

The Paradise Coastmen

Welcome back BBQ
Monday November 11th
See John Longfellow

Pub Crawl
Friday December 6th
& maybe the 13th

Ensemble sings
Friday November 15th
Friday November 29th

Chorus sings
Friday Nov 8th
Moorings Park

ON YOUR COMPUTER



LISTEN ON YOUR PHONE OR TABLET



Do you need assistance?
Jerry is at rehearsal at 5:30 every Thursday
or call 917-873-1489

November
2019

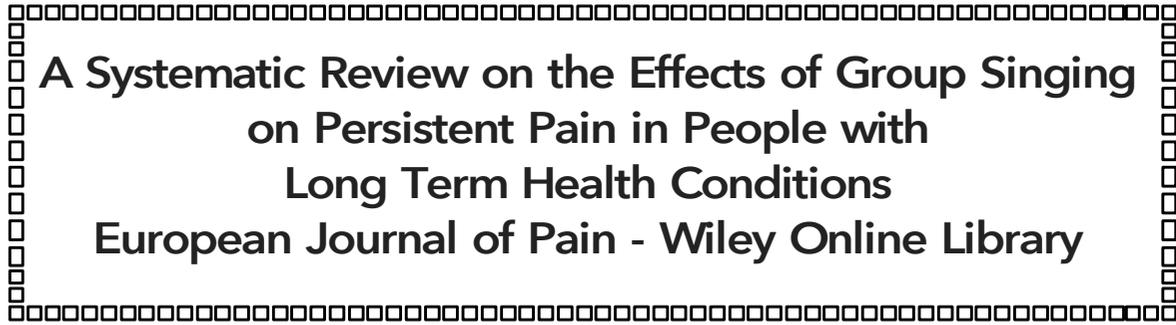


I always knew singing made me feel better. Now there is scientific proof!



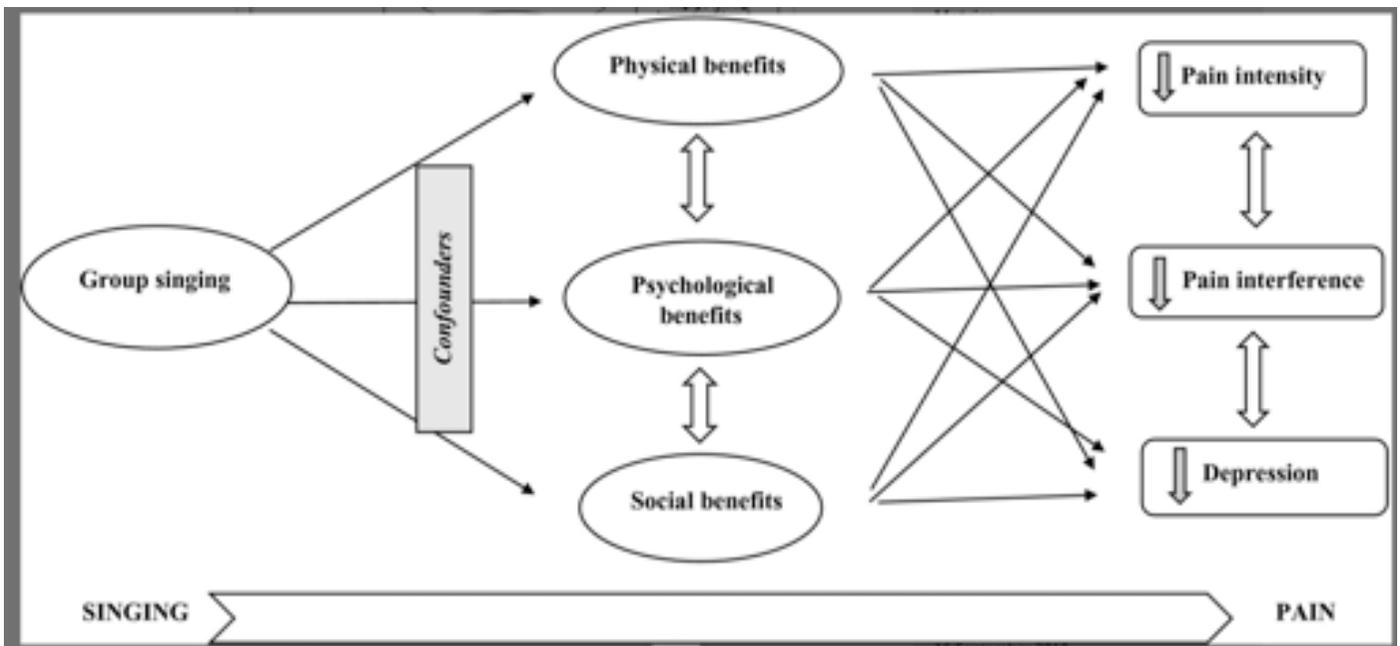
Bob Davidson

A Systematic Review on the Effects of Group Singing on Persistent Pain in People with Long Term Health Conditions European Journal of Pain - Wiley Online Library



Background and Objectives Singing can have a range of health benefits; this paper reviews the evidence of the effects of group singing for chronic pain in people with long term health conditions.

Results Singing interventions were found to reduce pain intensity in most studies, but there was more equivocal support for reducing pain interference and depression. Additionally, qualitative data synthesis identified three key linked and complementary themes: physical, psychological and social



Conclusion

- Group singing has the potential to reduce pain intensity, pain interference and depression
- Qualitative data in this review also highlighted that singing programmes were enthusiastically received by participants and had positive impacts on the physical, psychological and social aspects of participants' lives suggesting a variety of mechanisms.
- Given the wide ranging health benefits of group singing, practitioners are encouraged to continue this work and consider pain measures in evaluations of it.

Caveat The ShopNotes editor has been very biased in including the good news and leaving out the "scientific caution"





From The Peanut Gallery



Larry Leonard
Head WalNut

What would my college roommate, Winston Churchill, say if he came to one of our rehearsals? I have absolutely no idea! But I do know what's coming down the pike shortly – the distribution of ticket packages for our 2020 show. The hard hitting ticket team consists of the Head Walnut and Lon Gerould. We are taking over for Gary Gibbons who has escaped to the hills of Minnesota. The envelopes you receive will include 10 tickets for each of the 3 shows, (a total of 30), and 2 copies of an accounting/reporting form to use when you turn in your sales proceeds. So, get your prospect lists together and develop a plan to sell 2020. Remember the show is at the end of February—not in March. And of course, work on the music. That's a given! Oh, by the way, *"When the moon is in the seventh house, an' Jupiter aligns with Mars, then peace will guide the planets, an' love will steer the stars!"* Did you know that?

Lon is our HERO



the only 1 off the paper





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Please let John know of any news about our members

SUNSHINE CHAIRMAN

John Kaspar

Johnkarekaspar@aol.com



[440-582-9020](tel:440-582-9020)

NOVEMBER

Nov 3 John Richards JR
 Nov 5 Manson Hall
 Nov 26 Jim Shubert
 Nov 26 Curt Wood



If you want to
 maintain the beat
 It'll help if you
 stomp your feet

Curt Wood

It is barbershop songs
 We love to sing
 So practice your part
 To make those chords ring

Bob Davidson

How loud to be
 Here's the thing
 The guy next to you
 Can you hear him ring

John Richards JR

Burma Shave

