



Take Five

Official Newsletter of Midwest Gateway Region 5
Sweet Adelines International – October 2004

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Look Out, *Indianapolis* 2004 *Here Comes Region 5!*



Main Attraction Quartet
Kathy, Martha, Gena, JoEllyn

River Blenders Chorus
Diane Huber, Director



St. Louis Harmony Chorus
Sandi Wright, Director

You Go, Girls!

Euphoric excitement. Grueling rehearsals. Intense coaching. Endless details. These things are all common denominators for choruses and quartets preparing for International competition. While we all work hard for our regional contest each spring, there's something inherently different when you're headed for the International stage. Maybe because you aren't guaranteed a spot there every year. Maybe because the stakes are higher; a goal that many strive for and few achieve. Whatever the reason, there's magic in the air. The magic seems to be pervading the entire region this year, with not just one but TWO choruses and a quartet competing. Curious about how things were going, I asked our competitors for some of their thoughts on this process.

River Blenders Director Diane Huber commented, "The River Blenders are working hard and laughing and having more fun than ever! Most of us thrive on this kind of preparation. The learning curve is pretty incredible now. It's definitely proof that we take as long as we have to be ready for just about anything!"

Sandi Wright, St. Louis Harmony director, said, "As a director I think we put the same attention to detail into competition no matter what the level (international or regional). Our chorus simply loves the game, and we also know that win or not, we're going to be together and singing for a very long time."

Sandi also noted that, "I love the excitement of competing at the international level. It does come with challenges though." Those challenges include the expenses involved for both individuals and chorus and the size of the chorus. As Sandi pointed out, "At the regional level, St.

Louis Harmony Chorus is one of the largest choruses. At the international level, we are among the smallest. We are simply outnumbered. We have to be clever in other ways -- choreographically, through our costume, and in our music selection." Another goal is to simply try to "prepare the chorus for anything that can happen."

As they complete their preparations, Sandi says, "So as the 73 competing members of the St. Louis Harmony Chorus prepare to represent Region #5 in Indianapolis, we are working at a top ten level. No matter how we rationalize it, 23rd in the world (our placement in Portland) is not going to be acceptable anymore. Our goal is to move up -- way up! As we say at our rehearsals, "Bring it on!""

Diane summed it up with: "There is so much information flying at everyone right now that it's nearly impossible to absorb it all. Costume checks, checks for tickets, checks for busses, checks for shoes, checks for bike shorts, checks for dinner - it goes on and on but we seem to be handling it with a smile. The singing is better than ever and that's always our goal. Thanks for your loving support, region 5."

No article would be complete without a quote from Main Attraction. I'm sure the other competitors can echo their sentiment: "We'll be anticipating that boost of energy and confidence all of your cheers give us when we walk on stage. You all are the greatest. We hope to do you proud."

You go, girls! Region 5 wishes you the very best. Break a lip!



International Education Symposium July 20-23, 2005 Furman University Greenville, South Carolina

CONGRATULATIONS to Barbara Davidson of the Heart of Illinois Chorus! She won the drawing for a **2005 IES registration** at Region 5's educational workshop with Carole Kirkpatrick in August!
Plan NOW to attend this fantastic education opportunity!

Just A Little Further Down The Road...

...is Region 5's 2005 Music School. You definitely do NOT want to miss this one – the faculty is Region 5's very own River Blenders Director and International President DIANE HUBER!

Believe it or not, Diane has already been planning for this not-to-be-missed event. She even sent a preview:

I'm so excited to have been invited by Region 5 to teach next August. I definitely joined for the singing and singing we will do. We'll begin with physical and vocal warm-ups that will not only awaken your bodies and voices but will set the tone for the day. FUN! FUN! FUN! We're going to sing throughout each class and perform for one another. After all, that's why we joined the largest women's singing organization in the world, right? Make your plans now to participate on August 6, 2005. I'm looking forward to singing with all of you.

Diane

Ok, did you get that date? It's **AUGUST 6, 2005**. *BE THERE!*

In Loving Memory

Region 5 is saddened by the loss of former Regent Kay Fisher.
Kay passed away on September 21.
We extend our sympathy to her family and friends. She will be missed.

Regional Shows

- October 23.....Metro Mix Chorus Show,
Prairie High School, Cedar Rapids, IA
- October 23-24.Champaign-Urbana Chorus Show
St. Thomas More High School, Champaign, IL
- November 6.....Heart of Illinois Chorus Show
Illinois Central College Performing Arts Center
East Peoria, IL
- November 6.....Heart of Missouri Chorus Show
Historical Missouri Theatre, Columbia, MO
- November 13.....Heart of Iowa Chorus Show
Martha Ellen Tye Theater, Marshalltown, IA

Contact Karen Greer, R5 Team Coordinator, to clear a show date. Chapter date clearance form and ASCAP/BMI forms can be found on R5's website. More info regarding shows can be found on the Region 5 website: www.sairegion5.org.

Take Five Deadlines

- Dec. 1, 04 • Feb. 1, 05 • May 1, 05
- Aug 1, 05 • Nov 1, 05

We're on the web at:
www.sairegion5.org

Sweet Adelines International website:
www.sweetadelineintl.org.

Email articles and photos to Tracey Wobig at chocl8luvr@hotmail.com. (Please put "Take Five" in the subject line.) Address mail to 2505 Greenbriar Dr., Springfield, IL 62704

Calendar of Events

2004

Oct. 26-30 Int'l Convention/Competition, Indianapolis

2005

- Jan. 14-15.....RMT Mtg., Location TBA
- Mar. 17-20 R5 Conv./Competition, Springfield, IL
- May 13-14.....RMT Mtg., Location TBA
- July 3-10 SPEBSQSA Convention, Salt Lake City
- Aug. 6 R5 Music School with Diane Huber
director of River Blenders & Int'l President
- Aug. 19-20.....RMT Mtg., Location TBA
- Oct. 4-8 Int'l Conv./Competition, New Orleans
(SAI 60th Anniversary)
- Oct 21-22 RMT Mtg., Location TBA

Looking far ahead:

- Jan. 20-21, 2006.....RMT Mtg., Location TBA
- Jan. 29-Feb. 5, 2006.....Cruise in A-Chord
- April 6-9, 2006 ... R5 Conv./Competition, Springfield, IL
- Aug. 12, 2006 R5 Music School with Betty Clipman
- Oct. 10-14, 2006 Int'l Conv./Competition, Las Vegas
- Mar. 29-Apr. 1, 2007 R5 Conv/Comp., Location TBD
- Aug. 11, 2007 R5 Music School with Dale Syverson
- Oct. 9-13, 2007 Int'l Conv./Comp., Calgary, Canada
- Mar. 27-30, 2008 R5 Conv./Comp., Location TBD
- August.....R5 Music School with "The Buzz" Quartet
- Nov. 4-8, 2008 Int'l Conv./Competition, Honolulu
- Mar. 26-29, 2009 R5 Conv./Comp., Location TBD
- August.....R5 Music School with Lori Lyford
- Mar. 18-21, 2010 R5 Conv./Comp., Location TBD



Notes from our Regional Management Team

Team Coordinator

Karen Greer – River Blenders Chorus

Hello Region 5,

Did you think the southeast coast was the only place experiencing hurricanes? I've got big news for you, they are right here in Region 5. Why, your Regional Management Team is spinning with ideas on how to bring you the very best in music education.

I want to thank everyone who made the August school with Carole Kirkpatrick a success and thank those who attended. It was wonderful to hear a new perspective on a variety of topics from a past president, an international faculty person, a director, and a judge all rolled into one.

Yes, the winds are beginning to kick up in Region 5 with work on a quartet school, mini schools being planned, a big opportunity for coaching at next summer's music school, membership growth and of course the upcoming regional competition. It's enough to make your head spin.

Wishing our representatives to Indy the very best.

Chapter Coordinator

Jolene Kubli – Heart of Iowa Chorus

Pictures, Patience, and Purpose

What on earth do these things have in common? See how patience fits in the "picture". If you have a picture of your current team leader and your REC (Regional Education Cheerleader) please send it my way. Everyone is so busy; we're having trouble getting the pictures compiled. I need them by January 15 so I can have something ready by regional competition weekend! Send photos to Jolene Kubli, 1704 250th St. Melbourne, IA 50162, or send digital pics to dirsngtchr@aol.com (Please use subject: Region 5 pics)

My, this is a busy season for our choruses! Many are working on shows, others preparing for International competition and LIFE still goes on.

As we are all in the "middle" or the "muddle" of the work for our Sweet Adeline choruses, please remember to thank your chair people for all of their hard work. Also, how many of you have said thank you to your Team Leader or President lately. You don't realize how much they do behind the scenes along with the leadership of your team or board to provide you the time to come in and sing some of the most awesome music around!

My job as Chapter Coordinator for the region is to help your chorus leaders work out questions that come up. Well, we must have really awesome leaders in Region 5, because I can't get them to send me any questions! Maybe you as a chorus member have some things you don't understand about chorus leadership. Please feel free to ask me via the e-mail or snail mail. I'm here to serve you!

Directors Coordinator

Roseann Haven – Sound Celebration Chorus

Greetings Region 5. I was glad to see so many of you at our music school in August with Carole Kirkpatrick. The RMT is always striving to present you with interesting educational opportunities. The directors were able to grab some lunch with Carole and have some time to talk. We know how important director education is for the success of every chorus and the international organization. Please remember to value your director and the gift she chooses to share with you each week at rehearsal. Encourage her to attend the music school in the region, the international contest and IES. To invest in your success you can invest in sending your director to at least one educational event a year. If this is not included in your chorus budget, please ask your team or board to consider adding funding next year.

Last, but certainly not least, anyone with an interest in serving on the RMT should apply. Many of you have so much to offer. Your region needs your time and talents. Go to the Region 5 website to find applications.

Marketing/Membership Coordinator

Cara Artman – River Blenders Chorus

“Gateway Growth”

Okay, we have completed one month of the “Gateway Growth Membership Campaign.” Every Membership Coordinator and Communications Coordinator was sent e-mails asking for their current membership status and efforts to recruit new members. I want to thank Metro Mix, Sound Celebration, and Heart of Iowa choruses for responding and being the only choruses fully participating so far. This is going to be a monthly e-mail; I would encourage everyone to remind your chorus leaders to participate in future months to qualify for cash prizes.

On the Region 5 web site are membership retention materials both for sale and for free. Thanks to Laurel Meyer, fellow Marketing/Membership Coordinator, for allowing us to use her materials. Twilla Duvall, our Communications Technology Coordinator has been diligent in posting materials on our site, including a complete description of the campaign.

A reminder: the campaign runs from August 1, 2004 till July 31, 2005. If anyone has any questions, wants to share ideas or needs assistance feel free to contact me at anytime: Cara Artman, 314-494-6126, artmanca@slu.edu

Mt. Vernon Chorus

Region 5 has a new chorus in the baby stages in Mt. Vernon, IL. Rose Straeter from the River Blenders Chorus has taken on the task of starting a new chorus. Their first meeting was September 21 at the First United Methodist Church in Mt. Vernon. She had 7 people come and 5 people who were interested and couldn't make it the first night but want to come on future

nights. Members of the River Blenders and Sound Celebration Choruses were there to welcome future Sweet Adelines as were Karen Greer, Region 5 Team Coordinator; Diane Huber, Sweet Adeline International President and River Blenders Master Director; Roseann Haven, Region 5 Directors Coordinator and Sound Celebration Director; and myself, Cara Artman, Region 5 Marketing/Membership Coordinator.

We have high hopes for this potential chorus. Their rehearsals will be Thursday nights at 7 p.m. at the First United Methodist Church, 1133 Main Mount Vernon, IL. I encourage every member to visit this chorus and wish them the best of luck!

Membership Growth Tip: Encourage every chorus member on the idea that chorus growth is vital, she must decide that she wants her chorus to grow.

****Remember, for every 1% gain or loss in membership, Sweet Adeline International dues revenue increases or decreases by approximately \$20,000!**

Membership Retention Tip: People will feel more compelled to stay if they have a responsibility. When a new member joins, assign her a task (it should probably be a small, self-explanatory one) so she will feel wanted and will make time for chorus rehearsal.

Marketing Tip: The Internet is a great resource for selling your chorus. You can find information about submitting chorus information to on-line calendars, media web sites, and organizational web sites, just to name a few. Make Google.com your new best friend.

Communications Technology Coordinator

Twilla Duvall – Heart of Missouri Chorus

Resume from the October 8 & 9, 2004 Regional Management Team Meeting

The RMT is excited about the potential chapter in the Mt. Vernon, Illinois area. An interest meeting was held in September. The group is registering with International for prospective chorus status.

Work is being done on a members only section on the website. This private section will contain the membership database and other information or Region 5 members only.

The Regional Management Team is considering a Director Mentor Program. More information will be forthcoming as this program is developed.

The RMT is researching the feasibility of hosting traveling music schools during June 2006. This is an effort to provide education for members in an area closer to home. As details are finished, more information will be published.

Region 5's Management Team will be mailing a survey at each member in the near future. Your input is important to the growth and direction of Region 5 and the RMT would appreciate your participation by completing the survey.

With the assistance of YWIH Coordinator, Lora Wright, the RMT is investing the possibly hosting a YWIH Festival. Like International, the RMT believes touching the lives of young women is essential to our organization.

Much information has been posted on Region 5's website pertaining to the Gateway Growth Campaign. Make sure to click on the "Resource" link for wealth of information and tools to assist chapters in membership growth and promotion.

Welcome New Members

Sandra Bishop	Heart of Iowa
Valerie Wilson	Heart of Iowa
Karen Taylor	Heart of Missouri
Alice Lamar	St. Louis Harmony
Carole Merckel	St. Louis Harmony
Debbie Rimmel	St. Louis Harmony

Region 5 Membership Numbers

As of July 31, 2004

Champaign-Urbana	36
Chapter-at-Large	45
City Voices	50
Danville	24
Heart of Illinois	90
Heart of Iowa	28
Heart of Missouri	26
Metro Mix	72
Port City Pearl	18
Quad City	19
River Blenders	118
Sound Celebration	35
St. Louis Harmony	82
Vermillion Valley	68
Total	711

Previous July 2003 total was 709

Young Women in Harmony Coordinator

Lora Wright – Quad City Chorus

You Can Hold a YWIH Workshop!

Is your chorus interested in spreading the love of four-part harmony to your community? If you have a few volunteers, it's easy and fun!! The key is to have great promotion and fun, energetic volunteers to organize the event. These are essential to a successful program. If you have one and not the other, it doesn't work well.

YWIH article, continued

Promotion: You have to find a way to spread the word about your event. The best way is personal contact. Have your YWIH team contact schools near them. Find out who their musical leaders are and take them a YWIH flyer that can be left with them and copied for interested girls. Inform them of your upcoming workshop and invite their classes to attend. Have pictures of your chorus, a YWIH quartet (with parental permission) or past YWIH events in your flyer. Show the YWIH video from International to the director and ask if she/he wants to show it in class. Of course local newspapers, TV and radio can be used as well.

Volunteers: Pick a team that's energetic, fun and likes being around kids. Pick a team of strong musical leaders that will be confident in taking a sectional rehearsal and teaching a song. Have a backup person on the ready in case of emergency. Pick songs that aren't too difficult and that are fun and recognizable for the girls. Pick an idea person, an organizer, a social personality. The blend that will cover the most bases will have the most success. You need a mix of great ideas, ability to produce a good musical product and most of all an atmosphere of fun for the girls and volunteers. Don't forget to thank your volunteers along the path.

A sample one day event: Select a song and maybe two short tags.

8:30 AM Sign in. Mix and mingle. Do voice placement. Make name tags that are fun and creative.

9:00 Put the girls on the risers in sections. Do fun vocal and physical warm-ups.

9:30 Teach a short tag. Let the girls get the feel for singing four part harmony. Put one or two section leaders on the risers behind the girls to help to get them singing.

10:15 Discuss correct posture and breathing.

10:30 Take a break. When you come back, go into different rooms for sectional rehearsal.

11:00 Sectional rehearsal on the song and the second tag.

11:45 Come back to the risers and put the song and two tags together and sing them just one time.

12:00 Break for sack lunches prepared by the chorus members or pizza ordered in.

12:30 Work on putting the song together, adding dynamics and a vocal plan.

1:30 Add some simple choreography and rehearse the plan.

2:30 Break and have fun scarves, jewels or put together a quick and easy costume idea.

3:00 Run through on the risers with costumes, choreography and vocal plan.

3:30 Invite friends and family members to "the show". Have the girls sing, then have your chorus sing.

4:00 Cookies, punch and social time provided by the chorus who will mix and mingle with the families and discuss how wonderful the day's events were.

It's that simple. You can do this! Email me if you have questions. I'll do what I can.

P.S. If your chorus hasn't yet sent me your YWIH contact information, I'll be in touch!

Here's Who to Watch for in Indy

Straight from SAI's website so you'll be all ready when you arrive at the Competition. Here is the order of Region 5's performers and their approximate times onstage:

In the Quartet Contest on Wed., Oct. 27

Smile - #26 - 3:18

Main Attraction - #37 - 6:30

In the Chorus Contest on Thu., Oct. 28

River Blenders - #29 - 6:03

St. Louis Harmony - #32 - 6:42

From Your Convention Chair



With the ink hardly dry on last year’s score sheets, your 2005 Regional Convention Steering Committee (RCSC) is off and running.

You will see some new faces and some familiar ones on the committee, and we hope that we can do everything possible to make your convention weekend stress free (if that’s possible)!

*Along with the Regional Management Team (RMT) our main focus of this year’s convention will be “**communication.**” The RCSC is going to implement the following “communication” tools in the hope that everyone will be kept informed of all convention/competition activities:*

- All bulletins, memos, etc. will be posted on the Regional website. The website is a valuable tool to use to be kept apprised of what is happening around the region. The website address is: <http://www.sairegion5.org>.*
- Convention bulletins will be published in October, December and February. The bulletins will be provided to your director, team leader/president and your regional cheerleader coordinator.*

Your RCSC members are as follows:

- Barb Purdum (River Blenders).....Competition Coordinator*
- Joan Roberts (Metro Mix).....Chair, Regional Convention*
- Ruth Pancoast (Danville).....Events Coordinator*
- Kerry White (Heart of Missouri)Education Coordinator*
- Bev Dupont (River Blenders).....Communications/Boutique*
- Marge Zimmerman (Vermillion Valley)Housing/Registrations*
- Janet Clark/Sue Schellenberg (Metro Mix) ...Chapter Assistance Coordinators*
- Helen Ryan (CAL).....Official Panel Liaison*

Please don’t hesitate to contact any of the above committee members if you have any concerns. Their email addresses/phone numbers can be found on the regional website. We look forward to seeing you in March.

-Ralph Nichols-

The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them.

Joan Roberts, Chair, Regional Convention

Dear Vocal Coach...

Q: My director keeps saying that posture, breathing and singing all go together. Isn't breathing just a natural event? Why do I need to learn about it at all?

A: Humans typically breathe with no particular or conscious effort. We inhale when the brain says the body needs oxygen. Our body works automatically and needs no conscious controls. When we are born our breathing is naturally correct, babies can breathe, yell and scream with optimum effect because they use their lungs without conscious thought. As we grow older, some people become lazy in their habits only using the upper part of the lungs, taking a shallow breath instead of a normal one. We also become victims of gravity, long days, poor role models and often poor eating and exercise. We tend to buy clothing smaller than we actually are, forcing us to hold in our abdominal wall (tummy) and seriously limit the breathing process. The result: Our posture and our breathing – and our singing and speaking – become unnatural, and suffer.

So why all the furor? Because breathing for singing is another matter. Conscious control diminishes the spontaneity with which we breathe, but it must be learned. Most of the requirements for singing air do not apply to air used for day-to-day living. There is no particular need for an ordinary person to have a "long" breath; we simply breathe again if the air runs out. There is no particular need for an ordinary person to time the inhalation; we simply breathe when it is time to talk.

The singer is required inhale when the music dictates, thus creating a need for differing amounts of air. In order to inhale in the most efficient manner (sometimes in a very small period of time), the abdominals need to be trained to relax quickly so the diaphragm will descend as swiftly and as low as possible.

The following exercise may make you feel tired at first, do keep at it as you will begin to notice that

it takes less effort to breath, less energy is used when breathing plus it helps you learn to coordinate the diaphragm and abdominal muscles when breathing.

To find out if you are breathing correctly, place a hand on your belly button. This area should expand first when you breathe in and then spread upwards until your chest is expanded (don't lift the shoulders or push the stomach out). If you feel you are not breathing properly, practice the following exercise.

- Lay flat on your back
- Place your hands on your waist, fingers pointing towards your belly button.
- Focus on filling up your stomach from the bottom to the top taking a slow deep breath. (The aim is not to fill yourself to bursting but to inhale enough air so that you can feel the difference between a shallow breath taken when breathing from the chest).
- You should feel your stomach rise and your hands being raised gently up and outward until you feel your chest expanding. The expansion is not only at the front of the body but also to the sides and back as well.
- Breath out slowly to a count of 5
- Repeat the exercise 10 times
- Practice daily before you rise in the morning and prior to sleeping at night for 5 - 10 minutes gradually increasing this to 3 or 4 times a day.
- Once you get it right, practice as often as possible, sitting, standing and while at work until you are breathing naturally from your abdomen.

Try the following exercise to help increase breath control - Count on one breath singing each number out loud, using one breath at any comfortable pitch. Start with a small number like 5 or 10 and increase this gradually until you can manage 25 or without straining, tensing or running out of breath.

Around the Region...

EASY LIS'NIN' Quartet

(City Voices – by Joan Hedgcock)

EASY LIS'NIN', as members of **City Voices**, were fortunate to compete with our chorus this summer at IES in South Carolina. **EASY LIS'NIN'** enrolled in the Quartet Track, and enjoyed learning from our coaches, Ann Gooch and Gail Jencik. We were overwhelmed with the accommodations and beauty of the campus of Furman University. We had a great time and recommend IES for everyone.

EASY LIS'NIN' performs in the Illinois/Missouri Metropolitan Area, including some church services, and in performance with **City Voices**. Additionally, **EASY LIS'NIN'** is the Section Leader Quartet. As such, we are busy learning new music and making learning tapes for **City Voices** in preparation for our Show in February, and Regional Competition in March.

We are: Karen Clymer, tenor; Barbara Anderson, lead; Christine Wyrick, bari; Joan Hedgcock, bass.

EASY LIS'NIN' is proud to be a quartet in Region 5!

GOTCHA! Quartet

(City Voices – by Ann Kehler)

Housed in **City Voices Chorus**, Town & Country, MO, practicing in University City, MO, traveling from O'Fallon, MO and Collinsville, IL (67 miles point to point), we must love quarteting or we wouldn't do all that driving! Maybe it's for the laughter . . .

It's been a busy year for our quartet. After placing 10th at Regional (yeah - we achieved our goal), we moved on to preparing for next year's competition, vacations, practicing, vacations, and oh, did I mention vacations.

Now that summer is over, we're performing with our chorus, singing quartet songs at each performance. Recently we sang for a 60th B-day party to honor a chorus member's husband. And we look forward to many more public sing-outs at local venues.

On September 26th, **GOTCHA!**, for the second year in a row, will be part of the opening ceremonies for the American Cancer Society's St. Louis "[Walk For Women](#)". We'll perform four of our favorite songs and the Star Spangled Banner. This is a very BIG honor for us.

In the meantime . . . we're now Gee Gee's – that's a **Gotcha Grandma**. Our lead, Jane Bush, became Grandma to Jayden Trent Bush on August 18th. And on November 6th, we'll be attending Stephanie Farber's Bat Mitzvah, daughter of Sheri Farber, our bari. We celebrate their arrival!

GOTCHA! is very proud to all be members of **City Voices Chorus**. With their love and support we will excel, just like those other 'guys'!

LEFT EDGE Quartet

(City Voices, River Blenders, Chapter-At-Large – by Dee Ann Gaskins)

LEFT EDGE has been rehearsing as schedules allow since regional competition. Our bass, Chris Wiley, moved from the county to the city while staying busy with her job at a local printing company - our tenor, Nancy Hasamear, has been back and forth to Nashville caring for grandchildren - Jerilee Inghram, our baritone, has been busy with her chorus City Voices (who took 2nd place in the International Division AA

Chorus competition at IES in July!) - and lead Dee Ann Gaskins stays busy at the high school where she works.

We are working on some great music including our new competition set for next spring. We are looking forward to a coaching session in October with Michael Hayden and to attending International competition in Indy where Dee Ann and Jerilee will be cheering for Chris and Nancy as they compete with River Blenders.

Region 5 will be well represented at this year's International competition and LEFT EDGE sends our best wishes to each one of them!

MAIN ATTRACTION Quartet

(Heart of Illinois, Chapter-At-Large, Vermillion Valley and River Blenders – by Gena Sommer)

Well, the time has come, the walrus said. Main Attraction is furiously working to perfect our package for International in Indy. As a matter of fact, we're ready for it to be here so we can sing some new songs! But in the meantime, we want these to be as perfect as we can make them.

We'd like to thank our coaches, Jim Arns, Susan Martin and Kevin Keller, for sharing their talent and expertise with us. They keep us motivated and working hard and we love them all.

We've stayed busy performing . . . the Beardstown 4th of July celebration, a performance in a restored theater in Mason City, and Mama Lou's 60th class reunion in Murphysboro to name a few. All fun and all bringing in much-needed funds to the coffers. And speaking of funds, we'd like to thank the Region for your generous assistance with this venture. We couldn't do it without you.

We hope to see lots of you at Indy. We'll be anticipating that boost of energy and confidence all of your cheers give us when we walk on stage. You all are the greatest. We hope to do you proud.

Love to all of you, Main Attraction

CITY VOICES CHORUS

(St. Louis, MO – by Ann Kehler)

Hello Region 5 **City Voices** Here . . . Well, things are hap-nin' here at **City Voices**.

First, we have a new home. We moved from Creve Coeur to Town & Country in September. Holy Cross that gave us a home for the first three years was wonderful, and well suited our needs and wants. However, we need to grow, necessitating a 4th riser, and the room would not accommodate that extra riser.

A long hard search brought us to Destiny Church and a room with a high ceiling. Voila – we have a 4th riser and room to stand on it (I know because I'm a top row person). And along with our new home comes a custodian to put-up and tear-down the risers. Woo hoo! You all know what a relief that is . . .

Our Director and Music Team have been very busy since we returned from IES. We have a music plan extraordinaire, a taping schedule in place, already have our contest songs in the learning process, and an outline for our spring show. Our Show will be at Pattonville H.S., February 26th. Put it on your calendar!

City Voices is doing multiple performances in the next few months around the metropolitan St. Louis area. Our three chapter quartets are getting 'sing time' during these performances as well.

We will have a guest night at the end of September, coaching with Michael Hayden the Saturday before many of us leave for Indy, and in November a Fun Quartet Night.

Now, doesn't **City Voices** sound like a chorus on the move????

DANVILLE CHORUS

(Danville, IL – by Marilyn Kochell)

The Danville Chorus recently presented its annual fall show, *Barbershop on Broadway*. Show chairman Rita Dean and fellow chorus members offered a variety of Broadway tunes such as: “New York, New York”; “There’s No Business Like Show Business”, and “Hakuna Matata”. Chorus quartets Off Senter, Singphonic and In Accordance were featured along with a pick-up quartet, tap dancers and other small groups. Danville chorus member Trena Smith hosted a Star Search segment that was the highlight of the evening. Audience members voted for the local performers in junior and senior divisions with cash prizes awarded.

The annual Christmas Luncheon, a charity event hosted by the Danville Chorus, is planned for December 4, 2004. Plan now to attend this happy holiday event complete with seasonal songs, delicious food, a silent auction and party favors. See you all at International Contest!

HEART OF ILLINOIS CHORUS

(East Peoria, IL – by Kathy Johnson)

I don't need to look out the window and see my bright red burning bushes or the orange and gold in the trees to know that the season has changed. Just the activity at chorus would be enough to let me know that we have moved into the “Fall Show” season. The script is written (thanks to Chris Schneider and Karen Beckler), and the speaking parts have been assigned. The costume committee has been measuring each of us, sewing, fitting half finished skirts and then sewing and sewing some more (thanks to Chris Stetter, Costume Chair).

We're trying something new this fall, having formed “small chorus” practice teams. Our directors and assistant directors have been coaching the different teams and we will audition both choreography and music in these teams. It seems to be working well so far, as our 1940's Big Band era tunes are becoming polished. Our fall show, “SINGIN' AND SWINGIN' WITH THE HEARTS”, will be Saturday, November 6th, at the ICC Performing Arts Center in East Peoria. Featured guests will be our very own Region 5, 2004 Quartet Champions, Main Attraction, and the State Farm Big Band. Tickets for the 2:30 matinee or 7:30 evening show can be purchased by contacting any Heart, or calling the chorus phone line at 309-689-3538.

Like most Sweet Adelines, there is always something more to keep us busy! Right now, about 20 of



us are also learning new songs so we can be “singer helpers” for the Young Women in Harmony Festival on October 14, 2004. This is the second year we've combined with the Bloomington men's Sound of Illinois Chorus to put on a YMIH/YWIIH Festival at Illinois State University. The men have been sponsoring a one-day YMIH festival for a few years. Last year they decided to make it a co-ed event and asked the Heart of Illinois Chorus to be co-sponsors. It was so successful (over 500 young people!) that sheer logistics have caused us to limit it this year to 400 students. We have 247 young women and 145 young men registered from 15 different Central Illinois High Schools. Judy Ferrier and Ann Schimelpfenig are coordinating the Young Women part of the festival again this

year, and Karen Greer (Region 5 Team Manager and assistant director of the River Blenders) will be their clinician. JoEllyn Welch, Gena Sommer, Kathy Filipiak and Martha Eiter (the members of Main Attraction)

have graciously consented to be their section leaders. I am sure that it will again be an awesome experience just to be part of all that youthful energy and excitement.

Squeezed in between the YWMH/YWIH Festival and the Fall Show many of our chorus members will be attending International Competition in Indianapolis. Once again, we send our best wishes to Main Attraction and Smile in the quartet competition, and River Blenders and St. Louis Harmony in the chorus competition. We know they will all make us proud!



(Editor's note: the above photos are from 2003's YWIH event.)

HEART OF IOWA CHORUS

(Marshalltown, IA – by Vicky Grossman)

Heart of Iowa Chapter is busy preparing for our show, "Harvest of Harmony" on November 13, 2004 at 7:30 P.M.; Martha Ellen Tye Theater here in Marshalltown, Iowa. Tickets are only \$8.00 and can be purchased from Betty Lynch (641) 752-9509. The Show will feature our two quartets, ImPulsive and Audio Illusion also special men's quartet from Des Moines chorus - Sound Mechanics. We would encourage all of our fellow singers to come and hear us.

Heart of Iowa Chapter has also been chosen to perform in Washington, DC on August 3-6, 2005. We will be giving 3 concerts at various locations in our nation's capital. Heart of Iowa has the honor to be participating in the US Army Wreath Laying Ceremony at the Tomb of the Unknown Soldier.

HEART OF MISSOURI CHORUS

(Jefferson City, MO – by Nancy Russell)

Is it true that the busier we are, the more we seem to accomplish? It certainly seems to be the case here in Mid-Missouri. The 25 members of The Heart of Missouri Chorus couldn't pack one more thing into our schedule if we tried. But, that's just the way we like it!

We had a fun and educational retreat at the Lake of the Ozarks, had a great coaching session with Kevin Keller, attended the Regional Education Event with Carole Kirkpatrick, performed at the annual Ozark Ham & Turkey Festival in California, Missouri, presented our show in Hermann, Missouri, 18 of us attended the wonderful performance by The River Blenders and St. Louis Harmony called "We Go Together", and raised need capital with a bake sale. Whew!

Now we're gearing up to share the stage with our local men's barbershop chorus, The Chordbusters, as we entertain in Moberly, Missouri. The men will do the first half of their show and we will do ours. This is our second time to do a shared show with the men and we're looking forward to it. The people of Moberly are in for a double whammy of barbershop! We have also been asked to sing at the Afterglow of the Chordbuster's Annual Show. Lots of fun and lots of barbershop music.

Most importantly, please put November 6th on your calendar as we present our annual show at



the Historic Missouri Theatre in Columbia, Missouri. The show, "Maid To Order" starts at 7:00pm. We promise to make you laugh and we'll sing some great tunes for you.

Last but not least, we want to say welcome to new members Caitlyn Johnoff & Marilyn Lehman. Caitlyn is a tenor and Marilyn is a bass. Glad you're with us, gals!

METRO MIX CHORUS

(Iowa City, IA - by Sue Schellenberg)

Metro Mix sends its very best wishes to our Region 5 champions who are soon to be competing in Indianapolis: River Blenders Chorus, St. Louis Harmony Chorus, and Main Attraction Quartet. Knock 'em dead! Or, as Carole Kirkpatrick might say, go for a "cough factor of zero". (If you missed the regional music school, roughly translated, when someone in the audience really needs to cough, but the performance on-stage is too wonderful to miss even the smallest nuance, the audience remains silent and the coughs get suppressed -- the "cough factor".)

Metro Mix has been hard at work preparing for our show: "**A Musical Melodrama**" aka Trouble in Toyland! Our special guest is Vocal Spectrum, the 2004 International Collegiate Quartet Champions. Check the guys out at their web site: <http://www.vocalspectrum.com/>. The show is October 23, 2004 at 2:00 PM and 7:00 PM at Prairie High School Auditorium, 401- 76th Ave, SW, Cedar Rapids, IA. Tickets are \$15.00 for adults and \$12.50 for seniors (62 and over) and children (12 and under). You can get tickets from any Metro Mix chorus member or by calling Louise at 319-351-0879 or Julie at 319-309-4955.

RIVER BLENDERS CHORUS

(Chesterfield, MO - by Cindy Appel)

Hello Region Five--

As of the Take 5 deadline, the River Blenders are busy getting ready for our joint show with St. Louis Harmony, "We Go Together" on October 2 at Missouri Baptist University and for international competition, October 26-31. So, if you're interested in exciting details about the show and our trip to Indianapolis, you're going to have to wait until next time. (I'm sorry!)

But what we can tell you is that the Blenders are sounding great, looking gorgeous (as usual) and are totally psyched about standing on the competition stage in Indy. To quote an enthusiastic "barbershop addict": "We're going to rip face, eat glass and become queens of the world!" All right, not all of us are quite that fanatical about our love of barbershop, but you get the idea!

A big round of thanks go to our coaches, Betty Clipman and Tori Postma. We've definitely learned this year that "space is the final frontier" and that "Italians" make the best endings. And of course, we'll always "bring our faces to the party." Watch for us in the top ten!

Before we head off to Indy, we want to wish the best of luck to our fellow Region Five competitors, St. Louis Harmony. (We'll be in the audience cheering for ya, gals!) A big Blender kiss goes out to our reigning Region Five quartet Main Attraction. (Knock their socks off, ladies!) And, of course, we wish the best to Blender Susan Martin and her wildcard quartet Smile. (You definitely make us smile, Susan!)

In the meantime, if you're starting to write your Christmas list and don't quite know what to give that special barbershop enthusiast here's a thought:

Do you enjoy listening to a first-rate championship chorus? (Who doesn't?) Do ringing chords stir your very soul? Is barbershop in your blood? Then now is the time for you to order the River Blenders very first CD, "Blender Punch"!

Order one for yourself and several for your loved ones. The cost of "Blender Punch" is \$15.00 plus \$2.00 shipping and handling. Make out your check to the River Blenders and mail it to:

River Blenders Chapter, c/o Elaine Zukowski
88 River Bend Dr. ~ Chesterfield, MO 63017-2634

The disk features such goodies as "World on a String", "I Will Survive", "Meetin' Here Tonight", "The Lord's Prayer" and many more Blender favorites.

Until next time, may all your chords ring true and may all your days be filled with harmony, love and laughter.

SOUND CELEBRATION CHORUS

(Springfield, IL – by Tracey Wobig)

The Sound Celebration Chorus spent most of the summer and fall preparing for our annual fall show on October 9th. This year we'll be "Singin' and Swingin' at the Center", and by the time you read this, it was a great show! This will be the first time we've performed in the Hoogland Center for the Arts in Springfield and are very excited about this opportunity. It's a beautiful facility and the main auditorium has a terrific sound and light system. We anticipate that this venue will bring in more people as well as give the whole show a more polished, professional look.

After Show we begin preparations for the Christmas season. Nobody else does Christmas music like Sweet Adelines, do they?! We already have several performances booked, including one at Springfield's Festival of Trees in late November. Kinda makes you want to start Christmas shopping!

In the meantime, a number of our members will be joining the annual pilgrimage to International to cheer on our Region 5 competitors. River Blenders, St. Louis Harmony, Main Attraction and Smile – we wish you all the very best and will be cheering our hearts out for you, even those of us back home!

ST. LOUIS HARMONY CHORUS

(St. Louis, MO – by Carol C. Schlitt)

St. Louis Harmony Chorus is in the final preparation stages for our exciting International competition in Indianapolis at the end of October. We are so very honored to be representing Region 5 as



one of the five Wild Card Choruses and we've been working our tails off with great anticipation that the hard work will have big rewards. We have a very exciting performance package that we really want to show off. We are the very last chorus to compete in Indy and we hope the audience energy and participation coupled with our exciting contest package will send us to the next round.

On October 2nd, our chorus and The River Blenders – your 2003 Regional Champions – combined for two electrifying shows entitled "We Go Together" at the Dale Williams Fine Arts Center at Missouri Baptist University. Both choruses shared their competition sets and performance packages along with three songs

together at the end of the program (complete with choreography!) It was really exciting – and crowded – on the risers with over 175 in the combined choruses. Our special guests were the world famous quartet, *Ambiance*, who gave a remarkable performance to a standing ovation crowd.

In preparation for Indy, we've brought in some of the most talented and respected coaches to help bring us to a higher level of singing. Dale Syverson coached us in June and will again on October 16th. Kim Hulbert led a spectacular coaching session in September. We are also so very fortunate to have David Wright coaching us at every Tuesday night rehearsal. We've brought in the best so that we can be our very best and represent Region 5 proudly in Indy.

When we return from Indy, we'll quickly be preparing for our annual Holiday Concert at the acoustically perfect Sheldon Concert Hall on Tuesday, December 7th. Our performance, part of the "Notes From Home" concert series will be a blend of holiday music and songs from our repertoire followed by a punch and cookie reception. The concert begins at 7:30 PM. For ticket information, please visit our website: www.stlharmony.org For directions, go to the Sheldon's website at www.sheldonconcerthall.org

We look forward to seeing all of our Region 5 friends soon in Indy cheering on our chorus, the River Blenders, and Main Attraction.

Humor – Another Blonde Joke

A blind man enters a ladies bar by mistake. He finds his way to a bar stool and orders a drink. After sitting there for a while, he yells to the bartender, "Hey, you want to hear a blonde joke?"

The bar immediately falls absolutely quiet. In a very deep, husky voice, the woman next to him says, "Before you tell that joke, sir, I think it is just fair - given that you are blind - that you should know five things:

1. The bartender is a blonde girl.
2. The bouncer is a blonde girl
3. I'm a 6-foot tall, 200-pound blonde woman with a black belt in karate.
4. The woman sitting next to me is blonde and is a professional weightlifter.
5. The lady to your right is a blonde and is a professional wrestler.



Now think about it seriously, Mister. Do you still want to tell that joke?"

The blind man thinks for a second, shakes his head, and declares, "Nah, not if I'm going to have to explain it five times."

Rehearsal Times and Locations at International Convention

Wednesday, October 27

River Blenders

8:30 am - 10:30 am in ballroom 4 at the Westin.
5:00 pm - 7:00 pm in Wabash Ballroom # 1 at the Indiana Convention Center

St. Louis Harmony

4:00 – 6:00 pm in the Indianapolis Ballroom - Hilton
8:30 – 10:00 pm in the Indianapolis Ballroom - Hilton

Thursday, October 28

River Blenders

11:00 am - 1:00 pm in the Wabash Ballroom # 1 at the Indiana Convention Center

St. Louis Harmony

10:30 – noon in the Indianapolis Ballroom – Hilton
1:00 – 3:00 pm in 500 Ballroom at the Indiana Convention Center

Pictures from Region 5's Music School in August *Barbershop Blueprint* with Carole Kirkpatrick

** If you weren't there, you missed a GREAT day! **

*Carole assists a singer,
giving her tips on how to
produce a better vocal
product.*



*Carole demonstrates
technique.*



*Region 5 members dance with scarves
as part of an exercise led by RMT
member and Sound Celebration Chorus
director Roseann Haven*

A Look Back on Region 5

by Marian Hoffman, Region 5 Historian

(eighth article in a series)

1980 - REGION 5'S FIFTH ANNUAL QUARTET & CHORUS COMPETITION

Jerry Cornelius of Cornelius Photography in Tulsa took all competition pictures at the inception of the region and a number of years thereafter. He presented the Regent a 16½ x 20 color photo of the blue ribbon chorus and an album of all competing choruses and quartets (in color). He also provided transportation to and from the airport in Tulsa when the Regent attended Regents' conferences.

MAY DAZE- Peoria, IL - May 2-4, 1980

The Belles of Harmony were hostesses to the 5th Annual Quartet & Chorus Competition. The Pere Marquette Hotel was headquarters and the "place to be" for all 799 connoisseurs of four-part harmony, barbershop style. Twenty quartets competed and when the scores were tallied, the chairman of the judging panel announced MIDWEST ACCENT from Illinois Valley with tenor, Lucy Krolak; lead, Paula Mauritzen; bari, Barb Cunningham; bass Mary Ann Oller were #1. They sang "Mary, You're a Little Bit Old-Fashioned" and "Bring Me Back Those Rockabye Baby Days". Mary Ann Oller was a member of the 1952 QUEENS OF HARMONY, THE PITCH PIPERS. Placing second were RISE-N-SHINE from Pekin composed of JoEllyn Welch, tenor; Karan Bradley, lead; Joan Clark, bari and Vicki Cox, bass. THE FUNATICS from Pekin with Kathy Guy, tenor; Jr. Thompson, lead; Sue Skeels, bari; Sharon Skeels, bass wore home white ribbons. THE SOUND EXCHANGE placed fourth, TOTAL SOUND, fifth, and IN ACCORDANCE earned the Novice trophy.

Seventeen choruses competed for top honor and a ticket to international in Phoenix. COLLINSVILLE, under the direction of George Holtzschler sang "The Great Race" and "Tired of Me" and scored the highest. BLOOMINGTON, under Wally Ryan's direction, placed second and Tom Rasler directed SPRINGFIELD for the third place spot. DECATUR placed fourth and Pekin placed fifth. O'Fallon took home the Small Chorus trophy and the Novice Chorus Award. Vallee de Fleurs proudly accepted the Most Improved Belles of Harmony trophy and Jackie Compton, Champaign Urbana, was presented with the Novice Director trophy.

Events Books were \$12 and \$8. The \$8 did not include the installation brunch.

At the Installation Brunch on Sunday, Estaleen Davidson (DECATUR) was installed as Regent; Louise Blew, (COLLINSVILLE) Vice Regent, Margaret Lipp (BLOOMINGTON) Secretary; Esther Strader (DANVILLE) Treasurer.

STANDING COMMITTEE CHAIR were: By Laws & Rules-Celia Davis (C-U); History-Karan Bradley (PEKIN); Public Relations-Barb Gaskin (CAL); Bulletin-Chyrel Wessel & Nancy Fox (COLLINSVILLE); Admin. Educ. & Immed. Past Regent-Marian Hoffman (BELLES); Council Member of the Year Judge-Joan Schudel (ALTON).; Nominating-Sandy Zetterberg (BELLES); Budget-Esther Strader (DANVILLE); Bids & Reg'l Mtg. Coord.-Louise Blew (COLLINSVILLE);

International Appointments: DMA-Helen Ryan (BLMGTN); IER-Cathy Metzger (SPFD);

SPECIAL AWARDS : Mary Slantz 's COLLINSVILLE bulletins won the blue ribbon in the bulletin contest. Alice Eggemeyer's, BELLEVILLE, took home a red ribbon and Sally Klein's, BELLES OF HARMONY was third.

Alice Eggemeyer was named Council Member of the Year, Joan Schudel came in second and Nancy Fox was third.

There was a tie between the BELLES and BLOOMINGTON for first place in the history book contest. Pat Sanfilip and Gail Strunk designed the BELLES' and Becky Carter was BLOOMINGTON's artist.

Marty Forney's (VALLEE de FLEURS) arrangement was judged first among novice arrangements submitted. Judith Holtscher (COLLINSVILLE) was second.

ALTON chapter had the highest percentage of membership for regional meeting attendance; BELLEVILLE was second and COLLINSVILLE, third.

REGION 5 led the way for video taping quartet and chorus competitions. IPR Marian Hoffman obtained approval from HDQ and DMA Helen Ryan with the stipulations that they only be used by the contestants and the DMA for educational purposes. Jerry Cornelius, the photographer, did the taping and Marian obtained a portable TV for viewing purposes. This was done at the Pere in Peoria during these competitions.

Break a ... What??

"Break a lip!" is a phrase we often hear before taking the stage as a Sweet Adeline. It is, of course, a "Sweet Adelinization" of the popular saying, "Break a leg!" and means "good luck".

The exact origin of this phrase is unknown, but there are myriad theories about it. Here are some of the more interesting ones that I found, so pick your favorite and claim it as the real one! These came from the *Glossary of Technical Theater Terms*.

(A) Superstition against wishing an actor "Good Luck!" has led to the adoption of this phrase in its place. Popular etymology derives the phrase from the 1865 assassination of Abraham Lincoln. John Wilkes Booth, the actor-turned-assassin, leapt to the stage of Ford's Theater after the murder, breaking his leg in the process. The logical connection with good luck is none too clear, but such is folklore.

There is no evidence, however, to suggest that this is the true derivation, and since the earliest usage of the phrase dates to the 1920s, there is much to suggest that it is not. The best that can be said is that the origin is unknown.

(B) The rather terrible curse may have had a more benign origin. Much earlier in stage history, when superstition had a less frightening hold on the craft, actors and their followers used a more gracious greeting: "May you break your

leg," by which it was meant that the evening's performance would be of such grandeur that the actor would be obliged to break his leg - that is bend his knee - in a deep bow acknowledging the audience's applause.

(C) It is a wish of good luck, but the words wish just the opposite. It was once common for people to believe in Sprites. Sprites are actually spirits that were believed to enjoy wreaking havoc. If the Sprites heard you ask for something, they were reputed to try to make the opposite happen. Telling someone to "break a leg" is an attempt to outsmart the Sprites and in fact make something good happen. Sort of a medieval reverse psychology.

(D) It came from the understudies telling the primaries to "break a leg" enough times that it came to be considered bad luck if they didn't say it. A more likely origin is from Shakespeare's time when "to break a leg" meant to "take a bow".

(E) The term originated during Elizabethan times and that instead of applause the audience would stomp their chairs, and if they liked it enough the leg of the chair would break.

There you go; I like (B) myself and wish the same to all of you!

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