



***SAI North Atlantic Region 1
January 22-23, 2021***

Friday, January 22nd	
7:00-8:00 p.m.	Tools for OUR Trade - Heidi Zacchera
	Streisand, Chopin and Barbershop - Jane Tamarkin
8:00-8:10 p.m.	Dance Break!
8:10-???? p.m.	<p><i>Friday Night Showcase Featuring Young Women in Harmony!</i></p>



Saturday, January 23rd

9:30-10:30 a.m.	What is Forward Motion Anyway? – Mary Rhea
	Diagnose Your Vocal Challenges Through Bel Canto - Debra Lynn
10:30-10:40 a.m.	Dance Break!
10:40-11:40 a.m.	United We Sing – Mary Rhea
	Branding Your Image – Laura Carey (Recommended for Marketing Coordinators but all are welcome!)
11:45-12:15 p.m.	Lunch – Breakout rooms for:
	Quartettes and Quartet Wannabees with Julie Jeffery
	Directors with Karen Sweeters
	DCP and ACP/IJP and IFP with Corinna Garriock
	Choreographers with Gail Jencik
12:20-1:20 p.m.	Making Zoom Work for Your Music Program – Mary Rhea (For Section Leaders and DCP)
	Barbershop, From Shaving to Sequins! – Margaret Jackins
	Music You Can Show Off! – Corinna Garriock
1:20-1:30 p.m.	Dance Break!
1:30-2:30 p.m.	Straighten up and Breathe Right – Mary Rhea
	The Many Faces of You – Carol Smolenski
	How to Get-and Keep-Young Singers in Your Chorus – Gail Jencik and Amanda Pitts
2:30-2:40 p.m.	Dance Break!
2:40-3:40 p.m.	Work on “Fight Song” - VOCE
	Sequins are not just for singers! Ballroom and Barbershop! – Gina Kaiser
3:40-3:50 p.m.	Dance Break!
3:50-4:10 p.m.	Closing Ceremony!

Winter 1-Derland, January 2021: Class Descriptions

TOOLS FOR OUR TRADE: A class that uses analytical listening to decipher what is vocally wrong with a recording, and more importantly to have a “tool box” of ways to fix the problems! You will decide what you think needs to be addressed and think of ways that it can be remedied. The tool box can be used for you to personally fix problems you are having, and if you coach, you can use the tool box while coaching!

STREISAND, CHOPIN AND BARBERSHOP: A class about conflict and drama in music.

WHAT IS FORWARD MOTION ANYWAY?: All songs need forward motion, but how do we get it? Understand different aspects of forward motion; use and apply concepts to achieve it.

DIAGNOSE YOUR VOCAL CHALLENGES THROUGH BEL CANTO: Join Debra Lynn as she walks through the primary vocal challenges we face as singers. See how Bel Canto addresses each issue and how to solve problems that do not seem to want to go away. We will talk about things like breath control, effortless high and low notes, passaggio solutions, quality of tone, pitch accuracy, accessing ring and resonance for barbershop. See how easy it can be to transform our inner experience and discover our natural vocal beauty.

UNITED WE SING: Unit sound is foundational to barbershop singing. Let’s explore this further.

BARBERSHOP: FROM SHAVING TO SEQUINS: The musical style we call barbershop has grown from being a casual pastime to a high caliber competitive artform with organized singers on every continent but Antarctica. Come along on a journey through time as we discover how barbershop began with roots in the American south and how, over the course of 150 years or so, it has become a refined artform enjoyed by people worldwide.

MUSIC CAN SHOW YOU OFF!: What makes a song and arrangement suitable to a particular performer? This class will discuss both technical and non-technical considerations for quartets and choruses when selecting music, as well as techniques that are useful for group decision making. Elements such as personality, availability of music, copyright, technical traps will be presented and discussed.

Upon conclusion of the class, students will understand:

- What role does personality and performer values play in music selection?
- What are the typical ‘traps’ that make a song or arrangement more difficult to perform?
- What are some useful approaches to making decisions about new repertoire as a group?
- Where are some good places to look for music?

STRAIGHTEN UP AND BREATHE RIGHT: Our bodies are our instruments. A physical therapist's take on the importance of alignment includes a fascinating look at anatomy. Understanding how our bodies work allows us to understand that "breathing" is not that hard!

THE MANY FACES OF YOU: Who are you? Consider the many roles you play – in your chorus, in your family, in your work, in your community. How do they shape you and the way you live in the world around you?

Winter 1-Derland, January 2021: Class Descriptions, cont'd.

HOW TO GET - AND KEEP - YOUNG SINGERS IN YOUR CHORUS: Join Gail Jencik and Amanda Pitts for a class on practical and helpful ways to find young singers in your community. They'll share tips on how to encourage them to join your chorus and how to INSPIRE them to stick around! They'll outline ways to not only grow your membership, but how to target a younger audience. You'll participate in conversations about your chorus's appeal to younger audiences through chorus culture, the costs associated with our hobby and your presence on social media.

SEQUINS ARE NOT JUST FOR SINGERS! BALLROOM AND BARBERSHOPI: The flow of the music, the style of the music and the rhythm of the music blend together to create the character of the dance. The technique of the movement helps create a seamless flow of the musical story. The energy, the spark, the charisma of the performance...all fall on the performer. See the Showmanship Category on FOOT!

Winter 1-Derland, January 2021: Faculty Bios

Guest Faculty Mary Rhea - Mary became director of OK City in 2009. She is a talented singer, a sought-after coach, and a motivating director. Mary is OK City Chorus' biggest cheerleader and her passion helps drive their performances. Her list of achievements, choruses, and quartets is long and includes the following: **Sweet Adelines International:** Master Director; Certified Judge - Sound Category; Baritone - 2010 International Champion Quartet, *Zing!*; International Faculty; International Board of Directors, Secretary; Coach; Education Direction Committee; Editorial Review Board; and **Region 25:** Education Steering Committee; Regional Faculty; Regional Management Team. Outside of Sweet Adelines Mary is a Physical Therapist.

Corinna Garriock (International Faculty) has been a member of Sweet Adelines International since 1988. She is a Certified Music Judge, a Master Director, a member of the International Faculty, and the Tenor of the 2012 *International Champion Quartet, Martini*. Administratively, Corinna serves on the SA Education Direction Committee, the Pitch Pipe Editorial Review Board and recently chaired the Arranger Certification Program Task Force, which produced a new educational program for all levels of SA arrangers in 2019. She is a former Associate Director of Lions Gate Chorus and former Musical Director of Westcoast Harmony Chorus, both in Region 26 (Vancouver, Canada). Corinna enjoys coaching and arranging and has several arrangements available through SA and SMP. She currently resides in Halifax, Nova Scotia on the east coast of Canada.

Debra Lynn (International Faculty) has been a member of Sweet Adelines since 2012, singing with Millennium Magic Chorus and two previous SA quartets. She is a professional singer maintaining a private vocal studio since 1995 and a Direct-Line Scholar of the Garcia-Marchese Bel Canto vocal production methodology from the early 1800's. Published in the PitchPipe, Harmonizer and Keynote periodicals, Debra has contributed her pedagogical understanding to the world of barbershop since 2010.

Heidi Zacchera (International Faculty) joined Sweet Adelines in 1979 and has served in many capacities at both Regional and International levels. She currently serves on the International Faculty; in the past she has served as Region 1's Education Coordinator, on the Regional Faculty and Regional Management Team, as a regional chorus director for 21 years, and sang in three award-winning regional quartets. Heidi is a retired teacher and is very active in her local Lion's Club.

Gail Jencik (International Faculty) joined Sweet Adelines in 1977 and earned an International gold medal in 1978 with her first chorus, the Island Hills Chorus and two more with Ramapo Valley Chorus. She moved to Region 1 in 1996 and eventually became the director of the Coastline Show Chorus. Gail has been a member of the International Faculty since 1995, a Master Director since 2000, and she currently serves as Directors' Coordinator in Region #1. Coaching ensembles in SAI, BHS, and HI is one of the highlights of Gail's barbershopping life – she frequently travels abroad to Sweden, Australia, and New Zealand to coach choruses and quartets. She has also competed on the quartet stage many times – earning medals as a lead, baritone, and bass. Says Gail, “I've been lucky to have great experiences, dedicated and generous mentors, and the support of this organization for a very long time. I can't remember life without it all.”

Amanda Pitts (Young Women in Harmony Coordinator) Gail Jencik is the director of the Coastline Show Chorus, a chorus with a long history of attracting and keeping young members. Amanda Pitts is one of those young members who has stuck with Coastline from age 9 to the present day. She sings lead in the chorus and lead in the Rising Star Champion and Region 4 Medalist Quartet Adrenaline. Her prior quartet experience was with Region 1's Wake the Neighbors and in a mixed quartet called Beantown Buds. When not singing, Amanda works as a local news reporter for ABC in Providence, RI.

Winter 1-Derland, January 2021: Faculty Bios, continued

Jane Tamarkin (International Faculty): Jane has been a member of Sweet Adelines, with Harmony on the Sound chapter, since the Hoover Administration. She is the visual director and character coach for HOTS and the lyricist for HOTS' parody songs. A member of Actors Equity, she has performed Off-Broadway, in regional theater, and in summer stock as an actor and as a director. Jane also taught acting at Hopkins School for thirteen years and directed musical and dramatic productions. She is a founder of Theatre 4, (t4ct.org) an Actors Equity theater company in Connecticut and performed with that company in New York City's Fringe Festival in 2014.

Laura "Lala" Carey (Region 1 Marketing Coordinator) is a member of two award-winning choruses in Region 1 (Royal River Chorus and the current Division A International Champion Millennium Magic Chorus). The region has benefited from her technical skills, especially during our virtual regional contest in April 2020. We have definitely kept her busy during quarantine time!

Carol Smolenski (Associate Director, Merrimack Valley Chorus) has been a member of Sweet Adelines and Region 1 since 1994. She started with HOTS (back in the Yankeemaids years), and has been singing with Merrimack Valley A Cappella since 1999. She is an Associate Director and section leader with MVA, and has sung bass with SoundScape Quartet for 12 years. A Certified Director, she coaches individuals, quartets and choruses around Region 1. In May, she will complete a master's degree in music therapy and mental health counseling, and hopes to specialize in using client singing to support communication.

Margaret Jackins is a proud member of Harmony on the Sound Chorus where she leads the bass section as part of the chorus Tuning Team. Margaret joined Sweet Adelines in 1981, and has had the privilege of winning two International Chorus gold medals with Ramapo Valley Chorus and a Harmony Classic Division A gold medal with Millennium Magic, in addition to several regional championships with HOTS. Margaret is also a member of the Arranger Certification Program. Outside of the barbershop world, she has worked as a professional actor and cabaret singer in New York City and up and down the East Coast. Margaret is a certified Spanish teacher, and holds a Masters Degree in Oral Traditions.

Gina Kaiser, a Certified Judge in the Showmanship Category, was the choreographer of the Harmony on The Sound Chorus for over 35 years. Now living in Florida, she is a mentor, teacher and contest choreographer of the HOTS Visual Team. She has been a member of Harmony on the Sound for over 40 years and has sung in a number of quartets – most notable and popular in Region 1 was the comedy quartet Suavamente! Gina was a competitive gymnast and studied dance at Connecticut College. As a choreographer Gina has taught and coached choruses and quartets worldwide. In addition, she has choreographed many community theater productions, musicals, at the Hopkins School and for The Heyday storm in Ballroom Dance Competitions in Florida!

