

Born to Sing

MONTHLY NEWSLETTER OF THE BORN TO SING CHOIR



Martin Meader and Rod Christian recently met with Phil Bouwman, the owner of Advanced Music. Phil has kindly sponsored a Korg Electric Piano for the choir and we hope to work in collaboration with Phil in future projects. Many, many thanks Phil.



PERRY'S SINGING TIP #3: *Articulation of consonants*

As lovely as singing vowels may be, the importance of the humble consonant is sometimes overlooked. Words cannot be heard without consonants and will thus carry no meaning or have much effect on the listener.

Always try to read the text you are attempting to sing out aloud as if in conversation with someone else. The natural stresses you place on certain words as you say them acts as a fantastic guide to help you figure out where stresses should be placed on certain words (and consonants) in the sung text. With the consonant 'r' try and roll the tongue (except when singing in French), and with the consonant 'l' make sure it is voiced (give the consonant pitch).

Also, certain words containing the consonant 's' are more effective phonated as 'z'. Now, applying all of the above, practise improving your articulation by saying this pangram out aloud with all the correct natural stresses on the consonants.

"The juke box music puzzled a gentle visitor from a quaint valley town."

(zz)

(zz)

(rrr)

Try it!

INCORPORATING THE FOLLOWING CHOIRS:

NEXT CONCERT:

Sunday 24th August

PERTH CONCERT HALL

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 Sing From The Heart Choir
meets on Monday nights from 7.00-9.00pm
(contact martinsings@gmail.com)



MEMBER PROFILE

IVONNA DANBERGS

In my early years, I was a keen enthusiast of music and theatre, probably in defiance of parents who insisted that I learn something "sensible" "practical" and "respectable" and generate a decent income.

So, my double life began, attending lectures in a "practical" discipline at the University of Adelaide and running to music lessons and rehearsals between classes. I gained experience acting and choir singing with Latvian choirs where I was exposed to folk music, church music and modern classical composers.

By the end of the 70s, I moved to Perth and continued to sing in both Latvian and Australian choirs. The highpoint was singing with the Perth Latvian choir in 1979 on the island of Visby in Sweden when we joined choirs from all over the Western world to participate in an international music festival.

After a decade in Canada singing in various choirs and working with community radio programs, I returned to Perth, where the "practical" life took over and I contented myself with being a member of the audience. I sold the piano that had travelled with me from Adelaide to Canada and back to Perth and I saw my past adventures in music as belonging to another age. I was too old for all that.

Then a work friend insisted I attend the Christmas performance of the ABC Choir. Now after joining the choir, new sounds, new rhythms and great singing companions are arousing once more the spirit to create through music.

My experience with the choir has been a beautiful re-awakening of old skills and memories; a rare chance to build something new as I recover forgotten gifts. For that experience, I am grateful.

Born to Sing

MONTHLY NEWSLETTER OF THE BORN TO SING CHOIR



SINGING TO SOFTEN THE BLOW

Dr Robert Faulkner

We are all familiar by now with the Choir of Hard Knocks: the founding of this community street choir in 2006 and its early growth was shared with the Australian nation. Much less well known is that community choirs exist everywhere and some of them have been

involved in important research about the therapeutic benefits of group singing. This month we consider two studies that provide useful insights into how and why choirs like Hard Knocks 'soften' some of life's 'blows'.

Professor Jane Davidson and Dr Betty Bailey (2002, 2003) investigated the effects of choral participation amongst a choir for homeless men in a French Canadian city. The homeless choristers had felt the full range of hard knocks – addiction, depression, behavioural disorders, 'failed' relationships and much more. Nevertheless, participation in the choir brought these men a whole range of perceived benefits that Davidson and Bailey categorised as:

- **Emotional health benefits** – evidenced by a positive emotional change. According to some participants, the feeling was even similar to drug induced states, but with a longer lasting impact (and far less damaging).
- **Social Interaction through Performance/ Group Process and Belonging** – finding literally and metaphorically 'a voice', a valued role, and 'fit' with a wider, more public community, and developing the skills to make and sustain personal connections through the choir network and beyond.
- **Mental Stimulation** – the focusing of mental processes through the learning, memorising and performance of repertoire.

Bailey and Davidson (2003) developed this research by looking at amateur group singing among the middle-classes. Whilst the emotional effects were similar for both groups, the perception of social and mental values differed. Middle-class choristers are reported as being inhibited by cultural expectations of musicianship. Fears about who can and may sing are real in many contemporary settings. They are challenged by the philosophy of choirs such as the Born to Sing Choir, and by the collective testimonies of singers in the men's homeless choir reported here, and in the many other choirs for Hard Knocks. ~ Robert Faulkner

Dr Robert Faulkner is a Post-doctoral Research Fellow at the School of Music, UWA



COLOUR AND SOUND #2

Particular notes vibrate at the same frequencies as particular colours, and each one of these correlates to an area of the body. The rainbow colours from red through to violet connect with the notes C D E F G A B. So F would be green and relates to our heart and lung area. Is it a coincidence that Beethoven's Pastoral Symphony is written in the key of F? – Paula Bradley pfb_explorer@hotmail.com



DO YOU DARE TO DREAM?

WE DO

The choir's management group recently spent a morning in a visioning workshop led by

Deb Saville, to create their dream for Born to Sing. Deb led us through a powerful and fun process ... our imaginations soared and took us to places we had never thought possible or dreamed of. I think we all learned that having a holistic, multi-sensory vision creates a huge energy and is the cornerstone for our forward movement. A Vision Workshop will be offered to everyone who wants to dream and feel a part of the vision. So register now for 29 June info@born2sing.org – we are seeking the first 50 dreamers.

~ Martin Meader, Musical Director, Born to Sing

CONTACT US AT

720choir@gmail.com

www.born2sing.org

Musical Equipment & Services:



Media partner: www.abc.net.au



Internet partner: www.loconut.com.au



Door Prizes: www.macnutswa.com.au



Legal Services:

