



President's Letter

Dear Sisters,

I hope that you all enjoyed your summer. At our last meeting of the year, NYAC was awarded Phi B's Alumnae Chapter Achievement Award. I would like to be the first to congratulate everyone in the chapter on a successful year! My goal going into the year was to win the Achievement Award for Phi B. Thanks to each and every member of the chapter, we were able to achieve the goal. I'm so proud to be part of such a special group of women. I look forward to having yet another successful year next year. Congratulations again to everyone on such an amazing achievement. Without everyone's help, we would not have been able to win this award.

This year will be a very busy and exciting year. As we announced last year Dr. Emily White will be performing in our Benefit Concert this year. I'm positive that it will be an amazing event! More information can be found within the newsletter. We will also have opportunities for sisters to perform in musicales, meetings and our upcoming Province Day.

Recently the executive board met and came up with quite a few ideas (some of which can be found in this newsletter). I have no doubt that this year will be another great year for this wonderful chapter. If you have any ideas or suggestions at all for our chapter, please don't hesitate to contact any members of the executive board.

Love and roses,

Michelle Ingram

Next Newsletter Deadline: Wednesday, September 22

Send submissions to the editor at stefanie.britton@gmail.com or 646.894.8035

Visit www.sainyac.com for a complete list of deadlines throughout the year.

September 2010

Stefanie Britton, Editor



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Putting the “Fun” in Fundraising

Submitted by Rosemary Metcalf

Wouldn't it be great to come home from an SAI meeting with more than just the warm fuzzy feeling from being around your sisters? You're about to find out.

Beginning this fall, NYAC will embark on a new fundraising project that has perks for both SAI Philanthropies, Inc. and individual members. At each meeting during the 2010-11 year, sisters will have the option of purchasing tickets for a modest prize drawing. At the end of the meeting, one winner will walk away with either a free gift donated by a member of the chapter or 50% of the ticket sale proceeds for that meeting. The rest of the ticket sale proceeds will be donated to SAI Philanthropies, Inc.

Keep an eye on that piggy bank - a dollar each month could have a big reward for our *noteworthy* cause!

Please notify Rosemary Metcalf if you are interested in donating a prize item.

Membership Forms

Submitted by Michelle Ingram

It's that time of year again... DUES ARE DUE! The Membership Form for the 2010 – 2011 year can be found at the end of the newsletter. You must PRINT it out and MAIL IT IN with a check for your dues. The sooner you get your dues in, the sooner we can complete the yearbook. So please, take 10 minutes and get this in!

Also, don't forget that to be a member in good standing you **MUST** pay your Alumnae Association Dues to Nationals.

Mark Your Calendars!

September Kickoff Meeting
September 11, 2010 @ 3 p.m.
Harrington's Bar & Grill
(370 7th Ave, bet. 31st-30th St)



Donations In Memory of Sebastian Chester

Submitted by Michelle Ingram

As you know on July 27th, Melissa Pelkey's nephew Sebastian passed away. The executive board met and decided to make a donation to in memory of Sebastian. The donation will either be sent to the Ronald McDonald House in Albany where her sister, Beth, stayed while her son was in the hospital or to the Albany hospital itself where Sebastian was born and treated. Melissa will be letting us know where the donation will be going to. If you wish to make a donation in Sebastian's memory along with NYAC's donation please send a check to Rosemary Metcalf (payable to Sigma Alpha Iota). Her address is:

611 West 180th Street, Apt #9
New York, NY 10033

Each sister who donates will have their name placed on the card that is sent to Beth. If you wish to donate please give Rosemary your donation by September 11th (which is our first meeting).



Benefit Concert

Submitted by Michelle Ingram

I am happy to announce that NYAC will be hosting our semi-annual Benefit Concert on **Saturday, October 9th at 7:30pm** featuring our own Dr. Emily White! The concert will take place at St. Luke in the Fields located at 487 Hudson Street.

If you have not had the opportunity to hear Dr. White perform you are in for a treat. Her recent CD of Szymanowski piano solos is #1 on Amazon when you search for Szymanowski piano solo! You can also listen to free samples on ewhitepianist.com.

We are happy to have Dr. White as our featured performer. We hope that everyone will be able to join us for the concert!

Concert Buddies

Submitted by Angela Zurlo

As I don't actually live in the New York City area, I don't spend a lot of time there (when I'm not working) and spend even less time hanging out. But I'd like to attend a friend's demo release party in Brooklyn on **September 11th**, if anyone's around and/or interested. You can check out their music at myspace.com/beachcombersmusic. They're cool and fun, the show is free (\$5 donation for food, if you partake in the goodies), and you get to hang out with me.

Shoot me an email if you want to join (quasigeek@gmail.com) and I'll send you a facebook invite for more info on the show. It starts at 2:00 p.m. (perfect for me, since I live so far away). And if you can't make it but would like to attend future shows, you know you have an instant concert buddy!

Arts Online, Anytime

Submitted by Rosemary Metcalf

You may know that SAI has a relationship with the John F. Kennedy Center for the Performing Arts in Washington, DC; many SAI sisters have benefited from the Kennedy Center's internship program. But did you know that anyone can watch hundreds of performances for free on the Kennedy Center website?

Visit <http://kenedy-center.org/explorer/videos/> to browse archived footage of nearly every performance in the Kennedy Center's Millennium Stage series. Whether you're craving a classical, jazz, or folk concert, or even a dance or theatre performance, you can get your arts fix anytime! You can even watch a live performance online at 6:00 PM every day - that's 365 days per year.

For an SAI NYAC connection, look for Rosemary Metcalf, who performed in the National Symphony Summer Music Institute Orchestra on July 11, 2010 and in a Summer Music Institute chamber group on July 17, 2010. She spent four weeks this summer as a Resident Advisor for the Institute, a residential music festival for instrumentalists ages 15-20.

Share it with your sisters

Submitted by Jim Cohn

There will be having a performance of my 2nd symphony performed by the Brooklyn Symphony Orchestra on Sunday, October 31st, 2010 at St. Ann & the Holy Trinity Church in Brooklyn Heights at 3:00 PM.

Directions can be found by googling Brooklyn Symphony Orchestra.

INDIE ROCK BANDS, MEM, BEN LEAR, & RACHEL ZYLSTRA TO TAKE STAGE AT THE STOOP SEPTEMBER 18TH

Multi-sensory bands to kick off the third season at The Stoop, an unparalleled Hell's Kitchen Music Venue.

Submitted by Jennifer Rosa

NEW YORK, New York – August 18, 2010 – The Stoop, a distinctive music venue in the heart of Hell's Kitchen is thrilled to present a night of exciting indie rock and multi-media featuring five piece band, MEM. Since 2008, MEM has been mesmerizing audiences and listeners alike with their innovative song writing, dazzling sonic experimentation, and multi-sensory live performances. MEM bursts open a wellspring of creative energy on the electro-organic template, employing an artful combination of swirling textures and colors, complementing their undeniable pop sensibility.

Indie pop singer/songwriter/pianist Rachel Zylstra will kick off the evening with her genuinely crafted lyrics and impressive piano stylings. Following her act, Ben Lear, a multi-talented folk rock singer/songwriter/composer will take the stage with various instrumentalists and visual effects enhancing the scene. The event will be emceed by Chris MacIntosh (a.k.a. Grandfather Rock) of WCWP Radio. Doors open at 7:30 pm., and showtime is at 8pm. While the concert is free, The Stoop will be accepting suggested donations of \$12. Receive a free gift with the full suggested cover. All concessions including snacks, soft drinks, beer, and wine are all under \$4.

The Stoop venue and concert series is presented by Music Forum of Church For All Nations, Lutheran Church – Missouri Synod. Music Forum of Church for All Nations is sponsoring the series and providing the landmark venue as a contribution to the cultural and spiritual life of Hell's Kitchen.



Who: Season Three Kick-Off Concert
Featuring MEM w/Ben Lear & Rachel Zylstra

Genre: Indie, Rock, Pop, Multi-Media

What: The Stoop Concert Series

Where: The Stoop; 417 West 57th Street
between 9th & 10th Avenues
(Venue Provided by Church For All Nations)

Subway: 1 A B C D to 59th
Street/Columbus Circle

When: Saturday, September 18th. Doors
open at 7:30pm; Showtime at 8pm.

Admission: Free; Suggested Donation \$12.
Receive a free tote bag with full suggested cover.

Telephone: (212) 333-5583

Websites:
TheStoopNY.com
Facebook.com/TheStoopNY
CFAN.net
Facebook.com/ChurchForAllNations
MySpace.com/ChurchForAllNationsNYC

Sponsors: The Atlantic District – Lutheran
Church Missouri Synod (AD-LCMS.org)

Flat World Recordings (FlatWorldRecordings.com)

WCWP 88.1 FM (MyWCWP.com)

Improving Musicianship: Bass Lines

By Pamela L. Turowski

Finding ways to improve the musicianship you and your students is always rewarding. One simple way to help you or your students improve their musicianship and audiation is by learning tunes. Anyone who is considered a great musician knows a lot of tunes. Composers rely heavily on their knowledge of tunes. Copland, Stravinsky, Beethoven, Mozart and so many others wrote great pieces of music that are based on a simple melody that almost everyone of that time period and culture would have known. Copland used the Shaker song *Simple Gifts* to create *Appalachian Spring*. Stravinsky turned folk songs of Russia into the *Rite of Spring*. Beethoven used the song *Ode to Joy* to create a symphony and Mozart used a song that is known the world over as *Twinkle, Twinkle Little Star* to create a theme and variations for piano. Jazz musicians are famous for using popular songs as a source for improvisation and actually creating new melodies. Miles Davis, John Coltrane, Louis Armstrong, Ella Fitzgerald, to name a few, took the tunes of the day and gave new life to songs like *Some Day My Prince Will Come*, *Hello Dolly*, *Surry with the Fringe on Top*, *My Favorite Things* and countless others. Part of what makes a musician great is their knowledge of tunes, lots of tunes. Great musicians know a lot of melodies and their harmonic structure. They can play them at any time, improvise on them, and perhaps compose something new that shares ideas with tunes they know. Unfortunately for many young children today, it seems that they do not know as many songs as previous generations. Many experts say that parents do not sing to their children or make music in the home as much as generations of the past. However, a simple way to emulate great musicians and start improving musicianship and transforming the audiation skills of you and your students is by learning melodies and bass lines by ear.

A great place to start is tapping into folk songs you may have learned in elementary general music class or find a collection of folk songs either in a book or an audio recording. Ideally, these songs should be learned by ear from recordings or from musicians with whom you collaborate. However, you can also take the approach of using a lead sheet, a piece of sheet music with just the melody and chords. A lead sheet along with a recording may help you with the beginning of this process. Along with the melody, you should also learn the bass line or chord root melody. A chord root melody is the root of each chord in the harmonic progression of the song. Start with songs that have a tonic and dominant progression, I and V or V7, in major and minor. Then move on to songs with subdominant functions. I have provided a short list of melodies the basic chord changes of these songs, however this is only the beginning. I have found that my thirst for more tunes grows with every new tune I learn. No matter what the source of the melody, learning tunes can be addictive.

First, choose a song that makes you happy. I start every practice session with this philosophy and often try to incorporate learning new tunes as part of the beginning of my warm-up. Before long tones and scales and other things that may not seem very musical, starting with a tune reminds you why you started playing music in the first place. I also begin with a tune in rehearsal for my performing ensembles. One song I come back to again and again with my students is *Lightly Row*. The melody, lyrics, bass line and chord changes are shown below as an example. First learn to sing the melody with and without words. The words are helpful for recalling the song later and remembering the title. In fact, I often have trouble remembering titles to songs without words. However, singing the tune without words draws your attention to specific, musical aspects of the melody, for example, phrases, patterns, rhythms, starting note, and harmonic structure. Next, learn the bass line. In the beginning, just focus on the root of each chord in the song and sing it as you audiate the melody in your head. The more tunes you learn, the easier this will become. If you have a recording of the song, then sing the bass line in time with the melody. You could also record yourself singing to use this strategy.

Lightly Row

The musical score for "Lightly Row" is presented in three systems. Each system consists of a vocal line (treble clef) and a bass line (treble clef). The key signature is one flat (B-flat major) and the time signature is 3/4. Chord changes are indicated above the vocal line.

System 1:
Chords: C, G7, C, G7, C, G7, C, G7, C
Lyrics: Lightly row, lightly row O'r the glass y waves we go. Smoothly glide, smoothly glide on the silent tide.

System 2:
Chords: G7, C, C, G7, C, G7, C
Lyrics: Let the wind and wa ters be mingled with our mel-o-dy. Sing and float, sing and float in our lit le boat.

After singing the melody and bass line, the next step would be to play this song on your instrument. Then play it in a few different keys and in a new style or vary the tempo. It is very important to do this without the aid of notation. Your audiation will improve much faster if you train your ears first. The brain learns music similar to the way it learns language. Listening and speaking are the first two vocabularies. If you skip those and go right to reading, you are missing the comprehension that should accompany reading. The same holds true when learning music. Training your audiation will make you a stronger reader, improviser, and composer.

You can follow similar steps with your students. No matter what the instrument, all students should learn to play some songs by ear and to do that they need to sing. My students start every lesson with singing melodies and bass lines of familiar and unfamiliar tunes. Many times I have my students echo phrases to learn the song, however many of the songs are simple enough to learn by repetition. Having a large vocabulary of familiar songs is the foundation of improvisation and composition. You need a vocabulary of songs before you can start to create your own melodies.

When working with your students, bass lines are an easy way to incorporate simple two-part harmony because they provide the most basic harmonic information. Bass lines allow students to make the connection between the melody and other parts of music. When the melody and bass line are performed together in lessons, it gets students thinking about balance and playing music with others. It creates interest for students and teachers, and students begin to hear and audiate basic harmonic functions. This concept transfers from song to song and can easily be incorporated into material you are already using like a method book or ensemble music. A few weeks before learning to read the song, plan ahead and teach the students to sing the melody and bass line by rote. Learning melodies and bass lines by ear prepares students for improvisation, reading and writing music with comprehension.

Learning melodies and bass lines will change the way you and your students start to audiate. In just a short time, many who are taught this way are able to sing bass lines to unfamiliar songs with tonic and dominant functions without much instruction from the teacher. Students look forward to this and many that struggle with the melody in the beginning can find almost immediate success with learning the bass line. I strongly encourage you to make this small change in your teaching or in your practice session and I believe you will notice a difference in the ways you think about music.

Pamela L. Turowski teaches Elementary Band in Fort Lee, NJ and is currently enrolled in the Summers-only Masters Program at the Eastman School of Music. She is working toward an M.A. in Music Education.

Tunes to Learn by Ear

Title	Tonality	Meter	Chords
All the Pretty Little Horses	Minor	Duple	i, v, iv
Amazing Grace	Major	Triple	I, V7, IV
Bingo	Major	Duple	I, V7, IV
Camptown Races	Major	Duple	I, V7
Erie Canal	Minor	Duple	i, V7, iv
Frere Jacques	Major	Duple	I, V7
Hey Ho! Nobody Home	Minor	Duple	i, v
Joshua Fit the Battle	Minor	Duple	i, V7
Kum Ba Ya	Major	Duple	I, V7, IV
Long, Long Ago	Major	Duple	I, V7
Oh How Lovely Is the Evening	Major	Triple	I, IV
Oh Susanna	Major	Duple	I, V7, IV
On Top of Old Smokey	Major	Duple	I, V7, IV
Simple Gifts	Major	Duple	I, V7, (IV)
Snake Dance	Minor	Duple	i, V7
When the Saints Go Marching In	Major	Duple	I, V7, IV



Summer Fun!

Sheryl Crow's Performance in Central Park

Submitted by Michelle Ingram

On July 23rd, Kat Maresco and I met at Rumsey Playfield to see fellow sister Sheryl Crow perform on Good Morning America. We got to see Sheryl perform a few songs from her new album as well as some of her hits. The concert started around 7am with her sound checks.



Running for a Cause

Submitted by Stefanie Britton

Last year, my mom's friend discovered she had a tumor on her brain. Earlier this summer, my brother-in-law's sister, Theresa, also received the same diagnosis. Both women are still fighting the cancer, and we are all hopeful that they win the battle.

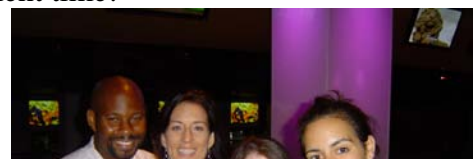
This summer, my family and I participated in the Southeastern Brain Tumor Foundation's 2010 Race for Research in Atlanta, Georgia. My mom, her friend, and my sister walked a 2k. My brother-in-law's other sister, Chrissy, and I ran the 5k. I managed to break my previous 5k time and finished the race in 29 minutes, 10 seconds. The best news was that the participants of the race raised over half a million dollars for the foundation.



Bowling Social

Submitted by Kat Maresco

On Saturday July 23rd members of SAI NYAC and friends went bowling at leisure time bowl. While finding the location of the semi-secret bowling alley in the corner of Port Authority bus terminal was not an easy feat, the sisters were greeted by a posh bar and lounge that just happened to have bowling lanes. Everything was upscale from the shoes decorating the walls in between rentals to the beer tower that came with the lane rental. All in all the ladies had an excellent time!



Roses Go To...



Serena Robbins and Kim Dulchinos for getting new jobs recently. Congrats and good luck!

Calendar of Events

September 11th

September Kickoff Meeting

Saturday, September 11, 2010 @ 3 p.m.

Harrington's Bar & Grill

(370 7th Ave, bet. 31st-30th St)

RSVP by 9/3: sainyac.president@gmail.com
or phone 631-335-6637

September Birthdays

Amy Hawley 9/10

Elizabeth Heuermann 9/30



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New York Alumnae Chapter – Membership Questionnaire for 2010 - 2011

(Note: If the information on page 1 is the SAME as what was in last year's yearbook, please fill out page 2 ONLY.)

PERSONAL INFORMATION *(Please provide all information as you want it listed in the Yearbook!)*

_____ Maiden Name: _____ Birthday (MM/DD): _____
Last First Middle

Address: _____ Cross Streets: _____

City/State/Zip: _____ Home Phone: (____) _____ Work Phone: (____) _____ Cell: (____) _____

E-mail: _____ Partner *(If you'd like her/him listed in the yearbook.):* _____

Web site: _____

SCHOOL INFORMATION

School of Initiation: *(current name of school)* _____ Chapter: _____ Year Initiated: _____

Undergraduate Degree: _____
Type of degree Major Name of school

Graduate Degree: _____ Post-Graduate Degree: _____
Type of degree Major Name of school Type of degree Major Name of school

Performance Field(s): _____ Other instruments or Voice Part: _____

FRATERNITY HONORS *(Please check ALL that apply.)*

Ring of Excellence Ruby Sword of Honor Chapter Service Award Rose of Honor Sword of Honor
 Rose of Dedication Diamond Sword of Honor 25-Year Member 50-Year Member NYAC Rose of the Year
 National Alumnae Leadership Award National College Leadership Award SAI Scholastic Award
 Other (specify): _____

LOCAL DUES

Please check the member status that applies to you and send a check (made out to SAI) for the full amount with this questionnaire to:

Michelle Ingram 29 West Drive Kings Park, NY 11754

___ \$35 NYAC Full Membership (previously known as Active Member)* ___ \$15 Friends of NYAC (for people who live outside the NY area)*

*Please note that ALL Alumnae Members will be billed \$25 from National each year to cover your Alumnae Association dues. That \$25 will go DIRECTLY to National, not to our treasurer! Watch for your notice in the mail from the Alumnae Association. Be sure to pay it PROMPTLY. If you do NOT pay your Alumnae Association dues, you may NOT be a fully participating, voting member of the NYAC. Those members who are 50+ year members and/or 70+ years of age are NOT required to pay Alumnae Association dues or local dues. However, if you would like to pay local dues, you may. Thank you!

YEARBOOK/NEWSLETTER

We e-mail both the Yearbook and the Newsletter to our members. If you do **NOT** have access to e-mail, please check that you would like to receive these by **Regular Mail**. Yearbook:___ Newsletter:___

VOLUNTEERING & COMMITTEES

Please check all committees and ad-hoc committees on which you are willing to serve/chair. Please note that you will be assigned to all committees you check!!! (Note that an officer serves as an automatic committee chair for Newsletter, Membership, and Finance.)

If you are willing to serve on ANY committee, check here: ____. (You will be assigned to a committee or committees where you are needed the most.)

<u>Serve</u>		<u>Serve</u>	<u>Chair</u>		<u>Serve</u>	<u>Chair</u>		<u>Serve</u>	<u>Chair</u>	
___	Newsletter	___	___	Fundraising	___	___	Honors	___	___	Scrapbook/Chapter History
___	Membership	___	___	By-Laws	___	___	Program/Ritual	___	___	Social/Special Events
___	Finance	___	___	Service Project						

Would you be willing to be to host a meeting? ___ Yes ___ No Would you be willing to coordinate a monthly social event? ___ Yes ___ No
 Would you be willing to perform on a musicale? ___ Yes ___ No
 Are you serving on any National Committees? ___ Yes ___ No If Yes, what committee? _____

EMERGENCY CONTACT

We get worried when we don't hear from our members on a regular basis. We will always try to reach members by the contact information they have given us. However, in the rare case we aren't able to reach a member for a significant period of time, we are asking members to please provide an emergency contact. This will remain confidential—only the NYAC Executive Board will have access to it. An emergency contact can be ANYONE, ANYWHERE that we can contact in order to find out if a member is OK. This section is optional!!!

Name: _____ Address: _____ City/State/Zip: _____ Home Phone: _____
 (____) _____ Work Phone: (____) _____ Cell: (____) _____ E-mail: _____