

topic these days and for good reason. Poor nutrition habits build up toxins in the body over a period of time, and people often live with discomfort but do not realize that food is playing a large role in this discomfort. Little changes often produce immediate positive effects related to issues such as acid reflux or GERD, over-production of saliva and mucous, and related concerns such as better sleep and post nasal drip.

#### Plan your wellness

In order to start next season fresh and in a preventative state of mind, take advice from lifestyle coaches and have coping mechanisms in place. Plan your balance by actually writing rest breaks or restorative activities into your day-planner or phone, and schedule them along with all the other musical and administrative tasks of the week. Continually assess health and wellness by recording and tracking progress, and set goals to improve vocal health week-to-week in order to change old habits you realize are causing issues. Most importantly, make a commitment to one or two changes that you will incorporate into your daily, weekly, or monthly schedule that most impact your health and wellness. If you'd like to take it one step further, you may wish to give yourself permission to remove one activity from your life that stresses you out. I, myself have not ironed anything since 1997 and yes, it has made a difference to my wellness. Happy resting, everyone.

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Tout pour la planification et la gestion de votre tournée chorale.*

*Where do we start?  
Par où commencer ?*

*How much will this cost?  
Combien cela coûtera-t-il ?*

*How can we optimise our budget?  
Comment maximiser notre budget ?*

*Where can we perform?  
Où pouvons-nous chanter ?*

*Whatever your tour needs, we are here to help:  
Quels que soient vos besoins, nous sommes là pour vous aider :*

- Itinerary planning  
Planification d'itinéraire*
- Budgeting  
Établissement de budget*
- Travel arrangements  
Transport*
- Lodgings & meals  
Hébergement et repas*
- Performances  
Concerts et représentations*
- Sightseeing & activities  
Visites et activités*
- Courier services  
Service d'accompagnement*



## STUDENT ACTIVITIES

Compiled By Laura Curtis

Laura Curtis is in her first year of doctoral studies in the Music Education program at Western University.

### Western University Students Form Choral Canada's 1st Student Chapter

In 2018, the Choral Canada Student Chapter began a new initiative to establish Student Chapter Branches at educational institutions across Canada. I am excited to announce that the first Student Chapter Branch was formed at Western University in London, Ontario, at the end of 2018!

As Project Coordinator for the Choral Canada Student Chapter, I would like to encourage students actively involved in choral music throughout Canada to consider forming a Student Chapter Branch at your educational institution. For more information about the process of forming a Student Chapter Branch, please email me at [laura.curtis@uwo.ca](mailto:laura.curtis@uwo.ca).

I also encourage you to visit the Choral Canada Student Chapter website at [www.choralcanada.org/student-chapter](http://www.choralcanada.org/student-chapter) for guidelines and an application form.

You can also visit the Student Chapter facebook page at <https://bit.ly/2LSzV5o>.

### 2018/2019 STUDENT CHAPTER ACTIVITIES

By Morgan Keupfer and Siobhan Waldock

Western University's Don Wright Faculty of Music has a long-standing tradition of choral excellence. In 2018, the faculty's choirs, Western Singers, Les Choristes, Chorale and St. Cecilia Singers, premiered Mark Sirett's *Words, Stories, Truth, A Trilogy in honour of Canada's Indigenous Peoples*. This commissioned work won the Outstanding Choral Composition award at Choral Canada's 2018 National Choral Awards. The aftermath of this moving work inspired the singers to think about the sense of community they want to create within the faculty and beyond. The following year, the Faculty of Music Choir Council at Western University was formed and later became a Choral Canada Student Chapter Branch with the help of faculty member Patrick Murray and doctoral student Laura Curtis.

The goal of the choir council is to foster a sense of unity among the four choirs. Previously, each choir has had their own individual council, resulting in a feeling of disunity between the ensembles. Currently, the choir council is comprised of ten individuals who are committed to providing choral opportunities and representation for the Choral Department at the Don Wright Faculty of Music. The two Co-Chairs facilitate meetings, oversee programming initiatives, and ensure open communication within the choral department. The Secretary/Treasurer handles the council's finances, take minutes at meetings, and ensures council members are aware of plans and responsibilities. Every choir has two representatives. The representatives inform respective choirs of upcoming events, update our social media, help coordinate programming initiatives and act as a liaison between the council and the choristers. Within the choir council every choir is fairly represented, ensuring that money raised through fundraising events is distributed equally and upcoming events are for all choirs.

One wish of students and faculty is for more collaboration between the choirs and the instrumental ensembles of the Don Wright Faculty of Music. Performing larger works like masses, or the commissioned work by Mark Sirett, are enriching experiences that prepare

musicians for professional careers. The choir council aims to give students experiences that will help prepare them for the performance of repertoire they might encounter post-graduation, while providing a joyful experience singing these larger works. Another goal of the choir council is to actively reach out to the London community by singing in venues like retirement homes so that students have an opportunity to volunteer their time and talents while giving back to the community. The council also plans on setting up tours to local elementary and secondary schools to promote the Don Wright Faculty of Music.

The last goal for the council is to host events and workshops with choral experts. Bringing in guest conductors, composers, educators, and general choral technicians would be an extremely useful resource for both students and faculty members. Gaining perspectives from professionals could be an enjoyable and educational opportunity that has the potential to shape students' choral journey.

So far in their short existence, the Faculty of Music Choir Council has organized a book sale, generating over \$700. These funds will assist in implementing the goals for the next academic year and potentially aid in funding a social event in September that will start the year off with a sense of community. The choir council also had the opportunity to participate in Music Involvement Day where they were able to promote their initiatives and share the recent news of becoming an official Student Chapter Branch of Choral Canada. The council hopes that this will provide even more opportunities for growth and recognition throughout Canada and guide the students in connecting with choral experts across the country.