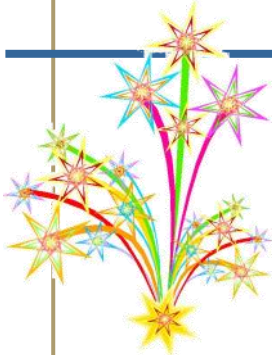


real women.
real harmony.
real fun.

InTune

North Pacific Region 13 Sweet Adelines International



Ring in the New Year

Say What?

What is ring, and how do I get it?! It's the stuff champions are made of—often talked about, but often not explained.

Singers aim to sing notes in harmony with each other, sharing resonant space, and singing the same vowels. When we succeed, the notes begin to lock. And, once they lock, their frequencies compound to make overtones, which is what we call ring. Hence the phrase “lock and ring”!

How to find your ringspot: hum for a few seconds each on mmm, nnn and ng. Feel where the sound hits in the front of your face. Most people will feel a buzz or sensation in the middle of their face somewhere between the top lip and forehead. This is your ringspot. Now sing every vowel (with your best vocal production possible: good alignment, good breath, and a supported tone) and see which one most easily goes into the ringspot. You can test different parts of your range and notice if different vowels seem to go more easily into the ringspot than others.

For instance, in the higher register “oo” tends to go easily into the ringspot. In the middle range a lot of people find that “ee” is their favorite vowel, others “ah.” Now, check your lower notes: “ee” might feel tense, “ah” might feel like it gets too big to control, but oh might keep the sound in your ringspot nicely.

Make a note of your favorite vowels. Next, try to put another vowel into the exact same place as your favorite vowel, without letting anything change. Once you have mastered two vowels in the ringspot, increase to another vowel.

Your goal is to put every vowel into your ideal ringspot regardless of range!

Good luck, singers—with practice I am confident you will find success Ring in ALL the vowels in the New Year!

Nikki Blackmer, Directors' Coordinator

Calling All Twitter Heads!

If you like to post to Facebook and other social media sites, your region needs you. We have messages that need to get out to the world but we have no Social Media Maven! Please email katyhawley@comcast.net if you would like to fulfill this role. Be a part of keeping us current!

Katy Hawley, Marketing Coordinator

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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](https://www.facebook.com/Region13)—no sign-up required—and catch up on all the latest goings-on in North Pacific Region 13.

Housing with an Attitude!

Housing for Region 13 Competition
April 24-29, 2012

The DoubleTree Hotel is gearing up for our Region 13 competition and convention 2012. All guest rooms and hallway corridors have been remodeled along with the changes you saw in the lobby areas last year.

To make your hotel reservations, [Click Here](#) or call the hotel at 509-455-9600.

Rooms are set aside for our region for each night. Book early to get your desired room. Your credit card is needed to secure a reservation, but will not be charged until the week of competition. Please have only one person make the reservation for each room.

The rates are:

- 2 double beds/2 queen beds/1 king bed: Single/Double: \$125; Triple/Quad: \$135
 - 1 king bed, premium: Single/Double: \$155
 - 2 queen beds, premium: Single/Double: \$155; Triple/Quad: \$165
- Premium rooms are the corner rooms of each wing on each floor and have more space.

The current tax rate is 10.7% plus a \$2

charge per night. Reservations need to be made by March 25 to get these rates. 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.

Check in time is 3 p.m. and check out time is noon.

Parking is \$12 per night and will be billed to your room. (This is less than last year.) Valet parking is \$22 per night.

Some wheelchairs are available at the hotel. You will need to reserve one or ask for a list of local vendors.

Please e-mail a contact name for your chorus to [Judy](#). Information about breakfast reservations on Saturday morning and room availability for rehearsals or other events will be sent to that contact person. [Contact me](#) if you have questions.

*Judy McMillian, Region 13
Housing Chair*

2012-2013 Regional Management Team

The members of the North Pacific Region 13 Management Team for the term beginning May 1, 2012 until May 1, 2013 are as follows:

Communications
Coordinator: Pat Breen

Directors Coordinator:
Peggy McBride

Education Coordinator:
Nikki Blackmer

Events Coordinator:
Sue Hahn

Finance Coordinator:
Mary Neff

Marketing Coordinator:
Katy Hawley

Membership Coordinator:
Mary Ellen Bartholomew

Team Coordinator:
Sally Wallace

Congratulations to the new
Regional Management Team!



Voices Northwest Chorus of Everett, Washington, current 3rd place chorus in Sweet Adelines Region 13, is seeking a qualified director. If you are talented, enthusiastic, and energetic, please apply! Although applicants with frontline director or assistant director experience in a Sweet Adelines chorus will be given preference, applicants with experience in other a cappella styles are encouraged to apply. For more information or to apply, please contact Heather at hfrasierbari@yahoo.com or Diane at 425-246-9898.

New Members-Only site

Region 13 recently unveiled a new Members Only site as a place to help meet the needs of our membership. On these password-protected webpages you can find:

- Regional music and learning tracks as well as Star Chorus music and learning tracks
- Detailed contact information for the Regional Management Team and faculty members
- Our standing rules
- A place to update your contact information to ensure you receive regional communications
- Special downloads and marketing tools

To access the Members Only site, go to sairegion13.org and click Members Only in the

navigation bar. You will need your SAI membership number to access the site. Don't know your membership number? Try contacting your chapter secretary or membership chair, or call Sweet Adelines International at 800-992-7464.

If you entered the correct details but nothing showed up, we may not have the right information for you. Perhaps we never got your membership number or there is a typo somewhere. In that case, contact Carol Griffiths, our Regional Database Coordinator, and she can help you figure it out. Brand new to Sweet Adelines? We won't have your membership number yet so your chorus secretary or membership chair should send information on new members to [Carol](#) as well.



Forever in Song Region 24

SAVE THE DATE

March 22-24, 2012
Region #24 Competition
Spokane, Washington

This will be a great opportunity to start getting acquainted with the ten choruses that will become a part of Region 13 in May 2013.

Visit the Region #24 website for information regarding registration and hotel reservations. <http://www.sairegion24.org>

Coming soon: Harmony Emporium

Get involved!

Volunteers are needed to help with Harmony Emporium at the DoubleTree Hotel during Convention weekend, April 26-29, 2012, in Spokane, Washington. The Harmony Emporium is a great shopping venue to visit between contests and classes!

Last year was a big success with the increased number of vendors and the high quality of merchandise available for browsing and purchase. We need YOUR involvement to make Harmony Emporium even better in 2012!

Help is needed in contacting vendors to participate in the Emporium, and in working a shift (or more!) selling merchandise in the Region's booth during the weekend.

If this is something you are interested in doing, please contact Mary Neff, RMT Financial Coordinator, at maryneff4@comcast.net or phone 360-455-8943.

Are you ready to show your A Cappella attitude?

Happy New Year, Region 13! Well, your Convention Steering Committee is at it already and we thought you would like to know that ticket prices for this year's exciting Convention in Spokane are remaining the same, so no surprises.

All-Events for members/CAL	\$75.00
for Guests and MAL	\$85.00
for Youth members, < 25	\$37.50
Single Event Tickets	\$30.00
for Youth, seniors & military	\$25.00
Thursday Kick-Off (guest)	\$15.00
for Youth, seniors & military	\$10.00

Ticket order forms are available on the Region 13 website shortly and the deadline for orders will be March 24.

There will be a late fee of \$75 for chorus ticket orders received after that date.

Remember: All competing members of choruses and quartets are required to

pre-purchase either an All-Events Ticket OR the appropriate Single Event Ticket.

Registering your chorus or quartet for competition is a different function from purchasing the All-Events Ticket "Registration" and has its own schedule and pricing. Please [Click Here](#) for further details.

This year ticket registration will be coordinated by Vivian Elia of Jet Cities Chorus.

If you have any questions, please contact her at:

Vivian Elia
11022 116th St. E
Puyallup, WA 98374
253-445-0498
viviansingslead@comcast.net



2012 Convention Steering Committee

Jill Landback - Competition
Coordinator (CC) - CAL

Arlene Blackmer - Official
Panel Liaison (OPL) -
a cappella joy

Jeri Sahlin - Harmony Em-
porium Coordinator -
Coeur d'Alene

Judy McMillian - Housing
Coordinator - Spirit of
Spokane

Patty Martin - Education
Coordinator - Olympia

Mary Neff - Finance Coor-
dinator - Olympia

Sue Middleton - Contest/
Program Coordinator; Kick
-Off Coordinator - Jet Cities

Susan Soderberg - Back-
stage Coordinator -
Pacific Sound

Sylvia Butcher - Hospitality
Coordinator - Alaska
Sound Celebration

Vivian Elia - Registration
Coordinator - Jet Cities

Sue Hahn - Chair of
Regional Convention
(CRC); Events Coordinator
- Alaska Sound Celebration

Believe in your Dream

The beginning of the New Year tends to prompt people to think about resolutions. Well, this year I choose to make a dream come true! I know the question is: How do you do that? Well, I totally believe in my dream, I work on it daily, and I celebrate my progress.

Choose an accomplishable dream, visualize it, and believe it will come true on a daily basis. Dream about being in a successful chorus and/or quartet and decide what you need to do daily to make that dream come true. Dream about good health and physical well-being and research to find out what you need to do to be the best you can be.

Always make your dream positive. You will have very positive results! A positive attitude will contribute to making your dream come true.

Throw away that list of resolutions, have a positive attitude, DREAM, and believe in YOU! DREAMS CAN COME TRUE IF YOU BELIEVE!!!

Patty Martin, Education Coordinator



Region 13 Chorus Chatter

a cappella joy Chorus



A CAPPELLA OVERDRIVE!

Wanna see a fabulous women's quartet, two top PNW choruses AND one of the best men's choruses in the world? If you answered "yes," we have the barbershop show for you! (If you answered "no," check your wrist for a pulse!) [a cappella joy Chorus](#) is SO excited to announce our upcoming joint production with [Northwest Sound Men's Chorus](#) with two shows at Sammamish High School Performing Arts Center in Bellevue, Washington on Saturday, June 30, 2012! This show will feature the **Kentucky Vocal Union**, Barbershop Harmony Society's current 6th Place International Chorus (who will be vying for the top prize at Men's International the following week) AND **Frenzy**, Region 13's very own current first place quartet and SAI's 2012 8th place International Quartet. Last time AJOY and NWS got together, they sold out both shows, so get your tickets early for this must-see event. Tickets are \$20/\$18 or \$12 and can be purchased online at www.brownpapertickets.com OR by emailing info@ajoyings.org.

Submitted by Arlene Blackmer

Alaska Sound Celebration Chorus

Alaska's young women are proving they are certainly in harmony. [Alaska Sound Celebration](#) created the Young Women in Harmony Chorus "Alaska A Cappella U" in 2009. The one-day workshop is held on the same day the chorus has its annual Fall Show. It's run by ASC's latest Certified Directors: Chera Boom and Melodee Risi. Chera says, "To our great delight we doubled in size this year to 43 participants, so word is getting around of how much fun we have at AAU. In fact one girl traveled almost 200 miles just to spend the day singing with us – now there's a future Sweet Adeline if I ever saw one!"

AAU performed at the ASC Fall Show in front of a sellout audience at the Alaska Center for Performing Arts, the most prestigious performing venue in Anchorage. Melodee says, "We think it's important for the young women to feel the buzz of a live performance after a hard day's work. We were so proud of them, especially when they joined ASC in a rendition of 'Harmonize the World.' AAU is growing and we are thrilled."



Submitted by Sheena Kaighin

Photo: Center left Chera Boom, center right Melodee Risi

An announcement from Frenzy

Frenzy is thrilled to introduce our fantastic new bass...Judy Pozsgay! Judy is, of course, no stranger to the international stage, having been in Mojo and Unplugged quartets. We're very excited to begin this next leg of the journey with Judy.

We want to thank you again for all of your support over the past year, and especially in Houston. We couldn't ask for a more supportive home region. We're very excited for Denver and to be sharing the stage with a cappella joy and the new Region 13 quartet champs! We're looking forward to seeing you all in Spokane in April!



More Chorus Chatter ...

CAL Corner

Hi! I've been the Chapter-At-Large Coordinator for over 4 years now! I love this job because it has been something I could do from home during a transition in my life that did not allow me to be active in a chapter. That is what CAL is all about: accommodating the changes in your life so you can be a card-carrying Sweet Adeline for a lifetime. Now I am transferring my membership to RiversEdge Chorus as a director—back in the saddle again! But I'm not ready to give you all up yet! I so enjoy my role as CAL Coordinator.

We love our CAL Chapter of 75 wonderful women, many of whom are contributing in large and small ways to the success of North Pacific Region 13. Our "Solid Gold" CAL members (those who have been members of the organization for 50 years or more) are a special treasure: Mary Ann Colgan, Lois Dye, Anita Gohl, Dolores Mode, Dena Adams, and Zoe Thompson. Be sure to thank CAL member Sue Hahn when you go to competition this year, because she is our dedicated regional Events Coordinator. And with the current worldwide emphasis on marketing our organization, CAL member Katy Hawley carries a big load as our regional Marketing Coordinator. The Content Editor of this very publication, Grace Rawsthorne, is also a CAL member! CAL members singing in quartets are gearing up to entertain and inspire us at contest, and CAL faculty and coaches are filling their schedules with coaching dates to help us all reach our highest potential.



I'd love to hear from my CAL members. Tell me what YOU are up to, and share a special story or memory from your Sweet Adelines Chapter-At-Large life that I can reprint in the CAL CORNER! Send your submissions to me at crissings@gmail.com.

Keep singing YOUR song, Cris Conerty

Coeur d'Alene Chorus

Christmas in August... only days after the county fair! That's when **Coeur d'Alene Chorus** began practicing for our 4th annual Caroling of the Belles concert scheduled for December 5. It was standing room only! Guests were treated to the talented 4th and 5th grade choir from Sorensen Magnet School, the men's Lake City Harmonizers, and our chorus in gorgeous Victorian attire. Our performance season began December 1, when we sang at a wine and cheese affair, celebrating the Chamber of Commerce's 100th anniversary. Fifteen separate Christmas performances allowed us to share our gift of music through December 23. These included a number of Victorian caroling engagements throughout the Coeur d'Alene Resort and restaurants, the 90th anniversary for Coeur d'Alene Homes, an afternoon at the Garden Plaza retirement facility, Kootenai Medical Center, and the Hayden Lake Country Club, to name a few.



These are the times we want to share with other women. Our audiences loved that we loved what we were doing. Now is the time to teach them, and the world, how to sing.

Let's bring them through our international doors in January, with that enthusiasm! Best wishes with Open House.

Submitted by Julie Wright

Pacific Sound Chorus presents: Its 2012 Spring Show!

When: Saturday, June 9, 2012, 2 p.m. to 4:30 p.m.

Where: Northshore Senior Center, 10201 E. Riverside Dr., Bothell, WA 98011-3708

What: A wedding social, featuring musical romantic hijinks, a display of historical wedding fashion, wedding cakes, and more.

Guest performers and ticket information, directions, etc., will be announced soon.



Chorus Chatter Continues!

Inland Harmony

After a fun-filled holiday season, Inland Harmony is ready to buckle down and prepare for competition.



Inland Harmony sang at the annual Christmas lighting in Lewiston, the Interlink Volunteer Appreciation event in Clarkston, and then wrapped up the holidays with a friends-and-family gathering in Moscow. The end-of-the-season performance included guest Palouse Harmony Chorus and featured three new quartets that have formed this year. Watching both new and old quartets, seeing Karrie shine on a tenor solo, and being honored to sing a solo myself that night were some of the many things that reminded us of how great it is to be Sweet Adelines! Along with those performances, we've met a few new ladies along the way and we hope that they stay to enjoy the barbershop fun. Welcome and thank you for coming to practice with us, Ruth, Debbi, Linda, and Lesli!

Now we are working at fulfilling one of our New Year's resolutions: to improve our score at competition! Between the TAG visit, the Camp Sanders Retreat, and other scheduled coaching sessions, we will be busy until competition day. Besides looking forward to going to Spokane, Inland Harmony will be performing at the Clearwater Community Concert at the Orofino High School on April 15 at 3:00 p.m. What

a great way to practice our competition package! We hope to see you there, and remember to ["like" us on Facebook!](#)

Submitted by Melissa Cavileer

Jet Cities Chorus

Jet Cities Receives Special Honor from City of Federal Way

In conjunction with the kick-off of SAI's Membership Drive the first of January and in honor of Jet Cities' 50th anniversary being celebrated in 2012, the city of Federal Way (where Jet Cities rehearses) issued an official proclamation that January be declared "Sweet Adelines International Month" in Federal Way. They also encouraged their citizens to recognize their local Sweet Adelines International affiliate, Jet Cities Chorus, for the valuable entertainment and music education they provide to the city.



An additional excerpt from the proclamation read: "Jet Cities Chorus contributes to a better community, through the arts and putting a song in our hearts." Isn't that lovely!

One of the ways we support our local community is by singing at local arts events, Farmers Markets, the Christmas Tree Lighting, Memorial Day ceremonies, and high school chorus programs.

Jet Cities was asked to attend the January 3, 2012 Federal Way City Council meeting to receive their proclamation. We were asked to sing "The Star Spangled Banner" that evening and we also sang "Come Fly with Me." As Sweet Adelines we are always more than happy to perform. All in all that evening was quite an honor.

Submitted by Mary Butschky

REGIONAL EVENTS

2012

FEBRUARY 2012

February 12: Jet Cities Chorus presents the Sweetie Pie Social, a winning combination of pie and entertainment! Doors open at 2 pm for pie, show starts at 2:30. \$12 for general admission, students/seniors \$10. Visit www.jetcities.org for more information.

February 18: Q-Harmony Party; Looking to quartet? Q-Harmony just might be the answer! Ovation has organized this event to do some quartet matchmaking. For more information or to register: <http://sairegion13.org/q-harmony.html>

February 24-March 10: Fur Rony Meoldrama; Alaska Sound Celebration presents their annual melodrama. There will be plenty of popcorn to throw, and booing and hissing at the villain is expected. For more information contact Melanie or call 907-360-0369.

April 26-29: Region 13 Convention; For more information, visit the [Regional Competition page](#).

May 13: InTune Deadline

June 16: Seattle's Best Tag Party; Seven awesome tag masters will be in attendance. Sing tags all night including new tags by the best composers and arrangers in the world! RSVP to Darwin darwinscheel@comcast.net

June 30: a cappella Overdrive; a cappella joy and Northwest Sound join in a performance with guest quartets Frenzy and Kentucky Vocal Union. For more info, contact Arlene Blackmer ablackmer1@hotmail.com or call 206-228-2550.

August 9-12: SET 2012 Welcome Dale Syverson, master director, back to region 13!

[Click here to see more upcoming regional events!](#)



One More Chorus Chat!

Seattle Shores Chorus

Seattle Shores Chorus has been very busy entertaining. We had a great time singing for a senior citizens luncheon, at Pacific Place Mall in Seattle and the Aegis retirement center, and with the Seattle SeaChordsmen on their Christmas show. At the senior citizens luncheon many guests came to our members saying how they remembered several of the old songs and wanted to sing along. It seems the old tunes brought back lots of memories for those in attendance.

Performing at Pacific Place was a unique experience. Imagine singing Christmas carols indoors in the middle of an artificial snowstorm. These twin performances certainly got the chorus and audience in the Christmas spirit.

The highlight of the season was singing with the SeaChordsmen on their show. Not only did we demon-

strate what the Sweet Adelines' side of barbershop music is all about, we also sang the "Twelve Days of Christmas" with the audience, and ended with both choruses singing "Silent Night."



Seattle Shores is excited to be participating in the membership campaign in January. We are looking forward to sharing the great fun of being a Sweet Adeline and offering others the opportunity to join in the experience.

Submitted by Donna Heivilin

Take Notice!

PVIs and Coaching Opportunity!

We need to hear from you!

Lynda Keever, lead of the 2008 International Queens of Harmony quartet, the Four Bettys, is planning a coaching trip to the Northwest in July 2012.

Lynda teaches voice, coaches, and makes learning tracks in addition to doing contract legal work. She is also an approved judge in the Music category, and the Directors Coordinator for Region 3; and she sings in a mixed quartet with her husband, Mark. She will be here from around July 25 or 26 to August 3 or 4 and will be available to coach in the areas of Seattle/Everett/Mt. Vernon/Bellingham. She will be attending the Anacortes show on Saturday and the Salmon Bake activities on Sunday there. Any singer, quartet, or chorus would benefit from a PVI, group VI, or coaching with her. We are in the process of establishing her schedule so get your request in ASAP. Please respond to Susan Kegley, susankegley@comcast.net



Region 13 Education Scholarship Available

The RMT and Education Direction Team are excited to announce the creation of a regional education scholarship aimed at deserving North Pacific Region 13 members who are seeking education opportunities offered by the region. Funds are also available for educational materials and tools offered by Sweet Adelines International (SAI).

Requirements include being an active member (in good standing) of Sweet Adelines International AND a Region #13 Chartered Chorus (includes Chapter-at-Large members), completing the application, and submitting a detailed report/article to the Region #13 Education Coordinator no later than one month after the education event.

For more information about the scholarship, visit the [Region 13 Education page](#)

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InTune is published three times a year for members of North Pacific Region 13, Sweet Adelines International.

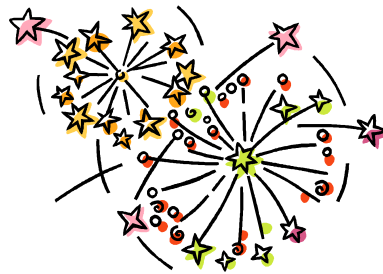
For questions or comments, please contact Kelly Hobson
kelly.s.hobson@gmail.com

The next issue will be distributed in May; **deadline is May 13, 2012.** Send articles to Grace Rawthorne
g_rawsthorne@hotmail.com.

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Convention Bits and Pieces

1. If we wish to have someone from the Region photograph the quartets candidly, we have permission from Lilley Photography to do so. For further information, contact [Sue Hahn](#)
 2. Quartets may submit video recordings for evaluation only at regional competitions.
 3. The time limit for regional contests and international semifinals performances is increased to a maximum of seven (7) minutes.
 4. We will be using the ALTERNATE (no inverted center) riser configuration.
 5. Our contest dates are April 26-29 at the INB Performing Arts Center and headquarters hotel is the Spokane Double Tree Hotel.
 6. Our panel of judges includes: Sandy Robinson Marron (Sound); Marge Bailey (Music); Marsha Fulton (Expression); and Becki Hine (Showmanship); and Diane Brilz (Panel Secretary).
- Please check the Region 13 [website](#) for forms, information, etc. It will be updated as new items come in.



LiveWire Retires

After a terrifically fun and rewarding 5+ years, LiveWire has decided to part ways. Our journey has been full of success and support from our wonderful friends in our region and throughout all of Sweet Adelines. We have been particularly blessed over the years by our families and our home choruses of Jet Cities, Pacific Sound, Lions Gate, and Harmony Northwest. Our years of opportunity and performing have been enhanced by all your efforts and love.

Region 13 is a special place of love and support for all of their performers and competitors. From sitting in on coaching sessions to tagging into the wee hours, we have truly enjoyed every moment of representing you and hanging out with you.

We are proud to say that we will be celebrating one last time together at Jet Cities Chorus's Sweetie Pie Social on February 12, 2012, 2 p.m. at Todd Beamer High School in Federal Way.

Thank you for everything—we give everyone involved in our life a big group hug!

Teresa, Anna, Katy, and Erika