



## **BULLETIN #15 2020**

Hi Friends,

Firstly, Happy Easter!

How has your week been? I've been in touch with quite a number of you and you seem to be doing well. I know you all have different circumstances to cope with, but I hope you're staying home and staying positive?

We had another great Zoom session on Thursday with a fantastic 44 of us taking part, thanks for making the effort to join the sessions, obviously it's not the same as our real practices but it's what we have available to us at the moment, and it's getting you singing and keeping us connected as a choir community. Even if we can't talk to everyone in our choir, we might just experience that general feeling of being connected with the group, leading to our sense of increased community and belonging through our involvement in the virtual session with Craig and Declan and our fellow members.

This week we were joined by Declan's mum Gill who lives in the Wirral, she had never seen Craig and Declan working together before. Perhaps she'll come to one of our real practices when we get back to normality. Did you know that people who use Zoom regularly are called Zoomers?

To start off this week Craig led us in a lively warm up and relaxation exercise followed by a good sing of Hold Back The River. It was really good to see the connection between Craig and Declan again.

We moved on to sing the chorus of Symphony this week, we also covered the bridge section that's page 2 bar 19. We then put it all together, please practise this at home. We then sang Simply The Best up to bar 44, keep practising this so you are really familiar with your part and the words when we return; whenever that might be?

At the end of our session Declan sang beautifully for us with his own keyboard accompaniment, it was a song he'd written himself; I think it was called Home. I noticed that lots of you were joining in the chorus. Thanks Declan I hope you'll sing to us again.

I heard from the entertainment promoter at Harlow Carr Gardens this week. He was very sorry to say that everything over the summer has been cancelled but would guarantee us an opportunity to perform in place of our cancelled performance at the earliest opportunity, something else to look forward too.

Do keep singing at home you can download backing tracks and words of songs you like, sort of karaoke style, don't forget, especially now in our current predicament, what the amazing benefits of singing are. I've copied a few facts for you just in case you weren't aware of these.

## **11 Surprising Health Benefits of Singing**

*Singing brings joy to many people – but did you know that your passion for singing can lead to incredible benefits in your physical, emotional, and social health? Here are 11 reasons why singing is good for you.*

### ***Physical Benefits of Singing***

#### ***Singing strengthens the immune system***

*According to research conducted at the University of Frankfurt, singing boosts the immune system. The study included testing professional choir members' blood before and after an hour-long rehearsal singing Mozart's "Requiem". The researchers noticed that in most cases, the amount of proteins in the immune system that function as antibodies, known as Immunoglobulin A, were significantly higher immediately after the rehearsal. The same increases were not observed after the choir members passively listened to music.*

#### ***Singing is a workout***

*For the elderly, disabled, and injured, singing can be an excellent form of exercise. Even if you're healthy, your lungs will get a workout as you employ proper singing techniques and vocal projections. Other related health benefits of singing include a stronger diaphragm and stimulated overall circulation. Since you pull in a greater amount of oxygen while singing than when doing many other types of exercise, some even believe that singing can increase your aerobic capacity and stamina.*

### ***Singing improves your posture***

*Standing up straight is part of correct technique as you're singing, so with time, good posture will become a habit! As your chest cavity expands and your shoulders and back align, you're improving your posture overall.*

### ***Singing helps with sleep***

*According to a health article in Daily Mail Online, experts believe singing can help strengthen throat and palate muscles, which helps stop snoring and sleep apnea. If you're familiar with these ailments, you know how difficult it can be to get a good night's sleep!*

### ***Psychological & Emotional Benefits of Singing***

#### ***Singing is a natural anti-depressant***

*Singing is known to release endorphins, the feel-good brain chemical that makes you feel uplifted and happy. In addition, scientists have identified a tiny organ in the ear called the sacculus, which responds to the frequencies created by singing. The response creates an immediate sense of pleasure, regardless of what the singing sounds like. Not only that, but singing can simply take your mind off the day's troubles to boost your mood.*

#### ***Singing lowers stress levels***

*Making music in any form is relaxing. Singing releases stored muscle tension and decreases the levels of a stress hormone called cortisol in your blood stream.*

#### ***Singing improves mental alertness***

*Improved blood circulation and an oxygenated blood stream allow more oxygen to reach the brain. This improves mental alertness, concentration, and memory. The Alzheimer's Society has even established a "Singing for the Brain" service to help people with dementia and Alzheimer's maintain their memories.*

### ***Social Benefits of Singing***

#### ***Singing can widen your circle of friends***

*Whether you're in a choir or simply enjoy singing karaoke with your friends, one of the unexpected health benefits of singing is that it can improve your social life. The bonds you form singing with others can be profound, since there's a level of intimacy naturally involved.*

### ***Singing boosts your confidence***

*Stage fright is a common feeling for new singers. However, performing well and receiving praise from your friends and family may be the key to eventually overcoming your fears and boosting your self-confidence. With time, you may even find it easier to present any type of material in front of a group with poise and good presentation skills.*

### ***Singing broadens communication skills***

*According to an article in The Guardian, singing to babies helps prepare their brains for language. Music is just as important as teaching reading and writing at a young age to prevent language problems later in life. If you enjoy writing your own lyrics, honing this talent can improve your ability to communicate in different ways!*

### ***Singing increases your ability to appreciate other singers***

*Sometimes, you don't realize how difficult something is until you try it yourself. As you grow from an amateur to an intermediate student and beyond, you'll be looking to the masters for inspiration. You might even find a new style of music to appreciate that you wouldn't normally listen to!*

*The delights of singing go beyond merely enjoying the beauty of your own vocal talent. All of these health benefits of singing may make you want to join a choir or start taking voice lessons right away! If so, don't hesitate to get started – have fun with it, and do you what you enjoy!*

Here's a fun poem sent by soprano member **Julie Horsefield**. If anybody else would like to have a go at writing a poem please send it to me and I'll put it in the bulletin.

I've done all the cupboards,  
I've done all the drawers.  
I've done all the ceilings,  
I've done all the floors.

I've cleaned all the windows,  
I've power washed the drive,  
I've planted all the seedlings  
Hoping that they'll thrive.

I've treated the fences,  
I've treated the shed.  
I've got every dust bunny  
From under the bed.

My home is spic and span now,  
It's never been so clean.  
Pity it is at a time,  
It cannot now be seen.

I'm going in the loft now,  
Things are really grim.  
The things I have to do these days  
To social distance myself from him!

### **Make Contact**

Please feel free to contact me, my email is [jbradburysharp@gmail.com](mailto:jbradburysharp@gmail.com) or ring me on 07926027676.