



BOW News

# **“Banks Notes”**

April 21, 2006

## **Banks of the Wabash Chorus**

1257 Lafayette Ave, Terre Haute IN 47804  
812-232-4926

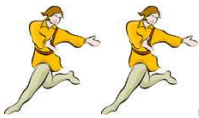
**Jeremy Conover** (Director), **Dick Hughes** (President) **Steve Albert** (Editor)

### **BOW WEBSITE**

[http://www.harmonize.com/banks\\_of\\_the\\_wabash/](http://www.harmonize.com/banks_of_the_wabash/)

### **The plan for 2006..... “LET THE MUSIC LIVE!!”**

**11 April Rehearsal Attendance:** 42 men consisting of 18 Leads, 2 Tenors, 9 Baris, 13 Bass. This total included our guest Justin Leinenbach (Bass).



**SP Has Continued:** You weren't there? Well you missed another great rehearsal! We continued the SP learning process for L-O-V-E and we may unveil it at Jim DeBusman's coaching session tomorrow. The schedule for the coaching session is in the following item.



**JIM DeBUSMAN IS NEXT:** Saturday, 22 April, **that's tomorrow!** Harmony Hall is the location, and 8:45 AM is when we begin. The schedule: 8:45 Warm-up; 9:00 Coaching begins; 12 – 12:45 Lunch on your own; 12:45 – 4:00 continue coaching; 4:00 Finish. The following words come from our director: “This is our last vocal coaching session before we go to International. **If you plan to sing with the chorus at International, you MUST be at this session, and the 10 June coaching session with Ev Nau.**”



**Telephone Message:** “The proctologist called..... he found your head!”



**MEMBERSHIP & the 100% Club (continued):** In this time of rising gas prices, the opportunity has been given to us to save a lot of money next year. Why not take advantage of the generous offer from the Society, the District, and Banks of the Wabash? All you have to do is bring five new members into the Society this year, and next year's Society, District, and BOW dues will be paid for you! Join the 100% Club and it may help to provide the money you need to keep you from having to move in with your children. In fact, if you tell the kids about it, this program may inspire them to help you find five new members in order to keep you from moving in with them!



**ABSOLUTELY FREE:** NORDIC TRACK.... Hardly used, call Chubby.



**April Birthdays:** “Happy Birthday” Bill Schad – 23 April; and Jim Myers – 29 April



**Singing Tip of the Week: *Important Things to Remember When Singing Your Best* - Jim Debusman -**

Here are some important things we would like you to discover concerning singing your best. Singing correctly and your very best are the most important things you can do to become the best possible performer. The information below should help you better understand the important fundamentals needed to improve your own voice.

**The importance of Posture and Alignment**

1. **Your neck and head** - Be able to move your head side to side & back and forth while singing to make certain that you are not holding your head rigidly
2. **Your lower back** - Swayback posture throws off the proper use of the abdominals. Tuck the hips under and/or bend the knees slightly.
3. **Your knees and thighs** Have a distinct feeling of the knees and the tops of the thighs rotating outward to establish a base for the support concepts. *Do not lock your knees at any time.*
4. **Your abdominals or the stomach area** - These are needed for support (lift) and coordination. *Weak abdominals lead to wrong force as opposed to right force.* Keeping the diaphragm down, i.e. pushing out against the abdominal wall, causes a condition within the larynx in which the vocal folds are brought together under too much tension. Careful increase of pressure brought about by controlled exhalation using the abdominal "lift" will allow the vocal folds to vibrate freely.
5. **Your upper back** - Inability to pull back straight affects rib position. Keeping your body in good alignment is very important if you want to sing without any tension. (Alexander Technique)
6. **Your jaw** - *A tight jaw is a symptom of a tight throat.* The trick is to drop the jaw and keep the throat open at the same time as if just before the beginning of a yawn or the sensation one feels when trying to swallow a piece of "hot" potato.
7. **Your back of the neck** - Lengthen this area, thus allowing the head to tilt forward slightly and develop a level, parallel to the floor. Stand tall as if you were a puppet with a piece of string coming out of the top of your head. This can not apply to singers who have over jets (over bits).
8. **Your shoulders** - Avoid raising the shoulders on inhalation or phonation. Remember the effect on the voice box from unwanted reflexes. Roll the tips of the shoulders up and back to create a high chest and "open" rib cage.

**The importance of breathing correctly**

- A. **Chest** (clavicular) - Incorrect shallow breathing . . . towards exhaustion. (Heaving followed by a collapse)
- B. **Rib** (Costal) - Expansive feeling (lifting and widening of the lower ribs and back) must be felt to the very end of the tone or phrase.
- C. **Diaphragmatic** - The diaphragm is the most powerful organ used in singing. It controls the flow of air into the windpipe. Its principle function in singing is to hold back or resist . . . to meter the breath.

***Combine the rib and diaphragmatic breathing when singing. Remember . . . breathing for singing and breathing for living is quite different.***



**Cardinal Chord College:** What evil lurks in the heart of Terry Wence? Only KEG knows!! But you can find out by attending CCC on 16-18 June at Indiana Wesleyan University, Marion, IN. If you've never attended, you are missing a great barbershop weekend! Classes and quartet coaching galore, non-stop singing, a great show on Saturday evening, and every one of these events were planned by an insidious member of Keep 'Em Guessing. Therefore, you know it has to be great! It's not only a super weekend, but our own Board of Directors has decided to add to the experience by giving a \$50 scholarship to the first 10 BOW members who sign up. You can't beat a good deal like this, so put it on your calendars and plan to attend.

## 2006 CHORUS SCHEDULE & UPCOMING EVENTS

8:45 AM April 22	Coaching with Jim DeBusman
May 9	Board Meeting
13 May	Races at Action Track
4 June	Races at Action Track
Jun 10	Coaching with Ev Nau
June 13	Board Meeting
16-18 June	Cardinal Chord College – Indiana Wesleyan University, Marion, Indiana
Jun 24	8:00 PM Performance – Holiday Inn for the Scottish Rite
2 July (Sunday)	2:00 PM - Special rehearsal – Harmony Hall
5 July (Wednesday)	8:30 AM – 10:30 AM Rehearsal – Victory Ballroom, Hilton Hotel, Indpls.
6 July (Thursday)	9:00 AM – 11:30 AM Rehearsal – Victory Ballroom, Hilton Hotel, Indianapolis
July 7 (Friday)	8:45 AM – 9:30 AM Chapter Breakfast at the Hilton Hotel, Indianapolis followed by a rehearsal (the exact rehearsal time is to be determined)
July 7 (Friday)	We sing in International Competition – Estimated on-stage time is 2:30 PM
19 August	Performance – Opera House – Mitchell, IN
29 Sept – 1 October	District Competition, Muncie, IN



**Grandpa sez:** Trouble in marriage often starts when a man gets so busy earnin' his salt that he forgets his sugar.



### **Chorus checklist:**

- Did you call a friend and offer to pick him up and take him to a chapter meeting?
- Did you offer to play the role of “buddy” for a new visitor?
- Did you spend some extra time working on music so that your contribution at rehearsal will be even better?
- Did you practice your stage face in front of a mirror?
- Did you set an example by keeping conversation to a minimum on the risers?
- Did you hold out your hand and smile at the guys coming in the door?
- Did you do your share to help make BOW successful?
- Did you find it hard getting to sleep after a great rehearsal?



**Things that make you go Hmmm:** I've learned that you can tell a lot about a person by the way he/she handles these three things.... a rainy day, lost luggage, and tangled Christmas tree lights.

Please send news items to Steve Albert – [salbert@bluemarble.net](mailto:salbert@bluemarble.net)