

Vocal Force Cornwall
'a strong voice for Cornwall'

lyther-nowodhow : newsletter



Dynergh - Welcome 29th July 2009 Issue 3

to the third issue of 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 - Plan		
Autumn Term	Spring Term	Summer Term
Cross Sector Visits: gigs, rehearsals, schools Plan project	Deliver	Performance Sharing Evaluate & Plan for Year 2

"Bal Maiden's Chant" and "Pennbloedh Lowen" along with previous songs are available at the Lev Krev Kernow sessions & on the Lev Krev Kernow Facebook Page

Focus Session - Sun 26th July

16 participants found their way to the last-minute changed venue at the Exhibition Hall in Kingsley Village for a packed day of presentation, practical and discovery.

Place Based Learning



Will Coleman explored the thoughts of the participants on what education is for,

where do we get our culture from and what's the best thing to do about it.

Will presented a case for the current educational philosophy - education standards & curriculum, combined with corporate capitalism, leading to a lack of participation, individualism, economic dependency, environmental degradation and community breakdown.

Solutions currently being explored are three united components of education - teaching & learning, citizenship & sustainability - given tangible relevance by the concept of place.



to deliver knowledge in the form of information

to teach people how to think and how to question what they see and hear.

to develop and apply knowledge and skills to successfully participate in economic and social life

not mastery of subject matter, but mastery of one's person.

to empower the next generation to take collective responsibility for the world they inhabit

to convey knowledge but also the responsibility to see that knowledge is well used in the world.

to give you the means for upward mobility and success.

to train children and youth to enter the global marketplace as consumers and workers

to teach children to go and get a better job than their parents did

PLACE BASED LEARNING uses the most effective developments in teaching and learning to tackle critical issues of sustainability and community development in the actual context that young people are growing-up.



Will ended the session with the Kernow Kwiz (see the Lev Krev Facebook group).

Will is a Carnegie UK Trust partner, and a speaker at the Place Based Learning GB International Conference at Eden on Weds 2nd Sep. (<http://www.willcoleman.co.uk>)

Why Sing? & Barriers to Singing

Kath Matthews warmed the participants up with a round of "Pennboledh lowen/Kernow bys Vycken", followed by an exploration of "what it feels like after singing", led by Hilary Coleman and Frances Bennett (see overleaf).

Participants were treated to a "Sonic Bath", with 2 people sitting back-to-back in the centre of a circle, and the remainder moving towards the centre with a hum, or a sound, rising, then declining as they retreated.

Barriers to singing were explored by the participants (see overleaf), followed by the song, "Balmaiden's Chant", with key phrases / actions spoken, declared and then sung in small groups, culminating in a journey through the chants, overlaid with the melody.

What do you feel after singing?

- | | |
|--|------------------------------|
| ✓ energised | ✓ sharing stories |
| ✓ uplifted | ✓ stimulation for brain |
| ✓ spirited | ✓ thought/question triggered |
| ✓ togetherness | ✓ feel-food factor |
| ✓ sense of achievement | ✓ social |
| ✓ uplifted | ✓ breath control |
| ✓ sense of belonging | ✓ oxygenised |
| ✓ project /release / experience emotions | ✓ alive, awake, alert |
| ✓ buzz of performance | ✓ optimistic |
| ✓ showing & sharing | ✓ feeling of anticipation |
| ✓ collective meaning | ✓ co-ordination |
| ✓ confidence | ✓ melody, harmony |
| ✓ happiness, cheerful | ✓ challenged |
| ✓ passing on tradition | ✓ fellowship |
| ✓ relaxation | ✓ state of readiness |
| ✓ communication | ✓ successful |
| ✓ connection | |

Barriers to Singing

- | | |
|---|---|
| ▶ fear: I can't do it ... vertigo | ▶ unspoken rule: done very well, or not |
| ▶ sense of separateness & apartness | ▶ songs pitched too high |
| ▶ always told I can't sing /told to stop singing | ▶ singing's not taught (auditions) |
| ▶ nerves, inhibitions | ▶ perception you have to read music |
| ▶ lack of encouragement | ▶ poor material choice - lose interest |
| ▶ fear of competition / exams / theory | ▶ lack of confidence |
| ▶ lack of inspiration/ challenge/chance at school | ▶ fear of humiliation / embarrassment |
| ▶ it's "not cool" | ▶ fear of vocal damage through poor technique |
| ▶ fear of reading words | ▶ uncomfortable environment for singing |
| ▶ language | |

Focus Session Feedback

- ✓ nice mixture of theory & practice
- ✓ love picking up all the songs & singing harmony - could do this all day!
- ✓ inclusive stuff
- ✓ practical ideas about structuring learning sessions
- ✓ warm & welcoming
- ✓ enjoyed sense of place

Good Stuff

- ✓ enjoyed exploring voice/ rhythm
- ✓ enjoyed feeling safe in established group ... getting safer each time
- ✓ gathering together lots of musicians from Cornwall
- ✓ practical sessions
- ✓ great stuff, Will - the message needs to infiltrate all schools

Do Better / More of

- ▶ learn how to use vocal qualities (head & chest)
- ▶ more singing
- ▶ investigate boys' breaking voices
- ▶ how to pitch voice when teaching tenor & bass voices
- ▶ how to manage time in sessions versus material covered
- ▶ more sign-posting to materials - resources, written music

Focus Session: Skill Share

Sunday 25th July 10am-5pm

Kingsley Suite (upstairs), Kingsley Village

Agenda

- 09:45 Coffee & registration
- 10:00 Skill Shares 1 - 5
- 13:00 Bring & share lunch/Networking
- 14:00 Skill Shares 6 - 10
- 16:45 Close

We have tremendous talent within the Lev Krev Kernow group: this session will give you the opportunity to learn from the skills of your fellow participants in this Skill Share Focus Session.

Skill-sharing lined up so far includes: rhythm warm-ups, simple pitch & rhythm songs, music medals, singing school, Cornish language, harmony singing, singing for dancing, chi-gung & tai-chi warm-ups & French song

Lev Krev Kernow Sessions

Focus Sessions - 10am - 5pm

Sat 19th Sep: Singing without notation with Vikki Abbott

October: Tim Yelland (ETO)

November: Chris Grey/Angela Renshaw

Twilight Sessions - 5pm - 7pm

Thu 24th Sep

Mon 5th Oct

Wed 21st Oct

Mon 9th Nov

Thu 26th Nov

Wed 9th Dec

Twilight sessions include practical, networking, planning and at least one new song

PLEASE let us know :

- 1) if you can make the sessions on Tue 25th Aug and Sat 19th Sep
- 2) if you have particular skills you would like to share
- 3) if you have any events for the Network Events list

Contact us on info@cumpas.co.uk / 07748 920 393 / [Facebook](#)
MEUR RAS - THANKS!

Network Events

Every Wednesday

Nos Kernow ("Cornish Night") at Krowji, The Old Grammar School, Redruth - an evening of Cornish language, music & song

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)