



JULY 2023

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**UPCOMING "TUNE IN WITH 10" DEADLINES**

September 23, 2023

January 27, 2024

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**LOUISVILLE BOUND!**

What an incredible lineup! Region 10 quartets Saving Grace Quartet, Essence Quartet, and Vocal Audacity Quartet will all be in Louisville this year!



**IF YOU ARE NOT DIRECTLY RECEIVING EMAILS FROM THE REGION,  
CLICK THE LINK BELOW!**

<http://eepurl.com/gE3ZiX>

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## **RISING STARS OF REGION 10**



members of Saving Grace Quartet), the youth chorus learned and performed 2 songs (Something to Talk About &



A Million Dreams) for our Summer Regional Showcase at the end of the educational weekend! They also debuted our brand new regional song - Let's Sing Again - along with some of our chapter members!

Please remember that it is never too early (or late) to introduce a new singer to barbershop harmony! If you know a young singer (or educator) who would be interested in our future Rising Stars programming, please encourage them to get in touch at [www.region10sai.org/youth](http://www.region10sai.org/youth) or [youth@region10sai.org](mailto:youth@region10sai.org)!

*Submitted by Laura Degraw*

*Picture Captions: Top Left- Youth Chorus performing on the Saturday night Showcase; Top Right- Madison Padgett (soloist) of Rising Star competitor quartet Cosmic; Bottom Left- Queen of Harmony Caroline Hunt directs the*

For the first time since 2019, our Summer Regional Meeting included a youth track and chorus opportunity for singers under the age of 26. Youth Coordinator Laura DeGraw and International Queen of Harmony Caroline Hunt planned a 1-day workshop for young singers regardless of their barbershop experience level. Together with the help of an incredible section leader team (including Katy Dane and 3





*Rising Stars of Region 10; Bottom Right- The Youth Chorus Workshop Team (l to r: Katy Dane, Kieley Morales, Mikayla Wallis, Laura DeGraw, Caroline Hunt, Marisa Garza)*

## A CAPPELLA UNLIMITED CHORUS

May began with the installation of new Au Management Team officers. Sandy Blevins was named team leader, Kate Hungerford continued (officially) as Finance Coordinator, Kathy Wilson Membership, Kathy Pillmore Marketing, Roz Jones Communications and Katy Dane remains our stalwart director. The installation banquet was held at Kerbey Lane Restaurant in San



Marcos and our former member, Marisa Garza served as the installation guru.



In addition to installing a new team, we also selected our 24K recipient for 2023. This is our equivalent of “Sweet Adeline of the Year.” Kate Hungerford was chosen by the members for her numerous contributions to the chorus. She has served in an unofficial capacity as our finance coordinator for several years (we made it official this year) and has been judiciously getting our complicated books in order and finding money where none existed before.

All current and former team members were acknowledged. Two departing team members, Michelle Mitchell and Molly Lintz, were recognized and thanked for their outstanding contributions. The Music Team members, who also play an important role in the success of Au, were acknowledged. They include Roz Jones, Bass Section; Carol Roettinger, Tenor Section; Bonnie Wolfe, Baritone Section; and Melonie Mills, Lead Section.

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Au performed for the San Marcos Chamber of Commerce Membership Appreciation BBQ. We were also able to set up our display and talk about Au and barbershop. The Chamber sent a very nice letter acknowledging our contribution to the success of their BBQ.

Au held our annual pool party at Sandy Blevins lovely home on Lake Austin. Great fun and time for members to let their hair down, introduce their spouses to other Au spouses and enjoy the sunshine and lovely weather before the summer heat sets in.

Au was treated to a performance by Cosmic Quartet, a competitor in the July Rising Star Competition in Richardson, TX, July 15. Au baritone, Cheyenne Gonzalez is in her first quartet and is singing tenor in the all-baritone quartet. We gave them a big Au sendoff; issued good luck and “break a lip” wishes along with a bag full of goodies.



July 1 marks the beginning of Au’s summer hiatus. We will be back at rehearsals August 7 and looking forward to a coaching session with Steve Scott in late August.



*Submitted by Kathy Pillmore*

*Photo Captions: Top Right- Members of Au’s 2023-2024 Management Team; Top Left- Last year’s 24k recipient Katy Dane, announces the newest member, Kate Hungerford, to receive the coveted 24K pendant; Middle Right- Au performing at the San Marcos Chamber of Commerce Membership Appreciation BBQ; Middle Left- Au members at the promo booth; Bottom Right- Nothing better than singing in the pool! Not our greatest performance however; Bottom Left- Cosmic Quartet: (l-r) Catrina Tulowiecki baritone, Madison Padgett bass, Holli Slamka lead, Cheyenne Gonzalez tenor.*

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## AUSTIN HARMONY

“Back to the risers!”, or “back to the semi-circle of folding chairs” in our case, describes how we spent January and February preparing our songs for this year’s regional in Houston, including a Friends & Family performance on March 20th. Our 11 member chorus put it all on the stage for evaluation, including 7 who attended and performed at Contest for the very first time! Special shout-out to Bianca Root, who was our “Wall of Fame” recipient in appreciation for all of her hard work, organization skills, and communication updates with getting us all there!





With the annual elections in April, we have 2 new members joining our Management Team:

Bianca Root will be serving as Communications Coordinator, and Carmen Acosta will be serving as Membership Coordinator. We look forward to working together to increase our membership and update our repertoire.

Austin Harmony is looking forward to celebrating Sweet Adeline's 78th birthday on July 13th! We're also kicking off a new fundraising idea we've dubbed the "Birthday Singing Grams".

This is a great way for people to support the chorus and be able to share a custom video of us singing Happy Birthday to their loved ones!

We will take a break for the month of July, but already have plans for our first sing-out in August at a local senior living facility.

"Back to the risers", or folding chairs, we go!



*Submitted by Kathy Nugent-Arnold*

*Photo Captions: Top- 2023 Contest Co-Chairs: (left to right) Bianca Root, Communications Coordinator, Gregory Hilliard, Jr., director, Kathy Nugent-Arnold; Bottom- Bianca Root, 2023 Wall of Fame Recipient*

## BATON ROUGE CHORUS



Baton Rouge Chorus has hit the ground running in this new fiscal year. We installed the 2023-

24 Management Team : Director and Music Coordinator Sherry Barron, Team Leader Kristina

Dodson, Membership Coordinator Annette Gant, Financial Coordinator Cindy Stevens, Marketing/PR Coordinator Donna Hebert, and Communications Coordinator Cindy Wilson. We

are in good hands as the Team guides us

on to bigger and better things!

We have another membership push planned for this summer. Dive Into Sweet Harmonies will be a series of four special rehearsals beginning on



July 13th. This will be in conjunction with the LSU continuing education program called OLLI (Osher Lifelong Learning Institute).



And speaking of membership, Baton Rouge Chorus has added five new members since contest! Helping us ring those chords are Ginny Listi (Bass), Lynley Norton (Lead), Tara Johnson (Tenor), Linda Manes (Lead), and Carol Roberts (Lead). We are so excited to get to sing with these talented ladies!

We were asked to join in a concert on June 17th here in Baton Rouge put on by the men's barbershop chorus, Red Stick Sound Chorus.

Their director is Daniel Zeagler and Daniel's quartet, Showpiece, also performed. This event was a wonderful showcase for barbershop in our town and we hope to have planted the seed with a few of the many attendees!

*Submitted by Emily Wascome*

*Photo Captions: Top Left- 2023-24 Management Team; Top Right- Performing for the Red Stick Sound Show; Bottom Left- Singing with Red Stick Sound Chorus*

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## IN LOVING MEMORY



On June 18, 2023, Region 10 suddenly lost a dear member, Carol Roberts. Carol was a member of Houston Horizon, Katy Vocal Express, Brazos



Crossing, Crescent City Sound, and Baton Rouge Choruses. Click the link below to read her obituary or send love to her family.

[Carol Roberts Obituary - Baton Rouge, LA \(dignitymemorial.com\)](https://www.dignitymemorial.com/obituaries/crescent-city-sound/crescent-city-sound-obituary)

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## REGION 10 DEI COMMITTEE

**“We can’t get black members because they don’t like this type of music.”** Let’s look at the numbers first...in 2019: The Chorus Impact Study: Singing for a Lifetime report stated that there were 54 million choral singers in the United States. Of those singers, 11 million were children. That means there are approximately 43 million adults in the United States that sing in choral groups.

- Now look at the popularity of the a cappella art form for singers. If we use the collegiate community in the U.S. as a bellwether of the popularity for competitive a cappella, then the potential choral singers interested in singing a cappella across the U.S is about 20 percent, or 8.6 million singers (this estimate was loosely based on National Collegiate Performing Art numbers – there are no real estimates of the breakdown of a cappella as a subset of choral groups).

- Now consider from usafacts.org that the U.S. population consists of 40.7% non-white and Sweet Adelines is a women’s organization (50.52%). That means, U.S. wide we have a potential group of interested singers of approximately 1.77 million. Or to estimate based on the U.S population – this is a whopping .0054%.

It is NOT that women of color don’t like our music; it is that they most likely don’t know about us or do not know anyone that has sung a cappella outside of school. There are other factors to why adults sing. Ties to community is one of the strongest of these reasons.

So what is the experience women of color have when they first walk through our doors? Beverly Gooden summarized her experience and motivation like this...*“Walking into a room with all white women can be daunting to a woman of color. You wonder if you are welcomed here. But, having been the only, or one of the few, blacks in the room on many other occasions growing up, I was willing to take the chance. My love for music kept me there. I was genuinely welcomed by the ladies. The music was good and they danced too (another love of mine). So I stuck with it. I started developing friendships with the ladies and I was hooked. That was 16 years ago. My hope now is that when a woman of color walks into our rehearsal and sees me on the risers, they will think that they are welcomed there too.*”

*In response to the statement that started this article, “We can’t get black members because they don’t like this type of music,” I disagree wholeheartedly. Over the past*

*few years, the barbershop community has been made aware that this barbershop artform was started in the black barbershops. This was supported by evidence from well-known barbershopper's research. Jim Henry wrote a thesis about the origins of the artform and David Wright gave a presentation about the origins at one of the BHS conventions. This was not a surprise to me since it is a part of my culture for someone to break out in song and others around them to start harmonizing with them. We are very familiar with a cappella singing. So it's not the type of music that we don't like, it's the song selection. Singing songs about "the good ole day" when we were enslaved doesn't make us feel welcome. Fortunately, the song assessment tool has addressed this issue. Hopefully now when a woman of color enters a rehearsal hall, they will hear songs that make them feel welcome and see me or other's that look like them on the risers and feel welcome."*

If a singer walks in and doesn't feel the group represents them or isn't part of their community, they will have a hard time staying. The love of music and singing is our strong community – leverage this! People of color not participating in barbershop is most likely a combination of not knowing about the organization, not feeling the group is a good community fit for them, and not having organized a cappella singing emphasized or available to them in school. For a fascinating read about why we sing see: Grunwald Associates LLC and Chorus America. (2019). The Chorus Impact Study: Singing for a Lifetime at <https://chorusamerica.org/resource/chorus-impact-study-Singing-lifetime>.

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## CHISHOLM TRAIL CHORUS

Since contest, Chisholm Trail Chorus has maintained a "full steam ahead" mentality. We are still meeting on Thursday nights at the Cultural Activities Center in Temple Texas, feeling blessed to have such a fantastic place to rehearse. Our membership roster has changed slightly as our dear baritone, Barbara Moore, moved to California and her wonderful car pool buddy, bass Kathleen Todd, chose to retire from the risers. Both celebrated their 40 th Sweet Adeline milestone this year. In addition, our mother/daughter team of Judy Earnest and Cindy Falls, who



have been in our chorus more than 30 years each, have retired because of health concerns. I wanted to mention these wonderful people because their involvement has been appreciated over the years and we are grateful for their friendship. Chisholm Trail will miss their presence but we are so glad they remain members of Sweet Adelines International.



Just like most of you, we have started working on new music, improving skills on our existing repertoire, studying our contest critique sheets to find our path for the next time we compete.

THIS is a GREAT time to re-charge, re-view and re-new our goals.

We had a wonderful evening with our potluck dinner/annual banquet for the Installation of Officers on May 25. Thank you, R10 Education Coordinator Kerri Mauney, for conducting the installation and helping us focus the coming year with the theme "GROWTH." Our 2023-24 board members are

Sheila Donahue  
(president), Megan  
Townsend  
(Vice-President), Carrie  
Onellion (Treasurer),  
Phyllis Modisett  
(Recording Secretary),  
Sharon Schroeder  
(parliamentarian) and  
Amanda Thompson  
(Corresponding  
Secretary).



One thing I admire about Chisholm Trail is the dedication of our members and how we "latch onto" new learning! Many of our members have been active for decades, with the energy and attitudes of MUCH younger singers. For instance, our director Carol Scherer has been in Chisholm Trail for 40 years! (Wow! Personally, I've only been in SAI for 5 years, and I really wish I had found this Barbershop craft sooner.) Our singers, thanks to our vocal instruction from assistant director Sheila Donahue, know how to use breath, straws, turn diphthongs and sing with vocal freedom. We also had many members who traveled to Houston and sat right up front, participating fully, at the Summer Regional Meeting "Let's Sing Again" with Di Porsch!

Life is good in Central Texas, even when the weather is a mess. Many members are planning to attend Queen's College in July and a November show is under construction. We are looking forward to future coaching opportunities: meeting Visual Communication coach Donna Smith in July, working again with Northern Lights/Southern Sound coaches in September, and working with Kerri Mauney off and on throughout the year. Our Membership committee is going to be capitalizing on the information from Summer Regional about membership Growth.

Growth? Hey! Wait a minute....That's our theme for the year!

Here's to GROWTH in knowledge, skills and membership! Region 10, Let's all go for it!

*Submitted by Phyllis King*

*Photo Captions: Top- 2023-2024 Board (left to right): Sharon, Carrie, Phyllis, Amanda, Megan, and Sheila; Bottom- Learning new skills at Summer Regional Weekend*

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## CRESCENT CITY SOUND CHORUS

Crescent City Sound proudly welcomes our 2023-2024 Leadership Team!

From left: Robin Stead, Communications; Debbie Mora, Events Coordinator; Jill Harsch, Marketing/PR; Mary Beth McMurray, Chorus Director; Angela Villemarette, Team Leader; Sue Galliano, Membership; and Beth Sacco, Finance.



This team has many years of combined experience and we are grateful for their leadership!

Now that the excitement of contest has worn off a little, we are back at work on a new uptune as well as new non-contest music. Mary Beth McMurray continues to lead us, with all the benefit of her education and experience. We are making plans for coaching, retreat, and for new partnerships with other singing groups!

Many of our chorus members will be attending Harmony University in July: 2023 Harmony University | Barbershop Harmony Society. We were fortunate to have a grant from the local Hash House Harriers which made participation more affordable for our members. We are very excited to have this opportunity right here in New Orleans, at Loyola University!

Our Marketing Team Lead has been working hard on short videos to promote the chorus. Our first video turned out great; you can view it at the link below. Best of all, we had a lot of fun making it!! <https://youtu.be/JHkKHAYays8>

*Submitted by Robin Stead*

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## GLITZ QUARTET

Presenting Glitz! A dynamic quartet with a fresh twist. Building upon the foundation set by the original lead, Carol Herman, we are thrilled to introduce our newest members: Ann, Tessa, and Cindy. Ann Tanner, hailing from Nebraska, brings her barbershop bass expertise to our harmonious ensemble, immersing herself in her very first quartet experience. Tessa Huber, singing tenor, embarked on this thrilling musical journey just last year, swiftly becoming a cherished addition to our barbershop family. Cindy Smith, a seasoned baritone barbershop singer, has graced both quartets and choruses with her captivating voice. All four of these women are proud members of The Woodlands Show Chorus.



As we come together, our bond grows stronger while we refine our sound and expand our repertoire. It is our heartfelt aspiration to infuse a touch of "sparkle and shine" into the lives of all who lend us their ears.

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## EVENTS

What a FANTASTIC Summer Regional Weekend! Our Faculty, Di Porsch, did an amazing job. The Woodlands Show Chorus, plus our Rising Star Youth Chorus Workshop participants, also entertained us at the end of our weekend along with our featured quartets on campus which included Hot Note, Saving Grace and Momentum. EVERYONE at the Summer Regional Meeting participated all weekend long – lots of on-riser activity.



*Submitted by Euna Poole, Region 10 Events Coordinator*

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## HEART OF THE PINES



Summer is off with a bang for Heart of the Pines. We are still pumped from regional competition where our score not only increased 48 points, but we passed the 500 mark.

We held a reception in May for our outgoing director, TJ Reed. TJ was the force of nature who started HOP back in 2011. We have all learned so

much from her and will truly miss her encouragement and knowledge of everything barbershop. TJ is relocating to Wichita, KS to be closer to family, especially grandchildren, and who among us does not totally understand that motivation.

Kay Awtrey is moving up from assistant director to director. Kay is a charter member of HOP and ready for the challenge.

We performed at the Arbor Assisted Living facility on Memorial Day to a group of very receptive residents.



After an absence of several years, we were able to return to the Blueberry Festival in Nacogdoches. We performed some of our favorite songs and engaged audience participation by teaching a tag to those Watching.



This summer we are working on songs and a script for our fall show which will be presented in November.

Also, we are excited to add new member, Gwen Roberts, to our ranks. She is new to the area, but not to Sweet Adelines,

as she has been an active member of Alamo Metro and Sparkling City in her recent past.

We continue to look for opportunities to perform and share our love of all things barbershop with our audiences here.

*Written by Kay Awtrey*

*Photo Captions: Top Left- Farewell reception for TJ Reed; Top Right- Memorial Day performance; Bottom Left- Blueberry Festival Performance; Bottom Right- New member, Gwen Roberts*





## HOT NOTE QUARTET

Hello, from Hot Note!

It's hard to believe that contest was just three months ago! What an amazing time that was, placing 4th and with Laura and Janet receiving their first quartet medal! We look forward to continuing our journey together!



Since March, we've taken a little time off, to catch up on everything we let go, in preparation for contest, haha! We had two opportunities to meet and perform. In May, we sang at Alamo Metro's Team Installation dinner and we sang at the Summer Regional Meeting, Saturday show.

Aside from that, we've been meeting on zoom, to handle business and catch up. We've selected some great new music to share with you!

In July, we're attending Queen's College!

We'd like to say thanks to our friends, for being so kind and supportive of us.

We'll see you in September, at the Regional Fall Meeting!

Dian, Laura, Bebe and Janet



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## HOUSTON HORIZON CHORUS

In our last exciting episode, Houston Horizon Chorus was planning to host National Barbershop Quartet Day on April 11. We did! We had a great turnout with just about every chorus in the area, and numerous quartets as well. It was a delightfully entertaining evening, hosted by our Director, Janet Burnett. A good time was had by all.





We took time out from singing and rehearsing to have an installation dinner for a new Management Team. The Team was 'sworn in' by the inimitable Janie Macchiaroli. She's kind of like a box of chocolates – you never know what you're going to get. But what we got was lots of laughter! Then, of course, were the various chorus awards and recognitions for all the unsung

heroes that keep the wheels on our chorus bus going, including Sweet Adeline of the year, Ellie O'Dell, aka Mrs. Santa Claus.

Of course, fun and laughter seem to follow us everywhere we go, and back on the risers, no exceptions there! The new Music Team was introduced, and we were delighted to induct our newest member, Sara Huffman, a lead! We're learning new music, with one song 'in the can', and another in the queue. And we're even thinking ahead to our Christmas show, which will be November 18th – a whole new show concept in mind (stay tuned for more information). In the meantime, we sing, we have fun, and we learn things – those are our superpowers!



*Submitted by Suzanne Pointer*

*Picture Captions: Top Right- Barbershop Quartet Day; Left- New Management Team; Bottom Left- Ellie O'Dell, Sweet Adeline of the Year*

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## EDUCATION

Hello you fabulous Region 10 singers!

Thank you to all that attended the Summer Regional Meeting! It was great to see you all!



Big **SHOUT OUTS** to the RMT for their hard work on this event and to the YWIH crew for making the Youth Workshop a success!



Check out the regional FB page for pics and vids! [Great Gulf Coast Region 10-Sweet Adelines](#)

If you were at the SRM, you were fortunate to hear our Youth Chorus (along with some of us that still think we're youth) debut our newest regional song, [Let's Sing Again!](#) Make sure you grab those tracks and have that chart memorized by our Fall Regional Meeting!

### SAVE THE DATES:

Please make sure you put the upcoming regional education events on your calendars!

- **September 15-17, 2023:** Fall Regional w/ Anne Downton (Baritone of Frenzy and Director of Westcoast Harmony, the 6th place chorus, Phoenix 2022)
- **January 19-21, 2024:** Winter Regional w/ Northern Lights-Southern Charm, Connie Light and Lindsay Chartier-Holdeman (Bass and Tenor of Titanium)



In addition, don't forget *QUEEN'S COLLEGE* is being held right in our backyard...July 13-16, 2023! This event will include the [Diamond Division Competition](#) as well as the [Rising Star Competition](#) and Region 10 has representatives in both! And in case you didn't know...you do not have to be in a quartet to attend. There are multiple tracks that include general membership, quartet, and youth content! It's not too late to sign up. Visit [www.coronetclub.org](http://www.coronetclub.org) for more information!

Don't forget...you can always head over to [Region 10: Let's Learn Things](#) for resources and information about all things educational in Region 10!

*Submitted by Kerri Mauney, Region 10 Education Coordinator*

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## LONE STAR CHORUS



In April, Lone Star had the pleasure of presenting our 60's show, complete with a section on Beatlemania. Members went all out on costuming, from groovy flower children to sedately-suited matrons. Multiple ensembles also performed, including our newest quartet Heart & Soul. They





are also competing in the Diamond Division contest in Richardson in July.

We were pleased to be represented at the Summer Regional. Two of our members, Bev Gooden and Janice Orange, also participated as facilitators in the DEI presentation of the Marketing/Membership plan. It was a very insightful workshop! We will be spending the Summer preparing for sing outs within the community.



Stay tuned for great things to come from Lone Star!

*Submitted by Rose Bitter*

*Photo Captions: Top- LSC Chorus Show; Bottom Left- Summer Regional Meeting; Bottom Right- Sha and Sandy at the 60s Show*

## MOSAIC QUARTET

Mosaic had a great time performing at Woldenberg Village Senior Living in April. Some of the residents were good singers! We have plans to perform at the Blake Senior Living in August. We are honored to announce that we will perform in the National World War II Museum Stage



Door Idol contest next month. Participants must pass an audition, then participate in one of four preliminary rounds. We are so pleased that our sister quartet, Fleur de Lis, will also compete! Mosaic will sing on July 11th and Fleur de Lis on July 25th . The finale will be held on August 15th . More information can be found here: [Stage Door Idol | The National WWII Museum | New Orleans \(nationalww2museum.org\)](https://www.nationalww2museum.org)

## PINEY HILLS HARMONY CHORUS

Piney Hills Harmony entered the new Sweet Adelines year with a fun officer and board installation and began the summer with a guest night/vocal improvement lesson series.



Member Sheila Nugent MC'd the installation ceremony and did an outstanding job, using particular types of music for each position that was spotlighted. Officers for the 2023-2024 year are Lynette Murphy, president; Sallie Rose Hollis, vice president; Tina Allen, treasurer; and Judy Sisson, secretary. Completing the board are Candice Bassett, Bre Brown, Lynn Ramsey and Mary Helen Tschabold.



Also at the ceremony, Candice signed the director's contract renewal for the coming year.

In June the chorus hosted two guest nights combined with vocal improvement sessions. Several guests attended, with multiple people considering membership. Others who saw the publicity are interested in attending in the weeks to come.

Regular rehearsals have centered on polishing our patriotic repertoire, along with other selections, as we begin a series of summer and fall

sing-outs.

*Submitted by Sallie Rose Hollis*

*Photo captions: Right-Member Sheila Nugent (far right) was MC for PHHC's recent installation ceremony. From left are Mary Helen Tschabold, Candice Bassett, Lynn Ramsey, Tina Allen, Judy Sisson, Sallie Rose Hollis and Lynette Murphy. Also on the board: Bre Brown; Left-Candice Bassett signs the director's contract for the coming year, with President Lynette Murphy at her side.*

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## SPARKLING CITY CHORUS

Our singing 'garden of wonders' is in full bloom!

Sparkling City Chorus has been buzzing around like little bees doing performances all around our community. We were invited to sing for a women's retreat which proved to be a very unique and special experience. Another venue we enjoyed was at one of our local restaurants along our bayfront. The audience was touched spiritually and we were humbled. We were also privileged to perform at several other venues that were equally rewarding. Once those performances were completed, we were thrilled to return to our regular rehearsal site and schedule. It was a whirlwind time of having fun, entertaining and sharing our trade. (It's important to water and fertilize the garden.)







Sparkling City Chorus has just planted and repotted some flowers with the installation of our board members! We all ‘tipped our top-hats’ to these women for their support and dedication:

Nancy Hutton(bari)President, Frances Arnett(bass) Vice President, Blanca Flores(lead)Secretary, Jamie Eppler(lead)Treasurer, Marge Crocker(tenor)Financial Adviser, Ariana Appleby(bari) and Mary Hower(bari). (A fresh and colorful spring bouquet.)

Sometimes, flowers need to be transplanted and one of our most beautiful flowers, transplanted her family to the Dallas/Ft Worth area. Shannon Manthei(lead) will be singing soon in another ‘garden’ and we wish her the very best! (Bloom where you are planted and keep your face to the sun!)

We also gained a new flower from Colorado! Liz Black is now a Texas Rose in our garden! We hope you found good, fertile soil here and stay a long time! (The quality of the soil is important for growth!)

Gardening takes a lot of effort and time! After 7 grueling months of rehab and recovery for a broken ankle, Kathy Littlefield has healed and has been returned to our garden! She stands tall, is walking well and we are thankful to have her back in full bloom! (Sometimes pruning is necessary for growth.)



In closing, we’d like to thank all presenters and singers for a very enlightening regional conference experience. You add beauty to EVERYONE’s garden!

“Where flowers bloom, so does hope.” Lady Bird Johnson

*Submitted by Blanca Flores*

*Photo Captions: Top Right- Our Spring Bloom; Left- Farewell until competition; Bottom Right- Right to Left: Kathy Littlefield, Master of Ceremonies; Nancy Hutton, President; Frances Arnett VP not pictured; Blanca Flores, Secretary; Jamie Eppler, Treasurer; Ariana Appleby, and Mary Hower, Members At Large*

## SUGAR LAND SOUND CHORUS





After March Contest fun, in April we donned our best fancy hats for a 'Very British' party for the Installation of our new Board. Three of our British chorus members (your writer of this piece included), still very true to their British origins, had a great time organizing this!

Our new Board was most competently and wittily

installed by Carin Williamson, on the very appropriate theme of tea, with her citing the appropriate teas and their qualities for each officer. Thank you Carin!

The feast of typical British food was quite splendid! Sausage rolls, scotch eggs, scones with jam and cream, sandwiches, 'Ploughman's platter' with bread and English cheeses and chutney, and a fabulous dessert trifle... to mention a few.



All refreshingly washed down with a very British cocktail called Pimm's, and of course endless cups of tea. Sounds and looks mouthwatering does it not?

In May we were pleased to welcome Steve Bayless for an excellent coaching session. We took away some very useful tips and information. We were also so happy that evening to welcome back Bonnie Fisher, our longtime former member, who was on a visit from her new home in Las Vegas.

*Submitted by Jane Vaucher*

## THE WOODLANDS SHOW CHORUS

I'm glad to report that everything is running smoothly with The Woodlands Show Chorus! Every Monday night we are in the Family Life center at First Presbyterian Church in Conroe. It seems like every week we are welcoming guests who contact us through our website or from "Meet Up." Kerri Mauney has been keeping us on track while we are learning some new music and reviewing our other repertoire to stay up to date. So much has been happening but we can certainly count on our membership to keep moving forward!

Here's a list of a few of our recent activities:

1) It was a blast to do a sing out for Barbershop Harmony Day on April 11th with Houston local quartets and choruses. Thank you to Houston Horizon for hosting the event and to the Katy Vocal Express, Tidelanders and Space City Sound for sharing the evening.



2) We had a lovely time on April 24th at Olive Garden for the Installation and Awards Banquet. Patty Cobb-Baker hosted the installation for our new management team: Carol Herman (team coordinator), Penny Funk (Financial), Pam Parish (Membership),

Chelsea Young (Technology), Annette Quimby (Fundraising), Brenda Anderson (Marketing) and our director Betty Clipman (music). Many special awards were announced but the most precious was Sweet Adeline of the Year: Janie Macchiaroli. Congratulations!

3) We sang two full performances for a local Senior Center in the Woodlands on June 3rd . There were several former Sweet Adelines ladies in the audience and it was a special treat to sing for them.

4) Once a month Patty Cobb-Baker comes to visit and is taking us through the “Vocal Gold” program. We have already learned so much! Module One was about resonance. We discovered how our BRAIN is the first step to great singing and how resonance is only a “finger” away! It’s amazing! We heard incredible statistics about how WATER and being fully hydrated can affect your WHOLE being, not just your voice!



5) Since our minds and hearts are so important for singing well, we are doing a “Harmony from the Inside Out” (Jan Carley from Lion’s Gate Chorus) book review. Becky Hill is introducing the materials, leading the study of attitude and positivity, and how to improve both. Becky shows such a loving, kind way...and shares





the tools of looking within to help focus on these positive aspects of success.

6) It was an honor to be a demo group for the Region 10 Summer meeting, and having tag team coaching with Di Porsch and Betty Clipman. SO many practical ideas ranging from how to energize your face WHILE you take a breath to having your body exhale during the pitch to get ready for a relaxed breath to getting “face” critique by your risermate’s reflection! There’s no doubt: the way your face looks makes a difference in dynamics and expressiveness!



7) Coming up on the evening of July 3rd , we will sing at the Cynthia Woods Mitchell Pavilion before the Houston Symphony performs their patriotic concert. This is one of our standard “gigs” and we love to sing all of our patriotic songs and some of our regular repertoire.

It’s such an honor to have amazing leadership with the members of Betty’s Director’s Resource Team: Patty Cobb-Baker, Patti Britz Stensaker, Kerri Mauney, Janie Macchiaroli, Elizabeth McCurdy, Keturah Moller, Denise Tazumi. At this time, we are most especially grateful to Kerri, supporting us as the interim/associate director during rehearsals and singouts, so we can still move forward with the work we need to do. We are mapping out the road to Kansas City!

Can’t wait to see what this trip holds for us!

Special Note: Betty Clipman is doing really well, recovering at home. Her leg and hip are really on the mend (as you may have witnessed at the Region 10 weekend!) Betty would like to express her thanks for all of the cards, flowers, food, prayers, texts, phone calls, well wishes, personal visits and help at home while she was in the hospital and rehab. It is such a blessing and so amazing to be surrounded with loving kindness. She’s now grateful her daughter Lisa will be staying with her for a while. She is definitely feeling stronger every day! Healing takes time! Thanks to everyone for helping give her the time and support she needs.



*Submitted by Phyllis King*

*Picture Captions: Top Left-Management Team: (l to r) Brenda, Pam, Penny, Chelsea, Annette, Betty, and Carol; Top Right- Janie Macchiaroli, TWSC Sweet Adeline of the Year; Middle Left-*



*Patty Cobb-Baker teaching the first module of Vocal Gold; Middle Right- Region 10 Summer meeting: Coaching with Betty Clipman in the foreground and Di Porsch in the far background. We lined up to mirror each other's face and body moves for an expression check; Bottom Left- Don't you think this photo looks like it belongs on the front of a Sweet Adelines magazine!?!; Bottom Right- Love these smiles! Betty Clipman (right) with daughter Lisa (left) and Kerri Mauney (center)*

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## TOULOUSE QUARTET

Hello Region 10! Toulouse here! It's been a long time since you've seen us but we wanted you to know we are still here and we're making the most amazing music together!

You might recognize some "new" faces to the group. In 2020, we welcomed Ellen as our lead and in 2021 we welcomed back Katherine as our baritone. Ellen and Katherine live in San Antonio and Rhode Island, respectively, so we know all about the struggles of being in a long-distance quartet. However, we commit to meeting four times a year in New Orleans where our tenor and bass, Anne and Beth, still reside.



If you know us, you know we absolutely love being together, singing tags and basically laughing our way through rehearsals. We make the most of our weekends together by trying to follow the extremely detailed and impossibly over-booked

schedule provided by, (you guessed it) our baritone and of course enjoying all the amazing food and fun New Orleans has to offer. It truly is the best place to be if you're an artist and we always find opportunities to sing-out at open mic nights, or even on the street in the French Quarter.



Last October we had the most amazing time performing on Crescent City Sound's Halloween show. Give us a costume and parody, any day! At the end of that weekend, we had taken all of the necessary steps to prepare us for Houston in March: planned for coaching, chosen our music and found some killer jumpsuits for the stage. But life had other plans.

A few weeks later, Ellen was diagnosed with a thyroid tumor which was not only affecting their ability to sing, but also made day-to-day living extremely difficult. In January, we made the necessary decision to pull out of contest in order for Ellen to focus on their health. We are excited to announce that Toulouse will be meeting in September (for the first time in almost a year!) and we plan to pick up right where we left off! We love being a part of Region 10 and we can't wait to sing for y'all again!

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## HYDRATION

**By Patty Cobb Baker**

Here are some fun facts about how very important HYDRATION is for our vocal, physical and mental health!

1. Even mild dehydration, slows your metabolism by 3%.
2. a body needs to replace about 2 1/2 quarts of water daily.
3. You should drink half of your body weight in ounces per day.
4. 75% of us are chronically dehydrated.
5. The thirst mechanism is often so weak that it mimics hunger.
6. Lack of water is the number one trigger of daytime fatigue.
7. Drinking 8 to 10 ounces of water daily significantly decreases back and joint pain for 80% of sufferers.
9. A 2% deficit of water can trigger short term memory loss, cause trouble with basic math, and cause difficulty focusing on a computer screen or a printed page.
10. 5 to 6 glasses of water daily decreases Colon Cancer by 45%, breast cancer by 79%, and bladder cancer by 50%.
11. Cold water is absorbed more quickly and may burn more calories.

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### Connect with your RMT!

- [Team Coordinator](#), Bebe Caldwell – Regional Appointment – Term begins even years
- [Communications Coordinator](#), Karla Fenton – Regional Appointment – Term begins even years
- [Directors Coordinator](#), Mary Beth McMurray – Elected – Term begins odd years
- [Education Coordinator](#), Kerri Mauney – International Appointment – Term begins even years
- [Events Coordinator](#), Euna Poole – Regional Appointment – Term begins odd years
- [Finance Coordinator](#), Janet Moe – Regional Appointment – Term begins odd years
- [Marketing Coordinator](#), Laura DeGraw – Regional Appointment – Term begins odd years
- [Membership Coordinator](#), Carin Williamson – Elected – Term begins even years

[Great Gulf Coast Region 10](#) is a member of [Sweet Adelines International](#), encompassing chapters in portions of Texas, Louisiana, Mississippi and Alabama.

Mission Statement: Great Gulf Coast Region 10 provides opportunities to women for education, performance, leadership and personal growth to advance 4-part a cappella singing.