



THE PHOENICIAN

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January 29, 2017

NEW DATES TO SAVE

- **Feb. 10-14**, Singing Valentines
- **March 25**, Evening show, 7 p.m., Peoria Center for the Arts
- **March 26**, Matinee show, 3 p.m., Velda Rose Methodist Church in Mesa

Note that the Mesa show has been moved to March 26 because the members who responded last week favored doing two shows on one weekend rather than one on each of two weekends.

The performances provide a great place to show off our talents to family, friends, neighbors, co-workers, fellow church choir members and anyone else who appreciates good music and the fun of seeing you do what we do, and having them in different parts of the Valley broadens our audience. More detail will be forthcoming such as call times, ticket pricing and so-forth, but know that your participation is key to this plan.

You also can sign up to sing in a Valentines quartet and you can sell the Singing Valentines just by letting people know they are available. Check out our Website, Phoenicians.org, for more information and pick up the Singing Valentines flyers and business cards at the next rehearsal.

When the Beatles-themed March shows come up plan to be on the risers and sell as many tickets as you can so that we are singing to appreciative full houses. Also be on hand every Tuesday night and work at home to learn the music (listed in this issue) that will make the show one to be remembered.

YOUR JOB: Learn these

- "I Want to Hold Your Hand"
- "All my Lovin' "
- "Birthday"
- "A Hard Day's Night"
- "I Will"
- "The Long and Winding Road"
- "Eight Days a Week"

The second half of the show will include non-Beatles numbers from our repertoire. The lineup isn't complete yet but probably will

include songs such as "Great Day," "Go the Distance," "Ain't We Got Fun," "Beyond the Sea" and "Through the Years."

Manuscripts and recorded voice parts are on our Website in the Members Only section. Contact webmaster@phoenicians.org if you are unsure about how to access them.

Calendar

- Jan 29 – **Installation/BOTY** dinner
- Feb. 10-14 – **Singing Valentines**
- Mar 9-12 – **FWD Spring Prelims**
- Mar 25 – **7:00 PM show** in Peoria
- Mar 26 – **3:00 PM show** in Mesa
- Apr 21, 22 – **AZ Division** in Mesa
- Jul 3-8 – **International**, Las Vegas

Happy Birthday

- **Eric Jeide**, Feb. 3
- **Kurt Struyk**, Feb. 6
- **Ed Laughary**, Feb. 7
- **Matt Marino**, Feb. 16
- **Danny Ryan**, Feb. 18
- **Bob McColl**, Feb. 21

TEAMWORK

Taking down the rehearsal hall needs to become a full MEMBERSHIP EFFORT. Arriving early will also be helpful in getting the chairs and risers set up. We are a TEAM – Let's help one another!

Unless Announced Otherwise ...

The Phoenicians will have weekly rehearsals every Tuesday night starting at 7:00 p.m. at Church of the Beatitudes, 555 W. Glendale Ave. Phoenix, Arizona. (Parking entrance off Seventh Avenue south of Glendale Avenue).

Why You Should Sing

15 Reasons

As seen on Facebook -- show this to prospective visitors

1. Singing releases endorphins, which make you feel instantly happier.
2. When you sing you also release oxytocin, which is a natural stress reliever and is found to alleviate feelings of depression and loneliness.
3. You'll also sleep better, as a result of being less stressed.
4. Tests have shown that singing improves heart rate variability, which reduces the risk of heart disease, which is the No. 1 killer in America, so singing is clearly a powerful thing.
5. And, when singing with someone else, your heart rates can even sync together.
6. Your posture will get straighter and you'll gradually look more confident, because you have to stand tall to really belt it out!
7. Your feelings of safety and confidence increase when singing in a group. If you're in a chorus, you can take risks and be on stage without having a panic attack.
8. It's actually a good workout. You'll work out your lungs, improve your circulation, and tone your abdominal and intercostal muscles.
9. Singing also has been proven to boost your immune system.
10. Even if you're already sick, just hum a little number and you'll open up your sinuses and respiratory tubes.
11. It's really good for your brain

and will enhance your mental awareness, concentration, and memory. Also, reading music in general improves your math skills, as well as other cognitive functions.

12. You'll develop healthier breathing patterns, which can help cope with various lung diseases, as well as provide effects similar to yoga.
13. It's been used as an all-natural way to help treat dementia, lung cancer, depression, and chronic pain.
14. You'll probably live longer, in general. A 2008 joint study by Harvard and Yale stated that choral singing in a Connecticut town had increased residents' life expectancy.
15. So raise your voice, because the benefits are endless.

Treat our new meeting hall with respect

If you haven't seen the new rehearsal hall you'll be impressed by how well it suits us, including a high, hardwood ceiling that adds to a great sound. We have a very favorable rental fee but with it goes some requirements on our part to continue to make the hall available to us.

The main requirements are:

1. That we bring no food or drink (except for bottled water) into the hall,
2. That we return the room to the layout of chairs, etc. that it had when we arrive, and
3. That we use the far left entry door, not the glass doors immediately outside of the meeting area.

Also note that all doors will lock automatically at 9 p.m. but anyone arriving after that time can knock on the door for entrance.

We think you'll like our new setting and will be happy to meet the church's requirements.

Installation and BOTY Award Banquet

Another year has flown by, and it's time to celebrate the new year with our annual banquet. Arizona Division Vice President John Bloomquist will be on hand in perform the installation of our 2017 Chapter Officers. Recipients of the President's and Director's awards will be recognized. The highlight of the evening will be the awarding of our 2016 Barbershopper of the Year. There will be great food, and a lot of singing. This is an event you won't want to miss!

TONIGHT! Sunday Jan 29th, 2017 from 6-9pm

**Floridino's Pizza and Pasta
Granada Plaza
590 N Alma School Rd #35
Chandler, AZ 85224**

Don Koehnlein is organizing the event (thanks Don!). **If you have not already sent him your RSVP, PLEASE send Don a text message ASAP to 602-317-0804** with your name and number of persons attending. Don has to give the restaurant a count by Noon today.