

# North Atlantic Region 1 Presents:



**Monday, April 5 to Friday, April 9, 2021**

<b>Monday, April 5</b>	
7:30-9:00 p.m.	The Roots of Entertaining Performance – Vickie Maybury
<b>Tuesday, April 6</b>	
7:30-9:00 p.m.	The Roots of Storytelling – Karen Sweeters
<b>Wednesday, April 7</b>	
7:30-9:00 p.m.	Visual Communication Takes Root as a New Category – Judy Pozsgay
<b>Thursday, April 8</b>	
7:30-9:00 p.m.	Let Your Body Sing! – Erin Howden
<b>Friday, April 9</b>	
7:30-8:15 p.m.	The Roots of Physical and Emotional Communication, Part One – The Fertilizer: Jane Tamarkin
8:25-9:10 p.m.	The Roots of Physical and Emotional Communication, Part Two – The Sun and the Water: Gina Kaiser

## *The Roots of Performance Class Descriptions*

### MONDAY:

**THE ROOTS OF ENTERTAINING PERFORMANCE:** Wikipedia says: "Entertainment is a form of activity that holds the attention and interest of an audience or gives pleasure and delight." We do this through storytelling, music, drama, and dance in our barbershop artform.

Come learn about the elements of putting together an entertaining package and delve into the new entertainment criteria on the open division, Harmony Classic, and International Finals scoresheets!

### TUESDAY:

**THE ROOTS OF STORYTELLING in LITERATURE, THEATER, MUSIC and SONG:** Performance is not a static event. It is not a matter of looking excited, energetic and comfortable speaking, acting, singing or dancing in front of an audience of strangers or friends. Authentic, dramatic performance is grounded in some very tangible and solid components of storytelling. Come see what components will help you take your audience through a journey with you.

### WEDNESDAY:

**VISUAL COMMUNICATION TAKES ROOT AS A NEW CATEGORY:** This class provides an overview of the new Visual Communication category. Category elements are explored through the lens of the hallmarks of the C, B and A performance levels, and participants examine videos and discuss observations of how the category elements at the different levels impact an audience.

### THURSDAY:

**LET YOUR BODY SING! -- EXPLORING THE POWER OF YOUR BODY AND MIND IN ENHANCING MUSICALITY:** Your body is your instrument. Many people underestimate how our physical performance choices and habits influence our sound and our overall musical success. During this participative class we will explore how physicality and mental imaging can promote enhanced musicality. We will call on our creative imaginations, kinesthetics, and participative experimentation to build strong physical performance habits that enhance our musical product.

### FRIDAY:

#### **THE ROOTS OF PHYSICAL AND EMOTIONAL COMMUNICATION**

**Part One – Planting Seeds:** Every living thing starts with seeds -- trees, flowers, corn, potatoes, people - performance and music! Plant yourself in this class...and we'll explore the lyrics a popular uptune and decide what those lyrics are saying. There are many possibilities! Solid groundwork means the emotional, musical and physical performance will grow and blossom together. Be prepared to brainstorm in groups. Let's see where the lyrics take us!

#### **THE ROOTS OF PHYSICAL AND EMOTIONAL COMMUNICATION**

**Part Two – Creating the Physical Communication:** The seeds have been planted and will determine the kind of plant that comes through the earth. Let's design the physical movement that would bring those lyrics to life. Again, there are many possibilities! Be prepared to brainstorm in groups! Unleash your inner visual designer! Let's blend the emotional into a physical plan to create authentic and exciting Visual Communication of our songs.

## *The Roots of Performance Faculty Bios*

***Vickie Maybury (International Faculty):*** An experienced vocal coach, teacher, and clinician, Vickie encourages confidence and belief in self, conveys high expectations for musical excellence, nurtures spirits, and boosts self-discovery in ways that help singers grow and accomplish at high levels. Her greatest joy is celebrating the successes of those she is privileged to work with. Vickie is the Master 700 Director of Skyline Chorus and is SAI's Judge Specialist in the Expression Category. She is a member of the International Board of Directors, part of the International Faculty, an Expression Category judge, and a veteran Rocky Mountain Region 8 faculty member. Vickie's influence is far-reaching. She is known worldwide for her vivacious energy, exceptional positivity, and a frank, yet loving and supportive teaching approach. She's a highly sought-after vocal coach and clinician known for helping singers "find their voices"—both literally and figuratively through a unique and highly engaging teaching style. Vickie coaches numerous choruses and quartets around the world in addition to maintaining a busy private voice studio.

***Karen Sweeters:*** Karen has been a member of Sweet Adelines for over 40 years. She went from singing "on the risers" to directing and growing Harmony on the Sound into the successful chorus it is today. Dabbling in quartetting, she also won a Regional Quartet Blue Ribbon with Without Warning. Karen is a Master Director and Certified Judge in the Expression Category. A teacher at heart, she loves Directing and being the new Education Coordinator for Region 1.

***Judy Pozsgay:*** Judy is a visual performance coach and choreographer based in Seattle, WA. Her innovative and award-winning visual plans and performance packages have been showcased in multiple Sweet Adelines International and Barbershop Harmony Society competitions at both the regional and international levels. Since discovering the wonderful world of SAI in 1994, Judy has served at the Chapter level as choreographer, artistic director and assistant director in Lions Gate Chorus and is now a Chapter at Large member. Her talents are shared at the Regional level as Faculty for Region 26 and at the International level as Showmanship Judge and International Faculty. Judy is also a Certified Performance Judge in the Barbershop Harmony Society. Not being one to simply create and teach, Judy also loves to sing and perform, and has appeared 14 times in SAI's International Quartet Top 10 Finals in Unplugged, Mojo and Frenzy. As the "non-Diva" bass in Frenzy, she became a Queen of Harmony, winning the 2017 Sweet Adelines International Quartet Championship.

***Erin Howden (International Faculty):*** From Toronto, Canada she was blessed to grow up in a barbershop family and is the daughter of June Dale, North Metro's previous Director of 45 years. Erin has been acknowledged for her creativity, innovation, passion and inspiration as a Director, Choreographer, Educator and Coach, empowering people to recognize their abilities and their opportunity to be an authentic life-changing force. As Master Director 700 and Choreographer of the North Metro Chorus, 5-time Gold Medalists & International Chorus Champions, she has been a proud member of Sweet Adelines for 40 years. She is a past International top ten quartet finalist. Erin is a member Region #16's Regional Faculty and is an Internationally accomplished Choreographer, Motivational Speaker, Educator and Performance Coach in Sweet Adelines and the Barbershop Harmony Society throughout North America and abroad. With over 20 years' experience in Human Resources Management and Training, she owns her own consulting business, A Step Ahead, dedicated to unleashing the potential in others. She specializes in Leadership Development, Motivational Speaking, Training, Performance Management, Coaching, Team Building, Conflict Resolution and Change Management.

## *The Roots of Performance 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](http://t4ct.org)) an Actors Equity theater company in Connecticut and performed with that company in New York City's Fringe Festival in 2014.

**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 Theater. These days she is dancing up a storm in Ballroom Dance Competitions in Florida!