

# Born to Sing

MONTHLY NEWSLETTER OF THE BORN TO SING CHOIR

## YOU WERE BORN TO SING

The *Born to Sing Choir* was the brainchild of the 720 ABC Perth Radio Afternoon Program presenter Bernadette Young who teamed up with choir maestro Martin Meader to invite listeners and ABC staff to form a choir. The choir of 120 singers (many of whom had not sung in a choir before) were invited by the City of Perth to join them for a Christmas Concert in Forrest Place to bring the 720 community together to celebrate the festive season. Rehearsals were such fun and the concert such a success that it was decided to keep the choir going in 2008. This year's rehearsals began mid-January and the singers are now beaver away learning new songs in readiness for a concert at the Mandurah Performing Arts Centre on April 26th. For all those who have secretly longed to sing, the good news is that there are places still available in the now 200 voice choir and actually being able to sing is not a pre-requisite! Martin Meader firmly believes that anyone can sing with a bit of work and a lot of enthusiasm.

## PERRY'S SINGING TIPS: *Singing High Notes*

When confronted with having to sing a high note, most people panic, tilt their head upwards, tighten their throat and vocal chords and ready themselves for a screaming match. This of course, as you will find if you've ever tried it, can be painful, tiring to you and your voice, and produce an overall less than average sound.

*As a tip...Relax!*

Tilt the head down rather than up when you are singing high notes, this prevents you from constricting your airways and allows the throat to stay open. Also, keep the airflow steady and if you have to sustain a long high note, use your air sparingly. You should try and get rid of all the feeling in your throat and relax your shoulders, but keep the pressure under the diaphragm tight and compressed.

HIGH NOTES = Head down

RELAXED THROAT = Tight stomach muscles and compressed air

Happy Singing!

## About Born to Sing Musical Accompanist – PERRY JOYCE



MEMBER  
PROFILE

PERRY JOYCE was born in Perth, Western Australia and graduated from Trinity College in 2006. He is currently studying music as a Bachelors Degree at the University of Western Australia majoring in composition, under the guidance of Roger Smalley, James Ledger and Iain Grandage. Having studied the piano and singing from an early age, Perry has won many local and national competitions for excellence in singing, piano playing and composition alike. Some of his compositions have been performed by the Sydney Symphony's Sinfonietta under the direction of Richard Gill, The National Youth Choir of Australia, The Western Australian Youth Chorale and the Gondwana Voices.  
kenshin\_oavn@hotmail.com



MEMBER  
PROFILE

## About Born to Sing Musical Director – MARTIN MEADER

In 1997, Martin Meader co-wrote and co-produced **Paradise Road**, a \$25.6 million Fox Searchlight feature, which starred Glenn Close, Cate Blanchett, Pauline Collins, Jennifer Ehle, and Francis McDormand. Martin has also worked with high-profile academy award individuals such as Dean Semler (*Dances With Wolves*), Andrew Lesnie (*Lord Of The Rings*) and John Cox (*Babe*). Another of Martin's children's stories, **The Adventures of Charlie & Moon** is in the process of being published and turned into a major motion picture. Martin is also a musician, composer and choral director. He has conducted choirs of varying sizes (including 1,000 voice choirs) in Australia, Indonesia, Canada and most recently the Hurricane Choir in Louisiana, which was formed to lift the spirits of survivors of the 2005 Katrina and Rita hurricanes. Over the last ten years, he has conducted teambuilding singing workshops for community and corporate organisations in Australia, UK, Canada and USA. He has just released his first album – **Inside The Heart**.

## NEXT CONCERT:

**Saturday 26<sup>th</sup> April**  
Mandurah Performing Arts Centre

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

# Born to Sing

MONTHLY NEWSLETTER OF THE BORN TO SING CHOIR

## Why is singing good for you?

Science documents the benefits. Looking across the world, the human species is a singing animal. And from the perspective of those that do, it must seem quaint to see western medical science seriously studying how and why singing promotes health.

1. Researchers at the University of Manchester have discovered that the sacculus, a little organ in the inner ear, responds to frequencies commonly found in music, & responds within a few seconds of hearing that kind of sound. **So you get immediate pleasure when you sing.** Singing provides catharsis across the full emotional spectrum, and can give a directly-experienced sense of happiness. It's a mood lifter & anti depressant with no side effects.
2. Professor Graham Welch, Director of Educational Research at the University of Surrey in Roehampton, says **people who sing are healthier than people who don't.** Singing gives the lungs a workout, tones up abdominal & intercostal muscles and the diaphragm, and stimulates circulation. It makes us breathe deeply, so we take in more oxygen, improve aerobic capacity and experience a release of muscle tension as well.
3. In an Italian study, researcher Robert Putnam discovered that the more people sang in groups, the higher their level of involvement in the tasks that a healthy community needs to do to care for itself. Presumably ANY vibrant and pleasurable voluntary activity will strengthen the 'level of civic engagement' but it does suggest that **singing is an accessible, inexpensive option for re-developing the 'social capital' that we used to take for granted as common decency and good citizenship.**  
<http://users.netconnect.com.au/~fwmusic/articlepg2.html>



MEMBER  
PROFILE

### GWEN SAVILLE

GWEN Saville is now a lady of leisure, after a long working life as one of the Queen's District Community Nurses in the UK. She took the very brave step of emigrating to Australia at the age of 72 after living in the same house for 49 years! She left behind a great street community and life-long friends... Gwen is loving being a part of the Born To Sing choir. Always willing to help out wherever she can she is an asset to the group... and of course, she makes the best Yorkshire pudding, rice pudding and bread and butter pudding you can imagine!

## COLOUR AND SOUND

Paula Bradley

[pfb\\_explorer@hotmail.com](mailto:pfb_explorer@hotmail.com)



Colour and sound are both vibrations and frequencies. Different vibrations have different sounds and colours. When you listen to a beautiful piece of music, you are also being saturated with a rainbow of colours. When you sing or speak you are emitting rainbows of colour vibrations. Sound is colour made audible and colour is sound made visible. Although we associate hearing sound through our ears and seeing colours through our eyes, because they are vibrations which are carried through the elements, our whole body receives and feels them, whether or not we can see or hear them. Plato once said that music and colour are to the mind, as air and light are to the body.



## MUSIC LINK

to assist your musicianship

**BIG EARS** The Original Online Ear Trainer is designed to help you improve aural recognition skills, specifically interval recognition. An interval is the difference in pitch between two tones. It's easy for most people to hear the difference between a high note and a low note, but it takes practice to be able to determine exactly how much higher one note is than another.

<http://www.ossmann.com/bigears/>

## 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))

## CONTACT US AT

[72ochoir@gmail.com](mailto:72ochoir@gmail.com)

Internet partner: [www.loconut.com.au](http://www.loconut.com.au)

