

**What's Up Weekly**  
**April 26, 2021**

**ANNOUNCEMENTS**

Any announcement for this newsletter should be sent to Marta by 10:00 on Mondays to be included in that day's WUW ([marta.bailey@att.net](mailto:marta.bailey@att.net)).

**HAPPY BIRTHDAY TO OUR APRIL GALS!**  
**SARAH CHUNG—5, VICKI SCRIMGER—7, JOANI THOMPSON—9**

**HAPPY BIRTHDAY TO OUR MAY GALS!**  
**MARJ MCKARNS—4, ROXANNE JACOBSEN—4, RACHEL MOINE—5,**  
**CONNIE WEINTRAUB—19, DIANA BARBER—25, CAROLYN CORRENTI—30**

From Caroline

Did you watch the Oscars? I missed it but judging by the online morning-after reviews it was a more subdued affair than usual? Interesting that it was held downtown at Union Station, one of my favorite L.A. landmarks. Back in the previous life at the corporate design firm we had a grand 1930s theme Holiday Party there - it was a blast! I think I was the only employee who actually owned my own costume :-)

There's a buzz in the air and lots of chat on social media - and in person - on the subject of singing together again, hopefully in the not-too-distant future. As I mentioned last week, I, for one, seriously need to get my voice back in shape! The key (excuse the pun) is to take it slowly and rebuild muscle strength gradually to avoid stress (or even possible injury!) To that end here is a link from the BHS with some helpful tips on one technique for doing that:

[https://www.barbershop.org/restoring-your-voice-after-lockdown-the-straw-technique?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=Read%20more&utm\\_campaign=%20%20%20](https://www.barbershop.org/restoring-your-voice-after-lockdown-the-straw-technique?utm_source=newsletter&utm_medium=email&utm_content=Read%20more&utm_campaign=%20%20%20)

**Linda B** is also chomping at the bit to get things going again - for all of us! See her note below (and the attachment) for a great warm-up exercise she solicited from her good friend and professional voice teacher, Natasha. If we receive any other Top Tips, we'll pass them along.

In the meantime, in between time, I'll see your smiling faces on my computer screen tonight!

Cheers,  
Cx

**From Linda:**

Hi Ladies! Great news...I have added a vocal warm up to our website (and as an attachment) to help get our vocals back in shape in anticipation of our real live rehearsals! This warm up is quick, efficient, and easy to do from the shower to the car. Vocal instructor Natasha demonstrates each exercise and shares a vocal focus/tip.

As a reminder, login to: [lasouthtowns.org](http://lasouthtowns.org)

The password for the members only page is: showboat

The **What's Up Weekly** section has been updated on the site and there is a new "**WUWs 2020**" button to view last year's editions.

Let's get singing!!

Love,  
Linda!

**From Rachel**

**ZOOM MEETING TONIGHT**

Rmoine@aol.com is inviting you to a scheduled Zoom meeting.

Topic: LASTS' MONDAY ZOOM MEETING

Time: April 26, 2021, 07:00 PM Pacific Time (the US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82374987169?>

pwd=WUJFVHVQRTYxK21NdkhjY0dOaVh4Zz09

If using [www.zoom.us](http://www.zoom.us) use

Meeting ID: 823 7498 7169

Passcode: 299796

You *may* upon joining our ZOOM meeting(s) be prompted to enter the "**Captcha Code**". This is just another level of security. It will be given to you to enter into the designated area. Enter the letters (upper and lower case matters) and numbers

as shown. They will appear in a crossed-out format. You need only input what you see under that.

Dial by your location

+1 669 900 9128 US (San Jose)

Meeting ID: 823 7498 7169

Passcode: 299796

Find your local number: <https://us02web.zoom.us/j/82374987169>

Chorus Weekly Zoom Meetings continue with ONLY the 1ST MONDAY OF THE MONTH being held in an informal HAPPY HOUR format.

**Calendar** \*All times listed are arrival times. \*

**Bold=New Entry    \*\*=Extracurricular Event**

**CAPS=CHORUS PERFORMING**

**2021**