



# Barbershop Clippin's

Far Western District

Barbershop Harmony Society



Jan/Feb 2015

Fullerton, California Chapter

Volume 59, Issue 1

## Could You Sing Me A Valentine, Please?



by Jay Campbell

During Valentine's Week (actually from February 7 to 17) the Orange Empire Chorus (with lots of help from other SPEBSQSA chapter members and our helpful Orange Blossoms) was able to deliver over 160 Singing Valentines!

Preparations for this year's program started last November when **Art Clayton, Tom & Janet Nichols, Dave & Sheila Lowerre, Steve Sarandis, Joan Golding, Fred & Vi Robirds** and yours truly started getting our "shtuff" together. We had to make sure we had enough Singing Valentine cards and envelopes. We had to get the Singing Valentine flyers (drawn up by **Don Derler**) printed by early December so they could be passed out to potential customers at our Christmas Cabaret show.

Fred 'n Vi stood ready to make up 200 single rose bouquets and Tom started making up his quartet listing from the available singers.

By mid-January Art was busy almost every day getting orders on the "hot line" and Tom was firming up his quartets.

On February 7th we set up "Singing Valentine Central" at the home of Dave & Sheila, who had graciously and generously agreed (again!) to host the program. Dave set up a "big screen" TV at "Operations Central" to display the daily schedules and provided the computer, printer and wi-fi hook-ups. Steve Sarandis and I provided laptops for data entry, extra tables were furnished by **Gary Maxwell** and **Jim Eacret** provided extra vests, ties and garters from our storage unit for those singers who needed them.

By this time Fred and Vi had purchased and prepared the initial rose bouquets, Tom had finished the quartet listing and I had entered most of the orders received to date.



Joan Golding Photos

Now, it needs to be noted clearly and up front that Tom Nichols, our "Google Cloud Meister" did a TREMENDOUS JOB developing and programming the database and scheduler that we now use. This was - by far - the easiest year I've had since becoming involved with our Singing Valentine program (but very likely Tom's hardest)! After an order was entered into the database, it could be taken from "the cloud" by Tom, Janet, Sheila or Dave and scheduled for delivery by a given quartet.

Continued on page 2

**Our Heroes... Contributors to this issue:** Fred Robirds, Joan Golding, Steve Hansen, Ken Klein, Pat Boyle Jay Campbell, Mark Logan, Steve Sarandis, Sam Glorioso, Dave Gunther and Tom Nichols.



## Could You Sing Me A Valentine, Please? Continued from page 1

If changes were needed, orders could be moved around on the “map-in-the-cloud” to another quartet, etc. Since I’m a “computer dinosaur,” I have no idea how Tom worked his Google magic, but it has surely improved the ease of delivering our harmonious product to so many pleased recipients!

Also, I have to applaud the TREMENDOUS JOB that Sheila Lowerre did! As our “housemom” she made several trips to buy food and beverages for the “Operations Staff” and for all the singers. The coffee pot was never empty and we never ran out of food! In between, she was scheduling orders, taking phone calls and making any needed changes.

Furthermore, Fred and Vi Robirds are to be complimented for the great job they did with the roses this year! It can’t be easy to make up 200 single rose bouquets, but they did it! We had days of 90-degree plus weather and, as far as I know, only one bouquet was too wilted to use.

Finally, I must give credit to Art Clayton for his awesome telemarketing efforts. Over the years Art has come to know many of our “regulars” and they are almost like family to him. He made countless phone calls and was (by far!) the biggest order getter!

By Sunday afternoon, on February 15th, the program was almost over. A couple of deliveries were made later, but “Singing Valentine Central” was closed down and the Lowerre family could resume their normal lives.

Although my assigned quartet made only 7 deliveries on Wednesday, we had a lot of fun! From the stories I’ve heard, most of our deliveries spread joy and happiness - throughout Orange County!

I am grateful to everyone who participated in this year’s Singing Valentine Program! There are too many of you to name, but please know that all of your contributions were noticed and are appreciated! This successful program is just one more example of why we are the **NUMBER FUN CHORUS!**

## Clippings’ to be distributed via email

It has been decided that The Clippings’ will be delivered via email, as a pdf file. We will be printing hard copies for active chorus members only (and a few extra for distribution). These copies will be handed out at chorus rehearsals. Anyone else who is on our current mailing list and wants to continue receiving The Clippings’ should send an email to the editor and let us know.

You will receive an email with a link to the latest issue. We will be compiling the new email distribution list over the next few weeks, so if you want to be on that list, please let us know as soon as possible. Send your request to:

**don@derlerart.com**

*Don Derler - Editor*

View The Clippin’s in glorious

# COLOR

Go to **oechorus.org**

You can also check out back issues.

**And while you’re there, you can learn about upcoming events and other information about the chorus.**

# Audience Favorite Takes Trophy



By Tom Nichols

*Harmonic Heartbreakers* win Novice Contest

Thirteen quartets competed for the title of Novice Quartet Champion at the Fullerton High School Little Theater on January 31. **Mark Sheldon** did a fine job of organizing and conducting the *53rd Annual Southern California Novice Quartet*

*Contest* with help from other members of the Orange Quartet Chapter. Master of Ceremonies **Don Derler** kept the event moving along and drew laughter and groans from the audience with his corny jokes. Judges **John Brockman**, **Steve Katz** and **Dave Tautkus** adjudicated the contest, and Contest Administrator **Dave Lowerre** tallied the scores.

That it was a well-run contest with competitors from chapters all over Southern California is a tribute to Mark and the *Orange*



**Harmonic Heartbreakers** take first place in the Southern California Novice Quartet Contest. From left, coach **Tom Nichols**, bass **Tristen Urban**, baritone **Justin Gabriel**, tenor **Joshua Salgado** and lead **Andrew Hernandez**. (Photo courtesy of Lily Hernandez)

*Quartet Chapter*. That the contest winner was also the favorite of the audience aligns with growing recognition within the Barbershop Harmony Society that barbershop music needs to be entertaining. But this was more than just coincidence. Here is the story:

**Lloyd Steinkamp** was an unforgettable presence in the society. I first saw him in contests with his quartet, *Music Appreciation 101*, when I joined the society in the '80s. He and his son **Gary**, **Sam Aramian**, and **Bob Jackson** always did something funny, and not just mildly amusing, but over the top. I looked forward to seeing them liven up some pretty dull quartet contests. Lloyd was also the Master of Ceremonies for many contests. His ability to make everything fun was a marvel.

I got to know him when I joined a comedy quartet, *Looney Tunes*, with **Dave Tautkus**, **Brian Philbin** and **Todd Benton**. With Lloyd's coaching and mentoring we learned to get the

audience laughing, and entertained audiences with our brand of comedy at chapter shows all over California. I often think of Lloyd and the things I learned from him, especially when I am preparing to perform on stage or coaching a quartet.

Lloyd Steinkamp was the flag-bearer for the effort to make barbershop more entertaining for many years. His wife **Judy** and other barbershoppers including **Craig Ewing** and his quartet, *Hi Fidelity*, have kept that cause alive at district quartet competitions with the Audience Choice award, given to the quartet that the audience votes the most entertaining.

One day, not too long ago, Judy told me she had some relics from the past – a set of large cards with block letters on them spelling MOTHER that Music Appreciation 101 used in a routine many years ago. She wanted me to use them with the youth quartets I was coaching. Gary Steinkamp was kind enough to give me the parody lyrics that went along with cards.

The *Harmonic Heartbreakers*, a quartet at La Habra High School, worked on "I Don't Mind Being All Alone" and "M-O-T-H-E-R" every Tuesday for several months. The impending Novice Contest seemed to focus their attention – two rehearsals before the contest they started to understand how to set up and deliver the punch lines. The last thing I told them before they went on stage was, "This is the most important thing - have fun. With the stress of the contest, you are just going to do what you practiced, anyway, so stop thinking about everything you are supposed to do out there and just have fun. If your only goal is winning, and you lose, then you've got nothing. If your goal is to have fun, then the audience will have fun and we all will have a good time, plus, you will sing better. If you win the contest, that's just gravy." I thought they were going to win, but I did not tell them – I was afraid it would make them choke.

When they walked on stage they were obviously a little nervous. The first laugh from the audience gave them confidence and after that they were sailing. Their delight at winning the contest was a pleasure to see, but seeing them experience the joy of entertaining an audience was even better.

Thanks, Unka Lloyd. I still miss you.

**Editor's Note:** Third place went to **Big and Tall** (Santa Monica Chapter), and second place to **Gotta Wear Shades** (Temecula Chapter). If you weren't there, you missed a great event. There was great singing, lots of laughs and the afterglow was a blast! (The MC was particularly entertaining) Seriously, plan to attend this contest next year. You'll be glad you did.

# Thanks for the Singing

By Dave Gunther

Since my job moved me to second shift four years ago, I have not been able to participate in the hobby I love best, barbershop harmony. When I realized I would not be able to participate for several years, I dropped my membership and only attended a few shows each year. But the *Fullerton Chapter* has been my rescue from this self-imposed exile in the form of Singing Valentines.

All the way back to when I was singing with the *Whittier Chapter*, the *Fullerton Chapter* would tap my shoulder and ask if I might be available to help deliver these messages of love. It started with the *Nickelodeon* quartet, which was **Lynn Abbott's** first quartet experience. Later, after I had moved to the *Brea Chapter*, it was **Ken Klein** and the *Cheers* quartet, and later still, **Deane Scoville** would call me. The last few years, **Tommy** has been calling me to see if I could help with the deliveries. Most of the time, I have been able to participate, and every time I do, I thoroughly enjoy myself.

*Gashouse Gang* bass **Jim Henry** was correct when he told us in his Harmony College address many years ago, that it is a ministry for us to sing to people and to stir their emotions. It is an opportunity for us to help them in ways that no one else can, through the medium of music. And what better way to do that than with a Singing Valentine.

So for all of the years of singing with you guys in various quartets and making Singing Valentine deliveries all around the area, I just want to say a big "THANK YOU!" I know that I cannot participate in this great hobby on a regular basis again until I retire, which is still several years away. But I



Joan Golding Photo

always look forward to singing with you guys at this time of year, and I am already looking forward to doing it again in 2016. Until then gentlemen, sing well, sing strong, and enjoy yourselves as much as you can in this hobby which brings more love in more ways than any other I know of.

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# Red Rose Romance



by Guy N. Love

It all started a long time ago. On February 14th 269 ad, Pastor/Saint Valentine was executed by the Romans for marrying soldiers to their girlfriends, thereby turning them into lovers instead of fighters. Before the good saint died, he sent a note to his own beloved professing his un-dying love, thus starting the tradition of sending love notes to loved ones on February 14th.. and they became known, hencethforth, as "Valentines".

Over the years, messages of love on February 14, came to include chocolates and flowers and the gift of a red rose became the supreme symbol of ones affections.

So-o-o would you believe that we have a fellow in our chapter so in love with his spouse that he bestowed 225 red roses on her for her Valentine!

Of course, the lucky lady had to remove the thorns and petals, arrange greenery and little white flowers, tie them up with a red ribbon bow... then give them all away to the troubadours of the O.E.C. to pass out with their singing valentines.

Just as well. Over the years the beautiful wife's taste has changed more to chocolate anyway. The gracious spouse obliged there too. Should you be interested in the identity of this overly generous guy, he shall remain

un-named (and probably un-sainted), but a clue would be that his personal Orange Blossom is, in fact, a sweet Violet!

"Rover"



Herschel Green Photo

# An Historic Valentine Journey



By Steve Hansen, VP Music and Performance

Joan Golding Photo

During the week of Valentines, on our first day out, *Preferred Blend* stepped back in time to 1894 during the era when the barbershop musical tradition was just beginning. We joined a group of 52 third graders from Fern Drive Elementary School who were learning about life without electricity, running water, and in-door plumbing at Dr. George Clark's historic house on the Cal State Fullerton campus. The children all gathered on the big wide porch with costumed docents to hear and applaud our barbershop singing and to witness our delivery of a Singing Valentine to my wife, **Cheri**, who had been demonstrating how to "take out tonsils" in the doctor's office. We explained how the barbershop sound is made from our different voice parts, and the students were very excited to enjoy this surprise musical addition to their tour of Dr. Clark's home.

Later in the day, we marched up the steps to the entrance of historic Anaheim High School to deliver another Singing Valentine to the drama teacher and her students in room 37. Anaheim High School was originally built about the same time as Fullerton High School, in the 1890's, and like Fullerton High



School is the flagship school in the school district. The Drama teacher was very pleased to receive our musical tribute, and her students clearly enjoyed the

experience as well, judging by their big smiles and enthusiastic applause. Singing for a group of drama students is especially pleasing as they can really appreciate a live performance having engaged in them as well.

On Friday and Saturday, Preferred Mix returned to the 21st century to enjoy delivering Valentine greetings to many special loved ones, including Stan's wife, **Barbara**, and two of her singing friends from *The Harborlites*. One of her friends loves to sky dive even at the wonderful young age of 81. We also visited many residences and local businesses, including *Anaheim Wire*, *Unicor*, *King's Flower Shop*, and the *Security Bank* in Fullerton. The bank had one of best tall acoustical entry ways so after our Valentine tribute we rang some great chords with many overtones in this wonderful sound chamber.

Driving on Commonwealth Ave, with a lot of time between two of our deliveries, we stopped to visit the new *Fullerton Community Center* to take a look at the new venue for our Musical Mystery Dinner Show in April. As luck would have it there was a large senior Valentine luncheon being held. We were glad to sing a few songs to the audience, hand out many flyers, and promote our show. Many said that they were very interested in attending.

On Tuesday evening after Valentine's Day, Preferred Mix also made a special delivery for our president, Ken's physical therapist. We sang the Valentine to his very surprised girlfriend who teaches in an after school program at *Yorba Linda Middle School*.

Thanks to all our great Valentine leaders, **Craig Ewing**, **Art Clayton**, **Tom Nichols**, our valentine central hosts, **Dave and Sheila Lowerre**, and coordinators, **Jay Campbell**, **Steve Sarandis**, **Joan Golding**, and **Fred and Vi Robirds** All in all, a great time of Valentine's fun. Can't wait until next year to do it again.



# A Great Time Was Had By All!



By Jay Campbell

In my humble opinion, the 2015 *Installation Banquet* (aka Awards and Recognition Banquet, or A&R Banquet), held on Saturday, January 17th, was a rip-roaring success!

“Social Adjustments” started about 6:00pm and then **Dennis “Woody” Woodson** gave the “Words of Welcome” about 7:00pm, followed by the singing of “The Old Songs” directed by **Mike**

Joan Golding Photo

**Werner**. After that, the “Past Presidents Parade” was presented by **Tom Nichols**.

Almost 90 attendees were then fed delicious dinners of a salad, followed by a chicken, salmon or beef tri-tip entrée and then a delicious dessert.

After dinner was cleared, the “Past President’s Review” was given by our outgoing (always friendly!) president, **Pete Saputo**.

Special Awards were then presented by **Craig Ewing**, our illustrious director. Craig made **Zack Kam** “Rookie of the Year” and **Jim Eacret** became our “Shooting Star.” The “Rupert Hall Award” was given to **Kent Fossum** and Craig made the **Sugar Daddies** our “Quartet of the year.” Craig finished off by pitching the “Director’s Award” to our “Pitchman” **Fred Vera**.

Pete presented **Tom Nichols** with the “President’s Award” to honor Tom’s many achievements during 2014.

The “Orange Blossom Of The Year” presentation was made by **Don Derler** to his wife, **Terri Derler**, (what a coincidence!) for all of her hard work and contributions to our chapter last year.

Then our “Barbershopper Of The Year” for 2013, **Ken Klein**, presented a slide show to introduce our “Barbershopper Of The Year 2014” --- **Dave Lowerre**.

**Brent Anderson**, our guest installer who traveled all the way from Santa Barbara, then took the podium and installed our new officers for 2015: President - **Ken Klein**; V.P. of Chapter Development - **Mike Evans**; V.P. of Music and Performance - **Steve Hansen**; V.P. of Programs - **Don Derler**; V.P. of Marketing & PR -

**Ray Ashcroft**; V.P. Youth in Harmony - **Pete Saputo**; Treasurer - **Tom Nichols**; Secretary - **Steve Sarandis**; and Board Members at Large - **Stan French** (not present), **Dick Cote** and yours truly.

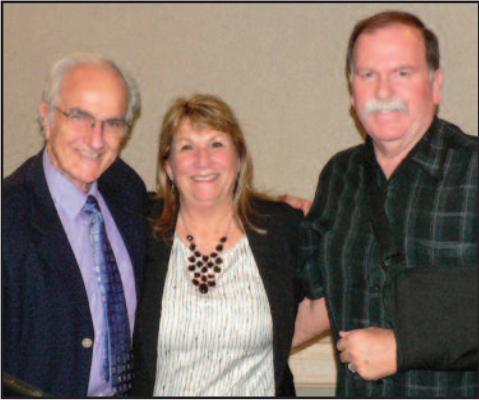
After a discussion of his “2015 Presidential Goals” by **Ken Klein**, the Entertainment portion of our banquet was presented by **Art Clayton**. We were entertained by several quartets including *The Lunchbunch Four*, *The Sugar Daddies*, *Preferred Mix*, “Veraless” Preferred Mix (with Brent Anderson substituting for Fred), *Triglycerides +1* and the *Spittoons*.

The “Summary and Closing” remarks were then made by **“Woody” Woodson**. **Mike Werner** closed our wonderful



evening by directing all of us in singing “Keep The Whole World Singing”.

As you noticed, we changed the format of the program a little bit this year (no stage, etc) – it seemed to work well --- and at this time I would like to formally (profusely and sincerely!) thank all of the participants at this year’s A&R Banquet!



# We'll Be Seen In 2015



Herschel Green Photo

by Kent Wate (a.k.a. Fred Robirds)

2015 will be another great year for our Fullerton O.E.C.. We know this because we had such an enthusiastic, energetic send-off at our annual awards & recognition/installation banquet last night (January 17th).

After "social hour" the proceedings began with a parade of 7 of our very talented speakers: **Woody Woodson, Pete Saputo, Don Derler, Tommy Nichols, Craig Ewing, Art Clayton** and **Ken Klein**. Each one of our gifted orators delivered a flawless, informative, humorous speech for awards, past chapter activities, and future plans.

Our new (and used) officers for the year (or more) were duly installed by V.I.P (director, quartet guy, FWD executive, etc.) **Brent Anderson** of Santa Barbara in a short, positive, humorous induction. Then he praised the chapter for being the "funsters" that we are and said it was well worth the trip from Santa Barbara to share in our happy group. (We even got him to use his big bass voice to sing in a quartet).

All of the well deserved awards were given out, including 2 new ones: "Orange Blossom of The Year" (**Terri Derler**) and "Outstanding Chapter Support by Non-Members" **Cher and Mark McConnell** (Cabaret kitchen slaves!).

Incoming president **Ken Klein** let us know that our chapter goals for the year would be twofold (1) Recruiting and Retention and (2) FUN! **Mike Evans, Tommy Nichols, and Pete Saputo** will be spearheading the R&R...and the fun has already started!

**Art (Old Bones) Clayton** rounded up 6 quartets for our entertainment and each one (surprisingly?) really sounded good.

**Mike Werner** displayed his directing skills by leading the chorus in "Keep the Whole World Singing" to close out the evening.. (until our next fun gathering!).. then we abandoned the joint.

"Rover"







***New President, Ken Klein will be keeping his eye on this bunch...***



# From the heart



By Steven Sarandis

As I sat at Barbershop Command Central February 9th through 14th, 2015, I was amazed at the dedication that everyone who was involved with the Singing Valentines. We had about 160 Singing Valentines delivered over a week period.

Joan Golding Photo

It begins with the **Lowerres** opening up their home to be Command Central. There was plenty of coffee, snacks for all the quartets participating in singing and even lunch was provided for some of us. **Sheila** was a great hostess and our computer expert. Even **Dave** put in a lot of time with the **Sugar Daddies**.

It also includes **Tom Nichols** who developed a remarkable scheduling program that makes work so much easier. Tom also participated with the Sugar Daddies. **Jay Campbell** who orchestrated and organized everything as well as found the time to participate in singing. It obviously has to include **Art Clayton** who brought in a majority of the business and kept us on track. **Joan Golding** manned the phones one day.

There were several quartets that went out. Several men sang in multiple quartets and we had a few members from other choruses who helped out as well. Now the quartets. Please forgive me if I miss anyone or misspell any of the quartets. Let's see if I get this right. There were:

The Sugar Daddies, Preferred Blend, Four Roses, Triglycerides+1, The Valentinos, Just for Fun, Hearts and Flowers, Murgatroyd, Preferred Mix, Good Afternoon, Wednesdays with Pete, The Unsung Heros, Advertisers, Many Happy Returns, Late Nite Valentines, Unchained Melody, Orange A-Peel, Triple Time and After Flowers.

Our number "FUN" Chorus should be very proud of itself for stepping up as the need arose to give out Singing Valentines. I know I am very proud of the Orange Empire Chorus.

The recipients were all very pleased and in many cases surprised. I even received several emails from my old staff at the UCI Special Chemistry Laboratory thanking me and praising **Murgatroyd** who was the quartet that delivered the Singing Valentine.

Great job everyone



Murgatroyd

## Clippin's Publishing & Policy Information

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## Barbershop Clippin's A Tradition of Excellence

1991, 1992

**Bob Hein** - FWD Bulletin Editor of the Year

1993, 1994, 1995, & 1996

**Bob Hein** - FWD Bulletin Editor of the Year - Second

1996

**Bob Hein** - International Bulletin Contest - Most Improved Bulletin

1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005

**Dick Cote** - FWD Bulletin Editor of the Year

1998

**Dick Cote** - International Bulletin Contest - Third Place

1999, 2000, 2005

**Dick Cote** - International Bulletin Contest - First Place

2011

**Dick Cote** - Selected for PROBE Hall of Honor

Note:

**Dick Cote** - elected to suspend contest entry in 2005

## Fullerton Chapter SPEBSQSA Mission Statement

To enhance the enjoyment of music in the barbershop style for our chapter members and our audiences by always singing well and being entertaining; to participate in both quartet and chorus singing as a means of experiencing the thrill of barbershop singing and helping others to do the same; to actively support Society and District efforts to perpetuate our art form; to warmly welcome other singers into our musical fellowship; to contribute to the cultural quality of our communities through our charitable activities and youth harmony programs; and to have fun doing all of this.

# President's Corner



Larry Ray Photo

By Ken Klein, President

## Sometimes It Only Takes One...

Every once in a while I look back over my years in the society, and I tend to get overloaded with memories of all the things we do.

It is hard to tell acquaintances about our hobby when there are so many things to talk about – shows, quartetting, delivering valentines, fun during rehearsals, etc.

My recent hiatus due to my knee replacement surgery caused me to think about my experiences, and I found it to be much more rewarding to think of just one experience at a time, like the time I sang in a quartet delivering a valentine years ago to a woman in a dialysis clinic, when as we struck our first chord there were tears coming from the entire group that had regular treatments with her – and how hard it was to sing. Or the first time I was brought out to the middle of a lodge near Big Bear so the director of my chorus at the time (Westminster) could coach me on how to hear an overtone. Or the time I switched hotels in the dead of night in Mesa, Arizona, so that I would not have to awaken **Dennis Keizer**, who was rattling the walls, and picked up a speeding ticket from a traffic cam on the way to the other hotel. Or most recently, Eduardo's fascinating singing family that mesmerized all of us. How do you tell someone about all of these experiences without rambling on forever (and why would I want to tell them about Mesa?)? How do we get others interested enough to give our hobby a try, and see for themselves what wonderful memories they can have? These challenges we are placing in the hands of **Mike Evans** and those he may have recruited to be on his committee, to find ways to reach out through social media, etc., to carry our message in a world where there are so many activities one can engage in that it is challenging to make our message special.

As we go through this effort, let's each think of those single events that have so touched us during our time in this hobby, and share our devotion to things we know have made us happy, and that can do the same for others if they come to sing with us.

We are the total of our experiences, and what wonderful ones we have to share.

# The Lighter Side



Dick Cote Photo

By Sam Glorioso

If you read my last column, you may remember that I wrote something about my brain working, or not working. It was the evening we sang at "The Muck". Wait a minute!

Things haven't changed.

I keep telling people that being in this hobby of Barbershop singing has kept me alert during the last 22 years (I'll wait until all the groans die down). Just think what condition I would be in now if I wasn't in this hobby. You don't want to know.

It takes a lot of brain power to remember all the lyrics and the music. I can see when young guys just sail through and learn quickly. But I know my brain. We've been going together for a lot of years. What I don't know is why it sometimes gets me in trouble - like memory retention. I can go over the music and words over and over and I think I have it right.

Can you believe it? I often think it keeps a lot of information from me. My brain is like the Bermuda Triangle: Information gets in and then it's never heard from again. Once in a while, some data escapes and then you read it in this column. It probably has kept me from being kicked out of the chorus.

When I joined the chorus, I was in the last row of the risers. It was a bit scary at first since I have a close association with agorophobia. For those who won't bother to look it up in the dictionary, I'll tell you. I am afraid of heights. I'll bet you had an idea I knew the meaning of this word. I looked it up. When I did look it up on the internet I discovered a lot of phobias I have. Maybe I should have left well enough alone.

But I digress.

For some reason, which I have never figured out, I was moved to the second row (now the third). As they got to know me I was moved to the third row near the end of the row. Do you see a pattern here? I believe they wanted to confuse me. One thing was, they didn't know how easy that would be. Three more spaces to the left than I'm on the floor, which is one less from being out the door.

But now that I think about it, they wouldn't dare do that. Who else would take the parts in our shows that nobody else wants? Yep. I've got them over a barrel.

# Health Benefits of Singing



Joan Golding Photo

By Steven Sarandis

I recently read several articles regarding singing and health. Let me summarize what I read.

TIME.com quoted the following: When you sing, musical vibrations move through you, altering your physical and emotional landscape. Group singing, for those who have done it, is the most exhilarating and

transformative of all.

The elation may come from endorphins, a hormone released by singing, which is associated with feelings of pleasure. The benefits of singing regularly seem to be cumulative. In one study, singers were found to have lower levels of cortisol, indicating lower stress.

An article from Heart Research UK mentioned: Professor Graham Welch, Chair of Music Education at the Institute of Education, University of London, has studied developmental and medical aspects of singing for 30 years and he says the health benefits of singing are both physical and psychological. "Singing has physical benefits because it is an aerobic activity that increases oxygenation in the blood stream and exercises major muscle groups in the upper body, even when sitting. Singing has psychological benefits because of its normally positive effect in reducing stress levels through the action of the endocrine system which is linked to our sense of emotional well-being. Psychological benefits are also evident when people sing together as well as alone because of the increased sense of community, belonging and shared endeavor."

Singing even helps you live longer according to the findings of a joint Harvard and Yale study which showed that choral singing increased the life expectancy of the population of New Haven, Connecticut. The report concluded that this was because singing promoted both a healthy heart and an enhanced mental state. Another study at the University of California has reported higher levels of immune system proteins in the saliva of choristers after performing a complex Beethoven masterwork.

Moresingingplease.com talked about the benefits of singing. They quoted that "group singing is cheaper than therapy, healthier than drinking, and certainly more fun than working out."

The physical benefits include: **1.** Singing exercises our lungs. It tones up our intercostal muscles and our diaphragm. **2.** It can improve our sleep. **3.** We benefit our hearts and circulation by improving our aerobic capacity and we decrease muscle tension. **4.** Our facial muscles get toned. **5.** Our posture improves. **6.** We can become more mentally alert. **7.** Sinuses and respiratory tubes are opened up more. **8.** With careful training recent evidence suggests that it can help decrease the problem of snoring.

**9.** There is a release of pain relieving endorphins. **10.** Our immune system is given a boost enabling us to fight disease. **11.** It can help reduce anger and depression and anxiety. **12.** Use of music can help people to regain balance if affected by illness such as Parkinson's disease

An article from our Barbershop Harmony Society (March 25, 2010) substantiated the above claims, including the fact that singing boosts the immune system. Scientists at the University of Frankfurt in Germany, published in the latest edition of the US Journal of Behavioral Medicine. The scientists tested the blood of people who sang in a professional choir in the city, before and after a 60 minute rehearsal of Mozart's Requiem. They found that concentrations of immunoglobulin A - proteins in the immune system which function as antibodies - and hydrocortisone, an anti-stress hormone, increased significantly during the rehearsal.

Singing is good for you. Many studies done over a number of years have focused on the health benefits of singing, and the evidence is overwhelming. Singing can help prolong life.

These are just a few of the articles one can read and substantiate that singing is definitely healthy.

I don't understand why more people don't sing. My advice to all of you is to go out and find a group to sing with, preferably Barbershop, (female equivalent is the Sweet Adeline's) or some other chorus or choir.



Dear Woody & Barbershop Family,

Thank you for the wonderful flowers you sent for Don's service. The flowers mean so much; that was so thoughtful of you. Thank you also for the great turnout of friends/singers at Don's service and lunch. Your singing at the lunch made the event even more special, as you usually do when you appear. The music was wonderful. The selection of songs was perfect. I looked forward to that part of the day; I knew it would be a great comfort to me that you were all there and that you beautified the day with that wonderful barbershop music. And the fact that you are all Don's friends and you made this effort on his behalf made it all the more special for me. Don loved singing with the OEC, and I'll always remember the wonderful times and great people of the chorus.

Thank you all so much. Sincerely,  
Marianne Roberts (Mrs. Don)

The Orange Empire Chorus Presents:  
**A Barbershop Musical Mystery**  
**Dinner Theater Show...**

*The*  
**Great Egg**



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**Fullerton Community Center**  
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**Luncheon Show - 12:30 PM**  
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## The Good And The Ugly



By Pat Boyle

The good and the ugly were my experiences with the “Valentine greeting from \_\_\_\_ do we bring.” This all happened to the quartet of **Gary Maxwell, Dave Gunther, Pat Boyle, and Paul Sandorff**. The good was very good as we tiptoed into the hospital room.

I’ve participated in the Valentine greetings for a number of years, and have fond memorable, emotionally moving moments. This is one of those that ranks among the top. After leaving the hospital room, all four of us had one expression “That was cool.”

What led to the unison “cool” comment was a trip to St Joseph’s Hospital, where we stood outside a hospital room in a quiet, closed-doors hallway, waiting for a familiar sound of the maternity area to subside. Which, according to the valentine requester, would be 12:05pm, and lo and behold he was right. At the predicted time the door opens and with stealth, we moved in. In the center of the room was a new mother, propped up in a bed, holding a day-and-a-half old baby with a little beanie tentatively balanced on its head and the proud beaming father. We sang our Valentine songs as the new parents looked at each other then down to the baby, back and forth. Songs completed, message delivered, we eased out the door satisfied that we added a good auditory feeling to the present glow.

Now to the ugly, which happened on the same day. The circumstances were that we had to deliver a surprise valentine, and were greeted by a Fido, or whatever his name was. An overweight dog was sitting on a little porch by the front door. The dog would be big without the extra weight. My name for him would not be Fido but Godzilla, and he didn’t get that big on a South Beach Diet.

A petite young woman of the house with a little girl came to a partially opened door, and commanded the dog, who was wagging its tail, to let us in, I thought “shades of Hotel California”. We walked into a small dining room with the dog following me, a little too closely. I even tried to convince the dog to check out Dave or Gary, but no, I was his choice to investigate. We began to sing our “Valentine Greeting,” and the dog leaves me only to return instantaneously to the same close spot with a ball in its mouth. As we started to sing “Let Me Call You Sweetheart,” Godzilla dropped the ball at my feet, and started to stare and bark at me. The bark was more like a growl-type bark. Gary, our lead, and like the pro he is, was singing and pinching himself all the way through the song. He would have lost the battle to a laughing fit if the song was longer. When we were approaching the tag the barking became more serious and insistent. So I stopped singing, thinking the dog was critical of baritones, and avoided eye contact, but he kept on barking. The petite woman of the house said that Godzilla liked singing (but a canine critic when it comes to baritones I thought).

It does not take any grey matter to guess who was out the gate first as we left, and I didn’t turn and say na ne na na. If he couldn’t jump the closed gate, he would go through it. A Valentine’s Day to remember, a dream and a comical nightmare.

## Another #\$\$%?# Valentine?



By Mark Logan

I probably had more fun singing valentines this year than any of the prior years I have been in the chorus. I was privileged to sing with some excellent singers during the four days I was able to participate. **Craig Ewing** was the tenor in the quartets I sang in three of the four days. What could be better! On Monday, **Frank Tillou** sang baritone and

**Bill Wilson** from the *Velvet Frogs* sang bass along with Craig as tenor. On Tuesday, Craig again sang tenor, **Pat Boyle** sang baritone and **Frank Fliszar**, who I know from the Orange Quartet Chapter, sang bass. Thursday’s quartet was composed of **Stan Haymaker**, who I know from the Orange Chapter, singing tenor, **Woody Woodson** as baritone and **Paul Sandorff** another member of the Orange Chapter. The last day I sang was Friday and the quartet was composed of **Craig** as tenor, **Paul Sandorff** this time as baritone and **Bill Wilson** singing bass. What a pleasure for me to be able to sing with such accomplished singers. It seemed so easy and effortless to be able to sing between such an excellent tenor and bass every day. Everyone was very relaxed and we had a lot of fun. We sang in classrooms, businesses, individual residences and retirement homes. We even caused a few tears to fall. Craig had us singing *Coney Island Baby* at some stops. This was new to me. I don’t think I have ever sung that tune while singing Valentines. It proved to be a lot of fun and was well received, especially to those who have received them in previous years or in situations where we were singing to a group. We even decided to change our quartet name after singing to a group of women from the *Orange County Council On Aging* who call themselves “*The Smile Makers*.” What a great name for a quartet. With their permission, we adopted that name for our quartet for the rest of the day.

One of the most notable stops was at a residence where there was a rather frazzled woman outside caring for a number of small children. She did not appear to be very happy and ignored us when we approached, even though we were distinctively dressed in our barbershop garb. She was asked if she was the person named on our delivery list and she affirmed she was. We told her we were there to sing to her. Her response was unexpected and took us by surprise when she responded, “Another frickin’ Valentine! He sends them every year.” She was obviously not very pleased at the prospect. However, we regained our composure and told her we were going to sing. She gathered up the children in front of her and we sang to them. The children at least seemed to be pleased to hear us sing. We gave her the rose and card and beat a hasty retreat.

This was the exceptional response to all the singing Valentines we delivered over the four days in which I participated. Most, if not all, of the recipients receiving the singing Valentines seemed very entertained. The most fun was singing to the various small groups or singing in businesses with spectators looking on. We often received spontaneous applause from those listening. Other than the one rather strange response, everything went well and was a lot of fun. It is one of the most enjoyable events in which I have participated.

# In Memoriam



By Fred Robirds

We just lost another barbershopper and great friend. On Friday morning January 3rd, Don Brewer passed away following a lengthy bout with cancer. After spending Christmas in the hospital, he went home, in Garden Grove, to die peacefully with wife Marianne by his side.

Joan Golding Photo

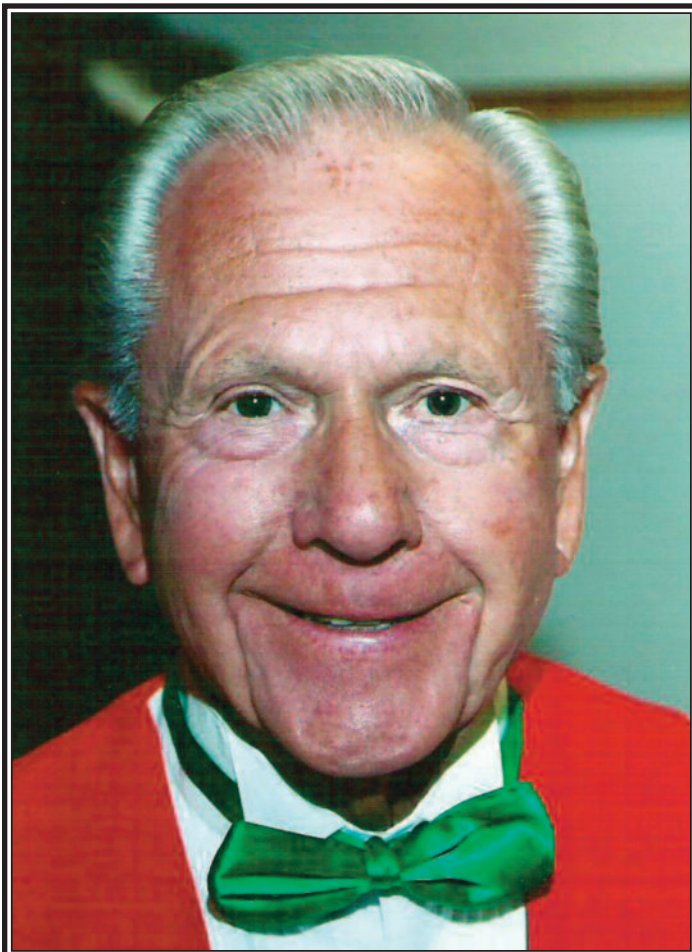
Our friend Don was smiling and singing until the end. In fact, he joined a "Sunshine" quartet to visit and cheer up Mary Ruth Ashcroft at Gordon Lane rehab ctr. just a couple of weeks before passing!

We first met Don some 60 years ago, when he was a sales rep. for Brunswig Drug Co., as he called weekly on our drug store, and we and our families became fast friends, enjoying many happy times together.

Besides his barbershop hobby, Don was an aviation enthusiast, and we spent many hours together, flying with him in his immaculately maintained Piper Cherokee. He was an excellent pilot.

Don was preceded in death by his first wife Joyce and son Brian, both succumbing to cancer as well.

We'll all miss you good friend.



# Editorial Musings



By Don Derler, Publisher/Editor

It looks like we have started off 2015 with a bang!

A great time was had by all at our Installation & Awards banquet. A lot of folks put in a lot of effort to make the evening a success, but **Jay Campbell** really deserves a big "at-a-boy" from us for all of his efforts. He even followed up by writing a terrific article for the

Clippings'. Congratulations to all who received an award. Many thanks to all who helped make it a night to remember. And congratulation & condolences to all the men who were elected (volunteered) to be on our Board.

The next big event of the year was our Singing Valentines program and what a terrific success it was! Everyone involved had a great time. There are too many people, who made this event a success, to mention here, but you can read all about them in the numerous articles that were sent in for this issue. My heartfelt thanks to every one of our contributors.

As you read this, we are preparing for our Annual Show. This year we will be trying a new format for the show; a Mystery Dinner Theater. It's a slight twist on our hugely successful Christmas Cabaret format. The show committee has been very busy making sure the event will be an enjoyable experience for our patrons and we might even make a profit for our efforts!

Hopefully, the next issue of The Clippings' will be full of articles about how successful we were.

## CHORUS CALENDAR

### Recurring Dates

- The **ORANGE EMPIRE CHORUS** meets each Tuesday from 7:00 to 9:30 P.M. at the Fullerton High School Choir Room, 201 East Chapman Ave. Fullerton CA.
- The **BOARD OF DIRECTORS** meets at 7:00 P.M. - the 4th Monday of the month, at the home of Steve Serandis, 1451 West James Way, Anaheim. All members are welcome
- The **MUSIC COMMITTEE** meets the third Tuesday of the month, after rehearsal.
- **HARMONY FOR LUNCH BUNCH** meets each Friday at around 11:30 A.M. at **Giovanni's Pizza**. Southeast corner of Euclid & Williamson in Fullerton. (One block south of Commonwealth.)

Fullerton Chapter, SPEBSQSA



Don Derler, Publisher/ Editor  
P.O. Box 3331  
Fullerton, CA 92834  
714-441-1864  
don@derlerart.com

We meet Tuesdays, 7:00pm at  
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