



# SEIZE THE DAY!

ARTISTIC DIRECTOR STEVEN JOHNSON

**MAY SHOWS** | **CREST THEATRE**  
**20TH & 21ST** | **8:00PM** | **1013 K ST, SACRAMENTO**

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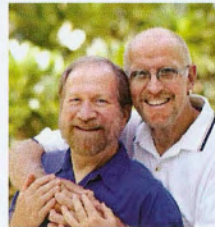
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# TOGETHER.....Taking a stand for commUNITY

As Artistic Director and Conductor I am very appreciative of the collective group of men, and women, who support the chorus and who give of their time and talents to foster the mission and vision of Sacramento Gay Men's Chorus.

As one can imagine, creativity around producing a show takes on many shapes and forms, moods, looks, feels, sounds, sizes, flavors, textures, etc., and it's very easy to become overwhelmed and get locked into single points of view. In the midst of collaborating and preparing for our shows within the scope of our mission, I've come to understand the value of "taking a stand" verses taking a "position."

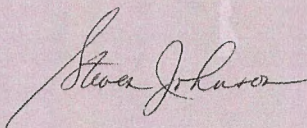
Taking a "position" around any subject limits one's understanding and is representative of a "single" point of view, thus diminishing the insights of the collective community. Whereas, taking a "stand" and physically rising above allows more and more perspectives to be seen, heard and expressed, thereby generating collective conversations by which we connect, collaborate and create. It is through this "stand" of collaboration that we empower each other to overcome any obstacles and to "Seize The Day!"

There are plenty of people out there who are informing us about what's wrong with "you" and the "world!" (They need to join a choir!) Together, let's BE the source of generative conversations that transform our fears into joy, where the best of life is found and where exciting partnerships and possibilities develop and propel us to the fulfillment of our visions, goals and dreams.

SGMC hopes that you leave this concert having felt a tug at your heart and having experienced a stronger awareness of your own soul and worthiness as an invaluable collective part of the Circle of Life. In turn, let's bring out the best in each other, our friends and our commUNITY! After all, we're all in this together!

Seizing The Day!

Steven Johnson



Steven A. Johnson  
Artistic Director and Conductor



# SGMC ARTISTIC STAFF



STEVEN JOHNSON | Artistic Director/Conductor

Steven Johnson finds himself among some of the most creative people in Sacramento since taking the reins as artistic director and conductor for SGMC. Steven spends his time between SGMC and his liturgical post at St. John's Lutheran church where he serves as Director of Worship and Music. A heartfelt thank you is extended on behalf of the Sacramento Gay Men's Chorus to St. John's for their continued support of SGMC's music and missional outreach within the community.

When not creating music, Steven is a relentless seeker of spiritual wisdom and he enjoys cooking and catering with his family, creating events where both the body and soul are fed with love, laughter and music. "We were born to create! We are sufficient by nature and we dwell within a Universe that supports our greatest dreams and desires. Let's sing and celebrate!"



KAY HIGHT | Principal Accompanist

Kay is thrilled to be back for her 5th season with SGMC! After attending the American Musical and Dramatics Academy, Ms. Hight has since worked as a pianist, conductor, musical director and vocalist with performance groups throughout California - and has twice been awarded an Elly Award for her work in local theatre. She would like to thank her husband Patrick for his constant love and support.



NEIL TREGANZA | *Coordinating Director*

This production completes Neil's third season with SGMC. As Coordinating Director, Neil is responsible for developing the overarching look, feel and message of each production and coordinating the efforts of the extremely talented production team. He has written scripts and music, generated video, built sets and managed production logistics for He! Ha! Ho!, Come Together, Holiday Spirit and the 30th Anniversary Milestones concert at the Memorial Auditorium. Neil considers it an honor to be a member of the SGMC family and appreciates the opportunity to be a part of creating SGMC's brand of unique entertainment. Neil is President of American Funding Innovators, Inc. and a freelance caterer/personal chef.



## OUR MISSION

The Sacramento Gay Men's Chorus creates entertaining music that inspires its members and audience by instilling pride in our diversity and common humanity.

## OUR VISION

SGMC will build a community where no one will be afraid to sing one's own song.

## SGMC BOARD OF DIRECTORS

**President:** Rob Sofio

**Vice-President:** Jason Pettit

**Secretary:** Martin Gonzalez

**Treasurer:** Erik Nielsen

### Members At Large:

JR Keith

Luke Miller

Patrick Riordan

Marc Rezin

Talbott Smith

Hal Turner

## SGMC ADMINISTRATION

**Chorus Manager:** Glynis Wood-Alberts    **Administrator:** Joshua Forgia

**Volunteer Coordinators:** Mario Gibran & Ellen MacInnes:

## UPCOMING SGMC EVENTS

Check our website and Facebook page for more information!

**May 22** – Davis Pride Festival

**June 4** – Sacramento Gay Pride Festival – Opening for Wilson Phillips

**June 5** – "We Do" Marriage Equality Anniversary Celebration@ Trinity Cathedral

**July 2 – 6** – GALA Festival in Denver, CO

**August 27** – Stockton Pride Festival

**September 4** – Sacramento Rainbow Festival



# CHORUS MEMBERS

## TENOR 1

Stens Christensen  
Andy Cook  
Joe Engle  
Paul Jones  
Norman Lorenz  
Gregg Rasmussen  
David Simpson

## TENOR 2

Kevin Alverson  
Sage Brown  
James Dahlen  
Tim Elhard  
Byron Jackson  
JR Keith  
Sean O'Brien  
Gabriel Paarmann  
Jason Pettit

Lorenzo Ramsey  
Mark Silver  
Rick Wennstrom  
Paul Wilkinson

## BARITONES

Paul Boisvert  
Judson Day  
Michael DeGrand  
Rick Hoff  
Matthew Johnson  
John Kraynak  
David Kwong  
Rick Marshall  
Luby Mitrovich  
Dale Moore  
Adrian Paz  
Louis Ramirez  
Don ReGester  
Patrick Riordan

Rob Sofio  
Don Stephenson  
Neil Treganza  
Andrew Yeung

## BASS

John Cheap  
David Do  
Andrew Gibout  
Martin Gonzalez  
Paul Graham  
Corey Hubert  
Gary Jewell  
Scott Kinderwater  
Gus Krumm  
Frank Lawler  
Patrick Patterson  
Sean Savidge  
Chris Smith  
Mike Tentis

James Tokuno  
Walter Tweedie III  
Michael D Williams  
Paul Wyman

## BOY HOWDY

John Cheap  
Stens Christensen  
Joe Engle  
Corey Hubert  
Byron Jackson  
Matthew Johnson  
Paul Jones  
Gabriel Paarmann  
Jason Pettit  
Don ReGester  
Sean Savidge  
David Simpson  
Rick Wennstrom  
Andrew Yeung

## CAST & CREW

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### Guest Vocalist

Kay Hight  
Heather Mercer  
Jae Park  
Sierra Ronning

### Accompanist

Kay Hight

### Seize the Day! Musicians

*Piano:* Kay Hight  
*Lead Guitar:*  
Tommy Dunbar  
*Bass:* Harley  
White Jr.  
*Drums:* Donn  
Spindt  
*Percussion:*  
Elaine Lord  
*Trumpet:*  
Jeremy Bolt  
*Cellist:* Michael  
Lawson  
*Banjo:* Leslie  
Welton

### Seize the Day!

**Concept By**  
Neil Treganza  
& Philip Rice

### Coordinating Director

Neil Treganza

### Choreographers

Corey Hubert,  
Darryl Strohl

### Production Team

Michael Perry, Don  
ReGester, Philip  
Rice, Neil Treganza

### Lighting & Sound

Amp'd  
Entertainment –  
Arteen Kharrat

### Program Design

Never Board  
– Ten Blair

### House Manager

Marie Carvidi

### Assistant House Manager

Lisa Madden

### Tickets

Josh Forgia  
Mario Gibran

### Front of House Volunteers

Raymond Prothero,  
Bruce Balderson,  
Julie Kasti, Matisse  
Leathers, Cammi  
Seigle, Loretta  
Wilkinson, Dave  
Bustos, Elizabeth  
Sarnoff, Nicholas  
Duque, Lawrence  
Helman, Godwin  
Solomon, Reid  
MacDonald

### Backstage

### Volunteers

Karen Merrick  
Glynis Wood-Alberts

### ASL Interpreters

Andy Atkinson &  
Lauren Scott  
Signs Of Pride  
Interpreting

### Special Thanks

Michael Perry, Reid  
MacDonald, Adam  
Huber, David Kwong  
& the staff at The  
Gifted Gardner.

VIP Reception made  
possible through  
generous donations  
of Empress Tavern.



A LOOK BEHIND

# SEIZE THE DAY!

Seize the Day! May feel a little different than the spring shows we've been putting up the last few years. As we entered into our fourth decade, we wanted to stretch our wings a bit – to focus on pushing ourselves as musicians and entertainers – and maybe, to push you, our audience members, a little bit, too. To that end, we decided, with all that is going on in our country and around the world, it might a good time to explore transformation and how it impacts us in very personal ways.

The show is an eclectic mix of music tied together with an offering of quotes from people of all walks of life to help guide us through a spectrum of emotions. With the first half of the show, we explore darker feelings that often precede transformation: loneliness, brokenness, longing, despair, loss, fear, anger, frustration, hate. However, the second act allows us a chance to explore the possibilities of another step through life: wonderment, celebration, hope, empowerment, believing in something, taking a leap toward a new direction, taking a stand and looking to a new world where all voices are allowed to sing.

We are glad to have you join us through this journey as we take note, take a stand and... Seize the Day!

# ACT I

**Past Life Melodies**.....Sarah Hopkins

**All By Myself**.....Eric Carmen & Sergei Rachmaninoff  
Soloist: Kay Hight

**Fix You**.....Berryman, Buckland, Champion & Martin; arr. R. Bradley  
Boy Howdy

**Homeward Bound**.....Marta Keen, arr. Jay Althouse

**Mean**.....Taylor Swift, arr. Roger Emerson  
Guest Performer: Heather Mercer, Jae Park, Jason Pettit, Sierra Ronning

## QUOTES FOR ACT I

"Do not let your difficulties fill you with anxiety, after all it is only in the darkest nights that stars shine more brightly."  
– Hazrat Ali Ibn Abu-Talib A.S.

"There's none so blind as those who will not listen." – Neil Gaiman

"The most terrible poverty is loneliness, and the feeling of being unloved."  
– Mother Teresa

"No one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being." – John Joseph Powell

"The worst wounds, the deadliest of them, aren't the ones people see on the outside. They're the ones that make us bleed internally." – Sherrilyn Kenyon

"It is our wounds that create in us a desire to reach for miracles. The fulfillment of such miracles depends on whether we let our wounds pull us down or lift us up towards our dreams."  
– Jocelyn Soriano

"Home is where you go to find solace from the ever changing chaos, to find love within the confines of a heartless world, and to be reminded that no matter how far you wander, there will always be something waiting when you return." – Kendal Rob

"We hate some persons because we do not know them; and will not know them because we hate them."  
– Charles Caleb Colton

"I imagine one of the reasons people cling to their hates so stubbornly is because they sense, once hate is gone, they will be forced to deal with pain."  
– James Baldwin



**Never Ever**.....Robert Seeley & Philip Littel

*Dedicated to the memory of Gerry Arrerdardo by  
the Baritone section, who miss him greatly.*

**Dance on Your Grave**.....Robert Seeley & Philip Littel  
*Soloists: Jason Pettit, Rick Wennstrom & Sean Savage*

**O Fortuna**.....Carl Orff

## Intermission

"Life seems sometimes like nothing more than a series of losses, from beginning to end. That's the given. How you respond to those losses, what you make of what's left, that's the part you have to make up as you go." – Katharine Weber

"Oh, Life will take us where it will. New Beginnings. Ends... Take each moment as a gift. Give it back, again."  
*Lyrics from Never Ever*

"Usually when people are sad, they don't do anything. They just cry over their condition. But when they get angry, they bring about a change." – Malcom X

"Constructive anger. . . Also known as passion. Passion has brought justice where there was savagery. Passion has created freedom where there was nothing but fear. Passion has helped souls rise from the ashes of their horrible lives and build something better, stronger, more beautiful." – Jim Butcher

"I will permit no man to narrow and degrade my soul by making me hate him." – Booker T. Washington

"O Fortune, like the moon you are changeable, ever waxing and waning; hateful life first oppresses and then soothes as fancy takes it; poverty and power it melts them like ice."  
*Translation of O Fortuna, Carmina Burana*

"We gather strength from sadness and from pain. Each time we die we learn to live again." – Unknown

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."  
– Martin Luther King, Jr.

## ACT II

**Circle of Life**.....Tim Rice, Elton John, arr. David Maddux  
Boy Howdy & Chorus

**Give 'em Hope**.....Joseph Martin  
Soloists: Jason Pettit, Lorenzo Ramsey, Louis Ramirez

**Be The Hero**.....Andrew Lippa  
Soloists: Joe Engle, Sierra Ronning

**Cheerleader**.....Pasley, Bradford, Dillon, Dunbar & Dillon, arr. Ed Lojeski  
Soloist: David Simpson

## QUOTES FOR ACT II

"Let every dawn of morning be to you as the beginning of life, and every setting sun be to you as its close." – John Ruskin

"Those who dream by day are cognizant of many things which escape those who dream only by night." – Edgar Allan Poe

"If we are ever to enjoy life, now is the time, not tomorrow or next year...Today should always be our most wonderful day." – Thomas Dreier

"When you truly sing, you sing yourself free. When you truly dance, you dance yourself free." – Jay Woodman

"The more you praise and celebrate your life, the more there is in life to celebrate." – Oprah Winfrey

"The only thing they have to look forward to is hope. And you have to give them hope. Hope for a better world, hope for a better tomorrow." – Harvey Milk

"Without hope, not only gays, but the blacks, the seniors, the handicapped, the us'es, the us'es will give up." – Harvey Milk

"I know you can't live on hope alone; but without hope, life is not worth living. So you, and you and you: you got to give them hope; you got to give them hope."  
"A hero is no braver than an ordinary man, but he is braver five minutes longer." – Harvey Milk

"I looked into his eyes and saw the love and hope I knew I could build a life on."  
– anonymous

"On those days... when I just can't... you are there. You give me hope, And from your strength, I am able to help another. And so can he. And so can they. Then, finally, from your one smile, the world is filled with hope." – anonymous

"I believe in staying open to possibility. What is the point of not believing, closing the door? Just leave it open, see what comes in." – A.M. Homes

**Flashdance – What a Feeling**... Moroder, Forsey, Cara; arr. D. Maddux  
Soloists: Louis Ramirez, Michael D. Williams

**Don't Stop Believin'**.....Cain, Perry, Schon, arr. Charles Beale

**Seize the Day**.....Feldmen & Menken, arr. Emerson

**Geronimo**.....Sheppard, Sheppard, Bovino; arr. David Volpe  
Soloist: Andy Cook, James Dahlen, Corey Hubert

*Dedicated to my buddies who jumped with  
me on Friday the 13th. — Frarh Lawler*

"Dare to dance, to rejoice. Be the music.  
Be the joy you seek in life." – *unknown*

"We knew we were the kind of people  
capable of believing in something - with  
all our hearts. And that kind of hope will  
never simply vanish." – *Haruki Murakami*

"Believe in people, they fly for a day.  
Teach them to believe in themselves,  
they soar for a lifetime." – *A.D. Posey*

"What would happen if you gave  
yourself permission to do something  
you've never done before? There's only  
one way to find out." – *Gina Greenlee*

If you want to make your dreams come  
true, the first thing you have to do is  
wake up. – *J.M. Power*

"The greatest glory lies not in never  
falling, but in rising every time we fall."  
– *Nelson Mandela*

"You must do the thing you think you  
cannot do." – *Eleanor Roosevelt*

"You gain strength, courage and confidence  
by every experience in which you stop to  
look fear in the face." – *Eleanor Roosevelt*

"When you become the image of your  
own imagination, it's the most powerful  
thing you could ever do." – *RuPaul*

"You must be the change you want to  
see in the world." – *Mahatma Gandhi*

"Carpe Diem – Seize the Day!" – *unknown*

"I've learned that no matter what happens, or  
how bad it seems today, life goes on, and  
it will be better tomorrow." – *Maya Angelou*

"You have to believe in your dreams, to reach  
out for your dreams." – *Lailah Gifty Akita*

"Do not let what you cannot do interfere  
with what you can do." – *John Wooden*

"Never doubt that a small group of  
thoughtful, committed, citizens can  
change the world. Indeed, it is the only  
thing that ever has." – *Margaret Mead*

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## SING-A-LONG



*Please feel free to sing  
and dance along!*

# FLASHDANCE WHAT A FEELING!

First when there's nothing but a slow glowing dream  
That your fear seems to hide deep inside your mind.  
All alone, I have cried silent tears full of pride  
In a world made of steel, made of stone.

Well, I hear the music, close my eyes, feel the rhythm  
Wrap around, take a hold of my heart

What a feeling! Being's believing.  
I can have it all now  
I'm dancing for my life  
Take your passion and make it happen!  
Pictures come alive you can dance right through your life

Now I hear the music, close my eyes,  
I am rhythm  
In a flash, it takes hold of my heart

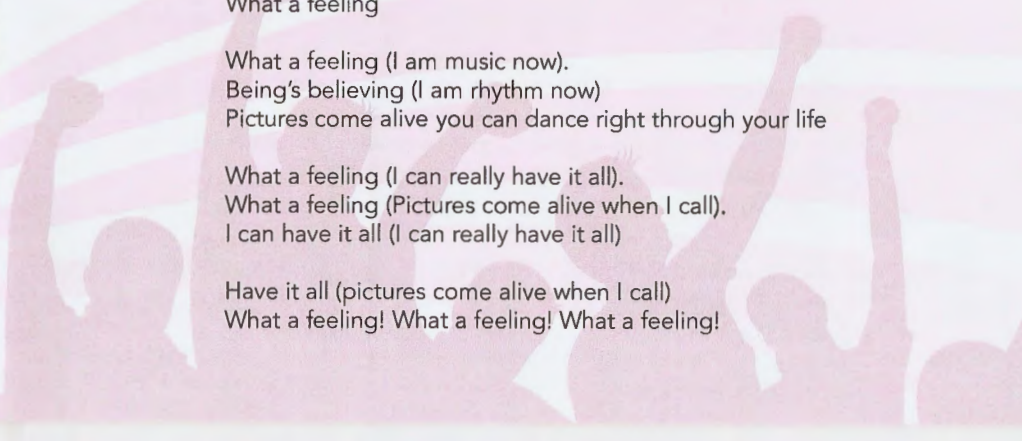
What a feeling, Being's believing  
I can have it all, now I'm dancing for my life  
Take your passion and make it happen!  
Pictures come alive you can dance right through your life

What a feeling

What a feeling (I am music now).  
Being's believing (I am rhythm now)  
Pictures come alive you can dance right through your life

What a feeling (I can really have it all).  
What a feeling (Pictures come alive when I call).  
I can have it all (I can really have it all)

Have it all (pictures come alive when I call)  
What a feeling! What a feeling! What a feeling!



# SPONSORS & SUPPORTERS

*SGMC wishes to thank our generous sponsors without whom our concert would not have been possible.*

*The gifts below were received between Jan. 1, 2016 and April 30, 2016.*

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Terri Ezaki  
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Colin Miller  
Hal and Ilah Turner  
Sara Olson  
Don Stephenson

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James Ozanich  
Charlene Jones  
Steve Winlock  
Norman Lorenz  
Tim Harms  
George Raya

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# THANK YOU



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"Seize the Day!" was funded in part by the Cultural Arts Awards Program of the Sacramento Metropolitan Arts Commission with support from the City and County of Sacramento.

To learn more about becoming a sponsor, singer, or volunteer with SGMC, please get in touch.

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A portrait of Brian McMartin, a man with short blonde hair, wearing a dark suit, white shirt, and yellow tie. He is smiling.

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**PFLAG Sacramento  
congratulates the Sacramento  
Gay Men's Chorus on their  
31st Season!**

Wishing Steven Johnson continued success  
as SGMC Artistic Director.

We wish everyone involved a wonderful 31st season.  
Thank you all for making our community more vibrant each year!

For information about PFLAG Sacramento, visit our website: [pflagsacramento.org](http://pflagsacramento.org)

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*Bear*

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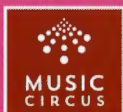
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# 2016 SEASON AT THE WELLS FARGO PAVILION SEASON TICKETS ON SALE NOW!

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## LEGALLY *Blonde*

### LEGALLY BLONDE · JUNE 14-19

The hilarious Reese Witherspoon film is now the smash hit musical comedy that turned Broadway and MTV hot pink. Sorority star Elle Woods is an underestimated blonde who doesn't take "no" for an answer. When her boyfriend dumps her for someone more "serious," she hits the books and, with her dog Bruiser, sets out to go where no Delta Nu has gone before: Harvard Law. Along the way, Elle proves that being true to yourself never goes out of style. With "Omigod You Guys," "So Much Better."

## HELLO DOLLY!

### HELLO, DOLLY! · JUNE 28-JULY 3

This ebullient and irresistible musical theatre classic glitters with happy songs, high-energy choreography and elaborate costumes. The indomitable matchmaker Dolly Levi rediscovers love for herself as she introduces romance into the lives of wealthy shopkeeper Horace Vandergelder, his niece and two sheltered clerks. Features "It Only Takes a Moment," "Put on Your Sundry Clothes" and the title number, one of the most beloved songs in American musical comedy.

## Seussical

### SEUSSICAL · JULY 12-17

Explore the witty, wild and whimsical world of Dr. Seuss as you've never seen it before. Travel back to your childhood to the land of the Whos and the Jungle of Nool, and rediscover the delightfully zany characters imagined by one of the most beloved storytellers of all time. Created by Lynn Ahrens and Stephen Flaherty (*Ragtime, Once on This Island*), this is one visit to the doctor that neither kids nor parents will mind, a delightful musical where anything's possible.

## CABARET

### CABARET · JULY 26-31

Welcome to Berlin's infamous Kit Kat Klub, where the Emcee, Sally Bowles and a raucous ensemble take the stage nightly to tantalize the crowd into leaving their troubles outside. But as life in pre-WWII Germany grows more and more troubled, how long can the show and the decadence surrounding it go on? This Tony®-winning Kander and Ebb classic has some of the most memorable songs in theatre history, including "Cabaret" and "Willkommen."

## NICE WITH IF YOU CAN GET IT

### NICE WORK IF YOU CAN GET IT · AUGUST 9-14

A smash hit on Broadway in 2012, the song-and-dance spectacular features the music of George and Ira Gershwin in a sparkling, spirited, high-stepping musical comedy. To a songbook of the greatest American standards ever sung, a cast of bootleggers, chorus girls, playboys and politicians, creates hilarity in a glorious Long Island mansion in the rip-roaring 1920s. With "Let's Call the Whole Thing Off," "I've Got a Crush on You" and "Someone to Watch Over Me."

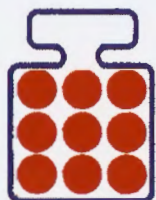
## The Hunchback Notre Dame

### THE HUNCHBACK OF NOTRE DAME · AUG 23-28

**OPTION TO THE SEASON:** This brand new musical is the only stage collaboration from two masters of American musical theatre, Alan Menken (Disney's *The Little Mermaid, Beauty and the Beast*) and Stephen Schwartz (*Wicked, Pippin*). With a lush, emotionally rich score and beautiful choral arrangements, it's a dramatic retelling of the epic but tragic Victor Hugo novel. Darker than the Disney film, closer in plot to the novel, the musical showcases the film's Oscar®-nominated score and introduces stunning new songs.

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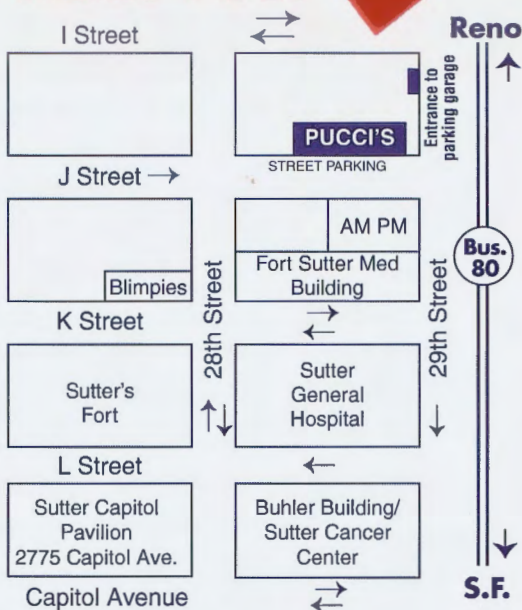


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