


PAST, PRESENT & FUTURE

As of April 30, 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

Jun 2 – Music Committee meeting at 5:15 p.m. (Zoom)
Jun 9 – Executive meeting at 5:30 p.m. (Zoom)

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JUNE 2 2021

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CHORUS REHEARSAL PLANS AND UPDATE

from Paul Bullock

Hello everyone! Hopefully you all had a nice break these past 2 weeks despite our relentless provincial pandemic. The latest Public Health Orders restricting all interactions between households are currently in place until June 12. That means that we will have to continue with zoom rehearsals for the time being. This is certainly disappointing but it is one of the reasons that we decided to be flexible with our rehearsal venue through the summer. The details are explained below. Hopefully, our first opportunity for an outdoor, in-person rehearsal is not far away. Plus, we'll have some outdoor social events to enjoy this summer. At least for now, we can gather and greet each other online.

It will be good to see everyone again on Wednesday.

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:

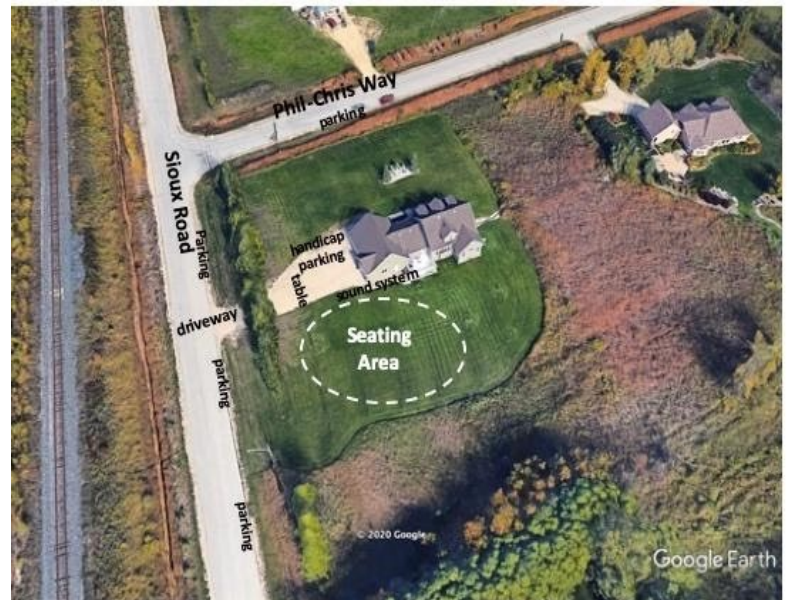
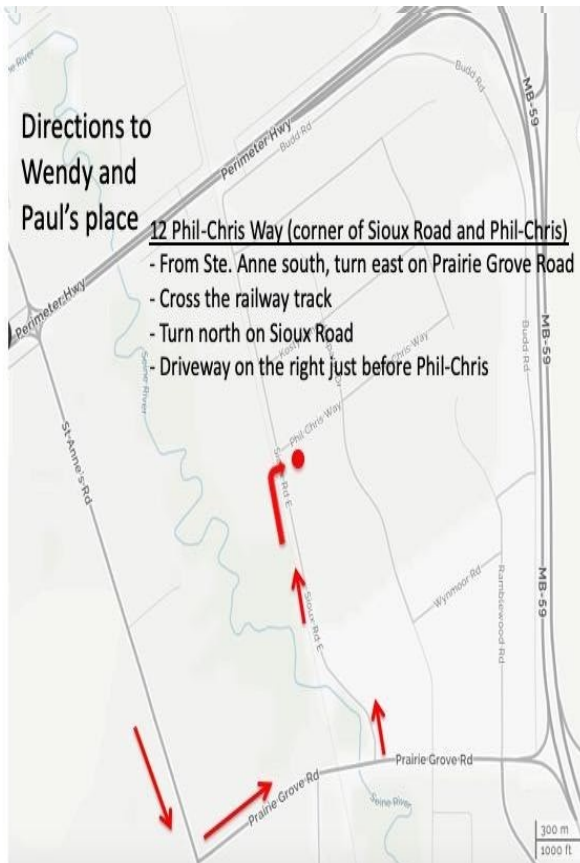
- a) Your music (the rehearsal plan is in the Notes 4 U each week),
- b) A good quality mask to wear during the rehearsal while you sing,
- c) A folding chair,
- d) Water and, if you want, a drink and/or treat to have during the break,
- e) The bugs are usually not too bad but you may want some insect 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!

12 PHIL-CHRIS WAY



Notes From the VP of Music....

Hello everyone and I hope you are all staying well.

I wanted to comment on the rehearsal schedules for the coming weeks. As you are all aware, our ability to gather is rather unlikely for the next month or so, and as a result, the rehearsal schedules are set assuming that we will be meeting over Zoom. When we are able to meet in person, the schedules will be a bit of a guideline subject to last minute changes (perhaps even 'day of' changes), so please be patient and prepare for rehearsals knowing that things may change.

I know that it is too warm to be thinking of snow and cold, but I wanted to mention was that we will be starting rehearsals of Christmas show music in July, starting with Merry Christmas Darling, then moving on to I Saw Mommy Kissing Santa Clause. We have one brand new Chanukah song this year – Light One Candle. It was originally sung by Peter, Paul and Mary, and there are some videos on Youtube of it being sung by them. Our arrangement is very like the original in the video, without the instruments of course. Please take a few minutes to watch and listen.

Have you ever heard a song somewhere and thought 'Gee, that would be a great song for RCS to sing!?' I know that I have, and I wanted to ask you to send me a note about songs that you think would be great. We may not pursue it immediately, but we'd like to build a list of potential songs for future performances (Thank you, Bernie, for suggesting Light One Candle!). Not all songs would be suitable, as we have to be able to acquire both the sheet music and learning tracks for our TTBB chorus, but we can investigate and get back to you. — Les



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 to 7:35 New(er) Music
Rhythm of love
- 7:35 to 8:05 Sectional Breakout
Fun in Just One Lifetime
Do You Hear the People Sing?
- 8:05 to 8:15 Rhythm of Love - mix
- 8:15 to 8:45 Repertoire Review
Dream Lover
Best of Doo-Wop
- 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 9	Fun in Just One Lifetime Rhythm of Love	Theory and Woodshedding
June 16	Fun in Just One Lifetime He's Got the Whole World	Stand by Me Unchained Melody

IN MEMORIAM
From Larry Bredesen

TOGETHER

Mom, it's been 20 years since you left us and not a day goes by that we don't think of you with love. Dad, it's been one year since your passing and we love you and miss you everyday. On a hot July, 2020 day, we laid you to rest beside Mom with a beautiful graveside service, complete with music and surrounded by the love of your family. We take comfort knowing you two are once again singing duets. Stay tuned Dad, we're still planning that Celebration of Life for you in the future.

Your Loving Family



CASSELMAN

Dorothy
August 18, 1929 -
March 23, 2001

Harold
September 23, 1922 -
May 23, 2020



TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

Shared by various RCS members

Where to go without leaving home...

I have been in many places in my life but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends and family. I live close so it's a short drive.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

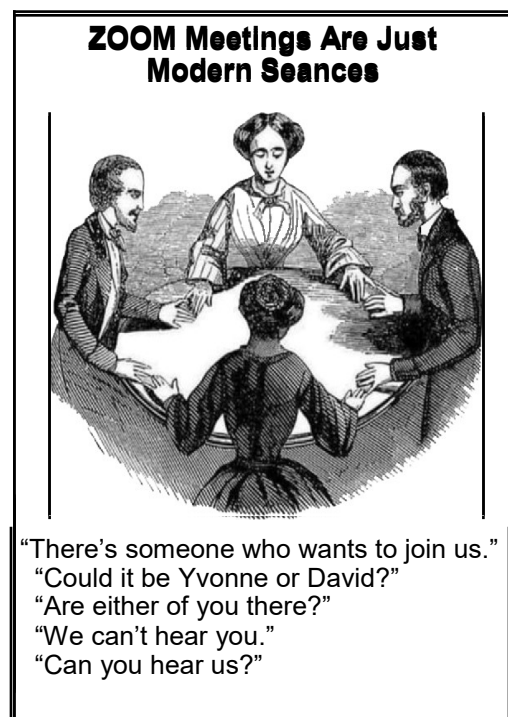
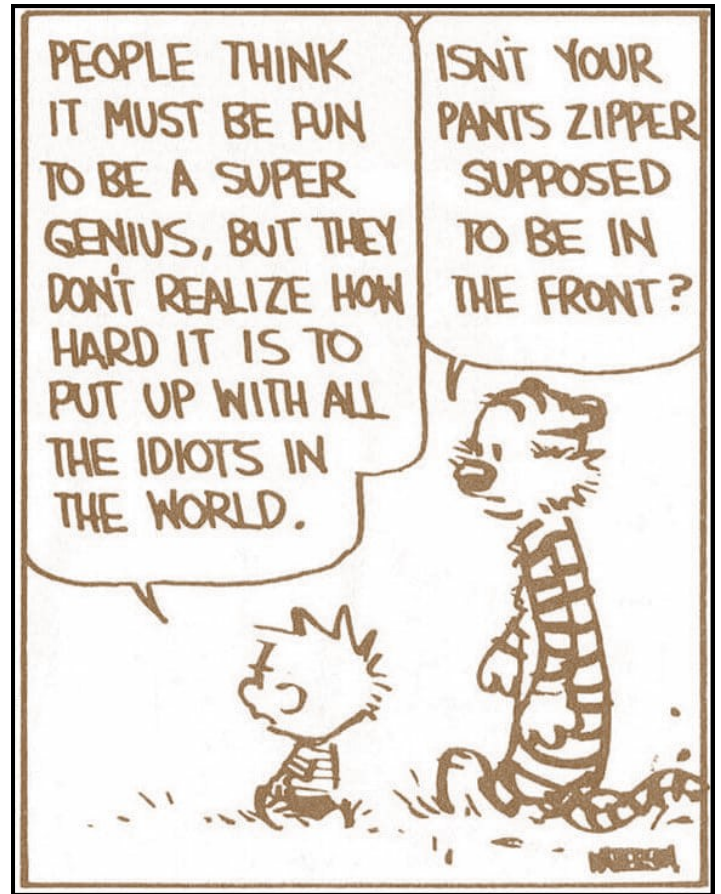
One of my favourite places to be is in Suspense! It really gets the adrenaline flowing and pumps up the old heart! At my age I need all the stimuli I can get!

And, sometimes I think I am in Vincible but life shows me I am not.

People keep telling me I'm in Denial but I'm positive I've never been there before!

I have been in Deepshit many times; the older I get, the easier it is to get there. I actually kind of enjoy it there.

So far, I haven't been in Continent, but my travel agent says it is on the list.



One more reminder:

<https://youtu.be/LqPJfSONXU4>

Watch and listen!!!

And show your friends!



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. (venue TBD) 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.	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



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