

Voices

NEWSLETTER OF THE GOLD COAST CITY CHOIR INC.

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Newsletter Editor – Angela Johnston

November 2010



Diary Dates

Sunday November 21 – ‘Sing-a-long Messiah’ Trinity Anglican Mission Robina 2 pm
Assemble 1 pm

Sunday November 28 – Advent Concert -
Southport Uniting Church 2pm

Tuesday December 7 – Carols – ‘Gardens on Lindfield’, Lindfield Road Helensvale 7 pm

Sunday December 12 – Carols Concert –
Trinity Anglican Mission, Robina 2 pm

Friday December 17 – Carols Concert and dinner – Binna Burra Resort 6 pm

from our Director of Music.....

Singing for Health

In the latest ANCA magazine “SING OUT” Faye Dumont lists the many degenerative diseases prevalent among senior citizens. She also tracks the disturbing passage towards lack of muscle tone that people can expect to face from as early as 50, or even before, that can affect our tissues, circulation, breathing and general sense of well-being.

However, I believe we can delay such problems associated with the ageing process, by the simple act of singing, and preferably doing this in a group like a choir, thus intensifying the intrinsic health benefits. There are many health-giving qualities associated with singing, and particularly with joining a choral group. The emphasis we put, when working with the voice, on breath support, deep diaphragmatic breathing, stretching and opening the chest and ribs, gives results that can be seen and felt by those practising this pursuit, and can have great benefits on their health.

Deeper benefits, such as a boost to the circulation and clearing out of the sinus area, can also be derived, as one exercises the movable speech organs such as tongue, jaw and the tissues surrounding these areas during the activity of singing. In addition to this, the act of producing vocal sounds causes vibrations in the bone structures of the face and chest, thus benefitting the singer still further, by toning and massaging these areas.

Though maybe more subtle but still inherent in choir singing, are the benefits gained from the mental activity of pitching the notes, enunciating the words, synchronising rhythms, memorising, and working at creating lovely choral harmonies with other singers, all of which have enormous physical, mental and spiritual value to the participants. There is a joy in being part of the sound created in a good, traditional 4 part choir, (soprano, alto, tenor and bass), with female and male members, that has to be experienced to be fully understood.

Apart from all the above aspects already given, the sheer fun of social networking,

In Pursuit of Choral Excellence

relaxing together at tea break, chatting and catching up on news, that happens within a choir, needs to be recognised for its worth. A choir can, with sensitive organisation, become like a family and a support group to its singers, and be not only entertaining to the audiences and public attending performances put on by the choir, but have a reciprocal effect of being entertaining for all those involved in staging these events. As the conductor prepares, builds and combines everyone into a well-balanced team, capable of giving a pleasing public performance, through a carefully planned and executed rehearsal program, the resulting excitement and feeling of elation is very rewarding for each singer as they have a real sense of achievement when the concert patrons finally applaud their efforts.

What a wonderful pursuit the act of singing is and how worthwhile are the cumulative health benefits for young and old, if the singing is done in the safe haven of a choir. Everyone should be encouraged to find a way to get involved in this proven anti-ageing and health promoting activity.

Ruth Gurner

President's Report.....

Hello choristers and friends! It's certainly hard to believe that it's November and that another year in the life of the Gold Coast City Choir (not to mention its members) has flown by. The first half of the year and the run-up to 'Country Pops' were extraordinarily busy but it was well worth it. Thank you choristers for all your effort and thank you to our supporters who came along to the show. Thanks also to Marie as accompanist and Sue as back up accompanist in rehearsals. Very special thanks must go to Ruth for her expertise and tenacity in pulling the whole thing together. We couldn't do it without her.

Many members have taken the opportunity to refresh themselves with a trip away or a holiday since 'Country Pops' to recharge the batteries for our busy Christmas season. However, we're still managing to produce a WONDERFUL sound in our rehearsals for the first of our Christmas season performances – the Sing-along 'Messiah' at

Trinity Anglican Mission, Robina. If you've sung the 'Messiah' before, dig out that old score and join us in some of the choruses.

Check the Diary Dates for our schedule of Christmas performances.

Welcome to new members. Some of you have never sung the 'Messiah' before. You are on a steep learning curve. Hang in there. Don't be daunted. Every time you perform it you will know it just that little bit better. Most choristers who have been around for years still find something that they weren't singing 'quite right' before, every time they sing it.

Again, thank you to everyone, choristers and friends, for their efforts and support throughout the year. Have a wonderful Christmas season – both choir and family wise. I hope to see as many of you as possible at our Christmas performances.

Dí Buckland

ps ... stay tuned for our schedule of Easter performances in 2011

New Members

Since our last issue of "Voices" we have been pleased to welcome to the Choir the following members:

Neil Russell
Dean Youl

Kathryn Russell
Christina Tan

Please note our new telephone number:

0421 338 110

Our website remains the same:

www.goldcoastcitychoir.com

Christmas Break

Wishing all the members of the Gold Coast City Choir family (Director, accompanists, choristers, their families and supporters a happy, holy and safe Christmas and a Happy New Year.

For all those who are planning their holidays, we plan to resume for 2011 on Tuesday February 1st.

***Be spiritually uplifted
this Christmas by
Handel's
"Messiah"***

*The choir presents its
popular **annual**
Sing-along-Messiah
- this year at the
Trinity Anglican Mission
Robina Town Centre
on the **21st November 2010**
at 2 pm.*

*Come along and enjoy
Handel's ever-popular
monumental work. Sing the
choruses with us (please
bring your own score) or
just listen.*

*Donation at the door
appreciated*



**SOUTHPORT UNITING
CHURCH
ADVENT CONCERT**

SCARBOROUGH STREET
(Opposite the R.S.L. Club)
2 pm
28th November 2010

Tickets \$10 for concert and afternoon
tea. Phone 5532 5915 9am -12 M-F to
prebook or tickets available at the door.
(Prebooking does assist with catering)

Carols Concert
Trinity Anglican Mission, Robina
2 pm
Sunday December 12 –
'carols and much more, lots
of fun'



**BINNA BURRA
Carols and dinner**

Friday December 17th

Phone **1300 246 622** for details
regarding dinner and concert and/or
accommodation.