

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



4 Rehearsals till Perth



Circular Keys Contestant No. 15
Alouette Contestant No. 9

Chorus Values

COMMITMENT – INTEGRITY - FUN **Guiding Principles**

Based on CKC's values, these guiding principles are statements that guide our actions and behaviour, and influence the way members interact and work with each other. They influence us when making decisions on: who we are as a chorus, who you are in the chorus, what we do as a chorus, and why we do it. They become the basis for our chorus culture.

Commitment

- We develop knowledge, skills and experience to always perform our best, both individually and collectively.
- We strive for excellence through personal responsibility and accountability.
- We value each other's time and efforts and trust each other to arrive prepared each week.

Integrity

- We treat everyone with respect, dignity, and equality.
- We create a welcoming and nurturing environment which fosters respect, acceptance and involvement of all women embracing differences in age, ability, ethnicity, sexuality and religious background.
- We give attention to our leaders, are supportive, mindful, friendly, and respect decisions made.

Fun

- We create a culture that enables, inspires and celebrates singing, joy, friendship and laughter.
- We encourage each other with positive attitudes and feedback.
- We sing from the heart.

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Circular Keys Chorus Management Team

Team Coordinator	Diane Jenkins
Secretary:	Betty Fuller
Finance Manager:	Deborah Martin
Membership Chair:	Jen Senior
Public Relations:	Kate Hawkins
Music Director:	Vicki Dwyer
Appointed Member	Susan Kelly
Appointed Member	Karen Totaro
Appointed Member	Barb Morris

Please bring your contest top for a fit check while wearing your onstage under garments.

STAR OF THE WEEK

Congratulations Diane Jenkins



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

- Rina Pinto – 13 to 29 May
 - Ann Keating – 24 to 31 May
 - Karen Totaro – 10 May to 14 June
 - Alison Anderson – 6 June to 26 July
 - Kaye Kendall - 31 May to 23 August
 - Betty Fuller – 23 August to 21 September
-

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 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 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 REHEARSALS – have a nice break
June 1	Management Team Meeting
June 29	Management Team Meeting
July 7 – 9	Coaching Workshop – Gail Jencik
July 16	Fundraising - Bunnings BBQ – Castle Hill
August 16	Section Practices - Crestwood Community Centre
September 27	Rehearsal at Epping Creative Centre
2018	
March 23 & 24	Coaching – Molly Huffman

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.

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EDUCATION CORNER

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

AFFIRMATIONS

Affirmations are thoughts repeated over and over in our heads. By continually repeating an affirmation, it becomes embedded into the subconscious mind and even-

tually 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" e.g. 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>

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.

CKC Draft CONVENTION SCHEDULE

Thursday, 18 May

- 2.30pm Mic Testing Chorus assemble in the Eastern Foyer, Level 1, PCEC
 8.00 – 9.00pm..... CKC Rehearsal, Perth Convention Centre Meeting Room 1

Friday, 19 May

- 10.30 – 11.00am Mass Sing, Summer Garden, Level 2, PCEC
 11.45am Opening Ceremony, Riverside Theatre
 12.30pm Quartet Competition & Awards, Riverside Theatre
 7.30 – 9.30pm..... CKC Rehearsal, Grevillea Room - Rendezvous Hotel Perth Central

Saturday, 20 May

- 11.30am Chorus Competition & Awards, Riverside Theatre
 2.07pm CKC Start Traffic Pattern
 2.47pm CKC On Stage
 5.30pm Parade of Champions, Riverside Theatre
 7.30pm CKC joint dinner & score reading (location tba)
 8.00pm Pyjama Party, Rigby's Bar – Rear 221St Georges Terrace, Perth

Sunday, 21 May

- 8.00 – 9.30am Leaders' Breakfast, River View Room 4
 10.00 – 12.00pm Master Class, River View Rooms 4 & 5
 10.00 – 12.00pm Master Class for Directors & Assistant Directors, Avon Room, Adina Apartments (opposite PCEC)
 12.30 – 1.00pm Closing Ceremony, River View Rooms 4 & 5

Mic Testing Chorus - Convention 2017

For those competing in Perth, here is a wonderful opportunity to be on stage prior to competition on Saturday and get a feel for the stage, lights, risers and auditorium.

You can sign up here <https://goo.gl/forms/kkPWAGq2PxBTlmnQ2>

This chorus is now open to all Sweet Adeline members who are available in Perth on Thursday 18 May. You will need to be at the Perth Convention and Exhibition Centre, assembled in the Eastern Foyer, by 2.30pm.

The chorus will be directed by Master Director Jeanette Whitmore, and you'll perform on the competition stage during the Official Inspection in large and small chorus configurations. You will need to come ready to sing "How We Sang Today" and "San Francisco Bay Blues".

Download learning tracks for these songs from the regional website (Members Only area). If you do not have a login and password for the Members Only area, email Debbie Scott communications@sweetadelines.org.au

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

CKC STRENGTHS

Friendship
 Musicality
 We support our Director & each other
 Willingness to learn
 Loyalty
 We have fun
 We are committed
 Value each other
 We want to achieve
 Value education – access to coaching
 We love to sing
 We love performing
 We do great suppers
 Kit friendly
 Welcoming
 Teamwork
 Not judgmental
 We don't mind working hard
 Leaders
 Musicianship
 Caring
 Commitment
 People
 Acceptance
 Common goal
 Support
 Culinary skills
 Encouragement
 Inclusivity
 Teaching excellence
 Organisation
 Loyalty
 Competitiveness
 Trust
 Strength
 Smart women
 Courage
 Hardworking
 Sing well
 Vulnerable
 Risks
 Fun
 Sense of humour
 Diversity
 Songs
 Flexibility
 Fast learners
 Friendship

Loyalty to one another
 Education
 Musical talent
 Originality
 Vicki
 Team work
 Consistent ongoing coaching
 Smart singers
 Lifelong learners
 Willingness to learn
 Risk taking
 Receptive to feed back
 Comradery
 No drama
 Respect
 Support
 Humility
 Management teams
 Musical leaders' strengths
 Stability
 Fun
 Escapism
 Appreciative
 Not ego driven
 Willingness to learn
 Learning culture
 Supporting and nurturing
 Friendly
 Team work
 Musical skills
 Good distribution of ages
 Vicki
 Common goals
 Leadership teams
 Willing to take risks
 Competitive
 Committed to succeed and improve
 Positive attitude
 Know how to have fun
 Respectful
 Generous
 Vibrant
 Sassy and classy
 Inclusive and cohesive
 Well blended
 Organised

Thoughtful
 Diversity
 Involvement
 United
 Friendship
 Energy
 Strong leadership
 Fun
 Dynamic
 Skilled
 Smart
 Attractive
 Witty
 Soulful
 Vibrant
 Hungry/thirsty for knowledge
 Competitive
 Strive for excellence
 Sisterhood
 Innovative
 Inclusive
 Clever
 Sass
 Heart
 Musicality
 Vivacious
 Classy
 Modesty
 Down to earth
 Versatile
 Determined
 Synchronisation
 Friendship
 Musicality
 We support our Director & each other
 Willingness to learn
 Loyalty
 We have fun
 We are committed
 Value each other
 We want to achieve
 Value education – access to coaching
 We love to sing
 We love performing
 We do great suppers
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Inclusivity
Teaching excellence
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Smart women
Courage
Hardworking
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Team work

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