



SENT ON: FRIDAY, JUNE 6, 2025

TWO WEEKS to DEPARTURE!

It goes without saying that excitement is high, the office (and our inboxes) are humming with all things Scotland, and every email you receive from us is important, high-priority reading.

THANK YOU for all the ways you are helping your tour member prepare for this trip, paying attention to nutrition, sleep, and all the things that will promote a great experience for them these next three weeks.

Thank you for reading carefully and reaching out to us with any questions.

****UPDATE****

Tour is 100% Nut-free

This is an important update for EVERYONE participating in the tour.

Exposure to tree nuts: cashews, almonds, pistachios, hazelnuts, peanuts, etc., is a serious health issue for one of our tour members, **including airborne exposure**. To ensure their safety, and a tour environment that is supportive and comfortable for them, we are committing to consuming snacks and meals free of nuts for the duration of the tour.

This includes snacks and meals brought to our tour rehearsals prior to departure.

Thank you for being thoughtful about how you pack your snacks and lunches for rehearsals, departure day, and what you consume while we are in Scotland when we are all together.

We will all help each other with this shift in how we think about what we are eating!

The [packing list](#) has been updated with this information and includes a list of suggested snacks.

Items without nuts that are packaged in a facility that processes nuts are ok.

Items with nuts, nut butters, or nut oils as ingredients are not ok.

Thank you for thinking ahead about this and making a plan with your singer!

Updating health / well-being information

As we move toward departure day, please email us with ANY updates to your singer's health information, including medications, behavioral changes, new or updated supports needed.

Making every rehearsal count

Every moment of the **six** rehearsals that remain before we depart is important and will be used to thoughtfully prepare our tour group for their Scotland experience, in all ways.

Our music-making and ethos-building scaffold as we move through rehearsal week making every rehearsal important in the process.

Singers: This is a busy two weeks for everyone! Please take extra special care to eat healthily, stay hydrated, get enough sleep, and pay attention to how you're feeling.

Before you come to rehearsal, have your Scotland music neatly organized in your black binder. Don't forget your pencil. Review the [rehearsal website](#) as you practice during the week.

Most important:

Please arrive on time. Early is on time. We begin promptly at the times noted on the schedule.

Attendance is required at all tour rehearsals.

Remaining Rehearsal Schedule:

Sunday, June 8, 1-6PM
Monday, June 9, 6-8:30PM
Sunday, June 15, 1-6PM
Monday, June 16, 9AM-4PM
Tuesday, June 17, 9AM-4PM
Wednesday, June 18, 9AM-4PM; 7PM send off concert at MYArts
Thursday, June 19, 6-7PM final family meeting
June 20-27 Tour!

Send Off Concert • June 18 • 7PM

Starlight Theater at MYArts

****Concert black attire for tour members****

Each tour singer is invited to reserve up to four (4) seats for their in-person cheering section.

Please complete the reservation form linked below by June 15 to accomplish this.

This is a firm deadline. Any remaining seats available after the deadline will be offered to the waiting list on a first come, first served basis.

On concert night, we will have a check-in process at the door to track the limited occupancy--please submit the form so we know how many to expect from your family.

All seating will be general admission.

[SEND OFF CONCERT RESERVATION
REQUEST](#)

As always, please reach out to us with any questions! We're looking forward to seeing everyone on Sunday at 1PM at MYArts!

Ta and cheerio,
:)Lynn and Mike

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