



**Music  
can change  
the world  
because it  
can change  
people.**

**Bono**

## notes from sherri

We got a LOT accomplished last Sunday! Thanks for keeping up your energy, especially those who came early for the extra pieces. I'm pushing you to really communicate the words and feel the music - and you all are definitely up to that challenge. This is going to be a great concert!

SPREAD THE WORD! It's time to tell people about the concert - holiday calendars fill up quickly. I've posted on FB and will be doing more as we come up to Dec 6. If you want to download the flyer graphic for your own social media, it's on our website under "Media Kit." We'll also have printed flyers available soon for those who have places they can post them.

And.... it's time to really nail down parts and we can't do all of that individually in our limited rehearsal time. Please use those parts links on the members page of our website!!

**Rehearsals are a LOT of work for your body and your brain. We need to build endurance for both, and that doesn't happen if you're only singing 1 day a week. Check out these links and sing daily (if you aren't already). So many reasons this will benefit your physical and mental health.**

### **Our 10/12 rehearsal:**

The regular rehearsal will start at 5:45 with quick warm ups and:

- Sii Sii Sii (Sharon)
- There's Still My Joy
- When You Believe
- Where the Light Begins
- Go Where I Send Thee
- Fem Holiday Songbook

### **Practice & Vocal Warm Ups**

Some tips to help us all build vocal strength, range, and endurance:

Start with breathing exercises. Check out this 12 min video on Diaphragmatic breathing:  
<https://www.youtube.com/watch?v=oDrhkt8KIA4>

Gentle WarmUps - Do lip trills (what we call raspberries for babies) or rolled "r"s on a ½ scale (123454321). Then do octave glides on "ng".

Want to work on expanding your range? Use a straw... the thinner the better:  
<https://www.youtube.com/watch?v=-iPaGFxIPlk>

If your throat is feeling tight or sore after rehearsal, check out another video that combines all of the above nicely and gives specific instructions for male vs female voice:  
<https://www.youtube.com/watch?v=euX4KS85pjw>