

IMPORTANT DATES FOR YOUR CALENDAR

Take note of these important 2021 dates. Changes will be made as new information is received.

February 3 Music Committee Meeting (5:30 p.m.)
Annual General Meeting (8:00 p.m.)

February 10 Executive Meeting (5:30 p.m.)

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PAST, PRESENT & FUTURE

Please send any information for publication to Krista by **Saturday noon** at:
kristahanisgervais@gmail.com

Thanks,
Krista ☺

PERMANENT ZOOM REHEARSAL LINK

Join our online Zoom rehearsals every Wednesday with this link:

<https://us02web.zoom.us/j/84457343549?pwd=ZGJmeUIJTjXI5Nnp1Ly9sNGQxYkxPUT09>

Meeting ID: 844 5734 3549
Password: 974496

ANNUAL GENERAL MEETING NOTICE - FEBRUARY 3, 2021

from Paul Bullock

River City Sound will hold its annual general meeting during the business section of the rehearsal on **February 3, 2021**. This will be approximately from 8:00 to 8:30 p.m. Those members who are not in attendance for the rehearsal can drop in to the AGM using the zoom link on page 1 of the newsletter.



CHORUS REHEARSAL PLANS AND UPDATE

from Paul Bullock

The sectionals last week worked very well. We will continue to use breakout rooms for sectionals going forward, which will be very helpful for learning new songs more quickly. As previously mentioned, the learning process will be even faster if we all spend some individual time learning music each week. Sherrie has provided some excellent warm-up exercises that we can use on our own. Start with a warm-up and then listen to the learning tracks on the web site. A few minutes of your time between rehearsals will make a big difference in your ability to learn new music.

The plan going forward will have new songs introduced as well as review of current songs so that we don't forget them. This is part of the planning and preparation for our next annual show expected in the Spring of 2022. Eventually, we will also see Christmas repertoire and "Man with the Bag" on the song list. We continue to be cautiously optimistic about our chances for holding an in-person show by next Christmas. That would be absolutely fantastic but we will only do so if public health orders allow it and if we are ready as a chorus.

Our zoom rehearsals are meant to serve many different purposes. In addition to allowing us to sing, learn new songs and review current songs, the rehearsals are also a chance to see each other on a weekly basis and socialize a bit. As we have all heard repeatedly, our mental health is very important. Even though zoom is not the same as our in-person rehearsals, at least it provides an opportunity to continue singing and sharing each other's company safely, two activities that are very good for your mental health.

Keep singing. See you Wednesday.

2021 CHAPTER DUES NOTICE

from Paul Bullock

The River City Sound chapter dues will be \$90 in 2021 (for just this year) to help make up our income shortfall while we are unable to perform. Normally, we would be sending a notification for members to pay their dues as soon as possible. Members are certainly welcome to do so. However, we have not pushed for early payment because our chorus is also applying to become a recognized charitable organization by the Canada Revenue Agency. This status will allow the chapter to issue a charitable donation receipt to all members for the amount of their chapter dues. However, these receipts cannot be issued until after the charitable organization status has become official. We are unclear about the timeline for this to occur. However, the executive will review this status in April and provide further information.

Bottom line: You are welcome to contact Bruce Wilton to pay your 2021 chapter dues at any time. You are also welcome to wait before paying your 2021 chapter dues in case we may be able to issue you a charitable donation receipt.

FOLLOW UP ON THE EXPRESSION VIDEO SHARED AT LAST REHEARSAL

from Gayle Wharton

Thanks everyone for your comments following the video. You can now access it through your email or this link: <https://www.youtube.com/watch?v=CE-zS5RPuAM>

Watching this performance in my mind really demonstrates how important our gestures of expression are to enhancing the song. The faces must match the mood of the song. The mood is created by the emotions we are feeling while singing it. A gesture can be as simple as raising an eyebrow and our eyes are the windows to what we are feeling, be it happy, sad, angry, supportive etc. *Memo to self: A static face does not portray any emotion.* Our expressions must be natural and to help achieve this we can tone and exercise our facial muscles to make them flexible.

As Larry suggested, taking a video of ourselves singing the song is a great way to see what our face is saying and as Krista mentioned, let your body move naturally. It is difficult to emote if your body isn't part of what you are feeling. Have fun and Happy vide-ing!

While I realize none of the above is new to the chorus. Reminding ourselves once in a while can't hurt. Thanks for listening.



BREATHING EXERCISES 2021

by Sherrie Bredesen



* Check your posture. Stand or sit tall with ribs lifted rather than sagging.

1. INHALE and allow the ribs to expand. Flex the Intercostal muscles in between the ribs as this allows you to control your air flow much better. These muscles will strengthen over time and you will be surprised how much further you can go on one breath without skimping on the sound.
2. INHALE to the count of 1, HOLD for count of 2 while engaging your “core” or “Intercostals” (muscles in between the ribs). Then EXHALE to the count of 10, HOLD for count of 2. Relax and repeat from the beginning, several times.
3. Inhale, then exhale SHHHH.. . First for whole note count (4), then 2 half notes (SHHH! SHHHHH!), then 4 quarter notes (SH.SH. SH. SH.), then 4 sets of eighth notes (SH SH, SH SH, SH SH, SH SH) then 4 sets of triplets. (Sh Sh Sh....Sh Sh Sh... Sh sh sh... Sh sh sh)
4. Hand on abdomen – Inhale to count of 4, exhale to count of 4, keep an expanded rib cage until near the end.
5. Hiss out warm, moist air to the rhythm of JINGLE BELLS (no cool air, put finger in front of mouth to check) eg. Ss ss ssssss, ss ss ssssss....(Jin-gle Beeeells)
6. INHALE with an open throat. EXHALE in a series of pants....”Huh, huh, huh, etc.”
7. Using notes 1-2-3-4 5-4-3-2 1 VVVVVV the notes. This requires lots of air and will strengthen those muscles.
8. Then VVV the notes 1—5---1 Eg. Bb ---F---Bb or C---G---C
9. Then VVVV the notes, rolling up the octave from 1 to 8 and back down again.
10. Now repeat all these exercises using a strong, resonant HUM.
11. Repeat singing the numbers and/or a vowel of your choice.

FREE SINGING APPS TO MAKE YOU A BETTER VOCALIST

shared by Larry Hunter

A list of apps members may consider using for improving their vocal skills at home:

<https://myvocalskills.com/8-free-singing-apps-that-make-you-a-better-vocalist>



REHEARSAL SCHEDULE - FEBRUARY 3, 2021 VIRTUAL SINGING WEEK 5



from Les Creek

**PLEASE MAKE SURE YOU HAVE: ALL OF YOUR NEW MUSIC,
CURRENT REPERTOIRE & BARBERPOLECAT SONGBOOK**

- 6:55 to 7:05 Greetings
- 7:05 to 7:10 Breathing Warmup
- 7:10 to 7:25 Vocal Warmup
- 7:30 to 7:50 New(er) Music:
 - Best of Doo-Wop - revised version
- 7:55 to 8:20 Annual General Meeting and a stretch...
- 8:20 to 8:45 Sectional Breakout
 - Director's Choice (probably 1 or 2 of the recent pieces)
- 8:45 to 8:55 Repertoire Review
 - Director's Choice (I'm Feeling Fine?????)
- 8:55 Final Song
 - Irish Blessing
- 9:00 to 9:15 Afterglow



Current Show Repertoire:

- | | |
|--------------------------------|----------------------------|
| Blue Moon(s) | Bridge over Troubled Water |
| Can You Feel the Love Tonight? | Can't Help Falling In Love |
| Daydream | Dream Lover |
| Harmony Collage | Hello Mary Lou |
| I'm Feeling Fine | Imagine |
| Irish Blessing | O Canada |
| Shenandoah | Stand By Me |
| Under the Boardwalk | When I'm 64 |



2021 BHS VIRTUAL MIDWINTER CONVENTION EXPERIENCE

shared by "Avatar Gordon Billows"

Thursday, January 28 - About 100 Avatar members were scurrying around the Convention sight this morning, going on tours, getting all the glitches worked out of their connection and exploring the virtual Midwinter Convention world. The BHS staff and convention guides were readily available and so very helpful. Being one of the "builders" has been very useful. I was able to visit all the District Hospitality Buildings over these last 3 weeks and have enjoyed many of their District, chapter and quartet room displays/productions. So very creative and interesting. It was nice to be able to bump into, meet and talk with many of the BHS staff members in their officers or on "campus" - like Donny Rose, Marty Monson, John Donehower, Caki Gray, Steve Scott, etc.



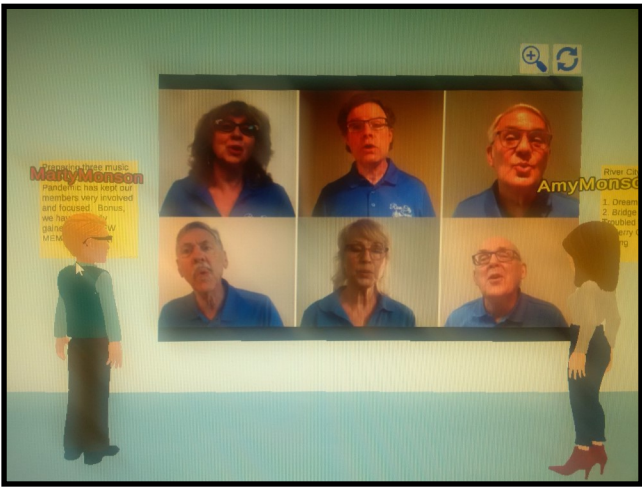
I could see some Avatars heading for the beach area to try out the big powerboats. They have to go into the water (only about 4 ft or 1¼ m deep near the shore) and climb into the boat and into the driver's seat, then full throttle out and around the island, into and out of some of the harbours, always being careful near a few of the rock obstructions. Yes, this was fun for our little Grandson too. He drove our boat with the keyboard arrow keys!

Met Jim Rasmus (former LOL YIH) chair, Steve Hardy (St Croix Crossing) and James Thexton (SCH for EVG and former Wpg member) at the Welcome site - a photo opportunity, of course. As some of you might recall, Paula and I have been vacationing in Florida for about 15 years and have come to know quite a few BHS and SAI members there. Surprise, a friend of ours, Lance Lubin from the Pinellas Chapter (mixed chorus), found me and we caught up on what was happening there - Zoom plus Carbershop also our friend Clare McCreary there turned 104 and is still singing and playing tennis! It has been quite an experience walking up to some of the Avatars from all over the world and striking up conversations.

This evening, after a SCH meeting at 7 in the LOL building, there is a Beach Party and From the Archives Show (both with fabulous entertainment, of course), followed with visits to some Hospitality Rooms that also feature live and virtual performances. The Beach Party with a Rhythm and Blues Band had many in the crowd dancing (yes, you can have your Avatar samba, head bang, dance, flip over, etc. Old guys could do all these things also!). It took a few minutes for the Teck Guys to adjust the volume. The Archives Show

had a narrator telling the history of some of the very, very famous choruses and quartets before playing some of the old recordings. SPEBSQSA HISTORY! *They showed Doran MacTaggart (SCH Board Member, PIO Past Pres, Leadership Academy presenter for MC's.....), who passed away on Jan. 24th, announcing the 1983 Phoenician Chorus at International. There were about 325 Avatars at the convention at this time. BTW I understand that the “walking, running (shift key/arrow key) or roller-blading” around the convention does count for exercise and losing weight.

I went to the LOL Hospitality Room and met up with Marty and Larry Monson, Jay Althof and a few BHS staff. Invited them into the River City Sound room, which is right by the entrance. Marty and Larry Monson stayed for some time to listen to Dream Lover and



see the Wpg Hospitality Room picture. Marty asked about Vocal Point and Harlequin members and I gave him a quick briefing on our Chapter. Yes, I will share a few pictures I have taken (sorry, a few are not great quality). I mentioned to Marty about the LOL group picture being taken on Friday at 7. Marty is planning to attend. LOL Avatars are being encouraged to show up at the LOL Hospitality hall on Friday at 7pm for LOL President Jay Althof’s greeting and a group picture.

It has been quite busy Fri. and Sat. meeting LOL members, taking and sending their pictures, going to Harmony University sessions, shows, visiting other Districts, etc. Did find time on Friday to sing a tag with Les Creek, Steve Hardy (St Croix Crossing) and Kaleb Smith (GNU). As ever, it takes a few tries to get the timing, etc right. Sounded pretty good! The LOL group photo worked fairly well too.



Friday, Saturday and Sunday reports will come eventually.

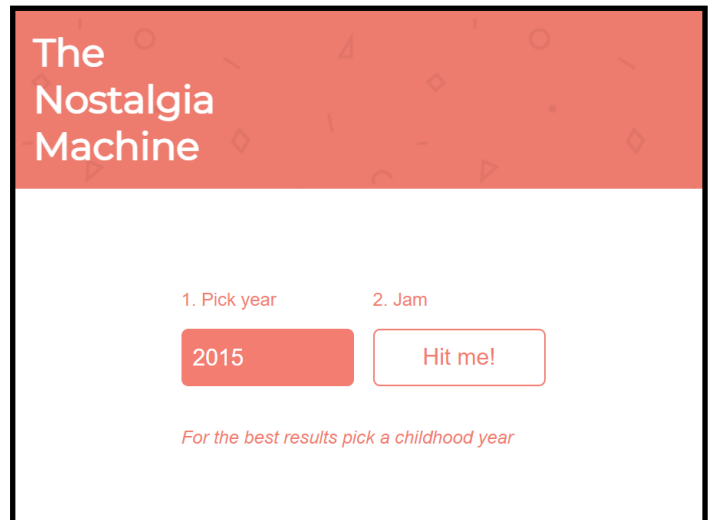
TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

shared by Jerry and Gloria Moscovitch

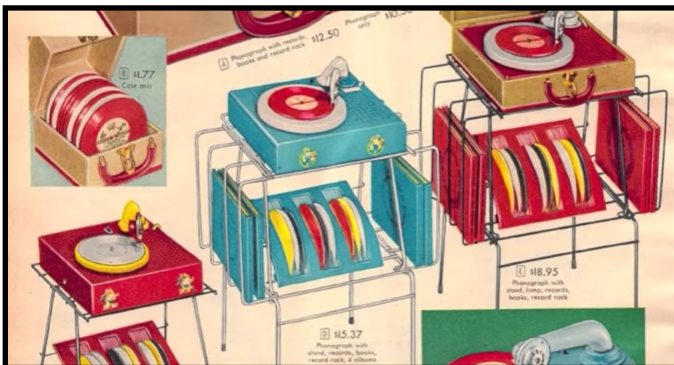
The Nostalgia Jukebox

This is a keeper! If you like music - this is well worth saving. Just choose a year and press the "Hit Me" box. You should see a big selection of songs on the right. Simply click on your choice and the music begins.

<http://thenostalgiamachine.com/>



shared by Norm Silverberg



Remembering the '50's

<https://1funny.com/fond-memories-of-the-1950s/>

shared by Larry Bredesen



**My friend writes songs
about sewing machines.
He's a Singer songwriter.
Or sew it seams.**

IMPORTANT DATES 4 U - FEBRUARY & MARCH 2021

Meetings, Rehearsals, Holidays and River City Sound Member Birthdays

~ February 2021 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Happy Birthday Brian Strong</i>	2	3 Music Committee Meeting (5:30) Zoom Rehearsal (7:00) AGM (8:00)	4	5	6
7	8	9	10 Executive Meeting (5:30) Zoom Rehearsal (7:00) <i>Happy Birthday Brian Duplak</i>	11	12	13
14 <i>Valentine's Day</i>	15 <i>Louis Riel Day</i>	16	17 Zoom Rehearsal (7:00) <i>Happy Birthday David Petrie</i>	18	19	20
21	22	23	24 Zoom Rehearsal (7:00)	25	26	27
28						

~ March 2021 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <i>Happy Birthday Bruce Wilton</i>	3 Music Committee Meeting (5:30) Zoom Rehearsal (7:00)	4	5 <i>Happy Birthday Jerry Moscovitch</i>	6
7 <i>Happy Birthday Gary Miles</i>	8	9	10 Executive Meeting (5:30) Zoom Rehearsal (7:00)	11	12	13
14	15	16	17 Zoom Rehearsal (7:00)	18	19	20
21	22	23 <i>Happy Birthday Gayle Wharton</i>	24 Zoom Rehearsal (7:00)	25	26	27
28 <i>Happy Birthday Herold Driedger</i>	29	30	31 Zoom Rehearsal (7:00)			

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.



2021 Chapter Executive

President: Paul Bullock
Executive VP: vacant
Past President: Bruce Wilton
VP Membership & Chapter Development: Wendy Lamont
VP Music & Performance: Les Creek
VP Marketing & Public Relations: Gayle Wharton, Shirley Christie
Secretary: Larry Bredesen
Treasurer: Bruce Wilton
Chorus Manager: Chris Magas
Board Members at Large: Becki Ammeter, Herold Driedger, Ferryl Casselman

2021 Music Committee

VP Music & Performance: Les Creek
Chorus Directors: Sherrie Bredesen, Larry Hunter
Tenor Section: Becki Ammeter
Lead Section: Chris Magas
Baritone Section: Paul Bullock, John Latham
Bass Section: Larry Bredesen, Bruce Wilton
Performance & Staging: Gayle Wharton
Music Research: Duncan Zaluski
Sheet Music Librarian: Len Paluck
Learning Track Librarian: Duncan Zaluski

2021 Leadership Positions

(we're starting with a clean slate and will re-fill each one starting with a consultation with the incumbents)

Accountant: Incumbent Gary Miles
Attendance & 50/50: Incumbent Norm Silverberg
Awards Banquet Chairs: Incumbents Gary & Ricki Miles
Charities: vacant
Church Xmas Chorus: Incumbent Bruce Wilton
Learn to Sing Program: Incumbents Les Creek, Len Paluck, Paul Rondeau
Grey Cup Pool Chair: vacant
Historian: Incumbent Gordon Billows
Notes 4 U Editor: Incumbent Krista Hanis-Gervais
Program Director: Incumbent Duncan Zaluski
Refreshments: Incumbents Norm Silverberg, John Latham, Len Paluck
Sing Canada Harmony: Incumbent Gordon Billows
Sunshine: Incumbent Brian Metcalfe
Wardrobe: Incumbents Les Creek, Charlie Siegel, Louise Malo
Website: Incumbent Chris Magas
Youth Outreach: Incumbent Drummond Brown
2022 Show Producer: Incumbent Les Creek
2022 Show Chairman: vacant
Advocate for the Winnipeg Chapter: Incumbent Gordon Billows