

IMPORTANT DATES FOR YOUR CALENDAR

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

March 25 "I'm Feeling Fine" Audio Recordings Due

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17 Mar 2021

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PAST, PRESENT & FUTURE	PERMANENT ZOOM REHEARSAL LINK
Please send any information for publication to Krista by Saturday noon at: kristahanisgervais@gmail.com	Join our online Zoom rehearsals every Wednesday with this link: https://us02web.zoom.us/j/84457343549?pwd=ZGJmeUIJTjXI5Nnp1Ly9sNGQxYkxPUT09
Thanks, Krista ☺	Meeting ID: 844 5734 3549 Password: 974496
	For Assistance signing on, call Brian at 204-667-2727

CHORUS REHEARSAL PLANS AND UPDATE

from Paul Bullock

This year, St. Patrick's Day falls on a Wednesday. Since the opportunity to go out and consume "green beer" is not an option, perhaps we can substitute that with finding a bit of **green attire** to wear at the zoom rehearsal this week. Ricki Miles has a St. Patrick's Day quiz to share with us on Wednesday (thanks Ricki). It should be fun and possibly wearing some green will bring you the luck of a Leprechaun!



Going forward, there should be other activities such as learning a bit of music theory and some more woodshedding to go along with working on our new songs and reviewing repertoire during our rehearsals. We seem to be able to pack quite a bit of singing, variety and fun into each Wednesday. It is absolutely great to see so many members each week.

Be sure and take time to work on your audio track for "I'm Feeling Fine". It's a very upbeat song. But even though it is familiar, it takes some practice to get a recording that is in-tune, with the correct words and synchronized with the learning track. Make sure that the learning track you are using is recent. If you downloaded it a month ago, that's not the correct one to use. Download the latest part-predominant version from the web page.

The unusually warm March weather has brightened spirits. Please continue to be diligent with public health orders and guidelines. It would be tragic to contract Covid-19 now when we are so close to getting protection from a vaccine. As of March 12, anyone age 80 and over can make a vaccination booking. It won't be long before many in the chorus will have their first shot. In the meantime, stay safe.

Keep singing. See you Wednesday.

SING CANADA HARMONY

from Gordon Billows

Donations to Sing Canada Harmony are definitely serving a purpose for Canadian barbershop chapters, their members and others singing organizations and individuals. As we come out of this Pandemic, you can be sure that your donations will be even more important in meeting the scholarship requests that Keep a Melody Ringing in Canada.

There were 7 Sing Canada Harmony scholarship recipients for this first quarter of 2021. Awards were made to chapters of three Sweet Adeline International, two Harmony Incorporated, one Barbershop Harmony Society and also to one Independent person. The awards totaled \$4600. The scholarship purposes included virtual coaching, educational courses, audio equipment, individual member vocal instruction and voice rehabilitation.

The next scholarship application deadline is June 1st.

Go to the Sing Canada Harmony website or contact me if you would like any information about Sing Canada Harmony's donor, scholarship or legacy programs.



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 17, 2021 VIRTUAL SINGING WEEK 11



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 Rhythm of Love – Listen Only – performance notes I Want To Hold Your Hand
7:35 to 8:05	Sectional Breakout I Want To Hold Your Hand Unchained Melody – if needed Rhythm of Love – Listen Only
8:05 to 8:15	I Want to Hold Your Hand - mix
8:15 to 8:45	Repertoire Review and Special Event Special Event Under the Boardwalk When I'm 64
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

Repertoire Review Sectionals

Mar 24

Yesterday
I Want To Hold Your Hand

Imagine
Stand By Me
Theory and tag singing

Mar 31

Yesterday
Bridge Over Troubled Water
I Want To Hold Your Hand

Beach Boys Medley
Best of Doo Wop
Sweet and Lovely (polecat)

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.



THE “BIG PICTURE” - EMAILING “JOY” WITH AN IPAD

By Brian Metcalfe

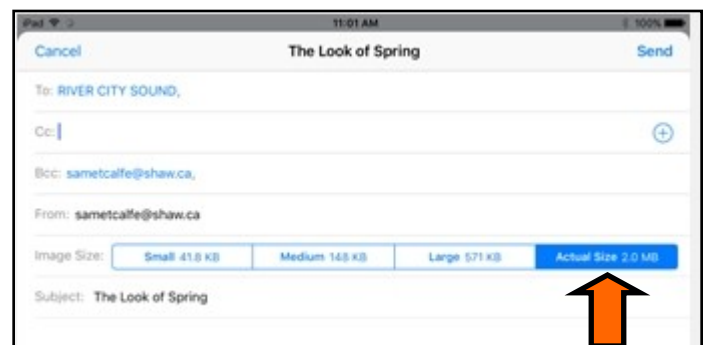
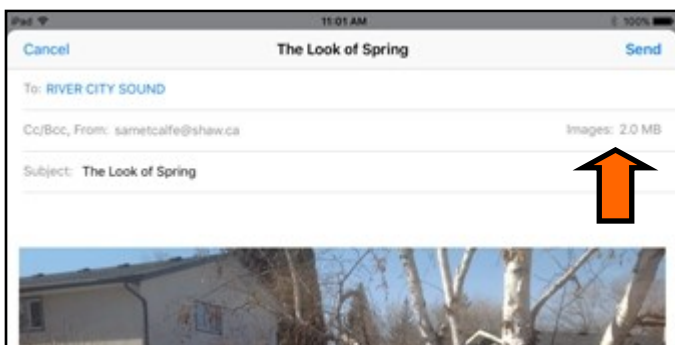
Wendy Lamont, Larry Bredesen and I are very busy researching images that can enhance our upcoming “I’m Feelin’ Fine” musical video. Since the lyrics to this popular song express joy & exuberance, we are inviting each chorus member to email us with a favourite picture(s) that bring you much joy. Know that we do not want to compromise privacy of chorus members or their family members, so we will not be able to incorporate pictures where an individual's face can be seen. We can’t promise that we will use all pictures submitted but, if unused, the images will be archived for future videos.

At this point we do not know if a “joy picture” will be used to fill a smaller vacant frame (that is the same size as an individual chorus member) or if it will be used in a much larger format to fill the entire video screen. To provide us with the flexibility to be able to use a “joy picture” in either a small or large display, we need chorus member to please email us the largest version of the image that they have on file. For those who have a technical background, we would prefer pictures that are in the 1.0 megabyte (or larger) range or are as large or larger than 1920 x 1080 pixels. We can always make an image smaller but if we try to make a small image (for example, 400 x 300 pixels) larger, the resulting full screen image may pixelate and not display in a crisp manner.

Recently we received several delightful “joy pictures” by email that were sent from an iPad and the images were too small to be useful. I had to contact the sender and ask if s/he could email me the picture in a larger format. Those who paste a photo into an email message on an iPhone know that they are often prompted as to whether to send a “Small”, “Medium”, “Large” or even the “Original/Actual Size” image. However, on an iPad, the sender is not prompted as to what size of photo should be emailed or forwarded. Rather, the iPad automatically shrinks your large image to “Medium” once you paste it into the email message and such “medium-sized” images may be too small for our video.

How to Email A “Large” or “Original/Actual Size” Photo on an iPad

1. Navigate to your “Photos” area
2. Select the **single** “joy image” you want to send by email
3. Click the “Action” button (Square with upward pointing arrow)
4. Tap the “Mail” icon and the email message header pops up
5. Note that the “Images size” is displayed to the right of the Cc/Bcc line (see left image below)
6. Tap the “Images size” to get the four size options (see right image below)
7. Select “Large”, or better yet, “Actual Size”
8. Complete the email information and send the **single** largest photo option.
9. It is recommended that you **send only single “Actual Size” photos in each email**. Most Internet Service Providers (e.g. BellMTS, Gmail, Shaw, etc.) will have a size limit on all email attachments. Thus, two “large” photos, sent in the same email, may be too large an attachment.



ST PATRICK'S DAY

shared by Gordon Billows

Yes, there is definitely Barbershopping in Ireland! While “touring” the various hospitality rooms at Midwinter, I visited the Irish Association of Barbershop Singers (IABS) room and enjoyed talking with one of their newer members (Avatar style). Lana was so very happy to be attending her first Midwinter event - even if it was virtually. I am sure that you will enjoy visiting the IABS website:



<http://www.irishbarbershop.com/dbpage.php?pg=home>

The following two links were featured in the IABS Hospitality Room at Midwinter:

- Map
https://uploads.virbela.com/BHS/WORKSPACE_24_Office_R_16_Breakout_remote_image_map-of-ireland-for-kids.jpg?versionId=t_1OWBfwfQIMzZajV.ilbMfmoA68RS4u
- Guys & Dolls IABS National Mixed Quartet Competition 2019
<https://www.youtube.com/watch?v=QL0-Dxncsms&list=PLQImn2d-ZfQIEV9syHgayv-hH6yQNAHlo&index=1&t=2s>



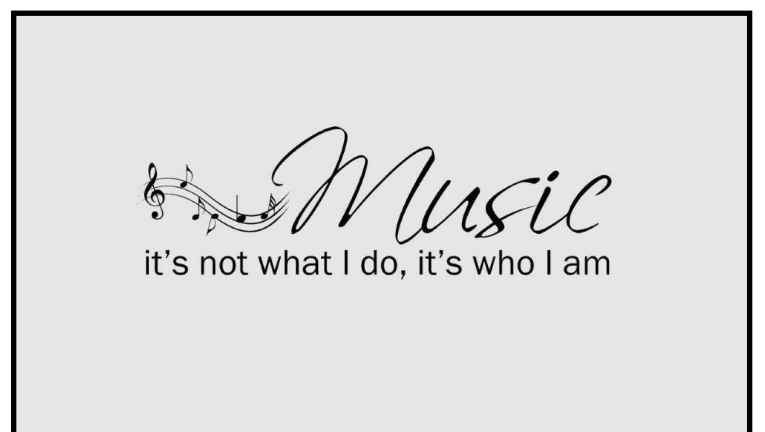
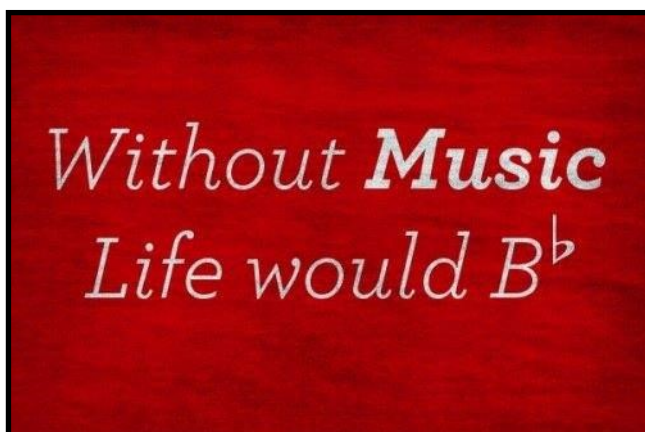
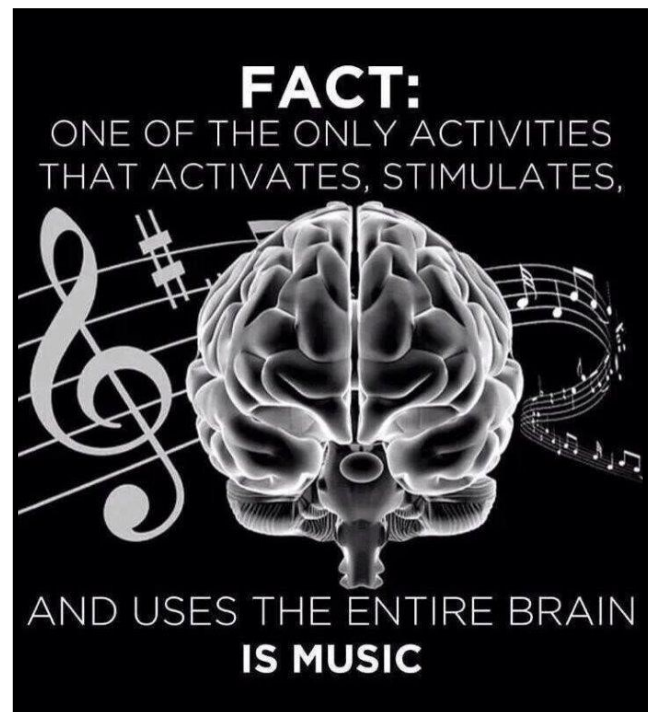
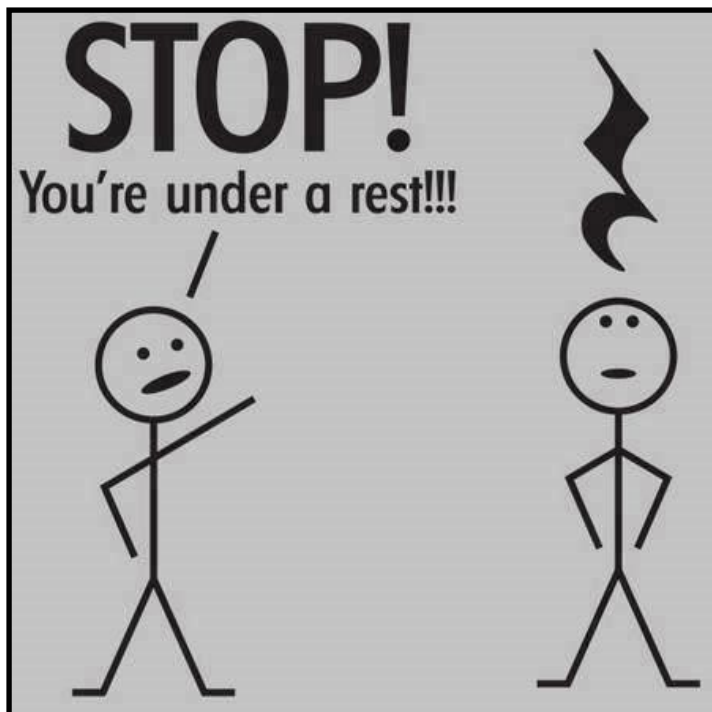
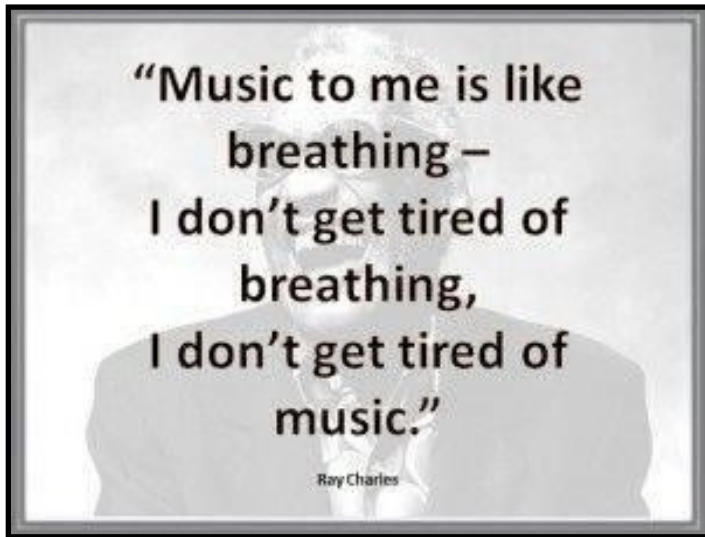
I would be amiss is I did not include a few St Croix Crossing (2018 International Senior Quartet Champions **from Land O' Lakes District**) versions of 3 Irish favourites:

- Danny Boy
<https://www.youtube.com/watch?v=pJ5--yWELBs>
- I'm Looking Over a Four Leaf Clover
<https://www.youtube.com/watch?v=I1f48bQyNWM>
- Auld Lang Syne
<https://www.youtube.com/watch?v=yjBZYkzqeIY>



TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

shared by Gordon Billows



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