



Community Outreach

Oakland VA

Volunteer with Community Outreach and help bring the wonders of creativity to your community. Call Sheila Cain (510) 845-0863

The Forest and the Trees

Painting a landscape with trees in the forests of Yosemite Valley was the project for the veterans of the Oakland VA. The method was to simplify by working from specific trees in the foreground to the masses of sunlit brush in the middle ground and the varied green band of forest in the background.

Michael Friedland led the group in his “paint-along” method. He had just returned from teaching for a week at the Yosemite Art Center. Michael noted, “For my class of (mostly beginners), I thought I’d leave the grand vistas and Yosemite icons and encourage the students to focus on the forests’ details... to select ‘little slices of nature’ that we could use to work on learning watercolor fundamentals. Each day we

would go out and draw for an hour or so and then return to the Art Center and make paintings from our drawings.”

The Oakland veterans’ session was built out of Michael’s Yosemite Art Center class experience. He discussed this approach of focusing on a smaller, more easily managed ‘piece of the forest’ to allow the veterans to focus on color, values and paint application. Michael brought his value sketches and walked them through making the painting step-by-step. The enthusiasm for this project generated a request for a follow-up session focusing on trees. As always, it was a fun and interesting day spent with the veterans group in Oakland.

Sheila Cain





Community Outreach

Martinez VA

Pushing Boundaries and More

Our bimonthly art studio continues to be a popular drop-in site for both artists and critics. Our regulars have been motivated to push boundaries and others are learning basic techniques.

Wes has been doing a series of dog portraits and incorporating lost edges and understanding of dog anatomy. Anyone who has painted an animal knows how critical that is to a painting that reads correctly. John has been interpreting images in ways that are new and different. His ability to create an ocean scene is quite different from his usual style. David is new to painting, but amazed us with his wet-into-wet water and mountain paintings.

It is exciting to be part of the development of our artists. We are all learning as a group. Victoria Bianco, Julie Limberg and Maggie Metcalf are the CWA artists who have the privilege of working with the VA staff and the artists. We welcome anyone who is interested to contact the Outreach Chair for CWA. We'd love to see you!

Maggie Metcalf



Veterans Art Show Martinez VA

November 7, 2018

10:00am - noon

We will have an art show at the VA Martinez the week that Veterans Day is celebrated. Art will be displayed and our CWA Community Outreach studio will be open for our veteran artists to continue their work. We invite CWA members to come see the fine work being produced!

Located in the Recreational
Rehabilitation Center
150 Muir Road, Martinez, CA 94553

Maggie & Victoria