

TEAM S.E. REGION

FEBRUARY 2013



WWW.ARTTEACHERS.ORG

EDITOR: Terri Clements



WELL MY ARTISTS FRIENDS, IT IS NOW FEBRUARY, and time is creeping up for the registration for the St. Simons meeting. You in our northern states may look out on a blanket of white now, but **SPRING** is just around the corner. February is a time of Hearts and Love, so some may paint motifs for those art shows and sales. In the south, there are art shows every weekend. Some of our biggest national art shows are in the winter months.

SPRING BRINGS OUR ST. SIMONS ISLAND MEETING.

PAINTING MAGIC DATES April 4 thru 7, 2013. **ST. SIMONS ISLAND, GA, TEAM SE** annual meeting. We need you to sign up as soon as possible so we can make preparations, teachers can get all in order, and make sure we have enough people to hold the event. So it is imperative we get those registrations, hopefully long before the deadline. Go back to the SE Home Page on our TEAM website, artteachers.org, and see the "Brochure and Registration forms at the top of the page. WE have opened our ST. Simon meeting to invite your friends and students, and hopefully they will want to join and become a painting artist also. It is our legacy to teach others to paint and to appreciate the beautiful creations around us with the world of color. We accept all levels whether beginners or advanced painters. All are welcome.

WEBSITE I wish to clarify those who qualify for a free webpage. A member must be teaching art to have a free webpage because our site serves as an art teacher locator as much as anything else. So when one goes to our site to locate a teacher, the prospective student can locate an active teacher on said listing. In addition **ALL** members are also listed on the respective Region Home Page as "teacher with webpage", "teacher without webpage", and "members (who are not art teachers)". Contact Harold Champagne for any questions and other information. hchampagne@gmail.com **PAID MEMBERS**, if you are teaching art and do not have a webpage, contact Harold to get one posted. You may also link to your personal ART website. Dues must be active or your page will be removed.

REMINDER – free packet lessons are available to paid members by contacting Fran Walker. This is for members only. If you would like to donate a lesson packet, please contact Harold.

DUES FOR 2013 ARE DUE NOW....

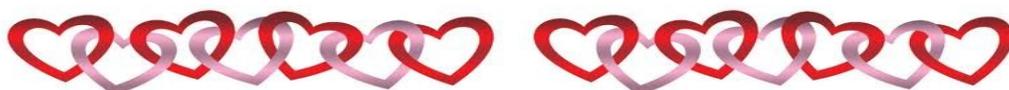
Please keep your membership active by sending \$25 to Fran Walker, 1003 Sonata Lane, Apollo, FL 33572. You are a valuable member, and we do not want to lose anyone. You make up the SE Region, and we appreciate your support. Your dues also make you a National Member of TEAM. If you have a web page on our website and do not keep your dues active, it will be removed.

FACEBOOK, NOW ON LINE.

Mara Trumbo and Tony Carchia are administrators of the new FACEBOOK site.

KEEP PAINTING,

Gloria Stegman, TEAM SE Regional Leader

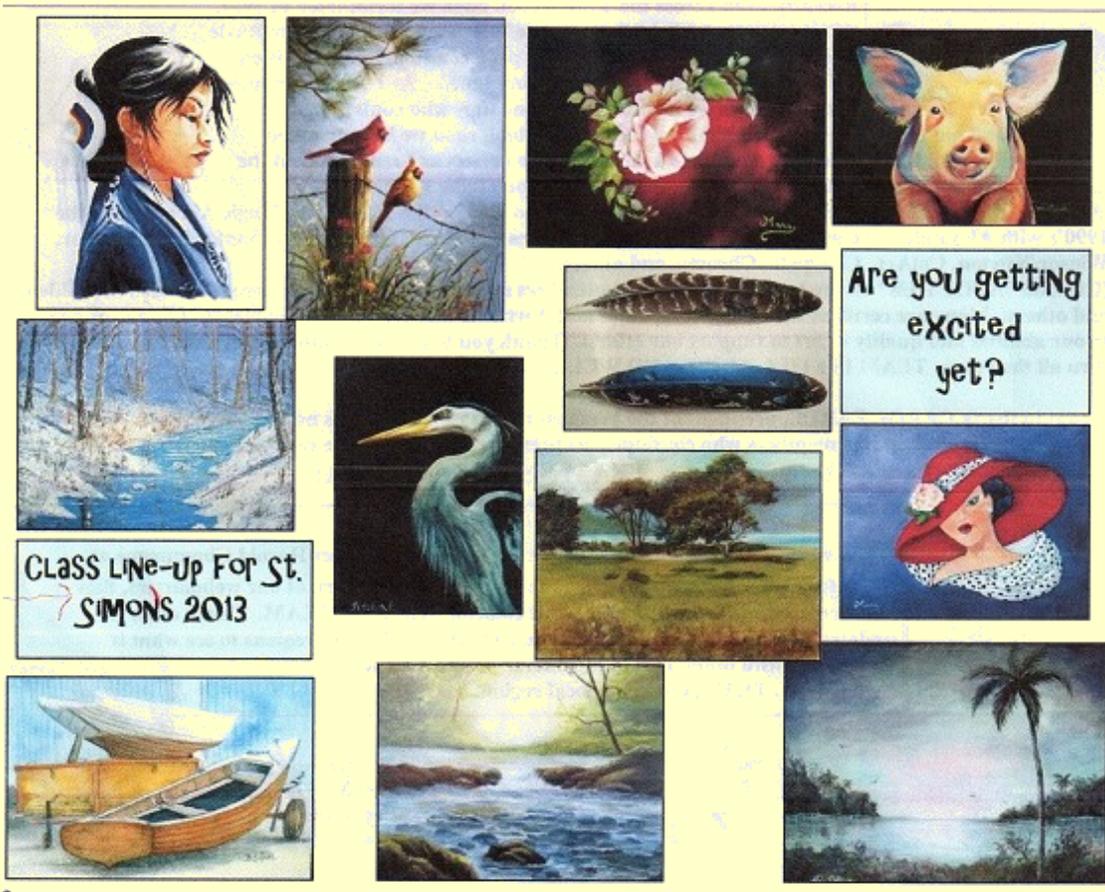


ST. SIMONS MEETING NEWS. APRIL 4-7, 2013.

GREETINGS TEAM MEMBERS

Thanks go to Terri Clements for designing and printing the classes brochure and Nicki Romberger for the registration form for the S.E Regional meeting coming up April 4 thru 7, 2013. It has already been sent out to all members plus you may get this from our website at www.artteachers.org. You may begin registering at any time. As you probably noticed, we have a wide selection of mediums, styles and instructors offered. Our theme is "Fabulous 50's". Pull out those poodle skirts and bobby socks for Awards/Banquet night, or not. We want you there whether you dress-up or not. Great fun you won't want to miss.

Our Raffle table and Country store needs your help. We need nice, new, items for the raffle table. Bring your used items for the country store. No clothes please unless they are like new. Remember "if you would not buy it, then no one else would either". How about re-gifting Christmas gifts that you do not need, use, want or like. It's probably too good to toss so we can use it. Do you have something you would like to sell for profit, like books, paints, jelly, candy, jewelry, cards, scarves, etc ?. Then you will have an opportunity to sell these to all the members interested on Thursday evening. Vendors will have a separate room to show their wares and make their sales. Our "Wall of Art" is one of the most important things we offer to you. You will have the opportunity to carry home an Award winning ribbon and a medal to wear at the convention. Those of you who won a medal last year should wear it at this year's Meeting too. Be proud of it. You deserve it. So how do you win these things? Simply enter up to 2 of your paintings and/or portraits in each category for judging. There is a category for adult portraits (age 15 up), Children's portraits (under 15) and Other (Landscapes, flowers, animals, etc.). With 3 categories, this means you can enter up to 6 of your paintings. So, check out the paintings you will be doing from now to the meeting. You know you can find 6 to enter. Right? Let's try..... If you have any questions, email www.sylviawilkinson.com I'll do my best to answer your questions. Thank you for being a TEAM member. Sylvia and committee.



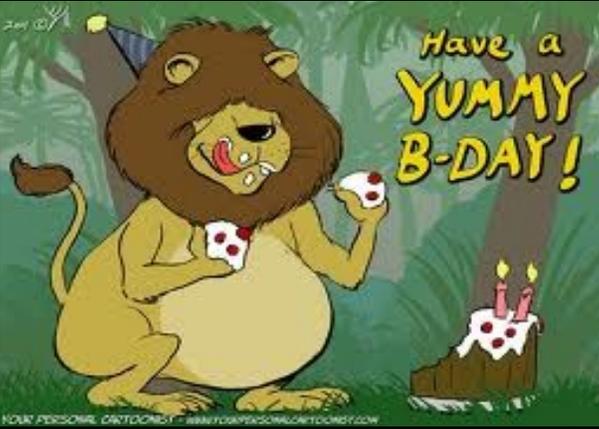
CLASS LINE-UP FOR ST. SIMONS 2013

Are you getting excited yet?

SUNSHINE CORNER

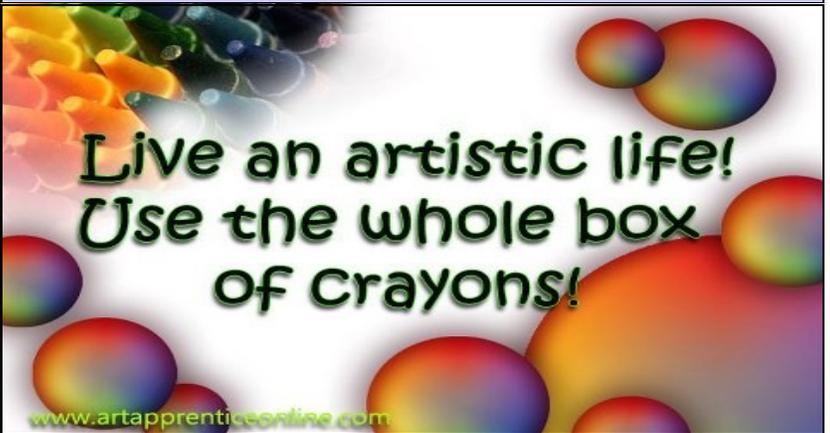
BY
HELEN BLAIR

Happy Valentines Day,



“We are painters first, artists always, and as such not bound by anything but our own innate desire to create.”

(Mary Todd Beam)



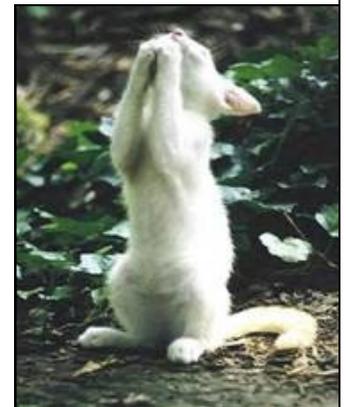
February Birthdays

Nicki Romberger—7th
Tina Carchia—8th
Tony Marino—14th (Happy Valentine’s Day Tony!)
Brenda Harris—16th
Judy Nicewicz—21st
Gloria Stegman—25th

Anniversaries for February, March, April

NONE!!

Really, none?! Come on y’all, send me your anniversaries so we can *all* help you celebrate! That goes for birthdays too.



March Birthdays

Joan Cecil—4th
Donna Robertson-14th

Helen Blair
hebart1@gnt.net

CIRCLE OF CONCERN: Wishing all that have had sniffles, flu, recent hospital stays, and/or other maladies to please get well!! We like to see you with a bright , shining smile on your face! May God bless us all with good health!

“God always gives his best to those who leave the choice to Him” Jim Elliot

‘VALENTINE GLOW’

‘Tis love for one another that
Through cold and gray can shine:
‘Tis love for one another that
Makes a Valentine.

Carole Ann Johnston



Don’t judge each day
by the harvest you reap
but by the seeds that
you plant.

Robert Louis Stevenson





WELCOME NEW MEMBERS

Maria McMurry of South Miami, Florida,
a friend of Charlene Powell.

Sol Ben of Apopka, Florida

Both of these new members are art teachers.



WHO KNEW.... A SIMPLE PINEAPPLE (e-mail source)

The pineapple is a member of the bromeliad family. It is extremely rare that bromeliads produce edible fruit. The pineapple is the only available edible bromeliad today. It is a multiple fruit. One pineapple is actually made up of dozens of individual floweret's that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower. Pineapples stop ripening the minute they are picked. No special way of storing them will help ripen them further. Color is relatively unimportant in determining ripeness. Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit. The more scales on the pineapple, the sweeter and juicier the taste.

After you cut off the top, you can plant it. It should grow much like a sweet potato will. This delicious fruit is not only sweet and tropical; it also offers many benefits to our health. Pineapple is a remarkable fruit. We find it enjoyable because of its lush, sweet and exotic flavor, but it may also be one of the most healthful foods available today. If we take a more detailed look at it, we will find that pineapple is valuable for easing indigestion, arthritis or sinusitis. The juice has an anthelmintic effect; it helps get rid of intestinal worms! Let's look at how pineapple affects other conditions. Pineapple is high in manganese, a mineral that is critical to development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of the recommended daily amount. It is particularly helpful to older adults, whose bones tend to become brittle with age. Bromelain, a proteolytic enzyme, is the key to pineapple's value. Proteolytic means "breaks down protein", which is why pineapple is known to be a digestive aid. It helps the body digest proteins more efficiently.

Bromelain is also considered an effective anti-inflammatory. Regular ingestion of at least one half cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis. It also produces mild pain relief.

In Germany, bromelain is approved as a post-injury medication because it is thought to reduce inflammation and swelling. Orange juice is a popular liquid for those suffering from a cold because it is high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the Bromelain, it has the ability to reduce mucous in the throat. If you have a cold with a productive cough, add pineapple to your diet. It is commonly used in Europe as a post-operative measure to cut mucous after

certain sinus and throat operations. Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. In and of itself, pineapple has a very low risk for allergies. Pineapple is also known to discourage blood clot development. This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots. An old folk remedy for morningsickness is fresh pineapple juice. it really works! Fresh juice and some nuts first thing in the morning often make a difference. It's also good for a healthier mouth. The fresh juice discourages plaque growth.



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Tony Carchia, MD (My Diagnosis) (cute for MD)

COLD and FLU

We're in the middle of Cold and Flu season and there are a record number of people suffering with these. People mostly at risk are the elderly, small children and people with compromised immune

systems. First off, you need to identify the difference. Although some of the symptoms may seem to be similar, there is a distinctive difference between having a COLD and having the FLU. Colds symptoms come on slowly over a few days and mainly affect your head; you'll have congestion, sneezing, a sore throat and/or cough. Conversely, the flu affects your whole body and comes on suddenly. You'll experience severe body aches and pains, a fever and possibly gastrointestinal symptoms like vomiting or diarrhea. From onset to total wellness, the flu may last up to two weeks or more.

You can't totally prevent yourself from getting the Flu but you can certainly reduce your chances of getting the Flu by eat healthy foods, keep hydrated, boost your intake of vitamin C, wash your hands often, use hand sanitizer, keep finger away from mouth, nose and eyes. Avoid contact with those that are sick. Getting the flu shot can help but this year's flu vaccine is only 62% effective vs. 70 - 90% in previous years.

If you do get the Flu, there's not a lot you will want to do but there are some things that you can do to HELP give some relief of the overall symptoms. It is best to stay home, rest and drink plenty of fluids. For adults, take alternating doses of Acetaminophen and Ibuprofen but do not exceed the maximum dosages. This combination will help in reducing the fever and aches and pains. Cool wet compresses on your head, neck and underarms will feel good too. Along with lots of water, drink 4 – 6 cups per day of Elderberry Tea. Compounds in the tea prevent the entry of the virus into your cells and shortens the duration of the flu. And of course, let's not forget about good old chicken soup. We all know that works well too!

Back in the year 1918, in just a little over a year the flu killed 675,000 Americans. That's more than all US battle deaths in WW I, WWI, Korea, and Vietnam combined, and Global death estimates range from 40-100 million.

To help prevent the spread of the Flu, cover your nose and mouth when you sneeze or cough. If you must go out in public to shop, wear a surgical mask, as it's your responsibility not to spread the virus to others. Use hand sanitizer often.



k11215277 fotosearch.com

WHO'S WHO IN TEAM SE REGION

President - Gloria Stegman

Vice President - Bonnie Phillips

Treasurer - Frances Walker

Secretary - Diana Marcinka

Auxiliary Officer - Beverly Eckard

TEAM Consultant - Este Rayle

Sunshine Chairperson - Helen Blair

Newsletter Editor - Terri Clements

WEBMASTERS - Smokey Beare, Harold Champagne, Ollie Trawick.

Chairperson for 2013 Regional meeting Sylvia Wilkinson

SE Reg Facebook Administrators -Mara Trumbo & Tony Carchia

