



# Tags & Swipes

## The Action Formula

by Wendy Lipton-Dibner

*Why would I want to do exercises to improve my breath support when I could be lying on my couch watching American Idol and eating M&Ms?*

What makes some people ready, willing and able to work at their craft, serve on committees and even (*shudder*) exercise, while others have to push themselves just to get to rehearsal on a cold winter's night? Actually, there is a specific formula:

**Desire + Resources + Permission = ACTION®!**

If you want to motivate yourself to step it up a notch, just follow this 3-step process and create your own ACTION Formula!

### STEP ONE: DESIRE

We do what we do because we want what we will get as a result of doing it. Everything we do has a series of short- and long-term benefits and those combine to create our "DESIRE." We can use our DESIRE to propel us to ACTION, even if we really don't want to do what we have to do, but the first step is to figure out what's in it for us to change what we're doing. Ask yourself these questions:

*"If I woke up tomorrow morning and magically found that, without having to do any work at all, I was singing with all of the skill and energy of an "A" performer,*

- *What would I be able to do, that I can't do now?*
- *How would I get to feel that I don't get to feel often enough now?*
- *How would that affect my experience as a member of my chorus?*
- *How would that affect my sense of myself as a woman?*



- *How would that affect my experiences in the rest of my life?"*

Be specific. Keep digging until you find your "BURNING DESIRE" – the benefit that means so much to you that it brings a tear to your eye or makes you laugh out loud.

### STEP TWO: RESOURCES

RESOURCES are everything we need to be able to take ACTION. There are many highly motivated singers who fall short of success because they haven't got the RESOURCES to make it happen, so we have to make sure we have cleared the path so that we can get everything we need.

RESOURCES include (but are not limited to): Skills, Money, Health, People and Time. To find your RESOURCES, make a list of everything you need so that you'll be able to take ACTION and then outline a step-by-step plan to make sure you'll get everything on your list. Your plan should include:

- *Specifically what you will need so that you can take ACTION*
- *How you'll get it*
- *Who you'll ask for help*
- *When you'll be ready to go.*

Consider getting a group of your friends together and create an ACTION Plan that lists all of the necessary RESOURCES and a plan for getting them all within a specified deadline.

### STEP THREE: PERMISSION

The 3<sup>rd</sup> component of the formula is the degree to which we're willing to let ourselves be successful. Let's face it, there is a

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# News from your Regional Management Team

- Angie Levine, Team Coordinator



Hello Region 1!!!! I just can't believe that two (2) years of serving as the Team Coordinator of our Region has already passed, and I look forward to serving you and the Regional Management Team for the new term. Thank you for the opportunity to do so! No matter how long you have been a member of this amazing organization - 6 months / 1 year / 15 years / 25 years or more! - every once in awhile, we should all really take a few moments during our busy day (I am convinced that all Sweet Adelines are very busy people!) to think about what Sweet Adelines has done for us as individuals. Stop and take a long look at yourself in the mirror! How have you changed since being a member of Sweet Adelines?!

It would be my guess - since I take this challenge every now and then - that you face each day with more confidence in yourself, confidence gained as a singer/performer. Did you ever picture yourself singing (and dancing!) for an audience?! For Judges?! Perhaps you also serve your chorus - and/or your Region - administratively, and have now gained the confidence to stand in front of and even address a large group, something you would not have ever dreamed of doing before!!!! Has learning our craft as a chorus member given you the "courage" to try quarteting - actually stepping out in front of an audience (or judges!) with only three others, everyone responsible for their own part?!

How does all of this gained confidence spill over into our everyday lives? Do you find yourself more prepared to face the challenges of your day at home or at work (if you are not yet lucky enough to be retired!)? Are you humming a new piece of music as you move through your day filled with a long list of "things to do"? Are you more comfortable making new friends (which by the way, will last a lifetime!) and getting to know your Sweet Adeline sisters that you see each week?

Our organization - and our awesome Region - provide us with the "tools" (our treasured directors - regional weekend classes - RQA Weekends - information on both our Region 1 Website and our International Website / just to name a few!) to learn, to continually grow in knowledge of our craft, to be successful as chorus members, as quartet members, as administrative leaders. As individuals, we need only to reach out and choose the tools provided that we need to fulfill our goals, our dreams.

O.K., now that we have talked about what Sweet Adelines does for each of us as individuals, let's take a few moments and think about what we can (each) do for Sweet Adelines! As a chorus member, are you prepared on rehearsal night? Are

you a team player? Do you participate in the administrative running of your chorus? On the regional level, please remember that your participation, your experience, your ideas are always encouraged and so appreciated. Take the time to complete a Talent Pool form (found on our Region 1 Website) and get involved! Are you supportive of Young Women In Harmony and the Young Singers Foundation? The future of our organization is up to each one of us, so consider giving back to the organization that has enriched your life with music and lasting friendships.

This is a weekend filled with great harmony, exciting competitions, and bonds of friendship that will be treasured always. Make the most of every Sweet Adeline moment and opportunity in your life!!!! Remember: Your Regional Management Team members are only an email or a phone call away, and always happy to hear from you. Ingrid Friedman/Finance, Julie Jeffery/Director's Coordinator (Welcome to the Team Julie!!!!), Judy Lang/Membership, Sue Martin/Communications, Terrie Mavros/Marketing, Laura Pienkowski/Events, Jennifer Wold/Education.

In Harmony,  
Angie Levine / Team Coordinator  
Region 1, Regional Management Team



## Core Values

**Camaraderie, Musical Excellence, Personal Growth, Professionalism, Open Communication**

## Strategic Goals

- Provide quality education to enhance musical excellence and leadership
- Promote regional leadership excellence and develop new regional leaders
- Assure financial security
- Maintain membership (retention) and promote membership growth
- Assist Sweet Adelines International in creating a vision for the far future (15 years)

# Membership

- Judy Lang, Membership Coordinator



Well, it's official! I am totally, 100% your regional membership coordinator! I am so excited! For many months, since October, I have been sharing my time between events and membership, probably not doing such a great job in either one. I appreciate your tolerance, but now Laura can focus on events and I can be available to you as membership coord, full time.

There are as many variations to membership growth and retention as there are choruses. You are all unique, which is as it should be. I would encourage you all to relish in your individuality and uniqueness, and grow because of that "one-of-a-kindness" that is YOU!

I hope to have lots of great discussions with you at fall and winter regional weekends and I ask you to share your areas of challenge so we can share what has worked and not worked for others. Keep me posted on how things are going for you.

Have a great contest, grow from what you learn here and I'll be in touch to set a time for a visit.

In Harmony, Judy Lang, Membership Coordinator

## CONGRATULATIONS to those who have been Sweet Adelines for:

### 40 YEARS

Cranberry Shores  
Chapter-at-Large

Patricia O'Brien  
Mary Anne Ferazzi

### 50 YEARS

Cranberry Shores

Ronnie Marcyes

### 45 YEARS

Island Grove  
Royal River  
Chapter-at-Large

Judith Wilmot  
Blance Leunig  
Priscilla Schoelzel

### 50 + YEARS

Liberty Belle  
Millennium Magic  
Chapter-at-Large

Edith Whitney (51)  
Susan Gunas (51)  
Barbara Farrell (54)  
Rita Lalumiere (54)  
Phyllis Tremblay (58)  
Nancy Gould (58)

MetroWest Harmony  
Chapter-at-Large

## Financially Ours...

-Ingrid Friedman, Finance Coordinator



I am honored and privileged to have been elected to the position of Region 1 Finance Coordinator for another 2-year term. (my third and last term). Those of you interested, please consider applying for this position, when the time comes. Training will be provided.

We've had quite a few changes during my second term. We increased the Regional Assessment from \$10.00 per year to \$35.00. This allowed us to give back to our members by not charging a registration for Fall and Winter Regionals. I hope, most of you are able to take advantage of the education provided by our very capable regional and International faculty at Fall and Winter Regional.

Since ROAR (Region 1 Arrangers) held their classes on Sunday, following WR, we were able to provide free registration. Region 1 also covered the faculty fee and travel expense.

I learned a lot about the differences between the Canadian and US banking systems. It's been quite an experience for the Greater Montreal and West Island Finance Coordinators - I have no doubt, they were ready to strangle me. Thank you, Lise Anderson, Karen Simon (TC), and Grace Dagenais for your tireless efforts, endless patience, and support.

We now accept V/MC credit/debit cards, as well as Discover. Individual members as well as chapters are welcome to take advantage of this service. Your chapters were provided with a form, for their convenience. Regional Assessment, CAL Dues, as well as housing and registration to FR, WR, and Contest may be charged. This service is integrated into our QuickBooks software.

Best wishes for a successful contest. See you there.

Financially Yours,

Ingrid

(continued from page 1:)

downside to success and often we sabotage our own efforts without even realizing we're doing it. Ask yourself these questions:

- **What is keeping me from being willing to take ACTION?**
- **Is there anything scary about achieving my goals, and if so, what?**
- **Would I take ACTION if I were guaranteed not to fail?**

Once you discover how you're stopping yourself, you can then conquer the voices in your head and give yourself PERMISSION to go for what you truly want.

Now it's your turn. Find your ACTION Formula so that you will be fully motivated to get everything you can out of your membership in Region 1 and Sweet Adelines. I'll bet you won't miss the couch!

*Wendy Lipton-Dibner is a member of the Region 1 Faculty and is the Team Coordinator for the Harmony on the Sound Chorus.*

## Education Corner

- Jennifer Wold, Education Coordinator

Well it is Spring once again. The robins are back, the tulips are up, and 1200 women in sequins and fake eyelashes are once again descending on Springfield. Best of luck to all competitors – choruses and quartets alike. After all these months of planning, rehearsing, staging, waking up in the middle of the night trying to remember that one choreo move ... it's finally time to be on stage. Now is the time to let loose and enjoy the moment!

I hope everyone who attended Winter Regional enjoyed The Buzz experience. What a warm and talented foursome they are. And how about the YWIH chorus and the individual groups? It is such a joy to watch these young women perform. Their enthusiasm for barbershop is wonderful. What terrific ambassadors they make.

As we head into summer, watch for the Harmony Train to come to your chorus. This is a chance for your chorus to have some one-on-one time with a faculty member and RMT member on your rehearsal night. We will come with lots of information about upcoming events, resources available to members and leaders, a tag or two to teach your music team and lots of love and appreciation for all that our chapters do to make our region so wonderful.

Also taking place this summer will be our own regional Directors Seminar taught by the incomperable Betty Clipman. We have worked to make this an affordable opportunity for all our chapters. Betty is a true icon in the world of Sweet Adelines and she is looking forward to working with all our directors.



## save the dates!

### Upcoming Regional Events

#### 2009

- ▶ August 14-15 - Directors' Retreat with Betty Clipman  
Details to be announced
- ▶ Sept. 11-13 - Fall Regional, Newton, MA  
Faculty: Dale Syverson

#### 2010

- ▶ January 22-24 - Winter Regional. Burlington, MA  
Faculty: Chris Noteware and Vickie Foltz

Is anyone out there interested in being Education Coordinator? If you've ever thought it is something you'd like to try, shoot me an email. I will answer any questions you have. My email is jenniferwjane@yahoo.com. My term will be up next year and it is a great time to job shadow. Being part of the Regional Management Team is a great experience.

Don't forget Fall Regional with Dale Syverson. If all goes well, my daughter will not go into labor before her due date. She's been around Sweet Adelines long enough to know that all major events must be scheduled around regional weekends, competition and coaching!

Happy Spring!

Jennifer Wold, Education Coordinator

# YOUR REGIONAL MANAGEMENT TEAM

and how to contact them

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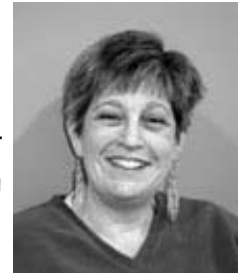
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## Standing Rules and By Laws

– from your Chapter Bylaws Committee Chair, Gail Knowles

"I have reviewed your Standing Rules. They look fine, and have 'passed'." This is the message that everyone wants to get from me! And I am so pleased to be able to report that most of our choruses have approved, up-to-date standing rules. We have 4 choruses with works-in-progress, and we have 4 choruses who need to get busy and take care of this task.

I accepted this position in May 2007. Here are a few of the most common questions that I have fielded over the last two years.

**Q.** Who cares? Why do we need them?

**A.** The standing rules keep everything fair for everyone who joins your chorus. If it is a rule or requirement for belonging to your chorus, it is in the standing rules or the bylaws. And, conversely, if it isn't in the standing rules or bylaws, then it isn't a rule or requirement.

**Q.** Standing rules or bylaws? Aren't they the same thing?

**A.** The bylaws are the rules that every chapter must follow. We use bylaws supplied by International, and only the International Board of Directors can change the bylaws. You signed a copy of the bylaws when you became a chorus. The standing rules support the bylaws, and address areas of concern specific to each chapter. Each chorus has their own standing rules. Things stated in the bylaws do not need to be restated in the standing rules. You never change the bylaws. You enhance them by including, defining, or referencing whatever it is you want to do, in your standing rules.

**Q.** What about items at the regional level, where are the rules for that?

**A.** In every set of standing rules, there is a statement, "Every chapter member is bound by the regional bylaws and standing rules", and yes, there is a similar statement in the regional bylaws that references the International Corporate Bylaws that binds each of us to all the rules, at

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all the levels. The Corporate Bylaws can be found at <<http://www.sweetadelineintl.org/forms.cfm#bylaws>><http://www.sweetadelineintl.org/forms.cfm#bylaws>.

Q. What about things that are our chorus's policy, like what makeup to use and how to put it on? Where do those go?

A. Ask yourself the question "Is it a rule?" If it is, make it part of your standing rules. You can have attachments to your standing rules and reference them. For example you can say "See current audition requirements (Attachment J)". If it isn't a rule, a better place might be a chorus guidebook. This is the place for your make-up lists, chorus rosters, committee chairs, etc. Chorus guidebooks are often replaced by member-only sections of web pages now.

Q. We cannot prevent a prospective member from completing an application, even if she didn't pass her audition. However, we don't have to vote her in, do we?

A. That is correct – IF you give her an application, you cannot prevent her from applying. However, if your standing rules clearly state that she does not receive an application if she doesn't pass the audition, you avoid having the problem of having someone apply who cannot sing to your standards in the first place.

Q. I just want to sing. Do I have to read the standing rules?

A. When you join a chorus you sign an application for membership stating that you have read, and agree to abide by, the rules. Are you in the habit of not knowing what you have agreed to do? At the very least the current board or management team should read the bylaws and standing rules.



**Patty Field**, a beloved member of the Liberty Belle Chorus, passed away at the Lahey Clinic Medical Center on

Wednesday afternoon, March 25, 2009. She was 55 years old.

Patty had a passion for music and loved singing Bass. Many of you will remember Patty since she was an active member of our chorus for 31 years. She held many roles over these 31 years, most recently as our lead choreographer. She had a wonderfully infectious laugh, the patience of Job working with the choreography-challenged, and a big warm heart. Patty was a talented, gifted, and loving woman who will be greatly missed by her family and many friends.

Patty's family has asked that any memorials in her name be made to Lahey Clinic Philanthropy, 41 Mall Rd., Burlington, MA 01805 and to the Liberty Belle Chorus, c/o Barbara Braxten, 17 Euclid Road, Tewksbury, MA 01876 [www.liberty-bellechorus.org](http://www.liberty-bellechorus.org)

## Chorus Lines



### Berkshire Hills

2009 will be a year for makeovers for our Berkshire Hills Chorus. As we celebrate our 40th anniversary, we have decided it was time for a "new year, new you" attitude. We are planning a celebration picnic for this summer to commemorate our 40 years, as well as planning a "Real Women" membership drive this spring. We've kept a pretty busy Winter season so far. Along with our singouts at Cameron House, Melbourne Place and other assisted living communities in Berkshire County, our quartet, "Who Knew" had another successful year with their singing Valentines, delivering 18 valentines in two days! Our octet, "Double Treble" performed at the Berkshire County Food Drive in Pittsfield, as well as the assisted living communities across the county. We had a great time at Regional with "The Buzz" and look forward to Spring with more exciting news to follow.

-- Maria Brodeur

### Coastline Show

We know that all of you out there know we believe in starting out our Sweet Adelines young, but from the photo below you can see we have now graduated to growing our own!



Keira Mullen, 4 1/2 months old at the time this picture was taken, thoroughly enjoyed her time on the risers! Note how her mouth is formed into a perfectly shaped "Oh" vowel, although she hasn't quite managed "jazz hands." She hung around with mom, Stephanie Mullen, for a happy half hour of rehearsal. Obviously she still needs to work on her stamina...

Since we last communicated with Region 1, we had a Retreat Weekend in January starring Dale Syverson and Joe Connelly. We have worked with this dynamic duo before and, as expected, this time also challenged us all, individually and collectively, to "kick it up a notch."

Retreat Weekend featured the return of our "ScOOTers," as well as the first appearance of our "AusOOTers." For those of you who missed our last Tags 'n' Swipes article, these are our awesome Out-Of-Towners, dual members from their respective home choruses, who are joining us from Scotland and Australia and will be competing with us in Nashville. It continually amazes us how these women, utilizing our website to download learning media, our YouTube postings of choreography sessions, and sending digital voice recordings to their tape listeners, manage to keep up!

Our ever-intrepid Gerry Malanga dressed up in full Highland regalia – plaid kilt, sporran and sock tassels - to greet our ScOOTers when they first arrived at the airport and for the Aussie contingent she appeared in Outback gear, complete with wine bottle corks bedecking her wide-brimmed hat.

We are proud of the Harmony International Queens quartet Boston Accent (featuring CSC's own Cheryl Brusket and Julie Jeffrey), who hosted the YWIH activities at Winter Regional. We have long enjoyed them as section leaders in our chorus so we knew the young women that weekend would be in for a treat.

Like all other choruses, we are facing financial challenges rooted in the current downturn in our economy. Performance revenue is down, paying dues and other fees is more difficult for members, and we face the expense of another trip to International. Look for our table this Regional Weekend and find out how you can help us by becoming Region One's very own Nashville Stars!

We cannot write to you without sharing our chorus's profound sense of loss as we have had to say goodbye to Joni Bescos. Although she has long been an iconic figure in our organization, we are fortunate in having had the chance to work with her repeatedly, over a period of years, and came to consider her "our Joni." We have had the fun of hearing her say, "well, that didn't suck" during a coaching session and taking that as high praise indeed.

She was the one, in 2003, who convinced Gail and the chorus that we needed to prepare a Finals Package for

our first International appearance in Phoenix. We remember being awed at the chance to compete, not daring to think of singing in the Finals, but when Joni said get ready, the only appropriate answer is "how fast." We will miss her terribly, but we get to keep all that she has taught us close to our hearts. The ballad we sang as we competed for evaluation this weekend was one of Joni's final charts, arranged especially for us.

As we host this Regional Competition, our Wish Upon a Star for all of you is that we hope all your Rags will turn into the Riches of competition success.

-- Lillian McDaniel

## **Cranberry Shores**

Greetings once again from Cape Cod! Is Spring REALLY here and is it REALLY time for Regional Competition?

Cranberry Shores "sang" in the New Year on January 3, with a half-day workshop. Each member had individual time with her section leader, and time was spent working on our contest package, as well as new songs for our repertoire.

Winter Regional found three-fourths of the chorus in attendance, either for all or part of the weekend. We all agreed that we learned a lot from sessions with The Buzz, and we thoroughly enjoyed their performance at the Saturday night show.

In March, we had our annual retreat with Karen Sweeters as our coach. This year we broke tradition and held the retreat at our rehearsal hall instead of at a hotel. One reason for this decision was to cut back on members' expenses. During the year, we shall decide if this will be a permanent arrangement, or if we'll return to a hotel venue.

In addition to Karen's coaching, Gail Jencik has been with us for several Tuesday night rehearsals. Now we're ready to take the stage and do our best in Springfield. Welcome to our first-time contest participants, and look for our chorus' newest quartet, Cape Sound, on Friday night. Best of luck to all the quartets and choruses.

This Summer we shall be preparing to host the Fall Regional in Newton, Ma.

Share in the fun and learning with the "Rhinestone Cowgirls"!

--- Sally Anderson

## **Greater Montreal**

The new year has brought some changes to our chapter. Several members have left for personal reasons, but we are up to the challenge. We are ready to invite new singers to join us during our spring membership blitz.

We had an incredible two days of coaching with Lorraine Rochefort in February and Sandie Nason was with us in March to fine tune our contest songs. Our director, Joy Kertland is planning some mix and match quartetting with other Chapters. We are seriously into preparations for our big show to be held on May 23rd in conjunction with Montreal City Voices and other barbershop choruses. We are so excited!

Musically yours, Shira Karpati

## **Harborlight Show**

The Harborlight Show Chorus brings you greetings and best wishes for a successful competition, 2009! I certainly know we all feel the same way..... another year – another contest – yikes!

Like most choruses, we spent the year welcoming new members. One very special "Guest Night" brought us 6 fantastic, enthusiastic ladies who will be on stage with us in May – yes.....we're very happy. We also promoted on-going member education, had a full day of 1:1 singing lessons and some fabulous chorus coaching – always fun!

Our super-rock-star-director, Brett Penkul [who also sings lead in a rock band called the, "Supertonics"] certainly brings a different flair to our chorus rehearsals emphasizing the performance as well as the technical end of the singing package. For those of you who know him, Brett is no stranger to barbershop; but these days, we're also singing Ma Ma & Papa's, The Eagles and Josh Groban charts along with, "Oh, How We Sing Today!" So, now we know it is possible to have the best of both worlds!

The chorus spent the winter honing

our singing skills, participated in a very successful Singing Valentine's Campaign, sang at the Beverly Bash as guests of the The Northshoremembers Chorus, and had a very fun Karaoke Night for chorus members, family and friends – what a treat!

Now, all the work is done and it's time to sing with great passion and joy - bringing our audience into our performance and along for the ride. And, remember.....you, too, can be a rock star! Break a lip! -

-- Adele Penkul

## Harmony on the Sound

The crocuses are up and it seems like spring could finally be here after what seemed like an exceptionally long winter. It could be my imagination but I think we set a record with rehearsal cancellations! We had a fantastic event in February to help us get through the winter blahs. There was food, drink, dancing, singing and prizes which all added up to a great evening of fun. The surprising thing was that we also did fundraising at the same time!

Once again we will be holding our **Fairfield County Idol Competition and Show**. This is our third annual "Idol" event. We hold auditions for high school students and our judges select the top five students to compete and perform in our show on June 7. The turnout for auditions was tremendous and we are anticipating a great competition and show this June. It is fun to see these talented kids perform and we enjoy the opportunity to share our barbershop music with them. The audience votes for their favorite performer and the top student will be awarded a \$1,000.00 prize! We hope that you will join us-check out our ad in this issue of Tags and Swipes for more details.

We have several events lined up for the summer and we kick that off with our annual participation in the Relay For Life in the town of Fairfield. This event runs the same weekend as our show so we will be busy. We will also be performing in our "hometown" of Trumbull for Trumbull Day at the end of June and then again in September for the Trumbull Arts Festival.

HOTS wishes each and every quartet and chorus member the best of luck at competition! Break a Leg!

## Heart of the Valley

CONTEST! Now isn't that what comes to mind after the holidays for every chorus of Region One? Of course! Start the checklist: coaching, costumes and choreo...new eyelashes? Heart of the Valley got busy as soon as the New Year's confetti was swept away.

Dodging a few snowstorms, we managed to get in some Wednesday rehearsals and a January coaching session with Karen Sweeters. With new choreo to work, pointers on how to "sing in the beak", and a good dose of fun, Karen had us happily performing our contest package by the end of the afternoon. Well, it was a great start anyway.

February brought more opportunities to shine. The Northfield Mount Hermon school in Northfield MA invited us to sing in their acoustically beautiful new theater on campus. The school's music director is well acquainted with our own Ginny Crawl, and the reputation of Heart of the Valley Chorus. Lucky us! The Sunday afternoon event was a benefit for Big Brothers Big Sisters. Several NMH students are involved with BBBS, so it was especially significant.

The program began with three student chorales and a male *a cappella* group. We were also privileged to hear some experimental *a cappella* vocalizations by small groups. Obviously a school dedicated to quality education, Northfield Mount Hermon believes in teaching and supporting music as an art.

At last Heart of the Valley was called to the stage. Maggie Hawlicheck smiled as she directed us through our first selection. What a sound! And what a reaction! The auditorium was filled with thunderous applause...Sweet Adelines rock! We blew them away, a surprise to them, and to us!

On Valentine's Day, quartet Straight From The Heart spread joy and music all across the Pioneer Valley! So many love songs to sing! They even stopped in on

Chapter-At- Large member Mary Avery for her birthday. It was rewarding day for Ginny Crawl, Elsa Vitols, Kate Moruzzi, and Carol LaChance.

Our friendship with the Pioneer Valley Chordsmen continues. In February the men visited our rehearsal; we sang a few songs and then they sang. Combining our voices on the risers to sing some tags together was the best part. Heart of the Valley visited the men's rehearsal in March. Again, a melodious meeting! After contest, HOV and PVC will work on shaping a script for an autumn performance.

Our membership is blossoming, three new women sounding pretty good! One prospect is the wife of a new member in the PVC.

Most recently, our chorus enjoyed a trip up to Angel's Rest in Leyden MA for our annual retreat. For the third year guest director Lisbet Kline was our inspiring coach for the weekend, pumping us up to do our best! As usual, the talent show on Saturday night was a hoot! I guess one word never associated with Sweet Adelines is bashful!

Yes, working and playing together is the richest benefit we share as a chorus, appreciating the individual talents which make us the Heart of the Valley Chorus!

-- Joyce Monska

## Liberty Belle

Here it is March already. It seems like yesterday that I wrote my first Tags & Swipes article and now it's time for another. Signs of spring are already in the air and LBC has its own sign of spring -- preparing for Retreat. We are thrilled this year to have Jim Arns as our Retreat coach. Not only does Jim work us hard from Friday night until Sunday afternoon, he jumps in with both feet when we party. Who knows what our Retreat coordinator, Ria Kittay, has in store for Jim, and for us?

We all know that Contest comes soon after Retreat, and it's always with a bit of excitement and anxiety that we look forward to Contest. This year we are absolutely thrilled to have SIX new Belles competing with us for the first time. They are enthusiastic and



File this in the You Never Know category... We did a performance at a Senior Housing Complex last week, and in the audience, to our complete surprise, was Adeline Smith, a bass who sang with LBC pre 1979. She's now well over 90. BB made sure she had a front row seat and we could see the enjoyment in her eyes. When the introduction to our last song, "One Voice," was made, BB told the audience that Adeline had been part of our world of Barbershop singing for many years. BB dedicated the song to Adeline. All eyes turned to Adeline in admiration and she sat up a little straighter. Our voices cracked a little as we sang.

Our music team has just added two beautiful and moving songs to our repertoire – "Let the River Run" and "Let Freedom Ring." The first song was written by Carly Simon, for the 1989 movie, Working Girl, for which she won a Golden Globe and an Oscar in 1989, and a Grammy for Best Song written for a Motion Picture in 1990. The second song, "Let Freedom Ring" is a moving and patriotic song with words and music by Bruce Sussman, Jack Feldman and Barry Manilow, who sang the song at the 2002 Super Bowl Pregame Show.

Lastly, this year has been a tough year for LBC... we have had some major illnesses and losses to both our LBC family and to our families at home. Our hearts go out to all those affected, and hope that music, love and kindness will carry us through these tough times.

Since this issue of Tags & Swipes won't be printed until Competition weekend, we wish all of Region 1 a successful Competition in Springfield in May.

-- Charlotte Temple

## Merrimack Valley

Good riddance to the relentless ice and snow, and welcome to spring, the season of coaching, retreat, and contest preparations. We've been having great luck attracting new members lately, and we've welcomed five new singers! Consider yourselves right at home, Karen, Sally, Roberta, Suzanne, and Moira.



**The LBC basses with Adeline Smith, one of our original basses**

job, ladies!!! One of their prizes was a free pass from weekly hall cleanup duty. We hear that there may be something else in the works also. Friendly competition does it every time!!

And Winter Regional... who can forget the stimulating and educational weekend we had in January with The Buzz as our faculty? We are so very fortunate to have

members in the SAI organization who are willing to share their humor, their talent, and their love of music with us. Special thanks go to Merrimack Valley chorus for hosting the event.



**Clare Holland (4th from left) with The Buzz at Winter Regional**

their high spirits are contagious. We are also delighted to have two brand new quartets, all homegrown, competing for the first time this year. Look for Tunebugs with Jane Beaton, Susan Kapur, Maureen Dalton and Marilyn Drew, and Ticked Pink with Amy Bischoff, Pam Florian, Fran Garland and Helen Morse. Pam joined us right after Contest last year. This is Pam's first Sweet Adelines Contest and she's competing both with LBC and with her quartet – she has sure jumped into the world of barbershop with both feet! LBC's Lois Jensen will be competing with Flyin' High once again this year. If you remember, Flyin' High took 5th place in the 2007 quartet competition. We wish all our quartets the best of luck.

Our own BB knows how a little friendly chorus competition motivates us, so this year, she offered up a contest – the first section to complete contest taping by March 3 would receive special recognition. We all worked very hard, and each week we waited anxiously to hear the progress. The results were announced, and the winners were "the baritones." Good



**Our quartets: Tunebugs (above) and Ticked Pink!**



## Tags & Swipes, Spring 2009

We booked only a few singing valentines this year, but the quartets and victims had as much fun as ever.

In January Karen Breidert of the Buzz spent the eve of the 2009 Winter Regional Weekend coaching us at our regular Thursday night rehearsal. The next night we reported for active duty as the assisting chorus at the Sheraton Ferncroft in Danvers. Lots of work, but we were happy to help the region and earn some cash. On Sunday Eileen led a rehearsal of the group traveling to Ireland this summer.

Our great friend and coach (and SAI Board member) Harriette Walters of the Greater Nassau Chorus worked with us in February and April.

Heidi Zacchera of Valley Shore came to recent MVC rehearsals to polish up our section unity.

In March we went to Nashua for our retreat, and this time we worked with our organization's president, Peggy Gram of Top of the Rock Chorus.

On a Sunday in early April we debuted our new costumes at Ringing in Spring. The event provided a dress rehearsal opportunity for the chorus and for area quartets. MVC is thrilled to have five competing quartets on stage in Springfield this year: A Cut Above, Nuance, SoundScape, Flyin' High, and Treblesome. As always, ladies, you have our love and best wishes.

-- Terry Lee

## Profile

Greetings, all! Since you're reading this spring issue of Tags & Swipes, that means it must be contest time again, and Profile Chorus has been hard at work with a brand-new package for 2009. Over the years, we have performed in many different venues – sometimes with risers and sometimes without – but Symphony Hall remains one of our all-time favorite places to sing!

This past winter brought some challenges to our tiny chorus, much of it in the form of health-related issues. Many folks were sidelined from a few weeks to a few months, with ailments of varying degrees. But when we received the stunning news that not one but two of our



**Profile Chorus: Pretty in Pink (left) and Goofy in Pink (below).**

*(You have to see these pictures in color (on the Region 1 website) to see how PINK they really are! - ed.)*

members had been diagnosed with breast cancer and were facing surgery and radiation, Profile swung into action to ensure that our sisters in song received as much love, food, and support as we could give them. Pink rubber bracelets were a fixture at rehearsals and at singouts, and cards and e-mails were sent to boost the spirits of our sidelined colleagues. (Needless to say, our annual performance at the Avon Walk for Breast Cancer will be taking on a whole new meaning.)

The first surgery date was in December, and Profile members, in a show of solidarity and empathy, all wore pink that day. Then, when our February 6th coaching session with Karen Sweeters landed on "Red Dress Day," along with the second surgery date, Profile wore combinations of pink and red, took photos, and sent them to our wounded comrade, both as a fervent get-well wish and a reminder that her Profile family was very much in her corner!

We are so thankful to report that the treatments have gone well for both



women and that they will both be on the contest stage with us here in Springfield. All those prayers and good thoughts paid off, big time! And while Profile has always enjoyed the talented performances and great music that accompany a Region 1 competition, having our very good friends recovered and well enough to share the weekend with us is a blessing that will undoubtedly make this year particularly special.

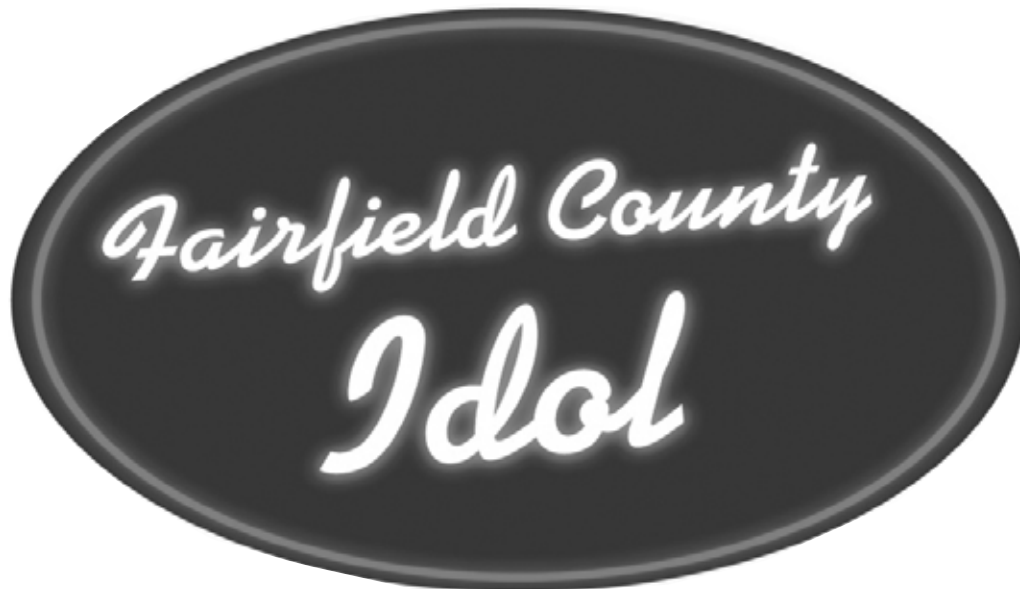
-- Deanna Dean

## Rhythm of New Hampshire

Greetings Region 1!

It's been a crazy winter with bizarre storms and snow as far as the eye can see. We're using our time to work with some great coaches like Karen Rourke, Harriet Walters, Sandi Wright, and Jessie's mentor coach, Bonnie McKibben. We've honed some old favorites for this year's

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A portion of proceeds go to Project Return



*Rhythm of New Hampshire's retreat with Sandi Wright*



performance and we're looking forward to delivering our contest package with a re-energized spirit and enthusiasm.

Wedding bells are in the air!

By the time you read this, our Director, Jessie Samuel, will have a new husband and a new name being announced from the Contest stage. She and new husband, Jonex Oslán were married on March 28th at a beautiful little chapel in Hudson, New Hampshire by a Justice of the Peace who is also a former Sweet Adeline. Look for Jonex applaud-

ing wildly from the audience for his new blushing bride and her chorus.

Irish (and American) eyes will be smiling.

Some of our chorus' members have been rehearsing with Merrimack Valley Director, Eileen Gioe in preparation for the Sweet Adeline 12-day performance excursion to Ireland this July. We wish our sisters in harmony safe travels as they sing their way across the rolling green hills and vales of Ireland.

We've got some great plans on the horizon including summer baseball with the NH Fisher Cats Double A affiliate of the Toronto Blue Jays and many summer concerts in the park. Above all, we continue to work our barbershop craft and enhance our performance skills with fun skits and tight harmonies.

We wish the best of luck to all of our SAI sisters during this Contest weekend. We are so fortunate to belong to an organization that produces exceptional music, wonderful harmonies, and lasting friendships.

Break a leg, ladies!

## **Sound of New England**

Wasn't this a long and wonderful Winter full of that magical white stuff we call snow? Excuse my tongue in cheek but it WAS too much snow and a lot of sickness going around, too. SONE even cancelled a rehearsal to try to stop "the

bug" in its tracks! So are we happy that it's over and Spring has officially arrived? And are we all ready to sing our Spring songs on stage? ABSOLUTELY!

By now we've all had the coaching sessions and retreats necessary to help us make our contest music better than ever. Like all of you SONE has been working hard on our Spring songs and we can't wait to hit the stage in Symphony Hall. We wish every chorus and quartet, especially FLY RIGHT and MAYHEM, the best time ever on stage. Break a lip!

In addition to preparing for contest we have had fun celebrating milestones for two of SONE's members. Coming several weeks early, Timothy Landgrebe was born in January, first child for our own JOANNA LANDGREBE. We had planned a pre-birth shower but he had other ideas. So we showered his Mom in February giving her a much needed night out and her BBS "fix".

Also in January, shortly after rehearsal started, in walked a beautiful bride dressed in gown, veil and a flowing full length red velvet cape on the arm of her handsome groom. ANGIE CLARK, now Buck, was married out of state on Saturday and came to rehearsal the very next Tuesday. Now, there's a woman dedicated to Sweet Adelines! Angie was surprised with a chorus celebration at our retreat the end of February.

Last but not least there are several SONE members whose accomplishments in the Region make us so proud. Our own ANGIE LEVINE is Regional Management Team Coordinator and LAURA PIENKOWSKI will be joining the team as Events Coordinator. SUSAN JONES is the editor of Tags & Swipes and LARAINE LEDUC is OPL, Official Panel Liaison. Congratulations ladies. We know you will do a fabulous job!

See you in Springfield!

-- Carol Rooney

## **Valley Shore**

Spring is in the air even if the outside temperature refuses to cooperate! And for Sweet Adeline Choruses, Spring means Retreat week-end and Competition! Valley Shore held our retreat on

**West Island**

ing for a baritone, Laurie has a Math degree and, oh by the way, can sing all four parts! Our chorus has been learning so much from these two talented women.

Our trusty chorus worked very long and hard on our competition package and is looking forward to performing in Springfield. We spent some time learning to match our vowels and singing with our cheeks lifted. The "Lories" worked us phrase by phrase through our package. By

Sunday we all felt we were singing in our personal and chorus cones! It was a great learning experience. Any Sweet Adeline reading this article knows we didn't just work all week-end. After standing on the risers for 8 hours, we needed to party! But some of needed to soak our aching muscles first, so we hot-footed to the pool and Jacuzzi to restore our party energy!

Our newest member and baritone, Ruth Natzel, got to experience our chorus in every way. Here's hoping she forgives us our silliness! At the party, Heidi Zacchera, our shy and retiring Director, performed a hilarious skit with the aid of Ruthanne Bell's arms and various boas, beads and bedazzled hat wear. We sang and laughed and drank, not necessarily in that order. Our other newbie, Paula Tarafa took us to a higher level of partying via Jack Daniels. Heidi took it upon herself to make a citizen's arrest and called Paula on the carpet! She walked a straight line and impressed us all! So naturally making a human pyramid with Ruthanne, Carolyn, Heidi, Mary and Paula seemed the next logical step. This is what happens to reason after too many adult beverages!

All in all, we have a wonderful time in each other's company and we get to sing too! Valley Shore is looking forward to seeing all of our sister choruses at Regional Competition in May. Barbershop may be a hobby, but who can think of anything better or more fun?!

-- Marylou Zinser



**Heidi, Laurie and Lori Jo**

March 20th to 22nd, and can you believe that there was still snow on the ground! Fortunately for our hardy group, we were inside the Simsbury Inn with a lovely roaring fireplace. One of our very own Leads, Ellen Wildman, happens to work at the Inn. We are assuming that gives us celebrity status there, but you never know! This year we were lucky to have for a return engagement our terrific coaching tag team, Lori Jo Whitehaus and Laurie Smith. They are Director and Asst. Director of Region 19's Red Rose City Chorus. Lori Jo is a multi-talented Bass who has been in Sweet A's since 1978. She teaches English in the Harrisburg school system and is also President of Penn. Rabbit Breeders Assoc. In her spare time...does she have any?...she sings in a quartet called Act 4! Laurie Smith also sings in Act 4. Not surpris-



**This is what happens to reason after too many adult beverages**

Our biggest news is the creation of a new web site for West Island Chorus – many kudos to Louise Lemonde and her husband for setting this up. Check it out at [www.westislandchorus.com](http://www.westislandchorus.com). Now we can click on news bulletins from Management and Music teams, song downloads, member profiles, and advertise our wares. We are now 50 members strong; four have joined since the fall, and two more wait in the wings. Our membership blitz brought in one bass, two bari's and a lead: Barbara Rainsforth, Tracy Lemieux, Melanie Provost (already Assistant Bari section leader) and Carolyn Genereux. We'd like to congratulate Eliane Bernard who was presented with a 30 year pin this year at our retreat.

Lots of other news: Mark Lewis, our director, is lucky to be mentored by fellow Canadian and Master Director from Greater Kingston Chorus, Elaine Gain. She has come twice to work alongside us. Mark's also happy about the new gizmos purchased with proceeds of our Christmas concerts, including video cameras for taping ourselves, and a portable piano with speakers to help keep the beat. Congratulations to Lead section leader Prem Neef on being named Assistant Director, and to Bass section leader, Jean Kelly, also Assistant Director, who is finalizing her Director's Certificate program.

Christmas time brought merriment and a party at Fran Kelly's house (Melanie's mom), as well as performances. We're especially proud of singing to a full house at our November 29th Christmas Concert at St. Thomas à Becket church in Pierrefonds. Our friends at the Danish Church invited us back for Christmas carols at their annual party (where Mary Wyad sang a song in Danish) and the Maxwell Residence asked us to provide some Christmas cheer with our new Small Chorus (designed to fit the limited space of these venues). But our most special Christmas performance was on Dec 30, in time to ring in the new year with wedding bells, as the chorus performed two songs for Wendy Davis's (and Paul's) wedding at St-Columba's church. The bride was not the only one with tears in her eyes. Mark generously invited us back to his place afterwards for

A new focus on quartets with weekly quartet performances over the fall and winter has borne fruit. Over the Top, formed in September, has sung in various venues for Christmas and Valentine's. Jolly Belles/Mystique – oh Hell's Belles! who are they anyway? (4 gals in search of a name) sang at our Christmas concert and performed Singing Valentine's gigs: romance and a rose with chocolates.

And then, there's the biggest event of the year! So much prep before Contest Weekend in May: PVI's with Mark subsidized by the chorus, vocal & breathing tips brought back from Winter Regional to integrate into our singing style, and 4 coaches since November: Director's mentor Elain Gain from Greater Kingston; fabulous singing coach and Director of Texas Harmony Chorus, Darlene Rogers, flew in from Texas in frigid January to give individual PVI's as well as whole day with the chorus. International Visual Coach, Erin Howden, Assistant Director and Choreographer of the North Metro Chorus blew our minds (and legs) with two action-packed evenings that left us breathless but excited about our package. I'm sure the chorus agrees with me that they didn't even notice their feet hurt as the time flew by (March to the beat, Pick up your Feet! Faces!) How was all that learning? Fabulous!

We always look forward to our Annual Retreat weekend in February but this year was extra special –for the second year in a row most of our 50 member chorus miraculously found their way to the Grey Nun's retreat center on an island near Montreal. Master Director Marian Devokaitas from SONE challenged us sweetly with a whole tool kit of new skills, while Mark whirled his baton. We were grateful to sit down by the time the evening entertainment got started - the funniest talent show yet. Carol Burnett would have been proud of the variety of skits, spoofs and creative costumes our members dreamt up (imagine a fashion show with dresses made of curtain rods and drapes, loaves of bread for shoes and a potato sack dress, and a toilet paper and Scott towel bride). The quartet contest brought out the best of us, and everyone who participated won a fantastic paper-plate medal either for best

entertainment, best vocal group, etc. We were exhausted by Sunday morning after late night fiesta-ing in the quiet nunnery, but troopers that we are, we were back on the risers bright & early, until Mark released us into the snowy St-Lawrence scenery to puzzle our way home (a few got lost on the way).

Last but not least, we're showing off an exciting new repertoire at our Spring Showcase April 18th. Mardi Gras Mania, (thanks to Minerva Kuhlenschmidt for the winning name), is being coordinated by our very capable Helene Febrile, a new member since last year. The tickets sales team (all of us) are out in force. After contest, look for our upcoming show - on May 23rd WIC will perform with Montreal City Voices and other barber-shop choruses for the Shriners.

I guess you could say that West Island Chorus is Kickin' it up a Notch!

-- Jennifer Boire



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