

Tuesday, April 6, 2021

# MUSIC MATTERS

Arnprior Community Choir Newsletter



Issue 8 - 210406

## A Message from Lisa

*I sing for **JOY**.*

*I sing for **CONNECTION** and **COLLABORATION**.*

*I sing for **MENTAL** and **PHYSICAL** well-being.*

*I sing for the **CREATIVE CHALLENGE**.*

Singing together is a powerful way to connect with others, and a great way to reduce the negative effects of loneliness and isolation. Research has shown that this sense of connection happens on a biological level. It's been shown when people sing together in a group, their heartbeats actually sync up.



Singing together is a fabulous way of building community, of coming together to create and express beautiful words and melodies. When we come together each week for the shared purpose of singing and making new friends through song, we build bridges of acceptance, compassion, and joy. Regardless of musical background, we can all join our voices in song to create a more harmonious and thriving world. ACC – YOU are my reason for singing and the proof is in 30 years of devotion, friendship, concerts, laughter and love. Thank you all for taking this journey with me and giving of your “heartbeat” each Tuesday evening. Pure joy!

WHY DO YOU SING?

**30** Years of Singing

# Celebrate!

ACC has much to celebrate! Each season brings new songs, new challenges, new friendships and new musical moments. Our 30<sup>th</sup> year wasn't quite what we expected, but hey, just like I seem to turn "25" each year on my birthday (!!), we'll just keep 30 going until we meet together again.

So, for now, let's "CELEBRATE THE CLASSICS"! Did you know that in May 2019 our concert was recorded and posted on You Tube? We're starzzzz!

L.J. Helferty, proud father of our soloists Molly & Emily Helferty and our ACC accompanist, Catherine Helferty, recorded the entire concert. I encourage you to listen, enjoy and relive one of our many ACC magical musical memories. You can even follow along with the program and focus in on each song we sang. Well done ACC.

<https://youtube.com/playlist?list=PLitjo41fJ-9Avcq-uS-bWGiY7iRORayue>



Sylvia Etcheverry



Arnprior Community Choir & Guests



Molly, Catherine, Emily Helferty, Lisa Webber

# Celebrate the Classics

## Program

### A Musical Journey

	Medieval Gloria.....	Vijay Singh
	Deo Gratias! .....	Kirby Shaw
<b>Venice, Italy</b>	Rise Up with Music.....	Antonio Vivaldi (1678–1741)
<b>Nuremberg, Germany</b>	Nun danket alle Gott.....	Johann Pachelbel (1653–1706)
<b>European Churches: England, Germany, Austria</b>	Cantate Deo .....	G. F. Handel (1685–1759)
	Ave Verum Corpus .....	W. A. Mozart (1756–1791)
	My Heart Ever Faithful .....	J. S. Bach (1685–1750)
<i>Emily Helferty, soprano   Molly Helferty, mezzo soprano   Lisa Webber, alto   Sonja Deunsch Plourde, piano</i>		
<b>The Stage: Italy and France</b>	Quella fiamma che m'accende .....	Antonio Vivaldi (1678–1741)
	<i>Molly Helferty, mezzo soprano</i>	
	Les filles de Cadix .....	Leo Delibes (1836–1891)
	<i>Emily Helferty, soprano   Sonja Deunsch Plourde, piano</i>	
<b>Austria</b>	Missa Brevis in F	Joseph Haydn (1732–1809)
	<i>Emily Helferty, soprano   Molly Helferty, mezzo soprano</i>	
<b>United States</b>	Three Preludes .....	George Gershwin (1898–1937)
	<i>Sylvia Etcheverry, piano</i>	
	Three Spirituals .....	Traditional
	Give Me That Old Time Religion; Steal Away; Heav'n, Heav'n	
<b>Canada</b>	Homeward Bound .....	Marta Keen arr. Jay Althouse
	Home I'll Be .....	Rita MacNeil arr. Larry Nickel

*After this very long, hard year, we would like to thank and celebrate the health care professionals who are now, or have been, part of our ACC community. Many thanks to those who have fought tirelessly to protect us. Let's get to know a couple of these dedicated workers.*

*Thank you for your service, Elaine and Peggy!*



**Elaine Mawdsley, soprano**

I started in the nursing field in 1982. I later returned to school and graduated as an RN in 1991. I currently work in the Arnprior Hospital. I have been an employee there for 25 years.

I started taking voice lessons in Ottawa 10 years ago at the age of 50. When I heard about a fabulous music teacher in Arnprior, I asked her to take me on as a student. I have been with Lisa now for about five years! Boy, time flies. I sing in a ladies ensemble called Tutti, directed by Lisa, and up until the COVID-19 pandemic with ACC. I continue to take lessons with Lisa on Zoom.

Singing keeps me grounded and sane, It helps to reduce my stress.

I love singing for other people's enjoyment.

## "Getting to Know You ..."

Hello ACC members,

I joined the choir in the winter session of our 25th year and was so pleased to join such a fun and welcoming community. It has been a wonderful weekly respite from my busy job as an Occupational Therapist at Almonte General Hospital.

I was asked to speak of my work on the front lines. I worked as an OT for 37 years, 30 of them in Almonte, and it has been an extremely rewarding career helping patients in the Complex Continuing Care Unit, Fairview Manor and the Day Hospital. I was lucky enough to be able to retire at the end of May 2020. I worked for 3 months in the world of COVID, and those first 3 months were scary and stressful. I so admire all of my colleagues who are still working on the front lines over the last year and am happy to be out of the fray!

I have never had formal vocal training, - just always loved to sing. I sang in the Renfrew Trinity St. Andrew's Junior Choir as a young person and enjoyed being in the chorus of RCI musical productions during high school. Joining the choir brought singing back into my life on a regular basis and I have learned so much about choral singing from Lisa and my fellow altos. I miss our weekly in-person rehearsals and most of all making beautiful music together!

I would like to thank the executive team for the excellent newsletters, creative online sessions and the zoom community that keeps us connected. It's not the same, but it's something!

Peggy



**Peggy Wallace, alto**



*We are all champions at ACC: our shared goal is creating music. It's certainly been an extraordinary year and we've gotten to know some pretty incredible friends at ACC. Thanks to all of those who shared their stories with us.*

*Here's one more for the road! Say "Hi" to Martine!*

It is my pleasure to have been part of the ACC for the last five years. I had never been part of a choir before I retired from teaching in 2015. I was an elementary French immersion teacher for 32 years. My whole career was mostly teaching grade one: singing to grade one students was like being a rock star performing for an admiring crowd. As a young girl, I took piano lessons and always kept that knowledge alive. I have always enjoyed singing with friends and my children. So, here I am enjoying singing in the Arnprior choir with a great group of people.

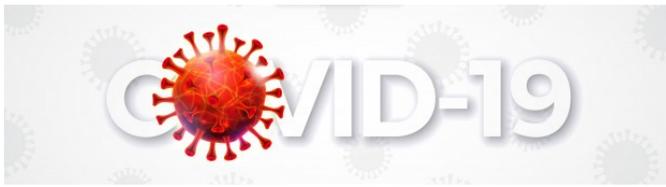
I was born in a little village St-Pie, Québec where no one spoke English. My parents were determined to have three bilingual daughters. Many opportunities were offered to us, in particular to study at McGill. I completed the B.Ed. Program in History and French as a second language. I became a teacher in 1983 and packed my suitcase to take my first assignment in Fort McMurray, Alberta. I met my husband (from Ottawa) there and after 3 years, we moved to Kanata. We married in 1988 and bought a house in Woodlawn where we still live. We have been blessed with three wonderful children who are now enjoying their own careers.

I am a very active person in my community, in particular as a lead fundraiser for St. Gabriel's Church in Constance Bay. I enjoy outdoor activities in all seasons: hiking, boating, kayaking, cross-country skiing and snowshoeing. Learning Spanish and taking yoga are also part of my schedule. I enjoy meeting new people and creating new friendships.

Joining the Arnprior Choir has allowed me to do that and at the same time develop new singing skills with a wonderful choir director. I truly enjoy my Tuesday nights and look forward to getting back to these great evenings at the Legion.



**Martine Messier, soprano**



2020. What a year it has been. No doubt we have all felt the effects of the Covid-19 pandemic. I applaud the doctors, nurses, frontline workers, and all other people who were not able to work from home and had to be out on the front lines.

Coming from a musician's perspective, this last year has been one of the most challenging yet, and I know my friends and colleagues in the music world will agree with me. Just over a year ago, we at the Arnprior Community Choir had just finished our concert with the Valley Concert Band, and we were looking ahead to our dessert musicale concert. Little did we know the world would be shut down just two short weeks later and all of our activities would be halted. What began as a "two week lockdown" to flatten the curve has turned into a year of going in and out of lockdowns, changing restrictions, and life changes.

For me, as a free-lance musician, almost all my engagements were postponed or cancelled. The only constant engagement that remained was my church job. Throughout the last year, there were most definitely challenges including lost work, lost income, no prospective engagements, and the joy we all lost not being able to participate in choir and other musical activities.

On the other hand, there were also a number of benefits that I recognized over the last year, particularly in the area of teaching. Teaching over zoom has its challenges, but it also allows you to pinpoint certain areas that you would like your student to improve on, something that wouldn't happen if we were back in person getting ready for exams etc. The slower pace really allowed for detailed work and fine tuning. As a performer, the slower pace allowed me to work on bigger pieces that I would never have had time to work on before. I also had time to file all my music – a big project! The last benefit that I will point out is the social aspect. Having choir over zoom this last year really allowed us to socialize, chat, and learn more about one another, musically and personally. This has been an invaluable experience. Stronger connections between choristers makes us sing better – its true!

In closing, I would tell you about a conversation I had with the priest at my church – Father Brian Kauk. Brian and I were chatting shortly after the first lockdown was announced, and he kept referring to the pandemic as the 'apocalypse', I guess I looked puzzled because he went on to explain his reasoning for calling it the 'apocalypse'. The root word of Apocalypse is a Greek word meaning to uncover, reveal, lay bare, or disclose. Brian wanted us to analyze the situation and really think about what it is that is being revealed to us. So, what has been revealed to you throughout the past year? What have you learned? Maybe you realized something you hadn't thought of before. Something to think about.

Thanks all for reading this article. I look forward to singing together again in person!

- Ian Guenette

## An End-of-Year Message from Your Music Leadership Team and Executive

Happy 30<sup>th</sup> Anniversary?! This was definitely NOT the way Lisa had planned to celebrate our anniversary! Who could have imagined at this time last year we would be facing a world-wide pandemic? All the rules changed and we had to reinvent ourselves right along with everyone else!

Thanks to Lisa and Ian for taking the reins and guiding us through Zoom sessions, YouTube videos, special concert presentations, and lots of other fun stuff. Our newsletter team kept us interested, entertained and engaged. We got to know some pretty amazing chums at ACC. The executive has been here for support along the way. No one knows what the future holds, but we know that we have a dedicated choir community that will not let us down!

Your generous donations allowed us to keep paying Lisa and Ian; give a donation to the Legion to save our space; and pay honorariums to Ian Douglas, for creating a wonderful new song to celebrate our thirtieth year, and to Tracy Ahern, who did so much for us to "read" the piece and eventually get it into our amazing music library.

Stay tuned for updates throughout the summer.

**Until we meet again.**



**Lisa Webber, Director**



**Ian Guenette, Accompanist**



**Chris Tonkin,  
Facilities Manager**



**Gail Timms,  
Music Librarian**



**Marianne Spaul,  
Choir Manager**



**Rhonda Tees,  
Treasurer**