



# DOUBLE *fortè*

## Newsletter for Members and Friends of New Voice Choir

April, 2021

### Hello! Dear NVC Members and Friends,

It was so good to see everyone greeting and meeting together to sing again in February, 2021. Yes, first term didn't turn out quite as well as planned with Covid and the weather intervening, but this will probably be our 'new normal' - to roll with the ups and downs .... Special greetings to those who joined us in the last 12 months: Kris Stephens, Lyn George, Carolyn Ross, Christine Rose, Sarah Fraser and Jenny and Bryan Hacker (& there are others keen to come as their circumstances permit.) **Welcome to all - The more the merrier!!**

### February, 2021

Thanks Heaps, ANN!

It was a lot of FUN!



### Annual General Meeting 2020/21

#### Excerpts from President's/Musical Director's Report 9/3/2021

..... An enormous thank-you to members of our current hard-working Management Committee: in alphabetical order, Assistant Secretary Beryl Falconer, Doug Friend, Tess Hogan, Alan Morrison, Anna Morrison, Judi Sharp, George Trehane, Treasurer Julie Trewin, and last but most definitely not least, Secretary Elaine West. To Management Committee members who stepped down in 2020, Assistant Treasurer Mick Dobbyn, Sandy Dobbyn, and newsletter creator and editor, Margaret Heath, thank-you for all your hard work and contributions... Without the assistance of these people, NVC simply couldn't function and grow, let alone thrive.

The very nature of this specialty choir means that the membership can be quite fluid and we sometimes bid farewell to much-loved members, sometimes sadly due to ill-health, or at other times for quite different reasons such as plans for extended periods of travel: Sandy and Mick Dobbyn were two members who've chosen to live as nomads for a while. Although Cynthia Cooper left us for health reasons in 2019, she must be mentioned once again as she lost a short battle with illness last year. One of our earliest members, she became a dear personal friend of mine, but Cynthia also left this choir an enduring legacy as the designer of the original NVC logo that was tweaked to make it just as it appears today, as well as being the creator of the choir banners we display at performances.

Moving on now to NVC from late 2019 to the present:

As Musical Director in particular, I hope I'll never have to deliver a Report stranger than this one....

The 2019 choir year finished unpleasantly for me. I ruptured my spleen lugging PA equipment at one of our Christmas gigs due to my descent into the deeper recesses of Ross River Virus, and only a few short weeks later, my

son was... plunged into acute medical trauma which still colours our lives. Yes, these are personal matters, but nearly everything I do in this choir is personal, as NVC itself, my work as Musical Director and, indeed, you, the members, are together an important part of my life. My large personal matters, therefore, often impact upon the choir.

Our Recording Project, intended to be completed in early 2020, came to an abrupt halt. I took necessary time off during Term 1, and guest Musical Directors, Rosalind Perry, Sue Stewart and Dr. Karen Lonsdale, stepped up to fill the void. Then just as I thought I could return to run some very gentle sessions, COVID struck and, ultimately for the safety of all, we in the Management Committee made the wise but incredibly difficult decision to shut the doors on that precious gathering we'd all previously taken for granted: The Choir Rehearsal.

With no immediate light at the end of NVC's COVID tunnel, I eventually worked out how best to set up online rehearsals and, thus, we Zoomed our 'merry' way through almost all that remained of 2020. ... I believe we may have been the only Parkinson's choir that continued in Australia throughout this time. If anyone had told me I'd be running a choir at my computer in my study and I would spend months and months, never knowing if choir members were singing the correct notes, I'd have told that person they were completely barking mad!

Nonetheless, we persevered. And what struck me as the most extraordinary thing of all was that everyone just kept turning up, week after week. In all honesty, I expected to quickly lose the vast majority of our members. Not only did we carry on via Zoom, retaining most of our membership, we gained members, some of whom are here today. We even gained temporary members from Bundaberg and Melbourne!

Meanwhile, one by one, our booked gigs fell victim to the pandemic. On a brighter note, however, once able to, we discovered the joys of meeting socially in park settings. And then finally, we were able to meet again in person .... at Moorooka for the last two weeks of the 2020 choir year.

Backing up a little, once COVID rules relaxed enough to allow a few visitors in our homes, the Recording Project over-dubbers and soloist George, along with Kylie Kookaburra, got together for a verandah rehearsal at my place...

Then it was back to the recording studio, and onward with the videographers.

At last, in mid-December 2020, our long-delayed Recording Project was completed and the video was launched online via Vimeo, with the link sent to all of our many contacts – local, national, and international.

Just to me alone, the responses tumbled in by the hundreds; people loved it!

... Our Recording Project was ... intended to showcase what this choir can do, to share and demonstrate to the wider community a little of what Parkinson's means for those of us who live with it, and to encourage others to join and/or support NVC or other Parkinson's choirs and singing groups. There was, in fact, one further reason that drove the project ... and that was simply – to stretch NVC's and, indeed, its members' capabilities.

I believe we can give ourselves a large tick for that!

Now - 2021 and already the year is off to an unusual start. Today is our AGM, postponed since last year due to COVID, and – if all goes to plan – the first of two AGM's we'll hold this year. I added to the unusual start by requiring some weeks off in order to concentrate on simultaneously pushing two time-locked, huge personal projects forward.

However, after nearly a year without real rehearsals, ... it was vital that rehearsals could start on time and so I arranged for Ann Bermingham to take over as guest Musical Director. I hope you've all enjoyed the different approach and the change of pace, but watch out, I'm back now and I've brought my special Musical Director's whip with me! As for all of our newbies – I'd like to extend my personal welcome to you all...

Looking ahead, at this stage there's no long list of plans – ambitious or otherwise. .... But, for your information, I have submitted an Expression of Interest for... an Australian-first disability festival to be held in mid-September... Aside from that rather fabulous opportunity, we'll no doubt pick up the odd gig here and there as 2021 moves along, though perhaps for the next few months at least, and given the past year, we might concentrate on just being a fabulous choir that meets at Moorooka for fabulous in-person rehearsals.

Here's to a great year of singing!

Linda McIntyre **PRESIDENT & MUSICAL DIRECTOR, New Voice Choir Inc.**



Thanks to Third's member, Doug Friend for officiating at the AGM even though recovering from serious injury and surgery to his left hand.

L to R: Julie Trewin, Beryl Falconer, Doug Friend, Elaine West and Linda McIntyre



President - Linda McIntyre, Vice President - Christine Rose.  
 Treasurer - Julie Trewin, Assistant Treasurer - Anna Morrison.  
 Secretary - Elaine West, Assistant Secretary - Beryl Falconer.  
 Alan Morrison - committee member and Covid Warden.

**CAN YOU HELP?**

Thank you to Don Fry who has volunteered to oversee Music Stands, Robyn Fry who has offered to be 'Kitchen Supervisor' and Anna Morrison who will assist with follow-up phone calling.

If you have skills that could be used to streamline the functioning and especially, promotion of our unique Choir, please speak to any member of the ManCom about it. You will be welcomed with open arms (or should I say, a Covid safe gesture!)

**A BIT OF FUN**

Try reading this old pop song out loud - keep a slow, steady rhythm, concentrate on clear diction and don't forget to breath!

Recent research has revealed that reading aloud for 20 minutes every day produces improvements in brain function and mental agility. For people living with Parkinsons, the bonuses extend to a stronger speaking voice and clearer speech... And, as we know, the same goes for singing.

## Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini

She was afraid to come out of the locker  
She was as nervous as she could be  
She was afraid to come out of the locker  
She was afraid that somebody would see

Two, three, four,  
Tell the people what she wore

It was an  
Itsy bitsy teenie weenie yellow polka dot bikini  
That she wore for the first time today  
An itsy bitsy teenie weenie yellow polka dot bikini  
So in the locker, she wanted to stay

Two, three, four,  
Stick around we'll tell you more

She was afraid to come out in the open  
And so a blanket around her she wore  
She was afraid to come out in the open  
And so she sat, bundled up on the shore

Two, three, four,  
Tell the people what she wore

It was an  
Itsy bitsy teenie weenie yellow polka dot bikini  
That she wore for the first time today  
An itsy bitsy teenie weenie yellow polka dot bikini  
So in the blanket, she wanted to stay

Two, three, four,  
Stick around we'll tell you more

Now she's afraid to come out of the water  
And I wonder what she's gonna do  
Now she's afraid to come out of the water  
And the poor little girl's turning blue

Two, three, four,  
Tell the people what she wore

It was an  
Itsy bitsy teenie weenie yellow polka dot bikini  
That she wore for the first time today  
An itsy bitsy teenie weenie yellow polka dot bikini  
So in the water, she wanted to stay

From the locker to the blanket  
From the blanket to the shore  
From the shore to the water  
Guess there isn't any more

Songwriters: Lee Julien Pockriss, Paul J. Vance,

Margaret Heath

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