



Stressed – Who? Me?

By Janie Macchiaroli, Education Coordinator Region #10
Article adapted from Mary Calvagna, MS

Just when you thought you were safely past the stressful holidays, here you are in the middle of preparations for performances and competition! Everyone feels stress at one time or another. Many people feel stress often; some even feel it as a part of their daily lives. Yikes! Let's get off the merry-go-round please!

Stress is a natural part of life. It *can* be a positive factor. Our

muscles need a certain amount of stress for us to be able to stand up, sit, bend an elbow and so on. And a moderate amount of stress can make our minds sharper and our bodies ready to "do battle." But too much stress can be harmful. So why is excessive stress undesirable for a singer? Okay – I'll tell you...

Excessive stress can cause (or worsen) the symptoms of such conditions as heart disease, stroke, immune disorders, gastroin-

(Continued on page 12)

Lone Star Chorus, Natural High, Calienté Sparkle In Las Vegas Competition



Region 10 was well-represented by Lone Star Chorus, Natural High and Calienté quartets at the 60th annual Sweet Adelines International Convention and Competition, held Oct. 10-14, 2006, at the Thomas & Mack Center in Las Vegas, Nev.

Natural High placed 25th with "Love Me and the World Is Mine" and "Jazz Me Blues." Only two points behind,

Calienté finished 27th with a "Two Tickets to Georgia/Sentimental Gentleman" medley and "Brokenhearted."

With 66 members on stage, Lone Star entertained the 10,000-member audience with "Bill Bailey" and "Cryin' Myself to Sleep. They placed 30th in the field of strong contenders.

—Photos courtesy Jane Schlinke





Åse Hagerman Visits Region 10

Rhythm...gosh, does Åse Hagerman of Sweden have rhythm! She also has a wonderful way of getting you off your feet and exploring the ways that Fire, Water, Wind and Earth impact the emotional delivery of a song.

But don't just take it from us...ask your chorus members who attended the 2007 Winter Regional workshop in Houston Jan. 19-20. Ask them what we learned about backbeats. Ask them how to modify our speaking voices to improve the range of our singing voices. "We cannot be told, we can only be inspired," Åse said during the weekend. And it's true — until you stand up and try some of these techniques yourself, you won't believe how much less inhibited you can become on the risers.

Tantalized? Want more? Åse is scheduled to be back in Texas at International Education Symposium in July. Register now and find out what your "element" is — are you Fire, Water, Wind, Earth, or a little of each?

Get Inspired!

By Euna Poole, Region 10 Video Librarian

Inspire your chorus for competition! Show how other choruses take command of the stage! Rent a video from the Region 10 Video Library. All are VHS format, except for the 2004 International Competition on DVD. I'm currently in the process of transferring VHS to DVD format so let me know which version you would prefer.

REGION 10 VIDEO LIBRARY

- International Competition Tapes
- Chorus and Quartet Tapes beginning with 1986
- Harmony Classic competition and Rising Star competition
- The Singer's Voice: 4 videos
- Breath
- The Vocal Tract
- Vocal Folds
- A Fiberoptic View of the Vocal Folds
- Warm Up Exercises
- Vocal Production
- Increase your Chorus Sound with Voice Placement
- Basic Techniques/Barbershop Chorus
- Interpretation/Barbershop Style
- Preparation of a Chorus Performance Package
- How to Direct a Sweet Adeline Chorus
- How to do a PVI, part 1 & 2

Contact me via email: euna@houston.rr.com or call 281-759-8882. I will need your name, address, phone number and chorus.

2007 Calendar of Events

March 15-18 — Regional competition, Houston Hilton Westchase, competition at Stafford Centre

May 18-19 — Chapter Leadership Seminar, Omni Houston Hotel

July 11-14 — International Education Symposium, San Antonio

October 9-13 — International Competition, Alberta, Canada

November 9-11 — Fall Regional, Houston

Chapter Shows 2007

- **January 27, Sparkling City**
- **February 24, Houston Horizon**
- **November 17, Chisholm Trail**

NOTE: Show dates must be approved by the Regional Team Coordinator (JoAnn Flanagan) before they can be posted to the calendar.

Region 10 Website:
<http://www.region10sai.org/>

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NEXT DEADLINE IS: May 15, 2007



Several Region 10 Sweet Adelines joined Barber-shop Harmony Society members to form the Mike Testing Chorus at the Southwestern District Chorus Contest in Corpus Christi October 28. Directed by Alamo Metro's Mary Ann Wydra, the group sang, "My Wild Irish Rose" and "Heart of My Heart."

Photo courtesy of Jim Tuggey

Wall Of Fame & Scrapbook Pages Reminder

By Karen Bernard, Region 10 Historian

Scrapbook pages and information on the **Fourteenth Annual Wall of Fame** will be given out at the President's Forum during the Winter Regional Meeting in Houston. This information will be mailed out to Presidents of choruses with no representative at the Winter Regional. I encourage all choruses to honor **one** special member on this year's Wall of Fame and to be included in the Regional Scrapbook for 2006-2007. Wall of Fame Certificates will be presented and Scrapbook Awards will be announced during competition weekend, probably on Saturday night.

Be sure to visit the Historian's tables in the Regional Boutique at every meeting and especially at contest. You'll find lots of snapshots and chorus/quartet photos for sale at very low prices. Many Region 10 scrapbooks are on display as well as the Region's Chorus and Quartet Champion Albums.

Get in touch with me if you have any questions. My contact info is as follows: 841 HWY 182; Sunset LA 70584. Phones, fax, and email are: (w) 337-482-6418; (h) 337-662-3247; (fax) 337-482-2489; (e-mail at home) kbsings@centurytel.net I can still be reached at work during the day at kb@louisiana.edu

Welcome Region 10 New Members, June-December 2006

Alamo Metro Chorus

Tami Crawford
Kathy Dickinson
Laura Dylla
Carrie Mae Jackson
Brenda Miller
Kerry Parker
Debbie Riese
Kristina Rutledge

Austin Harmony Chorus

Mary Ann Hollingsworth
Teresa Fiset

Baton Rouge Chorus

Susan Farmer
Susan Gautreaux

Brazos Crossing Chorus

Sue Snelling

Chisholm Trail Chorus

Cinnamon Hill
Judith Lazarus
Katie McClellan

Crescent City Chorus

Jenny Blythe
Susanna Price
Susan Schneider

Fiesta City Chorus

Sally Ritchie

Greater Sabine Chorus

Bettie Bibb

Heart of Dallas Chorus

Rebecca Willis

Houston Horizon Chorus

Kellie Gareri
Pat Hawkins
Mary Jo Pryne

Lone Star Chorus

Lynn Chapman
Veronica Hancock

Magic Valley Chorus

Maria Cantu
Gloria Crum
Lee Kurth
Darlene Rolle

Mesquite Magic Chorus

Kathryn Faris
Becky Wilson
Penelope Woodward

Spindletop Sound Chorus

Carol Case
Jordanne Case

Starlite Sound Chorus

Kate Franks
Phyllis Mason
Betty Pruett

Texas Harmony Chorus

Heather Foret
Sarah Foret

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Sweet Adeline needs!*



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Chorus Lines

Alamo Metro Chorus San Antonio, TX

Gee, Alamo Metro has been busy. Back in October we held our annual show, "Once Upon a Time." It was a great success, and we all had lots of fun bringing it to life, dressed as toys in a child's room, for the second half of the show. We had a guest star, 5-year-old Madison, (June Deiser's granddaughter), who stole the show as she preened in front of a mirror as a quartet sang, "Little Lady Make Believe." Other songs such as "Oh You Beautiful Doll," Toy Story's "You've Got a Friend in Me" (arranged by Mary Ann Wydra) and "Broadway Rose" were all a hit. Other performers included Natural High and Vanguard, a men's quartet, that both gave outstanding performances.

Of course we are very proud of our own quartet Natural High as they placed 25th at the International convention in Las Vegas. We also send our congratulations to Caliente and Lone Star for terrific performances.

Right after international we began our Diva program and past member reunion Christmas sing. We had a great turnout



thanks to our "show the way" membership coordinator, Cinda Crews and her committee. Our Divas and reunion members were invited to appear with us on our Christmas program titled, "Sing We Noel." Our special guests -- a young women's ensemble from Texas State University called, "Sugar and Spice" -- really remind us why we sing. Santa Claus with Mrs. Claus were there to help us out.

Well of course from here it only gets busier. AMC will be doing Valentine

Metro Grams, and Competition is right around the corner. There is a lot of work to be done. We are in for many wonderful coaching sessions as we have an All-Star collection coming to San Antonio. AMC wishes you all the best; see you in Houston!

By Jane Schlinke, TIWT Correspondent

Austin Harmony Chorus Austin, TX

The holidays for Austin Harmony were extremely busy. We began in October by inviting community members to join our weekly rehearsals so they could sing on our Christmas show. On December 2, we sang in the Capitol Rotunda as guests of the Austin Chord Rangers. It's always a thrill to hear those barbershop chords echo in that great chamber. A week later we again teamed up with the Chord



Austin Harmony Chorus with community singers join the Austin Chord Rangers for "Silent Night/Peace on Earth," the finale to the co-produced Christmas show, *Harmony for the Holidays*.

Rangers to present *Harmony for the Holidays*, a joint Christmas show. AH! was ably directed by Nancy Bourell and, in her directing debut, Carolyn Bottomley led one of the numbers. Still later in the month, AH! members relaxed at a chorus Christmas party that included caroling for neighbors.

With the New Year comes new music and new challenges. Austin Harmony is preparing for a return to regional competition under the direction of Marcy Scofield. Marcy has agreed to be our champion through the March event. We worked on our new music over the holiday break so that we could begin rehearsals in January without paper in hand. We're excited about the package Marcy has put together and look forward

to entertaining our peers at contest! (BIG SECRET—You'll just have to wait until Regional to see it!!)

AH! is grateful to have such talented members. Nancy Bourell has served AH! extremely well as interim director and Carolyn has stepped in when Nancy couldn't be there. If we can't convince Marcy to stay, or if our search for a permanent director has not yet born results, Nancy will return to the helm after competition. She and husband David spent their Christmas in Japan where they will be until the middle of February.

By Kathy Pillmore, TIWT Correspondent

Baton Rouge Chorus Baton Rouge, LA

After our successful fall show, The Baton Rouge Chorus quickly got in the Christmas spirit. We pulled out the music and began preparing for weekly performances from mid-November right up to the week before Christmas. The annual tree-lighting in downtown Baton Rouge was the highlight of our season as we sang just before the Christmas tree was lit by the mayor.

Joining us for this special season were our "Santa Babies." These are women who want to share the season through song, but who don't know yet if they want to commit to being a full-time Sweet Adeline. They learn the songs, usually in Lead, borrow a costume, and go to all of the sing-outs with us. We are happy that two of this year's Santa Babies returned as prospective members at our first rehearsal of the new year. They were voice placed and enthusiastically joined in all aspects of rehearsal.

With our numbers filling out, we are eagerly anticipating coaching from Vickie Dennis and Darlene Rogers in the coming months. Most of the chorus is attending Regional this month and plans are underway for a retreat. We are growing together in harmony, friendship, and commitment.

By Molly Manson, TIWT Correspondent

Brazos Crossing Chorus Rosenberg, Texas

Brazos Crossing Chorus had a wonderful fall, highlighted by our *Holiday Harmony Chorus* Christmas performances in

December. From October to December, six non-members joined us for Christmas rehearsals and performances. Our guest performers did a great job and we thoroughly enjoyed the talent and energy they brought to the task of spreading holiday cheer throughout Fort Bend County.

Holiday performances included Sugar



Land's The Terrace and Greatwood retirement centers, Clarewood House, and Sugar Land Town Square. Our guests joined us at our holiday party and we are pleased that at least two of our guests have decided to pursue Brazos Crossing Chorus membership.

We are so happy that Sue Snelling has joined us as a new member. Sue hails from England and brings our delightful Brit contingent to three now. Sue has already jumped in by using her sewing skills to help with our new contest costume. Yes, we're competing this year and working hard on our package. We look forward to our chorus retreat on February 9 and 10 with Janet Burnett and further coaching from Janie Macchiaroli.

We continue to be grateful to our director, Gail Bartz, who with her combination of expertise, warmth and humor, brightens our Monday nights.

By Julie Platek, TIWT Correspondent

**Chisholm Trail Chorus
Temple, TX**

Several members of Chisholm Trail Chorus attended the International Convention in Las Vegas and were once again blown away by the fantastic performances. Congratulations to all our Region 10 competitors!

CTC has had a very busy and productive Fall and holiday season, beginning

with volunteering for public radio station KNCT-FM by answering phones during their pledge drive in October. At the beginning of November we enjoyed a visit by Darlene Rogers and Regional team member Joann Flanagan. A Veterans Day performance in Georgetown on the square was well received. And our annual show, *Celebrate*, was a huge success.

We ushered in the Christmas season by singing our favorite holiday songs at the Salado Stroll and once again opened our gift wrap booth in the Temple mall where members enjoyed 3 full weeks of fun, fellowship and fundraising. Chorus performances through December included singing for 600+ senior citizens at the Mayborn Center in Temple and caroling through the mall. The chorus ended the



Chisholm Trail Chorus singing on the Square in Georgetown, TX on Nov. 11.

year with a New Year's party, which was actually a surprise 80th birthday party for longtime member Earlene Pippen.

The first Thursday in January we received our annual visit from Jackie Hall, who does a fabulous job of voice-placing us on the risers in anticipation of our spring competition. Sylvia Alsbury will be our coach again for our chorus ReCharge retreat, which will be in Salado this year. And we are looking forward to a coaching visit by Janet Burnett in February.

By Gail Eltgroth, TIWT Correspondent

**Cradle of Texas Chorus
Angleton, TX**

When you read this column, are you still keeping your New Year's resolution? Best not to ask, right?

Cradle of Texas is sad to share the loss of our beloved chorus member, Voni Ryerson. Our "Voni, Voni, Voni" left us toward the end of the year. Also lost to us was precious 5-year-old Brooke, who was the niece of chorus member Suzelle Martin. Brooke told her family that she wanted to go with the "nice talking man." We are certain that Voni had to go ahead to make sure the "nice, talking man" had things ready for the two of them. Today we received word of another loss of a good friend, Joe Eddy. Gloria E's husband has joined the men's barbershop chorus on the risers in Heaven. Our love and prayers go out to Voni's family, Brooke's family and to Gloria and her family.

Like about every other chorus in Region 10, we are spending most of our rehearsals working the competition songs. We began choreography at our first post-holiday rehearsal.

We are so glad to have Char back in front of us. We also appreciate and enjoyed Holly coming through for us while Char was ill. Thank you Holly!

The chorus sends best wishes to all for a joyous year and as Brooke would say, LOVE BIG!

By Ann Roberts, TIWT Correspondent

**Crescent City Sound Chorus
New Orleans, LA**

Happy New Year from New Orleans. We have been on a holiday break. Christmas and New Year's Day fell on our rehearsal day and we are now ready to get back to work. Our coach, Mary Beth McMurray, is coming back the weekend of January 19 so we have to make the most of the few weeks we have before the visit.

We have had a glorious holiday season. We had a wonderful performance at the Christmas Tour of Homes in New Orleans' Garden District. The Garden District is lucky to have missed the major flooding that the rest of the city experienced. This is lucky since it is filled with historical mansions that are 100 years old and older.

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We performed at the home next to Archie Manning's lovely home. Archie is one of our most beloved residents and the father of Peyton and Eli Manning of football fame.

Some of our chorus members went carolling in the French Quarter. We love to sing and enjoy being with each other so much that we look for any excuse to be together. The carols were very well received by all who heard them.

We have been working hard to get ready for competition in March. We are all anxious to see what choreography Jeannine has planned for us. She always has something very creative to present to us. I hope we can live up to her expectations for us.

We've been lucky to get a few more members from a recent membership drive. We are also happy to welcome back Susanna Price to our fold. Susanna had to move away after Katrina, but her husband's work has brought them back to our area for the time being.

Two other new members to the Crescent City Sound Chorus are former Sweet Adelines who once again have enough time in their lives to make the commitment. We would like to welcome Susie Schneider and Jenny Blythe to our chorus family. Susie has already brought another prospective member with her to rehearsal.

By Kitty Warner, TIWT Correspondent

Fiesta City Chorus San Antonio, TX

Fiesta City Chorus packed 2006 with performances, from its long-awaited and well-received show on women ("Women of Note") to citywide events, including street fairs, festivals, and even a major San Antonio park opening. Requests for repeat and new performances filled the holiday calendar starting in late November. Fiesta City performed at the La Cantera resort, the Bracken Village Dickens weekend and for a weekend amongst the Christmas trees at a nursery open house, in addition to corporate dinners and a museum volunteer luncheon.

In 2007, Fiesta City is being coached by Sylvia Alsbury and Jackie Hall, in preparation for a very special competition package. We're also preparing for an exciting challenge in February, when we'll sing to an audience of people who are legally blind. The San Antonio Low Vision Club is celebrating their 10th anniversary and has asked us to perform. Finally, we've been asked to repeat "Women of Note," and hope to set a date for that soon. We're looking forward to seeing y'all in Houston!

By Sally Wiskemann, TIWT Correspondent

Greater Sabine Chorus Beaumont, TX

Greater Sabine Chorus has had a very interesting ending to 2006 and is looking forward to a rewarding year of barbershop harmony in 2007.

Since the last report to Tune In With Ten, the chorus has faced the challenge of members retiring and moving away, members' illnesses or illnesses of close family members and changes in job demands, which all have caused a number of resignations or leaves of absence.

Despite these stresses, the chorus is looking forward to retreat this month with Gwen Smith and Debbie Masters, both of Richtones Chorus, who will be returning as coaches to help polish the package for regional competition in March.

The annual show, Guys, Dolls and Spicy Meatballs, is also in the works for the fifth straight year. The chorus joins the Harmony Exporters, the men's barbershop chorus, for the show that benefits both barbershop groups and the youth of Nederland's Holy Cross Lutheran Church. Last year tickets sold out weeks in advance of the April date. This year the show is set for Feb. 24.

Members also held two very successful fundraisers this fall – a barbecue link and a garage sale. Rain and a blustery east wind didn't dampen the spirits of those manning the link sale who offered some barbershop harmony to go with the links and drinks. The sale cleared more than \$500 as did the garage sale held at Beaumont's St. John's Lutheran Church.

As usual December was filled with Christmas programs, which included the addition of "Coventry Carol" to the Chorus repertoire, throughout Southeast Texas. This year's calendar included a special event – a welcome home party for Army Sgt. Ryan Sullivan, who had just returned from a year-long tour of duty overseas. His mother, Jeri, is a member of the Chorus' choreography team. Again stormy weather made the drive to the party difficult but those members who braved the elements received a standing ovation at the end of the program filled with patriotic songs.

This fall Greater Sabine Chorus designated the first Tuesday as Divas Wanted Night. The program successfully gave the chorus two new members, Joyce Kean and Rosie Snow.

By Carolyn Martinez, TIWT Correspondent

Houston Horizon Chorus Houston, TX

Houston Horizon, always wanting to share the fun of our hobby and our march to Calgary, held a 3-rehearsal "Guest Night" in late September called "What's New on the Horizon?" Each week, guests were welcomed and invited to step up on the risers and learn about us up close. As a result, several "guests" are now members.

In December 2006 we celebrated 25 years of harmony as a chorus. We had a 25th Anniversary Party. It was a wonderful night to look back at where we have been, to honor those who made it possible, and to look forward to the future, as we continue to learn and grow while singing and sharing this rewarding hobby together.

Time brings change, which can be exciting, and the decision was made to update our logo. A contest was held and out of 30+ entries, the chorus voted,



HHC celebrates 25th anniversary

choosing the winning design. The new logo was designed by our very own Elizabeth McCurdy and presented at the 25th Anniversary Party. The new logo will soon be incorporated on our website – so go check it out.

Now it's full steam ahead as we look forward to our Annual Show on February 24 at the Stafford Centre Performing Arts Theatre. The Show is titled "Rock and Bowl... and the Buzz" and features The Buzz, 2005 Sweet Adelines International Quartet Champions. For tickets & information email ticket-ets@HoustonHorizon.org. We'll be rockin' the house and we hope to see you there!

By Gretta Young, TIWT Correspondent

Lone Star Chorus Fort Worth, TX

WOW! International Competition in Las Vegas was awesome! What an honor for Lone Star to share that stage with so many spectacular choruses. We had a blast portraying Sweet Adeline-style biker babes. Evidently the audience agreed because every time new candid photos of us were printed, they sold out immediately! Most of the chorus members didn't get any of them. Thanks again to Region 10 for all your support.

We had several guests during our Divas Wanted campaign in November. As a result we gained two new members: Susan Hammerschmidt, bass, and Lisa Goldstein, baritone. Welcome! One interesting thing to note: while our campaign ended with our Christmas Show on Dec. 2 and we were on hiatus for the month of December, at least five completely new prospects have visited our rehearsals since we've come back.

Lone Star performed several times during the Christmas season. Our annual poinsettia sale in conjunction with our Christmas Show was more successful than ever with a grand total of 700+ plants sold!

Of course, with January comes thoughts of Regional Competition and, like everyone else, we are working hard to perfect our competition package.

By Sharon Hill, TIWT Correspondent

Magic Valley Chorus McAllen, TX

Magic Valley Chorus is still growing! We've added four new members—Mary Cantu, Ofilia Garza, Lee Kurth and Darlene Rolle. Lee was with us several years ago, left for a while, but couldn't stay away. Darlene sang bass many years ago and decided to sing again in retirement. Mary and Ofilia are new to barbershop. Our goal when we started the Divas Wanted campaign last year was 30 and we've reached 29, so we're almost there.

With the return of our Winter Texan members, we kicked off the winter season with a retreat on November 17 and 18. Janie Macchiaroli coached us on Saturday morning. Cheryl Pyle came to help the Board with some of the administrative things. There was a talent/no talent show—ask someone about the "rockin' robins"—and a scavenger hunt. A good time was had by all and a lot of work got done, too.

We've been busy performing for community events and retirement parks. Our winter schedule is pretty full since there are so many parks hungry for entertainment this time of year.

We are busy preparing for our annual show on February 10. *Celebrate!* is the theme of the show. There's lots of new music and choreography to learn, but you all know that. We've also been preparing for competition weekend and are looking forward to a visit from Sylvia Alsbury who will coach us again as we approach the final weeks before competition.

The growth of our small chorus has been exciting and challenging. With most of our newer members totally new to barbershop, there's a continuing need for education about the barbershop style and how it's different (and how it's the same) as other singing groups. There are 12 going to Houston for the Winter Regional meeting and it's guaranteed that the "old-timers" will return home inspired and the "newbies" will be awe-struck.

By Pat Whitney, TIWT Correspondent

Mesquite Magic Chorus San Angelo, TX

It seems as if it's been quite a while since Mesquite Magic Chorus reported to the region in TIWT, but that certainly doesn't mean that we haven't been doing anything. We started off the year looking for a new place to rehearse, always a problem for a chorus, especially with those risers that need to be stored. We lucked out and found a church choir room with built-in risers, not the best situation but one that has worked out for us so far.

The best part of the rehearsal location is that the local men's chorus, The Twin Mountain Tonesmen, rehearse in the same building on the same night. Rehearsing in the same place afforded us the opportunity of singing together on an eight-part song at our joint show in September. What fun that was...and we sold out the house as well. It's always fun to sing to a full house.

Shortly after our show we began working on new Christmas songs for this year. We always sing at the beginning festivities of Concho Christmas, the lighting of the city Christmas tree. We share the stage with the Tonesmen and the Angelo Community Band. Our director, Jackie Hall, played clarinet in the community band and was seen running from the band to the chorus since we alternated songs.

We all wore Santa hats and stood in the man-made snow that was blowing from the roof above the chorus. I don't think much of the snow made it to the chorus, but it was fun and added to the Christmas atmosphere. We certainly enjoyed the many Christmas performances that we had this year, and even though they added to our individually busy schedules, certainly brightened the faces of those for whom we sang.

Now we are in the midst of competition preparations and adding that always important choreography. We are certainly looking forward to strutting our stuff at the upcoming regional competition in March. It will be our third competition and hopefully, if we do everything that we are planning to do, our best competition. Its wonderful to get that competition experience and to grow in

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the knowledge and perfection of the barbershop craft. The Mesquite Magic Chorus is looking forward to sharing the stage with all of the other choruses in Region 10.

When we return from competition, we are beginning our preparation for our fifth annual show. It's hard to believe that we are already having our fifth annual show. In addition to planning for the show, we will also be planning for a membership drive. We would love to have more chorus members...which chorus wouldn't? Singing and performing barbershop music is such a rewarding experience and hopefully we can find others who would like to join us.

The Mesquite Magic chorus members look forward to seeing you all at competition in Houston. Come up and introduce yourself to us...and maybe even come out here to west Texas for a visit sometime.

By Jackie Hall, TIWT Correspondent

Sparkling City Chorus Corpus Christi, TX

Sparkling City Chorus had lots of fun preparing and sharing the Christmas spirit at three retirement homes singing our favorite Christmas songs on December 15. It is always a joy to bring smiles to the community. Two Sparkling City quartets also sang: *Imagine That!* and *4 Quarter Notes*. Thankfully, we also were able to squeeze in a paid gig at Padre Staples Mall that same evening. A big thank you to Jo Forbus for stepping in at the last minute to direct the chorus. We love you Jo! Our Interim Director, Kathy Littlefield, had to be out of town.

In addition, we have been rehearsing and planning our annual show: "**Are We There Yet ?!**". Our show will be held at the Texas A & M-Corpus Christi Performing Arts Center on Saturday, January 27, 2007, 7:30 p.m. Call 361-387-1958 for early bird tickets prices. Of course

right around the corner in February 2007, it will be time for our Valentine "Sing-A-Grams." What joy it is to be able to share a love song with those you cherish.

Our Chorus has been very busy preparing for Region 10 Competition in March. We are anxious to see and visit all our Sweet Adeline friends. Most of you know that our new Director, Jerrie Johns, has been flying in several times a month to direct the chorus. She will be moving to Corpus Christi sometime this week and has already found an apartment. The chorus is excited about our **journey with Jerrie**.

By Glenda Hudgens, TIWT Correspondent

Spindletop Sound Chorus Beaumont, Texas

Hello everyone from Beaumont, the 'Right side of Texas.' In late October our Director, Sheri Strawther, was scheduled for some reconstructive knee surgery. We really didn't know how extensive the surgery would be. So, we prepared in advance trying to cover every case scenario. Our Assistant Director, Pam Parrish, is a sweetheart. Ready not only to take over regular rehearsals and sing-outs, she accepted the responsibility of covering for our November Community Concert. As it turned out, Sheri's surgery in Houston went well. In less than 3 weeks she was back at practice -- going to "watch" Pam conduct practice. Reckon? Well, at least she was sitting. AND she managed to lead part of our selections on the show. Thanks Pam for being so versatile.

November contained three of our major fund raisers: our yearly garage sale, a hugely successful brisket sale for Thanksgiving time and our Community Show.

In December we participated in the reception honoring the 75th birthday of the Jefferson County Courthouse. The whole

place is very historic. It was great singing in those marble and granite hallways and foyers. Singing in the Victorian Town of Jefferson was more fun this year because we didn't have to stand on a porch in 28-degree weather on Friday night and sing for several hours. An entire group that was to perform in the First Baptist Church got sick and we were asked to sub. We did a Friday night and a Saturday early evening performance in the same church. Our throats (and bodies/bones) were very thankful.

A new venue for community service this year: Dressed in our vintage costumes we 'rang the bell' and sang for the Salvation Army. The Captain in charge said we brought in more donations in a single two-hour period than ever before. How neat to be able to do something we love and help others at the same time!

We will have Jackie Hall soon in January with Paula Davis and Leslie Forsyth coaching and spending time with us at retreat in February. Since Region 10 competes first we are getting in full competition mode with attendance requirements, tape and visual passing, etc.

By L. Lynn Babin, TIWT Correspondent

Starlite Sound Chorus Humble, TX

We have had a busy and exciting fall and winter schedule, starting in November with a performance at Lakewood Church in Southeast Houston. Our transient tenor sang a beautiful solo as an intro to Amazing Grace. We were blessed to have her for the short time she was with us. She was transferred out of state.

On December 9 we performed at Coldsprings annual Christmas on the square, and on December 16 we were honored to sing at the Marines Banquet in downtown Houston. One of our members, Judi Hanley, has two young sons who are Marines.

Chorus Leadership Workshop May 18-19

Make your plans now to attend the Leadership Workshop, May 18-19, 2007, at the Omni Houston Hotel at Westside. All administrative and musical leaders in Region 10 choruses, directors, associate/assistant directors, regional education faculty and regional management team members will receive leadership training on general leadership skills and job-specific training.

The cost is \$100 per chorus, regardless of the number who attend, plus \$15 per person for Saturday lunch. Classes will include membership retention, the musician's soul and spirit, vocal production, directing skills for non-directors and board vs. team management, among other topics. Watch the Great Gulf Coast Region 10 website for registration information: <http://www.region10sai.org/>

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As each of the Marines introduced themselves and gave the time and places of their tours of duty I recognized the name of one who attended Pasadena High School when I did in the late 1940s.

On December 19 we performed at "Hi Neighbors." We are scheduled for several coaching sessions and looking forward to competition in March with much anticipation. Nancy Marcetti was here last week. She is a joy to work with!

By Dusky Clark, TIWT Correspondent

Texas Harmony Chorus Carrollton, TX

If We Build It, Will They Come?

Someone has a dream and presents it to Texas Harmony's DarT (Darlene's Resource Team). The idea blossoms and the team decides to utilize the chorus' assets by sponsoring an educational event. For a Section Leader Workshop, we had only to look to our very own Director/ Coach/ Educator to find someone to teach it. There's an opening in Darlene Rogers' schedule.

Maybe this will work?

Marlene Snare is appointed event coordinator. Donna Reeves' church donates the facility, the sound system as well as a sound technician. Amy Koehler and

her daughter offer to cater lunch. Every chorus member is expected to act as hostess for the registration table, to set up and clean up the kitchen, to serve lunch and to participate in Darlene's classes.

Have we thought of everything?

The classes are to be:

- How to do a PVI
 - Voice Placement
 - Planning a Section Rehearsal
 - Directing Skills for Section Leaders
- Now that we had built it...

Would they come?

Regions 10 and 25 were gracious enough to post the information on the regional mailings. Marlene sent emails. Darlene made verbal announcements.

November 11, 2006 was here, everything was in place!

Would they show?

Financially, it was a BIG success.

Educationally, all 42 participants went away with something new. The verbal wrap up suggested that ALL classes with Darlene's interactive teaching style were thoroughly enjoyed! Thank you Regions 10 & 25 for helping to make our first educational event a BIG success!

WE BUILT IT YOU CAME!

By Marlene Snare, TIWT Correspondent

Voice of Vermilion Chorus Lafayette, LA

Voice of Vermilion Chorus wishes all Region 10 members a very Happy and Prosperous New Year!

VOV entertained during the holiday season with performances at Paul's Jewellery for the Oil Center's "Festival of Light;" in Grand Coteau for the "Le Grand Noel;" twice at Lafayette General Hospital for their volunteers; and for nursing homes in Abbeville and Lafayette. Chorus quartets were part of the programs at all of our performances. We did find time to enjoy our chorus' Christmas party, hosted by Audrey Courtright, held in mid-December.

Voice of Vermilion is pleased to honor BEVERLY "BEV" COLOMB as our Sweet Adeline Extraordinaire. She was chairman of our very successful show *Singin' Swingin' Sisterhood*, sings lead, and brings to VOV a wealth of knowledge and expertise about our craft and our International organization.

Competition coaching will bring Bron Dixon and her daughter Bronte Dixon to Lafayette in February and March. We are looking forward to seeing everyone in Houston on St. Patrick's Day weekend.

By Karen W. Bernard, TIWT Correspondent

Quartet seminar: *A shot in the arm for any small chorus!*

By Darlene Rogers, Director, Texas Harmony Chorus

Texas Harmony is lucky to have 3¼ registered quartets in our chorus of 20. One night I looked up at the rest of the chorus and said, "Why aren't you in a quartet?" Immediately a Very Large Quartet (VLQ) was born. There had to be some switching of parts to make it work but we managed when two cooperative leads agreed to learn the baritone part. So—every singer in Texas Harmony performed with an ensemble on our Fall Show. Not bad for a small chorus.

When I thought about how extraordinary this was, I tried to find a way to make it help the chorus even more. I decided to offer a coaching weekend for our own quartets and VLQ where there would be informative classes and coaching time. I was explaining my concept to our chorus coach, Sylvia Alsbury, and she thought it sounded like fun and wanted to be involved

The weekend bloomed and blossomed—we invited Bel Canto from the Chisholm Trail chorus to join us and we were set.

Rambunxious, O Wait!, Sass 'n Class, Treble in Paradise, and the Very Large quartet were all committed to a weekend of coaching and learning.

We used two homes: One where the coaching took place in two-hour segments and in the other home, there were two classes taught on a rotating basis: "How to Plan a Quartet Rehearsal" and "Self Coaching." If you weren't being coached, you were in a class or watching another quartet as they were coached. There was one joint class on Saturday morning when Sylvia talked to us about choosing music.

Each quartet brought a salad or soup to contribute at lunch time and we ate and laughed and performed for each other.

It was a really fun time and a growth experience for each group. They came away from the weekend with specific plans for improvement. Every single member of our chorus plus a few friends had received individual attention and encouragement. A real shot in the arm for each singer! Wow! How do we keep this momentum going?

Quartet Notes

Reunion Street Quartet

Carin Williamson, bass; Pat Fenton, tenor; Vicki Wyont, lead; Anna Mae Garner, baritone

Reunion Street Quartet enjoyed a restful holiday break after many Christmas performances. Our love for performing has taken us from the President's Club atop One Shell Plaza to the Kingwood Quilters Guild. We were even able to steal some time away to drive thru neighborhoods to view Christmas lights.

One of our favorite memories of 2006 was taking a road trip to Baton Rouge and singing with our friends on their annual show. Not only were we treated like royalty, but we were surrounded by great singing and great friends.

Our 2007 calendar is filled with coaching sessions and rehearsals in anticipation of our upcoming contest. Our best wishes go out to all competitors for a fun and rewarding contest experience.

Flash Quartet

Marche' Marquis, Tenor; Robin Parsons, Lead; Bebe Caldwell, Baritone; Cindy Fossum, Bass

FLASH! Quartet made their debut on the Alamo Metro Chorus "Once Upon A Time" show in September. Toy and doll portrayals were Bebe as an alley cat, Robin as Raggedy Ann, Cindy as Chatty Kathy and Marché as a leopard. November brought about a successful audition with AMC. Their highlight at Christmas was caroling for family and friends, with cider and presents as an extra bonus! All in all, great coaching and intense rehearsals play a huge part in their progress. F-U-N is how they spell hard work!



Next on the *FLASH!* agenda is to attend Winter Regional, sing Valentines to benefit AMC, continue coaching with Mary Ann Wydra and of course, compete in the 2007 Regional Contest. They look forward to seeing old friends and making some new ones, while having a *flash-tastic* time!

Cross Country Quartet

Susie Chirafis, bass; Sheri Strawther, lead; Pam Parish, bari; Carolyn Hudler, tenor

Cross Country is alive and well! The Christmas season is always a busy one. We sang, sang, sang everywhere from church services to restaurants, grocery stores and parties. Three of our members became dual members with Velvet Hills Chorus in Colorado Springs, CO, and sang on the International stage with them winning a 10th place medal. What a thrill to be singing again with our very good friend, Paula Davis, and making so many new friends as well. Some of you were there to see us as the elf brigade for Santa. Such fun! We're looking forward to the New Year and what it brings for us.

Natural High Quartet

Hilda Mancillas, Tenor; Sonya Kamal, Lead; Sasha Nunnally, Baritone; Ronda Perez, Bass

It was great being back on the International Stage and representing Region 10! Our 25th place finish was the best that Natural High has achieved to date. We truly enjoyed our "6 minutes" on one of the best stages we have ever sung! It was a magical experience! Congratulations to Caliente & Lone Star for their wonderful performances at International.

On a somber note, Natural High will not be competing at the upcoming Region 10 competition. However, Sasha will be back in South Carolina delivering her second child! Hilda has decided to "rent herself out" and compete with her old friends Lisa and June Deiser and a new friend Jane Schlinke. Look for PRELUDE and cheer them on! Best wishes to all competitors in March!

Sonya is planning to be out of the country again in late spring for a few months and we ask that you keep her and Simon in your prayers! Also Ronda and her husband Richard will be cele-

brating their 30th Anniversary this July. We would like to once again thank Region 10 for all your support and well wishes both at last year's regional and international competitions. We hope to be back in the near future and have another opportunity to Go for the Gold! God Bless you all.

Kopy Katz Quartet

Kitty Behrends, tenor; Linda Kitchner, lead; Zee Tuck, baritone; Loretta Welsh, bass

My how quickly time passes! "Kopy Katz" has been together since November 2004. We competed at Regional Competition in April of 2005 and plan to be back on competition stage this March in Houston. We continue to love to perform at every opportunity possible. This past year there were lots of those opportunities.

The four of us: Kitty Behrends our tenor, Linda Kitchner our lead, Zee Tuck our baritone, and Loretta



Welsh our bass, have way too much fun together! Our laughter is extremely infectious and our time together is special. Not only are we a quartet, but we are truly friends.

Much good luck and success to all the Region 10 quartets in their endeavors this coming year.

Vocal Graffiti Quartet

Sheri Moen, Becky Loveday, Susan Taggart, Donna Saunders

Happy New Year from Vocal Graffiti!! We have had a very full and blessed year. The highlight of our year was being asked to be a demo quartet at summer regional for the "Oreo Queens of Harmony!" "A Cappella Gold" were the guest teachers for the weekend and needed demo quartets to work with in front of the region. Well when we heard that, we gladly volunteered (as many times as Sara Davis would let us get by with) and were honored to be coached by both Kim and Bette. By

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the time the weekend was over, Vocal Graffiti felt like we had obtained pure gold ourselves with the wealth of knowledge given to us! Christmas was a busy season for us this year as we had an opportunity to sing on the Lone Star Christmas show as well as many performances throughout the area. Now the New Year is here and it's time to start fine tuning our competition package. We wish all of the competing quartets the best of luck and we're truly looking forward to seeing all of you in March... but since we're not sure where we'll draw yet... if we don't get a chance to tell you in person... Break A Lip Ladies!!

Bel Canto Quartet

Katie McClellan, tenor; Janet Brown, lead; Pat Murray, baritone; Carol Scherer, bass

Bel Canto has been busy the last few months singing and then just singing. With the wonderful addition of Katie McClellan as our tenor voice in July, our little group is once again complete. Katie has jumped in with both feet as a "tried and true" Sweet Adeline veteran and is learning repertoire quickly so we can fulfill performance requests.

Once again this year we used Christmas Singing Telegrams as a fund raising venture with a total delivery of 52 over 2½ days, traveling a total of 334 miles with visits in Rogers, Round Rock, Killeen, Georgetown, Belton, Temple, Salado, Harker Heights and Fort Hood. What a fun time we had and have won-



derful memories we shared with our many recipients!

We are looking forward to seeing all our friends in March and wish everyone good health until then.

Montage Quartet

Kathy Walden, Tenor; Nita Myers, Lead; Carole Carmichael, Bari; Julie Jones, Bass

If 2007 is anything like 2006, we will need a social secretary to help us keep track of our performance schedule!

Our summer was spent learning new music and making our contest music selections. We also spent time with our families. Julie and her husband went to Seattle to visit her son and his family, Carole and her family went to the Mexican Riviera. She even had enough hair for corn-rows and she looked so cute! Kathy, as usual, was out helping everyone in need of assistance of any kind. She is an angel! Sadly, she lost a beloved brother-in-law. As for Nita, she

is out of her wheel chair and has stored all her geriatric equipment away. Best of all, she managed to stay out of the hospital for the entire year!

Toward the last four months of 2006, we really got busy! We have, it seems, become the "official" Whataburger quartet. They hire us to sing the National Anthem at all the new store openings. We have sung at three so far and did two freebees during the holidays. We may even get to attend their convention in February. We also made great contacts while singing at Hill Country Christmas



in Boerne, TX, dressed in Dickens's period outfits. Burr - it was cold! Other Christmas performances earned us enough money to pay all our expenses for competition in March.

Since October, we have been preparing for contest with the help of Marcy Scofield who is coaching us. Our costumes are ready and we look forward to seeing all our quartet and chorus friends in Houston.

Quartet "Explosion" In Houston



On Jan. 6, 2007, the Houston Horizon Directing Staff held a Quartet Explosion -- where members of the Directing Staff, led by Master Director Vickie Dennis, coached chapter quartets in several different areas, in preparation for Region 10's Contest in March.

Participating quartets: Counterparts; Entourage; Partners in Rhyme; Reunion Street; Soundwaves; SWAY'd.

Associate Director: Janie Macchiaroli; Assistant Directors: Janet Burnett, Gail Bartz.

Stressed – Who? Me?

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testinal problems, eating problems, diabetes, sleep disturbances and sexual reproduction dysfunction. Oops! That last one doesn't truly affect us as singers, but it certainly can affect those who suffer from its effects.

One very important aspect of stress is its connection with **tension**. When you feel stressed out, you more than likely will feel tension also. And tension -- *anywhere in the human body* -- is detrimental to your ability to sing with free, open musical tone.

Learning to reduce or to control your stress can offer relief from the physical symptoms and can pay big dividends to your life as a singer. So here are some tips for reducing or controlling your stress:

Be realistic: Don't take on everything; learn to say "no." Set realistic goals for yourself. If you are feeling overwhelmed, try to eliminate an activity that is not absolutely necessary. Ask yourself, "What really needs to be done? Is the deadline realistic?" No one is perfect so do not expect perfection from yourself or from others. And ask for help when you need it.

Meditate: It only takes 10-20 minutes to get a benefit from meditating. These few moments of quiet reflection may bring relief from stress as well as increase your tolerance to it. And it is simple to do: sit quietly, listen to peaceful music, relax and try to think of pleasant things or think of nothing at all.

Visualize: Take a moment to picture how you can manage a stressful situation more calmly and successfully. This can work with just about anything, whether it is an important presentation at work or moving to a new home or taking an exam. A visual rehearsal can boost self-confidence and help you to have a more positive attitude toward a difficult task.

Take one thing at a time: When you start to feel overwhelmed, try taking one task at a time. Make a list of things you need to do. Put the most urgent task at the top. Once you have accomplished that task, cross it off and move on to the next task.



Exercise: Regular exercise is a great way to reduce stress, and it benefits the body as well as the mind. Just 20-30 minutes of physical activity per day can make a positive difference. Also taking deep breaths (several at a time) can reduce tension.

Get involved in hobbies: (Look out for *this one!!*) Take a break from stressors in your life – do something that you really enjoy in addition to singing. Try gardening, painting or reading. Schedule some time to indulge your interests.

Practice a healthful lifestyle: Eating healthfully will make a positive difference. Avoiding things like smoking, excessive alcohol and caffeine will help. Eat healthy, regular meals. Try to get adequate rest and exercise and balance the amount of work time and play time.

Share your feelings: Talking about things can help you feel better. A conversation with someone can help you relax. And listening to someone else can take the focus off of yourself – something we all need to do every now and then. Stay in touch with your family and friends; don't try to cope alone.

Give in occasionally: You don't always have to be right. Be flexible. Be willing to compromise. If you do, others may meet you halfway. If you know you are right, stand your ground. But be calm and rational. And listen and make allowances for others' opinions.

Go easy on criticism: When you expect too much from yourself or others, you may end up feeling frustrated, let down and disappointed. Remember that each person is unique and everyone, including you, has shortcomings. But each person has many beautiful qualities to share with the world.

Once you've learned to reduce the stress in your body and in your life, you will be better able to release any tension that will affect your singing voice. Wouldn't that be wonderful?! And you'll enjoy life a lot more too!

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