

Born to Sing

MONTHLY NEWSLETTER OF THE BORN TO SING CHOIR



Our first concert at the Mandurah Performing Arts Centre on Saturday 26 April was an overwhelming success. 160 singers plus musicians performed with SHINE and THE HOT NUT CLUB to a packed auditorium.

Many people have expressed interest in joining the choirs and we look forward to them singing with us at the Perth Concert Hall on Saturday 2 August. Many thanks to all of the singers and musicians for a great night. Happy singing ~ *Martin Meader*



INCORPORATING THE FOLLOWING CHOIRS:

NEXT CONCERT:

Saturday 2nd August

PERTH CONCERT HALL

7.30pm ~ 9.30pm

For more information contact 720choir@gmail.com

Fremantle Sing From The Heart Choir
meets every Tuesday from 11.00am-1.00pm
(contact 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)

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



RAY WEBB

You think you lead a boring life until you give it some thought. My interests include bushwalking, football (South Fremantle, Dockers, Scunthorpe United and the Force), cricket and free art exhibitions. I love listening to the singing poets – Cohen, Dylan, Kelly and Young, and any music that gets you up dancing or singing along. I'm 60 and single with a very small immediate family so the choir environment is good for me. At the moment I work for the Department of Education and Training as a Records person but things might change soon. A few years back I started writing a few poems and accumulated enough to put into booklet form. Some friends in a print shop helped me with this project, and friends, music, smiles and love are what makes the world go round. So happy singing and I'll leave you with the poem I wrote about the choir.

BORN TO SING

There is no judgement

We are here to learn

Inspired to be vibrant

For a sound others yearn

For music is there to share

Let our combined voices soar

A way of showing that we care

This is what we are there for

For this is community

A way to celebrate life

Thanks for the opportunity

As we forget about toil and strife

We are in our hearts a choir

We know the joy that music can bring

And the beauty that is in it to inspire

Yes, we are born to sing

We are born to sing.

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IS SINGING GOOD FOR YOUR HEALTH? PT 2

Dr Andrew Kirke

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

Singing improves social wellbeing

Hard to measure but intuitively this makes sense. Singing in a group brings you into contact with other like-minded souls to share in a pleasurable experience.

There is much discussion in psychological circles about the idea that multiple meaningful connections with other people are a predictor for good health. Several long-term population studies have clearly showed a health benefit in social activities for people regardless of other factors. The reason is not known but it appears to be independent from the physical benefit of being active (improving your cardiovascular system). Being connected to others socially is good for your health and longevity.

Singing uplifts the soul

Few would argue with this however what people mean by this depends on their beliefs about the world. For those with strong religious beliefs this is often interpreted as bringing them closer to God or some higher spiritual plane. For others it is more an interpretation of mood or general well being. Either way it is hard to measure other than on a self reported scale. When studies have looked at this attribute, choir members will consistently report this as a positive effect of singing.

PHYSIOLOGICAL BENEFITS OF SINGING

Professor Jane Davidson & Dr Robert Faulkner

Singing is often seen as having a wide range of psychological, social and even physiological benefits. We find accounts about singing and music's healing power in all sorts of sources; David playing the harp and the 'supernatural' powers of shaman are obvious examples.

Over recent years, researchers have been collecting a significant amount of evidence that supports what were previously anecdotal stories about the impact of singing on wellbeing and health.

In a series of short articles over the next few months, we are going to investigate some of those findings. We begin with a study from the US that looks at the physiological and chemical effects of groups' vocal performance.

Researchers do strange things sometimes and in a recent study by Robert Beck (2000) they went around collecting saliva from people who were singing in a choir. Samples were collected at the beginning of a choir practice, late in the choir practice and then in a public performance.

Researchers were looking to measure levels of cortisol, which relate to stress, and SigA (secretory immunoglobulin A) which, as its names suggests, is concerned with immune system response. Levels of cortisol diminished by 30% in rehearsals - which, without getting too anxious about it, sounds like a good reason not to miss a choir practice. Not surprisingly, stress increases significantly in performance and so did cortisol levels among these choristers.

Even more excitingly though, is that levels of the immunoglobulin A increased by 150% in rehearsal and by 240% during performance. Generally, decreases in levels of cortisol and increases in levels of SigA are considered desirable. The increased levels of SigA suggest that active participation in singing may enhance immune system functioning. So singing has a real and positive physiological benefit.

*Professor Jane Davidson is the Callaway/Tunley Chair of Music at the School of Music, UWA
Dr Robert Faulkner is a Post-doctoral Research Fellow at the School of Music, UWA*

Health tips from Julia Chazan



HOW TO BOOST YOUR IMMUNE SYSTEM

Winter is approaching and we all know prevention is easier than cure. So how do we prevent the myriad of bugs that are around from adversely affecting us?

- 1. LIMIT SUGARS** This includes cakes biscuits chocolate etc. All these yummy things contain sugar! Bacteria and viruses that attack our immune system love sugar to grow and divide in so starve them, especially if you feel that you are coming down with something.
- 2. TAKE ECHINACEA** Taken on a daily basis echinacea can help prevent colds and flus and, if you succumb, reduce their severity.
- 3. KEEP EXERCISING** The healthier your muscles are the better your body is equipped to ward off bugs. If you feel you haven't got time just start with 5 mins a day and get a routine going. You can do it!
- 4. LIMIT STRESS** Stress causes an increase in a hormone called cortisol which adversely affects our immune system thus making us more susceptible to bugs. Try to do all you can to reduce it... keep singing!

Wishing you a healthy month! - Julia

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Media partner: www.abc.net.au



Door Prizes: www.macnutswa.com.au

