

Born to Sing

MONTHLY NEWSLETTER OF THE BORN TO SING CHOIR



Martin Meader and Deb Saville (Born To Sing Choir) presenting a cheque to VIP Manager Margaret Walsh as a fundraiser from the Born To Sing Mandurah concert.



MEMBER
PROFILE

CHRISTINE KINSELLA

Chris was born on the tiny island of Manus in Papua New Guinea where her family ran coconut plantations and can just remember the locals singing and the constant sound of rain and the fresh water tank overflowing. She grew up in Sydney on the shores of Botany Bay and after many interstate and overseas family work postings now calls Perth home.

Chris has always been a willing volunteer over the years at her sons' schools and for over twelve years with the Charity Card Shop both here and in Melbourne. She also loves her part time job at her sons' School Clothing Shop where amongst other duties she looks after the boarders in the absence of distant parents & is often called on to 'sort out' the occasional doting mother of the odd day boy!

Since childhood, Chris has always loved all forms of music and singing and thoroughly enjoys both the Born to Sing choirs. Amongst her other interests, she loves cooking, red wine, reading (is also a sudoku addict!) and enjoys walking, snow skiing and a bit of golf.

Now that her two boys have finished school she is starting to enjoy semi retirement and travel with her husband and many close friends.

Don't
miss!

The MacNuts **NUT HOUSE CONCERTS** begin on July 26th with the opening concert featuring **SARA MACLIVER**, one of Australia's most versatile and popular artists, who will entertain with a delightful evening of favourites from Bach and Handel to Gershwin and Cole Porter.

The candlelit concerts are set in the intimate rammed earth auditorium at MacNuts Macadamia farm in Baldivis. For tickets, call **BOCS TICKETING** - 9484 1133 or **MACNUTS MACADAMIA FARM** - 9524 2223.



COLOUR AND SOUND #3

If we go through the rainbow, starting from red, it would be the key of C and relates to the bass section of the choir and all percussion instruments, especially drumming. Red music is predominantly very rhythmic, primal music or marching music. It motivates. It relates to our base of spine, legs and feet. African, Brazilian samba and classical marches are all red.

- Paula Bradley pfb_explorer@hotmail.com

INCORPORATING THE FOLLOWING CHOIRS:

Fremantle Sing From The Heart Choir: *meets every Tuesday from 11.00am-1.00pm*
(contact martinsings@gmail.com)

Kalgoorlie Two Up Two Down Choir: *meets on Monday nights from 7.00-9.00pm*
(contact Clare & Andrew Kirke kirke@westnet.com.au)

Kwinana Sing From The Heart Choir: *meets on Monday nights from 7.00-9.00pm*
(contact martinsings@gmail.com)

The Born to Sing choir meets every Wednesday night from 7.00-9.00pm at the Royal Park Hall, 180 Charles Street (cnr Vincent Street), North Perth

The Born To Sing Choir's
NEXT CONCERT:
Friday 29th August
WINTHROP HALL
Featuring Courtney Murphy, Shine
& The Hot Nut Club

For more information contact 720choir@gmail.com

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VISION WORKSHOPS

THE BORN TO SING CHOIR will be flying sky high when their visions are incorporated into future direction and business planning processes.

Deb Saville encouraged singers through a process she calls 'Imagining™'. She said, "The possibilities are limitless. I was blown away and uplifted by the enormous capacity of people to generate dreams beyond the extra-ordinary!"

The group are designing all manner of dreams. One common theme is already emerging... BTS singers want to Make A Difference... to themselves, the Born To Sing Community, Australia and even the World.

Some mentioned that they are still processing what happened and life is changing as a result. They are also able to use what they learned in many areas of life and with other family members.

The 2nd workshop is scheduled for early Aug – next 50 Dreamers welcome!



Health tips from
Julia Chazan

ARTHRITIS

The painful stiff joints of arthritis are usually worse in the morning or after periods of rest, and symptoms can also worsen in the colder weather.

Arthritis usually affects our weight bearing joints, spine and fingers but there are a few simple steps that can help alleviate the symptoms:

1. Avoid tomatoes and oranges. The high acid content of these can worsen symptoms
2. Limit sugars.
3. Eat plenty of fish.
4. Eat nuts (eg brazil pine macadamia) and seeds (eg pumpkin sunflower) The oils in these are anti inflammatory.
5. Keep to an optimal weight as this will



CLIVE MAYERS

I was born into the world of silence, and denied the tools of communication (that's signing, same letters as

MEMBER PROFILE

singing) by the Education Department in the 70s, who thought that watching lips and a whacking across the head could teach deaf children to orally communicate.

When I was eight, Dr Gray operated on my ears. After about 3 to 6 years, I began to hear mono sound through my old pinkish-coloured hearing aids. After primary school, my mother sent me to Clontarf where I began to learn to sing in the choir. I loved it!

My speech capabilities improved and I began to communicate orally with the hearing world.

In 2007 I suffered from acute anxiety and, after seeing several professionals, my lovely wife discovered the Born to Sing Christmas choir. I joined, and although I'm still having a few bad days each month, I'm still singing with the Choir.

My hearing is still not too good without my hearing aids but it's the best I can do. Thanks for your Support and Companionship, and heaps of praise to Martin, Malcolm and my gorgeous wife (who's a teacher of the Deaf).

reduce the strain on our joints.

6. Exercise. Even just 5minutes in the morning stretching can help!

7. Take Glucosamine. This helps reduce inflammation and therefore pain. Choose a supplement that has chondroitin as this helps strengthen our joints.

8. Take Fish oils. Again can help reduce inflammation and has the added benefit of being good for our heart and brain.

Wishing you a healthy month!

Regards, Julia

Julia Chazan Naturopathic Clinic

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CONTACT US AT

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www.born2sing.org

Musical Equipment & Services:



MALAGA 9209 2300
WILLETTON 9354 7960
OCEAN KEYS 9407 9618
ELLENBROOK 9296 7955

email: info@advancedmusic.com.au
www.advancedmusic.com.au
Phil Bouwman 0414 549 070

Media partner: www.abc.net.au



Internet partner: www.loconut.com.au



Door Prizes: www.macnutswa.com.au



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Legal Services:



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