

## lyther-nowodhow : newsletter



### Dynergh - Welcome

21st July 2009 Issue 2

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.

#### Lev Krev Kernow - Plan

Autumn Term	Spring Term	Summer Term
Cross Sector Visits: gigs, rehearsals, schools Plan project	Deliver	Performance Sharing Evaluate & Plan for Year 2

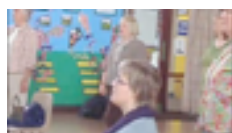
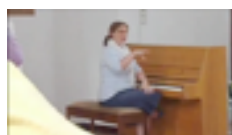
*PLEASE let us know if you can make the sessions on Tue 25th Aug and Sat 19th Sep! Contact us on [info@cumpas.co.uk](mailto:info@cumpas.co.uk) / 07748 920 393 / [Facebook](#) MEUR RAS - THANKS!*

### Twilight Session - Mon 20th July

13 participants were able to join this session, packed with practical warm-ups, telling lies, and the truth, finding out what skills we had & our favorite desert island discs, and learning and singing the Harvest Song.

#### Warm Ups

**Cheryl Rosevear**, our co-facilitator, specializing in classical & opera gave a practical warm-up, including elements of vocal health & technical singing.



Cheryl began with the breathing exercises as outlined in newsletter 1, followed by warming up the voice as she does with her students: working with the middle of the range, going down to the bottom, and then up to the top. Start at middle 'C', go up 5 notes and back down using vowel sounds; go up a tone, and repeat 5 notes up, and 5

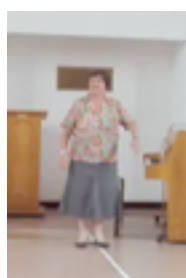
notes down. Travel down the scale with 'ravioli & spaghetti' or 'quavers & monster munches' (or whatever the students choose as food groups!). Imagine walking up steps

rather than down as you're traveling down the scale, aiming for the high sound to be the same as the low sound.

Cheryl's final exercise were arpeggios, with a crescendo right at the top, again using the tummy muscles to support the crescendo.

Key is to keep open your mouths and let whatever wants to come out come out, and use your tummy muscles do the work!

Our second warm-up came with stretches and big yawns, followed by a couple of songs from **Kath Matthews**, our co-faciliator and advanced skills teacher. Kath introduced the "If you're feeling grumpy..." call & response song she often uses with children, followed by "My bonny lies over the ocean", dropping every word beginning with "b", then knee-bending instead of every "b" word. Much laughter once again!



Thanks to Mevagissey School for hosting the session, & special thanks to Sheila Gill for the biscuits & cakes! And "meur ras onen hag oll" for the lovely complements on the Californian lemon polenta cake!

"Harvest Song" and previous songs are available at the Lev Krev Kernow sessions & on the Lev Krev Kernow Facebook Page (plus vido clips & pics of the sessions too!)

## Lev Krev Kernow - Latest Participant Skills List

### Teaching

- ✓ working with young people with behavioural problems in small groups & one-to-one
- ✓ special needs music, therapy
- ✓ dulcimer workshops for young people (5-18)
- ✓ singing teacher for 10 years to adults, using notation
- ✓ language teaching
- ✓ pre-school teaching
- ✓ maths
- ✓ advanced skills teaching
- ✓ 'singing schools' cross-culture, cross curricular project
- ✓ Cornish language development
- ✓ working with the elderly
- ✓ leading music in day care centres
- ✓ teach language through song, dance & games

### Musical Instruments / Groups

- ✓ accordion, melodeon, piano
- ✓ Irish uilleann pipes
- ✓ flute, recorder
- ✓ hammered dulcimer, Appalachian dulcimer
- ✓ fiddle, guitar, harp, banjo, auto harp
- ✓ handbells, surdu (drum)
- ✓ silver bands & orchestras
- ✓ fiddle & recorder groups
- ✓ university orchestra
- ✓ Bagas Crowd
- ✓ Cornish Fiddle Orchestra
- ✓ Drumba
- ✓ Caradon strings orchestra
- ✓ Returners Orchestra
- ✓ Leski
- ✓ Dalla

### Other

- ✓ languages Cornish, German, French, Spanish
- ✓ working with county language advisory service
- ✓ learning by ear and by reading
- ✓ performance
- ✓ singing in theatre: Bedlam, Plymouth Hub Performing Arts
- ✓ conducting
- ✓ gospel music to share
- ✓ management
- ✓ community cohesion
- ✓ contemporary dance
- ✓ uses of video conferencing for plays & dialogues
- ✓ links with Indian schools
- ✓ school productions (eg Buggy)
- ✓ dancing - Cornish, morris, circle
- ✓ sea gull talk!

### Choirs / Singing Groups

- |                                 |   |
|---------------------------------|---|
| ✓ conductor for Perraners choir | ✓ school choir at St Mary's Catholic School in Falmouth |
| ✓ church choirs                 | ✓ Treverbyn school singing leader                       |
| ✓ barbershop chorus             | ✓ University choir                                      |
| ✓ Dres Kernow, Carnon Downs     | ✓ lead community choir                                  |
| ✓ church folk group             | ✓ male voice choirs                                     |
| ✓ Kescana                       |   |
| ✓ Bristol Bach choir            |   |

*If you have particular skills you would like to share with the Lev Krev Kernow project, let us know & we'll add it to the list!*  
*Meur ras - Thanks!*

## Focus Session: Place based learning & Why sing?

Sunday 25th July 10am-5pm Columba Centre, St Columb Major, TR9 6AE

### Agenda

- 09:45 Coffee & registration
- 10:00 Place-based learning: Will Coleman
- 13:00 Bring & share lunch / Networking
- 14:00 Why sing?: Hilary Coleman & Frances Bennett from Cumpas
- 16:45 Close

**Travel** From the A30, take the A39 towards Wadebridge. Continue on the A39 at the 2nd rdbt. Take the 2nd exit at the Tregening Roundabout onto Station Rd. Bear right onto Fair St, left onto West St & left onto Victoria street.



Will Coleman has addressed conferences in Wales & Ireland, & will soon be working with schools & communities in many parts of Britain on place based learning, as well delivering the curriculum here in Kernow with 'diversity and distinctiveness'.

*"We know that the process of schooling often encourages young people to reject their home communities and to seek elsewhere for the 'good life' depicted by the media. Our task is to find ways for schools everywhere to nurture a sense of connection to the community whilst continuing to promote the highest academic standards."*



## Lev Krev Kernow Sessions

Tuesday 25th Aug: Focus - 10 - 5

Venue TBC

Saturday 19th Sep: Focus - 10 - 5

Venue TBC

Vikki Abbott: Singing w/out notation

## Network Events

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)

*... and finally apologies ... Kath doesn't have mackerels on her ear lobes ... it's heavy magnets!!*