



Community Outreach — Oakland Veterans

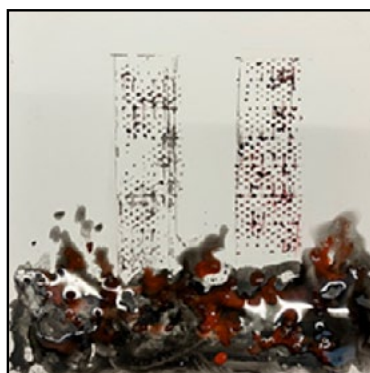
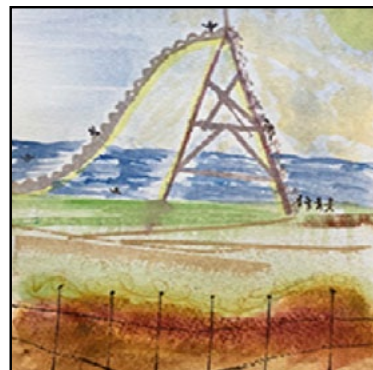
Compositional Designs for Realistic and Abstract Art and 9/11 by Sheila Cain

On September 11, 2026, the Oakland veterans group gathered with CWA volunteers to continue working on their 6 x 6 inch realistic and abstract mini-paintings. It was, of course, the anniversary of 9/11. We shared memories, reflections, and even some of the conspiracy theories surrounding that day. It felt as though we had been given a place to express our feelings about 9/11—a very healing experience.

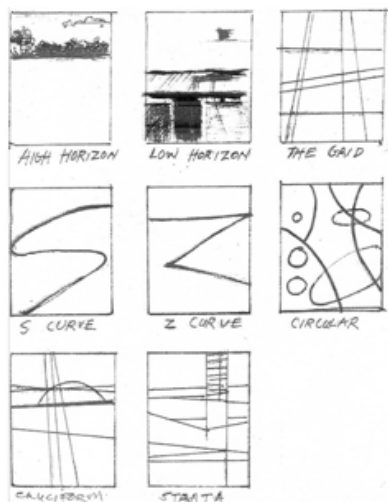
At the same time, we continued working on our series of small paintings, adding here and wiping out there, especially when working on Yupo.



Pat Moseuk brought printouts illustrating **Composition Designs for Abstract and Representational Art**, including high horizon, low horizon, grid, “S” curve, strata, and others. She also brought realistic images that used these compositional designs. Seeing the designs applied to realistic paintings was very convincing and helped demonstrate how effective they can be. What a great lesson! We were challenged to choose one of these compositional designs and use it as the basis for a painting. Alternatively, we could paint as we normally would and then, when finished, identify which compositional design we had used.



COMPOSITION DESIGNS FOR ABSTRACT AND REPRESENTATIONAL ART



It was a fun and engaging class. Sheila brought Art Graf pigment compressed into the shape of tailor's chalk and showed us how to use it. It was a hit! We continued working on our small paintings (about 6 x 6 inches) and enjoyed using YUPO and 140 lb. Arches.

The conversation flowed so easily that we plan to go to lunch next month after our painting session.



Sheila Cain

Co-Director, Community Outreach



Community Outreach

September at the Martinez VA

Today, our artists felt inspired to sketch, so we borrowed some seasonal décor to create a still-life composition. Three artists—although one had not yet arrived when the photo was taken—created three unique interpretations, while the usual observers watched without committing. Each artist brought a distinct painting style to the composition.

Maggie Metcalf & Darlyn Phillips

Community Outreach

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



NEW! CWA Brush Lending Library

Curious what a dagger, rake, or inlaid-line brush can do for your painting? Now you can borrow high-quality specialty brushes, including flats, mops, and round brushes. Take a brush home and try it for a month before deciding whether to add it to your own collection, at only \$3 per brush per month.

The Brush Lending Library is in South Berkeley near Highway 13. To make an appointment, contact Sheila at sheilahillcain@gmail.com. Please put "CWA Brush Library" in the subject line.

Expand your horizons. Try a new brush!

(Various brush options shown on the left)

CWA Depends on Volunteers!

Our volunteers are essential to the functioning of CWA. We depend on your support to make a positive impact in our schools, community, and organization. If you're able to help and haven't signed up yet, please log in and update your volunteer preferences on the right side of the Members' Home page. Thank you!

Join us today!

If you are interested, please contact Leslie Wilson at secretary@californiawatercolor.org.