

real women.  
real harmony.  
real fun. 

# InTune

North Pacific Region 13  Sweet Adelines International

## A Cappella...All the Time!

The 2011 North Pacific Region 13 Convention and Competition is just 11 weeks away! Most likely your chorus is busy working on contest songs, learning choreography, talking about inner strength and personal responsibility...all the things that go into making your appearance onstage in Spokane a memorable one!

Three email "blasts" have been sent to Region 13 membership about convention details. If you did not receive them, please [visit the Regional Competition webpage](#) (you might also check to see if we have your most current email!). Each article includes the names of pertinent contacts, so if you have questions, please do not hesitate to call. Your chorus should also have someone in charge of the competition; be sure to check with them, too!

Our theme this year is *A Cappella...All the Time!* We have some new fun activities



planned for the Education Class on Friday, the Mass Sing, and the Afterglow (and it involves food!!). The Doubletree Hotel has undergone some updating and you can make your hotel reservations now!

For more information about Housing and scooter/wheelchairs, please see page 2.

See you in Spokane!!

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## Regional Assessment Increased

On November 23, 2010, all chorus financial coordinators/treasurers and team leaders/presidents were notified of an annual regional assessment increase that becomes effective May 1, 2012. The advanced notice of more than a year is to help choruses plan for the increase, especially those using an accrual/escrow method for collecting membership dues.

Currently, dues are \$25 for chapter/chorus members and \$35 for chapter-at-charge members and will remain the same for the assessment in May 2011.

Beginning in 2012, the annual assessments will be as follows:

| Member Type             | As of 05/01/12 | Total Increase |
|-------------------------|----------------|----------------|
| Chapter/Chorus Member   | \$36.00        | \$11.00        |
| Chapter-at-Large Member | \$48.00        | \$13.00        |

The members of your Regional Management Team (RMT) struggled with this decision, knowing increased costs are never welcome. It will have been seven years since the last time regional assessments were increased and it is necessary now to keep pace with the costs of providing high quality events and conducting the business of this wonderful organization. Please be assured the RMT continually looks at the way it does business and initiates new ideas and improvements to use regional funds wisely.

We recognize many choruses face some of these same financial challenges and hope you understand the reason for the assessment increases. If you have any questions, please contact the Region 13 Financial Coordinator: [Mary Neff](#) / 360-455-8943.



Now you can visit us on our Region 13 Fan page, even if you're not a member of Facebook.

Simply visit us at [facebook.com/Region13](http://facebook.com/Region13)—no sign-up required—and catch up on all the latest goings-on in North Pacific Region 13.

# Convention News

## Spokane Doubletree Hotel and Your Reservations

A block of rooms is set aside for our Region for each night. Book early to get your desired room. Your credit card will be needed to secure a reservation, but will not be charged until the week of competition. Please be sure that only one person makes the reservation for each room.

The rates are:

- 1 queen bed .....Single/Double: \$123.00
- 2 double beds.....Single/Double: \$123.00    Triple/Quad: \$133.00
- 1 king bed, deluxe .....Single/Double: \$123.00
- 2 queen beds, deluxe .....Single/Double: \$123.00    Triple/Quad: \$133.00
- 1 king bed, premium.....Single/Double: \$153.00
- 2 queen beds, premium.....Single/Double: \$153.00\*    Triple Quad: \$163.00\*

Premium rooms are the corner rooms of each wing on each floor and have more space.

[Make your Hotel reservations NOW through this web site link](#) or by calling the hotel at 509-455-9600. Reservations need to be made before February 27, 2011.

### Other hotel information

- The current tax rate is 10.7% plus a \$2 charge per night.
- Changes to your reservation must be directed to the hotel. There is a 72-hour cancellation policy. If you cancel your room after that, you will be charged for one night.
- Booking through the Doubletree Hotel helps insure that our region does not accrue extra costs for using hotel meeting space. [Click here for a special Region 13 message!](#)
- Check-in time is 3:00 pm and check-out is at noon.
- Self-parking is \$16.00 total for our event—not per day—and will be billed to your room. Valet parking is \$22.00.
- The Doubletree Hotel has been spruced up with a new, brighter lobby, and Shutters Restaurant has been remodeled. Flat screen TVs are now in all the rooms, too. You will like the changes!
- **A contact person for each chorus needs to send her e-mail information to [Judy McMillian](#), Housing Chair. The contact person will receive information for breakfast reservations on Saturday morning and room availability for rehearsals or other events.**

Contact [Judy McMillian](#), Housing Chair, if you have questions.



### Wheelchair and Scooter Rentals

The Doubletree Hotel Spokane City Center has six wheelchairs on property. You can reserve one when you make your hotel reservation.

You can also contact a local vendor:

**Inland Medical & Rehab**  
509-455-9385

**Peaks & Plains Medical Supply**  
Weekly rentals of wheelchairs and scooters. Can deliver and pick up.  
509-484-0903

**Wheelchairs & More**  
Contact: Mike Johnson  
509-489-6879

### Judging Panel

Here are the judges for our contest:

- **Judy Ashmore**, Sound (and Panel Chair)
- **June Berg** (Music)
- **Jan Gervais** (Expression)
- **Mindy Brizendine** (Showmanship)

### Useful Convention Links

- [Competition Bulletin 1](#)
- [All-Events/Registration Info](#)
- [R13 Competition Page](#)
- [Quartet Registration Packet](#)
- [Regional Dates and Deadlines](#)

# Eight Years in the Making:

## Shared Past of Two MENC/SAI Award Winners Add Up to Incredible Odds

While thousands of Sweet Adelines cheered for **Anne Kotchman** when she received the Music Educators National Conference/Sweet Adelines International (MENC/SAI) Award at the 2010 International Competition, one Region 13 member was beyond excitement!

**Judie Sharpe**, [Grand Olympics Chorus](#) director, not only relived *her* moment of glory when she won the same award years ago, but got to cheer on personal friend, fellow coach/teacher and former chorus mate as she accepted the award last fall.

The MENC/SAI Award is a national and international award for the Music Educator/Teacher of the Year.

What the audience didn't know is that Anne and Judie at one time lived in the same community, sang in the same chorus, taught music at neighboring schools and coached the same international-winning Young Women In Harmony (YWIH) quartets before becoming MENC/SAI award winners. Today, Anne and Judie live on opposite ends of the United States: Anne in Michigan and Judie in Washington.

The two first crossed paths in Michigan in 2002 when Anne joined [Shoreline Sound Chorus](#), where Judie had been a member for three years. At the time, Judie was the regional YWIH coordinator and had been teaching YWIH methods in her classroom.

"It was like lighting a fire under my music program, and my students responded with great excitement," Judie says. "We began filling our auditorium for choir concerts with highly enthusiastic audiences."

Inspired by this success, fellow music teacher, Anne, began using similar materials to teach her students. Anne taught high school choir at Cardinal Mooney Catholic High School in Marine City and Judie taught high school choir for the Richmond School District. As it turned out, the two schools were about a half-hour's drive away from each other!

Anne says, "I was so impressed with the work Judie did with her students and the YWIH program for our region! She gave so many young women incredible experiences and opportunities. She was a tremendous help to me when I began my YWIH chorus at my high school. We were preparing to be on our chapter (Shoreline Sound) Christmas show and Judie came and spent the whole day with us, coaching. It made such a difference."

"The education that the YWIH program provided enriched my choir in so many ways," Anne says. "As a result, we had so many performance opportunities, including singing backup to Kenny Rogers in his "Christmas and Hits" show

two years in a row at the historic Fox Theater in Detroit! These opportunities have been life-altering for my students!"

In 2002, Judie won the MENC/SAI award.

Two years previously, her YWIH quartet, Sandstone, won SAI's Rising Star competition. Judie says of the experience, "It was a highlight of my life...and theirs! One of those girls is now a music teacher herself, passing her love of music to the next generation."

Around the same time, Judie worked with another YWIH quartet in the area, Dreamcatchers. As it turned out, the school teacher for that quartet was none other than Anne.

As the years passed, Anne and Judie worked together coaching YWIH quartets until Judie retired and moved to Washington in 2006. Dreamcatchers stayed together after Judie retired, and, through Anne's continued hard work, placed 3rd at the 2008 Rising Star contest. In addition, the two women watched as other quartets they formed and coached went on to win at the regional level. Anne has also seen a former student and YWIH quartet member become a music teacher in one of the local schools.

"Judie was a wonderful coach and friend," Anne recalls. "I was honored and humbled to take over as YWIH coordinator for the region when she relocated to Washington."

Of their tied pasts, Judie says, "I just think that it is so exciting that two friends from the same chorus, working with the same high-placing YWIH quartets, have received this same fabulous award!"

Congratulations, ladies!

*Submitted by Stacey Stevens, InTune Editor*



*Judie (left) and Anne celebrate the announcement.*

*Do YOU know someone who might be a MENC/SAI award winner? [Click here for an application form!](#) Nominations are due May 13, 2011.*

# Say What?!? Tips for Expressive Singing

When a performance has complete command of the technical elements of singing and then adds emotional communication—making the audience unaware it is hearing anything other than a beautiful song straight from the heart—the performers have achieved the ultimate: true musical expression.

Here are some things to help identify the key elements in a song's emotive message:

**Write out the lyrics in script.** Pay attention to how long it takes you to write the words and what words seem to tug at your heartstrings. Those will be important words.

**Notice the musical plan.** Regardless of the words, notice what shape the musical line takes, what notes are held a long time, what notes are high, or what musical embellishments are present. Composers and arrangers use these musical elements to highlight the story they want to tell.

**Sing the melody line.** Sing it on a neutral vowel and notice where the melody seems to be effortlessly drawn out.

**Do any of these elements line up?** See if the important words, long notes, high notes, and interesting musical embellishments line up. These will become musical climaxes that help to give the piece ebb and flow.

Using these tips, make a musical and interpretive plan. Every piece should have the shape of an arc, where the highest point is at or near the end. Some words, notes and phrases can be moved through, while others need to be extended for emotional impact.

An emotional story should be imprinted upon the words and music. Draw on personal experiences as guides for the emotions you think you would feel during the song. If personal experiences are not possible (for whatever reason) then

substitute something else.

Use your face and body to convey the message of the song. If you sing a happy song with a blank face, you are not helping to sell the emotional story. Likewise, if you have extraneous body movement, it will interfere with a solemn song.

Lastly, realize that only **after** the basic technical elements of performance are achieved is it truly possible to attain a passionate performance, with complete commitment to the lyrical and musical message.

However, always strive to master the basics so you can move your listeners with what you sing.

This is a re-occurring column addressing different aspects of our barbershop craft of music and you as the singers. If you have a specific question or a suggestion for a good topic for the column, please email [Nikki Blackmer](mailto:Nikki.Blackmer).

*Submitted by Nikki Blackmer, M.M. Nikki directs a cappella Joy Chorus, is Directors' Coordinator for the Region, and a member of the Education Direction Team.*

## "A CAPPELLA GONE WILDER" RESULTS

The Region's "A Cappella Gone Wilder" program, which entailed judging a contestant in Seattle, was a success. Over 25 participants chose a category and became "Judge for a Day!" For their efforts, they each get \$10 off SET 2011 registration.

Daily winners were also drawn during International for a FREE registration to SET. The winners are:

- **Sylvia Butcher**  
(Alaska Sound Celebration)
- **Eileen Duncan**  
(Rolling Hills)
- **Kaylene Johnson**  
(Kitsap Pines)
- **Karen Leet**  
(Alaska Sound Celebration)
- **Lois Raymond**  
(Rolling Hills)

Congratulations to all the winners and participants.

## Job Shadow Opportunity

Calling all energetic, organized women with a passion for education! Here's your chance to put these awesome strengths to work!

The Region is looking for our next Education Coordinator, and Patty is offering a job-shadowing experience to acquaint you with the duties of the position.

These duties include:

- Communicate with International faculty for workshops,
- Organize regional education events,
- Chair the Education Direction Team,
- Visit and provide information to regional choruses,
- Participate as a regional team member,
- Communicate and work closely with the Events Coordinator,
- Review event evaluations and report findings to Sweet Adelines International,
- Communicate with, and

- meet, the competition judging panel, and...
- Have BIG FUN!

If this very exciting opportunity sounds interesting to you, please consider shadowing the Education Coordinator position from April 1, 2011 to April 1, 2012. Talk about a perfect on-the-job experience!

Contact [Patty Martin](mailto:Patty.Martin) if you are interested, need more information, or have questions.



## New Year, New Improved Education

No fooling! The education classes during Convention weekend are going to be top-notch! The class will be held on Friday, April 1...bright and early so you can have the rest of the day to attend a chorus or quartet rehearsal, shop at the Harmony Emporium or just have lunch with your friends!

This year's class is called "They Get M&Ms?" After some discussion about what it takes to be a judge, YOU can volunteer to be on a Judging Panel and score a song in the category of your choice. The panel will be set up the same as competition...including a bowl of M&Ms. International Faculty Member Carole Kirkpatrick will moderate and present ways to improve your skills. The demonstration quartet will be Frenzy, the Region 26 2010 2nd Place Quartet. Carole will also work with Frenzy to demonstrate the various singing levels. You will not want to miss this "fan-tabulous" learning experience. Whether you are a "judge" or an audience participant, you will take home new skills and knowledge. [Click here for a special Region 13 message!](#)

*Submitted by Patty Martin, Education Coordinator*



SET  
2011

### SET Summer Rejuvenation

August 5-7  
Pasco Red Lion

Arrive in the Tri-Cities area early and enjoy some relaxing activities such as golf, shopping, wine tasting tours, swimming, and sunbathing.

Then get ready for exciting NEW classes all day Friday, including PVIs, quartet coaching, and a Director's Track with International Faculty member, **Darlene Rogers**. Look for a new SET song, too!

Darlene will work with us all day on Saturday and Sunday morning.

**SAVE THE DATE!** You don't want to miss this summer fun and exciting educational opportunity for Region 13 members.

## Our Changing Lives...

### The only person who likes change is a baby!

Has your chorus recently changed a policy? Do you have a new director? Has your riser placement changed? Have you changed jobs? Are you suddenly an empty nester?

All of these things result in changes in your life, but as the title of this article says, the only person who likes change is a baby. This is unfortunate because change in your life is **inevitable**. It will happen and it will happen more often than you would like.

The real question is "How do you respond to change?" Do you go with the flow or do you resist? Do you give suggestions for improvement or do you just complain? The book [Who Moved My Cheese?](#), by Spencer Johnson, is a wonderful parable about how people (or in this case, mice) respond to change. It describes the adventures of Sniff, Scurry, Hem and Haw as they deal with unexpected change. Their cheese (something they want) is moved to a different place in the maze and they are faced with the dilemma of continuing to come back to their same old spot (where there is no more cheese) or choosing to move on to a different spot (to find cheese!).

Each mouse takes a different approach to this hunt and each has a different attitude during their adventure. Scurry immediately runs

around blindly looking for new cheese. Sniff also immediately starts looking for cheese but does it more cautiously. Hem and Haw drag their feet, complain about the lack of cheese but do not take any steps to improve their situation.

Which character are **you**? If you are having a difficult time dealing with change in your life, this quick-read book is for you. It will help you gain insight into how you currently deal with change and how you could improve your hunt for "the cheese".

It might be your cheese is still there; you just need an attitude adjustment to be happy with what you have. Or, it could be that your cheese has indeed left and you need to find a new supply (new job, new friends, whatever). You'll enjoy reading *Who Moved my Cheese?* and discovering for yourself if you are a Sniff, Scurry, Hem or Haw.



*Submitted by Karen Leet, Team Coordinator*

## Real Women, Real Fun, Real New!

Meet some of the newest members to our North Pacific Region 13 family!

### Susan Alexander, bass Kitsap Pines Chorus

I began singing in fourth grade when my school wanted to start a grade school choir. At that time, I didn't even know I could sing. Since then, I have sung in community-based musicals, as well as choruses, duets...even the car!

I have two daughters, Kristy (37) and Kate (42) and two grandchildren, Stephanie (15) and Eric (10). Having worked as a physical therapist for the past 42 years, I recently joined the ranks of the retired.

My musical tastes vary from classical (especially Baroque) to ballads to rock 'n roll. As a Sweet Adelines member, I want to enjoy the sheer joy of music. If there's one thing I'd like the choruses in Region 13 to know about me, it's that I am a positive thinker.

### Michelle DeFreece, bass Voices Northwest Chorus



I have always loved singing and used to sing myself to sleep as a child. I first heard Sweet Adelines at a young age and knew that someday I would sing with them. In October 2010, I fulfilled that childhood dream and became a Sweet Adeline member when I joined Voices Northwest Chorus.

I have two sons: Nick (22), who works in the computing industry and Casey (18), who is currently at Navy boot camp in Great Lakes, Illinois. When not singing, I work for the Boeing Fire Department and am a Deputy Chief for the Boeing Facilities in Renton and Bellevue.

In my earlier years, I sang solos and duets and participated in small ensem-

bles and multiple choirs, most notably the Bellevue Community College vocal jazz recording ensemble and the backup choir for *Praise Gathering Northwest* (an event spearheaded by the Gaithers). In the mid 1990s, I took a break from singing and, until recently, hadn't pursued it much.

Now that I am divorced and my children are grown, I've decided it's time to pursue my childhood dream of singing with Sweet Adelines. I am a big believer in the value of life-long learning. Voices Northwest is making sure my mind is challenged and stays sharp. They are part of my overall wellness plan!

### Karen Hedrick, lead RiversEdge Chorus



I joined RiversEdge Chorus in the fall of 2010. Married to John, I have two sons, David (42) and Stephen (30) and six grandchildren: Chelsea (21), Lindsey (20), J.D. (19), Brandon (15), Delivan (3) and Cooper (1).

As a retired teacher, I volunteer for Spokane City Schools. I love to sing and perform, and teach and share my love of music with children, especially in Guatemala and Spain where I taught last year.

It seems since I've been born, I've been involved with music, including piano and violin, musicals in high school, folk singing in the 1970s and performing in school concerts as a classroom teacher. After retirement, I joined various singing groups and performed in local productions including *The Music Man*, *My Fair Lady* and *Annie Get Your Gun*.

When it comes to musical taste, I haven't met a piece of music I don't like, except maybe for rap or heavy

metal. I hope to gain new friendships through sharing the joy of singing as a new Sweet Adeline member.

### Linda Meigs, baritone Rolling Hills Chorus



As a recent empty nester, I joined Rolling Hills Chorus in October 2010. Married to David, I have three children Tim (27), Jamie (23) and Kelly (20) and I am an executive secretary at the Mission Support Alliance Company at Hanford.

Both vocal and instrumental music have been a part of my life for quite some time. I enjoy a variety of musical styles including jazz, country, 70s, and big band sound. I started piano lessons in first grade and pursued that for the next ten years. After I gained the training, I accompanied school and church choirs and played piano for a local big band called *Swing Unlimited*. On the vocal side of things, I sang in high school musical productions and for multiple choirs including high school, swing and church. I even sang for the Washington State University choir! Go Cougs!

I hope to get out of my Sweet Adelines membership friendships, stage confidence, self-esteem and finally, after 25 years of sitting on the bleachers watching my kids play sports, doing something for ME! I look forward to lots of good times and friendships with my new Sweet Adeline sisters!

### Susan Price, baritone a cappella joy Chorus

I joined a cappella joy Chorus in September 2010. Married to Daniel, I have three children, Savannah (12), Desiree (6) and Makayla (5) and I work as a mobile hairstylist, on occasion.

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## Region 13 Chorus Chatter

### Alaska Sound Celebration

Members of Alaska Sound Celebration (ASC) are being turned into zombies—but it's all for a good cause.

The chorus is preparing for its annual fundraiser, the Fur Rondy Melodrama, staged over three weekends in February and March. The title this year is "The Merry Mon-



sters of Matsylvania – a Monster Melodrama." The hilarious plot has the villainous Dr. Brat Versten Stein trying to achieve world domination using his army of monsters and zombies brought back from the dead. The monster he creates to lead this army is being played by **Peggy McBride**, one of Alaska Sound Celebration's directors.

The Melodrama was written by chorus member **Chera Boom** who also has a leading role, with several other chorus members in the cast as well. ASC members are being encouraged to dig out their old Melodrama costumes and "distress" them so they look as if they have been brought back from the dead.

The Fur Rondy Melodrama is now in its 21st year, and is one of the most popular events in the Fur Rendezvous Festival staged each winter in Anchorage.

Submitted by *Sheena Kaighin*  
[alaskasoundcelebration.org](http://alaskasoundcelebration.org)

### Blue Mountain

Blue Mountain Chorus' two night show, *Kickin' It Up A Notch!*, was a roaring success! The production was half-country and half-Christmas! Our venue was Walla Walla Community College's new Performing Arts Center, which seats just 300 people, with seats coming right up to the apron of the stage! It was

perfect for an intimate connection between the audience and the performers.

The chorus was on stage for the entire show, enjoying our guest performers along with the audience. It gave our singers a chance to be both energized and relaxed as we sang. We had line dancers and cloggers and a variety of musicians and singers. *Along Came Jones* (a la Ray Stevens) was the show highlight, with Kevin Loomer playing all parts. There was amazing piano backup by a new friend-of-the-family, George Kovach. The audience was fully involved with *The Twelve Days of Christmas...* and they loved it! The gracious comments we heard in the foyer following the show made our efforts worthwhile...and our thoughts go instantly to next year!



Our annual See's Candy sale kept members busy in-between snow and ice events. Though the winter weather continues, we are back in regular rehearsals and planning another spring performance and fundraiser—taking a page from the Jet Cities Chorus—a Sweetie Pie Social in mid-April! We're also looking forward to cheering on all of our Regional friends in Spokane!

Submitted by *Darlene Filla*  
[sairegion13.org/bluemountainchorus](http://sairegion13.org/bluemountainchorus)

### Coeur d'Alene

Coeur d'Alene Chorus had another very successful Victorian-style Christmas season with their 3rd Annual "Caroling of the Belles" concert to a full house. They again were guest performers for sold-out performances at the KROC Center for the second year in a row. As always, they caroled through the busy

(continued on next page)

## REGIONAL EVENTS

### 2011

#### FEB 2011

• **February 13:** [Jet Cities Chorus Sweetie Pie Social](#). Special guests include Live-Wire and other chorus quartets, plus Harmony Kings Chorus (BHS). 2:00 pm; Todd Beamer High School in Federal Way, WA 98003. Tickets: \$12 general / \$10 senior / student. Contact: [Chris McCafferty](#) / 253-841-3761

• **February 25-March 11 (weekends):** [Alaska Sound Celebration Melodrama](#). Snow Goose Theatre, 717 W 3rd Ave in Anchorage, AK. Ticket prices range from \$18 to \$23. Questions, contact Vicki McCoy / 907-360-9458

#### MAR-APR 2011

• **March 31-April 3:** [Region 13 Annual Convention \(SAI\)](#); Spokane, WA

#### JUNE 2011

• **June 10-11:** [Director, Faculty and Music Leaders' Workshop](#). This event has been **cancelled** for financial reasons

#### AUGUST 2011

• **August 5-7:** [Summer Enrichment Time \(SET\)](#) with International Faculty Member, Darlene Rogers; Eastern Washington

#### OCTOBER 2011

• **October 18-22:** [SAI International Convention](#); Houston, TX

### 2012

#### APRIL 2012

• **April 26-29:** [Region 13 Annual Convention \(SAI\)](#); Spokane, WA

#### OCTOBER 2012

• **Oct 30-Nov 3:** [SAI International Convention](#); Denver, CO

A complete list of regional events is available on the [Region 13 website](#).

Send YOUR event info to: [Marshia Nicholson](#)



## More Chorus Chatter ...

downtown resort shops and restaurants, sharing the holiday magic in song. If that didn't keep them busy



enough, the members brought smiles to patients and staff of the local hospital and a number of assisted-living homes. Truly, it is a favorite gift that the chorus enjoys sharing throughout the North Idaho community alongside beloved Sweet Adeline sister-friends during "the most wonderful time of the year." It is a gift that gives back a hundredfold.

The new year brought new beginnings as the chorus bid farewell to their wonderful director, **Jay Krumbholz**. "Dr. K," as he is affectionately known at Spokane Falls Community College, is now the Chairman of the Department of Performing Arts. The chorus wishes him well and looks forward to his coaching in the future. While a director search is underway, **Sally Wallace** is graciously stepping in as Interim Director. The chorus looks forward to a fun and exciting 2011 and wishes all their sisters in harmony the same!

Submitted by Melodie Hays  
[cdachorus.com](http://cdachorus.com)

### Jet Cities

As many of you know, Jet Cities was told our scores from the '09 regional contest had qualified us for the 2010 Harmony Classic. Imagine our surprise--and dismay!--when we learned a bookkeeping error had left out a chorus who competed the last weekend of contest season. Our scores were tied, but they had the higher sound figure and suddenly we were out of the run-

ning. Though disappointed, we quickly rallied, especially when thinking of the Australian chorus who rightfully deserved the honor. But, we rode that roller coaster of emotion right back up when International asked us to mic test for Harmony Classic just up the road from us in Seattle! The year was busy with coaching (**Peggy Gram, Darlene Rogers, Judy Pozsgay, Jennifer Perry, and LiveWire**), performances and fundraising. We reworked costumes. We put together a show package. Time flew by!

And then... "Please take your seats. We are ready for the mic testing chorus!" Those words sent shivers through Jet Cities singers as we waited onstage in semi-darkness. As the first-ever mic testing chorus for the Harmony Classic, we were ready to strut our stuff to the world. We were SO proud to represent Region 13! Thanks to everyone for the kudos and congratulations.

Convention was a blast! Most of us took full advantage of the International Contest experience. We stayed downtown, ate out, joined the tours, attended classes, shopped at Harmony Bazaar, watched the contest, participated in the Flash Mob outside Key Arena, and capped it all off with multiple afterglows.

And now we look to the future! See you in Spokane in April.

Submitted by Becki Hill  
[jetcities.org](http://jetcities.org)

### Olympia

Our October show, *Once upon a Mardi Gras*, was another smashing success. We had two performances on Saturday, Oct. 2 at the Minnaert Center for the Arts on the campus of South Puget Sound Community College in Olympia. Members either made or rented their Mardi Gras ball costumes, and we had jesters, queens, a bride, a queen of hearts, Tinkerbell,

Cleopatra and Snow White. Face painting was done for the first time to com-



plete the costume. Much hilarity ensued on stage because of the Acappella-Rella-finds-her-true-love plot. Some of the songs included were *New Orleans Post Parade*, *He Wwas There* and *Let Me Be There*.

The Olympia Chorus was honored to receive an invitation to perform on the deck of the USS Missouri in Hawaii to commemorate the 70th anniversary of the attack on Pearl Harbor. Our group will be leaving on Dec. 4, 2011 and returning on Dec. 9. There will be other performances in Honolulu as well during the six-day trip. We will also perform at the Polynesian Cultural Center and at the Ala Moana Mall in Honolulu.

Save the date for next year's show: Saturday, Oct. 1, 2011. Hope to see you all there! More information to appear in the next *InTune*.

Submitted by Diane Hills  
[olympiasweetadelines.org](http://olympiasweetadelines.org)

### RiversEdge

RiversEdge Chorus, Spokane, hosted a singing workshop in the fall that introduced participants to the barbershop art form. We advertised on Craigslist, Facebook, and in local print media. We were not sure how many responses we would receive, but were delighted to have 12 new people attend our workshop. Our chorus members and workshop participants spent a Saturday learning a new song, complete

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## More Chorus Chatter ...



with choreography.

Immediately following the workshop, we gave a rousing performance for the friends and family of our workshop participants. All in all, it was a very successful event leading to increased membership in our chorus.

RiversEdge Chorus has also been performing regularly, most recently for Christmas events at retirement homes and the Spokane Christmas Bureau where needy families are able to receive toys for their children. While standing in line for this service can be a long wait for these families, they

enjoyed hearing us sing our Christmas repertoire. Performing is still what we love best and enjoy sharing our skills with the community.

Submitted by Janice Green  
[riversedgechorus.org](http://riversedgechorus.org)

### Rolling Hills

Rolling Hills Chorus had a busy fall and holiday season highlighted by two coaching sessions with Ryan Heller and Judy Pozsgay.

We had several fun sing-outs entertaining for an appreciative audience at a local assisted living facility and bringing cheer to many during Christmas performances. First, we sang at the Annual Lighted Boat Parade on the Columbia River as guests of the local men's barbershop chorus and then we sang for friends, family and the community at our own Christmas show.

Our director, Lucy Heinkel, told us recently that *now* is her favorite time

of year as it is the "time to get down and dirty for contest." She is a feisty one and has high expectations for us as we prepare for a journey to the 2011 Regional 13 Contest!

To prepare, we have started a personal goal program, Passport-to-B and Gold-Start Chorus. Our goals are to become a solid B-level chorus at every rehearsal and performance. We strive to do this with personal responsibility. All chorus members are stepping up to have PVIs (Personal Voice Instructions). In addition, we are having performance video evaluations, combined with high musical standard evaluations! It's a lot of hard work, but we are having fun working on our goals with contests and incentives for motivation! Each individual is working to make our chorus shine like stars!

Submitted by Brenda Baker  
[www.rollinghillschorus.org](http://www.rollinghillschorus.org)

## Region 13 Quartet Corner

### Backbeat Quartet



Alaska's Got Talent! Alaska *does* have talent and Backbeat Quartet proved they could hang with the under-20 crowd when

they entered the Alaska's Got Talent contest at the Alaska State Fair. We made it through the rain-soaked semifinal round with a rockin' rendition of *We Are Family*, then returned to the stage two days later to bring down the house with the Randy Newman classic *Short People*. The competition was filled with wonderful young talent and they joked "we were old enough to be most of the competitor's mothers!"

The Backbeat ladies were thrilled to come away with the bronze medal and \$500. Watch out Howie Mandel... Alaska's got talent!

*Backbeat: Kathy, Carol, Cheryl & Karen*

### LiveWire Quartet

LiveWire suspected how much fun International contest was going to be singing in our own home town, but reality far exceeded our expectations! We can't thank our Region 13 family enough for the love and support you've given us over the years, all culminating in some wonderful moments in Seattle in October. Placing 9<sup>th</sup> was just the icing on our really big and delicious cake!

A huge thank-you goes out to both of our incredible choruses, **Jet Cities** and **Pacific Sound**. How fun it was to share the International stage and experience

with them both. Having them all in the audience was amazing! Double huge thanks to our families—we all know we could not enjoy this hobby we love without their dedication and support. We've lost count, but we had around 14 family members cheering for us!

LiveWire stayed busy through the holidays and are just about ready to get back to ringing chords after a nice break over the holidays. We've some performances coming up, including Jet Cities' Sweetie Pie Social on February 13, some private events, the Puyallup Spring Fair, and contest in Spokane. LiveWire will be active in Spokane, performing Thursday night, mic testing the quartet contest, singing on the Show of Champions, competing with Jet Cities and Pacific Sound, and cheering wildly for all the quartets in the

*(continued on next page)*

## Quartet Corner...continued

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quartet contest...and then helping to celebrate our new champs!

With L-O-V-E from LiveWire...  
Teresa, Katy, Anna & Susan

### Mojo Quartet

After four wonderful years of making music together, Mojo Quartet has decided to retire and hang up the pitch pipe. We have very much enjoyed all of our opportunities to perform on the contest stage, at chorus shows and at regional events.

We are so very grateful to our families, friends, Pacific Sound and Lions Gate Choruses and Regions 13 and 26 for their support and love. In particular, we'd like to acknowledge **Lea Beverley** (coach and hostess extraordinaire), **Bonnie Lavalee** (costume

guru) and **Chris Rimple** (webmaster), for so generously giving your time and energy to Mojo.

We've also had the privilege of learning from many talented coaches (**Sandy Marron, Carole Kirkpatrick, Dale Syverson, Betty Clipman, Marcia Pinvidic, Erin Howden, Jim Arns, Renee Porzel, Nikki Blackmer, Beth Smith**)...thank you all for everything.

We feel very lucky to have had all these incredible experiences and successes, including four Top Ten International Finalist finishes! But, "all good things must come to an end." We agree it is time for us to move on and look back with fondness on our time together. We leave with many amazing and happy memories.

*Mojo Quartet: Corinna, Julie, Elaine and Judy*

## MORE Real Women!!

(continued from page 6)



I sought out a Sweet Adelines membership so I could adopt an identity other than *mom* or *wife* and to build long-lasting friendships

with other women who love to sing; especially in harmony!

I have loved music for as long as I can remember! I grew up in a musical home where my mom and dad both played musical instruments and sang. I sang as a young child, but was too shy to sing for anyone except my dad...until I grew older. Since then, I've sung in church choirs and have soloed many times, including musical productions and weddings. In fact, the last musical production I did was almost 10 years ago, so you can see why I need an outlet like Sweet Adelines!

I love almost any type of music and my influences have certainly been eclectic. For example, when soloing, I like to belt out the styles of Aretha Franklin or anything soul or jazz.

**Angela Renzi, lead**  
**Mountain Melodies Chorus**

I joined Mountain Melodies Chorus in

October 2010. Happily divorced, I work for a non-profit organization where I do graphic design and maintain the website, among other duties. If it has to look good or pretty, it usually comes across my desk. After seeing some of my design work, my chorus decided that I should be the one doing our programs and flyers and I'm more than happy to oblige!



I first became interested in music in elementary school. One of my first and favorite memories of singing was camping with my family one summer. I was sitting in the woods outside the camp alone and singing to myself. I'll always remember my brother's words when he told my mother later that day that he heard me singing and thought that someone had a radio on. When I joined Sweet Adelines it was with that thought – if I could do it as a child, certainly I could do it as an adult!

So, what do I hope to get out of my Sweet Adelines membership? Self-confidence! I've always been on the shy side. Being with Sweet Adelines has really made a big difference in my life and I can't imagine being without them.

## "Sales Associates" Needed!

Volunteers are needed to help with **Harmony Emporium** at Convention (March 31-April 3, 2011 in Spokane, WA) and SET (August 5-7, 2011 in Pasco, WA).

The Harmony Emporium is a favorite shopping venue of our members between contests and classes. We all look forward to discovering new and exciting items on Regional weekends!

Basically, the tasks include signing-up vendors to participate in the Emporium, collecting their registration fees, determining set-up spaces, and selling the Region's merchandise.

**For a little added incentive...** transportation, half the cost of a double occupancy room for three nights, and registration is included for the Harmony Emporium Coordinator!

If this is something you are interested in doing—either as the Coordinator or a member of the committee—contact Financial Coordinator [Mary Neff](#) / 360-455-8943.



[Click here for a special Region 13 message!](#)

## REGIONAL MANAGEMENT TEAM



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The next issue will be distributed in May; **deadline is May 13, 2011.**  
Send articles to Stacey Stevens  
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## New RMT Members Onboard

This fall, the Regional Management Team (RMT) accepted the resignations of **Evelyn Weiss**, Communications Coordinator, and **Cheryl Eckstrom**, Membership Coordinator. The RMT thanks both of these ladies for their hard work and service to the Region.

The RMT is pleased to welcome **Sally Wallace** (*upper right*), Coeur d'Alene Chorus, as Communications Coordinator to complete the May 1, 2010 to April 30, 2012 term. The RMT is also pleased to welcome **Pat Breen** (*middle right*), Pacific Sound Chorus, as Membership Coordinator, elected by acclamation, to complete the May 1, 2010 to April 30, 2012 term.

In addition to these two talented ladies, the RMT is happy to announce that effective May 1, 2011, **Katy Hawley** (*lower right*), Chapter-at-Large, has been appointed as Marketing Coordinator. Even though Katy's term doesn't officially begin until May, she will soon be working with Pat on some exciting membership plans for the Region.

Welcome to the RMT ladies; thank you for volunteering your time and talents to Region 13!



## The Performer Prepares

Did you ever wonder what is different about powerful performers? The book, *The Performer Prepares*, by Robert Caldwell, gives an insight into the mind of a successful performer.

Caldwell says, "In addition to technical achievement, how a person feels about her music, herself and everything on stage are also important for performance excellence." Isn't that what we all are striving for: the pursuit of musical excellence?

A performer's inner experiences directly affect their technical execution. Yes, the voices in your head really do matter! It's up to **you** to be sure that your inner voices are using positive language to build you up, not negative language to tear you down.

Top performers are conflict-free at the time of their performance. They are able to direct the inner voices and commit their energy to what they are doing at that moment—giving the performance of their life. Performers who have inner conflicts while on stage will meet with interference and that interference blocks them from their peak performance. A performer needs to be organized on the inside to completely

commit to what they are doing.

Caldwell gives some practical guidelines for improving performance:

- If your performance is riddled with conflicts, you will need to resolve the conflicts.
- If your performing lacks qualities you can commit to, then you will need to develop qualities worth committing to.
- If your performing is colorless and limp, then you will need to enrich or enlarge it. (*a la*, "Go Big or Go Home!")

By releasing the negative and embracing the positive, you can learn to fill your musical experiences with what is special to you. It will help you reach your technical goals in the process. Let your personality shine without letting the nerves and fear inhibit you. Let go and your audience will love you for it.

*Submitted by Karen Leet, Team Coordinator*