

Stop Press: concert now rescheduled for **Saturday May 12th** at 7:30

Why **SINGING** is the fast way to friendship: Chemicals released from the brain help us bond quickly

Extracted from an article by **Fiona Macrae**, science correspondent for the **Daily Mail**

Men who did a singing lesson at night school became friends more quickly than those who signed up for other classes. Recent research shows that singing breaks the ice, helping people bond more quickly than other activities.

The Oxford University researchers said singing may be nature's way of helping big groups of people gel together.

Today, the power of song can spark friendships, unite workplaces and make people happier but in the past, it would have aided survival and helped man colonise the globe.

Writing in the Royal Society journal, **Open Science**, the researchers added it may be no coincidence that group singing or chanting is often a cornerstone of religion.

They made their finding after asking people studying singing, creative writing and crafts at night school how close they felt to their classmates.

Although all felt equally friendly by the end of the seven-month courses, those in the singing groups bonded more quickly.

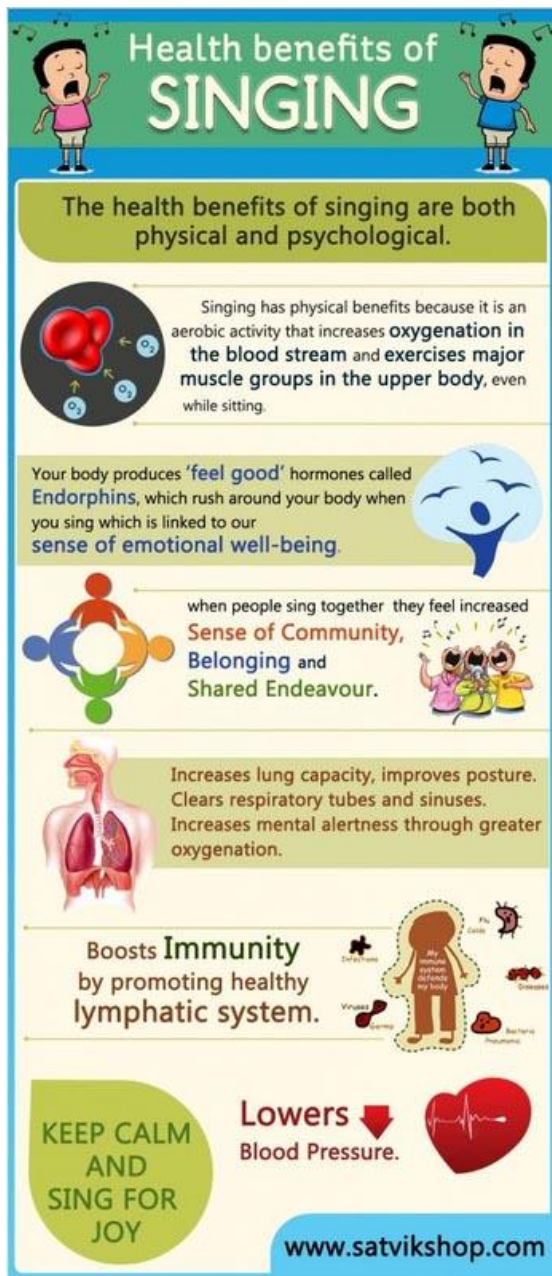
Researcher **Eilunid Pearce** (right) said: "We had expected the singing classes to feel closer to each other than the other classes at the end of the seven months. However, we found something different.

The difference between the singers and the non-singers appeared right at the start of the study.

In the first month, people in the singing classes became much closer to each other over the course of a single class than those in the other classes did.



Singing broke the ice better than the other activities, getting the group together faster by giving a boost to how close classmates felt towards each other right at the start of the course.

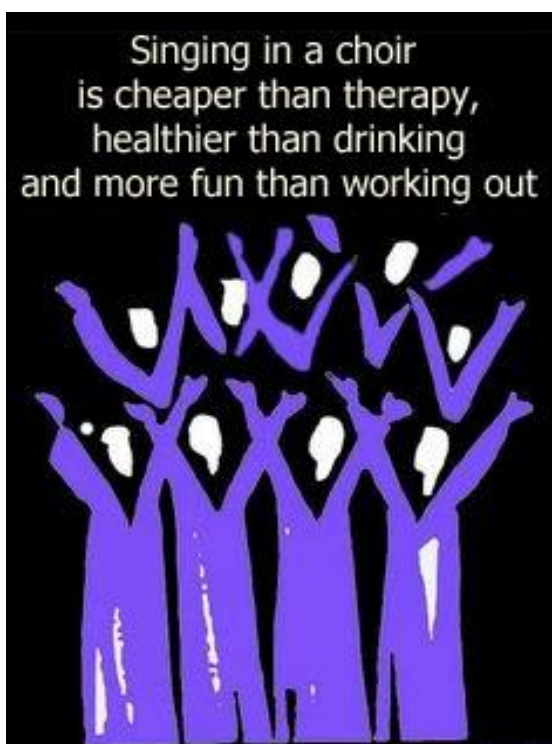


Researchers at **Oxford University** were shocked by how quickly choir members made friends, suggesting it may be nature's way of bonding large groups together. Previous research has shown choir members are happier than those who simply sing around the house. And choral singers are also more satisfied with their lot than people who play team sports.

It is thought that group singing is particularly beneficial because moving and breathing in synchrony with others triggers the release of feel-good brain chemicals.

Other work has shown that singing with others provides a wealth of health benefits from strengthening the immune system and reducing stress to improving the symptoms of Alzheimer's.

Importantly, you don't have to be a wonderful singer to benefit. This is because improvements to health come from being part of a team, working in synchrony and exercising the lungs, diaphragm and other parts of the body - and if we sing in tune there are other satisfactions.



"So that's another set of reasons why you should come along to Colne Valley Male Voice Choir", adds Joe Stones, the Choir's leader on recruitment.



"Not only will it do you good but it's also a lot of fun. Pop by our rehearsal room on a Monday evening and just listen or, better still, sing in with us.

You will be most welcome."

Jekyll and Hyde - the Musical

'This is the Moment' - one of the musical's big hits is a new song for the Choir.

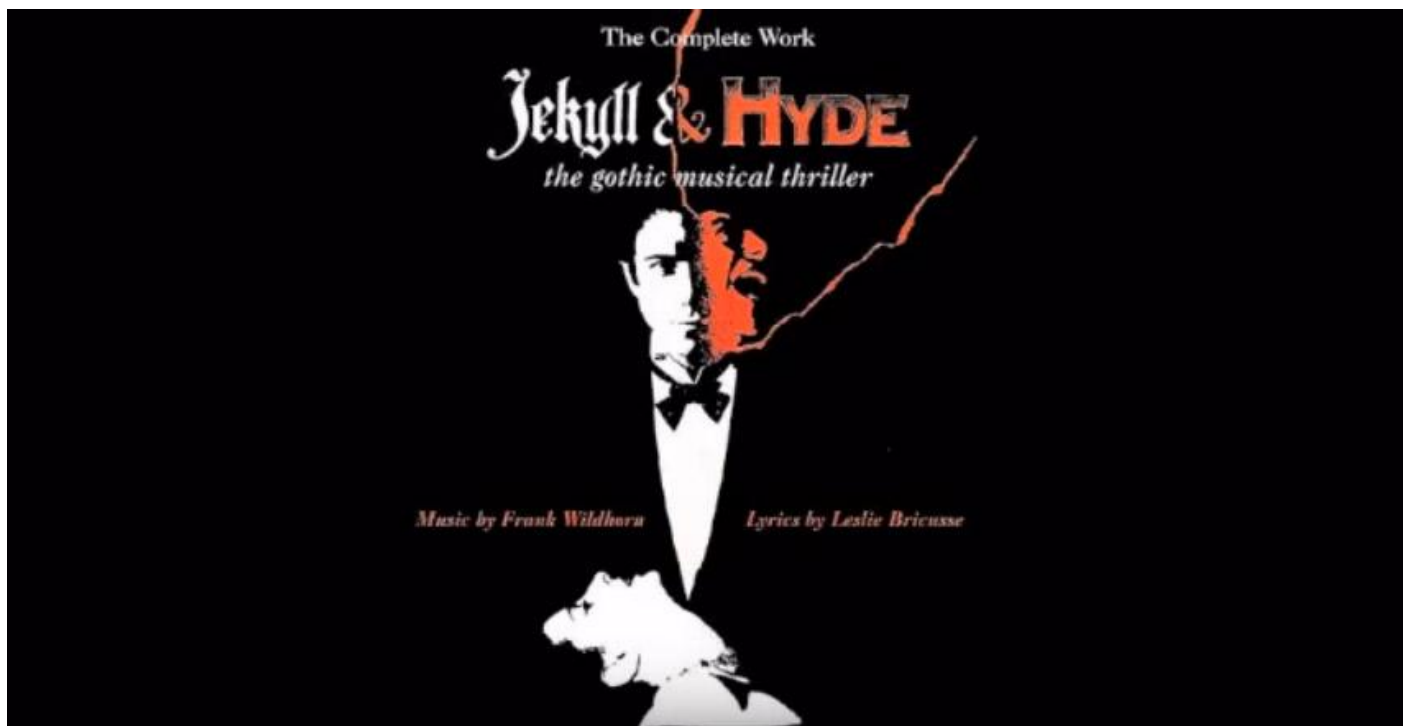
Jekyll & Hyde is a musical horror-drama loosely based on the book by Robert Louis Stevenson. It features music by Wildhorn and lyrics by Wildhorn, Bricusse and Cuden. Following a world premiere in Houston Texas, the musical went on to a Broadway debut in 1997. It's been regularly revived ever since.

Late in Act 1, **Doctor Jekyll** informs his friend he has found a subject for his experiments. That night, Jekyll dismisses his butler and proceeds to his laboratory, excited that the time has come to conduct his experiment. This is when he performs the song: '[This Is the Moment](#)'.

Jekyll mixes his chemicals to create his formula, 'Hd7', and injects it into the subject: himself.

After a minute of the potion's side effects, he writhes in pain, and is taken over by an alternate, aggressive personality. With grim humour he notes in his journal "4:00 AM - a few slight changes".

He gleefully goes out and roams the streets, taking in the sights and sounds of London while tormenting innocent bystanders. He has an abusive encounter with Lucy. Jekyll's alternate personality gives himself a name: **Edward Hyde**.



This is the song the Choir is getting ready for our spring and summer season.

We expect our first performance of it will be at St Stephen's in Lindley on May 12th.

Meanwhile click here to enjoy the original.

<https://www.youtube.com/watch?v=cJ5iKRpE41E>



A Good 'Send-off' for Harold....

Family, friends and most of the men of the Colne Valley Male Voice Choir, came together for Harold Clough's funeral service - with pleasure amongst the sadness as we remembered a lovely man. The Choir, it was reckoned, sang very movingly.



Harold - very much a music-lover made his departure to an excerpt from the 'Pearl Fishers.'

'The attached piece is called 'Sortie' (departure) and It struck me, as Gordon Stuart, played it in his lunchtime organ recital the other day, that it probably wouldn't have been a bad choice for Harold to have used to make his exit. RIP Harold.

It's by a 19th century chap with the unlikely name of **Louis James Alfred Lefébure-Wély** and it's rather jolly.

<https://www.youtube.com/watch?v=9VA7OwbL368>



Trevor joined in 1993



Baritone, stalwart and organiser of the notorious **200 Club** dinners, **Trevor Sykes**, receives the praise of longest serving member, **John Radcliffe** - not to mention a lapel badge - for having sung with the Choir for 25 years.

Well done, Trevor.

Dates for members to note

Monday 2nd April - no rehearsal – Easter Monday

Monday 9th - rehearsal with **Sarah Ogden**



April 16th - rehearsal with **Christopher Pulleyn**

April 23rd - back to normal with Thom Meredith on the podium

Monday May 7th - rehearsal even though it's May Bank Holiday (necessary because of imminent concert)

Saturday May 12th - rescheduled concert at St Stephen's, Lindley



Man Buys Fish?

Baritone, all-around good guy and Music Committee chairman, **David Hirst**, reveals in a recent email that the supermarket price of Snapper Fish Fillets is around NZ\$ 42.00 per Kg (ca £22.00 per Kg).

The Editor has it on good authority that David was born and raised in a fish & chip shop below what is now Marsden Band Room and so I concede he probably does know about the price of fish.

Anyway he wants us to believe that he caught this one himself, whilst on a family trip to the Antipodes and cites the attached picture as evidence.

Hmmm!



Male voice stilled forever

Perhaps the bleakest story of the month?

It seems like we will never hear the grunt of a male northern white rhino ever again. **Sudan**, the last one left on Earth, died the other day.



And so many of the World's big animals are in, what will probably be, terminal decline.

And relating to the VotV *raison d'être*: - other data says male voice choirs, too, are becoming rarer and fewer. But I doubt whether we'll become an extinct institution, any time soon. At any rate, it's in our hands.

And, indeed, CVMVC is currently growing its numbers.

But for the Northern White Rhino - unless there's some miracle of science and embryology - there's no return.

As for men singing - the invitation is still open! Pop down to the rehearsal room in Slaithwaite any Monday evening and just listen - or better still - sit in and sing along. We won't hassle you and it may just be the best thing you've done in a while!

(Ladies: send your chap down – it'll do him good!)

Nice bus

Apparently it's a low-bridge half-cab double-decker. It's on Lord Street, approaching Northumberland Street, heading to Storthes Hall, probably sometime in the 1860's.



Photo: Eddy G Hudson and HUDDERSFIELD THEN AND NOW

And another thing....



The Editor is grateful to Tish Barker for finding this gem of piano comedy, combining Beethoven with 'Colonel Bogey' and a few other tunes.

Dudley Moore was a huge talent!

<https://www.youtube.com/watch?v=SIFzbLE6bHU>

And one more thing.... 'Marsh Ladies'

Our colleagues in Marsh Ladies Choir ask us to mention that they have a charity **concert at Holy Trinity Church** in Huddersfield, coming up on **Saturday, April 14th**



The Marsh Ladies make good music and a fine sound. The cause -

The Yorkshire Children's Centre - is a good one. They have **Ian Abbott** as conductor and the mega-talented, **Kim Kaye**, on piano and the wonderful **Marsden Silver Prize Band** as well. And with that suave raconteur and CVMVC baritone, **Raymond Ellis**, as compère, you can be sure of a fine evening's entertainment.



And don't forget to see our website

