

IMPORTANT DATES FOR YOUR CALENDAR

August 4 Music Committee Meeting 5:15 p.m.
August 11 Executive meeting 5:30 p.m.

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JULY 28 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

PICNIC/SOCIAL GATHERING – JULY 28, 2001

6:00 pm ---- KINGS PARK

NOTE: THIS EVENT IS WEATHER DEPENDENT CONFIRMATION WILL BE SENT TO ALL MEMBERS ON TUESDAY, JULY 27. PLEASE WATCH FOR THE EMAIL.

Well ... we're hoping that we can now turn the corner on the challenges of this past year, and enjoy our first opportunity since last summer to actually gather and see each other in person. Sing "Hallelujah"!!!!



As usual, our social evenings are open to all members and their partners.

Because of the continuing Public Health Guidelines, the following Protocols will be observed when we gather:

- * Everyone attending must meet with the "Greeters" at the sign-in table to review the Public Health screening protocols.
- * Everyone who wishes to participate **MUST** present proof that they are past 2 weeks following full (2) vaccinations. This proof must be either a hard copy of the proof of vaccination dates provided by MB Health, a card verifying full vaccination (also available from MB Health), or electronic proof of either one.
- * • Manitobans who have a Manitoba health card and have received all required doses of a vaccine at least 14 days ago can request an immunization card to prove complete vaccination. To request a digital or physical card, visit <https://www.gov.mb.ca/covid19/vaccine/immunization-record.html>
- * All attendees are asked to respect the social distancing guidelines (the two-meter "staff of truth" will be present), and to bring a mask that is to be used if individuals choose to gather to chat at closer distances.
- * Anyone who wishes to have food or refreshments during the evening is to provide their own. No sharing outside your household, please. Also, please note that it is against the law to possess or consume alcoholic beverages in city parks (Keep it "soft" please).
- * Bring your lawn/folding chairs
- * This rain is likely being widely celebrated by mosquitoes, so bring whatever bite-deterrent product you need.

TIME: 6:00 pm

LOCATION: The picnic will be held at **KINGS PARK** which is located just south of the University of Manitoba on Kings Drive (Directions follow).. Shirley and Sherrie scouted several locations, and have determined that this park has a nice gathering area, parking, and public washrooms.



PICNIC/SOCIAL GATHERING – JULY 28, 2001— Continued

Directions to King's Park:

↑ If proceeding **north** from the South Perimeter on Pembina Hwy:
North on Pembina Hwy to Dalhousie Dr. (Shell station on the corner).
Turn right (east) on Dalhousie, proceed to the lights at Silverstone Ave.
Turn right on Silverstone and follow to "T" intersection at Kings Dr.
Turn right on Kings Dr. and follow to entrance to Kings Park (first left).
Turn left into Kings Park ...



Social Gathering location is a short distance on the left.

A short distance into the park there is a maintenance building on the right, and public washrooms on the left.

Parking is available adjacent to the washrooms on the left.

Location for the Social Gathering is on the left, just before the washrooms. Signage will be in place once you are in the Park.

↓ If proceeding **south** on Pembina Hwy
South on Pembina Hwy to Dalhousie Dr. (north end of the Dalhousie Drive loop). There is a Shoppers Drug Mart and a Boston Pizza at the intersection.

Turn left (east) on Dalhousie Dr and follow to lights at Silverstone Ave.

Turn left on Silverstone and follow to "T" intersection at Kings Dr.

Turn right on Kings Dr. and follow to entrance to Kings Park (first left).

Turn left into Kings Park ... Social Gathering location is a short distance on the left.

The routes from either direction are pretty straightforward, so proceed with confidence ☐

PLEASE NOTE: Paul has advised that there is significant street construction underway on the campus, so we are advised to avoid accessing Kings Street via the University.

Parking

As noted, there is a small (20-car) parking lot adjacent to the picnic area. It tends to fill up with parents of youth soccer players by 6:30 or so. If it is full when you arrive there is another (larger) parking lot a little further along on the left that can be used. It is about a 5-minute walk to the picnic area.

NOTE: There is NO PARKING along the roadway.

We are looking forward to seeing everyone who is able to attend. Let this be the start of a brand new year of Chorus in-person activity!



WINNIPEG IN THE MINNEAPOLIS COMMODORES' NEWSLETTER

From Gordon Billows LOL IPP

Bob Dykstra, of the Hut Four quartet, wrote an article for his Minneapolis Commodores newsletter this week. He referenced Winnipeg a few times; see below:

A few other incidents involving air travel come to mind.

On our way to our first Winnipeg show by private plane we almost had to leave as soon as we landed because we lacked some authorizing paper-work. Fortunately, I had made some very good friends in Winnipeg when my wife delivered my son there and I had to go through the rigmarole of getting the two of them out of Canada. Collectively my Barbershop friends had enough influence to allow us to stay and do the show.

(An aside: My life Lou was singing with a Sweet Adelines quartet, the Nota-Rieties, in 1961 when the quartet competed in Regional competition in Winnipeg. Lou was 8 1/2 months pregnant at the time, she performed while experiencing some labor pains, went to the hospital immediately after singing, delivered my son Paul, and found out they had won the contest! I was back in Minneapolis watching over our daughter, Kim, flew to Winnipeg, and with the help of Barbershoppers and Sweet Adelines brought my wife and Canadian son home.)

The Hut Four quartet sang on several Winnipeg shows ('58, '60, '64, and '68), was inducted into the LOL Hall of Fame in '90, sang on 2 USO tours, were LOL District Quartet Champions in '58 and competed at International 9 times in their 20 year history.

Bob Dykstra is a loyal attendee at the TFNBMTOT (The Friday Night Bunch That Meets On Thursday) luncheons. His story as a Barbershopper is on this link: <https://www.youtube.com/watch?v=CxqHVq7scK4>

(If you are in Minneapolis on a Thursday, you would be welcomed to attend their luncheon. Contact me for details.)





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.

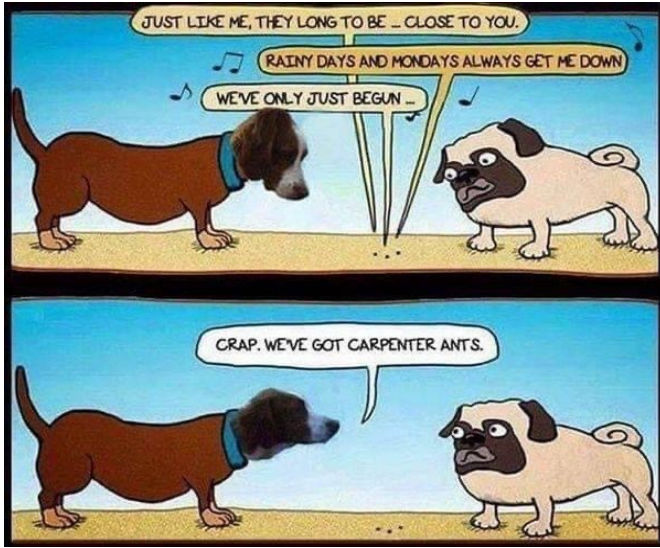
FREE SINGING APPS TO MAKE YOU A BETTER VOCALIST

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



From Larry Bredesen

**Stress is caused
by not enough
music.**



IMPORTANT DATES 4 U - JULY & AUGUST 2021

Meetings, Rehearsals, Holidays and River City Sound Member Birthdays

~ July 2021 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Meeting and rehearsal venue will be announced via email on Tuesdays.						
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 Mtg. 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

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