volunteer Committees

Audio Visual Set Up	<b>VOLUNTEER NEEDED</b>
Community Outreach	Sheila Cain Maggie Metcalf
Co-Video Librarians	Joe Tringali (Chair) Barb Bochenek Madeline Shelby
Co-Hospitality	Susan Scolnick Jean Holmes Sharon Hopkins
56th International Exhibition	Jessica de Jesus Iretta Hunter Carol Husslein Pat Lauer Samantha McNally Marilyn Miller Ruth Miller Pat Moseuk Patricia Rosa Joe Tringali Leslie Wilson
Mail Distribution	Carol Husslein
Panel Rental	Carol Husslein
Plein Air	Nutan Singh
Workshop Registrar	Kirsten Theurer

## To Email a Board, Staff or Committee Member:

Go to [www.californiawatercolor.org/contact.php](http://www.californiawatercolor.org/contact.php) and choose a recipient from the drop-down menu.

# February Meeting & Demo Recap

by Lis MacDonald

At the February 18 general meeting and demo, we had the pleasure of seeing Bob Burridge, a well-known artist, who showed off his watercolor painting techniques and thoughts. Burridge walked us through his method for making still life paintings, using a special color wheel and stressing how important it is to think about composition, contrast, and trying out different versions of the same subject. He also talked about his cool way of sealing watercolor paintings with casein spray fixative (Spectrafix Fixative) without needing to frame under plexiglass. The night wrapped up with Burridge's live painting, where he painted a wine bottle scene while telling us about his brush techniques and how he mixes colors.

Bob, who's been painting for more than 33 years, gave us some great tips on composition and using water-soluble materials, pointing out how important it is to have a clear idea and be creative when you paint. He also mentioned how important the quality of the pigment is in watercolors, suggesting brands like Holbein, and he encouraged everyone to try out different materials.

[Click here](#) to see the demo on YouTube.



## Welcome New CWA Members

Julie Arnone, Gail Ashworth, Kammy Bhala, Barbara Carlisle, Norman Choo, Stan Cubanski, Sheri Del Core, Pritee Gupta, Maribeth McFaul, Penelope Mueller, Carla Mull, Sandra Shewry, Laura Sweeney, Stephanie Syring, Lorie Tinfow

[Click here](#) to email membership, then choose **Vice President & Membership Director** from the **Recipient** drop-down menu. [Click here](#) to join or renew today!

### Attention Members!

The CWA Board of Directors announces that the CWA annual dues will increase from \$45.00 to \$50.00 per year, effective November 1, 2025. The CWA annual dues have remained at \$45.00 per year since 1999, and the costs of doing business and maintaining programs and services to our members have increased. This increase will be effective on your renewal date.

### Follow CWA on Social Media

Follow us on Facebook and Instagram to stay updated on our activities. CWA Social Media is your go-to resource for information, promoting the CWA, our members, events, and more.

We invite you to contribute to our CWA Instagram and Facebook feeds.

[Click here](#) to follow us on Instagram

[Click here](#) to follow us on Facebook

[Click here](#) to submit content.

# CWA Member Resources



## Watch Us on YouTube!

Did you miss a general meeting demo? Want to go back and review part of a demo again? Watch now on YouTube.

Check out our YouTube Channel and subscribe to get notified of our latest demos from your favorite artists! Don't forget to subscribe to the channel!

Thank you, and enjoy!



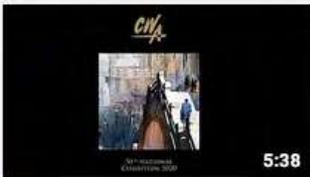
CWA Michael Holter Demo



CWA Stephen Berry Demo



CWA 50th National Art Show at the Harrington Gallery



CWA 50th National Show 2020

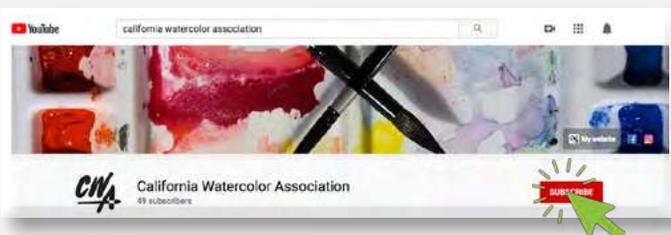


CWA Roland Lee Demo



CWA Leslie Wilson Demo

And More!



**Click here to go to the CWA YouTube Channel, and don't forget to click the subscribe button!**

<https://www.youtube.com/c/CaliforniaWatercolorAssociation>



## CWA Video Library

Staying engaged and creative is easy...just go to the CWA website and view the library catalog, note the video that you are interested in, and send Madeline the catalog number in an email and she will check to see if it's available. She will let you know about its availability and mail it to you if available. It is your responsibility to return the video 30 days after receiving. It can be dropped off at Madeline's home or mailed. All you need to do is pay postage.

[Click here to view our entire catalog.](#)

It can also be found by going to our website and clicking the [About Us Tab](#) and following the link to [Video Library](#).

**Checking out a video will be simple, please follow the steps below:**

- 1) You must be a Member
- 2) Once you find a video that you are interested in, note the [Catalog Abstract Number](#).
- 3) Email me at [madlnshelby@aol.com](mailto:madlnshelby@aol.com), with the [Catalog Abstract Number](#) and I will check its availability. I will send you a verification if it is available or let you know if it is checked out.
- 4) If the video is available we will mail it to your home via USPS. Your address on your membership records will be used for shipping.  
Please log in and make sure your address information is up-to-date.
- 5) Your rental period is for 30 days. You are responsible to return the video to me. You are responsible for return shipping costs.

**Return Address:**  
**Madeline Shelby**  
**482 Broadmoor Blvd.**  
**San Leandro, CA 94577**

6) Members who return videos after 30 days must pay a \$5.00 Late Fee. Lost videos must be replaced at the video replacement value.

We are excited to offer this service and hope it will lead to your creative enjoyment.

*Madeline Shelby*



# 2026 CWA Calendar

CALIFORNIA WATERCOLOR ASSOCIATION

## 56<sup>th</sup> INTERNATIONAL EXHIBITION

January 31 – March 15, 2026



### Closing Weekend

March 12–15, 2026, 1:00–5:00 pm

**Plein Air at Arts Benicia — Again!**

Saturday, February 21, 2026, 1:00–4:00 pm

[Click here](#) to RSVP

**Venue — Arts Benicia**

**The Commanding Officer's Quarters**

1 Commandant's Lane, Benicia, CA 94510

## CWA Workshop Series

January 14–16, 2026

Dongfeng Li

Watercolor Essentials for Portrait Painting (IN-PERSON)

March 1–3, 2026

Pat Moseuk

Abstracts in Mixed Watermedia (IN-PERSON)

April 15–17, 2026

Birgit O'Connor

Within the Flower (ZOOM)

May 4–6, 2026

Geoff Allen

Watercolor Essentials for  
Landscape Painting (IN-PERSON)

June 13–15, 2026

Stan Miller

Painting the Portrait and Landscape  
in Watercolor (IN-PERSON)

October 2–4, 2026

Thomas W. Schaller

The Power of Design and Imagination (IN-PERSON)

[Click to watch a preview of the  
2026 Workshop Series](#)



To request additional information, go to  
[www.californiawatercolor.org/contact.php](http://www.californiawatercolor.org/contact.php) and choose  
**Workshops** from the **Recipient** drop-down menu.

## General Meetings & Demos

January 21, 2026

Dongfeng Li

February 18, 2026

Robert Burrige

**March 18, 2026 — ZOOM Demo**

**Ken Goldman**

**(for Members & Guests)**

April 15, 2026

Uma Kelkar

May 20, 2026

Sue Johnston

June 17, 2026

Thomas Schaller

July 2026 Summer Break—NO MEETING

August 19, 2026

Qian Gao

September 16, 2026

Michael Reardon

October 21, 2026

Birgit O'Connor

November 18, 2026

Brienne Brown

December 2026 Winter Break—NO MEETING

Go to **Monthly Meetings** under the **About Us** tab at  
[www.californiawatercolor.org](http://www.californiawatercolor.org) for updates.

## CWA Member Shows

### *Wonder of Watercolor*

**Signature & Master Signature Members Show**

June 6–8, 2026 at Piedmont Center for the Arts

[SigShowPiedmontquestions@californiawatercolor.org](mailto:SigShowPiedmontquestions@californiawatercolor.org)

### *Splendid Surroundings*

**UNCLE Credit Union Art Gallery, Livermore**

March 12–May 10, 2026

**Orinda Library**

June 2026

**San Ramon City Hall Gallery**

November 3–December 19, 2026

Contact [shows@californiawatercolor.org](mailto:shows@californiawatercolor.org) for more info

