**Pontiac Waterford Chapter SPEBSQSA**

**Bulletin, June 19, 2001**

Big Chief Chorus Sings: Tuesdays, 7:30-10:00  
Crary Middle School, 501 N. Cass Lake Rd  
Waterford, MI

**Chapter Executive Board**

**Officers**  
Chorus Director: Chris Miller  
President: Gene Downie  
VP, Chapter Development: Walt DeNio  
VP, Music and Performance: John Smith  
Secretary: Bill Holmes  
Treasurer: Dick Johnson  
Member at Large: Jeff Spires

**Chairmen**  
Quartet Activity Chair: Len Barnes  
Service Chair: Bruce Brede  
Singing Valentine Chair: Bob Marshall  
Chorus Manager: (open)  
Music Librarian: Roger Holm  
Uniform Manager: Bill Auquier  
Sunshine Man: Don Denoyer  
Bulletin Editor: John Cowlishaw

**Calendar**

Jun 26  Chorus to Frankenmuth  
Jul 3-8  International Conv., Nashville, TN  
Jul 29-Aug 5 Harmony College, St. Joseph, MO  
Aug 11  Picnic, Walt Bachman’s home  
Sep 28-30  Bush League 2001, Gaylord  
Oct 19-21  District Convention, Battle Creek  
Oct  Election of officers, 2002  
Nov 3  Fall show “Fortune in Dreams”  
Nov 6  Christmas singout season begins

**Membership:** Dave Willets becomes our 49th member. Introduced by Zaven Melkonian. **Renewals** were announced for Mazzara (2 yrs), Teuber (2 yrs), Ripley (4 yrs), and McDowell (6 yrs).  
**Recovered:** Don Denoyer from 5 wks of bronchitis
Harmony Roundup: What it’s like to get Quartet Coaching?
Our Jeff Doig is the lead in The Harmony Knights, which signed up for quartet coaching at Harmony Roundup. Here’s his report:
“The Harmony Knights going to Harmony Roundup as a quartet proved to be an interesting experience. This year they doubled up the quartets with the coaches so not only were we being coached but we got to see the other quartets being coached as well. We also critiqued each other.
“The coaching itself was excellent. The majority of them were vocal coaches and covered such things as vowel shapes and interpretation. They all had both good and critical things to say about us. Some of their suggestions were: (1) Individual vocal warm ups are very important. (2) Also the Quartet needs to warm up together with vowel matching, intonation, consonants, as well as good breath support. We learned that a lot of the Quartets spend over fifty percent of their practice time doing vocal warm-ups. (3) They also stressed dueting as a means of checking notes and vowels. This can be done with all the parts. So if one guy can’t make rehearsal it doesn’t mean you have to cancel.
“Out of the six coaches we saw only one looked at us after we sang and said, “I don’t get it.”
“To sum it all up it was a long exhausting day, a lot of hard work, and we sang ourselves hoarse. And for all that work we got, about five pages of notes on how to be a better Quartet, to see how we stand up under some close scrutiny, to perform twice in front of a large audience. And the friendship and acceptance of the other Quartets. All things considered well worth the price of admission.”

Board Meeting, 6/14. The Board will invite Linda Liddicoat for nine more coaching dates; Gene Downie will make grant application for funding. The fall show will be “Fortune in Dreams.” Bill Pascher reported as our delegate to the District Delegate meeting. Don Denoyer resigned from Chorus Manager to become Sunshine Chair. Pete Mazzara has agreed to be Show Manager for our Fall show. Treasury balance is $4701.87.

The Anatomy of a Breath by J.C.
So this Barbershopper walks into a pharmacy and asks for a complete breath. The pharmacist hands him an upper and two downers; “Take these and call me when you’re ready to expire.” (You know, exhale)
It’s that simple, there are just three sets of muscles to work with. Muscles contract, to shorten the distance between two bones. A set of Intercostal muscles links the ribs together. When they contract they try to pull the ribs closer. But since the top ribs are locked in place, the ribs below them lift up and out. This is the “upper.” It enlarges the space in the top of the lungs.

At the bottom of the lungs is a circular-sheet-like, dome-shaped Diaphragm muscle. All around its perimeter it is laced to the bottom of the ribcage. In the center it protrudes up into the chest and rests against the bottom of the lungs. When it contracts, it flattens out, moving downward and pulling the lungs down with it, expanding the space in the lungs downward. That’s the first downer.

But under the dome-shaped diaphragm lies the abdominal contents of intestines and organs. When the diaphragm moves down against them they must “get out of the way” by moving down and out, enlarging the belly. To do this the abdominal muscles must relax, instead of contracting, loosening their belt-like grip on the belly. That’s the second downer.

In (upper) chest breathing we contract the intercostals. In (downer) belly breathing, we contract the diaphragm and relax the abdominal muscles. A complete breath involves both sets. But this combination of contracting some muscles while relaxing others can be hard! A really low-down breath needs a loose lower belly where we hold so much tension. Try breathing so far down as if to inflate the genitals!

(“Help, I need to exhale - before my lungs burst!”)

OK, so relax the Intercostals (the ribs fall back into place), relax the Diaphragm (the lungs rise again). But to SING, we need more than that, we need a steady column of air, so we actively contract
the Belly muscles, driving the belly up against the diaphragm and forcing air out of the lungs in a steadily controlled manner.

That's it. (What, no punch line?!) OK, here is barbershopper cartoonist John Morris’s version:

(Aargh! Not from the diaphragm, it’s from the belly!)

**Report from Membership Committee:** Walt DeNio

Use Jim Owens' promotional outline as the committee's three-point emphasis, i.e.:

I. Raise general awareness-taking advantage of free publicity
   A. We currently have an invitation to singers in 5 weekly local papers-ongoing.
   B. An ongoing invitation on Public Access Cable TV (TCI)
   C. Flyers and business cards are in the developmental process.
II. Demonstrate barbershop singing to local groups with our chorus and quartets.
III. Capitalize on the fun current members are having
   A. Structure practices so that special activities are added when guests are present. (Special songs and tags; Special jokes; Special welcome)
B. Add incentive for members to recruit
   1. A contest to run the rest of this year; rules and prizes are currently being developed by the committee.
   2. New greeting procedure: Jim Owens has agreed to assist at the Visitor Welcome Table.
      A visitor will sign the Visitor's Guest Book, get a Welcome nametag and receive a Guest Song Book. He will be introduced to the Section Leader, who will assign someone in that section to be the visitor's "sidekick" for the evening.
      If you are asked to be a "sidekick" you are to make sure the visitor completes the green Visitor Information Card that will be given to you. Use this to introduce the visitor to the chorus
when asked and then turn in the card at the end of the evening along with the Visitor's Song Book.

Help the visitor find the songs we are singing and work with him on tags, polecats or an impromptu quartet and answer any questions he may have.

It is everyone's responsibility to make sure our guests feel welcome and are not left to flounder. Invite the visitor to the afterglow or, better yet, bring him.

If you have any ideas, comments or questions, contact any committee member-Walt DeNio, Gene Downie, Jim Owens or Jeff Spires.

**Recent events around the chapter:**

**Windsor Sendoff**  Our members joined 600 others June 8.

Chris and Nancy Miller, and John Cowlishaw and wife Corinne had a close-up and personable table to hear “Power Play” at DOC-sponsored Return of the Jug night. Our chapter contributed $136, more than was in the jug. Lead Mike Slamka is moving to our area, as he begins working at Williams International.

**Harmonic Intentions** (Arnold, Howington, Cowlishaw, Melkonian) didn’t have a barbershop version of “Singing in the Rain” available, but wished they had, as they stood near the small mammal exhibit, umbrellas in hand, and serenaded the 200-or-so walkers in the Summer Stroll for Epilepsy, June 2, at the Detroit Zoo, that raised $48,000.

Smitty Smith is organizing an SATB (ie, mixed) chorus. See him if you’re interested.

Doc Irwin Mann still has some $5 videos of our performance at Battle Creek. Art Ripley still has extra pipes available at $16.

**Bob Legato** celebrated his 70th birthday, caught by a surprise party.

The City of Oxford is looking for entertainers to help it celebrate its 125th birthday, Sunday, Aug. 26.

**After Hours:** Meet at “Time Out,” Cass and Cass-Elizabeth (1 ¼ miles south of Crary) after weekly practice.

You **tenors:** will enjoy Earl McGhee’s “The Barbershop tenor’s creed” on page 26 of the current Troubadour. (Others will be mildly amused.)