



# FootNotes



Jul. 15, 2008



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## Director's Notes

### E= ENERGY

"you can out-energize most all of your challenges"

True? Absolutely! Some of the most brilliant minds in the world concur. As we continue our Chorus of the Keys journey, it may require that you increase your energy level.

#### **So How Can We Do This?**

**Here are three ideas that may assist in bringing both immediate and long term results.**

#### **A> Goals & Goal Setting**

Having WRITTEN goals keeps us energized. Yes, its rewarding to reach a particular goal. But strategizing to attain something just outside of our grasp... something that we continually reach for, will not only keep us motivated and excited but most importantly keep us moving forward. Ultimately this will enhance our energy levels. Are you looking forward to a particular reward? Are you setting goals and placing prizes into your future? If not, try it. It works.

#### **B> Health & Exercise**

Proper attention to health, diet and exercise will minimize personal stress. Are you a runner? Then run. A walker...start walking. Work the machines. Enjoy the steam room.

SEE YOUR DOCTOR REGULARLY.

Take time for yourself and your family. This is not a luxury; it is a necessity. Making a living is essential, but living and enjoying life with passion are equally important.

Continued in next column —>

## Calendar

Jul. 31: Lunch Bunch at—the SANDBAR restaurant on the beach on Anna Maria Island

Aug. 17: First Baptist Church

Aug. 21: Lunch Bunch, TBA

Oct. 10: District Convention, Jacksonville

Oct. 25: Chapter Picnic on Lido Beach

Continued—>

You owe it to yourself, your loved ones and your friends to be there as life unfolds. A healthy quality of life is the bare minimum you deserve.

#### **C> Embrace Change**

Change is inevitable. We know this and yet continue to feel as though somehow we can remain in our comfort zone endlessly. Whenever you experience a challenge, try looking at it through a different set of eyes. Think of a recent event that has caused you or your family unexpected grief. Are stock profits down? Gas prices up? Is the threat of a layoff imminent in your family or business? Has customer demand plummeted? Try looking at these scenarios from a different perspective and play the 'what if' game. What if you reorganized, introduced a new product, allocated funds differently, changed your strategies, or did any number of things in a different way? Possibilities DO exist. Become a Change Agent. If you embrace change, you will not only learn to expect it but to actually look forward to it.

These concepts are guaranteed to produce positive results.

#### **ENERGIZE AND ENJOY!**

The Directing Team  
Don & George

## HAPPY BIRTHDAY

### Member

7-15 Fred Lathwood  
7-15 Bob Reidenbach  
7-16 Don Van Der Kolk  
7-17 Howard Gollnick  
7-21 Gene Courts

### And Spouse

7-15 Dora Frantz, Dave  
7-17 Janet Albright, Jim Stoup  
7-17 Gloria Webber, Jack  
7-21 Wendy Schwaeber, Jeff

## HAPPY ANNIVERSARY

None to report

### 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!**

### SUMMER SINGOUTS

Gentlemen, we have committed to three church singouts. 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.

Music could include—

'Great is Thy Faithfulness',  
'How Great Thou Art',  
'I Believe',  
'Amazing Grace'  
'Irish Blessing'.

### COSTUME FOR ALL CHURCH SING-OUTS

Blue Blazer, regular white shirt, our long 4-in-hand tie or a blue one and Tan trousers  
Black shoes & socks.

## Sunshine News

### A THOUGHT TO REMEMBER

We have happier days when we give others a bit of our heart rather than a piece of our mind.

Fred Williams: his mother passed on at 100  
John Wooley:  
Jim Spear:  
Bob Durgin:

No news is hopefully good news—  
BUT, it is sometimes NOT!!!

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

We have polled members for music they would like to sing at the Lunch Bunch. Thus for the monthly Lunch Bunch, they have chosen to 'review' **ZIPPITY DOO DAH, IT'S A GRAND NIGHT for SINGING, OLD FASHIONED GIRL, and SWEET & LOVELY.** Each month we'll try this approach, so that we can bone up on our music— especially newer members. If you have NEVER signed up for the Lunch Bunch, why not do it for this month.

### OUR WEBSITE

All of the information for viewing, listening to, or downloading files, training tapes, and recent rehearsal recordings is available on our web site at — <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—  
<rohrskf@yahoo.com> Thank you, Ken