

IMPORTANT DATES FOR YOUR CALENDAR

Take note of these important 2020 dates. Changes will be made as new information is received.

- May 6 Music Committee zoom meeting (6:00 pm)
- May 6 River City Sound zoom rehearsal (7:00 pm)
- May 13 Executive Committee zoom meeting (5:30 pm)
- May 13 River City Sound zoom rehearsal (7:00 pm)

Inside this issue:

6 May 2020

Past, Present & Future & RCS May Birthdays	1
Chorus Rehearsal Plans and Update	2
Rehearsal Schedule	3
At Home Warm Ups	4
Create a Caption Challenges #1 and #2	5 - 6
Getting to Know You Initiative & Last Call	7 - 8
To Brighten Your Spirits in These Trying Times	9
Musical Programs & Apps 4 U	10
Calendars - May & June	11
Editorial Page	12

PAST, PRESENT & FUTURE

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

kristahanisgervais@gmail.com

Special thanks to Brian Metcalfe for co-editing this week's issue.

Thanks, Krista ☺



RCS MAY BIRTHDAYS

Happy Birthday from Your Fellow Chorus Members at River City Sound!

- Morley Bernstein 3
- Duncan Zaluski 21



CHORUS REHEARSAL PLANS AND UPDATE

From Paul Bullock

Hooray!! We had our first (and very successful) zoom rehearsal on Wednesday. It was great to see so many singers and to get back to learning our music together. Thanks to everyone on the music team for the extra effort to get this organized, especially Sherrie, Larry H and Duncan for getting the program and supporting materials prepared. Thanks also to the Regina chapter who graciously invited our music team to "sit in" on their Monday night zoom rehearsal. I can't say enough about how much I appreciate the support that the barbershop singing community shares. It is very heart-warming during this difficult time.

So, we are back on our schedule of Wednesday night rehearsals at 7:00 p.m.. Even though the format is different, we can still share in the fellowship and rehearse as a group. Watch the Notes 4 U for a schedule and song list each week. Please have your music with you when you link in to the rehearsal. If possible, please join a few minutes ahead of 7:00 p.m. and be patient. As part of the zoom software improved security, I have to "admit" each person who clicks the link. So you may have to wait a few minutes for me to get everyone admitted. As expected, we have already learned a few things about interactions during an online rehearsal. The chat function was not enabled last Wednesday but hopefully it will work this week. We know that, for those using a computer to join the meeting, you can press and hold the space bar to "unmute" and ask a question then release the space bar to go back to "mute". We also have contacted a few people in the chorus who were not at the last practice and expect to see a growing number of people who can get linked in each week. So I am very happy with the progress we have made.

Please remember, that in order for us to progress in learning our repertoire, it will require that we do some rehearsing on our own each week. Please take note of the tips that Duncan, Sherrie and Larry H share about the songs and find some time each week to sing. If you have any issues with any of our songs, please contact your section lead.

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 if anyone in our chorus has an urgent need outside of learning music and needs some help, Chris Magas has generously offered to be a point of contact. If you could use some assistance, contact Chris and he will try to coordinate some help for you.

We can look forward to seeing each other again at another zoom rehearsal on Wednesday. Until then, stay safe and healthy.

REHEARSAL SCHEDULE - MAY 6, 2020

VIRTUAL SINGING WEEK 2

From Duncan Zaluski

This weeks' Zoom meeting will include warm ups and singing.

PLEASE MAKE SURE YOU HAVE ALL OF YOUR NEW MUSIC AND CURRENT REPERTOIRE ON HAND.

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 – 7:50	Stand By Me
7:55 – 8:15	Hello Mary Lou (Off the Page May 20)
8:20 – 8:35	Dream Lover (Off the Page)
8:35 – 8:50	Business Meeting & Break
8:55 – 9:05	Barber Polecat:
9:10 – 9:40	Repertoire Review / Directors choice
9:45	Draw, Keep the Whole World Singing, Clean up

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

Current Show Repertoire:

Blue Moon(s)
Can You Feel the Love Tonight?
Daydream
Dream Lover
Harmony Collage
I'm Feeling Fine
Imagine
Irish Blessing
O Canada
Shenandoah
Under the Boardwalk
When I'm 64



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>

AT HOME WARM-UP (FROM APRIL 29, 2020)

By Sherrie Bredesen

BREATH MANAGEMENT:

1. Form mouth like an O. Breath in deeply, not high. Repeat, trying to get in more air each time.
2. LOUD - SS! SS! SS! SS! SSSSSsssssssss. (all out)
Release. Relax. Refill. (just let the air come back in naturally) Feel the ribcage expand.
3. Check your posture. (proud, regal, even if sitting)

VOCAL EXERCISE

1. OH - **1-2-1- 1** (up SemiTone, repeat, up a SemiTone and repeat.
Breathe. Do another set)

7-

Start on low G (below middle C) or choose another note to start. *Sing through the above sequence, raise it a SemiTone (to the next note which is a half step up), sing through, raise it another ST and sing through a third time. TAKE A BREATH. Raise the key again and repeat for another set of 3. Check your pitch. If you started on G, you should now be on C.*

2. "Dahdah Dahdah" etc.

Ms. 1 Ms. 2 Ms. 3 Ms.4

1-2-3-4 / 5-5-5-5 / 5-4-3-2/ 1

A) Vocalize and Use a Sharp "D"

B) Mute the "D" sound (sounds more like a softer hit against the front of the teeth)

C) Accent on Beat 1 of each measure

D) Keep the soft palate (at the back of your throat) lifted and high for a fuller, more resonant tone

E) Change the sound to BMbm and keep sound full and resonant throughout your mask

SHINE ON ME - Where are the Diphthongs? (Dif-thongs)

1. SING

A) Keep the **lower notes** at the beginning and the end in a **lighter tone** (head voice)

B) Get to the **Vowel sound quickly** (sh'INE = shAH'eeN)

C) Focus on singing **clear and distinct Diphthongs** using a full resonant sound throughout

D) Sing through the **singable consonants** (N) like you are getting paid for them.

WHEN IN LEAVE THE WORLD BEHIND Basses/Baris begin on **F**, Tenors/Leads start on **C**

When I leave the World...Be-hind..... **F/** G A Bb C/ Bb Bb **C/D** E F G/ F F

1. Singing in unison the last line of this song (demo by Sher)

2. Feel the pulse

3. Last word – "Behind" - hold the AH sound in **full resonant voice**, keeping **palate high** (cup your hands by your cheeks and see if the sound changes) and keeping **steady breath support**.

CAPTION CHALLENGE #1 CONTRIBUTORS

From Brian Metcalfe

In our April 20th issue, our first Caption Challenge captured the imagination of five of our River City Sound members and extended family. A special thank you to them for sharing their creativity with us. I trust their submitted captions will bring a chuckle to your day. I look forward to more of our chorus members and spouses or family members submitting captions for this week's challenge on the following page.



Catatonic Harmony

“With these powerful glasses, I can make ‘purr-fect’ CAT-scans!”

“Yes, that's right, you heard me!”

So ... "What's new Pussycat"?

”Don’t you think my new glasses are the ‘cat’s meow’?”

1
2
3
4
5

Thanks to the following who submitted their creative captions in the order listed:

1 - Lloyd Thomas 2 - Brian Metcalfe 3 - Wendy Lamont 4 - Gayle Wharton 5 - Sally Metcalfe

CREATE A CAPTION CHALLENGE #2

From Brian Metcalfe

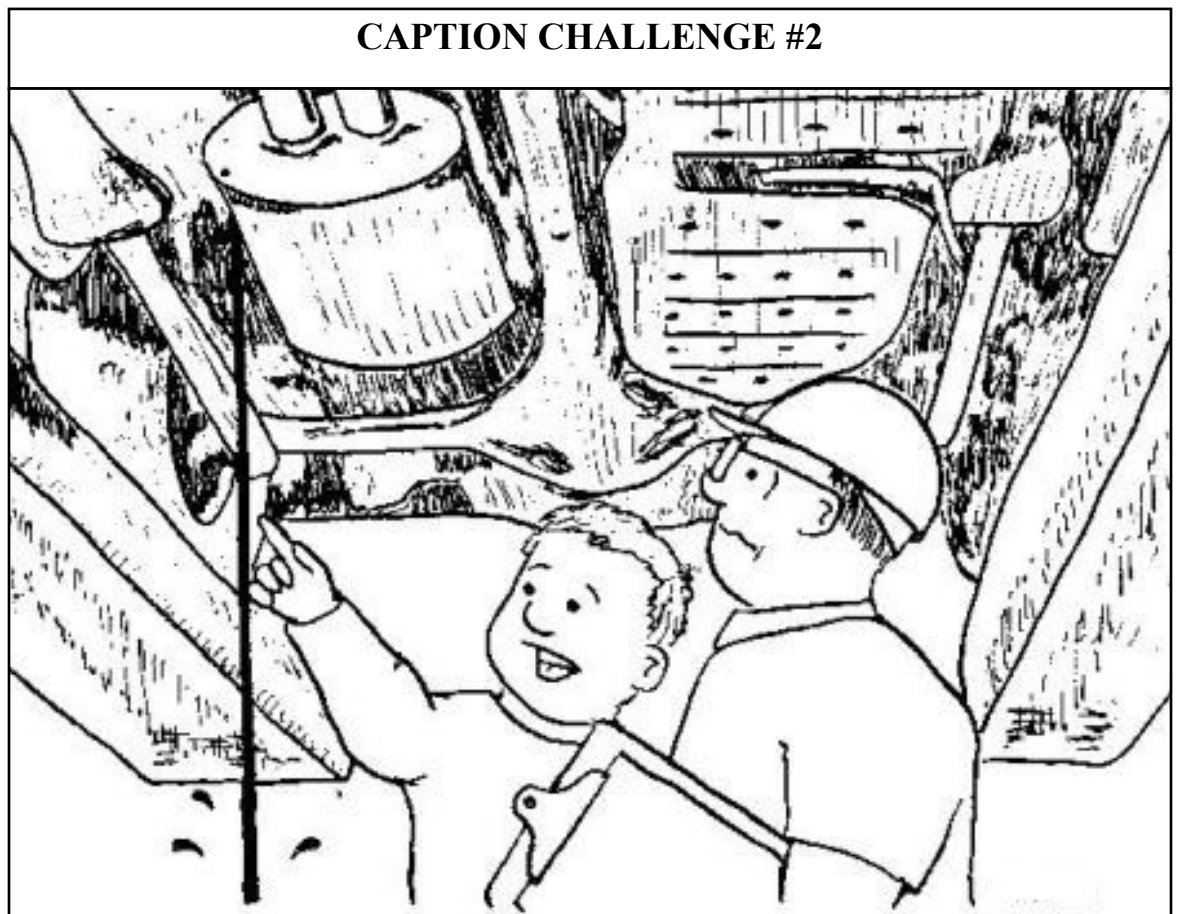
Are you having difficulty adapting to the dramatic changes that the Covid-19 virus has thrust upon you, your family, and friends? Has self-isolating, robbed you of any initiative? Do you mope around in your pyjamas looking for something to occupy your time? After reading every article in daily newspaper, 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 humorous as well as a vehicle to gain insights into the ingenuity and cleverness of some of your choral colleagues.

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 be able to "get their engine running" to share a caption for our second cartoon at right.

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



GETTING TO KNOW ... LOUISE MALO

When I was born, the fifth of six children of a World War II veteran, we lived on the northern-most street in Elmwood. There was a dairy farm directly north and I remember the cows coming to the back fence. Maybe that was when I first realized I wanted to live on a farm someday. As the farm disappeared and new houses were built, (present day East Kildonan), we were still getting home milk delivery, the junkman had a horse-drawn cart that came down the back-lane, and Christmas presents came directly from Eaton's in a large blue delivery van. We could walk one block to catch the bus for 10 cents, get off at Eaton's, buy a 25 cent bag of butter-scotch wafers from one of the many candy counters on the main floor, then run past Woolworth's to catch the same bus in front of Birk's with our transfers.



I followed my older sisters everywhere and did or played anything they did. By the time I was in high school I was playing field hockey, volleyball, basketball, ice hockey, and fastball, as well as running cross-country and track and field. A generous relative bought the family a piano and we all took lessons, which gave us the opportunity to join the school bands. I played trumpet and French horn for 6 years. After high school I continued to play Senior A volleyball and fastball, becoming a provincial champion and finalist respectively.

I have always been fascinated with science and my post-secondary education enabled employment in vet clinics, medical research laboratories where I met my husband Louis, (I know right... what are the chances), and pharmacies. After 9 years in Winnipeg we moved to our farm, the Lucky 13, just north-east of Hazelridge. The freezers are filled with our home grown beef and chickens, and venison from hunting. We also have laying hens, horses, dogs, and cats.

Because of the horses, I became very involved in the horse scene at Birds Hill Park. During the 90's, I spent weekends from May to October either competing, working on show committees, or being the public address announcer at the park. If you've ever been to the park you may have heard my tag line, "If you can hear my voice, you're in beautiful Birds Hill Park, home of MB Horse Trials, or MB Combined Training, or the North Hill Pony Club, etc.....". During the 1999 Pan Am Games I worked on the Equestrian 3-Day Event Committee and was presented to HRH The Princess Anne, (a former Olympic 3-Day Eventer). Amazing!



Louise presented to HRH Princess Anne



Lou and I are semi-retired. We spend our summers working on the farm, golfing, and reading. Winters we spend working on the farm, (it never ends), cheering the Jet's, singing, and reading. The Springfield library knows me well. Lou drives a school bus, and I work 1 ½ days a week at a local pharmacy. Because of all my "free time", I learned to play the ukulele and joined the Ukulele Club of Winnipeg. From attending the bi-monthly Strum and Suds events, I realized that I really loved the singing and looked around for more groups. Now I'm singing/playing with the King Street Strummers, Prairie Aloha, and the Ukuleakes, the Assiniboine Chorus, River City Sound, and the Quarry Choristers. They all have their own uniqueness and are totally enjoyable.

GETTING TO KNOW YOU - LAST CALL

From Brian Metcalfe

Several of our River City Sound members have contacted our Editor, Krista Hanis-Gervais and me to express just how much they have enjoyed learning more about our chorus members over the past three months. Obviously Krista did not anticipate the severity of the Covid-19 pandemic when she requested that I assist her to include a "Getting to Know You" story in each of our weekly issues of "Notes 4 U". Regardless, all chorus members benefited by learning more about the backgrounds of their friends. True, we all have a love of music and barbershops harmony but it is often the non-music activities that help us forge important connections with others.

Louise Malo's story, in this issue, marks the 13th "Getting to Know You"-related article shared through our newsletter this year. At present Len Paluck's story, scheduled for next week, is the last story that I have that is ready-to-go. Although there are still some chorus members, who have yet to decide if they wish to share their stories, this phase of the "Getting to Know You" initiative will likely come to an end within May.



I believe I have sent out email invitations to all our "newer" members to share their "story". However, if you have been missed or have changed your mind and wish to share your story, please contact me ASAP so that I can schedule you into one of our upcoming newsletters.

I know our newsletter was welcomed by many during this Covid-19 isolation period. Those that have contributed and shared their stories, need to be thanked for their time and effort. In fact, during this time of social distancing, it is more important than ever to make connections. I challenge you to look over the "Getting To Know You" stories that have appeared since February 4, 2020. I ask that you send an email "thank

you note" or telephone one or two contributors and take the time to thank them for their efforts. As Mother Teresa said, "Kind words can be short and easy to speak, but their echoes are truly endless."

Take care & keep smiling :-)



TO BRIGHTEN YOUR SPIRITS IN THESE TRYING TIMES

From Norm Silverberg, Brian Metcalfe,
Yvonne Applewhaite, Larry Bredesen, and Ricki Miles



André Rieu - Somewhere Over The Rainbow
https://www.youtube.com/watch?v=6xR_h76lGaM



Daniel Matarazzo - Super Bad Transmittable Contagious Awful Virus
<https://www.youtube.com/watch?v=ykieEE1j9eA&t=18s>



A Music Teacher's Tribute to Her Students During COVID-19
https://www.ctv.ca/Your-Morning/Video/Teachers-song-about-her-feelings-during-the-pandemic-made-our-hosts-cry-of-laughter-vid1943353?fbclid=IwAR0nOErFgkZfH8WVEeEwowY8ueNEnSjGxemqJa9dmJJK05e2_jhQZUsIRd0



DIY Face Mask Tutorial with Kay
https://www.youtube.com/watch?v=U4c5eo_3-y0



Nurse Fails Hilariously at Making Face Mask with Her Giant Bra
<https://nypost.com/2020/04/14/nurse-fails-hilariously-at-making-face-mask-from-her-giant-bra/>

How to invest after the virus-mergers:

Watch for these consolidations later this year:

Hale Business Systems, Mary Kay Cosmetics, Fuller Brush, and W R. Grace Co. will merge and become: *Hale, Mary, Fuller, Grace*.

Polygram Records, Warner Bros., and Zesta Crackers join forces and become: *Poly, Warner Cracker*.

3M will merge with Goodyear and become: *MMMGood*.

Zippo Manufacturing, Audi Motors, Dofasco, and Dakota Mining will merge and become: *ZipAudi-DoDa*.

FedEx is expected to join its competitor, UPS, and become: *FedUP*.

Fairchild Electronics and Honeywell Computers will become: *Fairwell Honeychild*.

Grey Poupon and Docker Pants are expected to become: *PouponPants*.

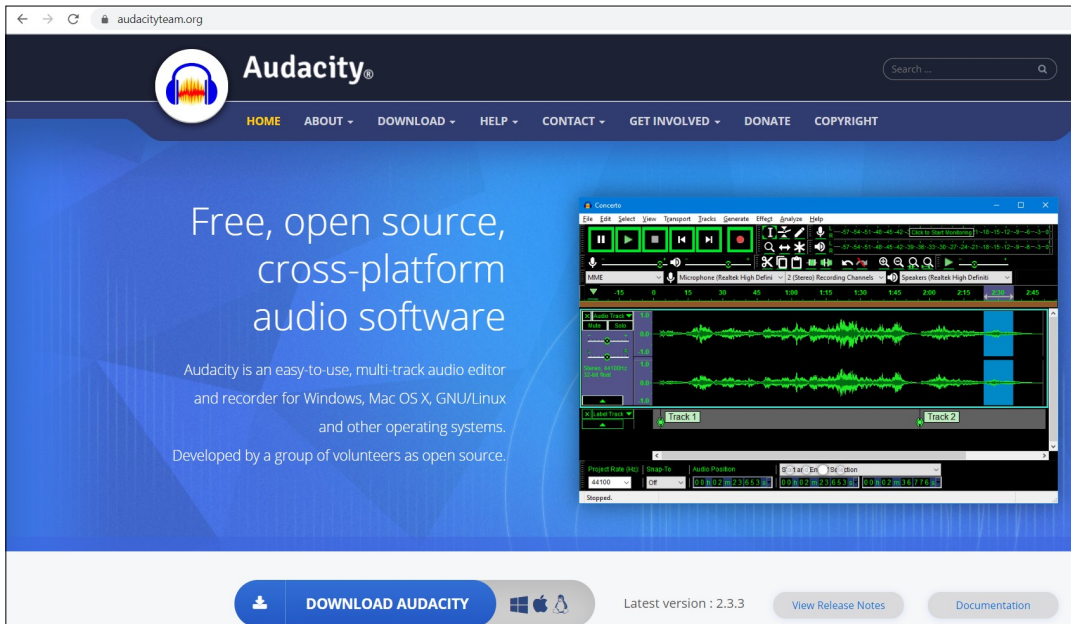
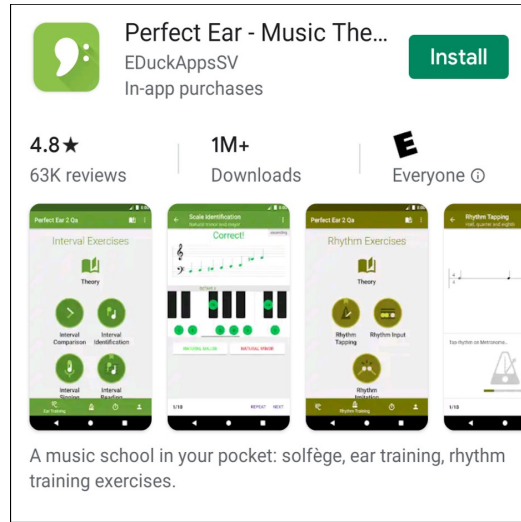
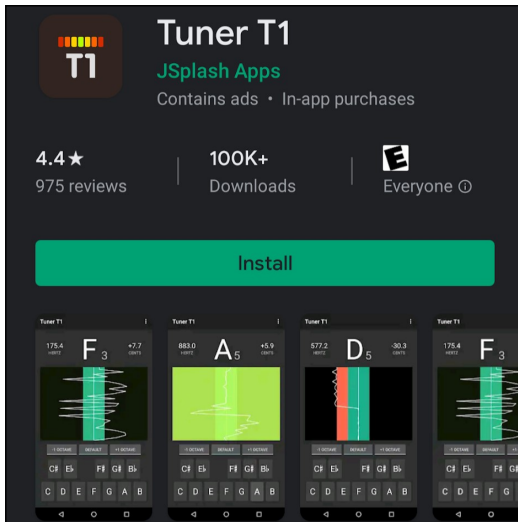
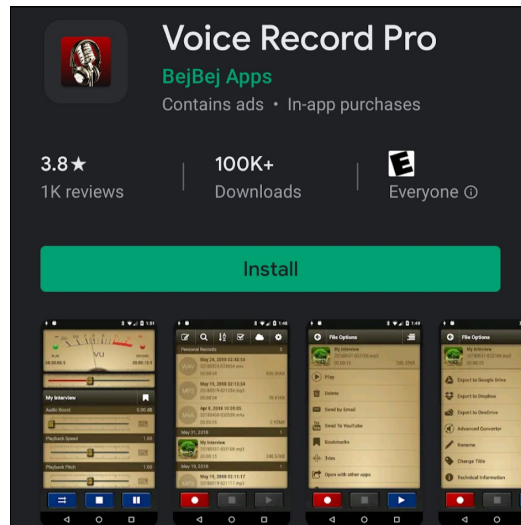
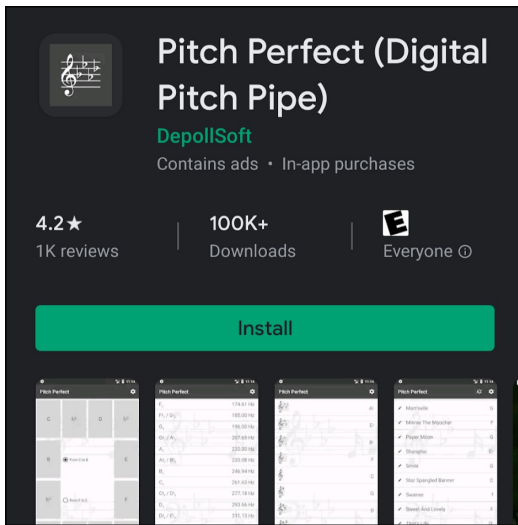
Knotts Berry Farm and the National Organization of Women will become: *Knott NOW!*

And finally...

Victoria 's Secret and Smith &Wesson will merge under the new name: *TittyTittyBangBang*

MUSICAL PROGRAMS & APPS 4 U

Recommendations From River City Sound Chorus Members



IMPORTANT DATES 4 U

Meetings, Rehearsals, Holidays and River City Sound Birthdays

~ May 2020 ~

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

~ June 2020 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
<i>Father's Day Happy Birthday Joan Crapper</i>						
28	29	30				
<i>Happy Birthday Drummond Brown</i>						

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