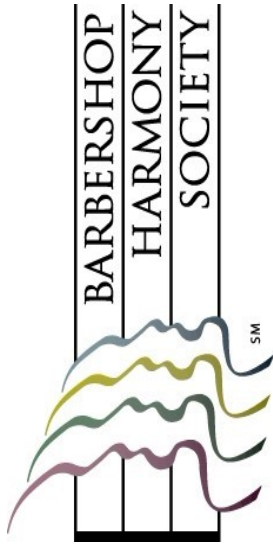




# Notes 4 U

Winnipeg, Manitoba, Canada  
Land O' Lakes, Barbershop Harmony Society  
[www.rivercitysound.ca](http://www.rivercitysound.ca)



10 February 2021

COVID-19 Online Zoom Rehearsals - Wednesdays 7:00 p.m. to 9:00 p.m.

Vol 2021 Issue 6

## IMPORTANT DATES FOR YOUR CALENDAR

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

**February 10** Executive Meeting (5:30 p.m.)  
Special Guest: Chad Bennett - BHS

Inside this issue:

**10 Feb 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

# **CHORUS REHEARSAL PLANS AND UPDATE**

from Paul Bullock

We had another great turnout at our rehearsal last week. It is nice to see everyone and sing together, even if it is while we are on mute.

Thanks to all our section leaders for getting up to speed on conducting sectionals. They are certainly helpful for learning our individual voice parts. We will continue to utilize these and will make sure that we allocate enough time for them in the rehearsals. This will help us continue to introduce and learn new songs that we want to perform at our next annual show scheduled for spring 2022.

At the rehearsal this coming week, we are expecting a visit from Chad Bennett of the Barbershop Harmony Society. He is going to help us with our performance techniques. It is a good opportunity because during the session we can all see ourselves and whether we're creating the appearance that we want. I hope we all learn a few tricks to make it easier for Gayle in her role as chorus choreographer.

In the future, we expect to use breakout rooms for other activities such as learning music theory, singing tags and woodshedding. If anyone has ideas for other musical activities that would be fun and manageable in a zoom rehearsal, please let the music team know about it.

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.



# 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 10, 2021 VIRTUAL SINGING WEEK 6



from Les Creek

This week's rehearsal timeline is going to be very flexible as Chad Bennett from the Barbershop Harmony Society is joining us to talk about presentation and connecting with the audience. We are not sure of the time that he will join or the amount of time that he will stay with us, so the items on the rehearsal may be shifted or omitted.

- 6:55 to 7:05 Greetings
- 7:05 to 7:10 Breathing Warmup
- 7:10 to 7:25 Vocal Warmup
- 7:25 to 8:00 New(er) Music And Chad Bennett  
Best of Doo-Wop - revised version  
I'm Feeling Fine
- 8:05 to 8:15 Business Meeting and a stretch... this may be deferred to later in rehearsal
- 8:20 to 8:45 Sectional Breakout If time permits  
Dream Lover  
Daydream
- 8:45 to 8:55 Repertoire Review if time permits  
Shine on Me If time permits
- 8:55 Final Song  
Irish Blessing
- 9:00 to 9:15 Afterglow



### Current Show Repertoire:

Blue Moon(s)

Can You Feel the Love Tonight?

Daydream

Harmony Collage

I'm Feeling Fine

Irish Blessing

Shenandoah

Under the Boardwalk

Bridge over Troubled Water

Can't Help Falling In Love

Dream Lover

Hello Mary Lou

Imagine

O Canada

Stand By Me

When I'm 64



# 2021 Pocket Roster Available For Download from Brian Metcalfe

Tom Ford states ... “The most important things in life are the connections you make with others”. One tool that WGC & RCS members have found to be extremely useful to help foster connections is our yearly ROSTER.

When I joined the WGC chorus seven years ago, our ROSTER was an 8.5” x 11” booklet that Gordon Billows created. As a newbie, I found the ROSTER to be valuable because it provided the following data on each member: their name, musical section, wife’s name (if applicable), home address, phone number(s) and an email address. However, it was the individual’s picture that helped me quickly associate names with individuals.

I took over designing the chorus ROSTER and in 2018 our Executive recommended that we dispense with the duplication costs of a ROSTER in booklet format. I was encouraged to create a digital ROSTER, so that it could be updated throughout the year as required and shared off our website.

Our ROSTER contained, in addition to the picture and associated data of each member, a wealth of other information including: Chorus Mission Statement; Chapter Executive; Leadership Positions; Important Dates; Chorus By Sections; Past Presidents; Barbershopper of the Year (BOTY) Winners; Dorothy Casselman Lifetime Achievement Award Winners; Chorus Alumni & BHS Code of Ethics. This 18 page digital volume was a wealth of information. However, if one is hoping to contact or “make a connection” with another chorus member, all s/he needs is the phone number(s) and an email address. Thanks to Gordon Billows who created the first one page “Pocket Roster” which provides each chorus member’s Name, Phone Numbers, Section & Email. Most members download & print this one-page “Pocket Roster” and keep it close to their telephone or computer when they need make a quick connection with another RCS chorus member.

Due to the covid pandemic we have stopped meeting in person. Although we have more than 25 members that



[ **NOTE:** Over the years, I have used the following naming convention: For example, “ROSTER” (in LARGE CAPITAL LETTERS) signifies the more extensive, LARGER, 18 page resource with chorus member pictures and additional resource material. On the other hand, the “Pocket Roster” (in smaller letters) refers to the smaller one page resource. ]

regularly meet at our Wednesday night Zoom virtual rehearsals, there are still some members that we are unsure of their status. Others are delaying payment of their 2021 chorus fees until Bruce Wilton, who has put in many long hours, announces that our chorus now qualifies as a charitable agency. These issues have delayed my efforts to create an extensive 2021 “ROSTER”. However, I have finalized the 2021 “Pocket Roster” (as of Feb. 4th) and have requested that Chris Magas upload this “roster” together with our 2021 membership list in both a Word & Excel formats. I encourage you to visit our website and look under the password-protected Members Only > Members section. Once the second section’s title states “2021 Roster”, you will be able to download and print the “2021 Pocket Roster”.

The other day I was talking with Len Paluck who was trying to connect with “retired” chorus members to make arrangements to retrieve wardrobe items from those no longer performing. He wanted to know where to find phone numbers of alumni. I suggested he investigate the various old ROSTERS and “Pocket Rosters” that can be located on our website at: Members Only > Archives in the “Roster Arcives” section at the bottom of the page.

I commend you if you are still reading to this point. I’m sure you are wondering why I chose to enhance this article with the above unique picture. Would you believe ... I was searching the Internet for a picture or icon and I think I misspelled “roster” :-). Take care & keep smiling :-)



# BHS MIDWINTER REPORTS – FRIDAY, SATURDAY, SUNDAY

shared by Avatar - Gordon Billows

**On last week's Midwinter Report (about Thursday's events) I could have just said I enjoyed Midwinter and left it at that, but that would not be me!**

BTW – I had completed the Saturday and Sunday report, then noticed that the Friday one was missing. You can tell by the “brevity” of this Friday report that I want to get this done with! I will be sending a separate Dropbox link to Notes so you can view some selected pictures.

<https://www.dropbox.com/sh/51y10sa0vvqg29e/AABdonKtAMZyV0EqzIIN8huYa?dl=0>

**Friday, January 29<sup>th</sup>** - Central States District's Leadership Academy classes started in the morning and the Harmony University classes filled the afternoon. Both were well attended and worth the Midwinter registration alone. Had some nice compliments on the RCS Hospitality Room! Actually the Land O' Lakes District had many very good displays thanks to Peter Maddeaux. I can attest to that because over the last few weeks leading up to Midwinter, I was able to visit most of the rooms in the other 17 Districts and 8 Alliance buildings.



A BUILDERS work is never done – had some last minute additions and checks to do in the 5 Sing Canada Harmony rooms. Four Sing Canada Harmony Board members were attending the Midwinter and we arranged to meet in each of the SCH rooms at specific times to greet any Avatars that visited. Present were: Evergreen District's James Thexton and Gerry Borden, Ontario District's John Wilkie, and I represented LOL. Together we covered the 5 Districts – EVG, LOL, ON, PIO, and NED.

The Keynote Address was given by H. Beecher Hicks from Illinois. Some might feel that it was too much, but his diversity message was very well accepted and very timely!

The LOL Avatars, including Marty and Jay, gathered at the LOL Hospitality Room for a group photo at 7. This was also an opportunity to try out some of our dance moves and flips! Kids, eh!

Friday evening had the Harmony Celebration show <https://www.barbershop.org/events/midwinter-convention/featured-performances#harmony-celebration>. You can follow this link to see the line-up of terrific talent and also go to some of the websites to enjoy some online performances. Several of these top medalist quartets are also from Britain and Ireland. A special mention about **Ripple Effect**, 2019 Ontario Mixed Quartet Champion that recently did a fundraising event for Sing Canada Harmony!

There were two 9:30 p.m. Afterglow Shows to choose from this evening - **Half and Half at the Glimmer Beach Stage** and **The Von Tramack Family Singers**, with **Sweet & Sour quartet** at the **BHS Nightclub**. I traveled between the two shows. After, I visited some of the other District Hospitality Rooms to find more action!

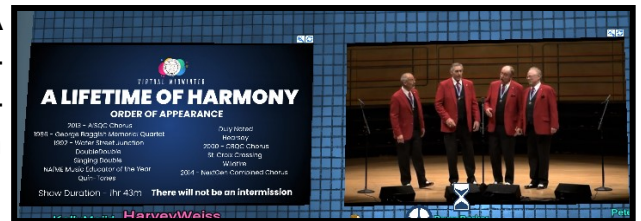


**Saturday, January 30<sup>th</sup>** - If this type of convention is held in the future (like the 2021 International possibly), this is the experience you could have:

Educational Sessions - something and MORE for all Barbershoppers:

- There were about 50+ Harmony University caliber sessions <https://www.barbershop.org/events/midwinter-convention/education-at-midwinter>
- plus 30 “sit down” sessions with the top BHS instructors
- plus Central States District put on a FULL ONLINE LEADERSHIP ACADEMY. [https://docs.google.com/spreadsheets/d/1hKkkIO0EXjZAJyozTRR4Xh2SfGhb\\_6LbHxo8kpU0EU/edit#gid=0](https://docs.google.com/spreadsheets/d/1hKkkIO0EXjZAJyozTRR4Xh2SfGhb_6LbHxo8kpU0EU/edit#gid=0)

The evening Lifetime of Harmony Show had 382 Avatars attending. Fabulous performances by many of the very best BHS, SAI and HI quartets. SUCH A PLEASURE. Wish you all could have experienced this instead of just me. So many of the performances brought virtual tears to many of the Avatars. One of the comments on the screen “I’m breaking up with goosebumps and tears”!



During the 2013 AISQC Chorus portion of the show, Down State Express – Bass - Gary Rogness (Hold that Tiger) was on the screen. A few Wpg members might remember Bruce Odell’s quartet singing that hilarious song. During all these shows, Avatars were able to post comments at the bottom of the screens and shared their stories about the featured quartets - a few of the members of the '92 youth quartet, Water St Junction, are still singing, one in Japan and two in Germany; Double Double senior quartet champs were a very big hit and will sing on the evening show; Singing Doubles (with 2 pair of female twins) were the 2020 junior quartet champs.

There was a special announcement that the Music Educator of the Year was John Wernega, a New Jersey **elementary** school music teacher. He was called a musical genius by his fellow teachers and administrators. He was the music teacher for the 2019 Quin-Tones youth quartet champs (their tenor, Jacob, is blind). Paula and I were at that convention when they won. Another quartet, 2019 SAI Rising Star Duly Noted performed at a show P & I attended in Ft Myers. The 2019 Senior Champions, Hearsay, told the story behind the Loch Lomond song and sang it with such intense feeling that many of us who are not Scottish, shed tears.

Another HIGHLIGHT of the Lifetime of Harmony show was seeing LOL’s St Croix Crossing, 2018 BHS Senior Champs, perform the Auctioneer song and Can’t Buy Me Love Medley! Their tenor, Steve Hardy attended Midwinter and sang the Cry tag with Les, me and Kaleb from GNU.

After the Lifetime of Harmony show, Avatars had 3 **AFTERGLOW LIVE** show options. I went to the **After Hours**, 2018 Gold Medal winners, show in the BHS Nightclub. A few video glitches were fixed and



they did a great 1-hour **performance from Milwaukee!** The quartet members had not sung together for about 9 months, but got together this weekend at a hotel near Bryan Ziegler’s home in Milwaukee to do this performance. There was a snow storm at that time and the quartet did not know if they would be able to get home the next day. After Hours sang a brand new song in front of AVATARS.

A neat feature of this virtual world is that you can transport your avatar to anywhere in the convention world with a few clicks of a mouse. I took a quick visit to Glimmer Beach to watch the LIVE performance by 2016 Gold Medalists, **Forefront** (Kentucky). They gave very interesting commentaries about many of their songs.

Not sure if I mentioned it before, Avatars were able to perform a lot of choreography. They could do a wide variety of dances, cheer, shake hands, climb, etc by hitting various F keys. Late one evening Marty gave Avatars the key code (/backflip) to, yes, have your avatar do a back flip. You can bet that many of us Avatars would not be able to do back flips or some of those dances, in reality. Many of us got that chance at Midwinter. We closed the afterglow by sort of singing Heart of My Heart together.

**Sunday, January 31<sup>st</sup>** - When I entered the Midwinter world early Sunday morning, I met Elizabeth Colpo, Pres. of American Choral Directors Association. We had a nice chat and I took her picture by a Midwinter logo and sent it to her. I mentioned about the Sunshine District convention cancellation last March and that Throw Back entertained some of us in the President's hospitality suite. She also knows Sean Devine quite well and will extend my greetings to him. I spent the rest of the morning visiting the Alliance and District buildings to capture performance links to eventually share with Wpg Chapter.



Apart from some technical difficulties at the beginning, the Signature Show was EXCELLENT. As part of the show, Signature discussed their philosophy of singing songs from their heart. Interesting, they had been chastised for a few of their songs that featured the injustices in their country, prejudices, etc. They explained that they could not apologize because they agreed years ago to sing from their hearts regardless if they might be condemned for what some might think are anti-social norms. They sang several of their favourite songs and brought tears to many Avatar eyes. Such a great blend of voices and such genuine emotion!

I arranged for the District Hospitality Room BUILDERS to gather on the Signature stage for a group picture after the show. Many of us had gotten to know each other quite well over the last two months of construction. Fun – Signature members were climbing up and forming a pyramid on stage (Avatars can climb).



Later in the afternoon, about 270 Avatars attended Blair Brown's very emotional keynote address <https://youtu.be/Uwf4T22ebDE>. Barbershopping had a major healing impact on her battle with mental health. She spoke in some detail about the mental health problems she experienced throughout her early life - her grief, anxiety, depression, medication, helplessness, thoughts of suicide and other personal challenges. Her love of music eventually saved her! Her journey to recovery was aided by her college voice instructor, Dr Jim Henry, who encouraged her to attend his Ambassador of Harmony show. She was HOOKED! Eventually, she met and married another one of Dr. Henry's students (Ravi from GNU), formed the Double Date quartet, won the World Mixed Quartet contest in Germany, ..... , and is now a BHS Board Member. Her inspiring closing comments include - let BBS be the hero in the lives of others; we can be an important positive impact of lives; ignite the music spark in others; be a



BBS hero; focus on the best things we have to offer.

Sunday evening featured the Showcase of Champions. If you click on this link, you can enjoy performances by most of the Champions by clicking on their links. <https://www.barbershop.org/events/midwinter-convention/featured-performances#showcase-of-champions> Like Saturday's events, Avatars had a choice of what Afterglow Live Performances they wanted to attend – tonight it was Hearsay or Midtown. I attended a bit of both and, yes, both were TERRIFIC. While at Hearsay's performance, I took another boat ride (the kid in me, I guess). I spotted a "dot" away out in the ocean and drove out to see what it was. Ah, an Avatar had wanted to see how far they could go before dropping off the face of the earth. I offered him a ride back to shore, he got into the passenger seat and we headed back to the beach area. He thanked me for "rescuing him".

Like at many big American events, there was a Fireworks display at Glimmer Beach. This was also the last opportunity to go for a boat ride. I went again and took some screenshots of the fireworks from both sides of the lighthouse. During the display I was able to get pictures of Tim Waurick driving another boat, Marty Monson watching the display from the hills around the lighthouse and BHS staff member Eddie Holt watching from the very top of the lighthouse. They appreciated receiving their Midwinter pictures.



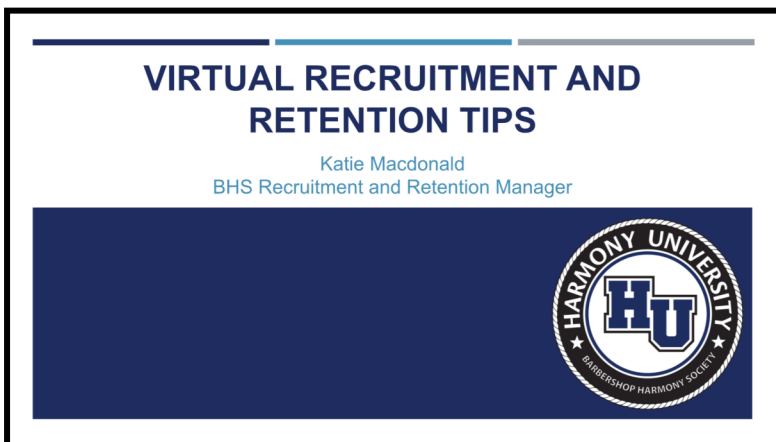
Marty's Farewell speech thanked the Avatars for supporting the event and having faith in Barbershop. He also thanked the Society staff, District BUILDERS, and volunteers who worked many hours to make this virtual Midwinter happen. It was amazing that this was all put together in such a short span of time and I am very pleased that I was so involved in the process. We all learned so much and enjoyed the experience.

**IT'S GREAT TO BE A BARBERSHOPPER (both virtually and in real life).**

## MIDWINTER HU VIRTUAL RECRUITMENT & RETENTION TIPS

shared by Gordon Billows

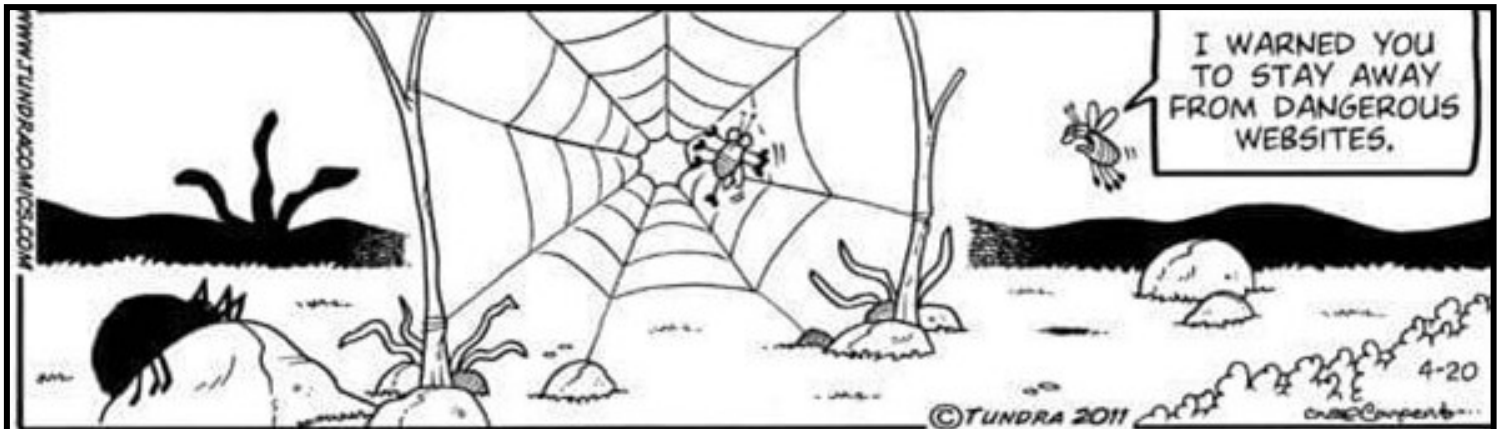
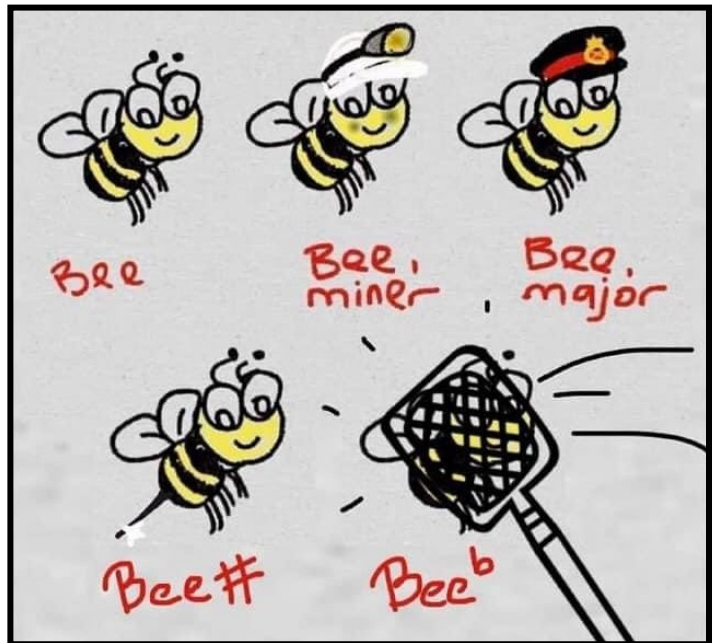
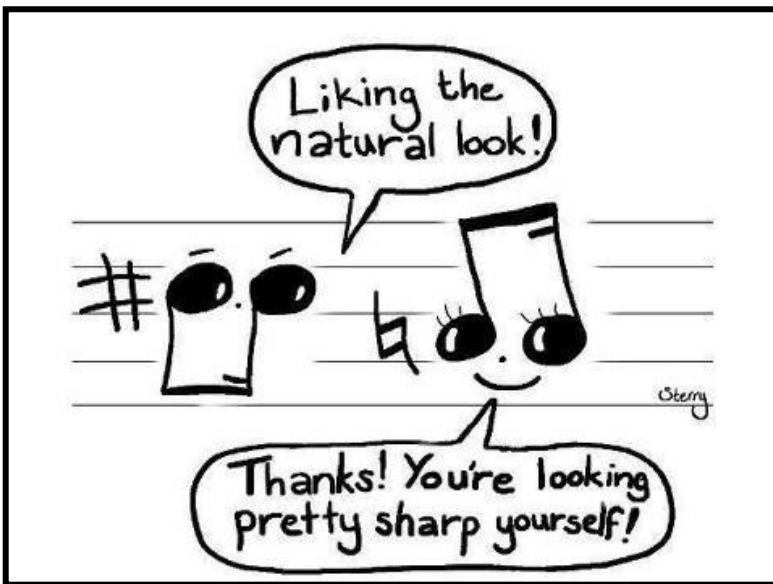
Katie Macdonald, from BHS, gave a presentation about Virtual Recruitment and Retention Tips:



<https://docs.google.com/presentation/d/19UNTwhuk5h-EETZVC4ILNO1WlidJxrFQ9IjvNrGUs/edit#slide=id.p1>

# TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

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



# 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) <i>St Patrick's Day</i>	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](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:** 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