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Up Tempo

Upcoming Concerts

Permit Us Voyage

March 2nd @ 3:30pm The Gerald Fagan Singers revisit their most memorable tour performances. Join them at *Windermere on the Mount* for an eclectic mix of music from the past 29 years.

Berlioz Requiem

Good Friday March 21st @ 7:00pm Fanshawe Chorus London, The Gerald Fagan Singers & The Concert Players Orchestra at *Centennial Hall* for this rarely performed 19th Century masterpiece.

Two New Sopranos

New soprano Erica Proconier studied piano for as long as she can remember and played flute and sax in high school. She was a member of different UWO choirs before being introduced to Fanshawe Chorus London by Andrea Pireddu (FCL tenor), a classmate at Western. Andrea also introduced Erica's roommate, Nicole d'Aoust, to our choir and we welcome them to our organization this season.

Erica graduated from Western with a Bachelor of Music in Theory and Composition with a minor in film studies in 2006. She's now in second year of a Masters in Music Composition and writing an orchestral piece for her Master's Thesis.

When she's not at choir rehearsal, she can be found working on her thesis, being a teaching assistant in an "electroacoustic" composition class, watching movies (studying the soundtrack no doubt), visiting her boyfriend in Toronto or drinking beer/doing yoga (editor's note: these things balance out).

When asked her if anything surprised her when she joined this group, she said "... how great the singers are! I love being part of a group that has such a professional sound and has the ability to sing the great masterworks." This year's repertoire is new to Nicole and she is particularly enjoying the chord progressions and harmonies in the Berlioz Requiem (she would know).

Nicole d'Aoust also comes to the choir as an accomplished musician. She has an undergrad degree in political science, studied piano at Western, played the oboe in the UWO Symphonic Band, and completed her grade 10 piano, grade three historical and grade three harmony with the Royal Conservatory of Music! She's also been accompanist to a number of choirs and soloists. With just not enough school yet, Nicole is now working on a Master's degree in French literature and teaching first year grammar at Western!

What has surprised Nicole about the Fanshawe Chorus London experience

Invitation to Erica Proconier's Master's Performance

April 10th, 2008

8:00 p.m.

Talbot Theatre

University of Western Ontario

Note: A mini opera and a choral work for women will also be performed

is that Monday nights can be so relaxing after a long hard day. She is enjoying the beautiful voices around her (she should stand with the altos for a real thrill!)

Both Nicole and Erica found the FCL audition a highlight of their musical careers. Nicole says she nearly fainted when she saw the picture on the piano of Marlene with Tony Bennett. They both say the other was more nervous. We're glad they were able to support each other and make it over the first hurdle to add their beautiful voices to the chorus. Welcome Nicole and Erica!

Cold Remedies

These are some simple remedies to combat the cold season. Choose the one(s) that work for you!

Grab the garlic! Take 400 to 600 milligrams of garlic in capsule form, four times a day. Dried garlic has potent antibacterial and antiseptic properties. Take with food.

Honey has long been used as a sore throat remedy. It has antibacterial properties which can help speed healing. Add several teaspoons to hot water or tea.

Increase Vitamin C intake. This vitamin will help boost your immune system and fight off infection. Take up to 1,000 milligrams of vitamin C three times a day. Reduce the dose if you develop diarrhea.

Take **200 milligrams of Echinacea** four times a day. Lots of antibacterial and antiviral properties to speed healing!

Cold FX is great as a preventative measure to boost the immune system. Take as directed.

For sinus congestion, prepare **Ginger Tea**. Grate fresh gingerroot & steep in a pot of boiling water for 5-7 minutes. Strain out the gingerroot & sweeten to taste. This drink can be served hot or cold and works wonderfully to clear the sinuses.

It is also important to **drink lots of water** when you are congested to thin out mucus so the body can expel it easier.

As soon as you feel a sore throat coming on, **take one Zinc lozenge every two hours** until your sore throat is gone - but never for longer than a week. The Zinc in the lozenge can help minimize the “razor-like” soreness but too much Zinc can actually compromise immunity, which is why you shouldn't take the lozenges for a long time.

Down-Home Syrup: Blend lemon juice with a little honey, then add a pinch of cayenne pepper and swallow. Honey coats the throat, while the lemon reduces inflammation. Red pepper increases circulation to the area, which hastens the healing process.

Gargle your sore throat away... Plain old salt water is good; but lemon juice in water is a great astringent that helps shrink swollen throat tissue & create a hostile environment for viruses and bacteria. Just mix 1 teaspoon lemon juice in 1 cup water and gargle.

If you prefer the **salt water gargle** add 1 tablespoon of Listerine for germ-killing power.



Articles by

Caroline Bonham
Michelle Smith
Dan Tigchelaar
Robert Wouda

Editor

April Voht

Help Fill Seats

Fanshawe Chorus London and the Gerald Fagan Singers, are two of the best choirs in Canada, performing the greatest choral music of all time. Londoners deserve to hear them.

This is the message the PR Team is emphasizing with our new subscription email campaign

Purpose

To create a database of email addresses of people in the London area who love great choral music and want to be kept informed about our fabulous performances. We estimate that, with a population base of over one half million, there are at least 50,000 people in London who love choral music to invite to our concerts but many still don't know about us.

This project is a marketing and communications venture to help us sell more tickets. Using the database created, we will send subscribers emails about upcoming concerts. We will do this well in advance of each concert and then again early in the week of the performance. By the time you contact the folks you know on the subscription list they will already be aware of the concert and ready to buy! Many, we're sure, will also order through the box office or purchase tickets at the door.

How it Works

Invitations with a brief description of the email subscription service have been created. They include a spot for subscribers to submit their name and email address. This information will be guarded carefully and used only by our organization. Subscribers will also be able to 'unsubscribe' at any time.

Your imagination is the only limit to how you might use the leaflets. We suggest giving one out with each ticket sold. Then, return the completed form to the Fanshawe Chorus London Office by giving it to Marlene or a PR Team member.

While you are signing folks up, you might give them a couple of extra invitations and ask them to tell their friends. If you are bold and daring, bring the leaflets to work, or to your gym, or church, or wherever you and friends hang out. Subscribers can also sign up by sending an email to info@choruslondon.com

Berlioz Requiem Trivia

It was composed during 1836-1837

Authenticity would require a huge orchestra including 20 woodwinds, 20 brass (plus 4 brass choirs of 8-12 each), 20+ percussion, 100+ strings, a choir of 210 voices, and a tenor soloist.

Berlioz notes in the score that these numbers were only relative:

“If space permit, the chorus may be doubled or tripled, and the orchestra proportionally increased.”

At the start of the Tuba Mirum section, during the premiere performance, when the conductor put down his baton and proceeded to refresh himself with snuff, Berlioz sprang forward and led the orchestra for the rest of the performance, “saving the day,” in his words.

Berlioz followed French tradition writing the choral parts for trebles (women or boys), tenors and basses because his teachers, including Cherubini, wrote choral music that way.