



# FootNotes



Oct. 7, 2008



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## Director's Notes

### How to Turn Stage Fright into Peak Performance

(Edited by G. Gipp- from Speaking Expert Marie Wallace)

Relaxation is critical for performers. It removes excessive tension which negatively impacts the respiratory, digestive, muscular and circulatory systems, and generally impairs performance by literally tying up the body in knots. The audience forms an impression within the first few seconds of the performance. The relaxed performer connects with the audience immediately.

Develop a personal relaxation ritual to reduce stage fright. In addition to proper hydration, Vitamin B and Potassium, here are **five tips** to adopt positive energy training. You need to realize that pressure is something you put on yourself. You have the power to overcome doubt and fear by acquiring this repertoire.

### Relaxation Exercises

Relaxation exercises are useful to ward off last minute anxiety attacks while you are in the ready room or even on stage waiting to 'go on'. Concentrate on exercises that involve the feet, legs and lower torso.

- + Deep and slow breathing exercises.
- + Consciously relax each toe. When you have done all ten, continue to the feet and ankles until you work your way to your waist. A variation on this exercise is to tense each body part briefly and then relax it.

- + Stretches of all kinds
- + Shake limbs (feet, legs, hands, arms) one at a time
- + Shoulder and neck rolls
- + Arm swings

Continued next column-->

## Calendar

- Oct. 10 -12: District Convention, Jacksonville
- Oct. 18: Chapter Picnic on Lido Beach at Webber's Cabana
- Oct. 26: Concert with "In The Mix" at Manatee Community College, Bradenton

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### Stance

Your stance tells the audience how you feel. Upward movements convey enthusiasm and energy. Downward movements suggest weariness and discouragement. You communicate via your posture before you even sing the first words. You want to avoid shuffling to the lectern as if you anticipated an execution.

### Imagery and Visualization

Imagery and visualization are processes that form pictures in our minds like creating a movie in your head. When you create a 'mind movie' with yourself excelling at an activity, you remove any negative script and harness all your positive energy.

### Sweet Smell of Success

Certain odors are known to relax the body. Some of these are chamomile, jasmine, lavender and pine. You can buy these natural aromatic oils in specialty shops. Many of these shops also sell small vials of combinations of aromas labeled 'Relaxation'. Put the aroma on a tissue and sniff it inconspicuously. Aromatherapy is often beneficial for falling asleep.

### Attire

What you wear should make you feel secure, confident and assured. Choose an outfit that makes you 'feel and look good'. The garment should never restrict movement. **CHOOSE COMFORTABLE SHOES!**

Always remember to drink **EIGHT** glasses of water per day and mentally run your sets **DAILY!!!!**

The Directing Team, Don & George

## HAPPY BIRTHDAY

### Member

10-5 Howard Dobson  
10-9 Gus Baden  
10-10 Mike George

### And Spouse

10-8 Fran Moran, Ed

## HAPPY ANNIVERSARY

10-8 Charlie & Linda Alexander  
10-8 Fred & Eileen Lathwood  
10-11 Ray & Laurel Schiller  
10-12 Leon & Florence Porch

## Sunshine News

### A THOUGHT TO REMEMBER

"I find the great thing in this world is not so much where we stand as in what direction we are moving". O. W. Holmes

Jim Spear: had another operation on an artery, had a clot. Is home & doing OK

Hopefully, no news is good news,  
BUT, it is sometimes NOT!!!

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

### 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 about 3 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 9:15 pm until.....?

**See you there!**

### 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

### THE DITCHFIELD'S CHRISTMAS SHOW

Gentlemen, this is a reminder to get your show tickets **ASAP**. The Orchestra Main seating for the Saturday matinee is almost sold out already. There are only 2 rows open at the back of the theater in the Orchestra Prime, which Bernice is hoping the COTK will order before they're all sold out, too. Both evening shows have plenty of good seats available at this point.

### SHOW PROGRAM AD SALESMEN

For our upcoming SHOW season, we're going to make a change in procedures to make it easier for our Salesmen to acquire AD SALES RENEWLS. Start collecting contact names and e-mail addresses NOW and your chairman will send all material electronically for you. Our purpose is to personally save time and gasoline. For those reluctant 'contacts', we may still have to make a personal call. But September is still kick-off month for the Annual AD Sales Campaign. Dick Bechtel

### THE DITCHFIELD FAMILY SINGERS

Will be performing a new show at The Sarasota Players Theater on Nov. 7th, 8th & 9th. "The Songs America Sings" with a musical tribute to America just before Veteran's Day. We hope you'll join us there if you can. Box Office: 941-365-2494

### IN THE MIX BENEFIT CONCERT

The Chorus will sing on Sunday, Oct. 26 from 2:00—4:00 with the Sweet Adeline Quartet "In The Mix" and other groups at MCC in Bradenton. Don Clause will direct us. Sign up sheets are available at each meeting. If you have any questions, call— Bob Amer, 312-5587

### CHAPTER PICNIC

The picnic invitations are on the rear table for those who need them. Cost is \$13 per member & \$25 per couple. Checks are preferred and have to be given to Dick Bechtel or Bob Kemp by Oct. 14 for a head count for the catered food from Sonny's.

Thanks, Dick Bechtel

### 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