

# DESERT ROSE NEWSLETTER

JANUARY 2019

HEATHER FEATHERSTONE,  
EDITOR  
SAIPHALUM@GMAIL.COM

AN AWARD-WINNING PUBLICATION OF THE  
PHOENIX ALUMNAE CHAPTER  
SIGMA ALPHA IOTA INTERNATIONAL MUSIC FRATERNITY  
OMICRON PROVINCE

## GREETINGS FROM THE PRESIDENT

### Upcoming Events

- **Saturday, January 12, 2:30 pm, Formal Meeting @ Margaret Cook's home**
- **Sunday, February 3, 2:00 pm, Silver Tea Benefit Concert, @ Community of Christ Church**
- **Saturday, March 2, Time: 10-4, Province Day in Flagstaff**
- **Sunday, March 10, 2:30 pm, Formal Meeting, Home of Thorine Peterson**
- **Saturday, April 13, 2:30 pm, Spring BBQ, Home of Moria Bogardus**
- **TBA, April—Elsie Sterrenberg Memorial Scholarship Concert.**
- **Saturday, May 11, 2:30 pm, Year-End Musicales, Home of Ruby Vineyard**

Happy New Year Sisters!

I hope each of you had a holiday season filled with love and music. We are so excited to roll into the new year with the Phoenix Alumnae Chapter. You have a lot to look forward to, starting with a special birthday party for Margaret Cook on January 12th at her home at 2:30pm. This will be an absolutely lovely day of celebration and sisterhood. Please let us know if you need help coordinating a carpool!

Up next will be the Silver Tea Musicales on February 3rd at 2pm at the Community of Christ Church in Glendale. Once again, this will be an amazing concert and is focused on female musicians and composers! We are still looking for performers for the Silver Tea, if you, or anyone you know, is interested in performing, please e-mail myself and/or Roberta Chorlton.

Finally, please save the date of Province Day. It will be held in Flagstaff this year on March 2nd. We will be getting a headcount soon, but look forward to spending the day with you there. If you are interested in carpooling, please e-mail Heather Featherstone!

### Inside this issue:

<i>Driving Directions</i>	2
<i>Sister of the Month</i>	2
<i>FrEd Said...</i>	2
<i>News and Special Announcements</i>	3
<i>Upcoming Concerts</i>	3
<i>New Year Resolutions</i>	4

With Love in SAI,

Marcella Columbus



## Sister of the Month

This is a new feature for the Desert Rose, and what better way to start than by highlighting one of our favorite sisters of our chapter. This sister is a charter member of the Phoenix Alumnae Chapter and has remained a member in good standing throughout the almost 60 year the chapter has been in existence. She has served the local chapter as Recording Secretary and President (1960-62, & 1994-96) as well as other offices. She served as Omicron Province President for many years as well as adviser to the Gamma Mu chapter at Arizona State University. She loves to host events and meals for the Gamma Mus at her home and was the chapter “mom” for many years. This sister was an active church music director and even started the Contemporary Music program for the Catholic Diocese of Phoenix. She has been active in music ministry at St. Theresa’s and St. Daniel’s churches. At the great age of 93 and although arthritis now limits her musical ability, she still plays piano and organ for her own pleasure as she is able. This sister was honored at the last National Convention for her 72 years of dedicated service to Sigma Alpha Iota. Please help us continue to honor this sister as she continues to be a bright light and beacon of fraternity wisdom. Margaret S. Cook, member in good standing for 72+ years and a few more we hope. We love you Margaret!

## FrEd Said...



⇒ NATIONAL OBJECTIVE For JANUARY:

Nurture Sisterhood.

⇒ Activity: Complete a team building activity based on fraternity concept or information. As a chapter, be creative and create a FrEd based game.

⇒ Activity: Discuss why sisterhood is important? What are ways that your chapter could improve sisterhood within the chapter?

## Directions to Margaret Cook’s Home, Jan. 12

**From the Northwest Valley:** Take Loop 101 E to AZ-51 S. Exit at Indian School Rd. Continue east on Indian School to N. 48th St. Turn right on N. 48th St and then left onto E. Cheery Lynn Rd.

**From the South Valley:** Take I10 to AZ 51 N. Exit at Thomas Rd and continue east to 48th St. Turn left on 48th St and then left onto E. cheery Lyn Rd.

**Parking is limited at Margaret’s home, please consider carpooling with a few sisters from your area. Check your yearbook for sisters that live in your “neighborhood”. Heather Featherstone (19th Ave and Union Hills) is always happy and ready to pick up sisters for a meeting.**

## News and Special Announcements

**Betsy Clark** is requesting pictures and items to add to the chapter scrapbook.

**Roberta** is looking for performers for the Sliver Tea Benefit Concert in March. Please contact her with your selection as well as some program notes if you are interested in performing.

**Friday & Saturday, February 1-2:** SAI and PMA will be sharing a booth at the AZMEA conference in Mesa. We will need people to woman the booth on Friday (8ish-5ish) and Saturday (8ish to noon-ish). If you are interested in meeting and greeting SAI's from across the state, please let the board know so we can work out the schedules.

**Marg Burg's** husband passed away on Friday, December 21, 2018. Please keep her and her family in your thoughts and prayers.



## Upcoming Concerts and Events

**Roberta Chorlton—Violin.—**

January 12, 2019 at 7:00 PM—Orchestra Concert at Christ Presbyterian Church, 925 N. Sarival Ave., Goodyear, AZ. Performance includes Adagio for Strings, The Lark Ascending, and a complete performance of Amahl and the Night Visitors

**Sandy Henriquez, Violin & Moria Bogardus, Cello—**

January 6, 2019 at 2:00 PM at the MIM—Musica Nova is playing the Franck D minor Symphony, as well as a viola concerto and a new piece

**Sandy Henriquez, Violin—**

January 13, 3:00 PM West Valley Symphony at the Valley Vista Performing Arts Center in Surprise. Program includes The Hebrides “Fingal’s Cave” and Concerto in E minor for violin, Op. 64, Jonathan Okseniuk, soloist by Felix Mendelssohn and Johannes Brahms Symphony No. 1 in C minor, Op. 68



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SAI Phoenix Alumnae Chapter  
Heather Featherstone, Editor  
1757 W. Oraibi Dr.  
Phoenix, AZ 85027

Email: SAIPhxAlum@gmail.com

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## New Year Resolutions for Musicians

1. **Establish a Practice Routine**—Put your practice time in your calendar to avoid scheduling conflicts
2. **Increase Your Practice Time**—the recommended time for practicing is 10-15 hours per week. Don't have that much time in your schedule—build up to it by added 15-20 minutes.
3. **Create a Proper Warm-up**—If you need a few ideas to create your warm-up, check out our articles "[5 Piano Warm-Ups That Will Help You Become a Better Pianist](https://tinyurl.com/Piano-warmups)" (<https://tinyurl.com/Piano-warmups>) and "[Enhance Your Voice with These Vocal Warm-Ups and Breathing Exercises](https://tinyurl.com/Voice-warmups)." (<https://tinyurl.com/Voice-warmups>).
4. **Start Taking Lessons, or Start Again!** - Your music teacher will hold you accountable, give you individualized approach to your practice, answer specific questions, troubleshoot problems, open new doors to musical ideas and help you stay committed.
5. **Explore new Repertoire**—getting stuck in the routine of playing or singing music that sound the same can actually slow your progress. Choose from several genres for the biggest bang for your buck.
6. **Compose Original Music**—Songwriting is a great way to let go of some stress and deal with emotions. Challenge yourself to finish your songs once you've started, and be proud of your work.
7. **Book a Gig or Perform at an Open Mic**—The best way to get over stage fright is perform as often as possible. Experience and practice makes better.
8. **Record or Distribute Your Music**—use various recording software tools and then publish on social media, YouTube, SoundCloud, Spotify, etc or even go old school and release a CD!
9. **Go to an Audition**—Auditions are great for conquering stage fright, receiving constructive feedback, and ultimately granting you access to brand new experiences.
10. **Create a Website or Online Portfolio**—A website can enable you to keep all your repertoire, recordings and original works in one location, manage bookings and keep people updated on your life.

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