

10 May 2017

Circular Keys
chorus

Secret Chorus Business

COUNT DOWN TO CONTEST



TEAM CKC



2 Rehearsals till Perth

Circular Keys Contestant No. 15
Alouette Contestant No. 9

CKC Family & Friends

CIRCULAR KEYS CHORUS SNEAK PEEK

8.15PM - WEDNESDAY, 10 MAY

We invite our family and friends to come and take a peek at
what we'll be putting on stage at the Sweet Adelines
Region 34 Convention in Western Australia,

Join us for supper, where a collection will be taken in
support of the Hills Relay For Life.



ST JOSEPH'S, 64 MACKILLOP DRIVE, BAULKHAM HILLS

RELAY FOR LIFE

On 10 May at our “sneak peek” we will be raising funds for the Hills Relay For Life.

As agreed rather than organizing presents pre-contest, each member/section will instead donate to Relay For Life

Relay For Life raises vital funds for Cancer Council's research, prevention and support services

<https://www.relayforlife.org.au/>

GRANT APPLICATION

CKC has been successful in receiving a grant from Department of Social Services under the Volunteer Grant 2016 scheme. Karen applied back in December 2016 for \$1,785 to buy the chorus a Front Row To Go sound system (same as the one we currently borrow from Deborah Martin's WIRES Branch).

STAR OF THE WEEK

Congratulations Karen Tucker



Our star this week goes to Karen Tucker for the wonderful work she has put into our successful grant application

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.

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



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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.

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

SUPPER ROSTER

Wed 10 MAY	(FAMILY & FRIENDS NIGHT) KAREN TUCKER, LISSA L, ANNE H, INESE	ANNE H. & INESE
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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

Jen Senior	May 01	Lesley Russell	May 24
Kumi Matsuda	May 04	Karen Totaro	Jun 08
Linda Bacic	May 07		

DIARY DATES

2017	
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 9	New Membership Drive – 1 st night
August 16	Section Practices - Crestwood Community Centre
September 27	Rehearsal at Epping Creative Centre
2018	
March 23 & 24	Coaching – Molly Huffman

Masterful Self-Care

It is critical for every single one of us to treat these final prep weeks 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. Positivize 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 two 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!

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SURROUND YOURSELF WITH



THOSE ON THE SAME
MISSION AS YOU