

Croydon Music Newsletter

September 2011



September and it's sharpening pencils time! What new learning will you treat yourself to this term?

Experience the joy of singing with others weekly or occasionally, or developing your own voice individually with supportive coaching. The unfoldment of our voice can be a deep joy and a spiritual journey of its own.....

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Sing for Water 2011 – just back from this wonderful event. Seventeen of us went along this time, raising money for Water Aid. Did you know that £15 is enough to give one person access to clean drinking water for life? Please consider making a donation to Water Aid. You can send me cheques payable to Water Aid, or give cash at an event, or use our Justgiving site <http://www.justgiving.com/cel-Pestano>. The Money goes straight to Water Aid that way. Check out the videos: <http://www.youtube.com/watch?v=niyLODpQGeo>

It would also be wonderful if you would please send this donation request and links to your contacts! Many thanks if you are able to help in this way.

We have a few CDs(teaching version) if you would like to learn the songs for future use. Please let me know if you would like one.

Please display:

Some events are presented as posters for you to please print off and display in your locality. This will help us to grow and afford accessible room hire. Thank you!

New Term weekly Singing Central Croydon Monday & Norwood Junction Wednesday

This 10 week term will start w/c 19th Sept with a half term break w/c 24 Oct. 6.30 – 8pm. Drop-in sessions cost £10/5 concessions but great savings are available if you sign up for a term (or pro-rata series of sessions):

£80, or concessions at £40 if household earnings are under £16k (please offer proof). Or if you can only attend 6, just pay for 6 at this block rate.

If very challenged financially a limited number of working bursaries are available by application.

A Booking form accompanies this newsletter as a separate attachment. Please complete the form to avoid spending time on it at the first session.

[NB The South Norwood group is free (minimal donations in a pot) for founder members, Holy Innocents Parish and & people living in SE25].

Looking forward to Events this term:

London Week of Peace 18-25th September. Different songs at various events.

Black History month Guest workshop 1st October

Interfaith week in mid November

December – open to suggestions!

Pass it on!

Please feel free to forward this news to anyone who might like to know about our singing and music groups. Help us grow to become self sustaining! Thank you.

Catherine Pestano, Director CRISP Cornerstone House, 14 Willis Road, Croydon, CR0 2XX, 07981 298 541 communitymusiccroydon@gmail.com, <http://tinyurl.com/ccrispp>

CRISP is a charitable unincorporated voluntary group working towards full charitable status. We are based at the CVA building Cornerstone house which is accessible.

Diary: Forthcoming events overview

18th – 25th London Week of Peace events:

- Sun 18th Thornton Heath Festival (High St) all day featuring many local music artists & free your voice workshop Catherine@naturalvoice.net & below.
- Mon Sept 19th **Peace Songs** Evening, Green Dragon Pub, 6.30 – 8 upstairs (£10/5 conc with proof) or cheaper if you join for the term. All welcome.
- Weds 21st Sept, 6.30 – 7.45 pm '**Peace in our town...**' Peace centred readings and simple songs by candlelight to remind us of the peaceful strengths in our community. Feel free to bring short readings and reflections. Donations to Water Aid invited. Holy Innocents Church, Selhurst Road, close to South Norwood Library, SE25. With South Norwood Community choir, others welcome to join us communitymusiccroydon@gmail.com
- Fri 23rd Sept **Passionate Peace - Evening chant session** at Antenna Studios, Crystal Palace; Global sounds for London week of Peace. Uplifting, chilled. 7.30 – 9.30pm. <http://www.antennastudios.co.uk/> (2 flights stairs). PRICE: £10/7 conc in advance if paid by 22/9, £12 on the door. Katie Rose, Kate McKenzie and Catherine Pestano.
- Sat 24th Sept **FREE Singing Hospitals** event part of Croydon University Hospital Open day, noon till 1 pm in the Chapel, Woodcroft Road entrance, Mayday Hospital. Interfaith chants for spiritual comfort and connection. Come and sing, sit, rest, listen as you feel. Drop in any time. A tranquil session in a beautiful space. 530 London Road Croydon CR7.
- Sept 24th Local Community Music Extravaganza evening for all ages. See next page for full details.

October

Sat 1st **Vocal Workshop** - Polly Bolton shares the *Jubilee* choir repertoire. This was a choir of freed slaves from USA who were the equivalent of rock stars in their day. Wonderful guest teacher and super new harmony songs. Contact us for more details. SE25 Venue. Early bird deal available. Free to SE25 residents, low cost for others, plus early bird deals available.

More details on the next pages.....

Event details

Sunday 18th Sept Thornton Heath Festival

Please join us to kick off the festival stage.....please RSVP if you would like to come along to sing songs we know well as part of the Thornton heath festival. Time will be rehearse at 12 and sing at 12.30. Venue Thomas Farley pub upstairs, Thornton heath high street.

Sun 18th September FREE Community Singing Workshop

Time: Approx 12.40 – 1.30 @ The Thomas Farley Pub, 61 High Street, CR7 8RY (Upstairs) pub is located across from the Stage, Straight after the choir's performance. Come and free your voice with the Croydon Community Choir. Try a range of heartfelt global songs and celebrate your voices together in a relaxed and fun setting. If you like it, come and sing with us regularly or attend the occasional Saturday workshops. For adults and accompanied children only. Not suitable for under 7's. Contact: catherine@naturalvoice.net 07981 298 541 <http://www.tinyurl.com/lwop>, A London Week of Peace 'Giving back event'.

24th September - Singing Hospitals - Interfaith singing –

open drop-in session 12 noon - 1 pm. Croydon University Hospital Chapel. Come to an introductory Heartfelt singing session: Singing Hospitals is a new international development for wellbeing. As patients, staff and carers we often feel the need to be strong. Singing gentle chants from global spiritual traditions can offer a way to relax and experience a sense of wellbeing, healing & nurturing. It is also promoting of understanding across people of all faiths and none. Sing or sit and listen. No experience of singing voice needed. Catherine will lead you in a safe and uplifting session of chants. Drop - in and out as you please. Part of a general open day – take a look round!

Saturday 24th September Music in the Community Extravaganza! 7-9.30pm.

Fundraiser at St George's Church Centre, Barrow Road, Waddon, CR0 4EZ On bus route 119,,get off at Crowley Crescent,left or right,follow Crowley Crescent,church on the left of Barrow Road,just past mini-roundabout. £4 includes supplied finger food in interval and raffle (small charge for raffle tickets). Music and songs from youngsters to our older citizens. Come and enjoy !!. Community singing, instruments and a chance to take part in community singing with our singing groups !

New Group in Wimbledon!

Some of you have met Charles Reynolds who used to attend on Mondays. He is starting a Sat afternoon group in Wimbledon and I would love to encourage you to go along weekly if you are close to the centre of Wimbledon. He has a fine voice and a strong commitment to inclusive singing, having worked with me and with Judith Solver for a number of years now. Contact Charles Reynolds – 07516986125. A Taster Session on Saturday 1st October will be followed by a 10 week term running through to around December 10th. Sessions cost £10 per person per week with a discount for those who can book the whole 10 weeks in advance. Please see the website <https://sites.google.com/site/voxdraconica> for more information

1st Oct '11 Croydon Celebrates Black History Vocal Workshop - 11-4

Polly Bolton shares the Fisk *Jubilee* choir repertoire. This choir of freed slaves from USA were the equivalent of rock stars in their day. Wonderful guest teacher and super new harmony songs for your kit. All cultures and backgrounds welcome.



On November 16, 1871, a group of unknown singers -- all but two of them former slaves and many of them still in their teens -- arrived at Oberlin College in Ohio to perform before a national convention of influential ministers. After a few standard ballads, the chorus began to sing spirituals -- "Steal Away" and other songs "associated with slavery and the dark past, sacred to our parents," as soprano Ella Sheppard

recalled. It was one of the first public performances of the secret music African Americans had sung in fields and behind closed doors.

Check out <http://www.singers.com/gospel/fiskjubileesingers.html>

They came for three months to Britain and played Peckham, Elephant and Castle and the Albert Hall. It is likely that they influenced local composer Samuel Coleridge Taylor who also arranged some of the songs later on, such as *Deep River*.

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Polly says: **Jubilee singer's songs A workshop with Polly Bolton**

On hearing 2 Welsh tenors singing the very beautiful "Lily of the Valley" Methodist hymn in a pub late one night, Polly set out searching for this song in a song book. A few weeks later while rummaging through one of her favourite bookshops on the Welsh Coast, Polly stumbled across a little book called "The Story of the Jubilee Singers" dated 1903. This book contained not only "Lily of the Valley" but many gems of songs for community choirs. Over the next few weeks Polly arranged her favourite songs from the book for choirs to sing and spread the story of these amazing freed slaves, who travelled the world, in the late 1800's, singing to raise money for Fisk University in Nashville, Tennessee, one of the first educational establishments for emancipated slaves.

Polly does not follow any religion but loves these songs for stories they tell of both the oppression and the liberation of African Americans. Polly's arrangements are upbeat and moving and accessible for all levels of singing experience.

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Venue Holy Innocents church hall, SE25. Fees: Holy Innocents Parish and SE25 residents free of charge. Otherwise modest fee. A teaching CD and pack is available for modest price. (Please tell us if you would like to make a purchase so we can bring the right amount). It is ok just to turn up on the day but it helps us to have an RSVP for cakes! You may attend part or all of the day, drop-in as you please.

communitymusiccroydon@gmail.com **07981 298 541**

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A book is also available on the history of British Gospel music: **British Black Gospel: The Foundations of this vibrant UK Sound**, By Steve Alexander Smith
Available on Amazon

Ongoing opportunities

For Everyone:

Free Your Voice 1:1

Are you concerned that something is holding you back from singing as fully as you would like? It may help you to book a one to one hour long session with Catherine to explore this in private. £30 /£37/ 45, according to income (under £16k/ 16-30k/ over 30k).

Vocal Mentoring Scheme

(All ages, including beginners/just wondering about leading)

Work alongside Catherine and other guest community choir leaders for a term, learning and debriefing. Includes performances, festivals, Guest workshop and two longer mentoring sessions. All aspects of facilitating/conducting, running a group and business up for sharing and reflection. P/T. General mentoring also available for your music work.

Late Starters and Rusty players ensemble

I am exploring whether there may be an interest in having a group ensemble experience for people who used to play instruments and also for people who have never played but would like to try. I would bring someone else in to run this. Let me know if this appeals.

Volunteer roles available – short and longer term

Please check these out at our website tinyurl.com/ccrispp

For Music Leaders and facilitators:

The Renaissance Soul - A life balance/career workshop Oct 28th

'The Renaissance Soul' – a career management workshop for those with multiple interests, based on the work of Margaret Blumenstine. Are you interested in Personal Growth? With her background in Social work management, Catherine is also a trained psychodynamic counsellor, organisational consultant and team development specialist. She has another strand to her work in case you are interested in this. It has a separate mail list. Please ask if you would like to be on it. (Please note that Catherine does not currently offer weekly ongoing therapies).

Action Learning Set

Do you feel held back sometimes in dealing with work issues? This is a powerful systematic way of enhancing your personal management and leadership skills. Learn to hold back from leaping to solutions, even in a pressurised work setting, developing reflective capacities. 6 month commitment. Competitive entry. Model developed by the Cultural Leadership Programme.

Sat 24th September



FREE *Singing Hospitals* event

Interfaith chants for spiritual comfort and connection. Come and sing, sit, rest, listen as you feel. Drop in any time. A tranquil session in a beautiful space. No need to pre-book.

Part of Croydon University Hospital Open day, noon till 1 pm in the Chapel, Woodcroft Road entrance, (Mayday Hospital).

Global sounds contributed by Croydon Community music group CRISP, 'giving back' for London week of Peace.

Catherine@naturalvoice.net

Passionate Peace



Evening chant session

with

Catherine Pestano, Kate Mckenzie & Katie Rose.

Global sounds for London Week of Peace. Uplifting, chilled.

www.weekofpeace.org.uk

Come and sing, chant, move to relax and unfold,
in a lovely room and uplifting company.

Friday 23rd September 7.30 - 9.30pm

Antenna Studios, Bowers Yard, Haynes Lane, Crystal Palace

SE19 3AN <http://www.antennastudios.co.uk/>

Contribution: £10/ 7 conc in advance if paid by 22/9,
£12 on the door.

To book contact Katie Rose – www.therosewindow.org

Kate McKenzie – www.katemckenzie.co.uk

Catherine@naturalvoice.net or 07981 298 541