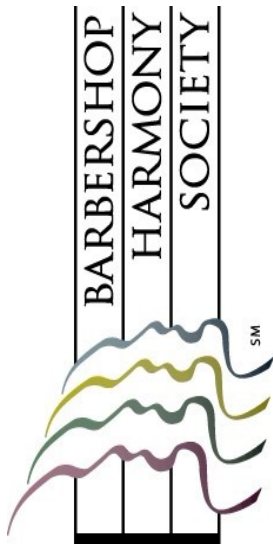




Notes 4 U

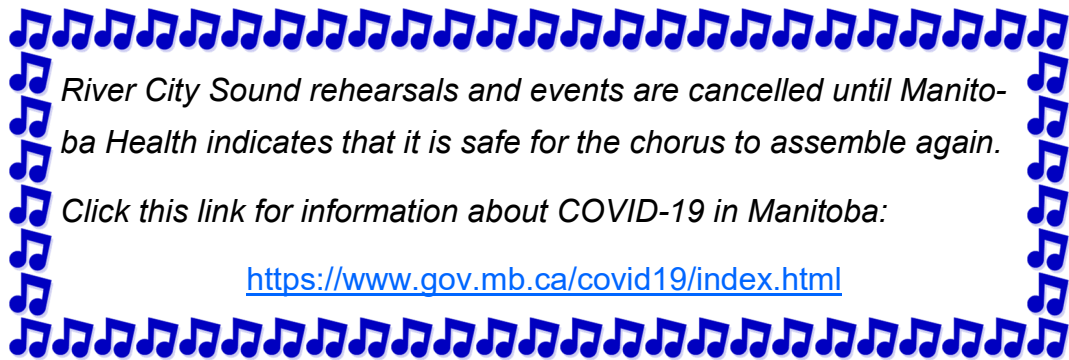
Winnipeg, Manitoba, Canada
Land O' Lakes, Barbershop Harmony Society
www.rivercitysound.ca



22 April 2020

Rehearsals - Wednesday 7:00 p.m. to 10:00 p.m. at St. Andrews United Church (basement) - 255 Oak Street

Vol 2020 Issue 16



River City Sound rehearsals and events are cancelled until Manitoba Health indicates that it is safe for the chorus to assemble again.

Click this link for information about COVID-19 in Manitoba:

<https://www.gov.mb.ca/covid19/index.html>

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22 April 2020

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PAST, PRESENT & FUTURE

Please send any information for publication to Krista by **Saturday noon** at:

kristahanisgervais@gmail.com

Special thanks to Brian Metcalfe for editing this week's Notes 4 U.

Thanks, Krista ☺



QUOTES 4 U

Shared by Brian Metcalfe

"There are two means of refuge from the miseries of life: music and cats."

- Albert Schweitzer

"Music touches us emotionally, where words alone can't."

- Johnny Depp

CHORUS REHEARSAL PLANS AND UPDATE

From Paul Bullock

The zoom meeting on Wednesday was certainly "fun while it lasted". The people on the call asked to have a video meeting every Wednesday, so we are going to do that. But it wasn't very nice to have zoom cut us off in the middle of an update about Cass (thanks Brian for completing that update by email afterwards). We'd like to find a solution to the 40-minute limit with zoom and I am proposing the following approach.

I will host another video meeting on Wednesday, April 22 from 7:00 p.m. to 8:00 p.m. but using different software called [Webex by Cisco](#). If you want to download that software ahead of time, you can find it in the app store. My version was set up through the University of Manitoba (where the IT department insists that we do our online classes using Webex for security reasons), so I did not download the software myself. But I believe the app that you will want is Cisco Webex "Meetings" (not Cisco Webex "Teams"). I will send Charlie a meeting link on Monday evening to circulate to everyone. Let's experiment with this software on Wednesday evening and see how well it works for us.

Going forward, there are some encouraging signs about the effectiveness of the province's distancing measures and other public health directives at keeping our Covid-19 rates of infection and hospitalizations low. Even though there is now talk about relaxing some of these measures, it will likely be several more weeks before a singing group like ours can meet in person. I have heard an idea for singing together using a video meeting. A Sweet Adeline chorus in Denver had a 90-minute rehearsal last week. They had a 10-minute social time at the start when they all talked and visited. Then they all muted their microphones and sang along to either a recording or with the director. Their director also set up "break out rooms" so they had sectionals, although I'm not sure how they do that. With this approach, each person can hear the recording or director and themselves but not all of the others in the chorus. Since the director is either playing a recording or singing, they are not able to hear the chorus. The music team will discuss this and see whether we want to try something similar.

For now, please keep singing your music. Call on the section contacts below if you need some assistance

Section	Leader	Residence	Cell	Email
Tenor	Duncan Zaluski	204-999-7233		dztenor@gmail.com
Lead	Chris Magas	204-669-3330	204-941-1639	magasman@mymts.net
Baritone	Paul Bullock	204-475-4278		prof.p.bullock@gmail.com
Bass	Larry Bredesen	204-477-8023	204-230-5464	larrybredesen@gmail.com

Also remember that Chris Magas (contact info above) is a point of contact if anyone in the chorus has an urgent need for which they need assistance.

We can look forward to meeting online again this coming Wednesday at 7:00 p.m. Until then, stay safe and healthy.



THE POWER OF VITAMIN F

From Larry Bredesen

Why do I have a variety of friends who are all so different in character? How is it possible that I can get along with them all?

I think that each one helps to bring out a “different” part of me. With one of them I am polite. With another I joke, with another I can be a bit naughty... I can sit down and talk about serious matters with one. With another I laugh a lot. I listen to one friend's problems. Then listen to another one's advice for me.

My friends are like pieces of a jigsaw puzzle. When completed, they form a treasure box. A treasure of friends! They are my friends who understand me better than I understand myself. They're friends who support me through good days and bad. Real Age doctors tell us that friends are good for our health.

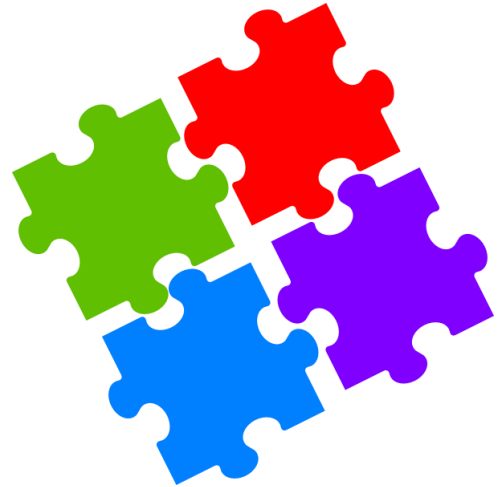
Dr. Oz calls them Vitamin F (for Friends) and counts the benefits of friends as essential to our well being. Research shows that people in strong social circles have less risk of depression and terminal strokes. If you enjoy Vitamin F constantly you can be up to 30 years younger than your real age. The warmth of friendship stops stress and even in your most intense moments, it decreases the chance of a cardiac arrest or stroke by 50%. I'm so happy that I have a stock of Vitamin F!

In summary, we should value our friends and keep in touch with them. We should try to see the funny side of things and laugh together and pray for each other in the tough moments.

Some of my friends are friends on line. I know I am part of theirs because their names appear on my computer screen often and I feel blessed that they care as much for me as I care for them.

Thank you for being one of my Vitamins!

The most beautiful thing about friendship is that we can grow separately without growing apart.



GORDON AND PAULA BILLOWS UPDATE

From Gordon Billows

Thank you all for your well wishes, prayers, words of encouragement and phone calls over the past month.

Paula is well over her bout with coronavirus and is really a great nurse, even from a distance. I got out of the hospital a few days ago – coronavirus symptoms mostly gone, but now have to recover from the double pneumonia and some of the virus effects. I was on oxygen in the hospital and did not have my cpap machine. My lungs have to readjust to having a cpap machine pumping air into them – experimenting with sleeping positions, etc. so I can breathe and not cough all night.

Energy is depleted so very quickly by doing just the basics of living and responding to District, Society and Sing Canada Harmony emails.

I am so happy my virus case took the better path for me - being alive is GREAT! Can you imagine my joy of talking with our Grandchildren today - WOW! Hopefully, I will be “fully recovered” in May or early June. I will do my best to keep involved in the Chapter operations and keep singing. Have only sang a bit to a few of the HSC nurses – remembered only a few lines of the very old Mary and Rosie songs.

Keep well everyone. Again, thank you so very much for your support for Paula and me over these difficult times.

In Harmony ... Paula & Gordon Billows

REHEARSAL SCHEDULE - APRIL 22, 2020

From Duncan Zaluski

- 6:50 – 6:59 Assemble at seats, make sure music (if needed) is ready
- 6:59 – 7:00 Take a couple of Deep Breaths and relax, the music is about to start
- 7:00 – 7:20 Warm up
- 7:25 – 7:45 Sectional 3: Stand By Me
- 7:55 – 8:15 Stand By Me – As Chorus
- 8:20 – 8:35 Hello Mary Lou
- 8:35 – 8:50 Business Meeting & Break
- 8:55 – 9:05 Barber Polecat
- 9:10 – 9:25 Dream Lover
- 9:30 – 9:40 Directors Choice
- 9:45 Draw, Keep the Whole World Singing, Clean up

The Directors Choice area is where you can work on the songs you know you need work on...

HARMONIZE AT HOME: SING THE POLECATS!

With quartet and chorus gatherings on hold, getting your barbershop harmony fix is a challenge! To help, the Barbershop Harmony Society has remixed the digital learning tracks for our [Barberpole Cat Songbook Vol 1](#) so that you can sing your voice part along with the three other parts. Explore [this Polecat activity](#) and have fun at: <https://www.barbershop.org/harmonize-at-home-sing-the-polecats>



CREATE A CAPTION CHALLENGE

From Brian Metcalfe

Are you having difficulty adapting to the dramatic changes that the Covid-19 virus has thrust upon you, your family, and friends? Has self-isolating, robbed you of any initiative? Do you mope around in your pyjamas looking for something to occupy your time? After reading every article in daily newspaper, are you becoming an expert at each day's Crossword Puzzle, Word-Find, Scrabble or Sudoku challenge? Are you still looking for a new activity that can stimulate your brain? If so, I have a challenge that you might find both interesting and humourous as well as a vehicle to gain insights into the ingenuity and cleverness of some of your choral colleagues.

First let me confess that I always loved "[The Far Side](#)" cartoons by Gary Larson. I chuckle when reading Chad Carpenter's "[Tundra](#)" in the comic strip in our daily newspaper. Both of these comic creations appeal to me because they tend to be so outlandish and the captions only enhance the outrageous situations depicted. With this motivation in mind, I am proposing that our chorus members stimulate their minds by adding a caption to the images that I'll share in "Notes 4 U".

RULES:

1. From time-to-time, I will share an image (as displayed below) or a cartoon without a caption.
2. Each member of our chorus is challenged to come up with an interesting caption which compliments the image. I encourage you to share this activity with your spouse/partner or immediate family members (if possible), to gain a collaborative experience and share the laughter.
3. **Captions should be emailed to Brian Metcalfe (rcsnotes4u@gmail.com) on or before the Thursday immediately following the publication date.** Brian will then arrange the original image with all submitted captions, together with each member's name, in the next newsletter. Members may submit more than one caption. In fact, the more the merrier.
4. Remember, in most cases there is not a "right answer". If there was an original caption (that I removed), I will include it with the captions submitted to me, so readers can see how it compares with the ingenuity of the minds of our RCS members.
5. When the results are published, I'll share a new image for members to create a new caption.
6. This activity will continue as long as there is sufficient interest.

So what are you waiting for? Share this picture with your family and start creating some captions. I trust all our chorus members will see eye-to-eye with our first, "featured feline" at right.

Take care, be safe & try to keep smiling :-)

CAPTION CHALLENGE #1



GETTING TO KNOW ... JOAN CRAPPER

I was born and raised here in Winnipeg. First in the north end and then when my father went to war, we moved to Elmwood.

My singing career started early. My first public performance was when I was six years old and then I peaked very early when I was eleven, singing on the CBC radio show, the Good Deed Club. After that I settled into obscurity.

In the early days I was very active in many sports, including running the marathon on my 40th birthday. I also competed in Scottish dance competitions.

Music has played a huge part in my life. I met my first husband while playing in a band. I played the flute and he was a drummer. We were married for 40 years and had two daughters. For many many years we operated our own company, Mallard Office Furniture Inc. We eventually retired and Alex passed away in 1999.

I began to look for a new life and remembered that a gal tried to get me to join Sweet Adelines way back in 1969!! I was too busy with young children and I was Chief of the Sons of Scotland, so I had too much to do. That is my one regret that I didn't join back then but better late than never. So I joined in 1999 and found my place as a bass. For 20 years I enjoyed singing, performing and competing with the wonderful gals there.



Then one night some friends of his brought Ron Crapper to one of our performances and there we met. By that time Ron had retired as director for the Golden Chordsmen. The rest as they say is history and Ron and I married in 2005. We enjoyed many years of travel all over the world and wonderful times at our cottage at Granite Lake in Ontario until Ron passed away in 2016. So you can see that music played a major part in my acquiring two husbands!!

And so now a new chapter as I find myself a member of River City Sound and enjoying every minute of it.

TO BRIGHTEN YOUR SPIRITS IN THESE TRYING TIMES

From Brian Metcalfe

- Tomorrow is the National Homeschool Tornado Drill. Lock your kids in the basement until you give the all clear. You're welcome!
- I was so bored I called Jake from State Farm just to talk to someone. He asked me what I was wearing.
- 2019: Stay away from negative people. 2020: Stay away from positive people.
- The world has turned upside down. Old folks are sneaking out of the house, and their kids are yelling at them to stay indoors!
- You think it's bad now? In 20 years our country will be run by people homeschooled by day drinkers...
- This virus has done what no woman had been able to do...cancel all sports, shut down all bars, and keep men at home!!!
- Do not call the police on suspicious people in your neighborhood! Those are your neighbors without makeup and hair extensions!
- Since we can't eat out, now's the perfect time to eat better, get fit, and stay healthy. We're quarantined! Who are we trying to impress? We have snacks, we have sweatpants – I say we use them!
- Day 7 at home and the dog is looking at me like, "See? This is why I chew the furniture!"
- Does anyone know if we can take showers yet or should we just keep washing our hands???
- I never thought the comment "I wouldn't touch him/her with a 6 foot pole" would become a national policy, but here we are!
- Me: Alexa what's the weather this weekend?
Alexa: It doesn't matter – you're not going anywhere.
- Can everyone please just follow the government instructions so we can knock out this coronavirus and be done?! I feel like a kindergartner who keeps losing more recess time because one or two kids can't follow directions.
- I swear my fridge just said ...
"what the hell do you want now?"
- When this is over...what meeting do I attend first...
Weight Watchers or AA?
- Quarantine has turned us into dogs. We roam the house all day looking for food. We are told "no" if we get too close to strangers. And we get really excited about car rides.
- We are travelling! Today we visit the kitchen again - the Capital of our house.



MUSICAL PROGRAMS & APPS 4 U

Recommendations From River City Sound Chorus Members

Pitch Perfect (Digital Pitch Pipe)
DepollSoft
Contains ads · In-app purchases

4.2★
1K reviews

100K+
Downloads

Everyone

Install

Voice Record Pro
BejBej Apps
Contains ads · In-app purchases

3.8★
1K reviews

100K+
Downloads

Everyone

Install

Tuner T1
JSplash Apps
Contains ads · In-app purchases

4.4★
975 reviews

100K+
Downloads

Everyone

Install

Perfect Ear - Music The...
EDuckAppsSV
In-app purchases

4.8★
63K reviews

1M+
Downloads

Everyone

Install

A music school in your pocket: solfège, ear training, rhythm training exercises.

Audacity®

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Free, open source, cross-platform audio software

Audacity is an easy-to-use, multi-track audio editor and recorder for Windows, Mac OS X, GNU/Linux and other operating systems. Developed by a group of volunteers as open source.

DOWNLOAD AUDACITY

Latest version : 2.3.3

[View Release Notes](#) [Documentation](#)

IMPORTANT DATES 4 U

Canadian Statutory Holidays and River City Sound Members' Birthdays

~ April 2020 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 <i>Happy Birthday Larry Hunter</i>	3 <i>Happy Birthday Norm Silverberg</i>	
5	6	7	8	9	10	11 <i>Happy Birthday Ken Broadfoot</i>
12 <i>Happy Birthday Larry Bredesen</i>	13	14	15	16	17 <i>Good Friday Happy Birthday Sherrie Bredesen</i>	
19	20	21	22	23	24 <i>Happy Birthday Krista Hanis-Gervais</i>	25
26 <i>Happy Birthday Brian Metcalfe</i>	27	28	29	30		

~ May 2020 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 <i>Happy Birthday Morley Bernstein</i>	4	5	6	7	8	9
10 <i>Mother's Day</i>	11	12	13	14	15	16
17	18 <i>Victoria Day</i>	19	20	21 <i>Happy Birthday Duncan Zaluski</i>	22	23
24	25	26	27	28	29	30

River City Sound

Notes 4 U

This is the official weekly bulletin of the River City Sound Chorus. For more information about us, go to our website:

www.rivercitysound.ca

Editor - Krista Hanis-Gervais

Unless carrying a by-line or some form of credit to borrowed sources, all items in this bulletin are by the editor and do not necessarily reflect the opinions of the chapter or board. If anyone wishes to contribute anything to the next Notes 4 U, wishes to subscribe or un-subscribe, or has questions about any of the items in Notes 4 U, contact the editor or email distributor.



2020 Chapter Executive

President: Paul Bullock
Executive VP: vacant
Past President: Bruce Wilton
VP Membership & Chapter Development: Larry Bredesen
VP Music & Performance: Duncan Zaluski
VP Marketing & Public Relations: Drummond Brown
Secretary: Charles Siegel
Treasurer: Bruce Wilton
Chorus Manager: Chris Magas

Board Members at Large

Ken Broadfoot, Les Creek, Shirley Christie, Gayle Whar-ton, Henry Graham

2020 Music Committee

VP Music & Performance: Duncan Zaluski
Co-Directors: Sherrie Bredesen & Larry Hunter
Assistant Director: vacant
Tenor Section: Duncan Zaluski
Lead Section: Chris Magas
Bass Section: Larry Bredesen, Asst. Bruce Wilton
Baritone Section: John Latham

2020 Leadership Positions

Accountant: Gary Miles
Attendance & 50/50: Norm Silverberg
Awards Banquet Chairs: Gary & Ricki Miles
Charities: Harold Casselman
Church Xmas Chorus: Bruce Wilton
Learn To Sing Program: Les Creek, Len Paluck, Paul Rondeau
Grey Cup Pool Chair: Ken Broadfoot
Historian: Gordon Billows
Music Librarian: Wendy Lamont
Notes 4 U Editor: Krista Hanis-Gervais
Program Director: Duncan Zaluski
Refreshments: Norm Silverberg, John Latham, Len Paluck
Sing Canada Harmony: Gordon Billows
Sunshine: Brian Metcalfe
Wardrobe: Les Creek, Charlie Siegel, Louise Malo
Website: Chris Magas
Youth Outreach: Drummond Brown
2021 Show Producer: Les Creek
2021 Show Chairman: vacant
Chapter Advocate for the Winnipeg Chapter: Gordon Billows