

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=ZGJmeUIJT XI5Nnp1Ly9sNGQxYkxPUT09>

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

We are very fortunate. After the discussion at the President-Chapter Advocate Session of the Leadership Training Academy, it is apparent that River City Sound is doing comparatively well. Several chapters are using zoom to rehearse but some are meeting and doing only limited singing or no singing at all. Other chapters are lacking the technical knowledge to do any type of virtual meeting and there are chapters that have literally fallen right off the radar. The District is wanting to help all chapters “Roar Back” in 2021. This is great to hear and is right in line with our own goals and aspirations.

This week, we will start easing into a new phase in the zoom rehearsals. We want to develop the ability to have sectionals. To start, we will get everyone accustomed to moving in and out of breakout rooms. These allow us to split the members at a zoom rehearsal into separate groups by section. If we can all navigate back and forth successfully, then we will move on to develop the ability to play section-specific audio tracks in each sectional. The idea is to help improve note-learning and retention by isolating the notes for each specific section of a song. You will find a set of instructions for breakout room navigation in a separate article. We will also try to coach people on Wednesday night. Please be patient while we learn this new technique. Thanks to Larry Bredesen, Wendy and Harlequin for their time sorting out the steps to make this work.

Our Chapter Executive spent Saturday at a virtual Leadership Training Academy. You can expect new ideas to come forward soon since these sessions are almost always packed with good information. The bottom line is that we want to make our weekly zoom rehearsals as much fun as possible and to prepare for a return to in-person rehearsals as soon as it is safe to do so. Keep singing. See you Wednesday.

ZOOM BREAKOUT ROOM INSTRUCTIONS FOR SECTIONALS

from Paul Bullock

Thanks to Larry Bredesen, Wendy and Harlequin for assistance with figuring out these instructions.

The method to join a breakout room is different depending on the device you are using to join the zoom meeting.

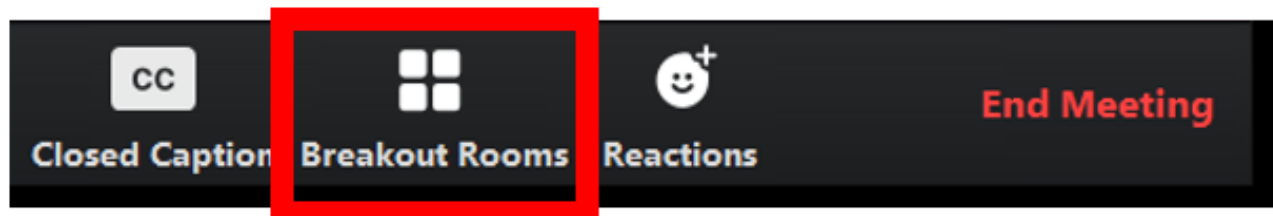
To Enter a Breakout Room:

Laptop Computers

Move your cursor on the zoom meeting screen

Select “breakout rooms” from the menu at the bottom of the screen

Put the cursor over the blue number beside the appropriate room and “Join”



iPads (and some tablets)

Find the zoom menu along the upper left side of the screen

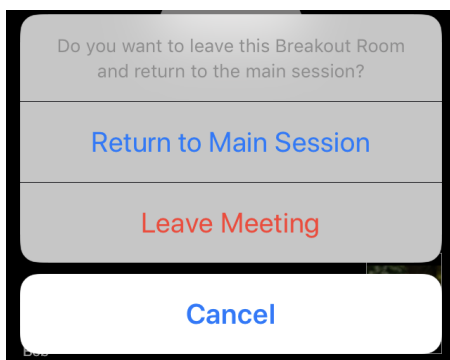
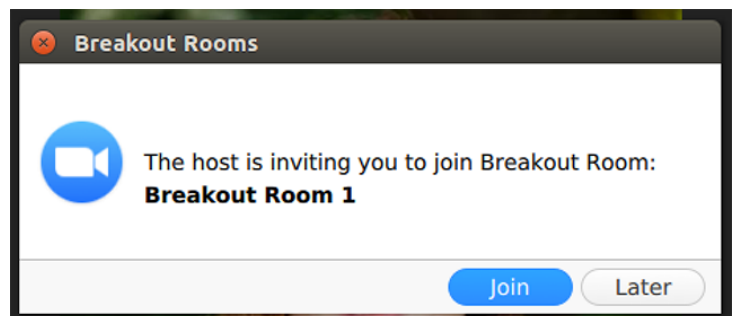
Select “breakout rooms”

Put the cursor over the blue number beside the appropriate room and “Join”

Smart phones (and some tablets)

Wait for the meeting host to “invite” you into a breakout room

Accept the invitation that appears on your screen



To Return to the Main Room:

Select “Leave Room”

Click “Leave Breakout Room” to return to the main room.



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 20, 2021 VIRTUAL SINGING WEEK 3



from Les Creek

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

- 6:55 - 7:05 Login and greetings
- 7:05 - 7:10 Breathing Warmup
- 7:10 - 7:25 Vocal Warmup
- 7:30 - 7:50 New(er) Music:
Beach Boys Medley
- 7:55 - 8:10 Business Meeting
- 8:15 - 8:45 Repertoire Review:
Blue Moon 1 & 2
Daydream
Shine On Me
- 8:45 - 8:55 Sectional Breakout
- 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 YOU BETTER - LAST CHANCE

by Brian Metcalfe

I want to thank all the River City Sound chorus members who have taken the time over the past few months to upgrade and share their original “Getting to Know You” stories that were first published in 2015. Feedback has indicated that different members have appreciated learning more about you and what events and challenges have occurred during the past five years.

True, many of our children and grandchildren “connect” (like the two in the cartoon) through social media. However, I have been pleased to witness certain chorus members who regularly send a complimentary email or comment during Zoom rehearsals as to how much they enjoyed a colleague’s “Getting to Know You” story that Krista has shared in our very informative “Notes 4 U” newsletter.



According to my notes, there is only one chorus member’s update to be shared. Over the past few months, I have contacted all our former “Golden Chordsmen” members who originally shared a “Getting to Know You” story and asked if they would be willing to share an update as to what has happened over the past 5 years. When contacted, a small number indicated that at that time there was no significant changes in their lives or they were not ready to share. To those individuals I am sending this last request. **If you have reconsidered and now wish to share an update outlining changes in your life from 2015 - 2020, please let me know ASAP so that I can reserve a spot for your story in an upcoming newsletter. I would like to complete this update initiative, that Krista recommended, by the end of January.**



Once all our chorus stories have been shared, I will send these combined stories (2015 & 2020) to Chris Magas to upload the stories that we have to our River City Sound website Archives.

It has been recommended that all our “Getting to Know You” & the “Getting to Know You Better” updates be listed in one single “Autobiography” section. Based on this new proposed layout, there will be four different types of stories:

- Original WGC “Getting to Know You” stories initiated in 2014 but published in 2015
- “Getting to Know You” (2015) combined with the “Getting To Know You Better” (2020) update
- “Getting to Know You” (2020) for those new members to River City Sound
- Original “Getting To Know You” story combined with their “Passages” obituary indicated by a cross (+) following their names

I trust that this new Autobiographical section, in the Archives section of our RCS website, will provide a wealth of information about our chorus members to both current as well as potentially new members.

Take care & keep smiling :-)

WINNIPEG CHAPTER AFTERGLOWS

by Gordon Billows – Chapter Historian



During a conversation with Les recently, I mentioned this picture of the Winnipeg chapter with a variety of foods (it will be in the RCS room at Midwinter). I explained that Winnipeg Chapter was very well known in the District (and beyond) for their show and convention AFTERGLOWS. Les did not know much about this term and Winnipeg Chapter's reputation related to it.

A bit of Winnipeg history! Years ago our annual show **weekend** started on the Saturday morning with a fine family brunch, at places like Winnipeg's Carlton Club.

We relaxed, were entertained by the feature quartet(s), and were briefed about the remainder of the day, evening and Sunday. As we do now after lunch at home, chorus members made their way to the show venue. Many of our early shows, prior to 1969, were at the Playhouse. From 1970 to 1988, our audiences **filled** The Centennial Concert Hall. Thereafter, our shows were held at a variety of venues - Pantages, Walker Theatre, Centennial Concert Hall (again), and more recently at St Mary's Academy, Bethel and Faith Lutheran Church.

The after show party or AFTERGLOW was held at the show venue, a hotel or club house. It gave members and family an opportunity to celebrate another great show and enjoy food, drink, comradery, feature guest and local quartet entertainment, and more chorus singing. Then, in the earlier days, there were the AFTER/AFTERGLOW's that lasted into the wee hours of the morning! Two surnames that come to mind as AFTERGLOW organizers are the Roberts and Christies! During most of our chapter's history, the feature quartets were GOLD MEDAL winners! It was such a pleasure for our audiences and members to be entertained by International quartet champions.

Sunday was no day of rest! Members, family, friends and guest quartets attended the HAIR OF THE DOG. This was usually held at a downtown hotel - a luncheon, party (with prizes to be won), and lots of singing again. A great end to a very full barbershopping weekend – Winnipeg style! Guest quartet members were amazed with our show weekend and sent glowing accolades back to the chapter! Our reputation spread through the Society.

Winnipeg often participated in the Land O' Lakes District conventions regardless of the travel distance or conditions. The Winnipeg AFTERGLOW was always well attended and a tremendous hit! Our fine selection of Canadian foods and drink were enjoyed by many barbershoppers. The organizers invited quartets to entertain in the Winnipeg party room, yes, into the wee hours of the morning! Our great AFTERGLOW reputation is still remembered by many LOL members and many of the earlier GOLD MEDAL quartets, eg Buffalo Bills, Hut Four, Happiness Emporium ...

Over these many years on the District Board, I often meet members from some of those Gold Medal quartets and Land O' Lakes members who attended Winnipeg's AFTERGLOWS. They all express fond memories of our hospitality, our great WINNIPEG AFTERGLOWS, a reputation to be proud of for sure!

TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

shared by Gordon Billows and Krista Hanis-Gervais



"G.F. Handel's "Hallelujah" chorus performed as never before. More than 350 voices united, virtually, in a great hymn to optimism."

<https://www.youtube.com/watch?v=9jynUQjIXxM>



"This is what happens when a quartet who has committed itself to the good old days realizes that, one day, the pop songs of today will be considered "good old songs". Hilarity ensues... "These Will be the Good Old Days twenty Years From Now"."

<https://www.youtube.com/watch?v=MdTS6-fbNH0>

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) 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						

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