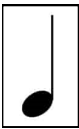


LIVERPOOL WELSH CHORAL



A note from Keith

I have been greatly heartened by the positive directions our choir is taking at the moment. We have now presented two successful concerts in the Tung Auditorium, both received with rapturous applause. We have sung with superb soloists, a baroque orchestra, and have valued our renewed partnership with the Northop Silver Band. We have been spreading the joy of our singing in the wider community with highly appreciated performances at the Welsh Heritage concert, and in the run-up to Christmas, at Sudley Hall and Strawberry Fields. Membership is growing again, attendance at concerts has been high, and interest is shown in the sight singing and Welsh alphabet sessions which we are currently providing. Supported by a strong and very active committee and other musical and administrative professionals, there is much to entice us in the coming months, and next season.



Watch this space!

Keith



Please go to our website to see more photos and videos from our recent concerts

lwcu.co.uk

Singing with LWC is good for your health – REALLY!



Lisa Chamberlain

Whether you call them resolutions, intentions, or a load of hogwash, it's that time of year again. We all know that health is a common topic after Christmas, and I've got great news: singing with the Liverpool Welsh Choral is really good for you!

Sure, putting on a solo concert in the shower is fun, but singing in a choir boosts wellbeing, enhances self-esteem, reduces anxiety and depression, and improves the connections we have with other people. **A large-scale survey of choral singers*** in Britain, Australia and Germany identified six benefits of choral singing.

With how many of these would you agree?

Social benefits:

Choir singing helps us create and maintain social networks, gives us a sense of belonging, and makes us feel included and appreciated.

Physical benefits:

Singing is a full-body activity, and choristers said it supported their respiratory, vocal, and cardiovascular health, and motivated them to improve their mobility and stamina. Singing can also be a welcome distraction from poor health, reducing the body's stress response and providing relief.

Mood benefits:

Singing makes us happy! It can provide an outlet for self-expression and can be cathartic, calming, energising, and even spiritual.

Cognitive benefits:

Choral singing can improve concentration and memory by giving your brain a workout, especially during rehearsals. Challenging yourself through singing can also provide a sense of balance in your life.

Skill-building:

Learning about music and developing competence is an enjoyable and never-ending project, and singing is a unique experience that enhances the deep joy we find in music.

Providing meaning and purpose:

Singing with a choir introduces discipline and structure into our lives and helps us feel like we're part of something meaningful and rewarding. It gives us something to look forward to, which other researchers have found especially beneficial for older adults, people with health concerns, and carers.

So there you have it: one of the best things you can do for your health in 2023 is continue to sing with the Liverpool Welsh Choral! If you know someone who wants to focus on health this year, why not invite them to join us?

Lisa Chamberlain

(*A copy of this article, with the addition of academic references, is available in the members' section of our website.)

Lisa is a PhD student at the University of Liverpool Management School researching quality of working life. She's looking for hairdressers and barbers who would be willing to chat with her about their day-to-day experience of work. If you know someone who might be interested, please ask them to contact her on 07522 108 527.

Thank you!

QUIZ

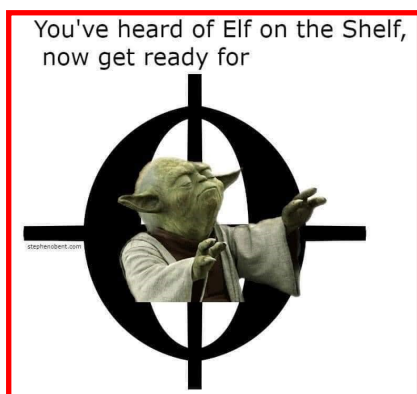
1. Can you find 15 words associated with the piano in the following table. (There are other words too, but 15 have a musical connection). Words run in a straight line horizontally back and forward, up, down and diagonally up and down.

U	B	F	V	G	R	A	N	D
A	S	O	L	O	G	A	T	E
O	R	E	G	N	I	F	C	A
E	P	E	I	S	O	C	H	C
R	B	M	T	S	Y	I	O	N
A	I	O	E	S	D	S	R	E
T	O	P	N	T	O	U	D	H
L	U	E	O	Y	L	M	R	I
A	E	D	T	L	E	N	S	T
D	N	A	H	P	M	E	C	R
A	I	L	N	I	V	O	R	Y

2. Link the following composers to the works they wrote:

Liszt	<i>Lucia di Lammermoor</i>
Offenbach	<i>Night on a Bare Mountain</i>
Mussorgsky	<i>The Three-cornered Hat</i>
Bizet	<i>Liebestraume</i>
Donizetti	<i>The Pearl Fishers</i>
Manuel de Falla	<i>Barcarolle</i>

3. Name the four operas of Richard Wagner's cycle: *Der Ring des Nibelungen*
4. Who was 'The Red Priest' and why was he called that?
5. What instrument was John Dowland celebrated for? Where did this instrument come from originally?
6. What celebrated musician also has a PhD in astrophysics, is a CBE, a knight and was Chancellor of John Moores University between 2008 and 2013?
7. Folk songs of England were collected by Cecil Sharp and Vaughn-Williams. But which two composers collected the folk songs of Hungary (and incorporated them into their music)?
8. Name the three popular recording musicians who have each sold over 100 million records, both as solo artists and principal members of a band?



The Coffee Shop at Welsh Choral

How many people remember getting coffee at break time 40 years ago?

There was a dash up the steps to a drinks machine at the end of a corridor. We queued up, put the cup under the dispenser, inserted the coin, chose the drink and waited. It took a long, frustrating time.

One evening I said to my friend that we could organise a coffee break better than this. I suggested we take flasks of hot water, coffee, milk and serve the choir ourselves. That's how it all started.

I'm not sure when we started selling cakes. At first there was a rota of willing bakers, but in case of forgetfulness, I started making tiffin, with occasional changes. At Christmas there were mince pies and at Easter hot cross buns.

I had other helpers after my first left the choir. Eventually I persuaded Pauline Pennington to join the choir and she helped me with the coffee for over 20 years. When I left three years ago, Pauline carried on until the Pandemic when everything came to a halt. No more coffee and no tiffin!

After 40 years, the coffee shop seems to have closed for good. It was great while it lasted: I thoroughly enjoyed doing it and we did make a little money for the choir.

If it starts up again, just let me know as I still have my large flasks and I am always willing to make tiffin occasionally!

Joan Mc Minn



I DO
CHOIR SINGING
TO KEEP ME
SANE



Joan and Pauline

MEET - our Community Liaison Team!



Pam Donaghy, Margaret Heap, Annabelle Unsworth and Wena Evans are the members of Liverpool Welsh Choral's Community Liaison Team whose role it is to promote our Choir in the communities of the Liverpool area. Find out a little bit more about them and the wonderful work they do....

During 2021 we made contact with Strawberry Fields which gained world-wide fame following the release of the Beatles 1967 single "Strawberry Fields Forever." John Lennon had grown up nearby, and had played in the grounds there as a child, which was formerly the site of the Salvation Army children's home. It was arranged that a group of our choir would sing there at a Christmas lunch in December 2021. However due to the number of Covid cases at that time, the venue cancelled at short notice, much to the disappointment of those who were going to sing.



Enjoying a well deserved piece of cake at the Strawberry Fields Café!

The Liaison team kept in contact with the management and we rescheduled to sing on December 13th 2022 at a special Christmas meal which was taking place on that day. This was a very enjoyable occasion, and we had some very positive feedback from all who were listening including some of the cast of 'A White Christmas' who were performing at the Empire theatre in Liverpool and had come to visit the venue. The most noteworthy audience members were 'Sinbad' from Brookside and Judy Garland's daughter Lorna Luft!!



A small sub-section of the Choir singing a Welsh carol.

Prior to that, on the weekend of Saturday 3rd and Sunday 4th December 2022, a group from LWC sang at Sudley House in Aigburth at their open Christmas weekend. Sudley House, built in 1824 and owned by the shipping line owner George Holt, was bequeathed to the city of Liverpool by his daughter in 1944. It is now a museum and art gallery and is one of the few period homes still decorated in its original Victorian style. The Choir sang carols from the upstairs balcony and members of the public listened as they passed through.

The Liaison Team are now arranging things to promote the choir in 2023. Hopefully our next event will be leading the singing as part of a congregation for the Battle of the Atlantic in May, although this is still to be finalised!

Margaret Heap

QUIZ - answers!

What links the opera *Carmen* by Bizet, a comic opera by Richard Strauss, a popular song of the first World War and a guitar?

A rose. The rose that *Carmen* flings to Don Jose acts as a love spell and seals his fate; *De Rosenkavalier* is a comic opera by Strauss; *Roses of Picardy* was a popular song in WW1; the hole in a guitar body is called a rose.

What piece of music caused a riot in Paris when it was first played in 1913?

The Rite of Spring* or *Le Sacre du Printemps by Stravinsky created a sensation on its first performance, later described as a riot.

What are the nationalities of the following composers:

Bedrich Smetana (**Czech**); Frederic Chopin (**Polish**); Carl Orff (**German**); Gustav Holst (**British**)

Which Welsh opera singer was made a knight in 2017?

Bryn Terfel (of course!!)

The following composers all wrote famous funeral marches. Can you name the compositions in which they appear:

Beethoven (**Third symphony, *Eroica***); Wagner (***Gotterdammerung*, *Siegfried's funeral***);
Handel (***Dead march from Saul***); Chopin (***Piano Sonata no. 2***)

What is the name of the famous specialist music school in Manchester?

Chetham's School of Music, right next to Victoria Station!

In 1750, the tradition of an annual concert of *Messiah* began, on behalf of which charity?

The Foundling Hospital in London.

What is another name for the Kalimba?

A thumb piano.

Weird



Wonderful



and

A bit late for Christmas songs, but fun:

Merry Cadence

Octaves roasting on an open fire,
Major sixths are nipping at your toes.
Major seconds being sung by a choir,
Chromatic alterations of the scale.

Diatonic turkey and some mistletoe,
Major sixths will help to make the season bright.
Major seconds, with their eyes all aglow,
Will drop a perfect fifth tonight.

Minor sevenths are on their way,
They've loaded lots of minor seconds on their sleigh.
And every minor sixth will want to spy,
To see the supertonic prolonged over five.

An octave is offering this simple phrase,
To major sixths aged one to ninety-two.
Although It's been said many times, many ways,
'Merry cadence to you.'

(Alan Newhouse 19th Dec 2020, slightly edited)





Meet Our New Cadeirydd: Wena Evans



Wena Evans - Cadeirydd

In 1972, I, like many youngsters from Wales, came to Liverpool to start my nurse training. I worked in the old (old) Royal and then The Southern Hospital (now well gone). I completed my Midwifery at Oxford Street and a few months later went to work in Thailand as a nurse/midwife for VSO, a most enlightening experience!

I returned in 1989 to become a District Nurse, working for GPs on Aigburth Road and Toxteth. I loved it! I married Tim in 1980 and we had three lovely children. Tim has done much to help, uncomplainingly, with our concerts over the years.

By the time we were a family, I had become involved with the National Childbirth Trust, running preparation courses for pregnant couples. When I retired early from the NHS as an Area Manager, I became a national educator for NCT, with a group in Liverpool and another in Northern Ireland. I retired from NCT in 2018.

Musically, I was a singer. Our school in Colwyn Bay entered the Eisteddfods, gave concerts, and I was always involved. I heard about the Liverpool Welsh Choir whilst at the Welsh Church in Liverpool and joined in 1999/2000. A group of second sopranos took me under their wing. It was nourishing to be part of a Welsh community again! The women sat knitting, marking, writing whilst the rehearsals were going on and I was amazed that they could concentrate also on the conductor's remarks. I could not possibly countenance such behaviour now I am Chair!! 😊

I was greatly honoured to be Cadeirydd between 2011 and 2014, and it is wonderful to embrace the new season, again in the Chair. We have an evolving Choir and an exhilarating new programme to look forward to, with very talented direction. I am most grateful for the support of Tim, my family and friends and I hope to continue singing with our choir and supporting it for many years to come.

X Wena

This is the ninth edition of our magazine... 'Simply Dynamic'.

It is designed to reflect the interests and activities of the Choir membership. There is a wealth of experience and knowledge in the Choir. We hope that you are all willing to share that knowledge with your fellow choristers and to delight in what others are willing to share.

So we are making a plea for every member of the Choir to send in a contribution as we move through the year, to enliven your reading and your choir membership.

hazel.davies1@hotmail.com & wendy.charlton@hotmail.co.uk

