

HeartBeat



*Sweet Adelines International's Region 14
Virginia, North Carolina, South Carolina, Georgia, and Tennessee*

Visit our Website

In this issue of the HeartBeat...

- Convention Updates
- Meet Your Membership Resource Staff
- Education News
- A Singer's Vocal Health: What's Normal, What's Not, and What to Do?
- New Certified Directors
- Dates To Remember



REGION 14 CONVENTION AND COMPETITION: On Track With Harmony!

In just five weeks, members of Region 14 will descend upon Concord, NC, to sing, ring, compete and cheer! After several years in Winston-Salem, we have a new location to explore and enjoy, and we are excited about having everyone under one roof. The Concord Convention Center should prove to be a fantastic venue for our performances on March 23 and 24. Twenty quartets and fourteen choruses have registered to compete.

In addition to the two contests and a Show of Champions on Saturday night, preparations are well underway for a Friday morning education class, Mass Sing, and Parade of Flags. A small army of regional volunteers is working tirelessly behind the scenes to cover every detail and ensure a great experience for everyone! Find all the details at <http://www.sairegion14.org/>.

Convention Assistants are still being sought. If your chorus hasn't yet sent in your volunteer list, there is still time to do so. And if you are a CAL member and can offer a bit of your time and energy to making the weekend run smoothly, this opportunity is for you too! Please e-mail your names to [Beverly Coe-Cotton](mailto:Beverly.Coe-Cotton) by February 28.

See you soon in Concord!

Leadership Excellence Award Nominations

It's time to nominate someone for the Heart of the Blue Ridge Region 14 Leadership Excellence Award! This is YOUR opportunity to recognize leaders who are working tirelessly in choruses and for the region week in and week out. You know these women: they are innovative visionaries, risk takers, contributors, and motivating forces! Each chorus is encouraged to submit its nomination to wurthmannm@aol.com by **February 23**. Nominations must be in writing, 200 words or less and signed by not less than two (2) members of the nominee's chorus and/or Regional Representatives.

MEMBERSHIP NEWS

Meet Your Membership Resource Staff



JAN GOLDBACH

Jan Goldbach is currently the Regional Membership Director for Region 14. She found Sweet Adelines in Fort Lauderdale, Florida by reading a newspaper advertisement. After hearing the Hollywood Stars of Harmony ring barbershop chords she said "I have to do this." A corporate transfer to Atlanta has given her the opportunity to sing with Song of Atlanta for the past eight years. She also enjoys singing and performing with *Happy Hour*, a Very Large Quartet of 12 friends.

In Song of Atlanta she chaired the Membership Committee, and was on the Board of Directors for four years with one year as President. For the Region 14 RMT, Jan was first an Associate Member and then Chair of Membership. Jan is passionate about the growth and retention of members at all levels in the organization.

JACKIE KAMINER

Jackie is currently serving as the region's Prospective Chapter Coordinator. She has been with Heart of Columbia for four years, where she has served as the chorus Marketing and Publicity Coordinator as well as the Team Coordinator. Jackie grew up in Lexington, SC, and enjoys bringing arts to the community she grew up in as well as using the knowledge of her community to help the chorus.



In the short time that she has been a Sweet Adeline, she has fallen in love with its purpose and goals. There are amazing opportunities in this organization and she hopes that as part of the Pilot program she is able to help choruses and individuals reach their highest potential.

Jackie currently works at Michelin North America at the Columbia facility where she is a chemical engineer by degree and works in the quality organization. Outside of music hobbies, Jackie enjoys attending church and going to the gym. She loves living in Columbia where she is close to her family. She is blessed to still have her 95 year old grandmother with her, and enjoys spending time with her. Jackie is married to her wonderful husband, Joe.



KATHY RECTOR

Kathy is our Chartered Chapter Liaison. After job related moves a number of times, Kathy and her husband settled in Richmond, VA in 1978. Kathy joined Greater Richmond Chorus in 1979 and has been in the same chorus singing baritone ever since. She has served in every chorus chair and office over the years, been a member of 9 quartets, and served on the Regional BOD and Education Committee in 1997/98. Her husband, two children, and two grandchildren have supported her hobby habit with a smile for a long time.

JULIA OLSEN

Julia is the Revitalization Specialist for Region 14. Julia is a happy dual member with Skyline Harmony Chorus and Greater Richmond Chorus. She lives with her two cats in Virginia and is looking forward to retirement the end of 2018 so she can spend more time working on barbershop and stained glass. Julia previously served as the Membership Chair for the Region 14 RMT.



CATHY ROTHEY

Cathy Rothey is the Alternate Membership (CAL) Liaison. Cathy joined SAI in 1971 as a charter member of Harmony Hills Chorus in Birmingham, AL. She's been a member of seven choruses, three as director, and has sung with a number of quartets, winning blue ribbons in 1999 (14 Karat) and 2008 (Easy Street). She served on the Region 14 Music Faculty for many years and as CAL Liaison since November 2014.

CAROLYN YOUNG

Carolyn Young has been a Sweet Adeline since 2001 and currently sings with Song of Atlanta, her third SA chorus. She has both participated on and led the Membership Team in two large choruses through periods of high growth and is happy to be able to share her thoughts to help Regional choruses develop successful Membership Teams.



Membership: Growth, Retention, Expansion
Carolyn Young

Hello, Region 14 and welcome to 2018!

My name is Carolyn Young and I am a member of the Membership Resource Staff (MRS). I have been a Sweet Adeline since 2001 and have sung in three choruses in three regions – yes, we do get around a bit! My mandate is Membership Growth, Retention and Expansion.

The MRS has been working to improve chorus growth and retention. Late last year, we uploaded the Membership Toolbox to the Regional website. You can find it in the Members Only section under the new Membership tab. Have you checked it out? Everyone is welcome to take a look, not just chorus Membership team members. We hope the templates and recommendations in the Toolbox will assist with chorus administration and retention, making the job of managing our choruses more streamlined. Please take a look and if you

have ideas or suggestions that we could include and implement, please let me know! Your input is always appreciated!

There are two exciting things coming up for choruses in the next few months: Sweet Adeline of the Year recognition and Membership Growth Incentive awards. Sweet Adeline of the Year recognition will take place at the Fall Music School. All choruses have special members who contribute "above-and-beyond," and we want to take this opportunity to recognize each chorus's outstanding member. Please look for an email from me reminding each chorus to nominate/elect your Sweet Adeline of the Year. The deadline for Sweet Adeline of the Year is June 1. You don't want to miss this opportunity!

Membership Growth Incentives are your region's way to reward choruses for membership growth. There are three opportunities for all choruses:

- A 50% discount on Regional dues for each new-to-SA member gained through a Global Open House, to be rebated to the chorus.
- A fully-funded regional coaching session for every chorus that participates in Global Open House and experiences at least 25% membership growth during the fiscal year.
- A \$1000 prize for the chorus that adds the most new members in the fiscal year.

Some reminders:

- A "new-to-SA" member cannot be a returning/dual/transferring member; they must be brand new SA members.
- "Global Open House" means ANY open house or guest night your chorus holds; if you hold more than one during the fiscal year, ALL new members gained who first attended your open house count!
- "Fiscal year" is SA's fiscal year, May 1 – April 30.

Deadline for Membership Growth Incentive awards submissions is June 1.

Please forward your Global Open House flyers/announcements to me at the email shown below.

Each chorus will receive a spreadsheet by the end of March to assist with calculating your new members. Don't miss your chance to benefit from this regional program – your dues dollars at work! Please feel free to reach out to me with any questions. Cheers!

Carolyn Young
youngetal@gmail.com
630-639-7709

EDUCATION NEWS

Triple Track Toss-Up (aka T3!)

Peggy Jones

Region 14!

What's your favorite part of a weekend workshop?

Was your answer SINGING? Of course it was!

You want it,

We've got it.

Come SING!

Save this date!

June 1-3, 2018 at the Hilton Durham, in Durham, NC.

Our "Triple Track Toss-Up" Weekend (T3! for short) will be something you don't want to miss! Three separate tracks, classes by Karen Breidert, singing all over the hotel ALL weekend long, and many, many more surprises! The region will be talking about this weekend for many years to come!

Would you like to learn three new songs and sing them all weekend long, in different combinations, with friends, both new and old? Would you like to perform those three songs

in a HUGE chorus on Saturday night?

Would you like to gain a better understanding of music theory? Are you interested in arranging? Would you like to attend classes and observe coaching and SING? If so, join **Karen Breidert**, International Quartet Champion and SA International Master Faculty, **Jen Cooke**, International Board Member and YWIH expert, and **Clay Hine**, extraordinary barbershop harmony arranger!

Would you like to be part of a YWIH chorus and perform for a large audience on a Saturday night show?

If you said yes to any of the above, make sure to save the June 1-3 weekend, and COME SING!

More details to come soon!

Fall Music School Update

Fall Music School dates have changed! If you previously marked your calendar for September, now's the time to cross that out. And, it's a good time to block out **November 9-11**, because those are the new Fall Music School dates. Plan now to join us in Winston-Salem as we celebrate barbershop with Erin Howden, director of our current international champions, North Metro Chorus!



Your Education Team has been hard at work planning regional events to help every chorus, quartet, and individual singer excel in the journey to musical excellence.

Thanks Team!

A Singer's Vocal Health: What's Normal, What's Not, and What to Do?

Jamy Claire Archer, M.S., CCC-SLP, LSLC-Cert. AVT
Director, Heart of Columbia Chorus

In a world of *the Voice*, *American Idol*, eclectic musical genres, and other musical exposure, we have a LOT of examples of vocal use...or sometimes misuse or even vocal abuse. As singers, we are very attuned to our voices and as Sweet Adelines we have the education and resources to hone our vocal talents. We know how our voice feels, sounds, resonates, ranges, blends, and balances...but do we understand it? And more importantly, do we know what to do if it doesn't respond as we expect?

As we enter contest season, we are using our voices more strenuously in preparation to share our very best at the culmination of our Sweet Adelines year. Typically, that means, we come back after a break, where, be honest, you didn't practice your music, let alone your vocal skills...does anyone really practice those vocal warm-up exercise?? The answer

should be YES!! In my professional treatment of voice disorders, for non-singers, the first thing I give them is resonance exercise (lip-trilling, /m/, /n/, /v/-focused tasks, the straw-waterbottle technique, the Styrofoam cup technique). As singers, we use these warm-ups weekly in rehearsal, but often neglect them in our personal practice...warming up your voice is the first step to keeping it healthy.

But what do we do when we feel like something is wrong? First, we need to determine if the feeling is potentially normal (e.g., fatigue at the end of the day, deeper voice in the morning, vocal fatigue after sustained use) or abnormal. Examples of abnormal or potentially dangerous vocal symptoms include frequent hoarseness or breathiness, "laryngitis" that lasts two weeks or more, inability to control pitch, pain or burning in the throat or larynx. If any of these symptoms exist, you should seek medical attention from your primary care physician. They can diagnose any medical problem contributing to your voice concern and/or refer you to an ENT physician (Ear Nose and Throat Specialist, also known as an otolaryngologist). From there, if it's necessary based on your symptoms and diagnostic testing, the ENT may refer you to an SLP (Speech-Language Pathologist) specializing in voice disorders.

The professionals will devise the best treatment plan for your individual diagnosis and symptoms. Voice concerns are multi-faceted requiring a comprehensive treatment plan that may include a combination of lifestyle and medical modifications such as diet changes (for those with acid reflux), increased hydration, vocal rest, medications, and therapy. Here's the good news...YOU can control some of this! By using the healthy warm-up strategies, implementing much of the vocal skills education your directors and music teams work so hard to bring you, and staying hydrated with WATER! I know, us southern belles like our sweet tea, but if we southern belles want to keep our chords ringing, we'll match every glass of sweet tea (or other caffeinated or carbonated beverage) with a glass of water.

One of the beauties of Sweet Adelines is that it is a cross-generational organization; our hobby is one for a lifetime and we need our voices to share our music. Your voice is your instrument; only YOU can keep it healthy, so we can keep sharing our passion, our joy and our love by entertaining those barbershop-hungry audiences!

Region 14 New Certified Directors Sherry Sprague, DCP Coordinator for Region 14

Region 14 has been very successful at getting our chorus directors certified through the Director Certification Program that is offered through SAI. This year two frontline directors and one assistant director have completed the DCP!

Sweet Georgia Sound Chorus has a newly Certified Director, **Wanda Burquest**. Watch for Wanda as she directs "Thank You Dear Lord for Music" at this year's Mass Sing!



Bethany O'Grady presenting Wanda with her Certified Director Certificate

Charlotte A Cappella Show Chorus also has a new director who has completed her DCP

program. **Debbie Landers**, of Speed of Sound and well known to all of Region 14, has earned her Certified Director Certificate. Debbie will be directing "Let's Start Tomorrow Tonight" at this year's Mass Sing!



Sherry Sprague surprising Debbie with her Certificate

Vocal Matrix Assistant Director, **Kim Brown**, has also completed her DCP program. Kim assists with the many musical needs of VMX and she is known in Region 14 as the bass in Taboo.



Nancy Field presenting Kim with her DCP Certificate

Congratulations ladies for a job well done! You have worked hard to complete this program and I know all of Region 14 is proud of each of you and those who have completed the program before you.

The DCP program builds leaders in our organization. *Anyone* can enroll in the DCP and learn more about our wonderful art form of barbershop! If you have questions about the DCP program, please contact International or email Sherry Sprague, DCP Coordinator at classicnotes.sprague73@gmail.com. I'd be happy to help you out!



Susan Kelly, a member of Vocal Matrix Chorus, made this awesome cake in celebration of this year's international!



Mark Your Calendars!

March 22-25 - Region 14 Contest <http://www.sairegion14.org/events/competition.html>

June 1-3 - R14 Triple Track Toss-Up (akaT3!) - Durham, NC

October 15-21 - International

Competition <https://sweetadelines.com/competitionconvention/internationalcompetition/>

November 9-11 - R14 Fall Music School - Winston-Salem area

Share your news with Region 14! Send articles to newsletter@sairegion14.org.
Deadline for next issue is **May 4, 2018**

STAY CONNECTED

