New Orleans Bulletin # 6 – 31 August 2019

Health Team

Health report from Edna:

Your Medical Team FOR New Orleans -

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We are happy to assist you with any specific information or concerns you may have, however small they may be to you PLEASE ASK,WE ARE HERE TO HELP! You can contact us at rehearsals or by phone.

Information and Personal Details Form: The information is confidential to us and is designed for our use in the event of your needing assistance or should an emergency arise.

Being Prepared: Think and plan ahead now to be independent and avoid problems which can be costly to health, enjoyment and $$.

First Aid Kits: Prepare a small first aid supply for yourself of Paracetamol tablets or other pain killer that you trust; throat lozenges; cold and flu remedy; bandaids, a crepe bandage, and whatever else you think you may need.

Regular Medications/Doctor's Advice: Make sure you have enough supplies and at least a week extra. Take regular asthma preventers from now on to avoid asthma flare-ups during competition due to climate change/nerves/fatigue/exertion. Ask your Doctor about coping with time zone changes and medication, preventing periods whilst away, coping with insomnia, preventing swollen ankles, preventing cystitis and managing anxiety and "stage nerves", if you think these will trouble you. (A type of blood pressure medication called beta-blockers are sometimes prescribed in low does for performers – your doctor is best placed to know if they are suitable for you).

Strongly recommended – if you have a long term medical condition and medications, get a letter to travel with from your GP outlining your "long term classification" and/or "long term medications". Carry your medications in your hand luggage in their original labelled bottles in case your main luggage goes missing. Also – those at risk of COPD or asthma should probably travel with a course of prednisone and/or antibiotics. Anyone taking Insulin, seek advice about travelling and keeping it at a constant temperature.

Preventing Blood Clotting in Travel: This problem has received a lot of publicity but is rare. Drinking plenty of non-alcoholic fluids, walking about in the airline cabin frequently, and exercises for the ankles whilst seated all help reduce the risk. If you have a tendency to swollen ankles or varicose veins you could be fitted for, and purchase, a pair of elasticised whole or half hose to wear when travelling. These are available from Papanui Pharmacy and some other larger pharmacies but require an appointment for fitting.

Health Maintenance: Most potential health problems can be managed and prevented by non-medical means.

General Hygiene: Meticulous attention to hand-washing before all meals and after using the toilet to aid prevention of STOMACH BUGS!

Keep Fit: Regular exercise (e.g. at least a half-hour walk 3x per week) will increase health and energy levels and stamina. Don't forget muscle stretches during and after exercise – especially you front-rowers!

Sleep Hygiene: In the next weeks keep up a regular sleep pattern and do self-pampering/ relaxing things before bed. Have a warm drink e.g. milo/herbal tea before retiring. Make sure you have enough sleep. Try to keep this going wherever possible prior to competing. If you are worrying, write a "to-do" list for the next day then put it away before going to bed.

Stress Management: Exercise is a good stress reducer. Prevent stress – don't get wound up like a spring! Reduce work and other commitments where possible. Shout yourself to a therapeutic massage or a facial. Take time 2-3 times a day to wind down/switch off/close your eyes and breathe deeply. Everyone has their own way of relaxing – find one that suits you.

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First Time Overseas Travellers: A few travel snippets. Airline cabins tend to be dry, cold and have less oxygen than being on terra firma in Christchurch. Humidity is 10-15%. Take an extra layer of clothing in cabin baggage to put on and off as you need for warmth, especially when you want to sleep. Plan to wear loose clothing and comfortable shoes, preferably elasticised or lacing ones.

Drink Regular Non-alcoholic Drinks: 1 litre every 8 hours. A water bottle in flight is a good idea as airline cups are small. Alcohol will be 3 times more powerful in its effect in the pressurised cabin. If you drink alcohol, match it with three times the volume of water. Each unit of alcohol is an hour being metabolised.

Jet Lag: You may like to try "No Jet Lag" homeopathic remedies. As soon as you get to New Orleans switch to Local time and get out in the sun where possible. **Strongly recommended** – during the first weekend in New Orleans, (Fri/Sat/Sun), sleep, nana nap, rest in a horizontal position between rehearsals, eat regularly, keep hydrated and have early nights, this will set you up for the rest of "boot camp". BRING IT ON!

Enjoy convention and remember the medical team are there to help you if you need us.

Costume care

Please note we have some simple instructions for the care of all chorus performance costumes and they are as follows:

- Costumes must not be washed or dry cleaned.
- They should be well aired after each wearing.
- You may sew-in, or use adhesive, under-arm shields for perspiration.
- Febreze fabric freshener can be used to remove odours and bacteria.
- Costumes can be sponged with a little liquid detergent, rinse with clean water, squeeze out with a towel and dry out of the sun on a suitable hanger. Ensure they are well dried before packing away.
- If necessary, because of getting makeup on the green fringing it can be sponged in the same way, a handful at a time.

Remember your friends on the risers and use a good deodorant/anti-perspirant. Mitcham is well known for the fact that its effect increases with usage. i.e. it has an accumulative effect from daily or twice daily use. Using it at night when we sweat less enables it to be absorbed and 'plug' the sweat glands. The roll on one is unscented and is on special currently at Countdown.

Ground transport New Orleans Airport to Hotel

Link as follows:

https://www.tripadvisor.com/FAW-Answers-g60864-d89101-+286143-How-to-get-from-airport-to-Marriott-hotel.html

Looks like the cheapest is our own taxi at $33 US flat rate plus gratuity. It is less than the City-wide shuttle at $20 per person.

Health insurance

If Chorus members have bought health insurance and dependent on Gold Card insurance, Chorus members should contact them before they go to New Orleans to say that they would like the insurance policy number to go with this. With the Gold Card, though, you would have had to have paid for most of your expenses on that card.

Hair reminder

At the next visit to your hairdresser before you leave for New Orleans, get ideas, tools from her/him to be as independent as possible doing your own hair.

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Marriott Rooms – Refrigerators & Coffee-makers

The fridges in the Marriott Rooms will be empty for guests to store their own personal items.

There are only coffee-makers in the rooms. If you prefer tea, you can put water through the coffee-maker a couple of times to filter out the coffee taste and then the hot water will be useable for tea or you may prefer to take your own small travel (electric) jug and tea bags.

ESTA (Electronic System for Travel Authorization)

All eligible international travellers who wish to travel to the United States under the Visa Waiver Program must apply for authorization.

Thanks to Liz Watts, she has sent us the official link to get your ESTA visa for USA here: https://esta.cbp.dhs.gov/esta/.

The cost through this official link is $14 USD.

Passport requirement

When travelling to the USA, the general rule is to have a passport that is valid for at least 6 months after the planned time of return.

Tipping Protocol

If you're at a restaurant, tip 18 percent of the bill for acceptable service, tip 20 percent for good service. If you're in a large dining party (usually over six), you may find the tip has automatically been worked into your bill (ask your server).

With bartenders, the easiest way around all this is to open a tab and tip around 20 percent at the end of the night. (A dollar or two is good if the bartender is just cracking open beers).

If you order takeout, you should tip the delivery person $3 - $5.

For cab drivers, round up to an easy to pay number – e.g. if the fare is $13.50, give $15 and tell them to keep the change.

Carrying of luggage should get a dollar per bag.

When the tip bucket goes around after a musician plays a set, you should always stuff a few dollars in.

Convention Registration and Name Lanyards

Chorus registrations will be distributed to members at a rehearsal in New Orleans along with supporters' single event tickets and supporters' finals dinner tickets as requested.

Sweet Adeline's International Website

People at home can watch you on stage in real time!

Please let your friends and family know that the webcast is aired live – Visit www.sweetadswebcast.com to view the live webcast. Once a performance is over, they will not be able to go back and watch again.

1. Where to access the webpage – https://sweetadelines.com/neworleans.
2. Information re registration, lanyard etc and collecting registration accessories (ribbons, labels etc) – from the desk in one of the hotels. This is important information for first time competitors.
3. Convention app on phone – instructions.

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Wi-Fi in Hotel

Marriott rooms have free Wi-Fi ONLY if you are a member of the Marriott Bonvoy Rewards program – join before you go. https://www.marriott.com/loyalty/createAccount/createAccountPage1.mi.

Contest songs for New Orleans

Semi-finals

May I Never Love Again
This Joint is Jumpin'

Manhattan Transfer Finals package

Manhattan Transfer
A Nightingale Sang in Berkeley Square
Birdland
Twilight Tone
Trickle Trickle

Board early with your carry-on bags

This is important because of the number of Sweet Adeline's with large carry-ons full of costumes who may be on some flights, particularly out of New Zealand on the 12th and 13th September. It is a bad start to your journey to find yourself on the plane with no place to stow that carry-on bag. Be among the first to board and save yourself the stress. You won't have to worry about the bag again until the next flight.

New Orleans Planning Team

Coordinators Susan Noseworthy Jan Mathieson	**Registrations** Rebecca Gourlay Edna Byron Robyn Harvey	**Accommodation** Masayo Yoshida Jean Dobbs	**Newsletters** Trish Morrison Marilyn Bishop
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Chorus Handbook Amelia Davis	**Hair/Make-up Coordinator** Jan Mathieson Sandy Gunn	**Travelling Supporters Coordinator** Angela Blank	**Evening with A Capella West Chorus** Virginia