



**2020 REGION 16 SWEET ADELINES FALL MUSIC SCHOOL**

**October 17, 2020**

**Revised 9-28-20**



Sat, Oct 17	Activity	Presenter
8:30 - 8:35	Welcome - Housekeeping	Susann McKinley/Sue Melvin
8:35 - 8:45	Regional Award - Leadership Award	Diane Seward/Sue Heighway
8:45 - 10:00	<p>“Stretch!” We Can Go the Distance!</p> <p>The undeniable forces and barriers we face today have the power to disable us or to empower us to greater heights. To come out stronger than we entered, we must STRETCH...EVERYTHING! There is a possibility thinker and an opportunity maker in all of us. Don’t miss this inspiring session where we will work to uncover untapped potential and the limitless power of YOU!</p>	Erin Howden
10:00 - 10:05	Stretch Break	
10:05 - 11:35	<p>Sound &amp; Expression</p> <p>An exploration of the Sound and Expression categories and the very strong relationship between them. Hear about techniques from each category that make it possible to be more successful in the other. Learn how to you raise your level of understanding in each category and improve your overall performance.</p>	Dale Syverson
11:35 -11:40	Regional Award - Assistant Director Award	Marsha Ten Eyck
11:40 - 12:20	Lunch Break	
12:20 -12:25	RMT Introduction	Sue Melvin
12:25 - 1:25	<p>Music Selection - How Barbershop Is It?</p> <p>This class will identify the hallmarks of a barbershop song and arrangement as defined by the Music Category descriptors and discuss the ‘fit’ of both traditional and non-traditional songs to barbershop style vocal arrangement. After developing a framework to assess the strength of a song and arrangement, participants will listen to a variety of barbershop performances and learn to apply the framework to determine how well a particular vehicle represents the barbershop style.</p>	Corinna Garriock
1:25 - 1:35	Regional Award - 50-year Members	Christine York
1:35 - 1:40	Stretch Break	
1:40 - 2:40	<p>All About The Voice</p> <p>Singers have a high risk of developing voice disorders if they are not producing their voices in a healthy manner. This class dives into the anatomy and physiology of the vocal mechanism, which will provide the foundation necessary for healthy singing. What happens to the voice as we age and what we can do and what to avoid in order to keep your voice healthy for years to come.</p>	Caitlin Castelino
2:40 - 2:55	Regional Award - Sweet Adeline of the Year	Diane Seward
2:55 - 3:00	Wrap Up	Susann McKinley