

# Born to Sing

MONTHLY NEWSLETTER OF THE BORN TO SING CHOIR

The Management Team are working on the **BTS Code of Caring**. At the Vision workshops people spoke with enthusiasm about the type of atmosphere they want to come to every Wednesday and this has become part of our BTS Vision. There are very definite ideas about how we can all create a playful, nurturing space... every month we will have a piece about the Code of Caring in the newsletter...and some laminated posters of the complete Code will be on display at our rehearsals. Thanks to all who helped create the Code...and thanks to all for your co-operation in keeping it alive on a weekly basis. *Deb Saville*



Dr. Jane Davidson **THE SINGER'S RESPIRATION**

## Part 2 - DIAPHRAGM:

One of the most important respiratory muscles in inspiration is the diaphragm, which is the second largest muscle in the human body, and single most important muscle in the process of inhalation. It is a dome-shape of muscle and tendon. It separates the thorax from the abdominal cavity and acts as the floor of the thorax and the ceiling of the abdominal cavity. There is a clear reason why the diaphragm is so vital for inspiration: it is responsible for the increased volume in deep inspiration of by at least 60-80%. When the air enters into the lungs, the diaphragm contracts and flattens, therefore the dimension of the rib cage is vertically increased. In other words, the circumference of the thorax increases through the elevation of the lower rib cage as the diaphragm contracts. At this time, the diaphragm presses on the abdominal cavity through a downward and forward movement and makes a space in the upper abdomen. Since it lacks proprioceptive sensation, the movements of the diaphragm cannot be felt. It extends horizontally between the lungs and intestines, and

so cannot be observed from outside of the body. What may be observed by external inspection is the action of the abdominal muscles.

It is interesting that diaphragmatic activity increases when high subglottic pressure is created, which is dependent on lung volume. The subglottic pressure is overpressure in the lung and results in the pressure in the abdominal wall increasing. It is necessary for singers to increase the contraction of the abdominal wall, thus changing the subglottic pressure in order to sing high or loud notes.

## DAVID MAJOR

David is a native of South Australia who moved to Perth from Sydney about 18 months ago. He has had an extensive career in the Australian and International IT and Management Consulting industry.



MEMBER PROFILE

For the past 12 months he has been consulting to a large Australian Mining and Construction company based in Perth.

As a teenager in Adelaide, he sang in many church choirs and musical events, all under the drive and direction of his Mother, a very experienced musician and choir mistress. At this time he also learned to play the piano and the flute. From this experience, he developed a strong affinity for Hymns, Gospel songs and Gilbert & Sullivan.

After an extensive break from all things musical, he began to feel the need for music in his life again. After hearing about the ABC720 Choir on the ABC early this year, he tracked down the contacts for the choir and the rest is history. David really enjoys the friendship, companionship, humour and that great feeling of achievement and kinship that only a community based entity like the Born to Sing choir can engender.

David has a son, daughter and 4 grand children who live in Singapore as well as another daughter who works in the Hospitality industry on the NSW snow fields. David has a strong passion for driving and racing old classic sports and racing cars as do his son and son-in-law. His whole family are keen skiers and enjoy the country life style that comes with owning a small piece of heaven down in the NSW High country where they like to walk, fish and spend long weekends contemplating nature.

## 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: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](mailto:martinsings@gmail.com))

**The Born to Sing choir meets every Wednesday night from 7.00-9.00pm at the Royal Park Hall, 180 Charles Street (cnr Vincent Street), North Perth**

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## MEMBER PROFILE



### JACQUELINE MORRIS *Soprano*

I was born and grew up in North Wales during which time I was part of the school choir. On two occasions we took part in the eisteddfod at Llangollen.

I remember going to church with my grandparents and listening to the singing in the old stone church. When the men sing in the Born to Sing choir it reminds me of when I was small and back in Wales.

I came to Australia with my parents and brother in 1968. I was good at music and art and took part in school plays and musicals. As a teenager I loved ballroom dancing and became a student teacher at Wrightsons in Perth. I also taught myself to play the guitar.

While living in Carnarvon we joined the Desert Harmony Choir and sang in the Carnarvon Festivals, street parties, and Christmas carols in the Park. I taught myself to play the harp and sang in the church music ministry. We returned to Perth about 5 years ago.

In 2007 we joined the Journey Choir and sang at the opening of the PIAF. We realised how much we missed singing in a choir so when the call came on the ABC radio we joined for the Christmas carols in Forrest Chase. The rest is history.

I love to sing and have tunes in my head all the time. I work in a nursing home at Salters Point and on Mondays we have a sing along with the residents. On Sundays I get to play my lap harp for relaxation. Music makes my world go round.



## Health tips from Julia Chazan

### CHOLESTEROL

Cholesterol is a fatty-like substance which has many important functions in our body including the production of hormones, Vitamin D and bile acids (for digestion of fats). The only way of ascertaining cholesterol levels is by a blood test. If our cholesterol level is too high it can lead to greater risk of atherosclerosis (hardening of arteries), blood clots (stroke, DVT, embolism) and heart disease, especially if blood pressure is also high. There are different types of cholesterol including HDL 'good cholesterol', LDL 'bad cholesterol' and triglycerides.

#### How to keep optimum cholesterol levels.

Cholesterol is predominantly produced by our body but approximately 25% is obtained from what we eat and drink.

#### a) WHAT TO EAT.

Increase:

- fruit and vegetables
- fish – 3 x week
- fibre eg: oat bran, psyllium husks – 1 tablespoon/day on cereal
- soya protein eg: tofu, soya milk
- almonds – 8 to 10 per day

Limit:

- dietary fats – cut fat and skin off meat and chicken, use 'low-fat' produce.
- sugars

#### b) WHAT TO DO.

- exercise, exercise, exercise! Half hour per day
- keep stress to a minimum- sing! (high stress levels can cause cholesterol levels to rise over time).

#### c) WHAT TO TAKE.

- Fish oils (especially if triglycerides are high)
- Garlic
- Globe artichoke

Keep healthy!

Julia Chazan Naturopathic Clinic  
22/1 Rokeby Rd, Subiaco WA 6008  
08 9381 2381

## COMMUNITY CHORUS

Many parts, much involvement shared,  
Support for others, safe enfoldment there.  
Many differences, though much the same,  
Know each other, name by precious name.

Everyone matters here,  
Each universal mystery is clear.  
Grateful, generous, of one accord,  
In sacred mould all are poured.

Sharing dreams with light and love,  
Survival nurtured in a priceless glove.  
Hearts encircled with joyful song,  
Just know: this is where you belong.

"Transformation series": #1

Lindsay Breach 10<sup>th</sup> October 2008

## CONTACT US AT

720choir@gmail.com

[www.born2sing.org](http://www.born2sing.org)

### Musical Equipment & Services:



MALAGA 9209 2300  
WILLETTON 9354 7960  
OCEAN KEYS 9407 9618  
ELLENBROOK 9296 7955

email: [info@advancedmusic.com.au](mailto:info@advancedmusic.com.au)  
[www.advancedmusic.com.au](http://www.advancedmusic.com.au)  
Phil Bouwman 0414 549 070

Media partner: [www.abc.net.au](http://www.abc.net.au)



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



Door Prizes: [www.macnutswa.com.au](http://www.macnutswa.com.au)



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