

Born to Sing

MONTHLY NEWSLETTER OF THE BORN TO SING CHOIR

Dear all

Merry Christmas, a Happy New Year and thanks for all of your wonderful singing and support! We look forward to seeing you all in 2009 for a great soul-ful New Year...14 January....same time, same place.

Martin, Deb, Lindsay and Eileen.



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

Part 3 - INTERCOSTAL MUSCLES:

Some singing teachers emphasize the usage of the intercostal muscles when students 'support' their breathing. Research studies reveal that the intercostal muscles play an important role in inhalation as well as exhalation. They exert a role as a helper to create a constant subglottal air pressure. The intercostal muscles appear to be divided into two muscles groups: one of them is external intercostal muscles which are important for the inhalation and the other is internal intercostals muscles which are crucial for exhalation. When the air is inhaled, the external intercostal muscles contraction exerts the rib cage to expand vertically, horizontally and back and front. In contrast, the internal intercostals muscles, which originate from a lower rib into a higher rib, contract as the rib cage is pulled by them toward a lower rib. As a result, the rib cage is decreased in vertical, horizontal and anterior-

posterior direction in exhalation. To sum up, the inspiratory (external) intercostal muscles play a role as a contractor to cause an increase of the rib cage volume. When the inspiratory intercostal muscles are relaxed after contraction, passive expiratory force is produced. On the other hand, the expiratory (internal) intercostal muscles play a role decreasing the rib cage volume.

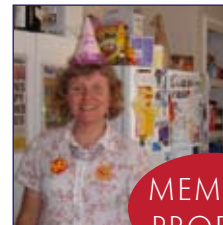
TAMMI SHORT ~ Alto

My Nana had a piano and loved to play and sing popular songs. Nan and Pop had grown up on farms in the Avon Valley when people used to sing for fun. When we lived in Perth every Saturday afternoon we would go to visit Old Nana and Nan the younger would belt out songs like The Carnival is Over and Scarlet Ribbons. My mum moved around a bit. I remember Primary School singing at Mount Magnet, Northam and Point Peron.

Then really no singing except to my babies in the 80s. All three kids were in RSCM choir in Northam, they loved the annual camps and Carols on the Lorry for the Silver Chain Patients. I loved the family choir services and school concerts. I joined Avon Valley Harmony for a few years in the late 90s. We had a wonderful director.

I moved to Perth in 2003 to work at CSIRO. I briefly tried a couple of choirs in Perth. Last year I heard an article on ABC 720 about the choir formed to sing Carols in Forest Chase and thought I'd love to do that. So I joined this year. I tried singing sop for a few weeks but decided I'd have to quit or try to sing alto. Alto was a bit of a shock at first but I like it. I can't say the same for my partner Don.

Our Choir is great, I work away a lot and find interesting places to learn all the songs for concerts. I've had times when I was too sad to sing and love the times that it lifts my heart. I love that it's a community choir and I am glad for the smiling faces I see every week. And I really want to sing those Carols. This is the thing I do for me. Such a joyous thing. Thanks to everyone who keeps the choir going.



MEMBER PROFILE

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

INCORPORATING THE FOLLOWING CHOIRS:

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)

SPECIAL THANKS to the T-Shirt Team for a FANTASTIC job, especially Viv for time spent bagging!

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MEMBER PROFILE



BOB BEAVER *Tenor*

Bob migrated with his wife Mandy from the UK to Australia in 1972. He has been singing since he was about 11 years old, initially being a soprano. His Mum sent him to singing lessons because he was badly spoken, and good annunciation was part of the improvement process!

Bob studied Furniture Design and Production at the London College of Furniture, won an Italian International Student Prize for design and commenced his career in the Furniture Industry with 'Vono & Slumberland' in Tipton, Staffordshire. Ambition and a big mouth got him moved on, so he applied for a position as a designer with a company in Perth and became the ubiquitous "10 pound Pom". He is now General & Marketing Manager of Freiberg Australia, a commercial furniture manufacturer and a director of Office2go, a fast office fitout retailer.

Bob rediscovered his love of singing in worship at church and became a member of a small choir at South Perth Church of Christ. He initially joined B2S rather than taking singing lessons to improve his voice, learn harmonies and do more challenging stuff. This has been fully achieved with the bonus of meeting a whole bunch of like-minded slightly crazy new peers. He commented that the support and patience of his fellow tenors to get it right is most encouraging and the 'non judgmental' aspect critical - especially when he is stuffing up the high notes. His stand-out and helpful choir mates are Malcolm Tsang, John Holland and Greg. Bob is addicted to the fun filled B2S. With the open acceptance of the choir members, encouragement, plus the joy of singing he keeps on turning up.

Bob's other passions are Christ, his wife and four sons, VW's, Chinese brushwork and ceramics. He is also a registered furniture-philic, into red wine and a sub-nerd.



Health tips from Julia Chazan

HOW TO NAVIGATE CHRISTMAS HEALTHILY

This time of year we tend to throw all our good intentions out the window, eat and drink whatever we want in vast quantities. We predictably end up feeling like a stuffed turkey complaining of bloating, headaches, tiredness and general lethargy. Here are a few wee tips to try to avoid ending up feeling this way:

1. Pace yourself, eat little and often.
2. Limit sugars. Eating sugars on top of a meal can cause fermentation resulting in bloating and gas.
3. Limit carbohydrates. Eating these with your meal can worsen bloating and indigestion. (If you do tend to have digestive problems then try Swedish Bitters to stimulate digestive juices. If re-

flux is a problem then try Slippery Elm before you eat and drink.)

4. Limit alcohol and have water in between drinks to keep yourself hydrated. (If you have alcohol daily or to excess then take St. Mary's Thistle to support liver function.)

5. Keep up good exercise habits.

6. Keep good company. Offer your company to someone in need (and don't forget to ask for it if you'd like it too.)

Most importantly, have fun and surround yourself with the people you love and those who make your heart sing!

Wishing you all the very best for a healthy and happy Xmas!

Keep healthy! ~ Julia Chazan Naturapathic Clinic. Ph 9381 2381

BE A BUDDY.

The Born To Sing Code Of Caring asks each of us to 'BE a buddy'. What exactly does this mean? **"Buddy...helper, friend, companion, colleague... to help and support someone..."** How specifically can we do this? Here's some ideas... bring yummy food to share, make someone a cuppa, give hugs, ask how you can help, be on time, put things away, look after your belongings, protect us all from theft, smile... a lot, sing out, help others read music, encourage others, focus when focus is needed, find Blue Key Discount businesses, help new members feel comfortable, take a spare copy of sheet music to give to someone in need. These are simple things really and take only a few minutes to Make A Difference. Also important... Why Be a buddy? Because everyone likes to feel valued, part of a team, a sense of community and belonging... that's what Born To Sing is about.

CONTACT US AT

720choir@gmail.com

www.born2sing.org

Musical Equipment & Services:



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

email: info@advancedmusic.com.au
www.advancedmusic.com.au
Phil Bouwman 0414 549 070

Media partner: www.abc.net.au



Internet partner: www.loconut.com.au



Door Prizes: www.macnutswa.com.au



email: info@macnutswa.com.au

Tel: 9524 2223

Legal Services:



MCKENZIE MONCRIEFF
LAWYERS

Tel: 93265000