



Summer, 2009

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Please feel free to make extra copies for your chorus. The [PDF version](#) will probably print best.

WANTED: Harmony Emporium Coordinator

What do Sweet Adelines like to do as much as we like to sing? SHOP! Ever wonder how the Region 13 Harmony Emporium magically appears at every regional event? Actually, there is a mastermind behind the magic. Our current wizard, **Kelly Warren-Russell**, needs to go on to different things after SET, so we are looking for a successor.



Say What?

Clearing up some terminology...

We all get comments from judges, coaches, directors, section leaders and sometimes our riser-mates that seem confusing. It's frustrating when they use a word we don't understand! So to clear a few things up, I'd like to talk about a few of these terms.

Alignment

Alignment, also called posture, is the first step in good vocal production. Directors and coaches do not discuss alignment as they are often focused on other aspects of the barbershop craft of music. As singers, we must rely on ourselves to ensure our bodies are properly aligned as we sing.

Our bodies are our instruments and how we hold our instrument is of vital importance. Poor alignment is like bending a flute: it definitely changes the sound!

Good alignment begins with your feet parallel on the ground, shoulder width apart. Your knees should be relaxed, bendable and moveable and your buttocks should be relaxed! Any tension in the body will directly relate to tension in the sound. If you are squeezing your buttocks, your sound will be impacted. Your rib cage should be lifted and held high and shoulders slightly raised and rolled back, but relaxed: no slumping shoulders, but no military shoulders either. Make sure your neck is relaxed and moveable; you should feel a slight elongation of the back of the neck. Your jaw should be tension free and the back of the roof of the mouth



We hope you are interested in the challenge of organizing Harmony Emporium! Kelly or I will be happy to talk with you during SET weekend, on the telephone, or via email to answer any questions you might have before volunteering to keep the magic flowing.

[Janice McKenna](#) / 206-368-5499

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Star Chorus at SET

The Star Chorus is planning to perform at Summer Enrichment Time (SET) in Seattle. We'll be rehearsing from 4:45-5:45 pm on Friday in the Washington



Ballroom. We have a new song we hope to use, so be sure to attend! If you are one of the lucky ones who can come a day earlier, find me at the hotel and we'll work on the music on Thursday. Deal? I should be there by noon.

I'm looking forward to seeing you soon! If you have questions or comments about the Star Chorus, please [contact me!](#)

submitted by Sue Hahn, STAR Chorus director

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Regional Calendar

2009

AUGUST

August 7-9: SET (Summer Enrichment Training), with guest faculty members Betty Clipman and Judy Pozsgay-Rimple. Seattle, WA area.

August 22: LiveWire Quartet

Show; Decatur High School in Federal Way, WA; 7:30 pm. Contact [Teresa](#) for more information.

SEPTEMBER

September 18-20: Region 26 Fall Workshop; Victoria, BC. Special guest faculty member, Mo Field. To read more about this workshop, [click here](#)

where air from the nose enters the throat (soft palate) should be lifted with the tongue forward. A smile in the eyes will bring the sound up into the resonators.

Energy

When a director says, "I need more energy" it could mean many things, so we have to use our best interpretive skills to understand exactly what kind of energy is meant. Here are a few tips to help you.

- **Spin**

Whenever we hold a long note, the note needs to "spin." More exactly, the note, though it stays the same pitch, needs to have increased intensity, excitement and air. It's not necessarily an increase in volume, but more of a rolling boil of excitement within the note. If you simply hold the note and don't spin, it will go flat. We all know there's nothing worse than a hanger that goes flat! While we're singing that long note, we have to treat each millisecond as new and different from the last millisecond by adding interest and excitement. Don't forget that adding emotion to the note will help spin it!

- **Forward_Motion**

Forward Motion is adding vocal excitement and interest to the voice at the end of the phrase so that the breath is hardly noticed by the audience. It seems pretty simple, but it's difficult to do! Forward Motion involves singing the length of the phrase until the absolute last second before releasing it to catch the quickest and smallest breath possible. An exception to this is an interpretive delayed breath where the planned silence makes forward motion at the release of the previous phrase even more crucial.

- **Energy**



Let's face it, sometimes we show up to rehearsal without our A-Game. We're tired from the day and have a million things on our minds. We're distracted and that carries over into our sound. The director or coach hears that distraction as a lack of energy and will ask for more! Your job is to immediately let go of everything else in your mind and give 100% to the chorus (or quartet). You must engage your body and core. Check that your body is properly aligned, relaxed and ready to perform. You must "turn on" your face and sing every word for the treasure that

it is and use the air you inhale to fuel the sound. Most of all, you must commit to being there and making the best sound possible!

This is a recurring column addressing different aspects of barbershop music and singing technique. If you have specific questions or suggestions for column topics, please e-mail Nikki Blackmer at ajoyfulsinger@yahoo.com.

for a flyer, or [visit the Region 26 site](#).

OCTOBER

October 1-4: Fairbanks Frontier Chorus Coaching with Kathy Carmody. For more information, contact [Patti Gallagher](#).

October 17: InTune Newsletter deadline for fall issue; questions and articles should go to [Stacey Stevens](#).

October 20-24: SAI International Convention. Nashville, Tennessee

October 30-31: Evergreen District Fall Convention; Whistler, BC

NOVEMBER

November 20-21: Ovation Quartet Workshop with 2009 Queens of Harmony, Moxie Ladies! Everett, WA. Stay tuned for more details!

2010

MARCH

March 13: RiversEdge Chorus Cabaret Show. More information to come! For questions, contact [Beth Garske](#).

March 18-20: Region 24 Annual Convention (SAI)

APRIL

April 22-24: Region 13 Annual Convention (SAI); Anchorage, AK

MAY

May 13-16: Region 26 Annual Convention (SAI); Saskatoon, SK

JULY

July 17-24: Fairbanks Chorus Coaching with Joe Connelly. For more information, contact [Patti Gallagher](#).

OCTOBER

October 19-23: SAI International Convention; Seattle, Washington

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2011

MARCH-APRIL

March 31-April 3: Region 13 Annual Convention (SAI); Spokane, WA

OCTOBER

October 18-22: SAI International Convention; Houston, TX

2012

Submitted by Nikki Blackmer, M.M., Director of a cappella joy Chorus, Director Coordinator for the Region and Member of the Education Direction Team

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Sing for the health of it!

Do you really want to be a better singer and performer? Get healthy!

Now is the time to evaluate and listen to your body. Is it hard to stay aligned throughout rehearsal? Do you lose your breath when doing choreographic moves? Is it hard to make it through the phrase endings? Do you run out of energy halfway through rehearsal or performances?

Focus on physical warm-ups and food portion control.

Physical Warm-ups: Pay attention to the chorus physical warm-ups and spend 15 minutes per day going over them. Then, practice your choreography while singing for 15 minutes per day. Doing this gives you a half-hour physical exercise program for which you don't have to pay any gym fees! Just think how impressed your fellow chorus members will be when you perform the physical warm-ups and choreography with precision. And, as a bonus, this helps you learn the chorus songs more quickly.

Food Portion Control: Focus on your daily food intake. Before eating your meal, visualize what each serving should look like, pay attention to food labels, and make a habit of reading the food labels to help you manage portion sizes. Think about what and how much you are consuming, eat slowly, and taste every bite. Recognize how frequently you eat and enjoy the experience of eating!



Use the following to visualize portion sizes:

- One serving of meat = deck of cards
- One serving of pasta, rice = tennis ball
- One serving of vegetables = baseball
- One serving of cheese = six dice
- One serving of potato = computer mouse
- One serving of peanut butter = ping pong ball
- One slice of bread = cassette tape

These tips will help you build energy, stamina, and musical abilities, so come on and Sing for the Health of It!

Submitted by Patty Martin, Education Coordinator

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Lead from the Risers

MARCH

March 15-18: Region 13 Annual Convention (SAI); Spokane, WA

OCTOBER-NOVEMBER

October 30-November 2: SAI International Convention; Denver, CO

2013

MAY

March 16-19: Region 13 Annual Convention (SAI); Spokane, WA

NOVEMBER

November 5-9: SAI International Convention; Honolulu, HI

2014

APRIL 2014

April 10-13: Region 13 Annual Convention (SAI); Spokane, WA

Send Calendar info to:

Tracie Cogdill, Calendar Coordinator
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Do you need a title to be a leader? Can you lead from the risers? Do you need permission from your director to be a leader? NO! You can be a leader of your chorus by the actions you take and the words you speak. Being a leader is about doing the right thing, helping others, and seeking solutions to problems. Whether or not you are part of a designated "leadership team," you can be a leader in your own chorus. Here are a few ways you can become an *invisible leader* of your chorus.

- Arrive at rehearsal on time
- Pay dues on time
- Evaluate your music on time
- Help others who are struggling with their music/choreography
- Don't talk on the risers
- Encourage others/help others
- Be friendly to all members of the chorus - know their names
- Ask your director if you can help with something
- Ask your section leader if you can help them
- Ask your board/management team member if you can help them
- Volunteer for committees
- Bring a solution to the designated leaders instead of just the problem

This list is not exhaustive by any means. The real question to ask is, "What can I do to make my chorus better?" The answer will propel you into being a leader whether you have a title or not.

Submitted by Karen Leet, Team Coordinator

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Region 13 Management Team

Team Coordinator



Due to changes in her life, **Cris Turner** has stepped down as the Regional Membership Coordinator. We were fortunate to have several members come

forward to fill her shoes for the remainder of the fiscal year. Through that process, we recently appointed **Cheryl Ekstrom** to this important position. Cris will continue to support Cheryl with the Chapter-at-Large members.

Cheryl is a member of Rolling Hills Chorus and serves as their baritone section leader (among other things, and was also a member of Top of the World and Alaska Sound Celebration Choruses. With her organizational skills and enthusiasm, Cheryl brings a new viewpoint to the continual quest for new members and keeping you, our current members, happy. Cheryl

International Update

Taken from the 246th (Summer) Meeting of the International Board of Directors, held June 20, 2009.

- Applauded Marilyn Rose for her many contributions to the International Judging Program and approved *Emerita* status for her.
- Happily authorized the charter and chapter membership for Belles of Berkeley Chapter, Martinsburg, West Virginia, Region #19.
- Approved a revision in the International Board of Directors election process that reduces the amount of time between issuing ballots and the election deadline.
- Agreed to amend Standard Form Regional Bylaws to revise the election/appointment cycle of the coordinator positions on all Regional Management Teams (RMT).
- Adopted revised language in the Corporate Bylaws that grants Lifetime Member status to individuals who have reached their 50-year membership anniversary.
- Revised the following areas in the Sweet Adelines International Corporation Policy Book:

- 1) Including language describing Associate Membership
- 2) Adding the Young Women in Harmony Program

will be filling the remainder of Cris Turner's two-year term, which started last year.

Welcome Cheryl!

Karen Leet
907-745-8371
ckleet@gci.net

Communications Coordinator



Summer is half gone (can it be true?) and I'm thinking ahead to cooler times because hunting season is fast approaching. Hunting? Hunting for what or whom, you may ask? Why YOU, of

course! Have you ever thought you'd like to have a say in what Region 13 does and how things are done? If so, this is your chance to make a difference!

Each year a few Regional Management Team (RMT) members and staff step down from their posts so new members can begin. This isn't magic, really. It involves volunteers who step up and commit to doing various jobs.

Right now, the RMT is looking for two Region 13 members (not already on the RMT or regional staff) who would like to serve with me on the regional nominating committee. This is a short-term, focused commitment beginning in mid-August and ending in early November. There's no need to travel and you can participate via e-mail and telephone.

If you would like to volunteer for the regional nominating committee, send an e-mail to Evelyn Weiss (see below) or call me with your questions. Please consider volunteering – not only will you be filling an important role, but you will have fun along the way.

Evelyn Weiss
509.967.5311 / 509.420.6754
weiss@weissguys.net

Director's Coordinator



A large number of Region 13 directors attended the Sweet Adelines International (SAI) director's training in Detroit

Coordinators as a standing committee that reports to the Education Direction Committee (EDC)

3) Changing the title of the Regional Leadership Coordinators standing committee to the Regional Leadership Committee (RLC)

4) Adding language to all of the Regional Management Team coordinator job descriptions to add responsibility for membership growth and retention to each coordinator's position

5) Naming the Regional Team Coordinator to share responsibility with the Regional Communications Coordinator for the timely distribution of communications from international headquarters and in-region communications

- Made language change in Article V, Section 6. Removal in both the Standard Form Chapter Bylaws and Standard Form Chapter Bylaws Management Team congruent with removal language in other governance documents.
- Amended the Standard Form Chapter Bylaws to require either a six-member or 12-member board of directors.
- Excitedly chose Karen Wysocky, Crosstown Harmony Chapter, Region #22, as the 2009 MENC Award recipient. Also applauded the exceptional quality of this year's candidates.
- Gleefully chose Lea Baker, Endeavour Harmony Chorus, Region #34, as the 2009 Ann Gooch Award recipient.
- International President Peggy Gram proudly announced her choice for the President's Lifetime Achievement Award as Britt-Helene Bonnedahl, Rönninge Show Chorus, Region #32.
- Enthusiastically learned that there were more than 1,000 entries in the VIP promotion for convention in Nashville.
- Excitedly chose Baltimore, MD, as the site of the 2014 International Convention and Competitions
- Learned that 101 RMT members currently are registered to attend the Education Forum on Monday, October 19, in Nashville.
- Noted that that the RLC plans to develop a Web portal for RMTs.
- Acknowledged that a Webinar on membership orientation will be presented on July 16 by the Membership Committee; it will be the fourth Webinar this Committee has presented since January 1.
- Anticipated the launch of the second Youtube.com/A Cappella Singing contest in July.
- Appointed a Financial Planning Task Force to conduct an in-depth study of the financial position and policies of the organization.

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The benefits of drinking water



recently. For two intense days, judges and directors sat

together to learn and explore different aspects of the Barbershop music art form.

Some of the best of the SAI faculty were on hand to teach topics ranging from expressive singing (with the Moxie Ladies quartet providing musical examples), to tuning, to "trap shooting" (i.e., recognizing and avoiding musical traps choruses fall into). The weekend ended with a lip-synching contest, which included five contestants from Region 13! We made our region proud for sure!

Summer Enrichment Time (SET) is quickly approaching and we have an impressive number of SET participants registered this year. It's going to be a great event! During SET, we will have a director's reception, one-on-one time with the SET faculty, and a director's lunch on Saturday.

See you all at SET!

Nikki Blackmer
425/821-5758
ajoyfulsinger@yahoo.com

Education Coordinator



WOOHOO! Two-hundred of your closest friends will be joining you at Region 13's Summer Enrichment Time (SET) at the SeaTac Marriott Hotel, August

7-9, 2009. *Here Come Da Judge* will provide you with education from four judges: Betty Clipman, Judy Pozsgay, Carole Kirkpatrick, and Melanie Wroe.

All classes will be fun and exciting and will enhance your ability to become a better singer and performer in the Barbershop craft of music! Plus, you get to attend a fabulous show on Saturday evening with performances from Mojo, LiveWire, Alaska Sound Celebration, Jet Cities, Star Chorus, YWIH Quartet, Ovation, and Novice and Double quartets.

GET READY FOR A COURT APPEARANCE; DA JUDGES ARE COMING TO TOWN!

Patty Martin
360-754-9450
pgmartin1@comcast.net



Your body is comprised of 70% water, and every system in the body depends on water. Not only is drinking water essential to your health in so many ways, but it is probably one of the easiest things you can do for yourself. So grab a glass and enjoy these benefits of drinking filtered water.

Keeps You Hydrated

You lose about 2.5 liters of water a day, so be sure to replenish constantly. For proper water nutrition, most adults should drink eight 8-ounce glasses a day. But your intake needs depend on your individual physiology, age, gender and level of physical activity.

Fuels Your Routine

Drinking water can help keep you energized. Mild to moderate exercise can deplete a surprising amount of your body's fluid reserves, making you feel fatigued. Power through your routine with adequate water intake, replacing depleted fluids with clean, filtered water.

Clears Your Head

The reason your head is pounding could be dehydration. Drink water to help ward off headaches. Plus, it can help you think more clearly. Research has shown that mild dehydration can lead to significant impairment and affect cognitive function. Even in children, if they're not properly hydrated, dehydration can affect how well they perform on a school test.

Transports Vitamins and Nutrients

Water is essential to your health. It helps deliver vitamins and nutrients to different parts of your body. It also helps the body flush out harmful toxins.

Aids Digestion

It is essential to eat enough fiber for digestive health and to prevent constipation, but fiber cannot do its job without adequate intake of clean water. There are digestive benefits of drinking filtered water. It's essential for digestive health because it helps prevent constipation.

Lubes Joints and Muscles

Water makes up a large part of the fluid that lubricates and cushions your joints and muscles. Proper water intake before, during and after exercise can help reduce muscle cramping and premature fatigue. **Cuts Caloric Intake**

There are weight-loss benefits to drinking water. Water is the original zero-calorie beverage. Replace at least one soda or fruit beverage with filtered water each day and you can cut up to 200 calories from your daily diet. You'll cut sugar from your diet, too. Drink filtered water instead of a typical 12-ounce soda and you cut out the equivalent of 10 teaspoons of sugar.

Events Coordinator



The 2010 contest in Anchorage is coming together at Mach 10 speed! The new Convention Steering Committee (CSC) is almost ready for their first meeting on August 15. This

year's CSC is made up of members from all over Region 13. We've got brand new folks bringing fresh ideas to the table and veterans ready to keep them in line!

We'll be sharing plans for this contest with you when the next *InTune* goes to press. In the meantime, we plan to bring some surprises to SET in about seven short days, so don't miss the fun!

Sue Hahn
907.272.4245
sourdoughsuesb-b@alaska.com

Financial Coordinator



Janice McKenna

206-368-5499
brucejan@drizzle.com

Marketing Coordinator



Hopefully you will attend Summer Enrichment Time (SET) in August. It is going to be a fabulous weekend with incredible faculty and great classes. One of the perks of my

position on the Regional Management Team (RMT) is to lead a breakout lunch on Saturday for marketing coordinators (though everyone is welcome). We've got a great curriculum and I am planning to allow time for discussion and feedback from chapter marketing coordinators, so please e-mail me with your questions, concerns, and successes that you

Reduces Risk of Infection

Water can help prevent kidney stones and reduce your chances of getting bladder, kidney and urinary tract infections. Drinking water cleanses these organs and keeps them functioning properly. Make sure your body doesn't take in contaminants by drinking only filtered water.

May Reduce Risk of Heart Attack

Your heart may benefit from drinking water. Researchers at Loma Linda University in California studied more than 20,000 healthy men and women and found that people who drink more than five glasses of water a day were less likely to die from a heart attack or heart disease than those who drank fewer than two glasses a day.

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Chorus Chatter

Blue Mountain Chorus

Whew! That's not just because it's been a hot summer here, but because we've been busy. While preparing for our first appearance on the contest stage since 2004 (after spending some time revitalizing), we moved to a temporary rehearsal site, then moved again to our new location between two wineries. We began rehearsing at a Unity Church on June 1st. The church not only offers free rent, but they allow us to leave the risers up all of the time!



We opened the July 4th in the Park festivities again this year singing "The Star Spangled Banner" as well as, "Salute to the Armed Forces", and the "Ode to America" medley. Chorus members also ran an information booth all day in temperatures above 100 degrees!

We volunteered our services to usher for the community college summer musical, *Grease*. This outstanding production was held in an outdoor amphitheater, where, once again, temperatures were around 100 degrees. Our women looked the part, though, dressed in matching pink shirts and black pants. In fact, some audience members thought we were the Pink Ladies in the show!

Our director, Andi Flores, went to director training and returned completely jazzed and ready to prepare us for a cabaret show we will be performing at the local Elks Club in November.

We look forward to seeing you at Summer Enrichment Time (SET) in Seattle!

would like shared during the breakout session.

So, what *is* marketing? Marketing is the process for creating, communicating, delivering, and exchanging offerings that have value. Value to whom you ask? Is it value to potential audiences, future members, sponsors, or active members? It is our active members that we rely on to achieve our marketing goals. Therefore, we must ensure that everyone understands our goal(s) and believes in them. Communication is the key to success!

You should have a marketing plan along with a marketing strategy. Together these elements will help you achieve your goals. Your goals could be to increase attendance at a show; it could also be to retain members. Or, you might be looking to develop strategic partnerships within your community.

Do you feel overwhelmed or do you have a good handle on marketing? I would love to hear what has been working, or not, for your chapter and/or quartet. Would you be interested in a Region 13 Marketing Group on Yahoo? Feel free to send me an e-mail or give me a call. As always, if you have any questions or need help, don't hesitate to ask me. I look forward to seeing many of you at SET in August!

Jan Matthews
907.522.1988
jlm@alaska.net

Membership Coordinator



I am excited to serve you as the Membership Coordinator for Region 13. Being a member of three different choruses in three years has taught me a lot about the process

and what it takes to join in and become part of a chorus. I am fairly new to Sweet Adelines having joined the Top of the World Chorus in 2006. I was a charter member of Alaska Sound Celebration and am currently a member of Rolling Hills Chorus.

I love singing barbershop and I love the association with all of you amazing women! I am committed to supporting each of you and being a resource to you as we work together to develop strategies to facilitate

Submitted by Darlene Filla

Coeur d'Alene Chorus

As a longstanding member of the Chamber of Commerce Arts and Culture Alliance, we were instrumental in the success of the Arts Alliance's annual fundraising event, "Buckets, Blues, and Brews." On July 25th, the chorus sang at the grand opening of the area's largest sporting goods retailer, Cabela's.



Next, we gear up for the Kootenai County Fair where our "Sweep Adelines" members clean the grounds and grandstands at the event. We are well-appreciated by thousands of fair-goers for this effort. Of course, when the opportunity arises, we will happily sing a few barbershop tunes for North Idaho residents and guests!

Christmas in July! Yes, we begin preparation and rehearsals for our annual Christmas concert "Caroling of the Belles" and caroling at the Coeur d'Alene Golf and Spa Resort. We perform the Christmas concert in early December and caroling starting the Saturday after Thanksgiving and every Thursday through Sunday after that until Christmas. Members wearing beautiful Victorian costumes are a well-anticipated tradition in the community. Visitors come from all over the world to celebrate the ambiance of this delightful lake city and holiday activity. If any of you anticipate being in the area for the holidays, check out our web site for more information. We would be delighted to welcome you to our area!

In July, our director, Dr. Jay Krumbholz, now in his second year with the chorus, joined many Sweet Adelines directors in Detroit for the director's educational event.

Submitted by Melodie Hays

Fairbanks Frontier Chorus: *Fairbanks Frontier Chorus takes its show on the road to celebrate Alaska and 50 years of statehood*

Five standing ovations in a row! Seeing moose, black bears, whales, eagles and sea lions while touring the largest state in the union - what more could a chorus desire? That is what happened on our tour of Southeast Alaska. The Fairbanks Frontier Chorus worked for almost two years preparing a unique show for Alaska's 50th birthday. On May 29, we launched the show in Fairbanks and then took it on the road for a 9-day tour through Haines, Skagway, Juneau and Sitka; all communities that had invited us to

growth and to strengthen the chapters and the members in them. Each of you is an important link in the Sweet Adeline chain and it is my goal to help you be a strong one.

I look forward to getting to know you and invite you to give me a call if I can be of service to you in any way.

Cheryl Ekstrom
509-628-0257 / 509-492-6510 (c)
scekstro@verizon.net

Other Contacts:
Regional Calendar Coordinator
[Tracie Cogdill](mailto:Tracie.Cogdill) / 907-457-5244

Regional Historian
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perform.

The narrated show of 20 songs depicts the history of Alaska leading to statehood and beyond, and includes recollections of the gold rush, the building of the Alaska Highway, oil development, tourists, earthquakes and conditions all Alaskans contend with - mosquitoes, ice break-ups, ravens and moose.

The tour officially began on June 3 when 20 singers, the director and six family members left Fairbanks by motor coach and headed toward Haines. Two days later, we arrived in the small coastal community. While most of us were setting stage and changing into costumes, our director, Patti Gallagher, and an accompanying quartet prepared a 45-minute barbershop workshop for Alaskan locals so that they could learn more about barbershop music.

After the show in Haines, we headed for Skagway, Juneau and Sitka where we performed in each town and were rewarded with appreciative audiences who responded with laughter, applause and standing ovations! Meeting fellow Alaskans after each show was heart-warming and just one of the rewards of a job well done. We knew all our hours of rehearsal, writing, choreography practice, and preparation had been worth every minute!

Submitted by Joy McDougall and Susan Spencer

Inland Harmony

[Inland Harmony Chorus](#) is proud to introduce their new director, **Becky Pope**. Becky steps in for **Karen Byington**, long-time Inland Harmony director, who recently retired. Becky will be at SET, so be sure to say "Congratulations" to her!

Pacific Sound Chorus: *Dual-ing with PSC at 2010 Internationals*

[Pacific Sound Chorus](#) (PSC) is thrilled and honored to be representing Region 13 at the 2010 International Competition in Seattle.

In response to several inquiries, we've prepared a policy for accepting dual members from the region who wish to join us on the International stage. For information about the requirements to become a dual member with PSC, please visit our website at www.pacificsound.org.

If you're entertaining the idea of "dual-ing", we welcome you to stop by PSC's rehearsals on Tuesday nights. The rehearsal schedule and directions are on our website.

Additionally, we have implemented a youth member policy for young women under the age of 25 to join the chorus (for International) at reduced fees. An informational flier can also be downloaded from our Home page.

submitted by: Carol Drew and Glenn Law, PSC Membership Co-Managers

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Members can now update their personal information online, including name, address, e-mail address and phone numbers! Log on to the following Web page to make corrections to your membership information: http://64.207.244.220/sai/members_online/members/viewmember.asp?action=start . You can also send information by email to [Connie Heyer](#), the SAI Membership guru!

Please note that when logging in, if your member number begins with a "0" you must omit it; for example if your member number is 01234, the log-in page will only accept it if it is entered as 1234.

When submitting email updates to International please include your member number, name and chapter name with your updated information.

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InTune is published quarterly for the membership of North Pacific Region 13, Sweet Adelines International. For questions or comments about this electronic edition, please contact [Sue Middleton](#) at 253.874.2733.

The next issue will be distributed in the fall; deadline is October 17, 2009. We'd love to hear about your chorus or quartet! Send articles to [Stacey Stevens](#), **InTune** editor.

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