



BARBERSHOP HARMONY SOCIETY

All the News that's Phit to Print from
The Polk-Burnett County Chapter

The Smoke Signal



Chapter sings Monday nights, 7:30 pm in the lower level of the Polk County Government Center at the NE corner of "I" and "46" — www.indianheadchorus.com

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Barbershop Harmony Society, 110 7th Avenue N., Nashville, TN 37203-3704 www.barbershop.org

Land-O-Lakes District - LOL home page: www.loldistrict.org

1,000 Lakes Division - Probe Member

Our fifty-fifth year - Issue 5 - May, 2012

Some Great Opportunities:

- * June 22 óSing at the Overlook in St Croix Falls
- * June 23 óTalent Show in Milltown Bering Park-2 PM
- * July 1-8 óInternational Convention in Portland, OR
- * July 12th óMill Pond Park Osceola WI - PM
- * August 7 óMusic in the Park, Luck WI 6:00 PM
- * August 12 óBarbershoppers sing National Anthem at the Metrodome (Twins vs. Tampa Bay Rays; Gather @ 11 AM, game @ Noon)
- * Oct 13 óAmery High School- 54th Harvest of Harmony- 2PM & 7:30 PM

Our Chorus Mission: The Indianhead Chorus is a fraternity of men drawn together by a love of singing, performing, and promoting four-part close a cappella harmony music known as barbershop.

Our Chorus Vision: The Indianhead Chorus vision is to be a dynamic, high quality barbershop singing organization always striving for excellence.

Report

We're fresh off our visit to Great Northern Union (Hilltop) a few nights ago. Ten of us from our chapter went to Richfield to hear and see their practice for the evening. It was quite an experience. As you might expect from a chapter that nearly won last year's international contest, they have a very intense practice schedule. Their goal is very clearly to win this year's contest in Portland in early July. They had a coaching session the night we were there, and it was something to behold. Some of my thoughts (and those of us in the same car):

- They are extremely disciplined. When the director and coach speak, NOBODY else talks, and their attention is completely on the director.
- They are extremely driven. They were on the risers non-stop from 7pm to 10pm.
- They spend a LOT of time outside of practice working on their music. They all had their own recorders, they worked on the choreography outside of regular practice time, and there was only one time all evening when a note was corrected.
- They were very gracious hosts. Before and after their practice, they were very welcoming to all of us.
- There is some incredible talent in that practice room. We know of at least 6 certified judges in the chorus; they have multiple District quartet winners; the directors, assistant directors and warm-up personnel knew music at a very high level.

All during the evening, we sat within 10 feet of the director. To hear 97 guys on stage "letting it rip" was quite a sound. I think all of our guys were in such awe after they would finish a song, that applause somehow didn't seem appropriate.

I'm sending a thank you along to their chapter for allowing us to sit so close to the action. It was a very fun evening, and I certainly will be hoping they win it all in Portland!

Mark Nelson, President

What kind of drug therapy are we marketing?

How do you stay joyful when the world is sad? How do you accentuate the positive and eliminate the negative? Do you have a recipe for making yourself feel better, when bad things happen? When worry has you down, so down, what are the bare necessities that positively pick you up?

I can think of all kinds of crutches that people turn to for help. The answer is not found in money or a bottle or a chemical. So, what is the answer? Well, put another nickel in, in the nickelodeon; it's music, music, music. Studies have proved it's music, particularly

can improve our moods, psychologically and

Singing is good for you and there appear to be no bad side effects.

Singing can lift spirits, change our moods to positive, turn a dark day to sunshine, and put a spark in our furnace as we share with others. It allows us (men) to express in song, what we often cannot get ourselves to say in words. The fact that we sing in a chorus improves our social skills and creates a healthy interdependence and trust that we will sing our parts to create music. We stand on risers so that each man will have the opportunity to sing his part and be both seen and heard. Singing in the groove and hitting the sweet spots is indeed soul and spirit lifting. That's life with the Barbershop Harmony Society! It doesn't get better than that. *-Dan Cole -commodores*

Here is MY RESUME:

1. My first job was working in an Orange Juice factory, but I got canned. I couldn't concentrate.
2. Then I worked in the woods as a Lumberjack, but I just couldn't hack it, so they gave me the axe.
3. After that, I tried to be a Tailor, but I just wasn't suited for it - mainly because it was a sew-sew job.
4. Next, I tried working in a Muffler Factory, but that was too exhausting.
5. Then, I tried to be a Chef - figured it would add a little spice to my life, but I just didn't have the thyme.
6. I attempted to be a Deli Worker, but any way I sliced it I couldn't cut the mustard.
7. My best job was a Musician, but eventually I found I wasn't noteworthy.
8. I studied a long time to become a Doctor, but I didn't have any patience.
9. Next, was a job in a Shoe Factory. I tried but I just didn't fit in.
10. I became a Professional Fisherman, but discovered that I couldn't live on my net income.
11. I managed to get a good job working for a Pool Maintenance Company, but the work was just too draining.
12. So then I got a job in a Workout Center, but they said I wasn't fit for the job.
13. After many years of trying to find steady work! I finally got a job as a Historian - until I realized there was no future in it.
14. My last job was working in Starbucks, but I had to quit because it was always the same old grind.
15. Next I studied optometry and went to work in a clinic but I resigned because I just couldn't see eye to eye with my patients.

number, but I couldn't handle that one either. It

17. SO, I TRIED RETIREMENT AND FOUND THAT I'M PERFECT FOR THE JOB!

SINGING NOTES

FEATHERS. When learning to sing your full range and accomplish the desired one voice (same power with similar tone throughout the whole range) singers often experience cracks and breaks. One way to test this is to practice a siren. Slide on the syllable *he* from the bottom of your range to the top. If you do not experience cracks or breaks, try it on all syllables at all volumes. When you find yourself faced with this challenge, it is the common response to *try harder* or *give more effort* on those notes. This is not the way to solve this issue. What you want to do is to lighten up just a bit on these notes, let them float like a feather instead of trying harder and stomping on them. Understand that most often this is caused because muscles and membranes not having the memory they need to make the transition you require, as quickly as you want it made. Repetition will give them memory, so keep practicing. Lighten up just a bit on those notes and sing through the break. Don't develop the habit of stopping when you *crack* or it will come back to bite you later.

"Late at Walmart"

Charley, a new retiree greeter at Walmart, just couldn't seem to get to work on time.

Every day he was 5, 10, 15 minutes late. But he was a good worker, really tidy, clean-shaven, sharp minded and a real credit to the company and obviously demonstrating their "Older Person Friendly" policies. One day the boss called him into the office for a talk. "Charley, I have to tell you, I like your work ethic, you do a bang up job, but your being late so often is quite bothersome."

"Yes, I know boss, and I am working on it."

"Well good, you are a team player. That's what I like to hear. It's odd though your coming in late. I know you're retired from the Armed Forces.

What did they say if you came in late there?"

"They said, 'Good morning, General, can I get you coffee, sir?'"

A successful man is one who can lay a firm foundation with bricks others have thrown at him.

Singing Habits?

I used to bite my fingernails right down to the quick. I'd bite them off just as soon as the first signs of new growth would appear. Research shows that it takes only three or four weeks for an activity to become a habit. As singers, we have all developed habits; some good, some not so good. If we have never learned to form our vowels correctly, change comes slowly. If we have always sung from our throat instead of head tones, the old, bad habit just seems to come back.

Not a person who reads this is completely free from bad habits. But, change is not going to happen unless we try. So, let's focus on five suggestions that will help us overcome bad habits.

Stop rationalizing. Refuse to make comments like: "Oh, that's just the way I sing. I've always been like that." Such excuses encourage you to diminish or completely ignore your need for improvement.

Apply strategy. Approach your target with a rifle, not a BB gun. Take on one habit at a time, not all at once.

Be realistic. It won't happen fast. It won't be easy. Nor will your resolve be permanent overnight. Periodic failures, however, are still better than habitual slavery to bad habits.

Be encouraged. Realize you're on the road to ultimate victory, for the first time in years! Enthusiasm strengthens self-discipline and prompts an attitude of stick-to-it-evenness.

Start today. This is the best moment thus far in your life. To put it off is an admission of defeat and will only intensify and prolong the self-confidence battle. One day at a time, attack one habit at a time.

If I write this with a broken pencil it would be pointless.

Quotes for you:

"I touch the future. I teach."

-Christa McAuliffe

"The greatest gift that you can give to another is knowledge, for knowledge is power—power to build and to dream. What you can envision in your mind you can achieve."

-Jack Podojil

"Good teachers know how to bring out the best in students."

-Charles Kuralt

"Most of us end up with no more than five or six people who remember us. Teachers have thousands of people who remember them for the rest of their lives."

-Andy Rooney

"In teaching you cannot see the fruit of a day's work. It is invisible and remains so, maybe for twenty years."

-Jacques Barzun

*"If your plan is for 1 year, plant rice;
If your plan is for 10 years, plant trees;
If your plan is for 100 years, educate children."*

-Confucius

"Good teachers are costly. Bad teachers cost more."

-Bob Talbert

"I'm not a teacher, but an awakener."

-Robert Frost

"Nine tenths of education is encouragement."

-Anatole France

Tips for an Exceptional, Superb & Powerful Life!

- 1.) Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate antidepressant.
- 2.) Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
- 3.) Always pray, meditate and make time to exercise.
- 4.) Spend more time with people over the age of 70 and under the age of six.
- 5.) Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
- 6.) Drink green tea and plenty of water. Eat broccoli, almonds & walnuts.
- 7.) Try to make at least three people smile each day.
- 8.) Clear your clutter from your house, car, and desk. Let new and flowing energy into your life.
- 9.) Don't waste your precious energy on gossip, issues of the past, negative thoughts or things you cannot control. Instead, invest your energy in the positive present moment.
- 10.) Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra classbut the lessons you learn will last a lifetime.
- 11.) Eat breakfast like a king, lunch like a layman and dinner like a beggar.

ating anyone.

- 14.) Don't take yourself so seriously. No one else does.
- 15.) You don't have to win every argument. Agree to disagree.
- 16.) Make peace with your past so it won't screw up the present.
- 17.) Don't compare your life to others. You have no idea what their journey is all about.
- 18.) Ladies - go on and burn those 'special' scented candles, use the 600 thread count sheets, the good china and wear fancy clothes now. Stop waiting for a special occasion. Every day is special.
- 19.) No one is in charge of your happiness except you.
- 20.) Frame every so-called disaster with these words: "Will this matter in five years?"
- 21.) Forgive everyone for everything.
- 22.) What other people think of you is none of your business.
- 23.) Time heals almost everything. Give time, time!
- 24.) However good or bad a situation is, it will change.
- 25.) Your job won't take care of you when you are sick. Your friends will. Stay in touch.
- 26.) Get rid of anything that isn't useful, beautiful or joyful.
- 27.) Envy is a waste of time. You already have all you need. God provides, remember?!
- 28.) The best is yet to come.
- 29.) No matter how you feel, get up, dress up and show up.
- 30.) Do the right thing!
- 31.) Call your family often.
- 32.) Each night before you go to bed complete the Following statements: "I am thankful for _____. Today I accomplished _____."
- 33.) Remember that you are too blessed to be stressed.
- 34.) Enjoy the ride. Remember that this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.

Our Officers for 2012

President: Mark Nelson í í í í í í í í í í í í í í ..715-483-3152
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 Archie Lessardí í í í í í í í .í í í í .651-462-4664
 Dan Valentineí í í í í í í í .í í í ..715-472-2080

Other functions

Young Men in Harmony: Jon Buss.....715-410-7324
Birthday/Anniversary cards: LeRoy Brown.....715-857-5422
2012 Show Chair: Archie Lessard.....651-462-4664
Librarian: John Roeber715-472-6164
Performance Coordinator: Dan Valentine.....715-472-2080