

# The Newyorker Times

The newsletter of Poughkeepsie, New York, Chapter, SPEBSQSA Inc.



New Series, Volume 5  
Poughkeepsie, New York

Number 9  
September 2004

## House of Delegates Actions

Reported by Scott Salladin

At the recent HOD meeting, the delegates voted to adopt all of the recommended revisions to the Operating Code. Those amendments included the following:

Establishment of a District Management Team (Board members plus Division Managers plus any Committee Chairs selected by the District President).

Changes to the Al Maino Chorus-Quartet Fund that will allow proper funding of our representative quartets to the International Senior Quartet Contest.

Creation of a position of District Vice-President for Financial Development and the establishment of four financial committees to assist local chapters with grantsmanship, seek grants for the district, and other fund-raising efforts.

An increase in the annual district dues from \$15 to \$22. This change is effective on October 1, 2004.

## Dues Increase

Reported by Scott Salladin

The recently passed dues increase (see previous article) is effective on October 1, 2004. That means that any new members joining your chapters on or after that date will have a district dues amount of \$22. Plus the \$3 that is assessed for the CQ Fund, this means a total of \$25.

## New District Officers

Reported by Scott Salladin

At the HOD meeting, the following slate of officers was elected for 2005:

President: Greg Caetano (Concord, MA)  
Exec. VP: Leo Ouellette (Nashua)  
Secretary: Doug MacLean (Halifax)  
Treasurer: Dan Robillard (Worcester)  
IPP: Alan Lamson (Manchester)  
DVP-CDD: Chuck Eaker (Schenectady)  
DVP-C&J: Cotton Damon (Norway/South Paris)  
DVP-CSLT: Allen McKenzie (Dartmouth)  
DVP-Events: Steve Isherwood (Providence)  
DVP-MD: Walt Lane (Schenectady)  
DVP-M&P: Jim Dodge (Portsmouth)  
DVP-M&PR: Rick Barry (Lowell)

DVP-YMIH: Todd Lamson (Manchester)

## BOD Thanks Dave Lumb

Forwarded by Scott Salladin

To: David Lumb  
From: Scott Salladin  
President Poughkeepsie Chapter  
Subject: Letter of Appreciation

Dear David;

The Poughkeepsie Chapter Board of Directors would like to publicly thank you, David, for your continuing efforts to procure new riser rails for the chapter. It's efforts like yours that go unreported to the chapter members at large.

Sing...for Life,  
[s] Scott Salladin  
President/Secretary

## Practice Makes Permanent

By Sam Kvasnica, President,  
Manhattan Chapter  
Excerpted from Manhattan's *InCider Press*,  
Bart Bartholomew, Editor

We've all heard the expression "practice makes permanent." The problem is that we can learn something incorrectly and the bad habit becomes difficult to break, reverse, or modify. I find that those reminders to sing with proper breath control and matching vowel sounds and to minimize those harsh consonants keep getting in the way of my relaxed singing for enjoyment, but I'm afraid that if I had the same attitude toward details under the direction of an athletic coach I probably would be warming the bench. We have no such rigid discipline in barbershopping, but the principles still apply. Master the basics and you'll feel good about your contribution and your fellow barbershoppers will join you in responding to the director-coach to make those good habits permanent. It's *(See "Practice" on Page 2)*

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Secretary ..... Scott Salladin  
Treasurer ..... Mike Murphy  
BOD Members at Large ..... Ray Brock  
Bob Chieffo  
John "Duke" Chisholm  
Public Relations Officer ..... Vacant  
Youth Outreach ..... Bill Standish  
Chorus Director ..... Renée Silverstein  
Chorus Manager ..... Vacant

**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)



3-6 Sep Bolton Landing Festival, Bolton Landing, NY  
26 Sep Performance at Washington's HQ, Newburgh -2 p.m.  
22-24 Oct NED Fall Convention and Contest, Lowell, MA

**DEADLINE FOR NEXT ISSUE**  
**29 SEPTEMBER**

**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 SPEBSQSA, Inc.

**Happy Birthdays in September:**

|                       |    |
|-----------------------|----|
| Garry "Butch" Ashdown | 2  |
| Bob Durand            | 2  |
| John "Duke" Chisholm  | 7  |
| George Sprague        | 17 |
| Suzanne Bram          | 22 |
| Diane Chieffo         | 26 |
| Lois Hitchcock        | 27 |
| Angela Betscha        | 30 |
| Barbara Booth         | 30 |
| George Trigg          | 30 |

**Happy Wedding Anniversaries in September:**

|                             |    |
|-----------------------------|----|
| George and Vittoria Sprague | 5  |
| Greg and Charlotte Howard   | 27 |
| Steve and Joan Ross         | 27 |

**Practice** (From Page 1)

hard work and takes more time than two hours weekly, but the results are very rewarding.

**Children of Two New Yorkers**  
**Undergo Successful Operations**

By George Trigg

Daughters of two members of our Chapter have recently undergone rather serious operations. Bob Hitchcock's daughter Cindy had a brain operation to correct a neurological problem, and Steve Plumb's daughter Marji, who has been without a functional kidney and has survived on dialysis for roughly a year, received a transplant from a cousin. We are happy to be able to report that both operations were successful, and the two patients are recovering nicely. Your prayers are still welcome.

**Registrations**

From *SPEBSQSA LiveWire*, 22 July

1. Register for the Jacksonville Midwinter Convention

Take a trip to the Sunshine district and state for a great week of barbershop harmony. Midwinter runs 23-30 January

2005. To register, use the form in *The Harmonizer* or call 800.876.7464 x8462.

2. Register for the Salt Lake City  
International Convention

Don't miss the *Early Bird* registration for the next great international convention in Salt Lake City, Utah, 3–10 July 2005. To register, go to [www.spebsqsa.org/saltlake](http://www.spebsqsa.org/saltlake) or call 800.876.7464 x8462. Early Bird registration cutoff is September 15, 2004.

## Bridgeport Show on 18 September

The Bridgeport Coastal Chordsmen will present their annual show on Saturday, 18 September, in two performances, at 1:30 and 7:30 p.m. Featured are two award-winning quartets: *Saturday Evening Post*, 2004 International 5th-place medalists, and *From the Edge*, four-time Regional Sweet Adelines champions. The venue is Roger Ludlowe Middle School Auditorium, 689 Unquowa Road, Fairfield, CT. Admission is \$15.00. Afterglow (place not given) is also \$15.00. Ticket orders should be sent to

Coastal Chordsmen  
c/o Roger Klinger  
P. O., Box 2233  
Milford, CT 06460

including checks payable to Coastal Chordsmen Chorus. Visa, MasterCard, American Express, or Discover credit cards are also acceptable; be sure to include card number, expiration date, and signature, as well as mailing address.

## What Can I Do to Improve the Chorus?

By J. P. Marshall, former CSD President  
From an unnamed chapter's *Plains Notes*,  
by way of Traverse City's *The Chorister*,  
Elbert Ford, Editor

I want our chapter to be better but how can I change the whole chapter? I am not on the music committee. How can I improve the overall sound of the chorus? I am not on the board. How can I make the chapter more successful? I'm not the VP of Chapter Development. How can I make our chapter grow? I am not the president. How can I help our rehearsal structure?

I'm sure that many of you have asked yourselves these questions before, as have I, and I have had a time coming up with the answers. Then I saw a fellow Barbershopper in another chorus standing off to the side working on one

move until he had it perfect. When I asked him why he spent so much time on that move, he told me that it was hard to make it look right and he was not going to miss it. It was then that I realized the answer to all these questions. No one told him he had to get that move right or he wasn't going on stage, but the guy next to him had it right and the next guy and the guy after that. He was not going to be the only one who didn't have it right.

That is something that can be put to each of those questions I posed at the beginning of this article. How can I improve the overall sound of the chorus? If I take personal responsibility to get my part right every time, the guy next to me is not going to want to be the guy wrong so he will get it right every time, and then the next guy, and so on.

How can I help our chapter grow? If I take personal responsibility to bring two guests to every guest night, the next guy is going to see that and he will bring two guests in and on and on.

If we all improve ourselves about what we want to see the chorus improve on and really make an effort to do it right every time, that will be seen by other members and our chorus will become better in that area and as an overall chapter.

## Some Health Benefits of Singing

Author unknown

From an unknown chapter's *The Wave*,  
Michael Murphy, editor,  
by way of Traverse City's *The Chorister*,  
Elbert Ford, Editor

Recent research proves that singing provides a release of damaging pent-up emotions; it increases the production of alpha brain waves, which are the kind that occur when you daydream or meditate. Sound therapist Jovita Wallace says, "Sound vibrations massage your aura, going straight to what's out of balance and fixing it.":

Singing the short-a sound, as in "ahh," for two or three minutes will help banish the blues. It forces oxygen into the blood, which signals the brain to release mood-lifting endorphins.

To boost alertness, make the long-e sound, as in emit. It stimulates the pineal gland, which controls the body's biological clock.

Singing the short-e sound, as in echo, stimulates the thyroid gland, which secretes hormones that control the speed with which digestion and other bodily processes occur.

Making the long-o sound as in ocean stimulates the pancreas, which regulates blood sugar.

To strengthen immunity, sing the double-o sound, as in tool. This activates the spleen, which regulates the production of infection-fighting white blood cells.

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