



# STAGERAGE

## CONTENTS

- Annual General Meeting Update
- Grants
- WE WILL ROCK YOU
  - Sponsorship
  - Cast List
  - You Can Help
- For Sale
- Venue Update
- But I'm Sick ...



The AGM for ACT THREE PRODUCTIONS was held on Tuesday, 25 April 2023. Your Board members for the 2023/24 year are;

- Allan Nagy (President), Samantha Peters, Jessie Feyen, Jacob McDonald, Paula Fredericks, Kerrie Simonsen, Lachlan Ferguson, Kieran Peters, Graham Johnston (seconded) Jorgia Redfern (Youth Representative)

Our Administrator is Jen Lambert and the Board Secretary is Kay Nagy.

Current Life Members are;

David & Christina Pearce, Allan & Kay Nagy, Martin Carr, Carol Nagy, Craig Maxwell, Linda Warren, Merryn Osborne, Barry Jones, Jayne McQueen, Noeline Steward

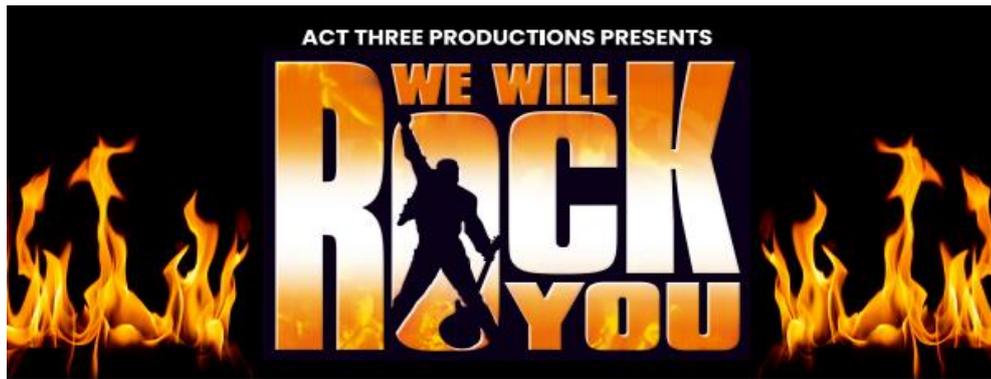
Our Patron for the year is Grant Smith (Mayor).

Should you have any questions, queries, suggestions or compliments you may contact/chat with any Board member, the Administrator or the Board Secretary. If you have any specific queries please contact;

- Lighting – Samantha Peters
- Venue – Allan Nagy
- Sound – Graham Johnston
- Hireages – any Board member
- Future Shows/Forward Planning – Jessie Feyen, Paula Fredericks
- Social Events – Jacob McDonald, Paula Fredericks, Kerrie Simonsen
- Health & Safety/Wellbeing – Paula Fredericks
- Membership – Samantha Peters, Jacob McDonald, Jessie Feyen

Welcome to the 2023/24 year of ACT THREE PRODUCTIONS – a new exciting year is ahead, in a new and exciting venue.





We are pleased to advise that WE WILL ROCK YOU 2023 is fully cast with local talent as follows;

### CAST LIST

<b>GALILEO</b>	Michael Doody	<b>SCARAMOUCHE</b>	Danica Manson
<b>KILLER QUEEN</b>	Amy Hunt	<b>BUDDY</b>	Gary Clark
<b>BRIT</b>	Andrew Jamieson	<b>OZ</b>	Erica Ward
<b>KHASHOGGI</b>	Ben Pryor		

### **ENSEMBLE**

Ashleigh Honoré, Cara Hesselin, Danielle Macdonald, Dante Hunt, Hayley Bristol, Jacinda Corbett, Jessie Feyen, John Manville, Jon Samia, Jorgia Redfern, Katie Clark, Katte Johnston, Larissa Trusler, Laura Ashcroft, Leanora Potten, Logan Tahiwī, Matthew Lyne, Milana Mariu-Read, Ngamarama Tuariki, Paul Bristol, Paula Fredericks, Ruby Jamieson, Shawanda Scanlon-Parker, Tamzin Price, Tayla Clark, Val Andrew

### **BACKING VOCALISTS**

Andrea Cawood, Ash Humphrey, Bradley Forsyth, Bridgette Lynch, Elise Middleton, Greg Dow, Neil Riddle, Shane Brown



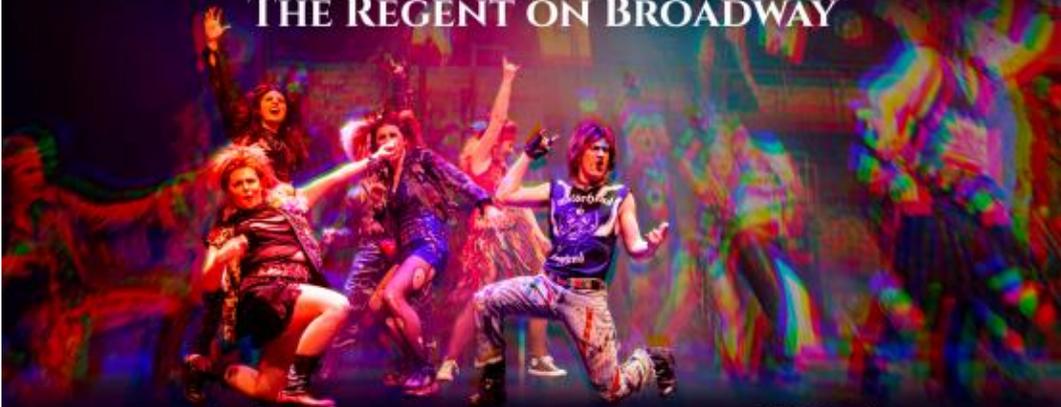
ACT THREE PRODUCTIONS PRESENTS

# WE WILL ROCK YOU

THE MUSICAL BY QUEEN AND Ben Elton

## 10 - 19 AUGUST

THE REGENT ON BROADWAY



### TICKETS FROM \$35

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0800 842 538

ACT THREE  
PRODUCTIONS



By Arrangement with David Spicer Productions [www.davidspicer.com.au](http://www.davidspicer.com.au)

GO Media

TICKETS ON SALE NOW

<https://premier.ticketek.co.nz/shows/show.aspx?sh=WEWILL2023>





We are looking for volunteers to help with wigs during our production of WE WILL ROCK YOU.

If you are keen to be part of an amazing company and experience a theatrical extravaganza, then we want you.

Please e-mail [aknagy@inspire.net.nz](mailto:aknagy@inspire.net.nz) if you would like to help out with wigs, or in some other way.



### **ACT THREE PRODUCTIONS BRANDED KEEP CUPS**

These awesome keep cups are available for sale at only \$5.00 per cup for ACT THREE members (\$10.00 per cup for non-members).

If you would like to purchase one, or more, of these cups, please contact Jen Lambert (Administrator) on [admin@actthree.co.nz](mailto:admin@actthree.co.nz).





So we are now fully housed within our new premises at 75 The Square, Palmerston North, with the last few items at the Wallace Development Company Theatre being re-homed during the week.

We now begin the task of putting everything into its new place and making it our "home".



*But I'm sick ...*



### **Rehearsing when you, or your cast, are 'under-the-weather'**

*(by Kirsty Skomski)*

During COVID – coming to rehearsal sick became an absolute no-no! But there is a way to continue progress when sickness bites – silent practice. Silent practice for singers, also known as "mental practice" involves mentally rehearsing music without actually singing out loud – in fact, there is no phonation at all. This technique has been used by musicians in various contexts, including singers, to improve performance and to main vocal health.

### **It's a nice idea in theory – but does it work?!**

There is research supporting the effectiveness of silent practice for singers. In a study published in the journal of Voice, researchers found that mental practice can improve singing accuracy and vocal performance. The study involved 18 experienced singers who were asked to mentally practice a short musical piece for five days. The researchers found that the singers' accuracy and performance improved significantly after the five days of mental practice.

Another study investigated the effects of mental practice on the vocal range of elderly singers. The study involved 20 elderly singers who were asked to mentally practice singing exercises for four weeks. The researchers found that mental practice was associated with significant improvements in vocal range and quality.

Overall, these studies suggest that silent practice can be an effective tool for singers to improve their vocal performance and maintain their vocal health.

### **So is it a good option if you are sick or experience vocal fatigue?**

Yes, silent practice can be a good option for singers who are sick or experiencing vocal fatigue. When a singer is sick or has vocal strain, it's important to give the voice time to rest and recover. Silent practice allows the singer to mentally rehearse without putting additional strain on their vocal cords, which can help maintain their technique and keep their voice in shape.

During silent practice, the singer can mentally focus on their breathing, posture and technique, which can help strengthen their muscle memory and improve their singing even when they are not able to sing out loud. This can be helpful for singers who need to perform while sick or fatigued, as it can help them maintain their vocal control and accuracy.

### **Here are some tips for how to best practice silently.**

**Choose a quiet and distraction-free environment.** Find a quiet space where you can focus without distractions, such as noise.

**Visualise the music.** Visualise the music in your mind and imagine yourself singing the song with accuracy and expression. You can also visualise yourself performing on stage, connecting with the audience and delivering a great performance.

**Focus on your breath and posture.** As you mentally practice, focus on your breathing and posture. Visualise your breath supporting your singing and your posture being relaxed and aligned.

**Use your imagination to create a detailed mental picture of the music, including the melody, rhythm and lyrics.** Try to mentally hear the different parts of the music, such as the harmony or background vocals.

**Incorporate physical movements.** Even though you're not singing out loud, you can still incorporate physical movements that simulate singing, such as moving your mouth, lips and tongue. This can help reinforce muscle memory and improve your technique.

**Repeat and refine.** Practice mentally as many times as you need to refine your technique and improve your performance.

By following these tips, you can effectively use silent practice to improve your singing technique and maintain your vocal health.

### A word of caution ...

It's important to note that if a singer is experiencing significant vocal issues, such as hoarseness, pain or difficulty singing, they should consult a medical professional and follow their advice for rest and recovery. Silent practice can be a helpful supplement to vocal rest and recovery, but it should not replace medical advice or treatment.

MTNZ have a few vocal health professionals who are members – Voice Physiotherapy, The Voice Lab and Vocalise Voice Therapy – you can find their contacts on the MTNZ website.

Also, it goes without saying that mental practice shouldn't replace physical practice and vocal training – it can just supplement it should the need arise.

### Happy practicing!!!

