

lyther-nowodhow : newsletter



Dynergh - Welcome

13 July 2009 Issue 1

to the first issue of the Lev Krev Kernow lyther-nowodhow:newsletter!

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

PLEASE let us know by Monday 20th July if you can make the Focus Sessions planned for Sunday 26th August in St Columb Major & Tuesday 25th August either via email (info@cumpas.co.uk) or by phone (07748 920 393): we need a minimum of 15 to run each session. MEUR RAS - THANKS!

Twilight Session - Weds 8th July

8 participants were able to join this session, which began, as each Lev Krev Kernow session begins, with a practical warm-up, followed by a breakout spot to explore values and content for Lev Krev Kernow (see outcomes overleaf), finishing off with a very animated and gossipy shanty, "Sally Brown".

Warm Ups

Lev Krev Co-faciliator, Kath Matthews began with a few basic stretches, "chewing some toffee", flopping down and gradually coming back up. A spot of mackerel on each ear lobe with a stretch to the shoulder, followed by Lin Marsh's number 8 on the nose drawing. This was followed by the 4 beat stamp-stamp-click-clap rhythm, followed by drop-outs on the beats. Splitting the group into 4, each group chose a sound, and replaced the 4 beats with a variety of eek, boing, whee sounds to the amusement of all!



The second warm-up came from Lev Krev Co-facilitator, Cheryl Rosevear, concentrating on breathing. Cheryl began by raising the arms, and then slowly bringing them down to shoulder height with the palms facing upwards. As the arms grew heavier, the palms were turned to face downwards, and gradually dropped to rest at the side, with arms feeling as if they are traveling into the ground.



Next came some breathing and hissing. Breathe in as if blowing up a rubber ring around the body, and then, hiss out using the tummy muscles.



Thanks to Biscovey School for hosting the session, & special thanks to Liz Davies for the delicious cakes!

"Sally Brown" along with previous songs used are available at the Lev Krev Kernow sessions & on the Lev Krev Kernow Facebook Page - video clips are there too!

Vocal Force Cornwall
'a strong voice for Cornwall'

Values: what's important to us in the Lev Krev Project?

- ✓ enjoyment - feel good factor
- ✓ freedom & creativity
- ✓ accessibility / inclusivity with sufficient complexity to provide fulfillment
- ✓ plenty of resources & media to spread the material
- ✓ sharing leadership: lead with confidence - beyond classroom & school
- ✓ motivational: purposeful events to work towards - performance, sharing ideas, resources
- ✓ feeling the physical buzz of many voices singing together: sharing the joy
- ✓ increasing amount of singing that's happening
- ✓ meeting a challenge, learning new things & from each other
- ✓ working with people you might not otherwise work with (diverse age / background)
- ✓ kinesthetic learning
- ✓ increase mental & physical ability to learn new rhythms
- ✓ open mindedness
- ✓ finding a voice, being comfortable with the sound you make & how your voice grows with practice
- ✓ safe environment to develop
- ✓ respect for individuality and different approaches to singing
- ✓ increasing self-esteem & self-belief
- ✓ being creative with your voice
- ✓ break down barriers
- ✓ technique
- ✓ the material is a tool to be used
- ✓ sense of place - Cornish songs & ideas

Content: What do we want out of the Lev Krev Project?

- ✓ repertoire - Cornish songs, works songs & singing for dancing - discovering new sources
- ✓ Cornish dialect, Cornish language, pronunciation
- ✓ songwriting: devising a song from scratch
- ✓ singing school, classroom skills, whole class or whole school singing
- ✓ choral leading
- ✓ vocal health / healthy singing
- ✓ singing acappella or with backing; with & without notation, experimenting, improvising
- ✓ share favorite vocal tracks
- ✓ inclusive singing; shared values
- ✓ opportunity to sing with new people and meet other 'singing people' in Cornwall
- ✓ opportunity to teach a song
- ✓ opportunities for singing & performance; new venues for performance
- ✓ learning - how do we learn - from others & together - place-based
- ✓ experience other people's approaches to singing
- ✓ give me more occasions to sing
- ✓ improved confidence, communication & experience; knowledge to be a better singer
- ✓ networking, tea & cakes!

How to ... Facebook!



You can sign up easily with your personal e-mail address.

Your invite will come from Facebook via email - just click on the link & follow the simple instructions. No need to fill in any profile details (unless you'd like to be a chitter-chatter Facebook person)!

You'll see all the video clips, pictures and comments, and if you feel inclined, you can add your comments too!

Network Events

Sunday 19th Jul

The Big Lunch, Truro

12 noon: Leski (Cornish music & song)

Gig on The Green, Mt Hawke

18:00: Leski

Sunday 25th Jul

The Krowji Art Fair, Redruth

20:00: Leski

Friday 31st Jul

Grand Opening Day at Tregarne, North Street (up Market Hill), St Austell

4-5pm: Caracana (Cornish music & song, with "nos lowen" dances)

Lev Krev Kernow Sessions

Monday 20th July: Twilight 5-7pm

Mevagissey CP School, Old Rd, Trewinney, Mevagissey PL26 6TD

Practical, networking plans, cross-sector visits & repertoire

Sunday 26th Jul: Focus - 10 - 5

Columba Centre, St Columb Major

Will Coleman: Place-based learning Cumpas: Why sing?

Tuesday 25th Aug: Focus - 10 - 5

Venue TBC

Saturday 19th Sep: Focus - 10 - 5

Venue TBC

Vikki Abbott: Singing without notation