



FootNotes



Sep. 29, 2009



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Director's Notes

One Voice-what an OUSTANDING Saturday session! EIGHT runs of the set...championship focus, chapter quartet performances and a whole lotta love. Please internalize the PERFORMANCE TIPS daily. See ya Tuesday.

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

continued next column —>

Calendar

Oct. 1-4: Fall Convention in Jacksonville

Continued —>

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

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 your 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 your sets **DAILY!!!**

Coacher and GGG

HAPPY BIRTHDAY

Member

9-29 Bryan Payne
9-30 Ken Rear
10-01 Stan Dickinson
10-02 Ernie Bourdeau
10-05 Howard Dobson

And Spouse

9-30 Linda Alexander, Charlie
10-04 Sandra Feely, Mike
10-05 Carol Gilrane, John

HAPPY ANNIVERSARY

None to report

ATTENTION: ALL PROGRAM AD SALESPERSONS

I realize that our chapter focus right now has to be on the upcoming district convention, but when we return next week, we must turn our focus toward future shows on our calendar, including holiday music, 2010 show music, and buy no means least, the preparation of our **Show Program**. That includes the selling of ads to pay for our printing costs, and the inclusion of other information I've asked members to supply to me. We must, and we will, be ready to go to press on November 4th. That means the bulk of this work must be in my hands no later than October 20th. After I get the material, I will have to spend hours (days) just to get it ready for the printers, so we need to turn "push into shove" now. And rest assured, I'll be available to assist you. Dick Bechtel

SARASOTA CHORUS SPRING SHOW

Saturday March 6th, 2010 at the brand new River-view High School Performing Arts Center. The Center is at the corner of Proctor Road & Lords Ave. (south of Bee Ridge Rd & east of US 41, the trail). We will likely be the first Community group to perform at this venue. Times & prices will be TBA. **NOW**, we need someone to step up & be our ticket chairman. **WE NEED YOU NOW!!!**

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

Sunshine News

A THOUGHT TO REMEMBER

"When the performance and the work (literary or musical) are perfectly integrated in meaning, style and intention, the result is a magnificent esthetic achievement and an unforgettable experience for the audience.

Ayn Rand, from 'The Romantic Manifesto'

No new news of anyone.

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

9 performances, 7 dates

The following dates have been confirmed.
Please mark your calendars.

Sat. Nov. 7: 7:00 PM, Kirkwood Presbyterian,
Bradenton
Fri. Nov. 13: 7:00 PM, Pine Shores Presbyterian,
Sarasota
Sat. Nov. 28: 2:00 & 7:00 PM, Glenridge
Christmas Shows
Sun. Nov. 29: Longboat Chapel. (16-20 men)
Sat. Dec. 5: 8:00 PM, Bird Key, (12-14 men)
Sun. Dec. 20: 2:00 & 7:00 Pm, Glenridge
Christmas Shows
Sun. Feb. 21: 5:00 PM Church of the Redeemer,
Sarasota

THE DYNAMIC DUO

Don and George, now there's a pair!
Talk about your savoir faire!
Don is always fixing notes
so the chords will always emote
that ringing sound that we all love
as if coming from above.
George can always give a hand
and show us all just how to stand,
and with a POW the faces lighten
and the atmosphere doth brighten.
Now I think I did not mention
anyone not paying attention
will be admonished by our leader
who can be a biting speaker!
For those who want to seek the prize
the Dynamic Duo are just the right guys.
Seeking perfection is their game
to bring the Chapter world-wide fame.
All this effort's too much for me,
but I do wish the best for thee.
Sing-cerely, Del