



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

July 7 Music committee meeting at 5:15 p.m. (venue TBD)
 July 14 Executive meeting at 5:30 p.m. (venue TBD)

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JUNE 30 2021

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CHORUS REHEARSAL PLANS AND UPDATE

from Paul Bullock

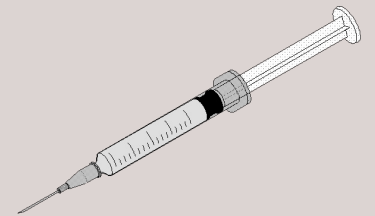
It is reassuring to see the Manitoba Covid-19 case counts and other pandemic measures moving in the right direction. The slight easing of restrictions is a positive sign but, alas, this does not go far enough to allow us to gather in-person, even outdoors. There continue to be indications that those who have received both doses will be able to enjoy a greater range of activities and fewer restrictions. Since many of us are already fully vaccinated or will be soon, it is possible that in-person gatherings for those with both doses will be feasible soon. Keep watching for the weekly Tuesday confirmation and keep your fingers crossed!

At last week's rehearsal, Sherrie told us that she is noticing the difference in her singing voice because she has not been able to sing as much as she did previously. She is not alone. We are all in the same situation and need to get our voices back into shape. Hopefully, our zoom rehearsals have helped but we should expect some effort to be required for us to regain our ensemble sound. It will be a wonderful day when we can finally sing together again but remember to be patient once we start that transition back to where we want to be.



Keep singing. See you Wednesday.

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/>

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

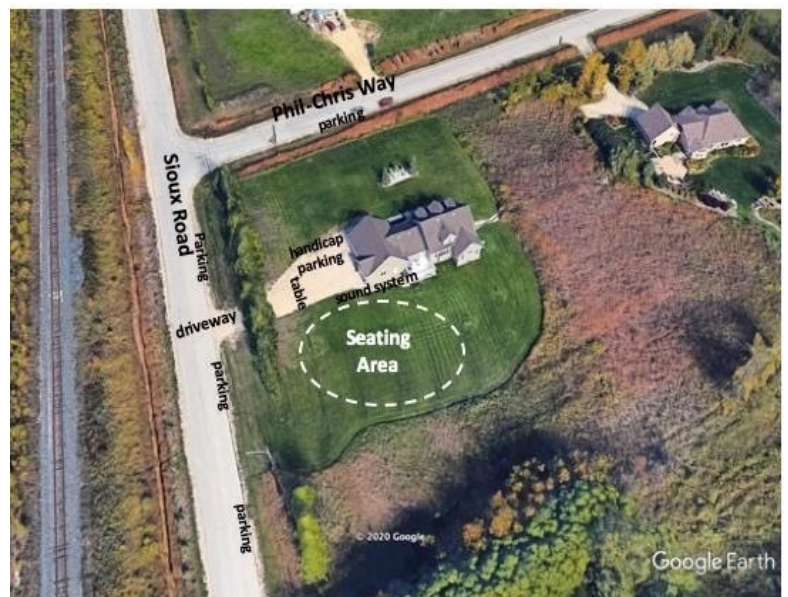
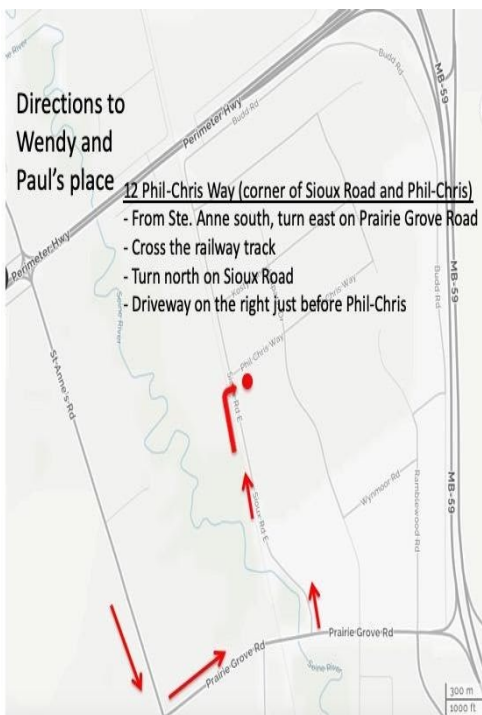
Plan to arrive at the rehearsal about 6:45 p.m. to allow some time to sign in and do the pre-rehearsal screening that will be done for everyone in attendance.

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!



GETTING TO KNOW YOU — RHONDA GRIST

I grew up in the West End of Winnipeg on Downing St. My Grandad (a carpenter from Scotland), my Dad and my uncles built our modest house when I was two years old. I was the oldest of three kids. In spite of the fact that the family out grew the small two bedroom bungalow, I lived there all of my growing up years.

One of the highlights of growing up on that street was the fact that Tec Voc High School did not exist at that time. Behind our house was a large prairie which provided space for people to rent a garden plot and grow yummie potatoes, carrots, corn and peas. I know first hand that they were yummie because we raided those gardens on a regular basis! Of course, if you're going to steal a potato or two, you need to cook them. How to do that without our Moms knowing that we had raided again? The simple answer was to build a fire --- in the Prairie grass which surrounded the gardens. The older boys always seemed to have matches to start the fire. Ah! life was good, until our little fire ignited the prairie grass, creating a real prairie fire which was growing by the second!! Panic time! Some of the kids hid. Others ran for home and had to confess our mischief. The fire department was called and soon the sirens of the Fire Truck were heard rushing down our back lane. That always taught us a good lesson --- for a little while!

Principle Sperling and Daniel McIntyre collegiate were the schools I attended to the end of Grade 12.

From the moment I entered Grade 1, I knew that I wanted to be a teacher. My Grade One teacher was wonderful. Young and pretty. I loved her and received a great start from her teaching skills and her warm heart.

The years at Daniel were superb. It was such a busy high school with Student Council, a variety of student committees, a newspaper that was published once a month and a very large Girls Choir, Boys' Choir and a Combined Mixed Choir. The Mixed Choir had a total 250 members. We won many trophies at the Winnipeg Music Festival.

We also had an active sport program which included Mural Volleyball, Basketball and of course a very active Football Team (complete with Cheerleaders -- cute girls in cute uniforms with short skirts).

Whenever the Daniel team was playing, the students crowded the bleachers. The girls were there to watch the players. The boys were there to watch the Cheerleaders!

After high school I attended United College (now U of W) and U of M where I received a BA and a Bed. Now my dream of becoming a teacher was about to begin.

I taught high school in the country and in the city and later taught English as a Second Language at the adult ESL center in Winnipeg SD. We taught English to immigrants and Refugees and I loved it. Our students were adults. They taught me so much about other cultures and customs and the value of each one. What a great experience!

Gord and I married and moved to the Rural Municipality of Charleswood as it was then. We loved the rural atmosphere complete with a couple of mink ranches, a horse ranch, and no city sewer. Charleswood became our permanent neighborhood where we raised our two children, our son Glen and our daughter Michelle. We have been blessed with four wonderful grandkids, three boys and one girl they. Range they range in age from 19 to 25

Our family life has centered around our cottage which, with the help of friends and family we built ourselves starting with clearing the many large trees. Our kids were only eleven and eight at the time and during the actual building process they worked with us and learned a lot about tools, building procedures and hard work.

The cottage project started one day when Gord said that he would never leave a beautiful piece of poetry or music for future generations but maybe he could leave a cottage for the family to enjoy after he was gone.

That time has now arrived. Gord passed on 1 1/2 years ago. Last summer was our first summer at the lake with the whole family there except Gord. We spent the summer talking about Gord and the fun and hard work that brought Gord's dream to reality.

The cottage is now called Gord's Legacy. We are all very grateful for Gord's dream and his hard work and leadership which brought his dream to reality.



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 30 2021

VIRTUAL SINGING WEEK 23

from Les Creek

|If there is no social event . . .

**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
	The Lord`s My Shepherd
	O Canada
7:35 to 8:05	Sectional Breakout
	O Canada
	The Lord`s My Shepherd
8:05 to 8:15	He`s Got the Whole World—Mix
8:15 to 8:45	Repertoire Review
	Can You Feel the Love Tonight?
	Hello Mary Lou
8:45 to 8:55	Business Meeting
8:55	Final Songs
	O Canada & 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

July 7	Shenandoah	Woodshedding and Tag Singing
	The Lord`s My Shepherd	And/ <u>OR</u> Beach Boys Medley Bridge Over Troubled Water
July 14	Let There Be Peace on Earth	Rhythm of Love
	Shenandoah	Bridge Over Troubled Water
	Rhythm of Love	

TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES



-From Gord Billows



Shoptimus Prime's Canadian Humour

Here is a link to Shoptimus Prime's **We are the Beaver** - <https://www.youtube.com/watch?v=uVETM6ZY86s>
Shoptimus Prime is a Cdn Quartet out of Ontario. Their lead, Michael Black, is the current ON District President and is also very involved with Sing Canada Harmony.


HAPPY CANADA DAY!



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 Happy Birthday Joan Crapper	22	23 Rehearsal (7:00) Details t.b.a.	24	25	26
27	28 Happy Birthday Drummond Brown	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
Meeting and rehearsal venue will be announced via email on Tuesdays.				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 conditions allow) - Details t.b.a.— OR Rehearsal 7:00	22	23	24 Happy Birthday Donna Paryniuk
25	26	27	28 Rehearsal 7:00 p.m.	29	30	31

River City Sound

Notes 4 U

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
Website: Chris Magas
2022 Show Producer: Les Creek
2022 Show Chairman: vacant
Advocate for the Winnipeg Chapter: Gordon Billows