



BARBERSHOP
HARMONY
SOCIETY

FootNotes

Dec. 9, 2008



CHORUS OF THE KEYS
SARASOTA



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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 relation 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 version 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 in next column>

Calendar

Dec. 12 & 13: Christmas Concert with the Ditchfield Family, Sarasota Opera House

Dec. 18: Holiday Party, instead of Lunch Bunch at Café Baci, See Bob Kemp or Dick Bechtel for reservations. Cost is \$22.50 per person (PREPAID) includes tax & tip.

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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 and 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!!!!**

Your Directing Team, Coacher Don & GGG

HAPPY BIRTHDAY

Member

12-10 Ken Rose
12-12 Gordon Lenci
12-13 Ken Rohrs
12-15 Mike Worthley

And Spouse

12-09 Debora Pontoni, Ray
12-10 Regina Ditchfield, Nathanael
12-13 Betty Chamberlin, Joe
12-13 Mary Hadden, Don

HAPPY ANNIVERSARY

12-15 Bob & Kay Fedel

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!

AD CAMPAIGN — 2009 SHOW PROGRAM

We kicked off the new AD campaign last week with issue of old RENEWAL Envelopes for those 100+ customers from previous years. Envelopes for new "prospects" (unassigned) are also in the AD BOX on the back table tonight. If you did not assist with this AD SALE campaign in previous years, give it a try. It's easy; just contact a business or professional office with whom you've done business. Inform the 'contact' that this is one way of producing income for the chorus and explain that our budget is at a six digit level annually, even though each member has to maintain his uniforms, and provide his own transportation to sing-outs and rehearsals.

As an incentive to selling an AD to a new customer this year, the Chorus will pay a 10% commission to each salesman for each sale made. If you have any questions, see or call (or email) Dick Bechtel

Sunshine News

A THOUGHT TO REMEMBER

"In every man's heart there is a secret nerve that answers to the vibrations of beauty".
Christopher Morley

John Wooley: came through the operation OK, is home, but no visitors. Use email.

'Robbie' Robinson: is at Life Care Center Rehab to recuperate, doing well.

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>

VOLUNTEERS ARE NEEDED

To help The Ditchfields at The Christmas Show, and would be much appreciated. Please call Bernice at 923-2013 if you and/or your wife can help with the following:

Friday morning— load-in and stage decorating
Friday afternoon— program insert stuffing— time ?
Friday— three 4 hour shifts— Green Room Hostess
Friday night, Saturday matinee, and Saturday night during the show— backstage black-clad "staghands" to help with set changes
Felding Hall clean-up crew after dinner
Saturday night— stage décor breakdown, and load-out .
Thank you!

**This Saturday is the Christmas Show
Lots of little things to perfect for this show. Please do your homework. We want to make this a good performance. Don & George**

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—
<rohorskf@yahoo.com> Thank you, Ken