

# From our President

Greetings LAGC Families!

Once again we are off to a busy fall. Fall Camp went very well this year and a big thank you to all of you who helped. Attendance was great and the girls seemed to have a fun full day.

We were all saddened by the news of Pam's mother, Elaine Andrist, passing away on Oct 7. What an amazing woman she must have been to raise a daughter as wonderful as Pam. I know I am not alone in my prayers for Pam and her family.

I'd like to encourage you all to be sure and look for volunteer opportunities. We have many committees that could use an extra hand or two and if we all pitch in, the work is that much easier. Because we have pretty diverse needs, there are numerous ways you can help out. If you need some ideas, please feel free to talk to any of our board members. A list of committees is provided in your handbook. And don't worry about not have the right experience or not having done something in the past. We often times figure things out as we go along.

Things are sure to continue to get busier with fundraising, performances, holidays, tour etc etc. Be sure to take a few extra moments to take in the sounds of the choirs as you can. The girls are sounding so great this year. It's fun to listen to how they change every year. I hope your daughter is enjoying her choir experience as much as mine is. It's already McKenzie's sixth year in choir and I can't believe how quickly time has gone by. I also am so grateful for the impact and influence this organization has had on her.

Have a great month! **Jodi Duncan**

## CANTARE CHOIR PERFORMANCE

It's A Wonderful Night - West Acres

Sunday, November 23, 2008

6:00-9:00 pm

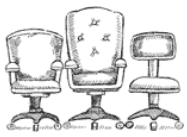
West Acres' 9th annual holiday kick-off is a community shopping night that raises over \$20,000 for area organizations. The event features exclusive offers at West Acres merchants, door prizes, and entertainment. Tickets are \$5 per person. Children age 6 & under are free with a paid adult.

The Cantare Choir will perform at 7:30 PM. Girls should arrive in their casual uniforms (red polo, black pants, black shoes) at 7:00 PM for warm-up in the Community Room. The Community Room is in the lower level of the mall in the JCPenney wing. The room is on the left at the bottom of the stairs. Volunteers at the doors will have the list of entertainers so the girls and LAGC staff can get in.



## Cantare Steppin' It Up!

Cantare members have all received rehearsal CDs and "personal records" which include weekly goals and assignments as well as columns for tracking personal attendance and preparedness. Cantare members are expected to learn parts on their own, rehearse trouble spots, study difficult texts (in other languages!) and memorize music on their own. This will make our rehearsals more fun and productive, and it's the only way we can be an outstanding choir! The personal records are a way to unify our efforts so that we are all on target to be the best we can be. It's time to step it up!



**PARENTS: Are You Ready to be a Hall Monitor?** Check below for your daughter's name. All families are expected to participate as Hall Monitors. Hall Monitors take

attendance, supervise girls before & after rehearsals, during breaks, and distribute flyers & notices as needed. Not only does your service keep our girls safe, it also gives you an opportunity to meet other parents and the girls your daughter is making music with. We've scheduled Hall Monitors to be present 15 minutes before and after each rehearsal. Please arrive promptly and remember, we do not want you to leave until we insure that all girls have been safely picked up. Please arrange for another parent to be there if you can't stay or you cannot make your assigned time.

## HALL MONITOR ASSIGNMENTS

**Nov. 3 - Dec. 14, 2008**

### SHIFTS

**Cantare-NDSU 6:00-8:30 PM**

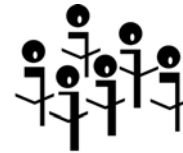
**Canzonetta-Peace 5:45-7:15 PM**

**Melodia-Peace 7:00-8:45 PM**

HALL MONITOR ASSIGNMENTS		Parent(s) of:
<b>Nov. 3</b>		
<i>Cantare</i>	Aidan Bramel	
<i>Canzonetta</i>	Tyra Azure	Maegan Larson
<i>Melodia</i>	Krissy Borud	Allison Cwikla
<b>Nov. 10</b>		
<i>Cantare</i>	Leah Keim	
<i>Canzonetta</i>	Lexi Carlson	Janethree Ganehiarachchi
<i>Melodia</i>	Abbi Cogdill	Sydney Graf
<b>Nov. 17</b>		
<i>Cantare</i>	Akesha Sauvageau	
<i>Canzonetta</i>	Sydney Lunde	Abby Moser
<i>Melodia</i>	Madison Dunkirk	Emma Jones
<b>Nov. 23 CANTARE PERFORMANCE - West Acres</b>		
<i>Cantare</i>	Rachel Evenson	13Kaitlyn Gefroh
<b>Nov. 24</b>		
<i>Cantare</i>	Hannah Schlomer	
<i>Canzonetta</i>	Grace Halvorson	Jayne Plante
<i>Melodia</i>	Michelle Foster	Lauren Richardson
<b>Dec. 1</b>		
<i>Cantare</i>	Chelsey Schmitz	
<i>Canzonetta</i>	Caylie Gronwold	Miranda Morgan
<i>Melodia</i>	Rachel Bourgault	Ally Fischer
<b>Dec. 8</b>		
<i>Cantare</i>	Kylie Shorma	
<i>Canzonetta</i>	Anna Henry	Julia Osborne
<i>Melodia</i>	Emily Meester	Sarah Wenaas
<b>Dec. 13 HOLIDAY CONCERT REHEARSAL</b>		
<i>Cantare</i>	Kara Syvrud	
<i>Canzonetta</i>	Taylor Bowen	Ashlen Wright
<i>Melodia</i>	Laurel Mikkelson	Mayim Stith
<b>Dec. 14 HOLIDAY CONCERT</b>		
<i>Cantare</i>	Allie Thom	
<i>Canzonetta</i>	Allie Martino	Ana Claire Rue
<i>Melodia</i>	Grace Grettum	Alayna Kohler



Nov. 2	Melodia Fall Social - YMCA Downtown
Nov. 3	Fund Raising & Development Meeting
Nov. 6	Board Reports due by Noon
Nov. 12	Canzonetta Fall Social - Casselton, ND
Nov. 13	Board Meeting
Nov. 19	DECEMBER NEWSLETTER DEADLINE
Nov. 23	Cantare Performance at West Acres for "It's A Wonderful Night"
Dec. 4	Board Reports due by Noon
Dec. 11	Cantare Tour of Schools; Board Meeting
Dec. 13	Holiday Concert Rehearsal
Dec. 14	Holiday Concert
Dec. 15	Cantare Choir Dinner
Dec. 16	Canzonetta & Melodia Performance at West Acres
Jan. 5 <sup>th</sup>	Choir resumes after holiday vacation



## A Winning Team

Being on a winning team is both a privilege and a responsibility! LAGC requires consistent attendance to maintain membership in each of the choirs. Absences are excused ONLY for illness, family emergency, or performance in a required school concert. Both planned and unexpected absences should be reported as soon as possible in two ways: 1) with a call or email to the LAGC office and 2) with a follow-up email or written note to the director no later than the rehearsal following the absence. Absences that are not reported are automatically marked as "unexcused". This is just a friendly reminder that LAGC will remove members from the program if the attendance record does not reflect a strong commitment to LAGC. Each girl and her parent/guardian have signed a contract committing to a full year of participation in LAGC. For this reason, families are responsible for the full year of tuition even if a girl is not allowed to perform due to unexcused absences.

**SPOTLIGHT ON....**Looking for the performances of the girls artistic endeavors! Please submit info to Amy Arness, LAGC Past President (H: 232-2825, C: 238-7023, amyarness@hotmail.com). What fun for the girls to support one another!

**Moorhead High School** Nov. 14-15, 20-23 @ 7:30pm  
**"Blood Brothers"** 16 @ 2pm  
 Brooke Just Cantare  
 Kelsy Langness Alumnae

**What's In a Name Productions** Nov. 14-16 & 21-23  
**"Songs of Cinema - A Musical Revue"** Fri & Sat @ 7:30 pm  
 Spirit Room Sun. @ 2pm  
 Cameron McKenzie Alumnae  
 Jessica Wolf "

**Fargo South High School** Nov. 20-23 Th-Sat @ 7:30pm  
**"Hello Dolly"** Sun @ 2pm  
 Lindsey Gress Cantare  
 Erin Sandsmark "  
 Cora Joe Anderson Alumnae Cast  
 Jacky Arness "  
 Allegra Berglund "  
 Meghan DeVries "  
 Kelsy Hewitt "  
 Peyton Lausch "  
 Kendrick Pifer "  
 Katie Sandsmark "  
 Laura Vance "  
 Brittany Llewellyn Alumnae Crew  
 Sydney Wurzer "  
 Jamie Israelson Alumnae Orchestra  
 Vanessa Manlove "

**Oak Grove Middle School** Nov. 22 & 23 Sat @ 2pm & 7pm  
**"Phantom of the Op'ry"** Sun @ 2pm  
 Scheel's Center  
 Mari Holmstrom Melodia

**FUNDRAISING & DEVELOPMENT MEETING**

**Monday, November 3<sup>rd</sup> 6:45 PM**

**Peace Lutheran Church**

This committee will meet to discuss upcoming fundraisers efforts. If you have suggestions please contact Cecilee at 491-3040 or lagc@cablone.net.

**HAVE EMPTY SPACE IN YOUR GARAGE? We're looking for a space to store our risers - approximately a 5' x 8' space. If you can help please contact Cecilee ASAP at 491-3040 or lagc@cablone.net.**

Fargo South High School Theatre  
presents



Nov. 20, 21, 22 - 7:30 PM Nov. 23 - 2:00 PM  
 Reservations: 246-2022 or 246-2009

**MELODIA FALL SOCIAL -**

**Sunday, November 2<sup>nd</sup>**

**SWIMMING & PIZZA PARTY**



The kids will meet in "Marcy's Kitchen" portion at the downtown Y (400 1 Ave S, Fgo), where they can leave their coats, etc. Staff will then guide them to the Exerzone and then the pool.

Exerzone	3-4
Pool	4-5
Pizza	5-6



**CANZONETTA FALL SOCIAL-  
 Sunday, Nov. 16th**

**SWIMMING & PIZZA PARTY!**

We will leave at 2:00 pm Sunday, Nov 16 from the McDonald's on 45<sup>th</sup> St and I-94 in Fargo. We will arrive at the Governor's Inn in Casselton by 2:30 and swim and have pizza. We depart at 5:30 and will arrive at McDonald's by 6:00pm. We need 3-4 volunteers to drive and help supervise the girls. **Please contact Amy at 235-4231 or [akmoser97@cablone.net](mailto:akmoser97@cablone.net) to RSVP and/or volunteer to drive.**

**Cantare Choir is heading to  
the Washington D.C.  
Festival of Gold!**

**Dates: May 8--12, 2009**

We are looking for all tour members to have their contracts signed, and initial payments in by **November 1, 2008**.

We are also looking for chaperones! If you are interested please see below!

All Cantare members should have received the following forms (if you need additional copies, please let us know) -

1. **"LAGC Cantare Account Form"** - complete this form to tell us what you want to do with any \$\$\$\$ you paid for the Italy trip. **Due by November 1, 2008**
2. **"LAGC Cantare Tour Payment & Cancellation Contract"** - complete this form to indicate that your daughter will be going on the trip. If you are wanting to be a chaperone - please complete this form for the chaperone as well. **RETURN THE WHOLE FORM** - not just the traveler section at the bottom. **Due by November 1, 2008**
3. **"LAGC Payment Coupons"** - use these to pay your tour payments. Again, chaperone and choir member can use the coupons. **First payment Due by November 1, 2008**
4. **"LAGC 2009 Festival of Gold"** preliminary agenda
5. **If you are interested in being a chaperone, please complete the "LAGC Tour Chaperone Application"** found in your packet from Da Capo Orientation night. **Due by November 1, 2008**

If you have any questions or concerns, please contact the Cantare Tour Committee Members:

Caryn Hewitt, chair  
Doris Shive  
Jodi Duncan  
Kathy Just  
Pam Burns



**A NEW FUNDRAISER -  
COOKIE LEE JEWELRY**

Once again, we're offering this fun and easy way to earn travel account funds. By shopping for yourself, buying holiday gifts and/or getting orders from friends and family, you will earn 40% of jewelry sales as a donation from Cathy Gaboury, independent jewelry consultant for Cookie Lee (20% donated by Cathy and 20% matched by Microsoft).

(1) You can host a jewelry show in your home - an open house with no presentations, lasting two hours or an office show over lunch time or right after work. Your guests will have fun shopping and taking their purchases home immediately. No order forms and no deliveries. We've had very positive feedback from members who have hosted these jewelry shows in previous years. Contact Cathy for more information or to make arrangements.



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(2) You can also share catalogs with friends and family and submit orders by email, phone or mail with payment directly to Cathy. Catalogs will be provided at practice sessions and you can also use the online catalog at [www.cookielee.biz/cathygaboury](http://www.cookielee.biz/cathygaboury). Credit cards and personal checks are accepted. Submit orders with payment directly to Cathy at [cgaboury@cablone.net](mailto:cgaboury@cablone.net), 701-361-3791 or 4703 Rose Creek Pkwy S, Fargo ND 58104. Jewelry will be packaged for each customer and delivered to you for distribution, usually within a week from receiving your orders. Cathy will mail out of town orders upon request.

**Orders received by December 12th will be included in the quarterly Microsoft match provided on January 31st.**

Contact Cathy for more information, for additional catalogs/order forms or to arrange a time to shop in person at Cathy's place.



**Tastefully**

**Simple**

**Fundraiser  
Monday, Nov. 3<sup>rd</sup>**



*from the LAGC Board & Staff*

## FUNDRAISING OPPORTUNITIES ENDING THIS MONTH

We will have two fundraisers starting you can use to raise funds for your tour this season which began on Oct. 20th - Herberger's Community Day & West Acres "A Wonderful Night". Both involve selling coupon booklets for special sales days - Herberger's is Saturday, November 15<sup>th</sup> & West Acres is Sunday, November 23 6:00-9:00 pm. You may purchase the coupons when you pick them up or you can take them, sell them and then turn funds in. We will have volunteers at rehearsals distributing coupons.

- (1) **Herberger's Community Day is a fund-raising event designed to you with a fun and easy way to raise money for your Tour. You sell coupon booklets to the public for \$5 each, keeping 100% of the proceeds! Each booklet contains coupons valid during our Community Day One Day Sale at Herberger's - Moorhead Center Mall on Saturday, November 15<sup>th</sup>.**

With each \$5 coupon booklet purchase, customers receive: (a) One \$10 coupon, good toward any item of \$10 or more (exclusions apply) (b) Eight additional coupons, each good for up to 20% off one item (exclusions apply) in addition to our special One Day Sale prices.

**You can also sell booklets in the store between now and Friday, November 14<sup>th</sup>. They are two hour shifts between 10:00 am - 8:00 pm. You must be approved by the store to work a shift - contact Cecilee 491-3040 or [lagc@gomoorhead.com](mailto:lagc@gomoorhead.com) and she will put in your request(s).**

When selling in the store:

1. All members must be age 16 or older, or accompanied by an adult.
  2. Dress appropriately - no jeans, sweat pants or shorts. You may wear your red polo shirt.
  3. No eating on the selling floor or at selling tables.
  4. Cell phone use on the selling floor or at selling tables is prohibited.
  5. Always act professional and treat customers in a friendly manner.
  6. You must report to the store at the beginning of your scheduled shift.
  7. Each member must sign in with the store manager or Community Day Event Coordinator at the Gift Wrap desk at the start of the shift and sign out upon completion of shift.
  8. Organization contact is required to report weekly booklet selling results.
- (2) **West Acres 10th annual holiday kick-off "It's A Wonderful Night" is a community shopping night featuring exclusive offers at West Acres merchants, numerous door prizes, including a \$1,000 West Acres Shopping Spree, photos with Santa and seasonal entertainment. Tickets are \$5 per person (children age 6 and under are free when accompanied by a paid adult).**

**You can also volunteer to work the night of the event.** We can request to volunteer but this does not guarantee us a shift - West Acres determines how many volunteers they need and who is chosen. All money collected on event night is pooled and divided fairly among the volunteer groups working. Volunteer shifts run 5:00-9:00 pm and they schedule you so you will have time to take a break, shop and enjoy the evening too. Volunteer work will consist of any of the following: selling tickets or accepting prepaid tickets at one the entrances; assisting the door prize table with drawing and listing names, distributing prizes; or collecting tickets and delivering to the door prize drawing area. If you're interested let Cecilee know ASAP - requests must be in by Saturday, October 31st. When you've completed your sales for either of these fundraisers please mail in ONE check to the choir office (LAGC, PO Box 773, Fargo ND 58107-0773) and our treasurer will put these funds in your tour account.

***Just a reminder....all fundraising opportunities are YOUR CHOICE! We offer many so families can participate as they wish.***

## TIPS FOR HEALTHY VOICES

### Take care of your body!

A good guideline for vocal health is that anything that is good for your body is probably also good for your voice. This includes eating a variety of foods, drinking lots and lots of water, getting some regular exercise, and getting plenty of sleep.

### Avoid yelling and very loud speaking or singing!

People who are very well-trained can yell and speak or sing very loudly without placing a lot of stress on their vocal cords. But kids, especially, need to avoid this! If we cause our vocal cords to vibrate against one another with extra force, the result can be the formation of "nodes" which are a little like the calluses we get on our feet. Hoarseness or a "raspy" voice can be a symptom of this serious vocal problem.

### Stay away from cigarette smoke!

Cigarette smoke is harmful to your lungs. Cigarette smoke is also very drying and irritating to your vocal cords.

### Breathe like it matters!

Take time to take a deep, relaxed breath before you begin to speak or sing. Adequate breath support to the voice can prevent vocal problems. A good exercise is to yawn and then breathe deeply. This is a good idea after speaking or singing for a long time. A cup of warm water is a good idea, too.

### Hydrate your voice!


One way to hydrate your body and your voice is to drink at least six big glasses of water throughout each day. To keep your vocal folds moist and well lubricated, drink six or more big glasses of water each day for ten days in a row. After that, you will probably notice that it is no longer hard work to consume that much water because you actually *want* it. You will notice that your voice feels and sounds better -- probably a LOT better, -- and the rest of your body will like it, too!

- ▶ **Avoid Caffeine** has a drying effect on the vocal cords. Try to avoid it. (*Grown-ups may want to note that this is also true of alcohol.*)
- ▶ **Too much sodium will dry out your body and voice.** This is often a problem for kids and grown-ups who drink a lot of "pop". Limit your intake of **carbonated beverages** -- especially ones with caffeine! Drinking pop is kind of a "double whammy" to your voice, because, in addition to consuming extra sodium (*and maybe caffeine*), you are also *not* consuming the water that is good for you.
- ▶ **If you have a cold or sore throat, remember that decongestants, antihistamines** and other medications can dry the vocal folds. If you decide to take any of those medicines, you will need to drink extra water. You may be surprised to learn that **strong cough drops** and **lozenges** with **menthol or eucalyptus** also have a very drying effect on the vocal folds. It is actually better for your voice to suck on a hard candy, such as a lemon drop, or mild drops (*such as Luden's cherry drops*), or lozenges made with herbs and other natural ingredients. Please read the label and avoid menthol and eucalyptus. To nurse your voice through a cold or throat infection, try "steaming" it. Put some hot water in a basin and lean over it gently with a towel over your head, and inhale the steam. Be careful! For best results, do this several times a day for about 10 minutes each time.

*To read more about vocal health go to : [raven.cc.ku.edu/~cmed/private/federarticle.html](http://raven.cc.ku.edu/~cmed/private/federarticle.html)*

**Our voices are our instruments. If we damage them, we can't rent, borrow or buy another one!**

**Please think of your voice as a special gift that needs special care! 😊**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LAGC NOVEMBER 2008</b>						1
2	3 REHEARSALS- 6:00-7:00 pm Canzonetta 6:15-8:15 pm Cantare 7:15-8:30 pm Melodia 6:45 pm Fundraising & Development Meeting	4 <i>Happy Birthday, Caylie Gronwold!</i>	5 <i>Happy Birthday, Julia Osborne!</i>	6 Board reports due by noon	7	8
9 <i>Happy Birthday, Evie Shorma!</i>	10 REHEARSALS- 6:00-7:00 pm Canzonetta 6:15-8:15 pm Cantare 7:15-8:30 pm Melodia	11	12	13 Board Meeting 6:30 pm	14 <i>Happy Birthday, Hannah Gress!</i>	15
16	17 REHEARSALS- 6:00-7:00 pm Canzonetta 6:15-8:15 pm Cantare 7:15-8:30 pm Melodia <i>Happy Birthday, Emily Mercier!</i>	18	19 <b>DECEMBER NEWSLETTER DEADLINE</b>	20	21	22
23	24 REHEARSALS- 6:00-7:00 pm Canzonetta 6:15-8:15 pm Cantare 7:15-8:30 pm Melodia	25	26	27 Happy Thanksgiving 	28	29 <i>Happy Birthday, Kendra Gozda!</i>
30						

"Nothing great was ever achieved without enthusiasm." ~Ralph Waldo Emerson~

**LAKE AGASSIZ GIRLS CHOIR** Choir Office: (218) 329-5973  
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*Our Vision is to nurture artistic, social and personal growth by striving for excellence through music education and performance.*



*Our Vision is to build a stronger community by enriching the lives of choir members while nurturing a love of music and demonstrating artistic excellence. Teach life lessons that build self-esteem and develop good citizenship and leadership skills.*



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