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## Northeast Region Newsletter 2011 November Issue #8

### From the Key Board of the President

I do apologize for being so late in getting a newsletter, out to you. Smokey, the wonderful newsletter, decorator, has had a very, sad, hard time this fall. Her mother has been sick and she has been traveling from Alaska to ID to care for her, and her father, passed! So all our love and prayers to her in her time of need. Harold Champagne is going to post this newsletter, as is. Thanks Harold! The holiday season is fast approaching, and with all the extra things we do—Paintings to finish, lists to make, decorations to find, holiday travel plans, the list goes on and on! The older I get, the more I appreciate the 'little' things in life. A beautiful sunset, the way a leaf shines in the sun. Time not spent with loved ones. So this season, I intend to spend less time worrying about, the big things and spend more time on the little! Maybe that is because of the economy, and so many out of work, losing their homes, retirement funds and the uncertainty of being able on a fixed income, to be able to afford heating oil, food and gas. We have to make the 'little' things count. Even my paintings in classes are getting smaller. We sometimes do 2 or 3 small ones instead of a 16 x 20. There are ways to economize, and still produce wonderful paintings, meals

and good times. We just have to use our talents and think of new, small, things to do.

My Aunt of 97 years passed in Sept. I still find the house empty and quieter, even though she was as quiet as a mouse!

There are 5 things you cannot recover in life

1. The Stone---after it is thrown
2. The Word----After it is spoken
3. The Occasion---After it is missed.
4. The Time ----After it's gone.
5. A Person---after they die

## **SEMINAR MASCOT**

**Buster** --is in good health and was one of the last visitors to Auntie Bet. He and his mistress are off to Florida for the winter after Thanksgiving.

**PERSONS OF THE ISSUE [no one has been nominated]** so I have to do the job myself!

**The Fall blustery wind, Award**—has to go to Carol Weber—she was up to her old tricks this fall, getting mixed up in Power outages, hurricanes [although she said she did not do it] and she told me not to make plans to go to PA the week she was. Carol, I am going there in Nov. OK?

**Fall Colors--** That has to go to ME as I have been every color —but -- mostly Blue this fall!

**Halloween Witch [good witch of the north]** Lynn Chamberlain she has spent the whole fall flying about [on her broom] doing good deeds for everyone, for family, for school and the church.

AND last but not least The **Thanksgiving Queen**

Este Rayle for her good news about her husband's recovery

She has to be very Thankful, as they both have been through so much, together in the past few years.

### **PERSONS NEEDING OUR PRAYERS:**

**Annie Krampitz, that her house will, really, be 'fixed' this time!**

**Gloria Avner, that her mother's recovery from a stroke, continues, and good luck to her on her hip re-placement November 7**

**Carol Weber, Good luck and prayers for a quick recovery on her up coming knee replacement November 29**

**Words that soak into your ears, are whispered, not yelled**

**Persons winning ribbons at the Bluehill fair, Debbie Innis, Dr. Jerry, Jeannie Warren, & Jan McCarty**

**JUNE Seminar Information will be out in December Newsletter. The dates to save are June 20 to 23 2012**

### **PAINTING TIP**

Use clear contact paper to cover patterns of what you want to save. Either before or after painted and dried. Scotch Magic tape will not leak, if used in watercolor to hold lines. Green Frog tape, although more expensive, does not leak. There is a UV varnish called Frog

Juice, it comes in oil or acrylic, and the sun will not fade your paintings. Go on line and ask for—Frog Juice.

## **COOKING**

### **Best Pancakes**

**1 Cup Flour, 1 cup milk, 3 Teaspoons baking powder**

**2 Tablespoons oil, and sugar**

**2 eggs [separate the eggs, beat the whites, stiff]--add the yolks to the above ingredients-Mix all ingredients, with a beater {I do the egg whites first, then I do not have to clean the beater} Fold in the egg whites,**

**Cook on a hot griddle—um--um--good with real butter and real maple syrup! You can  $\frac{1}{2}$  the receipt as it makes about 8, sometimes I add blueberries or nuts**

**Good judgment comes from experience, and a lot of that comes from BAD judgment! LIFE IS LIKE PAINTING we are always learning!**

**Happy Thanksgiving, count your blessings and be glad you live in AMERICA!**

**Betty Allen**