

Cross Talk

November CROSSROADS Language Studio's Newsletter 2005

Singing for Pounds

Singing can be dangerous for your health! That is, if you happen to be a stressed-out, overweight opera star.

Just about everybody in the modern world has to deal with some sort of stress and health professionals have placed stress as an underlying factor in a wide range of diseases, including **obesity**.

So **what the heck** is the connection between singing, stress and getting in shape?

Well, recently Opera singers who are **renowned** for their **bulging** waistlines are getting into shape and **shedding** kilos. Singers lead **notoriously itinerant** lives chequered with long stretches of hotel room loneliness. They face the constant temptation of comfort eating (a result of stress) and big after-show dinners. The sensible ones

diet, exercise and **devise** eating strategies to keep their weight stable. One famous tenor from Europe (John Treveaven) lost 26kg over the period of a year, and now looks terrific.



He said, "I realized I needed to keep myself marketable. The things that were acceptable visually in opera 25 years ago aren't any more."

He says he lost the weight by following a Weight Watchers program and exercising in the gym at least twice a week. It's a regime he still maintains. Is it worth it?

"**Undoubtedly!**" He says, "I've got so much more energy and, I think a better voice as well. I used to be totally **kaput** the day after singing an opera role, and now I'm not. I feel I'm in touch with my physical being in a much better way."

Soprano Deborah Voight lost 23kg after being dropped from the opera "Ariadne" because she was too large, but since she lost the weight the opera company has expressed interest again. She said "I think singers owe it to themselves to be healthy".

So, now you know, "it's not (really) over 'till the Fat Lady diets!"



Deborah before and after weight loss

Glossary

(These words are in **color** in the story)

obesity 肥満	what the heck どうだって言うんだ	renowned 有名な	bulging 出っ張った
shedding 落としている	notoriously 悪名高い	itinerant 巡回講演中の	
devise 工夫する	undoubtedly 確実に	kaput がたがたで完全に使い物にならない	

A Word From Us



Joshua Says: Next month we are going to have our second Christmas party here at Crossroads in Okaido. I hope many of you will have the time to turn up and join in the fun. By all means invite your friends to come along. I know we will have a great time (as usual). Details are on page 3 in this month's newsletter and you can get more information from Junko in the office. Also, keep an eye on the school's notice board for details.

Junko Says: Soon English will be compulsory for 3rd grade elementary school students. Recently I saw an interesting idea on TV from S. Korea. Like Japan, parents in S. Korea send their children to jukus to study English, but the government there realizes that this is very expensive for some parents. So, they have started to build "English Villages" for students to visit and live in. All children from elementary school to junior high must stay in these villages once a year for a week. They must use special passports, deal with money exchanges, stay in hotels staffed by English speaking foreigners and the kids have lessons with foreign teachers the whole time they are there. The cost is as little as 8,000 yen / day. Now, that's what I call a serious commitment to internationalism.



Greg Says: Last week I bought my ticket to go back to Australia for Christmas and new years with my daughter, Joy. I was surprised at how cheap the tickets were compared to other agencies. If you are looking for great deals on international flights look at no.1 travel on the internet. But if you are looking for unbelievable deals in and around Europe, then look at ryanair.com on the internet. You can fly from London to Rome for 2 (two) yen + tax . Don't believe me????? Check out the site for yourself.

Steven Says: On the 23rd of this month the Botchan Jazz festival will start at 2pm and Jazz artists from all over Ehime will be performing. My brother "B" and I will be singing and playing at about 2:00pm on the day. There is a notice about it with details in the school, so if you have time, please come along and enjoy the music.



Magnolia Says: A newsletter is a great way to get a message to many people so, I'd like to use this opportunity to thank everyone for their kindness, advice and friendship. My family and I have never felt so welcome and comfortable in any other place. I extend my heartfelt thanks and gratitude to all. Merry Christmas!!

Iain Says: A few weeks ago a television crew came to Crossroads to do a segment about our "Cosmopolitan Courses." As part of that program they invited me to come do a couple of quick magic tricks on the set. It was a brand new experience for me to be on a professional TV sound stage. I was amazed by the camera men. During the live broadcast they were able to switch cameras, change to video, and get great shots all in seconds. It was choreographed like a dance. One man's job was only to keep the wires away from the wheels of the camera! It sounds easy, but he was very busy!



Yuka Says: It's November and the air is crisp and cold. The leaves are changing color into red and yellow. Talking about colors, I like red, although I hear that red is the color of anger and embarrassment. And, we are in trouble when we are in the red. It seems to me that the color of red gives me energy. So, I eat a red apple and a red pepper every day to keep the doctor away!

A Word From You



Ryota Says: I visited Sydney, Australia last month. I studied English and lived with an Australian Home-stay family. Here's a picture on the left of me and my classmates at Katoomba Station in the Blue Mountains. I had a wonderful experience in Australia and I look forward to going back again.

Nana Says: This is my host family outside their house in the Gold Coast, Australia. I spent four weeks living with them while studying English at Holmes College. I really enjoyed my time in the Gold Coast. I can't wait to visit Australia again!

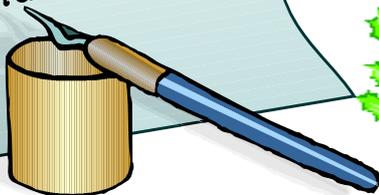


Notice Board

QUOTE OF THE MONTH

"The great gift of conversation lies less in displaying it ourselves than in drawing it out of others."

Jean De La Bruyere 1645-1696
French classical writer



Christmas Party

Everyone is welcome to come along!

Place: Crossroads

Date: 18th Dec. 2005

Time: 6:00pm - ?

Bring along some of your favorite foods, drinks and invite all your friends to join us...



Net News

NET LESSONS:

Are you too busy to come to CROSSROADS to study? Try our lessons on the internet --- It's CROSSROADS in your home or office! You get CROSSROADS' great teachers, teaching programs, even classmates, *all on-line!* Call for details.

NET SITE OF THE MONTH:

Here's a short history of Opera with many links:

<http://www.operacast.com/snapshot.htm>

NET NOTEBOOK: Don't forget to take a look at the Internet Activity Notebook in our Open-house lounge. You'll find great games, news and English study sites.

Courses you can take at CROSSROADS

GENERAL COURSES:

- 2 x's 60mins / week
- 1 x's 90mins / week
- Private 1 x / week
- Semi-Private 1 x / week

- MOTHER & CHILD, group or private
- KIDS, group or private

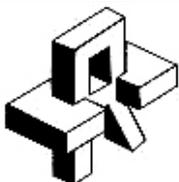
COSMOPOLITAN COURSES:

- "Singing in English" with Steve
- Yoga with Magnolia
- Guitar with Steve
- "Cooking in English" with Steve & Magnolia
- "Magic in English" with Iain
- Piano with Adrienne
- Aromatherapy with Steve

- GERMAN with Marita
- SPANISH with Leo
- RUSSIAN with Natasha
- FRENCH with Bam & Natacha
- CHINESE with Noriko
- KOREAN with Kim



NETLESSONS:
group or private



CROSSROADS

ランゲージスタジオ
英会話スクール

〒790-0004 松山市大街道
2丁目1-3 2F, 3F



Phone: 0120-21-7594

Tel: (089) 921-7595

Fax: (089) 921-7319

E-mail: info@crossroadsco.com

Web Site: www.crossroadsco.com

