

2022 WINTER

Mountain Fest

WEEKEND SINGING RETREAT FOR MIXED VOICES
17 - 19 JUNE 2022 - MT EVELYN

PARTICIPANT INFO KIT



melbournesingingevents.com



Welcome!

Welcome to our long-awaited return to Mt Evelyn for the 2022 Winter Mountain Fest. It is way overdue, and we simply can't wait to see you all.

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 – Swedish, Italian, Colombian, Woodendian, Gospel and more.

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 when. 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 Winter 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.





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
- 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 17 June

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

Saturday 18 June

07:30:	07:30: Breakfast (Hot food from 08:00)
08:30:	Morning Yoga with LYN JORDAN
09:30:	CHRIS BLAIN (warm up and intro)
10:30:	Morning Tea
11:00:	WORKSHOP 1: CHRIS BLAIN
12:30:	Lunch
13:30:	WORKSHOP 2: PHIL HEUZENRODER
15:00:	Afternoon Tea
15:30:	DRUMMING WORKSHOP: EMILY WALTER
17:00:	WORKSHOP 3: LADY SHAULA SALATHÉ
18:30:	CHRIS BLAIN (daily recap)
19:00:	Dinner
20:00:	Firepit Sing-a-long

Sunday 19 June

07:30:	Breakfast (Hot food from 08:00)
08:30:	Morning Yoga with LYN JORDAN
09:30:	DRUMMING WORKSHOP: EMILY WALTER
10:30:	CHRIS BLAIN (warm up and intro)
11:30:	Morning Tea
12:00:	WORKSHOP 4: ANDREW PRICE
13:30:	Lunch
14:30:	WORKSHOP 5: SUZANN FRISK
16:00:	CHRIS BLAIN (Recap, Farewell)
16:30:	Depart





Presenters

Phil Heuzenroeder

Phil Heuzenroeder is passionate about gospel music and community singing. He leads the 80 voice Melbourne Mass Gospel Choir and has led various massed gospel choirs for over 20 years.

He has explored, arranged and led singing a wide range of gospel and soul music, from early spirituals like Steal Away, the golden era of the gospel quartets, the soul gospel sounds of 60's and 70's through to contemporary gospel giants such as Kirk Franklin.

Together with MMGC he has produced large scale sell out shows of the iconic music of Aretha Franklin, Mavis Staples, Bob Dylan and more.

"I'm fascinated by Gospel music's long history and evolution as a musical culture and its central place in worship and community. I strive for MMGC to interpret its meaning in a secular community environment and discover how it speaks to our daily lives here in Australia."



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





Andrew Price

Andrew is the director of the Woodend Warblers, and assistant director of Melbourne men's singing group, Men in Suits. He also runs a side project with folk singer Fred Smith, and is currently running the Kingston Sea Shanty sessions. He is also an assistant director of the Young Voices of Macedon.



Andrew had extensive exposure to music from a young age, with a father who was the Church Organist, and a mother who was a Singing Teacher. He started piano lessons in Primary School, and moved on to clarinet in High School, which earned him a Music Scholarship for his last two years of High School. He played clarinet with the Sydney Schools Symphony Orchestra (SSSO) and represented his school in numerous mass choir events.

He's got a passion for good harmony, and strong community.

Suzann Frisk

Suzann is a singer, teacher, songwriter and arranger. She was born in Sweden, by Hungarian parents and was brought up in a musically multicultural environment of Swedish folk, pop and rock, as well as Hungarian gypsy music.



Having had her mind set on the clarinet and a classical path, it changed unexpectedly, to singing and jazz, once she started studying music at the Conservatorium of Music in Malmö, Sweden. There she discovered her voice and the great joys of singing, harmonising and improvising. Apart from studying singing and piano, the training consisted of everything from conducting, theory and rhythm studies, improvisation, the double bass and more. During her time in Malmö, Suzann performed with an all female singing and drumming group, singing anything from Barbershop, classical, world music and jazz. She also toured parts of northern Sweden, performing a mixed vocal program.

Every aspect of her training proved to be of value when Suzann moved to Australia. She quickly started teaching singing, privately and in schools, as well as A Cappella singing at the Selby and Olinda Community Houses. Since then Suzann has been actively writing and arranging songs, according to the settings of the for various groups. A majority of her songs are composed together with a Swedish lyricist and are published on line, but a few have been published and some can be found in the CMV and ABC Songbook as well as and also in songbooks published in Germany.

For the last ten years, Suzann has concentrated on teaching singing and piano privately and her students range between the ages of 10 and 80. Suzann is the musical director for Skutan, a Swedish choir, which regularly performs at Swedish cultural celebrations throughout the year. Suzann believes that everyone can sing – as long as you can yawn and laugh!





Lady Shaula Salathe

Composer, performer, conductor, Lady Shaula's musical career covers many genres. An emerging film and tv composer, following a lifetime of stage and concert composing, Lady Shaula splits her time between performing and the Composer studio

Her mystical voice accompanied by her harp or piano, places her in concert demand over the world – in an eclectic mix of classical, music theatre, celtic & jazz and naturally many of her own works.

Her albums include The Lullaby Kit (piano-voice) and Earthsong (celtic harp-voice) and more

She sang Carlotta in Phantom of the Opera, and has sung with Victorian State Opera & Australian Opera.

and continues to tour her one-woman shows internationally

Gifted with languages, accents and comic timing, Lady Shaula's time on stage is awe inspiring, deeply moving and delightfully unpredictable!



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.

Lyn Jordan

Lyn lives and works on the edge of the beautiful Yarra Valley in Victoria. Her studio, Symmetry & Balance, is located in Wonga Park. During sessions, Lyn will guide you through Hatha Yoga sequences that are kind and gentle to your body, calming to your mind and soothing to your soul. Having a passion for Restorative Yoga, she prefers the style to be slow and mindful, leading to greater self-awareness.



Lyn's focus is on making sure that everyone feels comfortable in their own skin. She feels that it's more important for participants to listen to their own body and do what feels good and right for them. Working with the breath is emphasised and the movement of the body is contained within the movement of the breath. Classes are restful and nurturing; rejuvenating the body, replenishing energy and calming the mind. Beginning with a meditation to quiet mind and bring peace from the busy-ness of day-to-day life the practice moves into a series of slow, mindful postures combined with breath-work to create inner peace and harmony.

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.

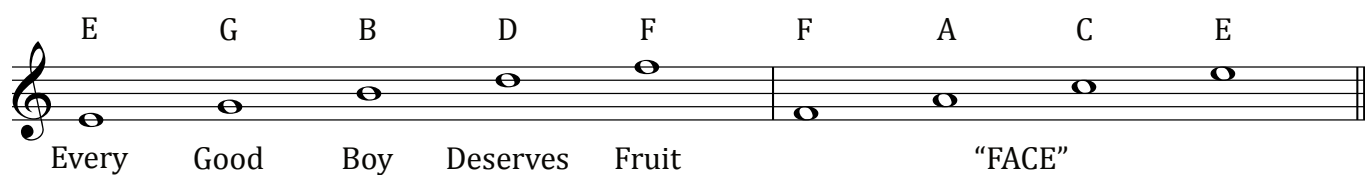
Minor 2 nd (m2):	Jaws theme (up / down)
Major 2 nd (M2):	Happy birthday (up / down)
Minor 3 rd (m3):	Greensleeves (up), Hey Jude (down)
Major 3 rd (M3):	Oh When The Saints (up), Swing Low Sweet Chariot (down)
Perfect 4 th (p4):	Amazing Grace (up) Oh Come - All Ye Faithful (down)
Tritone:	The Simpsons (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)



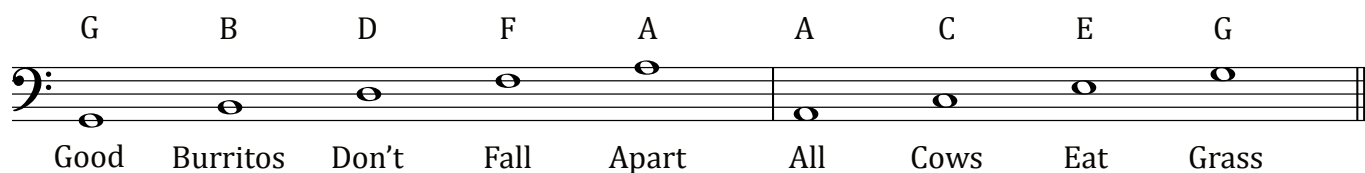


Musical Notes Names on a Stave

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.

