



MANY THANKS TO THESE AMAZING BOARD MEMBERS AND OTHER VOLUNTEERS

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- AccompanistRobert Dukarm
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- Vice-president John Sease
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- Membership Sheila Grigg
- Newsletter editor.....Marilyn Crump
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- GrantsPam Copley
- Secretary..... Mike Dunham-Wilkie
- PiggybankCathy Stevenson
- Webmaster & LivestreamingTom Fyles
- Score PDFs for the website, voice tracks and video streaming Heini Mathis



AGM COMING AT MONTH'S END!

It has been a wonderful year of singing together! Kathryn has brought us together not only to sing but we have enjoyed voice lessons, appreciation of the poetry of music, and insight into the phrasing of the pieces. The Newcombe Singers has grown under her directorship in more ways than just numbers of members.

I want to thank the Directors of the Board for their tireless efforts to bring the choir together and allow us to enjoy singing as a group. An administrative requirement of a non-profit society is to hold an Annual General Meeting (AGM) of members once a year. This year the AGM will be held on May 28th at St. Mary's Church from 7-9 PM.

The AGM allows each member to have an impact on both the direction and continuance of our choir. As a member, you have a vote at the AGM of resolutions, as well as deciding on the appointments of Directors to the Board. The most effective way to continue to make changes and support the choir is to put your name forward to be on the Board as a Director. Whether you feel you have special experience to benefit the Board or not, your willingness to support the choir in whatever way you can is all that is required. We meet about once a month via Zoom. At our fall meeting we access the areas that require attention and take on tasks that we feel comfortable about fulfilling.

If you have questions about joining the Board please contact me at peteribeliveau@gmail.com and I will answer your concerns.

A quorum is required to hold an AGM, which we are legally required to do each year. I trust you will keep the evening of May 28th open for your attendance to the meeting. 🎵 Peter Beliveau



RAFFLE BASKETS

We have been raffling off gift baskets at our concerts for the last 3 years. It is a very successful fundraiser, raising over \$1,100 last Christmas. We ask choir members to donate items and typically collect enough for 3 lovely baskets. Tickets are \$10 each or 3 for \$20—cash or check. They are available at the door on the day of the concert, and choir members can buy tickets at the dress rehearsal.

Thank you Sheila and Audrey for creating such beautiful baskets. They are a treat to win! And a huge "thank you" to everyone for supporting this fun initiative. A big thank you to Sheila, Cathy and Audrey for working so hard on all our raffles.

THE NEWBIE BEGINS!

ELLEN GODFREY!

I jumped into the PR role at Newcombe Singers as a newbie who only joined the choir last fall. Although I have years of experience in promotion, marketing and sales, I haven't sung in a choir since my university days and really didn't know what I didn't know.

So I have had a lot to learn about Newcombe Singers and how we do things and about the choir scene in Victoria. Due to this ramp-up, I haven't been able to do everything I hoped to do. But I've learned a great deal, and when the next concert comes along, I hope all I have learned will mean our PR will be where we want it to be.

Here is what I and several helpers (Peter, Kathryn, Norma, Myra, Lizzie and Nina) have accomplished.

We put two ads in the Times Colonist 'Go' section which is a monthly feature telling folks where to go for their entertainment.

With Norma's support, I wrote emails for current and former choir singers with the poster attached. The hope was

that choir members would forward this email or their own version to their email lists. Readers of the newsletter will have received this email from Norma. I do hope you forwarded it to your friends and family!

I worked with the Victoria Nikkei cultural centre to encourage their promotion and to ensure that ours was acceptable to them.

Working with Peter and Myrna, we came up with a plan to capture emails from those attending our concerts. You will see it at the concert's entryway. Check it out at intermission.

Kathryn and I wrote a letter to Mike Devlin, the arts columnist at the Times Colonist, with enough info for him to do a feature on our concerts. We have our fingers crossed.

We are in the process of switching from communicating PR by email to using Mailchimp. This offers a significant upgrade to what we can do via email.

High on my list of to-dos: Facebook geographical advertising; getting our Eventbrite page to show key info especially 'buy ticket' on the first screen that pops up, and fixing the problem that prevents us from providing potential ticket buyers with a link

taking folks direct to our Eventbrite page(s).

My grateful thanks to the folks I have mentioned because without their help there would have been no new PR! 🎵

~ Ellen Godfrey



Thank you Roxanne and Martin for taking on the Purdy's Chocolates fundraiser in March. Selling Purdy's chocolates is a favourite and delicious fundraiser for many schools and organizations, and it seems that Newcombe Singers did OK for our first foray into these sales.

For a short campaign of only 6 weeks, we sold \$1150 of chocolates and this made us \$287. If we choose to do this fundraiser again, most likely at Christmas, the time to order will be longer. And now that we know a bit more about ordering online, our sales might be bigger, too.

GRANT EFFORTS UPDATE: APRIL 2024

As a follow up to the info about our grant efforts so far, I am delighted to announce that we have been successful at receiving a CRD Arts & Culture Support Grant. We requested a grant of \$3,000 to support our May, 2024 "Sakura" concert at St. Mary's church. The CRD supported us with a grant of \$2,250 which will go a long way towards covering our concert costs.

This is the second grant we've been successful at receiving, and this is good news for a few reasons. Once we start

receiving grants, we are "on the grant map", so to speak and this will make getting other grants easier as we go forward.

At the moment we are waiting for news about the grant application we submitted to the Corporation of the District of Oak Bay, a Victoria Foundation Arts & Culture Grant and a Provincial Employees Community Services Fund grant. The Victoria Foundation grant is the largest one we've applied for at \$11,000, so getting

that would be a wonderful way to start our September, 2024 season.

If you would like to join in the grant work, please contact us (or anyone on the board of directors). 🎵

~ Marilyn Crump and Pam Copley



HOW THE BLOSSOMS ARE FALLING

— a world premiere for the
Newcombe Singers

I'm pleased to write to say a little more about the piece we are singing by Vancouver-based composer, Ramona Luengen: "*How the Blossoms are Falling*". As you know, the text is a poem called "*Forgiveness*" by Japanese-Canadian poet and novelist Joy Kogawa (b. 1935). It is taken from the volume titled *Woman in the Woods*, which was published by Mosaic Press in Ontario in 1985. It was later included in *A Garden of Anchors: Selected Poems* (2003). The poem is published on the cover page of the score provided to us by Ramona Luengen.

The fruit takes from the sun
The skin swells thin green
To red to ripeness
Until the time for giving
When the wind
Thuds and seeds the earth
And the rich brown soil
Receives the flight down

And to walk at the moment
In the orchard again
When the children
Are still small
And to see
In the sunlight
How the blossoms are falling

As you see, the setting of the poem is an orchard, where the cherry blossoms and budding fruit are intimately connected to the sun, wind, and the earth. In the first part of the poem, we see the blossoms budding, blossoming, and falling to the earth, where they enrich the soil as they have done for many years. In the second stanza, the speaker is separated from the orchard—dreaming about it from a different place and time. The voice is wistful and melancholy, but certain in its awareness of the intrinsic beauty, and importance, of this annual display of balance and fleeting beauty.

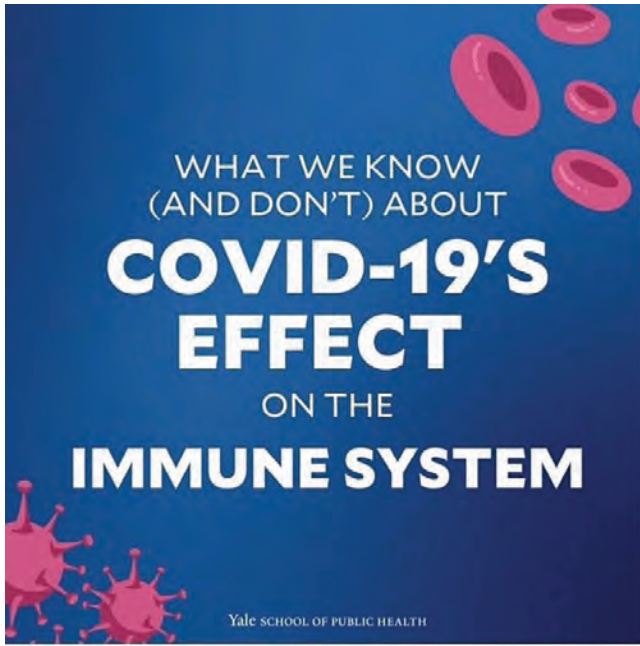
While it is not my place to comment on the content of the novel, or indeed the text that we are singing, I would encourage singers to consider that, in many of Kogawa's commentaries, the idea of "forgiveness" often sits closely alongside statements of truth. Forgiveness can follow from acknowledgment of historic wrongs and when traumas are named and known by oppressors.

Joy Kogawa is the author of the 1981 novel *Obasan*—now considered to be a Canadian classic—which based on the author's own period of forceable internment at Slocan, B.C. during World War II. Kogawa is a member of the Order of Canada and Order of British Columbia. In 2010 she received the Japanese government's **Order of the Rising Sun** for her contribution to preserving Japanese-Canadian history.

♪ ~ Kathryn Whitney



WHAT WE KNOW (AND DON'T) ABOUT COVID-19'S EFFECT ON THE IMMUNE SYSTEM



Yale SCHOOL OF PUBLIC HEALTH

LASTING IMPACT



Growing research shows infection with SARS-CoV-2 can create **lasting differences** in some people's immune systems.

Yale SCHOOL OF PUBLIC HEALTH
Sources: CDC, Memorial Sloan Kettering Library

THIS LOOKS LIKE...

- 1** **Altered immune system cells**
Severe cases of COVID-19 can change the **parent stem cells** that generate immune cells. These altered stem cells create cells that are more inflammatory.
- 2** **Viral reservoirs and fragments**
Proteins and fragments that have been found in people with Long COVID can set off a **continuing immune response** and amplify inflammation.
- 3** **Immune dysregulation and chronic inflammation**
Dysregulation = when some immune cells are working hard, and others are exhausted. **How long it can last is unknown.**
- 4** **Triggered autoimmune conditions, blood clots, and latent viruses**
COVID-19 infections can trigger **autoantibodies** that lead to autoimmune disorders.




Yale SCHOOL OF PUBLIC HEALTH
Sources: NIH, Memorial Sloan Kettering Library, PNAS, Nature Immunology, Nature, Cell, eClinical Medicine

5-20%

of people develop **lingering symptoms** or new health conditions after infection, called **Long COVID.**

As of the CDC's latest count in March 2024, **30%** of all American adults who've had COVID have experienced Long COVID.



Yale SCHOOL OF PUBLIC HEALTH
Sources: WHO, CDC



The more COVID-19 vaccine doses you get, the lower the risk of Long COVID. The more reinfections you have, **the higher the risk.**

Yale SCHOOL OF PUBLIC HEALTH
Sources: Statistics Canada, NPI Vaccines, Int. Journal of Molecular Sciences, Nature Medicine

↑ 172%

INCREASED RISK


The risk of developing an autoimmune disease rose by up to 172% after infection, per a study following people from 2020 to 2022.

Up-to-date COVID-19 vaccination can reduce the likelihood of developing an autoimmune condition after infection.



Yale SCHOOL OF PUBLIC HEALTH
Sources: Nature Reviews Rheumatology, Cedars-Sinai, Journal of Translational Medicine, Clinical Rheumatology, eClinical Medicine

OTHER ILLNESSES



SARS-CoV-2 can also **activate** **other viruses** that have been lying dormant, like Epstein-Barr and herpes viruses.

Studies have found kids with prior COVID-19 infections had a **greater risk** of RSV infections.

Always feel run-down? Practice harm reduction and learn how you can protect yourself from more damage.

Yale SCHOOL OF PUBLIC HEALTH
Sources: Family Medicine and Community Health (BMJ), Frontiers in Immunology, Nature, Cell

49% OF COVID INFECTIONS ARE ASYMPTOMATIC,

which means you may not know if you are actually sick. This is why it's important to take a multilayered approach (one or more of the following) to protect yourselves and others:

- N95 and KN95 masks
- HEPA air filtration
- Good ventilation (carbon dioxide <800 parts per million)
- Up-to-date vaccinations
- Rapid tests before gathering
- Attention to wastewater levels of COVID-19

Yale SCHOOL OF PUBLIC HEALTH
Sources: The Lancet Regional Health, CDC

WHAT WE DON'T KNOW

- 1** The long-term impact on other illnesses
Outside of the influence on RSV and reactivated viruses, it's TBD whether altered immune systems predispose people to conditions like other infectious diseases, neurodegenerative diseases, or cancer.
- 2** Why some people's conditions persist
We don't yet know why some people recover and their immune system restores, and why others continue to decline.
- 3** What diagnostics and therapies can help restore the immune system
More identifiers like viral load tests and biomarker tests, plus treatments for Long COVID, are needed to help the millions living with the condition.

Yale SCHOOL OF PUBLIC HEALTH
Source: Dr. Akiko Iwasaki, Science

SAKURA

SONGS FROM THE TREE OF LIFE

A concert of lush choral music celebrating cherry blossoms in springtime.

With music by:

Bob Chilcott, Ramona Luengen, John Rutter, Imant Raminsh, Clara Schumann, Larry Nickel and Cait Nishimura

Featuring:

- The Japanese Heritage Language School Choir, Kumiko Forsyth, director
- The Furusato Dancers
- Vannophat Kaploykeo, cello

Concert Dates:

Wednesday, May 1 at 7pm
St. Elizabeth Church
10030 Third Street, Sidney

Sunday, May 5 at 3pm
St. Mary's Church
1701 Elgin Road, Victoria

Ticket Info:

\$30.00 Adults • Children ≤ 12 Free
Available via Eventbrite
From lindylowho@hotmail.com
and at the door



A concert presented in association with the Victoria Nikkei Cultural Society



Kathryn Whitney
Music Director
Robert Jan Dukarm
piano & violin
newcombesingers.ca





The Outsider

Written by Paul Slade Smith

Directed by Tony Cain



ST. LUKE'S PLAYERS

COMMUNITY THEATRE SINCE 1948!

Presents a great comedy!

Evenings 7:30
June 12-15 & 19-22

Matinees 2:00
June 15, 16, 22, 23

Tickets \$18.00 available online
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THE PIRATES OF PENZANCE

or The Slave of Duty



The Victoria Gilbert and Sullivan Society presents a semi-staged concert production

FRI June 21 at 7:30
Sun June 23 at 2:00



St. Mary the Virgin Anglican Church
1701 Elgin Street

Sat June 29 at 2:00
Sun June 30 at 2:00



Parkland Secondary School
10640 McDonald Park Rd, N Saanich

TICKETS:

\$35 Adults • \$20 Students w/ID
via Eventbrite, at the door or through
lindyloowho@hotmail.com

A 2024 VICTORIA GILBERT AND SULLIVAN SOCIETY PRODUCTION