


**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**

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

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**AUGUST 4 2021**

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# CHORUS REHEARSAL PLANS AND UPDATE

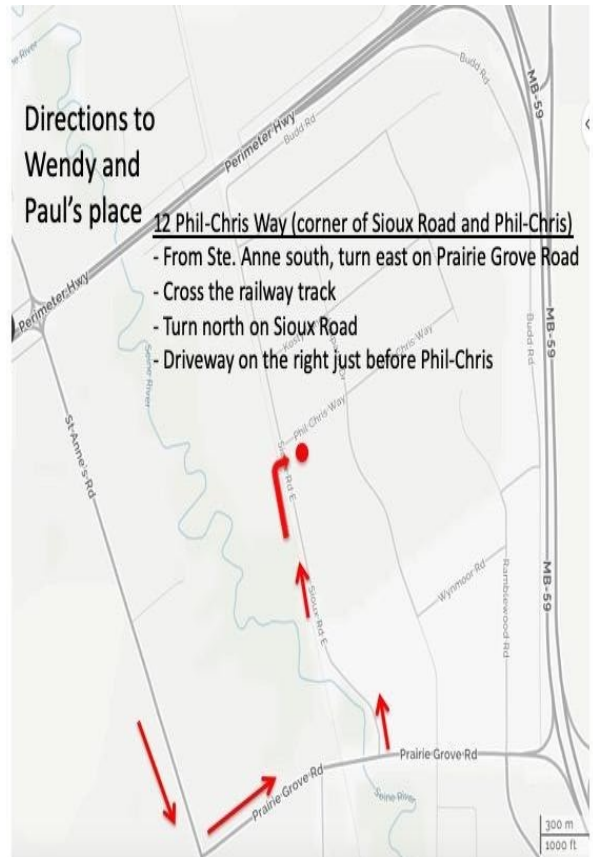
from Paul Bullock

We have finally started on our transition from zoom to in-person singing. It was a couple of months later than we hoped but it was very nice to hold the first in-person event this year. The picnic at King's Park let us try out some in-person, ensemble singing outside and we now know that it works. Thanks Sherrie and Shirley for finding the venue and signing us in.

This Wednesday, we expect to have a full rehearsal at 12 Phil-Chris Way as we had originally planned for the summer. Directions and information are provided on this and the following page. A notice will be circulated on Tuesday to confirm the venue, and if the weather forecast is unfavorable, we'll rehearse using zoom. Assuming we rehearse outside and in-person, we will all need to have some patience as we sort through any unforeseen issues. Hopefully all will go well. The picnic singing was good and it is exciting to have the prospect of singing together in-person again.

Please remember, we will require proof of full vaccination for everyone at the rehearsal. Make sure to bring your water, a chair and, if you want, your own snack for the break. If you need a ride, call Wendy and she will help organize one for you (thanks, Wendy and our volunteer drivers).

See you Wednesday (hopefully in-person)!



# Weekly Rehearsal Routine

## 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. This will be done for everyone in attendance.

Bring with you:

Your vaccination record (you must be fully vaccinated to participate),

Your music (the rehearsal plan is in the Notes 4 U),

A 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),

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.

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!



THE FLU VACCINATION RECORD		
Your Name: JOHN BUCANIS		
1st dose		D.O.B
Tick brand administered	Arm injected	Vaccinator Initials
<input checked="" type="checkbox"/> Pandemrix	<input type="checkbox"/> Left	LS
<input type="checkbox"/> Celvapan	<input checked="" type="checkbox"/> Right	
for second appointment (if needed):		





# BREATHING EXERCISES 2021



by Sherrie Bredesen

## NOTE:

At Sherree's request, we will 'retire' this section from N4U as of this issue. You may want to print it for future reference!

\* 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.



# REHEARSAL SCHEDULE - August 4 2021 VIRTUAL SINGING WEEK 26



from Les Creek

Hello everyone! Wasn't it great to actually see each other in person last week? And we even had a chance to exercise our vocal cords a little!

Because we are transitioning to in-person rehearsals, I'm just going to list some of the songs that (hopefully) we can sing through on Wednesday. Of course, we will have to start concentrating on the Christmas music, but we will also try to spend a little time on some of our other repertoire. There are a couple of things that I ask of you as we start this next phase:



Please, please warm up your voice prior to coming to rehearsal. Notes 4 You has some very effective exercises, and there are number of YouTube videos from BHS and from other singing coaches such as Roger Hale, that can help you warm up your voice.

Please review this week's music prior to arriving at rehearsal. I know it's been a long time since we've sung together so having a 'refreshed' memory for our parts will help us all.

Because the days are now noticeable shorter, we probably will only have about 2 hours to rehearse, assuming that we can start on time, so please arrive 20 to 30 minutes early to check in, visit with friends, and to set up your chairs.

The Christmas songs we'll work on this week are:

- Everybody's Waiting for the Man With the Bag
- Merry Christmas Darling
- Let There Be Peace on Earth



Repertoire songs that we need to review are:

- Imagine
- Rhythm of Love
- Do You Hear the People Sing

Regardless of our ability to get through all the music this week, it will provide us with a foundation on which to plan future rehearsals.

Thank you for understanding and working with us as our rehearsals evolve over the next few weeks.

Stay safe everyone and see you on Wednesday.

## 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>



# Memories



From Gayle Wharton

A couple of weeks ago Gordon Billows was browsing through our Sweet Adeline Assiniboine Chorus historical files. Gordon noticed this photo of my former quartet The Accents. He suggested maybe I could add a little to it and submit to Mae for the Notes 4 You.

The caption describes who we were and the type of barbershop entertainment we offered our audiences - comedy (thanks to Doreen Guicheret) along with audience participation and lots of laughs. By the way, that fabulous bass (Shirley Muir) is my sister.

Back in the seventies (yikes) the barbershop genre was thriving and we decided Winnipeg could support two chapters. The Accents along with a small group, which included our Sherrie founded the Assiniboine Chapter of Sweet Adelines Intl. It was a long process that finally came to fruition in the spring of 1976. Hallelujah!

In 2016 we were very proud to celebrate our 40th anniversary as a Sweet Adelines chorus. What a great party it was, singing with former members and directors. Great memories.

Thanks RCS for the opportunity to reminisce a little



### **The Ac-cents:**

You may recognize the Ac-cents because of the antics of their lead - their own Gracie-Fields or the fun-filled community sing songs which they include in their varied program of contemporary and traditional barbershop style singing.

Baritone - Marg Downie, Bass - Shirley Muir, Lead - Doreen Guicheret, Tenor - Gayle Wharton. For bookings, contact Marg Downie - 253-4482.

# Land O' Lakes

From Gordon Billows - Chapter Advocate

Land O' Lakes Fall 2021 Convention (Oct 14 - 16) plans are progressing very well! All LOL choruses and quartets are invited to this contest and festival, and they can choose to compete to get judges' scores and evaluations, perform with an evaluation and an unpublished score, or simply perform in front of a very appreciative audience. Featured guests will include 2010 International quartet champions, Storm Front, and possibly between 40 and 50 Next Generation youth BBS singers from Burlington WI.

Another bonus - members can register to rehearse and sing with the LOL All Chapter Chorus. The convention is over two months away and there are already about 150 convention registrations! The convention is being held at the MSP Airport Hilton in the Twin Cities, close to the Mall of America. Accommodations can be booked for only \$85 US.

Information about registrations and all things happening at the LOL Fall Convention can be found at <https://loldistrict.org/2021-fall-convention>

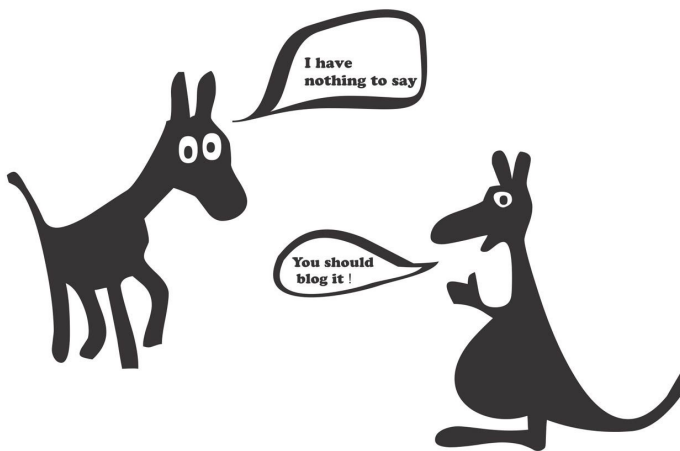
We all hope that the borders will be open so "vax-ed" members can enjoy Barbershop Harmony together again!

Land O' Lakes choruses and quartets are ROARING BACK! There are 36 (US chapters) out of our 46 LOL chapters having in-person rehearsals and many have been performing in public this summer. Now is a very good time for all chapters to develop plans to recruit new members and invite former members to get involved in 4-part a cappella (Barbershop) singing. Winnipeg is now Roaring Back with plans for in-person rehearsals!

Land O' Lakes is always interested in getting members involved in the administration of the District. Over the years, several Winnipeg members have served in various Society and District roles - Hugh Ingraham (LOL Area Counselor and Society Public Relations Director - 1963), Barry Best (Society Executive Director - 1964), Les Gurr (LOL Area Counselor, Division VP, Pitch Pipe Editor), Bill Christie (LOL Area Counselor), Larry Hunter (LOL Chapter Counselor and Division VP), Art Grosse (LOL Chapter Counselor) and Gordon Billows (LOL Division VP, Chapter Counselor/Advocate, and President). Further your talents, skills, experiences and service as a District officer and volunteer! Contact Gordon Billows if you would like further information.



# TO BRIGHTEN YOUR SPIRITS DURING THESE TRYING TIMES



## THESE ARE TEARABLE PUNS.



- The short fortuneteller who escaped from prison was a small medium at large.
- He often broke into song because he couldn't find the key.
- Local Area Network in Australia: the LAN down under.
- The man who fell into an upholstery machine is fully recovered.
- When a clock is hungry it goes back four seconds.
- A chicken crossing the road is poultry in motion.
- In democracy it's your vote that counts. In feudalism it's your count that votes.
- A backwards poet writes inverse.
- Time flies like an arrow, Fruit flies like a banana.
- What's the definition of a will? (It's a dead giveaway).
- A bicycle can't stand on its own because it is two-tired.



# IMPORTANT DATES 4 U - AUGUST SEPTEMBER 2021

Meetings, Rehearsals, Holidays and River City Sound Member Birthdays

## ~ 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>	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

## ~ September 2021 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
N.B. Please consider all scheduled events (details t.b.a. 9except birthdays!)			1 Music Cmte Mtg. 5:15 Rehearsal 7:00	2	3	4
5	6	7	8 Executive meeting 5:30 p.m. Rehearsal 7:00 p.m.	9	10	11
12	13	14	15 Rehearsal 7:00 p.m.	16 Happy Birthday Earl Golden	17	18
19	20	21	22 Rehearsal 7:00 p.m.	23	24	25
26	27 Happy Birthday Milt Muldrew	28	29 Rehearsal 7:00 p.m.	30		

# 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