

# *Secret Chorus Business*

*Integrity – Commitment - Fun*

*Dare to be Different*

## **Harmony Classic – 3 Weeks to go**



*CKC will be on the  
Competition Stage  
@ 6.32pm in  
St Louis*

### **Compulsory Rehearsal Attendance**

**29 August to 3 October**

**If you are planning to be on stage in St Louis these are compulsory attendance dates for Harmony Classic members.**

★ ★ ★ **SHOW SUCCESS** ★ ★ ★

★ ★ ★ **CONGRATULATIONS** ★ ★ ★

**WE MADE A PROFIT OF \$8,000.**

**WHAT A TEAM !!!**

## FGEC (Focus, Ground, Expand and Connect)

It is time to get intentional about setting ourselves up for success *every time* we sing. Think of the acronym 'FGEC', as in ... 'that's an acronym I just can't FGEC'. EVERY TIME the Pitch goes — make sure you FGEC (Focus, Ground, Expand and Connect)

- **FOCUS...** Mindfully and intentionally be present, *Right Here, Right Now*
- **GROUND...** Set yourself up physically; connect with your power centre, and with earth's energy
- **EXPAND...** Consciously expand your energy like you do your sound — three-dimensionally, vertical/width/depth
- **CONNECT...** As you sing, extend your energy to wrap around your director and then the audience. Be 'with' the audience and *share* your energy field with the audience.

## Reset Your Energy

We now know the importance of grounding/ expanding/ interconnecting and sharing our energy and how that will help create our peak performance. To master our energy management, we must continually RESET our energy. It is not enough to think about it once at the beginning of the night. Resetting your energy throughout rehearsal is key to maintaining and sustaining a focused, grounded, highly charged energetic presence.

This is easy! We are all in the habit of resetting our bodies as the pitch blows and throughout a song. Now simply add your energy reset to that habit. When you reset your body, think about grounding and energizing, expanding and connecting. Reset during a gap in singing. Reset when you are getting instruction from the leadership. Reset after business notices. Reset your energy every time you reset your body.

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## EDUCATION CORNER

### AFFIRMATIONS

Affirmations are thoughts repeated over and over in our heads. By continually repeating an affirmation, it becomes embedded into the subconscious mind and eventually becomes the reality of the thinker, this is true whether these thoughts are positive or negative.

What we do as singers requires us to develop, grow and to be confident in ourselves and our place on the risers. Singing is deeply personal and our self-talk can at times be limiting. Affirmations are an effective way of using the power of positive thinking to bring us to a more confident positive place.

The best affirmations are those that you create yourself and you can do this by following these steps:

1. Affirm a state that you want, starting with "I Am" eg I am calm confident and fully prepared.
2. Use the present tense
3. State it with a positive focus
4. Affirm what you want not what you don't want
5. Be clear

The effectiveness of affirmations is multiplied if you write them out and carry them with you in your pocket, purse or car, put them on your mirror, or on your fridge. Have it somewhere you can access and see it easily. Use your affirmation daily – turn your self-talk into your affirmation and say it frequently.

As an example here is an affirmation that can be used:

I belong and am valued.  
My voice is unique, beautiful, and like no other.  
I am confident and know the plan.  
I am a valued member of the chorus.

For those that are auditory here is a Youtube affirmation you can listen to, it only takes 7 minutes so perfect for in the morning and the evening before going to sleep:

POWERFUL 7 Minute Affirmations for Singers  
<https://www.youtube.com/watch?v=l6ECQhuDMbs>



**THE MORE  
YOU BELIEVE  
IN YOUR OWN  
ABILITY TO  
SUCCEED,  
THE MORE  
LIKELY IT IS  
THAT YOU  
WILL**

[www.ChangeInSeconds.com](http://www.ChangeInSeconds.com)

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## STAR OF THE WEEK

Congratulations Diane Jenkins our Star this week.



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

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## MEMBER LEAVE

Are you planning on taking holidays or unable to attend rehearsal?  
If so please email [absence@circularkeys.org](mailto:absence@circularkeys.org)

### Current member leave

Yasi Wickremasinghe	06/06/18 – 01/10/18
Violetta Owen	08/08/18 – 31/10/18
Kumi Matsuda	12/09/18 – 13/10/18
Stephanie Wallbank	07/11/18 – 21/11/18
Betty Fuller	05/12/18 – 05/02/19

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

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## SUPPER ROSTER

WED 19. SEPT	DEBBIE P, JESSI F, SUSAN K, ANNE H	ANNE H, SUSAN (milk)
WED 26. SEPT	KAREN TOTARO, MAREA W, LIZ PW, ALI- SON A (cake)	ALISON, LIZ PW (milk)

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## DIARY DATES

<b>2018</b>	
October 11	SAI International – St Louis
November 7	Return Rehearsal
November 24	Christmas Carols – Sydney City – details TBA
December 1	Sydney Harmony Concert @ Independent Theatre
December 7	Christmas Carols – Sydney City – details TBA
December 12	Christmas in the Hills – details TBA
December 19	CKC Christmas Party @ St Jospehs' (details TBA)
<b>2019</b>	
January	Australia Day Performance (TBA)
February-March	New Members Drive
<b>2020</b>	

May	Convention - Hobart
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## **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.

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## **UPCOMING BIRTHDAYS**

Deborah Martin Aug 13

Pippa Anderson Sep 10

Stephanie Wallbank Aug 14

Cathleen Bartley Sep 23

Marea Witt Aug 23

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# **TRAVELLING TO USA**

**ESTA- <https://esta.cbp.dhs.gov/esta/> USD \$14.00**

**Official Website – please do not use any other.**

All eligible international travelers who wish to travel to the United States under the Visa Waiver Program must apply for authorization.

Please visit the site to

Apply for a new ESTA

Check an Existing ESTA Application (valid for 2 years)



## INTERNATIONAL COMPETITION – ST LOUIS

- Arrival Date: Thursday 11 October 2018
- Hotel Check-in – Saturday 13 October – Grand Marriott
- Performance: Saturday 13 October 2018
- Saturday 13 October – Dinner with River Blenders prior to show.
- Performance: Sunday 14 October 2018 – 6pm @ Hyatt Regency St Louis
- **Harmony Classic (Competition Day); Tuesday 16 October 2018**
- Tuesday - Chorus Breakfast (Members only): Tuesday 16 October 2018
- Wednesday – Quartet Semi Finals – support Debacle
- Wednesday – Chorus Family & Friends Social Event (details TBA)
- Thursday – Chorus Semi Finals – support EHC
- Friday – Mass Sing
- Friday – Quartet Music Education Class – Frenzy Quartet
- Friday – Quartet Finals
- Friday – Coronet Club Show (tickets sold separately)
- Saturday – Chorus Music Education Class – North Metro Chorus
- Saturday – Chorus Finals
- Saturday – “**PARTY**” in the River Blenders room!!! – 8pm - Landmark 6/7
- Sunday – Checkout

### ST LOUIS REHEARSALS

<b>Saturday -13 Oct</b>	Rehearsal & Show	Times TBA
	Hotel Check In	Marriott Grand
<b>Monday - 15 Oct</b>		
9 - 11am	River Blender Risers	Landmark 6/7
1 - 3pm	Intl Risers	Room 276 Convention Complex
4.30-5.30pm	Sweet Adelines Australia support event for CKC, EHC & Debacle	Convention Centre room 132
<b>Tuesday - 16 Oct</b>		
10 – 12pm	River Blender Risers	Landmark 6/7
1 - 3pm	Intl Risers	Room 276 Convention Complex
10 – 12am	River Blender Risers - Score Review	Landmark 6/7

### Order of Appearance Division A

1. Sirens of Gotham Chorus, Region 15
2. Circular Keys Chorus, Region 34
3. Vocal Motion! Chorus, Region 26
4. Bella A Cappella Chorus, Region 35
5. Carolina Harmony Chorus, Region 14

## Chorus Photograph

Chorus photos will be available to order online approximately 4 weeks after competition.

To save on shipping costs we will be asking members to choose the size they would prefer and placing a bulk order with the photography company.

## Saturday 13 Oct - Dinner & Performance with River Blenders

Dinner approx. \$20 USD = \$28 AUD

Dinner time: 6.30pm

Venue Access from 6pm to 10pm

**Please refer to Deborah's email and pay chorus asap for yourself and your guest if you have already advised they are attending the BBQ.**

Traditional BBQ (pulled pork), beans, mac and cheese, salad, etc.  
A Vegetarian main will also be supplied.

The start time is about 6 pm, but it hasn't been completely finalized yet. The plan is to eat dinner, the choruses will perform then we have the venue for a few more hours to hang out. We can bring in alcohol in as well.

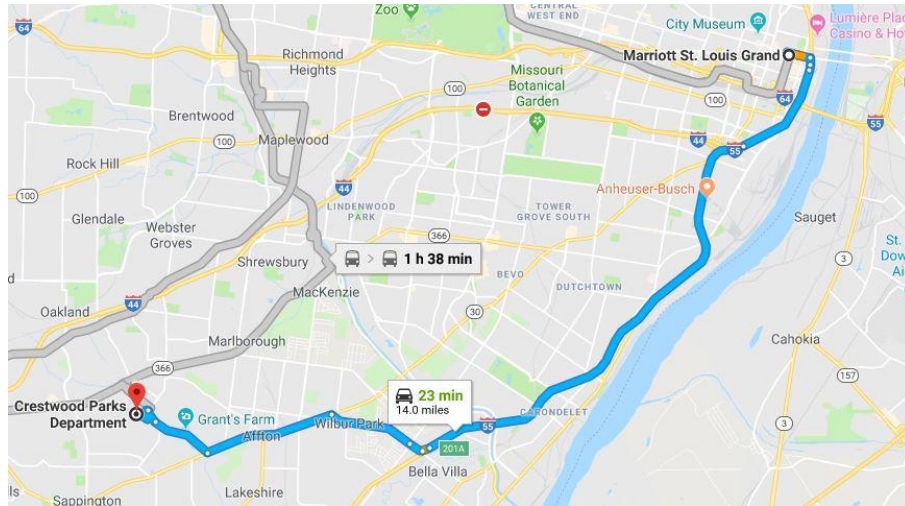
For those staying with River Blenders, the host will drive to the Marriott after the performances/party.

**Those not staying with a RB Host** – Numbers have been provided to RB have asked if it is possible to have people swing by the hotel for pickup/drop-off. Waiting on a response.

**Performance venue** - Crestwood Community Center in Crestwood, Missouri  
9245 Whitecliff Park Lane <https://goo.gl/maps/tTACP2YsqZF2>

Approximately 20-25 minute drive from Marriott to Crestwood  
St Louis Taxi's approximate \$34 fair





## Sunday 14 Oct – Performance w/ Wellington Chorus

Show Time: 6.00pm, \$10 entry for audience

Location: Hyatt Regency, Room TBA

Full details for CKC members TBA.

## Tuesday 16 Oct – CKC Contest Day Breakfast

Buffet breakfast approx. \$35USD (tbc)

Including hot food, breads/pastries, fruit, yoghurt, cereal, juice, tea/coffee

## Wednesday 17 Oct – Dinner Family & Friends

### Lucas Park Grill

<http://lucasparkgrille.com/>

Time: 6.00 – 8.00pm

Cost: **\$50 USD** inc taxes & gratuity (**cash payment due on the night to Cheryl**)

Final Numbers Due – 26 September, please provide to Cheryl Benson

Cash Bar

Salad – House Salad or Caesar Salad

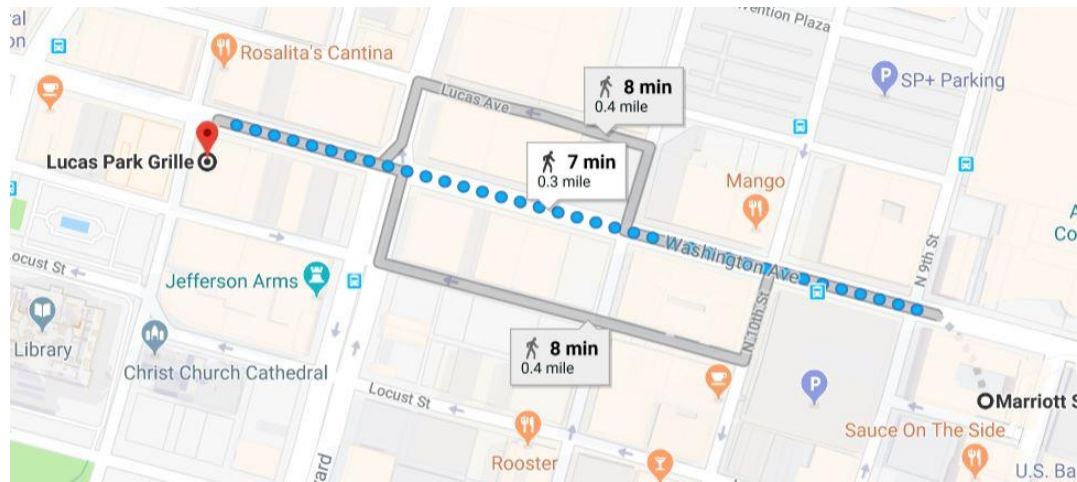
Entrée Choices – Grilled Bistro Steak, Pan Seared Chicken, Grilled Salmon, Vegetable Pasta

Dessert – Lucas Park Cheese Cake or Chocolate Pate (No berries or sauce).

Dinner is scheduled so that we will have time to return to the venue to support Debacle.

7 Minute walk from the Hotel to Landmark Park Grille





## COMPETITION WEEK – Keeping Yourself Fueled

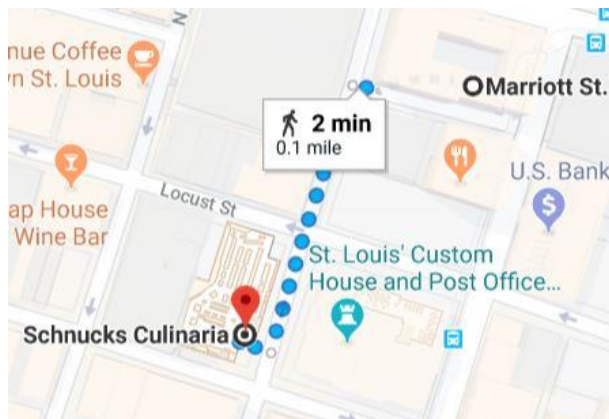
Once we start into competition mode and all our rehearsals, and then later when watching the Chorus and Quartet comp it is helpful to have snacks that you can draw on to keep you fueled. Onsite food may not be as healthy as we would like and the lines could be long so it's a good idea to have things on hand.

Near the Marriott there are 2 options providing supermarket items.

**Schnucks Culinary**– 2 min walk from the hotel.

<https://www.yelp.com/biz/schnucks-culinary-st-louis-4>

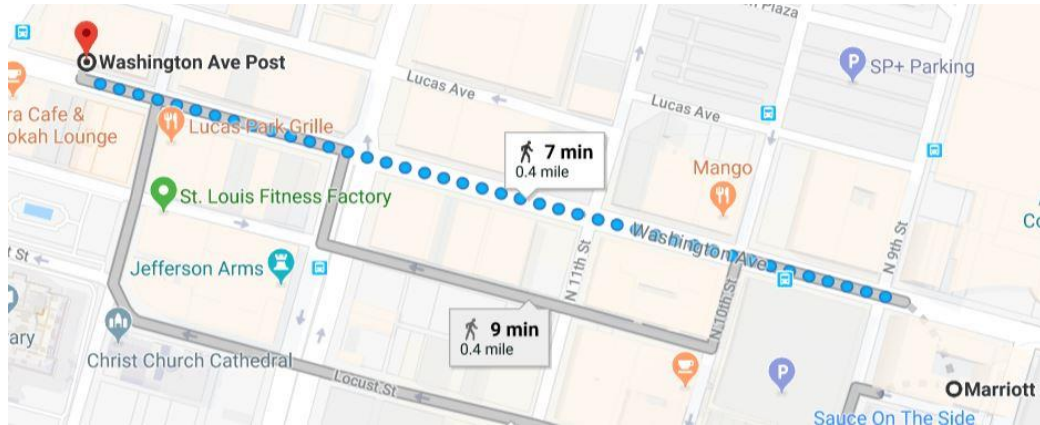
<https://www.facebook.com/SchnucksCulinary/>



**Washington Ave Post** – 7 min walk from the hotel.

<https://www.yelp.com/biz/washington-avenue-post-saint-louis>

<https://www.facebook.com/WashingtonAvePost/>



### Members Not Being Hosted By River Blenders

As an FYI these are the members who are not being hosted.  
All members will be at the Grand Marriott from Saturday 13 October.

First Name	Surname	Hotel
Ann	Keating	Grand Marriott
Barb	Morris	Grand Marriott
Betty	Fuller	Grand Marriott
Heather	Will	Grand Marriott
Inese	Kamenyitzky	Grand Marriott
Judith	Bourne	Grand Marriott
Karen	Totaro	Grand Marriot
Kate	Hawkins	Grand Marriott
Linda	Vitali-Alchin	Grand Marriott
Lissa	Lao	Hampton Inn Gateway Arch
Lorraine	Barlow	Grand Marriott
Madee	Di Vito	Grand Marriott
Miryam	Baeza	Grand Marriott
Stephanie	Wallbank	Grand Marriott

### Members Being Hosted By River Blenders

As an FYI these are the members who are being hosted.

First Name	Surname	Host
Alison	Anderson	Ellen & Alf Hartz
Anne	Harris	Mary Schmalz
Carol	Lutz	Beth Hager
Cheryl	Benson	Sue Wuetherich
Cheryl	Wolfenden	Helen Lynch
Daniela	Groeschel	Casey Hancock
Debbie	Proctor	Chris Burkey
Deborah	Martin	Shanon Brinkman
Diane	Jenkins	Beth Hager
Jen	Senior	Kim Webster

Jenny	Do Rozario	Kim Henze
Jenny	McPhee	With Maria P cousin in St Louis
Kaitlyn	Dwyer	The Hubers
Karen	Tucker	Lois Le Bloch
Kaye	Kendall	Karen Sanford
Lesley	Russell	Lois Le Bloch
Liz	Perry-Windhorst	Bob and Kaye Neil
Lyn	Howells	Sandy Graves
Marea	Witt	Kim Henze
Maria	Priestley	With cousin in St Louis
Pippa	Anderson	Janet Lacavich
Rachael	Moessis	Janet Lacavich
Sharon	Sullivan	Chris Burkey
Sue	Gray	Sue Wuetherich
Susan	Kelly	Mary Schmalz
Verne	Mantova	Karen Sanford
Vicki	Dwyer	The Hubers
Frances	Gurto	Katie Lollis

## Check out - ST LOUIS DOWNTOWN TROLLEY



<http://www.stladventurepass.com/downtown-trolley.html#products>

All details on the website, trolley stop is at the Americal Centre, near the Marriott.

One Day Ticket – Unlimited Use - \$2 Adult - \$1 Children & Senior

## TIPS TO OVERCOME PERFORMANCE ANXIETY

Use your nerves to your advantage!  
Remember adrenaline is your friend.

- Be prepared.
- Limit caffeine and sugar intake the day of the performance. Eat a sensible meal a few hours before you are to perform so that you have energy and don't get hungry.

19 September 2018

- Shift the focus off of yourself and your fear to the enjoyment you are providing to the audience. Close your eyes and imagine the audience cheering, and you feeling good.
- Don't focus on what could go wrong. Instead focus on the positive. Visualize your success.
- Avoid thoughts that produce self-doubt.
- Practice controlled breathing, meditation, biofeedback, and other strategies to help you relax and redirect your thoughts when they turn negative
- Take a walk, jump up and down, shake out your muscles, or do whatever feels right to ease your anxious feelings before the performance.
- Connect with your audience -- smile, make eye contact, and think of them as friends.
- Act natural and be yourself.
- Enjoy the performance

WELLINGTON CITY CHORUS  
PRESENTS

# HUI IN ST. LOUIS

FEATURING

**FAULTLINE CHORUS** (NZ)  
**BELLA A CAPPELLA CHORUS** (NZ)  
**ENDEAVOUR HARMONY** (AUSTRALIA)  
**CIRCULAR KEYS** (AUSTRALIA)  
**FIRE & ICE QUARTET** (NZ)  
**DEBACLE QUARTET** (AUSTRALIA)



WITH SPECIAL GUESTS

**PEARLS OF THE SOUND!** (SWEDEN)

HYATT REGENCY  
ST. LOUIS  
@THE ARCH

6PM SUNDAY  
14TH OCTOBER  
2018

\$10 CASH ENTRY  
+ CASH BAR  
AVAILABLE