

TEAM S.E. REGION



www.artteachers.org

editor: Terri Clements

2014



PRESIDENTS COMMENTS

SEPTEMBER, summer is almost gone, school is in session, vacations are over,

end of guests visiting, and hints of cool weather to come is in the air. This means fall season with harvests, fall colors, and art exhibits are on the horizon. What a great opportunity to set up fruits and vegetables in a still life painting. It will give your live model original painting worth more value. If you do not have a garden, you can buy many colorful types of produce with varied shapes. Often artists will cut something colorful in half, or partially peel a lemon or orange and leave the peel attached to form an interesting curl. The best part of this type of set up is, you can eat it when you are done. If you cannot work fast enough to

complete before the pieces go bad, you can replace with a similar fruit or vegetable. A large onion with layers of peeling skin is a favorite to include in a painting. Other objects may be added such as a knife, a cup or glass or even bread or rolls. As soon as the leaves turn color, they also can be incorporated into your design. Of course you should always take photos of your still life set up for future use, or for corrections.

GREETINGS TO ALL REGIONS AND TEAM MEMBERS.

In 1990 Alexander Art held the first national conference in Estes Park, Colorado and implemented plans for a National Network of Teachers. 2015 is the 25TH YEAR from then and we wish to invite all of the TEAM network regions and their members to participate and celebrate with us in a NATIONAL 25 ANNIVERSARY MEETING in conjunction with our annual meeting at ST. SIMONS ISLAND, FL. MARCH 26-29, 2015. The deadline for submissions for teaching at ST. Simons next year is over. Cindy said that she has received good and varied submissions so we know it will be a great year. Thank you teachers for your participation. Now we can plan and save money for attending this great 25th anniversary / SE regional meeting. Let's make it a year to remember!!



Gloria, TEAM SE Region



ST. SIMONS MEETING, MARCH 26-29, 2015

Follow the Yellow Brick Road, Follow the Yellow Brick Road, Follow the Yellow Brick Road all the way to St. Simons Georgia. Keep an eye out for Toto and Dorothy, listen for the squeak of the Tin Man, look behind the trees for the Cowardly Lion, and see what other characters show up for Going to Oz in celebration of TEAM 2015 for our 25th Anniversary. I know it may seem a bit early, but we are already well on our way to planning another fabulous event for you.

Cindy, Committee Chairperson



WHO IS "T.E.A.M." AND WHERE DID IT COME FROM

I was asked to write some of it up so others would be informed of where we came from. Some is written on our website, but here is a sample and more will be included later. In the late 70's and 80s many of us were affiliated and using paint from Lea Myles company, Magic Art. It was good quality paint and only about 8 colors. Lea merged with the Alexander Art Company and In 1990 and they had the first National conference at Estes Park, Colorado and those of Lea's company were brought in at the same time to form a national teacher network. Again we only had 8 colors and had to mix any others we wanted to use. Later they added a couple more to the paint color line up. The USA was to be divided into 6 regions, and we of the SE Region, made up of 8 states, started planning our first regional meeting on the way to the airport. We in the South East jumped the gun and met at Orlando with Lori and Norma from Alexander Art present. We elected officers, and so the SE Region was formed. We took up money for postage and expenses and the company matched our input. Some of these members are still active members today after all this time. The first National conference was held at the historic Stanley Hotel. At this first Estes Park conference, the master TV artists at the first conference were Bill Alexander, Robert Warren, Buck Paulson and Lowell Speers. There were motivational speakers and educational classes. Very informative. A high point was the loading up on old army open vehicles and bouncing up to the top of the mountain on old gravel logging roads to a BBQ complete with old style western entertainment. We could look over the valley below and see the lights of Denver and other sites. What a wonderful experience that we will never forget. In 1991, the national conference was in Poconos, NY. This is where we saw Tony Carchia do the whistling belly. What a scream. The year the SE Region met at Ani Kramer's studio in Stone Mountain, Georgia, we elected new officers and I, Gloria, became president, Betty Frasier, treasurer, and Verne Hallings secretary. Since this write up could be very long I will write more of the following years later. Gloria.

NATIONAL CONFERENCES

1990	Estes Park, CO	The Stanley Hotel	"Magic In The Rockies"
1991	Pocono Manor, PA	Pocono Manor	"The Magic Continues"
1992	Mackinac Island, MI	Grand Hotel	"Somewhere In Time"
1993	Park City, UT	Yarrow Hotel	"Rising To New Heights"
1994	Nashville, TN	Days Inn Airport/Opryland	"Country Magic"
1995	No Conference		
1996	St. Louis, MO	Frontenac Hilton	
1997	St. Louis, MO	Frontenac Hilton	"Meet Me In St. Louie, Louie"
1998	Reno, NV	Reno Hilton	
1999	Raleigh, NC	Sheraton Capital Center	"Nothing Could Be Finer Than To Be In Carolina"
2000	Denver, CO	Executive Tower Hotel	
2001	Daytona, FL		
2002	HH substitute for Conference		
2003	Lebanon, TN	Cumberland University	"Let's Go To College"
2004	Bar Harbor, ME	College Of The Atlantic	
2005	St. Simon's Island, GA	Epworth By The Sea	



NEXT YEAR
25TH
ANNIVERSARY
2015
ST. SIMONS
ISLAND, GA
WILL YOU BE
THERE????



SUNSHINE CORNER



By
Helen Blair



**“September is the in-between when Summer is no longer queen.”
~LaVerne P. Larson**

September Birthday Greetings:

- Dianne Davis – 9/1
- Peggy Brown – 9/2
- Tony Carchia – 9/6
- Mary Moebius – 9/8 (Frank’s wife)
- Karolyn Hawthorne – 9/8
- Frank Moebius – 9/16
- Sylvia Wilkinson – 9/18
- Emogene Wallace – 9/24
- Nicole Ranes – 9/26



October Birthday Greetings:

- Smokey Beare – 10/2
- Miles Eckard – 10/2 (Bev’s husband)
- Harold Champagne – 10/5
- Mara Trumbo – 10/8
- Faye Dasher – 10/11
- Elaine Harris – 10/12
- Kay Bishop – 10/15
- Eleana Thompson – 10/20
- Gail Cottrell – 10/21
- Ann Dunlap – 10/31

September Anniversary Greetings:

Happy Anniversary!

- Este/Bill Rayle – *****9/1/1950*****
- Peggy/Ron Brown – 9/7/1968
- Sylvia /Stan Wilkinson – 9/18



October Anniversary Greetings:

- Judy/Doug Browne – 10/3
- Kathy/Al Camara – 10/4
- Lydia/Blake Keller – 10/9
- Janice/Tim Timmins – 10/14

**“No one was ever great without some portion of Devine inspiration.”
~Marcus Cicero**

Circle of Concern:

To all, here’s wishing you good health, happiness and “sitting on top of the World!” Soon, Summer will pack up and head to the horizon and the beautiful colors of Fall will be with us!

**“A friend is a rare book, of which, but one copy is made.” ~
Author Unknown**





PASS THE BANANA (E-Mail)

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression 'going bananas' is from the effects of bananas on the brain. Read on:

After reading this, you'll never look at a banana in the same way again. Never, put your banana in the refrigerator!!! Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a

banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia : High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood Enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.



Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals.

It is also rich in potassium and is one of the best value foods around So maybe it's time to change that well-known phrase so that we say,



'A banana a day keeps the doctor away!'

PLASTIC "RAP"

It is supposed to cling
To the cup or bowl.
But mostly it clings
To itself on the roll.



WHO'S WHO IN TEAM SE REGION

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

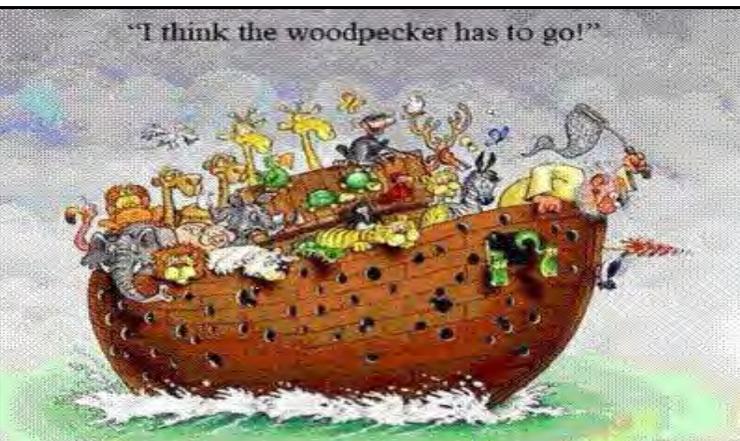
Champagne, Ollie Trawick, Kathy Amery

Chairperson for 2014 Regional meeting Cindy

Makowski

SE Reg Facebook Administrators -Mara Trumbo &

Tony Carcia.



OMG! SLOW DOWN!



Yer gonna get us KILLED!

HOW TO REMOVE PERMANENT MARKER FROM EVERYTHING



CLOTHES - USE HAND SANITIZER

WALLS - USE TOOTHPASTE OR HAIRSPRAY

WOOD - USE RUBBING ALCOHOL

CARPET - USE WHITE VINEGAR

FURNITURE - USE MILK

WHITE BOARD - USE DRY ERASE MARKER OR PENCIL RUBBER ERASER

CERAMIC OR GLASS - USE 1 PART TOOTHPASTE WITH 1 PART BAKING SODA

SE Region TEAM Membership (9-02-2014)

<i>Appling</i>	<i>Pat</i>	<i>Makowski</i>	<i>Cindy</i>
<i>Avery</i>	<i>Cheryl</i>	<i>Marcinka</i>	<i>Diana</i>
<i>Beare-Spencer</i>	<i>Smokey</i>	<i>Marino,</i>	<i>Tony</i>
<i>Bennett</i>	<i>Beverly</i>	<i>McMurry</i>	<i>Maria</i>
<i>Bickford</i>	<i>Wilson</i>	<i>McReynolds</i>	<i>Carolee</i>
<i>Blair</i>	<i>Helen</i>	<i>Mennom</i>	<i>Ruth</i>
<i>Brown</i>	<i>Peggy</i>	<i>Moebius</i>	<i>Frank</i>
<i>Browne</i>	<i>Judy</i>	<i>Nail</i>	<i>Vickie</i>
<i>Burton</i>	<i>Renee</i>	<i>Nees</i>	<i>Debbie</i>
<i>Camara</i>	<i>Kathleen</i>	<i>Neumaier</i>	<i>Joyce</i>
<i>Carchia</i>	<i>Tina</i>	<i>Nicewicz</i>	<i>Judy</i>
<i>Carchia</i>	<i>Tony</i>	<i>O'Conner</i>	<i>Amber</i>
<i>Cash</i>	<i>Linda</i>	<i>Oliva</i>	<i>Deanie</i>
<i>Champagne</i>	<i>Harold</i>	<i>Owings</i>	<i>Marcia</i>
<i>Cheek</i>	<i>Michael</i>	<i>PerezAlbuerne</i>	<i>Lourdes</i>
<i>Cheney</i>	<i>David</i>	<i>Phillips</i>	<i>Bonnie</i>
<i>Chipman</i>	<i>Shirley</i>	<i>Powell</i>	<i>Charlene</i>
<i>Clements</i>	<i>Teresa</i>	<i>Rahimtoola</i>	<i>Berendina</i>
<i>Collins</i>	<i>Joe</i>	<i>Rayle</i>	<i>Este</i>
<i>Collins</i>	<i>Phyllis</i>	<i>Robinson</i>	<i>Anne</i>
<i>Connell</i>	<i>Penny</i>	<i>Romberger</i>	<i>Nicki</i>
<i>Cottrell</i>	<i>Gail</i>	<i>Rush</i>	<i>Yvonne</i>
<i>Croy</i>	<i>Diania</i>	<i>Seago</i>	<i>Cindy</i>
<i>Darflinger</i>	<i>Joan</i>	<i>Serrano</i>	<i>Sollrun</i>
<i>Eckard</i>	<i>Beverly</i>	<i>Stegman-Sires</i>	<i>Gloria</i>
<i>Everett</i>	<i>Zandra</i>	<i>Storm</i>	<i>Sue</i>
<i>Foreman</i>	<i>Diane</i>	<i>Thompson</i>	<i>Eleanor</i>
<i>Frasier</i>	<i>Betty</i>	<i>Timmins</i>	<i>Janice</i>
<i>Fulkerson</i>	<i>Matthew</i>	<i>Trawick</i>	<i>Oliver</i>
<i>Gillespie</i>	<i>Ruhama</i>	<i>Trumbo</i>	<i>Mara</i>
<i>Harris</i>	<i>Brenda</i>	<i>Tutin</i>	<i>Brenda</i>
<i>Himmel</i>	<i>Mary</i>	<i>Walker</i>	<i>Frances</i>
<i>Hitchcock</i>	<i>Pat</i>	<i>Wallace</i>	<i>Emogene</i>
<i>Holt</i>	<i>Judy</i>	<i>Wilkinson</i>	<i>Sylvia</i>
<i>Keefe</i>	<i>Marianne</i>	<i>Woolever</i>	<i>Rena</i>
<i>Lowery</i>	<i>Gloria</i>	<i>Ysast-Diaz</i>	<i>Teresita</i>