


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 23 2021

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CHORUS REHEARSAL PLANS AND UPDATE

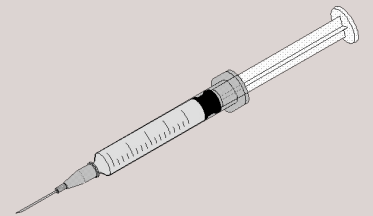
from Paul Bullock

The public health orders have not been updated, so another zoom rehearsal is likely this week. An email will be sent out Tuesday for confirmation. After last week's rehearsal, the music team was reflecting on the status of our repertoire and new songs. It was clear that our chorus has made some significant accomplishments even without the ability to rehearse together. We have learned several new songs, re-introduced some older songs and kept our repertoire refreshed. All of this, as well as four music videos, is a testament to our collective efforts while operating in a virtual environment for more than a year.

On the flip side, we will need to give ourselves some time to re-adjust to in-person singing when we are able to re-start. Clearly, we have become proficient with our zoom rehearsals, video recordings and singing along with audio tracks. Hopefully, those activities have maintained our singing skills to some degree but we should expect some bumps once we start singing as an ensemble. We will all need patience and some effort to transition back to where we want to be. When that starts, remember to be kind to thy fellow members.

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

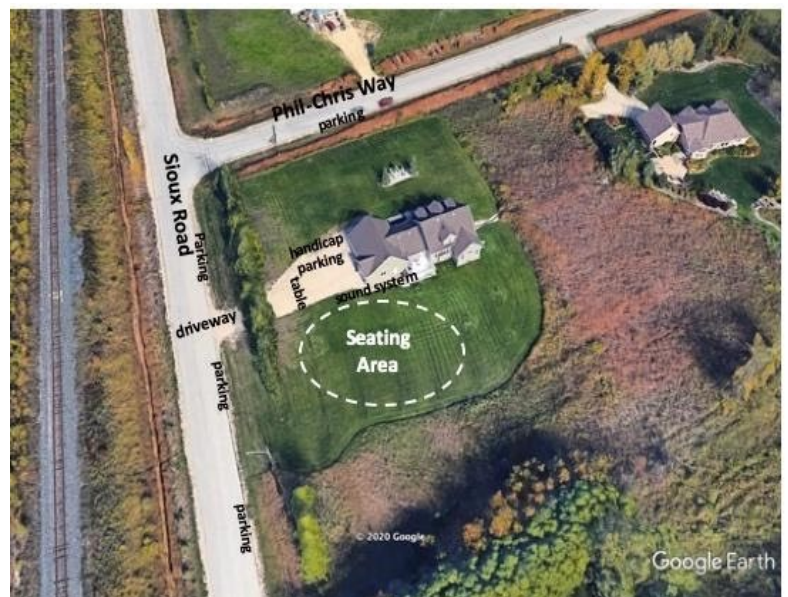
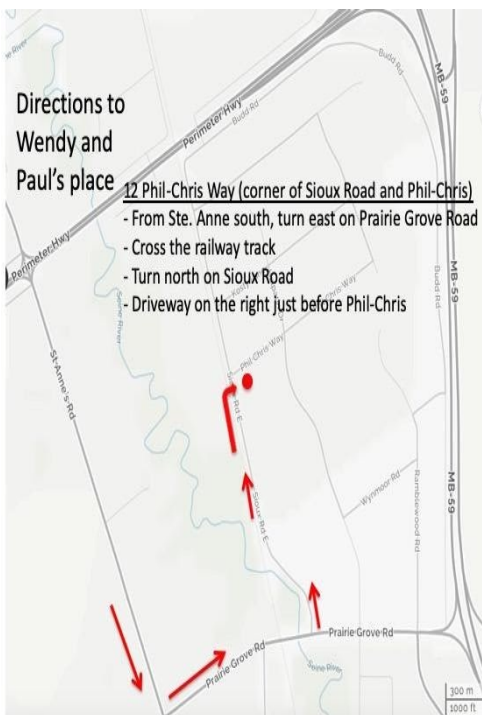
Plan to arrive at the rehearsal about 6:45 p.m. to allow some time to sign in and do the pre-rehearsal screening that will be done for everyone in attendance.

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!





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 23 2021

VIRTUAL SINGING WEEK 22

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
	Fun in Just One Lifetime
	O Canada
7:35 to 8:05	Sectional Breakout
	Fun in Just One Lifetime
	He's Got the Whole World In His Hands
	O Canada
8:05 to 8:15	Fun in Just One Lifetime — 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 !!!)

New(er) Music

Repertoire Review

June 30

Social event????

OR

The Lord`s My Shepherd

Can You Feel the Love Tonight?

O Canada

Hello Mary Lou

July 7

Shenandoah

Woodshedding and Tag Singing

The Lord`s My Shepherd

OR

Beach Boys Medley

O Canada

A GREAT 'THANK YOU' TO ALL OUR MEMBERS....

By Les Creek

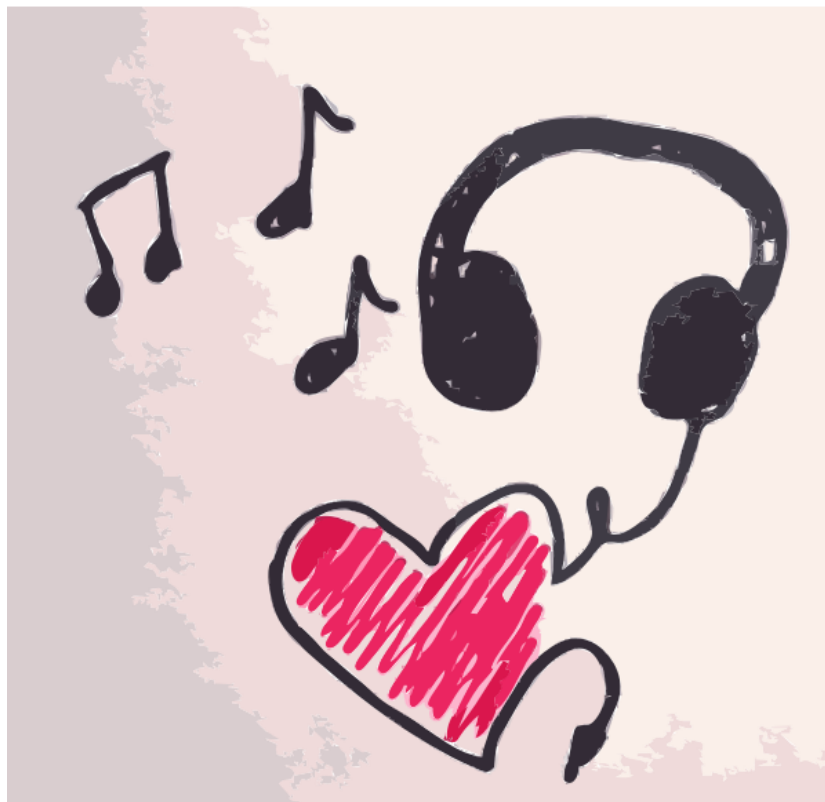
Oh, hasn't it been a trying time? 15 months and counting since we've been able to gather and sing together. But let's look at all that we have accomplished in that time. We could have just stopped doing things, but we didn't. We instead chose to learn a lot of new music, and to resurrect some music that hadn't been sung for many years. We challenged ourselves to create videos that have been well received by our audience. Many of us mastered the Zoom technology to meet virtually, and we greatly missed those for whom Zoom was not an option.



What a challenge this past year has been for our newer members too. Those who came to us from the Assiniboine Chorus now had to learn to sing in the TTBB notation that we use (instead of the SSAA and SATB notation that they were used to), and some had to learn to sing in new sections, such as moving from bass to baritone. This meant that they had to re-learn some music with which they were already familiar. In addition to learning many of the RCS repertoire songs, they were also challenged to learn the newer music as we prepare for our upcoming Christmas and annual shows, and as we renew our repertoire. Our other new members also had significant challenges in just learning the barbershop a cappella style of singing, as well as finding the best section for them, and in learning the music.

We have grown as a chorus, not only in numbers, but in our willingness to learn some of the harder new music, such as Rhythm of Love, and to embrace the changes and challenges that these times have required of us.

Thank you.



TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

Editors` Choice

From Wikipedia -

"Sumer is icumen in" is the incipit of a medieval English round or rota of the mid-13th century; it is also known variously as the Summer Canon and the Cuckoo Song.

Hear it here:

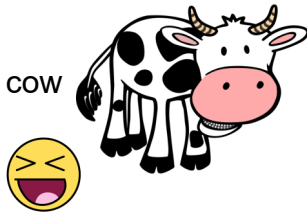
<https://youtu.be/B2Tk1JseYkU>



Ah, summer!

Q: What do you call a cow that has just given birth?

A: Decaffeinated!!



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 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