



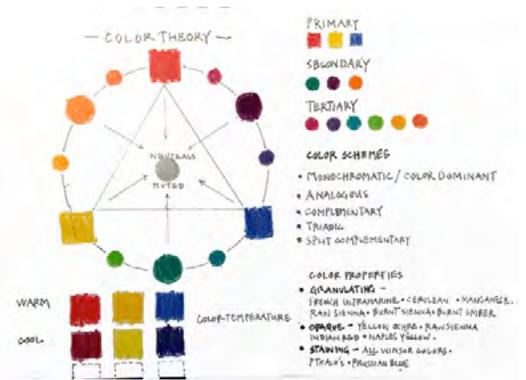
# Community Outreach — Oakland Veterans

## Valentine's Day, Plus Color Theory with Michael Friedland

Our Oakland vets' Valentine's Day gathering got off to a great start. Libby brought a box of See's candy and Michael created a necklace of hearts that all of us signed for Nancy.

### Color Theory Outline:

- Reviewed color theory
- Reviewed a primary colors grid glazing primaries, warm and cool over each other to see various mixtures
- Choose primary colors from that grid to paint overlapping graded washes
- Painted those washes on five-inch squares
- When those 'color fields' were dry, we introduced loose, gestural, linear marks with some middle-value shapes to turn simple 'color fields' into small paintings with a sense of place—landscapes.



Moving on to painting, everyone received a handout explaining and illustrating color theory. We frequently referred to the color wheel. For instance, a common question is, “How do you mix green?” Michael Friedland’s illustrative handout clarifies this and much more.

We reviewed the color wheel, noting that primary colors cannot be mixed but can be found as-is in nature or generated chemically. We discussed a basic palette of six pigments: a warm and cool red, a warm and cool yellow, and a warm and cool blue. Michael recommended a home painting project where one can paint glazes of these colors over one another in a cube to see the resulting secondary and tertiary colors.



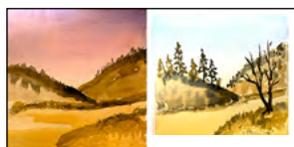
Our class project was to divide our paper into four squares. Then glaze in each square a graded wash with a primary color from top to bottom, medium intensity to clear. The graded wash we made with our paper set at an angle so that the pigment and water flow down the page creating a bead at the bottom of each stroke. By picking up some water with the overlapping beaded strokes, the pigment was diluted, becoming lighter and lighter as it moved down the page. Even when the water was clear, we continued to paint so that the picture area was at least wet.



When these first washes were absolutely dry, we turned the paper upside down and chose a different primary, like red to paint over blue, and made another graded wash which started out as light red. Where it overlaps the blue, it becomes purple and as it returns to clear water retains the original blue. On the fourth square, we took this one step further. We used the earth-tone yellow ochre for the first graded wash. Again, when the paper was dry, we turned it upside down and painted a primary wash, followed by a second primary wash creating orange, green, or purple, depending on the primaries chosen. The final step was to add some horizontal details like a horizon line, trees, and mountains—details to make each square a specific place.



I found that my graded wash had streaks and stripes. To improve it, I switched brushes, carefully created a bead, and increased the angle of my painting. The graded wash improved but wasn't the perfection that I had hoped for. When I later added the landscape, I found that my imperfections became mountains in the distance of ripples in water.



As usual, our conversation turned to stories. Craig shared a compelling tale about finding himself among a mother bear and her cubs. When the class concluded, we displayed our paintings. We covered a great deal of material and learned a lot. Plus, we have our color theory handouts to take home to inspire and create more art.

*Sheila Cain*

Co-Director, Community Outreach



# Community Outreach — Martinez Veterans

## Back to Basics



We started the new year with a "back to basics" approach. As it happens with people in rehab, returning home is a desired goal.

We welcomed new artists who were interested in learning or reviewing basic painting techniques. They specifically wanted to focus on the idea that a good sketch is the basis for a painting.

During our sketching session, we spent a relaxing afternoon observing and drawing various seashells, paying attention to their shapes, darks, and lights.

For Valentine's Day, we created free-form hearts by applying water to paper, then adding paint and tilting the paper to allow the colors to blend. (Thank you, Sue, for the idea!) One gorgeous piece was made and gifted to the visiting spouse of one of the artists.

I also want to highlight the window painting, which is quite striking. The artist, who had never tried this technique before, received materials from Darlyn, and his creativity truly shines through!

*Maggie Metcalf*  
Community Outreach

