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# IWC NEWS

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March 2015

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## Save These Dates!

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**March 2:** IOCC Board  
Members Visit Rehearsal

**March 9:** Rehearsal

**March 16:** Rehearsal

**March 23:** *NO REHEARSAL*

**March 30:** Rehearsal

**April 6:** Rehearsal

**April 13:** Rehearsal

**April 20:** Rehearsal

**April 27:** Dress Rehearsal for  
OPENING CONCERT

**May 4:** OPENING CONCERT  
6:30 pm show, **6:00 call time**

**May 10:** MAMALogues  
Mother's Day Fundraiser  
Concert - 4:00 pm show, **3:30  
call time** at Montavilla United  
Methodist Church

**May 11:** Rehearsal

**May 18:** Rehearsal

**May 25:** *NO REHEARSAL*

**June 1:** CLOSING CONCERT &  
POTLUCK - 6:30 pm show,  
**6:00 call time** at Laurelhurst  
Village



## Welcome Back, Singers!

Greetings, and welcome to the newly re-designed Intergenerational Women's Choir Newsletter! You will find within these pages important dates to put into your calendar, awesome interviews of both choir members AND members of the IWC Board of Directors, important announcements, advertisements and inquiries from choir members and more.

This will be a monthly newsletter, so if there is anything you would like to make sure gets in, e-mail newsletter editor Wendy at [thewendyhall@gmail.com](mailto:thewendyhall@gmail.com) by the 20th of each month and she will make sure you get in. If you have any questions on content, just ask Wendy, Audrey or Crystal! Have fun reading!

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SAVE THE DATES for the next retreat!

The next 1,000 Canaries Retreat will be **September 18-20, 2016**.  
More details to follow in the coming months!

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## Interviews With Lena Westlund & Gina Herrmann

by Kacy Borba

Lena's Sun Sign: Aries "I am..." (fire)

Chinese Zodiac: Yin Water Goat/Sheep (loving-peace, kind)

Lena's Favorite Color: Aqua blue

Lena is a wise gal, her advice: "Why look for the fault in other people? Just enjoy the good things in others. Why blame others? Stop being jealous of others...let her do what she loves." Her advice comes straight from experience as her school is currently going through a bad case of mean girls and mean girls = poop.



When she moved to PDX from Eugene three years ago, she was a part of a super serious symphonic choir that wasn't very fun. IWC unintentionally pirated Lena and her mother because we look like we're having fun at our shows and they wanted to be a part of it. Singing is a fun form of expression because she can be as loud and sound as horrible as she wants and doesn't have to worry about what anybody thinks. IWC also shows Lena (and all of us) just how healing, kind, and accepting a community of girls and women can be.

Lena has backstroked her way to qualify for a 50 meter race at State - she loves swimming, but also touches ground footloose and fancy free, as she has been dancing hip hop and Zumba since 3<sup>rd</sup> grade. She's not very flexible (physically). When she's not in deep conversation in either French or English (yep! Bilingual... almost trilingual with Spanish), she's lost in the pages of "Cinder," a futuristic Cinderella tale. She feels she will continually be working to improve her math skills throughout life.

She has faith in her mom and shares a love of lobster and cheese; Lena likes to eat lobster in Maine followed by a French cheese course with crackers or bread. It seems she has a pretty fun relationship with her little brother, Rafe, a soccer fiend that crashed our interview. Her dad Mike is said to be a talented tenor. Sasko is their huge Great Pyrenees mix pouch and rounds out this loving family.

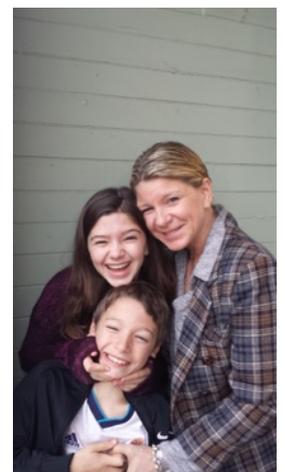
### Gina Herrmann (yep, 2 "R's" and 2 "M's")

Gina's Sun Sign: Aquarius "I progress..." (Air)

Chinese Zodiac: Yin Fire Goat/Sheep (loving-peace, kind)

Favorite color: Green

Gina loves to hike with her dog, Sasko, while listening to murder mystery books on tape. Hiking is good exercise for her back, peaceful, calming, green and wet. Gina is constantly telling herself to breathe, be grateful and spend some time in nature; she's lives a fast pace on-the-go life. She is improving her grumpy, irritable pit-slide and recommends all women get their Vitamin D tested and take it if you are low. She did and she does and "am I doing better?" "YES!" answer Rafe and Lena in excited unison.



Gina rushes from her hectic life to choir where she finds cheer and perspective about what is important in

## ***Interviews With Lena Westlund and Gina Herrmann CONTINUED...***

life. "I love singing with my girl." Clearly mom and daughter have a special bond. Gina loves IWC and wishes we had more unstructured social time. As a true mama bear, she recognizes our community offers Lena a supportive group of gals who antidote the milieu at her school (see Lena's interview: mean girls = poop).

Gina does not have faith in the state of the Earth. She does have faith in her husband because he is solid as a rock. She also believes in the power of literature and art to teach us important lessons in life like, Don Quixoté. She speaks two languages and teaches Spanish at University of Oregon. Do NOT ask her about the Beavers vs Ducks thing because she emphatically side-notes that college football is a stupid sport for economic, cultural and health reasons.

Like her daughter, Gina loves lobster and cheese, best eaten in front of a roaring fire on a beanbag chair when it's snowing or a rain storm... or... on a patio by the ocean on a warm day. When lobster traps are empty, her family is treated to matzo ball soup and chicken soup.



### **The MAMAlogues Event!**

The IWC is excited to announce its inaugural production of The Mamalogues, a Mother's Day fundraiser that will blend songs and stories in honor of the inspiring women in our lives. Structured as an episodic play and modeled after other storytelling series such as The Moth, The Mamalogues will feature the myriad voices of our members, while adhering to the common theme of mothers, mother figures, and mothering. Throughout the spring, we will share memories of our mothers and shape them into personal stories, while rehearsing a repertoire of songs to accompany the storytelling. Invite your mothers, loved ones, and the inspiring women in your life to join us on Mother's Day, May 10th, to celebrate the joy, inspiration, frustration, humor, and occasional sadness in our relationships with our mothers.

**"The Mamalogues"**  
**Performed by members of the IWC**  
**Montavilla United Methodist Church**  
**232 SE 80th Ave, Portland, Oregon 97215**  
**Mother's Day (May 10th), 4:00 pm**



### **St. Johns Women's Choir is now open for registration!**

Directed by Audrey Voon (pictured above), this choir is offered through Cathedral Park Music, a future partner with IOCC. The purpose of this choir is to provide a safe environment for women in the community to sing compelling and beautiful music together while building lasting female relationships.

Open to women ages 18+

To register, go to [cathedralparkmusic.com/registration](http://cathedralparkmusic.com/registration). Contact Audrey for more details at [audrey@intergenerationalchoir.com](mailto:audrey@intergenerationalchoir.com)

## An Interview With: Craig Butler, Vice President of IWC Board

Sun sign: Gemini “I think...” (air)

Chinese zodiac: Yang Wood Horse (energetic, active)

Favorite color: Was cobalt or navy blue, “now it might be purple”

Craig is the Intergenerational Women’s Choir (IWC) token male! He sits on our Board of Directors as the Vice President; meaning, he mostly deals with our non-profit registrations, taxes and the business plan. Basically, he was “wowed” by Crystal and her work with a kid’s choir at his church and jumped on the opportunity to join IWC just to bask in her light like the rest of us... heh-heh... Oh, and he has a background in business. He has faith in teamwork — people working together to make something bigger than the sum of themselves — another reason to join IWC.



As a natural baritone with a five note range, Craig tends to spend his time playing classical guitar which gives him a sense of inner peace like meditation, a connection to God. After spending much of his youth playing the saxophone, guitar came into his life as a \$20 excuse that allowed him to play at elder facilities with his youth group while in high school.

Craig likes to get dirty for the adventure of new finds and connection to the past; this is why he volunteers at Fort Vancouver Archeology Lab. He also enjoys the adventure and art of investing. His ideal day would be: Wake, volunteer/service, body/exercise, mind/intellectual challenge and then family and friend time. He’s continually trying to achieve this ideal along with his guitar skills and ballroom dancing. He loves Hot Pot and Korean BBQ, especially when everyone is sitting together contributing, a family gathering: Wife Karen (who just might join IWC’s singing ranks in Beaverton); daughter Frances, an acupuncturist in PDX; and son Paul, a student of acupuncture.

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### Interested in Essential Oils? Talk to Nancy!

Our beloved Nancy Harbick wants you all to know that she sells awesome, 100% pure essential oils, and if you are interested in purchasing any, you should give her a shout! You can call Nancy at (503) 314-0458 or e-mail [nancy.harbick@gmail.com](mailto:nancy.harbick@gmail.com) Purchases can also be made online at [www.mydoterra.com/nancyrharbick](http://www.mydoterra.com/nancyrharbick)



Nancy also gives classes if anyone is interested in hosting!

### A Choir Member’s Question

*“I have finally finished and totally edited my memoir and I’m looking for advice as to the best all around direction to take to publish. I’ve been advised by a successful author to skip agents. I feel leery about self-publishing. Also, money is needed for that. Any advice from a writer as the best next step that doesn’t involve many hundreds of dollars?”*

From Renee-Therese Dearborn  
Please contact Renee-Therese at [reneetherese23@gmail.com](mailto:reneetherese23@gmail.com)



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