



Winter 2023: Keeping Busy

Elaine Martin

Our winter calendar was full of fun and continued hard work. We had three more coaching sessions with Steve and Renee Tramack. They held in person full day sessions in January and March, and joined us for a ZOOM session in February. Then on Sat., February 25th, Cleveland Chorus Director Nate Ogg lead us in another fun day of coaching as part of a Region 17 Directors Exchange.



We had the honor of performing two numbers at Winter Harmony Weekend in Cleveland on January 28th: A Million Dreams and Better When I'm Dancin'.

On February 6th, we had our first guest night since the pandemic. Our Marketing, Membership, and Website teams have developed some great new materials and strategies that our members have been sharing far and wide. The result? We welcomed 19 guests! And we have a new Rookie Handbook ready for any of the guests who chose to audition!

On March 18th, we sang five performances at the Grand Rapids Women's Expo. It was another great opportunity to recruit new members and share our great harmonies with our community.



The Canny Conventioneer

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Going to a Sweet Adelines convention can be a bit overwhelming for first timers. Here are some insider tips for regionals from experienced members Sandra Recker and Sonja Acosta.

Thursday night there will be meetings and "briefings" but newbies won't have to attend. Anyone riding the bus should expect to get in late and just settle in.

Friday morning there will be a sound check and possibly a "walk through the pattern" which is the route from the warm-up room to the stage. Attendance is encouraged. During the sound check, you stand on the risers and sing two songs so sound crews can fine tune equipment. Try to stand as close to your normal position as you can so you get a feel for the acoustics and visuals.

Plan to catch Quartet performances and bring a tote bag with a sweater, water bottle, snacks, etc. Newer members are encouraged to attend the educational workshop Friday afternoon. This year, Diane Porch, a visual communications judge and director of the 2022 winning Buffalo Gateway chorus will present "Put Your Right Foot In".

Bring music for the Regional and International songs and sing along with other choruses and directors at the Mass sing on Friday afternoon.

Friday evening is the quartet awards. Plan for several hours, followed by a rehearsal. You may want to bring snacks or protein bars and water.

There will be a rehearsal sometime Saturday morning along with make-up and hair checks. Pack a quart freezer bag with lipstick, tissues, money, room key, etc. to take to the warm-up room and competition. No water bottles or purses will be allowed. Choruses will use the warm-up room in order of appearance then "walk the pattern" to take the risers beginning at 12:30. No singing is allowed anywhere except in the warm-up room. Pack comfy shoes or socks and enjoy the rest of the show.

There will be a break before the awards ceremony. Then let the celebrations begin! Plan to coordinate with roommates on who brings snacks, beverages, cups, etc...and have fun!!

You will receive a detailed itinerary from our chorus leaders before you arrive. For more information, checkout the convention website [HERE](#).

VISIT OUR WEBSITE FOR MORE NEWS, HIGHLIGHTS, & VIDEOS!!



Boost the Value of Your Membership!

Article by Director: Denise VanDyken

If you've been a member of GRSA for more than a few months you've surely been encouraged to be more "chorus driven" and/or to Choose Personal Responsibility (CPR). It's all about being more independent, intentional, and motivating yourself to keep moving in a positive direction as a performer. Here are a few ideas:

1. Set small personal goals for improving a skill beyond knowing your notes and words. Choose something like increasing your consistency in stabilizing your body in a good singing posture; taking silent breaths; or maintaining the sensation of open space in the mouth and throat.
2. Work on staying fully engaged in the song or while listening to instructions. If you find yourself being pulled off course by distractions, self-criticism, fatigue, or confusion about what's being said – resist the urge to give up or to let your focus drift. Even if you must rest your body, do all you can still stay in the game.
3. Don't wait to be told what to do. Remind yourself to use the skills you already have to fix or enhance your performance on the next run of a song or passage.
4. Strengthen your relationship with your mentor and others who can offer support when you want ideas for improvement or if you're frustrated or confused.

These are just a few ideas. Don't try to do everything at once – just choose a thing or two that's most relevant to you. Whatever you choose, now is the time to up your game on using CPR to become more chorus driven! I guarantee that doing even 10% more will pay off in a huge increase in joy and satisfaction on every step along the way of this amazing journey we're on together!!

Coming Up in 2023

April 21st - National Anthem at the Muskegon Lumberjacks hockey game.

May 8th - Friends and Family Night highlighting our Regional competition song package.

May 11th-14th - Regional Convention and Competition, Cleveland, OH.

Jun. 4th - GR Festival of the Arts Performance

Jun. 9th and 10th- Strategic Planning Workshop with Leslie Galbreath, Rocky Mountain Region 8, International Faculty.

Jun. 20th- Meijer Gardens Tuesday Evening Music Club concert.

Aug. 6th - National Anthem at the West Michigan Whitecaps game.

Sept. 15th-17th - Fall Harmony Weekend with Deanna Kastler

Oct. 30th-Nov. 4th - 77th SAI International Convention and Competition in Lexington, KY.

COSTUME CORNER

Take a look at this sexy costume from International Competition in Nashville, 2002.

Can we say, "Ooh-La-La"? These ladies were looking FAN-tastic!!



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