

Secret Chorus Business

Integrity – Commitment - Fun

Dare to be Different



MAY FUNDRAISER – No More Plastic

No More Plastic has, silicone food lids, net bags for fruit and vegetables (or almost anything actually), silicon and stainless steel straws with brushes and more.

Please collate all your order forms and return them as one order to Alison Anderson by Wednesday June 5 at the latest. Remember payment goes with orders so send payment to CKC and a copy of the payment to Sue Gray. (instructions on the form).

Check out their website: <http://www.netbags.com.au>

JUNE FUNDRAISER – CAKE STALL - June 15 Castle Hill Bunnings

Time to think about how you can help out for our next Cake stall. Home baked goods (think slices, muffins, biscuits and small cakes) are required, as are helpers on the day. Please update groupanizer with your attendance, and there will be more details next week.



CKC COMMITTEES 2019

Soon you will have the opportunity to volunteer on one of our many committees. So start thinking about where you believe you can help our chorus and bring your enthusiasm and team work.

Committees to consider are:

- | | | |
|--------------------|----------------------|------------|
| • Finance | • Music Librarian | • Costume |
| • Membership | • Fund Raising | • Makeup |
| • Public Relations | • Social | • Web Team |
| • Historian | • Resource Librarian | |
| • Hospitality | • Wardrobe | |

COMPETITION – 2020 HOBART

Dates: **14 to 17 May 2020**

Location: **Wrest Point Hotel & Casino**

Competition: **Quartets – Friday 15 May**
Chorus – Saturday 16 May



Things to start planning/considering/saving for:

- Registration – Early Bird \$230 (youth \$115)
- Flights – approx. \$300-\$400 return (keep watch for specials)
- Hotel – Allow approximately \$600. Once booking is done you will know full cost.
- Hotel roommate/s – would you like to share a double or triple? Will you be bringing family?
- Organizing Leave with work
- Committing to weekend workshops, coaching and regular weekly rehearsals
- Spending money for food & drinks

MEMBER LEAVE

Are you planning on taking holidays or unable to attend rehearsal?

If so please email absence@circularkeys.org

Using this email address ensures the Musical Director, Membership and the Music Team are all notified at the same time.

Current member leave

Debbie Proctor	06/03/19 – 14/08/19	Alison Anderson	17/07/19 – 24/07/19
Maria Priestly	08/05/19 – 19/06/19	Cheryl Wolfenden	02/08/19 – 13/08/19
Pippa Anderson	19/06/19 – 04/07/19	Lyn Howells	04/09/19 – 30/10/19
Cheryl Benson	10/07/19 – 17/07/19	Heather Will	25/09/19 – 30/10/19

STAR OF THE WEEK



Noticed one of our CKC members doing something fabulous lately? Why not recognize them with a nomination for the Star of the Week?

To nominate a member: Please email Jen Senior (jasenior@hotmail.com) with the member's name and short description as to why you would like to nominate that person.

SUGGESTION BOX

The Suggestion Box is kept on top of the microwave during rehearsal for you to place a note you would like management Team to address.

**SUPPER ROSTER**

DATE	NAMES	HOSP TEAM
Wed 5. June	Cheryl B, Verne M, Pippa A	Pippa & Verne (Milk)
Wed 12. June	Karen P, Rachael M, Susan K, Anne H	Susan & Anne (Milk)
Wed 19. June	Jen S, Cathy S, Alison A, Jessi F	Jessi & Alison (Milk)
Wed 26. June	Lyn H, Kaye K, Jenny D, Verne (birthday cake)	Kaye & Jenny D (Milk)
Wed 3. July	Courtney H, Kath W, Liz Pw, Yasi W	Liz & Yasi (Milk)
Wed 10. July	Maria P, Deborah M, Anne T, Inese K	Inese (Milk) & Cathy
Wed 17. July	Barb M, Jane M, Steph W, Jen K	Anne & Susan (Milk)
Wed 24. July	Sue R, Kaye K, Marea W, Diane J	Kaye & Jenny (Milk)
Wed 31. July	Sue G, Crystal, Inese K, Cathy S (birthday cake)	Cathy & Inese (Milk)

DIARY DATES

2019	
June 15	Fundraising - Cake Stall @ Bunnings Castle Hill
July 13	Fundraising - Trivia Night!!!
August 10	Concert – Sydney Harmony @ Hornsby RSL
August 24-25	Education - August A Capella – Sydney
September 22	Fundraising - Bunnings BBQ @ Castle Hill
November 22-24	Education – Steve Scott – Canberra (member own organization)
2020	
Feb – 21 -23	Coaching Live In Weekend @ St Joseph's – Diane Huber
March - 27-29	Coaching Weekend with Lynda Keever
May – 14-17	Convention – Hobart

UPCOMING BIRTHDAYS

Carol Lutz
Lorraine Barlow
Sue Gray

Jun 04
Jun 12
Jun 15



Karen Pike
Cheryl Wolfenden

Jun 22
Jul 08

TIPS FOR WINTER VOCAL HEALTH

What can you do to help ward off and treat your voice, but remember see a doctor if you have more than a cold or sore voice.

- **REST!!**
- Take Vitamin C tablets or eat fruits/ vegetables rich in Vitamin C to aid your body's natural defences. Hot Lemon & Honey or Blackcurrant both contain vitamin C and anti-viral properties and fresh ginger has natural anti-inflammatory properties
- Severe, violent coughing can injure the vocal cords. Cough Syrup, Throat Sprays and Lozenges can help. These are good for temporary relief of symptoms, but they are not going to treat the cause.
- Hot Water Steam Inhalation helps to clear the sinuses, and get moisture onto the vocal cords
- **Drink Water!!!** If you stay well hydrated, your body is better able to flush out the germs that cause colds. Make sure to drink six to eight 8 glasses of water per day. Drinking plenty of water can help your voice function better because your vocal cords must be well lubricated to vibrate with the least amount of friction. The water you drink does not go immediately to your vocal cords. Although you feel the immediate relief of water in your throat, it goes to your stomach and passes through your entire system before hydrating the vocal cords. This takes time, so be sure to drink water before you feel thirsty.

SINGER'S TEA RECIPE

1 fresh ginger root
 ¼ tsp cayenne pepper
 ¾ cup apple juice concentrate

1/3 cup honey
 Juice of 1 fresh
 lemon



Chop the ginger root in ¼ inch slices (rounds) using approximately 8 – 10 inches of the root. Add enough water to cover the slices in a saucepan. Bring to a boil, and then simmer for 45 minutes. Add cayenne, honey, lemon juice and apple juice concentrate, using relative amounts to suit your taste. You can use Singer's Tea to warm and soothe the throat, to cut through mucous and to stimulate the circulation in the vocal tract.

AUGUST a cappella something for everyone! 2019

10/11 August	Brisbane:	Glenda & Jo
17/18 August	Perth:	Vicki & Alex
17/18 August	Adelaide:	Lea & Jen
24/25 August	Melbourne:	Linda & Karen
24/25 August	Sydney:	Bec & Debra

Save the date! August A Cappella 2019 is on its way! Get ready for relevant, insightful and empowering education from our very own Region 34 REF. Further details and bookings available soon.