



InTune Summer 2020

A newsletter for members of North by Northwest Region 13

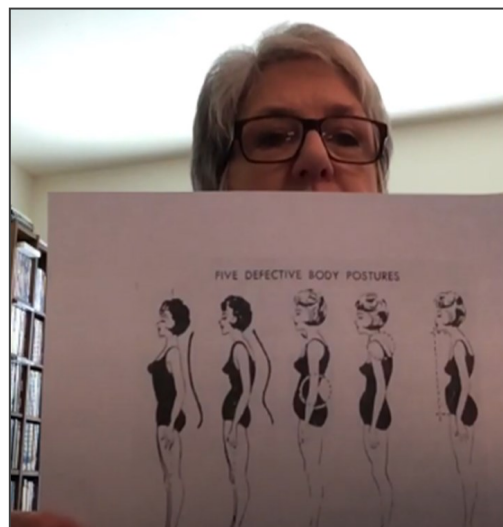
North by Northwest Presents!

by Shelly Pardis, Education Coordinator

Be sure to catch NxNW Presents' Facebook Live presentations at 10:00 am on Saturdays for short nuggets of ideas, inspiration, and information provided by Region 13 faculty and other leaders. We plan to continue this program at least through summer's end and possibly beyond. If you miss the live presentation, everything is recorded and saved on Facebook, so you can always catch the replay. Additionally, we now have them [archived on YouTube](#).



If you have ideas for future topics or would like to share information that might be helpful to others, please contact me at spardis950@gmail.com.



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Previous NxNW Presents presenters include **Nancy Kurth** and her "You and Your Intercostal Muscles" talk (top right), **Sue Beck's** presentation on alignment (bottom left), and **Elizabeth Davies'** presentation on "Books that Changed My Life" (bottom right).

Education Team Updates

by Shelly Pardis, Education Coordinator

Meet your 2020 - 2021 Region 13 Education Resource Team:

- **Shelly Pardis**, *Region 13 Education Coordinator*
- **Carol Ward**, *Quartet Education Specialist*
- **Cherie Letts**, *General Education Specialist – SET*
- **Cheryl Allen**, *Faculty Development Specialist*
- **Debra Aungst**, *Faculty Facilitation Specialist*
- **Janice Wheeler**, *Arranger Education Coordinator*
- **Jerrie Beyrodt**, *General Education Specialist – Area Schools*
- **Marsha Kelly** and **Bianca Allen**, *YWIH Specialists*
- **Nancy Connell**, *Education Scholarship Chair*
- **Nancy Kurth**, *General Education Specialist*
- **Paula Davis**, *Leadership Development Specialist*

And while these women may be quarantining, they are still working on planning for the future. Here are a few highlights of what is going on:

- **2020 Area Schools** – The Educational Resource Team, host choruses, and members of the regional faculty are working to present two amazing virtual schools. Save the date(s) and plan to attend one or both; for more information, see the flyer on page 3! (Please note: these are open to Region 13 members only.)
 - **Aug 15 – Idagonska Area School #1**
 - **Sep 12 – WAM² Area School #2**
- **Level Up** is a new program being developed to help our choruses (you guessed it...) “level up.” It will be launched later this year.
- **PEP** and **CME** are existing programs being reviewed to find ways to update and adapt them to a virtual situation.
- **Online training** will assist regional faculty in adapting educational offerings to online learning. Regional faculty has jumped in with both feet for our upcoming virtual area schools and are providing NxNW Presents (*see article on page 1*).
- **Tag Writing Contest** has been announced and additional information is available on the regional website at sairegion13.org/tagwritingcontest.
- **Leadership Development Program** – We are working with administrative leaders to develop connections with each other and to define educational needs that can be filled by future classes or workshops.
- **Quartet Showcase** – Planning is underway to facilitate this event each year in a different area of the region when we are able get together again. The region is working with **Ovation Chorus** to provide tools that assist regional quartets.
- **YWIH Virtual Event** – An outreach program for young singers in our region is being planned to provide an avenue for young singers to learn about barbershop and Sweet Adelines while creating a fun singing opportunity in a virtual choir.
- **2021 SET** – Planning is underway for Summer Enrichment Time (SET), August 19-21, 2021 in Pasco, WA with guest faculty **Dale Syverson**.
- **2023 SET** will be held August 18-19, 2023 and features **Caitlin Castelino**, baritone of LoveNotes Quartet, and the director of the Diablo Vista Chorus.

If you have any ideas for future topic(s) or would like to share information that might be helpful to others, please contact me at spardis950@gmail.com.

Celebrating



North by Northwest Region 13

Area Schools 2020

Singing

Harmony

Friendship

IDAGONSKA
Idaho, Oregon & Alaska
August 15, 2020

FACULTY

Nikki Blackmer Katy Hawley
Peggy Benton Elizabeth Davies
Sue Beck Nancy Kurth

Q & A with DIRECTOR PANEL

WAM²
Washington & Montana
September 12, 2020

FACULTY

Sandy Cahill Charlene O'Connor
Paula Davis Beth Smith
Sue Beck Nancy Kurth

Q & A with JUDGE PANEL

Area Schools
re-imagined!

No fee, no travel
Join our faculty all-stars
& nurture your
Sweet Adeline self

Fun and learning
packed into ONE 9 to 5 DAY
ATTEND ANY OR ALL

No registration fee • ZOOM IN • Fit to your schedule
Watch sairegion13.org for details and updates.

Region 13 Directors

Meet North by Northwest Region 13's amazing directors:

- **Andy Maddox**, Capital City Sound
- **Barb Leland**, Helena Xpress Singers
- **Becky Pope**, Inland Harmony
- **Bianca Dixon**, RiversEdge
- **Bonnie Massey**, Seattle Shores
- **Candy Johnson**, Five Valley
- **Charlene O'Connor**, Voices Northwest
- **Cheryl Isaacs**, Harmony Northwest
- **Chuck Roegiers**, Acapella Soundsations
- **Connie Alward**, Grand Olympics
- **Drew Osterhout**, Pride of Portland
- **Elizabeth Davies**, Sound Harmony
- **Gayle Miller**, Fairbanks Frontier
- **Janelle Peck**, Coeur d'Alene
- **Jerrie Beyrodt**, Capital City Sound
- **Judy Beckman**, Harmony of the Gorge
- **Julie Hagstrom**, Pacific Sound
- **Laurie Kinna**, Bridger Mountain Harmony
- **LuAnn Scott**, Inland Harmony
- **Lucy Heinkel**, Rolling Hills
- **Megan Hofkamp**, Pacific Sound
- **Melanie McGuire**, Northwest Harmony
- **Mike Elliott**, Spirit of Spokane
- **Nikki Blackmer**, A Cappella Joy
- **Paul Olguin**, Columbia River
- **Paula Davis**, Song of Seattle
- **Peggy Benton**, Alaska Sound Celebration
- **Rachel Pack**, Jet Cities
- **Russ Seaton**, Olympia
- **Sandy Cahill**, Cascade Harmony
- **Serena Travis**, Blue Mountain

We appreciate you all!

What is my director doing?

by **Patty Martin**, Director Coordinator

As members of a singing organization, we are having difficulties with the fact that we are unable to be with our friends and sing! And our directors are unable to direct live choruses. So, what **are** they doing?

Our region has an awesome group of directors! Overnight, they built a plan for virtual rehearsals and figured out how to do them. They discussed strategies, attended education workshops, and moved forward to keep their choruses positive and thriving.

Below is information from a leadership workshop presented by Region 13's **Paula Davis**, who quoted Mac Anderson, author and founder of *Simple Truths*, "Change is not easy, but it is simple. Things will always change. We don't have a choice about that; but we do have a choice on how we react to change..."

Paula shared that we communicate change effectively by:

- Keeping it simple. Less is always more.
- Making it memorable
- Repeating it often
- Showing evidence that YOU believe it is necessary and good

In another leadership workshop, **Kathy Carmody** presented information from the book, *The Art of Possibility* by Benjamin and Rosamund Zander.

Some key concepts included:

- Everyone can lead from wherever she stands.
- Invent a new game called I Am a Contributor, and ask yourself, "How will I contribute today?"
- Never doubt the capacity of the people you lead to accomplish whatever you dream for them.

In **Diane Porsch's** RMT Forum, *The*

Making of a Good Director, she indicated directors should:

- Celebrate accomplishments every week.
 - Have empathy for women's lives and changes in their lives.
 - Make a point to laugh during every rehearsal, and/or laugh at his/herself.
 - Prepare every week, and stay ahead of the chorus' learning.
- These are just a few of the things

"Region 13 has an awesome group of directors!"

our directors do on a regular basis; you probably recognize some of these traits in your own director.

Region 13 directors have been invited and/or have attended the following 2020 Directors' Virtual Workshops:

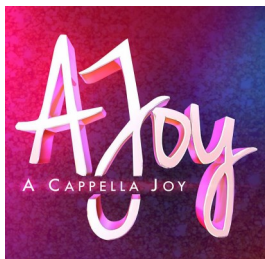
- April 26: **Initial Meet and Greet** – introduction of new directors and a discussion of rehearsal organization and structure.
- May 17: **Jan Carley** – *How to have a Successful Virtual Rehearsal*
- June 2: **Elizabeth Davis** – *The Language of Masterful Coaching*
- July 19: **Rachel Pack** – *Strategies for Effective Communication*

So what IS my director doing? Now you have a general idea. Of course, they do much more than what's mentioned here. Please take time to provide positive feedback and continue to nurture your director.

If you've topics for future workshops, please email me at pgmartin1@comcast.net.

Chorus Chatter

A Cappella Joy Chorus



The more, the merrier! **A Cappella Joy Chorus** has continued to have weekly Zoom rehearsals and social happy hours during the coronavirus quarantine. And lately, rehearsals have been three times as fun!

Director **Nikki Blackmer** and A Joy members invited A Joy's daytime chorus, **VivaVoce**, and **Lady Luck Chorus** from Las Vegas, to join Monday evening rehearsals via Zoom. Lady Luck Chorus is partnering with A Joy on a temporary basis while their director, Amy Nichelson, is occupied with a family emergency.

Virtual rehearsals are a great way to stay in touch during quarantine, and also an easy way to join forces with friends in other regions. It has been a good experience for all three choruses.

Submitted by Carrie Howard, Marketing/PR Chair

Alaska Sound Celebration Chorus



Weekly Zoom sessions work their magic propelling **Alaska Sound Celebration** forward in our attempt to concentrate on what we CAN do, not on what we CAN'T.

In an effort to maintain unity of spirit, our imaginative Membership Queen, **Cheryl Ekstrom**, made it her mission to keep members connected by having them answer a question during roll call designed to reveal an interesting fact about themselves. As a result, we have moved to a whole new level of camaraderie!

Our awards ceremony rivaled any Hollywood extravaganza imaginable this year with the aid of Zoom. Dressed in our Sweet Adeline bling, each member walked the red carpet chatting with our host reporters, **Cheryl Ekstrom** and **Melanie Cross**, and covered a myriad of pertinent topics such as gown selection and designer availability. We felt like royalty. Many of our ladies received membership milestone recognitions ranging from 5 years to 35 years.

Melodee Risi, voted Sweet Adeline of the Year, and **Melanie Cross**, the recipient of the Debby Zeller Memorial Award for outstanding assistance to **Director Peggy Benton**, were well-deserving of their recognition.

As we press forward, Alaska Sound Celebration continues to challenge its members with mastering new music and enhancing choreography.

Submitted by Kathy Hughes

Facebook Fun

Click on the photos below to see videos from Region 13 members, quartets, and choruses these last couple of months. (PS: all these sites are public, so you can read them even if you're not a member of Facebook!)

Bridger Mountain Harmony performs virtually for a Bozeman Bucks baseball game!



Back in May, **Capital City Sound** recorded the *My Mom* tag! !



That time when **Pride of Portland** discovered that singing unmuted on Zoom is a bad idea!



A Joy member **Rosanne Greenway**, wrote and recorded a parody of *Lost in the Woods* (from *Frozen II*) to express how all of us are feeling while "social distancing" these days.





Sweet Adelines International is committed to addressing and condemning racism, discrimination, and other forms of inequity, not only with our words but with our actions.

**Guiding Principle:
Diversity and Inclusion**

We celebrate our differences as essential to the rich harmony that unites us. As we recognize barbershop's African American origins and learn from our exclusionary past toward women of color, we reject discrimination and unwaveringly strive toward greater awareness, openness, and understanding of each other.

**Guiding Principle:
Culture of Belonging**

We create harmony where every voice matters. We foster a culture that provides a joyful place to share our uniqueness within a global community united in song.

more Chorus Chatter

Columbia River Chorus



This spring, the Barbershop Harmony Society, in conjunction with the Nashville Songwriter's Association International, conducted a search seeking songs of hope and healing during the time of COVID-19.

Columbia River Chorus in Vancouver, WA is proud to announce that our director, **Paul Olguin** (*shown left*), is one of three songwriters whose songs have been chosen in this search. His song, *(I Might Just) Hold You a Little Too Long*, expresses the sorrow we're experiencing during isolation. More import-

antly, it focuses on the love that connects us and looks toward a future when that can be demonstrated in person and not from a distance.

Columbia River Chorus is already hard at work learning the song and practicing together via Zoom. Even this small act--singing about our feelings on the Internet--has brought us all closer together and shown us again how much we love having a director who has vast amounts of emotional intelligence, decades of barbershop wisdom, and who also writes such wonderful barbershop music for us to sing. Paul's arrangement (and learning tracks, sung by Donya Metzger) is on Donya's website, donyametzger.com.

Submitted by Noelle Allen; Publicity Coordinator

Harmony Northwest Chorus

What do pajama parties, garden hats, crazy hair, 50s style, and campfire songs have in common? They're themes **Harmony Northwest** has used during Zoom rehearsals. It's a chance to connect with members, have fun while practicing new and current repertoire, and learn about the barbershop craft.

Guests include **Sue Beck, Paula Davis, Jana Gutenson, and Beth Smith**, who explained each judging category in depth. Guests from other regional choruses have also joined us for these sessions. It's been challenging to "sing" together; however, we've managed to watch various physical/vocal warm-up videos and learn new tags. We've also viewed various Open Division choruses and quartets, Harmony Classic winners, and some



Top 10 International competitors on YouTube, which has helped us hone our evaluation skills. We also had a great time at a recent combined rehearsal with **Jet Cities Chorus**, where we performed for each other, sang songs, and had fun socializing.

Our goals include companionship, supporting each other, and continuing to engage with our barbershop music for the foreseeable future.

*Submitted by Cheryl Isaacs;
Harmony Northwest Director*

more Chorus Chatter

Northwest Harmony Chorus



Hello to all the socially and vocally distant choruses out there.

Our wonderful new director, **Melanie McGuire**, and

our ever-capable Team Leader, **BethAnn Bock**, are doing an amazing job of navigating **Northwest Harmony** through Zoom meetings and other challenges resulting from not rehearsing in person. We never thought that anything would take away our ability to sing together safely. We had to find other ways to find our joy.

We've had several guest faculty doing 30-minute classes with us from all over the world, had campfire sing-alongs, and had physical warm-ups with all of us (in the squares) dancing (which has NOT been recorded lest social media get hold of the recordings).

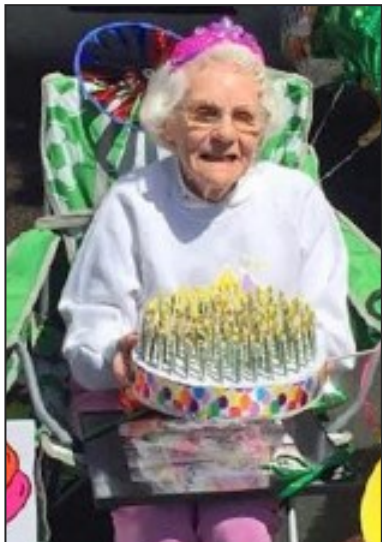
Our new CMT was just elected via online voting, and we are planning our awards dinner for July, for which we will announce whether this will be in person or on Zoom. We are also preparing for open Christmas Chorus and hope to have venues available for it.

Find your joy!

Submitted by Lisa Ross;

Acting Communications/Marketing Coordinator

Pride of Portland Chorus



Former Pride of Portland member **Christina (Chrissie) LaHiff**, celebrated her 100th birthday on May 22, and members of Pride helped her celebrate in true "pandemic style"!

Born in 1920 in Clydebank, Dunbartonshire, Scotland, Chrissie has had a long and adventure-filled life.

In 1941, she married James Blackwood, a World War II pilot, who sadly was killed six months later while flying over Germany

In the late 1940s, Chrissie married John Birks in Preston, Lancashire, England, and had a son. John, a film director, moved the family to Florida and was to join them later, but was killed while filming in Sri Lanka. Chrissie went through difficult times as a widow with a small child in a foreign country, but later married Louis LaHiff and lived in Tennessee until his death in 1992.

In the mid-70s, Chrissie joined Metro Nashville Chorus, where her love of barbershop singing began. She also participated in theater and ballroom dancing and says, "I

wish I was 90 again so I could do the Highland Fling." After Louis died, Chrissie moved to Salem, OR to be close to her son. She joined Cherry City Chorus, which merged with Willamette Sound, who later merged with Blue Lake...which was renamed Pride of Portland Chorus!

Chrissie moved to Newport in 2004 and joined the Oregon Coast Chorus, even leading physical warm-ups at 95! One wouldn't expect such a large, warm bass sound from someone so small, but she sure held her own!

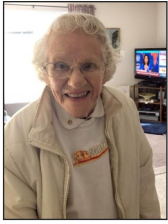
At 95, Chrissie still attended Curves' Zoomba classes, keeping up with younger members. She often walks the aisles at Fred Meyer for exercise during bad weather, and now at 100, still walks up and down the stairs to her apartment and makes trips to the store for groceries.

Chrissie's son died in 2016, but she continued to be active in her church, and now lives independently in an apartment complex. While no longer singing with Pride, Chrissie attends chorus performances and parties. She often says, "There is nothing like the Sweet Adelines."

At her 100th birthday, chorus friends surprised Chrissie with a parade through her apartment complex. It was led by three Newport police cars (sirens on!), and followed by over 30 cars with members of the Oregon Coast and Pride of Portland Choruses, plus friends from her church, apartment complex, and Fred Meyer!

(continued on the next page)

(Pride of Portland continued)



A *Newport News Times* article printed Chrissie's advice for the next generations: "We don't get to choose what will happen to us in this

life, but we can choose how to react to it. We just do the best we can and try to be positive."

Submitted by Julie Mikulic,
Co-Membership Coordinator and
Mary Mamer (Oregon Coast Chorus)

Seattle Shores Director Search



Seattle Shores is looking for a new director to replace our long-time director, **Bonnie Jeanne Massey**, who is moving out of the area. If you know someone who might be interested in this position, please contact us at seattle.shores@yahoo.com.

Presently, we're 17 members strong. And until COVID-19 hit, we performed locally two to three times a month. The chorus is observing the governor's mandate and has been holding Zoom meetings weekly.

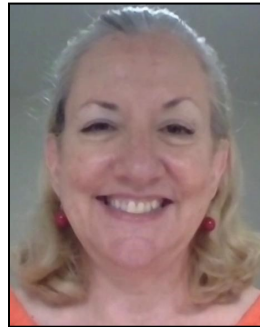
We are anxiously looking forward to the time we can return to face-to-face rehearsals...with appropriate distancing and other precautions, of course.

Submitted by Linea Croly

more Chorus Chatter

Song of Seattle Chorus

Our chorus experienced another milestone in our chorus life: our very first virtual audition with a former **Song of Seattle** member!



Karen Fejta, a former member who is in a different time zone (three hours ahead) than we are, auditioned from New York. Karen is moving back to Washington later this month, but couldn't wait until then to sing and play with us on Zoom...and one day again in person. As we've all discovered, Zoom allows us to sing and play with others all over the country and world, if you can swing the time zone differences.

In May, we had three special guests visit from out of state. **Jenny Harris**, bass of Lustre; **Lindsay Chartier**, bass of Titanium; and, **Anna-Lisa Glad**, director of Bella Voce Show Chorus in CO all shared their special talents and taught us a wonderful thing or two. Even though we may be limited on how we can get together these days, there is no limitation on how we can learn during this time. And for once, it's NOT all about location, location, location. A Zoom link is all that's necessary to be a zealous zany zinger these days!

Submitted by Erin Devoto; PR Chair/Marketing

Spirit of Spokane Chorus



We have been very busy with our Zoom rehearsals, and we are currently on a summer break.

We have all had PVIs via Zoom. Each person had two section leaders listening and critiquing. We also had Theme Nights and invited everyone to join in wearing red, blue, peacock colors, hats, etc. It's been very fun and has brought a sense of community to our rehearsals.

We have found Zoom management meetings to be very productive. We have been meeting on a different night from our regular rehearsal night and are able to get through all agenda items. (Something good has come out of the weirdness!)

The chorus has a Christmas show planned for the fall and is starting to work on the music. Although we may need to cancel the show, we have decided to continue working on these songs. In addition, we will start introducing new music into our repertoire.

We hope all choruses are staying safe during this strange time, and we look forward to a future when we can all be back together singing.

Submitted by Carrie Webbenhurst

more Chorus Chatter

Voices Northwest Chorus



Voices Northwest’s weekly Zoom rehearsals are going swimmingly with very high attendance. High points include:

- Learning new music
- Fun physical warm-up videos
- More coaching sessions to come
- Visits by members of other choruses
- Recording songs for review by section leaders
- Virtual coaching session with **Beth Smith**
- And theme nights, such as Crazy Hair Night, and a PJ Party!

We are still preparing for our Cabaret Show; we’ve moved the date from fall of 2020 to fall of 2021.

If you’d like to visit our Monday rehearsals, just contact our membership team at voicesnw@voicesnorthwest.org for Zoom info!

Submitted by Chris Maier

Quartet Corner

PrimeTime Quartet

Dear Region 13 Sisters,

We hope this finds you all in a safe and healthy place. We have been inspired seeing and hearing about the creativity of our members as we all search for ways to keep us singing and learning and staying in touch. Major kudos to our Regional Management Team for the virtual contest. What fun!

PrimeTime continues to be active as we redirect our energies to virtual gatherings and adjust to our altered reality. Hard to imagine life without Zoom now, huh? In addition to learning new music, we had a very fun “Paint & Sip” Zoom party. Despite trepidations from the bass clef, the outcome was pretty remarkable.

in addition to that, we have been



involved in an amazing musical collaborative effort with a choir of singers from a remote town in the UK. That is all we can reveal now – but stay tuned!

It is our hope we can return to our

We are Sweet Adelines.

I will be

your harmony.

your metronome.

your best friend.

your applause.

your biggest fan.



*Love from ,
Sylvia, Katy, Patti, Sonja*

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InTune is published three times a year for members of North by Northwest Region 13, Sweet Adelines International. For questions or comments, please contact Sue Middleton.
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The next issue will be distributed in the fall; **deadline is October 2, 2020**. Please send articles to Carol Drew.
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Check us out on the web: sairegion13.org

Updates from the International Board

Diversity and Inclusion Update: The Sweet Adelines International (SAI) Board of Directors met June 10-13 and, with unanimous decisions, took action on several important issues. They are as follows:

1. Changing the contest rules so that songs with racist lyrics, messages, and history will result in disqualification beginning with the 2021 International competition.
2. Approved the creation of the Diversity, Equity, and Inclusion Council to serve as permanent stewards of the work of the Diversity and Inclusivity Task Force.
3. Establishing education and resources to teach members how to determine if a song has racist lyrics, message, or history.
4. Create an ongoing, living database to which members can continually refer and share information regarding songs with racist lyrics, messages, or history.
5. Establish the safe@sweetadelines.com email address as a way for members to confidentially contact us to share their concerns within the Culture of Belonging and Diversity and Inclusion guiding principles.

75th Anniversary Celebration began July 13: What better day to start a 75th Anniversary Celebration than on July 13, which was Barbershop Music Appreciation Day?!? Anniversary activities will continue through October. [Watch Facebook](#) for photos and special memories during this 75th anniversary celebration.

Saving trees...and money: While some members have suggested “going green” with *The Pitch Pipe*, we also know others love the printed, keepsake version. In light of the budget implications of cancelling multiple events in 2020, the Board decided to deliver two issues electronically and to print two issues for the 2020-21 fiscal year, resulting in a substantial financial savings. For your October 2020 and April 2021 issues, you will be sent an email with a link to the magazine. The January 2021 and July 2021 issues will continue to be mailed to you.

Introducing the Diamond Division Quartet Contest: SAI is pleased to introduce the Diamond Division Quartet Contest! Approved at the March 2020 meeting of the Sweet Adelines International Board of Directors, the annual event is an adjudicated barbershop quartet competition for Sweet Adelines age 55 and older. The contest is designed to encourage and showcase members’ continued singing and barbershop abilities and to celebrate the success of Sweet Adelines International education programs. The inaugural Diamond Division Quartet Contest is scheduled to premiere during The Coronet Club's Queens College at the Eisemann Center in Richardson, TX on Thursday, July 15, 2021. [Details about eligibility and other requirements can be found on the SAI Members Only website.](#) (Note: you will need to sign in.)