

# Newsletter

01 Summer 2016

At the last committee meeting there was so much information to share that we thought it might be worth trying a termly newsletter – do let us know what you think. To save printing costs this can be downloaded from the website at

[www.threeriverscommunitychoir.org.uk](http://www.threeriverscommunitychoir.org.uk)



## Focus on: Warming up

### Longer and stronger

Love them or loathe them, warm up exercises are essential to vocal health and help you get the most out of your voice. Warming up properly helps us all to sing better, longer, and more tunefully as well as preventing unnecessary strain and damage to vocal chords and other body parts!

Warming up can help you hit those top notes with confidence without forcing your voice and also ensure the sound is rich and not 'breathy' when you go for the low notes. Skimping on warm up time does no-one any favours.

### 1, 2, 3, 5, 6, 8

It is not just your voice too – singing is a physical activity and you need to increase the blood flow, warm up the whole body, sharpen your diction, tune your ears and wake up the brain.

Carefully selected exercises help us to concentrate and engage more fully with what and how we are singing – ultimately improving our performance.

It is the physical and mental processes that are important (not to mention entertaining fellow choir members when you get out of synch!).

### ... and relax

Warming up also helps us to relax and provides an essential buffer between work/life and choir. It helps us to get 'in the zone', focus on singing and leave the stresses and strains of the day behind. If, like me, you sometimes need to sit down during warm up sessions that is perfectly OK – you can still participate sitting down.

### Want to know more?

See [5 good reasons to warm up your voice before you sing](#) or [why do I need to warm up before I sing](#).

## New logo

The eagle-eyed amongst you will see that we have a new logo. Thanks to all of you for your feedback. Thanks to Cathy, a choir member who works for Maxx Design and who refined our designs beautifully. You will see the new circular logo start to appear on printed materials and the website in due course. We think the circular design will be versatile and will work well on promotional materials.

## Fundraising

Fundraising helps us keep the subscriptions down to just £3 per week and helps to pay for professional services, hall hire and sheet music.

We are most grateful to Greenham Common Trust for their very generous recent grant of £1000.

You will also be aware of [www.easfundraising.com](http://www.easfundraising.com).

As the name implies, this is an easy way for those who shop online to raise money for community groups like ours.

You don't pay anything extra and the toolbar widget makes it simple to use. So far we have raised over £100 this way and not that many people are using it yet.

Brin will be happy to arrange to show you how it works if you are interested.

## Apollo5 concert – 16 June 2016 at St Nicolas Church, Newbury

**It is not too late to get your tickets** – please see John, Caroline or Angie and encourage your friends and family to come along too.

Tickets are available at choir and also from **Hogan Music Ltd**, Winchcombe House, 123-126 Bartholomew Street, Newbury RG14 5BN – Telephone: 01635 37868 (cash only).

This promises to be a very enjoyable evening for both our audience and participants.

**Workshop/Rehearsal time: 6-7pm** (doors open at 7.15pm and the performance will start at 7.45pm)

**NB: Dress code for the concert is black with purple accents in ties, tops, scarves etc.**

We will be singing the following pieces (in this order):

- Gloria
- Tears in Heaven
- Early One Morning
- O Waly Waly
- Wake me up
- Lean on Me (with Apollo5)
- Skyfall (with Apollo5)
- Lion Sleeps Tonight (with Apollo5)

## Dates for your diary

**9 June 2016** – start of summer half term

**14 July 2016** – end of term. Social meet up at Donnington Valley Hotel after last rehearsal

**8 September 2016** – start of autumn term

**1 October 2016** – Apollo 5 workshop at The Gresham Centre, London.

Please add your name to the sign-up sheet if you would like to attend (70 places available – 55 already reserved). Tickets £15 per person.

Team Technologies (John Softley) and Humanis (Caroline and Brin Snowdon) have very generously offered to meet the cost of coach travel to and from London to keep the costs of the workshop down.

Those who were lucky enough to go last year had a fun and inspirational day.

**8 October 2016** – Thatcham Arts Festival (please add your name to the sign-up sheet if you are able to attend)

**27 October 2016** – half term

**15 December 2016** – Christmas Concert at Shaw House (end of term).

## Can you help?

- We need people to **patrol the 4 entry/exit doors** to St Nicolas Church on the evening of **16th June** and a few more people to **sell tickets** on the door, **give out programmes** and **guide people to their seats**. Please see one of the committee members if you are able to help.
- Thatcham Town Council have offered us a chance to promote the choir at their **Leisure Festival on 15 October 2016**. We need volunteers willing to talk to prospective members. If anyone could lend a gazebo and chairs for this event please let one of the committee know.
- There are times when we could do with a **piano** or **clarinova** – does anyone have one we could occasionally borrow when we are performing at venues that don't have their own? If so, please let Angie or Caroline know.