

**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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**27 Jan 2021**

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**PAST, PRESENT & FUTURE**

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

# **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

Our zoom rehearsals continue to evolve. The test of the breakout rooms last week was successful. Instructions for breakout room navigation are being included in the newsletter in a separate article for one more week. We can now expect to spend some time in sectionals using breakout rooms at our rehearsals. Navigation will become easier with practice. The breakout rooms will allow each section to work with section-specific learning tracks and this should help us with learning the music. But it is important to remember that each of us needs to spend some time learning music on our own each week. The learning process is very slow if you just sing on Wednesday night.

There will be further new elements added to our rehearsals in the coming weeks as new ideas are coming forward. The music committee will work out the logistics and implement ideas as they become feasible. Some variety in our weekly rehearsals is important to help us maintain our interest and participation. As mentioned last week, the District is wanting to help all chapters "Roar Back" in 2021. This is right in line with our aspirations and our expectation to return to in-person rehearsals this year and performances as soon as we are ready. The more that we can do in the interim to learn new music and maintain our repertoire, the more quickly the chorus can ramp back up.

Keep singing. See you Wednesday.



# 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 27, 2021 VIRTUAL SINGING WEEK 4



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 8:10 Business Meeting and a stretch...
- 8:15 to 8:30 Sectional Breakout
- 8:35 to 8:55 Repertoire Review
  - Beach Boys Medley
  - I'm Feeling Fine
  - Blue Moon 1 and 2
  - Shine on Me (if time permits)
- 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                |



# 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.

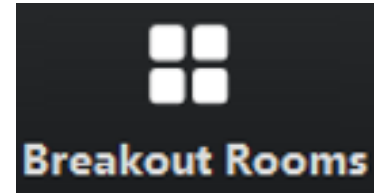
## ***To Enter a Breakout Room:***

### **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.



# SING CANADA HARMONY & WINNIPEG HISTORY

from Gordon Billows - Chapter Historian



Digger MacDougall, SCH Founding Chair, was looking through his SCH files and found a template for communications with the original 2005 Board of Directors. He shared part of the logo’s history at our meeting last Thursday.

Today he shared more history and the letterhead template that included the original LOGO - red with yellow. The letterhead page listed the Charter Members of the Board: J.R. Digger MacDougall (ONT), Larry Martens (ONT), Donald Bazley (PIO), Sandra Dunlop (HI), Edward G Manthorp (ONT), Charles O. Metzger (EVG), Sharon Towner (SAI), Steven Wheaton (NED) and **Norman Silverberg (LOL)**.

Sing Canada Harmony will be preparing a photo montage of the earlier boards and Winnipeg Chapter will be very proud to have our **Norman Silverberg** in that montage.

# TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

shared by Larry Bredesen and Ricki Miles



Here is a wonderful video of "Ain't No Mountain High Enough" performed by VOX Virtual Choir

<https://youtu.be/TnHXnhN9Fcg>

**"UP"** *A reminder that one word in the English language that can be a noun, verb, adjective, adverb and preposition.*

This two-letter word in English has more meanings than any other two-letter word, and that word is 'UP.' It is listed in the dictionary as an [adv.], [prep.], [adj.], [n] or [v].

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election and why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We lock UP the house and fix UP the old car.

At other times, this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.

To be dressed is one thing but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is stopped UP.

We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions.

If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, the earth soaks it UP. When it does not rain for awhile, things dry UP. One could go on and on, but I'll wrap it UP, for now . . . my time is UP!

Oh . . . one more thing: What is the first thing you do in the morning and the last thing you do at night?

U – P !

Did that one crack you UP? Now I'll shut UP!



Turns out my top 3 hobbies are:

1. Eating in restaurants
2. Going to non-essential businesses
3. Touching my face



# 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 &amp; Sandi Lips</i>	5	6 <b>Music Committee Meeting (5:30)</b> Zoom Rehearsal (7:00)	7 <i>Happy Birthday Charlie Siegel</i>	8	9
10	11	12	13 <b>Executive Meeting (5:30)</b> 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 <b>Music Committee Meeting (5:30)</b> Zoom Rehearsal (7:00) AGM (8:00)	4	5	6
7	8	9	10 <b>Executive Meeting (5:30)</b> 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](http://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