

# COLORADO SPRINGS CHILDREN'S CHORALE IN HARMONY

## GIVE VOICE TO YOUR DREAMS

### SCHOOL BLITZ

The Chorale is taking the show on the road starting in October as the Pikes Peak Singers visit local schools with their high energy program. Summit Ensemble will visit middle and high schools in November with their popular workshops and concerts and then in April the Springs Singers will round out the School Blitz season with their school visits. If you are interested in having the Chorale at your school talk to the music teacher in your building and have them give us a call. School Blitz performances are part of the Children's Chorale's Outreach Programs that reach thousands of young people each year. We are proud of our singers as they serve as musical ambassadors to school children throughout the Pikes Peak region!

### 'TIS THE SEASON - MAKING SPIRITS BRIGHT TICKET SALES CONTEST!

We are so proud of all the hard work you do each semester and we hope you are too! We want to encourage you to invite your friends and families to join us at the Pikes Peak Center on Sunday, December 6 for YOUR concert! We will once again be having a ticket sales competition for the top sellers in each group, as well as the best overall ticket seller. This is YOUR concert and you deserve to have a great audience, so get out there and sell tickets and earn some great prizes! Last year's winners were in the 15 - 20 ticket range, so start thinking now about how to pull past the competition and win the big prize!

The attached ticket contest order form has all the details and deadlines, but please feel free to call Sylvia at the office if you have any other questions.

### Cone Zone!

Drivers, for the safety of our children, remember that we have a **no-drive-through policy** for the front of our office/studio building. Please NEVER drive through the parking lot past the front of the building when dropping off your singer for rehearsal!



Our new Bingo schedules are completed and out. Make sure you have your new schedule and are ready to go with your session dates on your calendar! If you have questions about Bingo, call Rick Schwarz at 591-6544. If you have questions about alternate fund-raising activities, please call the CSCC office at 633-3562 and talk with Marcia or Sylvia.

Remember: If you are not going to do Bingo and need another revenue-generating fund-raising assignment, you must call the office to make these arrangements. If you do not, then your account will be charged for the full fund-raising amount appropriate for your singers group.

Thanks to all our families for your hard work and commitment to making this fund-raising effort successful!

### Upcoming Events\*

**REMEMBER: Now that rehearsals have started, they will be held every week unless otherwise noted on your group's schedule!**

- Oct 10 Sunrise Saturday Rehearsal
- Oct 10 Pikes Peak Singers: Komen Survivors Luncheon 1:30 pm
- Oct 17 Springs / Pikes Peak / Summit Saturday Rehearsal
- Oct 20 Pikes Peak Singers: School Blitz
- Oct 25 Springs & Summit: Concert at First Christian 3:00 pm
- Nov 5 Queen Palmer Elementary Festival concert 6:30 pm

*\* Remember that this is not meant to be a complete schedule! Always check your singer's group calendar and notes for more information.*

### REMINDER

Ticket orders for the December 6 concert must be received in the CSCC office by November 4, so if you have not already ordered, and want to order through the office, get your orders in now!

Please Note: Mezzanine Boxes are now sold out for this concert.



# 4GR<sup>★</sup>

(FOUR GROUP REHEARSALS)

**WHAT?** Four Group Rehearsals are special rehearsals that help us tie all the loose ends together for our Pikes Peak Center concerts in December and May. They give us the opportunity for all of the ensembles of the Chorale, and the Youth Symphony to practice our big group numbers together, and go over the transitions throughout the concert before we get to the Pikes Peak Center for our dress rehearsal.

**WHY?** The Children's Chorale Pikes Peak Center events are way more than just a concert! We have lots of numbers that require special staging, props, choreography and even costume pieces, so we need extra time to coordinate these details before we arrive at the Pikes Peak Center. We also want to make every minute count for our audience, minimizing transition times and keeping the show moving from one great moment to the next.

**WHEN?** Dates for our 4GR's are  
Tuesday, December 1 from 4:30 - 7:00 pm  
Wednesday, December 2\* from 4:30 - 7:00 pm  
Saturday, December 5 from 9:00 am - 12:00 pm  
And Dress Rehearsal (REQUIRED)  
Sunday, December 6 from 9:00 am to 12:15 pm

*\*Note change from November 30*

**WHO?** 4GR's include all of our singers in all of our choirs. Attendance at all of these rehearsals is very important, so put these dates on your calendar now so you don't miss some very important preparation for our wonderful shows! And remember, attendance at the Dress Rehearsal on Sunday morning before the concert is **REQUIRED**. That means that if you do not attend the dress rehearsal you will not be able to sing the concert. We don't want you to miss your very special concert, so be sure to put these dates on your family calendar today!

## SATURDAY REHEARSALS

Saturday Rehearsals are a critical part of our Chorale educational process. These day-long Saturdays are packed with singing, acting, choreography AND leadership classes, teambuilding exercises, etiquette lessons, and more! All of these experiences create a total performer and build life skills in each of our singers which will serve them well, not only on their performance path, but in other avenues of their lives. October Saturday rehearsals are listed in the Upcoming Events section of this newsletter.



## A little DRAMA?

Our new classes are off to a great start under the leadership of Jen Lennon, Chorale Drama Coach and Choreographer. Stage One kiddos are learning all about music, drama, movement, and get to do a fun craft designed by Donna Gillespie during every class. These young ones are really getting to be wiz kids with music theory too! They are a small but mighty group!

Act 1 and 2 participants are creating a lot of drama on Wednesday nights! They are exploring all aspects of dramatic expression and theater. It will be fun to see the end results of their work in November.

High School students in the Studio One class are working hard on choosing their solos and dramatic monologues in preparation for their mock audition for a panel of local theater producers. In the next few weeks they will be learning how to write their resumes and have their headshots snapped by our photographer, Tom Linz. Choreography steps needed for professional auditions and auditioning etiquette are also a part of their curriculum. Watch for the fruits of their hard work at the Sunrise Singers Informance in November! This is a great class for high school students who are interested in perfecting their auditioning skills for local theater, college entrance auditions, All State Choir, high school musical auditions, Solo and Ensemble and more!

All of these classes will be offered again next semester. Think about taking a class and/or inviting a friend to participate.

## LORI'S LARYNGEAL LESSONS

It is shaping up to be an especially vicious cold and flu season! It seems every time I turn around, I hear reports of sore throats, fever and coughing! What can you, the singer, do to keep your voice healthy during these "sickly" times?

Much of what you should do to keep your voice healthy is what you should do to keep your body, in general, healthy. To prevent yourself from getting sick in the first place, get plenty of rest, eat well and drink plenty of water, get regular exercise and **WASH YOUR HANDS OFTEN** if you come into contact with lots of different people – as you do every day at school!

If you do start to get the sniffles, or your throat starts to get irritated, there are a few tricks you can use to stop a cold in its tracks, or at least shorten the length of it! Check with your doctor or pharmacist about flushing your sinuses with a mild saline solution. Also, the minute you feel something coming on, you can bulk up your immune system by taking Vitamin C, echinacea and zinc. If you start to get congested, Mucinex, available over-the-counter at the drug store, will help to keep the mucus thinned out. If it gets too thick, it can get stuck in sinus cavities and get infected. The importance of drinking plenty of water along with these treatments cannot be overstated. Not only does it work with the Mucinex to keep the mucus thinned out, but it hydrates the tissue in your body, vocal folds included. This helps the vocal folds to function better, even when a cold or sinus infection settles in. At night, sleep with a humidifier to further hydrate the nasal passages and throat. Breathing steam through the nose may help, as well. Of course, **ALWAYS** check with your parents before taking any medication or supplements.

How do you know when to sing and when not to sing? If you just have a runny nose and/or your throat is a little irritated, you can sing without worrying about doing any damage to your voice. If your speaking voice is hoarse or you have pain in the vocal folds themselves or extreme pain in the throat walls surrounding the vocal folds, you should probably rest your voice until those symptoms go away. If you are running a fever or are really congested, **STAY HOME** until you are well! It's very important to keep your germs to yourself, so cough or sneeze into your sleeve, **NOT** your hands, and wash hands/use sanitizer after blowing your nose.

Be vigilant in the war against cold and flu! If you catch a sickness early enough, you can avoid missing school and Chorale rehearsals and keep singing!