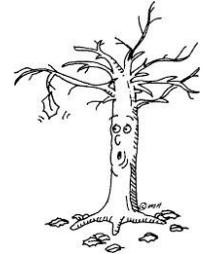


2014
OCTOBER

Editor: Terri Clements

TEAM S.E. REGION

WWW.Arteachers.org



PRESIDENTS COMMENTS



OCTOBER... OH the beautiful colors of fall!! It is the change of the season when artists and photographers alike want to get out and capture all those gorgeous glowing colors of reds, ochres, browns, yellows, sienna, oranges, alizarin crimson, maroons, all interlaced with traces of greens. What a wonderful opportunity to paint with an analogous warm temperature color palette.

What are analogous colors? A range of colors located next to each other on the color wheel. Such as the warm colors of yellows, ochres, oranges, and reds going down to browns or cool colors of lime, green, blue green, and blue going down to violets or grays. Warm colors conjure up the vision of fire, volcanoes, hot sun, and deserts. Cool colors make one think of oceans, pools, sky, rivers, cool white of snow, grass and mountain streams. Both warm and cool colors create mood as well as temperature. Cool colors are very calming and often used in pastel shades in hospitals. Warm colors create excitement and are used in restaurants, advertising and places where people want to express dominate interest. Often in interior decorating, an accent of bright color will offset an otherwise neutral setting. The same principal can be applied to a painting. The effect of color on the mind is a very interesting study and can make a big difference in telling the story or add punch in a painting. Complimentary colors in small areas will also create points of interest.



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, GA. MARCH 26-29, 2015 .

WE HAVE ADDED A ONE PAGE LAYOUT OF PAINTINGS THAT WILL BE OFFERED IN THIS NEWSLETTER. Larger photos will be shown next newsletter. Also registration forms will be added when information is known. But for 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.



T.E.A.M. 25TH ANNIVERSARY CONFERENCE at ST. SIMONS ISLAND, GA

'GOING TO OZ'

March 26-29, 2015

www.artteachers.org

SMALL PRINTABLE CLASS SCHEDULE AT A GLANCE



8am-4pm Acrylic



8am-11am Acrylic



8am-11am Oil



1pm-4pm Watercolor

FRIDAY

2 hour lunch and dinner breaks



1pm-9pm Acrylic



6pm-9pm Watercolor



6pm-9pm Acrylic

SATURDAY



8am-11am Acrylic



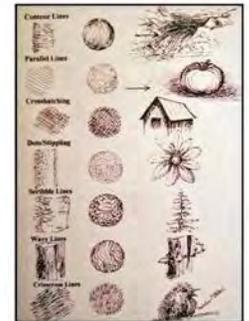
8am-11am Acrylic



8am-4pm Watercolor



1pm-4pm Acrylic



1pm-4pm Pen & Ink

SUNDAY



8am-4pm Acrylic



8-11am Alcohol Ink



8am-11am Acrylic



1pm-4pm Acrylic



1pm-4pm Oil

Helen
Blair's

SUNSHINE CORNER



*Autumn's here and all around us Earth smiles with a russet face,
while the paintbrush of the season wipes out Summer's last green trace. ~Paul Swope*

October Birthday Wishes:

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



November Birthday Wishes:

- Marianne Keefe – 5th*
- Brenda Tutin – 5th*
- Marcia Owings – 10th*
- Helen Blair – 12th*
- Lisa Grinter – 14th*
- Marcy Himmel – 14th*
- Linda Cash – 18th*
- Lourdes Perez-Albuerne – 18th*

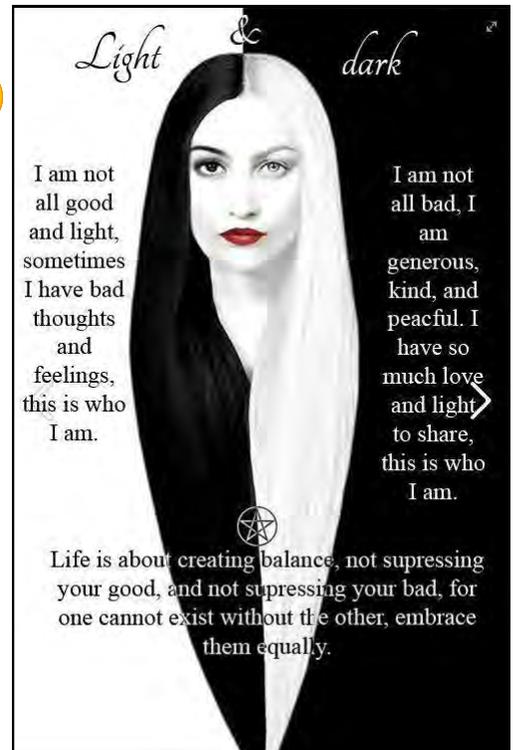


October Anniversary Wishes:

- Judy & Doug Browne – 3rd*
- Kathy & Al Camara – 4th*
- Lydia & Blake Keller – 9th*
- Janice & Tim Timmins – 14th (47 Years)*

November Anniversary Wishes:

- Frances & Fred Walker – 8th*
- Joe & Willie Collins – Nov 10, 1956*



Circle of Concern:

For all our shut-ins, those experiencing health care problems, life situations, and all in need of our prayers, please know that our thoughts are with you and may your blessings be bountiful.

Keep in touch - Helen at hebart1@centurylink.net



*“How much we gain or own
Tis only people real and true
That make a home.”*

~Garnett Ann Schultz

HONEY AND CINNAMON (from E-mail)

Great information!! Cinnamon and Honey...! Drug companies won't like this one getting around.

Facts on Honey and Cinnamon: It is found that a mix of honey and cinnamon cures most diseases. Honey is produced in most countries of the world. Scientists of today also note honey as very effective medicine for all kinds of diseases. Honey can be used without side effects which is also a plus. Today's science says that even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even diabetic patients. Researched by western scientists:

HEART DISEASES: Make a paste of honey and cinnamon powder, put it on toast instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol and could potentially save one from heart attack. Also, even if you have already had an attack studies show you could be kept miles away from the next attack. Regular use of

cinnamon honey strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as one ages the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and the veins.

ARTHRITIS: Arthritis patients can benefit by taking one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder. When taken daily even chronic arthritis can be cured. In a recent research

conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week (out of the 200 people so treated) practically 73 patients were totally relieved of pain -- and within a month, most all the patients who could not walk or move around because of arthritis now started walking without pain.

BLADDER INFECTIONS: Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder...who knew?

CHOLESTEROL: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water given to a cholesterol patient was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, when taken three times a day, any chronic cholesterol-could be cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic coughs and colds, and clear the sinuses, and it's delicious too!



UPSET STOMACH: Honey taken with cinnamon powder cures stomach ache and also is said to clear stomach ulcers from its root.

GAS: According to the studies done in India and Japan, it is revealed that when Honey is taken with cinnamon powder the stomach is relieved of gas.

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 boiling water 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 affected areas 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.

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.



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.



BE SURE TO VISIT US ON FACEBOOK TOO



Click on link >>>



WEBSITE

If you wish to make changes I n your webpage, contact Harold Champagne, web master, hchampagne@gmail.com.

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, hchampagne@gmail.com, as a PDF or Word file attached to an email. I really feel this maintains some memberships.

Enjoy the journey to a finished painting,
Gloria, SE Regional leader.

CALENDAR PLUS...

If you want to know of workshops and classes available, go to the T.E.A.M. HOME PAGE, at www.artteachers.org and click on EVENTS to check the calendar. We also have listings of those artists and teachers who have stopped teaching due to health or other reasons, and others are listed that have passed away. We value our members and want to remember them.

Fall back to Standard time Sunday, November 2nd



Thanks to Harold Champagne, our Web Master, for these listings.