


PAST, PRESENT & FUTURE

Please send any information for publication to Mae Denby by **Saturday noon** at:
denby.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

IMPORTANT DATES FOR YOUR CALENDAR

June 9 – Executive meeting at 5:30 p.m. (Zoom)

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JUNE 16 2021

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CHORUS REHEARSAL PLANS AND UPDATE

from Paul Bullock

Chorus Rehearsal Plans and Update

Last Wednesday was not a suitable evening for an outdoor rehearsal, so the fact that an outdoor gathering was still not permissible under public health orders didn't matter. However, our provincial health authority has made it abundantly clear that easing of restrictions is tied specifically to vaccination rates. Thankfully, our chorus members are rolling up their sleeves en masse and now most either have both shots or are booked for the second dose. Good for you! Hopefully, the provincial vaccine uptake will continue to go well and we can shake off the pandemic. Just to reinforce this message, the executive passed a motion at the meeting Wednesday that will require all members wanting to participate in an outdoor rehearsal to show proof of at least one dose and, better yet, both doses. A message will be circulated again on Tuesday with final confirmation of our rehearsal venue. We will continue to hold out some hope that an outdoor rehearsal will happen soon. Even better will be a return to indoor, in-person rehearsals. We're still hoping that will happen by September 1.

Keep singing. See you on Wednesday.

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VACCINATION BULLETIN

Proof of vaccination required to participate in outdoor rehearsals

On Wednesday, the River City Sound executive passed a motion that requires all members who want to participate in an outdoor rehearsal to show proof of at least one vaccination.

Every Manitoban can obtain a record of their Covid-19 vaccinations. <https://sharedhealthmb.ca/news/2021-02-18-manitobans-can-now-access-covid-19-immunization-record-online/>

You can sign up for access to your vaccination record at this web page:

<https://sharedhealthmb.ca/covid19/test-results/>

DO YOU WANT TO TRY DIRECTING?

Have you ever wondered what it would be like to be in front of the chorus directing, rather than a member of the chorus, singing? You will have an opportunity to try it out once we are rehearsing in-person again. We are fortunate to have 2 very capable co-directors and they are quite willing to mentor others in the art of directing. Give it some thought and if you are interested or have questions, talk to Sherrie or Larry H.



Weekly Rehearsal Routine during the 2021 Summer (Updated)

This summer, we expect to be able to hold outdoor, in-person rehearsals provided that both weather and Public Health Orders are amenable. If we cannot rehearse together outdoors, we'll hold the rehearsal via Zoom. This is how the outdoor rehearsals are planned to work.

Tuesday

Watch for a notice from Larry Bredesen letting you know if the Wednesday night rehearsal will be via zoom or outdoors, in-person.

If it is outdoors, it will be held at 7:00 p.m. at 12 Phil-Chris Way (Wendy and Paul's place, see the following maps for directions. There is a washroom but it is up 3 steps).

Do you need a ride? Call or email Wendy (204) 990 6058 or wendyjlmac@gmail.com). She will organize a ride for you.

Wednesday

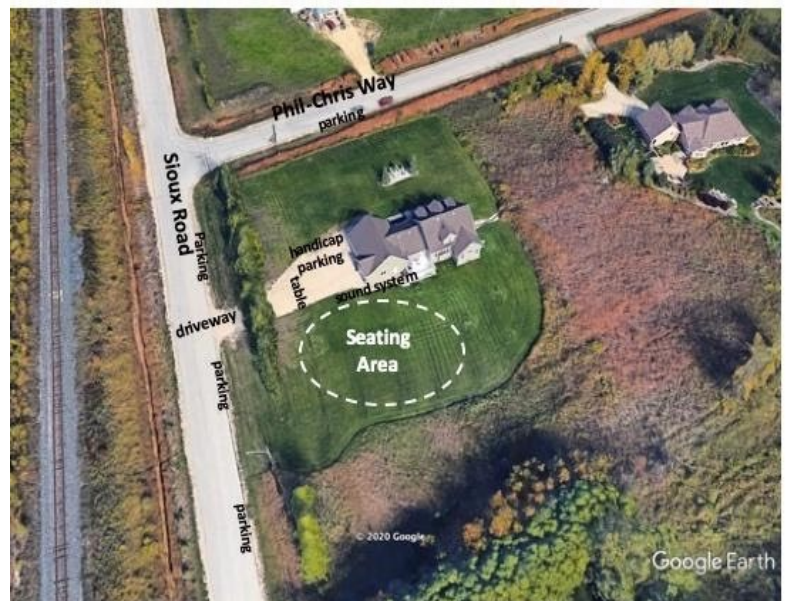
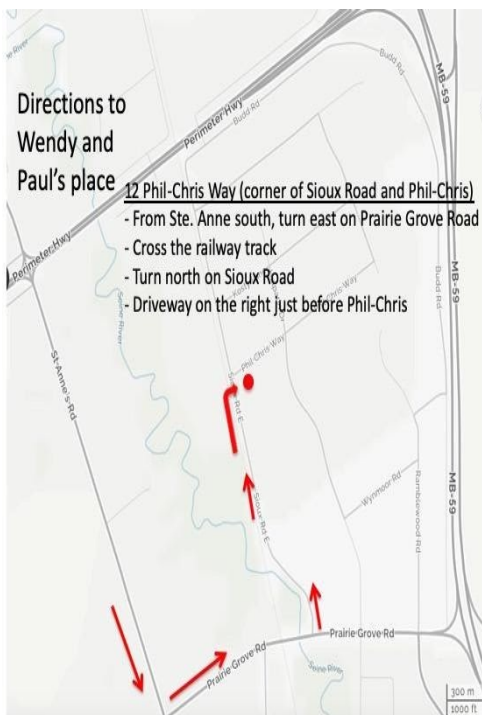
Plan to arrive at the rehearsal about 6:45 p.m. to allow some time to sign in and do the pre-rehearsal screening that will be done for everyone in attendance.

Bring with you:

- Your vaccination record (you must show proof of at least 1 dose to participate),
- Your music (the rehearsal plan is in the Notes 4 U each week),
- good quality mask to wear during the rehearsal while you sing (Note: inexpensive plastic inserts to keep the mask away from your face while you sing can be purchased at Showcase, a store in most malls or from them online <https://ca.shopatshowcase.com/pages/search-results?q=insert%20for%20face%20mask>. Also available through Amazon.
- A folding chair,
- Water and, if you want, a drink and/or treat to have during the break (Note: there will be no communal coffee, drinks or treats available),
- The bugs are usually not too bad but you may want some insect repellent.

When you arrive, go to the sign-in table for screening.

After screening, head to the seating area on the lawn and space yourself out at least 2 m apart from everyone else in preparation to sing!





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 - JUNE 16 2021 VIRTUAL SINGING WEEK 21

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 New(er) Music
 - He's Got the Whole World In His Hands
 - Fun in Just One Lifetime (intro to this song)
- 7:35 to 8:05 Sectional Breakout
 - He's Got the Whole World In His Hands
 - Fun in Just One Lifetime
- 8:05 to 8:15 He's Got the Whole World — mix
- 8:15 to 8:45 Repertoire Review
 - Stand By Me
 - Unchained Melody
- 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

Repertoire Review

- | | | |
|----------------|--|--------------------------------|
| June 23 | He's Got the Whole World | Theory and Tag Singing |
| | Fun in Just One Lifetime | |
| June 30 | Social event????? (if both weather and public health orders are amenable <u>or</u>) | |
| | The Lord's My Shepherd | Can You Feel the Love Tonight? |
| | O Canada | Hello Mary Lou |

TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

Shared by various RCS members

Now that the G7 Conference is over, we should immediately have a C Major Conference, so everything can be resolved.

Amen

From Becki Ammeter

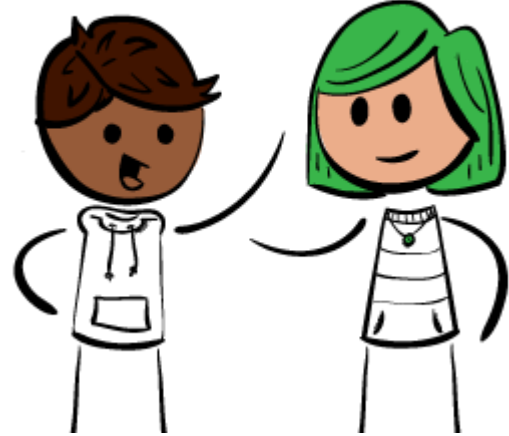
A MUSICAL LEGACY

<https://www.youtube.com/watch?v=JtI7ySWNsRA>

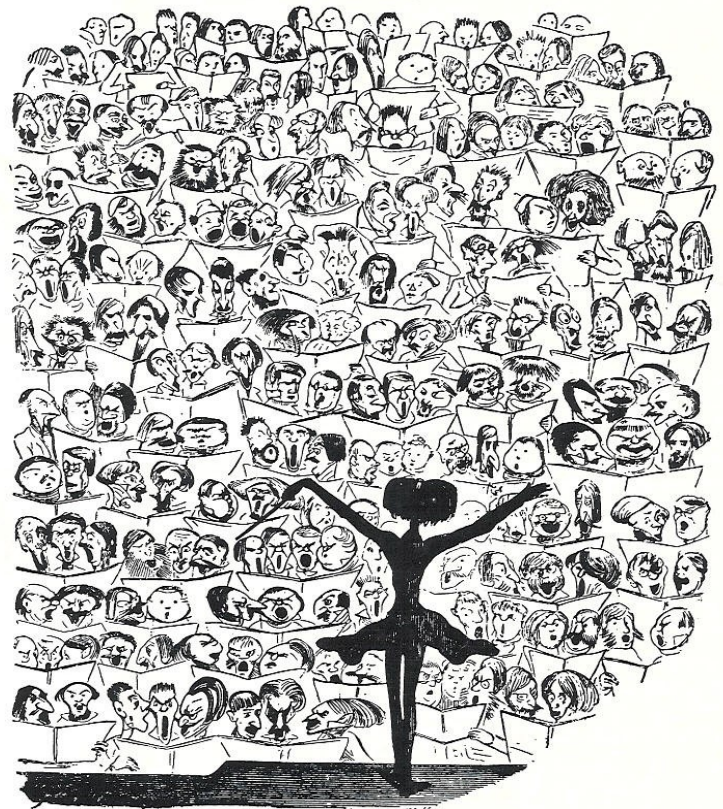
This is the video that I made with my alumni choir. Camrose Lutheran College. It is now affiliated with the University of Alberta in Edmonton, called Augustana University. My great-grandparents were founding members of the College, my grandfather was in the first graduating class. It's now celebrating 110 years since it was established.

I went there in the early '70's and sang in the choir.

The Augustana Campus of the University of Alberta is located at asiniskaw sipis - Stoney Creek in Treaty 6 territory. This territory provided a travelling route and home to the Maskwacis Nêhiyawak, Niitsitapi, Nakoda, and Tsuut'ina Nations, the Métis, and other Indigenous peoples.



Hearing old music
you used to love is like
getting in touch with
an old friend.



IMPORTANT DATES 4 U - JUNE & JULY 2021

Meetings, Rehearsals, Holidays and River City Sound Member Birthdays

~ June 2021 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Music Committee meeting 5:15 p.m. (venue TBD) Rehearsal (7:00) Details t.b.a.	3	4	5
6	7	8	9 Executive meeting 5:30 p.m. (Zoom) Rehearsal (7:00) Details t.b.a.	10	11	12
13	14	15	16 Chorus social event (if the weather is favorable) Details t.b.a.	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 *Possible social event Rehearsal (7:00) Details t.b.a.	* if both weather and public health orders are amenable		

~ July 2021 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Meeting and rehearsal venue will be announced via email on Tuesdays.</i>				1	2	3
4	5	6	7 Music Committee meeting 5:15 p.m. Rehearsal 7:00 p.m.	8	9	10 Happy Birthday Tony Grosvenor
11	12	13	14 Executive meeting 5:30 p.m. Rehearsal 7:00 p.m.	15	16	17
18	19	20	21 Chorus social event (if the weather is favorable) - Details t.b.a.	22 Happy Birthday Louise Malo	23	24 Happy Birthday Donna Paryniuk
25	26	27	28 Rehearsal 7:00 p.m.	29	30	31



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 - 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