



Contest Updates

Contest Dates: May 3-6, 2018

Locations:

- **Hotel** - Sheraton Vancouver Guildford Hotel (15269 - 104 AVE, Surrey)
- **Contest** - Chandos Pattison Auditorium (10238 - 168 ST, Surrey)

Schedule:

Thursday, May 3:

- Registration Opens at 3 pm;
- 1st Nite from 6 pm - 9 pm

Friday, May 4:

- Mass Sing - Guildford Town Centre - 12:30-1:15 pm
- Education Class - 2-3 pm;
- Quartet Contest - 5 pm

Saturday, May 5:

- Chorus Contest - 11 am;
- Show of Champions at Chandos - 7:30 pm
- Afterglow at the hotel

Save the Date



February 22 - YES, YOU CAN!

Online Workshop

April 20-21 - YWIH Workshop,
Langley, BC

April 21 - Prairie Gold Chorus
Celebrates 35 Years, Regina

May 3 - 6 - Regionals, Surrey

June 2 - Chinook Winds Show
Chorus Garden Party, Calgary

September 28-29 - Area School with
Ryan Heller - Saskatoon

October 15-20 - Internationals in St.
Louis, Missouri

October 26-27 - YWIH Workshop,
Calgary

November 2-3 - Area School with
Ryan Heller - Calgary

November 16-17 - Area School with
Ryan Heller - Greater Vancouver

What Does Your 2018 Calendar Look Like?

by Stephanie Ball

What are your educational plans for this year? Whether your chorus has 10 members or 100, or whether you are in a small town or a big city, there are endless options for planning out the year ahead.

Are you going on a retreat? Hosting or attending a workshop? Are you flying in a coach ...or five? Maybe you're at a loss of what to do this year because there are not enough resources in your area, or maybe you don't know what the next step is.

One thing is certain: Our wonderful country is jam-packed with incredible musicians and musical leaders. From coast to coast, Canada is home to a multitude of performers and educators who inspire and motivate classrooms and audiences alike.

It just so happens that our wonderful Region 26 is bursting with driven musicians and mentors.

Education and coaching doesn't have to break the bank, there are many options out there!

Reach out to a fellow chorus member, chorus, or quartet. Region 26 is here to help each other grow and to encourage innovative ideas.

What types of coaching:

- Group or individual movement/choreography coaching
- Chorus coaching
- Quartet coaching
- Personal vocal instruction (PVI)
- Director coaching
- Leadership development
- Music theory

Who to contact:

- Coaches from Region 26
- International coaches
- Local vocal or music teachers
- Directors
- Assistant directors
- Chorus choreographers
- Quartets
- Team Leaders and Leadership
- <http://www.sweetadelines.com/educationcenter/>

Where/How to receive coaching:

- In person
- Via Skype/FaceTime
- By sending a recording/video to a coach

Stephanie Ball sings tenor with No Strings Quartet and Rhythm of the Rockies Chorus.

Don't forget to sign up for Jan Carley's "YES, YOU CAN! How to Kick Your Limiting Beliefs and Step Into Your Potential" webinar on February 22, which is **FREE** to Region 26 members!



BROADWAY Here We Come!

Peace Arch Chorus Christmas Show - December 13, 2017

The annual Christmas Show, with guest performances by the Mount Baker Toppers, Soundscape A Cappella Chorus, Afterglow, and Curve Appeal was spectacular! It was a glorious evening of song to an audience ready to join in a sing-a-long and Silent Night.



It warmed our hearts to see members from a variety of Region 26 choruses in the audience who were members of Pacific Coast Sound - the UK 2017 touring Chorus- and their impromptu performance following the show. The camaraderie and fellowship of the barbershop world truly shone that night!

The Power of a Community Performance

by Emily Holtorf-Ma

Spreading the spirit of the Christmas season through song should be easy for a Sweet Adeline, right? Or, is it? We all feel joy and love, happiness and belonging at rehearsals, yet getting out in the community and sharing the wonderful feelings we experience on a regular basis can sometimes be slightly daunting. But it's the unexpected moments of what can happen or who you may meet along the way that can make community performing rewarding for both singers and audience members alike. Our very own Cammi Mackinlay, Past President of SAI, joined Lions Gate Chorus over 30 years ago because she just happened to see a Christmas community performance. That chance meeting not only changed her personal life but also our organization's history.

This year at LGC, our performance coordinator extraordinaire secured some terrific gigs. Sandy and our assistant directors had our post Vegas rehearsals jam-packed with fun and Christmas frivolity. And the best part, and what released our stress about memorizing and performing 15+ songs that we sing once a year, was that each member had a lovely green folder with the music, so if we were a wee bit unsure about a certain passage, then voila, it was right at our fingertips! No longer was this a daunting task so we had a fantastic turn-out of singers at each of our performances.

Emily Holtorf-Ma is the Communications Coordinator for Lions Gate Chorus

Alberta Heartland Chorus Christmas Show - *Where Are You Christmas?* - November 18, 2017

(Excerpt from an article by Joanne Johnson, Alberta Heartland Chorus)

We celebrated, we laughed and we had fun presenting a musical look at the joys and tribulations of the Christmas season. Our audience roared; they clapped; they joined in to sing some old favourites.

Sandee Blackburn and Nancy St Michel were two friends visiting over coffee. Sandee was the voice of joy and optimism while poor Nancy was having trouble finding the spirit of Christmas. Plus she really, really hates fruitcake. Finally, after witnessing her friend



leaping to the aid of an older lady, listening to multiple carols sung by Alberta Heartland Chorus, River Hills Chorus and guest quartets, seeing the joy in a small girl's face, she came around. In the end she was going home to bake fruitcake. But there was more...a visit by Santa Grinch, who tried to make off with all the gifts and even a stroller with a BABY in it. He was soon driven off by the realization that Christmas is about more than presents and lights.

Thanks to the quartets: Chance!, Leap of Faith, and Mosaic Blend. Our guest, River Hills Chorus, was a great success and when both choruses sang together, they made the rafters ring. A definite favourite was the soloist, ten year old, Elizabeth Bird.

Chorus Show Tip From Battleford Blends Chorus - If you have sets, our advice for future performances is to either pay for a prior practice in the facility or simplify the stage/set changes.

Membership Challenge - Are You Game?

by Elaine Liebelt, Region 26 Membership Growth, Retention and Expansion Coordinator

Here is a fun challenge for every curious Region 26 member who likes writing/editing. Below is an article written in 2006 by BHS (SPEBSQSA). (Page reprinted from www.barbershop.org 2006.) I challenge you to update and revise this article to make it fresh and new for today's Sweet Adelines members who will use it to attract 4-part a cappella singers for our Region 26 Choruses. Nothing in the article is sacred. Make it your own. Be creative. Then **email your revisions to Elaine Liebelt, Membership Growth & Retention at region26membergrow.retain@gmail.com by February 26, 2018. Let the games begin!**

Personal Recruiting

Find new ways to talk about barbershop every day. Find ways to mention barbershop harmony to every person you meet, every one!

A. Committing to Try

- Set a personal goal: Today, I will mention barbershop harmony to 5 people, no matter what it takes.
- Dial a wrong number: "Oops, I'm sorry! I was calling (Ken A. Wright) about our barbershop chorus... Say, do you know anyone who likes to sing? Have you heard of the Society for the Preservation and Encouragement of Barbershop Quartet Singing in America, Inc?"
- Wear your SPEBSQSA lapel pin.
- Wear a ridiculous button. The more outrageous, the better. When they ask ... hook 'em! Examples: "Will sing baritone for food." "Basses hit the bottom." "They'll get my pitch pipe when they pry it out of my cold lifeless hand." "HIT ME ... or sing with me." "Show me your tessitura (Your vocal range)."
- See who in your chapter or family can come up with the best slogan and make one for everyone in your chapter.

B. Committing to Ask

- Call your cousin or your next door neighbor and ask him if he likes to sing. Extend your nuclear family.
- Call your college roommate and send him to the nearest barbershop chapter. You'll get Man of Note credit for him.
- After the national anthem at the ballgame, tell the guy in the next row that he has a good voice. Ask him to come sing with your chapter.
- Play barbershop music at work, or when you are on the phone. Interrupt yourself to say. "Oh wait a second, this is the good part! Turn up the music. Ask the caller if they like to sing.
- Play barbershop music loud in your car in the parking lot. Sing along. When other drivers give you funny looks, ask them if they like to sing

C. Committing to Promote

- Post announcements on electronic bulletin boards. Add the title Barbershop Singer to your email signature.
- Ask for barbershop music at the record store. If they don't have it, refer them to <http://www.harmonymarketplace.com>
- Whistle while you work. Someone will ask, "Why are you always whistling?" Explain to them how much music means to you. Ask them if they know anyone else who likes a capella music.
- Call radio talk shows. When the host asks, "What are you doing?" Tell him you are working on music for your chorus/quartet rehearsal tonight. Invite folks interested in singing to come hear your rehearsal.

So, I challenge YOU! Turn this into a modern Region 26 Strategy Paper and email it to me. Have fun!

Elaine Liebelt sings Bass with Southern Accord Chorus

What is the Regional Assessment Fee and Why is it Going up on May 1, 2018?

- **What's Up?** On May 1, 2018, your Annual Regional Assessment Fee will be increasing by \$10.
- **What does that mean for you?** For regular members, your fees will go from \$40 to \$50 per member and for Youth Members (aged 25 and under), the fee will increase to \$25 per member.
- **Where do the funds go?** The Regional Assessment received from each member goes right into the general fund, and is used to support educational opportunities together with operating expenses that support our membership. Using our 5-year education plan, we will continue to invest in the musical and leadership future of Canadian Maple Leaf Region 26.
- **Why are the fees increasing?** We had been able to avoid an increase since 2009, but as we are all aware, costs keep climbing for goods and services. Another factor in our decision is that membership numbers in the Region have been gradually declining, not alarmingly so, but it is happening.

DIRECTOR'S CORNER

Highlights from Region 26 Director Liaison, Lisa Greenough's Newsletter



Hello Region 26 Directors! I hope this finds you happy & well! I can see from Facebook posts that many choruses are enjoying fantastic coaching sessions & rehearsals! As always, my door (or email inbox in this case) is always open! Please feel free to drop me an email (lgreenough@shaw.ca) should you have any questions or need any assistance... if I don't know the answer I'm pretty sure I know someone who will!

GREAT EDUCATION CLASS

In case you weren't able to take in the Education class presented by Rönninge Show Chorus at Vegas 3 - SAI has posted it to their members-only area of the website - <https://sweetadelines.com/educationcenter/seminarhandouts/2017seminarhandouts/>. If you can't get in with this link, go to sweetadelines.com and log in. Go to the "Members Area" menu then "Education Centre". The last menu item is "Seminar Handouts". Choose "2017 Seminar Handouts" on the left menu, and you'll see the video. They go into detail about how the chorus uses a "Practice Your Best" approach to every rehearsal. Some great ideas in this!


FUTURE EDUCATION OPPORTUNITY

While endeavoring to plan a regional Directors educational event, the REC has chosen to plan for grant money to be allocated to the Region 26 Directors so we all may be able to attend the Directors Seminar presented by Sweet Adelines International in San Antonio, Texas August 8-10, 2019. I will keep you posted on any developments as available.

COMPETITION HANDBOOK

Here is the link for the 2018 Competition Handbook: <https://sweetadelines.com/ImgUL/files/2018CompetitionHandbook.pdf>. There have been changes and updates since last year's competition. I highly recommend you review the handbook to ensure you don't miss any of the changes.

REGION 26 PRESENTS ONLINE LEARNING



Relax at home as you participate in the Region 26 Inner Mastery Teleseries, designed to help you experience more joy and effectiveness in your personal and chorus life.

Inner Mastery Teleseminar #1

YES, YOU CAN! HOW TO KICK YOUR LIMITING BELIEFS AND STEP INTO YOUR POTENTIAL

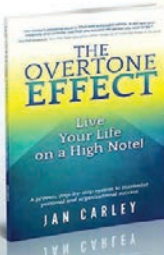
Presented by Jan Carley, PCC, Inner Coach of Barbershop

You will learn:

- the 2 words to shift your mindset from scarcity to abundance
- how to keep your brain firing on possibility and growth instead of stuck or stalled
- how to take control and turn your inner critic from negative "judge" to helpful "assessor"
- how to make a simple shift in your success orientation to reconnect with what's really important to you ... and more!


Absolutely free • Connect by phone or on web
Register at www.teleseminarswithjan.com/region26

*everyone who registers will receive handouts and the mp3 recording of the teleseminar



Thursday, February 22
6:30 pm BC
7:30 pm AB
8:30 pm SK 90 minutes

Jan Carley, author of *The Overtone Effect* and *Harmony from the Inside Out*, is a Professional Certified Executive Coach, credentialed with the International Coach Federation. Jan has been inspiring the extraordinary with individuals, teams and organizations worldwide since 2007 in her role as the Inner Coach of Barbershop. She is a long-time member of Region 26.







WEST COAST HARMONY CHORUS

Invites you to

BOUTIQUE 2018

Sheraton Vancouver Guildford Hotel
15269 104th Avenue, Surrey, in the Fraser Room

Thursday, May 3, 3-7 p.m., 9-10 p.m.
Friday, May 4, 9 a.m.-4 p.m.
Saturday, May 5, 9-10 a.m.
Sunday, May 6, 9-10 a.m.

Here's a sampling of our

21 Vendors!

- MojLife
- Avon
- LipSense & SeneGenex
- Norwex
- Pampered Chef
- Rack Fashions
- Tupperware
- Heaven N Earth Native Art
- Epicure
- The Alexander Boy's Tea & Drink Co.
- Beau Jangles
- Kittens Mittens Knit & Crochet
- And More!!

And there's more!!

50 / 50!

Raffle Baskets!

Homemade Baking!



www.westcoastsings.com

westcoastsings

WestcoastHarmonyChorus

WestcoastHarmonyChorus

If You Sing, They Will Come *Embracing Barbershop*

by Stephanie Ball

It is January, Region 26, and a new year awaits us. For many of our choruses, January is a time for reflection and planning, and those plans often focus on attracting new members.

“It is no surprise to any of us that we are an ‘aging’ population,” said Sweet Adelines Intl. President, Paula Davis, earlier this month.

Over the past 20 years, the membership in our organization has been declining. Since 1998, memberships have fallen by approximately 8,000. It is important that all of us work together to build our membership. But what does that look like, and how do we do it?

I don’t have the answer to that, but I have noticed that the first thing we ask ourselves is: “Why are we losing members?” Often, the first thing we come up with is: “Because the younger generation isn’t interested in barbershop.”

But that is simply not true.

I joined Sweet Adelines when I was 22 years old and I was, by far, the youngest member in the chorus. But my age, and the ages of the other members, didn’t matter. Upon joining the organization, I found myself surrounded by hardworking, passionate, welcoming and friendly women. The age difference just didn’t bother me; in fact, I loved it. I had the opportunity to learn from women who had been singing barbershop for many years. There were mentors and teachers all around me.

Emily Froese, a university student and 3-year member with Lions Gate Chorus felt the same way as I did. “Right when you join you suddenly have 100 new best friends and family. Before [joining the chorus], I mostly talked to people my own age, but now... age doesn’t matter,” says Emily. “The music brings everyone closer together – we’re united by it.”

Like Emily, I fell in love with barbershop harmonies immediately. No one had to convince me that it was “cool”. I just knew that it was. But let’s be honest: “cool” probably isn’t the best way to describe barbershop music. Let’s not deny who we are and what we do.

Barbershop is old-fashioned. It’s technically challenging and it’s a musical niche. Ladies, barbershop singing is totally “hipster”. What makes our choruses and quartets so amazing is that we are unapologetically nerdy and passionate about our hobby in the best possible way. Sure, we love to sing pop music and non-barbershop tunes too, but at the end of the day, we sing, live, and breathe barbershop. And we love it.

“I think what ties us together is a shared quest for excellence that I haven’t seen at a regular community choir or chorus,” says Meghan Fell, an 11-year member with Lions Gate Chorus.

For more than 25 years, Lions Gate Chorus has had more than 60 members. When Meghan saw Lions Gate Chorus for the first time, she was struck by the performance. “They looked like they were having so much fun and I wanted to be a part of it.”

**Authenticity is what draws in audiences
and attracts new members.**

We can’t just become something “new” in order to appeal to young women. We can not lose sight of our collective and individual chorus visions and missions in an attempt to be more modern. Of course, we are an ever-evolving organization, but we were founded on this particular style of music that brings joy to each and every Sweet Adelines member.

The best thing we can do is teach our new members everything there is to learn about barbershop music, while continuing to be a welcoming, friendly, and inclusive organization.

Barbershop is the heart of who we are. It’s the beacon that draws in music lovers and it’s the glue that keeps us together.



**Marlene Eppy
FUND**

ANY DONATION IS WELCOME!

When you donate to the Marlene Eppy Fund, you are investing in the future of 4-part a capella harmony and Sweet Adelines.

Donations can be made anytime through e-transfers to finregion26@gmail.com or personal cheques. Questions? Contact Susan Dumas at sdumas3255@gmail.com.



There's a Chorus For That!

No matter what drives you, there is a place for you

by Stacey Rose, Region 26 Marketing Coordinator

About 10 years ago, I was in a women's fitness center when I saw a poster inviting women who like to sing to a chorus rehearsal and free singing lesson. I had been singing from a young age; had received formal training from some pretty amazing teachers; had experience in many genres; and used my gift at my place of worship. This poster spoke to the lifelong learner in me. FREE SINGING LESSON.

A step or a leap...

Many of us do not step quickly into unknown situations. I usually research before I take a leap into something... I did no research. I didn't know what kind of music I would be singing, if this was a co-ed situation, or if I'd have to dust off my shaky music reading skills... all I knew was I wanted that free singing lesson. So, I walked into a room of about 20 women singing 4-part a cappella harmony.

Hook, line, sinker...

I was placed as a tenor and was buddied with another tenor on the risers so that I could listen, learn, and not be alone in the vocal stratosphere. I began to engage and be engaged.

I honestly don't remember if there were voice lessons in a one-on-one setting as I expected, but I do know that the level of learning on the risers fed me. The director was knowledgeable and the entire rehearsal was about improvement, not just practice. I was hooked – not on barbershop yet, but on personal vocal growth.

It's in the DNA...

All Sweet Adeline Choruses share the same DNA. We have similar models of chorus governance; the same requirements to maintain chapter status; and we belong to an organization that exists to advance barbershop harmony through education, performance and competition.

There are small choruses and large choruses. Some compete at the regional level to maintain good standing and others to vie for a place on the international competition stage. Some choruses are driven by the opportunity to sing for fun and personal recreation and others that are fueled by the commitment and expectations required to be counted among the top choruses in the world.

My happy place...

I now have a new chorus family. In this past year I have experienced so much that feeds me and drives me and makes me so very excited; more difficult music; higher expectations; life-changing vocal coaching; world-class instruction and direction; an amazingly accomplished leadership team; and an unforgettable pinnacle week at International competition. I have been given responsibilities and the opportunity to be mentored in leadership. I have found my happy place.

There's a chorus for that...

No matter your personality, your vocal experience, your schedule, your self-confidence, shape, colour, or size – no matter what you believe, or who you love, there is a chorus for you.

No matter your reason, whether to sing, work hard, become a leader, or find a safe place with women who care about you... there's a chorus for that. Whether or not you love the style of music, what Sweet Adeline choruses offer transcends style.

I'd say we can use a little more love, laughter, friendship and purpose in our lives. **Yes, there's a chorus for that!**

*What's your Sweet Adeline story?
Send it to Stacey at
region26marketing@gmail.com
and you might just get published!*



Stacey Rose sings Baritone with Lions Gate Chorus

Saskatchewan - Where 4-Part A Capella Comes Alive!

2017 has been a busy year of celebrations for Region 26 Sweet Adeline International choruses throughout Saskatchewan. Whether they were celebrating Canada's 150 anniversary or in the case of Battlefords Blend Harmony Chorus, their own thirty-fifth, the prairies were alive with the sounds of 4-part a capella harmony.

Magic City Chorus, Saskatoon

Magic City Chorus embraced Canada's 150 anniversary and took it on the road. They began their celebrations in June with an out of town performance in Birch Hills on June 10th. "We boasted our love for both our country and province. Thank you to David Bouchard (Saskatchewan born author) for allowing us to use his publication of "If You're Not From the Prairie" as part of our script."



Next up was on June 21, 2017, National Aboriginal Day; a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit, and Métis peoples. Magic City Chorus was privileged to be part of this day in Saskatoon. We were invited to sing during the 2nd annual "Rock Your Roots" walk to show support for Reconciliation. It was located at River Landing, situated on the banks of the South Saskatchewan River. The walk was led by the Elders, with approximately 5000 people from different cultures walking by as we sang our hearts out. It was a powerful performance and an honour to be part of!



The next stop of the celebration train was the Magic City Chorus Show "Canada: One People, One Voice" on November 4, 2017 in Saskatoon. The show featured a guest performance from Joseph Naytowhow, a gifted Plains/Woodland Cree (nehiyaw) singer/songwriter, storyteller, and voice, stage and film actor from the Sturgeon Lake First Nation Band in Saskatchewan.



Our Canada: One People One Voice featured many moments of Canadian history such as the winning goal of the 1972 USSR-Canada Summit Series. Audiences were captured as they followed the story of two sisters who discover a life time of Canadian treasures while going through their grandparent's old trunk.



The show featured music from the Chorus's favorite Canadian artists, like Joni Mitchell and Gordon Lightfoot, all remastered in 4-part a cappella.

Battlefords Blend Harmony Chorus, North Battleford

Battlefords Blend Harmony Chorus had a very busy fall in 2017! We worked hard in rehearsals to prepare for our 35th Anniversary Show, adding two Sunday rehearsals to ensure we were ready. We started the celebration on November 17 with a flash mob at our local flower shop's Christmas open house. It was a fun and well received. On November 19, we presented our 35th Anniversary Show with special guest Jeffery Straker. We met at the Dekker Centre at 10 am, which was our first opportunity to actually work with the set as the facility was too expensive to rent for an extra day. We felt quite rushed and unprepared and if we have advice for future performances, it would be to either pay for a prior practice in the facility or simplify the stage/set changes. That being said, we enjoyed the performance and our audience was enthusiastic with their praise.

Battlefords Blend Harmony Chorus Continued...

Our community supported us at our concert and we supported our community with Christmas performances at a number of venues. On November 29 we sang at Harwood Manor, a personal care home. A former member of our chorus is a resident there and she joined us in singing before the performance was done. Yes there were tears. It was very moving to see someone who now has difficulty putting names to familiar faces, remember the music and join us. On December 5 we sang at Villa Pascal, a local nursing home and December 8, we were invited for a Christmas Dinner at Caleb Village, a retirement community and then sang for the residents there as well. December 12, we participated in the community Carol Festival in North Battleford. Finally December 17, we went out to the Meota Christmas Concert.



Several of our members come from Meota, which is a small community with a big heart! We enjoyed the concert which included a children's choir directed by our former director, several soloists, a performance by our current director and her husband and a men's chorus. We performed a few numbers on our own as well backing up the men's chorus on one number and taking part in a massed choir finale. Both of the community concerts raised money for local food banks and we were pleased to assist in that endeavour. Rather than exchanging gifts this year, we contributed to a Christmas dinner for a family in need. As we broke for Christmas, we certainly felt that we had captured the spirit of the season.

ADVERTISING OPPORTUNITY

Do you have a business in women's services, books, jewellery, bookkeeping or virtual assistance? These are a few examples of the types of businesses we want to help with advertising!

Two issues - 1/4 page - \$50, 1/2 page - \$95
Four issues - 1/4 page - \$80, 1/2 page - \$155
(Design fees are separate)

Please email mapleleafexpress@gmail.com for a rate sheet and to place an order.

The Sound of Silence

In Memory of Elaine Rapkowski

Rhythm of the Rockies Chorus is saddened to announce that long time chorus member and former bass section leader, Elaine Rapkowski, passed away with grace and courage on January 13 after a 2-year illness. Elaine was a vibrant, bold woman who had a passion for singing and who will be greatly missed by her chorus as well as all who knew her. She was a former member of Limelight Quartet along with Shannon Neumann (lead), Rosemary Wightman/Joan Dowling (tenor) and Alanna Price (baritone).



Rhythm of the Rockies will toast Elaine with her favourite red wine as we remember her at our upcoming chorus coaching retreat. We will sing for the joy of singing as she would have wanted and will appreciate our chorus "sisters" whom we would not have met without the bond of singing.

Chorus Notes From Southern Accord Chorus

As part of our 20th Anniversary Celebrations, Southern Accord Chorus is undertaking an Oral History Project. Two of our members, Diane Rossetti and Caryl MacLeod attended a workshop at the Galt Museum and Archives to learn the methods and procedures to achieve it. Along with their committee, Elizabeth Nevels and Mary Anderson, they will try to reconnect with all original and early members to video or record their stories. The importance of creating an oral history became significant because five of our charter and long term members have passed away in the last few years and their stories are lost to us. They have set the task to be completed by the end of 2019.

If your chorus has undertaken a similar project or if you would be interested in setting up a discussion group please contact diane.rossetti@yahoo.ca

The *Maple Leaf Express* (MLX) is produced quarterly at the end of January, April, July, and October. Submissions deadline is the 15th of January, April, July and October unless otherwise stated.

Submissions Policy: Article submissions are accepted at the discretion of the MLX Advisory Staff. Articles and images may be subject to editing and may be held for publication in a future issue of the *Maple Leaf Express*. Questions or concerns regarding this submission policy can be directed mapleleafexpress@gmail.com.

Planes, Trains and Automobiles - Our IES Adventures

by Kim Martin, Region 26 Communications Coordinator



Where there are Greek columns, there must be togas!

“Maja’s flight was just cancelled. She’s trying to get her suitcase back and join us.” Phyllis, Karen and I checked the status of our own flight. The On Time was soon followed by a 30 minute delay, an hour, an hour and a half, and finally, the inevitable CANCELLED. There we were, four members of Chinook Winds Show Chorus, stranded in Toronto, with our amazing five day, action packed, music immersed Sweet Adelines adventure slipping through our grasp, but **We Are Sweet Adelines** and there is no force mightier than four Sweet Adelines determined to get to IES! With the Gilligan’s Island theme song playing in our heads, we joined the sea of humanity heading for the ticket counters hoping to catch the next flight south. Five hours later we formed a new plan. By midnight, fortified with Timmie’s and waving a fond farewell to Maja’s still missing suitcase, we piled into our American rental car and headed for the border. Soon after leaving Toronto we noticed that it wasn’t only time that was flying by, so were we! Driving an American car meant a speedometer in miles, not kilometers, and we had unknowingly been careening down the highway at the lightning speed of 100 mph! Neither rain, nor fog, nor darkest night could slow us down and nine hours later, we arrived at the University of Maryland, the home of IES: Back to the Future! Wendy, the fifth member of our merry band of CWSC singers, was waiting for us, having had the foresight to fly a few days earlier. We faced a few more obstacles before we settled in such as a housing mix up, which had two of our party staying in different buildings, and of course the parking ticket we got when we parked in the wrong spot for 20 minutes but we were finally there!

We barely had a chance to get our feet wet when the day of sessions was over and we found ourselves heading into Washington to return our rental car and sneak in a little sightseeing. It was amazing! I never imagined that I would actually have the opportunity to see places like the White House, the Capitol, and the Washington Monument, even from a distance. After returning our car at the airport, we decided to tackle taking the train back to the university. Thankfully Wendy knew how to get us home, but that in itself was a whole other adventure!

Friday arrived and we were finally settled into the groove, which could be translated to mean that I was now able to scale the bunk bed in our room without landing on Phyllis below! All of us attended different sessions, trying to absorb as much information as we possible could to take back to our chorus. As for me, I continued to get lost, as all the buildings looked alike and strangely, they all seemed to involve going uphill both ways! The keynote speakers Tom Carter, The Buzz, and Deke Sharon were fantastic as was the entire IES faculty some of whom were our own Region 26 members. The Mixed Harmony Quartet Contest and the Rising Star Quartet Contest provided a showcase for some very awesome talent. On Friday night, we hosted a pep rally for our very own Region 26 Rising Star participants, Pitch Please Quartet and an hour before the event, as if by magic, Maja was finally reunited with her suitcase, a good thing to as it was filled with the pep rally supplies. Saturday



Two familiar faces - Lisa Hills and Marcia Pinvidic

afternoon, Region 26 was in full force at the Rising Star Contest to cheer our girls on, and then, in true Canadian style, we apologized for being so rowdy!

Sunday arrived far too soon. As we packed our bags and bid our own rubber encased mattresses farewell, we wondered again what key Maja’s infamous whistling mattress was actually whistling in. At the Reagan airport in Washington, DC, we had more adventures, but that’s another story! Let’s just say that Phyllis, Karen and I flew to Chicago on a plane that we swear was held together with duct tape, twine, and lots and lots of prayer! Miraculously we all arrived back in Calgary, safe, semi sound, AND with luggage!



Marcia Pinvidic, Therese Antonini, and Nancy Field were all IES Faculty.

It was a wild and crazy adventure, but even though it took **planes, trains and automobiles** to get there, IES 2017 was definitely worth it! Thank you to Sweet Adelines International and the IES Faculty for making the conference such a valuable and memorable experience!

Let's Chat

With Kim and Steph

Hello Everyone! We hope you are enjoying this issue of the *Maple Leaf Express* or as we like to call it, the MLX. We love putting it together and we always want to hear what you think. We can be reached anytime at mapleleafexpress@gmail.com. Our "Let's Chat" column is kind of a catchall for all the bits and pieces that we think are amazing and really want to share with you. Enjoy!

The Value of IES and RES

Chinook Winds Show Chorus took a leap of faith sending five chorus members to IES 2017 in Maryland and supplementing members for RES 2017 in Edmonton but it paid off big time. Thanks to everything we learned at these two conventions, Chinook Winds Show Chorus was able to staff their January retreat with their own well informed Faculty and it was a huge hit with the rest of our membership. Now that's what we call a great investment!

Quick Marketing Tip

We're taking this idea from a recent email from Kathy Lockhart who signed it as "Secretary and Proud Member Of Pacific Edge Chorus". Now here's the thought, if all of our members signed their own emails as "Proud Member of <insert chorus name here>". Check us out at <insert chorus website address here>" what a quick and easy way to promote your Chorus. Just a thought!

The Sound of Silence Column

In the past we have honoured our passing members in the October issue of the MLX. After much discussion, we decided that we want to recognize their passing as soon as we can and so, we will be including The Sound of Silence column whenever it is required. If your chorus has experienced a loss of a member, please contact us so that we can honour them in this column.

Songs to Brush Up On For Contest

It's time to pull out your music and brush up on the following songs from our current repertoire for 1st Nite and the Mass Sing at Regional Convention:

- How We Sang Today
- Its My Song
- Harmonize the World
- Hooked on a Feeling
- Fame
- Good Ol' A Cappella
- Can You Feel the Love Tonight?

Until next time, remember to keep those ideas and emails coming!

Kim and Steph

SPIRIT OF 26 NOMINATIONS

Due March 15, 2018

Each prospective and chartered chorus is encouraged to honour an individual who contributes to your chorus "over and above" or who is due special recognition to be celebrated by our entire Region.

Submissions must include: completed nomination form; a biography of 300 words or less explaining your Honouree's unique qualities and characteristics that make her the perfect candidate (electronic preferred); and a high resolution photo to be enlarge to 8.5 x 11 inches (electronic preferred).

Forms: Updated nomination forms and information are available in the Documents Section of the Members Only side of our Region 26 website (https://region26.ca/system/files/attachments/1456/2018_Spirit_of_26_application.pdf)

Email to: joannesinger03@gmail.com (preferred method of submission) or mail to: Joanne Johnson, "Spirit of 26", Box 1038, Nisku, AB T9E 8A8

Questions? Contact Joanne Johnson by phone (780) 619-5258 or by email at joannesinger03@gmail.com

The Treehouse B&B at 





Email: Enderby.Treehouse@gmail.com Find us on Facebook 
Phone: 250-803-1755 Enderby Treehouse



Ideas..... all shapes and sizes

www.meyerprintgraphics.ca 

Region 26 Shares Spirit of the Season



Peace Arch Chorus, under the direction of Emma Gibson, joyfully spread their gift of song this Christmas season. Sing outs to Retirement Homes, and shopping malls were well-received.



Westcoast Harmony Chorus singing to the fruits and vegetables at Save-on-Foods in Surrey. This was one of nine stops on our Christmas Sing-a-Thon on Dec. 9. We rented a school bus and went all over Surrey, Langley, Maple Ridge, Burnaby, and New Westminster singing our new barbershop versions of the old favourites.



Desert Sounds Harmony Chorus of Kamloops, BC, seen here at the Sun Peaks Ski Village, had a busy Christmas season with nine performances. Christmas has become a fund-raising time for us, so we decided to focus on the paying gigs. Several groups, e.g., charities and seniors residences that we had previously entertained for free actually came up with funding for a paid performance! We appreciate our portable singing style and have fun wowing the folks with our live four part harmony a capella songs.



Lions Gate Chorus - For 2 days in early December we jingled and jangled and carolled as shoppers perused the fabulous booths set up in the halls and gymnasium at the Carson Graham Christmas Craft Fair in North Vancouver. The buzz in the air mixed with the aroma of hot chocolate fuelled our enthusiasm, creating a truly intoxicating and festive environment. Parents were jovial and sung along as children danced and clapped to their favorite carol.

.....

Fandango Quartet (Corinne Newell, tenor; Jan Carley, Lead; Cammi MacKinlay, bari; Donya Metzger, bass) started early this year doing the “craft fair” circuit in November – from North Van to Burnaby to Coquitlam. Our multiple gig season continued in rain, sleet and a wee bit of snow...with Cammi in the driver’s seat of our new cherry-red Fandango-mobile! We noticed this year that more people on the streets were “unplugged” and seemed to be more responsive with a wide range of emotions – from high fives, dancing, and a lot of smiles and tears. One of our most memorable moments was heard in Blenz coffee shop, as a wee



Pitch Please Quartet - Pitch Please had a blast singing for the Calgary Farmers Market, Theatre Calgary, the Sheraton Hotel and Linkages during the month of December. We prepared around 20 of our favourite holiday tunes to spread cheer among busy shoppers, party goers and seniors. Singing together never felt better. We can’t wait to do it again next year!



toddler said in a loud voice, “Mummy, why are those ladies doing that?” Mum’s reply: “Because their singing makes people happy!” That pretty much sums up our season and why we’ve been doing this since 1999!