



## Jazzed to be back



NICK IWANYSHYN, GUELPH MERCURY

Jazz singer Monica Chapman poses for a photo Wednesday at Manhattan's, where she is playing on Valentine's night.

### Local singer moves from Broadway songs to jazz standards

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**GUELPH** — After years of building a singing career around her family — tailoring her material for young audiences and including her two children in some of her gigs — Monica Chapman feels she's finally coming into her own. And this time she's set her sights on jazz.

She's playing at the Delta Hotel's 50 West Restaurant and Bar tonight, from 8 to 11 p.m., and she'll be playing Manhattan's on Valentine's Day starting at 8 p.m.

**G** if you're going

**who:** Monica Chapman  
**when:** 8 p.m. tonight at Delta Hotel's 50 West; no cover. 8 p.m. Saturday, Feb. 14 at Manhattan's; call 519-767-2440 for reservations.

"My kids are grown up. Now it's my turn," said Chapman. "I'm just so excited. All my hard work is paying off."

Originally from Romania, Chapman moved to Canada with her family when she was three. Her interest in music was encouraged by her parents, and she studied voice and piano at the Royal Conservatory of Music and York University in Toronto.

Raising a young family put her music aspirations on hold, until she figured a way to incorporate both.

She'd visit her kids' school in the Cobourg area, as performer and volunteer, teaching the students musical theatre, "and making them sound like something," she said. That eventually morphed into "Monica and Friends," a touring show, that sometimes included her own kids. Monica and Friends made one CD.

When the family moved to Guelph five years ago, Chapman made a CD of Broadway show tunes called *Sincerely*.

But jazz is where her heart is, and for both of the upcoming Guelph gigs, Chapman will perform some of her favourite jazz standards — songs made famous by singers like Ella Fitzgerald, Sarah Vaughan and Shirley Bassey.

"Love songs to tug at your heart. I will make you cry; I will make you laugh. I'm an actress, too," she said with a laugh.

Local pianist Paul Stouffer will join Chapman at the Delta. Toronto pianist Mark Kieswetter and bass player Abbey Leon Sholtzberg will back her up at Manhattan's.

"When other jazz musicians want to play with me, it makes me feel like I've made it, you know? Now I'm a legitimate jazz singer," she said. "We're gonna rock the place."

**guelph**  
Find out what there is to do in Guelph after the sun goes down.



after dark

music tonight

**The Good Right Arm String Band**

**where:** Folkway Music  
**when:** 8 p.m.  
**cost:** \$15; call 519-763-5524 to reserve

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**Ladies of the Canyon**

with Lindi Ortega  
**where:** Jimmy Jazz  
**when:** 11 p.m.  
**cost:** no cover

saturday

**Remembering the Music**

U of G Jazz Society performance inspired by past jazz greats  
**where:** Room 103, University Centre  
**when:** 8 p.m.  
**cost:** \$10 adults; \$5 students

etc.

on going

**Da Vinci Student Exhibition**

**where:** Barber Gallery  
**when:** Show runs until Feb. 10  
**cost:** free

## Drop and give me 20 . . . any way you can

**P**ushups. The all-time best exercise. One hated by many. A standard exercise even the military has its recruits perform as a measure of strength.

Pushups are difficult but anyone can learn to do them. They work almost all the muscles of your upper body, engaging muscle groups in the arms, chest, abdomen, hips and legs. They don't require any equipment and can be performed anywhere.

Can't do even one? Not to worry, pushups can be modified for your fitness level and over time, as you build strength, you will move to the next level.

I always include pushups in every program I design for my clients, regardless of age. Natural aging causes muscle to weaken and we can lose as much as 30 per cent of our strength between 20 and 70 years of age. This can affect our balance, agility, loss of bone mass in our spine and hips. No wonder as we age we are more likely to suffer a nasty fall.

To get up, you've got to have upper-body strength. Here is the "how to manual" for a



**MARLA ARNDT**  
fitness bootcamp

perfect pushup.

If you are just beginning and haven't done a push up since you were in grade school I would begin with trying your pushups in this order:

**1) Wall pushups:** Stand facing a wall. The farther away your feet are from the wall, the harder the pushup will be. Place palms on the wall, just below your shoulders, a bit wider than shoulders width apart. Keep your body rigid in a straight line, lean in towards the wall.

**2) Counter pushups:** I prefer having my clients work into a full pushup using these rather than the knee push ups. The idea is to

push up from a counter first, then a bench, then a step, then eventually the floor. Place your palms on a sturdy ledge, just below your shoulders, a bit wider than shoulder width apart. Keep your body rigid in a straight line, lean in towards the ledge. The lower the ledge, the harder the push up will be. A great way to progress is using a staircase. Stand facing a staircase and your place hands on about the fifth or sixth step. As you get stronger, work your way down the staircase.

**3) Knee pushup:** Begin with palms slightly wider than shoulder width apart. Knees are bent, ankles crossed. Descend until elbows are bent approximately 90 degrees, then straighten arms and return to starting position. It's a good idea to put a towel or mat under your knees. Keep your body rigid and straight throughout the movement. Think of your body as a solid piece of wood and your knees are the hinge.

**4) Pushup from feet:** Same idea as knee pushups. Begin with your body straight and

rigid. Palms should be slightly wider than shoulder width apart. Your body stays straight through the movement. Don't bend or arch your back. Keep your head in line with your spine. Descend until elbows are bent approximately 90 degrees, then straighten arms and return to starting position.

As with everything in life, practice makes perfect. Give pushups a try. Perhaps the reason you hate them and can't do them is because you never learned how to do them properly. Over time you can continue to challenge yourself and work your way up from a wall pushup to a bent knee then a full standard pushup. Once you have mastered the full pushup, you will be amazed at all the different challenging ways a push up can be done.

So, drop and give me 20!

Marla Arndt is a Guelph-based personal trainer and health coach. She can be reached via her website, [www.frameworksfitness.com](http://www.frameworksfitness.com).

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Learn Laugh

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**10:00 a.m. - 5:00 p.m.**

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