

The Newyorker Times

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



New Series, Volume 6
Poughkeepsie, New York

Number 9
September 2005

Editorial

The New Executive Director Addresses Change

In what we suspect was his first public address, the new Executive Director of the Barbershop Harmony Society talked about the changes that have been made recently and the bases for them. We suspect that many of our readers have not been happy with some of these changes. We don't like some of them ourselves. Under the circumstances, it is well that someone in a high position has taken the trouble to discuss the matter. The text of his speech appeared in the Society's newsletter *LiveWire* on 8 August. Unfortunately, it is much too long to be reproduced in the *Newyorker Times*. We therefore requested our Webmaster, Eric Dickstein, to present it on our website. We understand that while he did not reproduce the speech, he has put a link to it on the front page of the website. We strongly recommend that if you have not seen it elsewhere, you go to the website and use the link to get access to the text. Reading it may not make you any happier with the changes, but at least it will help you understand why the authorities thought they were necessary.

George L. Trigg

Inhale, Exhale, Repeat

By Renée Silverstein

I read an article in my local paper about wellness and breathing. Since breathing (singer's breathing) is vital to our hobby, I have excerpted some interesting information.

Conscious breathing, the secret to good health, is right under our noses. Although breathing is basic and essential to life and happens even when we're knocked unconscious or fall asleep, most people do it wrong. Less than ten percent of the population breathes efficiently. Infants begin life with diaphragmatic breathing, something we try to achieve while singing. Upon inhalation the chest and abdomen naturally expand; upon exhalation the diaphragm relaxes and the chest contracts. Then life interferes, stress builds, and we end up with shallow breathing instead of deep belly breathing.

Conscious breathing can clear your foggy head, reduce stress, and fend off lethargy. Breath work is a part healing, part performance-enhancing technique. The body needs oxygen to replenish the cells and needs to expel carbon dioxide. Belly breathing, using the diaphragm, allows the body to take in the most oxygen and release the most carbon dioxide. But when we breathe shallowly, the levels of carbon dioxide rise. The body then goes into a mild state of alarm and releases adrenalin, which increases anxiety. Yoga and meditation centers teach good breathing techniques to lift spirits and raise energy levels---hey, no drugs! It's legal!

It's free! It works wonders in Lamaze classes. It is FDA approved as a treatment for hypertension and relieving anxiety, depression, and chronic fatigue. Ten minutes of daily practice and in one to three months it will work its magic. When you breathe correctly and mindfully, muscles relax, tensions eases, things begin to roll off you instead of sinking in and grinding you down.

There are all kinds of techniques, but most important is to pay attention to the breath, count the deep inhalations and slow exhalations, alternate nostril breathing—and use that diaphragm.

“You Can Sing Too” Campaign Launches

From the Society's Newsletter *LiveWire*, 1 August

Call your friends! Make new friends! Bring 'em around and sign 'em up, because the You Can Sing Too campaign is underway.

It's our biggest recruiting effort ever, bolstered by

- a national media campaign
- individual and chapter rewards and incentives
- all the tools necessary to make it happen.

With the You Can Sing Too Campaign, you can be rewarded and recognized for recruiting new members into your chapter. The national You Can Sing Too Campaign kicks off on 1 August and runs

(Continued on Page 2)

The Newyorker Times
 Published by the Poughkeepsie, NY, Chapter of the
 Barbershop Harmony Society
 Yankee Division, Northeastern District
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Meetings
Wednesdays, 7:30 p.m.
First Reformed Church
70 Hooker Avenue
Poughkeepsie, New York
ALL SINGING MEN WELCOME
 Website address www.newyorkerschorus.org



1 Oct Newyorkers performance, Williams Lake Resort, Rosendale—6:30 p.m. arrival for 7:30 performance; uniform full tux
 20 Nov Newyorkers performance, Poughkeepsie Reformed Church—2:30 p. m. arrival for 3:00 p. m. performance; uniform full tux

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 the Barbershop Harmony Society

Happy Birthdays in September:

Butch Ashdown	2
Bob Durand	2
Duke Chisholm	7
Suzanne Bram	22
Diane Chieffo	26
Lois Hitchcock	27
Angela Betscha	30
Barbara Booth	30
George Trigg	30

Happy Anniversaries in September:

Steve and Joan Ross	28
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Best wishes for full recovery:

- Ray Brock
- Ev Burke
- Dick Schaffer

Condolences to:

Charlie Cortellino, whose wife Patricia died on 4 August

Campaign (From Page 1)

through 31 October, and the member who recruits the most new members in that three months will receive \$5,000.

And it doesn't stop there:

- The chapter that has the greatest membership growth numerically will receive \$10,000
- The chapter that has the highest percentage increase will receive \$10,000.

Why now?

Because our Society membership is at the lowest it's been in the last 15 years, it's time to take a good look at increasing our membership now. So we'll also give you help in finding those new members. (Continued on Page 3)

Campaign (From Page 2)

We're embarking on an advertising campaign that includes ads in USA Today and the Globe & Mail. Professionally produced MP3 files and CD radio spots are now available. We've provided chapters with manuals that guide them in recruiting, orientation, and retention.

YES, it is a good thing! It's good for you, it's good for your chapter, and it's good for the communities that you live and work in! Think of how your local communities can benefit by their knowledge of your chapter and the potential community involvement you can provide. Think of the opportunities you'll have to perform!

The benefits of the You Can Sing Too campaign are enormous. The public's awareness of our hobby will increase. It may find you that additional tenor your chapter needs, and, of course, it could reward you for doing all of this. You Can Sing Too is for you.

Barbershop.org Gets Facelift

**A new look to go with the re-established
barbershop.org domain name**

From the Society's Newsletter *LiveWire*, 1 August

The Society has owned and maintained the barbershop.org domain for years, but opted to keep our primary web identity attached to our flagship initials. Now, with the rollout of a new brand and new visual identity, it's time to update our web presence too.

The new look for barbershop.org is a quick update to the old site header featuring more faces, clearer branding, and easier-to-read navigation. Menus leading to specific sections of the site are more visible as large, friendly buttons with clear pop-down menus beneath. Most content is in the same locations you've come to expect. But often there will be more than one route to the same answer. Finding sheet music should be a little simpler with the link related to it in the first menu, and also under SING. Director resources are more visible under a front-page button. The Harmony Foundation is easier to find. Addresses and Members Only are easy to spot at the very top of the window.

Most other functionality is as you've always seen it. We hope you like the new look, which is, as always, a work in progress.

**Leaders For 2006 Elected
At Salt Lake City Board Meetings**

From the Society's Newsletter *LiveWire*, 24 August

At the Board of Directors meetings in Salt Lake City, the following officers were elected:

Society President, Drayton Justus
Society Treasurer, Bob Guiggey
Executive Vice President, Noah Funderburg
Paired District Board Member from DIX/SUN,
Dan Brinkmann

Paired District Board Member from NED/ONT,
Barry Towner
Board Member at Large, Peter Feeney

The Daily News (Halifax)
Perspective, Thursday, August 25, 2005, p. 11

**Diverse Barbershop Quartets
Promote Four- Part Harmony**

By Robin Arthur

On Canada Day, audiences were treated to some great a cappella music at Pier 21. The group that sang there is part of the Barbershop Harmony Society, a worldwide organization with singing groups in at least 12 countries and about 34,000 members in North America alone.

"We're children of immigrants from across Europe and the United States, and the group's getting increasingly diverse," says Earl Lohnes, one of the local group's singers.

"In the group are two African Nova Scotians, as well as Germans, Britons, French, Dutch and Americans," he says. "But this group is open to any newcomer who loves music. If you can sing, we are of one race, one nation. Our group has doctors and truck drivers."

The group sings a broad range of music, from Elvis Presley's Can't Help Falling in Love to I'll Take You Home Again, Kathleen, which was written and composed in the 1800s.

"Some of them are ballads and some, like Sh-Boom, are upbeat," Lohnes says.

A metro quartet, the Seventh Wave, won a bronze medal at last year's North Eastern District Barbershop Convention held in Boston.

Harmony Experience

A big event coming soon is the Barbershop Harmony Experience 2005, from Sept. 29 to Oct. 2, when Halifax will host the first North Eastern District Barbershop Harmony Fall Convention and Competition held in Atlantic Canada.

"This is a once-in-a-lifetime chance to see the best quartet and chorus four-part harmony ever to perform in this area," says Lohnes. "The competitors will be from New York, Boston, all the New England States, Montreal and the Atlantic provinces."

At least 1,500 barbershop singers are expected to converge here. The extravaganza of harmony will be hosted by the Dartmouth City of Lakes Barbershop Chorus, with assistance from many chorus chapters from around the Maritimes.

On Sept. 29, the groups stage a show at the Rebecca Cohn. The Quartet Contest takes place at the Metro Centre on Sept. 30. On Oct. 1, the Metro Centre hosts the Chorus Contest.

The Parade of Champions at The Metro Centre on Oct. 1 will offer performances by winning groups from the 2005 competition and a special guest appearance by an international medallist quartet. The (See "Perspective" on Page 4)

Perspective (From Page 3)

event is expected to draw 4,500 people including 1,500 visiting barbershoppers and 3,000 local music lovers.

The metro chapters of the Barbershop Harmony Society have been performing for free at seniors residences, hospitals and churches. They also take bookings for shows at malls and hotel parties or conventions for a fee that pays for administrative costs.

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Robin Arthur is editor of Touch BASE, a monthly news tabloid for global-minded Canadians in the Maritimes.

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E-Mail Reminder

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In Katrina's Wake

A letter from Rob Hopkins and Ed Watson

From the Society's Newsletter *LiveWire*,
1 September

Fellow Barbershoppers, humanitarians and friends,

Our hearts go out to the victims of Hurricane Katrina, the natural disaster that struck the coasts of Louisiana and Mississippi, leaving utter devastation in its wake. Relief efforts are under way, and there will be much to do over the next few months.

We are heartened that there have been many inquiries by our membership as to what we can do to aid all the unfortunate victims. While the law limits what we can do as an organization, there is no limit to the aid and assistance we can render as individuals.

As time passes, the requirements for aid will change. Rebuilding efforts will take a while to develop; in the near term, we urge each of you to search your conscience and do what you are able as an individual to immediately assist those in distress. While many would like to donate clothing, shelter, and tangible assets, the biggest need right now is for monetary donations to the American Red Cross and similar agencies trained to give immediate and effective help. (See links below.) Please check carefully the agencies you use for donations, and stick with those known for reputable disaster relief.

Those of you closer to the devastation may have the opportunity for more hands-on efforts. Check with your local relief agencies.

Over time, as the rescue efforts become better orga-

nized, donations of time and talents to effective fund raisers and telethons may be possible. Perhaps a portion of show proceeds may be donated. Voluntary appearances and fund raising shows are an effective way to get money to relief agencies. Blood drives are certainly a good way to get what is needed to those who need it. Check with your districts and look for ideas from your fellow Barbershoppers. As we hear good ideas from you, we will pass them along.

Barbershoppers are a most generous and kind group of life-loving folk. We are proud to be members of this organization. We will continue to help, in the most effective way possible, the victims of this most recent natural tragedy in the weeks and months ahead.

Rob Hopkins
President

Ed Watson
Executive Director

Disaster Relief Agencies:

American Red Cross: www.redcross.org or call your local office

Salvation Army: www.salvationarmyusa.org/USNSAHome.htm

FEMA List of Charities That Are Helping Locally: www.fema.gov

Barbershop Show 1 October In Hudson Valley

By Garry "Butch" Ashdown

Hello Folks,

The Town of Rosendale in Ulster County, NY, in the middle of the beautiful Hudson Valley, is hosting a Barber-shop Cabaret Show on Saturday, 1 October 2005, at the [Williams Lake Resort in Rosendale, NY](http://www.willy-lake.com/) (<http://www.willy-lake.com/> [note: ignore the hyphen]). The evening is a dinner/show night which begins with a sit-down dinner at 6 p.m. with choices of prime rib, salmon, or a vegetable pasta entree. Salad, dessert, and coffee are also included in this meal, and afterward you will be highly entertained by the Poughkeepsie Newyorkers Barbershop Chorus, two great Sweet Adeline quartets from the Poughkeepsie Evergreen Chorus, and the inaugural return of the 2001 NED Bronze Medalist Quartet "Swing Shift." The meal, the singing, the fun, the jokes, and the entire evening cost is \$30 per person.

I know that the NED contest in Nova Scotia is also the same date. So, for the folks down in the lower part of the NED that are not attending the great Halifax convention and would like to come out and enjoy an evening of barber-shop, please come visit us for a GREAT meal and a GREAT show. Please contact me for tickets—there are 150 tickets available, and as of this writing 30 have been sold! This cabaret will sell out. So contact me at BIGBUTCH29@aol.com if you'd like more information.

An afterglow with a cash bar will be held after the formal cabaret is over. The Williams Lake Resort also has accommodations available if you're (See "Cabaret" on Page 5)

Cabaret (From Page 4)

interested in staying over. It's guaranteed to be an enjoyable evening, and I hope this will become an annual event here.

Looking forward to an enjoyable barbershop evening,
Garry "Butch" Ashdown
Bari, "Swing Shift" (NED)

Missing In Action

Author unknown

From St. Louis Suburban's *Suburban By-Lines*,
by way of Worcester's *Key Notes*
and Lake County (IN)'s *Overtones*

Do you know the whereabouts of the following?

- Articles from board members
 - Craft articles
 - Articles from members
 - Stuff on barbershop in general
 - Stories of your barbershop life
 - Old photos
 - Gossip (might be severely edited)
- All are known to be highly entertaining and/or highly

beneficial to the chapter. Many of the older members in seniority have promised articles [Ed. Note: Not among the Newyorkers, unfortunately]. But I'm still waiting.

If you know the whereabouts of any of these, contact your ... bulletin editor.

Renew Your Membership Online

By Reed A. Sampson

Managing Director of Public Relations, SPEBSQSA

There are two ways to get into Members Only so that you can renew your membership online. The first is to click on the Members Only link on the SPEBSQSA web page (www.spebsqsa.org) and enter your member number and your password. Forgot your password? No problem. Just click on "Forgot my password" and a password will be e-mailed to you. You can also get into Members Only by using the priority code on the mailing label of your Harmonizer. Once in Members Only, click on "Renew your membership online." Follow the steps using a Visa or MasterCard to renew. It's convenient, quick and easy, and your renewal is processed right away. You can also check if you are due for renewal or already paid.

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

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