

# SEPT 2015 TEAM S.E. REGION



[Www.artteachers.org](http://www.artteachers.org) editor: Terri Clements



**Fall is Here!**

## PRESIDENTS COMMENTS

WHEW! The hot summer is now coming to a close, and we look forward to the cooler temperatures and start of the cool rains of fall. Best wishes to all our Jewish friends for the holidays. School is started, kids off to college, vacations and family visits over, and the busy fall and holiday season is upon us. Time to get into your holiday paint projects for gifts and art shows. Art guilds that have been off for the summers are now in full swing again. Already we are thinking about the beautiful fall colors and all the harvest activities that go

along with this time of year.



**HOW DO I USE MAX OR OTHER WATER SOLUBLE OIL PAINT?** Several brands are now available on the market. First of all, **WATER SOLUBLE OIL PAINT** is "OIL" not **ACRYLIC** or **WATERCOLOR**. Because of the toxic properties and odors of turpentine, odorless thinner and other mediums, many painters with allergies could not paint in oil. The manufacturers refined the **LINSEED OIL** to



be soluble with soap and water. Just as make-up has oils in it but can be washed off with water, the linseed oil is made soluble in water. **IT IS OIL** and is mixable with any other oil paint. **NO** water in the tubes, just oil as the binder, so **IT REMAINS OIL PAINT** but cleanable with water. Small amounts of other oils may be mixed with water soluble oils and still clean up with soap and water, thus you can still use the oil paints you have, but larger amounts may have to clean brushes with thinner afterwards. People run into problems when they try to use the water as mediums to thin the paint. Water **BREAKS DOWN** the paint just as turpentine or thinner breaks down regular oils. **LINSEED OIL** or other oil mediums, (some are specifically prepared for use with Water Soluble Oil) should be used for thinning or for pre-wetting the canvas areas. Water is used for cleanup, and brushes washed with soap and water. All methods of regular oil painting may be used with water soluble oil paints. The greatest news is that there is **NO TOXIC ODORS** and people with allergies can use it. If you already have regular oil paints and do have allergies, switch to baby oil to clean your brushes to avoid thinners and turpentine. Again, water is used for cleaning, **NOT** as a medium. Use Linseed oil for medium. Some artists try to mix water soluble oils with acrylics, but it is not recommended. Oil and acrylic paint mix becomes thick, dry and crumbly. Long term results are questionable.

**Happy painting, Gloria**

*Have a safe Labor Day*





**ST. SIMONS MEETING TIME, 2016....  
 WE MUST PLAN FOR THE ST. SIMONS MEETING IN  
 MARCH, 31 TO APRIL 4, 2016. WE JUST GOT THESE  
 DATES AND LOOK FORWARD FOR A GRAND OLD  
 TIME WITH THE THEME OF THE "ROARIN' 20s".  
 Mark it on your calendar now....**

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. [franwalk@verizon.net](mailto:franwalk@verizon.net)  
[hchampagne@gmail.com](mailto:hchampagne@gmail.com)

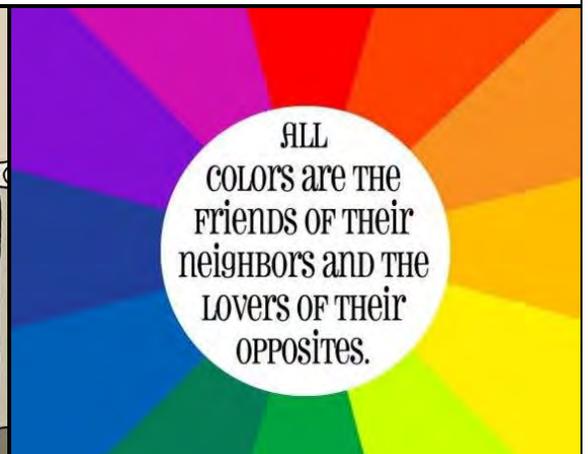
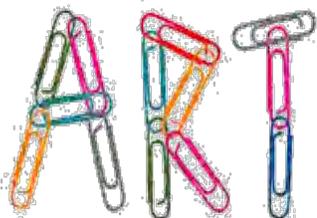
**2015 DUES**

Time to pay your 2015 dues. We want to keep you as a member, but after May we will be removing the names of those who have not paid. This means loss of teachers TEAM webpage's and newsletters. Any one paying dues September thru December will be credited to 2016 dues. Hope to hear from you, Always, Fran Walker, Treasurer SE Region  
 1003 Sonata Lane, Apollo Beach, FL 33572

[franwalk@verizon.net](mailto:franwalk@verizon.net)

**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 2015 Regional meeting Cindy Makowski**
- SE Reg Facebook Administrators -Judy Nicewicz, Mara Trunbo & Tony Carchia**





"A pleasant smile is understood by every race and creed, and love finds joy in giving love with every noble deed." ~ Carice Williams

## September Birthdays:

Tony Carchia – 6<sup>th</sup>  
Mary Mobius – 8<sup>th</sup> (Frank's wife)  
Alan Sires —17<sup>th</sup>  
Sylvia Wilkinson – 18<sup>th</sup>  
Emogene Wallace Hardy – 24<sup>th</sup>

## October Birthdays:

Smoke Beare – 2<sup>nd</sup>  
Miles Eckard (Bev's Husband) – 2<sup>nd</sup>  
Harold Champagne – 5<sup>th</sup>  
Mara Trumbo – 8<sup>th</sup>  
Elaine Harris – 12<sup>th</sup>  
Kay Bishop – 15<sup>th</sup>  
Eleanor Thompson – 20<sup>th</sup>  
Gail Cottrell – 21<sup>st</sup>  
Ann Dunlap – 31<sup>st</sup>



## September Anniversaries:

Este & Bill Rayle – Sept 1, 1950  
Sylvia & Stan Wilkinson – 18<sup>th</sup>

## October Anniversaries:

Judy & Doug Browne – 3<sup>rd</sup>  
Kathy & Al Camara – 4<sup>th</sup>  
Lydia & Blake Keller – 9<sup>th</sup>  
Janice & Tim Timmins – 14<sup>th</sup>



"WE NEVER LOSE A FRIEND –  
E'EN THOUGH OUR WAYS MAY  
PART. EACH FRIEND HOLDS SOME-  
THING DEAR TO KEEP WITHIN OUR  
HEART!" ~ HILDA  
SKOTT

## Circle of Concern:

"I wanted to Thank My TEAM Family for all their Prayers and support during the past month. Our world was rocked by the sudden passing of our niece Kayla. She was a beautiful caring person and even in death she sends us signs that she is ok and not to grieve but to celebrate life. Her 4 year old daughter Laveah is doing good, still in a cast on her leg, It didn't stop her from starting Pre K in a wheel chair. Her mother got her very excited about school and learning. Lavaeh shared with us that her mom said, she loved her just before the magical light of god took her to heaven. We where blessed to have Kayla for 22 years here with us ...But know she is and will remain Our beautiful angel.

Thank You again for your support and prayers. ' Tina Carchia

It is with our deepest sympathy that we send out our thoughts and prayers to Blaine Gillespie on the recent loss of his dear wife, Ruhama. Ru and Blaine have been SE Region TEAM members for a number of years and have taught classes at St Simons many times.

Blaine, we wish you quiet peace at this most difficult time. May the Lord's Angels bring you comfort, surround you with their love and family and friends bring you support each and every day.

Your TEAM members keep you and Ruhama in thought and prayer each day!

**FROM BLAINE GILLESPIE:** 'Ruhama went to be with Jesus Thursday afternoon about three thirty, it is just hard to believe she is gone, but she will never be sick again. Love y'all Blaine '

To all our shut-ins and those that are caregivers....may you be blessed this day with a lighter burden in health situations today and each day to come!





### DRINKING WATER (from E-mail)

Heart attacks can be triggered by dehydration. Now I carry a bottle of water wherever I go. How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!!

Heart Attack and Water - Drink 1 glass of water before going to bed avoids stroke or heart attack! Interesting.....

I asked my Doctor why people need to urinate so much at night time.

Answer from my Cardiac Doctor: Gravity holds water in the lower part of your body

when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. You need your minimum water to help flush the toxins out of your body.

Correct time to drink water... Very Important.

From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.



T.E.A.M. S.E. has a wonderful Facebook page and you are all invited to Join us there. So much fun to peruse all the wonderful photos, and you may even see many of your friends and favorite artists' works there. Here are a few examples.



<https://www.facebook.com/groups/158277370964694/>