

IMPORTANT DATES FOR YOUR CALENDAR

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

March 25 Audio recording of "I'm Feeling Fine" due

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PAST, PRESENT & FUTURE

For the next 3-4 weeks, please send any information for publication to both **Mae and Brian** by **Saturday noon** at:

denby.mae@gmail.com

bkmetcalfe@shaw.ca

It's been such a pleasure to be your Notes 4 U editor! 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

For Assistance signing on, call Brian at 204-667-2727

CHORUS REHEARSAL PLANS AND UPDATE

from Paul Bullock

Here I am writing some information for Krista to put into the Notes 4 U and knowing this is Krista's last edition as newsletter editor. Even though we knew this day was coming, it is still very sad. Krista has done an outstanding job since she started this task more than a year ago. The Notes 4 U has become an essential part of organizing our chorus. We have been meeting online for a full year. With the sudden shift to zoom rehearsals, it was essential to have a mechanism to communicate and the newsletter has filled that role splendidly. Thank-you Krista for making the newsletter something to which we could look forward each week.

Mae Denby is stepping into the editor's role. On behalf of the chorus, thank-you Mae for taking on this essential task. Brian Metcalfe is working with Mae so she can get up to speed. What would we do without Brian?? Thanks so much, yet again.

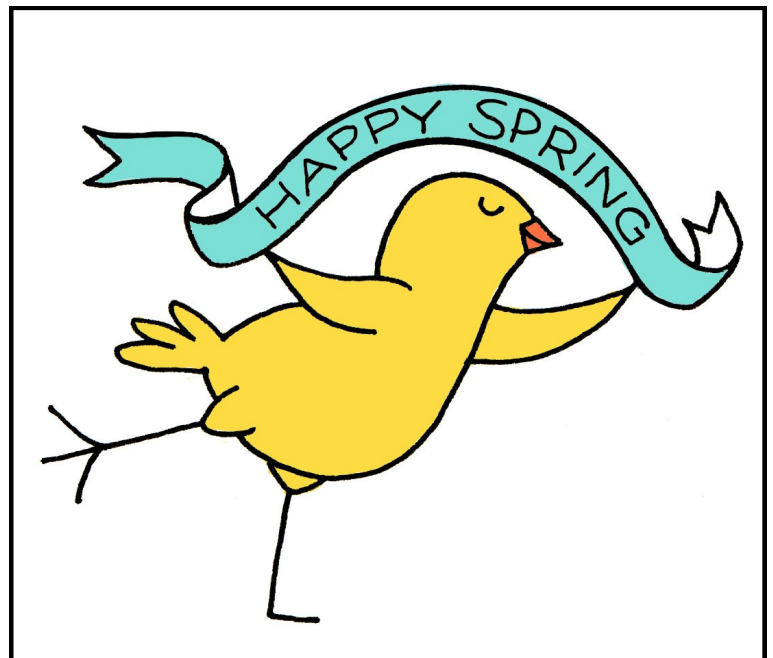
This week, there will be 2 new and different breakout rooms set up. Sherrie will be doing music theory in one of them and asks all you who plan to be in the session to let her know what you would like to learn. In the other breakout room, Rob Smith will be doing some more woodshedding which is an opportunity to train your ear to pick out harmony notes. Thanks Sherrie and Rob for sharing your expertise.

Of course, we will also continue to work on new songs and review repertoire

This week is the deadline to finish your audio track for "I'm Feeling Fine" and get it sent to your section leader. Just another reminder to 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.

Possibly the brightest moments so far this year have been the many reports from our members who have either had their first vaccine or are booked to do so. It's such a relief to know this is happening. It's a sign of better things to come. We've been working to maintain our repertoire and learn new songs in anticipation of performing once again. It finally feels like there is a light at the end of the tunnel!

Keep singing. See you Wednesday.





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 24, 2021 VIRTUAL SINGING WEEK 12

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
Yesterday - performance notes
- 7:35 to 8:05 Sectional Breakout
I Want To Hold Your Hand
Yesterday
- 8:05 to 8:15 Yesterday - mix
- 8:15 to 8:45 Repertoire Review
Music Theory and Woodshedding Breakouts
Imagine
Stand By Me - if time permits
- 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 31

Yesterday
I Want To Hold Your Hand

Beach Boys Medley
Best of Doo Wop
Bridge Over Troubled Water

Apr 07

Do You Hear The People Sing
Yesterday

Bridge Over Troubled Water
Blue Moon 1 & 2
Theory and Tag Singing

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?

The theme of this song and video is 'Joy' - the music expresses the joy of someone who has had a 'mountain top' experience. We'd like the videos to express each person's feeling of joy, so feel free to record inside or outside, perhaps in a place that brings you happiness. Please wear light-coloured, colourful clothing, but make sure that the clothing is complemented by your chosen background. As usual, please record your video in landscape (horizontal) mode, and the recording will be from chest height (sternum) up to capture more natural body movement while singing.

Is anyone available to help with the recording technology?

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



MUSIC THEORY - WHERE SHOULD WE START?



shared by Sherrie Bredesen

What do YOU want to learn about and/or better understand?

This class will be designed for YOU and what you want to learn about.

Here are some Possibilities:

- **STAFF LINES and SPACES and CLEFS** – Treble and Bass.
- **NOTES** – their names and their values
- **BEATS and RHYTHM** – upbeat vs. downbeat vs. ballads
- **TIME SIGNATURE** – what does this tell us?
- **MEASURES and BAR LINES** – why do we need these?
- **KEY SIGNATURES** – what do they tell us?
- **RESTS** - Their names and their values
- **EIGHTH and SIXTEENTH NOTES**
- **COMMON MUSICAL SIGNS and TERMS**
- **EXPLANATIONS** of things in a piece of music that you want to understand
- **Q and A** – **NO QUESTION** is too small or too big. **If I don't know the answer, I will find out for you...** (*or make something up just so I look good..... ;)*

Feel free to take a piece of music you may have questions about and we'll talk about those things.

Some of you may want to start at the very basics of THEORY while some may already have a basic understanding. I will gear each class to the level needed and anyone who want to wait for something more advanced can feel free to “opt out” of that Theory Break-out session in order to participate in the other Break-out offering that evening. No problem. You can keep checking theory classes out until we are where you want to be in order to learn more about reading music.

PLEASE EMAIL ME ANY IDEAS YOU HAVE OR QUESTIONS YOU WANT TO ADDRESS OR THINGS YOU WANT TO LEARN ABOUT. It will give me a chance to prepare for those things ahead of time.

SHARE YOUR JOY WITH US THROUGH PICTURES

by Brian Metcalfe

The “more experienced” members of our chorus will perhaps remember these popular lyrics:

*Raindrops on roses and whiskers on kittens, Bright copper kettles and warm woolen mittens
Brown paper packages tied up with strings, These are a few of my favourite things ...*

Our chorus musical video team of Wendy Lamont, Larry Bredesen, and I are asking that you look through your digital pictures to find images of your “favourite things” or pictures that bring “joy” to your heart. You will recall that in our past musical videos, we enhanced the singing and images of our chorus members by introducing pictures that we acquired from Internet-hosted photography websites. Whether it was an older couple holding hands on a swing, a covid-masked woman looking wistfully out the window, or a variety of images associated with the winter holiday season, all these pictures lacked a true connection with our chorus.

Our video team wants to significantly change this process. The lyrics and up-beat melody of “I’m Feelin’ Fine” demonstrate the euphoric feeling that one can experience. We want to foster a personal connection between the photos displayed in the video and you, the chorus member, who feels a sense of “joy” and “happiness” when you relive the event that your picture captures. As Larry said at our meeting last night ... **“I would be delighted if every picture we used in our musical video was shared by one of our chorus members”**.

Please take time to look through your pictures and share with us ones that bring you true joy. Don’t worry if you feel your picture may not connect with everyone viewing the musical video. True, I was concerned that most viewers would not appreciate a picture taken through the front wheel of my bicycle, yet this image always rekindles the joy I had cycling from Montreal to Halifax. So the important key is that the pictures you share with us should bring you happiness and joy . To demonstrate just what diverse pictures bring joy to our chorus members, some images that we have already received include: beautiful skies & sunsets, campfire hot dogs, captivating water colour scenes, puppies, flowers, cottage country, autumn colours, travel scenes, baking treasures, etc.



So **please email your “joyful” pictures to Wendy, Larry or myself ASAP**. Please send pictures in a large format and avoid images where the individual is recognizable, particularly the faces of children.

Please realize that we will not be able to include all shared pictures in the video. However, we will keep this “joyful” category of pictures for future musical videos. Furthermore, our musical video team is investigating how we might share your “joyful” pictures with all RCS chorus members to impart your excitement & foster connections between those who love puppies, flowers, baking, sunsets, etc. Who knows ... I might even find someone who loves cycling.

Take care & keep smiling :-)

ST. PATRICK'S DAY MUSIC QUIZ RECORDING

from Paul Bullock

Ricki Miles, very graciously, did another run through the St. Patrick's Day quiz that was shared this past Wednesday. This time, it was recorded and you can view it at the link below.

https://us02web.zoom.us/rec/share/P80bNZDtLZD5IZFtPCmLsglae9GmzAf-PAage4t0nMZN6DmMgX10z2G_L13MVny0s.E8KZZws6-lcNA-ec

Passcode: 44li^Z6f



This link will be active only until the end of April because of our limited storage allocation. So, feel free to download the video if you wish to have it for a longer period of time.

Thanks again, Ricki.

LADIES ASSOCIATION OF BRITISH BARBERSHOP SINGERS

(<https://www.labbs.org.uk/>)

from Gordon Billows

The Ladies Association of British Barbershop Singers (LABBS) has become the first all-women international organization to enter an alliance agreement with the Barbershop Harmony Society. Building on histories stretching back to 1938 for BHS, and to 1976 for LABBS, the historic alignment will provide greater access to education resources for all, judge training, and access to the Society's International Contest stage for LABBS quartets and choruses. Founded in 1976, LABBS represents more than 2,200 female barbershop singers in around 60 choruses, including a youth chorus and a national chorus, and around 50 quartets stretching the length of the United Kingdom.

All Barbershop enthusiasts will really enjoy LABBS BBS show presented on the recent Society's LiveWire email. Female, Male and Mixed choruses are featured plus a few great music videos. I was pleased to see that a Society and Harmony Foundation friend, Sean Devine, MC's the show. Attending or watching performances like this gives much additional pleasure to our "hobby". ENJOY!

<https://www.youtube.com/watch?v=zKzydgA00DE&t=833s>



GOODBYE WINNIPEG - HELLO EDINBURGH

by Brian Metcalfe

This issue of “Notes 4 U” is special. This is the last issue that Krista Hanis-Gervais is performing as editor. Thanks to Chris Magas’ effort to maintain our RCS web site, I was able to search through our “Archives” to determine that Krista took over as editor from Ricki Miles and published her first “Notes 4 U” on January 29, 2020. Since then she has creatively shared important information with our chorus and alumni through 56 inspiring weekly newsletters.

Only those who have worked with the Publisher application can truly appreciate all the efforts and long hours that Krista devoted to designing a good-looking and informative newsletter. Furthermore, this desktop publishing was completed while Krista maintained a very demanding, full-time job at the University of Manitoba. Over the past 56 issues, I have witnessed Krista’s extra effort and creativity as she made this newsletter publication her own. I know others of our chorus appreciate her effort to keep us informed. Mae Denby’s comment that “Krista has created a newsletter that is engaging and fun to read” resonated with me. Similarly, Larry Bredesen stated that “Krista worked hard to forge a sense of community” where she encouraged and credited those members who contributed to her regular section entitled “TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES”.

At this time, I’d like to thank Mae Denby for volunteering to take over as editor of “Notes 4 U” starting with the March 31, 2021 issue. Mae has been working very hard to acquire the diverse skills to manage an increased email data flow to her computer together with a newer version of the Publisher software package. I encourage our readers to continue fostering our important sense of “community and connection” by continuing to email information to share with our newsletter editor. However, if you send a timely news item, favourite musical video, joke, or cartoon by email to “kristahanisgervais@gmail.com” you may not see your contribution in our next newsletter as it travels via Scotland. Rather, I encourage you to update your “Notes 4 U” editor email address to: denby.mae@gmail.com.

In closing, I think that Krista and Mae should take much pride in the work that they have been/will be doing. One of my favourite quotations, by Edith Wharton (at right), describes the role that our “Notes 4 U” newsletter assumes. With your continued important contributions, much light can be shared.

Take care & keep smiling :-)

*There are two ways of spreading light:
to be the candle or the mirror that reflects it.*

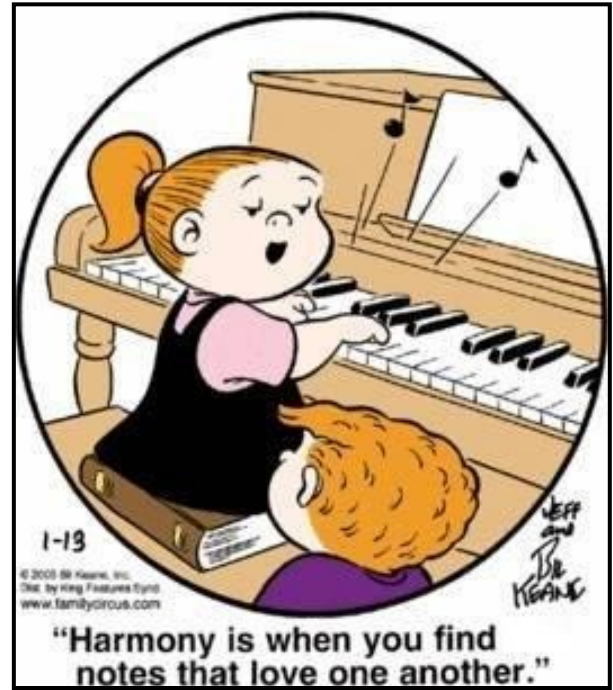
~ Edith Wharton



<https://www.flickr.com/photos/fornal/391746944/>

TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

shared by Gordon Billows



shared by Krista Hanis-Gervais

Following the Barbershop Harmony Society's announcement of the Ladies Association of British Barbershop Singers entering an alliance agreement with the BHS, I jumped online to see if they had a chapter near Edinburgh that I could join after my move this upcoming month. Unfortunately they do not. The closes is a 2.5 hour train and bus ride south of Edinburgh in Newton St Boswell, near the Scottish - English border. I did, however, find that Sweet Adelines International has the Forth Valley Chorus rehearsing right in Edinburgh. So I hope to pursue this further in future when it is safe to rehearse in person again. Here are two great performances by Forth Valley Chorus:



Mic Testers: Forth Valley Chorus, Chorus Finals, 2017

<https://www.youtube.com/watch?v=ncFYrFD6Py8>

Forth Valley Chorus winning Region 31 Sweet Adelines contest on 12 May 2018 with a score of 690 at The Sage in Gateshead

<https://www.youtube.com/watch?v=rC5LaQ6YR-I>

Norm calls "What is it?". We all reply "It's GREAT to be a BARBERSHOPPER!!"

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: Mae Denby
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

