



Secret Chorus Business

8th May 2024

This week's rehearsal will be in the Pacifica Room, and I'm guessing we will be singing:

- ❖ I Wish You Love
- ❖ Don't Rain On My Parade
- ❖ Almost Like Being in Love

Friendly reminders about attending rehearsals:

1. When you arrive, make sure you sign at reception.
2. Be ready on the risers at 7.30pm sharp.
3. We need to have vacated St Josephs by 11pm. Please leave quietly so that other guests are not disturbed.
4. Please think of your chorus sisters and keeping them safe from any illness. Please consider wearing a mask and/or sitting off the risers.

This weekend's rehearsals

- ❖ Friday 10th May – 7.30pm – 9.30pm
- ❖ Saturday 11th May – 9.00am – 4.00pm

Countdown to Contest – 1 1/2 weeks to go

Keep watch in your emails for the super special CKC Competition Booklet from Diane Jenkins – a huge thanks to Diane for putting it all together for us.

Esplanade Hotel Fremantle, 16-19 May 2024

- ❖ Quartet Competition – Friday 17th May 2024
 - Contestant #11 – Kephi
 - Contestant #13 – Allegra
 - Contestant #16 – Alouette
 - Contestant #22 – Tango
- ❖ Chorus Competition – Saturday 18th May 2024
 - Contestant #13 – Circular Keys Chorus



Please note:

- ❖ Chorus rehearsals will be held on: Thursday evening, Friday evening and Saturday morning.
- ❖ There will be no bus transport provided for contest day as most of the chorus are staying at the contest venue.
- ❖ There will be a chorus breakfast on Saturday morning prior to competition.

[Click to open
Convention Bulletin
Third Edition](#)

The third and final edition of the 2023 Convention Bulletin has been released. Check your emails.

Masterful Self Care

Put yourself first....

It is critical for every single one of us to treat these final prep days and our competition weekend with extra mental focus and nurturing self-care.

1. Visualize and Affirm: Run your packages in your head daily. As you visualize, make use of all your senses to live into your peak performance. Create a positive PEP (Personal Empowerment Phrase) to inspire you and repeat several times per day.

2. Positivise Your Life: Keep your focus in a positive place. Make sure that you keep your hotel room a "generative zone". Insist on it with your roommates and support each other in this!

3. Defer anything possible in your life that can be deferred. Yes, this is the time to start letting things go...super woman has to be put aside. It is time to remain focused on keeping your mind and body healthy. These next weeks make **YOU** the priority.

4. Ask for support: Let your family/partner etc. know that these final pre-competition weeks, everyone needs to step up to help you because you are in training!

5. Love Yourself: You are an important element in creating your Chorus overtone!

© 2017 Jan Carley, Inner Coach of Barbershop Let It Out Vocal Coaching



Pro-Tip



“VISUALIZE your peak performance from start to finish and run through your full competition experience with a picture of how you want it to be – like it is happening now. Do this every night before bed. ”

The Power of Visualisation

The use of visualization techniques will improve performance and accelerate the achievement of your goals.

Visualisation is like a structured daydream. Unlike daydreaming however, it is done in the first person, and is always in the present tense. You simply create a mental picture or movie of the competition performance you want, add sensory images (sight, sound, smell, taste, feel) to that picture for greatest effect and put yourself in that picture like it is happening right then.

It is important for all of use to have a clear mental mindset and picture of what the competition day will look like before it happens.

A visualised experience not only conditions the human brain, it will also program the human body. Since your subconscious mind can't tell the difference between physical reality and something you are vividly imagining, the physical response in your body is exactly the same and has the same effect as rehearsing a technical skill repeatedly.

Your mind runs your body!

© 2017 Jan Carley, Inner Coach of Barbershop

Tips to remember

- ❖ Air More Air!!!
- ❖ Be proud of "you" and what you are bringing to the stage
- ❖ Use your best singers voice at all times
- ❖ Don't put your instrument on the floor
- ❖ Each phrase needs to be finished with purpose - energise the endings and use the breath as a bridge to the next phrase
- ❖ Remember Di Huber's gorgeous smile and encouragement and her wise words

You Have The Power

Despite our best efforts at eliminating interference, each one of us will, at various times and for various reasons, experience mental interference on the risers.

It could be that hearing pitch loss throws you off, or maybe you aren't yet confident doing your choreo, or perhaps someone says something that rubs you the wrong way.

Our reaction to that interference is where each one of us holds the power.

We each can control our internal environment.

Taking responsibility for our thoughts and learning how to self-manage is mindset mastery.

First step is to be aware of what throws you off centre and notice when that happens.

Second step is to then consciously and proactively shift back to a grounded, positive, fully-present generative mindset.

Remember: You are the only thinker in your own mind.

© 2017 Jan Carley, Inner Coach of Barbershop

Breath Flow

Something we've heard before – just said a slightly different way....

As you rehearse, deliberately ensure your outward flow of breath is consistent. That means exactly the same flow rate from start to finish in the phrase.

Don't allow consonants and word sounds to disrupt/reduce/stop that continuous flow.

Become aware of where you might back off the flow as one syllable prepares to change into another.

It's a very common problem. So is using "puffs" of breath for rhythmic effect.

This is not to say that some occasional "puffs" and disruptions to your breath flow are forbidden.

But if you master the connected legato line with ruthlessly consistent breath flow, you will maintain better resonance through the line, better musical flow to the line, and even better audience engagement.

You can still articulate this is not slurring words together. Just make the articulation work WITH the breath flow instead of against it.

Let It Out Vocal Coaching

Don't wait until you've
reached your goal to be
proud of yourself.
Be proud of
every step you take
toward reaching that goal.

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.

© 2017 Jan Carley, Inner Coach of Barbershop

Affirmations

Most of all – Don't Panic

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>



Contest Preparation

Costume – What shall we wear?

Our costume for this year's contest will be:

- ❖ Teal sequin top
- ❖ Black velvet pants
- ❖ New style chorus shoes
- ❖ Black stockings – can be knee-high if you prefer
- ❖ Teal sequin earrings
- ❖ No watches, bangles, necklaces etc

Please try on your teal sequin top and velvet pants.

Don't forget to bring your black "Dare to be Different" top so we can have a uniform look for any other events we might attend.

If you have any issues with your costume or require a change of size for your top or pants, please speak to Kath Ware.

Makeup Matters

Make up for competition is essentially the same as last year. The items you will need are:

- ❖ Chorus Eye Shadows – Revlon Photoready Eye Contour Kit Metropolitan
- ❖ Chorus Sparkle Dust – la femme Hollywood – Opal (purchased from CKC)
- ❖ Chorus blusher – Red Rouge Pot (purchased from CKC)
- ❖ Chorus lipstick – Rimmel "Provocalips" 16 hour - 500 Kiss Me You Fool – If you are buying new, it is now called Rimmel London Long Lasting Provocalips Lipstick Kiss The Town Red
- ❖ Chorus Foundation – NEW – purchased from CKC – Ben Nye Matte HD Foundation – BN-4 Beige Natural
- ❖ Loose translucent powder for your face – NEW – purchased from CKC – Ben Nye Colourless Luxury Powder
- ❖ Concealer (for pre-eye shadow base prep – any brand)
- ❖ Eyeliner liquid – black
- ❖ Eyeliner pencil- black
- ❖ Eyebrow pencil – same colour as own eyebrows (fair hair colours should use a shade darker than your natural root colour)
- ❖ False eyelashes – optional
- ❖ Waterproof mascara black
- ❖ Lip Liner – Red
- ❖ Chorus nail polish – nude polish or natural
- ❖ Bronzing Powder (any brand)

Full instructions and step by step photos are on the website - view them at [Chorus Documentation - Makeup and Grooming](#)

CKC COMMITTEES 2024

After convention, the new management team will ask you 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.

Member Birthdays



❖ Carol Lutz	June 04
❖ Sue Gray	June 15
❖ Cheryl Wolfenden	July 08
❖ Monique Wood	July 09
❖ Inese Kamenyitzky	July 21

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, Team Coordinator, Membership and the Music Team are all notified at the same time.

❖ Ann Keating	12 th May – 22 nd May
❖ Heather Baeza	returning June 2024
❖ Kath Ware	20 th May – 1 st July 2024
❖ Cheryl Wolfenden	11 th June – 3 rd July 2024
❖ Kaye Kendall	22 nd – 31 st May 2024



New CKC Tops – from Kath Ware

When choosing your white tops for dying –

- ❖ You can choose any style of top
- ❖ The colour must be white
- ❖ It should be made from a natural fibre (cotton, bamboo, linen) and be jersey knit (like a t-shirt fabric) (no cotton / polyester blend fabric)
- ❖ Avoid extra trim like lace, embroidery or buttons, or cheap poor quality tops. Remember you will be dying this top and you want it to last

Where to buy your white top –

There are a number of on-line stores that will stock the above type of top including:

- ❖ Birdsnest - <https://www.birdsnest.com.au/>
- ❖ Tulio - <https://tulio.com.au/>
- ❖ Kobomo - <https://kobomo.com.au/>
- ❖ Woman Within - <https://www.womanwithin.com/>
- ❖ Blue Bungalow - <https://bluebungalow.com.au/>

You can also try shops like:

- ❖ Uniqlo (they have good cotton t-shirts)
- ❖ Myers
- ❖ Sussan
- ❖ Katies

Receiving your dying materials –

Our wonderful Sweet Adeline of the year, Jane Masters will give you your dye pack with full instructions and all materials when we return from Fremantle. So please have your top purchased prior to then.

You can get together with a friend to dye your tops together if you like, but it's best not to dye more than two tops at a time.

If you are still uncertain about the top you need to purchase or the dying process, please contact Kath 0417 485 049. Kath will be travelling back from Fremantle over six weeks on a camping road trip and will be back at rehearsal around 30 June.

Diary Dates 2024

2024	
Wed 1st May	Wednesday night rehearsal - important contest preparation
Sat 4th – Sun 5th May	Coaching weekend 1 with Di Huber
Wed 8th May	Wednesday night rehearsal - important contest preparation
Fri 10th – Sat 11th May	Coaching weekend 2 with Di Huber
Wed 15 th May	No rehearsal
Thu, 16 May 2024 to Mon, 20 May 2024	Sweet Adelines Australia Regional Convention – Fremantle WA
Wed 22 nd May	No rehearsal
Sun 26 th May 2024	Region 34 - 2024 Annual General Meeting –SAI
Wed 29 th May 2024	First rehearsal post convention
Fri 31 st May 2024	Management team meeting – New Committee handover – Sue Gray's house
Sat 15 th June 2024	Management Team 101 Online Workshop (SAA)

Rehearsals and coaching sessions in **blue text** are important for our contest preparation. It is expected that all members competing in Fremantle, attend these sessions. If you do need to miss any of these, you need to let Vicki know asap and get her permission to miss the session. Please be advised that should you miss too many of these important sessions, you may not be eligible to be on stage in Fremantle.

SUGGESTION BOX

Have a suggestion you want to raise? Send it to suggestionbox@circularkeys.org

This email has been set up so that it is sent to the Team Coordinator. All suggestions will be discussed by the management team.

Please remember to be nice when you are wording your suggestions – no need to cause undue stress and anxiety with rudeness.

CHORUS PAYMENTS

Please be advised that EFT should be used for your payments to chorus. Please contact our Finance Manager if you need further details, or if you have an issue that prevents you from paying using EFT.

Make sure you include your relevant information in the reference field so the finance team knows who the payment is from and what it is for.

CKC Bank Account Details for online payments:

Westpac Bank: BSB: 032170

Account Number: 273702

Account Name: Circular Keys Chorus Incorporated

ABOUT THE STAR OF THE WEEK

Any member of the chorus can nominate someone who has gone above and beyond, who has personally helped you, who has made a special difference or contribution to the Chorus or who has tried extra hard.

There are many other positive attributes that can be recognized with this award. To nominate a member, simply email Frances Gurto (fgurto@gmail.com) with the member's name and short description as to why you would like to nominate them. If no nominations are received, the star will not be awarded.

YOUR MANAGEMENT TEAM

❖ Musical Director	Vicki Dwyer	❖ Performance Co-Ordinator	Jane Masters
❖ Team Co-Ordinator	Carol Lutz	❖ Membership Chair	Frances Gurto
❖ Finance Manager	Sue Gray	❖ Social Media Co-ordinator	Kaitlyn Dwyer
❖ Secretary	Anne Harris	❖ Appointed members:	
❖ Public Relations Co-Ordinator	Jen Kumar		Diane Jenkins, Susan Kelly, Pippa Anderson

COMMITTEES

HOSPITALITY COMMITTEE

- ❖ Inese Kamenyitzky – Chair
- ❖ Anne Harris
- ❖ Kaye Kendall
- ❖ Jenny DoRozario
- ❖ Verne Mantova
- ❖ Sue Winter
- ❖ Susie Robinson
- ❖ Sue Rosenblum
- ❖ Susan Kelly

SOCIAL COMMITTEE

- ❖ Anne Thompson
- ❖ Jen Kumar

FUND RAISING COMMITTEE

- ❖ Sue Gray – Chair
- ❖ Courtney Churchward
- ❖ Jen Senior
- ❖ Kaity Dwyer
- ❖ Linda Vitali
- ❖ Ann Keating

COACH COORDINATION COMMITTEE

- ❖ Kath Ware
- ❖ Rachael Moessis

REHEARSAL EQUIPMENT COMMITTEE

- ❖ Kaye Kendall – Chair
- ❖ Emma Edwards
- ❖ Heather Baeza
- ❖ Cheryl Wolfenden