

## ▶ Chronicle clubs

## Club of the week

## Reading Male Voice Choir

# Sing your stress away

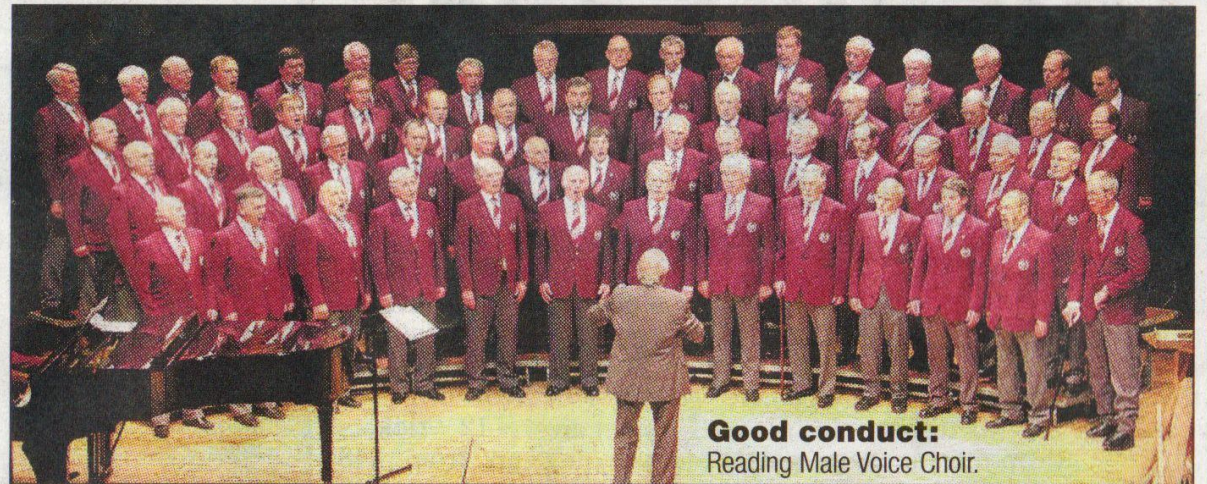
READING Male Voice Choir is offering a tonic to shrug off the tensions of the working week and set up a relaxing weekend.

For stressed out workers there is no better way to finish a busy week than by singing a harmony or two and the choir, which has just begun a new season, rehearses on Friday nights from 7.30pm.

Rehearsals take place at Hawkedon Primary School,

Hawkedon Way, off Rushey Way in Lower Earley, and potential members or keen listeners are always welcome.

Choir spokesman Gary Jones said: "TV programmes such as Gareth Malone's The Choir, and Last Choir Standing have so clearly shown that singing is a pastime which benefits participants in many different ways. It requires good pos-



**Good conduct:**  
Reading Male Voice Choir.

ture and plenty of lung exercise, which together promote increased energy and a feeling of well being.

"Not only that, but it's a great way of meeting others in your community and enjoying the fellowship that

goes with it." The choir's musical director is Gwyn Arch, made MBE in 2006 for services to music in Berkshire.

The accompanist and deputy musical director is Clive Waterman, well known as a

conductor and arranger for children's choirs.

The next concert is at Greyfriars Christian Centre, Reading on Saturday, October 17.

For more details visit [www.rmvc.net](http://www.rmvc.net)