

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



7 Rehearsals till Perth



Circular Keys Contestant No. 15
Alouette Contestant No. 9

CKC COMMITTEES 2017

Soon 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 Librarian | • Web Team |
| • Hospitality | | |
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TAPING PROGRAM - OH LOOK AT ME NOW

Please remember that we want you to record at home (use your sheet music and your own coaching notes). You can stop and start your recording process however we now want to hear your start to finish recordings of both the ballad and the uptune. Please use the most current recordings on the website from the music team.

We are about to embark on the next phase of our prep for contest – recording on the risers and singing in octets. We want you to be confident with your notes, words, breath plan, dynamic plan and interpretation before you add ‘being brave’ into the equation. If you haven’t completed your at-home recording phase yet, please get onto it this week.

** Please see complete email from Vicki sent Fri 24/3/17

VISUAL PLAN - OH LOOK AT ME NOW

Chorus R – Full (+ 3&4 riser from stomp to end) -
<https://vimeo.com/205736629/c504651186>

Chorus L – Full (+ 1&2 riser from stomp to end) -
<https://vimeo.com/205732950/7fc98c3b4d>

Chorus R – partial (1&2 riser from stomp to end) -
<https://vimeo.com/205737997/2c71a5118d>

Chorus L – partial (3&4 riser from stomp to end) -
<https://vimeo.com/205737608/c9fbeffa14>

Chorus – partial (Centre Bass wedge from Bar 48 to end) -
<https://vimeo.com/205738384/d0d5fb1102>

LYNNE SMITH - Showmanship Coaching - 5 April

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. She is a Certified Member of the International Faculty, and a performing member and choreographer of the 2004 and 2007 International Championship Chorus, Harborlites.

CONVENTION PERTH 2017

Registrations close on Friday 7 April

All competitors who are attending Perth need to register themselves at the following link. Optional items can be ordered at the same time.

<http://www.cvent.com/events/sweet-adelines-convention-2017/event-summary-84e45ea9be904f649da8e1efc2d826fc.aspx>

1. Region 34 SAI Member \$275
2. Youth (25 years & under) Member \$140
3. Prospective Chorus Member \$275

STAR OF THE WEEK

Congratulations: Rachael Moessis



Our star this week goes to Rachael Moessis for what she brings as Lead section leader and really stepping up to the responsibility.

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

- Stephanie Wallbank – 1 March to 5 April
 - Madee Di Vito – 31 March to 17 April
 - Karen Totaro – 10 May to 14 June
 - Alison Anderson – 6 June to 26 July
 - Kaye Kendall - 31 May to 23 August
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SUPPER ROSTER

WED 5. APRIL - ANN K, RACHAEL M, SUE GRAY, ALISON A Hosp team - ALISON & INESE
WED 12. APRIL - We are at EPPING CREATIVE CENTRE so NO ORGANISED SUPPER. Please bring your own drinks and snacks.
WED 19. APRIL - CHERYL B, MARY O, JEN S, YASI W. HOSP TEAM - YASI & CATHY
WED 26. APRIL - PIPPA A, DEBORAH M, KAYE K, CATHY (cake) Hosp team - KAYE & 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 5	Coaching – Lynne Smith
April 9	Fundraising - Bunnings BBQ – Castle Hill
April 12	Rehearsal at Epping Creative Centre (St Joseph's not available)
April 29	Contest Workshop @ St Joseph's
May 10	Open Night – family and friends
May 16	Rehearsal (Tuesday night)
May 18-21	Convention – Perth
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)

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 to 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.

EDUCATION CORNER

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

THE VOCAL SKILLS BASICS

Vodcast series by Lori Decter Wright is a great resource for new singers or anyone who would like a refresher on the basics. SAI member login needed.

<http://www.sweetadelineintl.org/index.cfm?id=377>

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

OH LOOK!

- Sharpen 3rds. Singers Voice - all times.
- Part Solos - presence
- Game show Host (Push beats)
- Romance (Singable consonants)
- internal dynamics - shape words & phrases
- Breathe Sing

Gal - 'Al' Capone

- Finish phrases with purpose
- Limit jaw movement
- Pitch ↑↑ approach from above

Bar 11 - leads straight notes on NOW = NUH-oo

Fortunes = FAUX-chins

- Aphrodite // at her best → // Yeah
- Kiss-in = IH "Elvis"
- Thrill = Bloom - leads melody "get from your touch" / "Brand new start"
- VEST = VAIRst
- I am the gal = Front of face.

Bar 19 'Look at me' Quicker

- Extend = look, Muck, Touch, Rings, Things, Best, STAR(-), whirl
- Keep target vowels open
- Baby listen in = Basses front of face
- Own Your Embellishments Esp 31/9+20.
- 'L's flip them up
- G's " " "
- Basses no slide on bar 31 'lover'
- I = ai I'm = ai
- Bar 41 = Sing "HUH"
- NOW - Mean Owl
- B.31 leads leave out 'SO' & breathe
- Push "Well"
- Leave out "In gonna"
- leads leave out "Be ^{still sing} _{cause}" (Replace breath btn kiss NB On yeah)
- Tag - leads LO. "just" - de an finish NOW // Right now.

