

The background of the entire poster is a vibrant blue sky filled with soft, white, fluffy clouds. Pink cherry blossom branches with delicate flowers and buds are artfully placed around the edges of the image, framing the central text.

2022 SPRING

Mountain Fest

WEEKEND SINGING RETREAT FOR MIXED VOICES
4 - 6 NOVEMBER 2022 - MT EVELYN

PARTICIPANT
INFO KIT



melbournesingingevents.com



Welcome!

We're so excited to see you around the fire in Mt Evelyn for the 2022 Spring Mountain Fest. It's one of the best list of activities we've ever assembled, and we have no doubt it's going to be an incredible weekend.

This weekend you will be immersed in singing sessions with high calibre musical directors, bringing their unique twists on group harmony singing.

This Mountain Fest has a terrific line-up of music directors who will bring a vast array of music styles to entertain us – World, Folk, Jazz, Afro-Colombian... So much to learn and enjoy!

This information document outlines what the weekend is all about - from the schedule of the weekend to what you need to bring.

The weekend starts Friday night with a light-hearted music quiz and meal. We like to get started about 7.30 pm. After the quiz and the belly full of food we head over to the all-weather fire pit area where the guitars and fiddles come out to accompany casual raucous sing-a-longs. These fire pit sessions have been known to go on to the wee hours of the morning.

But don't stay up too late, because you have lots more singing to come!

About

The 2022 Spring Mountain Fest is a weekend singing retreat for mixed voices featuring:

- Workshops from some of Australia's best choral directors and musicians.
- Firepit sing-a-longs with wood-fired pizza supper.
- Friday night music trivia.
- A range of activities to maximise your enjoyment.
- Real connection with real people in a safe, supportive environment.

The Winter Mountain Fest is a terrific chance to feed your soul some fabulous music, meet some other local singers, and enjoy the clean Mt Evelyn air.

Sunday morning we will hold the **Mountain Fest Icebreakers' Challenge**, where a bunch of idiots (and hopefully you) will brave the swimming pool to raise some money for charitable causes. Either come for a swim, or come and heckle the idiots who do!



What to Bring

Bedding:

You will need to bring your own:

- single fitted or flat sheet
- pillow and pillow case
- doona or sleeping bag

The rooms are fairly well heated, but it's definitely worth planning for cold, wet weather.

Personal:

- Enough (warm) clothes for three days
- Toiletries
- Towel
- Bathers (for the Mountain Fest Icebergers' Challenge!)
- Warm jacket and beanie

For Singing:

- Water Bottle
- Pencil
- Musical instruments for fire-pit (guitar, percussion, etc) if you've got one.

Other:

- BYO wine and other alcoholic drinks
- Snacks (only if you have particular tastes - plenty to go around!)
- Torch

Mt Evelyn is close by, and has plenty of shops should you forget anything.



Room Allocation

The rooms can hold up to 8 in a room but we try to spread people out so that the rooms aren't crowded. There are usually a maximum of 3 per room. Please let us know if you wish to be billeted with anyone in particular.

There will be a room allocation sheet with your name on it on the glass door to the entrance of the accommodation block.

Meals

All meals are catered for but please let us know if you have any dietary considerations if you haven't already. The Kitchen is open at all times and there will always be food there for you to eat at any time.

Alcohol

Alcohol is permitted at the camp and is BYO. Please drink responsibly, and respect those around you at all times. Unsocial behaviour that causes discomfort or offence to others will not be tolerated.

Workshop Sessions

While we encourage you to attend all sessions, if you want or need a break at any time that is your call. We will give a five minute call before each session in the dining area where possible, but please check your schedule and make your way promptly to the singing area.





Schedule

Friday 4 November

From 17:00:	Arrive, registration
18:00:	Light meal
18:30:	Welcome, introduction, team MUSIC TRIVIA
21:00:	Firepit Sing-a-long

Saturday 5 November

07:30:	Breakfast (Hot food from 08:00)
08:30:	<i>Morning Activities (Basic Yoga)</i>
09:30:	CHRIS BLAIN (warm up and intro)
10:30:	Morning Tea
11:00:	WORKSHOP 1: IAKI VALLEJO
12:30:	Lunch
13:30:	WORKSHOP 2: KYM DILLON
15:00:	Afternoon Tea
15:30:	EMILY WALTER (Drumming)
17:00:	WORKSHOP 3: SUE JOHNSON
18:30:	CHRIS BLAIN (daily recap)
19:00:	Dinner
20:00:	Firepit Sing-a-long

Sunday 6 November

07:00	Mountain Fest Icebreakers' Challenge (Swimming Pool)
07:30:	Breakfast (Hot food from 08:00)
09:30:	EMILY WALTER (Drumming)
10:30:	CHRIS BLAIN (warm up and intro)
11:30:	Morning Tea
12:00:	WORKSHOP 4: JUSTIN HOLLAND (Taketina)
13:30:	Lunch
14:30:	WORKSHOP 5: ANNEMARIE SHARRY
16:00:	CHRIS BLAIN (Recap, Farewell)
16:30:	Depart





Presenters

Sue Johnson

SUE JOHNSON is a composer musical director, and recording artist who has co-produced numerous CDs of original works and performed nationally and internationally. Sue co-founded award-winning vocal group Coco's Lunch, collaborates with Australian authors and her vocal works are recorded world-wide.



Sue directs four choirs - the Trolls, Pagan Angels, Women Of Love & Fury (WOLF) and Living Out Loud and in 2023-24 is working with Blue Swan Events taking singing tours to India, the Australian Desert and the Blue Mountains as well as other exciting locations.

Iaki Vallejo

Born in Colombia and a bit of a globetrotter, singer and composer Iaki Vallejo has truly understood what human differences can mean. She now brings a message of unity and peace through her music and lyrics. Mixing Afro-Colombian traditions with jazz, soul, salsa, afro-beat, funk and reggae, her compositions and arrangements are a living example of differences coming together to enrich one another and create something beautiful. Her powerful, intense and warm voice earned her "Best Voice of Melbourne" award in 2009 and her message of unity and integration honoured her with the International Federation of Peace's 2016 "Peace Award".



Earlier this year, Iaki launched her EP "Yo Soy" (I am) at Bird's Basement and was nominated from Music Victoria Awards as best Intercultural Act 2019.

"Listening to Iaki sing, it is essay to appreciate her multi faceted voice which is comfortable in all sort of songs"

– Essentially Pop- United Kingdom



Kym Dillon

Kym Dillon is a composer; arranger; orchestrator, pianist and conductor, who is currently based in Melbourne and Geelong. Starting out her career as a jazz pianist, Kym's interest soon turned to composition, and her work now regularly spans multiple genres and areas of musical practice.



She completed a Bachelor of Music Performance Honours in composition at the Victorian College of the Arts, studying under such teachers as Anthony Lyons, Mark Pollard, and John McCaughey. She was awarded the 'Beleura Sir George Tallis Award' from the 'Friends of the VCA' for her work in the course in 2009; and the 'Beleura John Tallis Award' in 2010. She composed and performed two original jazz works for the VCA Improvisation Series in 2009, for which her ensemble won the 'Athanaeum Prize'.

Residing in Geelong, Kym now juggles work as a composer, arranger, theory/composition teacher, tutor, performer, conductor and writer, and is currently studying a Masters of Composition at Melbourne University under the supervision of Elliot Gyger and Melody Eötvös.

Annemarie Sharry

A graduate of the Victorian College Of The Arts, and recipient of the Mabel Kent Singing Scholarship, Annemarie has worked for many years, as both a vocal soloist and choral educator.

As co-founder and Musical Director of Melbourne based SOUTH OF THE RIVER CHOIR, she led the choir to the finals of the ABC Classic FM Choir of the Year Awards in 2006.

This dynamic community choir explores the music and rhythms of Africa, traditional African American gospel and original Australian compositions, through workshops and festivals.

As Director of ACAPPELLAWORKS, Annemarie has been influential in developing choirs in the workplace. Her vocal programs have been adopted by a number of organisations including Flight Centre, The Department of Human Services and World Vision Australia.

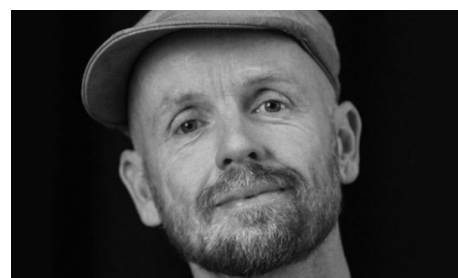
Annemarie has been a member of two premier and award winning Australian a cappella ensembles: AKASA and COCOS LUNCH. She continues to sing regularly with her own jazz quartet and as a featured soloist in the cutting edge Opera company, Emotionworks.





Justin Holland

Justin began playing piano at the age of four and saxophone by 7. He is a graduate of the Victorian College of the Arts and has spent over 25 years as a professional musician and educator. He is a founding member of bands such as Ping and Down Town Brown and has performed and toured with many artists including Meow Meow, Don Burrows, The Dilapidated Diva, Brazjazz and Julie O'Hara. Alongside his music career Justin also trained as a dancer and has much experience working in theatre and dance with companies such as Snuff Puppets, Legs on a Wall, Back to Back theatre, Bird On A Wire and La Soirée and Polyglot theatre.



Justin is a qualified Yoga teacher and has practiced Yoga and Contact Improvisation dance for over 20 years. Currently Justin works full time as the Musical Director/ Choreographer for Somebody's Daughter Theatre, creating raw and powerful theatre in women's prisons and with at risk youth.

In 2018 Justin completed a three year teacher training in TaKeTiNa with founder Reinhard Flatischler after receiving a professional development grant from the Australia Council.

Chris Blain

Chris has been writing, producing, managing and performing in the music industry for over twenty years, and has a wealth of knowledge of the artistic, technical and business sides of the industry.



Chris' a cappella man-band SUADE performed for nearly twenty years, touring extensively, both locally and internationally. They produced four albums – the latest self-produced by Chris and his brother Loz.

Chris is the Choir Development Coordinator for the 30 With One Voice choirs run by not-for-profit Creativity Australia. He's also the musical director of "Men In Suits", runs With One Voice's Whitehorse choir, and was a co-founder and director of Vocal Australia – Australia's a cappella singing hub.

He's also the director of Melbourne Singing Events, and a registered civil marriage celebrant to round things off! www.christopherjblain.com



Emily Walter

Emily Walter has over 15 years of experience in facilitating small and large groups of young and old through retreats, camps and leadership training days. Her passion for percussion was born when she discovered and joined a drumming group in Balnarring and was blown away by its ability to draw people out and lift up a group of relative strangers; she witnessed a higher connection built through rhythm in the moment and the transformative experience of self expression both on a personal and community level.



Emily eventually found herself on a drumming tour in West Africa where she and a group of other enthusiastic percussionists were trained by drumming and dance masters and lead to a place of complete awe and appreciation of the incredible power of rhythm in community.

Melbourne Singing Events

Melbourne Singing Events is a community music initiative run by Alan Stephens and Chris Blain.

Melbourne Singing Events runs concerts, camps, workshops and sing-a-longs for everyday singers. Their focus is on fun, inclusive activities that celebrate the human voice in harmony, and bring communities of people together.

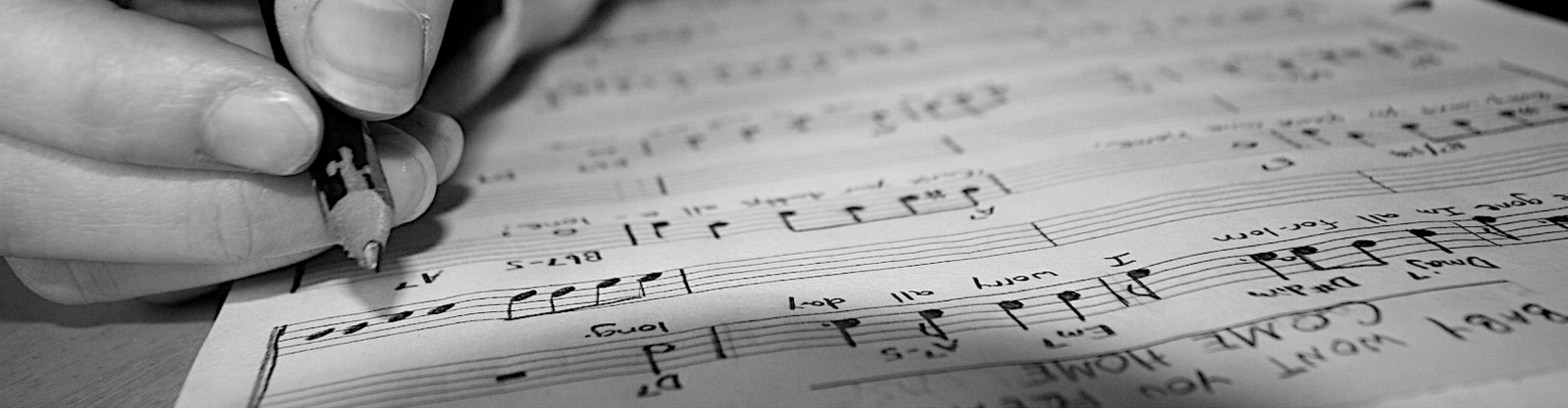
Stay in touch with all our events. Visit: www.melbournesingingevents.com to sign up for our mailing list.



Vocal Health

We're going to do a LOT of singing together over the weekend. Here are some tips about how to keep your voice healthy.

- 1** **Drink water** - lots of it! The vocal chords are one of the first parts of the body to dry out, especially while we're blasting so much air over them as we sing. The best way to counteract these drying effects is to load up on water half an hour before singing, then continue to take small sips of room temperature or tepid water while you sing. It's also a great way to stay healthy and energised.
- 2** **Reset and relax your voice.** After hours of singing, it's important to do a few relaxing exercises to make sure everything is working properly. Audible yawning, "chew"-humming, lip rolls, and rolling Rs are a great way to give your voice a little tune-up throughout the day.
- 3** **Warm up!** It would be preposterous to think about running a marathon without some kind of warm up, so why would a vocal-a-thon be any different? Make sure you take the time to warm up properly before singing, and cool down with some relaxing singing at the end of the day.
- 4** **Don't clear your throat.** Instead, take a sip of water. Clearing your throat will not do anything for your voice other than damage your vocal chords.
- 5** **Pineapple juice!** Pineapple juice has anti-inflammatory properties that soothe the throat and prevent phlegm build up. It can also help prevent overactive saliva production. It helps the immune system and is best when diluted with 50% water.
- 6** **Avoid tension.** Getting tense is highly contagious! It may start with a clenched fist, but it will soon travel up your arm, into your shoulders and neck, and before you know it you'll be sticking your chin forward and damaging your voice. Stay loose, comfortable, and use good, open posture at all times. Take the opportunity to have a stretch whenever you can – especially your neck, shoulders, and lower back which can often stiffen after a long day.

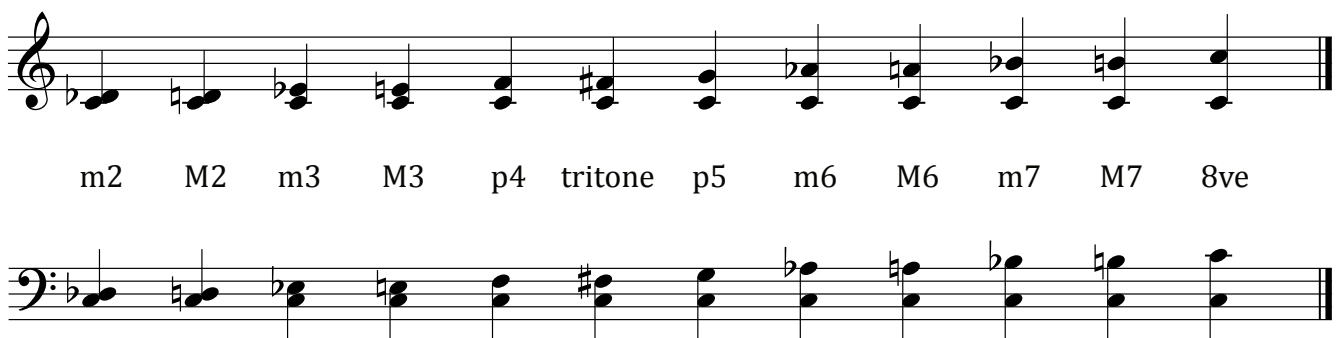


Helpful Music Theory

Intervals

We often talk about intervals in music – that is, the distance between two notes. If you're struggling to find one in your head, here's a helpful list of songs that might help.

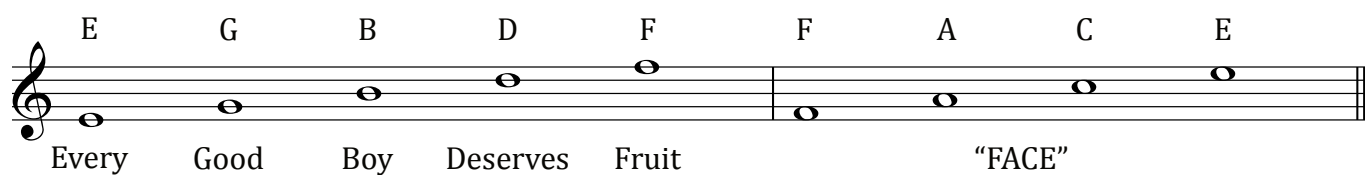
Minor 2 nd (m2):	Jaws theme (up / down)
Major 2 nd (M2):	Happy birthday (up / down)
Minor 3 rd (m3):	Greensleeves (up), Hey Jude (down)
Major 3 rd (M3):	Oh When The Saints (up), Swing Low Sweet Chariot (down)
Perfect 4 th (p4):	Amazing Grace (up) Oh Come - All Ye Faithful (down)
Tritone:	The Simpsons (up) Maria (up)
Perfect 5 th (p5):	Twinkle, Twinkle (up), Flintstones Theme (down)
Minor 6 th (m6):	The Entertainer (up/down)
Major 6 th (M6):	My Bonny Lies Over the Ocean (up), Nobody Knows The Trouble I've Seen (down)
Minor 7 th (m7):	Somewhere – Westside Story (up)
Major 7 th (M7):	Take On Me (up)



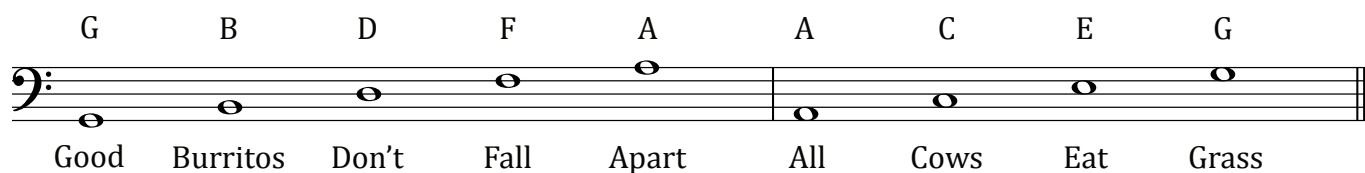


Musical Notes Names on a Stave

A couple of handy hints to work out what note is written. Firstly in treble clef (sopranos, altos and tenors):



And bass clef:



Key Signatures

You can use this handy Circle of Fifths chart to work out what key you are singing in, thus where the home note or tonic is.

Moving to your right goes up one perfect fifth, while moving left takes us down a perfect fifth.

The relative minor key is shown inside the circle, while the major key is shown outside.

