

2023 SUMMER

Mountain Fest

**WEEKEND SINGING RETREAT
3 - 5 MARCH 2023 - MT EVELYN**

PARTICIPANT INFO KIT



melbournesingingevents.com



Welcome!

Get ready to ignite your senses and join the Mountain Fest family for an unforgettable weekend at the 2023 Summer Mountain Fest in Mt Evelyn! We can't wait to see you gather around the fire and experience one of the most incredible lineups of activities we've assembled to date.

Get ready to be blown away by our high-calibre musical directors, who will lead you through immersive and electrifying singing sessions. From world music to pop, jazz, and Indigenous rhythms, our incredible lineup of music directors will have you learning and enjoying so much!

This information document is your ultimate guide to the weekend, from the schedule of events to what you need to bring. But trust us, you won't want to miss a single moment of this unforgettable experience.

The fun kicks off on Friday night with a lighthearted music quiz and delicious meal, starting at around 6:30 pm. Then, head over to our all-weather fire pit area, where guitars and fiddles will accompany you in casual, raucous sing-a-longs that have been known to last until the wee hours of the morning!

And that's just the beginning, because there's so much more singing and excitement to come! So don't wait - grab your gear and get ready to join us for an incredible weekend at the 2023 Summer Mountain Fest.

About

The 2023 Summer 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 Summer 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
- 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 3 March

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

Saturday 4 March

07:30:	Breakfast
08:30:	Morning Activities (Basic Yoga)
09:30:	Warm up and intro CHRIS BLAIN
10:30:	Morning Tea
11:00:	WORKSHOP 1: LISA SCHWABE
12:30:	Lunch
13:30:	WORKSHOP 2: MARK O'LEARY
15:00:	Afternoon Tea
15:30:	DRUMMING: EMILY WALTER
16:45:	Afternoon Tea
17:00:	WORKSHOP 3: SHELLY BROWN
18:30:	Recap CHRIS BLAIN
19:00:	Dinner
20:00:	Firepit Sing-a-long

Sunday 5 March

07:30:	Breakfast
09:30:	DRUMMING: EMILY WALTER
10:30:	Warm up and intro CHRIS BLAIN
11:30:	Morning Tea
12:00:	WORKSHOP 4: ANDREW PRICE
13:30:	Lunch
14:30:	WORKSHOP 5: KYM DILLON
16:00:	Recap, Farewell
16:30:	Depart





Presenters

Mark O'Leary

MARK O'LEARY (OAM) is the Founder and Director of Young Voices of Melbourne, a youth choral organisation consisting of six choirs for singers from six to 30 years of age. He is also Principal guest Conductor of Gondwana Voices, Australia's national children's choir, the proprietor of Mark O'Leary Music Publishing and the creator of the Sight Singing School books and website.



Mark is the proprietor of Mark O'Leary Music Publishing, and principal guest conductor for Gondwana Voices. In 2018 Mark was awarded the Order of Australia for services to education and choral music, and has been very fortunate to be able to make a contribution to his community in these areas.

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.



Kym is also a conductor for the charity Creativity Australia's 'With One Voice' program, which seeks to connect people from different walks of life through community singing. As part of this role she conducts two choirs (Geelong, and Ashburton) each week, having led them to perform at venues such as the Melbourne Town Hall, Melbourne Recital Centre, and the Monash carols in Jells Park.

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.

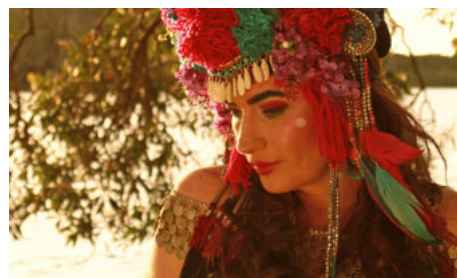




Shelly Brown

SHELLY BROWN is a force of nature. Subtle, but powerful like the tides. Be sure to experience her overwhelm, at least once in your life. Shelly's band features horns, harmonies, rhythm and groove. The set will build, from intimate and poetic, to a powerfully heartfelt alchemy of soul music.

No matter the ensemble, the set will build, from intimate and poetic, to a powerfully heartfelt alchemy of soul music. Shelly Brown has been a performing singer, songwriter and singing teacher for over a decade on the North Coast of NSW, and has performed around the world in various line-ups including a jazz duo and her own original soul band.



Shelly leads a vocal workshop like a wander through a playground. Vocal exploration through songs, harmony, body work and fun. Music is about percussion, breathing, dance and shedding your worry for how things should sound, and leaning into how things feel that day, in this way, there is no right or wrong, just sing. Shelly has studied Contemporary vocals, (Certificate, Bachelor, Honours), toured with various bands near and far (Red Bantoo, CBD Dub Project, Cass Eager), Supported some world class legends (Jon Cleary, Dionne Warwick, The Badloves), and created a number of albums (Under "Shelly Brown" (nee "Hughes").

Lisa Schwabe

Lisa is a singer, arranger & saxophonist originally from New Zealand where she studied music performance at Wellington Polytechnic and toured NZ with various local and international musicians.

After moving to Melbourne she became involved in community singing, experiencing it's positive effect on participants; she is a firm believer in music-making being accessible to everyone.



Over the last 20 years Lisa has been focusing on voice; in particular, directing, singing with, and arranging for a cappella vocal ensembles, indulging her passion for vocal harmonies.

Lisa has led a number of community and workplace choirs, run singing workshops, and performed everywhere from Chapel Off Chapel, to St Paul's Cathedral, to the local school fete. She is currently the musical director of Noteworthy choir, sings with 5-piece a cappella group The Vocal Agents, and is a Lead Teacher in the Music Performance program at Melbourne Polytechnic. She considers herself lucky to be working and teaching in an area that she's passionate about.



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.



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.





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

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.

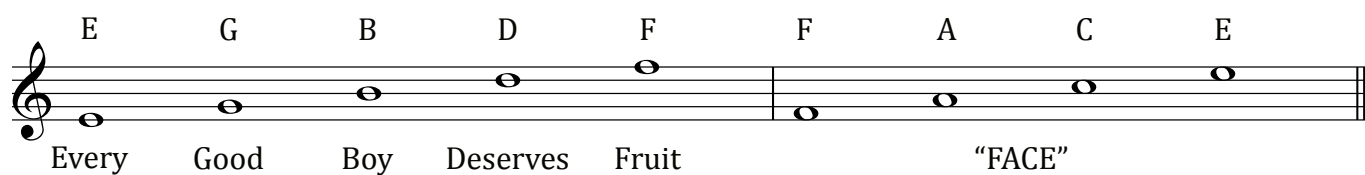
Minor 2 nd (m2):	Jaws theme (up / down)
Major 2 nd (M2):	Happy birthday (up / down)
Minor 3 rd (m3):	Greensleeves (up), Hey Jude (down)
Major 3 rd (M3):	Oh When The Saints (up), Swing Low Sweet Chariot (down)
Perfect 4 th (p4):	Amazing Grace (up) Oh Come - All Ye Faithful (down)
Tritone:	The Simpsons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



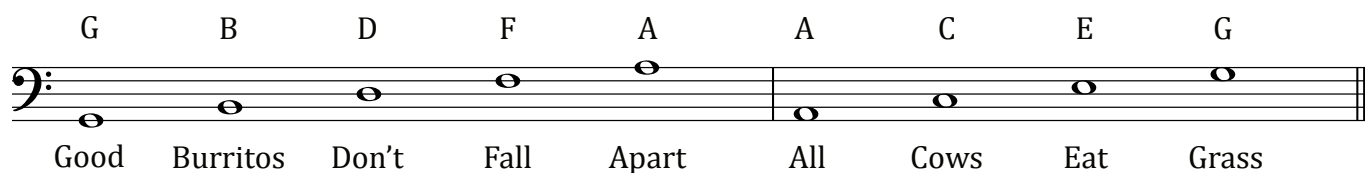


Musical Notes Names on a Stave

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.

