



Choir News

April 2019



Diary Dates

- 6 Apr St Nicholas Church Annual Concert
- 13 Apr St John's Church Oddfellows Band
- 3-6 May Cornwall Music Festival
- 18 May Annual Dinner
- 21 June Joint concert St. Mary's Derby

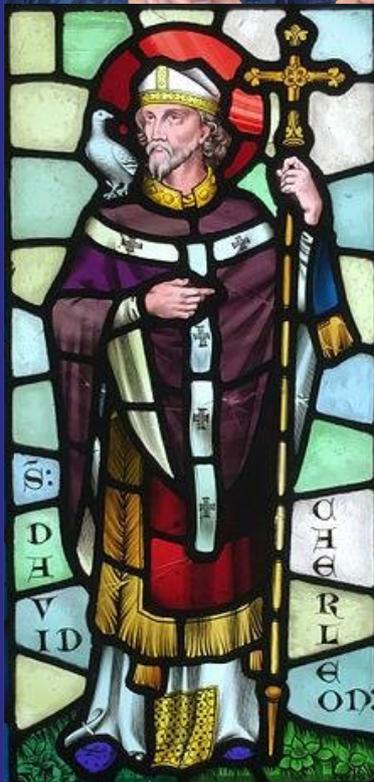
We'll keep a welcome in... Willington !



This season so far, we've helped to raise **£7044**

Lucky Numbers

- 4 Mar Michael Ireland
- 11 Mar Louise Buxton
- 18 Mar Louise Buxton
- 25 Mar Ian Findlay



Friday 1st March is the day on which the people of Wales celebrate their patron saint, Dewi Sant (Saint David). In the heart of the English countryside at Willington Village Hall, the choir held a St David's Day concert and sang a number of Welsh songs including Gwahoddiad, Rachie and Morte Criste. Soloists Chris Hare, Tom Fleming and Kevin Griffiths added to the Welsh flavour of the evening through their performances of Suo Gan, Myfanwy and Calon Lan. Our pianists Anne Allen and Louise Buxton (pictured above left) were presented with daffodils; one of the national emblems of Wales. The audience were clearly impressed with our performance and various members of the choir received positive feedback on our excellent performance. Our debut performance of "Sound of Silence" was particularly well received. Pictured above right is Margaret Aubrey who organised the event with choristers Dave Carver, Ken Barnes and David Bott. The evening raised over £370.

Interested in joining the choir?

E-mail : DCMVCenquiry@virginmedia.com or call 01332 606356

Choir junkies addicted to endocannabinoids



Before

After



Anyone who sings in a choir will already be aware of the tremendous “high” experienced after a good rehearsal or performance in front of an audience. I and a number of my choral colleagues have often commented that we find it difficult to sleep after an evening performance because of the powerful positive emotions we experience long after the singing has ended. As so often, there are now many scientific studies which support the conclusion that experienced choristers have known for years - singing is good for you !!! It provides a feeling of bliss; and reduces anxiety and stress.

It's thought to be caused, at least in part, by the release of a group of feel-good chemicals called endocannabinoids - chemicals that have only recently been discovered. We make them naturally in our bodies, and they have a very similar structure to the feel-good chemicals found in the cannabis plant.

There are a number of activities you can do which will induce similar chemical changes in the brain. Moderate exercise such as running, cycling or rowing can also induce a ‘natural high’. Other activities that many people say make them feel good are singing and dancing.

In a recent small study presented in a BBC documentary, cycling increased endocannabinoids in the body by 19%, dancing by 21% whilst singing recorded the biggest increase by a whopping 42%.

Several of our choir colleagues have been courageous enough to allow us to show images of them before and after a concert. As you can see the effect of singing is immensely positive although one of the side effects appears to be a deterioration in your eye sight!!!

<https://www.bbc.co.uk/programmes/articles/4CBpdQyyRBPRDcmmPmfHVFD/can-singing-give-you-a-natural-high>



Hilton full-house enjoys a 2-for-1 choir offering

Saturday 16th March found the choir returning to Hilton Methodist Church at the invitation of the Cumpstone family who have strong ties with DCMVC; John, a singer in the bass section and Louise our accompanist. We in turn extended an invitation to our colleagues at Pye Hill & District MVC to share the concert programme with us. The modestly sized building was full to capacity and the audience was blown away by the depth and volume of sound created, particularly during the two joint pieces sung by both choirs. The concert was held in aid of the "Action for Children" charity and was part of a fund raising programme being spearheaded by Sue Cumpstone who intends to run the London Marathon later this year. Pictured left centre are Chris Hare, David Braithwaite, PH&D Chairman and Linda Darnell, PH&D Musical Director. Pictured right bottom are David Braithwaite, Sue Cumpstone and David Carver.



But which 50% works?

It has long been known within the advertising industry that only about 50% of the time and money invested in marketing and promotions is effective - the problem is that no one is ever sure which 50% works and which 50% is a waste of effort. This fact equally applies to our choirs' efforts to recruit new members and raise general awareness of the choir.

The key message is that we must continue to invest our time and effort in promotions. The results are not always immediate but we are delighted to have recently welcomed three new faces; Geoff, Rod and Nigel to our weekly rehearsals. Keep up the good work lads!



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Warm welcome at Crooked Spire concert

Chairman Mike Spriggs and his colleagues from Chesterfield MVC extended a warm welcome to all of us in DCMVC as we arrived at Chesterfield Parish Church on Saturday 30th March. This was a long awaited joint concert which had been originally planned for March 2018 but was cancelled due to bad weather. In the presence of the Mayor of Chesterfield the long wait seemed worthwhile as both choirs provided a beautiful variety of choral song and also joined together to perform five joint pieces. It was interesting to see that since the last time the two choir's had performed together in the summer of 2016; both choirs had made dramatic changes to their appearance in a bid to shake off the traditional image of male voice choirs. Pictured left are Chesterfield Musical team Andris Ugulis, Janina Ugule; choir chairman Mike Spriggs, Stuart Brittain, Mayor of Chesterfield and DCMVC musical team Louise Buxton and Chris Hare.



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