

### IMPORTANT DATES FOR YOUR CALENDAR

May 5 – Music Committee meeting at 5:15 p.m.  
May 12 – Executive meeting at 5:30 p.m.  
No chorus rehearsals May 19 & 26;

### SPRING BREAK

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**MAY 5 2021**

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#### PAST, PRESENT & FUTURE

As of April 30, please send any information for publication to Mae Denby

by **Saturday noon** at:



den-

[by.mae@gmail.com](mailto:by.mae@gmail.com)

#### 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

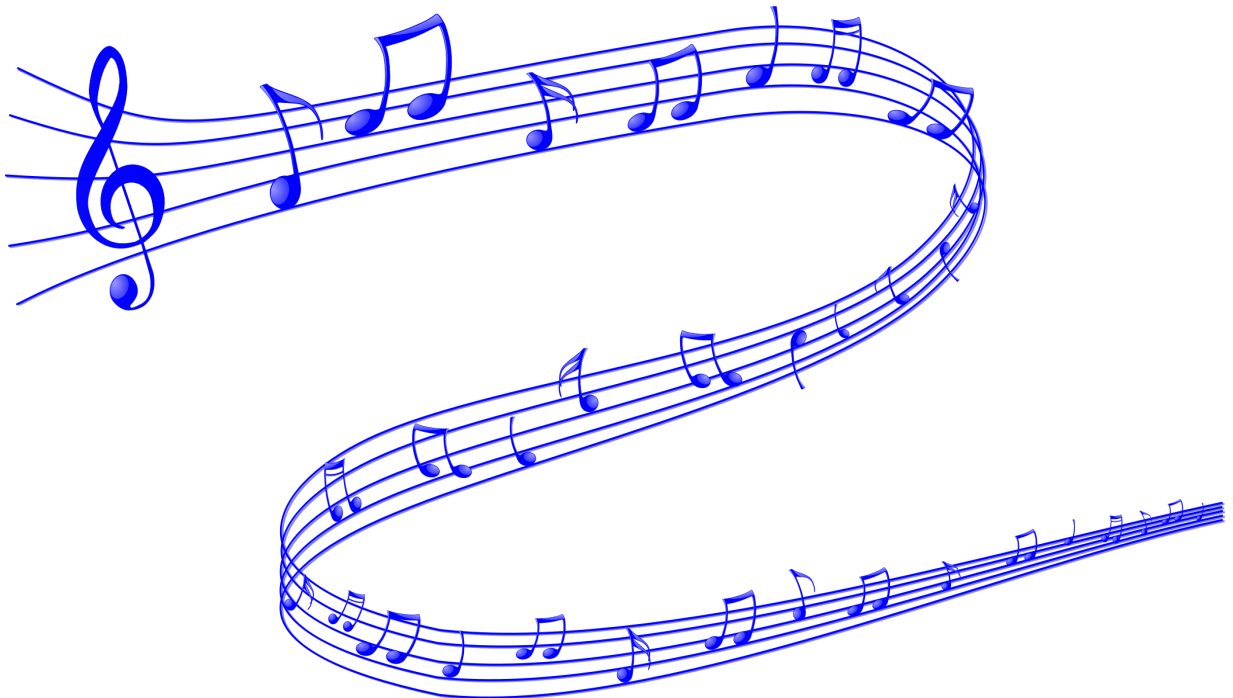
As the temperature warms, the days get longer and the birds return, we know that these are all signs of spring. They also signal that we are nearing the end of the period when Wednesday night is automatically a zoom rehearsal. Our last two regularly-scheduled zoom rehearsals will be May 5 and May 12. Then we will take a break for a couple of Wednesdays. We know that we will rehearse again on June 2 but we don't know where. In June, July and August, we hope to rehearse together in-person but outdoors, if public health orders will permit a gathering of sufficient size. Of course, the weather will also be very important. The final decision each week will come on Tuesday. If public health orders and the weather are both favorable, then we will have an outdoor rehearsal together in-person. We will spread out and wear masks. If either public health orders or the weather are not amenable, then we will have a zoom rehearsal. Once again, we find ourselves entering uncharted territory. The chorus has never operated this way in the past, so an abundance of patience and flexibility will be needed by everyone. However, the reward is that we can continue to sing and to prepare ourselves for in-person performances once again. Of course, the day we are really anticipating is our first inside, in-person rehearsal, hopefully by September 1.



There will be much discussion about the plan for our summer transition period with a mix of either zoom or outdoor in-person rehearsals at the upcoming Music Committee and Executive meetings in May. There are many details to consider in regards to holding outdoor rehearsals. Right now, we cannot even be certain how well they will work. It is quite likely that we will be making adjustments to rehearsal plans from week to week while we learn from experience. As the details are worked out, everyone in the chorus will be made aware of them through the newsletter or through messages circulated by email.

Please enjoy the next couple of Wednesday evenings. If the stars align, the pandemic eases and the weather cooperates, these could be the last zoom rehearsals that we ever hold.

Keep singing. See you Wednesday.



# TENTATIVE TRANSITION PLAN TO IN-PERSON REHEARSALS

*(All details are not decided at this time)*

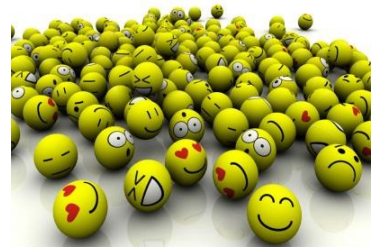
**Zoom Rehearsals** – continue until May 12

**Spring Break** – May 19 and 26 (no rehearsals)

**Summer Transition** – June 2 through August 25

During this time period, the chorus will hold different Wednesday night activities depending on the weather

- if the weather is not good, we will hold a **Zoom** rehearsal and use these to introduce new songs or review repertoire
- if the weather is favorable, we will hold either an outdoor rehearsal or a social event such as a picnic similar to the summer of 2020
  - ⇒ outdoor rehearsals will be held in a large space that will allow members to sing wearing a mask and keeping a minimum distance apart
  - ⇒ the main purpose of outdoor rehearsals will be to review repertoire and re-familiarize everyone with singing together in-person



## Resumption of Inside In-Person Rehearsals – September 1

- assumes that public health orders allow for this activity
- venue will be St. Andrews United Church, where we were rehearsing prior to the pandemic unless we find a better location at a reasonable price prior to that date

## \$\$\$ River City Sound Chapter Dues Update \$\$\$

RCS delayed the collection of 2021 chapter dues (\$90 for 2021 only) pending a decision by Canada Revenue Agency about our application for charitable organization status. Members who pay 2021 dues after we receive this status would receive a charitable donation receipt to use as an income tax deduction. We had hoped to know the status of our application by now but our most recent information from CRA is that a decision may still be several months away. Since we are not certain when we may have this decision, members have the following options:

1. Continue to delay payment of 2021 dues until November 2021 or whenever we receive our registered charity status, whichever is sooner. If we have our registered charity status before November 2021, receipts will be issued for 2021 Chapter dues. If not, then receipts cannot be provided. In order to prevent having members pay chapter dues for 2021 and 2022 in rapid succession, the 2022 Chapter dues payment date will be delayed for a minimum of six months after the 2021 dues payment. If we are advised in 2022 that our application for registered status is approved, receipts will be issued for 2022 chapter dues and following years. Note that we are hopeful that we will be approved, but there is no guarantee that we will obtain charitable status and therefore, we may not be able to issue charitable donation receipts at all.

2. Members can pay 2021 chapter dues starting now but a charitable donation receipt cannot be issued.

Chapter dues payment can be made by e-transfer to [bww6850@gmail.com](mailto:bww6850@gmail.com) or by cheque to Bruce Wilton, 827 John Bruce Road E, Wpg. R3X 1Y3



# 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 E.g. 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 - APRIL 28 2021 VIRTUAL SINGING WEEK 17

from Les Creek

**PLEASE MAKE SURE YOU HAVE: ALL OF YOUR NEW MUSIC,  
CURRENT REPERTOIRE & BARBERPOLECAT SONGBOOK**

6:55 to 7:05	Login and Greetings
7:05 to 7:25	Warmups
7:30 to 7:35	New(er) Music Rhythm of love
7:35 to 8:05	Sectional Breakout Rhythm of love Can You Feel the Love Tonight?
8:05 to 8:15	Rhythm of Love - mix
8:15 to 8:45	Repertoire Review Music Theory & Tag Singing
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 !!!)

	<u>New(er) Music</u>	<u>Repertoire Review</u>
<b>May 12</b>	Rhythm of Love Do You Hear the People Sing?	When I'm 64 Daydream
<b>May 19 &amp; 26</b>	<b>Spring Break—no rehearsals</b>	

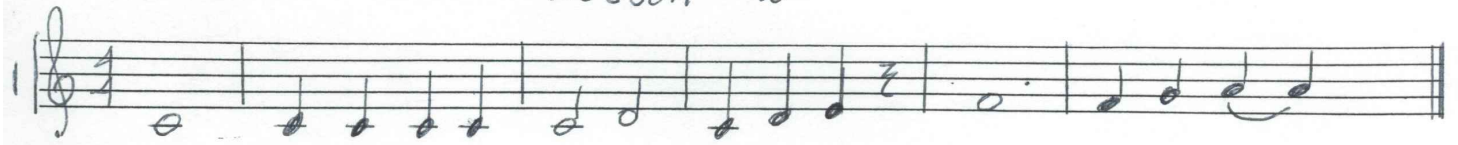




# FOR THE THEORY CLASS MAY 5—From Sherrie Bredesen

## Lesson 2

1



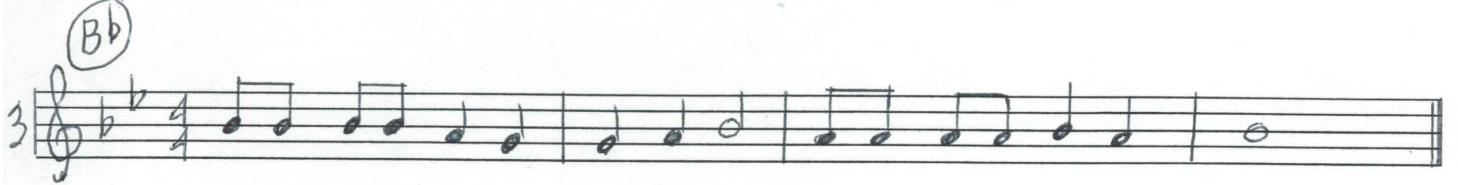
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(D)

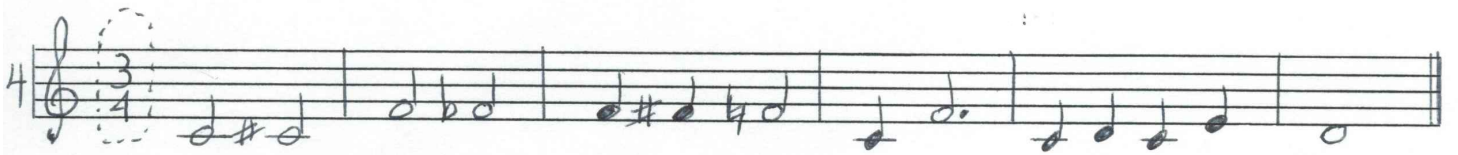


3

(Bb)



4



5



Put in Bar lines

6



7

(G)



8

(F)



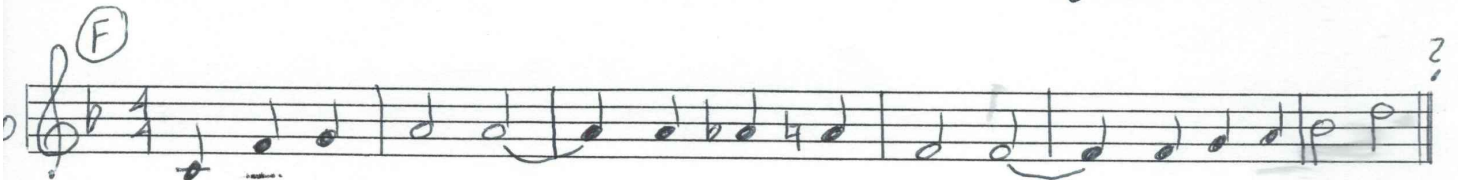
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(F)



10

(F)

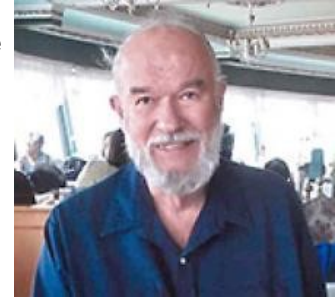


## IN MEMORIAM

From Gordon Billows - Chapter Historian

Len Soltys 1939 - 2021

Some Winnipeg members will remember Len Soltys. He was very active in our Chapter from 1967 to 1984. Len's great Bass voice was always a welcomed addition to Chapter quartets. Len and Linda kept attending our shows over the years until Len's health deteriorated. They last attended our show at the Bethel Mennonite Church a few years back. He will continue to sing Bass in the Chapter Eternal Chorus!



His Chapter service included the following:

- '70, '71 and '80 VP Quartet Promotion
- '74 Parade Committee Chair
- '78 VP Membership
- '81 Chapter President

Len's obituary can be found at [https://passages.winnipegfreepress.com/passage-details/id-298020/Soltys\\_Lenard](https://passages.winnipegfreepress.com/passage-details/id-298020/Soltys_Lenard)

I spoke to Linda for about an hour on Sunday morning and we caught up on so many memories involving their extended Barbershop family and BBS experiences. She spoke very fondly of their involvement with the Winnipeg Chapter. Linda will be gathering some of their BBS treasures to have them added to the Winnipeg Chapter's historical collection.

Members who wish to make a Sing Canada Harmony memorial tribute to Len Soltys can do so online (<https://singcanadaharmony.ca/>) or send me their cheque (payable to Sing Canada Harmony) and I will process it. For online donations you may use Linda Soltys email contact information [lsoltys@mts.net](mailto:lsoltys@mts.net)

## CALLING ALL SINGERS! A ONCE-IN-A-LIFETIME SINGING OPPORTUNITY!

### **A pandemic-delayed celebration of Manitoba 150**

Calling all singers to sing a brand-new work on Louis Riel. We are seeking 80 -100 adult and teenage voices to perform in Neil Weisensel and Suzanne Steele's creation, *Li Keur: Riel's Heart of the North*, tentatively set for a performance with the Winnipeg Symphony Orchestra on

**February, 11, 12 and 13, 2022.**

All singers welcome!

For details: <https://1drv.ms/w/s!AtvwWMJJXEFahidWiS8RoYVZz9zw?e=sa7Pps>

# TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

Shared by various RCS members



## SERIOUS LOCK DOWN ADVICE

Everyone PLEASE be careful because people are going crazy from being locked down at home! I was just talking about this with the microwave and the toaster while drinking my Pepsi, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!! Certainly couldn't share with the fridge, cause he's been acting cold and distant! In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic ... told me to just suck it up! But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob

You can just about guess what the curtains told myself together!"

We will survive!!

Pass it on – gotta keep the humour!



told me to get a grip!! me: they told me to "pull





# GREETINGS FROM EDINBURGH, SCOTLAND

From Krista Hanis-Gervais

Greetings from Edinburgh, fellow Barbershoppers! I just wanted to drop a line (or many!) to let you all know that I have made it safely, and covid-free (yay!) to Scotland.

## PLANES, TRAINS AND AUTOMOBILES:

A maximum of 72 hours ahead of my flight to London, England, I had to seek out a private lab in Vancouver doing PCR testing for covid that would provide the necessary paperwork required to travel into the UK. Thankfully I tested negative, and with that paperwork, along with my UK Customs Passenger Locator Form, and receipt for the purchase of two at-home covid test kits for my travel quarantine in Scotland, I was all set to go!



*At YVR ready to start the journey to the UK*

I arrived at Vancouver airport for 4:30 am on Monday April 12th, departing at 7:30 am for Toronto, and arriving 4 hours and 20 minutes later at 2:50 pm local time. This flight was packed, and I was grateful that I had found a quiet place in the Vancouver airport to have a sturdy breakfast so that I didn't have to take my mask off at any time during this flight. Then I had a 5 hour and 40 minute layover in Toronto, departing at 8:30 pm for London. I spent an extra \$50 to make use of the Air Canada Lounge at Toronto airport and it was money well spent! The lounge was practically empty. The flight to London was also empty. I assume this is because you can only enter the UK for essential purposes right now. I had all three seats to myself, and there were only 3 other people within 2 meters of me on this flight. So that was great!

We landed at London Heathrow at 8:50 am on May 13th, after a 7 hour and 20 minute flight. All was very close to on schedule ... and then came UK Customs. It was a disaster! They had no physical separation between people coming in from red list countries and those that were not. They had hundreds of us herded in two winding queues (one red list, and one non-red list) and the wait to see a customs officer took me 2 and a half hours. They had only two officers per queue checking all of the required paperwork for hundreds of incoming passengers. I heard on the news in the days following me that the wait time in line had gone up to 6 hours, so I counted myself lucky! It was a logistical and coronavirus biohazard nightmare.

But, the good people of London looked out for me! I had prebooked a cab to take me to the train station, and the driver had patiently waited for me on the other side of customs for a whole hour longer than was expected, which was wonderful, and I gave him a big tip for his patience and time. I had missed my 11:50 am train, due to the customs delays

but the ticket agent very kindly exchanged my non-refundable ticket for a new train ticket for only a small 10 pound exchange fee. So I was off in no time on the 12:50 pm train, zooming across the English countryside at 200 miles per hour all the way up to Edinburgh in a total of 4 hours. It was a lovely way to be welcomed to my new country and really let the idea of moving to Scotland sink in. The train only stopped at Peterborough, York, Darlington, Newcastle, Berwick-upon-Tweed, and Edinburgh. I saw lots of grazing sheep and baby lambs in the Yorkshire Dales, castle ruins and steep cliffs along the North Sea coast.



*On board the LNER train from London to Edinburgh*



*Arriving at Edinburgh Waverley Train Station*

Arriving in Edinburgh brought happy tears, but I kept myself together enough to find a cab outside of Waverley Station, which is normally very busy, but because of covid lockdown was a complete ghost town. From there, the cab driver brought me to my Airbnb where I would spend the next 10 days in travel quarantine. Matt met me there to pass over the keys and some grocery essentials. It was the hardest thing

ever to stay masked up and not have any physical contact with my husband, especially after 6 months of separation.

### TRAVEL QUARANTINE:

Quarantine was pretty boring. I didn't have a computer to be productive, only a Kindle e-reader and tablet, and cable tv. So I watched a LOT of shows, read the beginning of a terribly written book before giving up on it, and basically stayed in my pajamas for 10 days. I had a public health nurse contact me to explain all of the details of the travel quarantine and what was required of me, so that was helpful. On Day 2 and Day 8, I had to self-administer covid test swabs of my tonsils and nostrils, which was not fun, but, it meant that I got to go outside for a brief 5 minutes on those days to go directly to the priority



*Mailing my Covid 19 Test Kit in for analysis*



post mailbox to send out my covid test kit for analysis. So I looked forward to that. Both tests came back negative for covid-19, so I was very happy to have made it all the way to the UK without contracting the virus!

## WELCOME TO SCOTLAND, FOR REAL:

On April 24th, I was finally released from quarantine, and able to be reunited with Matt! What a birthday gift!! We hauled all my luggage up to our flat, and then spent the day walking around and exploring the city. We put 14 km under our feet that day, before putting them up and ordering in a curry supper.

Matt has taken two four-day weekends, last weekend and this weekend, and Scotland just came out of a 4-month lockdown on April 26th, so my arrival couldn't have been timed better. We have been able to have a couple of meals on patios of restaurants, and have visited a few of the local parks and gardens. It was fortuitous that the shops were permitted to reopen so that I could get a new UK SIM card for my phone, and we could set me up with a bank account.

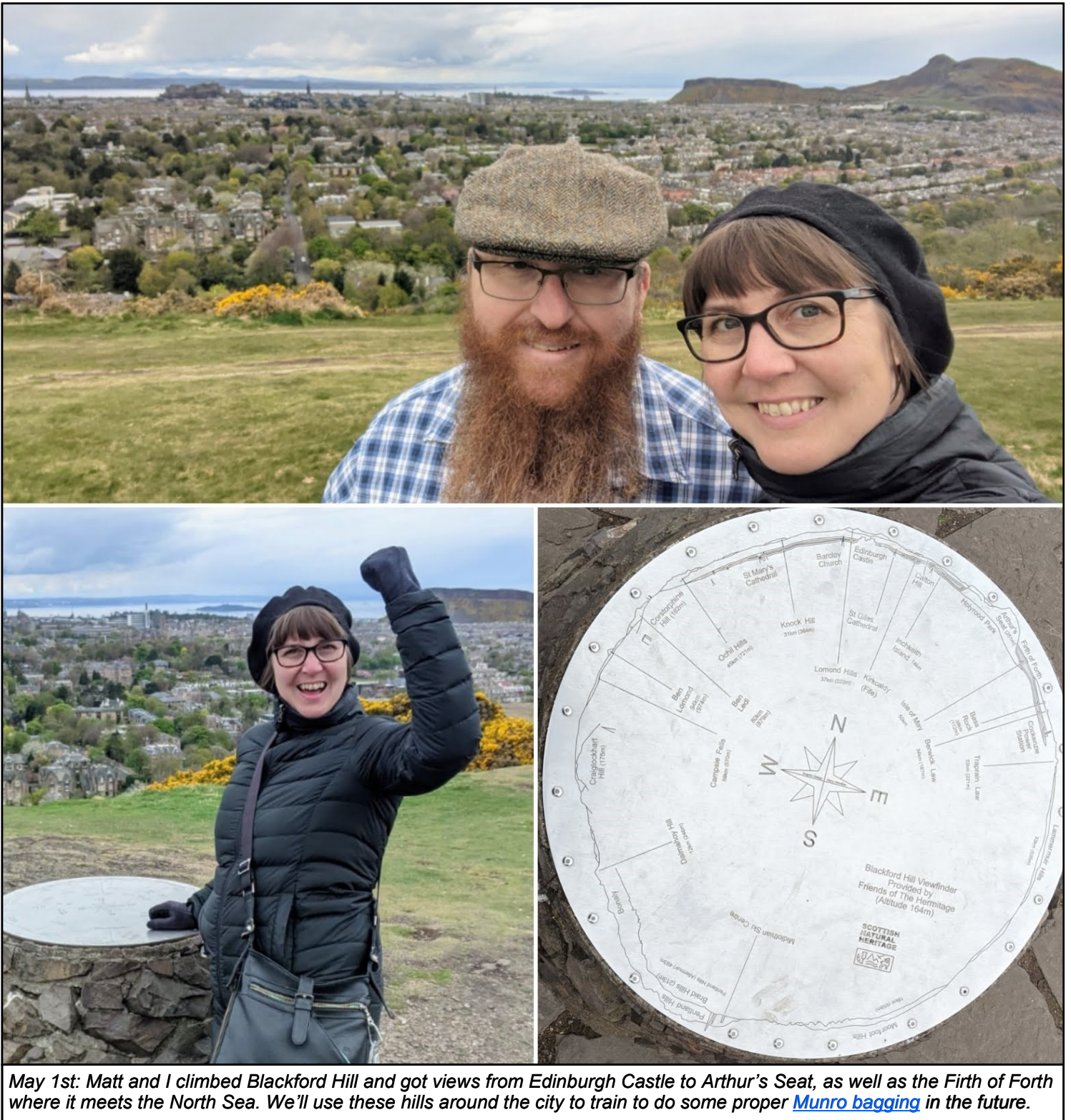


This week I began my job search, and also started an online course, run through the University of Edinburgh, called Climate Change: Carbon Capture and Storage, which I think will be useful from a knowledge perspective as well as for improving my employability. Scotland has set a legally-binding target to be net-zero for greenhouse gas emissions by the year 2045. In my previous work I've studied greenhouse gas emissions from agriculture and northern environments, but understanding carbon recapture and storage deep underground is new for me but very applicable to Scotland meeting its net-zero goals.

This week I was also able to register with a medical clinic in our neighborhood. I needed to get registered as soon as possible so that I would get a medical number, and be put in the system for receiving notification of when I am eligible to go for my vaccinations. I am sure most of our River City Sound members have been able to receive their first shot, if they so choose, and I hear from family that many people of my age in their early 40s are now getting vaccinated in Manitoba. Here in Scotland they are still in the 50-59 age range, and first vaccinations have slowed because they have diverted vaccines to provide the second dose to people at the 12 week mark. So for me at 41 and Matt at 39 years of age, we will likely get our first shot at the end of May or beginning of June, and second shot in September.



It is really tough on all of us to know that while we are racing ahead with vaccinations our communities are battling harsher and more contagious variants of the coronavirus. I know Manitoba is seeing the effects of that at present. But, I look forward in hope that happier and more community-based days are ahead for all of us.



May 1st: Matt and I climbed Blackford Hill and got views from Edinburgh Castle to Arthur's Seat, as well as the Firth of Forth where it meets the North Sea. We'll use these hills around the city to train to do some proper [Munro bagging](#) in the future.

Take care my River City Sound Community, stay safe, and please stay in touch!  
Slàinte Mhath!



# IMPORTANT DATES 4 U - MAY & JUNE 2021

~ May 2021 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <i>Happy Birthday Morley Bernstein</i>	4	5 Music Committee Meeting (5:15) Zoom Rehearsal (7:00)	6	7	1/8
9	10	11	12 Executive Meeting (5:30) Zoom Rehearsal (7:00) <i>Happy B-Day Mae Denby</i>	13	14	15
16	17	18	19 	20	21 <i>Happy Birthday Duncan Zaluski</i>	22
23	24 <i>Victoria Day</i>	25	26 	27	28	29
30	31					

~ June 2021 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Rehearsal (7:00) Details t.b.a.	3	4	5
6	7	8	9 Rehearsal (7:00) Details t.b.a.	10	11	12
13	14	15	16 Chorus social event (if the weather is favorable)	17	18	19
20	21 <i>Happy Birthday Joan Crapper</i>	22	23 Rehearsal (7:00) Details t.b.a.	24	25	26
27	28 <i>Happy Birthday Drummond Brown</i>	29	30 Rehearsal (7:00) Details t.b.a.			



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 - Mae Denby

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.



## 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 Team:** Mae Denby, Becki Ammeter  
**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