

Canyon Chords



Singing every Thursday at 7:00 PM, Community
United Methodist Church of Olathe



Visit us at our official web site:

<http://barbershopsingingmontrose.yolasite.com/>

JULY 2015

Vol. 31 Number 7

If you didn't have a particularly patriotic FOURTH OF JULY, you are simply not paying any attention to the current situation of the world, and especially this country. It is time to show our respect for our way of life.

GO
USA!

Let's feel proud to be a citizen of this wonderful nation of the world, I hope we all took an oath on this day to maintain peace among ourselves,



America stirs our patriotic feelings and pride in our country. Back in 1940, when Kate Smith went looking for a song to raise the spirits of her fellow Americans, I doubt whether she realized just how successful the results would be for her fellow Americans during those years of hardship and worry... and for many generations of Americans to follow.

Many people don't know there's a lead in to the song since it usually starts with "God Bless America ."

So here's the entire song as originally sung... ENJOY!
<https://www.youtube.com/embed/TnQDW-NMaRs?re>

We cannot forget the unforgettable sacrifice given by millions of brave souls, The Fourth was the right time to salute them and wish the nation on this happiest day.

CANYON CHORDS is the official monthly publication of the Black Canyon Barbershop Chorus known as the Montrose, Colorado, chapter of the Barbershop Harmony Society. Opinions stated in this bulletin are not necessarily those of the Chapter, the Editor, or possibly even the stated author.

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(Term expires 12/31 in year shown after office)

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CHAPTER HISTORIAN

Tom Chamberlain

Splinters from the Board

Notice: These are NOT the official minutes and merely present a tongue in cheek observation of our Board Meetings. Official minutes can be found on our website.



As you might have expected, several board members met at Daveto's for an early dinner, none quite as early as Dr. Bob and Sutton, but still early enough to down most of the food before the serious, or not, proceedings of the board meeting was sung into existence.

No agenda of pressing items, not because there were none but because none were written down, indicated the possibility of an early adjournment. Hey, with nothing to talk about, the meeting should be really short. Wrong, those present seemed bound and determined to talk about lots of stuff, some kind of pressing and some based on what was hoped rather than what seemed to be fact, or lack thereof. A competition between Dr. Bob and Rex to see who could say "So Moved" or "Seconded" without ever repeating what was 'moved' or 'seconded' resulted in voting about a lot of things vague to say the least. The impression that progress was being made may be overturned when and if we get some minutes to see what we agreed to do, when, and by whom.

John Thrasher's letter to guests seems to be done but no one is certain and not really aware what the letter says. John must know but he was not at the meeting so he was not asked. It is assumed it will all be fine and will work out just great. Maybe there should have been a motion as such?

The future of the 2016 show in June seems in jeopardy. The once thought possible Show Chariman person seems to not really wanting to be the Show Chairman so efforts to convince him by offering the carrot of previous show song lists and scripts is mainly based on the hope that such really exist, but no one has checked. Thus a lot of conversation and debate about things that are not known filled in the time between "so moved" and "Seconded" antics.

If in fact John Thrasher is really the new Membership VP, then should a new M-A-L board member be found? Don't have a clue.

Impetus for gathering and submitting CARA points as part of the decade long competition seems to be waning. Finding anyone willing to commit serious time and effort to meet the requirement of RMD plus pay the postage to send all the evidence to someone who also may resent the imposition on his time, is nye impossible. If you are interested, you are unique and valuable. Step up and learn. The Show Chairman position is also available for you.

Keep it Barbershop?

Just a thought

Several months ago our venerable quartetter from here and there proposed an early meeting before the regular practice for guys who are interested in singing in a quartet. While this was an excellent idea, the folks who showed up gradually morphed the meeting from quartetting to group singing songs from the many available folios, including the PoleCat book. As the pre-practice gathering continued and grew, it became obvious that the guys who were showing up wanted to sing traditional BARBERSHOP SONGS in deference to the more modern iterations. That is not bad, but it does indicate that the traditional songs have been and are being ignored.

The pre-practice meetings allow those who value to sing and hear the old familiar harmony to engage in it without any pressure. No rules, no director, nothing. Just meet and sing. The choice of songs is passed around from person to person. Most are songs in the available song books. There is no pressure to sing any particular part and some of the guys try different parts to see how it sounds. Heck, the really fun part of WOODSHEDDING is even part of the experience. Your brain will tell you what note to sing and it is darn good practice. Save the 'reading the music' efforts for the regular practice. That's where it is important.

It make one wonder about how this organization was first formed in 1938. Did a bunch of guys get together to sing the more difficult choral arrangements of songs of the time or did they gather to sing a few of the 'old' songs with simple emotional harmony? I think the answer is obvious.

This is not any criticism of the trend BHS has been on for over a decade, but it does remind us why this organization was formed. It was formed for the pure pleasure of singing and ringing a BARBERSHOP CHORD. That's what we do at 6.

If you are interested in 'getting back to the roots' of barbershop singing, come on down and join us at 6:00 PM every Thursday. You will experience just plain barbershop singing in a completely non-structured atmosphere. Just lots of singing and lots of laughs. It will prepare you to concentrate and do the necessary work of our regular practice. Hey, it's a win-win situation.

A very interesting article about the benefits of group singing is on the next page. What is particularly interesting is that our hobby of singing as BARBERSHOPPERS was not mentioned. Nor was there any mention of the value obtained by singing in a quartet. Perhaps the author who claims to be an expert has never heard of SP'EBSQSA or barbershoppers.

How did we miss that boat?



Del Wiesner

July 16

*We don't stop singing because we get old,
we get old because we stop singing.*

Birthdays are good for you. The more you have, the longer you live.



Chapter Quartets

FOURMATA

Contact: Bill Sutton 874-9280

ROCKY ROAD

Contact: Vern Dockter

970-210-1793

Singing Changes Your Brain

Group singing has been scientifically proven to lower stress, relieve anxiety, and elevate endorphins

By Stacy Horn @StacyHornAug. 16, 2013

When you sing, musical vibrations move through you, altering your physical and emotional landscape. Group singing, for those who have done it, is the most exhilarating and transformative of all. It takes something incredibly intimate, a sound that begins inside you, shares it with a roomful of people and it comes back as something even more thrilling: harmony. So it's not surprising that group singing is on the rise. According to Chorus America, 32.5 million adults sing in choirs, up by almost 10 million over the past six years. Many people think of church music when you bring up group singing, but there are over 270,000 choruses across the country and they include gospel groups to show choirs like the ones depicted in *Glee* to strictly amateur groups like [Choir! Choir! Choir!](#) singing David Bowie's [The Man Who Sold the World](#).

As the popularity of group singing grows, science has been hard at work trying to explain why it has such a calming yet energizing effect on people. What researchers are beginning to discover is that singing is like an infusion of the perfect tranquilizer, the kind that both soothes your nerves and elevates your spirits.

The elation may come from [endorphins](#), a hormone released by singing, which is associated with feelings of pleasure. Or it might be from [oxytocin](#), another hormone released during singing, which has been found to alleviate anxiety and stress. Oxytocin also enhances feelings of trust and bonding, which may explain why still more studies have found that singing lessens feelings of [depression and loneliness](#). A very [recent study](#) even attempts to make the case that "music evolved as a tool of social living," and that the pleasure that comes from singing together is our evolutionary reward for coming together cooperatively, instead of hiding alone, every cave-dweller for him or herself.

The benefits of singing regularly seem to be cumulative. In one study, singers were found to have lower levels of [cortisol](#), indicating lower stress. A very preliminary investigation suggesting that our [heart rates may sync up](#) during group singing could also explain why singing together sometimes feels like a guided group meditation. [Study after study](#) has found that singing relieves anxiety and contributes to quality of life. Dr. Julene K. Johnson, a researcher who has focused on older singers, recently began a [five year study](#) to examine group singing as an affordable method to improve the health and well-being of older adults.

It turns out you don't even have to be a good singer to reap the rewards. According to one [2005 study](#), group singing "can produce satisfying and therapeutic sensations even when the sound produced by the vocal instrument is of mediocre quality." Singing groups vary from casual affairs where no audition is necessary to serious, committed professional or avocational choirs like the Los Angeles Master Chorale or [my chorus in New York City](#), which I joined when I was 26 and depressed, all based on a single memory of singing in a choir at Christmas, an experience so euphoric I never forgot it.

If you want to find a singing group to join, [ChoirPlace](#) and [ChoralNet](#) are good places to begin, or more local sites like the [New York Choral Consortium](#), which has links to the [Vocal Area Network](#) and other sites, or the [Greater Boston Choral Consortium](#). But if you can't find one at any of these sites, you can always google "choir" or "choral society" and your city or town to find more. Group singing is cheaper than therapy, healthier than drinking, and certainly more fun than working out. It is the one thing in life where feeling better is pretty much guaranteed. Even if you walked into rehearsal exhausted and depressed, by the end of the night you'll walk out high as a kite on endorphins and good will.

A BIG THANKS to Dennis
Olmstead for submitting the above
article.

M & MA Rock the Chapel

A Magical Merge of Marvelous Musical Mavens

Most if not all Montrose BCBC members have long been well aware and appreciative of the impressive singing and keyboard talents of our director, MaryAnn, but few may recognize the exceptional talents of her husband Marty. His easy, funny, relaxed humble, appearance on stage can not be attributed to practice alone; it can only come from his personality and personal comfort with his own talents coupled with a natural connection with his audience. His guitar playing is awesome, his singing sensational, and his ability to play the harmonica, guitar, and sing almost all at the same time is just incredible. Melding MaryAnn's keyboard with Marty's singing and guitar, plus the delicate harmonies between the two is delicious beyond description.

Effortlessly, these two modest entertainers kept the overflowing audience at the Chapel of the Cross spellbound for just over an hour when a standing ovation occurred to let them know just how much they were appreciated. I'm not sure they will ever realize just how good they are.

Most of the Chapter took a respite from regular practice to enjoy the music of this musical duo, followed by some more singing by the chorus and some dinner at the Cedaredge golf club. Since I didn't make it to the afterglow type event, I'll have to rely on reports from others. Hopefully they will respond and will appear in this issue.



We had a fairly good turnout at the afterglow. There were more than a dozen or so. Those I recall were Del W., his wife and another lady, David S. and his wife, Barry and Chuck, Hank S. and his wife, Larry C. and Carol, Dr. Sam K., and Liz and her cousin, Diane, were with me. We missed Marty and Mary Ann, Lee, Wilma and Don W., and Dr. & Mrs. Lloyd W., Grady and his Mrs., yourself and maybe some others that I had noticed at the concert. (Excellent music and song choices by Marty and Mary Ann, by the way. Very well received.)

Coop led us in several Polecat songs before and during dinner to the amusement of Brenda S. and the other waiters. We all had some fine food and a glass or two of thirst quenching liquid refreshment. Try to say, "Thirst quenching liquid refreshment," ten times really fast. Johnny T.



We did have a very nice get-together. The food and libations were nice, and we sang three songs, (if I remember right). The social time was very good for all who attended. We were seated at two long parallel tables in the southeast room, and the service was great.

Cheers,
Chuck :)



Some brave and hard working member to step up and be the 2016 SHOW CHAIRMAN. The board is willing to help with all the details and can even offer a previous show plan as an incentive. Please step up and let John Taylor know you are willing to do this very important job.





Stamp here

CHAPTER MISSION STATEMENT
 "Flourishing and growing as individuals, as a chorus, and as a chapter by singing in an atmosphere of musical excellence and by promoting harmony in our lives, our relationships, and our community."

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Keep the Whole World Singing

The President's Corner with John Taylor

Greetings, Barbershoppers!

We are looking for people to step up and work for the good of the order. We need people to help on the 2016 Show Committee. We need a C.A.R.A. point person. We would like some help with hauling risers and speakers to Silverton. We need more people to solicit donations for our group, especially in the Delta/Cedaredge areas.

Please let one of your Board members know, in what capacity you can help. Don't think, "Someone else will probably do that.", while you sit on your duff. Be a doer!

There are two complementary parts of our cosmic duty -- one to ourselves, to be fulfilled in the realization and enjoyment of our capacities; the other to others, to be fulfilled in service to the community and in promoting the welfare of the generations to come and the advancement of our species as a whole. --Julian Huxley (1887-1975), British Biologist

