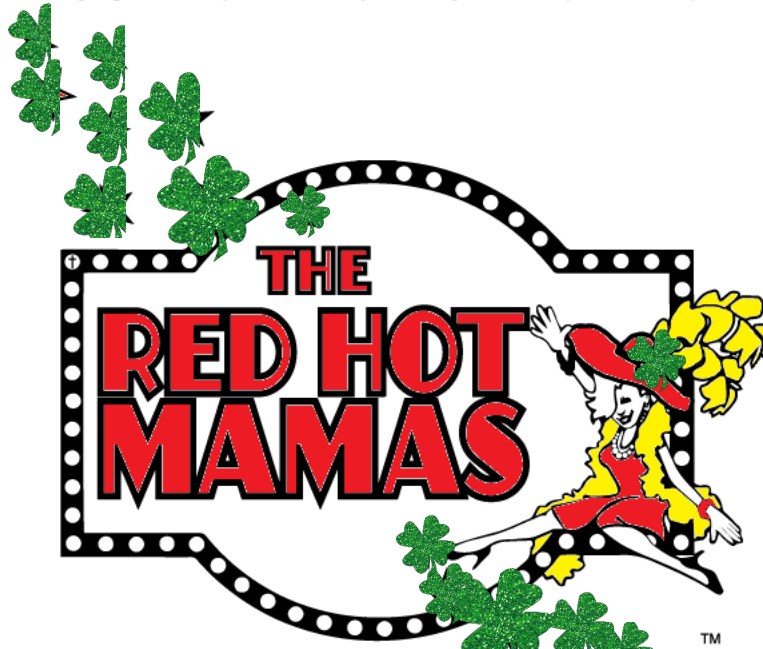
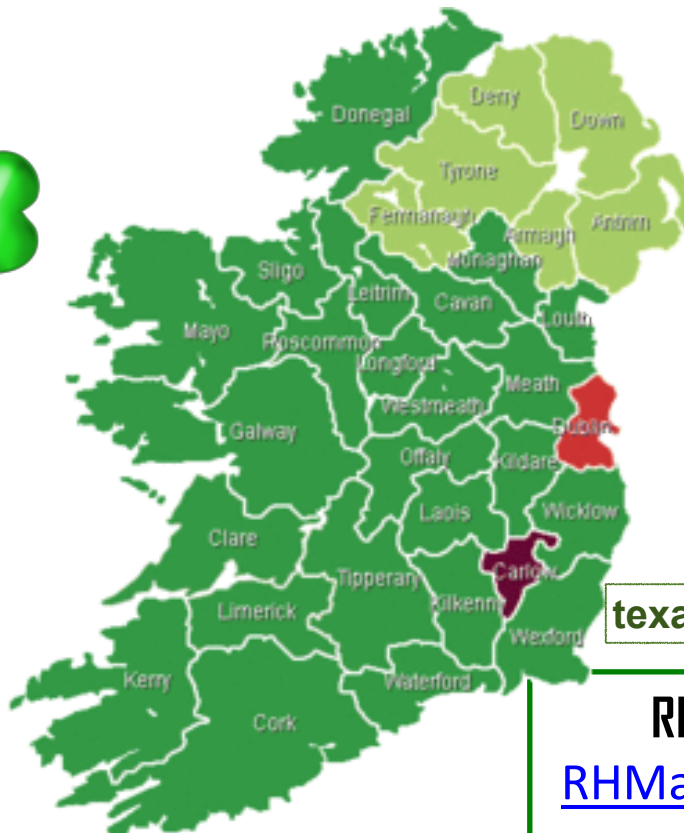


# Red Hot Mamas St. Patrick's Day Festival 2020 Manual



**"Dedicated to the Exploitation  
of Merriment and  
Enhancement of the Ridiculous!"**

**A performance based musical/comedy community service organization**



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[FB](#)

## Welcome to The Red Hot Mamas!!!

Mikki Stevens originated the “Mamas” in June of the early 90’s as a performance opportunity for women over 18, or a mama, a Grandmama, a Great Grandmama, or just plain Great. It was her desire to train and build a performance group in the art of musical-comedy; to hear the healing music of an audience laughing in response to plain and simple comedy; to spread joy and cheer to the community by instructing and directing women who had dreams to perform “someday”; and to present the opportunity for women to be part of a big hearted organization in which they would have a unique and positive impact on each other and the audiences they would entertain. She placed an audition notice in the paper, which accompanied an article on her experience in showbiz, and women came out of the woodwork in hopes of participating. The rest is His-story.

Mikki believes that The Red Hot Mamas is the Lord’s creation and perpetuation. Those in the company, who choose to do so, pray for the organization and each other before rehearsals and events.

The Red Hot Mamas official corporate name is Mik’s Red Hot Mamas and is a group of amateurs doing professionally styled musical-comedy performances. This doesn’t mean professionals can’t come out to play. It means there are no cash rewards for individual performers. Women with no previous performance experience are encouraged to apply to the group and learn skills in dance, acting and presentation.

While The Red Hot Mamas resume is extensive and impressive with two Presidential Inaugurations, three Macy’s Thanksgiving Parades, and London, England performances, the majority of the shows are Northwest community events.

They support at least one charitable organization monthly such as Veteran’s Stand Down, Komen Race for the Cure, Habitat for Humanity, Cancer Charities, Special Olympics, I.C.A.R.E., North Idaho College, Red Cross, Children’s Village, Hospice, and Residential Care Homes.

Be encouraged to let down and enjoy your involvement with the Red Hot Mamas! You are automatically a valuable member of a get-real-nosy support group and a valuable sistahchick of a dedicated group of zany performers.

This little manual came into existence to help clarify “stuff”. Women of a certain age want to know “stuff”. It presents the organization’s basic policies, expectations and lines of communication.

### The Red Hot Mamas St. Patrick’s Day Festival Leadership Team



**President and Producer**  
**Administrative Director**  
**Creative Director**  
**Texas Crew Director**  
**Washington Crew Director**  
**Additional Crews**  
**Dance Captains**

**Mikki Stevens**  
**Karen Welts**  
**Deborah Miranda**  
**Christina Fuller** [texasrh@yahoo.com](mailto:texasrh@yahoo.com)  
**TBD**  
**TBD**  
**TBD**



# The Red Hot Mamas Foundational Philosophy

## Vision, Mission, and Operational Goals



### **RED HOT VISION**

Encourage women to be all they want to be at all ages, while evidencing humor, hope, and fun through uplifting entertainment to bring **Joy to the World!**



### **RED HOT MISSION**

We are “**Dedicated to Exploitation of Merriment and Enhancement of the Ridiculous**” as we produce professionally organized fun, uplifting, family-oriented, comedy entertainment for community service.

We answer the question “Is that all there is?” with “Are you kidding? Get ready for this! Let’s play dress up. Dance. Sing. Hug. Wear too much makeup and too many rhinestones. Get crazy with the girls. Embrace new possibilities. Bring laughter and smiles to others.”

We facilitate an encounter with revitalization and hope by resurrecting dreams and exploring gifts and talents only barely imagined.

We provide instruction in theatrical performance skills.



### **RED HOT OPERATIONAL GOALS**

To evidence the fact that Popeye, Shakespeare, and Peter Pan are right.  
“I y’am what I y’am, so I will be true to my own self and never grow up.”

To attract women who, for a variety of life-reasons, have arrived at a time and place where they could us a little sparkle.

To resurrect dreams, step out of comfort zones, and explore gifts and talents barely imagined.

To enjoy positive energetic socialization.

To find value in ourselves, each other and clearance sales.

To open new possibilities and a floodgate of fresh life juice.

To be organized caring team players.

To help each other balance the responsibilities of real life with RHM involvement.

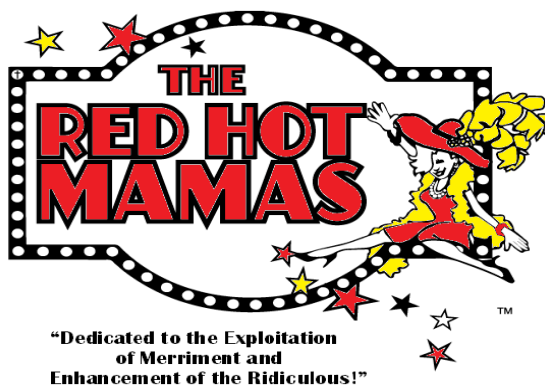
To keep an open door to ALL women.

To facilitate an encounter with revitalization and hope.

To promote diversions of fun and laughter that will cause people to lose it, laugh too loud and smile until their cheeks hurt.

To appeal to all ages within a wholesome, modest, radically funny format.

***To change the world by spreading Light and Joy!***



**WHO WE ARE:** The ZANY Red Hot Mamas 100% **unique**, capturing the hearts of all ages. The group is composed of women with a **Genuine Zest for Life**, a Mama, GrandMama, Great GrandMama, OR just plain Great! Mamas are 18 to infinity with most members ranging in age from 40 to 60 (But don't try guessing which ones are over 60 unless you can run real fast!!) These women triumph over all life has to throw at them including illnesses and personal losses. **Hi-Spirited, Vibrant, Full of Fun**, and definitely: **ONE-OF-A-KIND**

**WHAT WE ARE:** The Red Hot Mamas Parade Unit is a dance/drill team featuring strollers, walkers, mop shopping carts, or any other idea we get. Drill precision and outrageous costumes cause a Rip Roarin' Riot wherever we go. The theatrical group produces the "U.S. Uh-oh" musical/comedy shows, well known for spoofs such as "The Blues Mothers", "Rappin' Dr. Gram", "Stomp" and "Riverprance" as we as infamous ballets. "Hold onto your aching stomach" laughter abounds.

**EXPERIENCE:** Our "showcase" performances include three Macy's Thanksgiving Day Parades, and two presidential invitations to Inaugural Parades in Washington, D.C. We appeared on Good Morning America, The Today Show, MTV and ABC's Nightline. Our London, England New Year's Day Performance is our "crowning" glory. We have performed in a variety of events nationwide including Philadelphia Independence Day, Hershey Centennial, Fiesta and Holiday Bowls, Seattle Seafair, Dallas Children's Hospital Benefit, Portland Rose Festival and Spokane's Lilac Festival. Many stage performances have been donated to fundraisers such as Red Cross Relief Fund, Habitat for Humanity, American Cancer Society, Service Organizations and Retirement Groups.

**HONORS/AWARDS:** We were presented the VFW Americanism award for writing and producing "The Triumphant American Spirit" play and leading community response to events of 9/11. The Red Hot Mamas **hilarious** parade unit was selected to be one of the eighty groups nationwide to perform in two Inaugural Parades. The unit consistently wins 1st place awards.

**COSTUMES:** The Mama's original costumes vary from bright colored housedresses with a variety of interesting glitzy aprons to rhinestoned hard hats and rapper gear. Costumes are customized to event themes.

**MUSIC:** Exciting music accompanies performances and features **dynamic, crowd-pleasing, up-lifting tunes** such as "We are Family", "We're Not Gonna Take It", "Born to be Wild", "Jump", "R U Ready for This?", "Old Time Rock n Roll", and "Shout". Music reflects event themes.

**JUBILATION:** The Red Hot Mamas **Spirit of Mirth** sets a **Tone of Celebration**. Audiences spontaneously burst into Joy and Laughter as they sing, dance and scream along. The Red Hots play to the crowd, creating a **Blast of Wholesome Fun**.

AUDIENCES LAUGH-OUT-LOUD AND SMILE 'TIL THEIR CHEEKS HURT.

**The "Mamas" perform in Celebration of Life!!!**

Mikki Stevens, Director, (208) 930-4444, RHMamas@aol.com

**Special thanks to our Supporters!**

# Red Hot Mamas St. Patrick's Day Festival 2020 Performance Tour

Custom Tour 9 days/7 nights



## Day 1 Friday, March 13, 2020

Depart to Dublin, Ireland

## Day 2 Saturday, March 14 Dublin

### Arrive in Dublin

Those who arrive in timing to meet our Tour Manager, will enjoy a

Panoramic tour of Dublin City, discovering the north and south side of the River Liffey. This area offers great striking monuments such as GPO (General Post Office) on the city main thoroughfare, O'Connell Street or the Custom House along the quays, as well as the Phoenix Park, the largest public park in Europe

Lunch, on your own, on the go

See the south side which appears more sophisticated with its vast Georgian squares, such as **Merrion Square**, where **Oscar Wilde's House** can still be found (today owned by an American College). View its colorful doors, along with **Grafton Street** and its quality shops. Not so far from **St. Stephen's Green**, in **Kildare St.**, you will see the house of **Bram Stoker**, the author of **Dracula**. This part of the city is also dominated by the students of Trinity College, where the famous book of Kells is permanently exhibited in the library.

Visit **Trinity College**, Ireland's oldest university. Trinity College contains the **Book of Kells**, which dates from AD 800, making it one of the oldest books in the world. The university faces the medieval district where Dublin Castle and the two Anglican Cathedrals can be found

Late afternoon check-in to **Clontarf Castle Hotel** (or similar)

### Evening Welcome Dinner included

Free time

Overnight at Clontarf Castle Hotel (or similar)

*Dublin is Ireland's capital and its largest, most cosmopolitan city. The 'boom years' came in the 18th century and the city expanded across the river forming a new Dublin of stately squares, streets and Georgian mansions. Today, with its elegant Georgian streets, gregarious inhabitants and long history, it's little wonder Dublin is a city of writers*



## Day 3 Sunday, March 15 Dublin

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**Breakfast included** at the hotel

Morning visit to **Christchurch Cathedral**. Situated in the heart of the city, Christ Church Cathedral is Dublin's oldest working structure, and has welcomed pilgrims and visitors for almost 1,000 years. A working cathedral, Christ Church is renowned for its magnificent architecture and fascinating history. Visitors can admire the stunning stained glass and unique floor tiles of the cathedral nave. Also learn the secrets of **Strongbow's tomb** and uncover the amazing story of the heart of **St. Laurence O'Toole**, Dublin's patron saint

Visit **Dublin Castle**. Originally built in the 13th century on a site previously settled by the Vikings, Dublin Castle functioned as a military fortress, a prison, treasury, courts of law and the seat of English Administration in Ireland for 700 years. Rebuilt in the 17th, 18th, 19th and 20th centuries, Dublin Castle is now used for important state receptions and presidential inaugurations

Lunch, on own, as you choose

***Stage Performance in Dublin in collaboration with Irish Performers. Mamas who would like to do extra routines/songs/dances in this show need to attend extra rehearsals and may need to obtain costume pieces.***

Free time or **Optional**: Enjoy dinner and entertainment at **The Irish House Party**. Located near the city centre in a beautiful 18th century townhouse, the Irish House Party is a truly unique experience in Dublin. It is traditional Irish music and Irish dancing at its very best, performed by all-Ireland champion musicians, dancers and entertaining presenters (*Supplement of \$51 per person*)

Evening dinner on own as you choose

Overnight in Clontarf Castle Hotel (or similar)

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**Day 4 Monday, March 16 Dublin / Limerick**

**Breakfast included** at the hotel, followed by check-out

Morning transfer to **Limerick** with a visit to **Rock of Cashel** en route  
Visit to the Rock of Cashel. Possibly the most photographed site in Ireland, the Rock of Cashel towers over the town of Cashel from its perch on a 200foot high outcrop of limestone. One of the leading visitor attractions in Ireland, in 2011 it was visited by Queen Elizabeth II on her historic first visit to the Republic of Ireland

Lunch, on own

**Irish dancing workshop at the Bru Boru Centre**. (translated as "The Palace of Boru") is a national heritage centre at the foot of the Rock of Cashel. This cultural and interpretative village is designed around a village green and is home to the study and celebration of Irish music, song, dance, storytelling, theatre and Celtic studies

Continue on to Limerick

Free time

**Evening dinner included**

Overnight at hotel

**Day 5 Tuesday, March 17 Limerick / Bunratty or Blarney TBD**

**Breakfast included** at the hotel

*Perform in the St. Patrick's Festival Parade in Limerick*

**Lunch, included**

Afternoon visit TBD to **Blarney Stone in Cork OR Bunratty Castle**, the most complete and authentic medieval fortress in Ireland. Built in 1425 it was restored in 1954 to its former medieval splendor. Also visit the **Folk Park**, a living reconstruction of the homes and environment of Ireland of over a century ago. Stroll from house to house or around the charming village street to experience village life in 19th century Ireland

Free time

Evening dinner on own, as you choose  
Overnight at hotel

**Day 6 Wednesday, March 18 Limerick / Adare**

**Breakfast included** at the hotel

Visit to **St. John's Castle**. King John's Castle is situated on '**King's Island**' in the heart of medieval Limerick city. The Castle overlooks the majestic **river Shannon**. It was built between 1200 and 1210 and was repaired and extended many times in the following centuries. The courtyard and the Castle display some of the trades and traditions of the 16th Century. The Castle also offers panoramic views of Limerick City and the surrounding countryside

Free time or visit to **Adare**, regarded as one of Ireland's most picturesque villages. Adare is a small village with thatched cottages dotted throughout the town. These were created by the 3rd **Earl of Dunraven** in the 1820's for his estate workers and are used today as craft shops or restaurants

Evening dinner on own

Overnight at hotel

**Day 7 Thursday, March 19 Cliffs of Moher / Galway**

**Breakfast included** at the hotel, followed by check-out

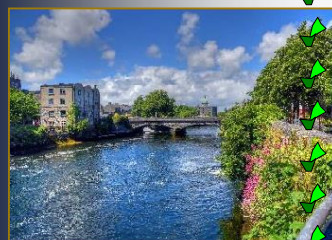
Transfer to Galway via the **Cliffs of Moher**

Excursion to the Cliffs of Moher, one of Ireland's most spectacular sights. On a clear day, the views are tremendous

**Light Lunch included** with a traditional **Irish Music session at the Doolin Music House**. Christy Barry and his partner Sheila have entertained friends and musicians at their home for many years, sitting around the fire playing music and telling stories. Christy talks and discusses the history of traditional Irish music and plays great tunes together with his friend James Devitt. Light lunch can be served during the visit - smoked salmon and brown bread, Irish cheeses accompanied by a glass of wine or a soft drink  
Continue on to Galway for time at leisure

Free time

Evening dinner on own, as you choose





Overnight at hotel

*Galway is picturesquely situated at the northeast end of Galway Bay, at the point where the short tidal River Corrib, coming from Lough Corrib, pours its' abundant flow of water into the Atlantic. With its narrow streets, old stone and wooden shopfronts, good restaurants and bustling pubs, it is one of Europe's fastest growing cities and ranks fourth in size in Ireland, after Dublin, Cork and Limerick*

**Day 8 Friday, March 20 Galway / Clonmacnoise / Dublin**

**Breakfast included** at the hotel, followed by check-out

Transfer to Dublin via Clonmacnoise

**Clonmacnoise** is a wonderful early Christian site founded by **St. Ciarán** in the mid-6th century on the eastern bank of the River Shannon. In a stunning setting, the site includes the ruins of a cathedral, seven churches (10th -13<sup>th</sup> century), two round towers, three high crosses and the largest collection of early Christian graveslabs in Western Europe

Lunch, on own

Continue on to Dublin

**Evening Farewell Dinner included**

Overnight at hotel

**Day 9 Saturday, March 21 Dublin / Home**

**Breakfast included** at the hotel

Check-out

### **This unforgettable trip of a life time inclusions:**

- ✦ Travel with a one-of-a-kind rabble rousin' Happy group
- ✦ Private motorcoach travel to **Dublin, Limerick, Galway** and either **Cork/Blarney Stone or Bunratty Castle** as well as visits/tours to:
  - **Trinity College**, Ireland's oldest university. Trinity College contains the **Book of Kells**
  - **Dublin Castle**
  - **Christchurch Cathedral**
  - **The Rock of Cashel**
  - **Folk Park**
  - **St. John's Castle**
  - **Quaint Village of Adare**
  - **Dublin City Panoramic tour**
  - **Cliffs of Moher**
  - **Clonmacnoise**, a wonderful early Christian site founded by St. Ciarán in the mid-6th century on the eastern bank of the River Shannon
- ✦ **Irish dancing workshop** at the Bru Boru Centre, a cultural and interpretative designed around a village green and home to the study and celebration of Irish music, song, dance, storytelling, theatre and Celtic studies
- ✦ **Traditional Irish Music session** at the Doolin Music House
- ✦ 9 days and 7 nights. Not a short, whirlwind trip
- ✦ Two nights stay in a real **castle**
- ✦ 7 nights lodging in prime holiday St. Patrick's Day Festival season
- ✦ Double occupancy for everyone



It's a long walk up  
many stairs for a  
kiss of Blarney



- ✦ 10 meals
- ✦ TRAVEL INSURANCE: Individual insurance coverage is included from the tour company. Summary of coverage:
  - \$10,000 – Travel Accident
  - \$1,000 – Medical Expense
  - \$300 – Baggage Coverage
  - \$600 – Trip Cancellation/Interruption/Delay
- ✦ Two performances during St. Patrick's Day Festival.
  - Dublin: St. Patrick's Day Festival Variety Stage show with Irish performers charity benefit.
  - Limerick: St. Patrick's Day Festival Parade
- ✦ Costume
- ✦ Fun Travel Hat to Decorate
- ✦ Sound system
- ✦ Entry fees
- ✦ Props & décor
- ✦ Trip DVD



### Additional Expenses

- ✦ Your own airfare, ground transportation airport/hotel/airport.
- ✦ Passport. You will need to show current passport good through March 22 to your director to get checked off the list by January 10, 2020.
- ✦ Any upcharge changes due to increased air/hotel/ground transportation fees/rates (Prices quoted are March 2019 quotes)
- ✦ Gratuities: Bus driver minimum \$1.00 pp per trip, Housekeeping minimum \$1.00 pp per day, Tour guide minimum \$4.00 at day.
- ✦ Personal items, food and entertainment.
- ✦ Optional upgrades, inclusions
- ✦ Performers only
  - Online "I Am a Red Hot Mama" registration. \$50
  - RHM performance makeup
  - Costume bracelets, earrings and wig
  - Your personal prop (TBD)
  - Miscellaneous performance needs
  - Extra costume pieces for mamas who choose to be in *specialty* numbers in the Dublin stage show. (All mamas will do parade routine in this show)

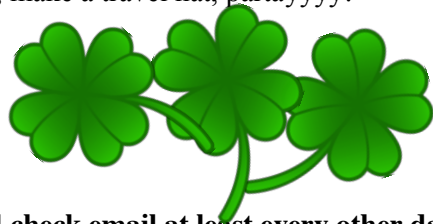
### Optional Expenses

- ✦ The Irish House Party. Located near Dublin city centre in a beautiful 18th century townhouse, the Irish House Party is a truly unique experience. It is traditional Irish music and Irish dancing at its very best, performed by all-Ireland champion musicians, dancers and entertaining presenters (*\$51 per person*)
- ✦ Additional Trip Insurance purchased directly through the tour company. See page 16

# Qualifications and Requirements to be cast in a role for the Red Hot Mamas' St. Patrick's Day Festival Performances

## PERFORMER APPLICATION:

1. Attend an audition. Fee per Crew. **\$10**
2. Read the manual for complete requirements, inclusions, and costs.
3. Read and sign the two performer agreements (General and Trip) and submit to Crew Leader along with trip deposit.
4. Complete online "I Am a Red Hot Mama" registration
5. Attend an orientation in **TBD in SEP-NOV** to order costumes, sign up for committees/teams, sign up for optional *specialty* numbers for the Dublin show, make a travel hat, partayyyy!
6. *Celebrate with all your new sistahchix.*



## SERVICE:

Each performer serves on a committee.

## COMMUNICATIONS:

- ❖ **Performers must have email address access and check email at least every other day.** If your computer is "down", it is your responsibility to obtain printed copies of RHM emails from another Mama. If you change your email address, you must notify the RHMs.
- ❖ **Take full responsibility** to verify information is being passed on to you.
- ❖ If you do not hear from the RHM for a while, **take initiative to call someone.**
- ❖ **Please don't blame anyone else in the organization for not letting you know. Make contact.**
- ❖ Membership information may not be used without permission of the Producer.

## HONORING COMMITMENTS:

- ❖ Check your schedule, your families, and anyone else you know prior to making a sign up commitment.
- ❖ Double-check the required rehearsal dates and mandatory requirements.
- ❖ Sign up to make a 100% commitment

There are **NO** refunds of **ANY** payments made for events for **ANY** reason other than trip cancelation by the tour company. In event of trip cancelation, Refunds will be as per tour company provided trip insurance (See page 10) and/or additional trip insurance personally purchased directly from tour company (See page 16) Performance related expenditures are not refundable.

## RESPONSIBILITIES:

- ❖ To abide by the performer liability agreement.
- ❖ To abide by the Red Hot Mama St. Patrick's Day Festival 2020 Manual.
- ❖ To communicate internally with members in a positive and unified manner.
- ❖ To not be a Wild Hare. Individual performers may not represent the organization in any manner without written consent from the organization. Red Hot Mama costuming designs, routines and material belong to the RHMs. Individual performers do not own the right to use or modify them. They may arrange to do so only with the written consent from the organization.
- ❖ **PHYSICAL/MEDICAL LIMITATIONS:** It is the responsibility of each performer to operate within their own limitations and to request less strenuous roles even if your heart and soul doesn't want to.

## ROLE EXECUTION:

The RHM organization may elect to remove a performer from an event or change the performer's role in an event if it becomes apparent that the performer has medical/mental/physical difficulties in the execution of their role. Some of the observations that make these difficulties apparent are a performer's inability to keep up with the rehearsal pace, execute choreography, smile consistently, keep hat in required placement on performers head, guide right and forward, and lead with the left foot. Performer may be required to file a written permission note from a licensed medical physician with the RHM's.

## EMERGENCY PERFORMERS:

There may be times emergencies arise and last minute performers will be sought out and included without having met all the criteria for an event. This would only happen if the Producer determined it was in the best interest of the whole unit's performance.



## CHAIN OF COMMUNICATION

Our leadership team has worked hard to arrange an orderly and fun time for all, please do not approach organizers, hotel personnel, drivers, travel agents or anyone else on your own with questions, suggestions or to try to make rearrangements. This looks bad for our group. Let's handle ourselves professionally and go to our mama organizers. Contact your crew leader who will contact RHM Crew Leaders as needed.

### A friendly reminder, as per Mik's Red Hot Mamas performer/liability:

- Performers may not, without written permission from the organization:
  - ✻ Wear RHM costume designs, present RHM music and routines, perform or appear as a RHM, give interviews or stories or represent themselves as a RHM in any way other than in sanctioned RHM events.
  - ✻ Create or recreate apparel, logos, photos or RHM printed material of any kind without written permission from the organization.
  - ✻ Sell any RHM related items, ideas, or material without written permission from the organization.
  - ✻ Speak for or enter into any agreement or arrangement or make any deals as or for the RHMs. All such opportunities process through the Red Hot Mama President.
- LIABILITY: Participation in Mik's Red Hot Mamas is voluntary and, as such, each participant assumes full responsibility for themselves and any risks involved, including road hazards and unexpected parade route conditions.

## REHEARSAL SCHEDULE and REQUIREMENTS



### REHEARSALS

- ✻ **Two rehearsals with the RHM group are required weekly January 14 to March 10. All performers must meet the required number of rehearsals in order to perform in the event. Not meeting the requirements is self-elimination from the performance. PAID FEES REMAIN NON-REFUNDABLE. Your choice is to travel with the group as a non-performer or try to sell your reservation to an RHM leadership approved someone else who can meet criteria.**

- ✻ Arriving more than 15 minutes late or leaving more than 15 minutes early is an absence.

- ✻ **Your Crew Leader will post times/days of the mandatory two rehearsals per week. These ARE MANDATORY FOR EVERYONE** unless you are on the excused rehearsal chart that was prearranged *prior* to accepting a role in The Ireland Performance Tour.

- ✻ **Emergencies:** In the event an emergency causes a performer to unexpectedly miss a required scheduled rehearsal, your Crew Leader must be notified via phone prior to the start of that rehearsal. In the event a performer is unable to make notification prior to the rehearsal, notification must be made within 24 hours. No notification as above will result in an unexcused absence with published consequences. **TEXAS CREW-should text 817-395-3475**

- ✻ **DRESS REHEARSALS ARE FOR ALL PERFORMERS, ALL COSTUMES, PROPS AND MAKEUP UNLESS OTHERWISE ANNOUNCED.** Not meeting deadlines and standards is self-elimination from performances.

NOTE:  
Texas  
Rehearsals  
are  
currently  
scheduled  
Thu 7-9p &  
Sat 12-2p

SUBJECT  
TO  
CHANGE

TEXAS  
CREW will  
begin  
rehearsals  
in Sep  
to begin  
to prepare  
for  
2 local  
parades.  
TBD

- ☘ Much as we love sharing a little gift, socializing, and goodies, **DO NOT DO IT IMMEDIATELY PRIOR TO OR DURING REHEARSALS. Especially not just before we start.** It is awkward for everyone and takes up designated rehearsal time that other performers want us to hold to strictly. Enjoy special time after rehearsal.
- ☘ **No family, friends, children, gum, cell phones** (turn sound off and do not carry it on your person. If you have an emergency reason, clear it with rehearsal leader before rehearsal).
- ☘ **Be prepared to fully participate on time.** Supportive athletic shoes and workout attire on. Water bottle handy. Cell phone off and put away. Ready to rehearse.
- ☘ **Please don't make us cry.** Performers carve out this time to play together. It is our "Happy" time. Please refrain from asking about health issues and personal challenges from the time we arrive until dismissal. We all have 24/7 to ask one another about the issues and challenges we face other than our precious joyful time together.
- ☘ **Costume issue and return dates TBD are required. If you are not able to attend for any reason, arrange for someone else to do it for you. Please return to Fuller Rhythm Studio.**



### TENTATIVE COST AND PAYMENT SCHEDULE

Cost to Participate in the Red Hot Mamas trip to perform in the St. Patrick's Day Festival in Ireland - Ground Package only – self-arrange air and transport to and from airport/hotel/airport. Performer \$3,399. Non-performer \$3,299. (Subject to changes in fees, surcharges, etc.)

**MAKING PAYMENTS:** TBA by your RHM Crew Leader. ALL payments are non-refundable for ANY and ALL reasons. RHM makes a contractual commitment on your behalf when you sign up and will need to honor it even if you don't end up performing.

### OPTIONAL PAYMENT SCHEDULE

**TBA by your Crew Leader**

Date	Amount	Notes
June 15	\$500	<u>Non-refundable</u> trip deposit + online "I Am a Red Hot Mama" Registration.
July 1	\$600	<u>Non-refundable</u> trip payment
August 1	\$600	<u>Non-refundable</u> trip payment <u>Non-refundable</u> The Irish House Party. <b>\$51 Option</b>
September 1	\$600	<u>Non-refundable</u> trip payment
October 1	\$600	<u>Non-refundable</u> trip payment
November 1	\$499 (performer) / \$399 (non)	<u>Non-refundable</u> trip payment
December 1	any additional add on fees	<u>Non-refundable</u> trip payment

Optional Travel insurance payment due \_\_\_\_\_

TEXAS CREW air transportation is separate from the fees above. We are currently looking at group options and estimate \$1,000 for flights. Payment will be due when group flight is obtained to be in the group flight rate. Option for obtaining your own flight may be made with permission.

CHECKS MADE PAYABLE TO: FULLER RHYTHM STUDIO unless otherwise noted.

Travel Insurance payment made to Travel Co.

Flight payment made to : TBD



**Wish we had a Pot 'O Gold to pay for it all!**

## **BASIC INFORMATION**

**WE PRAY:** All Mamas' are **welcome** to join in the prayer circle prior to performances or rehearsals or whenever prayer happens. If you would like someone to pray with/for you, it is our Joy. Just give RHM's prayer team a nudge. Please know performers are not required to believe in or join in prayer. It is totally an individual choice.

## **PERFORMANCE MATERIAL**

- ❖ Dublin Stage Show routines
- ❖ Limerick St. Patrick's Day Parade routine
- ❖ Learn and practice cadences as assigned with choreography
- ❖ Optional singing, tap dance, twirling, instruments, etc. for mini shows. For those who are willing to attend extra rehearsals and put additional costume pieces together.



## **TEAM CHAIRMAMA INSTRUCTIONS**

The Creative Director will give all team leaders their job description sheets. Team leaders contact their team members to plan the completion of their part of preparing for the RHM Irish jig!

## **CONDUCT**

Behaving in a disruptive manner, interrupting rehearsals, loud or troublesome comments, disrespecting members or leadership, or using lewd language or innuendo, or cursing during rehearsals or any Mama gathering/function can be cause for elimination from the trips, performances, and events. One verbal warning will be given. The second offense is self-elimination. All payments made for trips, fees, or any other items remain non-refundable.

## **COSTUMES and PROPS**

- ❖ We will assemble costumes for Dublin St. Patrick's Festival Show and Limerick St Patrick's Day Parade
- ❖ Costumes and Props will differ according to the role in which performers are cast.
- ❖ ONLY previously approved costumes and Props allowed. A deadline for all approvals will be announced. Performers may not get something else approved after the deadline and may not replace an approved item. The costume teams will be finished with this task on the deadline date.
- ❖ Performers showing up for performances missing assigned and approved costume and/or prop items will not perform.
- ❖ Exact design of each item will be provided. DO NOT PURCHASE ANYTHING without specific instruction.

## **PERFORMANCE MAKE-UP**

- ❖ We will wear full on RHM performance makeup.
- ❖ Instructions call for 2 shades darker foundation than normal, applying more of the same shade will not darken the pigment of the product. Please obtain a pigmented product that is darker as per directions.
- ❖ Bright lights and cameras draw color from the skin. High cost make-up not needed.
- ❖ Apply all eye makeup as if your eye were bigger than it is.

**CONCEALER: White or very light.** A lighter pigment than you would normally use.



**BASE MAKE-UP:** To be opaque, heavy coverage, one or two shades darker than normal.

**EYEBROWS:** **Dark brown** (yes, even if you have fair complexion) Full. Extended Arch

**EYE SHADOW:** **Dark Brown.** Cover eyelid from lashes to just below the brow.

**EYE LASHES:** **Black mascara** regardless of your natural color. Sorry, no glittery lashes or eye lids. They do not photograph well due to light reflections.

**LINING EYES:** Line upper + lower eyelid with a wide **black** line not bringing corners together.

**BLUSH:** Fire engine **RED!** You may use lipstick or powder blush. Cover outer, upper cheekbone and bring out and up toward hairline.

**LIPS:** Fire engine **RED!** Apply lipstick, blot, dust with loose powder, reapply lipstick. If you have narrow lips, get creative and make them a little fuller!

**POWDER:** When all make-up is on, cover with translucent or darker shade– not a light shade. Removes the shine and seals colors. Re-apply powder blush if needed.

**NAILS:** **KELLY GREEN!** Fancy decorations as you wish. These mamas are Celebrating !!

## ROOMING

- ❖ No charges to the rooms. If something is ordered, pay for it on the spot.
- ❖ No phone service from rooms except room to room.



## WHAT TO EXPECT PERFORMANCE DAYS

- ❖ EXTRAVAGANT FUN!!!!
- ❖ **No family or friends** in parade assembly/dispersal.
- ❖ No cameras/phones en route. Please refrain from phone until the work is done.
- ❖ Watch out for your stuff. Don't leave anything unattended.
- ❖ Do not accept instructions from parade officials for the group. **Refer anyone and everyone trying to direct you or tell you what to do to Mikki. NO EXCEPTIONS**
- ❖ Do not give out information to parade officials, as you may not be current. Things can change rapidly and you may not have current info. **ALWAYS refer them to Mikki.**
- ❖ Do not leave the area. If you have an emergency, tell squad leader and go with a buddy.
- ❖ When we load the bus to the performances, we are in full costume with:
  - Touch up makeup, necessities, and anything you will eat prior to the parade must fit in your jacket pocket. Food not eaten will need to be abandoned.
  - Photo ID, medical form and cash attached inside RIGHT side of costume such as pocket.
  - A small sealed disposable bottle of water or small mixed sport drink or blend of both (This bottle will be abandoned prior to the parade)
  - Clear plastic raincoat.
  - Hard candy or lemon drops in costume pocket as you wish.
  - Props, décor items, music.
  - Plan to meet friends and family on parade day ***after*** we are finished putting everything away.

- ANYTHING BROUGHT OUT OF THE BUS HAS TO BE ABANDONED OR TRANSPORTED. ANYTHING THE RHMS HAVE NOT PLANNED IN ADVANCE TO TRANSPORT DOWN A PARADE ROUTE WILL BE ABANDONED.

### PRE PARADE/SHOW PREPARATION

- ✦ Prepare to take in all in. Eat a good breakfast. Drink water. Take precautions. The day before the parade is not a good time to try new foods.
- ✦ Bring food for pre performance time.
- ✦ Watch your coat, props, etc., like a hawk. Don't bring your purse.
- ✦ Wear performance hat and full costume to the parade/show
- ✦ No drinks on parade route
- ✦ **NO** photography allowed during performances except by RHM photographer and recorder.
- ✦ First aid team will have emergency supplies
- ✦ Our photographer will take individual photos pre performance as time allows
- ✦ Let's make sure to get a group shot in costume

### EN ROUTE AT PARADE TIME

- ✦ Guide right.
- ✦ Hold spacing no matter what.
- ✦ Performance face all the time and learn to look up at the people.
- ✦ Enjoy the moment. Be present in it. This is our once in a lifetime Irish day!
- ✦ Due to liability issues, NO touching audience No hi-fives. Don't let them touch you.

### END OF PARADE/SHOW

- ✦ TAKE 10 MINUTES TO BE HAPPY, ENJOY EACH OTHER AND CELEBRATE. Hug. Scream. Do the happy dance. Please don't start immediately working. Take time to be "in" the moment. If someone tells you to get busy working, don't do it until you have had your celebration.
- ✦ Then...undecorate and load up. Of course, we will be in another culture, so our plans may have to be altered for circumstances. We are not in Kansas anymore. ☺
- ✦ First Aid team will ensure we have water after performances.







## **MUSIC CELEBRATIONS INTERNATIONAL TRAVEL PROTECTION PLAN**

### **ATTN: All Tour Participants**

Music Celebrations (MCI) recommends adding the Premier Plan Optional Upgrade Coverage which includes **Cancel For Any Reason** coverage (if purchased with or by the Final Payment due date for your Trip.) The full trip cost must be insured especially for those trips that exceed \$600 per person to provide coverage in the event of an unexpected Trip Cancellation, Trip Interruption, Trip Delay or Missed Connection.

Coverage	Music Celebrations provides the Standard Plan Plan - A374	Premier Plan Upgrade Plan - A374P
Accident & Sickness Medical Expense	\$1,000	\$25,000
Emergency Evacuation	\$50,000	\$50,000
Trip Cancellation	\$600*	Up to Amount Purchased
Trip Interruption	\$600	Up to Amount Purchased
Missed Connection	\$600	\$750
Travel Delay (Up to \$150/day)	\$600	\$750
Baggage & Personal Effects	\$300	\$1,500
Baggage Delay	Not available on this plan	\$250
Accidental Death & Dismemberment	\$10,000	\$25,000
Cancel For Any Reason Waiver	Not available on this plan	75% of nonrefundable Trip Cost
Red Hot Mamas Performance related expenses such as sound, costumes, props, etc.	Not available on this plan	Not available on this plan

Your automatic coverage in the Standard Plan already includes \$600\* of Trip Cancellation/Interruption/Delay/ Missed Connection protection. To calculate the additional coverage needed, take the TOTAL COST of the CONCERT TOUR, less \$600 for the amount to be insured. The Premier Plan premiums are listed below.

#### Premier Plan – OPTIONAL UPGRADE PREMIUMS (ABOVE \$600 OF COVERAGE)

TRIP COST	PREMIUM	TRIP COST	PREMIUM	INFORMATION YOU NEED TO KNOW
UP TO \$250	\$37	\$2001 - \$2500	\$168	Benefits in this brochure are described on a general basis only. There are certain restrictions, exclusions and limitations that apply to all coverages and services. This advertisement does not constitute or form any part of the Plan Description or any other contract of any kind. Plan benefits, limits, and provisions may vary by state jurisdiction. <b>To review full plan details online, go to:</b>  <b>Standard Plan:</b> <a href="http://www.tripmate.com/wpA374">www.tripmate.com/wpA374</a> <b>Premier Plan -</b> <a href="http://www.tripmate.com/wpA374P">www.tripmate.com/wpA374P</a>
\$251 - \$500	\$45	\$2501 - \$3000	\$192	
\$501 - \$750	\$65	\$3001 - \$4000	\$232	
\$751 - \$1000	\$77	\$4001 - \$5000	\$283	
\$1001 - \$1500	\$104	\$5001 - \$6000	\$302	
\$1501 - \$2000	\$124	\$6001 - \$7500	\$350	

You will receive a Certificate of Insurance (or Policy, for residents of certain states) and Description of 24-Hour Emergency Assistance Services which describe the benefits and limitations in detail. You may cancel this plan by giving Music Celebrations written notice within the first to occur of the following: (a) 14 days from the Effective Date of Your insurance; or (b) Your Scheduled Departure Date. If You do this, We will refund Your premium paid provided no Insured has filed a claim under the policy. This Plan is Underwritten By: Arch Insurance Company. The Plan #s are A374 for the Standard Plan and A374P for the Premier Plan. 24 Hour Assistance Service is provided by: One Call Travel Services Network, Inc. Benefits are administered by: Trip Mate, Inc. (in CA, dba Trip Mate Insurance Agency) 9225 Ward Parkway, Suite 200, Kansas City, MO, 64114.

## IMPORTANT NOTES:

- **The Premier Plan coverage is NOT in effect until payment is received by Music Celebrations.**
- Insurance must be purchased at or by Final Payment due date for your trip to **receive Cancel For Any Reason or to have the Pre-Existing Condition Exclusion waived**, otherwise these benefits will **not** be included in the coverage.
- **Premier Plan purchases will not be accepted after Final Payment due date.**
- All Enrollment forms must be turned in to MCI – we need one completed per participant.

### ENROLLMENT FORM – (For Music Celebrations International)

Trip Information	
Agency Name: <b>Music Celebrations International</b>	Agency Plan ID#: <b>Circle: A374 or A374P</b> (if add'l prem is paid)
Name of Group <b>Must have group Name to process: THE RED HOT MAMAS</b>	
Departure Date:	Return Date:

Traveler Information – Please complete the entire section & return to <a href="#">MCI</a>	
(Please Print) Name:	
Address:	
City, State, Zip:	
Telephone Number:	Email:

	Additional Trip Cost Selected	Premier Plan – <b>Optional</b> Upgrade Premium	Total Premium DUE
	\$	\$	\$

**Enclosed is my check in the amount of \$\_\_\_ for the Premier Plan Optional Upgrade Insurance. Check or Money Order Only. Please make check payable to Music Celebrations International. The Travel Protection Plan payment is non-refundable.**

**Signature: \_\_\_\_\_ Date: \_\_\_\_\_**

**Print Name of Traveler: \_\_\_\_\_**

**FOR QUESTIONS REGARDING THE TRAVEL INSURANCE CALL 800-888-7292**

Music Celebrations International / 1440 S. Priest Dr. Ste 102 / Tempe, AZ 85281 (480) 894-3330 / (800) 395-2036 / Fax (480) 894-5137

## Travel Tips And Information



When cast in a road show role, performers become part of a professionally styled entertainment company going to a contracted engagement. Each event requires specified entertainment, appearances and media coverage from the RHM's. Sometimes it can be very challenging to travel, make costumes, get dressed, put on a happy face and perform, but it is always a valuable theatrical learning experience, and it is always followed by free time to giggle. Remember: life, as we know it, waits for us when we return home from these over-the-rainbow experiences.

This section of the manual addresses standard operating procedure while on the road for a RHM performance. It covers attire, conduct, compensation, expenses, performer obligation and free time. This is meant to inform and clarify to enable everyone to have a great time stirring things up, while leaving the impression of wholesome wackiness in our wake.

### CONDUCT

Mama conduct as presented in this manual applies. Never any excessive alcohol, etc., while in performance costumes. Smoking only as needed and discreetly out of sight.

While in RHM traveling attire or days wearing RHM identifiable gear (t-shirts, foo-foos) have a gregariously good time, while being moderate with consumptions. (Chocolate excluded)

### COMPENSATION

Compensation is the joy of participation and being part of an organization that spreads joy and goodwill to others. Leadership negotiates with event organizers for assistance with things like lodging, transportation, souvenirs, sound equipment and vehicles, carts, media coverage, etc. These compensations vary with each event.

### TO BRING ON THE TRIP

- ✘ Your costume as per issued costume check sheet
- ✘ If you have attended the optional show numbers rehearsals, bring additional costumes for your numbers.
- ✘ Safety pins
- ✘ All stuff for your team assignments
- ✘ FLIGHT CARRY-ON ITEMS: Your carry-on bag containing full *entire* costume and décor items in adherence to current airline criteria. In addition to the one carry-on item, most airlines allow one personal item such as: purse; briefcase; laptop/computer (cannot be checked); camera case; diaper bag; an item of a similar size or smaller size to these listed, but check your airline requirements. Keep a copy of your ID, credit card, and medical release/information in your carryon bag.
- ✘ Keep copy of your ID, credit card, and medical release/information on the right side of your body at all times. This is where emergency personnel will be directed for information.
- ✘ IF needed, pack glue guns, sticks, plug strips and extension cords in checked bag.
- ✘ SECURITY WILL BE TIGHT! No scissors, glue guns, long pins, questionable security items in your carryon or on your person. Don't wear jewelry with long pins.

## WHAT TO WEAR WHILE TRAVELING ON THE TRIP

Because we often perform along the way in airports etc. take many photos, and it's a lot of fun, we dress in RHM travel attire. Mamas who choose not to dress in RHM travel attire are choosing to step out of any performances and photos without grimace.

- ✿ Always modest. NO belly skin, short skirts, upper or lower cleavage.
- ✿ To honor our Irish hosts, and avoid anything other than positivity as we travel during St. Patrick's Festival week, traveling/trip attire is mainly **GREEN**. Wear black, silver, gold, green, blue. Red and orange can be seen as controversial, offensive or disrespectful to wear during the St. Patrick's Festival in Irish culture, so we won't.
- ✿ Green themed RHM logowear or other black, silver, gold, blue or green green tops without other logos.
- ✿ All clothing must meet RHM SOP for modesty. Foo foos, bangles and jewels in same colors. **The trip is designated a "green" trip.**
- ✿ A travel headpiece. Colors are any combination of, green, silver, gold, black, white.
- ✿ General guidelines for all travelwear:
  - NO MARDI GRAS COLORS (purple, green and gold worn together)
  - NO solid WHITE or BLACK. (bad when mixed in group photos and TV)
  - NO NATURAL COLORED STRAW HATS THAT SHOW. (too blah)
  - NO logowear from any other organization
  - NO suggestive apparel or graphics. All mom and apple pie.



### **Climate/clothing in general**

Snow, rain showers, sun as it is a transition time of year. Bring comfortable shoes, a sweater, clothes you can layer, gloves, scarf, headgear, an umbrella and an all-weather coat. Fancy duds for outings as you wish.

## ON THE MOTORCOACH

- ✿ Our chartered motor coach will have set times of departure. You must be there and check in with Trip Coordinator 15 minutes prior to all departures or be left behind.
- ✿ When loading the chartered motor coach to hotel and parade, we have to ask the front 2 seats on the left and right be made available for tour guides and RHM leadership as they need to communicate with the driver and each other along the way.
- ✿ On our tour days, just one front seat is needed so Director is able to communicate with the driver/guide.

## MEDICAL RELEASE and PHOTO I.D. OR DRIVERS LICENSE

Suggest keeping copy of ID, credit card, and medical information on right side of body/attire with you at all times. In event of emergency, this is where emergency responders will be directed for your information.



## SECURITY TIPS FROM LAW ENFORCEMENT FRIENDS

"Dorothy, we're not in Kansas anymore". Traveling in groups of 3 or more is recommended. Don't walk anywhere late at night. Look and observe street names. Be aware of surroundings. This can save valuable time when calling for assistance. Do not flash large sums of money. Do not carry large amounts of money. Suggest using one credit card and leaving the rest at home. Do not carry a purse with long straps or without zip closure. Do not bring expensive jewelry. Keep credit card in sight when using. Never go with someone, male or female, who claims to need assistance. Always keep security lock on hotel door in use. Check peephole before opening or leaving room. Don't give your camera to strangers to take your picture. Thieves look for individuals who are not paying attention to surroundings, distracted by others or with the sights they are viewing. PAY ATTENTION, LOOK ALERT! These are not meant to "frighten" you but to make you aware of some things to think about while traveling. While there surely are more security tips to be offered, mostly you'll want to have good ole common sense in your travels.

## TRAVELING AND BLOOD CLOTS IN THE LEGS



This information contributed by RHM medical professional buddies.

In the news the last several years there has been items referring to blood clots developing in the deep veins in the legs while sitting for long time in cramped seats. This is known as Economy Class Syndrome. An individual traveling moves less, causing circulation decrease, which allows blood to collect and form a clot. The clot can cause pain and swelling in the leg. The danger is when the blood clot breaks loose and travels to the heart or lung. High Risk: Previous history of blood clot. Medium Risk: Cancer, recent surgery, obesity, diabetes, age and heart disease. Low Risk: Everyone.

### **Some Suggestions**

1. Wear loose-fitting comfortable clothes during the flight.
2. Eat small meals and drink plenty of fluids.
3. Hydration: The dry air in aircraft causes dehydration. Drink plenty of water. Water is better than coffee, tea and fruit juices. Avoid alcohol and caffeine during travel as they contribute to dehydration.
4. Do not cross your legs while seated and adjust your position every half hour.
5. You may want to wear elastic support hose if you are at medium or high risk.
6. Try to walk up and down the aisle at least once an hour or stand in front of your seat shaking your legs once an hour.
7. Exercises to do for 15 seconds, once an hour:
  - a. Ankle rotations: Draw a circle with your toes, rotating clockwise then counterclockwise with both feet.
  - b. Foot pumps: Slowly alternate between flexing and pointing your toes.
  - c. Leg lifts: With knee bent, lift leg up off the seat and hold a few seconds. Alternate.
  - d. Head and shoulder rotation: Gently roll your head right and then left, keeping your shoulders relaxed. Then gently roll your shoulders forwards and backwards.
  - e. Toe reach: Slowly bend forward. Extend your arms toward your toes. Sit back up.

### **Techniques for Reducing Jet Lag**

Before departing, make sure all your affairs, business and personal, in order. Ensure you are not stressed-out with excitement or worry, and not tired. Get plenty of exercise prior to departure, try to avoid flu's, colds, etc. Get a good night's sleep just prior to departure.

**Everywhere we go, constantly thank and compliment others,  
EVEN IF YOU DON'T THINK THEY DESERVE IT.**

**We are thankful we don't get what we deserve while on a hormonal rampage some  
days!!**



**rrrrrr**

## St. Patrick's Day Festival Fun!



**The spectacular 40 metre Panoramic Wheel!** Set against the backdrop of the majestic River Shannon, the spectacular 39 metre wheel will offer stunning 360 degree views across Limerick's skyline!



**March 16<sup>th</sup> Fireworks** Limerick's St. Patrick's Festival dramatic fireworks display transforms the city's skies into an explosion of colour!



<https://www.limerick.ie/discover/eat-see-do/festivals/limerick-st-patricks-festival>

## St. Patrick's Day History

To get us gabbing. Not documented facts.



People participate in a St. Patrick's Day parade. *Chris McGrath/Getty Images*

St. Patrick's Day, celebrated every year on March 17, has become synonymous with shamrocks, the color green, pinching, and plenty of guilt-free alcohol imbibing. But the holiday, commemorated in today's green and shamrock- has a long, rich religious history.

The tradition goes all the way back to St. Patrick, who is credited with bringing Catholicism to Ireland. For centuries, his memory was honored with a feast and a trip to church.

### Who was St. Patrick?

St. Patrick's story begins as a young man in the fifth century, when at age 16 he was kidnapped from his British home by Irish raiders and taken as a slave to Gaelic Ireland.

It's a grim beginning to a story that would shape Ireland's national holiday. But while captive in Ireland, working as a shepherd, Patrick "found God," who instructed him to escape to the Irish coast, where a ship would be waiting to ferry him home. What happened next is unclear — he either went straight back to Britain or took a detour through France.

What we do know is that he became a Catholic priest and eventually returned to Ireland, where he spent much of the rest of his life proselytizing to pagan Irishmen.

You may wonder why the **shamrock** is so deeply associated with this holiday. It's because in his missionary work, St. Patrick supposedly used the clover to explain the holy trinity. Because he was one of the **first missionaries** sent to the country, he spent much time in its western and northern reaches. Deeply associated with the Catholic Church structure there, he ordained priests, divided the country into dioceses, and founded several monasteries.

The mark he left on the country grew in legend over centuries, and now he is considered one of the country's foremost saints. The Irish people remember him each March 17, the day it is said he died. It's unclear whether St. Patrick's body is buried in Ireland, as legend has it. But while he was still alive, the man often said he was willing to die in Ireland so that his mission might prove successful.

### How did St. Patrick's Day become a celebration?

In Ireland, St. Patrick's Day is not only a time for celebration but also a religious experience. Since the beginning of the 17th century, it has been celebrated as an official religious holiday on the Catholic calendar. The country's banks and other businesses close down, and most Irish citizens attend Mass to give thanks for missionaries working around the world.

Because it's a happy occasion, the Catholic restrictions on eating and drinking during Lent are also temporarily restricted. That might be why drinking, the most indulgent of pursuits, has come to be associated with the holiday.

Even so, the day remained a primarily religious occasion at least through the start of the 20th century, when Ireland — in a show of patriotism — added an annual military parade that ran through the streets of Dublin, Ireland's capital.

But it was not until the 1960s that the parade was transformed into a spectacle primarily meant to entertain. And as a sign of the times, bars actually remained closed on St. Patrick's Day until this decade.

### A few other traditions

These traditions are less steeped in history, but they're worth knowing anyway — especially if you want to celebrate the saint properly yourself.

- ❖ **Eating corned beef and cabbage:** This is actually more of an American than Irish tradition. It dates back to the 19th century, when most Irish Americans were poor and could only afford the cheapest meat possible, corned beef. As for cabbage, it's most likely included simply because it's a spring vegetable.
- ❖ **Drowning the shamrock:** Simply place a clover at the bottom of your cup, fill with Guinness or Irish whiskey, and drink up. It's up to you whether you'd like to eat the shamrock or chuck it over your shoulder for good luck.
- ❖ **Wearing green:** Actually, this color association is kind of a fluke. Originally, the original color of St. Patrick's Day was blue. But for several reasons, green prevailed. Ireland is often referred to as the Emerald Isle, and its flag displays a green stripe. Irish Catholics typically wear green (Irish Protestants typically wear orange, the other prominent color on the Irish flag). And, of course, shamrocks are green, giving the color an added advantage. Red can be interpreted as being pro-British and may be offensive in some venues. Orange is controversial and may cause negativity in some areas.
- ❖ **Pinching others who are not wearing green:** Rumor has it that leprechauns — who are most often imagined wearing green getups — pinch those around them who are not sporting similarly green apparel. That has evolved into humans pinching each other to display the disapproval we think the leprechauns would be showing. You won't be surprised to know that this, too, is a largely American tradition. The Irish leprechauns of yore didn't even wear green. But that won't stop strangers from taking a pinch, so choose your outfit wisely.





## **MEDIA BASICS**

It is quite likely you will be approached by interested people and possibly reporters. It is always safe to talk about yourself, family, job, how excited you are for the trip, and the basic information on the media handouts. Don't answer for the group, or make "we" statements. If you get confused or flustered, point out a spokesmodel to the reporter, or call one over. When in doubt, our motto says it all! Just tell them our motto.

**SPOKESMODELS:** Mikki, Karen, Deborah, Christy, Pam, Others TBD

Spokesmodels are to know the info sheet and be alert for reporters talking to gals who are not comfortable. Go to their side. Jump in ***IF*** they freeze, or if a question is asked that you should answer, but ***NEVER*** be rude or pushy.

### **RED HOT MAMAS – MEDIA SPOKES MODEL INFORMATION**

**Número Uno: SpokesMamas are ALWAYS smiling and bubbly!!!**

- Know airline schedule and the trip schedule of what we are doing when.
- We perform as part of a charity benefit stage show in the Dublin St. Patrick's Day Festival
- We Parade on March 17<sup>th</sup> in Limerick's St. Patrick's Day Festival
- We are one of very few U.S. groups invited.



### **COMMONLY ASKED QUESTIONS**

- ❖ **Who started the Red Hot Mamas?** Mikki Stevens
- ❖ **When?** 25+ years ago (Many years ago in a land far away....:)
- ❖ **Why was the group started?** To experience fun and joy and spread it to others with zany musical comedy performances. To present entertainment that would cause people to laugh in spite of life-stuff. To just lose it and laugh out loud, if even for just a moment.
- ❖ **What is the group all about?** The **One of a Kind** Red Hot Mamas are a musical-comedy service organization. The group is composed of hi-spirited women ranging in age 18 to 80ish. The Red Hot Mamas' **hilarious** parade unit has performed in three Macy's Thanksgiving Day Parades and was selected as one of the eighty groups nationwide to perform in two Presidential Inaugural Parades, and have made numerous television appearances including Good Morning America, MTV, and ABC's Nightline. They have performed from San Diego to London, England, with featured shows at Washington D.C., Fiesta and Holiday Bowls, Philadelphia, Hershey Centennial, Seafair, Spokane Lilac festival and all around North Idaho. Their "U.S. Uh-Oh Show" benefits charities such as Red Cross Relief Fund, Habitat for Humanity, American Cancer Society, Special Olympics, United Way, Idaho Peace Officers, Children's Miracle Network, Food Bank, Service Organizations and Retirement Communities. We have performed to benefit over 200 charity events since our origination.

#### **Our motto says it all:**

**"We are dedicated to the exploitation of merriment and the enhancement of the ridiculous"**

- ❖ **Why do you do it?** Because we want to. We enjoy presenting comedy entertainment, spreading joy around, and watching people laugh.
- ❖ **What is the mission of the group?** The group mission is to encourage and motivate women to be all they want to be at all ages, while presenting fun and uplifting entertainment to change the world! The group was founded in 1993 by Mikki Stevens. Members are trained in theatrical performance skills, stage makeup, costuming, choreography, sound tech, and properties management. For information [www.RHMamas.com](http://www.RHMamas.com) "Mama always loves you best"
- ❖ **How can you keep prancing around like goof balls when your country is in such trauma?** We look to the Bob Hope USO Shows as our role model and consider our company as the U.S. Oh-Oh Show. Humor helps to heal and break down barriers between people. As Victor Borge said, "Humor is the shortest distance between people". Mamas don't give in to adversity. They press on with encouragement and hope. It's just what Mamas do.

- ❖ **What do you do besides parades?** We do musical comedy shows and poke fun at most everything. We like to help out and contribute to society.
- ❖ **Pointed dirt digging questions such as: Are you all Republicans? Are you Pro-Life? What is your stand on the treatment of women in third world countries?** The group is non-partisan. We exist to spread fun and joy and bring hope to all people. It's hard enough to get this group of live wires to agree on the color for our boas. (just don't answer these types of questions with yes, no, maybe, don't know)
- ❖ **Yes, but do you support ....?** Our group is diverse; each has their own opinions (change the subject). Never answer for the group nor offer individual opinions during an RHM interview.
- ❖ **Do you support President Trump? Obama Care? Do you think your troops belong in \_\_\_?** Our group is very diverse and everyone has their own opinions (change the subject).
- ❖ **What do you support?** Women! All women, all around the world. Especially those who think life is over, that they've done all they will ever do already, that the time for playing dress-up and coming out to play with the girls is past! If pushed further, go into a chant, Motto, wave at Mom, Say "God Bless America", dance, chant, sing, say, "Hi mom". Do not let anyone lead you into a controversial area.
- ❖ **What are the criteria to be a performer in the Red Hot Mamas?** You have to be a mama, a grandmama, a great grandmama, or just plain great. And it helps to be a little nuts, off your rocker, fun loving, and ready to squash the box.
- ❖ **What are the benefits of belonging to a group like this?** We get to meet the best people. The fellowship with women like this is indescribably special. A real boost to our lives. Life-changing for some. Talk about yourself using the "I" word as much as you want.
- ❖ **What's it like where you are from?** Tell about your beautiful area. Below is Idaho example. Summers, mountains, lakes and winters with snow sports and Christmas Festival with parade, singing, fireworks. Gorgeous Cd'A Resort, Norman Rockwell downtown, park, North Idaho College. Musical theaters, Art on the Green. Know the facts:
 

<b>Population</b>	34,514	<b>Elevation</b>	2,152
<b>Governor</b>	Brad Little	<b>Lt. Governor</b>	Janice K. McGeachin
<b>Mayor</b>	Steve Widmeyer	<b>Coeur d'Alene</b>	"Heart like an Awl"
<b>Size of the lake</b>	25 miles long. Over 109 miles of shoreline		
<b>Activities</b>	Huckleberries- winter and summer sports-Ironman-Golf courses		
- ❖ **How did the invitation come about?** Music Celebrations International has been after us to go to this event for several years. Finally, with the opportunity to perform in both the Dublin and the Limerick Festivals by invitation from honorable mayors, we couldn't resist.
- ❖ **How many are going?** 40 to 50



## **MILITARY MOVEMENTS TO LEARN**

### **Hut – 2- 3- 4**

**ATTENTION:** Heels together, toes pointing out equally forming an angle of 45 degrees. Keep legs straight without locking the knees. Hold body erect, chest lifted and arched with shoulder's square. Head erect, face straight to the front. Let arms hang straight without stiffness. Curl the fingers so that the tips of the thumbs are alongside and touching the first joint of the forefingers. *We hit outside thighs and bring fists to waist.*

**FALL IN:** We run into rank and file formation from wherever we are. Keep the legs straight without locking the knees. Simultaneously, place the hands at the small of the back and centered. Keep the fingers of both hands extended and joined, interlocking the thumbs so that the palm of the right hand is outward.

**MARK TIME:** Beginning with Left foot. March in place.



## **CHANTS TO KNOW BY HEART** **WITH CHOREOGRAPHY**

General direction: Enunciate by landing hard on ending consonants.  
Freeze/Pose at the end of cadences for 1-2-3, then Scream and Hollar!

### WHO ROCKS THE HOUSE?

- The Mamas rock the house.
- And when the Mamas rock the house,
- They rock it all the way down the street, UH-HUH.
- All the way down the street! YEAH!



### MY BACK IS BREAKIN'

My Back is breakin'. My belt's too tight  
My hips been shakin' from the left to the right  
From the left (clap-clap)  
To the right (clap-clap)  
To the left (clap) To the right (clap)  
Left (clap-clap)  
Do Slooooo. Medium. Super fast.

### HERE WE COME

Here we come,  
Justa dancin' down the street  
Singing Red Hot Mamas gonna  
Rock the House.  
Snappin' our fingers and  
Shufflin' our feet  
Singing Red Hot Mamas gonna  
Rock the House.  
Look good, (echo Look good)  
Look fine, (echo Look fine)  
Look good, Look fine, Feel so good it  
blows my mind  
2-3-4 Boom chucka lucka lucka,  
Boom chucka lucka lucka,  
Boom chucka lucka lucka,  
**BOOM!**

### MAMAS ON THE GO

- Red Hot Mamas on the go.
- Just came by to say hello
- Red Hot Mamas, lotsa fun
- Look out now, cause here we come.
- Sound off-Red Hot.
- Sound off-Mamas.
- Bring it on down.
- Red Hot Mamas.
- Red Hot. MAMAS!

## Legaleeze Section

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**Indemnification:** You agree to defend, indemnify and hold harmless RHM and its subsidiaries, affiliates, directors, officers, agents, co-branders or other partners and employees from and against any and all liabilities, claims and expenses, including reasonable attorneys' fees, made by any third party due to or arising out of content you submit, post to or transmit through RHM documents, communications, merchandise, Websites, and all materials, your use of RHM documents, communications, merchandise, Websites, and all materials, your violation of the Terms of Use or your violation of any rights of another person or entity.

**Choice of Law and Forum:** These Terms of Use shall be governed by and construed in accordance with the laws of the State of Idaho, excluding its conflict of law rules. You and RHM expressly agree to submit to the exclusive jurisdiction and venue of the courts in Kootenai County, Idaho in all disputes arising out of or relating to the use of the documents, communications, and Websites.

**Severability and Integration:** If any portion of these Terms of Use are held invalid or unenforceable, that portion shall be construed in a manner consistent with applicable law to reflect, as nearly as possible, the original intention of the parties, and the remaining portions shall remain in full force and effect.

**No Waiver:** The failure of RHM to enforce any provisions of these Terms of Use or respond to a breach by you or other parties shall not in any way waive its right to enforce subsequently any terms or conditions of these Terms of Use or to act with respect to similar breaches.

**Miscellaneous:** You agree that no joint venture, partnership, employment, or agency relationship will exist between you and RHM as a result of these Terms of Use or your use of RHM documents, communications, merchandise, Websites, and all materials. Nothing contained in these Terms of Use is in derogation of RHM right to comply with governmental, court and law enforcement requests or requirements relating to your use of RHM documents, communications, merchandise, Websites, and all materials or information provided to or gathered by RHM with respect to such use. A printed version of these Terms of Use and of any notice given in electronic form shall be admissible in judicial or administrative proceedings based upon or relating to these Terms of Use to the same extent and subject to the same conditions as other business documents and records originally generated and maintained in printed form.

**Termination:** RHM reserves the right, in its sole discretion, to terminate your access to all or part of RHM documents, communications, merchandise, Websites, and all materials, with or without notice to you. You agree that RHM shall not be liable to you or any third party for any termination of your access to the documents, communications, and Websites.

**The Red Hot Mamas takes your privacy seriously.**

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## **Mik's Red Hot Mamas, Ltd. aka The Red Hot Mamas (RHM) Privacy Policy**

### **What Information Do We Collect?**

**Information You Provide:** We collect information that you voluntarily provide when you use RHM Services, and might include, for instance, your name, address, age, birth date, gender, email address, phone number, photo, costume sizes, zip code, education, professional experience, demographic information, information about your health and/or medical conditions, product usage and preferences.

### **How Do We Use Your Information?**

Your information is used to deliver the programs, services, products, or information you request, and for RHM purposes, and also to provide support; send administrative information to you; deliver communications; permit you to participate interactive features, such as chat features, and to administer and facilitate these activities and social sharing functionality and messaging; as we believe to be necessary or appropriate.

### **When and to Whom Do We Disclose Your Information?**

The information we collect from and about you may be disclosed: by you, on message boards, chat, profile pages, blogs, and other services to which you post information and materials. Because any information you post may become public, we urge you to be very careful when deciding to disclose any information on or through RHM Services. Information may be disclosed as required by law, such as to law enforcement, to health authorities to report possible adverse events, during government inspections or audits, as ordered or directed by courts or other governmental agencies, or in order to comply with a subpoena or other legal process; to enforce our terms and conditions; to protect RHM operations or those of RHM affiliates; to protect RHM rights, privacy, safety or property, and/or that of RHM affiliates, you or others; and to allow RHM to pursue available remedies or limit damages that RHM may sustain; when we believe in good faith that disclosure is necessary to protect legal rights or the security or integrity of RHM operations or the Services or those of any RHM affiliates; or allow us to pursue available remedies or limit the damages that we may sustain.

### **Your Choices**

The Services may contain links to third-party services that are not under our control. We are not responsible for the collection and use of your information by such services, and we encourage you to review their privacy policies. In addition, we are not responsible for the information collection, use, disclosure, or security practices of other organizations, such as Facebook, Apple, Google, Microsoft, RIM, or any other app developer, app provider, social media platform provider, operating system provider, wireless service provider, or device manufacturer, including in connection with any information you disclose to such other organizations through or in connection with the Services.

### **Changes to This Privacy Policy**

This Privacy Policy became effective on March 15, 2017. RHM may update it from time to time by posting a new Privacy Policy on RHM website. You are advised to consult RHM website regularly for any changes, and your continued use of the Services after changes have been made constitutes acceptance of changes.



## **Mik's Red Hot Mamas, Ltd. aka The Red Hot Mamas (RHM) Code of Ethics**

### **Goal:**

To establish a set of principles and practices applicable to all The Red Hot Mamas (RHM) Performance Crews.

### **Code:**

All The Red Hot Mamas (RHM) Performance Crews are committed to observing and promoting the highest standards of ethical conduct in the performance of their responsibilities.

RHM Performance Crew Leaders, Members, Volunteers, and all affiliates serving in any and all capacities accept this code as a minimum guideline for ethical conduct:

### **Accountability**

1. Faithfully abide by RHM Performance Crew Manual, "I Am a Red Hot Mama" Form and Agreement, Red Hot Mama Operating Agreement and Release of Liability and Performer Liability Agreement.
2. Exercise reasonable care, good faith and due diligence in organizational affairs.
3. Fully disclose, at the earliest opportunity, information that may result in a perceived or actual conflict of interest.

### **Professional Excellence**

1. Maintain a professional level of courtesy, respect, and objectivity in all The Red Hot Mamas activities.
2. Strive to uphold those practices and assist other Red Hot Mama crews to uphold the highest standards of conduct.

### **Equal Opportunity**

1. Ensure the right of all members to appropriate and effective participation without discrimination in respect to gender, sexual orientation, national origin, race, religion, age, political affiliation or disability, in accordance with all applicable legal and regulatory requirements.

### **Confidential Information**

1. Respect the confidentiality of sensitive information.

### **Collaboration and Cooperation**

1. Respect the diversity of opinions and formally register dissent as appropriate.
2. Promote collaboration, cooperation, and partnership among all crews.

## **Mik's Red Hot Mamas, Ltd. aka The Red Hot Mamas (RHM) Abuse and Harassment Policy Guidelines**

The Red Hot Mamas (RHM) is committed to providing a safe environment for its members, participants, directors, leaders, instructors, volunteers, and all RHM Performance Crews.

Sexual, physical or emotional abuse or harassment in any form by anyone affiliated or participating in RHM in any and all capacities is unacceptable and will not be tolerated. When anyone affiliated is subjected to sexual, physical or emotional abuse or harassment in any form it undermines the mission and values of RHM. RHM advocates building strong self-images among participants, strives to promote wholesome participation throughout the organization, and encourages qualities of mutual respect, courtesy and tolerance.

Anyone affiliated with the organization is expected to observe and adhere to the following principles.

1. Abuse or harassment of any kind will not be tolerated within the organization. This means RHM does not accept physical, sexual, emotional or verbal abuse, harassment or similar misconduct from any person towards its members, participants, directors, leaders, instructors, volunteers, all RHM Performance Crews, or any other persons while they are participating in or preparing for events or activities conducted by RHM.
2. Physical and sexual abuse, including, but not limited to, striking, hitting, kicking, biting or wanton gesturing, lewd remarks, indecent exposure, unwanted physical contact, any form of sexual contact or inappropriate touching, are strictly prohibited within RHM, all RHM Performance Crews, and as a part of RHM events and activities. Physical abuse does not include physical contact that is reasonably designed to instruct, teach or demonstrate a performance related skill.
3. Emotional abuse or verbal abuse is also prohibited. This may include, but is not limited to: yelling, insulting, threatening, mocking, demeaning behavior or making abusive statements in regard to a person's race, gender, religion, nationality/ethnicity, sex or age. Emotional abuse does not include controlled and disciplined verbal communication that is generally accepted in dance, drill, theater, and performance arts as a reasonable method of coaching or teaching the discipline.
4. Also prohibited are any improper or inappropriate comment, action or gesture directed toward a person or group that is related to race, ethnicity, national origin, religion, age, gender, sexual orientation, disability of other personal characteristic; insulting, intimidating, humiliating, demeaning or offensive behavior; name-calling, threats, belittling, unwelcome advances and requests for sexual favors; bodily hurt or injury, hitting, shaking, kicking, or shoving; rape, incest, fondling, exhibitionism and sexual exploitation; destructive behavior consisting of ridiculing, screaming, swearing, racist comments, threatening, stalking, hazing and isolating.

RHM recommends taking the following precautions to help ensure a safe environment for all members, participants, directors, leaders, instructors, volunteers, and all RHM Performance Crews.

1. Strongly advise no person drive alone with unknown persons in vehicles.
2. Do not attend locker rooms, bathrooms, or any other private room alone or in the company of unknown persons.
3. Arrange private rehearsals or meetings with the assistance of another adult.
4. Have private conversations within view of others instead of a private room or office.
5. When traveling overnight with participants, pair up with participants of your choosing and the same gender.

# Mik's Red Hot Mamas, Ltd. aka The Red Hot Mamas (RHM)

## Corrective Procedure

### OOPS!

When something happened that you really didn't mean to do, don't know why you did it, got goofed up, but did it anyway..... Corrective Procedure



Don't make  
me come  
over there

### 1-2-3

#### 1---Warning: Red alert! Red alert!

- Verbal or written notice from leadership Mama as approved by director, and copied to all members of leadership team.
- Record date and details of the boo boo.
- Don't make mama have to tell you again!

#### 2---Warning: Oh no, not again. For crying out loud!

- Verbal and written notice of infraction (to include written date and content of previous verbal notice), and consequences of doing it again. If you don't want to get sent to your room, knock it off!
- Space for member to write their opinion if they choose to do so.
- Signatures of all parties (including a witness)
- To be administered by a leadership Mama and witnessed by another Leadership Mama as approved by the director.
- It hurts mama more than it hurts you so don't do it again or it's 23 ski doo!

#### 3---The Curtain is Falling. Exit stage left....

- Verbal and written notice of infraction (to include written information from #1 and #2 notices).
- Consequences may be leave of absence, termination of membership, or other. Airfare and lodging not included.
- Space for member to write their opinion if they want to do so.
- Signatures of all parties including a witness.
- To be administered by a leadership Mama and witnessed by another Leadership Mama as approved by the director.
- What a bummer job this is. Save us all the agony and be good girls or go be a bad girl someplace else where you can be as bad as you want as much as you want and it isn't bad



The Red Hot Mamas [RHMamas.com](http://RHMamas.com) [RHMamas@aol.com](mailto:RHMamas@aol.com) FB  
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