

## Thoughts from CWA Outreach VA Hospital–February 19, 2014 “Sunflower Watercolor Painting Fair”



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This painting was painted by a man who had no legs and in a wheelchair. He needed to lean back to take breaths in order to continue painting. He was so determined. During his painting he would be interrupted by an aide needing to prick a finger in his other hand in order to take blood samples. After I handed him his finished card he looked up to me in amazement. With his eyes and all his heart said “thank you.” I said “no, Thank you for serving.” With that he took his little card and carefully lifted the strap that held on his prostheses and tucked in his card. For a moment in time he forgot his pain and the horrors of war.

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This sunflower painting was painted by a man that when he sat down appeared to be very nervous and agitated. Carefully he drew his circles so very small. I encouraged him to try and draw his circles bigger which he did. He drew the petals very small. So insecure and scared he was especially when it came time to paint yellow in the petals. I kept reassuring him it was okay to let the paint go outside of the lines. He took the longest time painting wanting to make things perfect, so scared he would do something wrong. He too, when presented with his beautiful card, looked up and said “thank you.” For a moment in time perhaps he put his PTS aside.



## CWA Outreach Cont....



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This painting was painted by a spirited smiley chap in spite that he was in a wheelchair and seemed to be in pain. He was sure he could not do this. I looked over at his right hand which lay limp and motionless. I asked him if he was right handed or left. "Right" he said. So I taped the paper to the table so it did not move. He laughed and had fun with his new found friend next to him. He was amazed when I presented him with his masterpiece. He looked up and said "did I do that?"

At one point I looked across the room seeing all the Vets leaned over intently concentrating on their little sunflower paintings. There also were my co-helpers Maryann, Sheila and Victoria in their little blue CWA aprons working diligently helping our Veterans painting, blow drying the paintings, taping to folded cards and putting in clear sleeves.

To Volunteer, contact:  
[outreach@californiawatercolor.org](mailto:outreach@californiawatercolor.org)

I felt good being a part of helping these dear souls forget for a moment in time their pain and suffering. I felt proud to be a part of CWA.

*By Georganne Zaro Eddy*

