

# The Newyorker Times

The newsletter of the Poughkeepsie, New York, Chapter of the Barbershop Harmony Society



New Series, Volume 7  
Poughkeepsie, New York

Number 8  
August 2006

## Will HCNE Happen This Year?

By Steve Wheaton, NED DVP Events  
Forwarded by Scott Salladin

HCNE is on this year at Fitchburg State College August 11th to 13th. There will be more information on the web and through this list during this week and next. [The following article gives course descriptions. The last page of this issue carries the registration form.]

We will be having Quartet coaching with Metropolis, Presentation, Section Leader, Vocal Techniques, Tag Singing, History, and others. Mark your calendars and watch for more information.

Editor's note: The somewhat strange headline was provided by the author, and resulted from the fact that he had received questions prompted by the absence of information in *The Nor'Easter*.

## Harmony College Northeast—2006 Course Descriptions

### ALL-DAY SATURDAY COURSES

#### HC-1 Quartet Coaching *Sat All Day 6 hrs*

We will once again be coaching quartets using the POD method. This means four quartets of similar ability will be assigned to four coaches who will have responsibility for only these quartets. The coaches will listen to the quartets sing on Friday evening and will join together to come up with a coaching strategy for each quartet, then implement that strategy at all sessions on Saturday. You gain the benefit of consistency from coach to coach. Your coaching staff will include some members of Metropolis plus renowned district coaches from our division HEP teams. WE HAVE SPACES TO COACH 36 QUARTETS. WE ARE WORKING TO ENGAGE 36 COACHES. WE WILL BE LIMITED TO THE NUMBER OF COACHES AVAILABLE.

#### HC-2 Arranging From a Piece of Sheet Music *Sat All Day 6 hrs*

We first offered this course four years ago and it was a winner! So we decided to bring it back with noted arranger

Steve Jamison as the teacher. Steve has done some great arrangements for many International competitors so is super-qualified. If you have some basic musical skills, then this course could be your gateway to arranging. This is an interesting approach to arranging using the clues that appear on a piece of sheet music to guide you through the process. If you can identify the notes on the melody line then come to this all day session of musical enlightenment. Plan to bring your own keyboard and headphones.

#### HC-3 Follow a Coach *Sat All Day 6 hrs*

Here's your chance to learn some of the inside stuff that goes on in coaching sessions. Been through most of the classes and looking for something new? This is the class for you. If you sign up for this, you'll be attached to one of the coaching PODS and can be a fly-on-the-wall at coaching sessions. Plan to be an observer only but you'll come away knowing more about barbershop harmony than you ever thought existed. SIGN-UPS WILL BE LIMITED TO ONE PERSON PER POD.

### SATURDAY AM COURSES—THREE HOURS

#### HC-4A Novice Chorus Directing *Sat AM 3 hrs*

This class is designed for men and women who want to learn the very basics of directing. Learn how to teach vocal techniques through the warm-up, basic arm-waving skills, and how to be a musical leader of the chorus. It is designed for those who would at any time be in front of a group of singers, such as Assistant Directors, Section Leaders, and Assistant Section Leaders. Each chapter should make the effort to send at least one member to this class to guarantee the future musical leadership of your chorus. This class will be taught by Barry Towner from the Ontario District, our current Society Board Member.

#### HC-5A & -5P Vocal Care through Proper Singing Technique *Sat AM 3 hrs or Sat Pm 3 hrs—Material will be repeated in both classes*

Karen is among the top vocal technique specialists in the northeast and has a degree in Music specializing in voice. This class is an interactive class with everything you need to keep your voice in shape while singing.

(See "Courses" on Page 3)

**The Newyorker Times**

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Barbershop Harmony Society  
Yankee Division, Northeastern District  
Editor: George L. Trigg,  
18 Duzine Road, New Paltz, NY 12561-1304  
845-255-9488; e-mail [GeorgeLTrigg@alum.wustl.edu](mailto:GeorgeLTrigg@alum.wustl.edu)

**Chapter Officials**

President .....	John Hadigan, Jr. 845-485-2339; e-mail <a href="mailto:bigjohnbass1@aol.com">bigjohnbass1@aol.com</a>
VP, Chapter Development .....	Bob Hitchcock 845-298-2728; e-mail <a href="mailto:Clownworld@aol.com">Clownworld@aol.com</a>
VP, Music & Performance .....	Steve Hagerdon
VP, PR & Marketing .....	Joe O'Neill 845-229-9756; e-mail <a href="mailto:joekev2@aol.com">joekev2@aol.com</a>
Secretary .....	Scott Salladin
Treasurer .....	Mike Murphy
BOD Members at Large .....	Bill Florie Steve Miller Dick Schaffer
Immediate Past President .....	Eric Dickstein
Youth Outreach .....	Bill Standish
Chorus Director .....	Renée Silverstein
Chorus Manager .....	Scott Salladin

**Meetings**

**Wednesdays, 7:30 p.m.**

**First Reformed Church**

**70 Hooker Avenue**

**Poughkeepsie, New York**

**ALL SINGING MEN WELCOME**

**Website address .....** [www.newyorkerschorus.org](http://www.newyorkerschorus.org)

**Poughkeepsie Chapter  
Mission Statement**

The mission of the Poughkeepsie Chapter shall be:  
To perpetuate the art of Barbershop Harmony, and  
To promote and provide opportunities for vocal harmony  
activities for its members and potential members such  
as, but not limited to,  
Quartetting,  
Vocal crafts and techniques,  
Coaching,  
Chorus singing, and  
Competitive preparation and participation,  
and  
To provide public appreciation of barbershop harmony  
through public and charitable performances, and  
To promote good fellowship and camaraderie among its  
Membership, and  
To foster and enhance the ideals and principles of the  
Barbershop Harmony Society



- |           |   |
|-----------|---|
| 11-13 Aug | <b>Harmony College Northeast (HCNE),<br/>Fitchburg State College, Fitchburg, MA</b>   |
| 16 Aug    | Performance in Bartlett Park, across street<br>from church—arrive 6 p.m. for 7 p.m. per-<br>formance. Uniform: Short-sleeved white<br>shirt, music-patterned tie, black pants,<br>shoes, and socks. <b>Rain Date:</b> 17 Aug. |
| 23 Aug    | National Anthem for Renegades, Dutchess<br>Stadium—arrive 6 p.m., perform 7 p.m.<br>Uniform as above.   |
| 21 Oct    | Performance at Castle Point VA Medical<br>Center—arrive 9:30 a.m., perform 10:30<br>a.m.  |
| 27,28 Oct | <b>NE District Convention, Providence, RI</b>   |

**DEADLINE FOR NEXT ISSUE  
30 AUGUST**

**Happy Birthdays in August:**

Jack Ostmark	3
Sherie Ashdown	6
Cecilia Monturo	18
Jean Marie Schulze	19
Ray Brock	20
Dave Lumb	21
Tom Koman	29

**Happy Anniversaries in August:**

Tom and Patricia Koman	1
Antony and Lynn Takahashi	5
Butch and Sherie Ashdown	6
Dan and Patricia Griffin	8
Eric and Aline Dickstein	26
Steve and Joan Ross	28

**Directions**

*by Renée Silverstein*

Wow! What a hectic two nights we had. I thank all of you for doing an incredible job at Harriman for a very different audience than we are accustomed to performing in front of. We reached them and touched their lives through our music in ways we cannot perceive.

The audience at Wappingers Falls was not as large as we would have hoped (next year we'll sing on their regularly scheduled night for the concert series) but they were appreciative and that's all we ask. Your stamina held up (mine was definitely dwindling after an hour and a half), the quartets did an incred-

*(Continued on Page 3)*

**Directions** (*From Page 2*)

ible job, but most of all, to have 99% of our active members come out on two consecutive, sweltering evenings says a lot about your dedication and for that I truly thank you.

I mustn't omit our assistant directors. Thank you a bunch, John and Steve. Without you I would have wilted a lot sooner.

**Courses** (*From Page 1*)**HC-6A & -6P How to Be an Effective Section Leader**

*Sat AM 3 hrs or Sat PM 3 hrs*

Jim Bentsen is a member of the District Champion Granite Statesmen. He has been on music leadership teams in the choruses he has belonged to and brings a lot of experience to the table. This class is an interactive class with everything a Section Leader or assistant Director needs to know to be effective.

**HC-7A & -7P Sight Reading/Sight Singing** *Sat AM 3 hrs or Sat PM 3 hrs*

Yeah, we're stubborn! We've had the same teacher (Eric Ruthenberg) for this class for five years. Why should we change? It always has high enrollment and satisfaction. We secretly think Eric wants to keep doing it until everyone in NED can sight sing! Expect basic interval training, expect work on allowing your ears to help you sing to the scale, and expect lots of help on reading barbershop music. And, if you want to test out your new skills, Eric will be teaching an afternoon class that will give you a lot of practice. (See below)

**HC-8A & -8P The History of Barbershop** *Sat AM 3 hrs or Sat PM 3 hrs*

Bob Dunning is a 55-year member of the society. He was a judge for many years and has coached many of the districts top quartets. To really understand where Barbershop is going you have to know where it has been. Bob will start from the early days, before there was a Barbershop Harmony Society, up to the days of Owen C. Cash and Rupert Hall and on up to the current day quartets and choruses.

**HC-9A Song Themes in Presentation** *Sat AM 3 hrs*

What are song themes? Why are they important? Discussion and identification of song themes, and appropriate Presentation for each one. Determination of how to do your Presentation the natural, comfortable, believable way. You'll have a chance to see sample performances of each song theme. Jim and Diane Coates are Presentation Judges for the Barbershop Harmony Society and Harmony Incorporated.

Without achieving believability, the performance will fall short of truly entertaining the audience.

**HC-10A & -10P Tag Singing with a Tag Lord** *Sat AM 3 hrs or Sat PM 3 hrs*

Andrew has been a barbershopper for over 11 years and has been in Division Championship and District Silver Medalist quartets. He has learned over 100 tags and is able

to teach them. This is a very interactive class. He will teach you how to sing tags, teach tags, and choose the correct tag for any occasion.

**SATURDAY PM COURSES—THREE HOURS****HC-4P Intermediate Chorus Directing** *Sat PM 3 hrs*

This course will address topics of interest to front-line directors. Learn some of the more refined directing skills. Talk about how to build repertoire, how to create a show package, and how to confront a problem and fix it in addition to many other topics. Talk to this experienced director and "pick his brains" for information you always wanted to know but were afraid to ask! Things like rehearsal planning, developing a music team, management, people skills, teaching vocal production, etc. You'll never know the answer if you don't ask the question. Open to directors, assistant directors, section leaders, music-team members and "wannabees," and anyone else who is interested in joining in on the discussion. This class will be taught by Barry Towner from the Ontario District, our current Society Board Member.

**HC-5P Vocal Care through Proper Singing Technique**

*See above*

**HC-6P How to Be an Effective Section Leader** *See above***HC-7P Sight Reading/Sight Singing** *See above***HC-8P The History of Barbershop** *See above***HC-9P The Inner Game of Music** *Sat PM 3 hrs*

Find out how to reach your maximum potential as a performer by eliminating or managing the "self-talk" that gets in the way. Learn some principles and exercises to help you achieve your goals.

**HC-10P Tag Singing with a Tag Lord** *See above***HC-11P Hook 'Em and Reel 'Em In** *Sat PM 3 hrs*

What can you do to hold your audiences' attention while you're not singing? How your group can give a more polished and professional performance by making effective transitions from one song to the next and by planning an effective performance package. We will also discuss rule-determined differences between a Contest and a Show.

**Woodshed Party Coming Up  
on 19 August**

By Dave Rourke

Owner, SingingSingles.net

Bass, Boston Accent quartet

Bass, New Directions quartet

Forwarded by Scott Salladin

It's that time of year again: Come sing some tags, do some woodshedding, try out a new quartet, be with your singing buddies. All welcome. BYOB. Grill available. And this year, pool available! Bring your (*See "Party" on Page 4*)

**Party** (*From Page 3*)

suit and maybe a lawn chair and towel.

Date: 19 August 2006

Time: 2:00 p.m. to whenever

Location: 982 Andover St, Tewksbury, MA 01876

Phone: 978-640-1754

Please tell friends, quartets, and choruses, and forward it to your e-groups. Hope to see you here.

Dave and Karen Rourke

### **Winnipesaukee Music Festival 25–27 August (Formerly Alton Bay Jamboree)**

By Roger Menard, Event Chairman

For any of you who are ready to bust out into song after hearing some of the best barbershop singing in the world in Indy and/or for those who want to put all worries of a webcast behind you ;), here is your invitation to sing! Please mark your calendars for a spectacular end-of-summer barbershop event.

Last year's revival of the barbershop quartet jamboree that is more than a half-century old was a smashing success, and we have bigger things planned for 2006. It is a participation event and we want you there and singing:

Make sure to save the dates 25, 26, and 27 August for the 52nd Annual Lake Winnipesaukee Music Festival (formerly known as the Alton Bay Barbershop Jamboree). Join four-part harmony enthusiasts from all over New England for a Barbershop Extravaganza on the fourth weekend in August on beautiful Lake Winnipesaukee in Alton Bay, NH. This is a family-oriented weekend of barbershop where you can take part in the following program:

Friday Afternoon/Evening:

- \* Take a scenic cruise on Lake Winnipesaukee aboard an old paddle-wheel-style steamer ship called The Winnipesaukee Belle.
- \* Perform in The Barbershop Quartet Gala on the Bandstand after the cruise.
- \* Join in on the late-night fun featuring the second annual Ron Dubray Memorial Two Tags and a Joke Contest.

Saturday Night:

- \* Perform on the Big Saturday Night Show featuring all the best of barbershop in New England. Includes male, female, and mixed quartets and choruses from all over.
- \* Have a blast at the late-night afterglow.

Watch our website for details about events:

<http://www.granitestatesmen.org/> There are 36 lodgings and three campgrounds in the area; see the website for details.

Nashua, NH, Chapter SPEBSQSA and The Alton Bay Centennial Rotary, co-hosts

Interested performers should contact Roger Menard,

Event Chairman, at 603-759-2879 or rogmenard@aol.com. Quartets and choruses are in demand. Male, female, and mixed groups are all welcome.

### **Barbershop Butterflies Bite the Dust**

Taught by Gary Plaag at Indianapolis  
(International 2006)

Notes by Bob Hitchcock

#### **Butterflies are due to:**

1. Negative self talk
2. Reaction to anxiety
3. Confirmation of negative expectations
4. Negative self talk such as "catastrophizing" by saying things like "I'll miss the tag and everyone will know"
5. Concerns as to what others will think

#### **Suggestions:**

1. Realize that it is not about you, it is about the audience.
  2. Practice performing often—on street corners, wherever—as often as you can.
  3. Try positive self speak:
    - a. I'm looking forward to contest
    - b. I'm expecting to do well
    - c. Visualize success
    - d. I'll do really well
  4. Get into character before going on stage
  5. Consider "the moment before"—that is, become aware of what brings your character to this point (where you sing the song as the character)
  6. Don't "sell" the audience, instead, do what you need to do to help them "buy."
  7. Try deep relaxation breathing.
  8. Practice with distractions (so you can ignore them more easily):
    - a. Turn the mike on and off
    - b. Turn the lights on and off
    - c. Sing where there is traffic or people talking
  9. Rehearse like you perform, and perform like you rehearse.
  10. Record your practices AND LOOK AT THE RECORDING!!!
  11. Include full dress rehearsals.
  12. Practice in conditions like you will be performing in.
  13. Just do it.
- Also, see the book "Never Good Enough: Freeing Yourself from the Chains of Perfectionism", by Monica Ramirez Basco

### **Get Your Barbershop Fix from iTunes**

From the Society's newsletter *LiveWire*, 19 July

Now you can legally purchase barbershop performances from iTunes! The first (See "iTunes" on Page 5)

**iTunes** (From Page 4)

wave of iTunes content from the Barbershop Harmony Society became available in June 2006, and there are now nearly 500 tracks online.

How do I access this content and begin downloading barbershop music?

1. Download and install the free iTunes software. [www.apple.com](http://www.apple.com) offers clients for Windows 2000 or XP, and Mac OS X v10.2.8 or v10.3.4 or later. You do not need an iPod™ portable device to listen on your computer; however, you cannot transfer from iTunes to other manufacturers' portable devices.

2. Create an Apple Music Store ID (AOL users can use an AOL ScreenName).

3. Our recommended iTunes search in the "Search Music Store" window in the upper right-hand corner of the iTunes screen is "barbershop contest." Based upon our catalog structure, this will bring up all of the BHS catalog then available, both quartet and chorus. You can then preview any of the available tracks. It is, of course, also possible to search by the individual artist (such as Uptown Sound.) When all of the years in which Uptown Sound competed are assimilated by iTunes, this search would result in all of their content across the years.

4. Buy ... listen ... sing along while commuting!

Barbershop on iTunes is a collaboration between the Barbershop Harmony Society and Naked Voice Records. In the coming months, NVR hopes to digitize and add to the catalog all contest music dating back as far as the technology will allow. This body of music will join the digital catalog of NVR already available through a variety of the most popular legal music-download services such as iTunes, Napster, Rhapsody, and more. These services offer legal digital downloads and/or streaming delivery of CD quality audio on a piecemeal basis. Both Apple- and Windows-based computers are supported both with and without the popular portable players such as the iPod, iRiver, Zen, Go-Gear, Sony and many more.

Watch this space for the launch of these incredible new music services!

## Once Again Tom Chieffo Wins Gold in National Special Olympics Games

By Bob Chieffo

In the summer of 1991 Tom competed in the Special Olympics Summer World Games in Minneapolis, MN. He was on the NY State Aquatics Team. USA state teams were competing against teams from 35 other countries. He came home with Gold, Silver, and Bronze medals and a 4th-place ribbon. Mom and dad (Diane and Bob Chieffo), two grandmothers, an aunt and uncle, and a family friend were there to cheer him on.

This year, 2006, Tom was again selected to compete in Aquatics in the historic, inaugural Special Olympics USA National Games, July 2-7 at Iowa State University, Ames, IA. While Tom flew out with Team-New York, mom and dad drove out. These games were not to be missed.

Over 3,000 Special Olympians from all over the USA competed in aquatics, athletics, bowling, golf, powerlifting, soccer, basketball, tennis, and many others. Tom was one of 73 athletes from Team-New York and only one of two from the six-county Hudson Valley Region.

Five athletes comprised his NY Aquatics team: Tom, two other guys and two young ladies. Tom was the "old man" at 41 years. The youngest was 16. Tom's events were the 25-yd backstroke, 25-yd freestyle, and the team 4x25-yd free-style relay.

Preliminary swims took place on 3 and 4 July. These set up the finals based on Division (age and gender) and times. Even during the Prelims, the stands were packed with family and friends, holding up signs and yelling/cheering on their athletes or teams. Very exciting!

Tom's and the team relay finals were on 6 and 7 July. On the morning of the 6th, their 4x25 freestyle mixed relay team (one young lady added to make 4) did a wonderful job and won a SILVER Medal. Tom was happy to win something that "tinkles." Later that day he had his 25-yd backstroke final. He did it again and won a GOLD Medal beating his prelim time by 4.5 seconds.

Now he was smiling from ear to ear. Real tinkle sounds would carry him into his 25-yd freestyle final the next day, 7 July. It was slated to be a close race. All athletes had been within a half-second of each other. As it turned out, it was tight. Tom swam a good race for a 4th-place finish—just missing a bronze medal by a quarter of a second. That was OK. He had "heavy metal" to show for his efforts.

Tom wore his medals for several days garnering accolades from restaurant patrons and passers-by. He relished every minute of it—and rightly so. He earned those "tinkles."



More info and photos are on the National Games website <[www.2006nationalgames.org](http://www.2006nationalgames.org)>. You can see Tom's photo in the Opening Ceremonies with Team-NY's entrance. What a ham! (Wonder where he gets that?)

## Barbershopping and Choices

From Greater Montréal's *Mini-Pitch*,  
Murray Phillips, Editor

We complain occasionally (or more often) about the cost of things, including our favorite foods, gas, and of course our hobbies. A recent Harmonet post from Dr. John Ward struck me as being worthy of sharing. Someone was complaining that the cost of International was quite high. He said, "While this is true it is also a red herring. Bottom line: I drink two to three cups of coffee per day. One of these is usually a latte from Starbucks™. So at \$4.00 for the latte and \$1.25 for the coffees it (See "Choices" on Page 6)

**Choices** (*From Page 6*)

comes to \$6.50 per day, \$45.50 per week and \$2372.50 per year. So if I want to have my barbershop paid for all I have to do is give up coffee, which would probably be better for me anyhow.

"The only reason you can't afford this hobby including the International Convention is because your coffee, cigarettes, bowling league, poker game, Snickers™ bar...etc. are more important to you than barbershop.

"That's OK. We all make choices on how to spend our time and money. But it really gets annoying every year to hear so many people bemoan the fact (?) that they can't afford the hobby anymore. The FACT is that you just choose to spend your money on something more important to you." So, I guess we can say, "It's your choice!"

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**So What Have You Done for Me?**

By Terry Brinklow, from the Internet,  
by way of Quinte Regional chapter's  
*The Stool Pigeon*, Rick Casson, Editor

A very self-important college freshman attending a recent football game took it upon himself to explain to an older gentleman sitting next to him why it was impossible for the older generation to understand his generation.

"You grew up in a different, almost primitive, world,"

the student said, loudly enough for the surrounding crowd to hear. "The young people of today grew up with television, jet planes, space travel, man walking on the moon. Our spaceships have visited the moon and Mars. We have nuclear energy, electric and hydrogen cars, computers with light-speed processors, and . . ." He paused to take another drink of his beer.

The senior took advantage of the break in the student's tirade and said, "You're right, son. We didn't have those things when we were young—so we invented them. Now, you arrogant little whippersnapper, what are you doing for the next generation?"

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**Information Still Needed**

By the Editor

Despite several previous pleas, we are still missing some information on some of our members. Specifically, we lack the wedding anniversaries of Lew and Mary DiStasi, Ralph and Marion Harlow, Ron and June Pierson, and Chris and Jean Marie Schulze, and the birthdays of Mary DiStasi and Barbara Plumb. Please send this information, in written or electronic form, to the Editor as soon as possible so that we can take notice of the events at the proper times.

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Website for Poughkeepsie Newyorkers: <<http://www.newyorkerschorus.org>>

**INDIVIDUAL REGISTRATION - NOT FOR QUARTETS BEING COACHED (please print)**

Name: \_\_\_\_\_ Voice part: T L Br Bs  
 Address \_\_\_\_\_  
 City, Prov / State, Postal / Zip \_\_\_\_\_  
 Chapter / Chorus Name \_\_\_\_\_ Sharing Room with: \_\_\_\_\_  
 Home Telephone ( ) \_\_\_\_\_ E-Mail: \_\_\_\_\_ Handicap/1<sup>st</sup> Floor Room: Y  
 N

**QUARTET REGISTRATION – Must be post marked by July 31, 2006 - NOT FOR INDIVIDUAL CLASSES (please print)**

**Quartet Name:** \_\_\_\_\_ **Chapter(s):** \_\_\_\_\_  
 Tenor's Name \_\_\_\_\_ Lead's Name \_\_\_\_\_  
 Bari's Name \_\_\_\_\_ Bass's Name \_\_\_\_\_  
 Who is Contact Person T L Br Bs Contact Address: \_\_\_\_\_  
 Contact Phone ( ) \_\_\_\_\_ E-Mail of Contact Person: \_\_\_\_\_  
 What Experience Level  None  Novice  Intermediate  Advanced  Division Contest  District / Prelim  
 Roommates: (bracket {} names sharing room): \_\_\_\_\_

**CHOOSE COURSES (classes with fewer than 5 pre-registrations MAY BE CANCELLED )****Saturday All Day (select only one - 6hr session - do not select from half day courses below)**

HC-1 Quartet Coaching	
HC-2 Arranging From a Piece of Sheet Music	
HC-3 Follow a Coach	

**Saturday Half Day (select one am and one pm session – duplicates repeat material in pm session)**

AM - 3hr session	PM - 3hr session
HC-4A Novice Chorus Directing	HC-4P Intermediate Chorus Directing
HC-5A Vocal Care through Proper Singing Technique	HC-5P Vocal Care through Proper Singing Technique
HC-6A How to Be an Effective Section Leader	HC-6P How to Be an Effective Section Leader
HC-7A Sight Reading/ Sight Singing	HC-7P Sight Reading/ Sight Singing
HC-8A The History of Barbershop	HC-8P The History of Barbershop
HC-9A Song Themes in Presentation	HC-9P The Inner Game of Music
HC-10A Tag Singing with a Tag Lord	HC-10P Tag Singing with a Tag Lord
	HC-11P Hook 'Em and Reel 'Em In

**Registration Options (check all that apply)**

- **Full \$120.00 per person (includes tuition, Fri Dinner, Sat Meals (3), Sun. Breakfast and 2 nights (Fri/Sat) lodging with Roommate) Number attending Fri Night Dinner: \_\_\_\_\_**
- Commuter \$ 85.00 per person (includes Sat Meals (3) and tuition – NO Lodging)**
- Add \$40.00 per person for a single room**
- Add \$10.00/pp for Registrations received after August 1, 2006** **No Late Fee this Year but please sign up ASAP.**

(Quartet Registration Deadline is July 31, 2006)

Make check payable in U.S funds to: **Northeastern District** Total Payment Enclosed: \$ \_\_\_\_\_  
 (Please write: **HCNE 2006** on Memo line)

**Your registration will be completed only when full payment is received.**

Complete the registration and mail with payment to:  
**Bill Shultz, 24 Elmwood Rd., Littleton, MA 01460**  
**[HCNE.Registrar@verizon.net](mailto:HCNE.Registrar@verizon.net)**

**The Newyorker Times**  
18 Duzine Road  
New Paltz, NY 12561-1304