



October 14, 2008

Volume V Issue 39

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***HOT STUFF!***

- **FROM YOUR BOOKING CZAR:** Got singouts? Let me know. We need more singouts. Singouts coming: **Nov. 16** - United Presbyterian Church (Beville Rd.); **Dec. 4** - South Daytona Tree Lighting (Ridgewood Ave.). Remember, **we need a Christmas singout in the West Volusia (DeLand) area!** Thanks, **Myron**
- **FROM YOUR PRESIDENT:** Knock on wood; Adrian seems to be experiencing less side effects with the new treatments. He may end up with less hair and a little teenage acne but it beats what he was going thru before. Hopefully, this will be the magic bullet. Love to all, **Cindy and family**
- **FROM OUR DIRECTOR:** I really enjoyed my time at the convention. Thanks, to Earl who drove me up there and I appreciated that move on his part. It was fun to just be there and see some friends and it is a good time to get together on an annual basis. As a director, I tend to enjoy the chorus competition more than the quartetting. That is just my preference. The choruses, even though some were large and some on the smaller side, all did a good job and I enjoyed it very much. I hope to go again next time and would encourage you to go too, if possible. Let's continue to work on Christmas songs tonight as we continue with our efforts with our Men's Holiday Chorus. Thanks, **Art**
- **FROM OUR PICNIC CHAIR:** Remember, the picnic is Saturday, October 25, 2008, at 1 p.m. Mark your calendars! The Chapter will provide the basics...hot dogs, burgers, rolls, etc., and soft drinks. Bring your own "adult beverages," and you will be asked to bring a "covered dish." There will be a sign-up sheet again **TONIGHT! This is your SECOND CHANCE! Only SIX people signed up last week!**

Examples: (We'll be passing around a sign-up sheet.)

-Side dish..... potato salad, cole slaw, baked beans, pasta salad, deviled eggs, chicken wings, chips & dip?

-Salads.... tossed, spinach, ambrosia, Jell-O, veggie tray, pickles & olives, sliced tomatoes and onions for burgers?

-Desserts..... cookies, brownies, cakes, pies, fruit

Also, **be getting your quartets together for the novice contest.** Amazing prizes will be awarded, including the coveted top prize, re-named the **"Dick Miller Memorial Trophy!"** Your Picnic Committee. **Myron, Mr. Picnic**

[OVER]

- **FROM YOUR CHAPTER BOARD:** Allan Hoyer has been appointed as **Chapter Secretary** to fill the unexpired term of Bob Stump who was transferred to Texas for the duration of the Hurricane Ike recovery process. Please advise Allan of all your information changes as soon as possible. Thanks, Allan, for volunteering. This means we need a NEW Chapter Steward to replace him there. Let me know if you'd like the job. **Remember the 2009 Board Election tonight! Christopher**
- **FROM OUR MUSIC & PERFORMANCE V.P.:** If you want to learn more about how to sing in good quality, as you get older, here is an article just for you.

### **How to Preserve Your Voice for Your Senior Years**

By Jim DeBusman

There are many senior quartet singers out there asking some very important questions such as; "I recently noted my 72<sup>nd</sup> birthday and am finding in the past few years that both my lung capacity and also my range (esp. low notes) are not what they used to be. Are there things I should know to help me combat the inevitable consequences of aging?"

Some of the answers to these questions are that the older we get, the more important it is to remember that we must spend more time on practicing our breathing every day. Any deep breathing exercises like warm air, hissing, nasal or back breathing exercises will do the trick.

We must also keep physically active. Go swimming, ride a bike, play golf, go bowling, walk, but do some kind of physical activity every day. As your body matures, you just can't just sit on your favorite chair and watch TV. Do something that stimulates your muscles and your mind.

Here are some reasons why you need to do this. It is understood that muscles become tired as you become older. This causes an increasing stiffness of the vocal fold tissue. You need to keep the vocal muscle as flexible as possible and that is why singing a little bit everyday will make a difference, as you grow older. Make certain you sing correctly. As you grow older, your voice will not be as strong as it once was and you probably won't have the range you once had, but you still can sing in good quality if you take good care of your vocal instrument. Don't expect to sing only once a week and be the quality singer you once were.

Singing is the stuff that keeps us full of life for a long time. It has the power to heal us and stimulate our minds and bodies. Singing will continue to build your skills and the discipline in your life as long as you wish it too. When you perform in your chorus and/or quartet, it requires fantastic coordination of your body and mind. Continuing to sing throughout your life, all your life, will keep you younger and healthier longer than you could have ever hoped for. **Bob**

- **FROM YOUR HOLIDAY CHORUS CHAIR:** We continue our Men's Holiday Chorus rehearsals at the Chapter meetings through October and November. All MHC rehearsals will be from 7 to 8 p.m. and then we'll take a break and resume normal Chapter ops for the second half. MHC members will be welcome to stay or go as they choose. Start inviting all your singing friends for October and November. **Christopher**
- **NEXT BOARD MEETING:** The next Board meeting will be **November 4th** in the D.S.C. Choral room. We will begin at **5:30 P.M.** Have something for the Agenda? See a Board member. All members are invited to attend Board meetings. Agendas, minutes and other reports are available in the Members Only section of Chapter web site: <http://www.surfsidechorus.org>.

**[DEADLINE is Monday BEFORE 6 PM for this sheet. Call or email Christopher FUN-290-3452.]**