

# DESERT ROSE NEWSLETTER

An award-winning publication of Phoenix Alumnae Chapter  
Sigma Alpha Iota International Music Fraternity, Omicron Province

January 2023

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## January Meeting

**When:** Sunday, Jan  
15, 2:30 pm

**What:** General  
Business Meeting

**Venue:** Kandice  
Nelson

1301 N. Scottsdale  
Rd. #3045  
Program TBD

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## Greetings from Your President

Happy New Year, Sisters!

I hope your holidays were joyful and fun. It is a busy time for most musicians, but I hope you were able to enjoy some time with family and friends.

As we dive head-first into the Spring semester, we have several important activities coming up with SAI. National has just sent us the new bylaws template, so we will have to revise our bylaws over the next couple of months to match National's criteria. This month, we also need to elect our Nominating Committee and appoint our Honors Committee. Start thinking about sisters who you think are deserving of awards and also who might make good officers (or if you would like to run for an office yourself). The offices up for election this year are VPR, Recording Secretary, Corresponding Secretary and Treasurer. We will need three sisters to form the Nominating Committee.

Please plan to attend our meeting this month on January 15th at 2:30 at Kandice's home. We will also need one or two people to perform. If you would like to perform, please contact Toni Murdock, our newly elected VPP.

Roses to All!

Moria

# Calendar for 2022-2023

Sisters are welcome to attend chapter meetings virtually or in person.

The link for Zoom is <https://tinyurl.com/SAIPACZoom>

**Sunday, Sep 18, 2:30 PM** General Business Meeting

Venue Community of Christ  
5035 W Paradise Ln, Glendale AZ  
Program Pirate Day

**Saturday, Oct 22, 2:30 PM** Formal Business Meeting

Venue Ruby Vineyard  
Program: TBD

**Saturday, Nov 19, 2:30 PM** Guest Day

Venue Community of Christ, 5035 W. Paradise Ave., Glendale  
Program Guest Day, Guitars 4 Vets

**Dec TBD** Executive Board Meeting

Venue Zoom Meeting (or TBD)

**Sunday, Jan 15, 2:30 pm** General Business Meeting

Venue Kandice Nelson  
Program TBD

**Saturday, Feb 4, Evening** Silver Tea Benefit Concert

Venue TBD

**Saturday, Mar 11, 2:30 PM** Formal Business Meeting

Venue TBD  
Program Hop Into Spring, Elections

**Saturday, Apr 1, All Day** Province Day

Venue Community of Christ  
Program Fun/Silly Musicale "April Foolery"

**Sunday, Apr 16, 2:30 PM** General Meeting

Venue Thorine Peterson  
Program Fellowship & Music

**Saturday, May 6, 10:30 AM** Year-End Brunch

Venue TBD  
Program Installation of Officers & Awards

# Have you paid your dues?

If you have not yet done so, please send Alison Bachus your check for this year's annual dues (\$37.50). Dues checks may be mailed to Alison at 4641 N 42nd Place, Phoenix AZ 85018. You can also send them in via CashApp at \$SAIPhoenixChapter.

Please note that this will be for the 2022-23 Fraternity year. However, if they'd like to make an additional donation to the chapter, those are always welcome

Next Fraternity Year: Dues for next year are July 1, 2023. If you haven't paid yet, please so do soon.

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## Call for performers

Calling all Sisters!!!!!! If you would like to perform at our at meetings this year, please contact Toni Murdock, VPP, at [toniclarkmurdock@gmail.com](mailto:toniclarkmurdock@gmail.com), or text at 270-977-6045,.



Calling all Daughters of Our Great and Singing Province!

**Save the date to join your fellow  
Sigma Alpha Iota Omicron Province  
sisters for a day of music, sisterhood, food,  
and fun!**

## **PROVINCE DAY**

**“Roses Bloom in the Desert”**

**Saturday, April 1, 2023**

**April Foolery will be  
accomplished!**

**Hosted by the Phoenix SAI Alumnae Chapter**

**For more details, email us:**

**[heather.featherstone1972@gmail.com](mailto:heather.featherstone1972@gmail.com)**

# Sister News and Updates

**Call for Volunteers** - Our chapter has been granted a great opportunity to reach out to other SAI sisters that we may not know about. The Arizona Music Educators Association has offered us a free booth at the AMEA Conference in Mesa on **Friday & Saturday, February 3 and 4, 2023**. We have done this booth in the past, but due to the cost, we have opted out of this for the last several years. Heather Featherstone has all the materials to set up this booth (except for the official SAI Banner), and plans to attend the conference, but needs some volunteers to help man the booth during the workshop times. The exhibits (where our booth will be located) are available to visit anytime during the two days, but there are three specially designated times on Friday and two times on Saturday for attendees to visit the exhibits. The exhibit hall opens at 8:00 am both Friday and Saturday - Friday: 10:15-11:15, 1:15-2:45, & 4:00-5:00, Saturday: 11:00-12:00 & 1:15-2:30. If anyone is willing to help out at any point during this weekend (Feb 3 & 4), please reach out to Heather Featherstone for more details.

**Sharon Friedrichsen** has a new email address: [azkmfssf@gmail.com](mailto:azkmfssf@gmail.com)

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## Carpool Help

Need a ride to a meeting?

Carpool Help Available

Need a ride to a meeting? You can contact:

Sun City West: Sarah Mason - 3 people

North Phoenix: Heather Featherstone - 3-4 people

Gilbert: Charlotte Burton, Kara Lee

Feel free to reach out to them to figure out carpool.



# Driving Directions to Kandice's Home

From 101 take the 7th Street exit, from 51 take the Bell exit - taking Bell from the 17 is also okay too. Cross-streets are Bell and 7th Street

Park along the North side of Charleston Ave between 9th St and 12 St. Parking is also available on along 9th and 12th streets.

There is another Charleston Ave east of 12th Street; I'm on Charleston LEFT/WEST of 12th street that's a bit further north

## **1102 E. Charleston Ave. Phoenix 85022**

Garage will be open for "handicapped parking" and 2 cars can fit in garage with a 3rd in the driveway sideways

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## A Musician's List of New Year Resolutions

### **New Year's Resolution #1: Improvise**

By improvising, you can tap into your inherent creativity and let go of the need to "get it right." Make it a point to set out some of your practice time for improv, and enjoy it! Choose a key and a steady rhythm, then continue. If you have experience improvising, challenge yourself by experimenting with other rhythms and genres.

### **New Year's Resolution #2: Practice With A Metronome**

Whatever your theoretical beliefs about Truth, it's very obvious that proper intonation, rhythm, and timing are essential components of effective musicianship. It's never too late to start using certain "truth-seeking" techniques in your practice if you don't already do so regularly.

Here are some steps on how to level up your metronome practice: Take off the beats to increase accuracy. Tap tempo can be used to determine rhythms for practice. Practice gradually. Make changes to your subdivisions to reduce the click's frequency. Use drum loops to practice.

### **New Year's Resolution #3: Expand Your Musical Horizons**

Now and again, change the focus of your practice. The aim is to experiment with different maneuvers that your muscles aren't accustomed to making and noises that your ears aren't familiar with hearing.

## **New Year's Resolution #4: Explore New Genres**

Producing sound is only one aspect of being a musician. Simply by listening, you can learn a lot and get inspiration. Your New Year's resolution can be to double the number of artists you found this year and to completely redesign your 2022 Spotify Wrapped from your 2021 version.

## **New Year's Resolution #5: Exercise**

We frequently overlook the physical nature of music production. Be aware of any potential physical stresses that your profession can cause. Learn which exercises can help you build essential muscular strength and include those in your workout regimen. Of course, warm up your body before playing, and remember to stretch frequently.

## **New Year's Resolution #6: Collaborate**

By exchanging ideas, you not only improve as a listener and creator, but you may also create magic. Here are multiple different ways to collaborate:

Casual jam, Co-write a song, Remix a track together, Swap gigs, Share a tour.

## **New Year's Resolution #7: Find An Accountability Partner**

Having an accountability partner is beneficial for giving your objectives guidance and assistance. Establish certain milestones you want to reach by a specific date with a buddy who shares your aims. Their goals don't have to be the same as yours. Put it on your calendars, remind one another, and encourage one another.

## **New Year's Resolution #8: Experiment With DAWs**

In 2022, if you're not familiar with digital music creation, you should begin exploring the world of DAWs (Digital Audio Workstations). There is undoubtedly a learning curve, but computer music offers a wealth of opportunities that are all worth investigating. Set it a mission to produce your tracks regularly, and you'll acquire the knowledge and sounds as you go.

*Here are the best DAWs for producing music in 2023:*

Best free DAW: Cakewalk by Bandlab

Best for MIDI and film Scoring: Cubase Pro

Best for power users: Reaper

Best for live performances: Ableton

Best for plug and play: Logic Pro

<https://musicpromotoday.com/new-years-resolutions-for-musicians/>

# Birthday Bash Campaign

Donate \$120 by Founder's Day 2023-  
the 120th "birthday" of Sigma Alpha Iota



A Chapter and Individual Effort  
[www.sai-national.org/donate](http://www.sai-national.org/donate)





## Birthday Bash Campaign

**SAI Philanthropies, Inc.** invites you, chapters and individuals, to participate in our Birthday Bash Campaign!

Donate \$120.00 by Founders Day 2023 to honor the 120th "birthday" of Sigma Alpha Iota. Your donation will support the many grants, scholarships, and projects available to our members and musicians around the world.

Each chapter and individual that participates will be recognized via our social media pages.

Donations to **SAI Philanthropies, Inc.** may be made on our secure website:  
[www.sai-national.org/donate](http://www.sai-national.org/donate).  
Please note "in honor" of Birthday Bash Campaign.

Donations may also be mailed to:  
SAI National Headquarters  
1 Tunnel Road  
Asheville, NC 28805



Join us in celebrating 120 years by giving back to the charitable arm of Sigma Alpha Iota!

# Teacher Directory

Are you are teaching lessons and want to be added to the list, please email [heather.featherstone1972@gmail.com](mailto:heather.featherstone1972@gmail.com) with the following information:

- What instrument(s) do you teach?
- What part of the valley are you located in?
- In-person or online?
- Best contact information.

Name	Instrument(s)	Location	Contact Info and More
Gail Rolland	Adult cello Privately	West Mesa, in person and masked	Email: <a href="mailto:gailrolland@gmail.com">gailrolland@gmail.com</a>
Isola Jones	Voice, preferably students 18 years and older	Virtually since COVID  South Mountain Community College or privately, but has students throughout the US and Asia	Phone: 602-810-2215 Campus email: <a href="mailto:isola.jones@southmountaincc.edu">isola.jones@southmountaincc.edu</a> Personal email: <a href="mailto:isola@cox.net">isola@cox.net</a>  Dr. Isola Jones, DMA in Vocal Performance Sang 14 consecutive seasons at the Metropolitan Opera as a leading Mezzo-Soprano with over 500 performances and 10 "Live from the MET - Great Performances" telecasts Videos of performances of Isola's students and Isola can be seen on the college YouTube channel: Opera at the Mountain 2020 and 2021
Kandice Nelson	Beginning Suzuki Book 1 - Violin/viola/cello  Soprano/Alto voice, any age	Zoom (no in-person lessons), nationwide	Phone: 602-3156614 Leave a voicemail with contact information, level, student's age, interests, and playing history
Katelyn MacIntyre	Voice, all levels, piano and guitar, beginning	Virtual lessons	Website: <a href="http://www.katelynmac.com">www.katelynmac.com</a> Email: <a href="mailto:katelynmacmusic@gmail.com">katelynmacmusic@gmail.com</a>
Mia Lorenzen	Piano - beginners and intermediates	West Valley (Arrowhead)  In-person (with masks) and online teaching	Phone: 602-524-4448 (call or text) Email: <a href="mailto:mlaine5075@yahoo.com">mlaine5075@yahoo.com</a>  Mrs. Mia Lorenzen, MME 25 years teaching experience Certified music educator and teaching in public schools

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STAMP  
HERE

FIRST CLASS MAIL



IMPORTANT TIME-SENSITIVE MATERIAL  
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## Follow us on Instagram!

We are now on Instagram! You can follow us @sai\_phoenixalum. If you are doing any exciting projects/concerts/events and would like to be featured on our Instagram, please contact Kara ([SAIPhxAlum@gmail.com](mailto:SAIPhxAlum@gmail.com)) with pictures and details.

