

Secret Chorus Business

Integrity – Commitment – Fun

Dare to be Different

Show – 1 Weeks to go
Harmony Classic – 5 Weeks to go



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

Compulsory Rehearsal Attendance

29 August to 3 October
Friday 31 August
Saturday 1 September

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

CKC SHOW - 8 SEPTEMBER 2018

Tickets on Sale

<https://www.hornsbyrsl.com.au/whats-on/shows>

Set 1

- | | |
|------------------------|--------------------|
| 1. How High the Moon | 3. Feels Like Home |
| 2. Rolling in the Deep | |

Set 2

- | | |
|------------|---------------|
| 1. Skyfall | 2. Everything |
|------------|---------------|

Set 3 (Harmony Classic package)

- | | |
|---------------------------------|---------------------|
| • Come To Australia | • Oh Look At Me Now |
| • The Moment I Thought I'd Die! | • Change The World |
| • Make 'em Fall in Love | |

Set 4 (mixed)

- | | |
|--------------------|---------|
| 1. And So To Sleep | 3. MLK |
| 2. Don't Know Why | 4. Sing |

Costume: Black with Silver accessories (Set 1 & 2) & Harmony Classic
Nails – Nude Color
Make Up – **full stage** (per Kaitlyn's email & video)
Hair – Corporate (long hair up)

SCHEDULE

- | | |
|---------------------------|----------------|
| • Arrival | 3.00pm |
| • Riser set up | 3.00 – 3.30pm |
| • CKC Tech rehearsal | 3.30 – 4.00pm |
| • CKC & SH tech rehearsal | 4.00 – 4.30pm |
| • SH tech rehearsal | 4.30 – 5.00pm |
| • Alouette tech rehearsal | 5.00 – 5.30pm |
| • Dinner | 4.30 – 5.30pm |
| • Dress | 5.30 – 7.00pm |
| • Doors Open | 7.00pm |
| • Performance | 7.30 – 9.30pm |
| • Bump out | 9.30 – 10.30pm |
| • | |



Arrive with Hair & Makeup done so only touch ups are needed later in the day.

Order of Performance

- CKC – set 1
- Sydney Harmony
- Alouette
- CKC – set 2
- *Intermission*
- CKC – set 3
- CKC & SH – set 4

AFTER GLOW

Level One Bar. (It is actually called Level One). It is a gorgeous cocktail bar and there are lots of indoor and outdoor areas. It is open till 1am.

COACHING

LYNNE SMITH – Wednesday 5 September

Look up Lynne Smith in the dictionary and you'll find...energy, energy, and more energy! An International choreographer, coach, and educator for over twenty years. Lynne's been described by one of the many choruses she works with as, "flamboyantly delicious!" Her passion for showmanship has been experienced and enjoyed worldwide



She resides in Long Beach California, where her Sweet Adeline career started in 1973 when she joined the Long Beach Chorus, now known as Golden Sands. In 2003 she became their Director and Showmanship Coach and was proud to compete in the Division AA Harmony Classic Competition in San Antonio Texas. Lynne is a Certified Member of the International Faculty, and a member of International Championship Chorus, Harborlites.

You are a Climate Creator!

Each of us can help create the climate or atmosphere each week at rehearsal. We know that we have an effect on those around us energy-wise and interference-wise. We have the capacity to create and maintain our own levels of focus, intention and energy.

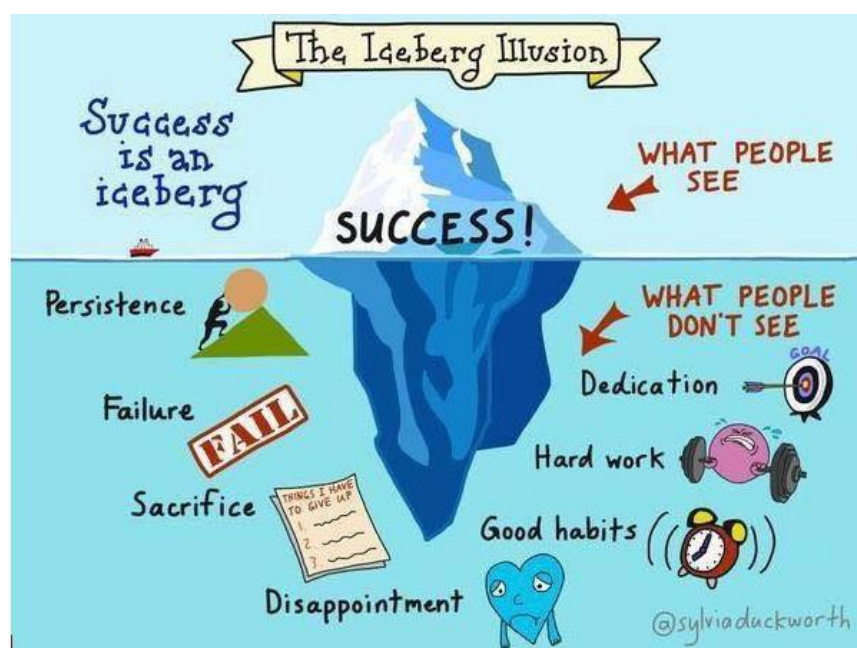
How do we do that:

1. Be intentional about what kind of CLIMATE you want to create each rehearsal. Think about this before you walk in the door.
2. Choose a KEY WORD that represents your intention for the evening. (Focused? Committed? Joyful? Generative? Energized? Community? etc) Make that key word one that will positively inspire you and contribute to the chorus atmosphere. Repeat it to yourself throughout the evening, write it on a piece of paper and keep in your pocket to remind you.
3. Recognize and celebrate the fact that you do have an impact. Your energy level, your level of engagement and your self-talk directly impacts the Chorus climate. Challenge yourself to intentionally create the climate that will positively affect the chorus energy and unity.

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.
- 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



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
6 oz apple juice concentrate	1/3 C 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.

STAR OF THE WEEK

Congratulations Anne Keating and Kate Hawkens our Star for working the show publicity together.



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.

MEMBER LEAVE

Are you planning on taking holidays or unable to attend rehearsal?
If so please email absence@circularkeys.org

Current members on leave

Yasi Wickremasinghe	06/06/18 – 01/10/18
Violetta Owen	08/08/18 – 31/10/18
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.

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)

SUPPER ROSTER

WED 5. SEPT	(Lynne Smith coaching) JEN S, KATH W, JENNY D, KAYE K	JENNY (milk), KAYE
WED 12. SEPT	KAREN TUCKER, SUE G, DANI G, VERNE M	PIPPA (milk), VERNE
WED 19. SEPT	DEBBIE P, JESSI F, SUSAN K, ANNE H	ANNE H, SUSAN (milk)
WED 26. SEPT	KAREN TOTARO, MAREA W, LIZ PW, ALISON A (cake)	ALISON, LIZ PW (milk)

DIARY DATES

2018	
September 5	Coaching – Lynne Smith
September 8	CKC Show – Hornsby RSL
October 11	SAI International – St Louis
November 7	Return Rehearsal
December 1	Sydney Harmony Concert @ Independent Theatre
December 19	CKC Christmas Party @ St Jospehs' (details TBA)
2019	
January	Australia Day Performance (TBA)
February-March	New Members Drive
2020	
May	Convention - Hobart

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.

UPCOMING BIRTHDAYS

Deborah Martin Aug 13

Stephanie Wallbank Aug 14

Marea Witt Aug 23

Pippa Anderson Sep 10

Cathleen Bartley Sep 23



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

Saturday -13 Oct	Rehearsal & Show	Times TBA
	Hotel Check In	Marriott Grand
Monday - 15 Oct		
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
Tuesday - 16 Oct		
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 (tbc)

Dinner time: 6.30pm

Venue Access from 6pm to 10pm

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

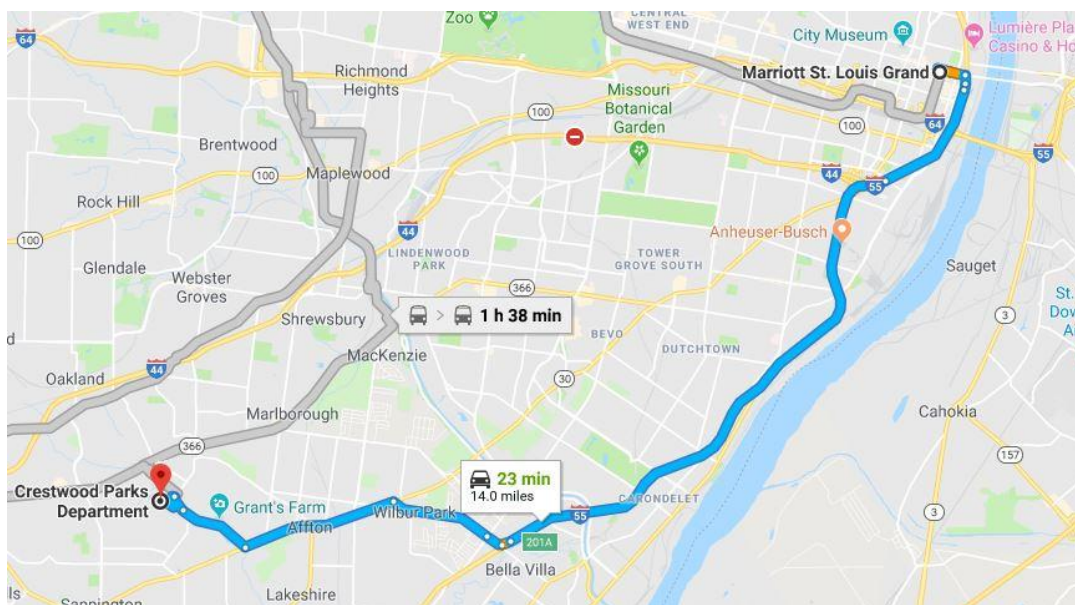
The start time is about 6 pm, but it hasn't been completely finalized yet. The plan is to eat dinner, the choruses will perform then we have the venue for a few more hours to hang out. We can bring in alcohol in as well.

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

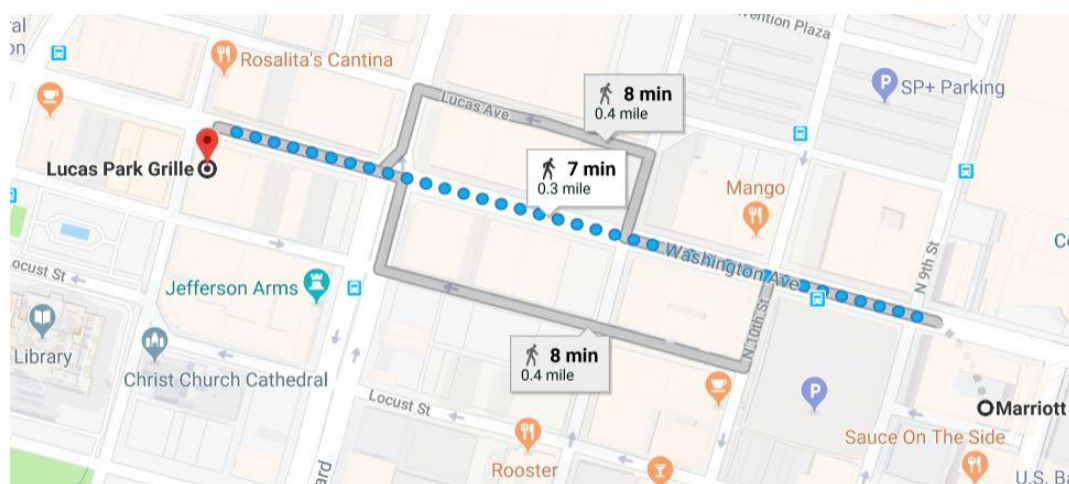
Salad – House Salad or Caesar Salad

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 Debut.

7 Minute walk from the Hotel to Landmark Park Grille



COMPETITION WEEK – Keeping Yourself Fueled

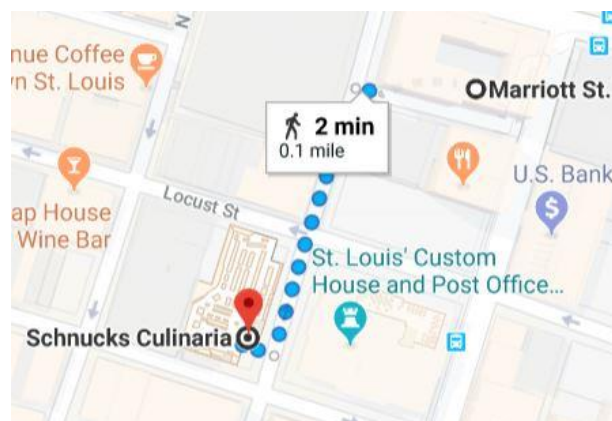
Once we start into competition mode and all our rehearsals, and then later when watching the Chorus and Quartet comp it is helpful to have snacks that you can draw on to keep you fueled. Onsite food may not be as healthy as we would like and the lines could be long so it's a good idea to have things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

Near the Marriott there are 2 options providing supermarket items.

Schnucks Culinaria– 2 min walk from the hotel.

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

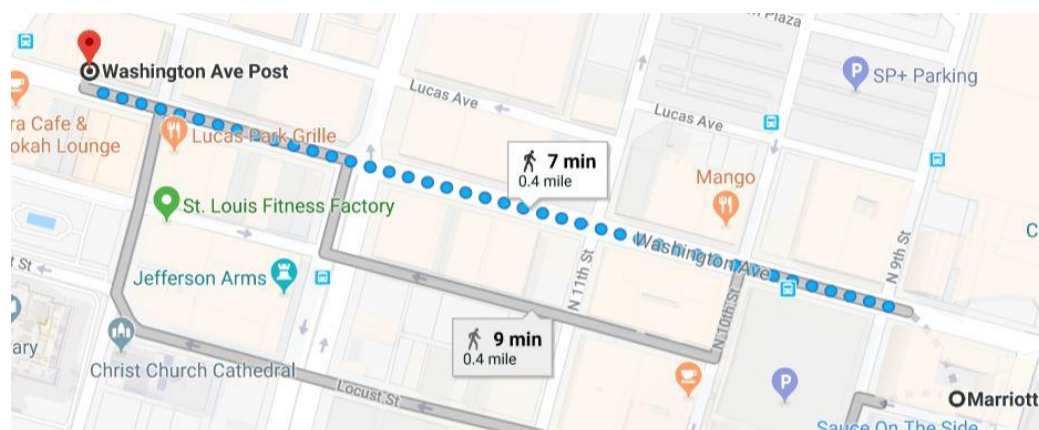
<https://www.facebook.com/SchnucksCulinaria/>



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
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

2018 St. Louis Competing Chorus Apparel

September 10

Deadline for chorus members to **pre-order** chorus roster apparel for pick-up on site in St. Louis.

(Carol Lutz will pick-up apparel on behalf of all chorus members at the SA convention apparel booth in St. Louis)

Order Link - <http://www.goldmedalideas.com/stlouis2018>

Front of Item: St. Louis 2018 Convention & Competition Logo
Back of Item: CKC Harmony Classic Competing Member Names
Styles Available:

- V-Neck T-Shirt
 - Crew-Neck T-Shirt
 - Long Sleeve T-Shirt
 - Crew-Neck Sweatshirt
 - Fleece Pullover Hooded Sweatshirt
 - Fleece Full-Zip Hooded Sweatshirt
- (Colors vary by item. Check online when ordering.)



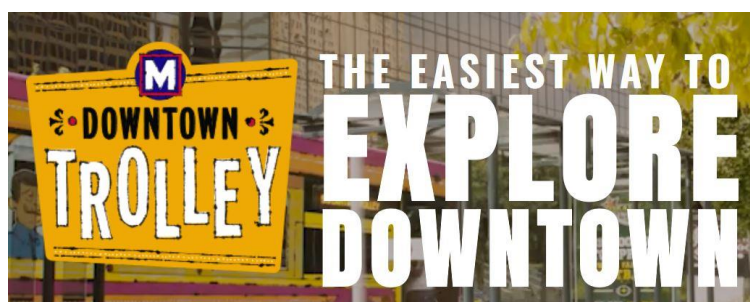
Physical Book - \$15 USD

You can get the printed edition to hold in your hand, write down songs, draw costumes, etc.

See Maria Priestly and Jenny McPhee for orders if you want one.

They are collecting names and money starting this week.
\$22 to cover conversion rate and will refund if it is less.

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

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