



***SAI North Atlantic Region 1
January 21-22, 2022
On Zoom (links sent Thu. 1/20)***

**Region 1 Members are free,
and you will receive the links through our email group.**

**Non-Region 1 Members are \$20.00.
Please click [here](#) to connect to our Buy Tickets area.**

Winter 1-Derland 2022 Class Schedule

Friday, January 21st	
Time	Class and Instructor
7:30-8:30 p.m.	<u>Beatles and Barbershop - Mo Field and Amelia Charnock</u> Expect to laugh, sing, shimmy in your seat, and even answer a couple of trivia questions on the songs that everyone loves to love, with hosts Amelia and Mo.

Saturday, January 22nd

Time	Class and Instructor
9:30-10:00 a.m.	<p><u>Coffee Talk!</u></p> <p>Bring your coffee or other favorite breakfast beverage, and hang out until class starts.</p>
10:00-10:45 a.m.	<p><u>Let's Start Singing Again! – Katie Blackwood</u></p> <p>Specific exercises to get our voices in shape post-pandemic, post-laryngitis, post-illness. And – what we can learn from singing with a mask!</p> <p><u>Kick Start Your Quartet – Kim Elger-Griffin</u></p> <p>Brainstorm and discover ideas for getting your quartet back in shape and ready to perform! Time for some early spring cleaning and refurbishing so you keep what works and retool what needs improvement.</p>
11:00-11:45 a.m.	<p><u>Your Brain on Music! – Katie Blackwood</u></p> <p>How adult learners can change the way we learn our music! Tips and tricks to getting it right the first time -- and keeping it that way!</p> <p><u>From Couch to Risers – Kim Elger-Griffin</u></p> <p>Discuss how to get moving and motivated, physically, vocally and mentally! Explore resources and ideas to get back to a new normal rehearsal plan.</p>
12:30-1:30 p.m.	<p><u>Beyond Technique: The Science and Art of Performance – Jennie Morton</u></p> <p>An exploration of the alchemy that exists between the artist and audience, and how to harness the power of non-verbal communication in performance. The session will include descriptions of:</p> <ul style="list-style-type: none"> - The neuroscience of communication and the role of mirror neurons in performance - How the body evolved for communication through evolutionary biology - The role of body language and gesture for enhanced communication skills - How to practically apply these concepts into performance
1:45-2:45 p.m.	<p><u>Anxiety and the Voice: Management Strategies for Performance Optimization – Jennie Morton</u></p> <p>An exploration of how anxiety affects the voice for performance and how the voice can also be used to manage anxiety through an understanding of Vagus Nerve Function. The session will include descriptions of:</p> <ul style="list-style-type: none"> - The nervous, immune, and digestive systems in relation to anxiety and the voice - The role of the Vagus Nerve in anxiety management and voice production - Practical strategies for anxiety management and prevention - Harnessing these same strategies for character development and artistic performance
3:00-4:00 p.m.	<p><u>Cocktail Hour!</u></p> <p>Grab your drink and hop around to the breakout rooms where fun and games ensue!</p>

Winter Wonderland 2022 Faculty Bios



Mo Field and Amelia Charnock: Could it be true that a Beatles song a day keeps the doctor away ...? Well, ask Mo Field and Amelia Charnock, they'll tell you with some certainty that it does! In the spring of 2020 when the whole world was coming to grips with the reality of a global pandemic, Mo and Amelia decided that they wanted to do something to ease the minds of their community by taking to social media with an unlikely distraction. They boldly (and naively) vowed to film themselves performing a Beatles song every day 'until the pandemic was over'. Armed with just an acoustic guitar, and a few rudimentary percussion instruments -- Beatles-a-Day... with Mo and Amelia was born! They managed to clock up 600 consecutive days of daily performances which broadcast via Facebook and YouTube, for over a year and a half. Both heavily involved in the barbershop community over a few decades, Mo and Amelia have led virtual sing-alongs with all sorts of groups over the last 18 months, to help break the endless cycle of Zoom meetings!



Katie Blackwood: Katie has been a Sweet Adeline since 1991, but grew up as a "barbershop brat". She has been a 6-time International quartet competitor, and a 5-time Region 15 quartet champion. A graduate of the University of North Carolina at Greensboro, Katie majored in theatre and music, and worked in the professional theatre for many years. She is a well-known vocal coach in both Sweet Adelines International and the Barbershop Harmony Society, as well as a full-time private voice teacher. Her vocal studies began at the early age of 16 with Anna Freund, a professor at the Julliard School of music. However, Katie's rich family history in Barbershop is connected to her mom's 50-year SAI membership, singing for the infamous Renee Craig in the Internationally acclaimed Ramapo Valley Chorus, and her father who sang with the Dapper Dans of Harmony, also a well-known international medalist chorus under the direction of Dave Middlestat. It is her love of teaching voice & performance that drew her into becoming a director after singing on the risers for many years. She has been the director of Liberty Oak Chorus for 15 years. They are the current regional champions & were 12th at the Sweet Adelines International Convention in St. Louis, MO



Kim Elger-Griffin: Kim's love for barbershop harmony started in Montana in 1980 when her boss invited her to his men's chorus show. After spending her years in middle & high school choirs, this was a great way to stay musically active. She joined the Five Valley Chapter in Missoula and sang Lead with them for three years. Life ensued and, after a lengthy hiatus, she returned to barbershop in 1997. Kim was the Bass of Heatwave (2006 8th Place Int'l Medallists) and Fireworks Quartets. She was a member and Associate Director of the Women of Note Chorus, small chorus champion at the 2005 SAI Harmony Classic. She also served in various musical and administrative leadership positions in the chorus and as regional team leader. In addition to being a proud member & assistant director of the Spirit of the Gulf, she is a Certified Director and serves on Region 9's Education Faculty. Kim joined Bling! quartet in June of 2008 and in 2015 they become Int'l Champions. She loves sharing her experience over the years through education classes, chorus and quartet coaching. Kim is a telecommunications engineer with AT&T (Mobility) and resides in Boca Raton.

Winter Wonderland 2022 Faculty Bios, continued



Jennie Morton: Originally from the UK, Jennie is a former professional dancer, singer and actor who now works as an osteopath as well as holding a Master's degree in Psychology. Now based in Los Angeles, she uses an integrative approach to managing physical and emotional challenges in her clinical work and is also a specialist in the field of Performing Arts Medicine. Jennie is dedicated to the provision of education on the subject of healthy practice in the performing arts, and she provides lectures and workshops internationally for performers, teachers, students and medical professionals on the subject of injury prevention and management. She is on the Board of Directors for the Dance Resource Center in Los Angeles, is a former Board Member and Membership Chair of the Performing Arts Medicine Association, and Co-Chair of their 2016 and 2018 International Symposia. She is also the co-founder of The One Voice Center for Integrative Studies in New York, a certificate course for the safe integration of voice and dance techniques in musical theater. In addition, Jennie is the author of three books: *The Authentic Performer: Wearing a Mask and the Effect on Health*; *The Embodied Dancer: A Guide to Optimal Performance*; and *Dancing Longer, Dancing Stronger*.

