

# Born to Sing

MONTHLY NEWSLETTER OF THE BORN TO SING CHOIR



Another chapter of the *Born To Sing* choir began on March 31st at the Kwinana Community Arts Centre, on Sulphur Road, Kwinana. The group will meet every Monday night and will perform in concerts with the original *Born to Sing* choir, *Sing From The Heart* Fremantle and the *Two Up Two Down* choir from Kalgoorlie. Contact [martinsings@gmail.com](mailto:martinsings@gmail.com) for more info.

We have also been having discussions with Professor Jane Davidson of the music department of the University of Western Australia to begin a collaboration whereby the university assists with bringing isolated people to the choir and at the same time researches the effects that singing has upon people.

This month we are also introducing *The Grapevine*. If you have something you need, something want to give away or exchange, just send us an email and we'll include it in the next newsletter. And finally, we have our first concert on April 26th at the Mandurah Performing Arts Centre. Ticket sales are going well but we want to have a full house so make sure you get your friends and family to come along for an uplifting and fun-filled night.

Best wishes and Happy Singing

~ *Martin Meader*



## PERRY'S SINGING TIP #2: *Singing Loud & Soft*

Many a vocal fold (cord) has felt the painful sting of their owner's over-use of the voice. The vocal folds, being tender membranes, do not have the capacity to generate enough power from the voice without becoming sore so when having to sing loud, focus the pressure to your stomach, not your throat.

The sound needs to be supported by compressed air, not by a squeezed or constricted feeling in your throat.

Singing softly requires as much, if not more, effort and attention as does singing loudly. Support the voice by taking a deep breath, pushing the air into the abdominal cavity.

Singing loudly and softly = singing with enough breath

"Give it a go!"

## NEXT CONCERT:

**Saturday 26<sup>th</sup> April**

Mandurah Performing Arts Centre

7.30pm ~ 9.30pm

Includes performance from  
SHINE and THE HOT NUT CLUB.

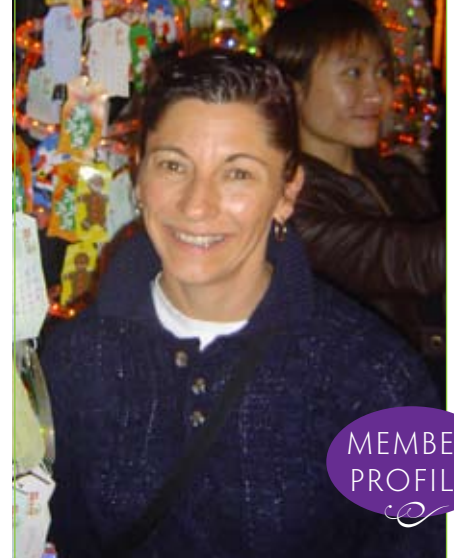
Tickets are \$20.00 (\$15.00 concession) and can be purchased by contacting us at [720choir@gmail.com](mailto:720choir@gmail.com)

## INCORPORATING THE FOLLOWING CHOIRS:

Fremantle Sing From The Heart Choir  
meets every Tuesday from 11.00am-1.00pm  
(contact [martinsings@gmail.com](mailto:martinsings@gmail.com))

Kalgoorlie Two Up Two Down Choir  
meets on Monday nights from 7.00-9.00pm  
(contact Clare & Andrew Kirke [kirke@westnet.com.au](mailto:kirke@westnet.com.au))

Kwinana Born to Sing Choir  
meets on Monday nights from 7.00-9.00pm  
(contact [martinsings@gmail.com](mailto:martinsings@gmail.com))



## DEB SAVILLE

*Adviser to the Born To Sing Choir Board.*

Deb wears many hats!

Deb feels her purpose is to make a difference and to live a wonder-full life. With a background in Education, Disability Studies and Accelerated Learning she designs and delivers impact-full training, business and coaching solutions in the community services and corporate sectors.

She is currently blending her professional and personal coaching, business acumen and energy in several exciting dreams...including Heart Matters providing inspirational events with Martin Meader and bringing the movie *The Adventures Of Charlie and Moon* to fruition. Deb loves travelling to soulful places with her husband and rock, Lindsay. Africa, Uluru and Lantau have a WOW factor!

Deb recently learnt to make Yorkshire pudding and rice pudding...continuing a family tradition.

Deb has always loved music and strongly feels, sees and hears the power of sound. She joined the Born To Sing Choir and lobbied to ensure it continued after so many people enjoyed the 2007 Christmas Concert.

Deb says, "Australia for me is a land of milk and honey – it oozes golden opportunities and I feel blessed and grateful to be living a life I love."

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## IS SINGING GOOD FOR YOUR HEALTH?

*Dr Andrew Kirke*

*General Practitioner Kalgoorlie WA and Choir Director,  
Two Up Two Down Community Choir*

To anyone who has sung in a choir this might seem a silly question. Every singer knows of the post-singing high you get after a good rehearsal or performance and then there's all that fresh air and breathing. How can it not be healthy? On the other hand some of the health problems of our professional singing stars today would suggest perhaps singing is a dangerous occupation.

Defining health is a challenge in itself. Do we mean the way we feel about ourselves or are there some measurable outcomes that might be attributable to singing? Below are some of the myths and facts about singing. You be the judge whether the net effect is good for your health.

### *People feel better after singing*

Numerous psychological studies support the anecdotal evidence that people feel better after a session of singing. There are significant measurable changes in mood after a singing session. Listening to music can have the same effect but participating in singing increases the boost to your mood. In choirs targeting disadvantaged people there have been measurable effects in improving self esteem as well.

### *Singing is good for my lung function*

When interviewed about the perceived benefits of singing, choristers will often site an improvement in respiratory function as an example. Formal testing would suggest this is not the case although with training there is an improvement in breath control.



OUR FIRST CHOIR SOCIAL EVENT



## THE GRAPEVINE

IKEA TODDLER BED + MATTRESS  
Free to whoever wants to come and take it.

WANTED: Ladies bike

Contact 720choir@gmail.com



MEMBER  
PROFILE

## LIAM HILL

*Born To Sing Choir*

Hi! I'm Liam Hill, I am 15 years old, and am the youngest person in the *Born to Sing* Choir. I have always loved the musical and theatrical side of music and drama, so it was a great opportunity when I was told about the *Born to Sing* choir. On my first day I was anxious and nervous but I soon came to grow fond of all the members participating in the choir. People refer to singing as 'belting out lyrics in a rhythmic fashion', and for a while so did I. But I soon came to realize that the *Born to Sing* choir does more than that, it helps you to find your pitch and tone and can teach you new and exciting (and vintaged) songs. What really drew my attention was that it doesn't matter if you can't sing, you have a crack at it anyway. I have participated in other choirs, but the *Born to Sing* choir is something that I will never forget.

## CONTACT US AT

720choir@gmail.com

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