

NEWS & VIEWS

219 SUMMER 2019



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Jelf

Crawford's Corner



I hope you recognise News & Views this time as I have made a number of changes. I was looking at the work of a professional DTP specialist and was quite taken with one or two of his ideas so I thought I would try a few of them.

This is the first issue after the Annual Conference and so you will find a report on the conference and I have also included some of the material we were able to see there. I hope you are able to make sense of them. I know some of the images are a little small.

I include with some regret the submission from the New Greasley Singers who celebrate their fortieth anniversary but tell of their intention to close down the

choir. I am very conscious that there are a number of choirs facing similar hard decisions about their future as their singers grow older and their numbers fall.

At conference there were a number of ideas floated about how to revitalise your choir but most of them seem to have younger leaders to attract younger singers and not all choirs are able to find someone with either the time or the inclination to offer the necessary commitment.

But enough of pessimism, let's celebrate those who are enjoying singing today. Rock 'n' Soul's article is well worth a read. They have the zest of a relatively new choir growing in confidence.

Anne Kay always sends me news of the goings on in the Glasgow Phoenix Choir and her news this time is of the retirement of their Musical Director, Marilyn J

Smith after many years of excellent service which I remember us recording at the time she received her MBE.

Hartlepool Ladies are looking for choirs to connect with and if you are looking for music, and which choirs aren't, then try reading what Southport Lyric singers have on offer. It's free to collect of for the cost of postage.

What I write here is always the last item to go into News & Views so it is time that I stopped typing and got the Summer issue off to be proof-read.

Enjoy what our member choirs have chosen to share then start to prepare your own choir news for our Autumn issue.

Chairman's Chat



Welcome to the summer edition of News & Views and thank you for re-electing me Chairman for the next year. Bill Steiner has produced a very comprehensive report on our recent conference which was extremely enjoyable and informative. Everyone who attended made new friends and had a wonderful time. One

disappointment was the attendance which could have been better. Conference is an ideal way to share experiences, get ideas about how to improve your choir in terms of repertoire, audience attraction, growing and generally creating more enjoyment for your members and audiences.

Your officers work very hard to arrange conference and are continuously considering new ideas to improve it and make it more attractive to our members. We would welcome your comments. Why

didn't you attend? Was it the cost, location, format or any other reason such as you did not know about it? Similarly, what do you think would attract you to attend?

Next year's conference will be special as it is our centenary year. We hope that we will welcome a much improved turnout to help us celebrate.

May I wish you all a very enjoyable summer of choral music.

Meeting Dates 2019:

	11 June	
Officers	10 September	All Officer's meetings are held at Twin Oaks Hotel, Palterton, Chesterfield S44 6UZ
	12 November	
	14 January 2020	
	29 June	
MOF	28 September	Castle Green Hotel, Castle Green Lane, Kendal LA9 6RG
	25 January 2020	Twin Oaks Hotel, Palterton, Chesterfield S44 6UZ



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**Last date for submissions for Issue 220
AUTUMN 2019 - 31 AUGUST**

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Help us 'Spread our wings'

Hartlepool Ladies Choir

North East

Sue Stead

We hit 2018 in the knowledge that we had a busy and important year ahead of us. With four big concerts to look forward to we knew we had our work cut out! However, in true HLC style, our members rose to the challenge and, subsequently, had an amazing, fun filled year.

The highlights of 2018 had to be our trip to Germany in May with Hartlepool Male Voice Choir, and our participation in the Festival of Brass and Voices for Cancer Research UK, at The Royal Albert Hall in November. Both events were truly fantastic and choir members now have many memorable moments to treasure for ever.

It's always special when we sing with Hartlepool Male Choir, and back in the spring we performed with them in a joint concert to raise funds for our Germany trip. We sang all the pieces we'd prepared for the concert in Germany - even singing in German.

In July, at our annual summer concert, a packed Hartlepool Borough Hall enjoyed the debut of our brand new 18/19 repertoire and some rather super solo performances too. The concert also raised funds for the Teenage Cancer Trust.



Woven in between those big events were all the 'community concerts' that we love so much. We entertained folk at many social events, helping to raise funds for community and charity organisations.

The life of a HLC chorister is certainly far from boring and our door is never closed to prospective new members. Besides our weekly rehearsals, we also enjoy a varied social life with theatre trips, parties and

other social functions. Weekly rehearsals are on Thursdays at 7:30 at Grange Road Methodist Church Community Centre, Tankerville Street, Hartlepool. Females over 16 are more than welcome to come along and sit in, listen or join in.

Looking forward, we've been busy learning pieces for our 19/20 season. These will debut at our annual summer concert on 12 July. We're also learning songs for the NEAC Choral Spectacular at The Sage Gateshead in April 2020.

One of our aims for 20/21 is to arrange an exchange concert with another choir. We've sung with our local male voice choir several times but we'd really like to 'spread our wings' a little - so if any choir out there fancies an exchange trip, please get in touch.

To contact the choir for enquiries about concerts, weddings or membership etc.

01429 894793

cleck1@hotmail.co.uk



New home, New leader

Walsall Harmonic Male Voice Choir Midlands West Steve Melia PRO

After rehearsing for the past eight years at the Chuckery Club in Beacon Street, Walsall Harmonic Male Voice Choir has relocated to a new venue. At the same time, the Deputy Conductor has been 'promoted' to the rôle of Musical Director.

Despite the rehearsal room being spacious, the club premises were subject to a poor heating system, and storage for choir items was severely compromised. The choir therefore decided to relocate to the Delves Baptist Community Church, in Bell Lane, Delves, Walsall. The church is very welcoming and keen for the choir to rehearse in comfortable and warm premises, with ample secure storage space for the choir's equipment

and music; the members will enjoy also the luxury of occasionally spreading out into adjacent areas where the individual voices can practise separately but simultaneously. Rehearsals at Delves began on 11 March.

As a 'starter' and to explore the premises, the choir gave a complimentary concert in the church on 2 February, which was well received by the church community, and which generated significant funds for the church. The choir is committed to giving a complimentary concert each year. After a lean twelve months, the choir had concerts in March, April and May and also further performances lined up in the autumn and the Christmas season.

The choir is grateful to the management of the Chuckery Club, who have been accommodating and welcoming throughout their residency. The choir intends maintaining some links with the club in the future.

The retiring Musical Director, Bryan Jeffreys, has been seriously ill and unable to commit to the choir for the past 18 months. He has reluctantly decided to stand down in favour of his deputy who has stood in for him in the interim. The choir is grateful to Bryan for all his work. Under his leadership the accomplishment of the members has improved tremendously; the choir is regularly commended on its harmonic closeness and the members' confidence in singing.



Choir, and Trinity Singers, also in Sutton Coldfield. He also sings regularly in local choir-based events in the village where he lives. He is aided by our accompanist, Bob Froggatt, an experienced dance band pianist, who adds his own styles and skills to the performances.

The choir comprises only 18 voices at present. Despite this, the members maintain balanced four-part harmony renditions of their songs. They have been complimented regularly by their peers and their audiences on the balance and quality of their sound and the variety of their repertoire. Over the past years the choir has established links with other choirs in the region, and joint events are envisaged.

New members will always be welcome in the choir; interested parties are invited to turn up to a rehearsal on any Monday evening (8.00-10.00) to listen. If they decide to join, they will be placed in the most suitable section for their voices, and help will be given in following and understanding music.

www.whmvc.btck.co.uk

Bob Share has been a member of Walsall Harmonic Male Voice Choir since 1996, singing in the bass section and deputising for the regular conductors since about 1999. He has acted as librarian, secretary and Webmaster for the choir, and has been instrumental in sourcing some new, sometimes challenging, pieces for the choir to perform. Bob says, 'This represents a new phase in the life of the choir.

I am looking forward to leading WHMVC on a formal basis. I have ideas about how they can develop further, and I am ready to challenge the members to bring the best out of their individual talents.'

Bob is also MD of Stonnall Singers, a village community choir near Lichfield. During his time with WHMVC Bob has also led other amateur choirs: Sibylline Singers, in Brownhills; Sutton Coldfield Community



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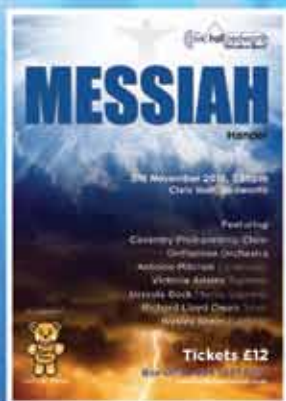
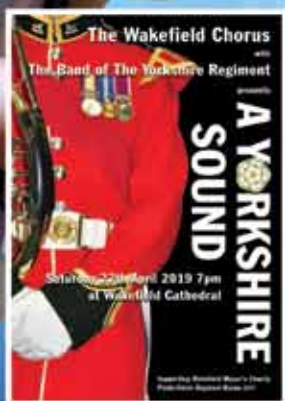


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Obituary - Hilary Hodgson

Dalston Male Voice Choir Cumbria / Isle of Man Michael Williams



Hilary Hodgson, co-founder and former Musical Director of Dalston Male Voice Choir in Cumbria, has died, aged 82, on 3 February 2019.

A Lancashire lass, Hilary moved to Cumbria with her husband Geoff in the 1970s. An accomplished music teacher, she was prevailed upon to start the DMVC in 1985 and was its Musical Director for almost 27 years. Described in the local press as 'the woman

in 38 men's lives', she was always keen that the choir's audiences should not be so much impressed as entertained and in this aim, she was manifestly successful.

She was also a firm believer in the principle that male voice choirs should be able to sing softly rather than just belt the notes out fortissimo.

Her rehearsals were entertaining too, producing

such gems as 'The choir's a democracy but I'm in charge', 'it's worrying when a choir starts getting intelligent' and 'the basses are growling like constipated lions!' After retiring as MD in 2011 she continued to support the choir as its Honorary President. The choir sang *Be still my soul* and *Softly as I leave you* at her funeral. She will be much missed.

40th Anniversary & Farewell Concert

The New Greasley Singers Midlands East Ruth King

The New Greasley Singers is celebrating its 40th anniversary year but, sadly, this is also the choir's farewell season. Initially established as 'The Baker's Dozen' and for most of its life 'The Greasley Singers', the choir has flourished for four wonderful decades under the amazing leadership of the late Gloria Preece and, latterly, Elaine Wilson.

However, all good things come to an end. A variety of factors have contributed to our decision to retire and it is an outcome that has been arrived at after

a lot of heart-searching and with much sadness, but we feel this is the right time to make what has been a very hard choice.

However, we are not going quietly! All the choir's members are committed to making this last season as successful and enjoyable as our previous years have been and for some months we have had a 40th anniversary celebratory concert arranged on Saturday 13 July 2019 at St Mary's Parish Church, Eastwood, with our friends the Eastwood Collieries Male

Voice Choir (approaching their centenary year!) as our guest performers. This will now be billed as our 40th Anniversary and Farewell Concert. We are looking forward to this being a rousing finale and a fitting tribute to The (New) Greasley Singers and to all who have contributed to the choir over its long and fruitful life. If you can join us for the occasion, please check our website for further details.

<http://thenewgreasleysingers.co.uk>

thenewgreasleysingers@gmail.com

First rehearsal

Stone Choral Society Midlands North Catherine Campbell

As someone who had not sung in a choir for 40 years it was with a mixture of excitement and trepidation that I went along for my first rehearsal with Stone Choral Society. My musical skills were rusty, my voice relatively untried and I was unsure what would await me. I eventually found the rehearsal venue and was welcomed by Jan the membership secretary and then asked what voice part I was. Did I know? I had enjoyed singing the harmonies as an alto in my youth but

had my voice changed? Could I cope with the range?

My worries were soon laid to rest by the friendly atmosphere of the choir, the engaging and professional Musical Director and listening to the talented accompanist who seemed to intuitively read the mind of the Musical Director. What is more the society has its own composer Stuart Johnson who was busy writing a *Missa Celebra* for the choir's 50th anniversary concert!

It felt great to be singing. The challenges, joys and sense of achievement which I had experienced as a younger singer came back to me and I soon felt at home within the choir 'family'. I looked forward to Thursday evening rehearsals and missed them when we went away on holiday or there were the planned breaks. I got a buzz from performances and had to acquire a choir uniform (simple, but not what I would normally wear).

Each term I wondered what treats would be in store for us to learn and perform and I would check through the book or sheet music as we had it distributed by Janet our industrious librarian. Did I really have to learn all that? And yes I did manage to do so but certainly needed practice time at home to embed it into my musical memory, not always with 100% success rate.

Now a few years further on I can feel more confident in my part in the choir. I have seen other new members join and a few of the other members leave. I hope I will have many more years singing with Stone Choral Society.

Stone Choral Society was founded in 1968 by Alrene Wainwright a music teacher at the local high school who wanted to produce the Messiah but needed some adult singers to enlarge the school's choir. People enjoyed singing so much they did not want to end with a single performance and so the society was born. The next fifty years saw enlargement of the membership, stabilising around 70 female and male members. The repertoire was mixed from choral standard works to newly commissioned works and from classics to pop songs. The choir formed contacts with

several European choirs and exchange visits took place. One of the most regular exchanges has been with Terpsichore choir in Oostrozebeke, Flanders and many lasting friendships have been formed between the members. We were privileged to be asked to participate in Terpsichore's concert marking the end of World War 1 in November 2018 and a very memorable and moving weekend followed. There was joint choral singing accompanied by their wind orchestra and several social events involving Belgian beers.

Our Fiftieth anniversary year concentrated on the anniversary concert in which we performed Stuart Johnson's Missa Cebra and Carl Orff's Carmina Burana. We worked hard to achieve what many would say was the best performance ever and thoroughly enjoyed the special occasion.

In April 2019 we were part of the National Association Of Choirs' Annual Conference Concert at the Victoria Hall in Hanley Stoke-on-Trent. It was truly an uplifting experience to be part of the Inspiring Voices concert featuring six other choirs from the area. The massed choirs filled the hall with a glorious sound and each choir had their own section for their favourite songs providing contrasts in genres.

Our Musical Director Harriet Johnson (daughter of Stuart) is an inspiration to us and guides in safe and healthy singing as well honing our skills and introducing us to lesser known works. Jenny Hames is our talented accompanist who has endless patience. The choir is run by hard working committee members who make sure that all goes like clockwork especially on performance days.

If you would like to join us we rehearse on Thursday evenings 7.45 to 9.45 currently at Manor Hill First School, Manor Rise, Stone, ST15 0HY. The first term is free.

We love singing, having fun and forming friendships.

www.stonechoral.org.uk

info@stonechoral.org.uk



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My Lord, What a Morning

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The Lord's Prayer - Malotte

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Somewhere, My Love

Dorothy H Hughes

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A representative group of Côr Meibion De Cymru (The South Wales Male Choir) choristers took part in the Fred. Olsen "Fjords, Mountains and Glaciers" cruise in August of 2016 on board MS *Black Watch*.

The choir thrilled fellow passengers with two formal concerts (in addition to many more sporadic outbursts of song) as the *Black Watch* travelled from Harwich in mid-August to three ports in Norway and through some of its most picturesque fjords.

The cruise was blessed with excellent weather and the party responded accordingly. Both of the "formal" concerts aboard *Black Watch* were performed to

full capacity audiences and the delighted fellow passengers gave the choir a standing ovation at the end of each concert.

The whole tour party was most impressed, not only by the standards of service that they received whilst on board *Black Watch*, but also the polite, efficient and cheerful manner of the friendly staff. Choir vice-president Phil Howells thanked Captain Danielsen and his team for making the cruise on his "Happy Ship" such an enjoyable and memorable experience.

Barri Hurford, Choir Compere, South Wales Male Voice choir.

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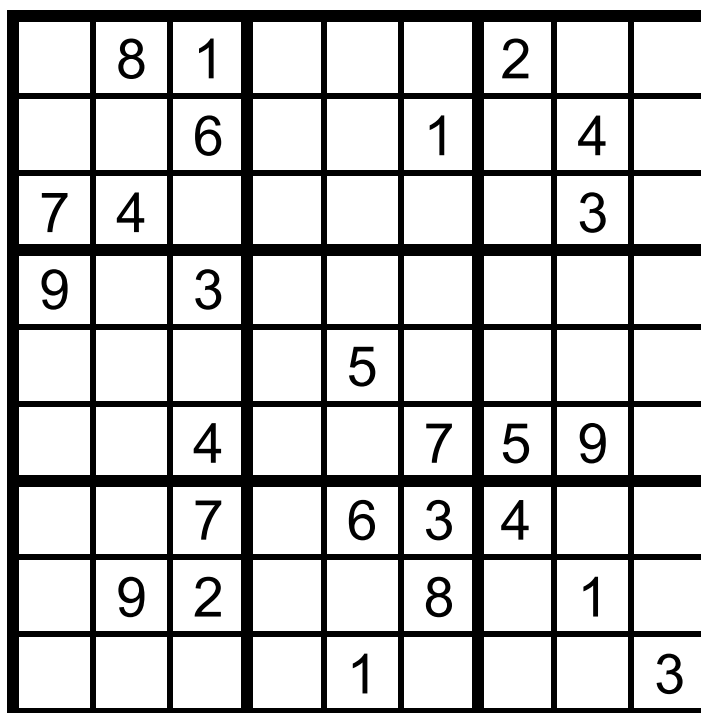
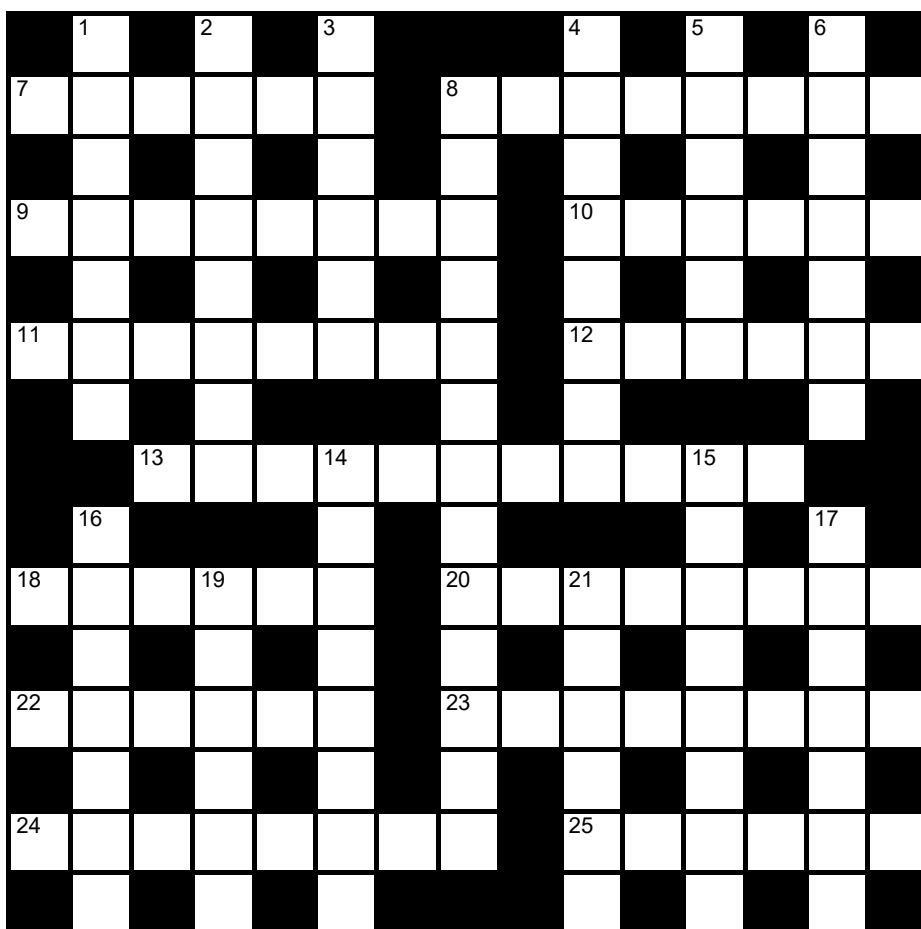
Across

- 7 Moses wrote decorating with tomato mottling (6)
- 8 Night-light shining on a spot in Ontario (8)
- 9 Can rabbi rebuild the defensive tower (8)
- 10 Where a draughtsman stores work? (6)
- 11 To observe a heavenly body (8)
- 12 Yale is confused without question (6)
- 13 The well-organised baroness put lentil shoots in her stir-fry (4,7)
- 18 Reformed wall to wall suet (6)
- 20 Half of a high flying rock band (8)
- 22 Michelangelo forces mixture to paint the wall (6)
- 23 Posh vessels, but not duchesses (8)
- 24 Martial rest rooms (8)
- 25 Necklace to catch animals (6)

Down

- 1 Vehicles to go stark mad (2-5)
- 2 A mere job affected a scout celebration (8)
- 3 Some mimosa but no denim for the unorthodox academician (6)
- 4 An informal farewell (6-2)
- 5 Bedaub oats in war machine beneath the sea (1-5)
- 6 Antelope with lustrous eyes (7)
- 8 Primates perplexed among the Chile pines (6,7)
- 14 Freshly discovered hamlet near Basingstoke (8)
- 15 Store funds in Surrey at converted safe place (8)
- 16 Tee to green (7)
- 17 Marked resemblance (7)
- 19 Effulgence strangely effected result (6)
- 21 Put more than a toe in the water (6)

Puzzle



Solutions on page 31

To have your own copy of this page to work on go to www.nationalassociationofchoirs.org.uk and look for the latest copy of News & Views then print the page. Easy!

Pages

The Word Search contains the names of choirs at Conference this year and those who have contributed to the Spring and Summer issues of News & Views.

Can you spot them all.



- | | | | | |
|------------|-----------------|---------------------------|-----------------|-------------|
| ALLEGRA | CLEETHORPES | GREATER MANCHESTER POLICE | NEW GREASELY | THURNSCOE |
| AMICI | COALVILLE | GRESLEY | NEWQUAY | VIVA MUSICA |
| AUDLEY | DALSTON | GRIMSBY | OS ROCKS | WALSALL |
| BARNSTAPLE | DURLEY | HAMPSHIRE POLICE | PRUDHOE | WALTHAM |
| BESTWOOD | EAST FIFE | HARTLEPOOL | PYE HILL | WILLENHALL |
| BIDDULPH | EASTWOOD | HAWARDEN | ROLLS ROYCE | WORCESTER |
| BRISTOL | EREWASH | HUMBERSTON | SNOWDOWN | |
| BRYMBO | EXETER POLICE | LUTON | SONARA | |
| BRYTHONIAD | GILDENBERGH | MEIBION COLWYN | SOUTHPORT LYRIC | |
| CHURCHDOWN | GLASGOW PHOENIX | MENDIP | STONE | |

* * SONGS IN HARMONY * *



A selection
of 64 songs in 4 books
created for the **Sheffield Folk Chorale** by Graham Pratt
SATB arrangements; plus SAT/ST options for many of the songs

Book 1 (16 songs) inc: Buy Broom Besoms, Hebron, I Live Not Where I Love,
Lord Of The Leopard, Safe In Your Cradle, Shepherds Arise, Twa Corbies...

This is a lovely collection of songs such as the beautiful lullaby Safe In Your Cradle, [and] the heart-breaking arrangement of Donal My Own. Angeline Morrison (Natural Voice Network)

Book 2 (14 songs for winter) inc: Carollers From Hell, Cynic's Christmas, Hunting The Wren,
Let The Rain Come, Parting Glass, Story Of A Child, Three Kings Came...

Graham's arrangements skilful, imaginative, witty and satisfying to sing solidly tick every box you might require if looking for new material for a choir. Paul Burgess (Living Tradition)

Book 3 (18 songs) inc: A Wish Of Joy And Wonder, Bonny Light Horseman, Bright Morning Star,
Hard Is The Fortune, Lovely Joan, My Johnny Was A Shoemaker, Yan Tan Tethera Pethera...

It's this narrative drive which some choirs lack, and which this choir possesses in abundance. Graham really understands folk song. Mick Ryan

Book 4 (16 more songs for winter) inc: Christmas Card Carol, The Darkling Thrush,
Herrick's Wassail, House of Hospitalities, Shepherd of the Moor, Winter Is A-Comin' In...

Graham is an engaging and highly-skilled choir director and singer, which shines through in this cornucopia of choral arrangements. Paul Sartin (Belshazzar's Feast)

For more information, visit:

www.grahamandeeleenpratt.co.uk Email: graham.pratt2013@gmail.com

Books £11 each (inc p&p) or £33 for the full set of 4 (64 songs)

Books 1 & 3 supported by the Sarah Morgan Foundation

31st Annual Conference Weekend

Moat House Hotel, Hanley, Stoke on Trent

5-7 April 2019

Associate Member

Bill Steiner

The National Association of Choirs Conference took place at the Moat House Hotel, Etruria Hall, Festival Way, Stoke on Trent, Staffordshire. The area is famous for Wedgwood china and Moorcroft pottery. It was reported on the news that a company called Dudsons collapsed, with the loss of 200 jobs, while we were at the conference venue. Optimistically the potteries district is also known for Arnold Bennett's book on the Five Towns, relating to the industry and, on a sporting note, one of the greatest footballers, Sir Stanley Matthews, played for Stoke City.

At 4.00 the National Officers held their opening meeting and afterwards the delegates were invited to 'Come and Sing' by Celia Johns and Karl Harper, at which songs like *Amazing Grace* were performed to get in the mood for our weekend event. On completion we went to our rooms to get ready for the gala dinner 7.30 for 8.00.

The conference dinner was an excellent meal enjoyed by all there and well presented by the catering staff. After dinner entertainment was provided by a group who sang 60s music until we retired to our bedrooms for rest.

I was ready for breakfast in the dining room at 7.30; then fed and watered, ready for an inspirational day of music from experts in their fields. First came Dr John Addison, a GP from Ashby de la Zouch, who addressed us on the health benefits of music and singing. Music can lift depression. Dr Addison also said it can help with Alzheimer's, dementia, Parkinson's disease and other medical conditions by promoting dopamine in the body, mind, and spirit.

After refreshments and a comfort break speaker number two was introduced. Tim Knight gave an enlightening discourse reflecting his comprehensive musical abilities. His encouraging remarks to involve the public in street concerts away from concert halls; street concerts can inspire members of the public to come to a concert hall or join the respective choirs; be seen and people will respond by listening. One of his precepts was to invite

men and women to Find Their Voice and get involved. His choirs are in and around Leeds. Perhaps where Leeds leads others will follow. Thank you, Tim.

Now for speaker number three. Dominic Stichbury gave an excellent overview of his work. One of his success stories, for me the most exciting, was his formation of the CHAPS Choir; one of his aspirations being helping the homeless and destitute to lift themselves up and sing. They have sung over the London area and are very popular. Whenever they get together he feeds them as well, thus again encouraging the body, mind and spirit. Music gives a sense of belonging and bonding between choristers of any persuasion or inclination. Singing together is uplifting and helps you as a choir to grow as individuals. It also gives hope to carry on. Listen as you sing the words to *What Would I Do Without My Music* and see how uplifting they are, similarly *You Raise Me Up*. There are many pieces that enlarge the soul and feed the spirit. Thank you, Dominic.



Now for speaker number four, Dr Douglas Coombes MBE. This time a Doctor of Music (somebody has to look after the notes that can be crotchety and quavering). He, together with his wife, an artiste in her own right, gave us a brilliant entr'acte where she played the part of the recalci-

trant chorister and he played the part of her patient, even under duress, conductor teaching but having constant interruptions from his questioning chorister. I put this as an example of marital harmony as they are a great husband and wife team. He is a noted conductor and she a chorister in her own right with a beautiful voice. She also sells delightful (what I call) musical ties under her business name Lindsay Music. I bought four tea towels with music by various famous composers printed on them. I wish both Douglas and Carole well. They have put the word fun into learning music. Thank you both Douglas and Carole.

Time came for our evening concert and we embarked by bus for the Victoria Hall, Hanley, where we settled down for the music. Choirs featured included the Audley Male Choir, Biddulph Male Voice Choir, and a host choir for the evening, the Dougie Mac Choir named for a hospice for the terminally ill, around Stoke on Trent. Much needed funds were raised for this worthy cause. Music this evening included *Panis Angelicus* and *Shosholozo*, a traditional South African song. One of the choirs stood out for me, St Mary's Catholic Primary School Choir. One little girl from that choir marched on swinging her arms as if she owned the stage and for those few moments she did, well done little girl whoever you are. All the choirs participating did well. Congratulations on a good job well done. Home to our hotel and bed.

Sunday morning, our final day, breakfasted and ready for the Members Open Forum where things were discussed about this conference and our next year's venue, in this case the Dunkenhagh Hotel, Blackburn Lancashire.

Thanks to all choirs, audience and NAC Committee members for a very successful event of memorable standard. Blackburn 2020 is our centenary conference and I encourage you all to attend. Colne Valley Male Voice Choir and Nelson Arion Glee Union from that area were two of the original twelve choirs in 1920 who are still members today.

The Health Benefits Of Singing

Dr John Addison MB ChB



Session 1

Saturday 6 April

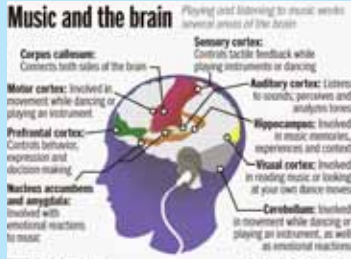
Here are some images from the Powerpoint used by John as part of his Lecture. This is only a small selection that we hope will give you a flavour of what John had to tell us.

Health Benefits of Singing and the sense of belonging which being a chorister within a Choir generates

Dr John Addison M.B. Ch.B.
NAC Annual Conference
Saturday 6th April 2019



The Brain and Music



This colourful illustration of the brain shows how many parts of the brain are involved in music. The front of the brain is more motor ie. doing things and sends information. The back of the brain is more sensory and receives information. The middle of the brain analyzes both aspects. The base of the brain is involved with coordination.

Good morning to you all and thank you for allowing me the privilege of talking to you this morning.

Music Therapy - Definition

An established psychological clinical intervention, which is delivered by Health and Care Professions Council (HCPC) registered music therapists, to help people of all ages, whose lives have been affected by injury, illness or disability through supporting their psychological, emotional, cognitive, physical, communicative and social needs

British Association for Music Therapy (BAMT)

Areas treated

- Autistic Child – communication
- Learning Disabled Adult – express emotions
- Dementia – feels valued and heard
- Brain injury
- Degenerative Brain Conditions

These are the main areas treated with Music Therapy. With Autism, it is about using music to enable the child to communicate better. With LDA, music is used to enable the patient to express themselves. In Dementia, music therapy enables the patient to use music to draw on memories which stir other memories. In Brain Injury, Music Therapy enables the patient to relearn lost skills. Patients with Parkinson's Disease – Music Therapy helps to improve movement and control.

My that's a bit of a mouthful. The official definition of Music Therapy. This is a therapeutic process that has health outcome benefits for patients. It is evidence based and used only in niche areas in medicine.

Autistic Spectrum Disorder

- Filter out background noise
- Allows individual to carry on activities
- Aids communication eg song

Brain Injury

- Use the structure of the music
- Fill in the gaps of the song
- How is it remembered
- When was it last used
- Songwriting for brain injury

Lets look at ASD specifically. Children (and adults) have sensory difficulties and they struggle to deal with many sensory inputs at the same time. Music allows them to filter out background noise and focus better on the job in hand. It will allow the person to continue with what they are doing and that is essential in education. Music also enables communication.

I'll relay a case discussion shortly re brain injury. It is all about retraining the brain and using music to achieve that. There are of course other therapies that someone with a brain injury might need such as Physiotherapy, speech therapy, Occupational therapy.

Music Therapists

- Allied Health Professionals
- Health & Care Professions Council
- Appropriate training
- Aims, goals and outcomes

Music Therapists are on the same footing as Physiotherapists, Radiographers, OTs
They must have suitable qualifications.
The work to health outcomes and goals

Locations for Music Therapy

Hospitals	Day Centres
Education	Children's Centres
Hospices	Residential Homes
Prisons	Rehabilitation Centres
Community Spaces	Third Sector Organizations
Private Practices	

Music Therapy is taking place in many places but it is still a relatively small part of Healthcare. Perhaps it can grow in the coming years.

Organisations

British Association for Music Therapy

<https://www.bamt.org>

The Music Therapy Charity

<https://www.musictherapy.org.uk/index.html>

These are the main organisations to do with Music Therapy

Music Therapy in Practice

<https://www.youtube.com/watch?v=PgFfercKfsA>

Music Therapy and ASD

– Rachael Finnerty (Canada)

<https://www.youtube.com/watch?v=a-5LdT9zHPM>

Music Therapy & Parkinson's Disease

Music Therapy cases

<https://www.youtube.com/watch?v=rx3nfUKvrZ8>

Gabby Gifford speaks for the first time

American Senator who was shot. She had Music Therapy to help her recovery

Could Choirs be involved

GP refers patient to Social Prescriber
Patient previously sang OR enjoys singing OR would like to try singing
Contact the Choir to arrange a taster course
eg 4 weeks

At the end of the course
Option to keep the person on as a chorister
Extend the course
Direct person back to Social Prescriber

Benefits to the Individual

- The enjoyment of singing
- Socialising
- Friendship
- Sense of achievement
- Potentially join the Choir

Benefits to the Choir

- Recruitment of Choristers
- Good public relations with local community
- Widen the fan base
- Improve concert attendance
- Improve Choir finances

SoundEscapes

Jo Porter

Speed Dating

Saturday 6 April



On the Saturday of conference we had a special spot for the trade stands to show us what they had on offer. A number of stands had 10 minutes each to present the services that they were offering to the members. Jo Porter of SoundEscapes has sent me some of the things she covered in her ten minute slot so that you can see the sort of thing the delegates saw and heard.

We're all going on aChoir Holiday!

Whether you're a seasoned tourer or planning to embark on a trip with your choir for the first time, Jo Porter, a professional concert tours organiser, tells of her travel experiences and passes on her expertise.

My first experience of a choir holiday was at the age of nine with my local church choir, of which I was a member until I moved away to study. We didn't venture too far, just 150 miles away to Ffestiniog in North Wales and frankly had the musical adventure of our lives; singing our hearts out in slate caverns, on a steam railway and at the summit of Mount Snowdon. I am quite certain this trip had some influence on my future career many years later, when I joined a tour company in 2001 specialising in group travel and of course concert tours! Since then and on a more professional level, I've been involved in organising tours for hundreds of groups and accompanying memorable choir and specialist group tours across the globe from my favourite destination, Paris, to as far afield as Mexico and Canada. Seeing the positivity and joy first-hand from choir members on tour really is the most satisfying aspect of my role!

In terms of planning your own tour, the destination and concert venues are of course important and key to attracting members to take part, but there are several additional benefits which outweigh this for the long-term future of a choir. A tour brings with it a social aspect and bonding experience that is just not possible during one rehearsal a week and allows members to take on additional responsibilities during the tour process which draws on their professional strengths. It also enhances the choir's performance and vocal abilities, with the concentrated time dedicated to rehearsals and performing. Touring can also become part of your annual programme especially if you consider shorter breaks closer to home, which can be as equally as enjoyable as heading to more exotic climes.

Let's start at the very beginning, I'm sure you'll agree it's a very good place to start, and let your musical adventure begin! I recently had the pleasure of being invited to the Midlands East NAC Region to deliver a presentation about how to organise a successful concert tour and here is a snippet from the presentation highlighting the key steps required during the planning process.



Top tips

1. When and Where

Deciding on your tour dates and establishing your budget is key in the early planning stages especially in terms of availability for choir members and will also have an impact on which destination you choose.

2. The Big Launch

One of the most common reasons for a tour not going ahead is due to an unbalanced choir so ensure the tour appeals to the singing parts which are lower in number!

Launching your tour in an engaging manner is crucial. Bring the destination to life with photos, tourist board promotional films, suggested concert venues and a sample itinerary.



Top tips

5. Concert Venues

It's advisable to use 'tried and tested' concert venues especially if a destination is relatively unknown to you. This will ensure the venue is equipped for concerts and proactive in helping you publicise it, just a simple 'Google' search for concerts will usually establish this.

Be persistent in trying to establish contact with a concert venue organiser, a phone call is far more effective and quicker than an e-mail and if it's in the native language, even better!

6. Publicity

Social media is key in ensuring concert publicity is broadcast to as wide an audience as possible and if you're relying on venues distributing print publicity, it's worth making a few polite checks in advance of the concert to ensure it has been carried out.



Jo Porter is the owner and Chief Tour Orchestrator at Sound Escapes UK, a concert tour operator specialising in tours of the UK and Ireland. If you are considering embarking on a choir tour for the first time, require assistance in planning your tour or would like Jo to present at your next region meeting, please do not hesitate to contact her on 0115 874 6396 or jo.porter@soundescapesuk.com She will be delighted to offer NAC members free, impartial advice and impart her 18 years of group tour experience on both a national and international scale.

Top tips

3. Getting there

Booking flights can be a minefield with so many routes and airlines available to you. Just ensure for budgeting purposes, the flight cost is based on a group price rather than an individual rate.

If you're touring abroad, ensure the coach company provides seatbelts on its coaches and if there are no linguists in your party, that the driver has a basic knowledge of English.

4. Accommodation

It's advisable to check the number and cost of single rooms available to your party before you select a hotel as you may require more than anticipated!



7. Excursions and 8. Getting social

For adult touring groups, it is important to provide a balance of group activities and independent options so be flexible and open to suggestions from your members.

For international travel, ensure that all of the party hold a passport with a minimum of 3-6 months validity subject to your chosen destination.

9. Tour Administration and Finance

Travel insurance is essential especially for foreign travel so ensure that all members have adequate insurance prior to the tour and the final balance being paid.

And once all the planning is complete, ensure as the tour organiser you enjoy the fruits of your labour by recruiting a dedicated tour team to assist you throughout the actual tour, this is a holiday after all!

No Mumbling on the Mumbles

Worcester Male Voice Choir Midlands South West

David J Peters

The choir evolved in 1987 from the Worcester police choir, which, incidentally, was conducted by Henry Sandon of Antiques Roadshow fame. It began with a handful of singers and has grown to a choir of 70 plus. The choir has developed with the guidance of a succession of conductors and pianists. Significantly for the last 25 years it has flourished under the baton of Nicolas Wright and the accompaniment of Sheila Leatherland.

2018 saw the arrival of a new musical team with Scott Wolfenden taking the baton and James Jarvis accompanist duties. Scott brings with him a wealth of experience, having as a young man accompanied the Saddleworth MVC and demonstrated his trumpet skills with the Salvation Army Band and the Royal Marines. James Jarvis combines his piano duties with a fledgling career in education, but he brings with him extensive choral experience with local choirs. The choir hopes that the musical team will bring a new flavour to its performance

but realise that change cannot happen overnight and feel that Scott has respect for the choir's history.

The choir has a repertoire of over 200 songs drawn from classical and modern genres, sung in a variety of languages, with a special emphasis on Welsh. Everything from the Everley Brothers *Let It Be Me*, via *Les Miserables* to Wagner's *Pilgrims' Chorus* and already Scott has introduced one or two new numbers.

In 2019 we have a busy schedule which includes our St George's Day concert in April, the English Association of Male Voices Choirs concert at Worcester Cathedral in June, travelling to the Mumbles for a short tour during the summer, headlining at the Pershore Plumfest over the August Bank Holiday, our Christmas concerts at Pershore Abbey and the pinnacle, which is our annual concert at Sansome Walk Baptist church in October, where our special guest will be harp virtuoso Shelley Fairplay.

Nicolas Wright makes a welcome return to conduct The massed choir of the EAM-VC on the 17th June which promises to be a gala programme with illustrious guests. Worcester, who are hosting the concert, will perform three solo pieces, including an arrangement of *Nimrod*, originally composed by Edward Elgar; appropriate I think in the county of his birth. Our music team of Scott and James will hopefully one day take their turn to lead the massed choir.

So a busy year for the choir and much hard work ahead of us. All for a good cause as we raise money for our chosen charities, St Richard's Hospice and Acorns Children's Hospice.

If you want to find out more about us or attend a concert, please visit our website.

www.worcestermalevoicechoir.org.uk

or visit our facebook page.



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Christmas at Radio Devon

Exeter Police and Community Choir Devon

Bruce Pell



The choir was invited to sing some of its music on the Michael Chequer show on BBC Radio Devon on 13 December. The choir performed some of its Christmas pieces at the Plymouth studios and some from the general concert programme and there were interviews with Musical Director, David Williams, Chairman, Bruce Pell, and long-serving choir members Ray Tabb and Percy Prowse.

The conversations ranged over the choices of music, the power of music, the considerable health benefits of singing in a choir as well as the tremendous fellowship enjoyed by members. The show was broadcast to both Devon and Cornwall.

'We thoroughly enjoyed the experience and the programme seemed to be well received. It also presented a great oppor-

tunity to publicise the choir and create further interest in music', said Bruce.

The choir was approached by presenter Michael Chequer whose evening programme aims to reflect the people and communities of Devon.

Tributes to Harry

Exeter Police and Community Choir Devon

Bruce Pell

Tributes were paid to Exeter Police and Community Choir's oldest member, Harry Rossiter, who died aged 95 in April.

Many remembered him as a 'true gentleman who loved his singing' and one of the 'old school', a loyal and proud man - a popular member of the choir who will be much missed.

Former policeman Harry also played with the City of Exeter Railway Band and was associated with a local gospel group.

A second tenor, in 2017 he was awarded France's highest decoration the Légion d'Honneur for his part in Lancaster bomber raids on V1 'doodlebug' bomb sites



near Paris. At one time 100 a day were being targeted at the UK, mainly London.

Harry was a wireless operator on Lancasters between August 1944 and January 1945 and survived an amazing 30 operations - serving with 115 Squadron, based near Ely, Cambridgeshire, which is reputed to have suffered the heaviest losses of any RAF squadron during the Second World War. In 2011 he featured in a documentary produced to highlight the sacrifice of the Bomber Boys, nearly 50 per cent of whom were killed in action.

The fun we have...

Rock 'n' Soul Singers

Midland East

Georgina Allen



From tentative beginnings in 2012, when a handful of like-minded folk assembled for their first singing session, there has been a steady growth of our choir.

We have been led throughout by our Musical Director, David Gibbon, and many of our original singers are still current members too. Our accompanist for the first few years was Glenys Skidmore and with her help we laid down a basic repertoire of popular rock, pop and soul items.

We find our audiences really love recalling their youth and often like to sing along. Currently we have the support of Teresa Mills, who definitely adds flair and musicality to our rehearsals and performances.

The increase of choral singing in programmes on our televisions has certainly raised awareness of this popular activity. The benefits and enjoyment have been easy to see – and so even in a small village community like ours there are now two choirs in action!

The chief reason we sing, as with many other choirs, is due to the fun we have learning and then performing the songs. We accept all singing abilities and have a good balance of Sopranos, Altos, Tenors

and Basses. New members are always introduced to everyone and are made to feel truly welcome; the friendliness of the choir group has often been commented on and is an important aspect for us all.

Personal achievement and sharing this community spirit are not the only drivers of our enthusiasm. About two years ago we all voted for the choir to apply for charitable status, partly in order to further increase the donations we have been collecting at our performances for local and national charities. Each year we vote to select one main charity that we will collect for and we have thus been able to donate more than £10,000 overall to various charities. We are pleased to pass on the fellowship and support we share to others in this way.

Being a charity organisation adds to our commitment to improve the range of music we select with the aim of bringing enjoyment to the community.

David and Teresa and Alan Shephard (Tenor and Assistant Musical Director) all help us tremendously with their musical knowledge, generously sharing their expertise. Their enthusiasm and dedication certainly stimulate us to attend rehearsals and listen well.

There have been many memorable events along the way – we have performed our own formal concerts each year, supported local festivals and charity events and have entertained at private functions. We have assembled in shopping centres, concert halls, sports halls and leisure centres; on fields, in churches and in pubs. Well they do say variety is the 'spice of life'. We have enjoyed sharing the stage with other choirs, solo musicians and brass bands. As our repertoire ranges from traditional gospel to present day rock and pop (covering artists like Elton John, the Beatles, the Beachboys, Queen, Status Quo, Take That, Adele and many others) we hope to be involved in many more collaborations.

We have also supported Christmas services and community events and in 2018 we were part of the special NAC armistice performance at the Albert Hall in Nottingham. We hope to be involved in NAC concerts in the future; the opportunity to join with other choirs and instruments to present a performance with breadth and style appeals very much.

www.rocknsoul.org.uk



February Festival firsts

Brythoniaid Male Voice Choir

Wales N/Cheshire W

Phillip Jones

On Friday the 22 February 2019 after months of practice the choir and supporters made the journey to Huddersfield to compete in this prestigious Festival for Choirs and performers from all over the country. The choir was competing in two competitions namely the Male Voice Choir and the Choral Open Challenge. In the first competition we were up against two other very good male voice choirs and both previous winners of this competition in Skelmanthorpe and Peterborough. The second competition was in the open section therefore the choir would be competing against male, female and mixed choirs, always a very tough challenge. After a good night's rest we made our way to the magnificent Huddersfield Town Hall and its acoustically perfect main hall. It always takes the breath away walking onto the stage to sing there.

John our conductor thought we would start with a bang, so to speak, and chose *Heriwn wynebwn y Wawr* with its initial impact. It certainly worked. Our second song was *Agnus Dei* which again went very well. Then it was the dreaded wait for the adjudication which in this festival is always very quick but nerve wracking nonetheless. The adjudicators comments for all three choirs were all very complimentary and it was very hard to judge who had actually won.

He then proceeded to place the choirs as follows :

1st Brythoniaid

2nd Peterborough

3rd Skelmanthorpe.

The choir and supporters were on their feet as a very happy John Eifion went on stage to collect the Brighthouse Trophy. The first time in 24 years a Welsh choir had won this competition. A great start which meant that the choir went through to compete in the choir of the Festival competition later that day.

After a short break the next competition was the Open Challenge. In this one we opened our programme with *Prayer* from Lohengrin. Again a powerful start with the bass section given the chance to 'do their

stuff' and boy did they do it. It sounded magnificent. We then changed tack completely and sang the very quiet unaccompanied piece *Cyn cau Llygaid* (*Close thine eyes*) which again went very well and we finished off with *Anthem* from the musical Chess. If the applause at the end was anything to go by, we were in with a chance. Again the adjudication was quick and very even in comment. You could have cut the atmosphere with a knife.

This is how it went

1st Brythoniaid

2nd Peterborough Voices

3rd Harmonia Women's Choir

Well, we and our supporters were overjoyed and on our feet. Needless to say, John Eifion was rather pleased. What a feeling. Then came the result of the Raffle Grand Draw, with the Choir Secretary, Phill Jones, coming out first in this as well. The gods were certainly looking down favourably on us.

The choir returned to the hall for one final challenge where the winners of all the choral competitions were seated. We had decided by now to enjoy ourselves . We were singing last and listened to very good choirs singing their hearts out. We took to the stage and surprised everyone by singing *One Day Like This* by Elbow, totally un-traditional but received rapturous applause at the end. We followed this with *O Sole Mio* with our very own conductor taking the lead solo. We even had the whole

audience singing 'Just one Cornetto' at one point. When our final note was hit, the audience and other choir members rose to their feet to applaud, which kept going till every member of our choir had left the stage. The MC returned to the stage and said 'I've never seen that before'.

Then came to the adjudication which was based on the best song sung during the whole Festival, something new to us, we were placed second to the excellent Peterborough Voices who had sung an unaccompanied song called *Kyrie* and deserved the prize.

All in all it was a fantastic weekend, not only for the competition , but to have the company of our supporters and friends including our President, Elfyn Pugh, and Vice-Presidents, Kath Pugh and Ian Brown and to see friends we had not seen for some time... wonderful.

This was the culmination of weeks of practice which tested the stamina and patience of John Eifion and Elizabeth Ellis our 'Musical Team' and the choir are very fortunate and grateful for their work and commitment. Onward and upward.

For any further information please

contact Phillip Jones

brythoniaid@btinternet.com



Sweit Rois of Vertew

The Glasgow Phoenix Choir

After a well-earned Christmas break, we got back to preparing concerts for the start of the year in our new rehearsal venue. And what an interesting experience that was. We tried horizontal, vertical, close to the conductor, away from the conductor... we didn't try balancing on the ceiling because it is domed and we would definitely have fallen off! However, we soon settled down and realised that the domed shape made the choir sound quite different and actually improved our hearing of other sections.

In January a group of 40 of us were privileged to take part in a very special celebration in honour of Scottish composer Patrick Doyle, as part of Glasgow's annual Celtic Connections festival. Mr Doyle has scored more than 60 films and won numerous international awards. His film music includes Henry V, Sense and Sensibility, Bridget Jones's Diary, Harry Potter and The Goblet of Fire, Carlito's Way, Thor, and

Scotland West

Anne Kay



Marilyn J Smith MBE

the recent remakes of Whisky Galore and Murder on the Orient Express. The concert took place in the City Hall, Glasgow and featured the BBC Symphony Orchestra conducted by Dirk Brossé. We sang five items with the orchestra and were honoured to be allowed to sing the world premiere of *Sweit Rois of Vertew*, based on a poem by William Dunbar and sung in the Doric. Preparations for this event were hard work, especially getting to grips with Scots' mother tongue, but most enjoyable and Mr Doyle was a delight.

After the glamour of the world of professional music, we came back to earth to get on with our usual programme for the start of the year. Between January and the end of April, we have sung in Falkirk, Cambuslang, Bishopton and Hamilton. Don't say we don't get around!

On Friday of last week we returned for our usual spring concert to the Glasgow







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Royal Concert Hall for another, quite different, celebration. On this occasion, we were saying *Thank You for the Music* to Marilyn J Smith. After 28 years, and now as our longest serving conductor, Marilyn has decided that the time is right to say farewell to the choir. Marilyn graduated in Singing Performance from the Royal Academy of Music, London, before moving to Scotland in 1973 where she continued post-graduate studies at the RSAMD. She has enjoyed a busy professional career, specialising in concert, recital and oratorio work and, as a member of Scottish Opera, the John Currie Singers and the RSNO Chorus, has performed throughout Scotland, the UK, Europe, Israel and the USA. In addition, Marilyn has been involved in teaching since 1975 and is currently a member of staff at the Royal Conservatoire of Scotland.

In 1991, Marilyn was appointed Conductor

and Music Director of the Glasgow Phoenix Choir and, with the choir, has toured extensively in Scotland, the UK, Europe and the USA, making live recordings in some of Scotland's most iconic buildings. Several of her recordings with the choir have achieved silver and gold disc status. Marilyn was awarded the MBE for services to music in the 2012 New Year Honours' list, for her services to singing, teaching and choral excellence over such a distinguished career. To this list of reasons for honouring her might be added services to charity as, with the choir, Marilyn has helped raise a vast sum of money over her 28 years for a wide range of charitable efforts for both local and national causes. In addition, she has been a friend and guide to so many people within and without our Phoenix Family.

To mark this special occasion we were joined, in the audience and on stage, by many of Marilyn's current and former

students at the Royal Conservatoire of Music, including the conductors and accompanists of our three guest choirs, the Inverclyde Schools' Junior and Senior Choirs and Inverclyde Voices. In addition, we had new guests, the Whitburn Band whose playing electrified the concert hall audience. We were especially impressed by the musical, dancing and singing talents displayed by two of their euphonium players in a tribute to Laurel and Hardy.

At the end of the concert, Marilyn and her husband Ian received an array of tributes from our own choir, our guests and associates from a range of organisations we have worked with over the years. There are a few other events before the end of this season, but this concert was a very fitting and memorable tribute to Marilyn and Ian.

www.phoenixchoir.org



Pulling The Stops Out For Pam

Church Down Male Voice Choir South West Adrian Law & John Friend



Regular attendees of NAC conferences will recall being entertained by Jeff Bourton and Pam Taverner after the Bristol and Gloucester dinners. Pam was an accomplished pianist, having been accompanist to Churchdown Male Voice Choir for over 12 years, and more recently Blue Moon Harmony Choir.

In addition to helping out other choirs, and holding down a music position with a local school, she would accompany entrants in the annual Cheltenham Competitive Festival. She even received an award from the spa town's Arts Council for her contribution to the arts in the

town. During all these years she was a devoted accompanist to Sue Black, and the pair will be remembered by those at the Bristol conference for their professional and entertaining workshops.

Sadly, Pam passed away following a fall whilst leaving Worcester Cathedral, where she had attended an organ recital by David Briggs.

Large venues, and even recording for BBC radio, didn't faze Pam. She accompanied Churchdown Male Voice Choir's two week tour of Washington DC in 2000, and was thrilled to have played in Washington's Cathedral, Baltimore's Basilica, Mount Zion Methodist Church, Georgetown and Fort Myer Chapel in Arlington Cemetery. Also, two tours to Tewkesbury's twin town of Miesbach in Bavaria were completed with her usual humour and happy demeanour.

Pam's lasting legacies were two CDs recorded with Jeff Bourton to raise money for charity. Just before her death the second one was completed, and a live concert performed in her beloved St. Stephen's Church, Cheltenham to launch it.

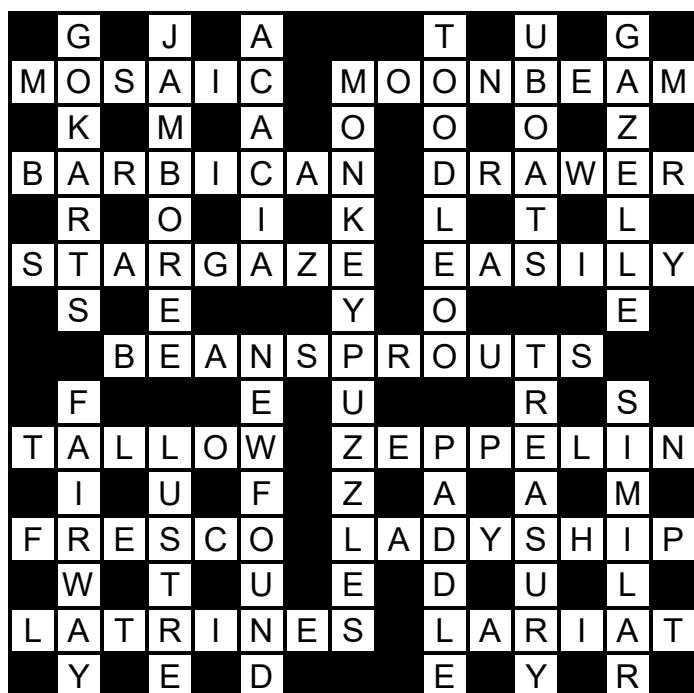
Her foray into organ music started early this millennium when she took lessons

from John Wright, a fellow of the Royal College of Organists. She made rapid progress, and the instrument became an important part of her life, particularly when she took on the post of organist at St Stephen's. She would often leave NAC conferences in the early hours of Sunday morning to drive to Cheltenham to play the organ for her church.

The music world, being poorer for her loss, celebrated her life in a special concert held in the building she loved. She would have been delighted to be a part of this memorial event, rather than the subject of it.

The fact Pam had been connected to so many choirs prompted her daughter, Katherine, to invite four of them to make up the bulk of the programme. However, there was one proviso, all singers had to combine in a performance of *The Prayer*, a family favourite made famous by Celine Dion and Andrea Bocelli. This provided the finale to an event designed to be a celebration, and not a wake. Those present commented on the very moving atmosphere. 'There was due reverence, but it was light-hearted'. So let us remember Pam for her great sense of humour, as well as her uplifting keyboard skills.

Solutions



5	8	1	3	7	4	2	6	9
2	3	6	8	9	1	7	4	5
7	4	9	6	2	5	8	3	1
9	5	3	2	8	6	1	7	4
1	7	8	4	5	9	3	2	6
6	2	4	1	3	7	5	9	8
8	1	7	9	6	3	4	5	2
3	9	2	5	4	8	6	1	7
4	6	5	7	1	2	9	8	3



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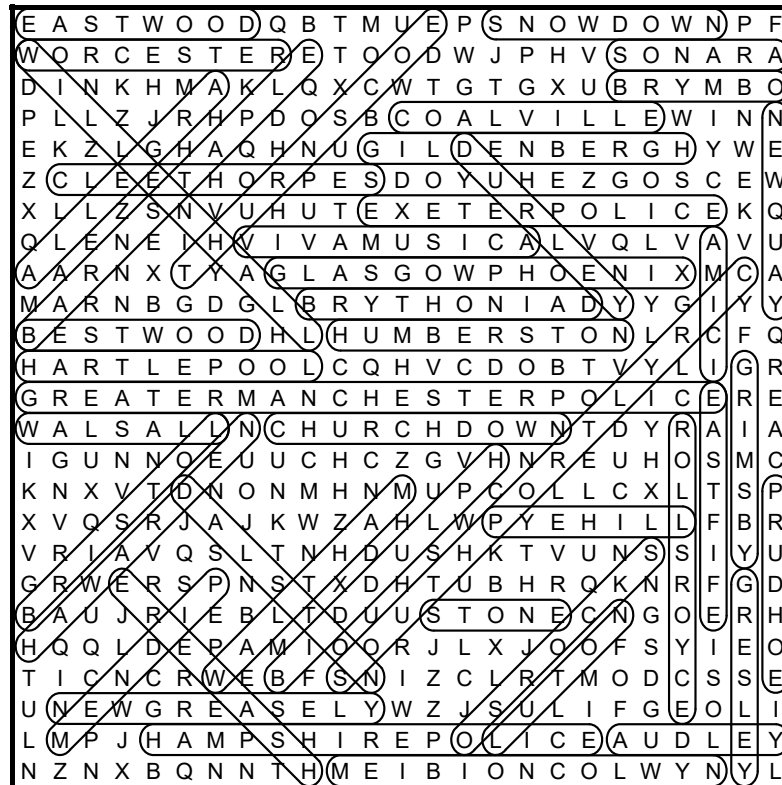
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Many of our contributors love to show their prowess by sending in wonderful finished articles with **coloured** headlines, five different fonts and many **underlinings**, *italics* and **bold** bits. Then, of course, I have to spend time taking them all out before I can set their article up the way you will see it in the magazine. I’m afraid I also have a thing about exclamation marks. I allow one per article. Any more I remove.

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- We use Calibri 10pt in News & Views. (If you don’t have this, don’t worry I can soon change the one you use.)
- Set your paragraphs to single space with no spacing before or after paragraphs.
- Start with the name of your choir.
- Then the NAC group your choir is in.
- Write your article.
- Sign off with who has written it.
- Quotes use single speech marks (same key as @ but without the shift).
- Dates do not include st nd rd or th
- Abbreviations do not have full stops.
- Song titles are shown in *italics*.
- Do not put photos in the text.
- Don’t use am or pm in times.
- Unless the word ‘choir’ is part of a title it should **NOT** have a capital letter.
- Your choir is singular so ‘the choir is’ not ‘the choir are’

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