



# Tags

# Swipes

## SURVIVING ALLERGY SEASON, CONTESTS AND OTHER VOCAL CHALLENGES\*

by Darlene Rogers

As singers who have other lives, jobs and responsibilities, it's quite a challenge to take care of the vocal mechanism. Since most of us don't earn a living with our voices, our voices don't always get top priority. Finding time to care for our own voice usually happens when we are in crisis -- allergy season, a singing performance or a contest. Surprise! When we are stressed it shows in our voice and we end up with a sore throat or laryngitis or other symptoms. We've all heard people on stage during competitions who struggle with vocal trouble. Why is it that our contest and allergy seasons so often coincide?

Our body is our instrument, so whatever we do to the body affects the voice. Spring is one of the most potent seasons for allergy sufferers. The pollen count is high for obvious reasons and the mold count is often equally high. Most of us try to be responsible singers and take good care of our voices, but when confronted with vocal challenges, all singer need to exercise caution when attempting to self-medicate. It's incumbent upon each singer to understand over-the-counter medications and their impact on the vocal mechanism. We are the stewards of our bodies and our voices, and it's up to us to investigate and learn what different medicines do to the voice.

Common Sense should always be a component of any attempt to self-medicate. The antihistamine that dries up nasal congestion also dries the mucous membrane that surrounds and protects the vocal bands. When the vocal bands are dry and singing continues, the effect is like rubbing two sticks together. The friction produces heat and

the heat inflames the area, making it sore. A decongestant, a nasal lavage, or other products that adds moisture to the vocal system is often a better remedy for a singer.

A noted laryngologist in Dallas recommends (all available without prescription):

1. ENTSOL spray (Kenwood Therapeutics, A Division of Bradley Pharmaceuticals Inc., Fairfield, NH 07004) -- the cost is approximately \$15-\$16. ENTSOL puts a saline spray into the sinuses, which both moisturizes and helps clear the sinuses out;
2. PRETZ Spray (Parnell Pharmaceuticals, Larkspur, CA 94939) for nasal passages; and
3. MOUTH KOTE Oral Moisturizer (Parnell Pharmaceuticals)

Do as your doctor recommends but be sure you give the doctor all the information he/she needs to treat you. Let him/her know you value your singing voice and want to take precautions to protect it.

For those who suffer from chronic drainage that trickles down the back of the throat and is a constant irritant, try this recipe for Singer's Tea. It is an herbal drink and is not for the faint of heart or palate! It is quite spicy but it does the job of cutting mucous. Any of the ingredients can be adjusted to taste, but the quickest way to cut the spicy quality is by adding apple juice or water. Many vocal students attest to the effectiveness of this tea. While the tea may/may not help your symptoms, it will NOT hurt your vocal cords.

Singer's Tea (serve warm. Sipping is recommended)

- 1 fresh ginger root
- 1 can apple juice concentrate (6 oz)
- 1 fresh lemon
- 1/4 tsp Cayenne
- 1/3 cup honey

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*(continued on page 6)*

## News from your Regional Management Team



Hello Region 1!!!!

Congratulations to both Sound of New England Chorus AND Boston Accent Quartet for your wonderful performances representing Region 1 at the 2010 International Convention in Seattle, WA. Your Region 1 sisters in harmony are very proud of your achievements!!!!

As Team Coordinator of our Region, I would like to take a moment to thank all of you for the opportunity to represent you at the Regional Management Teams Networking Sessions which were held on Monday, October 18th in Seattle. What an experience to be able to meet and share ideas with Team Coordinators from all over! While the general sessions together focused on Marketing, the break-out sessions, conducted by members of the International Faculty, were a time for specific sharing of suggestions in order to assist each of us in running our regions effectively. We all have the same basic responsibilities, but sharing how a responsibility - or a concern - is handled, gives each of us a new approach to our tasks! Sound interesting? You too can experience such growth in your Sweet Adeline "life" by looking into shadowing a position of interest to you on your Regional Management Team. Job descriptions are on your Region 1 Website - Check Them Out! Let us hear from you!

Do you know who to contact with a specific question, suggestion, or concern? Your Regional Management Team is made up of the following eight (8) members (who would be very happy to hear from you!): Communications/Sue Martin - Directors' Coordinator/Julie Jeffery - Education/Carole' Mensing - Events/Laura Pienkowski - Finance/Ingrid Friedman - Marketing/Wendy Davies - Member/Judy Lang - Team Coordinator/Angie Levine. Contact information is on your Region 1 Website! When in doubt, feel free to email me (Angie! / letsharmonize@sbcglobal.net) and I will put you in touch with the appropriate member of your Regional Management Team. Remember, we are Your Management Team, representing Your best interests!!!!

Have you checked out our Region 1 Website? We have a new website host, so things may appear a bit different (updated/improved!) to you! Sue Martin, your Communications Coordinator, is ready to answer any specific questions that you may have regarding our Website. Enjoy!!!!

One additional Reminder: If you are planning a Show, PLEASE clear the date of the Show with me (Angie / letsharmonize@sbcglobal.net) as soon as you know it. The main reason for this process is so that we do not have multiple choruses, who live close to each other, scheduling Shows on the same date! Give your audience an opportunity to attend as many different performances as possible!!!! Information for posting on our Website (and in Tags & Swipes when possible due to deadlines) should include name of chorus, complete address of Show location, time, price of tickets, and contact information. Help us to help you to get the word out!!!!



Enjoy the weekend classes!

In Harmony, Angie Levine / Team Coordinator

*Regional Management Team Coordinators in Seattle*

# The New Year begins-

- Carole' Mensing, Education Coordinator

## Ringling (Chords) in the NEW YEAR !

First- congratulations to **Boston Accent and SONE**- chords were really in tune and ringing in Seattle; they performed so well and placed very high! Great ranking for a wonderful chorus and quartet that region 1 can be proud to call our own.

This winter's regional we welcome international faculty and Master Directors from Minnesota, Region 6- Mary Dick is the retired director of City of Lakes Chorus (this years 10<sup>th</sup> place international chorus) and Judy Ode Olson is the current director of Twin Cities Show Chorus. Both are experienced singers, regional quartet champions , and Mary wears an international crown, having sung tenor with Notecrackers quartet. Two new Regional songs – "The Winner's Song" and "Harmonize the World" will be introduced, and "Tuxedo Junction" and "Ain't Mis'behavin" from Fall regional, will be reviewed.

As is often our winter tradition, we have a Young Women in Harmony (YWIH) chorus this weekend! They will be rehearsing throughout Saturday and performing at the end of their day. Lorraine Barrows and Julie Jeffery are co-directing. Kudo's for all and a thank you to Becky King- serving as our YWIH coordinator of this event AND our Young Singer Foundation (YSF) international representative. Welcome these young women when you see them- they are our future!!

Speaking of chords, we have ROAR and RQA plans for the year. ROAR (the arrangers program, putting all those ringing chords on paper) is happening on Sunday of this weekend – coordinated by Ruth Widerski – with Lorraine Rochefort and Linda Masterson, serving as our faculty for this event.

An exciting RQA (Regional Quartet Association) event is scheduled for a weekend in August, coordinated by our own faculty, Heidi Zacchera , and featuring Lori Lyford, Master Director of the new International Champion Chorus from Arizona- *Scottsdale* ! Check the Website calendar (and penda's) for dates and sign up information.

As a reminder, each year your regional faculty continues to offer funded educational visits to choruses. Application forms and information are on line, please contact me and the faculty for planning these visits. The HARMONY TRAIN visits, also continue to be funded by our region. EVERY CHORUS is eligible for a visit- take advantage of these faculty opportunities!! The visit includes: coaching, tags singing, strategic planning tips, and educational options.

In keeping with those chords ringing- our faculty and RMT hope to have another local event planned over the summer – stay tuned.

Carole' Mensing  
Education Coordinator  
[Cm17av@aol.com](mailto:Cm17av@aol.com)  
860-558-3836



### 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 News

Judy Lang, Membership Coordinator



Happy New Year! To all Reg. #1 choruses, I wish the best of luck in growing your membership and keeping a stable administration. We all deal with many of the same issues; membership growth, membership retention, directors who resign to take on other challenges, getting our members to fill team positions, etc. It is a constant challenge! With that in mind, I encourage you to know your circumstances are not unique to you, even though it might feel that way. Remember, there are members of the regional management team who hold the same positions you do and can assist you in creative ways to deal with them.

Sometimes I get information in round about ways that a director has left, that members are leaving one chorus to join another, that team members are leaving for one reason or another. Please remember that all these challenges are much easier to deal with when addressed early on. You are not alone in any of these issues so don't feel embarrassed that anyone has failed. It's simply the evolution of a chorus, the ebb and flow of membership. Get in touch with me or any of the regional management team members for assistance. Your future matters to all of us.

Stay in touch,  
Judy Lang  
Membership Coordinator  
judytenor@sbcglobal.net

## Behind the Scenes.... ... with the Regional Historian

Greetings from your Regional Historian. Or perhaps I should just say, "SMILE! "

I'm the ubiquitous camera person at Regional events. My job is to create a visual record of our events for our history. I take photos of our guest faculty, performing quartets and choruses, the classes, the hostess chorus and their boutique, along with candid photos of all of you enjoying yourselves during our weekends together.

I maintain the quartet and chorus competition photo books we receive from Lilley Photography each year, and create a display at each Regional where you can see these pictures, along with the ones I take. Soon, my photos will be posted in a gallery on the new Regional website, so you can see them soon after each event and purchase any that you want. For this Winter Regional, the photos from last fall will be on display, and you

*(continued on the next page....)*



### YOUR REGIONAL MANAGEMENT TEAM

Back: **Carolé Mensing**, Education (cm17av@aol.com); **Ingrid Friedman**, Finance Coordinator (ingrid.b@live.com); **Laura Pienkowski**, Events Coordinator (apienkowski@snet.net); Front: **Angie Levine**, Team Leader (letsharmonize@sbcglobal.net); **Sue Martin**, Communications Coordinator (martin@skmassociates.net); **Judy Lang**, Membership Coordinator (judytenor@sbcglobal.net); **Julie Jeffery**, Directors Coordinator (julieajeffery@gmail.com). Not pictured: Wendy Davies, Marketing (w.davies@sympatico.ca)

## Meet our new Marketing Coordinator



2011, a brand new year with new energy, new ideas and motivation! For those of you who do not know me, I sing with the West Island Chapter and live in Pointe-Claire, QC on the island of Montreal. I have been singing with my chorus for 31 years and have previously served on the Regional Board and Management Team in various capacities. I am very excited to be your new Public Relations Coordinator.

But really, we are all PR people when it comes to our favorite hobby, ooops "lifestyle factor"! Each and every one of us is an ambassador for our quartet, chorus or the organization as a whole. Do you take the time to share your excitement about Sweet Adelines with friends and strangers? Do you carry Chorus business cards with you at all times? Do you take the time to stay in touch with your fellow chorus members? Happy and successful choruses are the result of good internal and external marketing! Your passion keeps us all coming every week! Stay engaged with your fellow members, by being proactive in our chorus relationships; we will build continuity and loyalty among our members.

Our International website has a terrific Marketing Center full of ideas, information and guidelines to develop a sensational PR program for your chorus. Handouts from previous International classes are available to you. Webinars are broadcasted regularly. Use the tools that are there for you. There is always something new to learn.

I look forward to seeing you at our winter regional weekend, if you would like to discuss your chorus PR and marketing plans or simply share ideas for discussion. Please feel free to contact me at [w.davies@sympatico.ca](mailto:w.davies@sympatico.ca)

Wendy Davies

*(Behind the Scenes, continued from the previous page)*

are welcome to take any you want, for a small donation.

The Region's previous Historian, Sherry Sprague of Royal River Chorus, is now our Videographer. She and Kris Rollins, also from Royal River, videotape all of the guest faculty's classes for the Region's educational library. Between the three of us, we've got things pretty well covered in the A/V department.

We look forward to seeing you all this weekend. Smile!

Sue Bonior

## Finance News

After 6 years, I will finally be put out to pasture and the time has come for me to bid all of you, wonderful members of Region 1, a fond farewell, come April 30, 2011.

Ruth Widorski (Merrimack Valley) will be the new Finance Coordinator as of May 1, 2011.

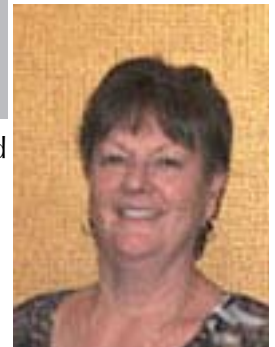
So, thank you, FCs and Treasurers for putting up with me ☐. I enjoyed meeting you, emailing with you, talking to you, and working with you over the past (almost) 6 years. Those of you, who were able to attend the networking meetings, I hope, you found them to be helpful, at least in some way.

This is probably also a good place for me to thank the members of the Regional Management Team. It was a blast and I learned a whole lot about myself - about being more patient, viewing different perspectives, listening to different points of view, and interacting with the Team, in general. I encourage all our members to seriously consider joining the RMT, when possible. It is well worth the "trip."

Again, thank you one and all, for giving me this wonderful growing experience. Keep singing and, as Angie Levine, our Region 1 Team Coordinator, put it so eloquently into her email address - let's harmonize!

Don't be **Strangers** - stay in touch! Ok, I won't burst into song ....

Ingrid, FC



Chop ginger root in 1/4 inch slice rounds (about 8 to 10 inches of the root) and boil (simmer) 45 minutes. Add cayenne, honey, lemon and apple juice concentrate to taste.

The tea warms and soothes the throat, cuts mucous and stimulates circulation. Singer's Tea is great to drink during a recording session.

Water is the singer's friend and best ally -- drink it in good vocal health!



Our mothers taught us to eat properly, get plenty of rest and drink lots of water. These are all things that we should do to guarantee the best possible response from our instrument at contest or on rehearsal night. Drinking water is an absolute "must" for a healthy voice. Singing without proper hydration is like driving a car without oil. Although we all know about drinking water, it's important enough to keep repeating. A singer should drink enough water so that the back of the throat looks as shiny as the inside of a cheek. If you can see shiny vocal chords when looking into a mirror, you are truly hydrated. On average, we should all drink at least 8 glasses a day, but various situations can adjust those requirements. Caffeine users must be prepared to add more water to the daily regimen. For every cup of coffee consumed, add

three cups of water to make up for the drying effects of the coffee and caffeine.

Water consumed during the twenty-four hours prior to singing is important. Drinking water while singing, either rehearsing or performing, might have an opposite effect than what's desired. Drinking while rehearsing or performing may actually be drying to the mechanism. The water can wash away the protective coating on the vocal cords. Certainly we need to drink if we're thirsty, but we don't need to try to consume a week's worth of water when we're singing!

To keep from feeling dry during rehearsal or just prior to performing, try nibbling on apple. That's right! Peel and dice an apple and keep it with you to nibble just before singing or if you are feeling dry during rehearsal. The mastication of the apple helps the body naturally produce saliva; the pH balance of the apple is similar to the protective coating of the vocal cords. Of course, nothing you swallow crosses the vocal cords; you would choke if that were to happen.



It's the area surrounding the vocal cords that often has phlegm clinging to it. Peel an apple to eliminate the possibility of scratching the throat with unchewed peel. No matter how well you chew an apple, it still goes down with some corners, cleaning the vocal passage as it goes.

In addition to drinking lots of water, introduce water into your system any other way you can. A shower is better for a singer than a bath, because of the steam you inhale. The shower is also a perfect place to warm up in the morning. Humidifiers can be an equally effective way to introduce moisture into your system. If you are away from home and in a hotel room during a performance or competition simply run hot water in the bathroom and leave the door open. Even a wet towel hung by your head as you sleep can add moisture to your system. Hydrate, moisture and generally stay wet!

*(I found this article when looking on the internet for the recipe for Darlene Rogers's Singer's Tea. So much in this article seems perfect for us northeasterners in winter! Darlene gave us permission to reprint the article.*

*-- editor)*



# Chorus Lines



## Berkshire Hills Chorus

Our show this November, "Lost In Harmony," was a huge success. We combined our talents with the local men's barbershop chorus, the Berkshire Hillsmen, and drew an enthusiastic, sellout crowd! The 2009 Northeast District Quartet Champions, On Q, were the featured guests. Our two quartets, Taking Chances and Breakaway, were also featured along with our octet, Make A Splash!, and the men's quartet Chatham 4. The skit, written by Chris Noteware and adapted for the combined groups by Marianne Juby of our chorus, told the story of a cruise ship that crashed on a supposedly deserted island. Desperation gave way to joy when we discovered a golf resort on the other side of the island and were able to "strut our stuff" at their 4th of July celebration. Working with Jane Tamarkin as our cast director, was a great experience. Thanks again, Jane. Your help was invaluable!

Our director, Valeri Reynolds, has recently chosen Gail Wojtkowiak to be her assistant director. Gail has been a member for just two years but her many talents have endeared her to the chorus. She follows Janie Pellish who is now our very capable chorus manager. Janie set up many holiday performances, including the famous Red Lion Inn in Stockbridge, Devonshire Retirement Community, Kimball Farms Alzheimer's Unit, Laurel Lake Nursing Facility and Berkshire Medical Center tree lighting ceremony.

At BMC we also entertained patients on various floors. A little

boy about 5 years old was visiting and his eyes lit up when he heard us. He helped us ring the bells for Jingle Bells and managed to find us again and again and insist on vigorously ringing the bells. What a delight! We all wished we had our cameras.

The future holds singouts for the chorus at the Norman Rockwell Museum for Valentine's Day and also at the 250th celebration of the city of Pittsfield in May. Janie keeps us busy and in the limelight. Breakaway has just been asked to sing prior to a performance of the "Music Man" at the beautiful Colonial Theatre in Pittsfield. Wish they could be at regional with us but we will think of them singing.

It's been a great year for Berkshire Hills and we will see you all at contest in May!

## Coastline Show Chorus

Coastline hopes that all of Region One had very happy holidays and has begun what will be a great year for us all. We ended 2010 with our Holiday Show and Party in December and it's now onward to 2011 and the countdown to Houston!

Once again we have an international component of our chorus joining us for this journey. Vernice Kominiarski who competed with us in Nashville is back again from the land down under, and this time she is accompanied on this journey by Jeanette Whitmore, director of their chorus in Melbourne, Australia. We find it amazing that they can travel so far that it takes three days to overcome jet lag and still arrive up-to-date on their music, with a ready understanding of our choreography and with enthusiasm for our journey to Houston.

Their first physical foray into the journey to Houston happened the weekend of January 7 – 9 when they joined us for our Retreat Weekend and the Wednesday rehearsals pre-

ceding and following those dates. When asked what the best part of this visit was, they each expressed enjoyment of the snowstorm that visited our Retreat Weekend and pleasure in how welcome they were made to feel. Jeanette is particularly excited about how much she believes this joint participation will allow her to bring back to her chorus in Australia. The non-traveling members of Coastline were happy to renew our interaction with Vernice and to find out that Jeanette fits right in with our silliness. It's amazing how the spirit of Sweet Adelines is truly International.

We had the joy of working with the director and choreographer of our current 2<sup>nd</sup> place International Medalists, Lions Gate Chorus from Vancouver, BC, Canada. Sandy Marron and Judy Poszgay started us out with a bang on Friday night. Under their tutelage, we are becoming one with Flamingos, finding our core and working hard to expand our sound and show presentations.

It was amazing to work, simultaneously, with these two exciting women who also brought to us feedback from their Sound and Showmanship judge categories. We learned to which part of the orchestra (strings, brass and wind instruments) our individual voices belonged and were re-arranged on the risers accordingly. Yes, some brave souls made the left-to-right side of the risers transfer and we're confident they'll soon feel comfortable moving the opposite arm or leg!

Saturday night of our Retreat brought the usual foolishness and fun and we were pleased to have Sandy and Judy participate. We played a game where each of us put something not generally known about us on a slip of paper put in a basket and the chorus had to guess which member belonged with each little-known fact. We found out Sandy Marron used to babysit Pamela Anderson!

(Yes, we do mean THAT Pamela Anderson.)

Coastline is now in full-fledged International prep mode and we're thrilled to have gotten some very encouraging feedback from these two wonderful women who have now been added to our repertoire of extraordinary coaches. They brought new insights, new tools and reinforcement of everything we've learned from their predecessors.

We also had the joy of once again experiencing the phenomenon of a Chorus Retreat from the eyes of a new young member, Lizzie Decker, aged 14. Lizzie said the Retreat felt like a giant slumber party with incredible music. An accomplished musician and singer herself at her tender age, we "oldsters" feel this is quite a compliment.

Our other young members (Amanda Pitts who joined us at age 9 and has experienced all four International competitions with us and Sarah Cohen who joined us at age 12) are now high school seniors! Amanda has made the decision to attend college locally and is fully committed to remaining with the chorus as she furthers her education. Sarah has been accepted into several colleges and is working on her decision, admitting that the idea of moving away from Coastline is daunting. The young women who join us in this hobby are invariably bright, enthusiastic and a constant source of amazement to us older members. You wouldn't believe how fast they learn the words and music! They keep us on our toes and convince us our hobby will be in good hands in the future.

The next time Tags 'n' Swipes will be published will be the time of Regional Competition when Coastline will again be your hostess chorus and competing for evaluation. We hope all of Region One will have as much fun as we're having as we once again prepare to advance our hobby through competition's amazing ability

to improve our performance levels as we work with the feedback we receive from our amazing judges!

-Lillian McDaniel

## **Cranberry Shores Chorus**

Cranberry Shores Chorus offered another recruitment session called, Harmonize the Holidays, beginning September 28, 2010. We invited interested singers to join us on several Tuesdays to learn Holiday music. They then joined the chorus during our Christmas performances. We welcomed two enthusiastic singers, Carol Lynn Cotnoir and Christy Wendlandt. Our holiday performances include our annual winter concert in Falmouth for which we were joined by Notescapes, a men's group. Other sites includes Ocean Edge resort in Eastham, The Birdwatchers Store, Stop and Shop (both in Orleans), Eastham Methodist Church, and a stroll down Main Street in Hyannis. We also sang at the Yarmouth Senior Center, and at the Cape Cod Mall during a busy shopping day! We had lots of fun singing in the holiday spirit!

We look forward to Contest Kick Off excitement with coaching with Ann Gooch, and Gail Jencik. Our annual spring retreat takes place in March during which we will fine tune our contest songs.

Happy Spring to all!!

- Patti Corbett

## **Farmington Valley Chorus**

We've always wanted our name in lights! Okay so Burlington, CT is not quite Broadway, but the thrill is still the same - almost.

This years Farmington Valley Chorus' show was titled "Home For The



Holidays?" where our chorus-mate Chris (i.e. Sara West) hosted an event-filled holiday party, December 4th, at Lewis Mills High School. The chorus sang fantastically and the audience really enjoyed the show. A standing ovation at the end was all we needed to reinforce that. "Our Town" men's quartet was the featured guest, and as they have done before, wowed the crowd with their talent and humor. "Joyride's" excellent performance was really enhanced by their funny banter between songs, and we even had a group of high school students called "Octave Shock" helping to continue this hobby we love so well. The clear favorite of the second half though was "Encore" coming out of retirement to help Farmington Valley celebrate their 35th Anniversary.

Speaking of Farmington Valley's 35th Anniversary - did you know that three of the founding members - Barbara Gerstner, Barbara Ebner and Sherry Ebner are still on the contest risers with us? And Barbara West is on the risers with Coastline Show Chorus. Wow! Lets hope they passed those good singing jeans (genes?) down to the next generation.

Speaking of the next generation - on the risers were seven new members who learned 20 songs and all the choreography in 2 weeks. An exaggeration obviously but they did do a phenomenal job in such a short span of time. We heartily welcome



Charlotte, Denise, Erica, Leda, Linda, Sally and Susan to FVC and Region 1.

The saying goes "Behind every successful man there's a woman" Well, in this organization the saying could be switched to "Behind every successful Adeline there's her man helping out" Unfortunately, this year we lost two of those men. The "Home For The Holidays?" program was dedicated to George Forbes and Phil West whom we will sorely miss.

What is a holiday show without a holiday party? The afterglow at a local restaurant was enhanced by the presence of two founding members of FVC, -Barbara West and



Barbara Gerstner, cutting the cake (above) . The food was great and we all got really close this year ( i.e. the room was soooooooooo small). The Christmas party the next week at our favorite watering hole proved to be another year of laughter. The favorite gifts in the Yankee Swap were a dip bowl and plate and a handbag. Lot-

tery tickets and the newest fashionable window decorations (a lighted wine bottle) also passed through a few hands (the lottery tickets yielded \$7-just enough for a glass of wine). Kazoos and a sing-a-long? Yup! There's no end to the fun with FVC.

Preparing for the show was all consuming it seemed, but there's always time for performances. The chorus was thrilled to have been guests this fall at the Chordsmen show in Waterbury and at the Central CT Chorus' show in Wallingford. Both men's choruses could not have been more gracious, or their audiences more receptive. We had a great time!

At Christmas we did a stroll around the Governor's House (an assisted living facility in Simsbury) and again the reception we got from the residents is more than heart-warming, and truly an inspiration to keep singing.

Next up is getting ready for contest with Jim Arns, Ann Gooch and Vicki Mayberry coming in to listen and critique, and jump from here to there, amazing us all with their talents and what they squeeze out of us.

See you in May!

### ***Harmony on the Sound***

What holiday season it's been for the HOTS Chorus! Some of us are still flying high after the Radio City performance last November (photo below). The whole experience was

such a rush, we had so much fun and the staff and backstage personnel were terrific. There was a time where we were lined up waiting for instructions on where to go next – we were visible to the general public who were taking the tour of the theatre. A little boy, about 6 years old, wanted to know if we were the Rockettes! With a wink, he was told, "Not anymore, but we taught them everything they know."

Joe Connelly was back for more coaching in November. Our Second Annual "Cool Yule" Holiday Cabaret on December 4th did really well and we were hired as a fundraiser for a local high school holiday program as well.

Let it Snow, Let it Snow, Let it Snow..... NOT!!!! It's January and already we've been taking advantage of the extra rehearsals we set aside for snow days – ugh!

We've got a busy coaching schedule coming up: Joe Connelly will be back in February as well as Vicki Mayberry in March and Sandy Marron in April. We're all looking forward to the challenge and looking forward to seeing all of you at Winter Regional this weekend.

### ***Heart of Maine Chorus***

#### **Finally Getting to the "Heart" of It**

The Heart of Maine Chorus is pleased to announce the arrival of our new interim director, Sherry Sprague. Sherry continues to maintain her membership in the



**Heart  
of  
Maine**



Royal River Chorus but has come on board as our new director. She had been the director of this chorus prior to joining Royal River. She is a certified Sweet Adeline Director and has been with the organization for 26 years.

Sherry recognized the need to begin with the basics of barbershop singing since many of our newer members had never been taught the proper techniques.

A good director knows how to critique a singer's performance in a way that is positive, constructive and reassuring. Sherry has been able to do just that. She comes to rehearsals each week with a bright and cheerful attitude. Her positive outlook has been quite contagious to the members of this chorus. This has also carried over into our community image as we have gained four new members in these last few months.

The chorus board of directors has been working hard to improve the structure of the chorus, learning more efficient ways to handle business and almost taking business out of rehearsal times. We now spend our rehearsal time working on our music.

In October the chorus performed again at the 2nd Annual Bangor

Nursing & Rehabilitation Art Show donating a performance to be auctioned off to the highest bidder. Again this year, our chorus raised the highest amount of anything else on the auction block. We were extremely proud as the bidders were actually battling over who would get us!

In December Dysart's Restaurant sponsored us again for a fund-raising spaghetti dinner. Everyone had a wonderful time. Several people from the audience recognized how much we had improved from the year before.

Overall, this has been a very rewarding year for this chorus. We have a new director bringing fresh new ideas to the chorus. Her knowledge and experience is pushing us in new directors and we are starting 2011 with a bright new future ahead of us!!!

- Kathy Cheverie

**Heart of the Valley**

Hello 2011! And hello to all the Region One choruses taking on a fresh new year of

musical opportunities! Education, performances and friendships are the foundation of Sweet Adeline International chorus successes, and 2010 was right on target for HOV!

Our chorus members were invited to contribute their thoughts to close the year and surprise...we'll bet you are going to actually read about yourself! Putting into words who we are as Sweet Adeline sisters has amazed me. Our journeys are all different, yet we each knew when we had reached our musical "home".

But first, let's cap the holiday season news! Christmas /Hannukah/ Winter songs were ready to go, to bring joy to our audiences during the holiday season. Our annual invitation to perform for the crowds at South Deerfield's Yankee Candle **(photo next page, top)** the Saturday after Thanksgiving proved once again Santa is not the only special attraction! Heart of the Valley Chorus has become a holiday tradition at YC!

It has been a good year for singing for our resident quartet,



Straight From The Heart! **(photo above)** People of the Pioneer Valley and beyond have enjoyed the melodious blend of Elsa, Carol, Ginny and Kate. Thank you for being part of Heart of the Valley!





Senior residents seemed particularly receptive to our glittery costumes and our warm, friendly harmonies this year. And how everyone loves to sing along with the Christmas carols. Rockridge Retirement, Tobin Manor, and Calvin Coolidge Nursing Home/Rehab became festive venues for HOV. The appreciation we felt made it all worthwhile!

Also, this December HOV was part of the Yuletide Celebration at Storrowton Village in West Springfield, MA. Singing in the Old Meeting House was very cool! Maggie turned around in her pew to lead the throng of visitors in familiar tunes, Jingle Bells being a favorite!

And thanks to Sarah Rose (Bonnie's daughter), the actual jingly bells were handed out and played heartily by the kids, young and old!

Let's not forget coaching this fall! We are better "barbershoppers" now, thanks to Lisbet Kline's encouraging session with HOV in October. Our dedicated master of harmony, Marion Devokaitis, then paid us a visit, and made sure she turned us up a notch!

And now our feature presentation!

Since I don't have an athletic bone in my body, I never understood the concept of teams or winning or competition. I mean, who cares if the Phillies or Rangers win the football game? But now, since becoming a part of HOV, I feel part of a team for the first time, and it does matter and I do care. I feel the loyalty and the commitment to do and be my best, to not let my teammates down -- to win! - **Toby**

Each week I arrive at rehearsals I am instantly transformed from tired to inspired! What a joy and a privilege it has been for me to sing in a chorus with such wonderful women! I have learned so much about music, singing and performing. And of course, I have loved sharing the humor and many laughs along the way. What a cherished gift and blessing it has been for me to share this wonderful

journey with all of you this past year. You have truly been one of my life's major highlights of 2010. I so look forward to sharing many more years growing together in harmony, laughter,

friendship, and love- - **Bonnie**

To be honored with the award of "The Most Improved Chorus Award", not only means we improved our scores as a chorus, but as having fulfilled personal goals, too. It is important to each of us to take care of each other. That's what the Heart Of The Valley Chorus does. Our members comes first and the learning and improving happens more easily. Be yourself and feel the music. When we are happy inside, it shows in our faces, choreo, and in our voices. We are proud of our ribbons, but most importantly we are proud of our director, our coaches, our families for their support, and our members! Thank you Region One for all the education you bring to us. Our directors get so excited when they come back to us from classes with new ways and new things to try out on us. We soak it in like little sponges. Thank you for helping us to continue to "Improve"! - **Judy Pease**

Being in Heart of the Valley Chorus means I get to be one of the girls again. When I joined at age 48, I had no recollection of the fun I was missing being one of the girls like in high school. Then it all came back to me, but the fun thing is, all the teenage angst that went with it is gone.- **Kate**

Heart of the Valley has been such a rewarding experience and one that I can say I have enjoyed immensely. The friendships I have made with this chorus is beyond words. I look forward to many more years or until my voice or health deems me not to. We have gone through many ups and downs but the love of music and the love of each other has brought us through. - **Carol**

A year after losing my Mom, who was a major part of my musical background, I found that singing in the choir at church was too painful without her alto voice behind me anymore. I chose to take a year off





from my church and try to heal. I found, however that I really missed singing. I was so very fortunate to find Heart of the Valley. It gave me back my singing, but it was something all new and all mine, not something that I had shared with Mom. Healing happened and I'm thrilled to be a part of the chorus, and have been able to return to the church choir, as well. These ladies have taken care of me and welcomed me right from the first time I went to look into it. I was so excited and nervous I locked my keys in my car ... with the engine still running. I knew I was where I was supposed to be when several ladies from the chorus started waving their AAA cards around saying they could help me out. - **jo**

It is a joy to sing with Heart of the Valley Chorus! My ever-growing musical confidence, improving focus, my inspirations to sing well arrive with me at every rehearsal. Performing quality barbershop harmony together is the goal...I love it!"- **Joyce :-)**

Hi Joyce, I thought about this for a while and finally decided to answer your question about what our membership means to me. The biggest benefit for me is that after 30 years of smoking, I was able to stop smoking so that I could sing longer phrases without gasping for breath. Of course the other thing is I'll probably live longer and that is a good reason as far as I can tell. After 26 years I can't imagine not being a part of this wonderful organization and especially this chorus. Happy new year to all - **Ginny**

What keeps someone coming to 3 hours of rehearsal, standing - going over trouble spots, memorizing words and music, listening - listening to your unit, your Director and your coach. It must be good!! The rewards of friendship, learning new music and always trying to improve

your sound and other skills... overcoming the public performance fear...so many opportunities, so many rewards...The reason for all of this, Heart of the Valley Chorus, where singers become and overcome, grow and prosper in so many ways. I have been looking back and forward performing this wonderful a cappella craft for 30 plus years. Good, better, best..never let it rest, till good is better and better is Best! My admiration for the courage, commitment and support of the women in this chorus is the answer to the questions at the start of this testimonial to all of us as we move forward - with the same qualities - what a great opportunity! - **Judy Mathers**

As Team Coordinator of HOV I couldn't ask for a better group of women to be a part of. The chorus has helped me both administratively and as a person. They are all so supportive and their hearts are the biggest in the world. Thanks to all! - **Betty**

2010 saw continuation of vocal skill and showmanship development, but in addition to that, I sensed a positive change in things not as easily measured!! These collected thoughts from HEART of the VALLEY members have certainly validated what I was sensing!! I look forward to a wonderful 2011, all of us enjoying our journey together as we strive for that next step. - **Maggie**

Yours In Harmony, Joyce Monska

## ***Liberty Belle Chorus***

LBC has been very busy these past months. Our biggest news was our show, "Don't Stop Believing," which was held at the Woburn Memorial High School on November 6th. Our music was fun and upbeat and now that we've learned our new songs, we love them. Woburn High School is a fabulous new venue

-- great acoustics, good location, and very welcoming to us. We hope to make it our new home for future shows. We were fortunate to have Redline, a Boston based men's a cappella group, perform as our special guests. Our opening song, Africa, popularized by the recording artist, Toto, was tricky to learn, but very exciting and satisfying when it all came together. It is a new "Lorraine" from Lorraine Rocheford. Lorraine paid us a visit after the show and we performed the song for her with trepidation. She thought we did a great job. Thanks to our show team of Donna Doherty, Moe Haley, Helen Morse and Lucy Runyon, and their team of willing workers for putting it all together seamlessly.

We've had some productive coaching sessions with our fabulous coaches. We were excited to meet Betty Clipman for the first time. As you all know, Betty is a highly talented musical leader and she gave us wonderful advice as she worked predominately on sound. And our beloved Jim Arns spent a Monday night with us -- we hope to see a lot more of Jim this year.

Our Marketing and Membership coordinator reports that we have added some new, enthusiastic women to our chorus. We now have two mother-daughter combinations: Michele Bokun and daughter Abby (tenor-new member), Kathy Merz and daughter Melissa Briner (baritone-new member) as well as Isabelle Blundell (lead), Joanne Potzko (baritone) and Melinda Mann (tenor). We are so excited to have these new members as part of our LBC family.

The Liberty Belles are quite the travelers these days. Lois Jensen and Maureen Dalton recently spent some time in New Orleans. Lois to visit with family over the holidays and Maureen to attend her daughter's wedding. Ellie Collins has just



returned from Wales where she visited her daughter, son-in-law and grandchildren, and I've just returned from an exciting 3 ½ week trip to India. Many of our Belles were in Seattle for International and some are now, as we speak, on a SAI cruise in the Caribbean.

We've had quite a few performances during this holiday season. We sang at the Atrium Mall, the Chestnut Hill Mall and the Watertown Mall (*see photo above*). We also sang at St. Malachy's Church together with the Merrimack Valley Bell Ringers and the Bay Colony Brass Band. And our first performance of 2011 was at the Armenian Cultural Foundation where we received an especially warm reception.

The Liberty Belle Chorus wishes you all a happy and healthy new year filled with friendship, harmony and love. We hope to see you soon at Winter Regional.

Charlotte Temple

### **Merrimack Valley Chorus**

Happy New Year from Merrimack Valley Chorus! If 2011 is half as good as 2010 was for bringing in new members, then MVC will be chock-full! We were blessed to sing in 9 "newbies" in 2010.

This fall we were extremely busy. After Fall Regional Weekend (which rocked!) in September, we performed as the opening act for a play called "Perfect Harmony" which was a Glee takeoff.

Then we had a visit from the one...the only...Jim Arns! Boy, is he dynamic or what?! Our heads were spinning with all of the great information he provided us.

October was busy with rehearsals for our November show, titled "Lost in a Chord – A Cruise Run Amok"! We spoofed TV shows like Gilligan's Island, Love Boat and LOST. It was great fun, and our audience seemed to think so, too. Also in November, we had the opportunity to perform at an assisted living residence in Woburn. The residents there have their own chorus, but loved being entertained by us too. It was nice to do a sing-along and have the audience actually sing along!! After that, we ran a 2 week POP (Performance Opportunity Program) which brought back some faithful guests and a few new faces. We performed at a Westford church's Christmas greens sale, and we entertained the organization from whom we rent our rehearsal hall for their annual Christmas party. On Thanksgiving weekend we sang at the Woburn tree lighting ceremony which is one of our favorite events.

The chorus enjoyed a wonderful potluck holiday party where we decided to donate canned goods to our local food pantry in lieu of a Yankee Swap. We were delighted that some former members came to celebrate with us, including one of our founding members, Hilda Crescitelli. After the holiday season is over, we will start working on our contest package. With all of our newbies, it will be

Tags & Swipes, Winter 2011  
nice to hear the new blend of voices!

The year 2011 is going to be so exciting for MVC – we will be celebrating our 35<sup>th</sup> anniversary as a chorus! Other events include coaching with Harriette Walters in February, a session with Lynne Smith in March as well as our annual retreat with Peggy Gram, more coaching from Harriette in April, and on Sunday, May 1<sup>st</sup> - our Spring Cabaret. *Save the date!*

Hope to see you all at Winter Regional Weekend and we'll see you on stage at regional competition in May! Keep your eye out for our new and improved website, coming soon!

Gail Comeau

### **MetroWest Harmony Chorus**

Mother always said the older you get, the faster time flies and boy was she ever right! Where did 2010 go? It's so hard to believe we are on the threshold of preparing for another contest.

We had a terrific holiday party with family and friends. So much food! We also managed to raise \$1,000 in toys for the Marlboro Holiday Helpers, a local program that helps families during the season bring joy to those less fortunate.

We are now looking forward to coaching sessions with Jo Lund and with Sandi Wright in March in preparation for contest. We want to welcome our three new members, Bobbi Limpitlaw, Martha Dove and Maura Craig. And, ta, da, our awesome director, Laura Murray, has passed her DCP and is excited to share this news with everyone.

Let's face it ladies, we are quickly closing in on contest. A few short weeks will find us once again in Springfield strutting out stuff on that stage. Happy New Year to one and all!

Peg Forget

## Mollyockett Chorus

Our October retreat with Lorraine Rochefort focused our minds on Spring and Competition, but the holiday season got its fair share of attention. Doesn't it seem to start earlier every year? In preparation we advertised locally and invited women who like to sing to join us for rehearsals in November and sing with us during the holidays. Our first sing-out was on November 30 at the Market Square Health Care Center in South Paris, Maine. We also sang at the Norway Rehabilitation and Living Center and the South Paris Veterans' Home and took part in the Christmas in Harrison program. A sing-out at Country Village Assisted Living in Casco was followed by our traditional Christmas party.

We also sang in early November at the dedication of a new patio in front of the library on Maine Street in Bridgton. We adapted the words of "Give My Regards to Broadway" to fit the occasion. This got an enthusiastic response from the crowd and has had several replays on the local television channel.

We have been fortunate this year to gain several new members. Nancy Davis, Baritone, comes with more than 25 years experience singing with the Portland Choral Arts Society. Vicky Carpenter is a new Lead with ready-made Sweet Adelines sparkle. They have both made our heads spin with how fast they have learned the repertoire.

Our snowbirds, Pat Fleck, Merry Childs, and Nancy McNulty have headed for warmer climes and we miss them very much. They will all be welcomed by Sweet Adelines and other choral groups in the South and we will look forward to their return in the spring.

See you at Winter Regional.

## Rhythm of New Hampshire Show Chorus

Our annual show had people laughing in the aisles as we performed our skits in fat suits and our opening song, "Grapefruit Diet" was so much fun to sing with high energy choreo to words like "Who's that wad-dle-in' down the street?" We got front page attention in the Union Leader when we promoted the musical and the lighting, sound and props in the theater added to the excitement. Our Director Jessie Oslan played a wonderful director (well, she didn't have to do much acting in that part, because she is) at a diet Spa, but she came out in a drop dead gorgeous dress and she looked stunning. We all went out to a tavern for an afterglow later that night and when the patrons there heard we were Sweet Adelines, they asked us to sing for them. We were already warmed up so we sang a couple of songs and decided we would just go back to our tables when they pleaded with us to sing another song, so we did and they went wild – lots of fun for all! Gail Jencik will be glad to know that her coaching paid off after all – we didn't forget to sing "Lay off the Three Musketeers" in our Grapefruit Diet song by the time we got to the show – possibly just a mental resistance to avoiding candy that we finally overcame.

We wish to acknowledge how proud we are of our Director – Jessie Oslan (*photo above*) - she received her 20 year pin as a member of Sweet Adelines recently. She is a dedicated, energetic Director that has a flair for making rehearsals educational, efficient and fun in an effort to help us be better singers.

Nothing says traditional Christmas season like going for a Candlelight Stroll at Portsmouth's Strawberry Banke with family/friends and we were invited to perform there again



this year - it was quite a thrill. The people are so friendly there and for a brief time it seems as though the peacefulness in the simple way of life in times gone by that is exhibited there makes for a special holiday season. One of the ladies that came to perform with us as part of our membership drive/performance opportunity brought real horse silver bells for us to use as we sang our carols and she gave us a demonstration on how they are different than other bells. It didn't take long before we got back to current day reality so that we could prepare for the Christmas party and Birthday party performances and of course, our own chorus Christmas party. It was a busy season, but we enjoyed it all – especially Jessie's holiday eggnog and Karen Rogers' festive holiday bracelets that she crafted for each of us.

Many of us probably spend New Year's Eve the same way we have for years, but it was quite different this year. We were invited to sing the National Anthem at the Manchester Monarchs vs. Providence Bruins hockey game at the Verizon Wireless Center (*photo next page top*). As well-trained Sweet Adelines, of course, we always look at the Director while we sing, so the fact that there were several thousand people there was almost imperceptible until we finished and the roar of the applause was exciting. On our way out of the arena a woman came up to us





and said we were “fabulous” - that just made our night!

We’re looking forward to a song filled 2011 as we prepare to do a performance in Washington, DC with Island Grove Chorus in October and wish all our sisters in Region 1 all the best in the New Year!

- Pat Marais

## Royal River Chorus

Busy, Satisfying Holiday Season for Royal River

The chorus held its first online auction through [BiddingForGood.com](http://BiddingForGood.com) in November and raised several hundred dollars for music, costumes, and coaching. BiddingForGood.com is the leading online charity auction platform for non-profit organizations that want an easy way to raise money for their group. It was very successful for us and we may decide to do it again in the spring.

Also in November, the chorus was invited to join five other choral groups from Southern Maine at an all-day workshop led by Dr. Rollo Dilworth to work on vocal skills. Each chorus had private sessions with this world renowned composer, teacher, and coach, then all the groups worked on two pieces of music together, one of which was

composed by Dr. Dilworth.

In the evening, a concert featuring each group was held for the general public. In addition to Royal River were the Boy Singers of Maine, the Mt. Ararat Chamber Singers, Portland Community Chorus, Musica de Filia girls’ choir, and the University of Southern Maine Chorale. Each group performed 2-3 numbers, then the concert ended with all 500 singers performing the songs they learned during the day. What a glorious sound!

In December we held a holiday Open House and free concert for the community at our rehearsal hall in Westbrook. A full house enjoyed



Tags & Swipes, Winter 2011 songs of the season as well as numbers from our regular repertoire. Royal River quartets Rally and Flashpoint! also entertained.

About 20 of us went out caroling one early December evening in Portland, led by Assistant Director Rhonda Williams. Stopping first at Mercy Hospital, we sang for an hour, on most every floor, for doctors, nurses and patients alike. Then on to a nearby assisted living facility where residents were anxiously awaiting our arrival. Our last scheduled stop was a senior housing complex where a small but enthusiastic audience enjoyed our songs of the season. By the time we were done, we were so energized we didn’t want the evening to end, so we decided to perform a random act of culture” at The Maine Mall.

We assembled at the Food Court and broke into song, to the surprise of passersby. Then we went mobile and strolled the length of the Mall, singing as we went. (*see photo below*) The smiles and thumbs up and cell phone photos were evidence that merchants and shoppers enjoyed our spontaneous caroling. But... Mall security, who were trailing us, had to do their job and inform us that we couldn’t sing anymore, once we got to the other end of the Mall. The official ex-

planation, which came later, was that performances have to be cleared in advance with management. So much for random acts!

Hope everyone had a wonderful Holiday season and is looking forward to pre-contest coaching season!

- Sue Bonior

## Sound of New England

I came home with space noodles in my bag. You know, space needle noodles. Where else but Seattle would one find those?? I suppose they should be cooked in some kind of Starbucks sauce or other. Well, traveling is always educational. I never knew Seattle had all those hills. And I wasn't entirely sure that Alaska Airlines really knew where Connecticut was, but we made it back just fine.

What a great experience! There is nothing quite like being at an International Convention in person to hear and see so many of the top choruses and quartets, and to know that each one of us is a part of it all. We are truly thankful for all of the support we have had from our family, friends, and fellow Region 1 singers!

December 7, Pearl Harbor Day, was a very busy day for us (no, we did not get "bombed" to commemorate the day). First, those of us who could get free during the lunch hour sang at the always fascinating Wadsworth Atheneum in Hartford for the Festival of Trees. Then we descended--supposedly unobtrusively--on an unsuspecting lunchtime crowd at the State House Square Food Court down the street, where we became a flash mob, each of us having a pre-arranged destination, strategically placed for maximum effect. It's not that easy to look unsuspecting when hanging around waiting to sing and trying not to greet everyone you recognize! It was fun, but performing only one song, it was over too soon for us, and hopefully for the audience as well.

That same night, in lieu of our regular rehearsal, we celebrated with a holiday party, including craft tables with many items made by our own talented members, decorations, festive apparel, and of course, food and some singing. We regretfully added several former members to our emeritus list. Each new emeritus member was presented with a gift. Many "established" emeritus members were on hand, and it was worth being there just to see them!

There was one other notable happening that night. Our own Nancy Coates, one of Sweet Adelines' venerable past presidents, had let it be known that she was hanging up her sequins and glitter after something like 47 years. (If you're reading this, hope it was ok to mention that, Nancy. If not.....oh well.) Some of her family members and friends attended the party, as she became an emeritus member and the subject of a This-Is-Your-Life-type review of her Sweet Adeline career, which included snatches of some of her quartets. Nancy has done just about everything in this organization, it seems. She will not be leaving us entirely, and will continue to provide us with insights as only she can. Best wishes, Nancy!!

The Whale is back! Da da daa da da da da daa. We had the exciting opportunity on December 17 to entertain some of the pre-game crowd (including Santa) on hand to support our hockey team, newly renamed from the Hartford Wolf Pack to the Connecticut Whale. A few members took advantage of the chance to stay and watch the game, and yay, we won!

We have taken a brief pause for the holidays, and then it's back to work. We jump into the new year preparing for a coaching session. We will not be able to be in Newton at Winter Regional, so we'll see you in Springfield!

## Valley Chords Chorus

The Valley Chords have been busy this fall and winter. Our quartet, Spin Off was invited to sing at a local talent show in Hanover, NH and were pleased to have barber-shop singing showcased among all the other wonderful talent in our town. The moderator had grown up in Kenosha, Wisconsin near the birthplace of barbershop, so he was excited to have us there and gave us a great introduction.

In October we sponsored and participated in a workshop for women in our area who are interested in a cappella singing. The event was made possible due to a grant we received from the Upper Valley Arts Council. Our thanks go to Judy Dixon our lead section leader and to Pat Archambeault our Bari from Barre, VT who collaborated on writing the grant application. The turnout was gratifying with 20 singers who came to spend the afternoon learning basics of barbershop. We ended on a high note with all of us "Singing with the Stars" putting our new vocal techniques into a relaxed end to the session. Eileen Gioe was the imported faculty. She and our director, Laura Fraser, combined to provide an informative, amusing and special afternoon. (See photo below)



We always look forward to winter and the Dartmouth Hockey season,



where we have had a chance to sing the national anthem at several hockey games. Yes it's a big effort to get us all there for less than a minute of singing but we always have a good time, get lots of local recognition and enjoy the excitement of the crowd. We often have to warm up in the only warm place at the rink, the ladies room but the acoustics are great there.

Holidays found us singing at assisted living complexes in our neighboring communities. We always enjoy dressing in our bright colors and singing for audiences that really respond and join in on some familiar tunes. Just before Christmas we have our potluck dinner at a Victorian house furnished with antiques with lots of room for our potluck dinner, Yankee swap, and spirited singing of the "twelve days of Christmas".

The new year finds us looking forward to our retreat in March with Lorraine Rochefort as our coach. We go to a nearby camp where we stay in warm cozy cabins, have delicious meals and rehearse by the fireside. So we will be ready for Region 1 competition in May. See you all there.

- Julia O'Hara

## Valley Shore Chorus

Our chorus has had a busy and productive autumn. We've been working and playing non-stop since the Fall Regional. In October, we sang for our new rehearsal hosts at St. Paul's Church in Middletown. They invited us to their annual Oktoberfest dinner where lots of sauerbraten and schnitzel was had by all. For some of our newer members, it was their first foray into the wonderful world of performances. Chris Torrison, who joined

VSC this year, put on her red lipstick and sparkly earrings for the first time! Naturally, we decided a party was in order. So we all dressed up in our craziest outfits for our annual Halloween blast. We ate, sang and laughed...and then we did it again. Of course, being Sweet Adelines means partying is second nature!

In November we opened our doors to guests for our Holiday Chorus. Sometimes prospective members will start out singing with us at this time of the year and stay forever! As we began to prepare for December performances, our Octet, Spare Time, was already singing up a storm. Spare Time started November with several gigs. We have some recurring places where we love to perform. Crescent Point Assisted Living in Niantic usually invites us two or three times a year. We also sang for the Durham Senior Center. Lucky for us, Jeannette Fudge, our great baritone and pitch person, lives nearby. She graciously invited us back to her house for dinner and some hilarious old VHS tapes of VSC in years gone by! Our chorus was having just as much fun 20 years ago as we did last week. Shortly after Thanksgiving, Spare Time had the honor to sing at a 65th Wedding Anniversary party. It

was set up like a wedding reception with the added plus that the "groom" was a former Barber shopper! No wonder so many of the guests knew all the lyrics!

The chorus has also been preparing ourselves for competition in the Spring. We were fortunate to be coached in November by Joe Spiecker, director of Valley Forge Chorus in Region 19. Joe was a member and show creator of the gold medalists, the Vocal Majority. We were pleased that he shared his talents with VSC.

In December, we were busier than ever with several Christmas performances. Every year we are invited to sing at the Festival of the Trees at the Wadsworth Athenium in Hartford. This is a beautiful venue with rooms full of decorated trees done by CT residents and designers. As much as we love this invitation, we were even happier to sing at the CT Governor's Mansion. It is also open to the public and decorated gorgeously for the holidays. We were honored to meet the outgoing governor, Jodi Rell. The Governor invited us to join her by the magnificent tree in the living room for a picture-taking session with our chorus. It definitely was a festive highlight.





We capped off the season with Chorus holiday party at VSC's favorite watering hole, Tommy's in Middletown, CT. We gave an impromptu performance for the other unsuspecting patrons. We exchanged funny gifts...what exactly is an ironing ham? We enjoyed another active and song-filled year in each other's company. What could be better?

On a more serious note, we say good-bye to our talented director, Heidi Zacchera. Heidi has decided to pursue other venues in the future. We wish her the best and we will treasure all the fun and musical knowledge that she shared with us during our years together.

Marylou Zinser

## West Island Chorus

At the time of this writing, Christmas is less than a week away and although we are taking somewhat of a break on the music front, all of us are working like busy little elves getting in our last minute shopping, baking, decorating, etc.

Backing up a bit brings to mind that we have had a very busy past few months, beginning with September and performing for the Heart & Stroke Foundation Walk-A-Thon in our community. We always experience that warm fuzzy feeling when we understand the purpose of putting in that extra time and effort to help such a great worthy cause.

November brought with it a productive coaching session, followed by a small chorus who sang at a Christmas cocktail party for Pfizer Pharmaceuticals. The clanging of glasses, "party-ers" scurrying back and forth, waiters with trays weaving their way around all of that holiday cheer, did not deter us from putting our best foot forward and so, with much focus, we got on

with the show.

December ! Whew !! We began the month with a Christmas show, a very successful one at that....a standing ovation was most gratifying to say the least. The men's barbershop chorus, (also under the direction of our very own Mark Lewis), helped to ignite, brighten and enhance this most delightful evening of song.

We had three consecutive weekends booked to sing double performances for a festival in Longueuil, Quebec (south of us West Island members). One of the performances was cancelled because of inclement weather. We also performed at our annual event for the Danish community in Montreal. We just love to sap up all of the accolades they so warmly and graciously shower us with every year at Christmastime.

Our dear Eliane Bernard who, for many years (26 or more), so efficiently fulfilled her duties as our Chorus Manager, has now decided to step aside, handing the reins over to two of her peers. She has been a chorus member for 31 years and will continue to be counted as one of us in spite of some recent health issues. Eliane, we cannot thank you enough for the marvellous job you did over the years.

We have a busy winter lined up and like most of us in our region and regions around the world, we once again shift our focus to preparation for competition among other things. A la prochaine.

Dina Perron

## MARK YOUR CALENDAR



### Tags & Swipes Deadlines

#### April 30, 2011 for Spring

12-15 May 2011

Regional Competition

Springfield, MA

16-18 September 2011

Fall Regional Weekend

Nashua, NH with Laura

Pallas & Vicki Mayberry

20-22 January 2012

Winter Regional Weekend

Details to be announced

Check the Region 1 website for Updates and Additions

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**KUDOS!!**

Region #1 applauds membership longevity! Here are the names (alphabetized by first name) of our members (sorted by first name) celebrating anniversaries of 20, 25, and 30 years of membership in Sweet Adelines Intl.

**Congratulations!****20 years**

Lynn Copp - CAL  
 Cathy VanTornhout - HOTS  
 Carol Beeso - Post Road  
 Diane Carroll - Champlain Valley  
 Gloria Dooley - Harborlight Show  
 Robin Hudson - Coastline Show  
 Cathy Richards - Royal River  
 Elizabeth Maree - Island Grove  
 Sharon Cook - Royal River  
 Lisa Rideout - Royal River  
 Judy Sowyrda - Cranberry Shores  
 Sally Jeffrey - Merrimack Valley  
 Karen Duggan - Liberty Belle  
 Barbara Wilson - Liberty Belle

**25 years**

Ingrid Friedman - Farmington Valley  
 Joan Kelley - Liberty Belle  
 Mary d'Entremont - Liberty Belle  
 Leslie MacDonald - West Island  
 Lynn Marshall - Cranberry Shores  
 Ann Donlan - Harborlight Show  
 Glenda LeSauteur - Greater Montreal  
 Eileen Wieblen - SONE  
 Becky King - Merrimack Valley  
 Laura Murray - MetroWest  
 Janet Mulligan - Merrimack Valley  
 Barbara Kahn - Coastline Show  
 Pat Fleck - Mollyockett  
 Claire Palmer - Farmington Valley  
 Bonnie Soutarn - Greater Montreal

**30 years**

Evelyn Epstein - Liberty Belle  
 Patricia Graber - CAL  
 Kristen Martin - Farmington Valley  
 Patti Cataruzolo - Liberty Belle  
 Elizabeth Wynne - Liberty Belle  
 Margaret Butt - Harborlight Show  
 Trudy Morine - Heart of Maine  
 Barbara MacKenzie - SONE  
 Angie Levine - SONE

Joyce Armstrong - SONE  
 Gwen Sibley - SONE  
 Connie Stark - Coastline Show  
 Jean Garrett - Coastline Show  
 Cindy Heller - CAL  
 Ann Aurello - CAL  
 Helen Derman - Cranberry Shores

***Letter from the Editor******DEADLINE FOR MAY ISSUE:******APRIL 30, 2011***

Please consider writing something for the front page. Nobody did this time, so I used an older article written by the great Darlene Rogers. But I'd really like the stories and articles to come from people in the region, to be something of general interest or inspiration.

Susan Jones, Ed.