



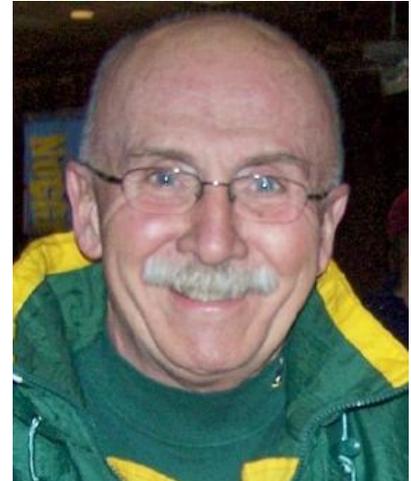
The MVEer Monthly

September, 2013

Interview with new member Bob Young

MVEer asks: Great to have you as a tenor, Bob. You often wear a blue name tag from a former chorus. Please tell us about your barbershopping background.

Bob replies: As a teen growing up in Wauwatosa and part of an ice curling team that played at the Hart Park rink, I noticed that a group of "old guys" (the local SPEBSQSA) met weekly in the upstairs hall. At that time it never occurred to me that I would end up as a barbershopper.



I sang in the **Tosa High School** chorus and the **University of Illinois Men's Glee Club**, but then got caught up in marriage and a career in Marketing Communication. I even had a sister-in-law who was a **Sweet Adeline**, but it wasn't until an event at the **Colorado State Fair** in 1991 that I saw a barbershop show and realized that I could really enjoy being a part of that group. I quickly joined the Denver Tech Chapter (**Sound of the Rockies, SOTR**) and took part in the successful merger of that chapter and the **Mile High Chapter** in 2000.

During my 22 years with SOTR, I sang Tenor in **The Kowalski Twins Quartet** (a Senior quartet) for 12 years and then with the quartet **Razzle Dazzle** for two years.

The Kowalski Twins had T-shirts that said, "You're never too old to do goofy stuff," and that's what the quartet was all about. We did win the District Senior Quartet contest and qualified to compete at three Mid-Winter Conventions. There is nothing much better than singing in a barbershop quartet.

I have also served as Chapter President, District VP of Public Relations, and BHS COTS instructor.

MVEer asks: We'd also like to know about your family.

Bob replies: It was the family ties that precipitated our move from Colorado back to Wisconsin.

My wife – Katharine The Great – is a Waukesha native. We jointly have a son (Rob) and three daughters (Karol, Jennifer, and Stephanie). Rob and Karol live nearby. We left Jen in Evergreen, Colorado when we moved here in March, and Steph lives in Medina, Ohio. There are nine grandchildren, scattered from Ohio to California.

Also, I have a sister and two brothers here. Kate's brother lives in Waukesha and we both have a number of nieces, nephews, aunts, and uncles nearby.

MVEer asks: Outside of barbershop singing, what are your hobbies and talents? Tell us a little about your past employment activities as well.

Bob replies: During our 28 years in the Denver area, we did a lot of camping, 4-wheel off-road trips, and downhill skiing. We also owned two homes that were in dire need of renovation when we bought them. We enjoyed putting Kate's interior design skills and my engineering knowledge to use in updating/remodeling those homes.

The house we just acquired in Waukesha needs the same kind of help, so that's what we are presently working on. It's a good thing that we are both retired now, so that I can



focus on all of the little projects on my To-Do list. That is – of course – right after I get caught up on learning the MVE repertoire.

The photo was taken when **The Kowalski Twins** delivered a *Singing Valentine* to **Laura Ingraham**. I'm second from the right. And yes, that's Kim (Hulbert) Vaughn's husband Dale (our Bass) on the far right.

MVEer says: Thank you Bob. You've just provided the answer to last month's **MVEer Monthly** article by **Paul Oestreich** on why **Kim Vaughn** was visiting you. And we are excited to have your tenor voice and BHS experience in the Mighty MVE.

Interview with new member Mark Hagner

MVEer asks: This is not your first rodeo, Mark, as you've been in several choruses you told me. Tell us about your singing and four part close harmony history.



Mark Hagner and Bob Young at Lake Park

Mark replies: The only time I sang Barbershop in a quartet was as a college undergraduate about 1979 or '80. It was more an academic exercise than anything, but it did stick in my mind all these years!

Many of my singing experiences have been church-related. I started out with **Holy Angels Catholic Church** in West Bend (where I was born and raised) and **St. John's Lutheran** (my dad was Lutheran). Later I sang many years at **St. John Cathedral** as a cantor and choir member, **St. Paul's Episcopal, North Shore Congregational**, and several other places. But by far, most of my singing has been done with the **Milwaukee Symphony Chorus**. I started with them in the summer of 1980, and sang off-and-on (as

my schedule would allow) until June of 2013. I also sang with various small groups over the years.

Along the way I picked up a degree in Music Education (Choral and General Music). Music has always been a big part of my life. MVE has been a demanding transition from the styles I've sung before, but it's already been rewarding.

MVEer asks: You mentioned that you came from West Bend. I saw on Groupanizer that you live in West Allis now. Have you lived other places?

Mark replies: A few. I was a member of a religious community in the 80's. During that time I lived in Detroit for a few years, a bit in Montana and in northern Wisconsin. Since 1990 I've lived in several places in and around the Milwaukee area.

My partner, Dan, and I have been together for almost 10 years. We bought a house in West Allis in 2009. Before that we lived near 27th and Grange (it seems that road construction is following us). As I write this, we're getting ready for the State Fair crowds. We're within walking distance of the Fair, but unfortunately don't have a yard to park cars in. So the Fair isn't an income source for us.



MVEer asks: We'd also like to know if you have other hobbies and interest beyond singing. Or perhaps tell us your past and present work accomplishments.

Mark replies: I've worked in technology for a long time. I started out with hardware and systems, and moved into databases and software development about fifteen years ago. Currently I work for a company that makes software for property insurance claims. Since it is a small company, working there keeps me on my toes intellectually, and I enjoy that challenge.

In terms of hobbies, I do enjoy biking. I've ridden a recumbent bike for several years, and like getting out on local bike routes in the warmer months.

MVEer says: Mark, we're so glad to have your rich bass voice in the Midwest Vocal Express.

When Singing is Truly Heartfelt As choir singers harmonize, their breathing and heartbeats synchronize in time with the music – creating a rewarding feeling of oneness. That's the conclusion of a new study by Swedish researchers, who strapped heart-rate monitors on 15 young choral singers. The singers were asked to perform three

exercises: humming, singing a popular national anthem, and chanting a mantra. Researchers found that the pulses of the singers increased and decreased together as the music's tempo changed. When the songs required the singers to breathe in unison, their heartbeats were especially aligned. The controlled breathing that singing demands also seems to have a calming influence on singers.



"Songs with long phrases achieve the same effect as breathing exercises in yoga," study author Björn Vickhoff of the University of Gothenburg tells *The Daily Telegraph* (U.K.). "In other words, through song we can exercise a certain control over mental states." The lungs and the hear communicate with the brain via the vagus nerve, which also helps regulate emotion. Vickhoff says that link could explain why group singing strengthens solidarity, not just in choirs, but among football fans and work crews. "When you're singing together," he says, "you are synchronizing with other people, and harmonizing your hearts."

This excellent article was suggested by **Bill Taggart**, and is taken from the Health & Science section of **The Week** magazine, July 26, 2013, page 19.

| September 2013 | | | | | | |
|----------------|---|---|-----|-----|-----|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 LABOR DAY NO MVE Practice | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 MVE Practice 7 PM | 10 Board of Director's Meeting @ 6:30 PM | 11 | 12 | 13 | 14 |
| 15 | 16 MVE Practice 7 PM | 17 | 18 | 19 | 20 | 21 MVE Performance at Miller Park, Brewers vs. Cardinals |
| 22 | 23 MVE Practice 7 PM | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 MVE Practice 7 PM | A Polecat Haiku* Let me call you sweet Heart of my heart I love you Truly, truly dear | | | | |

*Traditional haiku consist of 17 syllables (or *morae*) in three lines of 5, 7, and 5.