



# The Barbershop Beat

Monthly Publication of Atlantic Bay-Mountain Region #19  
Sweet Adelines International, Inc.



[www.region19sai.org](http://www.region19sai.org)

February 2018

**CHAPTER LEADERS: Distribute the mailing to your members, or refer them to the regional website: <https://www.region19sai.org/barbershop-beat.html>**

## IN THIS EDITION:

ITEM	ACTION BY	FROM
Regional Calendar (2)	All Recipients	RMT
RMT Listing (4)	All Recipients	RMT
Monthly Checklist (5)	Chapter Leadership, Recipients	RMT
Chapter Birthdays (5)	All Recipients	RMT
International News (6)	All Recipients	International HQ
Barbershop Beat Information (7)	All Recipients	RMT
From the Management Team (8)	All Recipients	RMT
Women of Note (15)	All Recipients	RMT
RCSC Job Openings (16)	All Recipients	RMT
Chapter News (21)	All Recipients	Region 19 Choruses
Quartet News (31)	All Recipients	Region 19 Quartets
For Sale (33)	All Recipients	Region 19 Choruses
Upcoming Event Flyers (34)	All Recipients	Choruses, Regions, International

# ATLANTIC BAY-MOUNTAIN REGION #19

## CALENDAR OF EVENTS – updated February 2018

Key: ■ =Chapter Events; ■ =Regional Events; ■ =International Events

\* = newly added/modified events

### 2018

Harbor City Music Company Bull & Oyster Roast, Michael's 8<sup>th</sup> Ave..... February 10  
Delaware Valley Show Chorus Friends and Family Performance ..... March 24  
Regional Convention and Competition, Hershey, PA .....April 12-15  
\*Upper Chesapeake Chorus Show/Spaghetti Dinner (details TBA).....May 5  
Vocal Harmonix/Red Rose Chorus Dinner Show at Dutch Apple, Lancaster, PA.....May 6  
\*Pride of Baltimore Chapter Show (details TBA) ..... June 2  
Director Training – Harmony College East ..... June (TBD)  
Delaware Valley Show Chorus Spring Spectacular..... June 30  
Regional F.L.A.S.H. (Faculty: Jim Arns & Renée Porzel), Location TBD .....September 28-30  
International Convention, St. Louis, MO..... October 16-20  
Heart of Maryland Chapter Show .....October 28

### 2019

Singers' School (Faculty: Betty Clipman), Location TBD ..... January 11-13  
Regional Convention and Competition, Hershey, PA ..... May 2-5  
Regional Leadership Workshop, Location TBD ..... May 17-18  
International Directors' Seminar, San Antonio, TX..... August 8-10  
Regional F.L.A.S.H. (Faculty: Lori Lyford & Becki Hine), Location TBD.....September 6-8  
International Convention, New Orleans, LA .....September 16-21

### 2020

Singers' School (Faculty: Joan Boutelier), Location TBD .....January 10-12  
Regional Leadership Workshop, Location TBD ..... May 15-16  
Regional Convention and Competition, TBD .....April 30-May 2  
Regional F.L.A.S.H. (Faculty: Kim Wonders), Location TBD..... September 11-13  
International Convention (75<sup>th</sup> Anniversary), Louisville, KY ..... October 12-17

### 2021

Singers' School (Faculty: Mary Rhea), Location TBD.....January 15-17  
Regional Leadership Workshop, Location TBD ..... May 21-22  
Regional Convention and Competition, TBD .....April 15-18  
Regional F.L.A.S.H. (Faculty: Heidi Zacchera) , Location TBD..... September 10-12  
International Convention, St. Louis, MO..... October 11-16

### 2022

Regional Convention and Competition, TBD .....April 28-May 1

- ♫ Submit additions and/or corrections to the regional calendar to Irene Hershey, Team Coordinator, [ihershey@aol.com](mailto:ihershey@aol.com)
- ♫ Chorus show dates do not have to be "cleared" with the Region; however, this calendar may be a useful tool when planning events.

All submissions for the monthly mailing are due on the **27<sup>th</sup> OF EACH MONTH** and should be proofread and submitted in electronic form (doc/docx preferred for text submissions, pdf, jpg, bmp, gif), and sent to [barbershopbeat@gmail.com](mailto:barbershopbeat@gmail.com)

### **Region 19 Philosophy:**

Women join Sweet Adelines because they love to sing. They stay because of the musical challenges, the rewards of individual achievement, and the rewards of performance and the sense of belonging. Therefore, Region #19 is a progressive women's organization which:

- ♪ Promotes excellence in the performance of barbershop harmony through education
- ♪ Creates an atmosphere of camaraderie among its membership
- ♪ Provides opportunities for individual growth

**Regional Website:** [www.region19sai.org](http://www.region19sai.org)

**Regional Facebook Page:** <https://www.facebook.com/region19sai/>

# ATLANTIC BAY-MOUNTAIN REGION 19 SWEET ADELINES INTERNATIONAL, INC.

## REGIONAL MANAGEMENT TEAM (RMT)



### COMMUNICATIONS COORDINATOR Jenny Harris

Harbor City Music Company  
[jennysingsbass@gmail.com](mailto:jennysingsbass@gmail.com)  
Liaison to: Capital Accord, Ocean Bay,  
Vocal Harmonix, Shades of Harmony



### DIRECTORS COORDINATOR Patty Weeks

Cape Shore/Greater Harrisburg  
[patty.weeks@comcast.net](mailto:patty.weeks@comcast.net)  
Liaison to: DelMarVa, Diamond State,  
Jersey Sound



### EDUCATION COORDINATOR Sarah Nainan-Newhard

Pride of Baltimore  
[syuki63@gmail.com](mailto:syuki63@gmail.com)  
Liaison to: Arundelair, Clustered  
Spires, Heart of Maryland



### EVENTS COORDINATOR Liz Danielski

Vocal Harmonix  
[hotpbari@outlook.com](mailto:hotpbari@outlook.com)  
Liaison to: Freedom Valley, Lehigh  
Valley, Ringing Hills, Shenandoah  
Valley



### FINANCE COORDINATOR Judy Hall

Chapter-at-Large  
[jhall51428@aol.com](mailto:jhall51428@aol.com)  
Liaison to: Dundalk, Harbor City  
Music Company, Pride of Baltimore



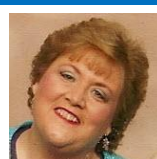
### MARKETING COORDINATOR Diane Bartel

Harbor City Music Company  
[hcmclead@gmail.com](mailto:hcmclead@gmail.com)  
Liaison to: Chesapeake Harmony,  
Upper Chesapeake, Valley Forge



### MEMBERSHIP COORDINATOR Michele Woodward

Valley Forge  
[mwoodwardvf@gmail.com](mailto:mwoodwardvf@gmail.com)  
Liaison to: Delaware Valley,  
Philadelphia Freedom



### TEAM COORDINATOR Irene Hershey

Vocal Harmonix  
[ihershey@aol.com](mailto:ihershey@aol.com)  
Liaison to: Altoona, Greater  
Harrisburg

## RMT SHADOWS



### EDUCATION SHADOW Lori Jo Whitehaus

Vocal Harmonix  
[ljwhitehaus@gmail.com](mailto:ljwhitehaus@gmail.com)



### EVENTS SHADOW Sally Kelly

Harbor City Music Company  
[sallykelly@verizon.net](mailto:sallykelly@verizon.net)



### MEMBERSHIP COORDINATOR SHADOW

Jennifer Newman/Membership  
Pride of Baltimore  
[vfcllead@yahoo.com](mailto:vfcllead@yahoo.com)  
Liaison to: Cape Shore, Harmony on  
the Bay

## February CHECKLIST:



### Chapter Leaders/Quartets:

- ☐ When submitting articles for upcoming editions, please note the change in email address: [barbershopbeat@gmail.com](mailto:barbershopbeat@gmail.com).

### All Region 19 Members:

- ☐ It's almost time to register for convention/competition. Who will you room with this year? Reserve your room at this link:  
<https://aws.passkey.com/event/49180736/owner/12056/home>



Happy Birthday to the following chapters:

Capital Accord	2/20/1995	22 years old
Jersey Sound	2/19/1963	54 years old
Ocean-Bay	2/11/1985	32 years old
Valley Forge	2/22/1965	52 years old





## Sweet Adelines International **72<sup>nd</sup> ANNUAL** CONVENTION & COMPETITION

### *Early-Bird Registration (ends April 16, 2018)*

- International Chorus Competitor: **\$225**
- International Quartet Competitor: **\$225**
- Convention Assistant: **\$160**
- Member: **\$225**
- Non-Member: **\$250**
- Youth Member or Youth Non-Member (under 25): **\$175**

### *Late Registration (after April 16, 2018)*

- International Chorus Competitor: **\$275**
- International Quartet Competitor (after July 9, 2018): **\$275**
- Convention Assistant: **\$185**
- Member: **\$275**
- Non-Member: **\$300**
- Youth Member or Youth Non-Member (under 25): **\$200**

### *The Coronet Club Show*

- The Coronet Club Show is a separately-priced event. To purchase tickets to the Coronet Club Show, please visit: [www.coronetclub.org](http://www.coronetclub.org).

**Learn more at [sweetadelines.com/events/stlouis2018convention/](http://sweetadelines.com/events/stlouis2018convention/)**



**Save up to \$50 USD by registering today!**

Click here to Register by April 16, 2018, **TO SAVE!**

**Sweet Adelines International 72nd Annual Convention & Competition**  
Oct. 15-20, 2018 • The Dome at America's Center • St. Louis, Mo., USA



**We've Got  
The Beat!**

Thanks so much for all your February submissions.

I welcome your photos, Chapter Chatter, quartet news, show and event flyers, announcements, Women of Note, and any other material you think would be of regional interest.

I also encourage and welcome your submissions for improvement and change in our newsletters. Communication is key to our success —and yours!

**Send submissions to [barbershopbeat@gmail.com](mailto:barbershopbeat@gmail.com).**

*Melissa Hunnefield, Regional Tech Writer*



## TEAM COORDINATOR

I hope you agree that things are alive and well in Region 19!! So much is happening and has happened that shows us all how wonderful it is to be a part of this amazing region.

First, I hope you took the opportunity to attend Singers School in Towson in January. It was a wonderful school with simply amazing opportunities to grow in many areas of your Sweet Adeline life. Jean Barford was wonderful. The color choruses were tremendous. Many, many opportunities were given to coach both individually and in groups. Add to all of that a celebration of Region 19's own Lustre Quartet – Queens extraordinaire! It was certainly a chance to move your education forward in a big way. Many thanks to all who worked out in front and behind the scenes to, once again, provide this region with premiere education opportunities.

Regional Competition is coming soon! Coaching sessions, retreats, rehearsals and excitement are all building toward our next opportunity for evaluation, fellowship, feedback and fun in Hershey, PA. Make sure you take a few minutes to gather your roommates together and reserve your room at the hotel. I can't wait to see you all there!

Do you know a seasoned Sweet Adeline that has contributed a lot to the overall organization and their local chapter? Perhaps you need to nominate that woman for The Norma Moore Award that is given at the Regional Competition. The deadline to apply is February 28' 2018 so don't delay. See the flier attached to this newsletter and follow the link to submit your nomination.

On top of all that, the RMT (your own management team) is working to keep moving this region to the forefront of the SAI organization. Will you join us? There are 3 positions coming open for the next 2 year term on the Team. Please draw your attention to fliers included in this mailing for ways that you can become involved in the exciting future of this region. In addition to the upcoming open terms, we are ALWAYS looking for women to become Shadows to the team. This is an awesome opportunity to check out what the Team does and find the place that you can lend your talents. No pressure involved – just join us, get involved and find out where you belong. Again, check out the flier included for links to get applications and more information.

I am honored to be serving at your Team Coordinator and hope you are as excited as I am for all the opportunities open to use in our wonderful Region 19. SEE YOU IN HERSHEY!!

Irene Hershey

Regional Team Coordinator





## COMMUNICATIONS COORDINATOR

Here on the Communications Team of the RMT, we've been working to update all of the ways we communicate to you, our members of Region 19. In January we created new mailing lists for Directors, Team Leaders, and Registered Quartets. We populate those lists with information that we get from SAI Headquarters. So please make sure your email address is updated with the main SAI HQ database, so that the info we get is as accurate as possible.

At our January meeting, the RMT made the decision to cancel the Hi-Los hard-copy magazine style publication for the indefinite future. The Hi-Los physical newsletter was created in a time before email and online information systems were heavily used. It served as a means for communicating what's happening in chapters and quartets across the region.

But now that we have the monthly Barbershop Beat going out to all our members, the need for a paper newsletter is no longer there. Canceling the printing of this item saves the region \$3,500.

**We encourage you to continue to send your news and information, photos, advertisements, etc., to the Barbershop Beat each month, to keep all your friends and fans informed.**

As always, if you have any questions about communications in Region 19, please don't hesitate to ask!

Jenny Harris  
Communications Coordinator



## DIRECTORS COORDINATOR

What a great weekend we had at Singers' School with record participation. I am sorry that we didn't have an opportunity to all get together to talk about the upcoming contest season but I think many of us were busy coaching quartets and giving PVIs. How cool was that! I know the participants really appreciated all of your efforts.

A big shout-out to Pam Nichols, Director of Diamond State Chorus, who helped me provide two classes during Singers' School to introduce and review songs from the Mass Sing Songbook. We had lots of fun and realized that we knew more of the songs than we realized.

If you registered for Singers' School you were able to access the sheet music and learning tracks for these songs prior to the class. We are now going to make these materials available on the Members Only section of the Region #19 website so you can use them at your individual choruses to start or end a rehearsal. And maybe the next time we get together – say in Hershey – we could sing a song to a neighbor, maybe she'll start humming along.

These titles will be available on the regional website by the weekend in the MEMBERS ONLY section. Visit <https://www.region19sai.org/apps/member/login> and log in to access them:

Best of Times  
Harmonize the World  
How We Sang  
It's My Song  
Send Your Love  
That's What Friends are For  
The Winner's Song

*Finally, remember to use those regional faculty visits before the end of April!*

Patty Weeks  
Directors Coordinator



# EDUCATION COORDINATOR

Thanks to the 247 of you who attended January's Singers' School 2018! A good time was had by all! I especially enjoyed our last session on Sunday where you shared your ideas about the educational direction of our region.

In December's issue of *The Barbershop Beat*, I reminded folks about the free regional visits available to the chapters of our fabulous region. Behind the scenes, Linda Brown has been working to assist both the chapters and faculty members through the process. Linda has chosen to step down, but before she leaves, please join me in thanking her for all her hard work! Lori Jo Whitehaus, incoming Education Coordinator, has now assumed the role of Regional Faculty Coordinator, and is ready and able to assist you! Please refer to my December article for more information about the faculty visits available to your chapter.



This month I'd like to focus on Sweet Adelines International's Members' Only Education Center available on their website (available [here](#)).

Once logged into the Members Only site, you have a plethora of resources available at your fingertips! Below is a screenshot of the various subject areas:

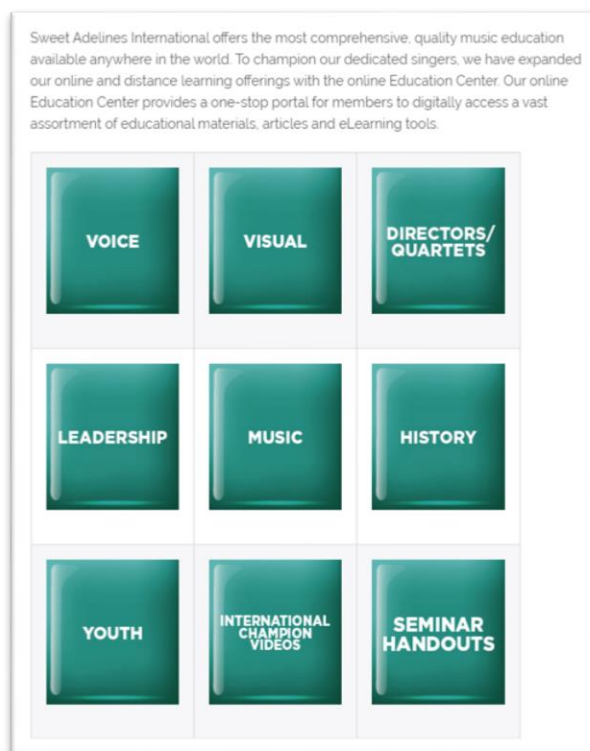
Within these various content areas, you'll find articles, handouts from various international seminars, links to webinars, podcasts, and vodcasts, forms, templates, links to external resources, and so much more! These are aimed at the all of Sweet Adelines' various audiences: chapter admins, music teams, visual teams, regional administration and quartets.

Here's some highlights of what I've mined as I've navigated through this site:

- The history of our organization
- Region 19's own Bonnie Kerr's vodcast for Financial Coordinators
- A webinar on the importance of developing a rookie program within your chapter
- An article on how to conduct front row auditions written by Renee Porzel (Melodeers) and Judy Pozgay (Lions Gate).
- And since 'tis the season: the Competition Handbook, which reviews every aspect of our time onstage at Regional: competition administrative procedures to get us there, what determines eligibility, penalties (and how to avoid them), and placements.
- The Judging Category Description Book (JCDB), which contains detailed information about and requirements for our four judging categories – best to know the rules before you play the game, right? This is available after clicking the Music button from the Members Only landing page.
- Finally, my personal favorite: the recipe for Singers' Tea.

I hope you take advantage of the many resources available to you as a member of Sweet Adelines' International and Region 19!

*Never stop learning, because life never stops teaching!*



Sarah Nainan-Newhard  
Region 19 Education Coordinator

## EVENTS COORDINATOR

### Only 11 more rehearsals until regional convention!!!

Your RCSC is busily preparing for convention. The 2018 handbook has been sent out to team leaders and directors, who should have forwarded them to their chorus members. If you have not seen the 2018 regional handbook, please check with your chorus leaders!!

If you have not yet reserved your room at Hershey Lodge, please think about doing it soon. As you know, we are not using rooming lists this year. You may call the hotel directly to reserve your own room or use the link shown below to register electronically.

<https://aws.passkey.com/go/sweetadelines2018>

Thank you so much to everyone who made our 2018 Singers School such a success! Our attendance for that event broke all previous records for Singers' School. I have no doubt that our amazing attendance was due in large part to the fact that our new queens were being honored at the Friday night Lustre Lovin' event. Quartets who attended Lustre's classes had nothing but praise for how informative the classes were and how much the classes provided them with good information to take back to their quartet rehearsals.

Jean Barford was outstanding as usual! I am sure that everyone who attended her classes came home with something new to use to improve their personal performances in their choruses!

Save the date! Even though it seems far off, Flash 2018 will be coming in September. Mark the dates on your calendar now: September 28-30, 2018. Location to be announced. Our faculty for Flash 2018 is Jim Arns and Renee Porzel (they're from the Melodeers, in case you didn't know!) It's an event that is not to be missed! The Saturday show will be our International send-off featuring Valley Forge Chorus, our 2017 regional champion chorus!

That's all for this issue. I hope you are all having a great winter and keeping healthy and warm!

Liz Danielski  
Regional Events Coordinator  
Chair of the Regional Convention



## MARKETING COORDINATOR

Well, wasn't singer's school amazing!! We had record breaking attendance! The classes were enjoyable, there was something for everyone! We had a great time getting to know Lustre on Friday night and the Saturday night show was Spectacular!! Kudos to Chesapeake Harmony for taking the reins and being our 'Guinea Pigs' for hosting singers school for the first time! They did an amazing job and their Penguin performance and 'Sister Act' with Greater Harrisburg on Saturday night was a hoot! All of the quartets and choruses who performed were so enjoyable! And people from all over were able to tune in via our livestream!

Kudos to Liz Danielski for all the behind scenes planning, and to Sarah N-N and her stellar education team for planning a great event! Lori-Jo is already spearheading the plans for F.L.A.S.H in the fall. Look for at least 3 separate education tracks with Renee Porzel and Jim Arns heading 2 separate tracks and who knows what else Lori has up her sleeve but I can tell you her mind is a busy place ☺ So mark your calendars now **September 28-30, 2018!** Let's break some more attendance records!

But, before we get to F.L.A.S.H we have a little thing called Regional Convention in April! I really enjoyed seeing all the Facebook posts this past weekend of all the choruses and quartets having retreats and coaching sessions. Ahh, the flurry of contest season has officially begun!

Once again, all of that hard work will once again be showcased via the World Wide Web! Region 19 will host a WEBCAST again this year!! The beginning planning stages have begun. The webcast will be free again this year, **but we can only continue to offer a free webcast if we have sufficient donations!** So I challenge you to please bring this back to your choruses and help bring donations to the webcast! I know we all love competition, so how about having a little friendly competition between your sections...see which section can bring in the most in donations between now and April, or how about setting up a spare change bucket and before you leave rehearsal drop some change from the bottom of your purse in the bucket!

We can't continue to bring the webcast to your Aunt Fran in Nantucket for free without your support! Please donate!

Diane Bartel  
Marketing Coordinator





## MEMBERSHIP CORNER

Remember your parents always told you that first impressions count. As a teacher I gave my students that same advice.

What kind of first impression do you give your chorus guests?

When a prospective member first walks into your door is she met by a member of your chorus, given a binder of current music (or at least the music that you will be singing that evening), introduced to your director, voice placed by a member of your music team, and then placed on the risers next to someone who sings her part? Does she receive introductory material about your chorus via handout or an email the next day? Does she receive follow-up the next day by a member of the membership team?

Those may sound like pretty basic elements of greeting and welcoming women to your chorus, but these first impressions do matter.

Is the first impression a clear example of the environment and culture of your chorus? Does your guest believe that she's welcome and that you're enthusiastic to have her return? Does she leave feeling that her membership will make the group "whole" just because of her presence?

What happens during rehearsal that entices her to pursue membership with you? Is it all work and focus? Are there moments of fun and laughter? Does your chorus take a few minutes to "show off" with a performance of something from your repertoire?

Now that you have her in the door and she's decided that she's coming back, how will you give her information each week that explains the audition process and musical and financial expectations? Did she receive sheet music and learning media so she can begin singing at home? Is there a timeline in place to encourage guests to get on a clear track toward auditioning and membership? Has she received a copy of your chorus's individual financial obligations, bylaws and standing rules so she can see for herself what to expect?

(Sweet Adelines International "Keeping Members" December 2017)

Michele Woodward  
Membership Coordinator





## WOMEN OF NOTE

On Monday, Jan. 22, Vocal Harmonix (formerly Red Rose City Chorus) said farewell to its last singing charter member, Marg Matroni, as she retired. Marg had been a member since 1961. During her 57 year career, Marg sang in many quartets; chaired, wrote, and starred in many chapter shows; and even directed the chorus when the need arose.

“Marg Matroni has been the glue that held Red Rose City Chorus together through the multitude of director changes that they endured between 1961 and 1984. Every time they lost a director, Marg stepped in. She not only ran rehearsals but took the chorus to contest because *the show must go on!*” said director Lori Jo Whitehaus. “However, I think most of us will forever remember Marg as part of Frick and Frack. Nobody could make us laugh like Marg and Gloria. We all appreciate the legacy that Marg created when she signed her name to the original charter of our chorus.”



**Marg Matroni**  
*Vocal Harmonix Chorus*



Marg’s final rehearsal was attended by many former members who came to wish Marg the best and thank her for her many years of loyalty, inspiration, and friendship. Before Marg left for the evening, the chorus, Marg, and guests all sang “Friends.”

♪ Though it’s hard to let you go, in the Father’s hands we know, that a lifetime’s not too long to live as friends. ♪

Marg Matroni (left) and Gloria Hoelzel (better known as Frick and Frack, always sang an original, humorous composition at Red Rose City Chorus’ Convention breakfasts. When Gloria passed away in 2012, others tried to step up and capture the spirit of Frick and Frack, but we quickly learned that nothing could replace the originals. ♥

---

**Has someone in your chorus done something amazing?** Did she earn a pin for longevity? Is she a stellar volunteer? Did she do something great for her community? We want to know about it! Send us a photo and write-up and we’ll give her the recognition she deserves, right here in the Barbershop Beat! Send submissions to [barbershopbeat@gmail.com](mailto:barbershopbeat@gmail.com).



# WE WANT YOU!

## **REGION 19 NEEDS YOU....**

**Have you been thinking about what you could do to be a more involved member of your region?**

**Well, here's your opportunity. There are 2 options.**

**#1 Apply for one of 3 open positions on the RMT.**

**Membership Coordinator**

**Communications Coordinator**

**Team Coordinator**

**Email [ihershey@aol.com](mailto:ihershey@aol.com) for more information and an application.**

**#2 Apply to become a Shadow for any position on the RMT.**

**Visit <https://www.region19sai.org/rmt-shadow-program.html> to apply.**



## Calling all Regional Quartet Champions!

Have you won a Regional Quartet Championship in the past? The Silver Sorority is looking for you! Whether it was in Region 19 or somewhere else in SAI, your Regional Quartet Championship makes you eligible to be a member of the **Region 19 Silver Sorority, our Association of Quartet Champions!**

We are a service organization, and our primary role is to support quartet singing in Region 19. We offer our time and talents as coaches, PVI givers, and mentors for other singers in Region 19, usually at FLASH or Singer's School. At Regional Convention, we focus our energies on supporting our competing quartets.

We also perform as the Silver Sorority Chorus at Regional Convention, and at other Regional events throughout the year.

If you or someone in your chorus is eligible to be a member of the Silver Sorority, please contact Jenny Harris, Silver Sorority President at [jennys-ingsbass@gmail.com](mailto:jennys-ingsbass@gmail.com).

*(Photo by Kim Gunderman)*



# Norma Moore Award 2018



The Norma Moore Award of Distinction was established in 2012 by the Regional Management Team of the Atlantic Bay Mountain Region 19 of Sweet Adelines International, to acknowledge significant accomplishments and/or outstanding service by members of the region.

The award was established in honor of and bears the name of Norma Moore, a long-time member of Region 19. Norma Moore has had an exemplary career in Sweet Adelines.

Do you know a deserving Sweet Adeline? Now is the time to submit nominations for 2018.

## Criteria for Nomination:

The Atlantic Bay Mountain Region is comprised of talented, enthusiastic women who bring many gifts to the region. In keeping true to the ideals of service and achievement of the award's namesake, Norma Moore, the following criteria have been established in order to be eligible for the award:

- The individual must be a current member of Region 19
- The individual must have been a member of Sweet Adelines, Intl. for at least 10 years
- Throughout her Sweet Adeline career, the individual has made significant accomplishments at the Regional and/or International level and/or provided outstanding service to Region 19 and/or the International organization.
- The individual has promoted the goals of Sweet Adelines, Intl. at every opportunity.
- The individual has fostered the growth and development of Sweet Adelines, Intl., the Atlantic Bay Mountain region and her own chorus.

To submit, go to: <https://www.region19sai.org/norma-moore-award-of-distinction.html>

**Deadline to submit is February 28, 2018**



## KEEP YOUR BEST VOICE

Here we are at the beginning of contest season! So exciting! Yes, but . . . this is also the season of huge amounts of stress, over-crowded schedules, and nerves. That often comes with lack of sleep, as well. The victim of all these shenanigans? Our voices. Often, our bodies take over and voila! We fall ill. For many of us, that translates to some sort of laryngitis or vocal difficulties.

How do we keep our voices healthy at this critical (or any) time of year? Here are some tips and suggestions for maintaining good vocal health.

1. Hydrate. Some sources say that you should drink enough water in the 24-hour period before singing that your urine is clear. Another source says that you should drink water at least half an hour before singing, and not wait until you begin singing to hydrate. Use a humidifier at home, particularly in the winter months to help keep your vocal folds moist. Use one of the portable ones in hotel rooms to combat the dryness that frequently appears in that environment.
2. Warm up your instrument before using it by bubbling all throughout your range. Gently, gently. Then go through your warm up routine from simple to more difficult. But do warm up before requiring your voice to do vocal gymnastics.
3. Sleep. Insufficient rest may show up in your voice—in less control over high or low notes, or difficulty maintaining mix through the passagio.
4. Practice good breathing. Good breathing techniques are at the foundation of healthy vocal production, and will help keep your voice in shape.
5. Exercise regularly. This keeps your muscles in tone and improves posture and breathing.
6. Rest your voice when you're sick. Illness puts a strain on your body, including your voice.
7. Avoid these. Drying agents: caffeine, antihistamines, alcohol, drugs, cigarettes, air pollutants. Also avoid carbonated beverages. A Singers' MD in the Chicago area told me that drinking carbonated beverages is the same as pouring acid over your vocal cords. Spicy and greasy foods ingested before singing (or before bed) may cause gastric reflux, which may result in stomach acid coming into contact with the vocal folds. Dairy products stimulate mucus production; it's best to avoid these for a couple hours before singing. Avoid mouthwash containing alcohol, as alcohol is a drying agent.
8. Speak, don't shout. Overuse of the voice should be avoided. Use a microphone in loud environments, be gentle with your voice in crowds, etc.
9. Avoid cradling the phone on your shoulder. Cradling a phone this way for an extended period may cause muscle tension in the neck.

The bottom line is this. If we practice excellent self-care, our voices will be the happy beneficiaries of that care. Following these guidelines will help to ensure that the voice you bring to rehearsal and to the contest stage is the best version of your voice possible. Happy singing!

### *References:*

[nidcd.nih.gov/health/taking-care-your-voice](http://nidcd.nih.gov/health/taking-care-your-voice)

[Singwise.com/cgi-bin/main.pl?section+articles&doc=CareForVoice](http://Singwise.com/cgi-bin/main.pl?section+articles&doc=CareForVoice)

[Besthealthmag.cz/best-you/prevention/dont-lose-it-8-ways-to-take-care-of-your-voice](http://Besthealthmag.cz/best-you/prevention/dont-lose-it-8-ways-to-take-care-of-your-voice)

[Chorusamerica.org/singers/natural-vocal-care](http://Chorusamerica.org/singers/natural-vocal-care) (information about herbal remedies)



(Photo by Kim Gunderman)

## Unable to attend Singer's School?

Here's what you missed...





# CHAPTER NEWS

## ARUNDELAIR



What a fantastic start to 2018! The Arundelair Director Search is over. We are so excited to announce that Jenny Harris, the bass of Lustre, and 2018 International Queen of Harmony has agreed to be our new director! In addition to her quartet experience, Jenny has a lot of experience giving PVLs, leading warmups and sectionals, and coaching quartets and small choruses.

Jenny is already busy reviewing our repertoire, searching for new and interesting music, making learning tapes and getting to know each chorus member. With renewed commitment, an energized, positive attitude and a desire to learn and improve, the Arundelairs are looking forward to many years of challenging, rewarding rehearsals, entertaining performances and lots of fun. Words cannot describe how excited we are. Welcome Jenny!!!!!!

*Submitted by Marge Puccinelli*

# CHAPTER NEWS

## GREATER HARRISBURG



Contest is right around the corner and we are excited to be your host chorus this year. Choruses and quartets from the region are hard at work to make this contest even better than before.

Vendors are lined up for a fabulous boutique, and the afterglow promises to be a fun time to socialize with our sisters in harmony. We can't wait to see you in April.

Be safe, Be healthy!

*Your sisters in Harmony, Greater Harrisburg Chorus*

## HARBOR CITY MUSIC COMPANY

### *Hanging Out With Royalty*

As a reluctant associate member, unable to travel any longer to Vegas or anywhere else, I watched Internationals spellbound as Harbor City's Lustre set the stage on fire with their Semi Final -- and then their record breaking Finals performance. It seemed the roof of the hotel would come off from the clapping and

## CHAPTER NEWS

yelling of the appreciative fans, and I at home was in tears jumping off my chair!

With what anticipation I waited, with what bated breath I watched as the numbers 10, 9, 8....were announced, until finally only 2 nervous quartets were left onstage. I could almost hear Lustre's hearts beating a tattoo of "Second! We made Second! Can't believe we came in Second!"

But time stopped for a few moments as they realized their name was not the one being called. ...and that meant only one unbelievable truth: That they weren't second but first! The new queens! The wearers of crowns! Sweet Adelines royalty!

As they cheered the actual "Seconds" and then graciously accepted their crowns (Crowns! Can you believe this? They're giving US the crowns!) my asthmatic voice

became hoarse, my arthritic knees dumped me into a chair, and my befuddled thoughts turned to trying to conceive what it would be like living with royalty. Would they still be my good buddies? Would they have time for congrats from a lowly Associate Member? Would my ailing back ever get me to the front of the queue lining up to wish them well? Would Lori Dreyer remember all the times she had to correct my choreo out in the hall and decide she didn't have to be nice anymore? Would Lori Crouter remember I had invited her to room with me her first Retreat before she became a big (and loud) star? Would Katie remember I could never attend any of her "other chorus" performances and forget how many times I complimented her on her perfect tenor and beautiful hairdos? Would Jenny recall only the times I had been off beat or off pitch and not the times I had commented on her great warmups and coaching? How would Royalty be with little ol' me?

Well, I don't know about Kate and Meghan, but I can assure you that Lori D didn't miss a beat bending way down so my arthritic shoulders didn't have to reach up at all for their hug (didn't lose her crown, either) and Lori C bear hugged me her same old fashioned way, and Jenny beamed her beaming smile just as if I were the royal one, and Kate was as gracious as her usual sparkling self.

So don't be wondering about living with Lustre of Royalty, dear Singing Sisters, it just isn't a problem. You'll find out yourselves if you're lucky enough to get on their coaching schedule. Hope many of you do get to know them up close and find out just how wonderful they are, my good ol' buddies from HCMC. They're the real thing.

*Judy Chernak, proud Associate Member of Harbor City Music Company Show Chorus*

## HEART OF MARYLAND

In our inaugural Barbershop Beat entry, we want to pay tribute and extend our sincere thanks to our "il-Lustre-ious" Queens of Harmony Kate Morrical, Lori Crouter, Lori Dreyer and Jenny Harris for their contributions to our musical growth and their encouragement to our chorus members individually as well as collectively. Over the years Lustre has been an integral part of many of the Hearts' activities, and we are very grateful beneficiaries of their musical acumen, generosity and friendship.

About nine years ago a new member of our chorus was at a regional event, eating breakfast alone and feeling



## CHAPTER NEWS

unsure about whether to remain a Sweet Adeline. Lustre invited her to join them for breakfast and discussed the challenges of being a quartet. The member was so impressed by Lustre's reaching out to her, a Regional member whom they did not know and were not attempting to recruit for their own chorus. "It was the first time that I felt a sense of belonging in SAI," said the member.

In 2009 Lustre was the featured quartet at the Heart of Maryland's annual show. They had just placed second in the regional competition, and we were thrilled that they agreed to perform at our show. (Do you remember hearing Lustre sing on Baltimore's country music radio station "I Want a Hippopotamus for Christmas"?)



On many occasions we have benefitted from Lustre's coaching and teaching prowess. Lori Dreyer has provided us with music and choreography coaching to prepare us for regional competitions, and Jenny has coached our quartet Sassafras on at least four occasions over the past several years. "Jenny is a natural teacher," according to Jan Huque, Sassafras' lead. "She is very talented and extremely kind, and she has good instincts about how we need to improve our sound and showmanship."



We were favored with a special performance by Lustre in 2016 at the retirement party of Heart of Maryland/Harbor City Music Company dual member Helen Weimerskirch. Helen's six-year-old great-niece Annalee watched Lustre and Harbor City perform at the International competition in 2017, and she was very taken by Lustre, according to Annalee's parents. She was disappointed to discover that Lustre didn't know her, so Helen arranged for Lustre to record a Happy Birthday greeting to Annalee for her upcoming birthday several weeks later. Annalee was so thrilled to know that Lustre now knew who she was!

It was very exciting to see our Queens in a leadership role at Singer's School. Their quartet workshops were informative and beneficial even for regional members who have no plans to join a quartet. Pictured below at Singer's School, left to right, are Kate, Daniella Livnat (lead), Lori C., Karen Collins (our director), Jenny, Rona Kronenberg (baritone and Daniella's daughter) and Lori D.

We're sending to Lustre our best wishes for many successful future performances and instructional opportunities that will certainly benefit our region and all of SAI.

*Submitted by Melea Greenfeld and Janice Huque*

# CHAPTER NEWS

## PRIDE OF BALTIMORE

(with thanks to Martha Reeves and the Vandellas)

*♪ Jimmy Arns, Jimmy!  
Oh Jimmy Arns, when are you coming back?  
Jimmy Arns, Jimmy!  
Oh Jimmy Arns, when are you coming back?  
Our chorus misses you,  
Queen Lynda feels the same way too.... ♪*

Well, Jim Arns DID come back! Jim led our January retreat with his usual brilliance!



We had such fun - especially our front row!





# CHAPTER NEWS

It was an exhilarating weekend!



As you know, Region 19, under the direction of Region 19 Education Coordinator and PoB member Sarah Nainan-Newhard, held its Singers School in January as well - a whole bunch of Pride members received the "Smarty Award" (with actual Smarties candy) from Lynda and Sarah for attending! Pictured below: front row, L-R: Sarah Nainan-Newhard, Marlene Cardin Teitel, Eileen Rosenberg, Adele Jones, Jan Morey, Jenn Newman, Kathy Mulgrew; back row, L-R: Cindy Rosen, Nancy Miktus, Sharyl Lim, Linda Olding, Lloyd Thomas, Marsha Zwicker, Courtney Bruno, Rachael Wooden, Cheryl Roberts, Cyd Wentsel, Nancy Farrar, Carol Ridge, Carolyn Wiles, Jane Brown



# CHAPTER NEWS

But WAIT - we had an action packed January! We had another BIG DAMNED DEAL as we welcomed in two more members with singing, flowers, and another poem from Courtney, our Poet Laureate! ( Pictured below, L-R, Jane Brown, her little sister- new member Kathy Mulgrew, Courtney Bruno, new member Jan Morey, and Marsha Zwicker, Jan's big sister)



But that's not all! Carolyn Hayes Weger and Amy Steele Donnelly were both expecting babies, and you know Pride's hospitality committee, headed by Emily Pinder, couldn't let that go without recognition!



Thanks goodness January is almost over - it was fun but exhausting! And I think we'll see our Jimmy Arns again....real soon!

*Submitted by Jane Brown*

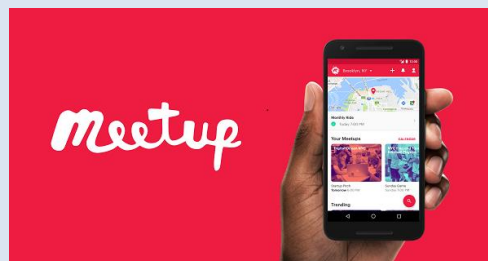


# CHAPTER NEWS

## SHENANDOAH VALLEY

Shenandoah Valley had a successful holiday season performing at churches and other venues. Our Christmas Chorus brought in seven ladies who stuck with us throughout the season as well as some who only came once or twice but now know who we are. Of the seven, five are in the process of becoming new members.

January rehearsals found us at a new location, Opequon Presbyterian Church. The church has been very welcoming and the sanctuary has amazing acoustics. For the past several months we have been focusing on growth and change within the chorus. With four new members last year and five perspectives this year, we have almost doubled our total membership.



MeetUp has been a good source for us to find new people and advertise our presence. Despite having to find enough costumes for this year's competition, we are delighted with our greater numbers. We are working hard on competition pieces and anticipate having Lori Jo Whitehaus visit us soon to provide her expert advice.

Our latest change is choosing a new name for ourselves. Once that is approved, we'll be singing under a new banner. With our growth in membership and focus on new beginnings, we are always in need of suggestions and advice from others. If you have any ideas, please share. See you in Hershey!

*Submitted by Gayle McGowan*

## UPPER CHESAPEAKE

### *Looking Back, Looking Forward*

2017 was an exciting year for The Upper Chesapeake Chorus. Last May, we held a successful tea in honor of mothers and motherly friends. Next, we had the thrill of singing "The Star Spangled Banner" for the Orioles and for the Ironbirds. We also sang at the Summer in the Park series.

We topped off 2017 by caroling at nursing homes and by singing in our Christmas show which featured songs from around the world. UCC looks forward to competition and to a spring show and spaghetti dinner on May 5.



## CHAPTER NEWS



## VOCAL HARMONIX

*Wait... WHO?!*

The Journey began in 1961 when some Lancaster area women decided that even though the Red Rose Chorus had a ladies' auxiliary, it would be even better if they could have our own barbershop chorus. With the help of members of the then Harrisburg Chapter, the Red Rose City Chorus was chartered as a chapter of Sweet Adelines, Inc. The chorus had many male directors until Grace (Ellis) Woodward stepped off the risers to lead the chorus for 10 years.

The Journey continued in 1994 when Lori Jo Whitehaus arrived on the scene. The struggling small chorus had stopped singing in public except for the annual fall show. The following spring we entered the Region 19 competition and placed last with a score of 366. Determined, the leadership worked with Lori Jo and developed a long range plan and vision that created growth for individual singers and the chorus as a whole. By 2001 the chorus was winning awards and the success felt great.



The Journey widened in 2006 when the chorus decided to go on tour and sing in Munich, Vienna, and Salzburg. Singing all over Lancaster County and beyond attracted more members and provided more

## CHAPTER NEWS

performance opportunities. A carefully planned coaching program along with a deep bench of musical leadership launched the chorus to even more awards and more travel. Finally achieving Most Improved Chorus in 2014, the chorus was ready to burst with excitement and the elusive 600 points became the new goal.

The Journey peaked in 2016 with more singing tours of the Bahamas, Disney, and then a trip to the UK. Singing in Edinburgh, Liverpool, Derbyshire, and London celebrated the year that the dream of making Lori Jo a Master Director finally came true. Ahhh! The joy of achieving all your goals is sweet!

A new journey began in 2017 when members felt restless and wanted more. Abundant performance

opportunities showed us that Red Rose (men) and Red Rose City (women) were synonymous in the community, but not to the singers. A downward spiral was being felt and the leadership realized that we had achieved our goals and forgot to set new ones. Veteran team coordinator Mary Sexton called for a new long range planning session and, with the help of the region, a vision was established. A new culture. A complete rebranding. New music. Maybe even a new name.

Red Rose City became Vocal Harmonix on Jan. 2, 2018 with a new look at what it means to be an acappella singer as a member of Sweet Adelines International. It's more than a name. It's a shift from enriching women's lives in the 20th century to empowering women in the 21st century. It comes with new dreams with a respect for wants and needs of women today. It will take us years to become all that we envision but as we all know – *it's all about the journey.*



*Submitted by Vocal Harmonix*



# QUARTET NEWS

## LUSTRE



*(Photo by Kim Gunderman)*

We'd like to take a minute to say "Thank You" to the Regional Management Team who put on such a fun party for us at Singer's School last month. We felt totally loved, and we love you right back!

In fact, Singer's School was just a whole lot of fun from Friday evening all the way through to Sunday afternoon. This photo captures the essence of our experience – we just shared so much laughter and joy with all of our Regional family. We loved every single minute!

Coming up in February we've got a couple things that take us outside the Sweet Adelines world into the wider a cappella community. On Feb 9-11, we'll be in New York at the SingStrong A Cappella Festival, (<http://newyork.singstrong.org>) serving as judges and coaches and performers. Greater Nassau Chorus (SAI Region 15) will be there too. It's not a long trip – why not come up and join us? There are shows on Friday, Saturday and Sunday, plus the whole thing is a charity benefit, so that makes it even better.

Then on Feb 24th, we are hosting the Mid-Atlantic Harmony Sweepstakes A Cappella Festival (<http://www.harmony-sweepstakes.com/dc/>). This will be held at the Birchmere in Alexandria, Va. We've heard so far that there's at least one barbershop quartet entering the contest this year. The show always features a wide range of a cappella groups, and is a fun way to spend a Saturday night! If New York doesn't work for you, maybe Alexandria will?

One last thing – we'd like to give a shout out to all the quartets in our region who are busy working toward the Regional Competition in April. If you haven't yet registered to compete, why not give it a go? We'd love to hear and see you sing, whether in the regular competition, in the Open Division or even for Evaluation Only. What have you got to lose?

Wishing all of you a wonderful February. Stay warm, and keep singing!

*In Harmony, Lustre (Kate, Lori, Lori and Jenny)*

# QUARTET NEWS

## SUM OF EACH

Competing as a quartet can be the most terrifying experience of your life. It can also be the most rewarding. But maybe quartetting with three other women isn't for you.

Have you considered mixed barbershop singing? The Europeans (who always seem to be a few steps ahead of us) have been doing it for years. The German barbershop organization, BinG! (Barbershop in Germany) was founded in 1991 and has always been a mixed organization: female, male and mixed quartets and choruses singing, competing and learning together.

Learn more about them, and watch some fantastic videos at [www.barbershop.de/en](http://www.barbershop.de/en).

The mixed phenomenon is slowly making its way into America. Sum of Each was thrilled to be part of the first mixed competition held here in the U.S., held by the Mid-Atlantic Division of BHS in Harrisburg (our own backyard!) in 2014. Since then, several other BHS divisional competitions have added a mixed quartet bracket to their contest weekend – along with a bracket for high school and college groups.

Last August, Sweet Adelines held its first mixed quartet contest at IES in Maryland. (Again with the backyard thing – are we lucky or what?)

If you'd like to see what a mixed contest is all about, come visit the Mid-Atlantic Division's prelims in Reading, Pa., on April 6-8. Not only will you hear local mixed and youth quartets, but all the division quartets hoping for a spot on the international stage. Great stuff! Learn more at [www.midatlanticdistrict.com](http://www.midatlanticdistrict.com).

If you ever want to ask a question about what mixed quartetting is like, we welcome them anytime. Visit [sumofeach.com](http://sumofeach.com) and drop us a line.



*Melissa, Jennifer, Don and Paul*

We welcome news, photos, and *all* quartet adventures.  
Send your submissions to [barbershopbeat@gmail.com](mailto:barbershopbeat@gmail.com)

# Jersey Sound Chorus is selling costume tops!

We have 50 bronze costume tops for sale in various sizes (see attached pictures). The tops range in size from 4 to 3X. They can be purchased either individually or for a group. The asking price is \$25 per top. This price is negotiable dependent on the amount of tops purchased.

*If interested please contact:*

**Anna Kitz:** 856-722-9798 (h) or

**Mary Stansky:** 609-714-1088 (h) / 609-969-8658 (c)





Harbor City Music Company Show  
Chorus

- ANNUAL -

**BULL**



**AND**

**OYSTER**  
*Roast*



**SATURDAY, FEBRUARY 10,  
2018 7:00 PM – 12:00 AM  
TICKETS = \$50.00/PERSON**

TICKET PRICE INCLUDES:

Oysters on the Half Shell  
Cherry Stone Clams  
Creamy Maryland Oyster Stew  
Top Round Beef on the Pit  
Breast of Turkey on the Pit  
Virginia Baked Ham on the Pit  
Italian Sausage, onions & peppers  
Fried Chicken  
Home-Style Beef BBQ

Fresh Ham and Gravy  
Hot Dogs and Chili  
Baked Beans  
Barrel Cured Sauerkraut  
Whipped Potatoes  
Fresh Steamed Green Beans  
Assorted Relishes  
Potato Salad  
Creamy Cole Slaw

**Beer on Tap and Wine**

Asst. Sodas, Coffee and Tea

In addition to the great food, drink, and super dance music, there'll be Wheels,  
Raffles, Door prizes, and MORE!!!!

Call Sueann at 410-963-4577 for tickets and/or information.

Cash Raffle sold in advance and at the event!!! Top winnings \$750.00, Second  
\$500.00, 3<sup>rd</sup> \$250.00!!

Need **NOT** be present to win!!

Michael's Eighth Avenue, 7220 Grayburn Drive, Glen Burnie, MD 21061  
[www.michaels8th.com](http://www.michaels8th.com)

**SAVE THE DATE!**

*Anything You Can Sing...*



**Featuring Red Rose Chorus & Vocal Harmonix**

**Sunday, May 6 • Buffet meal at 5 p.m., Show at 7 p.m.**

**Dutch Apple Dinner Theatre**

**510 Centerville Road, Lancaster, PA 17601**

*Tickets not yet on sale*



# WHB 2018

AUGUST 10-12, 2018  
HOLIDAY INN  
DULLES AIRPORT  
NORTHERN VIRGINIA



Featuring celebrity guests

Barbershop arranger & director

**Mo Field**



SAI 2008 Queen of Harmony

**Cori Albrect**



and performances by

**CLASS RING**

For more info, see our website  
[www.womensharmonybrigade.com](http://www.womensharmonybrigade.com)

Registration opens  
January 2, 2018





# QUEENS' COLLEGE

*Faculty Quartet*  
the Buzz



Space is limited! Reserve your spot today!

Sign up online at [www.coronetclub.org](http://www.coronetclub.org)



# The Magic of ENTERTAINING!

Featuring coaching with  
Diane Huber • Kerry Denino • Dale Syverson  
Peggy Gram • Joan Boutilier

with faculty co-chairs  
Betty Clipman • Karen Breidert

August 3 – 5, 2018  
The Westin Chicago North Shore  
Chicago, Illinois



 2018  
**The CORONET CLUB**

# HIGH VOLTAGE

## GET AMPED!

featuring  
**Famed Coronet Club Chorus**  
**Your Favorite Queen Quartets**

**St. Louis**  
**OCTOBER 19, 2018**  
**8:00 SHOWTIME**

*Special Guests:*

**AMBASSADORS OF HARMONY**  
*Four-Time BHS international Chorus Champions*

visit [CoronetClub.org](http://CoronetClub.org) for tickets!

Photo credit: Lorin May, BHS

visit [CoronetClub.org](http://CoronetClub.org) for tickets!

