

December E-News



Merry Christmas....

We would like to wish all of our members a very merry Christmas and I know you are looking forward to those holidays......Remember that there will not be a January E-News as most of you will be holidaying by the beach somewhere getting a well deserved rest. Your next e-news will arrive in your inbox in February. You will also receive our February Newsletter in the post so look our for that. Have a wonderful break and thank you for your support of our business throughout 2009.

Cheers Kerri

Tip of the Month: VOCAL HEALTH

With the recent resurgence of the SHOW CHOIR with TV shows like BATTLE OF THE CHOIRS and GLEE, I am finding a lot of students asking me questions about Vocal projection and Health. They want to know how the performers can do all that dancing and still find enough breath to sing. I have explained to them that the GLEE cast are all professionals and that the show is not shot live so the sound is a track but kids will only understand what they see. So I though you might be finding the same questions coming from you kids. I felt it necessary to offer some tips from our vocal specialist Lisa Crouch. Lisa is a multi award winning cabaret entertainer as well as a past music teacher. She was trained at the Newcastle Conservatorium of Music and is an excellent example of "Extended Diaphramatic Technique" of singing. However, she is also a very strong supporter of the Seth Riggs program "Singing for the Stars". Below are her tips for Vocal Health.

- 1. Try your best to maintain good general health. Avoid viral colds (a regimen of washing hands has been shown to reduce the trans mission of cold viruses).
- 2. Emotional and physical stress both contribute significantly to vocal distress. Exercise regularly. Using your major muscle groups in j ogging, etc. is an excellent way to diminish stress.
- 3. Eat a balanced diet. At times of extended vocal use avoid large amounts of salt and refined sugar, spicy food such as Mexican, Chinese, as well as excessive amounts of food and/or alcohol. One may note hoarseness in the larynx or dryness of the throat after drinking significant amounts of alcohol, caffeinated, as well naturally or artificially sweetened beverages. The body needs water to me tabolize these foods and beverages, excessive consumption of these items will reduce the amount of water available to hydrate the voice.

4. Maintain body hydration. Vocal folds work best when their surfaces are kept moist and the mucus in the vocal system is thin. Thus, we offer nu-

merous strategies regarding appropriate hydration. Drink, swig, sip, and

slurp water. Juices or herbal teas are okay too. One to two litres per day is best. Limit caffeine - it dehydrates not rehydrates. At the very least, if you

can't give up coffee, tea, or caffeinated soft drinks, realize that you need to replace the fluids you've lost. For example, if you drink a mug of coffee, refill

it with water and drink it all. If your home is dry, consider investing in a hu-

tract, you need your head on straight when you sing.

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midifier.

7. Avoid breathing smoggy, polluted air, i.e., car exhausts, smoky bars and lounges when you are vocally tired.

8. Avoid the use of local anaesthetics when you are singing. The anaesthetic effect masks any signs of injury, therefore encouraging further abuse of the folds. Try to avoid numbing vocal sprays or lozenges.

5. Avoid smoking cigarettes, cigars, pipes. These are bad for the heart, lungs, and vocal tract of not only yourself, but

others around you as well. Avoid other irritant inhalants, i.e., marijuana. In addition to the debilitating effect on the vocal

Vocal

fold

Arytenoid

Preview Next Month

FOR MORE INFORMATION ABOUT VOCAL PRACTICES, SIGNS OF ABUSE, COLDS AND FLU, FATIGUE AND WARMING UP AS WELL AS PERFORMANCE TECHNIQUES, YOU CAN GET THE FULL WORKSHOP NOTES IN THE ACCESS AREA.

What's New at the ACCESS AREA!

December is a time for you to reflect and prepare for the holidays so there is nothing new for you race to in the access area this month. I just want you to relax and prepare for you holidays.

Music Industry Biz!!

Myspace Music, subscription models and their implications for the industry.

What is Myspace Music?

Myspace recently launched their new site <u>Myspace Music</u>. This is designed to provide listeners with online live streaming. The biggest argument against this move is to do with royalties.

The question is: Who is going to pay the royalties for the live streaming?

The answer from Myspace is sponsors and subscription models. They see two solutions - the first is similar to what happens in the US. Jango.com is an online radio station who provide live streaming to over 10 million unique listeners per month. This site pay royalties using the money they collect from their online sponsors. Jango.com can boast being the 5th largest online radio station in the US and has a global membership of 280000 listeners. The second model, (and the one causing all the arguments) is the monthly subscription. The idea is for members to pay a flat monthly fee and they can stream and download as much music as they want. This continues to cause many arguments.

The biggest test case is the unsigned singer/songwriter who writes a song. This song is put on their myspace page, facebook page and any other page you can imagine to be heard streamed live. The might have 1000 hits of that song but no one is paying them royalties. Now, hopefully the writer is an APRA member and has registered the song. This is great, because if they, or others perform the song, then they can at least get performing royalties. But what happens to all those unpaid playings online. Say the song starts getting local interest and some local disc jockey decides to play it on the radio. Well this is great because the radio pays royalties, only if you are registered with APRA. Of course the serious money is made when the song is used as a promo for Home and Away or Underbelly.

It gets even more complicated. What if the song is picked up by an overseas online radio like Jango. If you don't have someone in APRA keeping an eye on things then you will be missing out on a whole host of royalties.

For the unsigned artist, who is trying to build a following, the net can be a great tool to promote. The down side is that you might not always get paid for it.

Letters to the Editor

We received this information from Fiona Sutton who is the CEO of "The Music Bus". She asked me to pass this information onto Music Teachers that may be looking for a sea change. Whilst the information evening is over, Fiona is always looking for new teachers, students and business partners. You may be interested in this opportunity or you may know someone else who works as an independent Music Teacher who may be interested. Please feel free to pass this information on to anyone you think might be interested. If you do follow this up, we ask that you mention Klerrisa Custom Music as the contact. We like to keep track of our cross promotion.

ATTENTION: ALL MUSIC TEACHERS



If you are:

- A qualified or experienced music teacher
- · Love working with kids
- Passionate about music
- Fun, outgoing personality
- Want to give all children the opportunity of learning music

Want to give children the best learning outcomes

Then find out how the Music bus can help you reach your goals. Take your Music career to a new level – increase your earning potential significantly, job security and most of all – **DO SOMETHING THAT YOU LOVE!!**

The Music Bus is releasing several Franchise opportunities across Sydney, Wollongong, Blue Mountains and regional NSW for 2010. Don't miss your chance to BOARD the BUS.

If you are interested in any more information, then download the pdf flyer or contact Fiona Sutton on 1300 1 68742 or go to http://www.themusicbus.com.au

THE MUSIC BUS INFORMATION FLYER





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Websites with Attitude

This is where we are going to tell you about all the cool websites that will help you out. Many teachers I talk with are too busy to go searching for themselves, so we thought we would save you some time.

Archive.org http://www.archive.org/details/audio music

An enormous collection of public domain music, expired copyright tracks, as well as some free contemporary music.

Jamendo http://www.jamendo.com/

On Jamendo you can download and share thousands of full albums for free. Artists allow everyone to download and share their music. It's free, legal and unlimited. Like some artists? Pay them directly or just spread the word about them.

Remix Wizard http://remixwizard.mixmatchmusic.com/wizardgallery

Remix Wizard allows fans to create new tracks instantaneously out of pre-released stems.

Feature Article: Literacy in Music

Literacy in Music is always been something that teachers have sometimes dreaded. How to incorporate it into their classroom. Well, with the national push on literacy, we are finding more resources available to help us tackle Literacy.

One such location is http://literacyworks.com.au/books/music/

They provide many books on Music literacy with FREE sample pages to download. They also have a many ideas on how to incorporate it into your everyday teaching without it becoming boring.

Another great location is of course http://10ss.qtp.nsw.edu.au/teaching_literacy/music/index.htm
This is an initiative from the "Teaching Literacy in...". This website have sample units that incorporate literacy for most of the major subjects including Music. All sample units are year 7 but you get the idea.

http://www.spectronicsinoz.com/product/quick-tech-magic-music-based-literacy-activities - Quick Tech Magic: Music-Based Literacy Activities masterfully weaves music with the enhancement of language and literacy skills. You'll find this 232-page book an exciting collection of adapted songs and correlating activities by Kathleen Coleman, R.M.T., B.C., Peggy McNairn, Ph.D., CCC-Speech and Language Specialist, and Cindy Shioleno, M.Ed, Assistive Technology Specialist. There are some sample pages that show you how they structure their work.

http://www.actionfactor.com/pages/research.html—this is a great location for research references if you would like more information.