



Abbey Musical Theatre Presents

**OUTRAGEOUSLY FUNNY!!**

**FORBIDDEN BROADWAY** GREATEST HITS VOL 1

**19 MAY - 3 JUNE 2017**

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**PHONE - (06) 355 0499**

The Auditorium - Centennial Lagoon

Created and Written by Gerard Alessandrini  
 BY ARRANGEMENT WITH DRAMA™ THEATRICAL  
 ON BEHALF OF THEATRICAL RIGHTS WORLDWIDE, NEW YORK

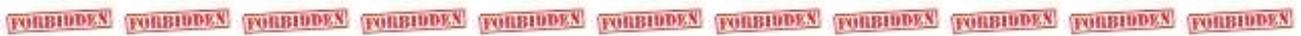
**STRICTLY LIMITED SEASON**

**7 Performances Only!!!**

**Cast**

Gary Clark	Joanne Sale
Ben Pryor	Erica Ward
Chris Thompson	Julie Cullen
Andrew Hodgson	Sophia Parker
Tyrell Beck	Jody Marshall
Liam Taylor	

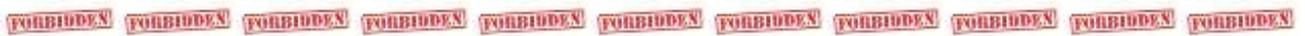
**Director: Andrea Maxwell**  
**Musical Director: Kirsten Clark**



**ANNUAL  
GENERAL  
MEETING**

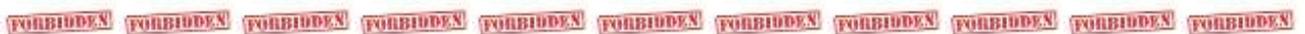
The Abbey Musical Theatre AGM was held on Tuesday, 25 April 2017. There were four nominees for four vacant Board positions and the AMT Board for the 2017/18 year is now;

- President: Allan Nagy
- Board: Merryn Osborne, Craig Maxwell, Shane Brown, Leith Marshall, Jane Watson, Paula Fredericks, Samantha Peters



For those of you who were unable to attend this year's AGM, it was advised that, on behalf of AMT, President Allan Nagy has negotiated with our new landlord, Wallace Development Company Limited, and they have agreed to become a major sponsor of Abbey Musical Theatre. It is with great pleasure, therefore, that we announce that after "FORBIDDEN BROADWAY", The Auditorium will be renamed to;

**Wallace Development Theatre**





At the AGM a presentation of proposed productions over the next few years was given. We are excited to announce the following show calendar for the next couple of years .....

**August 2017**



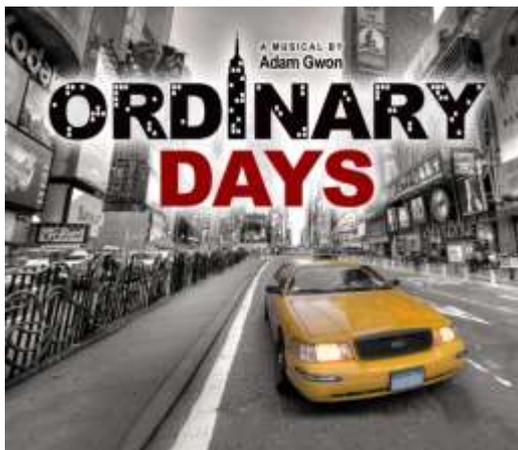
*@ Wallace Development Theatre  
(The Auditorium)*

**November/December 2017**



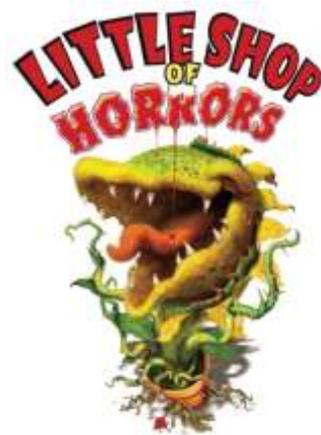
*@ Wallace Development Theatre  
(The Auditorium)*

**March 2018**



*@ Wallace Development Theatre  
(The Auditorium)*

**May 2018**



*@ Wallace Development Theatre  
(The Auditorium)*

**August 2018**



@ Regent on Broadway

**November/December 2018**



@ Wallace Development Theatre  
(The Auditorium)

**March 2019**



@ Wallace Development Theatre  
(The Auditorium)

**May 2019**



@ Wallace Development Theatre  
(The Auditorium)

**July 2019**

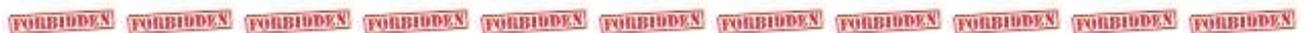


@ Regent on Broadway

**November/December 2019**



@ Wallace Development Theatre  
(The Auditorium)





The MTNZ 57<sup>th</sup> AGM and Volunteer Training Weekend was held in New Plymouth in March 2017 and a good time was had by all who attended.

- The MTNZ Executive for 2017/18 is;
  - President: Lesley Carthew
  - Vice-President: Daniel Pepperell
  - General Manager: Kate Ghent
  - MTNZ Zone 3 Representative: Sharron Pardoe
  - Next Gen Representative: James Wright
- Congratulations to Merryn Osborne who was awarded a Merit Award for outstanding service to Musical Theatre.
- Congratulations to Abbey Musical Theatre for placing second in the Colin Denby Memorial Multi C Programme competition for their programme of “Sweeney Todd”.
- The Next Gen Boot Camp this year is being held in Cambridge from 18-20 August 2017 (at Epworth Retreat Centre – near Lake Karapiro). Registrations open 1 June 2017 and will be \$50.00 per person – you need to arrange your own transportation to Cambridge. This Boot Camp is open to all “next genners” aged from 18-35 years. The following workshops will be held at the Boot Camp;
  - Lighting Workshop – with Dale Henderson
  - Choreography/Dance/Movement/Channelling your inner sausage roll – with Teesh Szabo
  - Directing 101 – with David Adkins
  - Master Classes Flying Solo; “Telling the Story in Song” – with Jennifer Ward-Lealand

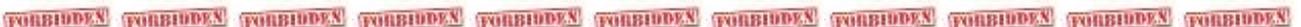
If you would like to attend this Boot Camp, please contact Kate Ghent on [kate@mtnz.org.nz](mailto:kate@mtnz.org.nz)

- If you would like to attend the 58<sup>th</sup> AGM and Volunteer Training Weekend, this is being held in Nelson in March 2018. Watch this space for more details.



In the 2016 TrustPower Community Awards, Abbey Musical Theatre won the category of Arts & Culture and were also the Supreme Award winner for the Manawatu region. This resulted in our Society representing the Manawatu and the Palmerston North City Council at the TrustPower National Community Awards in Rotorua in March this year.

The awards were attended by Allan Nagy and Val Andrew and together they presented a segment on the Society and “MAMMA MIA!”, with Val singing ‘Mamma Mia’. This presentation was well received by all attendees. However, we were unsuccessful in gaining any further accolades although we were applauded for our enthusiasm, passion and the huge number of volunteer hours we achieve for our productions.





***Even the darkest night will end and the sun will rise.***

(Les Misérables)

Dale was the wife of MTNZ Past President and Life Member, Ian, a loved mother of her four girls and a devoted grandmother. Dale was a former President of Napier Operatic Society, a role she held for four years. She was a fantastic marketer, Production Manager, seamstress, Properties Manager – there weren't many roles in theatre she did not undertake. She will be sorely missed by all at Napier Operatic Society.



## **SAY NO TO NODES!**

### **VOCAL HEALTH ON A HECTIC SCHEDULE**

14 APRIL 2017 – If you have any experience as a singer, actor, or a performer of nearly any type, you know how difficult it can be to get through rehearsals and shows while maintaining your vocal health.

So what do you do when you're even busier than normal, or balancing multiple performance opportunities? Whether it's an eight show a week schedule in a Broadway-calibre play, a tour of a major musical, or overlapping short term gigs, your vocal health needs to be an even higher priority when you're using your voice more often.

Here are 10 tips and tricks to ensure you stay in tip top vocal shape on the go!

#### **1. Your Voice Is a Body Part—Treat It Like One!**

Your voice is more than sounds that comes out of you – it's a product of careful collaboration between a plethora of body parts. So treat your voice like a body part and treat your body like it is the physical mechanism of your voice (surprise, it is!). Develop and maintain healthy habits that you can take on-the-go; plan ahead for healthy snack and meal choices; dress in clothes that are conducive to your practice and travel regimen to avoid overheating/chills (layers and a scarf are a safe bet); don't shout!; and avoid loud environments that will instinctually make you talk louder.

#### **2. Learn Proper Technique (for everything)**

Ever hear the phrase "fall back on your training?" When you're tired or sick (which will inevitably happen at some point in your career), a solid foundation of training will prove invaluable for both your vocal quality and confidence. By training healthfully in a variety of styles, you can confidently navigate any type of sound needed in any show without worrying about how being tired or under the weather might impact your sound.

#### **3. Don't stress!**

Some stress can be good for us – but when stress starts to impact your body, mind and voice, it can be a real problem. Stress on the vocal mechanisms themselves can lead to injury. Listen to your body and rest or "mark" if you need to (a great skill worth working on). The stress of our minds ("I've never hit this note perfectly" or "How am I going to integrate all the Director's notes?") can manifest in physical tension, including vocal tension. Even in a hectic schedule, make time to acknowledge these worries and allot time for practice and positive thinking.

#### 4. **Don't Sing Sick!**

No one expects an athlete to perform while sick or injured! If you are very sick or have a vocal injury (or an injury that impacts your singing, particularly anything in the chest or abdomen), don't push to "sing through it". If you can't avoid it, work with a doctor or Otolaryngologist (ear, nose and throat doctor) to make sure you can do so while maintaining vocal and physical health. Remember – your voice will last you your entire career if you take care of it. Don't risk a lifetime of singing (and speaking healthfully!) for one opportunity.

#### 5. **Avoid Making Long Term – Bad Habits Out of Short-Term Bad Circumstances**

As singers, we often work with teachers or Directors who will make strong handed or impossible demands of us and our voices. Recognise the difference between opportunities to grow and learn (which can make us uncomfortable, but can still be healthy) and being asked to create sound or perform in an unhealthy manner. As singers, we will often bend to produce what is asked of us; don't make a habit of pushing too hard or straining beyond what is healthy just because someone applauded you for it.

#### 6. **Find Warm Ups in Your Projects**

When facing a hectic schedule, you may not have time for your full warm up or vocal exercise regimen. Look through the music you're working on at any given time and find parts of the work that might make good warm ups. Start with something comfortable, in your range, that you enjoy singing. Then find opportunities to stretch the voice like an athlete warms up their muscles. Look for passages that cross different "parts" of the voice (chest, head, mix, falsetto, etc.) and that utilise a variety of different vowels or consonants. Try singing passages only on vowels (or on one vowel) or warming up the articulators by over enunciating lyrics.

#### 7. **SLEEP**

This is one of the most useful tips for vocal health any time, but especially when you're on the go. Avoid the temptation to let "down time" interfere with sleep. If you find yourself booked every hour, book "relaxation time" and "sleeping time" as a part of your schedule. You may have heard that it takes four hours of sleep for the voice to "reset." Everyone's body is different in how much sleep they need, but aim for a good night's rest to let your voice (and the rest of you) off the hook for a while.

#### 8. **Get Support Staff**

Nothing is worse than trying to build a relationship with a voice doctor or teacher when you already have an injury. Take the time to find a team of experts when you're healthy. Your team will better be able to work with you having seen and heard you healthy and often times, being an "existing patient" will help give you more immediate access to medical professionals. These people can be a trusted doctor, voice teacher, musical mentor, or performance coach.

#### 9. **Don't smoke – Anything**

We all know that smoking cigarettes and use of tobacco increases risk of disease. Recent studies have shown that "vaping," as well as the direct inhalation of any smoke from any source can have an impact on the body as well. Avoid the temptation to smoke to relax, or hanging out in environments that allow smoking. If you do smoke, talk to your doctor about exploring the many ways you can quit!

#### 10. **Find Liquids You Like (and keep drinking them)**

While some singers swear by a water only hydration plan, you may find that switching up liquid tastes or temperatures suits you and your voice. While caffeinated beverages (that act as diuretics) will dehydrate you over time, some singers need that pep (especially on a hectic schedule). Some singers love juices (aim for 100% juice, not sugary cocktail) as the sugars promote salivation and can help with dry mouth. Some like carbonated beverages, some add lemon (to cut through phlegm) or honey (to lubricate) and some will just drink from the water fountain. Proper hydration is important to keep not only your body performing in tip top shape but the swallowing reflex also helps relax throat muscles. Invest in a few favourite water bottles – I like the insulated ones that keep hot things hot and cold things cold for extended periods of time!

As a singer or performer, your voice is not only your business, but your business partner – it gets you jobs, it keeps you in communication with the world and, of course, lets you perform. It's important to keep your instrument healthy to support not only your performance goals, but also your everyday life.









**NASDA**  
National Academy  
of Singing &  
Dramatic Art



Emily Burns, Legally Blonde

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Ara rau, taumata rau