



THE PEEP SHEET

Manatee Chapter's Newsletter

Website: www.sandpiperchorus.org.

February 19, 2009

M. Blair, Editor – E-mail kilty4819@yahoo.com or Telephone: 941-752-9475



STILL TO DO

Prez Chaz

SINGOUTS

- Mixon's – Friday, February 20th – Be there at 10:30 a.m. - Costume: White Shoes , White Socks, White Trousers and Tropical Shirt
- American Legion, Kirby Post, - Saturday, February 27th – Be there at 6:30 p.m. Costume same as above.
- Surry Place – Wednesday, March 11th – Be there at 1:30 p.m. Costume same as above.
- Tropical Gardens – Monday, March 23rd – Be there at 6:30 p.m. Outfit same as above.

REHEARSALS

- Every Tuesday and Thursday in March at Water's Edge @ 7:00 p.m.
- Saturday, March 14th 9:00 a.m. Mass Chorus at Water's Edge

SHOWS

- Friday, March 20th, 6:00 p.m. ±, Venice Show
- Friday, March 27th, 6:00 p.m. ±, Sun City Center Show
- Sunday, March 29th, **BINGO!**



PROGRAM ADS

The deadline is quickly approaching for you to turn in your paid Ads for this year's show program. Please keep in mind that all Ads must be turned in by **March First**.

A STANDING OVATION

Prez Chaz

What a surprise that was. And from an obviously "Barbershop Wise" audience. For those of you who missed last Monday's singout at Saint Andrews, we received a real and heartfelt standing ovation following "Good Night Ladies." Not only that, the woman in charge of entertainment said that we were greatly appreciated and that they would like to have us back each year – though not so close upon our Singing Valentine dates. AND, someone gave us a \$100.00 tip to boot!



WEBSITE

If you are unable to attend a chapter meeting and need to know what is happening, you can view all Peep Sheets by going to www.sandpiperchorus.org and clicking on Peep Sheet in the menu section. Your web master, Brian Lewis spends a great deal of time making sure that you have the latest information. Please become accustomed to using this tool to keep yourself informed of chapter happenings.



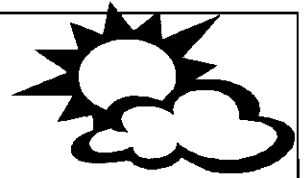
continued over



A NEW RECORD FOR VALENTINES SUNG

Prez Chaz

Thanks to M. Blair's hard won publicity and the exhaustive efforts of our three quartets; Senior Class Ring (with Arne Hansen standing in for Ron Gore on Saturday), Y.B. Limited and Apology (with Jerry Ammons standing in for Brian Lewis both days), the Chapter set a new record for number of Valentines delivered. Though we don't have the final results, it will be over fifty. Good job guys! Talk about helping the cash flow, not to mention the great fun it was. A special thanks to the "Two Tenors" for standing in at the last minute.



SUNSHINE NEWS

Gerry Mulford – wife of Lead, Chuck Mulford is recuperating from recent back surgery.

Helen Lewis – wife of Tenor, Brian Lewis is recovering from recent knee surgery.

And to all other members and their family members that we may not be aware of who might be under the weather, we wish you a speedy recovery.

Please keep them in your thoughts and prayers, send a card or words of encouragement with a call and/or a visit as appropriate.

Also, if you should know of any member or their family that may need some sunshine from members, please contact your new Sunshine Person, Imelda Garvin (wife of Baritone, Jim Garvin) @ 941-722-3640.

The Singers' Breath and Musicality

From Everybody Sings Program,
Raleigh, North Carolina



The breath is more than just oxygen — it's a part of the musical experience. It's the best way to insure that the singer starts every phrase with focus and energy. There are a number of things that make a group "musical". One of the primary tools is the delivery of the breath.

The following are eight additional ways to help you understand just "how much ham is in a ham-burger?"

1. **Full breath standing** – with palms out, raise arms above head as you rise up on toes, inhale as you do so, place palms together overhead – hold breath, bring arms down and return weight to balls of feet while keeping body stretched tall, exhale at the same time. Repeat 5 times.
2. **Yoga breath** – inhale through one nostril as you close up the other, close up other nostril and breathe through the first. Repeat 5 times.
3. **Wide snuff breath** – keeping an alert facial expression and an 'inside smile', inhale through the nose with mouth wide open and the tongue wide and soft against the lower teeth, exhale through the mouth and keep chest wide and high on exhalation. Repeat 5 times.
4. **Arm circle breath** – place your right arm up against upper back while you inhale through the nose very slowly, use left arm, palm down, in a large circle

Breathing continued:

from 5 o'clock position to an 11 o'clock position At 11 o'clock, stretch arm up and hold breath, turn arm over, palm down and continue to 6 o'clock as you exhale very slowly with a "hiss." As you reach the bottom position, exhale remaining air with a forceful "sh-h-h-h". Repeat with other arm.. Repeat exercise 5 times.

5. **Inhale four times rhythmically** – exhale eight times through the mouth in the same rhythm. Maintain high chest on exhalation. Repeat 5 times.

6. Quickly blowout an **imaginary candle** ten times.

7. **"Sh-h-h" out breath** to the count of 13... extend last one and change sound to a "sss" and repeat exercise 5 times.

8. With hands on sternum and abdomen, **hiss the rhythm** to "My Bonnie Lies Over the Ocean".

Correct deep breathing can relax the body and lead to a healthier, longer life.