

# Born to Sing

MONTHLY NEWSLETTER OF THE BORN TO SING CHOIR



Here are some pics from the Winthrop hall concert... a great night's entertainment! Congrats to all for making it such a huge success - Martin



Photos by Allan Francis

## INCORPORATING THE FOLLOWING CHOIRS:

Fremantle Sing From The Heart Choir: meets every Tuesday from 11.00am-1.00pm (contact [martinsings@gmail.com](mailto: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](mailto:kirke@westnet.com.au))

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



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## VISION WORKSHOPS

Here are some of our Vision-eers. Their imaginations soared, (the sky is NOT the limit!) and their colourful creations and stories took form. A great thanks to all who braved the cool, and very early, Sunday morning to participate. The group's joy shines through in the photograph as well as their Visions and their positive feedback was well received.

The BTS Vision has 3 key parts, each with it's own key themes...

### 1. BE OUR BEST!

- Nurturing Space
- Whatever it Takes
- Blended Sound
- Collaborative Compositions
- Perform

### 2. GO PLACES ... to

- Australia
- Overseas: NY, SA, UK
- Unusual Places

### 3. MAKE A DIFFERENCE

- To Self
- To Other BTS Singers
- To Others: children, indigenous, aged, people with disabilities, youth
- In the world

## PERRY'S SINGING TIP #4:

### *Singing low notes*

Low notes – the making or breaking of a bass's sense of masculinity.

Only joking! When singing pitches that sit on the lower register of your voice try not to bow your head and push the sound out. Relax the jaw and try singing with less airflow - the less air you blow, the cleaner the sound will be. Have a go!

Dr. Jane Davidson

## THE SINGER'S RESPIRATION *Part I*

Learning about the breathing is tremendously important for all voice users. The respiratory system (comprising lungs, airways and the chest wall system including the rib cage, abdomen and diaphragm) moves air in and out of the body using oxygen and eliminating carbon dioxide, and this mechanism provides the means to control the function of the voice organs. Indeed, the lungs function as compressors which generate a pressured stream of air which is then passed over the larynx in sound production. The air stream causing the vocal folds to vibrate in a regular manner, produces the generation of the vocal sound, which depends in turn on associated resonating chambers in the face, head and neck to create a consistent vocal tone.

The lungs are an elastic, porous and sponge-like structure, and the lungs' elastic recoil tends to pull the diaphragm and the abdominal viscera upward. The lungs are surrounded by the rib cage, and suspended and expanded within the rib cage. Due to the balance of the outward pull of the rib cage and the inward pull of the lungs, a state of equilibrium is maintained. The rib cage moves during inhalation and exhalation. The chest wall system contains a number of skeletal muscles that can inspire or expire the pulmonary system and can change the shape of the torso, and in singing these aspects need to be under our conscious control to help to stabilize breath flow and so manage a good vocal tone.

### *Inhalation*

When the air is taken into the lungs, the diaphragm contracts as the lungs are expanded and the rib cage volume is increased. The air enters through nose or mouth and passes pharynx, larynx, trachea and finally into the lungs and bronchi. When the air is exhaled, the lungs recoil and abdominal muscles contract as well as the diaphragm recoils.

During inspiration, the enlargement of dimension of the thorax affects the expansion of the lungs. Well-trained singers learn a fully open thorax posture with the ribs elevated. It is essential, of course, for singers to have an accurate sense of taking air in for their singing. A concise and accurate inhalatory behavior is vital because it is associated with vocal fold vibration, vocal fold abduction and a lowering of the larynx – an essential condition for good singing.

## CONTACT US AT

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[www.born2sing.org](http://www.born2sing.org)

Musical Equipment & Services:



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