

# TEAM S.E. REGION

February 2011 [www.artteachers.org](http://www.artteachers.org)



## PRESIDENT'S COMMENTS



Editor: Terri Clements

**IT'S GONE! I CAN'T FIND IT!  
CAN YOU HELP ME FIND WHERE  
JANUARY WENT!!**

It has just slipped away and it is already February. The days are shorter, maybe that is where the problem is. Some of you are being blasted with winter storms, and maybe January was buried.

BUT... That means that our wonderful ST. Simons meeting is only two months away. It will be better weather and we will be ready for SPRING and newness of signs of life springing forth.

Have you sent in your registration yet?? Thank you to those that have sent theirs in.

**One notation is that Diana Davis' class has been cancelled.**

What a great event to look forward to. Three full days of PAINTING, PAINTING, PAINTING, seasoned with fun and laughs as well as good family reunion atmosphere. Art contests, raffles, and sharing. There is good lodging and the price INCLUDES home style cooking at it's best three times a day. What a great time is planned by our busy planning committee.



**Epworth By the Sea St. Simons Island, Georgia  
April 7 – 10, 2011**

All the information is on the TEAM website, [artteachers.org](http://artteachers.org). The brochure with all the painting subjects, the registration forms and where to send... TO ME- GLORIA.

Our planning committee has worked very hard to lay out plans for a grand session with great subjects, learning, and fun. **PLAN TO BE THERE. ST. SIMONS MEETING 2011.** This year theme "COUNTRY WESTERN HOE DOWN "Git your hoop skirt lady and sashshay on down." YA HOO....

Our donations and raffles were very successful, so be on the lookout for good things to donate this year. Recycled Christmas gifts would be great.

**WEBSITE WWW.ARTTEACHERS.ORG**  
Our web masters are busy with the web pages so if you need an update or change, let them know, at: <mailto:webteam@artteachers.org>

Check out other TEAM regions and events across the nation. Western Region has a "Pony Express" art contest this month in Las Vegas. All entries by mail. Check out info on that webpage.

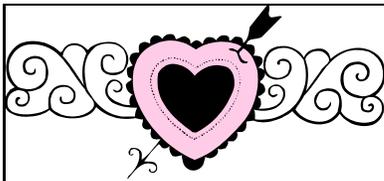
Elections for President, Secretary and Auxiliary officer of SE Region will be coming up soon. If you have a nomination please email Este Rayle at [erayle1@triad.rr.com](mailto:erayle1@triad.rr.com).



**DUES were DUE AS OF  
JANUARY 1<sup>ST</sup>, 2011.** Send to Fran Walker, 1003 Sonata Lane, Apollo Beach, FL. 33572. \$25. Mark "Dues" on check. Get this in so you will be included in the directory.

Please continue prayers for those who are battling illness, as well as their caregivers. Looking forward to seeing you at the ST. Simons meeting

**Gloria Stegman,  
TEAM SE Regional leader.**



## DRAWING By Gloria

Drawing is an art form that teaches you how to observe things in a sensitive way. Drawing from life is the best way to learn to draw. Observing for the purpose of drawing is the very best way to learn to see all

objects, whether in your home, work, garden or traveling. By training your eyes to look for the structure of forms and relationship of one part to another, you will understand what you are drawing and be able to draw with a purpose. You must first use your EYES. Let your eyes very slowly follow the edges and surface of the subject as if drawing it. Your thoughts and feelings are also involved. Be careful to notice where one subject overlaps or intersects with another. You should pick a subject you like, then observe it with attention until you have a clear image of it in your mind. Observe the whole subject, the mass, how parts relate to each other. Study and touch it if possible to relate the feel of it. You can then make small sketches before starting your project.

## WELCOME NEW MEMBER

Sheilah Shaw of Calhoun, GA.



## WHO'S WHO IN THE SE REGION

President - Gloria Stegman  
Vice President - Bonnie Phillips  
Treasurer - Frances Walker  
Secretary - Diana Marcinka  
Auxiliary Officer - to be filled  
TEAM Consultant - Este Rayle  
Sunshine Chairperson - Helen Blair  
Newsletter Editor - Terri Clements  
WEBMASTERS - Smokey Beare, Harold Champagne, Ollie Trawick.  
Chairperson for 2011 Regional meeting  
Sylvia Wilkinson

## ATTENTION 2011 T.E.A.M. MEMBERS

The 2011 St. Simon's PLANNING COMMITTEE. needs your help to make up baskets which will be used on the Raffle and Flea/Art Market tables. Some examples are: A Pasta basket - Sauce, Pasta, Bottle of Wine, colorful Table Napkins and Napkin Holders. Cosmetic basket, bath & body, art baskets, a movie basket with 2 movie tickets, popcorn, and a big bowl. A Jelly basket, or a manicure kit, etc. Get the idea? Be creative...

THINK about the gifts you get for Christmas that you don't like, don't need, and don't want. Please don't re-gift them or give to charity. Donate to TEAM to help keep our organization thriving. OH, and we need baskets too. Or you can donate money for a basket and we'll make it up for you. The Flea and art markets and raffle table will only be as good as the donations we get from everyone. So start a box right now saving your 'White Elephants' or other good, new, or like new 'stuff' that you no longer want or need. We'll take most anything.

TEAM also needs YOU! So mark your calendar for April 7-10, 2011.

For the Country Western Hoedown. BE THERE.  
Bonnie Phillips [iteachpainting@aol.com](mailto:iteachpainting@aol.com)

## 2011 EVENTS

SE REGIONAL ST. SIMONS MEETING  
APRIL 7 -10, 2011.

## From Mara Trumbo:

Since last writing to you, Valerie Stewart's workshop in Italy has had to be cancelled at the end of January due to low numbers in participation. I am however, still going to Italy as a Jenkins Certified International Fine Arts Instructor to teach in Rome, north and south Italy, culminating my tour with a week's cruise on the Norwegian Cruise Lines "JADE" 21 to 28 May. This Decorative Arts Convention Cruise will celebrate the first anniversary of the Italian Chapter Of Decorative Painters. I was the first Italo-American art instructor to be made Honorary Member in 2010. I will be joined by Priscilla Hauser from the USA and Maria Marta Rossi from Argentina to teach on the waves between Venice, Croatia, Greece and Turkey ports on a fantastic week-long cruise.. I'll gladly answer any other questions..

Mara Trumbo. Art Expressions

[Studio.mailto:Cadisama@earthlink.net](mailto:Cadisama@earthlink.net)





### ***From your Web TEAM:***

***Please note that we have begun posting 2011 packets on our TEAM Website for members who have paid their dues for 2011. The new password will be sent to you once 2011 dues are received. The 2010 password and packets remain the same. Here is the link to the main packet page for your convenience: <http://artteachers.org/packets/packetsmain.html>. Feel free to paint or teach these packets but remember to give credit to their original artists.***

***Harold, Smokey and Ollie***

### **HELPFUL HINTS From GLORIA STEGMAN continued from January 2011**

#### **IMMUNE SYSTEM:**

Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacterial and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles (where DNA is contained) to fight bacterial and viral diseases.

#### **INDIGESTION:**

Cinnamon powder sprinkled on two tablespoons of honey taken before food is eaten relieves acidity and digests the heaviest of meals.

#### **INFLUENZA :**

A scientist in Spain has proved that honey contains a natural 'Ingredient' which kills the influenza germs and saves the patient from flu.

#### **LONGEVITY :**

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Use four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of water and boil to make a tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans increase and even a 100 year old will start performing the chores of a 20-year-old..

#### **RASPY OR SORE THROAT:**

When throat has a tickle or is raspy, take one tablespoon of honey and sip until gone. Repeat every three hours until throat is without symptoms.

#### **PIMPLES :**

Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it off the next morning with warm water. When done daily for two weeks, it removes all pimples from the root.

#### **SKIN INFECTIONS:**

Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

#### **WEIGHT LOSS:**

Daily in the morning one half hour before breakfast and on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. When taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

#### **CANCER:**

Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder three times a day for one month .

#### **FATIGUE :**

Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 P.M., the vitality of the body increases within a week.

#### **BAD BREATH:**

People of South America, gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning so their breath stays fresh throughout the day.

#### **HEARING LOSS:**

Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!



# SUNSHINE CORNER

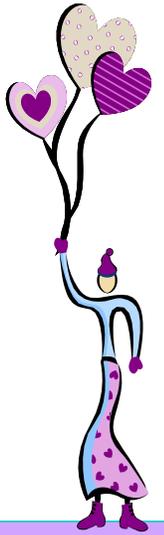
## BY HELEN BLAIR



**BIRTHDAYS:**  
Nicki Romberger – 7<sup>th</sup>  
Tina Carchia – 8<sup>th</sup>  
Brenda Harris – 16<sup>th</sup>  
Gloria Stegman – 25<sup>th</sup>



**Anniversary:**  
Angie & Dwight Boston – 19<sup>th</sup>



### Circle of Concern:

Prayers go out for Judy Browne and family. They have Judy's husband, Doug's, mother with them now and are Caregivers to her. Judy's mother and father live near them and need care, too. Her mother has had several mini-strokes and Dad needs looking after, also. It is fortunate that Judy's daughter can help with the needs of the parents. May they have comfort in our prayers.

For Karolyn Hawthorne's mother - remember them both in prayer. Karolyn's mother is improving and can get around much better.

An update on Bill Rayle's health: Este has been taking care of Bill these months and he was progressing along very well, but this week experienced some complications. They both give praise to God as he was with them all the way and with the doctor and his staff when they arrived at the doctor's office for treatment. Bill is doing better but our prayers are needed. He is scheduled for surgery next week. May God's healing hand touch him and the Angels of Mercy be always at his side.

From Evelyn Swanson – her husband, Roger, will be receiving surgery this month. He is currently doing well. The surgery was a planned surgery for after the Chemo and Radiation was completed.

Brenda Harris – Roger improves more each day. He is getting stronger and has come a long way in his journey back to good health. Thanks for your continued prayer for his well-being.

### Memo:

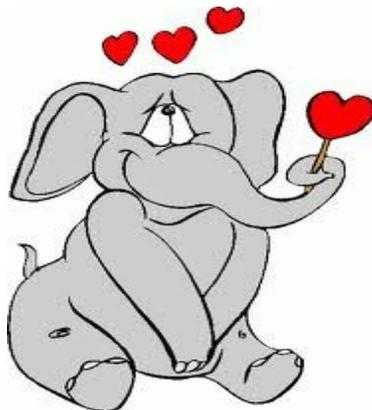
If you have a birthday and/or anniversary to share and would like to be on our list of celebrating TEAM members, please, send us the dates and we will be happy to "announce" your special day in the Newsletter!

Send to e-mail – Helen – [hebart1@gnt.net](mailto:hebart1@gnt.net)

Thank you. Looking forward to hearing from you.

### Valentine Glow

There is a day in February  
when hearts are so aglow.  
That little thoughts of springtime  
reach out to melt the snow.  
'Tis love for one another that  
through cold and gray can shine;  
'Tis love for one another that  
makes a valentine.  
- Carol Ann Johnston



Life is a song.....sing it.  
Life is a game.....play it.  
Life is a challenge.....meet it.  
Life is a dream.....realize it.  
Life is a sacrifice.....offer it.  
Life is love.....enjoy it.  
- Sai Baba

Applications must be received by March 20, 2011

# DOWNTOWN HOEDOWN

St. Simon's Island



## APRIL 7, 8, 9, 10

2011 TEAM S.E.  
REGIONAL MEETING  
[CLICK HERE FOR DETAILS](#)



GATHERING RUST  
ARLEE JENKINS WATRCL  
9 AM - 3 HRS (RM 3)



WHERE'S THE FO  
GLORIA STEGMAN



NIGHT WATCH  
ESTE RAYLE - OIL



HAWAIIAN DELIGHT  
ARLEE JENKINS - ACRYLIC



TUCKERED OUT  
BRENDA HARRIS - ACRYLIC  
FRIDAY 9 AM - 6 HR (RM 1)



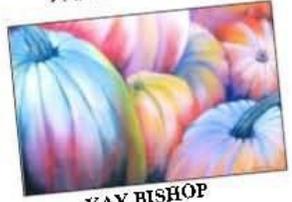
NICHOLAS HANKINS  
THE LOOK OUT



ANY DAY FLOWERS  
PAT APPLING - OIL  
9 AM 3 HRS (RM 2)



AUDREY  
MORGAN WEBB-OIL  
9 AM 6 HRS (RM 1)



KAY BISHOP  
BLUE PUMPKINS



DIANA MARCINKA - ACRYLIC  
SATURDAY 9 AM 3 HRS (RM 3)

PINE THICKET  
NICHOLAS HANKINS—OIL  
SATURDAY 1 PM 3 HR (RM 2)



EXOTIC CALLA  
**Cancelled**  
DIANA DAVIS - OIL

### BASIC DRAWING

FRIDAY EVENING, ROOM 1  
KAY BISHOP  
7 PM FOR 3 HOURS



YELLOW ROSES  
PAT APPLING



GRAY WOLFE  
DIANA MARCINKA