

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



3 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/>

STAR OF THE WEEK

Congratulations Susan Kelly



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 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 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

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

DIARY DATES

2017	
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

The Power of the Mind

NOW is the time to add the powerfully effective mental mastery tool of AFFIRMATIONS to your toolbox. An affirmation is really just a statement in the present tense of a desired future state. By reciting an affirmation on a daily basis and keeping it present for yourself, *you can actually repattern your brain at an unconscious level and create a new neural pathway of belief* in approximately 30 days.

How to use Affirmations:

- Create a simple statement that embodies your peak performance
- Write that statement in the present tense (like it is happening now)
- Make sure the statement is about *what you want* (not what you DON'T want)
- Recite your affirmation daily as many times as possible; write it out and keep it present for yourself.

For example, this was my affirmation before my last competition:

"I am powerfully confident and singing with complete freedom and resonance through my entire vocal range. I am embracing the audience and connecting to them with my complete commitment to character."

Jan Carley



The Power of Visualisation

The use of visualization techniques will improve performance and accelerate the achievement of your goals. Visualization 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 visualized experience not only conditions the human brain, it will also program the human body. Since your subconscious mind can't tell the different 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!



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. ”

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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

COACHING RECAPS – VICKI DWYER

What are your THOUGHT BUBBLES when singing????



COACHING RECAPS – LYNDIA 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

3 May 2017

- 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