

**lyther-nowodhow : newsletter**



**Dynergh - Welcome 29th August 2009 Issue 4**

to the fourth 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.

**Happy New School Year!**

If you're new to Lev Krev Kernow - Vocal Force Cornwall, you can find back-issues of this newsletter online at KEAP under the Sing Up program. Clips and audio files are on the Lev Krev Kernow Facebook page. Contact us on [info@cumpas.co.uk](mailto:info@cumpas.co.uk) / 07748 920 393 / [Facebook](#) - MEUR RAS - THANKS!

**Focus Session**

**Tue 25th August**

15 participants dived into the depths of Kingsley Village to share a selection of the amazing skills of our Lev Krev participants after a brief warm-up with Hilary.

**Rhythm Games**

Kay Peacey began with a series of rhythm games: passing single claps around the circle; clapping left/centre/right around the circle; stamp/stamp, slap/slap, clap/clap, "dydh da"; inner/outer circles in pairs with a side step left/right together, slap/slap, clap/clap, and hand shakes on "dyth da". Body percussion with the group split into 4 and each taking a rhythm part (stamp/stamp/clap, slappy/slappy/slappy/slap) with drop outs, then together replacing the



slaps with "I feel the rhythm of my hands/feet/eyes/hips" (with extrovert movements, of course). Finally, the additional mathematics link with 2 groups counting different numbers, and punching low or high on the last number (e.g. 2 & 5, 3 & 7). Thanks to Julie Antha for assisting Kay in this funtastic session.

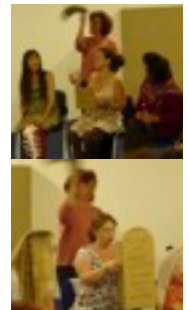
**Singing School**

Kath Matthews treated the participants to an insight into the "Singing School". A great way to control children from classroom to playground, giving them confidence & the chance to lead songs for themselves. Kath shared a few examples with the participants: "Everywhere you go", "If you're feeling grumpy", "Dr Knickerbocker", "Super Gran" and "Chocoholics", all of which can be found in "The Singing School" series of books by Maurice Walsh from Manchester Music Service.



**French Song**

Marion Coleman shared a wonderful French song about a lawyer who had a hat under his arm, ate a fish, swallowed the bone and died ... his gravestone read "Ici-gît un avocat, son p'tit chapeau sous son bras". Excellent props used to help remember the words!



**Vocal Health**

Cheryl Rosevear finished the morning with a refresher on vocal health. Good posture & use your tummy muscles! Warming up your voice is essential to maintaining good vocal health: hammering the vocal chords without warm-up (as for any muscles) will lead to a sore throat. Building up the vocal muscles now will enable your voice to be spritely for an entire Christmas show!



### Singing for Dancing

Hilary Coleman shared the song "Tregajorran Wartha", with a demonstration of the furry-circle dance "oll a dro" by some of the participants. The same song was used for a scoot dance from Carmen Hunt.



### Cornish Language

Frances Bennett introduced participants to a few Cornish phrases, (spladn, bryntin, meuras) & the song "Goonlaze" using drawings to aid understanding.



### Vocal Force Cornwall 'a strong voice for Cornwall'

#### Rhythm/Composition

Lynne Keast began with the simple ditty, "I, I, me oh my, how I like my cherry pie" on two notes, as a way of learning pitch, using a teddy passed round the group to change the pie, with participants using their 'thinking voice' to tap out the pulse. Lynne introduced hand signals for the pentatonic scale, and the "straight line" form for crotchets. Participants created the Lev Krev song (posted on the Lev Krev facebook group).



#### Music Medals

Averil Chedigwen shared another way to learn musical notation using balloons. Passing around the group and a centre ta-aa-aa-aa person. Music medals are a way of showing how children are doing without the pressure of exams, awarded on the external assessment of a video of a solo & ensemble piece of the child's choice. [www.musicmedals.org](http://www.musicmedals.org)



#### Participant feedback ...

humour \* very relaxed \* how quickly our team can learn & deliver harmonised song \* challenging improvisation \* variety of ideas & skills \* great to network with others @ lunchtime \* communication & fun shared with other people \* interactive learning made interesting by diversity of members' experiences \* seeing "Singing Schools" books - you can't always visualise books over the internet! \* intro to Cornish language \* loved Marion's delivery & props - just perfect \* learning French words \* lovely French song - gorgeous harmonies (3 & 4 at times!) \* playing with languages & different resources \* singing for dancing \* Carmen's dancing - terrific! \* wonderful new way of writing a round - simple scale & easy notation \* enjoyed composing pentatonic tunes for LK round \* Lynn's hand signals \* we can write songs - hooray! \* Averil's balloons: developing timing skills, note recognition & to introduce rhythm \*

#### Skill Share Leaders feedback on...

**Planning** mulled over \* practice \* check variety \* timing awareness \* visuals/materials \* knowledge of material \* incorporate something new \* know your group - be ready for unexpected! \*

**Delivery** innovate \* flexibility \* knowing ones limits \* timing awareness \* able to go off on tangent \* in training, give some context \* focus on positive participants \* feedback - check reality \* let go of perfection \* end on positive, familiar, consolidating \*

**BIG THANKS** to all our session leaders! Feel free to chat to them about their particular skill. **Let us know if you have a skill you would like to share at a future Skill Share Day!**

### Focus Session: Vicky Abbott Singing without Notation

Saturday 19th Sep 10am-5pm  
Columba Centre, St Columb Major  
(bring & share lunch)

Vicky Abbott is a well-established choral leader, musical director of the fantastic Acorn Choir in Penzance, & led the choir in Wildworks recent production, *The Beautiful Journey* at Devonport Dockyard in Plymouth ... "whose final song mesmerised the entire audience". Vicky is currently leading the "Get Cornwall Singing" project.



### Lev Krev Kernow Sessions

Focus Sessions - 10am - 5pm

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 & at least one new song

**Let us know if you can host a twilight session!**

### Network Events

Every Wednesday

Cornwall Community Choir  
1:30 - 3pm @ Highertown Church Hall, Truro

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

**Let us know if you've an event you'd like to be added here!**