



OCTOBER '25 NEWSLETTER

Greetings to all Come Singing friends

Dear everyone,

This month we're going to take the opportunity to celebrate our voices and singing. To get started, try listening to this piece of music in praise of singing. It's very hard to hear it without moving some part of your body!!

Sing, sing, sing by Benny Goodman: https://www.youtube.com/watch?v=r2S1I_ien6A

People all over the world are becoming more aware of the benefits of singing.



On **October** the 18th, a Saturday, **WORLD SINGING DAY** is celebrated. It originated in the USA thirteen years ago and is an annual event on the internet at www.worldsingingday.org. It's a global 'sing-along' to celebrate the common humanity of all people across the world. This year's theme is empowering the voice; to appreciate it, protect it and understand its importance in everyday life.

I'd like to teach the world to sing https://www.youtube.com/watch?v=sXOG_NUNQhc

According to the Guinness Book of Records Irving Berlin's *White Christmas* sung by Bing Crosby is the best selling single worldwide with estimated sales of 50 million copies.

White Christmas https://www.youtube.com/watch?v=_3ZC45Q82pg

Not surprisingly, it seems the most frequently sung song in UK is “*Happy Birthday to You*”. This was based on the original “*Good Morning to All*” composed in 1893 by two American Sunday school teachers.

Good morning to all <https://www.youtube.com/watch?v=VX2Tqmawp7Q>

The human voice is amazing! We can use it for singing, talking, laughing, crying, humming, whispering, screaming, shouting and even yelling.

Just as everyone of us is different, each person has a unique voice and when they sing in their comfort zone, a particular range of sounds. You may have a soprano, alto, tenor or bass voice.



Soprano is the highest vocal range typically associated with female singers. Kiri Te Kanawa, *Summertime*

<https://www.youtube.com/watch?v=l3eRZWyEpj0>



A lower female voice range in singing is called **Alto or Contralto**. Kathleen Ferrier, *Blow the wind southerly*
<https://www.youtube.com/watch?v=E-Z8cmo7cbs>



Tenor is the higher vocal range for the male voice. The Three Tenors, *Brindisi* (a drinking song)
https://www.youtube.com/watch?v=l7eHO_PEWLk



The lowest usual voice range for men is called the **Bass** voice. Paul Robeson *Ol' Man River* <https://www.youtube.com/watch?v=eh9WayN7R-s>

Something of a rarity is the **Octavist** often used in Russian liturgical and folk music. These singers sing roughly an octave below the bass range. There are many deep, powerful basses from other countries as well as Russia. <https://www.youtube.com/shorts/UwhWMiTiaZI>

In Heather's **Come Singing** groups we understand the great benefits of singing of course, but here is a reminder of some of the main benefits to boost your enthusiasm.

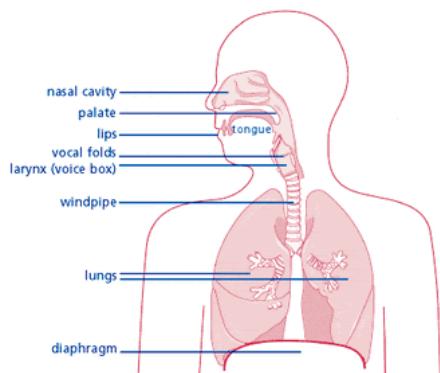
- Singing makes us feel better by releasing “happy” chemicals in your brain like serotonin
- It encourages us to breathe more deeply when we sing. This improves the posture and the extra oxygen gives a boost to our bodies.

- Everybody is able to sing, even if they think they can't!
- We are more relaxed as a result of singing, and anxiety seems to disappear.
- Singing with other people increases our sense of community.

It is even reported that singing reduces snoring!!

But how much do you know about how the voice is produced?

Most of us know where our voice box is found and how, when air from the lungs passes through the tiny vocal cords inside it, they vibrate and produce a sound. The muscles and cartilage around the larynx (voice box), the tongue, palate and the lips all help to control the sound and its pitch and volume.



Vocal cords, also known as vocal folds, are very delicate and sensitive and need special care. They can easily be damaged by overuse, dehydration, smoking or acid reflux. This can lead to hoarseness or vocal fatigue and shows us the importance of warming up your voice. It's rather like an athlete preparing their body with warm up exercises! Those of us who go to the Come Singing group are familiar with warmups which involve humming and gentle singing to protect our vocal cords before the serious singing begins.

Music quiz about the voice

BASS

1. *"I'm a man of means by no means"* but who is singing and what is the song?
2. Another bass voice sings *"I see friends shaking hands saying how do you do?"* Can you identify the singer and the song?
3. Here are some lyrics and a song for you to name. *"Don't you come back no more, no more"*.

TENOR

4. This traditional Irish song contains the words *"I'll be here in sunshine or in shadow"*
5. Fred Astaire's recognisable tenor voice sang this song which includes the lyrics *"Heaven I'm in heaven"* What is the title?
6. Two tenors sing *"I'm on your side when times get rough"* from this big hit in 1970.

ALTO or CONTRALTO

7. Ella Fitzgerald, although she had a very versatile range, sang this old favourite named after an American state which was *"on her mind"*.
8. Dusty Springfield's voice was alto but which of her hits is this? *"'Cause you started something oh can't you see".....?*
9. This famous group sang *"Without a song or a dance what are we?"* Who are they and what is the song?

SOPRANO

10. 1956 was the debut of *The King and I*. Deborah Kerr sang in a soprano voice, "While shivering in my shoes...." What was the song?
11. "Follow every rainbow till you...." Sang Julie Andrews in this famous musical. But what was the song?
12. The last soprano voice comes from South Pacific in 1958. Here is a clue to the song, "... and send him on his way, get the picture?".



Now, after the quiz, something gentler.

It is said that Autumn is nature's last "hurrah" before the cold, bleak winter months.

October celebrates the autumn in a blaze of golden glory. Apparently this year autumn promises something special. After the extra hours of sunshine this summer the pigments producing colour in the leaves, carotenoids (yellow and orange) and anthocyanins (red and purple), receive a boost from all that sunlight. This is what makes the colours more vibrant as the leaves prepare to fall.

Some things to look out for in the hedgerows this month are nuts, fruits and berries, natures harvest. These of course are intended to feed wildlife in the harsh winter months ahead. But often there are so many ready at once that a few, taken carefully by humans foraging, won't be missed.

Rose hips from dog roses are abundant in some hedgerows. During World War II government scientists discovered that rosehips have about 20 times more vitamin C than oranges? As a result the Ministry of Food recommended a teaspoonful of rosehip syrup for children every day during the war when fresh fruit was difficult to obtain. As well as vitamin C rosehips are a great source of vitamin A, D and E. They are said to be anti-inflammatory and have been shown to help relieve the symptoms of arthritis.



Here is a no-cook recipe for making your own rosehip syrup. "*It tastes like the best Turkish Delight you could ever have, crossed with the tang of tropical fruit*" writes George Anderson of the Woodland Trust who devised the recipe

- 1 Collect some rosehips and wash them well and then dry them.
- 2 Cut off both ends of the hips and pierce each one well with fork prongs.
- 3 In sterilised and sealable jars, put in a layer of white sugar followed by alternate layers of hips and sugar to fill the jar. Make sure to fill all the spaces between the hips with sugar. Finish with a layer of sugar.
- 4 Seal the jar and place on a sunny window sill for about 2 to 8 weeks turning from time to time. The sugar will draw the liquid from the hips and form a syrup.
- 5 It is most important to strain the syrup carefully through muslin as hips contain fine hairs which cause irritation if not removed.
- 6 Seal the syrup in sterilised bottles and keep in the fridge.

“The syrup will easily keep well in the fridge if unopened. It will lose flavour and vitamin potency as time goes by though, so it’s a good idea to use your autumn batch before spring comes around. If you have any doubts don’t consume it. Trust your nose, and leave it if it has begun to ferment.”

This is the link to the Woodland Trust’s rosehip syrup:

https://www.woodlandtrust.org.uk/blog/2019/07/raw-rosehip-syrup/?gclsrc=aw.ds&gad_source=1&gad_campaignid=923099488&gbraid=0AAAAAD4sptwF7fmkdUxG5m

It is recommended that a teaspoonful a day during the winter would be beneficial! The syrup can also be diluted to make a pleasant drink or served as it is over pancakes, waffles, rice puddings or with yogurt or ice cream.

Was Lily the Pink referring to rosehip syrup?!!

<https://www.youtube.com/watch?v=NpxlKV0fXR4>

ANSWERS to the music quiz about the voice

BASS

1. Roger Miller: King of the Road <https://www.youtube.com/watch?v=WrhAC0dFis0>
2. Louis Armstrong: Wonderful World <https://www.youtube.com/watch?v=CaCSuzR4DwM>
3. Ray Charles: Hit the Road Jack <https://www.youtube.com/watch?v=Q8Tiz6INF7I>

TENOR

4. Danny Boy <https://www.youtube.com/watch?v=ebuIR9HNvY8>
5. Cheek to Cheek https://www.youtube.com/watch?v=P1u2G16fq_Y
6. Bridge over troubled water <https://www.youtube.com/watch?v=WrcwRt6J32o>

ALTO

7. Georgia <https://www.youtube.com/watch?v=peA1jakdxL>
8. I only want to be with you <https://www.youtube.com/watch?v=osVaF4t-zFc>
9. Thankyou for the Music <https://www.youtube.com/watch?v=6N8Oyg42jFA>

SOPRANO

10. I whistle a happy tune <https://www.youtube.com/watch?v=WGS029Peg7k>
11. Climb every mountain <https://www.youtube.com/watch?v=RKuqySkghHw>
12. I’m gonna wash that man <https://www.youtube.com/watch?v=qr3wH4u4xus>

Your contributions to future newsletters, in any form, will be very welcome. Please send them to:
heatheredwards.music@gmail.com