

The Bulletin of the Miami-Shelby Chapter's Melody Men Chorus
A Friendly Bunch of Guys in the Johnny Appleseed District Who Love to Sing

April 2006

FACE to FACE

My View From The Front

By Dick Baker

SELL-SELL-SELL

We have changed our show date to the spring to try to attract a different, larger audience. We hope to see more of the 'snowbirds' who have returned from Florida to our fine Ohio springtime colors. The response, so far, has not been what we hoped for. Pre-sales are lagging.

It is now up to each one of us to try very hard to push ticket sales. Some of our regular patrons may not see that we have moved our date. They may still think we will do a fall show again this year. Unfortunately, the show flyers did not play up the new date. We should all contact our 'regulars' to be sure they know. We can ask each of our acquaintances we see daily if they like to see a real, live, family friendly stage show.

We worked very hard through the years to build up our audiences for the Friday/Saturday, 3-show event we've held in the fall. We will have to work harder to sell the new one-day, 2-show format in the spring. We eliminated one show and possibly 1/3 of our audience by doing so. It is up to us to push sales to make this a success.

This is a hobby, it's true. But showmanship is important to keeping this thing going. There is no point to all the attention to detail and learning to sing well if we have nobody to 'show-off' for. We need the experience and the income to sustain the chapter and our momentum.

JAD 2006 Prelims to be held in Harrison, Ohio

This year's International Quartet Preliminary contest will be held 21-22 April 2006 at Harrison High School in Harrison, Ohio, near Cincinnati. The Alliance, Southern Gateway and the Singing Buckeyes are scheduled to perform which should make a great show for Saturday evening. Several JAD quartets are going to be in the Top 20 and maybe 2 in the Top 10. It



Doing What We Do Best

by Bob Moore, Chapter President

Every year a new president is sent to the officer training school to learn about the position. For those of us who have repeated the job in subsequent years, you go for the food and the afterglow, but I'll save that for another time.

Each year you hear a different teacher will give you his spin on the job and this presenter (forgive for not remembering, but it was Steve WryxskheienSKI from the Alliance Chapter. I wouldn't be able to spell his name even if I looked it up!) made one point and that was choose a goal for the year and try to make it happen.

My goal for the chapter this year is for us to gain some membership. You can get into the Chicken versus the Egg debate here on how to accomplish this, but I'm convinced that one; you have to sing good to attract people who want to sing.

The second thing you have to do is make it fun. Mixing up practices and basically making things enjoyable so you can engage in a HOBBY is what it is all about.

The third thing you have to do is make people feel welcome and make them want to come back. Hopefully if we sang well and made it fun, then this point is just icing on the cake.

The good news is that we do all three of these things very well. We have the components to gain members and hopefully keep the ones we have. The bad news is we don't have people beating down our door.

Having a spring show will give us some opportunity to try some new things this year. One, we can learn some new music for our church performances. Two, we can also look at learning some Christmas music and possibly do some things in the fall to let folks that we are in the community.

We are in the process of brainstorming on the board and we welcome your ideas. What are some of things you want to do this year and what can we do to gain some new members? Let me or one of the board members know.

should be like a mini-international. If you'd like a nice warm up to this summer's events in Indianapolis, this will serve nicely. For more information, check out <http://www.singjad.com>.

Ad and Ticket Sales Update

by Paul Webb,

Gentlemen: As of 4/13/06 159 ads have been sold. The total ticket sales is 135. While the ad sales are not what we had hoped for it is not bad and I expect more sales will come in next Tuesday night 4/18/06, the last date I will accept ads and all must be prepaid. The ticket sales however, are another story. Please everyone!! Sell tickets!! I, for one, do not want to sing to a half full house. We need the money because it is expensive to put on an annual show.



Thanks to all of those who have really been trying and thanks in advance to those who will sell many tickets in the next three weeks.

Paul Webb, Ad and Ticket Chairman

Addendum: Seems many of patrons are assuming we'll have a fall show. I would hope that everyone is making follow-up phone calls to the folks who buy tickets from them, whether by mail or personal contact. This is a new time of year and a phone call can clear up any confusion. Paul

CHALLENGE OR PROPHECY??

from Dale McKinney



Gentlemen, my only additional comment is that we may be looking at the demise of a Miami-Shelby Annual show

We have pleaded with the membership to sell at least three ads per man. To date I believe we have 18 members who have done so. That isn't a very good response. For the past several years we have had many people chose to buy tickets at the door even though they pay \$12 rather than \$10 for advance sales. However, with only 135 tickets sold I don't see us getting 600-700 walk-in sales. When Dick predicted that we would loose 1/3 of our attendance because we were only doing two shows rather than three I was not a believer. Now it looks like he may have underestimated the effect of two shows and the time of year change.

Perhaps we have gotten to the point with our audience and ourselves where putting on a show is just too much of a commitment for everyone to make? I can tell you that the effort to create the show for 2006 starting in November of last year has been a struggle. I only hope we don't disappoint the audience that will show up. Just a thought. ... Dale

Show Publicity Report

by Denny Julien

Newspapers have all received news releases, glossy pictures, brochure and a note emphasizing our move from November to May. Newspapers include:



Tipp Herald, Greenville Advocate, Troy Daily News, Piqua Daily Call, Dayton Daily News, Sidney Daily News, Urbana Daily Citizen, Versailles Policy, West Milton Record, Tipp Independent Voice. Ball Publishing Co.

Public Access TV: Tipp Monroe KIV TV * and Troy Public Access both will show details and Telephone number (not ticket prices)

SOMEONE ELSE WAS TO CONTACT PIQUA PUBLIC ACCESS TV.

*KIV TV will play tapes of quartets or chorus performances for the next couple weeks. WHO HAS GOOD QUALITY TAPES THAT I CAN GIVE THEM????? I have the 1999 Shiloh "benefit" performance which includes the Dayton Chorus, Marquis & Cruise Control, plus our quartets. Some of the narratives could be misleading to viewers, i.e. show plug talks about November...which we want to avoid.

WHIO-TV Steve Baker has all of the material. I don't have a commitment from him yet.

Denny

Issue date: 4/11/2006 4:00:00 PM



Assistant Chorus Director designation available in Society records

Fill-in the blank: add your chapter's assistant director to the database.

Behind every great front-line director stands a great music team --and the best of those include quality assistant (or "associate ") directors. Perhaps as many as sixty percent of all chapter choruses have people in this role.

Assistant directors can benefit from a wealth of educational opportunities throughout the Society. To include your chapter's assistant director(s) in regular mailings, email, newsletters, etc., be sure to mark them in the Society's membership database.

Current chapter officers can update your chapter roster online to include assistant directors. (Members Only login 2 required: www.spebsqsa.org/members)

Reflux and the Voice

Although not a substitute for consultation with your doctor, this introduction to the causes and symptoms of acid reflux can help you safeguard your health and voice.

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Laryngopharyngeal reflux (LPR) occurs when digestive secretions, chiefly hydrochloric acid and the enzyme pepsin, seep out of the esophagus and irritate the voice box (larynx) and throat (pharynx). LPR is the most common source of laryngeal pathology and may be a contributor to disorders ranging from excessive muscular tension during voicing, to nodules, and even laryngeal cancer.

Singers affected by LPR typically describe vocal difficulties such as increased vocal strain or fatigue, reduced tonal quality, loss of high range, or pronounced register disconnect. Additional reflux related symptoms may include speaking voice changes (particularly in the morning), persistent throat clearing, sore throat, hacking cough, nocturnal choking, metallic taste, swallowing difficulty, and throat "tickle" or fullness. To aid in diagnostic verification, a physician or voice pathologist will correlate these symptoms to characteristic tissue changes. Note that allergies and post-nasal drainage may produce similar symptoms; clinical dialogue, and careful usage of treatment should sort out the relative contributions of each potential source of irritation.

Singers are particularly predisposed to reflux through sustained diaphragmatic compression of the stomach during "supported" singing, frequent late night eating, and performance stress.

Laryngopharyngeal reflux versus gastroesophageal reflux

Gastroesophageal reflux disease (GERD) is presently a more conspicuous media presence (e.g., "the Purple Pill") than its relatively unknown cousin, laryngopharyngeal reflux. It is important to note that many patients suffering from LPR do *not* present with esophagus-related heartburn, or stomach upset/ulceration. Indeed, many patients are prompted to respond "I don't have reflux because I don't have heartburn!" when first diagnosed with LPR. *Reflux may selectively affect relatively delicate throat tissues to the exclusion of the tougher esophagus.* Although GERD and LPR may be considered as separate diagnostic entities by many treatment specialists, medical recommendations

for both kinds of reflux are similar. There are no statistics on the related incidence of GERD to LPR, and one condition is not necessarily a precursor to the other.

Causes of laryngopharyngeal reflux

The upper esophageal sphincter is a muscular valve that primarily facilitates food entry into the gullet. The lower esophageal sphincter primarily contains the digestive process within the stomach. Secretions must pass through both of these valves to cause LPR; mechanically through factors such as obesity-related abdominal pressure, inverted posture, and carbonated beverages. Smoking and certain foods may relax the lower esophageal sphincter, and spicy or acidic foods may compound existing tissue irritation.

Because of the muscular esophagus involvement, it is possible that inherent weakness or transient muscular relaxation may allow reflux seepage. In a contrasting manner, increasing one's stress may overly activate the digestive system and precipitate reflux.

Late eating, within three hours of bed, has been significantly implicated in reflux activity. Hiatal herniation, in which the upper stomach protrudes through the diaphragm, has been implicated in reflux activity, but neither showing to be the cause of the other has yet been established.

Research into the linkage of the digestive and respiratory systems has yielded solid evidence of relationships between reflux and asthma, and even more remotely, between reflux and inner ear inflammation. These far reaching reflux effects are logical when one considers that the stomach is an intensely harsh environment in which from three to four and a half *liters* of hydrochloric acid are secreted on a daily basis . . . in addition to digestive enzymes. Somewhat surprisingly, an acidic environment is not necessary for the effective digestion of food; note that modern reflux medications are very effective at suppressing acid production. The purpose of stomach acidity is to comb out potentially harmful microbes in our food, and activate pepsinogen into the primary digestive enzyme, pepsin.

Treatment of laryngopharyngeal reflux

A proton pump inhibitor (PPI) suppresses the chemical messenger that stimulates acid production factories (proton pumps) within parietal stomach cells. This powerful class of medications used include: Nexium, Prilosec/Omeprazole, Prevacid, AcipHex, and Protonix. PPIs produce the most adverse reactions in users; 1% experience headache, diarrhea or constipation, abdominal pain, flatulence (gas), nausea/vomiting, or dry mouth.

Relatively less aggressive and effective histamine blockers such as Zantac, Tagamet, and Pepcid exert a different mechanism of acid control via the jamming of intra-cellular proton pumps. Both PPIs and histamine blockers are effective for between ½ and ¾ of a 24 hour period, therefore double dosing each day may be necessary.

Common antacids buffer secreted acid, and are the least

aggressive medications for reflux intervention. Antacids may also create a foam barrier in the lower esophagus and upper stomach which aids in reflux containment for up to ninety minutes. Basic recommendations specify head of bed elevation and antacid use prior to sleep.

There may be additional merit in a drug such as Pepcid Complete which combines both a histamine blocker and antacid. Likewise, it is possible to combine a PPI and histamine blocker (e.g., Nexium in the morning and Zantac at night), or double dose each class.

All the aforementioned medication classes are now available over-the-counter; however, it would be most prudent for a *singer* to obtain prior medical evaluation as a physician will be the best judge of duration and level of control. Note that there is little difference in the mechanism of control within each class, and therefore patients should utilize a prescription that is preferentially specified by their particular insurer.

Long term reflux control

We do not have research beyond one year on the long term effects of gastric acid suppression; however, it is common for many reflux patients to use related medications for many years. All pharmaceutical products are potential toxins; the Greek word *pharmakon* indicates the potential of a medicine to act both as a remedy and a poison. It may be preferential to control reflux activity with behavioral targets such as diet, weight loss, smoking cessation, or stress reduction. Note that intended drug effects may be undermined if these precipitating conditions are not addressed.

Conclusion

Reflux of gastric juices into the base of the throat is a very common source of laryngeal complaint—even subtle injury may significantly impact a singer. Anti-refluxogenic behavioral and dietary controls should minimize the need for medications, or maximize the intended effect of medications. Readers of this article are strongly advised to seek medical evaluation via endoscopy and interview should atypical throat or voice problems persist for longer than several weeks.

Reference

Ford, C.N. (2005). Evaluation and Management of Laryngopharyngeal Reflux. *Journal of the American Medical Association*, 294(12), 1534-1529.



Taken from

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Putting music on your website

Complying with copyright law extends to web audio.

by John Schneider, Staff Counsel

Quartets and chapters that have their own websites need to make certain that they have the appropriate *clearances/licenses* to use performances of their respective performing units on their websites. Some music publishers absolutely refuse permission for any of the music to which they own rights to be published on any website. This would additionally apply to chapters that have their own "members only" section of a website where they put learning tapes/CDs for their members. If they need to know what kind of permission they need, they should contact the copyright owner and seek a **website (media) license**. If it becomes more involved than that, they should call the Society office and talk either to Joe Liles or Colleen Theobold.

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Happy Birthday to us

Executive Director Ed Watson takes a moment to reflect on our birthday.

Permit me a moment of your day to celebrate the 68th birthday of The Society for the Preservation and Propagation of Barber Shop Quartet Singing in America, as it was originally known. I sometimes wonder how hard it was to change that to Encouragement? As the Barbershop Harmony Society staff partakes of birthday cake in the break room (sorry, fellas, you'll have to get your own) I think it appropriate to laud and enjoy all the achievements and progress the Society has enjoyed over those many years. Yes, we can always improve and we're all working hard to do that, but we must not let that enthusiasm for change cloud an appreciation of what we enjoy today

Congratulations to all the members, the quartets and the choruses that have chosen to sing, to enrich lives through singing. They have enjoyed, and continue to enjoy, a hobby that stretches from the Bartlesville Barflies to Realtime; that includes OC Cash, Rupert Hall, Sean Divine, Charlie Metzger and Joe Barbershopper; that involves Dick Van Dyke and Norman Rockwell, Jim Henry and Tom Neal; that requires countless hours of dedication and volunteer work; that brings smiles to faces and joy to hearts; that engages the best aspects of humanity; that increases in complexity the more it is studied; and that will continue as long as people enjoy singing.

BOARD MEETING MINUTES
MIAMI-SHELBY CHAPTER, SPEBSQSA, INC.
April 3rd, AT GREENSTREET UMC, PIQUA, OHIO

The meeting was called to order by Pres. Bob Moore. Those present in addition to Pres Moore were:

Dave Eleyet	Jim Riley	Jim Haley	Dale McKinney	Art Wehneman
Ken Crawford	Bill Ganger	Mark Reedy	Theran Huffman	
Guests:	Dick Baker	Neal Webster		

SECRETARY'S REPORT

After noting an incorrect date of the March scheduled Board meeting(March 6th instead of March 7th as listed) the minutes of the March 6th and 14th meetings were approved on a motion/second and an affirmative voice vote.

TREASURER'S REPORT

The Treasurer's Report for the month of March indicated receipts of \$2,855.10 expenses of \$713.55 and a balance in all funds at the end of the month of \$9,346.46. This was approved on a motion/second and an affirmative voice vote.

PROGRAM COORDINATOR

Bill Ganger asked the Boards permission to have the Chorus members who are present for the Shiloh Church performance stay over to in the PM to sing a few numbers for an afternoon service. We will receive an additional \$50.00 for this. This was granted by consensus.

A request has been received from Hartzell Fan Corp. for a performance on Saturday, July15th, at Lake Loramie State Park. This will require our risers. The fee to be \$400.00

This will be taken before the chorus to determine participation.

OLD BUSINESS

The idea of a temporary shelter and location for the trailer was discussed. Mark Reedy mentioned that perhaps Hartzell Corporation would have an empty building. He will check into this.

NEW BUSINESS.

Dick Baker informed the Board of an elementary school student in the Greenville School System who is unable to afford the required uniform for his schools upcoming musical. He asked if the Board would be willing to underwrite this expense in the amount of \$50.00.

Mark Reedy moved we do so. Neal Webster seconded. Motion carried.

There being nothing further a motion to adjourn was made by Mark Reedy and seconded by Art Wehneman. Motion carried. Meeting adjourned.

Respectfully submitted Dave Eleyet, Secretary

SHORT BOARD MEETING April 4th AT PRACTICE AT WHICH A QUORUM WAS PRESENT.

Pres. Bob Moore presiding.

After a show of hands it was determined that their was sufficient coverage of voice parts for the Hartzell Fan Performance on Sat. July 15th . It was therefore moved/seconded and passed by an affirmative voice vote to accept this performance. Meeting adjourned by consensus.

These minutes respectfully submitted by Secretary Dave Eleyet

2006 Chapter Officers

President	Bob Moore
Secretary	Dave Eleyet
Treasurer	Ken Crawford
VP Music	Jim Riley
VP Membership	Mark Reedy
Program Co-ordinator	Dale McKinney
Director of Public Relations	Open
Trustee 2006	Art Wehneman
Trustee 2006	Jim Haley
Trustee 2007	Bill Ganger
Trustee 2007	Dan Black
Trustee 2008	Theran Huffman
Trustee 2008	Neil Webster
Past President & District Delegate	Open
Show Chairman	Mark Reedy
Show Director	Dave Maxson
Service Chairman	Gordon Davis
Music Librarian	Art Wehneman
Quartet Contact	John Gearhardt
Editor	Jim Moore
Bulletin Production/ Distribution	Jim Haley
YMIH Chairman	Dale McKinney
Director	Richard Baker
Ass't Directors	Bob Moore Brian Phillips

Miami-Shelby Calendar

Apr 18	Tues	7:30 PM Rehearsal at Greene Street Methodist Church
Apr 25	Tues	7:30 PM Rehearsal at Greene Street Methodist Church
May 2	Tues	7:30 PM Rehearsal at Greene Street Methodist Church
May 4	Thurs	Dress Rehearsal at Piqua High School
May 5	Fri	VLQ Piqua H.S. Miami Co. Cancer Relay
May 6	Sat	1:30 & 8:00 Miami-Shelby Spring Show
June 8	Thurs	Apple Corps at Kenyon College through Sunday 6/11
July 2-9		International Contest in Indianapolis
July 23	Sun	St. John's Lutheran in Piqua
July 30	Sun	Shiloh Church in Dayton, full service
Aug 13	Sun	Miami Co. Fair
Aug 19	Sat	Darke Co. Fair
Aug 27	Sun	Rosewood area churches

NotePaper is scheduled for distribution on the 2nd Tuesday of each month.

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