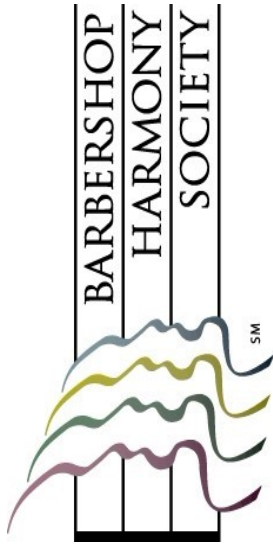




# Notes 4 U

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



24 February 2021

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

Vol 2021 Issue 8



## IMPORTANT DATES FOR YOUR CALENDAR

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

**March 3** Music Committee Meeting (5:30 pm)

**March 10** Executive Committee Meeting (5:30 pm)

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**24 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



# 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 24, 2021 VIRTUAL SINGING WEEK 8

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 7:25 Warmups
- 7:30 New(er) Music  
Unchained Melody – performance notes
- 7:35 to 8:05 Sectional Breakout  
Unchained Melody  
I'm Feeling Fine - if required
- 8:05 to 8:15 Unchained Melody - mix
- 8:15 to 8:30 Repertoire Review  
Tag singing—led by Harlequin  
Daydream  
Can You Feel the Love Tonight
- 8:45 to 8:55 Business Meeting
- 8:55 Final Song  
Irish Blessing
- 9:00 to 9:15 Afterglow and Music Team Review (in tenor room)



## PLANNED UPCOMING REHEARSAL MUSIC (SUBJECT TO CHANGE !!!)

### New(er) Music Sectionals

- Mar 3** Unchained Melody  
I'm Feeling Fine (if needed)
- Mar 10** Rhythm Of Love  
Unchained Melody

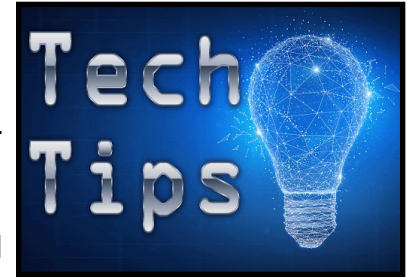
### Repertoire Review Sectionals

- Harmony Collage  
Hello Marylou  
When I'm 64
- Shenandoah  
Under the Boardwalk  
Down Our Way

# HOW TO CREATE A PDF

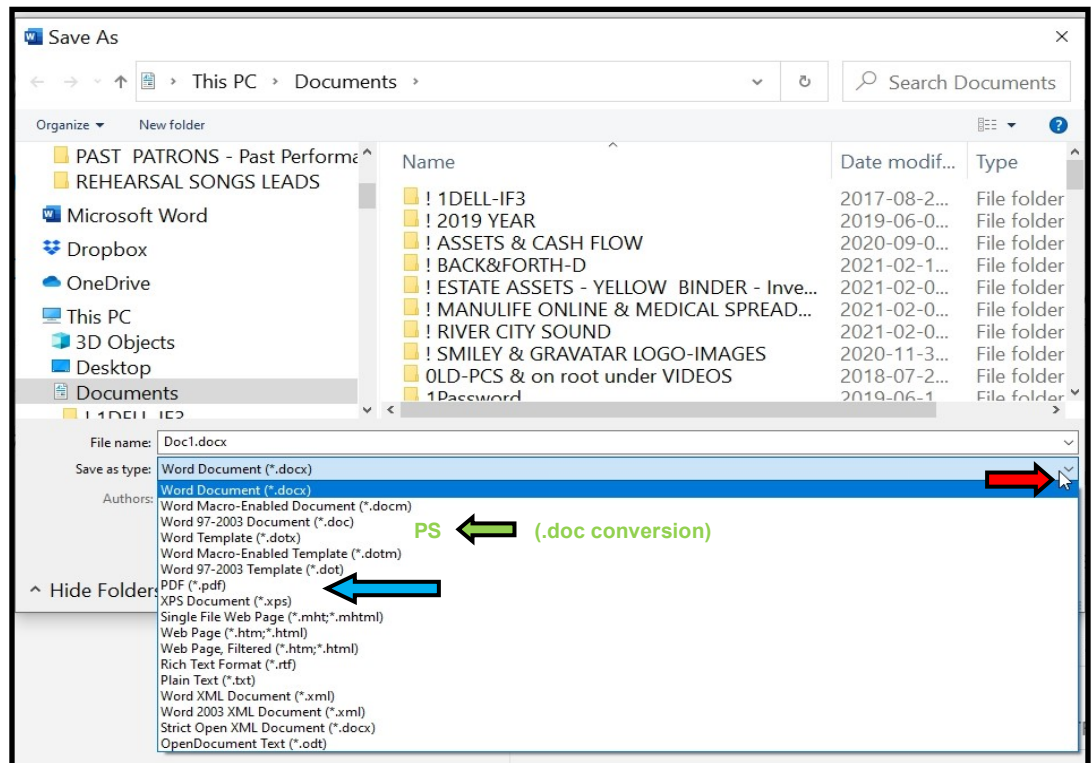
from Brian Metcalfe

At our last rehearsal, I suggested a strategy for sharing a document with others. In past, I used to share Word or Publisher documents in their “native form.” By that I mean, I would just create a document, save it, attach it to an email, and send it out to others assuming they could open and read the attachment without difficulty. However, I soon learned when communicating with some of our past patrons, that my Word documents could not be read by some with older hardware and software. In fact, although some could read the older Word (.doc) files, they could not open the newer Word (.docx) files. Furthermore, if Krista sent out last week’s Notes 4 U newsletter in it’s native Publisher file format (such as “Notes 4 U-February 17 2021.pub”), there would only be a handful of RCS chorus members who would be able to read it. Only those running Microsoft Publisher, on their computer, would be able to view the newsletter. The vast majority would not be able to open the newsletter’s (.pub) file and be able to read anything! Obviously, as Krista knows, the best way to share a document, so that it can be read by many more individuals is by converting it to a “Portable Document Format” or PDF. When I made the suggestion, at our last rehearsal, that it is wise to convert files to a PDF when sharing outside our organization, several members suggested they did not know how to convert to PDFs. I will share the process for Windows-based computers below and I’m sure that if you do a Google search for “how to create a PDF on an iPad or Macintosh computer”, you will find several entries or YouTube videos to help you out.



## How To Create A PDF in Word (on a Windows computer)

If you have a document in Word, click the “File>Save As” menu items. Navigate to where you wish to save the result. When you see the “File name: Doc1.docx” (or some other name, such as “RCS example.docx”), click the **“down arrow” (V)** to the right of the “Save as type” field (as shown). Rather than select the “docx” default value, cursor down and click on the **“PDF option”**. Now your Word document will be renamed and converted to (Doc1.pdf or RCS example.pdf). Click the “SAVE” button to complete the task. Now you will have the original Word document saved as a PDF which you can share. Take care & keep smiling :-)



PS. You can use a similar process to convert a newer Word (.docx) document to it’s older (.doc) format.

# TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

shared by Gordon Billows

shared by Gary Miles

## You Might Be A Barbershopper:

- If you think Air Supply would have been much better with a good bass, you might be a barbershopper.
- If you've tried to tune your wind chimes to a barbershop seventh, you might be a barbershopper.
- If your wife no longer cares how you got makeup on your shirt, you might be a barbershopper.
- If you mistake the hum of an air conditioner for the sound of a quartet somewhere in the hotel, you might be a barbershopper.
- If you look like a bottled water delivery person, carrying around a 4 liter jug of water, you might be a barbershopper.
- If you memorize 20 arrangements for a show and forget your anniversary, you might be a barbershopper.
- If you won't go to the market and get your wife some pantyhose, yet you'll wear lipstick and rouge in front of 400 Shriners, you might be a barbershopper.
- If your doctor schedules your heart surgery on a rehearsal night and you have to think twice about it, you might be a barbershopper.
- If, on meeting someone for the first time, you ask them what part they sing before their name, you might be a barbershopper.
- If your parents suspect you have joined a religious cult because of your obsessive behaviour (actually true!), you might be a barbershopper.
- If, when you leave the house, you always check to make sure you have a pitch pipe with you BEFORE you check to see if you have your keys, you might be a barbershopper.



## Senior Texting Codes (STC):

- ATD = At The Doctor's
- BFF = Best Friend's Funeral
- BTW = Bring The Wheelchair
- BYOT = Bring Your Own Teeth
- CUATSC = See You At The Senior Center
- DWI = Driving While Incontinent
- FWBB = Friends With Beta Blockers
- FWIW = Forgot Where I Was
- FYI = Found Your Insulin
- GGLKI = Gotta Go, Laxative Kicking In!
- GGPBL = Gotta Go, Pacemaker Battery Low
- GHA = Got Heartburn Again
- HGBM = Had Good Bowel Movement
- IMHO = Is My Hearing-aid On?
- LMDO = Laughing My Dentures Out
- LOL = Living on Lipitor
- OMMR = On My Massage Recliner
- OMSG = Oh My! Sorry, Gas!
- ROFL...CGU = Rolling On Floor Laughing ... Can't Get Up!
- TTYL = Talk To You Louder
- WAITT = Who Am I Talking To?
- WTFA = Wet The Furniture Again
- WTP = Where's The Prunes?
- WWNO = Walker Wheels Need Oil



# 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