

IMPORTANT DATES FOR YOUR CALENDAR

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

- January 6 Music committee meeting (5:30 p.m.)
- January 6 1st zoom rehearsal of 2021 (7:00 p.m.)
- January 13 Executive meeting (5:30 p.m.)

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6 Jan 2021

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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



Happy New Year! Right now, 2021 does not seem very much different from what we left at the end of 2020. However, there is a new sense of hope and optimism as vaccinations trickle out and the massive job of inoculating the population begins. We can look forward to rehearsing in-person again at some point later this year.

We will resume zoom rehearsals on Wednesday, January 6 at 7:00 p.m. Les Creek, our incoming VP Music and Performance, has planned out rehearsals over the next 3 months. We want our repertoire to remain familiar as well as introduce some new music. We'll even dare to consider a potential Christmas show in 2021 (but that is still not certain).

As the weather warms, we'll consider gathering in-person at an outside venue. Once we have been cleared by Manitoba Public Health, we'll resume rehearsing in-person and indoors. Until then, our role is to continue to isolate physically, while we maintain our connections virtually. Certainly, it will become tiring to continue operating this way but we'll do our best under the circumstances while we creep towards a faint light at the end of a very long tunnel.

TRAILER UPDATE

From Paul Bullock

The chorus was very fortunate that the trailer, stolen from Paul and Wendy's place at the beginning of December was recovered and is now back at 12 Phil-Chris Way. There are no details about where it was found. We simply received notification that it was in an MPI compound. The 2 signs on either side of the trailer had been removed but they were out of date anyway because they said "Winnipeg Golden Chordsmen". Otherwise, the trailer had only minor damage to the hitch and the risers are still inside.

Thanks to Wendy Lamont for reporting the theft and dealing with MPI and the police to file a theft report. Thanks to Victor Olafson (his name is listed on the trailer registration) for arranging to have the trailer picked up. And a big thanks to Chris Magas who actually picked up the trailer (on the coldest day we've had this winter) and brought it back to Paul and Wendy's place.

CHAPTER LEADERSHIP POSITIONS

From Paul Bullock

There are many other leadership positions in the chapter. You can see a list of these on the last page of the newsletter. Some of these are not active unless we are holding in-person rehearsals. However, we do expect to change back to that format later in 2021. To everyone who has served in these different roles, thank-you all. Your work has helped make the chapter run. We will start 2021 with a clean slate and approach each individual to determine if you want to continue in your position. Some have already indicated that they will not be continuing. For everyone else who was not on the list previously, check this lineup of positions to see where you can help. If you have a preference please contact Paul Bullock. If not, you can expect a call.



UPDATE FROM YOUR MUSIC COMMITTEE

From Les Creek

Happy New Year everyone - may it be a MUCH better year than the past one.

As you can see from the leadership section of these Notes, there have been a number of changes to the Music Committee membership, and I'd like to add one more, and welcome Len Paluck as our new sheet music librarian.

We will continue to have our committee meetings on the first Wednesday of the month, currently via Zoom, and I'd like to welcome any chorus members to join us for all or part of it. We usually have a lot of topics to discuss so we do want to move the agenda along, but relevant comment is more than welcome. If you have any suggestions or comments (positive or negative), or if you have an item that you feel needs to be addressed by the committee, please address them to me either by phone or by email.

One thing I'd like to ask of all our members: please keep your ears open for any new music (or new arrangements of old music) that you really like, and send that to me or to another member of the committee. This is one way that we can enhance our music catalog as we go through the renewal process.

Our rehearsal schedule for the next couple of months will be made available once it has been reviewed by the committee.



BREATHING EXERCISES 2020/2021



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 6, 2021 VIRTUAL SINGING WEEK 1



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 – 7:20 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



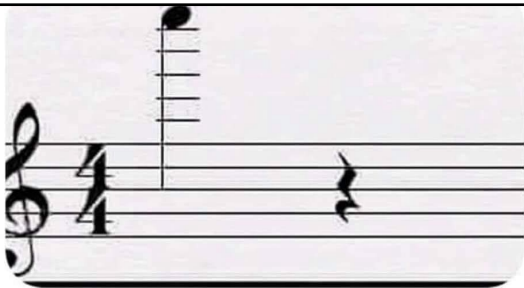
Current Show Repertoire:

- | | |
|--------------------------------|----------------------------|
| 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 |

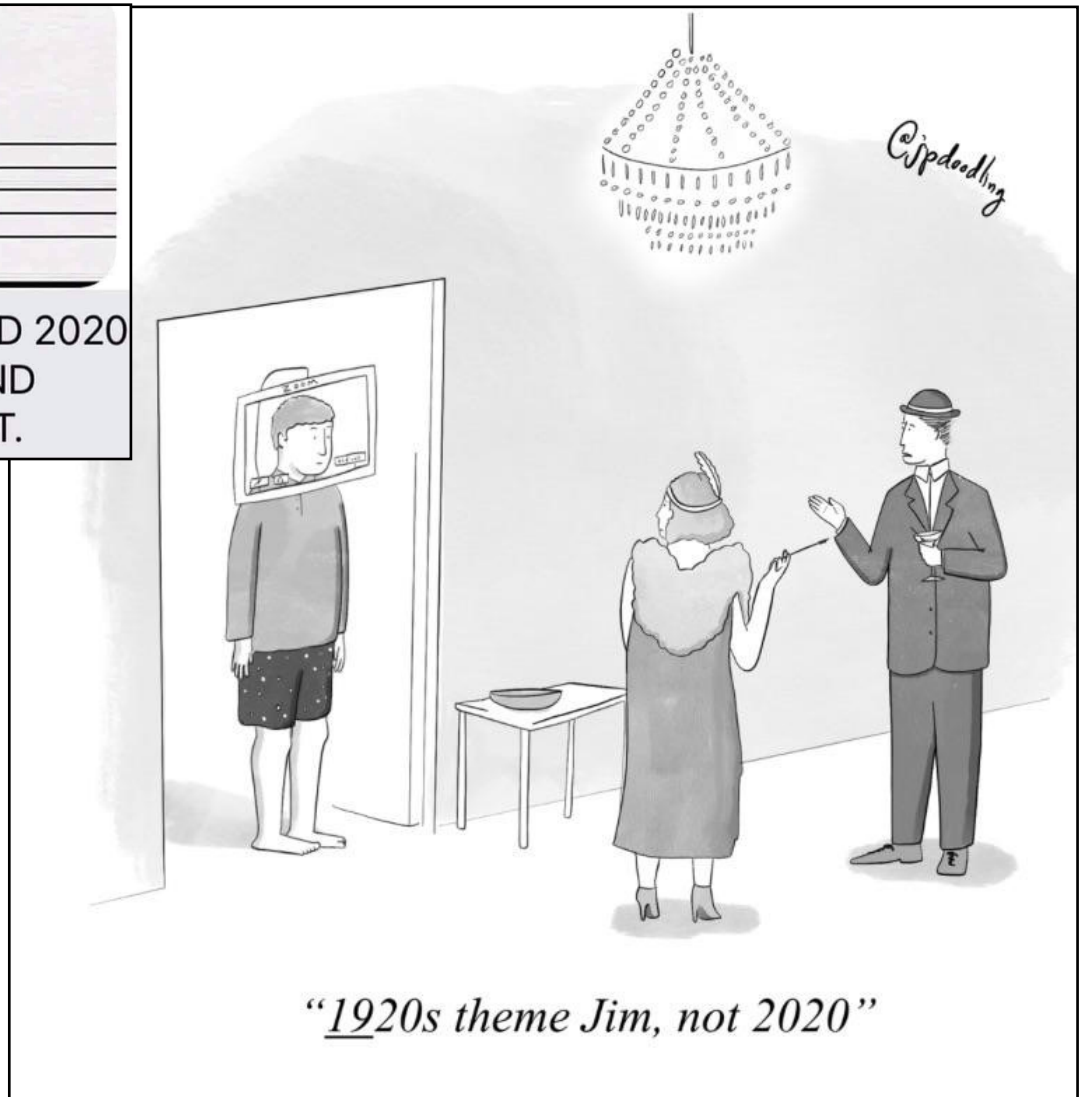


TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

Shared by Larry Bredesen, Krista Hanis-Gervais and Ricki Miles



I JUST WANT TO END 2020 ON A HIGH NOTE AND THEN GIVE IT A REST.



"1920s theme Jim, not 2020"



The Official flag of 2020



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
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~ 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
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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