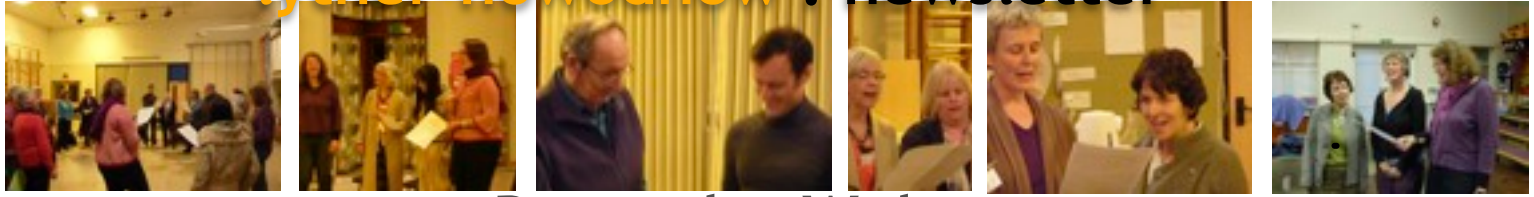


lyther-nowodhow : newsletter



Dynergh - Welcome 17th December 2009 Issue 11

to the Lev Krev Kernow lyther-nowodhow:newsletter!

Here's where we keep you updated on the latest sessions, future sessions and upcoming events.

"Lev Krev Kernow" is Cornish for "Vocal Force Cornwall" - a project managed by Cumpas (Cornish Music Projects) as part of the nationwide "Sing Up" program. Aims of the project include developing a network of vocal leaders for primary age children, provide appropriate training & support to enable the network to share their skills & repertoire in both leading singing and working with primary age children.

**Twilight Session
Mon 30th Nov**

13 participants met at Fowey School for a packed session of warm-ups, carols & learning a little more about the nationwide Vocal Force programme.

Warm-ups were selected & shared by participants (see favorites below), before a "Holly & Ivy" ("Ha'n gelynnen o an kynsa ow tevi y'n koos" refresher from Hilary & Frances (you



can hear this being sung at the beginning of [Radyo an Gernewegva's](#) current podcast). A round-up of all the projects followed (see overleaf), and our visitor, Frances Watt, Vocal Force Programme Manager & Advisor gave a brief overview of Sing Up, the development of the workforce, and thanked everyone within the growing Lev Krev team, for all the excellent work carried out to date. The session was finished off with a rousing "Lyngham"!



**Twilight Session
Wed 9th Dec**

5 participants joined the final twilight session of 2009 at Trenance School in Newquay.

Warm-ups were rich in the Cornish language for the season: "Nadelik Lowen ha Bledhen Nowyth Da!" ("Merry Christmas & Happy New Year"), and "war dedh Nadelik yn myttin" ("on Christmas day in the morning") - as a great call & response song. The session closed with a rousing chorus of The Holly & the Ivy, again in Cornish!

Lev Krev Favorite Warm-ups

Vocal

- opera singing in the shower / "good dog"
- vocalise journey to workshop / singing in rounds
- hide & seek - lounds & softs ... send 1 person away, hideobject, choose vocal sound to use, make sound louder as person gets closer
- jammy donut ... sirens ... football teams... wobbly bottoms ...shaky hands
- sweeping up & down on pitch going from lowest to highest (with physical movement if desired)
- "froggy throat" / overtoneing (changing mouth shape with constant note)
- "busy bee": sit in circle, pretend bee comes in, with louder/softer vocal sounds; pass the bee to someone else

Breathing

psst ... ha / pssst huh! snatch breath - bend over & drop tummy as you breathe in panting / hissing

Rhythm

1-2-3 / 1-clap-3 in pairs / Loiusiana hand clap jazz pulse / hip-hop body percussion

Other

jaw wobble - clasp hands together, drop jaw & shake / arm windmills
follow-my leader in 3's/4's: wave movement with body & sounds (ppp bbb etc); soft & loud (avoid bumping into each other) - swap leaders & sounds

Contact: info@cumpas.co.uk / 01209 313 233 / 07748 920 393 / Facebook (Lev Krev Kernow)

Nadelik Lowen ha
Bledhen Nowyth Da!

PROJECT UPDATES

- 1 PERRANERS & PERRANPORTH SCHOOL**
Lynne conducted Sans Day carol by Perraners; Perraners visited school to work with school choir on Sans Day; carol concert in Perranporth Memorial Hall with Perranporth Ladies Choir, The Perraners & Perranporth School
- 2 PERRANERS & St AGNES SCHOOL**
Working on singing project to go with "The Mousehole Cat" sometime in the new year
- 3 NEWQUAY MVC & TRENANCE INFANTS**
Trenance choir sang "Goonlaze" at St Michael's Church, Newquay with other schools in the local area, Newquay MVC will do a workshop with the children @ Trenance Infants, aiming to arrange a concert with them in 2010, adopting a boys' singing focus
- 4 PADSTOW SCHOOL**
Y1 using action rhymes with the aid of MAGA DVD & Kanow Flehes, using Cornish as much as possible
- 5 ST MARY'S CATHOLIC SCHOOL FALMOUTH**
Celtic project (Irish/Cornish) with St Mary's Catholic School ... outreach
- 6 PENWITH**
Singing Festival/ Singing for Dancing - w/c March 15th

- 7 KESCANA & MEVAGISSEY SCHOOL**
Keskana to give a brief concert at the school, followed by teaching a song each to Y1 & Y6
- 8 KESCANA & FOWEY SCHOOL**
Keskana to give a brief concert at the school, followed by workshop for Foundation & whole school
- 9 KESCANA & TREVERBYN SCHOOL**
Keskana to give a brief concert at the school, followed by workshops for children in classrooms
- 10 IMERYS MVC & BISCOVEY JUNIOR SCHOOL**
Links made with Barry Hawken ... aiming for concert & workshops with Boys' Choir
- 11 Redruth: Jon, Hilary**
Y 3/4 are studying Falmouth, using the place name idea & Can Dilly: aiming for a whole-class composition with the hustle & bustle of the docks, fishermen working with nets, the wide open water, cruising with boats, etc, using graphic scores to record planning & ideas.
- 12 TRURO YOUTH GROUP & SUNDAY SCHOOL**
Sally's youth group to visit Averil's Sunday School

FINALE IDEAS ... potentially @ Eden Project ... Saint's Way may be used over Y2 for vocal leaders

involve children, celebration, communal concert, parents/children/teachers invited plus other choirs

Morning Session: Share projects & achievements - displays, photos, video, recordings

Afternoon Session: Workshops / performance with children

Lev Krev Diary

Date	Time	Venue	Detail
Sun 20 Dec	13:00	Eden Project (Med Biome)	Perraners Choir
Dec 18,19,28, 29,30; Jan 2,3	18:30-20:30	Eden Project Med Biome	A time of Gifts with Dalla, Radjel & the Eden Choir ...
Wed 13 Jan	17:00-19:00	Mevagissey	Twilight: Singing Playgrounds
Sat 23 Jan	10:00-17:00	Columba Centre	Focus - Skill Share
Mon 25 Jan	17:00-19:00	Perranporth/Trenance	Twilight - Tom Bawcock's
Thu 11 Feb	17:00-19:00	Biscovey / Treverbyn / Fowey	Twilight
Sat 20 Feb	10:00-17:00	Columba Centre	Focus - Helen Porter
Wed 24 Feb	17:00-19:00	Perranporth/Trenance	Twilight
Thu 11 Mar	17:00-19:00	Biscovey / Treverbyn / Fowey	Twilight
Sat 23 Jan	10:00-17:00	Columba Centre	Finale

Community Choirs & Children's Choirs

St Ives, Truro, Penzance, Helston, St Austell (afternoons): Neil Shepherd www.cornwallcommunitychoir.co.uk / 01736 759944

Redruth: Monday eves - Sophie 07773 330393 Thurs eves - Jill 07974 689595

Fowey: Thurs eves - Kay 0780 5486 606

Penryn: Thurs morns - Claire Ingleheart 07791945770

Skill Share

If you have a skill you would like to share, let us know & we'll add you into the program for January's focus session.

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