



# FootNotes



Jun. 17, 2008



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## Director's Notes

### O= OPEN ATTITUDE

**"Today is your day, your mountain is waiting, so get on your way."** Dr. Seuss

**"The longer I live, the more I realize the impact of attitude on life."** Charles Swindoll

**"Remember that whatever you do in life, 90% is half mental."** Yogi Berra

Are you a glass half empty or half full person? It makes a difference. The Chorus of The Keys will be undertaking exciting new challenges as the year unfolds and it is important to identify the positives as we progress. A positive attitude is the single greatest component to a rewarding experience. We are moving at a dynamic and pragmatic pace, structured with sound fundamentals and quality planning. Consider the following as you prepare for your weekly journey...

### Attitudes Defined

Attitudes are the established ways of responding to people and situations that we have learned, based on the beliefs, values and assumptions we hold. Attitudes become manifest through your behavior.

### Attitude Drives Behavior

Your body language is a result of your mental attitude. By choosing your attitude, you choose that mood and send out a message that everyone understands, consciously or unconsciously.

### The Power of Positive Attitude

It is not what happens to you that counts. It is how you react to what happens to you, especially when you have unexpected problems of any kind. Learn and master strategies you can use to keep yourself thinking and acting positively and creatively.

### Positive Attitude Means Longer Life

If you want a longer, healthier life, then you need to develop and maintain a positive attitude—we now have proof thanks to a study from the two American Universities. Researchers followed and studied 1500 people for 7 years.

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## Calendar

- Jun. 26: Lunch Bunch at LaTosca Ristorante on Blackburn Point Rd in Osprey.
- Jun. 29: Church of the Nativity on the east side of Lockwood Ridge just south of University
- Jun. 29: International Convention, Nashville Tn
- Jul. 13: Trinity United Methodist, Sarasota
- Jul. 24: Lunch Bunch TBA
- Aug. 3: First Baptist Church

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All 1500 were in good health when the study began. Researchers followed how they aged by measuring such things as weight loss, walking speed, exhaustion and the strength of their grip.

They found that people who maintained a positive attitude were significantly less likely to show signs of aging. They were more likely to be stronger and healthier than those that had a negative attitude. If you have a doom and gloom attitude, you're actually making yourself weaker.

Not only will a positive attitude help you be healthy and live longer—but it also increases the likelihood that you will succeed. (Dr. Glenn Ostir- Lead Researcher/Vadim Kotelnikov- Innovation Unlimited)

One of the most successful and creative CEOs in the business world today is Steve Jobs from APPLE COMPUTERS. As we continue to grow and succeed, consider his RULES OF SUCCESS:

### RULES OF SUCCESS

#### Steve Jobs -Apple Computers.

**(Modified/Applied for The Chorus of the Keys By George G. Gipp)**

**Do what you love to do.** Find your true passion. Do what you love to do and make a difference! If you love what you do, you will increase the desire to do great work.

**Do your best.** Give your best to every job you undertake. Success generates more success. So be hungry for it.

**Make SWOT analysis.** As soon as you undertake a task, make a list of STRENGTHS and WEAKNESSES of yourself and your circumstances—then WRITE IT DOWN. Next, evaluate the OPPORTUNITIES & THREATS. You will be amazed at the clarity that prevails.

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## HAPPY BIRTHDAY

### Member

6-21 Dave Zimmerman

### And Spouse

6-17 Ruth Hawking, Frank

6-21 Nancy Manville, Ed

## HAPPY ANNIVERSARY

6-17 Don & Lois Ann Huldin

6-17 Ray & Sheila Wild

### MEETING NIGHT AFTERGLOW

Everyone is Welcome..... to attend our weekly "Afterglow" immediately following the meeting. You're invited to wet your whistle, sing songs with the guys, chat with our Director and get a bite to eat in the mall alcove at Applebee's Restaurant on Main Street just a few blocks east of our meeting hall on the corner of the movie theater parking garage. Park along Main Street or pull into the parking garage (it's free at that time of night) and come and ring some chords from 9:45 pm until.....?

**See you there!**

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**Be entrepreneurial.** Look for the next big thing. Find a set of ideas that need to be quickly and decisively acted upon and act. Sometimes the first step is the hardest one. Just take it. Have the courage to follow your heart and intuition.

**Start small, think big.** Don't worry about too many things at once. Take a handful of simple things to begin with and progress to more complex ones. Think about tomorrow, plan for the future.

**Ask for feedback.** Seek feedback from people with diverse backgrounds. Each one may tell you one useful thing. If you're open, people will be honest.

**Innovate.** Innovation distinguishes a leader from a follower. Delegate...trust in others of like mind and commitment.

**Learn from failures.** Sometimes when you innovate, you make mistakes. It is best to admit them quickly, and then get on with improving your other innovations.

**Learn continually.** There's always "one more thing" to learn. Cross-pollinate ideas with others both inside and outside your organization. Learn from friends, competitors and partners.

For the COTK, this is a time of growth and opportunity. Let's make a commitment to excellence with a positive OPEN ATTITUDE!

Don and George

## Sunshine News

### A THOUGHT TO REMEMBER

You cannot control the length of your life, but you can control its width and depth.

Jerry Lunkes: is doing OK, was seen shopping with Mary.

John Wooley: is doing well with help from his family. Still no visitors yet, please.

Jim Spear: is back home but still has no energy. No new news since last week.

Bob Durgin: is still having serious & continuous back pain & weakness. No new news.

Cards, calls & prayers are always welcome.  
Sunshine Chair—Ed Manville **941-346-8219** or  
<hiedm3@comcast.net>

### SUMMER SINGOUTS

As Steve reminded us a few weeks ago, we have committed to three church singouts, beginning on June 29th at Father Gerry's Church on Lockwood Ridge Rd. Father Gerry has requested 'The Lord's Prayer', 'God Bless America' and possibly 'How Sweet the Sound Medley'. All songs are from our Inspirational Concerts, nothing new. We just have to make sure we know all notes & words. For our newest members, we will not be doing a full-blown show, just 2 or 3 numbers to lend our music to the services.

Other music could include— 'Great is Thy Faithfulness', 'How Great Thou Art', 'I Believe', 'Amazing Grace' & 'Irish Blessing'.

### OUR WEBSITE

All of the information for viewing, listening to, or downloading files, including sheet music, training tapes, and recent rehearsal recordings is available on our web site at — [www.chorusofthekeys.org](http://www.chorusofthekeys.org) Go to the **Members** page by clicking on **Members** in the main menu. You will need a password to access this page. If you don't know it, ask any member; but for security reasons, please **DO NOT EVER** email the password (or ask someone else to). On the **Members** page, click on **Current Rehearsals**.  
Chorus Webmaster, Richard Romley

### News & Views for the FootNotes

should be sent to the editor at—  
<editorken@yahoo.com> by **Noon Monday**.  
This address is for **FootNotes** articles only.  
For all other emails, please use—  
<rohskf@yahoo.com> Thank you, Ken