

**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.

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**JULY 14 2021**

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# CHORUS REHEARSAL PLANS AND UPDATE

## from Paul Bullock

The public health orders have not changed since the end of June, so, our current plan for in-person, outdoor rehearsals is still not permitted. There will likely be an update from the province this week but the orders will not change prior to Wednesday. So, we have another week of zoom rehearsal. (Yes, we're getting tired of it!)

The executive will be discussing some other ideas for in-person rehearsals. Stay tuned because there may well be a change of plans after this Wednesday. No matter where or what type of in-person rehearsal or social gatherings that we hold, the executive will also be considering an update to the vaccination requirement. All members and significant others who want to participate will likely need to show proof of being fully vaccinated (i.e. be at least 2 weeks past receiving a 2<sup>nd</sup> dose). It's not likely a big issue for our chorus since most of us have already received a 2<sup>nd</sup> shot.

Please note, there won't be a newsletter next week. So, if there is any important information to be shared next week, please send it to Larry Bredesen so it can be circulated via chorus email.



Land O' Lakes District (<https://loldistrict.org/>) is one of 17 Districts in the Barbershop Harmony Society. The present Society's membership is about 13,000, not including the Society's affiliate organizations around the world. You can view the map of the Districts on the following site <https://www.barbershop.org/about/our-community/districts> and read about Society's history at this site <https://www.barbershop.org/about/history-of-barbershop>. All members are encouraged to visit the Society's website <https://www.barbershop.org/> to discover our world of Barbershop harmony and see how we Keep the Whole World Singing!

A brief summary of Land O' Lakes District history is on this website: <https://loldistrict.org/lol-history>. Winnipeg Chapter is one of 46 chapters in Land O' Lakes District (<https://loldistrict.org/regions-chapters>). There are 5 Canadian and 41 American Chapters. Winnipeg joined the District on July 17, 1948. The East Region's District VP is Justin McCullough ([jumccull@gmail.com](mailto:jumccull@gmail.com)). The West Region also has 3 Chapter Advocates that provide more direct support to the Chapters. **Gordon Billows** (Immediate LOL Past President and Chapter Advocate) is responsible for the 4 Canadian Chapters in the East Region.

## GETTING TO KNOW ... RHONDA GRIST

I grew up in the West End of Winnipeg on Downing St. My Grandad (a carpenter from Scotland), my Dad and my uncles built our modest house when I was two years old. I was the oldest of three kids. In spite of the fact that the family out grew the small two bedroom bungalow, I lived there all of my growing up years.

One of the highlights of growing up on that street was the fact that Tec Voc High School did not exist at that time. Behind our house was a large prairie which provided space for people to rent a garden plot and grow yummie potatoes, carrots, corn, and peas. I know first hand that they were yummie because we raided those gardens on a regular basis! Of course, if you're going to steal a potato or two, you need to cook them. How to do that without our Moms knowing that we had raided again? The simple answer was to build a fire in a small pit in the prairie grass which surrounded the gardens. The older boys always seemed to have matches to start the fire. Ah! life was good, until our little fire ignited the prairie grass, creating a real prairie fire which was growing by the second!! Panic time! Some of the kids hid. Others ran for home and had to confess our mischief. The fire department was called and soon the sirens of the fire truck were heard rushing down our back lane. That always taught us a good lesson --- for a little while!



Principal Sparling and Daniel McIntyre collegiate were the schools I attended to the end of Grade 12.

From the moment I entered Grade 1, I knew that I wanted to be a teacher. My Grade One teacher was wonderful. Young and pretty. I loved her and received a great start from her teaching skills and her warm heart.

The years at Daniel were superb. It was such a busy high school with Student Council, a variety of student committees, a newspaper that was published once a month and a very large Girls' Choir, Boys' Choir and a Combined Mixed Choir. The Mixed Choir had a total of 250 members. We won many trophies at the Winnipeg Music Festival.

We also had an active sports program which included Inter-mural Volleyball, Basketball and of course a very active Football Team (complete with Cheerleaders -- cute girls in cute uniforms with short skirts).

Whenever the Daniel team was playing, the students crowded the bleachers. The girls were there to watch the players. The boys were there to watch the Cheerleaders!

After high school I attended United College (now U of W) and U of M where I received a BA and a BEd. Now my dream of becoming a teacher was about to begin.

I taught high school in the country and in the city and later taught English as a Second Language at the Adult ESL Center in the Winnipeg School Division. We taught English to immigrants and refugees and I loved it. Our students were adults. They taught me so much about other cultures and customs and the value of each one. What a great experience!

Gord and I married and moved to the Rural Municipality of Charleswood as it was then. We loved the rural atmosphere complete with a couple of mink ranches, a horse ranch, and no city sewer. Charleswood became our permanent neighborhood where we raised our two children, our son Glen and our daughter Michelle. We have been blessed with four wonderful grandkids, three boys and one girl. They range in age from 19 to 25.

Our family life has centered around our cottage which, with the help of friends and family, we built ourselves starting with clearing the many large trees. Our kids were only

*Gord said that he would never leave a beautiful piece of poetry or music for future generations but maybe he could leave a cottage for the family to enjoy after he was gone.*



## GETTING TO KNOW ... RHONDA GRIST — continued

eleven and eight at the time and during the actual building process they worked with us and learned a lot about tools, building procedures, and hard work.

The cottage project started one day when Gord said that he would never leave a beautiful piece of poetry or music for future generations but maybe he could leave a cottage for the family to enjoy after he was gone.



That time has now arrived. Gord passed on 1 1/2 years ago. Last summer was our first summer at the lake with the whole family there except Gord. We spent the summer talking about Gord and the fun and hard work that brought Gord's dream to reality.



The cottage is now called "Gord's Legacy". We are all very grateful for Gord's dream and his hard work and leadership which brought his dream to reality.

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*[Editor: This story is reprinted from two weeks ago when this article first appeared containing numerous errors. I take full responsibility for this blunder. There is an explanation, but there is no excuse. I apologize.]*

*Mae Denby]*



# 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 - JULY 14 2021

## VIRTUAL SINGING WEEK 25

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
	Let There Be Peace on Earth
	Shenandoah
7:35 to 8:05	Sectional Breakout
	Shenandoah
	Let There Be Peace on Earth
	Rhythm of Love
8:05 to 8:45	Music Review
	Rhythm of Love
	Bridge Over Troubled Water
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
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<b>July 21</b>	Merry Christmas Darling	Rhythm of Love
	Let There Be Peace on Earth	Bridge Over Troubled Water Do You Hear the People Sing?
<b>July 28</b>	Merry Christmas Darling	Do You Hear the People Sing?
	Everybody's Waiting for the Man	Bridge Over Troubled Water
		Imagine



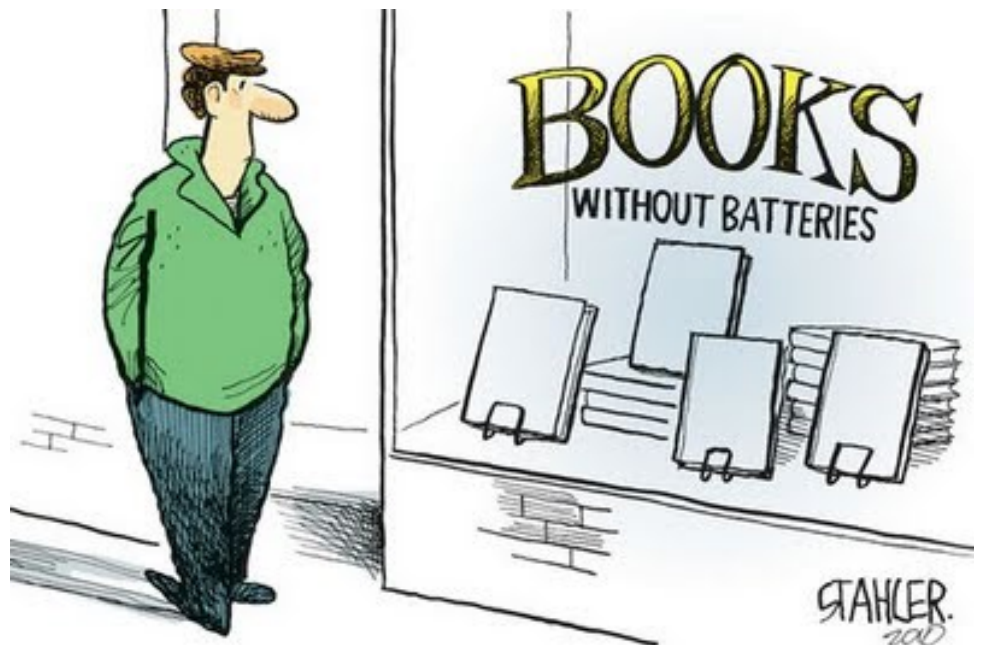
# TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES

Contributed by various chorus members

If you feel something calling you to dance or write or paint or sing, please refuse to worry about whether you're good enough. Just do it.

- Glennon Doyle

Artist Quote of the Day



# 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 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