

Secret Chorus Business

Circular Keys Chorus are creative musicians who inspire with heart, soul and musical excellence.
We dare to be different!

COUNT DOWN TO CONTEST



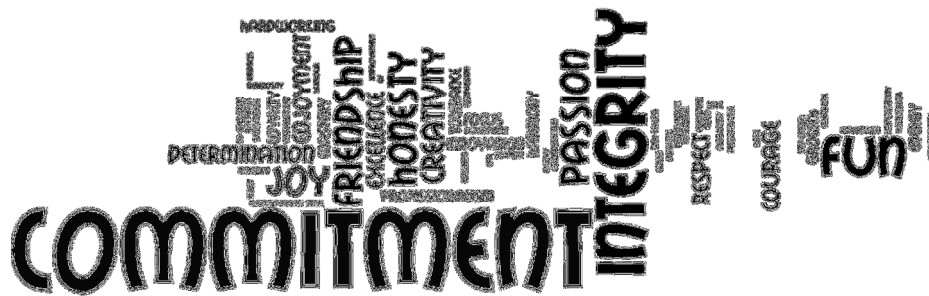
5 Rehearsals till Perth



Circular Keys Contestant No. 15
Alouette Contestant No. 9

Top 3 Chorus Values

COMMITMENT – INTEGRITY - FUN



Why are you a member of Circular Keys Chorus?



19 April 2017

CKC COMMITTEES 2017

After Convention 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 | • Wardrobe |
| • Membership | • Fund Raising | • Costume |
| • Public Relations | • Social | • Makeup |
| • Historian | • Resource Li- | • Web Team |
| • Hospitality | brarian | |
-

STAR OF THE WEEK

Who is a Star! It may be that member you know who has gone above and beyond, who has personally helped you, who has made a special difference or contribution to the Chorus, who has tried extra hard. There are many other attributes you will think of which will be appropriate.



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

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

Current & Upcoming Member Leave

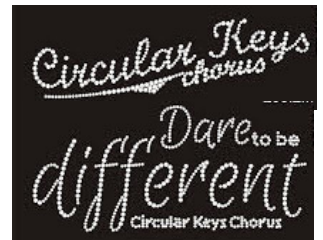
- Madee Di Vito – 31 March to 17 April
 - Rina Pinto – 13 to 29 May
 - Karen Totaro – 10 May to 14 June
 - Alison Anderson – 6 June to 26 July
 - Kaye Kendall - 31 May to 23 August
-

CKC BLING TRANSFERS

We have chorus bling transfers that we will be putting onto BLACK tops of our own choosing. The cost is \$4/pair and available from Kate at rehearsal.

The black tops we put the transfers on may be worn in public for less formal performances, so it would be good to keep this in mind when deciding which top, and the quality, you wish to use. We have sufficient transfers if you wish to adorn more than one black top.

Members attending convention will need to have their top/s ready to wear in Perth for when not competing.



SUPPER ROSTER

Wed 19. APRIL	CHERYL B, MARY O, JEN S, YASI W	YASI & CATHY
Wed 26. APRIL	PIPPA A, DEBORAH M, KAYE K, CATHY (cake)	KAYE & INESE
Wed 3 MAY	KAREN TUCKER, DORIS W, BARB M, VERNE M	VERNE & CATHY
Wed 10 MAY	(FAMILY & FRIENDS NIGHT) KAREN TUCKER, LISSA L, ANNE H, INESE	ANNE H. & INESE

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

Kaitlyn Dwyer Apr 04
Cheryl Benson Apr 07
Anne Harris Apr 07

Vicki Dwyer Apr 20
Linda Vitali-Alchin Apr 21

DIARY DATES

2017	
April 12	Rehearsal at Epping Creative Centre (St Joseph's not available)
April 29	Contest Workshop @ St Joseph's
May 3	Coaching – Lynda Keever
May 10	Open Night – family and friends
May 16	Rehearsal (Tuesday night)
May 18-21	Convention – Perth
May 24 & 31	No Rehearsal
July 7 – 9	Coaching Workshop – Gail Jencik
July 16	Fundraising - Bunnings BBQ – Castle Hill
August 16	Section Practices various venues (St Joseph's not available)
September 27	Rehearsal at Epping Creative Centre (St Joseph's not available)
2018	
March 23 & 24	Coaching – Molly Huffman

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

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

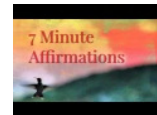
The effectiveness of affirmations is multiplied if you write them out and carry them with you in your pocket, purse or car, put them on your mirror, or on your fridge. Have it somewhere you can access and see it easily. Use your affirmation daily – turn your self-talk into your affirmation and say it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

COACHING RECAPS – LYNDA KEEVER

- Singers voice at all times and best vocal production – not speaking voice = muscle
- Don't put your instrument on the floor
- Limit Jaw Movement
- Gal – American gangster (Gal Capone)
- Sing out the embellishments – own them
- Bright clean sound
- Breath early and often – take your personal breaths
- Breath deprivation and pitch do not mix
- Remove clutter in word sound
- Leads – Game Show Host!
- Focus sound
- Target vowels – sing them out off your face
- Each phrase needs to be finished with purpose
- Cheat the loud's
- Bloom words and notes
- Everything on purpose all of the time - intentional singing
- Be passionate
- I'll = OIL
- Stamina

COACHING RECAPS – LYNNE SMITH

- Now is the time to know your moves
- Clean and crisp
 - Marry the move to the music
 - Practice the story
 - Rehearse individually at a higher level, think about what you are going to do to bring it to the next level.
 - Keep preparing to be a better performer, singer & team member
 - CPR – Choose Personal Responsibility

Lynne Smith Coaching part 1

<https://vimeo.com/212173500>

(27 mins) From the start to "*Look at me now...see me now*"

password: **ckcvideos**

Lynne Smith Coaching part 2

<https://vimeo.com/212160618>

(21 mins) From "*Baby listen/I'm a new girl*" to right after the stomp

password: **ckcvideos**

Lynne Smith Coaching part 3

https://youtu.be/agS1tT9Uk_Q

(14 mins) Competition chorus works on tag and full performance of uptune

no password required