


**PAST, PRESENT & FUTURE**

Please send any information for publication to Mae Denby by **Saturday noon** at:  
[denby.mae@gmail.com](mailto:denby.mae@gmail.com)



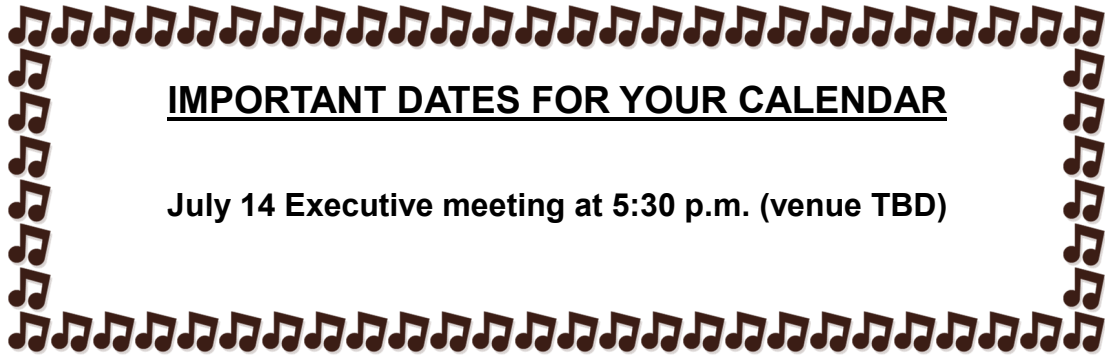
**PERMANENT ZOOM REHEARSAL LINK**

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 14 Executive meeting at 5:30 p.m. (venue TBD)

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**JULY 07 2021**

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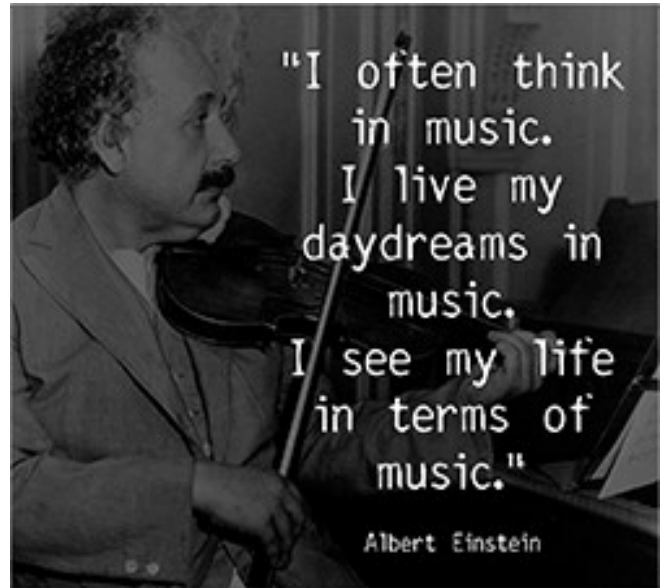
# CHORUS REHEARSAL PLANS AND UPDATE

from Paul Bullock

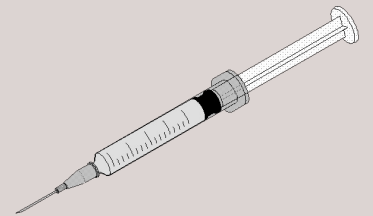
Are you tired of Zoom?? It's understandable considering that we've been using it for rehearsals for nearly 16 months.

However, there is cause for some optimism. Our provincial vaccination rate is far ahead of target. We were a week ahead of the July 1 goal and likely to be 2 weeks ahead of the August goal. That means that restrictions may be further lifted in the next couple of weeks. Of course, we don't know what changes will be made but there is a reasonable chance that we could soon hold either a social event or an in-person outdoor rehearsal. That is especially the case since so many members in the chorus are fully vaccinated. Keep your fingers crossed and keep singing. We'll get there!

Keep singing. See you Wednesday.



## VACCINATION BULLETIN



### **Proof of vaccination required to participate in outdoor rehearsals**

The River City Sound executive has 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](mailto:wendyjlmac@gmail.com)). She will organize a ride for you.

## Wednesday

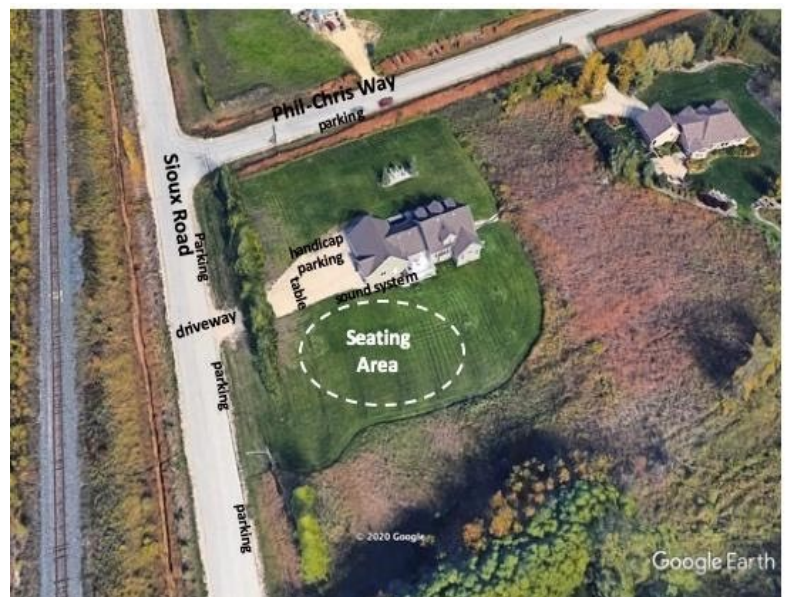
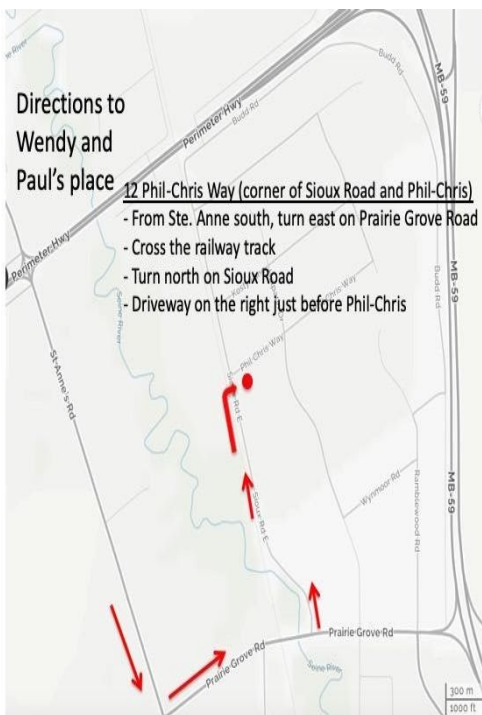
Plan to arrive at the rehearsal about 6:45 p.m. to allow some time to sign in and do the pre-rehearsal screening that will be done for everyone in attendance.

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!



# 2021 BHS VIRTUAL INTERNATIONAL CONVENTION

By Gordon Billows

## Wednesday -

My afternoon was spent as a Tour Guide - taking people around the “Verbela campus” and coaching them on being Avatars travelling throughout the virtual convention. Most Avatars asked to go on a boat ride at Glimmer Bay. Something very different! Some of my time was also taken up working with a few other District “builders” trying to fix a few technical issues between YouTube and Verbela. After the shows tonight I will be preparing a picture that celebrates Canada’s July 1st and the US’s July 4th. This picture will be for the 5 Districts with Canadian Chapters.

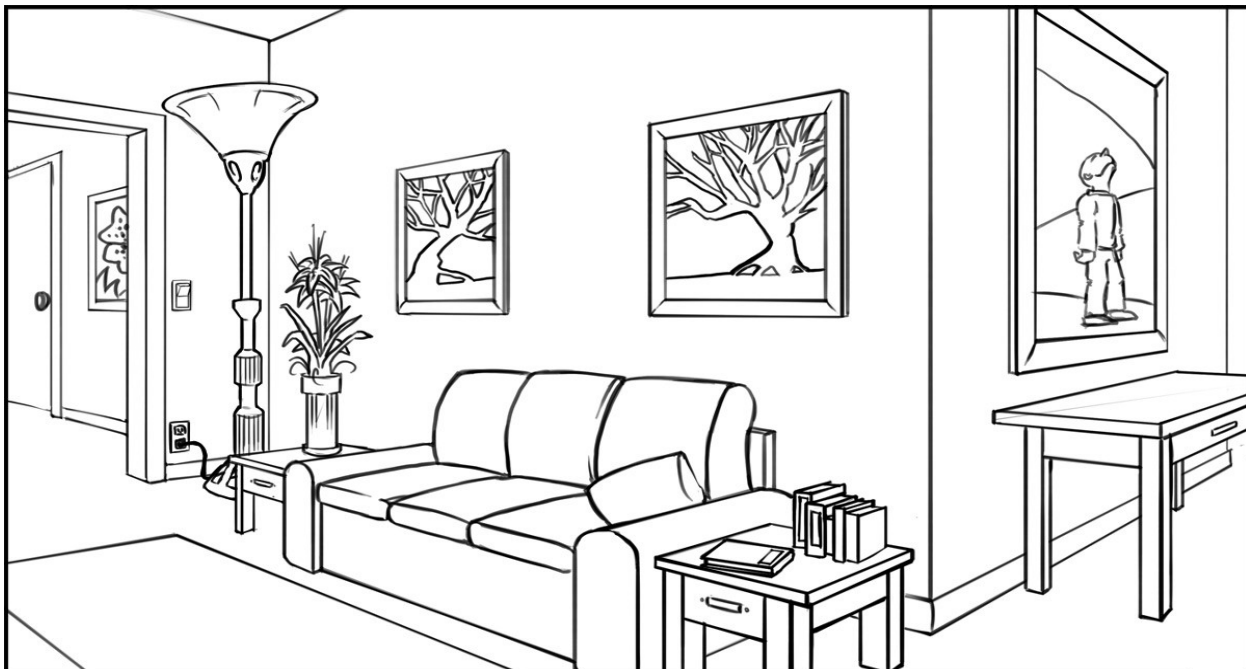
At 7 pm the “From Archives Show” featured historian commentary and performances by some famous quartets and choruses from years gone by, like Four Voices, 2003 MBNA Competitor Chorus, Gatsgy, Vaudeville, Remember When, Storm Front, The Gaynotes, Big Chicken Chorus, Nightlife, Side Street Ramblers and ending with the Phoenicians. Really nice to hear a few of the songs the Winnipeg Golden Chordsmen used to sing like Bye Bye Blues and Keep Your Sunnyside Up.

Next was the After Glow featuring a youth quartet The Beantones from Boston (<https://www.beantonesbarbershop.com/>), who enjoy singing songs by the Four Freshmen. Quite exciting and different than the traditional BBS performances. It is worth seeing a few of their videos: <https://www.youtube.com/channel/UCbyONdGP1FHHSgQ8qaBob9Q>

The evening finished at Glimmer Beach for fireworks. Bonus, I met up with an old friend, Lance Lubin, from the Pinellas Chapter in Florida. Lance is very involved with AHSOW (woodshedding) and was interested in connecting with Rob Smith. I got an update on their chapter (rehearsing live now) and another good friend Dr. Clare McCreary (<https://www.youtube.com/watch?v=GE88v77-WR4>) - 104 years young, still very active, and will be singing in a quartet at the Sunshine District’s Labor Day Jamboree.

## Thursday - Happy Canada Day!

Starting at noon, the MBHA Mixed Harmony Showcase Premiere in the Buffalo Bills Theater featured over 20 mixed choruses and quartets from all over the world. My favourites were choruses from Texas and Germany. There was also a very gripping performance by PDX Voices. Really amazing to see the wide variety of performances with BBS and other music - ALL SO WELL DONE AND SO VERY ENJOYABLE! Let the good times roll! BTW, every audience member gets the “best seat in the house” - you just have to click the magnifying glass above the screen and you are totally “up close and personal”. Not a bad seat in the house!





# 2021 BHS VIRTUAL INTERNATIONAL CONVENTION — CONTINUED

By Gordon Billows

The afternoon show in the 139th St. Theater featured Ringmasters, together with Lemon Squeezy (they have a new member and they sang some new songs) and ASKA (a female quartet). Their final song sung by the three quartets together was Hymn of the Acxiom - so beautiful. Considering that English is not their main language (evident when they spoke to their audience at the Convention), you cannot hear this when they sing. Definitely visit these groups on the internet to enjoy some of their music videos.

After the Ringmasters show, I had two more hours as a Tour Guide. Nice to meet people from all over the world who share this same love of music and singing.

A Woodshedding Session hosted by Pete Stephens-Brown (PIO) involved about a dozen singers. Pete went over the history and basics of woodshedding. He stressed that proximity matters because we need to hear each other in order to choose the harmony most pleasing to the singers. The session ended with harmonizing to Just a Night in Dreamland.

The Thursday Night Show in the 139th St. Theater, was attended by about 250 BBS enthusiasts. The show featured the following choruses and quartets singing a few of their most favourite songs.

Ambassadors of Harmony, Singing Double, Quin-Tones, Yonge Guns and Ripple Effect, Gas House Gang, The Core, The Ladies (SAI), The Naturals, Round Midnight, Michigan Jake, Ripple Effect, Taken 4 Granite (HI), Sun-tones, Nightlife and GQ (SAI). The closing performance featured a mass chorus with the senior and youth choruses that performed at the 2018 Midwinter Convention in California. Paula and I have very fond memories of that Convention! They sang "Harmony" and we sang along!

A few minutes to get refreshments and then back to the computer to click into the BHS Nightclub for a live performance by Ripple Effect - a mixed quartet from Ontario. We enjoyed their rendition of one of our favourite songs - I Can Go the Distance. A great way to complete our Canada Day celebration - Let's Live It Up - [https://](https://www.youtube.com/watch?v=k5C4Ha1tfkU)

[www.youtube.com/watch?v=k5C4Ha1tfkU](https://www.youtube.com/watch?v=k5C4Ha1tfkU)

## Friday -

Almost a free morning! However, a "virtual world builder" always can find things to do/tweak. I transported my Avatar to the 5 Districts with Cdn. Chapters and removed the Canada Day July 1st pictures and the "sticky notes" indicating their cities with Canadian Chapters. I replaced them with a picture of the American flag that celebrated the US Independence Day on July 4th. I spent some time in the Evergreen District building talking with Judy Galloway, their webmaster and "builder". Evergreen has the MOST COMPLETE/INTERESTING District building! Judy is saving all the video links and pictures in all her hospitality rooms, board rooms, halls, etc (about 50+ areas) and is planning to create an Evergreen Building to link to their District website. This would be used to orientate new (and current) members to their District - a GREAT IDEA! I am looking into doing something similar for Land O' Lakes.

The Quartet Festival went from 2:30 to 5:00. There were 28 quartets performing via videos - male, female and many mixed. The quartets were mostly from the States, but there were others from Sweden, Australia and New Zealand. Each quartet received evaluations from judging panels and received scores. The BHS "festival" rating system was used - Superior/Excellent/ Outstanding. For this Quartet Festival, BHS provided full access to ALL singers, there were no membership requirements for participation. Singers of all ages, from all nations, and all combinations were welcome to submit entries for the Festival. I believe that our LEATHER & LACE quartet would have done well in this line up!

In the evening we watched the AIC's (Association of International Champions) - Back in the New Routine show, with live performances by Crossroads, Interstate Rivals and Vocal Spectrum plus video performances by about 10 other champion quartets. WOW, talk about capturing the audience and giving fantastic emotional performances. All champions eh? Before the quartets performed, they usually told some special stories about their quartet or the songs they were about to perform. Rod Johnson of Happiness Emporium talked about Bob Dowma's great tag for "On a Wonderful Day Like Today". The Interstate Rivals ('87 Champions) did a live performance and sang Applause Applause, Imagination and finally I've Heard That Song Before.



# 2021 BHS VIRTUAL INTERNATIONAL CONVENTION – CONTINUED

By Gordon Billows

Other quartets that made the show so fantastic - Main Street, Keepsake, Rural Route 4, Vocal Spectrum and Signature. A VLQ (Crossroads, Vocal Spectrum and Interstate Rivals) sang Scarborough Fair. The show finale was Boston Commons singing “That Old Quartet of Mine”.

Paula and I had the pleasure of meeting many of these quartets over the last 20 years at shows in Florida and various BHS conventions and it was really nice to see them again, even though virtually. Paula and I have met Interstate Rival’s lead Joe Connelly many times and Paula just said, “I wonder if Joe ever married that blond girl?”

Paula and I are so grateful for the musical pleasures we have experienced through our involvement in Barber-shopping.

The Live Afterglow was held at the BHS Nightclub and if people did not get enough of Vocal Spectrum, Crossroads and Interstate Rivals at the AIC show, they got to enjoy these three quartets again at the afterglow. Lots of singing, lots of great commentary, lots of fantastic Barbershop.

## Saturday -

The Chorus Festival on Saturday afternoon was 3 ½ hrs of fantastic singing AGAIN (via music videos mainly). There were 28 choruses, including male and mixed choruses, that submitted videos for this Festival. About half were Medal winners - like Heralds of Harmony, Alexandria Harmonizers, The Thoroughbreds, Ambassadors of Harmony, Masters of Harmony, etc. It was an extreme pleasure to watch all their performances.

The Saturday Night Show featured the Westminster Chorus, numerous quartets and singers from 8 countries. Quartets like After Hours, New Fangled Four, Half and Half, Hot Pursuit (HI) and some “vintage” quartets like 139th St Quartet ('81 Wpg show), Rural Route 4 (Wpg '90 show), Special Edition ('88 Wpg show), Gas House Gang and SIGNATURE! Up until 2000, Winnipeg Chapter usually had International Champion quartets on our shows. It was great to watch all their performances at this virtual convention. SUCH A WIDE VARIETY OF BBS ARRANGEMENTS - new and old!

Of course, there was a special tribute for the US Independence Day sung by the Alexandria Harmonizers and Masters of Harmony - it was breathtaking (and I’m Canadian). The closing was LOL’s Great Northern Union and Championship Quartets from around the world, all singing Keep The Whole World Singing. Of course there were many familiar faces in the chorus - Dan True, Judd Orff, Bob Dowma and BHS CEO Marty Monson.



lifetime!

The evening’s finale was a live afterglow at the BHS Nightclub featuring Gimme Four and The Ladies. Of course some of the audience members could not resist going for a boat ride. We were all treated to a spectacular fireworks display.

This ends my report for the 2021 Virtual International Convention. Sunday will have repeats of the Wednesday, Thursday and Saturday night shows. Again my wish, similar to after “attending” Midwinter - I wish all Winnipeg Chapter members had had the opportunity to experience what Paula and I watched over the last few days! For us it was not once in a lifetime, but twice in a

**IT’S GREAT TO BE A BARBERSHOPPER!**



# 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:

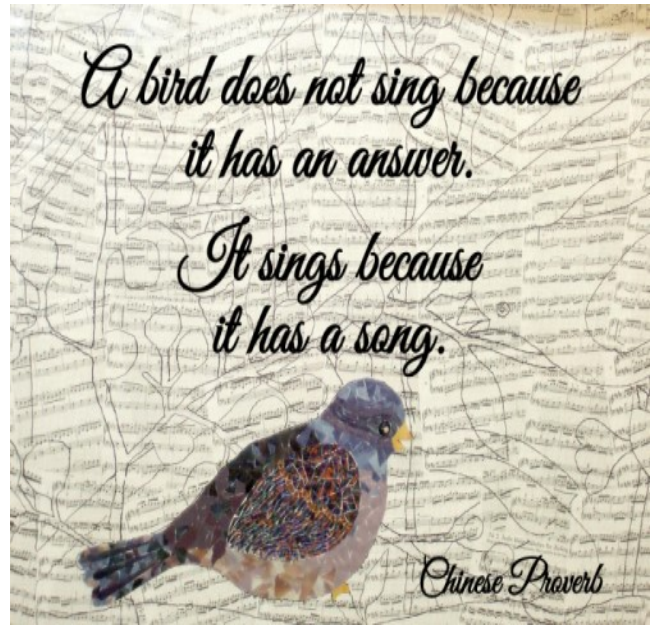
<https://myvocalskills.com/8-free-singing-apps-that-make-you-a-better-vocalist>





# TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

Z 😊 😊 M!



## THEORY CLASS NIGHTMARE

With the rise of self driving vehicles, it's only a matter of time until there's a country song where the guy's truck leaves him



\*If necessary, stagger breathing so as to sustain organ point here.

# IMPORTANT DATES 4 U - JULY 7 AUGUST 2021

Meetings, Rehearsals, Holidays and River City Sound Member Birthdays

## ~ 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 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 Rehearsal 7:00 p.m.	22	23	24 Happy Birthday Donna Paryniuk
25	26	27	28 Rehearsal 7:00 p.m.	29	30	31

## ~ August 2021 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Happy Birthday <i>Bernie Gunn</i>	3	4 Music Committee Myg. 5:15 Happy Birthday Paul Bullock Rehearsal (7:00) Details t.b.a.	5	6	7
8	9	10	11 Executive meeting 5:30 p.m. Rehearsal (7:00) Details t.b.a.	12	13	14
15	16	17 Happy Birthday Len Paluck & Paul Rondeau	18 Possible Social event* <u>OR</u> <u>Rehearsal</u> Details t.b.a.	19	20	21
22	23	24	25 Rehearsal (7:00) Details t.b.a.	26	27	28
29	30	31				

\* if both weather and public health orders are amenable

# 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](http://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