



IMPORTANT DATES FOR YOUR CALENDAR

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

January 13 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=ZGJmeUIJTl5Nnp1Ly9sNGQxYkxPUT09>

Meeting ID: 844 5734 3549
Password: 974496

CHORUS REHEARSAL PLANS AND UPDATE

from Paul Bullock

It was good to see everyone on Wednesday. The plan for the start of 2021 is to continue introducing music needed for the next annual show (expected in spring 2022) while we review repertoire. We are also going to assume there will be an opportunity for a live performance Christmas show in 2021. We don't know if this will be possible but it is better to be prepared and then cancel if needed, rather than the other way around.

There is a unique opportunity for everyone to take part in the Midwinter Convention this year from January 28 to 31 for only the cost of registration and without the additional expense of travel. Of course, it is a virtual experience but it is truly amazing how well it has been designed and is much like being there in-person. Gordon Billows has set up a "hospitality room" for River City Sound within the Land O' Lakes suite (thanks very much Gordon). You can visit with people in different rooms from all over the world, take in Harmony University classes and, of course, watch all the performances. There is no cost to check out the link below and see how well the Midwinter Convention experience has been designed.

<https://www.barbershop.org/events/midwinter-convention/tour-world>

Also, a reminder that the Society has re-vamped its online member centre. It is recommended that you wait until after January 11 before you try logging in. But do try out the new member centre sometime after that date. To get you started, below is a link that you can use after January 11 to reset your password. After you get logged in, you will be able look around the new website.

<https://www.barbershop.org/new-member-center-how-to-update-reset-your-password>

In the meantime, have a look at the songs for this week's rehearsal. Keep singing. See you Wednesday.

LOL DISTRICT & BHS REMINDERS

from Gordon Billows

- The LOL Leadership Academy is this Saturday, January 16th morning. Good information for all RCS board and potential board members!
- The LOL virtual tag part is back! See attached picture (next page). Good memories of Cass!
- The virtual Midwinter Convention is coming (Jan. 28 - 31). Consider registering and being part of a "virtual convention". There will be Harmony University educational sessions, 3 "really big shoes (shows)" and AFTERGLOWS in all the Districts' hospitality rooms (please bring your own beverages and munchies)! See the schedule of events: <https://www.barbershop.org/events/midwinter-convention/schedule>



Virtual Tag Party II!

January 22, 2021 at 7:30 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/86480691388?pwd=MThuNGw2ZmVXa0xRZGFzVm42VW5DQT09>

Meeting ID: 864 8069 1388

Passcode: Tags

Everyone is welcome! Grab your favorite beverage. Sing some Tags and Polecats. See and chat with friends from all across the District!





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 - JANUARY 13, 2021 VIRTUAL SINGING WEEK 2



from Les Creek

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

We'll be using the same rehearsal schedule as last week so we have more time to work on these songs:

- 6:55 – 7:05 Login and greetings
- 7:05 – 7:20 Warmup
- 7:20 – 7:40 Beach Boys Medley - to the end of 'In My Room'
- 7:45 – 8:00 Can You Feel The Love Tonight
- 8:00 – 8:15 Business Meeting
- 8:15 - 8:55 Repertoire Review
 - Stand By Me
 - When I'm 64
 - Sweet Sweet Roses of Morn
 - O Canada
- 8:55 Final Song: Irish Blessing



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 |



GETTING TO KNOW ... LARRY HUNTER

- Winnipeg Golden Chordsmen
- Harlequin, BSQ
- Brothers in Harmony

Hi

My name is Larry and I'm a Barbershop-a-holic. I love to sing, and always have. Going right back to school choirs in junior high and high school, was my first exposure to barbershop singing in a quartet. Oh the Good Old Days with Barry Anderson and Daniel Mac. Then for some reason I didn't continue my craft until I was thirty-something. I guess life got in the way. I was re-introduced to the fun and camaraderie by tagging along with an acquaintance for a Christmas Chorus one year, and the rest they say is history. Although the plan was to "help out" for a couple of months through the Holiday Season, I quickly realized how much fun I was having and needed a new hobby. What a great stress-reliever.



Although not anywhere near retirement from my construction and renovation career, and our recently built Bed & Breakfast, Harlequin House (not too original I know), I still find the time to be involved with chorus and quartet commitments. I have held several offices within the Chapter, including President, VP of Music and Performance, Show Chair and Member at Large. At the District Level, I held the position of District VP for Northwest and Red Carpet Divisions, the largest divisions in our Society. I am active in 2 quartets in numerous performances, (which requires time and effort to learn and perfect new repertoire). As part of a great quartet, I have been on the contest stage (Division Novice Champs 1999), professional venues, external competitions and many volunteer gigs at hospitals and personal care centers to name a few. Harlequin, bsq has attended Harmony College in 1999 and 2004. We have performed several times with the Winnipeg Symphony Orchestra and have had the honor of headlining Chapter Shows in Manitoba and Saskatchewan. We are once again in the process of recording some great music for 2 new CD's. I have evolved from Bari to Lead and enjoy singing both parts. I am a section leader and strong recruiter of new members (5 Man of Note pins under my belt). I appreciate all that the chapter has given to me.

Personally our family has benefitted from the association through other chapters within the Society. A fantastic friendship built with Chuck and Bonnie Koerner in Grand Forks who were of great help to our daughter who studied at UND. When she took her Internship in Kansas City, we put the word out to the Barbershop Chorus there. In no time we had 3 offers for accommodations for her. Jeffe and Carter Coombs were a great match with 2 dogs and space to billet her for 6 months. These life experiences were unexpected and we are so grateful to



these supportive members of such a wonderful organization who are great examples of people making their communities a better place. Our lives have been enriched by knowing many people throughout the Harmony family, and we are grateful for their friendships.

I have been fortunate to receive recognition through these 21 years of membership with a BOTY, a Lifetime Achievement Award and others (Quartet of the Year, Virtuosi's Got Talent Judges Award, Senior Idol at Red River Ex) within and outside the Golden Chordsmen. However, the smiles on people's faces are the best awards/rewards to receive. I hope to continue contributing to, supporting and sharing this hobby for many years to come.

***** **GETTING TO KNOW YOU BETTER** *****

by Larry Hunter

When reviewing my original "Getting to Know You" article, I realized that I focused primarily on my singing and musical background. I need to now fill in a few holes in my story to allow everyone to see who I am outside of the River City Sound Chorus.

I was born and raised in the west end of Winnipeg, to a hard-working family. My mother was a stay at home homemaker and my father retired from the City of Winnipeg as the Director of Systems and Data Processing. He designed and set up the first computer for the City back in the early 60's. I have one older brother, who stills lives here in Winnipeg with his family.



My education after Daniel McIntyre Collegiate was at the University of Manitoba, with the intention of going to Medical School. My interests shifted to research, with the help of working over the summers at the Freshwater Institute on the U of M campus. With no job prospects after graduation with my Science Honours Degree in 1979, my new bride, Heather, and I decided to continue my studies towards a Master's Degree in Zoology. Three years later I obtained my Master's Degree, and welcomed our first child in the same week!

My career at the Freshwater Institute as a research assistant was extremely interesting. My work involved using freshwater fish as early indicators of environmental pollutants. The research established not only toxic levels of pollutants, but levels at which the fish first detected the pollutants and avoided them. Some of the techniques that I used involved building a swimming tube to observe the effects of toxicants on the ability of fish to maintain their place in streams. I was also trained to perform heart bypass surgery on fish so that we could monitor blood work as fish were subjected to tests. My work contributed to establishing protocol levels for heavy metals, insecticides and acid rain effects. The research was cutting edge work on a worldwide level, as this institute was recognized on a global scale for the high level of research. Unfortunately, research is expensive and when funding levels were cut, so was my work there.

My other vocation was in renovations and construction. My previous work and Heather's career allowed us the opportunity to build our first house in LindenWoods in 1984. I had always wanted to design and build my own place and the final product exceeded our wildest expectations. We lived and raised our

family there over the next 20 plus years. Our time in the LindenWoods was busy, as we got involved with initiating many community activities, including starting one of the largest craft sale programs in the city, a local Christmas Light Competition and supporting the local school programs. Heather was also a huge supporter of the Chordsmen Chorus. She was involved with making vests and miscellaneous wardrobe items for the chorus, creating a cookbook fundraiser which allowed her to purchase the tuxedos for every member of the chorus, and created a new award, which celebrated another spouse supporter of the chorus, The Dorothy Casselman Lifetime Achievement Award.



Tom, Alex and Tiffany

My daughter, Tiffany, went off to study music therapy in Grand Forks after grade 12, and never came back to Winnipeg. She met and married a fellow student, Tom, after graduation. They live in Grand Forks and have one son Alex, in grade 3 (2020). Tiffany was able to use her training as a Music Therapist for a while, training expectant mothers to use music as a pain distraction. Through a few job changes and completing her Master's Degree in Business, Tiffany was recently promoted to the position of Director of the Small Business Development Centre for the State of North Dakota.

My son, Allan, joined the Air Force out of high school, and was trained as an Aviation Technician. He worked on maintaining the Hercules aircraft we see flying over the City all the time. He recently took a transfer to Comox, BC. and has been trained as an instructor on the new airframe that the Air Force purchased from Airbus. His training was in Spain for about 2 months, in late 2019.

Allan married a girl from Oakbank in 2014, and they just welcomed their third daughter on Dec 1st, 2020.



Andreanna and Allan's Wedding



My newest granddaughter, Sonia



Allan's new house

One thing I have been able to help my kids with is their home renovations. With Tiffany and Tom in Grand Forks, the planning and timing is critical, but I have helped renovate their two bathrooms, a complete kitchen re-do, a new laundry room and miscellaneous painting projects. Allan and I renovated two of his houses, and after he got married, I designed and built their new house down the street from my place in 2016. Allan and I did the bulk of the framing, plumbing, electrical, flooring and the finishing. It was a project that he and I will always share and enjoy with our families!

After I left my research work at the Freshwater Institute, I took a “stop-gap” job at Sears in Polo Park. I never wanted to be involved in sales, but I made the best of the situation, and I became the #2 salesman in the store within 3 months. Store management recognized my work and I ended up as an Assistant Manager in the biggest department in the store. One area that I was responsible for was the Christmas Shop. So, by the end of October, I had to have the store ready for all that is Christmas. Needless to say, by Nov 1st, I was done with Christmas decorating, except for putting our family tree up on Nov. 11th every year after that. Otherwise, the tree may not have gotten up at all! A promotion took me to the Garden City Store, where I shared management of half the store. Allan was born while I was working at Sears, but one of us had to stay home with the little one, so that meant I was to be the homemaker. It offered me the chance to develop my Renovation business, and it took off. I have not looked back since. I have operated Hunter Homes at some level since 1982, and full time since 1989. All my work comes from referrals from previous clients, for which I am eternally grateful. The people I have worked for are all part of my extended family, when I complete their projects. The work has been incredibly rewarding and the pride I realize from creating someone’s dream come true is amazing! I love my work!

When I joined the Winnipeg Golden Chordsmen for their Christmas Shows back in 1995, I had no aspirations to become anything more than a member of the chorus, let alone a member of an award-winning Quartet and a Co-Director of River City Sound! Herold Driedger and I sang in our first show as a quartet in the spring of 1996 and have been singing together ever since. Rob Smith joined as our tenor a few years later. Harlequin, bsq finally coalesced with the addition of Paul Bullock in the fall of 1998, and we have been singing as a Quartet ever since. These three gentlemen and their respective ladies have been my special Quartet family.

I sort of fell into a temporary Assistant Director role for a Show I was producing a few years back, under “pressure” from Sherrie. With her incredible knowledge and support, and multiple years of training from Harmony University in Nashville, my directing skills have come a long way. It is a continual learning process, which I am enjoying thoroughly! I so much appreciate the work all the members of River City Sound put into their music! It makes my job so much more fun!

In 2008, I designed and started my biggest build to date, a 10,000 square foot, upscale Bed and Breakfast, that Heather and I had planned on developing and then retiring into, as I pulled back on my Renovation business. Harlequin House B&B became the best one in the province in no time! Heather retired



Harlequin House

in 2010 from her position as the Director of Human Resources at a large lady's garment manufacturer in Winnipeg, to focus on operating the B&B. Our involvement with the local area did not take a break with this move into the Selkirk region. Heather was instrumental in developing a fundraiser for a women's shelter in Selkirk, by designing and starting Homes For The Holidays. A select group of 9 or 10 homes were opened to showcase their decorating for Christmas. The volunteer group started with 3 ladies and grew to close to 100 within 3 years! The proceeds went to support the local shelter the first year, but the thousands of dollars raised since then have been used to set up a foundation to support multiple organizations. I could not be prouder of this legacy.

A spin off from the Homes For The Holidays, is the Holiday Alley. Another celebration of all that the City of Selkirk and the surrounding areas can enjoy!



Denise and Larry at the Van Gogh Exhibition

August 2017 was a devastatingly time for me and my family, with Heather's diagnosis of terminal liver cancer. Initially given only a few months to live, powerful chemo treatments allowed her to see the birth of our second granddaughter, and for us to celebrate 40 years of marriage. Heather lost her battle in Jan 2020, leaving a massive void in my life. Fortunately, by way of a mutual friend, I have found the love and support from Denise, as we both navigate our time through our first year without our respective spouses. The shared pain and experiences have been more manageable as a couple. In the year of Covid-19, there have been no support networks for individuals having lost spouses, so everybody was on their own.

Looking back, this has been a wild ride, something we call "life." We cannot ever predict where it takes us, but only to look forward, with anticipation like a child at Christmas, and with the wisdom of the past.

2020 HOLIDAY PARTY PICTURES

by Brian Metcalfe

Happy New Year! As we venture into this new year, two quotations come to mind. The first is that “hindsight is 2020” and the second is “a picture is worth a 1000 words”. Looking back on the events of 2020 will depress some of us. However, I think that one’s view of 2020 is definitely influenced through the lens, with which you view life. I believe that our chorus is stronger and more united by being forced to connect virtually. Regardless of whether we attend virtual rehearsals or celebrate with our respective “cheerleaders” at our 2020 “BOTY Awards Night” or our more recent 2020 “Zoom Holiday Party”, the talents and creativity that were shared by many of our colleagues, demonstrated just how important each one of us is to our River City Sound organization.

A special thanks must be extended to Ricki Miles, Wendy Lamont, Paul Bullock, and the organizing committee which worked behind the scenes to create and facilitate this amazing 2020 “Holiday Party”. Furthermore, I was delighted to see how many other individuals actively participated by creating short videos to help demonstrate their talents and how their families prepared and decorated their homes for the holiday season. Thankfully Paul recorded our “Holiday Party” on Zoom and shared the video link with us. I’m sure many of you were able to review portions of this large (1.6 GB) video when it was available in December. To help you remember this amazing “Holiday Party”, I thought I’d share this article and reflect on the second quotation about the power of pictures. For those that know my wordy writing style ... I have decided to continue in a pictorial manner to help you remember the fun and camaraderie that our barbershop family shared during our 2020 “Holiday Party”:





We wish you a Merry Christmas
We wish you a Merry Christmas
And a Happy New Year
Good tidings to all
Wherever you are
Good tidings for Christmas
And a Happy New Year!!!!
MERRY "QUIZ-MAS"



**Bass Singers
Stay Out
of
TREBLE**





Sally & Brian Metcalfe



JACQUES & LOUISE



TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

shared by Brian Metcalfe, Larry Bredesen and Ricki Miles



*No wonder the internet is so slow!
Look how many are online and Tweeting!*



Generation Gap:



IMPORTANT DATES 4 U - JANUARY & FEBRUARY 2021

Meetings, Rehearsals, Holidays and River City Sound Member Birthdays

~ January 2021 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>New Year's Day</i>	2 <i>Happy Birthday Chris Magas</i>
3	4 <i>Happy Birthday Shirley Christie & Sandi Lips</i>	5	6 Music Committee Meeting (5:30) Zoom Rehearsal (7:00)	7 <i>Happy Birthday Charlie Siegel</i>	8	9
10	11	12	13 Executive Meeting (5:30) Zoom Rehearsal (7:00)	14	15	16
17	18	19	20 Zoom Rehearsal (7:00) <i>Happy Birthday Henry Graham</i>	21 <i>Happy Birthday Gordon Billows</i>	22	23
24	25	26 <i>Happy Birthday Les Creek</i>	27 Zoom Rehearsal (7:00) <i>Happy Birthday Becki Ammeter</i>	28	29	30
31						

~ 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)	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						

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: Henry Graham, Becki Ammeter, Herold Driedger, Ferryl Casselman

2021 Music Committee

VP Music & Performance: Les Creek
Corus 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