

IMPORTANT DATES FOR YOUR CALENDAR

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

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JUNE 9 2021

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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

CHORUS REHEARSAL PLANS AND UPDATE

from Paul Bullock

Chorus Rehearsal Plans and Update

Our zoom rehearsal went well last week, even though it would have been a beautiful evening for an outdoor rehearsal. Hopefully, this will change soon but for the moment we are not able to gather together in-person. It was good to see that most of the people at the rehearsal on Wednesday are either booked or already have a 2nd vaccine. That is eventually going to dampen the pandemic and allow the restrictions to be eased. We will jump on the opportunity for an outdoor rehearsal as soon as it is available to us. The details are optimistically in the newsletter again, even though it is almost certain we will not be able to do so this week. Even so, a message will be circulated on Tuesday with final confirmation and we will continue to follow this pattern through the summer.

For now, let's roll up our sleeves for that vaccine and take time to enjoy the summer activities that are available to us. We will continue to work on our repertoire and new songs each week. We can look forward to the reaction from neighbors at our first outdoor rehearsal this summer when we're singing "The Man with the Bag" in July!

Keep singing. See you on Wednesday.

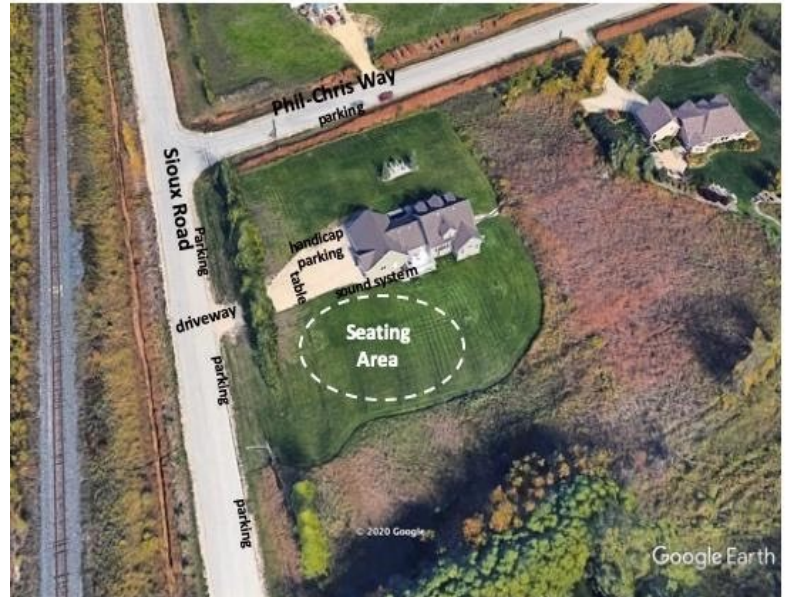
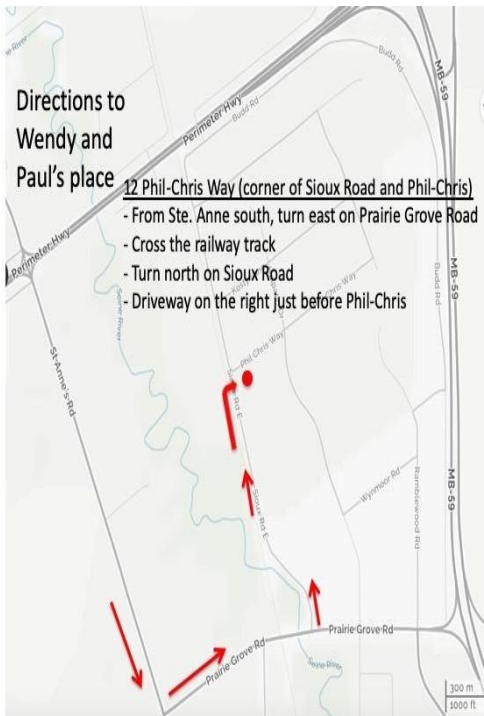


OPPORTUNITY

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.

12 PHIL-CHRIS WAY



Weekly Rehearsal Routine during the 2021 Summer

This summer, chorus rehearsals will be very different from anything in the past. We expect to be able to hold outdoor, in-person rehearsals provided that both weather and Public Health Orders are amenable. However, if we cannot rehearse together outdoors, we'll hold the rehearsal via zoom.

We've had lots of practice with zoom, so we all know how that works. But an outdoor, in-person rehearsal during a pandemic is completely new. This is how they 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? Reach out to your fellow chorus members to car-pool. (This should be legal once our gathering is legal.)

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 music (the rehearsal plan is in the Notes 4 U each week),

A good quality mask to wear during the rehearsal while you sing,

A folding chair,

Water and, if you want, a drink and/or treat to have during the break,

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!

A FRIENDLY NOTE FROM YOUR VP MEMBERSHIP AND CHAPTER DEVELOPMENT — Wendy Lamont

To all members who answered my call in January, I would like to thank you for your responses. As a result of Member feedback, two items have been adopted. The first one addressed was to identify a coach or mentor for new members. I now have a list of names who have agreed to serve as mentor for each section. Secondly, job descriptions have been written for Executive roles. These duties and responsibilities will be placed on our website in the next short while. A third proposal has been tabled for 2022.

In the month of June, I will be contacting all members with an a-mail with specific questions for you to ponder. This e-mail will be followed up with a phone call a couple of days after you receive this e-mail.

Please know that your responses are very important to me, as your VP Membership and to the Executive. All of your replies will be kept in the strictest confidence. Every member of the Chorus is important to the Chorus as a whole and I very much look forward to speaking with you soon.—Wendy



—From Gordon Billows:

Register NOW for Virtual International 2021

Reminder about early bird pricing! The price is right! The events will be exciting and very entertaining!

IH Gordon

Sent from my BlackBerry 10 smartphone on the Fido network

BARBERSHOP HARMONY SOCIETY
June 30 - July 4, 2021

An Online Event
Early bird savings through June 8

For information, paste this link into your browser:

<https://t.e2ma.net/message/n0e19f/jd24qi>

(<https://t.e2ma.net/click/n0e19f/jd24qi/j14m3hd>)

REGISTER NOW! (<https://t.e2ma.net/click/n0e19f/jd24qi/zt5m3hd>)

Join us this summer!

Featuring brand new performances -- and some of your old favorites, too.

(<https://t.e2ma.net/click/n0e19f/jd24qi/fm6m3hd>)

Get your tickets NOW and save!

Early bird pricing available **May 4 - June 8, 2021**



... Continued on next page

VIRTUAL INTERNATIONAL— continued

Watch shows with all your friends and chat live! Select events will be replayed during the event for our international attendees.

YOUTH: \$29

MEMBER: \$39

NON-MEMBER: \$49

REGISTER NOW! (<https://t.e2ma.net/click/n0e19f/jd24gi/ve7m3hd>)

(<https://t.e2ma.net/click/n0e19f/jd24gi/b77m3hd>)



Featured Performers

Signature	Pratt Street Power
Midtown	The Core
Half and Half	Quin-Tones
Double Date	Singing Double
GQ	Ripple Effect
Trocadero	Hot Pursuit
The Ladies	...and more coming soon!

(<https://t.e2ma.net/click/n0e19f/jd24gi/rz8m3hd>)

PLUS: attend a special presentation by The Westminster Chorus (<https://t.e2ma.net/click/n0e19f/jd24gi/7r9m3hd>) - more details to come!

SEE ALL FEATURED PERFORMERS (<https://t.e2ma.net/click/n0e19f/jd24gi/nkan3hd>)

(<https://t.e2ma.net/click/n0e19f/jd24gi/3cbn3hd>)

Quartet and Chorus Festivals

Quartet Festival: Quartets of all levels of ability, all backgrounds, and all configurations can now enter videos in a unique new event.

The Virtual Quartet Festival offers evaluations and judging by BHS-certified judges in a unique format that will give audiences a huge range of performers to enjoy.

LEARN MORE (<https://t.e2ma.net/click/n0e19f/jd24gi/j5bn3hd>)

Chorus Festival

The Chorus Festival is open to each chorus that was going to compete or perform as part of the festival during the Cleveland International Convention. Choruses will submit one song and all video performances will be shown in a theater - with no official awards or ratings.

SEE THE FULL EVENT SCHEDULE (<https://t.e2ma.net/click/n0e19f/jd24gi/zxcn3hd>)

(<https://t.e2ma.net/click/n0e19f/jd24gi/fqdn3hd>)

Winnipeg Chapter Rosters

Some of you more senior members might have some old rosters in your BBS files. I am trying to get two complete sets of rosters for our archives and would appreciate assistance in completing our collection. I am missing the following: 1955, 1956, 1958, 1964, 1990 and 1991.

Contact me if you have any of these. Thanks.
IH

Gordon

billows@shaw.ca

Once upon a time

Musical notation then and now:

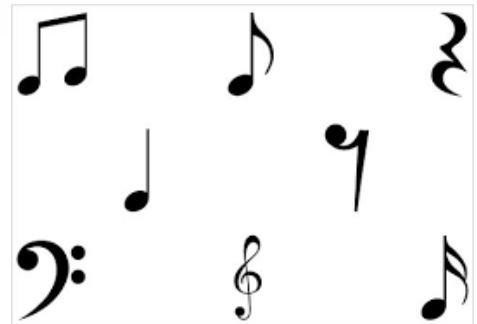
https://en.wikipedia.org/wiki/Musical_notation



वसंत - त्रिताल (मध्य लय)

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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 - MAY 12 2021 VIRTUAL SINGING WEEK 19



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
Bridge Over Troubled Water
- 7:35 to 8:05 Sectional Breakout
Bridge Over Troubled Water
Do You Hear the People Sing?
- 8:05 to 8:15 Bridge Over Troubled Water— mix
- 8:15 to 8:45 Repertoire Review
Music Theory
Woodshedding
- 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>
June 16	Hello. Mary Lou He's Got the Whole World	Stand by Me Unchained Melody
June 23	He's Got the Whole World Hello. Mary Lou	Theory and Tag Singing

TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

Shared by various RCS members

The *NILE Virus, type C*

We're still battling COVID-19 , and the next thing is here already
the *NILE Virus, type C*

Virologists have identified a new Nile virus - type C.
It appears to target those who were born between 1930 & 1970.

Symptoms:

1. Causes you to send the same message twice.
2. Causes you to send a blank message
3. Causes you to send a message to the wrong person.
4. Causes you to send it back to the person who sent it to you.
5. Causes you to forget to attach the attachment.
6. Causes you to hit SEND before you've finished.
7. Causes you to hit DELETE instead of SEND.
8. Causes you to SEND when you should DELETE.



It is called the *C-NILE* virus!

And if you can't admit to doing the above, you've obviously caught the mutated strain —

The *D-NILE* virus.

Tshirts for Seniors



Balance Sheet of Life

The most destructive habit.....Worry
The greatest joy.....Giving
The greatest loss.....Loss of Self-respect
The most satisfying work.....Helping Others
The ugliest personality trait.....Selfishness
The greatest "shot in the arm".....Encouragement
The greatest problem to overcome.....Fear
The most effective sleeping pill.....Peace of Mind
The most crippling failure disease.....Excuses
The most powerful force in life.....Love
The most dangerous act.....A Gossip
The world's most incredible computer....The Brain
The worst thing to be without.....Hope
The deadliest weapon.....The Tongue
The two most power-filled words..... "I Can"
The greatest asset.....Faith
The most worthless emotion..... Self-pity
The most beautiful attire..... Smile!
The most prized possession..... Integrity
The most powerful channel of
communication Prayer
The most contagious spirit..... Enthusiasm

LIFE ends when you stop DREAMING.
HOPE ends when you stop BELIEVING.
LOVE ends when you stop CARING.
So please share this BALANCE SHEET OF LIFE.
FRIENDSHIP ends when you stop SHARING.

KT



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 Rehearsal (7:00) Details t.b.a.			

~ July 2021 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	<i>Meeting and rehearsal venue will be announced via email on Tuesdays.</i>					
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) - time 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

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