



30th September 2009 Issue 6

Dynergh - Welcome

to the Lev Krev Kernow lyther-nowodhow:newsletter!

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

If you're new to Lev Krev Kernow - Vocal Force Cornwall, you can find back-issues of this newsletter online via KEAP under the Sing Up program. Clips & pics are on the Lev Krev Kernow Facebook page. If you'd like to join the program, do drop us a line, or give us a call. Contact us at: info@cumpas.co.uk / 07748 920 393 / [Facebook](#)

Focus Session Thu 24th September

8 participants were able to meet at Biscovey Junior School for a review of learnings to date, a hilarious round of singing in Cornish and a first look at potential projects.

Lev Krev Kernow - in practice

Participants shared examples of what they have already put into practice as a result of the Lev Krev Kernow training:

“Yoo hoo, it's me” has been great to focus the children's attention.

“Spaghetti Ravioli”

“Hissing - compliment to tai chi, as you breathe into the diaphragm.”

“Breathing - children's pitch - can raise voices much more effectively before (taking them up to a top G) - usually you don't believe you can!”

“I've slipped a few things into the pub choir about the

larynx and tipping the larynx (as demonstrated on “The Art if Backing Vocals” on Radio 4 - normal, lower larynx to warm up the sound, raise larynx for younger & more nasally, breathy and rocky)”

“Picking up Cornish words and using them”

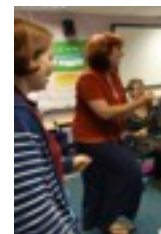
“Using eye contact & rhythm in circles, groups and pairs”

Goonlaze

After warm-up exercises, with Hilary Coleman and some amazing sonic baths, we refreshed our memories on the song, Goonlaze, with a look at the pictures from the Skill Share focus session.



Having figured out the meaning of the song, Hilary went through line-by-line, rap



style, with the song in Cornish.

We split into five groups to work out the actions for the song to help.

Repertoire List

Here's the repertoire list of songs that participants should become confident with during this project:

- ✓ **Bal Maiden's Chant**
- ✓ **John Rowe**
- ✓ **Goonlaze**
- ✓ **Harvest Song**
- ✓ **Litter Song**
- ✓ **Peter's Choice**
- ✓ **Sally Brown**
- ✓ **St Piran's Round**
- ✓ **Tregajorran Wartha**

plus **Singing School**

plus **Kescana's**

- ✓ **Cadgwith**
- ✓ **Hungan**
- ✓ **Lamorna**
- ✓ **Ryb an Avon/I lost my love / Maid inBedlam**

Thanks to Biscovey Jnr School for the kind hospitality!

PROJECT IDEAS

Singing Festival - w/c March 15th

- ★ Small groups performing throughout week
- ★ Combined celebration of music involving Penwith primary & secondary schools (including Bolitho Private School) with strings
- ★ End result - participants & audience "buzzing" about singing & performing

PENWITH
Pip, Jenny, Kath

Truro link into Penwith Singing Fest

- ★ link with Kerensa to progress from stories & puppets to trad songs in pre-school
- ★ work with youth group & Sunday school
- ★ link into Penwith Singing Fest

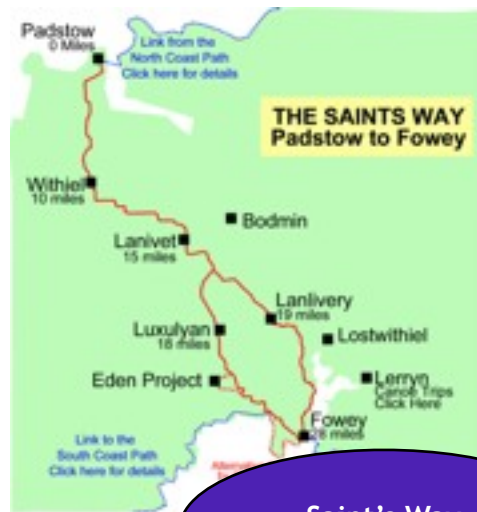
TRURO
Sally H, Kerensa

Fowey Community Choir linking with Fowey Primary and Biscovey Junior Choir

- ★ Visit to Fowey Primary
- ★ Singing in playground
- ★ Staff singing group
- ★ Staff singing support/skill share
- ★ digitising resources
- ★ resource building by children & Garage Band
- ★ Aiming for improved behaviour, artsmark?, CPD & raising profile of Cornish language

FOWEY / PAR
Kay, Gary, Penny, Liz

Sing The Saint's Way



Saint's Way
Anita, Sally T

- ★ extend / link up with other choirs / singing groups / singers (eg Perranporth Choir?)
- ★ Kescana to Treverbyn School (music / song / drama)
- ★ Perraners into Perranporth & St Agnes schools - learn songs / sing together
- ★ meet other groups along the route for a grand finale week / weekend

Lev Krev Kernow Sessions

- Mon 5th Oct: 5-7pm @ Trenance Infants
- Wed 21st Oct: 5-7pm @ tbc
- Sat 31st Oct: 10-5pm @Columba Centre
Vicky Abbott - Singing without notation
- Mon 9th Nov: 5-7pm@Perranporth School
- Sat 21st Nov: 10-5pm@Columba Centre
Chris Grey/Angela Renshaw - Choral Singing
- Thu 26th Nov: 5-7pm @ Fowey Primary
- Wed 9th Dec: 5-7pm @ tbc

Our focus over this term will be pairing up practitioners & teachers for projects. Twilight sessions always include singing, networking and cake!

Network Events

- Community Choirs**
- Mondays: Krowji, Redruth
 - Tuesdays: Carbis Bay
 - Wednesdays: Truro
 - Thursdays: Four Lanes Fowey (3rd)

Children's Choirs

- Mondays: Penwith Music Centre, Penzance
- plus ... a chance to hear good music & song, dance & enjoy good food at the annual BYO Nos Lowen with Caracana, Kescana & the Cabbage Stalks on Sat 12th October @ Tywardreath Scout Hut

Free Sing Up Training Days

- Early Years, Sing Up Awards & the use of IT with singing**
- Mon 19th Oct @ Hayle Community Centre
- Tue 20th Oct @ Launceston Methodist Church
- Fri 6th Nov @ Chacewater Village Hall
- Singing Playgrounds with Sue Nicholls**
- Thu 3rd Dec @ Launceston CP School
- Fri 4th Dec @ The Tolmen Centre, Constantine
- Email jemima.taylor@keap.org.uk for a booking form