



# FootNotes



Mar. 24, 2009



editorken@yahoo.com

## Director's Notes

### How to Turn Stage Fright into Peak Performance

(Edited by G. Gipp- from Performance 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 vitamins, adopt these **five positive energy tips**. Accept the fact that pressure is self imposed. **YOU** have the power to overcome doubt and fear by acquiring and implementing 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 in next column>

## Calendar

Mar. 26: Lunch Bunch @ Barnacle Bills, N. Trail near the airport.

Apr. 3-4: Spring Convention, Jacksonville

Continued-->

### 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 ever sing the first note. Avoid shuffling the feet in nervous anticipation. Practice your stance in a mirror daily.

### Imagery and Visualization

Imagery and visualization are processes that form pictures in our minds like creating a movie in you head. When you create a "mind movie" with yourself excelling at an activity, you remove negative scripts and harness 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. Tailor your outfit so that you "look and feel good". The garment should never restrict movement. **CHOOSE COMFORTABLE SHOES!!!**

***In preparation for performance, faithfully drink EIGHT glasses of water and mentally run you sets DAILY!!!***

With our contest less than two weeks away, it is important that we discuss appropriate performance tips and how to redirect nervous energy and stage fright into positive results. We hope you enjoy this weeks installment from your directing team.

Coacher and GGG

## HAPPY BIRTHDAY

### Member

3-27 Paul Milatzo  
3-28 D. J. Rimes

### And Spouse

3-28 Joann Spear, Jim

## HAPPY ANNIVERSARY

3-25 Vernon & Natalie Sievers  
3-26 John & Norma Dawson

## Sunshine News

### A THOUGHT TO REMEMBER

The world is full of cactus,  
But we don't have to sit on it.

Hopefully, no news is good news, but, it sure would be nice to hear from someone about our members who may be ailing in some manner.

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

### GENTLEMEN, THE BROADWAY BAR IS RE-OPENING

In the old days, the Old Broadway Bar was the place where the Chorus went for afterglow after Tuesday meetings. The bar closed about five years ago.

The bar is re-opening this Saturday, March 28, and we have been asked by its owner, Carolyn Heath, if 8 to 12 guys would like to come and sing the **Irish Blessing** and a couple of other songs. For this, the singers would be fed, and the Chorus would receive a \$100 donation.

I told Carolyn that some of us have an all-day rehearsal in Sun City on Saturday, and that the earliest we could be there was 6:00 PM. That was fine with her. The bar is located at the corner of 10th & Coconut.

I need to know:

- 1> Would you like to be a part of this small group this Saturday at 6:00 PM?
- 2> Would you take responsibility for being the Leader of this group and decide what songs in addition to **Irish Blessing** would be sung, what's the pitch, what outfits, etc. Maybe one of you guys who used to frequent the Old Broadway Bar before it closed would like to do this as a labor of love?

Please reply to me directly at:  
<robertfamer@yahoo.com> or at **941-312-5587**  
**by Wednesday March 25.**

Thanks very much, Bob Amer

### 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!**

### SINGING FOR LIFE

Saturday, May 16; A three Countywide Blood Drive you've been waiting for, with participation by our area Barbershop Chapters (Sarasota, Bradenton, and Lemon Bay) with lots of quartets already committed. Let's start getting ready, with three locations for our Blood Banks. Schedules will be promulgated when we get back from JAX. Dick Bechtel is our Commander-in-Charge.

### SONGS WE MAY NEVER HEAR SUNG

"On the Bonny Banks of Glaucoma"  
"Gonna Take a Sentimental Gurney"

**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