



IMPORTANT DATES FOR YOUR CALENDAR

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

- March 03** Music Committee Meeting (5:30 pm)
- March 10** Executive Committee Meeting (5:30 pm)

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PAST, PRESENT & FUTURE	PERMANENT ZOOM REHEARSAL LINK
<p>Please send any information for publication to Krista by Saturday noon at: kristahanisgervais@gmail.com</p> <p>Thanks, Krista ☺</p>	<p>Join our online Zoom rehearsals every Wednesday with this link: https://us02web.zoom.us/j/84457343549?pwd=ZGJmeUIJTjXl5Nnp1Ly9sNGQxYkxPUT09</p> <p>Meeting ID: 844 5734 3549 Password: 974496</p> <p>For Assistance signing on, call Brian at 204-667-2727</p>

CHORUS REHEARSAL PLANS AND UPDATE

from Paul Bullock

We are now ready to start our next video project. Please refer to the instructions circulated this week and start working on your audio track for “I’m Feeling Fine”. This should be an excellent, upbeat addition to our list of video productions.

Once again, our members are stepping up to help and keep our chorus moving forward. A big thanks to Brian Metcalfe who is there to help anyone experiencing technical issues at our zoom rehearsals. And thanks to Rob Smith. He has put together a woodshedding session for us that we’ll be doing at the March 10 rehearsal. Plus, he is going to search through the tags provided on the BHS website to find some additional ones that we can use. Plus, more thank-you’s to everyone in Leadership positions in the chorus (see the last page). You responded to Wendy’s inquiry and either kept your name or added your name alongside these key positions. The chorus would not be able to function without you.

The generous spirit of our members is what truly makes this chorus so special. Keep singing. See you Wednesday.

WOULD YOU LIKE TO BE MATCHED WITH A CHORUS MENTOR?

from Wendy Lamont

Thank you to all of the members who provided feedback about the chorus by phone and e-mail in January. I have taken all of your comments to heart, one of which was with regard to mentorship. This was already on my radar so I am happy to see that another member thought this was important as well.

Contact was made with Sherrie Bredesen and Larry Hunter, Music Directors, who I felt were the best people to provide a list of mentors for each section. If you are a newer member or a potential member and feel a mentor would be helpful to you, please contact me and I will match you to a mentor.

Stay tuned for other initiatives arising from your comments.





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 - MARCH 03, 2021 VIRTUAL SINGING WEEK 9

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
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 8:45	Repertoire Review Tag singing Harmony Collage Hello Mary Lou
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)



2. Lonely For You Am I

Musical score for "Lonely For You Am I" in 3/4 time, featuring a treble and bass staff with lyrics: "Lone-ly, so lone-ly for you_ am I_ lone-ly for you_ am I_".

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

	<u>New(er) Music Sectionals</u>	<u>Repertoire Review Sectionals</u>
Mar 10	Rhythm Of Love Unchained Melody	Shenandoah Woodshedding with Rob Smith
Mar 17	Rhythm Of Love	Under The Boardwalk Special Event

NEW MUSIC VIDEO - "I'M FEELING FINE"

shared by Les Creek

Hello chorus members! River City Sound is about to embark on the creation of our fourth video using the gospel song "I'm Feeling Fine". Many of you have sung it before. We will be using the **part-predominant learning tracks** to synchronize the timing for the song. They can all be found on the chorus web site. We will be working with these during sectionals at Wednesday night rehearsals but you are encouraged to spend some time with them on your own to ensure that you are very familiar with the learning track delivery. The song moves very quickly. Individual audio tracks need to have the correct notes, words and timing and individual videos need correct words, timing and facial expressions.

So who can participate in this venture?

Every chorus member that wishes to do so! You are strongly encouraged to submit both an audio and video track. But if you are not able to successfully produce a good quality track for one or the other, you can submit only an audio track or only a video recording. As with previous video projects, the audio tracks will need to be sent to your section leader earlier, by March 25th, and the video recording by April 15th. This will provide sufficient time for the audio and video compilations to be completed.

What is the submission process this time?

We have simplified the submission process as it has been a little confusing in the past. Both the audio tracks and the video recordings are to be sent to your section leader for review. Please review your tracks before you send them and ensure that they are acceptable to you. The section leader will determine if your audio and video track is of sufficient quality to forward to the audiographer or videographer, respectively. If not, the section leader will reply to you to offer specific suggestions for improvement. It may take several attempts to get individual tracks up to par and it will be up to each member to decide how many revised tracks they wish to submit. The section leader may forward your track to one of the co-directors for additional input if needed. In order for us to have a really great final video production, we expect all members to a) know the notes, b) know the words and c) know the tempo for the audio track, and a) know the words, b) know the tempo and c) have good facial presentation for the video track so all of the individual facial expressions can be synchronized when they are put together.

What was that timeline again?

Audio tracks to be submitted to your section leader by March 25th. Video recordings to be submitted to the section leader by April 15th. Our target release date is April 28th (or sooner).

Any suggestions for the recording process?

Here are some suggestions to help you make great recordings:

1. **Use only the part-predominant learning track when you are practicing.** It is really easy to lose your place and the notes if you are listening only to the mix tracks.
2. When you are recording your audio track, have the **part-predominant learning track** playing through headphones or earbuds from one device, while recording on a second device. If possible, use a microphone connected to the recording device. This reduces background noises.
3. Listen to your recorded audio track. Ensure that your notes, your words and your timing are all correct. If not, do another "take". It usually requires several attempts to record an acceptable audio track. Once you are satisfied, send it to your section leader.
4. When you are recording your video track, you don't need headphones or earbuds. Have the **part-predominant learning track** playing loudly in the background while you are recording so you don't lose track of where you are in the song. You can sing out during the video recording. It should help with your timing and for your facial expressions to match the words being sung.
5. Review your recorded video. Ensure that your words and your timing are correct. Critically assess your facial expressions. If you are not satisfied, do another "take". It usually requires several attempts to record an acceptable video. Once you are satisfied, send it to your section leader. You can use <https://wetransfer.com/> to do that.

What do I wear for the video recording?

That will be determined shortly and will be communicated to everyone at that time.

Is anyone available to help with the recording technology?

Yes! Brian Metcalfe has assisted a number of chorus members with their recording set-up.



O. KOSHETZ UKRAINIAN CHOIR'S MUSIC VIDEOS

shared by Donna Paryniuk

Here are the links to the YouTube videos that the O. Koshetz Ukrainian Choir has posted since resuming practices the last week of November 2020. I'm in the first one and the third one. I was too busy with Christmas to participate in the second one.

We submitted our recordings for our fourth one last week and our fifth one this week. My son Nick pretty much summed things up on Sunday when he said, "What do you have planned for this week, Mom – another 18 hours of singing?"

O. Koshetz Ukrainian Choir is celebrating its 75th Anniversary this year and since we can't do any concerts, we are doing videos. The director is planning to create a video for culturally significant events that are occurring throughout the entire year. Should be fun!

Christmas Videos:



"Oy Virle, Virle" - A Folk Christmas Carol

<https://youtu.be/FMMdohGlyf8>



"Rizdvyana kolyskova" ("Christmas Lullaby")

<https://youtu.be/Lud4CMWtjRQ>



"Vo Vyfleyemi Zorya Siyaye" ("In Bethlehem Shines A Star")

<https://youtu.be/4kz6vXHyy4>

New Spring Video Released This Week:



"Bula Vesna" ("It Was Spring")

<https://youtu.be/JqXzfmSP-g>

TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

shared by Ferryl Casselman, Ricki Miles, and Gordon Billows



Michael McIntyre Comedy:

"You should probably change your password"

https://youtu.be/z_HmDP3IKMI



Rick Mercer Report:

"Seven Day Forecast"

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



MozART group

"How To Impress A Woman"

<https://youtu.be/Nxgm27oWu3s>

The Beauty of Barbershop Friendships:

- FRIENDS: Never ask for food. BARBERSHOP FRIENDS: Always bring the food. And lots of it.
- FRIENDS: Will say "hello." BARBERSHOP FRIENDS: Will give you a big hug and a kiss. More than one.
- FRIENDS: Call your parents Mr. and Mrs. BARBERSHOP FRIENDS: Call your parents Mom and Dad, and really mean it, too.
- FRIENDS: Have never seen you cry. BARBERSHOP FRIENDS: Cry with you. And for you.
- FRIENDS: Will eat at your dinner table and leave. BARBERSHOP FRIENDS: Will spend hours there, talking, laughing, and just being together. Then do the dishes before leaving.
- FRIENDS: Know a few things about you. BARBERSHOP FRIENDS: Could write a book with direct quotes from you. And most of the time know you better than you do yourself.
- FRIENDS: Would knock on your door. BARBERSHOP FRIENDS: Walk right in and say, "I'm home!" If you are not home they will wait.
- FRIENDS: Are for a while. BARBERSHOP FRIENDS: Are for life. And then some.

IMPORTANT DATES 4 U - MARCH & APRIL 2021

Meetings, Rehearsals, Holidays and River City Sound Member Birthdays

~ 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 <i>"I'm Feeling Fine" Audio Recordings Due</i>	26	27 <i>Passover Begins</i>
28 <i>Happy Birthday Herold Driedger</i>	29	30	31 Zoom Rehearsal (7:00)			

~ April 2021 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 <i>Good Friday Happy Birthday Larry Hunter</i>	3 <i>Happy Birthday Norm Silverberg</i>
4 <i>Easter Sunday Passover Ends</i>	5 <i>Easter Monday</i>	6	7 Music Committee Meeting (5:30) Zoom Rehearsal (7:00)	8	9	10 <i>Happy Birthday Sherrie Bredesen</i>
11 <i>Happy Birthday Ken Broadfoot</i>	12 <i>Happy Birthday Larry Bredesen</i>	13	14 Executive Meeting (5:30) Zoom Rehearsal (7:00)	15 <i>"I'm Feeling Fine" Video Recordings Due</i>	16	17
18	19	20	21 Zoom Rehearsal (7:00)	22	23	24 <i>Happy Birthday Krista Hanis-Gervais</i>
25	26 <i>Happy Birthday Brian Metcalfe</i>	27	28 Zoom Rehearsal (7:00)	29	30	



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: 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

Accountant: Gary Miles
Zoom Meeting Attendance: Wendy Lamont
In-person Meeting Attendance: Norm Silverberg
50/50: Norm Silverberg
Awards Banquet Chairs: Gary & Ricki Miles
Charities: vacant
Church Xmas Chorus: Bruce Wilton
Learn to Sing Program: Len Paluck, Wendy Lamont, Ferryl Casselman
Grey Cup Pool Chair: vacant
Historian: Gordon Billows
Notes 4 U Editor: Krista Hanis-Gervais
Refreshments: Norm Silverberg, John Latham, Len Paluck
Sing Canada Harmony: Gordon Billows
Sunshine: Brian Metcalfe
Wardrobe: Charlie Siegel, Louise Malo
Website: Chris Magas
2022 Show Producer: Les Creek
2022 Show Chairman: vacant
Advocate for the Winnipeg Chapter: Gordon Billows