



Hey! Silver Statesmen,

If you're like me, you are very ready for the quarantine to be over and returning to in-person chapter meetings. Hopefully, you will have already completed the email survey about returning and any safety concerns. Your board of directors continues to discuss this issue, and just as soon as we have a definite date for getting back together you'll be notified.

If you're worried that your singing voice has taken a hit during these past months, please read the article on page 3 about how to Restore Your Voice After Lockdown.

Our upcoming shows and events are listed on page 4. Just as quickly as we start meeting together again, we will be concentrating on our show repertoire for the Summer Show on Saturday and Sunday, June 26 and 27. Yes, we've been singing them at our weekly Zoom meetings, but blending together and stage presence/performance mode are best accomplished when we can sing together.

If you'd like to see this newsletter on a more regular basis, your contributions of news, articles, photos, cartoons, etc., will be a great help and encouragement to me to keep publishing it. I'd like to know if you enjoy the newsletter. If I don't get feedback, pros or cons, I'm more likely to think that not many actually care one way or the other and I won't waste my time..... but, hey, that's just me!! I'm also willing to share the load, so if you'd like to be involved with the newsletter, just let me know. Thanks! ~ Fred

BARBERSHOP LIVE! @ HOME RETURNS ON NATIONAL BARBERSHOP QUARTET DAY!

from LiveWire

Celebrate the Society's founding with another GREAT night of online singing, learning, and socializing! If OC and Rupe had had Zoom in 1938, they wouldn't have needed to meet on the rooftop of the Tulsa Club. SAVE THE DATE: April 11, 2021.

Details and lineup now at

<http://www.barbershop.org/liveathome>

Our Mission Statement:

"To share our passion for music, to preserve the art form known as Barbershop singing, to enrich the lives of our members, community, and audiences through performance and to bring people together in harmony and fellowship."





A FUN round of golf
Entertainment on the course
Beverages available
Delicious Deli Luncheon
Awards Ceremony
Free Drawings
Raffles

2021 All in Harmony Golf Tournament

This will be our biggest fund-raiser of the year. Our chorus and the Lady Luck Showtime Chorus are co-hosting this tournament which we hope will become an annual event. What can you do to help?

- 1. Find out about the tournament and Register to play a round of golf at www.AllinHarmonyGolfTournament.com**
- 2. Talk to all of your friends about playing in the tournament .**
- 3. Spread the word to all you come in contact with... doctor, dentist, plumber, pool guy, handyman, etc..... You get the idea! Give them the benefits of becoming a tournament sponsor. See the website for sponsor benefits for their business.**

Don't play golf? No Problem!

- 1. Contact Wally Smulson for a list of jobs and volunteer to help. (wsmulson@gmail.com or 847-693-1418) WE NEED YOU!!**

The tournament will be on Saturday, October 23, 2021, at the Los Prados Golf Course, starting at 8:00 a.m.

Golf Committee Chairman: Greg Dreyer (greg.dreyer77@gmail.com)



RESTORING YOUR VOICE AFTER LOCKDOWN: THE STRAW TECHNIQUE

by Dr Don Campbell from The Harmonizer

The muscle tone that you are accustomed to having will decrease significantly if you don't sing. Here's how to get it back.

I no longer had a reason to sing once the pandemic hit, so I didn't. Yes, I know, "Use it or lose it." But this would all be over soon anyway, right? Six months later, the church where I serve decided to conduct services in the parking lot, and I was asked to sing. I found that the muscle tone I expected to have in my vocal folds was no longer there. I had to do some restoration work. Have you ever stopped exercising for an extended time and then had to suffer the experience of getting back into shape? It's not fun, and neither was getting back into vocal shape.

The primary technique I used was the semi-occluded vocal tract, more commonly called the "straw technique," developed by vocologist Ingo Titze. Many vocal pathologists and singers have used this technique to repair and maintain vocal health.

Below are some steps and cautions when using the straw for general vocalizing and building back your voice.

- Use a straw that has a smaller diameter than the ones in the fast food chains—preferably .5mm or smaller. Vocal pathologists often use a coffee stirrer, but I've found, for me, that creates too much back pressure and can create inappropriate tension, which is not our friend.
- Cut the straw in half. For me, longer straws produce a weird, unpleasant vibration. Plus, it doesn't use as many straws over the long haul.
- When putting the straw in your mouth, be sure to have your tongue under the straw with the tip of your tongue touching the back of your bottom front teeth. If your tongue is pulled back as if you are sipping a soda, the back of your tongue is pushing down on your epiglottis and partially covering your larynx. This will also create inappropriate vocal tension, which is not our friend.
- Using gentle phonation, hum into the straw at a comfortable pitch range with narrow pitch glides (glissandi) up and down. You can do these narrow glides in your low range and middle range.
- Gradually, increase the range distance from the "chest voice" through the mid-range and into the head voice. You can also start in your higher, light head mechanism and do downward glides. As you use the higher registration, allow the vocal folds to thin out. Avoid trying to ram the heavy chest mechanism into the upper registration. The sound you are aiming for is one voice—not three separate voices.
- Repeat. Avoid strain and oversinging.

OTHER VARIATIONS

- Sing simple songs that are in your comfortable range, and then sing them in different keys.
- Sing the songs you are working on in the correct keys.
- Use the straw with the vocal warm-ups your director uses in rehearsals

SOME SUGGESTIONS AND CAUTIONS

- Go slowly.
- If there's pain, STOP! You're doing something wrong. Work carefully through the sequence, noting where discomfort begins. Is it tension? Poor technique? Too much too soon?
- Experiment with different diameter straws.
- Keep your tongue forward and your larynx comfortably low at all times, because inappropriate tension is not our friend.

Silver Statesmen Calendar

2021

JANUARY—APRIL: All weekly meetings are being conducted via Zoom.com due to the pandemic.

MAY

6 PROJECTED: Return to In-Person Meetings..... YAY!! (Not a done deal yet)

JUNE

26 Summer Show Performance—Winchester Cultural Center, 3130 McLeod Dr, 2pm
27 Summer Show Performance—Windmill Library Theater, 7060 W. Windmill Lane, 2pm

OCTOBER

15-18 Barbershop Cruise to Ensenada, Mexico
23 All in Harmony Golf Tournament—Los Prado Golf & Country Club

DECEMBER

4 Christmas Show—Windmill Library Theater, 7060 W. Windmill Lane, 2pm
5 Christmas Show—Windmill Library Theater, 7060 W. Windmill Lane, 2pm

COME
SING
WITH
US!



Membership
begins with Me

The Nugget is **your** newsletter and vehicle for sharing information, stories, and news about the chapter, chorus, quartets, and the people in them. To make it interesting and a fun read, I would encourage all of you to provide articles for publication, photos of quartets in action, our members, chorus on the risers..... Anything that you find interesting and would like to see in the newsletter to share with others. — The Editor