

TEAM S.E. REGION



www.artteachers.org

PRESIDENTS COMMENTS



Editor: Terri Clements

fb.com/Birthday.Pics



JULY, WHAT?! ALREADY 4TH OF JULY CELEBRATIONS? It is so hot and that means that the long hot summer is upon us. Oh to be in a cool mountain retreat with trickling little streams of water bubbling in the mountain meadows. Well, if we aren't there, we can dream can't we? Why not paint a cold winter scene from your photos or reference material to suggest to your mind a cool atmosphere? The mind is very strong to suggestion of the ambience setting. If it is too hot to go outside, look out your window to get ideas for a painting. Sometimes a tree or few plants can make up a beautiful landscape. Add other things from resources to complete your painting such as flowers in a vase in front of a window, or an animal or child looking out a window or outside playing. These things can add much interest or act as focal points. Try adding an old wheelbarrow, box or a container full of flowers to your landscape. The ideas are

endless. This is where small thumbnail sketches are a great asset. How about going to a mall where it is air conditioned and sketching or painting what catches your interest. It could be people at a table, someone looking in a store window, shoppers, window displays, chairs and tables at a café, doorways, or the mall decor and plants. It would sure draw a lot of interest and possible new students or commissions. Some artists do portraits on location if they can get permission from the mall authorities. If nothing else, you can go back and correct or make changes in the paintings you were not quite happy with. Some artists or art guilds get together to have plein air sessions at parks, points of interest or at malls. They go to new places each time to keep up the interest.

EXCITING NEWS, WE GOT A DATE .!!!! MARCH 26 -30, 2015, THE DATES ARE SET.... NEXT YEAR 2015 ST. SIMONS MEETING WILL BE OUR TEAM 25th ANNIVERSARY. OUR THEME IS "GOING TO OZ" from the wizard of OZ. Theme for 2016 will be "Roarin' 20s".



FREE ON LINE PACKETS.

WE offer free on line lesson packets available only to paid members.

Contact Fran Walker for the password. We need more packets donated to put online! So if you have a packet you can share they can be sent directly to Harold as a PDF or Word file attached to an email. I really feel this maintains some memberships.



WANT YOUR INPUT

Would you like to be in our next newsletter? Something to show off to friends and family? We would like to incorporate photos and input on your projects to add to our newsletters. Let us share tips and photos that would encourage others and let us know what you are doing. Maybe even a photo of your favorite painting subject, or view to paint.

I AM SO EXCITED FOR A DATE FOR ST. SIMONS FOR 2015

Gloria, TEAM SE Regional leader

MOSQUITO REPELLENT - JUST IN TIME FOR SUMMER

This got rave reviews including from places in the world where the mosquito's are the worst! Make sure you Share this one so it's saved in your timeline photo album; you don't want to lose it! For those of you with Mosquito invasions, here's an easy & pleasant repellent recipe you can make at home:

Combine in a 16 oz bottle: 15 drops lavender oil, 3-4 Tbsp of vanilla extract, 1/4 Cup lemon juice. Fill bottle with water. Shake and ready to use as a topical body spray (keep away from eye's).



KEEPING COOL WHEN DAYS ARE HOT

(If the air conditioner is out or unavailable, this may come in handy.)

1. Drink iced water, lots of it. A favorite method is to keep a rotation of half-filled frozen bottles of water in the freezer, and top them off with cool water. The ice keeps the water cold, and you are still able to drink some right away.
2. Place an ice pack on your pulse points, such as the inside of your wrists and elbows, neck and behind your knees. The back of your neck lets your body know how hot you are, so keeping that specific area cool can trick your body into thinking the rest of your body is too.
3. Wear more clothing! Yes, that's correct. Long skirts and sleeves made from lightly-colored, thin fabrics actually protect your skin from the harsh sun. Wet the hems of your clothing and let a stray breeze cool you off.
4. Keep grapes, bananas and watermelon in the freezer for a healthy icy treat. To make healthy and cheap popsicles, freeze juice overnight, and then let it defrost slightly. Blend the juice and refreeze for a delicious and chilly sorbet. The same trick works for plain yogurt flavored with vanilla and honey.
5. When you or the kids come home after a long day, turn on the sprinklers for an instant cool-down! Pass out water guns and water balloons, sit back and relax and let your children cool you down for once.
6. Turn off all unnecessary lights and appliances, such as computers, coffee makers etc. They all give off trace amounts of heat. Make sure your refrigerator, stove and dishwasher are tightly sealed.
7. Delay doing heat-producing chores such as washing dishes and cooking until later at night.
8. Plant trees, lots of them. It may take a couple of years for you to enjoy the benefits of your new landscape, but trust me, it's well worth the effort. The combination of shade and wet clothes from the sprinkler (see tip 5) will make you feel actually cold.
9. Keep your window shades down during the day to limit sun exposure. When the interior of your house is cooler than the exterior, shut the windows. Leafy houseplants at the window will help keep out the sun as well.
10. Take a cold shower. It will cool down your core body temperature for hours afterward, and wet hair helps maintain that state.
11. Fans can do a great job of cooling a room at a fraction of the cost of running an air conditioner. If you have a standing or window fan, place a bowl of iced water in front of it so that the fan can blow the cold air across the room.
12. Want to cool the bed down? Fill a standard hot water bottle with ice water. Use it to cool your ankles and the back of your knees — it works. You can also try bagging your sheets and tossing them in the freezer for an hour or two before bed.
13. If you must have the air conditioner on, consider raising the thermostat a few degrees. You might not feel the difference on your skin, but you will see the difference on your utility bill.



HAVE A COOL SUMMER (From e-mail and an article)

SUNSHINE CORNER

by HELEN BLAIR

JULY 4th – INDEPENDENCE DAY - God bless the USA

Circle of Concern: Our sincerest prayers go out for Marianne Keefe this month. She will be having several procedures done simultaneously during an intensive heart surgery. Surgery is scheduled for July 25. Marianne welcomes all to wish her well and to keep her in our thoughts and prayers daily!

So often we are all blessed with many good things among those that are less than good when taking time to reflect upon them. If you have family, friends, acquaintances you would like included in the Circle of Concern – Email: hebart1@centurylink.net (new address) same person - Helen

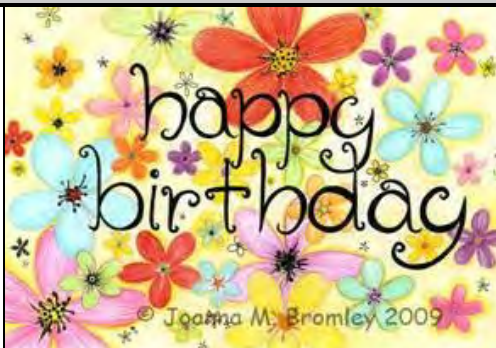


Hope is like the sun which, as we journey toward it, casts the shadow of our burden behind us. ~ Samuel Smiles

“Friendship is the silver key that unlocks the door to happiness.” by Ruth H. Underhill

JULY ANNIVERSARIES:

Lisa/Bob Grinter – 2nd
Karolyn/Jimmy Hawthorne – 7th
Tony/Tina Carchia – 18th
Diane/Fran Davis – 26th
Winnie/Paul Fowler – 28th
Diana/John Marcinka – 8/30/1960
Bonnie/Richard Phillips – 8/31/1960

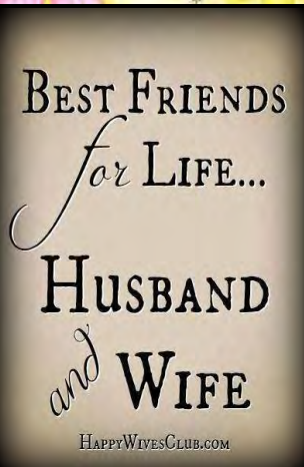


JULY BIRTHDAYS:

Vickie Nail – 2nd
Debbie Faucette – 3rd
Lydia Keller – 5th
Angie Boston – 10th
Debbie Nees – 11th

AUGUST Anniversaries:

Anne/Wayne Robinson – 8/11/1968
Cindy/Walter Markowski – 12th
Beverly/Miles Eckard - 8/16, 1959
Helen/Doug Blair – 8/19/1961
Pat/Joe Appling – 20th
Linda/Melvin Cash – 8/20/ 1966
Terri/Paul Clements – 8/21/1983



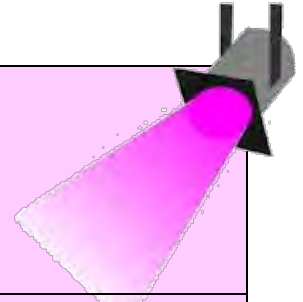
AUGUST Birthdays:

Joe Collins – 8/1/1929
Este Rayle – 1st
Doug Browne – 2nd (Judy’s husband)
Bonnie Phillips – 22nd
Richard Phillips (Bonnie’s husband) – 22nd
Kathleen Camara – 26th
Janice Timmins – 28th
Judy Browne – 29th

“A friendship true is like pure gold, it won’t wear out because it is old”

~Harriett Meisenheime



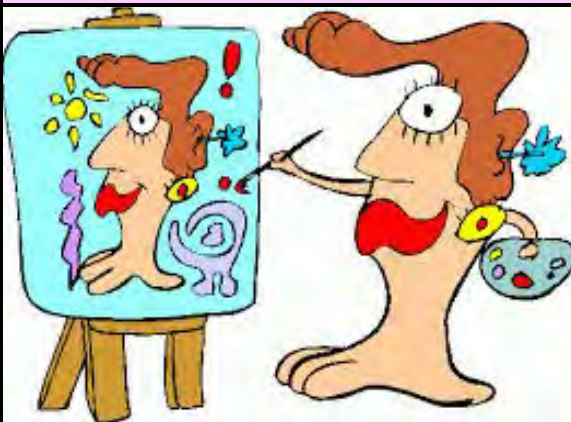


MEMBERS SPOTLIGHT

A place to share what our many special members have been up to in the art world

CINDY MAKOWSKI writes:
I am teaching at the Art Expo Houston which is June 13-10, 2014. I will also be teaching at Creative Painting , Las Vegas in February 22-27, 2015

Cindy has a busy teaching schedule, such as Art Expo Houston, June 2014, Creative painting, Las Vegas February 2015, and possibly in St. Charles, Illinois, and Coast to Coast in Toronto ,Canada. Many of our other members are also teaching in major seminars, such as Smokey Beare, Jannis Timmins of Australia, and Pat Appling. We are proud of their acceptance in these shows, and all their accomplishments. Gloria



DO YOU HAVE SOMETHING YOU'D LIKE TO SHARE WITH US, A LATEST PAINTING PERHAPS? WE'D LOVE TO SEE IT [email: gloriastegman@juno.com](mailto:gloriastegman@juno.com)

WHO'S WHO IN TEAM SE REGION



Your Web TEAM is proud to introduce our newest staff volunteer, Kathy Mitchell Amery. Kathy lives in Phoenix, AZ and has experience in industrial and organizational management and computer science. She is a CRI with Bob Ross and a Joyce Ortnier certified seascape artist. She has recently become the Secretary/Treasurer of our Western Region and helps with editing their Newsletter. Kathy is very active on Facebook and frequents Creative Painting in Vegas to help our Western Region promote TEAM. Harold Champagne and Smokey Beare

President - Gloria Stegman-Sires

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, Kathy Amery

Chairperson for 2014 Regional meeting Cindy Makowski

SE Reg Facebook Administrators -Mara Trumbo & Tony Carchia



SE Region TEAM Membership (6-30-2014)

Appling
Avery
Beare-Spencer
Bennett
Bickford
Blair
Brown
Browne
Burton
Camara
Carchia
Carchia
Cash
Champagne
Cheek
Cheney
Chipman
Clements
Collins
Collins
Connell
Cottrell
Croy
Darflinger
Eckard
Everett
Foreman
Frasier
Fulkerson
Gillespie
Harris
Himmel
Hitchcock
Holt
Keefe
Lowery

Pat
Cheryl
Smokey
Beverly
Wilson
Helen
Peggy
Judy
Renee
Kathleen
Tina
Tony
Linda
Harold
Michael
David
Shirley
Teresa
Joe
Phyllis
Penny
Gail
Diania
Joan
Beverly
Zandra
Diane
Betty
Matthew
Ruhama
Brenda
Mary
Pat
Judy
Marianne
Gloria

Makowski
Marcinka
Marino,
McMurry
McReynolds
Mennom
Moebius
Nail
Nees
Neumaier
Nicewicz
O'Conner
Oliva
Perez-Albuerne
Phillips
Powell
Rahimtoola
Rayle
Robinson
Romberger
Rush
Seago
Serrano
Stegman-Sires
Storm
Thompson
Timmins
Trawick
Trumbo
Tutin
Walker
Wallace
Wilkinson
Woolever
Ysast-Diaz

Cindy
Diana
Tony
Maria
Carolee
Ruth
Frank
Vickie
Debbie
Joyce
Judy
Amber
Deanie
Lourdes
Bonnie
Charlene
Berendina
Este
Anne
Nicki
Yvonne
Cindy
Sollrun
Gloria
Sue
Eleanor
Janice
Oliver
Mara
Brenda
Frances
Emogene
Sylvia
Rena
Teresita