



FootNotes



Oct. 20, 2009



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Director's Notes

SCOK/One Voice- NOW more than ever, we must band together and marshal our energy. A Positive – OPEN- attitude is essential to our progress and growth. This POSITIVE thought. Ask yourself, "How can we get this done"? Push to be POSITIVE in everything we undertake and encounter. Enjoy-

O= OPEN ATTITUDE

"Today is your day, your mountain is waiting, so get on your way." Dr Seuss

"The longer I live, the more I realize the impact of attitude on life." Charles Swindoll

"Remember that whatever you do in life, 90% is half mental." Yogi Berra

Are you a glass half empty or a half full person? It makes a difference. The Chorus of The Keys will be undertaking exciting new challenges as the year unfolds and it is important to identify the positives as we progress. A positive attitude is the single greatest component to a rewarding experience. We are moving at a dynamic and pragmatic pace, structured with sound fundamentals and quality planning. Consider the following as you prepare for your weekly journey...

Attitudes Defined

Attitudes are the established ways of responding to people and situations that we have learned, based on the beliefs, values and assumptions we hold. Attitudes become manifest through your behavior.

Attitude Drives Behavior

Your body language is a result of your mental attitude. By choosing your attitude, you chose that mood and send out a message that everyone understands, consciously or unconsciously.

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Calendar

Nov. 7: Kirkwood Presbyterian, Bradenton, Saturday 7pm

Nov. 13: Pine Shores Presbyterian, Sarasota, Friday 7pm

Nov. 28: Glenridge Christmas Shows Saturday 2 & 7pm

Nov. 29: Longboat Chapel, (16-20 men) Sunday

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The Power of Positive Attitude

It is not what happens to you that counts. It is how you react to what happens to you, especially when you have unexpected problems of any kind. Learn and master strategies you can use to keep yourself thinking and acting positively and creatively.

Positive Attitude Means Longer Life

If you want a longer, healthier life then you need to develop and maintain a positive attitude- we now have proof, thanks to a study from the two American Universities. Researchers followed and studied 1500 people for 7 years. All 1500 were in good health when the study began. Researchers followed how they aged by measuring such things as weight loss, walking speed, exhaustion and the strength of their grip.

They found that people who maintained a positive attitude were significantly less likely to show signs of aging. They were more likely to be stronger and healthier than those who had a negative attitude. If you have a doom and gloom attitude, you're actually making yourself weaker.

Not only will a positive attitude help you be healthy and live longer- but it also increases the likelihood that you will succeed. (Dr. Glenn Ostir- Lead Researcher / Vadim Kotelnikov- Innovation Unlimited)

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HAPPY BIRTHDAY

Member

10-25 John Gilrane

And Spouse

10-25 Sally Clark, Brian

10-25 Laurel Schiller, Ray

HAPPY ANNIVERSARY

10-21 Doug & Karen Griffith

10-23 Don & Mary Hadden

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One of the most successful and creative CEOs in the business world today is Steve Jobs from APPLE COMPUTERS. As we continue to grow and succeed, consider his RULES OF SUCCESS.

RULES OF SUCCESS, Steve Jobs-Apple Computers

**(Modified/Applied for- The Chorus of the Keys
by George G. Gipp**

Do what you love to do. Find your true passion. Do what you love to do and make a difference. If you love what you do, you will increase the desire to do great work.

Do your best. Give your best to every job you undertake. Success generates more success. So be hungry for it.

Make SWOT analysis. As soon as you undertake a task, make a list of STRENGTHS and WEAKNESSES of yourself and your circumstances- then WRITE IT DOWN. Next, evaluate the OPPORTUNITIES & THREATS. You will be amazed at the clarity that prevails.

Be entrepreneurial. Look for the next big thing. Find a set of ideas that need to be quickly and decisively acted upon and act. Sometimes the first step is the hardest one. Just take it. Have the courage to follow your heart and intuition.

Start small, think big. Don't worry about too many things at once. Take a handful of simple things to begin with and progress to more complex ones. Think about tomorrow, plan for the future.

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Sunshine News

A THOUGHT TO REMEMBER

The difference between ordinary and extraordinary is the extra **you** put into it.

No new news of anyone.

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

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Focus on the outcome. People judge you by your performance, so focus on the outcome. Be a yardstick of quality. Some people aren't used to an environment where excellence is expected. Advertise. If they don't know it, they won't buy your product.

Ask for feedback. Seek feedback from people with diverse backgrounds. Each one may tell you one useful thing. If you're open, people will be honest.

Innovate. Innovation distinguishes a leader from a follower. Delegate...trust in others of like mind and commitment.

Learn continually. There's always "one more thing" to learn. Cross-pollinate ideas with others both inside and outside your organization. Learn from friends, competitors and partners.

For the COK this is a time of growth and opportunity. Let's make a commitment to excellence with a positive OPEN ATTITUDE.

Your coaching team, Don & GGG

SARASOTA CHORUS SPRING SHOW

Saturday March 6th, 2010 at the brand new River-view 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 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