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April 2009

# ShowTime

The Newsletter of the  
Heritage Hunt Little Theater  
[www.hhlittletheater.com](http://www.hhlittletheater.com)

**General Meeting** on Thursday,  
April 23, 7:00pm in the Craft Room.

Our by-laws require each member to **pay annual dues** of \$10 which we start collecting at the beginning of each calendar year. Our treasurer, Jane Becker, advises many dues are outstanding and this will be your last issue of *Showtime* if your dues are not paid by May 1.

## Did you Know.....

**By Joey Wagner—Theater training improves cognitive skills.** For four weeks, 122 older adults took acting lessons featuring exercises that required cognitive, affective and physical skills. Compared to people in groups that participated in singing or in no activities, those who experienced the acting lessons significantly improved in tests of word recall, prose comprehension/recall, word generation and problem-solving.

[SOURCE: Aging, Neuropsychology and Cognition, 16\(1\):56-79 \(January 2009\)](#)

## "Reunion" Performance Reservations

Reservations for the spring production, "Reunion at Mt. Sanguine" began on April 1. There is a yellow form available at the clubhouse and at Marsh Mansion for making a reservation. The dinner and performance will cost \$26. The menu consists of salad, rolls, chicken marsala, wild rice, vegetable, dessert and coffee. A cash bar will be available starting at 6PM, with dinner served starting at 6:30PM.

Reservations are on a first come, first served basis. Drop off completed forms and checks at clubhouse front desk. Questions? Call Sandy at 5175. Complaints? Call Elena at 1820!

## 2009 Board of Directors

President,  
Sil Zinicola x1878

Vice President,  
Joey Wagner x1043

Secretary,  
Arlene Maroney x5076

Treasurer,  
Jane Becker x5466

Membership,  
Art Moscatello x5354

Activities,  
Joyce Mancini x1622

Member-at-Large,  
Jack Merelman x1359

## Heritage Hunt Acting Master Class with Lisa Nanni-Messegee

### WARMUPS

#### *Why do a warm up?*

Actors are similar to athletes. Performing in a play (whether a musical or straight play) can be very demanding on the body and voice. It's important to warm up before rehearsals and performances. Warm ups also help with concentration and focus. When done with the full cast, it can also become a consistent "ritual" that will help bring the cast together as a team.

#### **Breathing**

Focus on deep central breathing (vs. clavicular, aka "shallow" or "shoulder" breathing.) Imagine you have a tire around your waist that is partially deflated. Inhale, filling the tire with air. Exhale and the tire releases some of that air. If you don't feel your abdominal muscles moving on the inhale, sit in a chair and hold onto the bottom of the seat. Try the exercise again. (By holding onto the chair you are limiting your ability to move your shoulders on the inhale.)

#### **Gentle physicals**

Neck "rolls"

Shoulder rolls

Stretches (try yawning – add a vocal to the yawn – while stretching.)

"Smiley face" yawn (show your teeth) – will stretch the soft palate

#### **Vocals**

Massage the face and the area under your chin

Push / pull exercise with lips (pucker, smile, pucker, smile, etc.)

*[Vocals continued]*

**Exercise to stretch the Articulators:**

Too – tee                      Bee- boo – tee – too                      Wee – way

Mro – mro                      Taw – taw                      Goo – gaw

Bead – bad – bird – bud – boom – boom

Teen – tune – ten – tone – tam - Tom

Articulation drills

A proper cup of coffee in a proper copper coffee cup.

The sea ceaseth and sufficeth us.

**Relaxation, Concentration, Focusing**

Relaxation: stretch intensely and yawn / sigh deeply rather than finishing the yawn

Mental alertness: object scramble exercise

This was the exercise where you point to an object and call it anything except what it is. Do this quickly and without editing yourself for one minute.

Concentration / calming: “hang ten” alternate breathing

Close your RIGHT nostril. Inhale deeply through the LEFT nostril. Close the LEFT nostril and open the RIGHT and exhale through the RIGHT. Inhale through the RIGHT. Close the RIGHT. Exhale through the LEFT. Inhale through the LEFT. Exhale through the RIGHT. Inhale through the RIGHT. (and so on...)

## Minutes of the General Membership Meeting - March 26, 2009

Treasurer's report – Jane reported a balance of \$10,807.32 as of March 18th, 2009.

Jane reported that she has checked into the "Adopt a tree program" with reference to purchasing a tree (an Eastern Red Bud) in memory of Jim Campbell. It would cost \$226.00. She was informed that a neighbor of Jim had offered to take care of the tree (which will be planted in the Common Area. A plaque will be placed in lobby showing all people being honored. As of April 1<sup>st</sup> this is a go.

Jane presented our budget for 2009 (copy of which is available for anyone to see). We will determine at the end of the year regarding purchasing another "chair" in the Hylton Center.

Activities - In the absence of Joyce, Joey reported. Joyce was unable to set anything up in the time frame of seeing Annie Get Your Gun. Lisa Nanni-Messeggee will present a workshop on Saturday, April 4th at 9:30 AM. Classic Movie night will be April 4th at 7 PM. Joyce will continue working on this for a future time.

Play - Joey announced that we still need a director for the fall play. One act plays are still being considered.

Membership - Art announced we now have 77 members (mostly women) including 6 honorary members. We also welcomed 1 new member, Jean Gentry. Art also stated that if dues are not paid by May 1<sup>st</sup>, of any year members will be put on the inactive list.

John Gatt stated that we should push for every member to try to fill one table for the upcoming play.

TTT – Ina announced that a skit, by Tickling the funny bone group, has been rescheduled for April 7th.

OLD BUSINESS - Sandy Mills announced that due to construction in the Clubhouse the Saturday Workshop will be held in the Marsh Mansion. Also, per Sandy, tickets for the play will go on sale on April 1st. Fill out yellow form and give to Jill at the front desk. We have been guaranteed the use of the Ballroom for the play.

NEW BUSINESS - Joey is requesting that the Play Reading Committee get all plays back to her as soon as possible.

President Zinicola requested that everyone pay their dues. Also if anyone has ideas for plays, or has created or written a play, please get it to Joey.

Sil also told members of HHLT of the decision, by the Board, to make Claire Keating an honorary member. Claire has been storing quite a bit of our scenery for almost the whole 7 years of our existence.

Jane made a motion to adjourn the meeting at 7:35 PM and this was seconded by Dot Schutze. The next general meeting will be on April 23rd at 7 PM in the Craft Room.

Arlene Maroney, Secretary  
1/3/09