

# Borderlines

[www.area2harmony.org](http://www.area2harmony.org)

There's a song for you... in Area 2

February 2014

## AC&C 2014 Qualifiers and Awards

### Quartet 10 Qualifiers

1. Moonstruck
2. Take 4 Granite
3. Happy Hour
4. Kismet
5. Aged to Perfection
6. Group Therapy
7. In Cahoots!
8. Acapella 4
9. UpScale
10. Vibe!

Area 2 Plaque: Moonstruck  
Rae Borrer Award: Luck of the Draw  
Jane Beale Award: Luck of the Draw  
Novice Quartet: no qualifiers

### Chorus 9 Qualifiers

1. Sounds of the Seacoast
2. NE Voices in Harmony
3. Barre-Tones
4. Women of Note
5. Capital Chordettes
6. Montreal City Voices
7. Maine-ly Harmony
8. Harmony Heritage.
9. Silk'n Sounds

Area 2 Trophy: Sounds of the Seacoast  
Jerry Dunlop Memorial Award: Wendy McCoolle  
Area 2 Achievement Award: Barre-Tones  
Betty Costellow Award: Montreal City Voices  
Rising Star Award: Sounds of the Seacoast  
Singing with Heart Award: Sounds of the Seacoast

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## News from Diane Zanetti

Another terrific AC&C hosted by Sounds of the Seacoast! Area 2 choruses and quartets will be well represented in Louisville. Thanks to everyone who participated and volunteered to make it a success.

Some highlights from the Area 2 Council Meeting:

Area 2 is on track to move to a Convention Team Concept for AC&C in 2016. The Team will be headed by Diane Coates, Convention Chairman and Linda Briggs, Area Contest & Judging Chairman. Support positions need to be filled and members wishing to support the Team should check with their Chapter President for the Job Descriptions. Site selection for 2016 continues with Devens, MA under consideration at this time.

The Area 2 Council approved the appointment of Christina and Samantha Tramack to serve as co-directors of the Area 2 Generations Chorus for the next two years.

Full minutes of the Council meeting can be found on the Area 2 Website. Finally, the summer Council meeting, will be held on August 15 (Finance Committee meeting) and August 16 (full council) hosted by New England Voices in Harmony. All Area 2 members are welcome to attend.

Congratulations to Deb Stoll on her election as Harmony, Inc. Quartet Development and Promotion Coordinator.

I hope everyone has a terrific summer!

## US Chapters – Tax Filing Information

Donna Clarkson, Financial Advisor

As stated in the Harmony, Incorporated Corporate manual, in Section 4, Page 4.14, under “Chapters”, item #3: All Chapters operate with a fiscal year of April 1 – March 31. As we are now into April, US chapters will need to begin gathering the necessary information to prepare their US tax return, form 990. In the past, chapters with gross receipts of \$25,000 or less have been eligible to file the electronic postcard 990-N. Last year when Harmony, Inc. lost its tax exempt status, we saw some chapters’ electronic postcard 990-N accepted, and others rejected. Currently, Harmony, Incorporated’s tax exempt status has not been re-instated and I have been given guidance for our chapters on how they should file this year, Fiscal Year End 3/31/14, form 990.

All US chapters should file a hard (paper) copy of form 990EZ and not the electronic postcard form 990-N. The electronic system will automatically reject our chapters due to Harmony, Inc.’s status and therefore your chapter’s filing requirement will not be met. However the paper return will be accepted, which will fulfill your chapter’s filing requirement.

Regardless of Harmony, Incorporated’s current status, failure to file your chapter’s form 990 will have serious negative implications to Harmony, Incorporated’s reinstatement and group filing as well as your chapter being removed from the group filing.

Form 990EZ will require more information than the 990-N and may require that your chapter seek a professional tax preparer. Forms and instructions can be found at [www.irs.gov](http://www.irs.gov), “Forms and Pubs”, “Current Forms” then put 990-EZ in the search field. If you choose to use a professional tax preparer, please advise them that you only require help with the form 990EZ and do not need to file for tax exempt status on your own at this time. All US chapters were included in the new group filing by Harmony, Inc. and until we have a ruling on that it is not advised to have individual chapters file for tax exempt status on their own.

Form 990EZ are due by August 15, 2014 and should be mailed to:  
Department of the Treasury  
Internal Revenue Service Center  
Ogden, UT 84201-0027

Feel free to send questions to me at [hifinancialadv@harmonyinc.org](mailto:hifinancialadv@harmonyinc.org)

## NoteAble Blend's First Time at Contest!

As many of you know, Portland was the first contest that the NoteAble Blend chorus competed in, in the history of the chorus. Although some members had performed with other Harmony, Inc and Sweet Adeline Choruses, this was the first time for many of the members and some have waited 15 years to have this experience!

I think it is safe to say it was a most positive experience and we are all geared up to go again next year and try to improve our scoring in all categories.

Some of the comments from our members are as follows:



**Anita :** (first time participant who joined the chorus one year ago)"I had a wonderful time and really enjoyed watching the other choruses perform so expertly. I had no idea how much showmanship was involved!"

**Kristen:**"First time contender here. I thought it was fun. The classes are great. I realized how serious this hobby is. I guess it's a bit like going to Comic Con and seeing all the fans dressed in costume interacting with the actual characters. You realize how fun this 'hobby' is and how many other people feel the same and how important that makes the whole thing. I think that about covers it. The classes reinforce the fun factor as well as the 'we take this seriously and we want to always improve our craft!"

**Maryann:** What I enjoy most about ACC is the opportunity to hear beautiful harmony vocally crafted by women with such varied backgrounds -- that is, in their ages, careers, musical ability, barbershop experience and levels of commitment to this hobby. Harmony, Inc creates a tiny community in each of its chapters.

What gives me real joy of spirit while listening to a quartet and especially each chorus is the wonderful weaving of sound -- the shading and dynamics in the song. Particularly, I am blown away when a large chorus can sing so softly and sweetly, move to a crescendo, then to a tag with chords so clear and true that the only result is a huge smile on my face and warm glow in my heart. From the responses of the audiences both evenings, I would say that it is the feeling is the same for all. How sad that we had to miss the first 5 choruses!

**Carole:** Although I have competed numerous times with a Sweet Adelines Chorus, it has been about 10 years since I have competed and the first time with NoteAble Blend. I found the experience familiar. For me, the biggest difference is the feedback from the judges which is **face to face** and so personal, specific and helpful.

**Phyllis:** This was my first time as a new participant (although I have been singing for many years) in an AC&C weekend. I arrived on Friday afternoon after a very pleasant ride from Taunton, MA. I carpoled with my friends, a tenor and a lead so we were able to sing all the way to Portland! I thoroughly enjoyed the quartet competition on Friday night. Saturday was a very early start but I managed to keep up with all the action. Stage fright nerves, yes, a bit! The banquet was fun, entertaining and the food delicious. The company was outstanding. Totally exhausted from it all but loved it!

**Joy:** I thoroughly enjoyed participating in this year's AC&C because it has been fifteen years, since I last competed. The support we received from our sisters in Area 2 was fantastic. I especially appreciated the feedback we obtained from the judges. The chorus has already incorporated some of their suggestions and we are hearing an improvement.

*NoteAble Blend First-timers cont.on page 5*

# Putting PR into Performing

We all need to investigate opportunities for singing throughout the year – but, wouldn't it be great to have a calendar of performances mapped-out 2-3 years ahead? The key to getting the **best** performances, the **biggest** opportunities and the **most** revenue is legwork.

## Planning Ahead

Think longer-term like 'big name' entertainers do. This summer, start investigating convention bureaus, arts councils, chambers of commerce, service organizations, town recreation departments, libraries, shopping malls, major corporations, and local businesses for potential events coming up in 2015 and 2016.

Perform every chance you get. Get out in the local community and get seen! Whether or not you get paid isn't important. As long as you can attract an audience you'll make more contacts and get increased exposure.

Every performance offers PR opportunities to hand-out your chorus brochure or flyer, business cards, postcards, or bookmarks. Leave a few extra behind. You never know when community leaders, prospective members, patrons, sponsors, or benefactors will pick them up. Every performing opportunity opens a door to future potential performances.

## Performance PR Goals

Every chorus performance, large or small, should have accompanying PR goals. Often we miss opportunities to establish better audience rapport, capture dynamic photos, obtain referrals, gain new recruits, promote an upcoming show or new CD, get testimonials or complimentary quotes, and solicit future singing engagements – all of which could have been handled with a bit better planning.

## Signs or Banners

Does your chorus have a sign that lets audiences know who you are when performing? Whether poster board on a tri-pod, a sandwich sign or a huge banner – display your name proudly where all can see it. Signs are especially helpful for outdoor or mall performances, where people wandering by can learn who you are without stopping. "Name

recognition" is the name of the game!

## PR Spokespeople

Every chorus should have one or two people (*not necessarily your director!*) skilled in presenting, who can effectively communicate your chorus' messages during performances.

When speaking to a crowd without a microphone, remember to project your voice so that people at the back of the room can hear you. Same rules apply as to singing – keep your throat open. When you're anxious or stressed, the tendency is to speak faster...so pace yourself. Practice lowering your pitch, yet maintaining your volume, to keep from sounding squeaky.

## Working the Crowd

Use the time after a public performance to its best advantage! This is when your audience is most receptive to your chorus and its smiling members. After performing, chorus members can introduce themselves to a stranger in the audience, answer questions, promote an upcoming show, solicit a new member, or spark interest in a future performance or another event. Also, just after a performance is the best time to sign-up to perform the same time, next year!

## Before & After PR

Get to the right audience and it can lead to future repeat performances, referrals to other potential opportunities and an increasing revenue stream. When booking events, ask customers what they can do to include your chorus as part of the advance publicity for their event: newsletter articles, Facebook postings, online calendar announcements, newspaper stories, etc.

After the event, always ask for letters of reference, testimonials or quotes – especially if you are performing gratis. Also, ask for direct referrals (business-to-business) to other organizations and business colleagues.

***We'll help you...Find Your Voice!***

***Chris Kuntz  
Area 2 Marketing/PR Coordinator***

## Area 2 - MEMBERSHIP AWARD



**READ ALL ABOUT IT!**

**HARMONY IN MOTION** - WINNERS of our 2013-2014 Membership Award! Congratulations to each and every one of you. GREAT JOB!

The contest was a huge success with **45** new people joining Harmony Inc.

The 2014-2015 Membership Award contest is now in progress!

### Rules

- Only members **new** to Harmony, Inc. count – not dual members, transfers or associates joining a chapter.
- The contest runs from April 1, 2014 to March 31, 2015. Winner will be announced at AC&C.

### Membership Award

- Chorus coaching session (up to \$200) with coach of your choice OR
- Learning tracks for the chorus song of your choice (up to \$200).

Email both of us with the names of your new members.

*Aileen Murray, Area 2 Membership Coordinator* [aileen.murray1@icloud.com](mailto:aileen.murray1@icloud.com)

*Chris Kuntz, Area 2 Marketing/PR Coordinator* [Kuntz@aol.com](mailto:Kuntz@aol.com)

*NoteAble Blend First-timers cont. from page 3*

The five coaching sessions we attended were not only instrumental in improving our singing and presentation skills, but they provided a wonderful opportunity for the chorus to bond together. I am very grateful for the advice and knowledge that Morgan La Croix, Liane Iannuzzo and Diane Coates shared with us. Thanks for organizing this!

Well, there you have it. A great experience was had by all! Thank you Area 2!

Carole Seaver

### Upcoming Calendar Events

SEP 13	Champlain Echoes Annual Show "We Believe In Music" Faith United Methodist Church 7:00 pm	Dorset Street, South Burlington, VT
SEP 20	<a href="#">Barre-Tones</a> Annual Show Contact: <a href="#">Julia Morgan</a>	Barre, VT
SEP 27	<a href="#">Harmony Heritage</a> Annual Show with EPIC	North Attleboro, MA
NOV 12-15	HI International Convention and Contests	Louisville, KY

# Chapter News

## Capital Chordettes

**Aileen Murray**

Greetings from the beautiful city of Ottawa, where summer has finally arrived in all its glory! The Capital Chordettes extend hearty Congratulations to all those who crossed the contest stage at AC&C. Special Congratulations to all the Chapters and Quartets who qualified for International. As usual, we had an awesome time in Portland, Maine! Thanks for giving us the opportunity to visit your great city. Upon returning from AC&C we ran a special guest night focusing our attention on attracting some new Bass singers. We had good results and have added 2 new people into our Prospective Members Program. I'm happy to say that our membership is steadily climbing. The Chordettes kept busy with performances in April & May earning some much needed cash for our Travel Fund. On May 31, 2014, the Capital Chordettes were delighted to help the Shenkman Arts Centre



celebrate its 5th Anniversary by singing Happy Birthday/Bonne Fete as birthday cupcakes were handed out to the crowd by Councillor Monette. The chorus also performed in concert later in the afternoon as part of a day-long "spectacle" of visual and performing arts groups."



A Garage Sale is planned on June 14 for people to come and find new treasures. If you are in the neighbourhood drop by; see our website for details.

We are looking forward to having some free time this summer before we start rehearsing our IC&C contest package and planning our trip to Louisville, Kentucky.

**HAPPY SUMMER TO ALL!**

## Chapman Mills Sound Connection

**Stephanie Williams**

On a cold Saturday day in February, Music Director, Karen Taylor, led an Education Day for our chorus members, when we watched, listened & discussed videos of other choruses, had lunch together and talked , talked ,talked.



LEADS: Kim St Denis, Margie Harris, Raymonde Pinsonneault, Brenda Schoenermarck, Joanne Sherk (Board Member)



TENORS, Jane Dickenson, Sharon Devonish (Board Member)



BARIS: Beatrice Lee, Sharon Liff

## Chapter News



BASSES: Sue Waugh (Secretary), Stephanie Williams (President), Kathryn Nunn (Board Member), Dorothy Thrush, Pam Cain, Stephanie Lafleur.

March A.G.M held no surprises, the incumbent Board was re-elected! This team is tremendously proactive, full of ideas and very productive.

At the initiation of our newly minted version of *Sound Connection* in January, we decided that we would not compete this year, but spend our time concentrating on skills development. Most of our members had booked the weekend of AC&C in April so we planned a retreat for that date. The chorus stayed at a country lodge near Lanark, Ontario for a long weekend. Bev Horlin and Karen Taylor taught four classes on Saturday: CPR (Choosing personal responsibility), How to learn your music, Basic Music Theory for Barbershop and Performance.

The time was filled with karaoke, games, planning and singing. Our director's quartet, *Uptown Jazzin*, rehearsed and sang for us. The following week two members of the quartet who sing with *Limestone City Voices* competed at *Sweet Adelines 2014* regional contest for Region 16 SAI, where they placed first in the small chorus division!

Saturday May 31 we held a coaching session under the eagle eye/ ear of Susan Cooper. The day was long, but we worked hard & made great strides. For contrast, Canadian Showtime members were holding a fund raiser garage sale at the same location. The Barbershop community is everywhere!



*Sound Connection* April 2014 Retreat.

BACK ROW: Shiny Egner, Peggy Band, Jane Dickenson, Elizabeth Nanninga, Pam Cain, Sue Waugh, Dorothy Thrush, Kathryn Nunn, Benda Shoenermarck,  
SITTING: Sharon Liff, Corrine Scholman, Bev Horlin, Karen Taylor, Kim St Denis, Aurore Rogers.



Sharon Liff  
Tiger

Our fundraising has consolidated with a successful golf tournament planned by Jane Dickenson. The Second Annual *Sound Connection Golf Tournament* is scheduled for September 13, 2014

We have also started an ongoing fund-raising scheme using gift cards, which we hope will yield a steady income. Our plan is to use the money raised to upgrade our costumes and perhaps hire a bus so we can all travel together to AC&C 2015.

*Sound connection* has received a Trillium Grant which we are using to pay for a training session later this Fall, the purchase of a sound system and the development of professionally designed logo & promotional material.

## Chapter News

It seems as though we are progressing well as a chorus and with increasing confidence we can now plan to sing out in the community regularly, which is the best way to raise our profile. We intend to start by singing at the Barrhaven Oktoberfest and a Christmas show is on the horizon.

Stephanie Williams. President, *Chapman Mills Sound Connection*.

### Harmony in Motion Cathy LaGreca

The winter of 2015 is finally behind us and what a winter it was!! Lots of snow and missed rehearsals didn't keep Harmony in Motion from singing our hearts out whenever the weather permitted.

Mid-January found us taking our 50's show on the road where we performed for a local church beef steak dinner fund raiser. Those who attended the show were overjoyed to hear us sing those wonderful songs from the 1950's. We had all the attendees tapping their feet and even singing along to their favorite tunes.

Late March found us up in Sloatsburg, NY, at our annual retreat. It is always one of the most anticipated events of our year and each retreat proves to be more special than the last. 42 of our 52 member were able to attend this year and what fun we all had! The accommodations and the food were as wonderful as ever, but our coaching sessions were the best part of the weekend. We had a visual coach this year and also a quartet made up of section leaders who coached their individual sections. We all learned so much from these talented women.



In April, we participated in a Ladies Saturday Retreat at the

local community college. It is an annual event which offers women of all ages the opportunity to avail themselves of various workshops. Harmony in Motion conducted a class in 4-part harmony. We taught them a little song which they quickly learned to sing with us, in 4 parts, and then we sang one of our rep songs for them. The ladies who attended the workshop seemed to enjoy themselves. We try as often as we can to get out into the community and share our love for this amazing hobby with others.

Finally. The month of May found us singing for a Senior Citizens group in a local community. We always include sing-alongs at those performances, which everyone seems to enjoy. We leave everyone smiling and that makes what we do so worthwhile.

Goodbye until next time when I'll be back with more Harmony in Motion news.

### Montreal City Voices Stephanie Weiner

Montreal City Voices have been busy bees recently... So many things to celebrate and so many reasons to eat cake! Let's break it down in bite size bits:

#### March:

Our Livetime members received their very own special pins at our installation dinner. Our thanks, love, and congratulations to Dot Bond, Claire McCole, Catherine Kelly, Emily Dube, Nan Harvey, and Joan Fontaine (from a distance).

#### April:

We were thrilled to celebrate Foreign Exchanges Sweet Ad's win in NY with Morgan. Congratulations again ladies!



Also in April, we were over the moon to receive the Betty Costello Award at AC&C. We've been working very hard and are so grateful to see it bear fruit. Thank you to everyone in Area 2 for a great weekend!

May:

MCV was lucky to have a visit from our Area 2 Director, Diane. She presented a certificate to Catherine Kelly to celebrate 40 years of membership in Harmony, Inc. 40 years! Congratulations, Catherine!!

Following contest, we took part in the MTLacappella Festival, which is a growing community based festival showcasing all things a cappella. With the variety of styles represented, the fact that, as barbershoppers, we perform in addition to singing really stood out for the audience. We were touched by their positive feedback and glad to have confirmed that our goal was met: they were entertained. Yay for barbershop!

At some point we'll come up for air, but until then, were learning a fun new song as part of our Spring Sing Fling recruitment event. We're also eager for a performance this month at Morgan's school. We're really looking forward to not only singing for her students but to the lovely opportunity we have to sing with them.

Our Facebook page has almost hit 100 likes! If you've already liked it, than you so much for your support. If not, now is a great chance to help us get to the big 1-0-0!! We'll be forever grateful, and, it just so happens that we give amazing virtual hugs in thanks (Disclaimer: Virtual hugs act as IOUs for the real ones that come when we see you at AC&C) (Ed. Note, MCV posted they reached 101 likes on July 3<sup>rd</sup>...let's get them to 200!)



To all our sisters in Area 2: have a fun, happy, harmony-filled, and safe summer!!

## **New England Voices in Harmony**

**Jackie MacDonald**

Congratulations to the eleven choruses who crossed the stage at AC&C in Portland, Maine. Of the eleven, Area 2 is sending nine to IC&C in Louisville in November. In addition, Area 2 fielded sixteen quartets, of which ten will be ringing chords in November. Special congratulations to Sounds of the Seacoast and Moonstruck for their first place ribbons. New England Voices in Harmony placed second, and will have four quartets representing us in Louisville.

We have welcomed two new members in our chapter, Sheryl Schmidt and Rafaella Almonte-Hall. Both ladies experienced their baptism in song in Portland. And we have at least three potential new members, with other inquiries coming in.

At our annual Installation dinner, held on April 29, it was announced the Chapter Barbershopper of the year is Jeanne Crowell. Jeanne spearheads our fund raising and has proved a master at it. The Kathy Cox Memorial for Most Improved Member was awarded to Joyce Desjardins.

We have several fundraisers in the works at the moment. We are selling hot dogs and hamburgers at Sam's Club on June 14, July 19, and August 2. If you happen to be out and about and feel a little hungry, stop by Sam's Club in Hudson and join us for lunch. We might even burst into song. In addition, we have run a Flower Power bulb sale and we hope to have lovely gardens, and we currently have a Tastefully Simple fundraiser in progress. And we will be singing the National Anthem and God Bless America at the Fisher Cats baseball games on August 16. Keeping us busy keeps us out of trouble – we sincerely hope!

Finally, the date has been set for our Annual Quartet Showcase. This year we will be at the Nashua Senior Center on August 14, from 6:00 p.m. to 9:30 p.m. The Senior Center is located at 70 Temple Street in Nashua. This evening of fun is open to any quartet who just enjoys singing – gals, guys, and mixed. Would you like to sing in a quartet? Gather four together and let it ring. Many quartets have begun their performing journey at just such an evening. Interested quartets should contact Christina Tramack, who will once again be our organizer.

## NoteAble Blend Carole Seaver

NoteAble Blend is alive and well and still "ringing" after our first contest in Portland! We had 20 on stage (only 12 last year when we were mic testers) and enjoyed every minute of it. It was wonderful to have all the support from our sisters in harmony- you all made us feel so welcomed!

We have had a very busy late winter and early spring. Getting ready for contest was our major goal. We were so pleased that all but one member could make it to Portland. (one additional member had to drop out at the last minute because of a medical issue) We also had two performances during that time and both were very well received.

Another major "happening" for us was moving to a new rehearsal site in South Easton at the Good Shepherd Presbyterian Church. The church is a wonderful venue and besides having excellent acoustics, it has heat and air conditioning! Now we will not have to change rehearsal sites in the summer time.

One of our members, Roxanne Morse, works for one of the local cable stations and we also did a talk show along with some performing by a VLQ which is being aired on a variety of local stations. Wonderful advertising! Thanks Roxanne.

In the midst of these responsibilities we also elected our new board of directors and had our installation ceremony the week after contest. Of course we watched our contest video and were able to do some self evaluation. Thanks to our wonderful director, Angie Dolber, we are already looking forward to next year's contest!

Now we are getting back into our regular routine and making plans for the rest of the year!

## Sounds of the Seacoast Cathy Dawson

2013-2014 has been a busy season for our chorus. We spent a September weekend in Kennebunk, Maine preparing for our International Competition. This retreat provides us with time to polish our songs. We also enjoyed time just to kick back and enjoy a weekend together.

We hosted the Area Education Day in October. This is a day filled with classes and training designed to sharpen our skills. All local choruses of Harmony Inc. are invited to attend.

In November, the chorus traveled to Windsor, Ontario for our International Competition. We proudly took 3<sup>rd</sup> Place

with a very different package. Can't wait for you to see it! One of our quartets, Kismet was the recipient of the Accord Award.

Our Holly Jolly Cabaret is a holiday standard for our audiences. What a great way to kick off the season! The snowy and cold winter was punctuated with a wonderfully successful Valentine's Day Weekend. Quartets from Sounds of the Seacoast visited homes, restaurants and business offices presenting candy, flowers and a love song to unsuspecting loved ones. In April, we hosted our Area Competition in Portland Maine. This was a busy weekend for us and a successful one as well. We were honored with our fifth consecutive 1<sup>st</sup> place ranking. This qualifies us to travel to Louisville Kentucky for International Competition this November. Two of our quartets, Kismet and Vibe! also qualified for the trip.

It's not all about competition! We performed for the Summer Youth Music School at UNH and Kingston Days for the hometown audience. We kicked off the holidays with carols at the Candlelight Stroll on Strawberry Banke. Most recently, we performed The Star Spangled Banner for the start of the March of Dimes walk in Portsmouth and the [Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Drawing Tools tab to change the formatting of the pull quote text box.]

Maine State Conference of Eastern Star in Augusta, Maine.

Our Annual Show was held in June at the University of New Hampshire with special guests Synchronicity. A very exciting and rewarding year!

## Surround Sound Evelyn Fogg

Hello from SURROUND SOUND...the busy little chorus based in Gardner, Massachusetts.

On Thursday evening June 26<sup>th</sup> we hosted a Variety Show at the Westminster Elementary School. Students from Ashburnham & Westminster schools celebrated the beginning of summer vacation by singing, dancing, playing instruments & even riding a unicycle. We hope we impressed them with our barbershop style singing.

Long-time member Sandra has moved to Florida. We're happy for her & sad for us. She wore oh so many hats and was a mainstay of the lead section. When one door closes another door opens. We are thrilled to welcome new members Katherine & Tia. Their stage debut was at

AC&C in Portland, ME. More good news...Carol has visited recently and plans to join also. We sense a growth spurt!

Nancy has relocated to western Massachusetts but makes the long drive to rehearsal as often as possible. In July we'll be singing at her new church, enjoying a barbecue at her new home, and hearing lots about her new grandson.

Surround Sound "Sundays" are held every now & then. They are optional extra rehearsals held at member homes. They can be any day or night. The first one was on a Sunday & the name stuck.

'Til next time.....

Evelyn Fogg

### Women of Note

#### Ashley Lang

Many changes for Women of Note so far this year. We had a blast competing this April in Portland Maine. It was our last time on stage with our beloved director Liane Iannuzzo. Liane had been our director for the last 7 years and we have loved the time we had with her. We are currently working with Ray B. Johnson, the Baritone from Men In Black, as our director. Ray and our Music Team are doing great things bringing us new songs and new learning formats so we are very much enjoying our rehearsals.

We enjoyed a fabulous casino-themed Interchapter Party on Monday June 30<sup>th</sup>. We just weren't ready to retire the wheel of fortune from ACC 2013. We thank all of our Area 2 friends who came for the singing, games and a good time. We love it when we can all get together. We so appreciate your making the effort to join us!

Our plans for the rest of the year is to work hard and have fun together at rehearsals. We will be looking into doing our annual show later this year. We have a lot of new wonderful members that are new to the barbershop world. On the flip side we have Celia Landry with us celebrating her 40 years with Harmony Inc, as well as Linda Bober, Julie Schwingbeck, and Kathy Menzel celebrating 25 years. So we are getting into our new groove and can't wait to show it off in Kentucky!

### Keeping Your Voice Healthy for Life, by Jennifer Winston MS, CCC-SLP

Singers may face many challenges over a lifetime, and changes in vocal ability and quality may appear as you get older. You may notice that you are less able to hit the highest notes in your range, or you may have less ability to control vibrato, or you may experience vocal fatigue and/or hoarseness. You may experience more fatigue after a rehearsal, performance, or coaching session than you used to when you were younger. Worse, you may become hoarse or even lose your voice from normal voice usage. Deconditioning can occur from illness more quickly and have longer lasting effects as we get older. These are just a few of the problems that may occur with age. While there is no "fountain of youth" to restore your voice to its former glory, many age related vocal changes are reversible.<sup>1</sup>

The first thing to do when you notice a problem with your voice is to see a doctor who specializes in treating people who sing, a laryngologist or ENT. Once more serious problems are ruled out, vocal therapy may be recommended. There are two non-invasive, low cost therapy techniques that have been shown to be effective in treating age related voice disorders.<sup>2</sup> Your doctor should be able to refer you to a qualified Voice Pathologist if you require treatment.

It's best, of course, to avoid problems in the first place. Caring for your voice and keeping it in shape is the best way to prevent age related voice changes. Like the rest of the muscles in your body, if you don't use your vocal cords atrophy will occur. It really is a "use it or lose it" proposition.<sup>2</sup> Doing multiple repetitions (5-10 in a row) of simple, daily exercises can help keep your voice functioning at its best. These exercises include lip trills (bubbling); sustaining a tone at a comfortable, mid-range pitch, for as long as you comfortably can on one breath, on an E vowel; ascending and descending smooth pitch glides on an O or E vowel, or on an NG. These exercises should be done at a comfortable volume, not overly loud and not too softly, with no pushing or strain. And always make sure to stay well-hydrated by drinking 6-8, 8oz. glasses of water per day. Consult your doctor if you experience any pain or hoarseness while doing these exercises.

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