

# A Few Notes



## Newsletter No 25

### Notes from Jilly

Dear All,

Thank you for your on-going commitment to our fabulous choir. I consider myself to be extremely fortunate to have the opportunity to be the Musical Director of such an amazing and inspiring group of people. I thoroughly enjoy our rehearsals and am immensely proud of our achievements to date.

At the end of the last rehearsal, I was handed a newspaper clipping from one of our members about singing as an immunity booster. I would like to share some points made by Dr Lewis from the article (Ecancermedicalsience 2016):

*'One hour of group singing is enough to stimulate the immune system. Scientists measured saliva samples of 193 volunteers before and after a singing session to compare markers of immune response and noticed an immediate fall in levels of the stress hormone cortisol. Singing in a choir offers a short term spike in protection. There's something special about group singing. It may be down to the shared experience or the sense of community you get in a choir, but it's definitely more powerful than singing alone!'*

Here's to many happy and healthy singing times together!

Harmoniously yours,

Jilly x

### Summer Rehearsal Times

The reason for holding our rehearsals an hour later during the summer months was to give members and their families a little more time for outings etc. on a Sunday. We do appreciate that whilst this does not suit everyone, it suits others. So far there has been virtually no effect on our rehearsal attendance, but the Committee will be seeking feedback (not a vote!) from members at the end of the term.

Having said that, please remember that in July our two rehearsals will be different again (these details as always are on the Calendar page of the choir website):

2 July - 5:30pm-6:30pm rehearsal sopranos & altos; 6:30pm-7:00pm rehearsal all voices; 7:00pm-8:00pm rehearsal tenors & basses;

9 July - 5:30pm-6:30pm rehearsal tenors & basses; 6:30pm-7:00pm rehearsal all voices; 7:00pm-8:00pm rehearsal sopranos & altos.

### 'Wing Fest' – Saturday 15 July

Wing's Carnival Committee is this year holding a 'Wing Fest' on Jubilee Green, Wing, rather than a full-blown carnival with road closures, processions etc. Our choir is now performing from 2:40pm-3:10pm on 15 July, as shown on the Calendar page of our website. Full details will be issued nearer the time, but meanwhile please let Lance know if you are able to perform that afternoon.

## Fundraising for the Choir

Lance and Margaret Redler recently generated £21.78 for choir funds just by booking their trip to Italy through [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk). This was for flight bookings with British Airways (59p) and hotel bookings via Expedia (£7.27) and Booking.com (£13.92). You could do similar when booking your holiday – or buying almost anything online – even changing your energy supplier!

Newer members may not know that our choir is supported by EasyFundraising. You can sign up by following the link on the 'Funding' tab on the choir website: <http://www.thewingsingers.org.uk/funding/>

EasyFundraising has to date distributed over £17 million to 90,000 good causes, *The Wing Singers* being one of them.

More than 3,100 shops and sites, including many rail, airline and hotel booking sites, give a small percentage of whatever you spend online to us, via EasyFundraising. You pay nothing extra – you just have to remember to go to Amazon/John Lewis/British Airways/Expedia etc etc via the EasyFundraising link when you do your shopping or book your holidays. John Lewis at the moment is donating 1.75% of what is spent, for example.

### Do You Like the Way that the Choir is Run?

Do *you* like the way that the choir is run? What pleases you? What doesn't?

Jill Neenan would welcome comments, ideas or suggestions about the choir from any members. Ideally these are made via our email address, but a separate note to her is equally acceptable (praise is also welcomed of course!).

Choir Contact Details. Email messages for Jill Neenan (choral matters), or Lance Redler (membership and general administration), should be sent to [wingsingers@yahoo.co.uk](mailto:wingsingers@yahoo.co.uk). Lance can also be contacted by telephone on: (01296) 681286 or 07769 942951. The choir website is: [www.thewingsingers.org.uk](http://www.thewingsingers.org.uk).

5 June 2017