



‘Centenary Celebration’ concert coming soon

Our very special ‘Centenary Celebration’ concert is coming up on October 1st. It’s going to be a wonderful event; Colne Valley Male Voice Choir at the Huddersfield Town hall with our guests, the world renowned Regimental Band of the Coldstream Guards.



The Band has an unrivalled history in the field of military music, a history that trace its roots to a Royal Warrant issued by King Charles 2nd in 1685 authorising a small musical ensemble in the Kings' Regiment of Foot Guards in London. In continuous service now for more than 200 years, the band is one of the oldest military bands in the world.



Major Stewart Halliday

The band's 42 musicians are led by the formidable, **Major Stewart Holiday**, supported by Band Sergeant Major, **Glen Little**.

Stewart joined the Army in 1985, took on the Director of Music Role in 2021.

He has enjoyed a spectacular career in military music with tours across Europe, Canada, Australia, Falkland Islands, Sierra Leone, Uganda and Afghanistan.



Band Sergeant Major Glen Little

Here we see the Coldstream Guards Fanfare Team performing at the Dubai Expo in 2020.



To get your tickets online, click on the right.... or phone Kirklees Box Office on (01484) 22575

Coldstream Guards Band & Colne Valley MVC

Saturday, 1 October, 2022

19:15

Huddersfield Town Hall

Tickets from £10 with concession available in the gallery plus booking fee

Order
Tickets

A Youth Engagement Event

During the day of the Coldstream Guards Concert on October 1st, there will be a variety of events and workshops taking place to be run by the Band and **Musica Kirklees**, aimed at encouraging young musicians to meet the band, hear about their music, maybe play alongside them and discover potential routes into a career in music via the military.



Recruiting Only the Best for the Future!

L – Lead by Example

E – Encourage Thinking

A – Apply Reward and Discipline

D – Demand High Performance

E – Encourage Confidence in the Team

R – Recognise Individual Strengths and Weaknesses

S – Strive for Team Goals

The Choir will actively support these initiatives. We are keen to see young musicians developing their skills, both vocal and instrumental. We shall be providing free tickets to the evening concert to encourage youth participation.

Readers will probably know that this concert will be entirely a charitable event. All profits from ticket sales will go to the Army's benevolent fund ABF: The Soldiers Charity.



The Army's National Charity

The Choir, though also wants to support young musicians experiencing financial difficulties that block their musical education and development.



To this end, the Choir is producing a souvenir concert programme and any profits from its sale will go towards a special fund, to be run by Musica Kirklees, which will channel financial help to young players. We shall be organising bucket collection, too, after the concert and any contributions will likewise go to Kirklees young musicians.

So, two very worthwhile causes should benefit from the Choir's efforts and we'll have a cracking concert, too.

A major blow to us all

We were all shaken by the recent death of her Majesty, Queen Elisabeth the Second on the 8th of September.

Of course, well into her nineties, her passing could not be entirely unexpected but the suddenness of her death shocked us all.

Our immediate thoughts go out to her family and particularly to her son, now King Charles the third.

God save the King.



We recall how, though frail, she seemed completely on-the-ball only a couple of days before at Balmoral, overseeing the change of Prime Ministers.

What a glowing example of service to the nation she gave us in over 70 years of her reign. For most of us she was a fixed and certain point throughout our lives and we shall be poorer for her passing.

But the news was a blow to the men of the Colne Valley Male Voice Choir in another way.

For many months the Choir had been negotiating to welcome The Regimental Band of the Coldstream Guards.

Given their pivotal role in all manner of Royal ceremonies, connected with the Queen's passing, we were, for a few days, very fearful that the band would have to withdraw and hence that our Centenary Celebration Concert on October 1st in the Huddersfield Town Hall would be unable to go ahead.

Thankfully, even before her Majesty's State Funeral on September 19th, the Choir Chairman, **Joe Stones**, received confirmation that the band would indeed be able to join us on October 1st at the Town Hall

If you haven't got a ticket, get one straightaway. This will be a landmark event for the Choir. Our guest band - who distinguished themselves in the musicality and dignity of their participation in events to mark the passing of the Sovereign - are wonderfully skilled and will provide a marvellous spectacle with us on the Town Hall stage.



We'll miss you, too, Basil

The Choir has learned with some sadness of the recent death of Second tenor, Basil Hirst.

Basil passed away peacefully in the care home where he spent his last few months. He had decided that he wasn't up to living independently any longer. He lived happily there, still engaged and mentally alert until his death at the age of 96.

Ian, Basil's grandson, wrote, *'Basil passed away yesterday surrounded by family. I know he had a special place in his heart for everyone at Colne Valley Choir, so thought it was important to let you all know.'*

Basil's was very fit until well into his eighties. Your Editor remembers walking along the cliffs at Newquay with him and finding that I, though twenty odd years his junior, was struggling to keep up. That was at the **Cornwall International Male Voice Choir Festival** in 2013.

Basil was so solid in his grasp of all the pieces we sang in that competition.



(He had had a terrific choral background, before joining CVMVC - for many years he conducted the West Yorkshire Police Choir). In our Choir, he would frequently lead sectional rehearsals, taking through the difficult bits.)

He gave all his fellow second-tenors great confidence in that Cornwall competition. We won, of course; Overall Best UK Choir.

His body began to let him down however. He recovered from an illness some while ago in 2017 but nonetheless wrote to secretary, Jenny Baxter, telling her he had reluctantly decided to retire as a Singing Member.

'I can never face the Slawit steps again', he wrote, adding for the benefit of the Choir, *'I thank you all for the fun, friendship and fellowship over the years and wish you all happy health and Hallelujahs for the future'*

Basil's interest in the choir never waned. He couldn't make it to the March 22 'Concert For Keith' celebrating our honoured accompanist's retirement after 63 years of masterly piano support in March this year but he got the souvenir programme and wrote to share a few memories of Keith and *'his flashing fingers'* and sent once more his best wishes to the choir.

Rest in Peace, Basil

Rest in Peace, 'Ma'am'

Brian Fairclough, bass stalwart, recounts his memories of Queen Elisabeth II.



Many folks have been recalling their memories of the Queen during her long and wonderful reign. I met her twice, once by 'accident' and once by arrangement.

Let me share my tales with you.

In the early 1990's my wife and I were on holiday touring Scotland. We checked and found that Balmoral was open to the public. When the Royals are there, it is closed to the general public. So we explored the surrounds of the Castle, the gardens and the stables. My wife is a farmer's daughter and was brought up with horses. We toddled across to an area of stables and saw many horses small and huge. I was anxious lest we were in a place we had no authority to be in.

I heard two people walking on a gravel path towards us. The gentleman has corduroy trousers, a tweed coat and flat cap. He looked the part. Next to him and walking briskly was a lady in a green raincoat and head scarf.

As they walked past the lady said "Good Morning".

Instinctively I replied "Good Morning" back to her. The words had not left my lips by more than a second when I realised it was the Queen!



The previous day the former US President, George Bush Senior, had accepted an invite to meet Her Majesty at Buckingham Palace. After he left the Queen decided to nip up alone to spend the weekend at Balmoral - completely unguarded and completely at ease.



My next meeting with the Queen came when, in 1997, I was invited to attend a Garden Party at Buckingham Palace.

My wife and I could take only 2 children; Allison studying Law at Leicester at the time and Martin aged 17, studying at New College, Huddersfield for some NVQ's.

Martin took some persuading to come with us. It must have been a 'street cred' thing. That and he was evidently not confident that he would be able to speak to Royalty and might get embarrassed. He was assured that there were 8,000 at the Garden Party and it was almost certain that he would not see royalty, let alone have to speak.

After the usual refreshments (the cucumber sandwiches are small but delicious) the Royal Party arrived. A member of the Lord Chamberlain's office approached me saying, "Are you a family? Would we be prepared to personally meet the Queen as she likes to meet people from all walks of life at these events?"

Martin recoiled in shock. Assuring words placated him. He got the 'Ma'am, as in Jam not ma'am as in Arm' treatment from Palace staff, and was told to reply only when spoken to. As the Queen approached, we were pulled out of line to meet her. She was charming, small and so pleasant. I said a few words in reply to her. So did my wife and daughter. And then she met Martin. They got on like a house on fire. She wanted to know all about him, what he was studying and what his future career plans were. They talked like long-lost pals who had just met up again.

Quite remarkable.

Martin is over 40 now and has two young children of his own, Jacob and Holly.

I smiled, when I heard him tell his children about it.

“Did you really meet the Queen Dad?”

They looked at him agog, with eyes wide open when he related, with pride, how he chatted (and he really did) to the Queen.

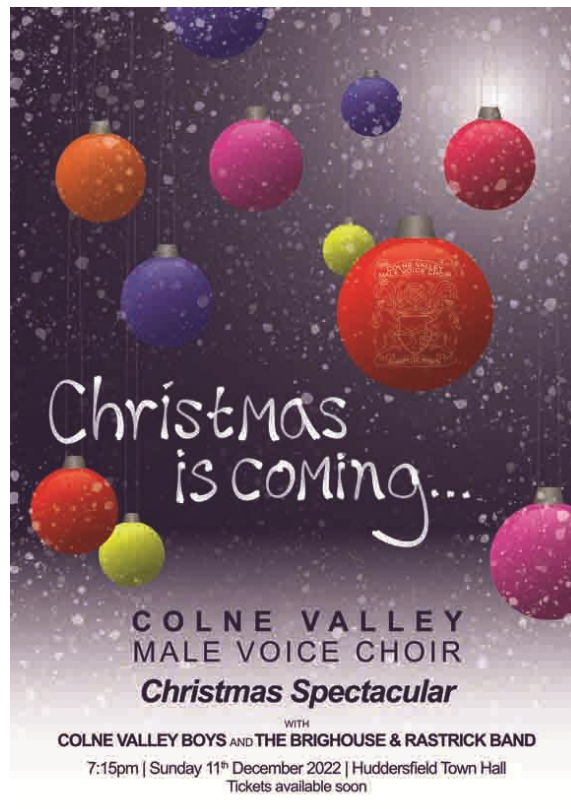
Rest in Peace, ‘Ma’am’



Holly and Jacob

Christmas Concerts – would you believe it?

And as October begins, Colne Valley Male Voice Choir start preparations for our Christmas Concerts - doesn't time fly?



Tickets are still available at reduced prices via Ticketing Supremo, Roger Fielding (01484 846262) or you can get them online via Kirklees Booking Office by clicking here or on the banner below...



Colne Valley MVC Christmas Concert 2022
Huddersfield Town Hall - Sunday 11 December 2022 - 19.15

**Order
Tickets**

<https://tickets.kirklees.gov.uk/en-GB/shows/colne%20valley%20mvc%20christmas%20concert%202022/events>

Remembrance Day Concert

Gary Clegg, friend of the Choir, asks us to mention this date for your diary.

This Festival of Remembrance is brought to you by the Band of the Yorkshire Regiment and Pipe Major Andrew Paton with special guests, The Association of Yorkshire Choirs (usually including some men of the Colne Valley). Padre Ben Norton, Chaplain to the Yorkshire Regiment leads the Remembrance, which commemorates all those who have suffered in previous conflicts.

The concert is in aid of the **Royal British Legion**.



The Band of the Yorkshire Regiment
The Association of Yorkshire Choirs
Pipe Major Andrew Paton
Jeff Goldthorpe
present a

Festival of Remembrance

Huddersfield Town Hall
Friday 11th November 7:15 pm
Tickets £10 - £12
available from
Kirkles Information Centres
01484 225755
All Proceeds to The Royal British Legion

10 ways that singing benefits your health

People love to sing. They seem to understand that there's something positive - something healthy - in the act of raising their voices in song.

In fact, there's solid scientific evidence to prove that singing is, in fact, good for your body and your mind. Decades of research has shown that singing individually and - even better - in groups is good for you on many levels.

Here are 10 key benefits of raising your voice in song.

1. Relieves stress

Singing appears to be a stress-reliever. A 2017 study measured the amount of cortisol, the stress hormone, in participant's saliva before and after they sang.

Researchers in that study found that the amount of cortisol was lower after singing, an indication that people felt more relaxed after they'd belted out a tune.

They also found singing reduces stress levels whether the participants were singing in a group or by themselves.

There's a small catch, though: Cortisol only goes down if you're singing in a place that doesn't make you anxious. (So singing in a friendly choir like CVMVC group works even better. Ed.)



Some results showed that elderly singers had better verbal flexibility than those in the control group, who did not have choir singing as a hobby. Verbal flexibility reflects better cognitive flexibility.

2. Stimulates the immune response

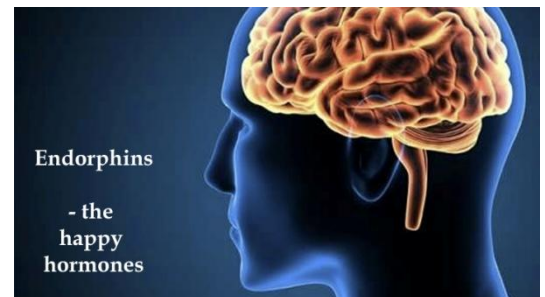
There's some evidence that singing may boost your immune system and help you fight off illnesses.

One study compared the effects of singing with the effects of simply listening to music. In two separate sessions, research subjects either sang or listened to music.

Those who sang showed higher levels of immunoglobulin A, an antibody your body secretes to help you fend off infections. Listening to music (without singing along) reduced stress hormones but didn't stimulate the body's immune system.

3. Increases pain threshold

When you sing in a group, whether it's a large choir or a smaller group, the act of collective singing causes your body to release endorphins. These hormones can help promote positive feelings, and even change your perception of pain.



A 2012 study found that singing, drumming, and dancing in a group triggers the release of hormones that raise your pain tolerance in ways that just listening to music doesn't.

Researchers note that the feelings of social connection, rather than the music itself, seems to be behind the boost in pain tolerance. (*Colne Valley's Queen Number, 'Crazy Little Thing Called Love' - with actions - must be doing us good. Ed.*)

4. May improve snoring

Regular singing may change the way you breathe, even when you're not singing. Researchers interviewed the spouses of choir members, along with the spouses of people who don't sing. (*My wife, Cate, snorted in disbelief at this assertion. I can't imagine why. Ed.*)

The researchers found that significantly fewer choir members snored. This led them to recommend regular singing as a potential treatment for snoring.

These findings have prompted some experts to suggest that singing and playing wind instruments might be helpful for people with obstructive sleep apnoea (OSA).

5. Improves lung function



Because singing involves deep breathing and the controlled use of muscles in the respiratory system, it may be beneficial for certain lung and breathing conditions.

Studies have shown that the breathing techniques used with singing may offer benefits for people with the following conditions: chronic obstructive pulmonary disorder (COPD), asthma, cystic fibrosis, certain cancers, and multiple sclerosis, even quadriplegia.

While singing doesn't treat or cure any of these conditions, you may benefit from gaining strength in your respiratory muscles.

Singing also increases the amount of oxygen in your blood, research shows. In addition to the pulmonary benefits, singers also experience improved mood and a greater sense of social connection.

6. Develops a sense of belonging and connection

When you sing together with others, you're likely to feel the same kind of camaraderie and bonding that players on sports teams experience.



In one 2014 study involving 11,258 schoolchildren, researchers found that children in a singing and musical engagement program developed a strong sense of community and social inclusion.

In a later study involving 375 adult participants, researchers found that people who sang together in groups reported a higher sense of wellbeing and meaningful connection than people who sang solo.

One of the neurochemicals released when people feel bonded together is oxytocin, also known as the love hormone.

Spontaneous, improvised singing causes your body to release this feel-good hormone, which may help give you a heightened sense of connectedness and inclusion.

7. Enhances memory in people with dementia

People with Alzheimer's disease and other types of dementia experience a gradual loss of memory. Studies have shown that people with these conditions were able to recall song lyrics more easily than other words.

In one singing study by the Alzheimer’s Foundation, participants said it was “nice to be able to remember something.”

However, the singers found they remembered more than just the lyrics. For some, singing familiar songs suddenly brought back life memories they’d forgotten, too.

Researchers found that singing songs learned at a younger age caused a spontaneous return of autobiographical details for many people.



8. Helps with grief

Singing in a group doesn’t just help you with physical pain; it may also help with the emotional pain you feel after you’ve lost someone you love.

Among people dealing with grief, researchers found that for those who sang in a choir, depression symptoms didn’t get worse over time and their sense of wellbeing remained stable.

In fact, the choir singers felt a gradual improvement in their self-esteem during and after the 12-week study. Those in the control group who didn’t participate in the singing intervention didn’t report this benefit.

Researchers concluded that group singing may be a good option for people who need additional support during a time of grief.

9. Improves mental health and mood

A 2017 study done in the United Kingdom evaluated 20 people in a singing program known as ‘The Sing Your Heart Out Project’. The participants included people with mental health conditions, as well as the general public.

Researchers found that the participants reported improvements in their mental health, mood, sense of well-being, and feeling of belonging as a result of these singing workshops.



10. Helps improve speaking abilities

Decades ago, scientists began researching the effects of singing among people who have a hard time with speech due to a neurological condition.

So far, research has found that singing improves the speaking ability for people with autism, Parkinson's disease, aphasia (following a stroke) stuttering and expect benefits for many more conditions.

That's because singing stimulates multiple areas of the brain at the same time. This may enable people with impairment in one part of the brain to communicate using other areas of their brain.

Singing can also prolong the sounds in each word, which may make it easier to pronounce them.

Singing also makes it easier to incorporate hand-tapping, a method that can help people maintain speaking rhythms that are otherwise challenging.

Another date for your diary

..... a local concert, with the Choir & Colne Valley Boys
& the marvelous band from our home village



I'd love to be a fly on the wall....

Baritone, Michael Parkinson, sent VotV this tale about our Queen.

It may well be apocryphal but it would be nice if it were true.

There does seem to be a Mr Griffin.



A former Royal protection Officer, Richard Griffin, has recounted the time he and the Queen met two American tourists who did not recognise the monarch.

“I was accompanying the Queen on a picnic in Balmoral when we met the pair of Americans who were on a walking holiday. The Queen would always say hello when she met people and she stopped and greeted the two tourists.

It was clear from the first moment that they hadn't recognised her. The American gentleman was telling the Queen where he'd come from, where they were going to next, and where they'd been to in Britain.

I could see it coming, and sure enough, he said to Her Majesty, 'And where do you live?'

She said, "Well, I live in London, but I've got a holiday home just the other side of the hills."

According to Mr Griffin, the American tourist then asked the Queen how long she had been visiting the area? When she replied that she had been doing so for over 80 years, the tourist said: "Well, if you've been coming up for 80 years, you must have met the Queen."

As quick as a flash she says, "Well, I haven't, but Dickie here meets her regularly",'

The tourist, turning to Mr Griffin, then asked what the Queen is like. He replied: "She can be very cantankerous at times, but she's got a lovely sense of humour," adding: "I knew I could pull her leg."



Queen Elisabeth in 2003

Moments later, the tourist posed next to Mr Griffin, and, still unaware of her identity, asked the Queen to take a photo of them. Mr Griffin and the Queen then swapped places and he took a photo of the monarch with the tourists.

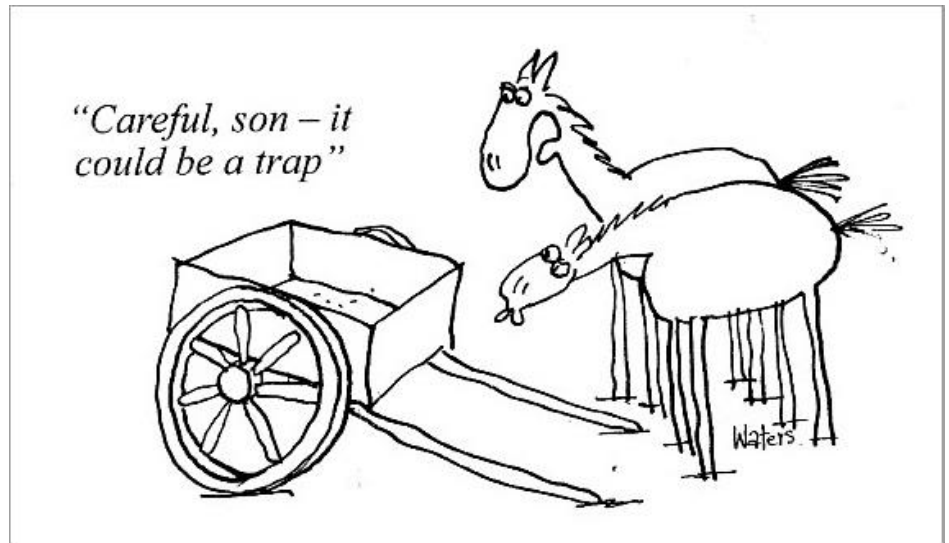
We waved goodbye "And then Her Majesty said to me, 'I'd love to be a fly on the wall when he shows those photographs to friends in America.

Hopefully, someone will tell him who I am"



Michael Parkinson

Well it made me smile



Send me a picture, tell me a story

It's true that many of our readers find Voice of the Valley an excellent way of keeping in touch with the Choir and what it's up to.

So do let your VotV Editor know if something happens to you, that might be of interest and has some - even if tenuous - connection with the Choir. It doesn't matter if you are not very confident writing, I'll help you put into publishable shape.



Voice of the Valley Editor: John C Clark

Ring Choir Secretary, Jenny, on 01484 645192 to join us or join our Readers' List or for other queries

And see our website to get the full story

colnevalleymvc.org.uk



colnevalleymvc.org.uk

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