



# Greetings

Hello to all returning and new members of RHP.

We are going to have a FABULOUS year. I am honoured to have been appointed by the RHP Board to return to the position of Board President for my fourth year. Thank you to Darrin Jolicoeur for the work he did last year as Prez, always with a smile on his face and a kind word for everyone. After 10 years you'd think this chorus would start running out of steam, but we've never been better. And we sound fantastic — thanks in no small part to our brilliant multi-tasking Artistic Director Vic Hooper.

The highlight of the year will be the Unison Festival which we are hosting in May. I am proud that RHP is taking up leadership in Winnipeg's GLBT community by hosting this event. With some help we will be bringing in up to 500 queers and supporters from across the country (and continent). This will be a chance for Queer Winnipeg to show off and shine. I know it's going to be an amazing weekend! Planning is already underway for a road trip to Brandon prior to the Unison Festival so... buckle up your seatbelts — we are in for quite a ride!

*Paul Sullivan*  
RHP Board President

"and at the end you will be taller  
and even MORE  
beautiful"

## So we asked Vic:

*How do you like to teach us? (for example, we've noticed you like to tell stories to help us try new things...)*

The major goal is to have each singer take ownership (don't you just love that word) of the learning. That is, the interpretation of each note, word and expression should be entrenched to the point that it becomes the natural state. In other words, you practice until you can't do it wrong. (And, find more than one way to say the same thing.) I am also infatuated

*(for the rest of the conversation, see page 2)*



Our 10th Anniversary Spring  
Concert Extravaganza with  
special guest, Heather Bishop  
May 30, 2009  
and post-concert party

[www.rainbowharmonyproject.ca](http://www.rainbowharmonyproject.ca)

## dates to remember



**Thriller  
Halloween Social**  
sat oct 24  
8pm-1am  
new location  
Lord Roberts  
Community Centre  
725 Kylemore Ave.  
(off Osborne St. South)  
tickets \$10

**ChoralFest**  
sat nov 21  
Time TBA  
Sturgeon Creek United  
Church  
207 Thompson Ave

**Many Gifts  
Concert**  
sat dec 5  
7:30 PM  
Crescent Fort Rouge  
United Church  
525 Wardlaw Ave  
Winnipeg MB

**Recording  
Session**  
mon dec 8

Outreach:  
**Performance at  
Portage Place**  
sat dec 12

**Opening Night of  
Unison Festival  
2010**  
fri may 21  
Knox United Church

## So we asked Vic: *(continued)*

with teaching each singer to “sing the music”. This happens when the notes and words on the page are used to guide the heart towards expressing the sentiment of each song.

*When you feel really good about how a practice has gone, what are some of the things that made it good?*

I could say that it is when we start on time, when chorus members are attentive, alert and are singing with their best voices all of the time, when they remember to carry the phrase to the end without being reminded, etc., etc. But, the truth is much more simple: lots of smiles.

*What is one of the funniest experiences you've had with this choir? Or your last good laugh at something that's happened with the choir?*

This may not have been a knee slapper but when we sang at the Festival and the adjudicator from Calgary asked if we were a religious group has to be a moment where this old queen was more than amused. ■



# Thank you

To **Julia Zacharias**, for her direction of *Warrior* in our 10th Anniversary Spring Concert.

To **Darron Field**, for photographing the concert.

To **Jan Burdon**, for stage management.

To **Paul and Rafy**, for hosting the Balsam Bay Sing-a-long in July.



## Behind the Rainbow music selection

As the Music Chairperson for RHP, my job is to assist Vic in the music selection process and with the little things that he might forget along the way. I volunteered a couple of years to do this job.

There are currently eight people on the committee which has evolved over time to do more than make the music selection. Vic felt there was a need for more input from the choir. The committee provides feedback on what is happening within each section. Items for discussion might be the role of section leaders, progression/challenges of certain songs, solo opportunities, concert preparation, sectionals etc. The committee's work continues throughout the year in monthly meetings.

Chorus members are encouraged to bring their selections of songs to their section leaders so that we can listen to them and discuss them with the committee. Often a song might be great but doesn't transfer in quality to a SATB number; Rob and Vic usually have a pretty good understanding of how the song will work. I take notes on all the songs considered by the committee and we go through them again at the end of the meeting to decide which songs we think we might want. Vic uses the notes to make decisions.

I have learned many things about music selection/direction. The – first thing that comes to mind is how little I know about music even though I have been involved with music all my life. There is so much more than simply reading music and singing. A rehearsal is a small piece of the whole picture. Vic has a tremendous understanding of how everything comes together. ■

*Murray Mandzuk,  
Chair, Music Selection Committee*

## on a technical note . . . .

### the proper stance: knees & feet

Locking your knees is an absolute **NO!** If you do this, you can block air circulation and cause yourself to pass out. Locked knees can also cause pelvic tightness (WHO NEEDS THAT). Standing with your feet about shoulder-width apart will also help you because it provides you with a better base, and if you are nervous on risers, you are less likely to fall. Proper alignment can also help the breathing to be more full-bodied and tone to be fuller. One way this is taught sometimes is to put most of the weight onto the balls of your feet without lifting the heels from the floor. A second way is to imagine your feet sinking down, barefoot, in some thick pond mud.

*Contributed by Paul Pattyn*



## Remember to register for Unison 2010.

Save \$100 by doing it NOW instead of waiting until February. Please register with Leah McIsaac at rehearsals. More information online [www.unisonfestival.ca](http://www.unisonfestival.ca).