

# AUTUMN HELENE CHOCIEJ

[autumnhelenemusic@gmail.com](mailto:autumnhelenemusic@gmail.com)

[www.AutumnHelene.com](http://www.AutumnHelene.com)

253-886-8365



@autumnhelenemusic

Facebook Fan Club: Autumn Helene Music

---

## **PRESS RELEASE**

### **FOR IMMEDIATE RELEASE**

**PRESS CONTACT:** [kat@weeds-to-wishes.com](mailto:kat@weeds-to-wishes.com)

Sept. 11, 2019 - Autumn Helene, 12 year old singer songwriter, musician, residing from Auburn, WA, has recently won the golden ticket at the National American Miss WA/OR pageant this past labor Day weekend.

Autumn Helene performed her original song "[You Won't Regret A Thing](#)," which she wrote in response to being bullied. She hopes this song will serve as a battle cry to other girls her age, to take back their power.

Earlier this week, Autumn Helene release her song as a single. It can be downloaded for purchase on Amazon, Google Play, iTunes, Spotify and other streaming stations.

###

### **BANDS**

2019-2020, The Unshakeables

2019, The Sleeping Kings [live performances: Jazzbones, The Swiss, Louie G's](#), Pt Ruston and [McMenimen's Spanish Ballroom](#)

**AWARDS:** [Best band of the Year](#), The Sleeping Kings; Most Inspirational, Rainier Youth Choirs

### **SOLOS**

2019, [London Bridge recording studio](#), original song "Battlecry"

2019, [Open Mic Night](#) All Ages Jam, [Jazzbones](#)

2018, Be Like A Bird, Rainier Youth Choirs: <https://youtu.be/2PgYeg96Z88>

2018, Proud Corazon, Rainier Youth Choirs: [https://youtu.be/ABnAD\\_GnJUg](https://youtu.be/ABnAD_GnJUg)

2017, Glorious, *Celebrate Friends* concert, Rainier Youth Choirs

2016, [Hashivenu Rao](#), *Celebrate Traditions* concert, Rainier Youth Choirs