

# Seattle Shores Chorus



Volume 2, Issue 3

FALL of 2011

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## Seattle Shores Chorus is looking for you!

### Are You A Woman Who Loves To Sing?



Discover your own voice part

Door Prizes

Performance by the chorus

Join us for our guest night  
Learn about and enjoy acapella music in four-part harmony!

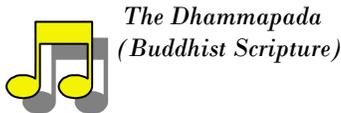
September 20<sup>th</sup>  
Tuesday, at 6 pm  
14724 First Avenue NE  
Shoreline, WA

Stay for punch and cookies afterwards!

### Quote

"Endurance is one of the most difficult disciplines,

but it is to the one who endures, that the final victory comes."



*The Dhammapada (Buddhist Scripture)*

This is our Seventh newsletter . If you received it in the post and would rather receive it thru e-mail; know someone else that would enjoy receiving it; or would like to be removed from our list— Let us know. See contact information on the back page.

### Vocal Production

In the Barbershop craft, the ringing of connected sound and chords, are at the heart of this xonraondra. The ringing of chords sets this American art form apart from other types of accapella singing.

1. **Breathing** - To breath correctly, standing with feet slightly apart, with one foot slightly in front of the other and knees bent, gives stability and the good

posture needed for the energy and vocal production. Everything is free of tension. The diaphragm is the engine that provides the energy and power to singing. Filling the entire lungs through even the back, quickly provides the fuel for energized and connected sound necessary in the Barbershop style.

The larynx, or voice box, is just a tube that air flows through.

2. **Mask** - The face and palette need to be lifted to allow the sound to resonate freely. Feeling a vibration around the lips and nose allows the sound waves to travel up to the face bones and facial cavities. This is the amplification system of the vocal apparatus. Singing with greater volume is much easier when this system is utilized. Higher voices may feel a sensation of the sound going

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## Harmony Explosion Report

*Below find an article from our two youngest members on attending Harmony Explosion*



Harmony Explosion 2011 was a blast! We sang six songs: Singing in Harmony, All Nations Rise, Oh Susanna, Dust Off That Old Piano, Orange Colored Sky, Sweet Adeline, and It's a Sin to Tell a Lie. Angela was a tenor and Ashley was a lead. Our favorite song, by far, was It's a Sin to Tell a Lie. On the songs, Singing In Harmony, All Nations Rise and It's a Sin to Tell a Lie the guys sang with us. At the auditorium for our first rehearsal on Thursday, we

pretty much nailed the music on our first try because we had been practicing. We spent most of the weekend working on style and technique. We were able to start and master complete choreography. Throughout the weekend, we had regular "show offs" where the guys would sing one of their "guys only" songs and then we would sing one of our "girls only" songs. We had a talent show on Friday that followed our annual pizza party.

On Saturday, we had a huge barbeque to kick off the final day of the weekend. The performance was spectacular, and everyone had a good time on the risers singing for an audience and with true friends. After the performance, the quartet Max Q even sang and cracked a few jokes for us. Harmony Explosion was so much fun that we can't wait to go again next year.

By Angela Philippi and Ashley Fowler



## Harmony Explosion 2011

### Vocal Production con't

right out the top of their head on some high notes.

3. **Connected Sound** - Moving the sound without a break and ringing chords is critical to producing good barbershop singing. Quick breaths, breath support, energized sound, turning vowels and consonants together and locking chords that ring produce the most amazing music.

4. **Personality** - Adding to the above your wonderful face, energy, smile, choreography and interpretation of the song, gives everyone the excitement and emotional impact that only music can impart.

Enjoy this craft and keep on singing!



By Bonnie Massey

## Always Room to Learn More

One short week after Harmony Explosion, The Barbershop Harmony Society put on Harmony College. This was a weekend of learning, singing, fun, & harmonizing for both men & women. It was held at the University of Puget Sound, which has an absolutely picturesque campus. What a perfect setting!

Our chorus had 6 participants: Jamie Miller, Linea Croly, Laura Parker, Joanna May, Zola Myers, & Joyce Rimmer and one friend of the chorus, Holly Cole. We all stayed in the dorm rooms

on campus and took a wide variety of classes, including some on choreography, marketing, voice care, gospel singing, and so many more. With classes about every 2 hours for the better part of 3 days, there were so many classes to choose from.



One class I especially liked was titled "Rhythm in My Bones". I learned quite a lot about different beat sequences and rhythms as well as some ways to teach these things.

In addition to the wonderful opportunities for education, there was a show each of 3 nights. Our own Region 13 champion quartet, Frenzy, performed along with several barbershop quartets, including Vocal Spectrum. If you have not seen these men perform, look them up on YouTube as they are

spectacular. Based on their performance, Frenzy should do quite well when they represent our region at the International competition next month in Houston. You go girls!!

I would most definitely recommend attending Harmony College weekend in 2012 to everyone, regardless of their level of expertise in singing and/or barbershop. I had so much fun and can't wait to see what classes are being offered next year.

By Jamie Miller

## Seattle Shores Welcomes Newest Member

Born in Little Rock, AR, Carolyn graduated from Little Rock Central High School and went to college for one semester before she married. She had a daughter, Carol Beth, who has blessed her with three grandchildren; two boys and a girl. Currently Carolyn lives with her daughter in Edmonds.

Carolyn returned to college 12 years after her first semester and graduated from Mississippi State University with majors in Home Economics and Science. But she actually has had two careers; one as a bookkeeper with accounting skills and one teaching. In 1982, after 25 years of marriage, she sadly divorced and moved to Washington State and resumed her bookkeeping career. And in 1985, she began teaching parenting skills and directing on-site daycare facilities for pregnant and parenting high school moms on the Peninsula in Port Orchard, Bremerton and Poulsbo. About 1993, she worked as accounting manager for seven years for Family Academy and was also

working part time with students in home schooling situations affiliated with Family Academy. As a consultant for home school families for the past 15 years, she has enjoyed working with these families in both individual work and at the learning center to prepare the students for their lives in the world. She tried to retire in 2009 but found she wanted, and needed, to continue her work with Family Academy. So she returned in 2011 as a



teacher consultant. She currently has two students this fall but is hoping to work with 5 as the school year gets started. She is also mentoring a new Family Academy teacher who is learning the “ropes” of home

schooling and will be partnering in a new Learning Center in 2012.

In 1981, Carolyn joined the Germantown Chorus in Memphis, TN where she sang lead. However she was only able to sing for about a year and a half when she was divorced. She came to Seattle Shores Chorus in April of this year and was thrilled when she passed her audition in June. She is enjoying singing bass but finds she still needs another bass voice around to lean on. She is trying to sing every day and loves Seattle Shores. She just hopes her health will allow her the rigors of standing on the risers for rehearsals and performance for a very long time to come.

We welcome Carolyn to Seattle Shores Chorus and hope she enjoys the chorus activities as much as we enjoy having her in our midst.

By Linea Croly

## AquaSox Game Performance

On July 17th, we had our annual performance for the local minor league baseball team, the Everett AquaSox.

This year, the skies were gray and threatened rain. It was a little chilly and damp, but our hearts were warm. We sang our package of songs to a faithful audience who come every year to hear us sing.



When we finished, the chorus walked to the sidelines of the field to watch our own

Angela Philippi throw out the first ball. We then took the field and turned to the flag and sang the National Anthem to start the game.

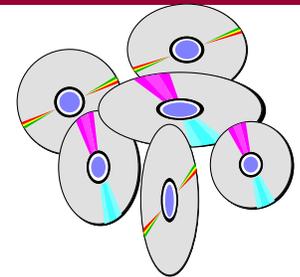
The sky seemed to be on our side as the heavy rain and cold waited to appear after the game ended. We even won the game! What a day!

By Ellen Brockman

**FIND US ON FACEBOOK NOW TOO**

**SEATTLE SHORES**

To celebrate our 55th Anniversary we made a CD for the first time. We still have a few left. Half of the songs are Christmas Songs. Interested? Hear a sample on our Web Site [www.Seattleshores.org](http://www.Seattleshores.org)



## Upcoming Events

**September 20 6 PM** Guest Night with our Chorus - See what we are all about.

**October 8** Tea & Tunes at St. John's Church in Kirkland by SOSS Chorus

**October 18—22** International Convention / Competition in Houston, TX

**October 22** Our Annual Tacoma Dome Christmas Craft Show Performance Saturday at 6 & 7 PM

**December 10** Seattle Shores Holiday Bazaar held at our rehearsal venue

**December 17** SeaChordsmen Concert

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## Seattle Shores Chorus

P.O. Box 77666  
Seattle, WA 98177

Rehearsals held at:  
14724 First Avenue NE  
Shoreline, WA

Voice Mail: 206-365-0079  
E-mail: [seattle.shores@yahoo.com](mailto:seattle.shores@yahoo.com)  
Facebook = Seattle Shores ([new](#))



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## Why Practice???

To prepare for my teaching job, I have been reading a lot of books on how learning occurs. I just finished reading *The Talent Code*, by Daniel Coyle, which examines how people develop talent. It explored many things that directly relate to chorus and how all of us, as individuals, can become better singers.

On the cellular level, skill is created when circuits in the brain make connections. The more connections you have in your brain about how to do something, the easier it is to do. This is because of a substance called myelin. Myelin is a material that wraps around neurons to make connections faster so the more myelin a person has in certain areas; the better they are at performing actions related to those areas. Myelin is amazing because it is essentially the gel that allows us to build skill and continue to use it. But it is also tricky because it is a live tissue that is continually changing and it takes a long time to build up. This is why practice is so important, because

every time you are practicing effectively you are building your myelin, which is why bad habits can be so difficult to change.

So what makes good practice? Here are a few key components: noticing and fixing mistakes, slowing down, breaking songs into “chunks” of music (so you are focusing on one part at a time,) and repetition, repetition, repetition! These are the fundamental elements that compose a good, deep practice, or in other words practice that builds myelin. It is not enough to merely practice a song by singing it all the way through – to sustain deep, meaningful practice you must be willing to spend time judging your work, fixing mistakes, and repeating your steps over and over again.

So the next time you are stuck on a piece of music, take some time to really focus and get some good practice in on it!

By Miranda MacLaren

## Holiday Bazaar

The Seattle Shores Chorus 3rd Annual Holiday Bazaar will be held on Saturday, December 10, 2011 from 9 am to 4:30 pm at the Shoreline Unitarian Universalist Church, 14724 First Avenue NE, in Shoreline.

Admission is free! Find the perfect item for yourself, family and friends in a wide assortment of crafts, baked goods, used books, jewelry and more.

Meet our talented and friendly chorus members— all eager to share our love of music and song. Live performances are scheduled throughout the day. A fine way to usher in the season of hope and goodwill.

By Vickilynn Gruber

