



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

Editor: Ken Mettler, Kbmett@hotmail.com, 125 N. Blanding Woods Rd., St. Croix Falls, WI 540245

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-seventh year – Issue 10, October, 2014

Upcoming performances –Dan Valentine, coordinator

Fri., Oct 10 -Dress rehearsal Annual Show

Sat., Oct 11th -Annual Show @ Amery HS 2 PM & 7:30 PM

Mon., Oct 13 -Guest Night -*invite singers to join us!*

Sat., Oct. 25th -Rochester District Contest

Sun., Dec. 7 -Amery stroll

Sat. April 11, 2015 -Gospel Fest at Alliance Church in St Croix Falls
(Block off 12 noon to 5 pm on your calendars.)

Lunch List:

- OCT 6, ALAN SALMELA
- OCT 13, HARLEY SCHAEFER
- OCT 20, BRYAN SHOBE
- OCT 27, BILL STEVENSON
- NOV 3, DUANE STONE
- NOV 10, STEVE SWENSON
- NOV 17, DAN VALENTINE
- NOV 24, MARK WESLANDER
- DEC 1, ED BONESKY
- DEC 8, CHUCK WILLIAMSON
- DEC 15, KARL WICKLUND
- DEC 22, JON BUSS

Our Officers for 2014

President: Archie Lessard.....651-462-4664
Sec/Treas: Larry Fisk715-327-8091
VP Marketing & PR & Bulletin editor: Ken Mettler.....715-483-9202
VP Music: Chuck Williamson715-268-9114
VP Membership: Steve Osero.....715-268-6643
Asst. Music Dir. & Webmaster: Karl Wicklund.....715-268-2685
Music Director: Steve Swenson.....715-483-9797
Members at Lg.: Alan Salmela, Bryan Shobe, Neil Pickard

Other chorus functions

Young Men in Harmony: Jon Buss.....715-410-7324
Birthday/Anniversary cards: Clint Gjerde.....715-268-7875
2014 Show Chair: Chuck Williamson.....715-256-9114
Performance Coordinator: Dan Valentine.....715-472-2080
2015 Show Chairman: Neil Pickard
Librarian: Bryan Shobe
Music committee: Steve Swenson, Karl Wicklund, Dan Valentine

We will be voting on our 2014 slate of officers next week.



On stage in Amery, preparing for our October 11th show!

Everyday it seems as though I am reminded of two facts:

1. This world is made up of some pretty stupid people.
2. That on any given day I may very well be one of them.

One more Monday, then a dress rehearsal, then the show.

Whew! That came fast!

I'm sitting here with a cup of fresh coffee, and mulling over the week to come. Here come some thoughts in no particular order.

- We'll start out tomorrow night on the stage, right at seven-thirty.

- Remember to try on your tux! In the first half, we're wearing the tux minus the coats. If your pants and vest don't meet, let us know so that we can track down a black cumberbund, or some other solution. Saturday is too late, and we want to make sure that white shirts aren't peeking out underneath the vests.

- Take care of yourself. Friday and Saturday will be charged with energy, but the weekend can also wear us out. Drink a lot of water all week. Rest. Stretch. Breathe. Smile.

- Next Monday, we're expecting guests. Bring someone yourself!

- Review your music and your moves. Even a few minutes the night before a performance or a rehearsal keeps things fresh and minds focused. I try to find the spot on each song where I'm least comfortable. Your experience will certainly vary, but here's what I'm looking at:

- All the words to verses on "Sound Celebration."
- Old habits die hard: I keep mixing up the baritone and lead on "Back in the Old Routine" and "Midnight Rose."
- Keeping "Step to the Rear" crisp and smooth, strong and light. And using a keen mind on moves added late.
- Working hard to keep "All Things Bright..." musical. Too easy for me to go on autopilot on this one.
- "Vo De O Do" is in good shape. Keep enjoying it, and peak right on Saturday.
- On "Give My Regards to Broadway," *whisper of how I'm yearning ... won't you give my regards* comes first, *tell them of how I'm yearning ... will you give my regards* comes second.
- The contest numbers for the second half are just a joy. I can keep my mind entirely on things like blend and balance.

- Love the music, guys. And love your fellow singers.

See you tomorrow!

Kaptain Karl

Punology

A bicycle can't stand alone; it is two tired.

A will is a dead giveaway.

Time flies like an arrow; fruit flies like a banana.

A backward poet writes inverse.

A chicken crossing the road is poultry in motion.

When a clock is hungry it goes back four seconds.

The guy who fell onto an upholstery machine is now fully recovered.

You are stuck with your debt if you can't budge it.

He broke into song because he couldn't find the key.

A calendar's days are numbered.

A boiled egg is hard to beat.

He had a photographic memory which never developed.

The short fortune teller who escaped from prison was a small medium at large.

Those who get too big for their britches will be exposed in the end.

When you've seen one shopping center, you've seen a mall.

If you jump off a bridge in Paris, you are in Seine.

When she saw her first strands of grey hair, she thought she'd dye.

Santa's little helpers are subordinate clauses.

Acupuncture is a jab well done.

The roundest knight at King Arthur's round table was Sir Cumference who acquired his size from too much pi.

I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

She was only a whiskey maker, but he loved her still.

No matter how much you push the envelope, it'll still be stationery.

A dog gave birth to puppies near the road and was prosecuted for littering.

Two silk-worms had a race; the result was a tie.

Atheism is a non-prophet organization.

I wondered why the football kept getting bigger. Then it hit me.

A sign on the lawn at a drug rehabilitation center said 'Keep off the Grass.'

Old soldiers who survived mustard gas and pepper spray are now seasoned veterans.

**KEEP THE WHOLE WORLD
SINGING**



Achieve Any Goal, by Brian Tracy
It's Not Where You Start—it's How You Finish

When I was eighteen, I left high school without graduating. My first job was as a dishwasher in the back of a small hotel. From there, I moved on to washing cars and then washing floors with a janitorial service. For the next few years, I drifted and worked at various laboring jobs, earning my living by the sweat of my brow. I worked in sawmills and factories. I worked on farms and ranches. I worked in the tall timber with a chain saw and dug wells when the logging season ended.

I worked as a construction laborer on tall buildings and as a seaman on a Norwegian freighter in the North Atlantic. Often I slept in my car or in cheap rooming houses. When I was twenty-three, I worked as an itinerant farm laborer during the harvest, sleeping on the hay in the farmer's barn and eating with the farmer's family. I was uneducated and unskilled, and at the end of the harvest, I was unemployed once more.

When I could no longer find a laboring job, I got a job in straight commission sales, cold-calling office-to-office and door-to-door. I would often work all day long to make a single sale so that I could pay for my rooming house and have a place to sleep that night. This was not a great start at life.

The Day My Life Changed

Then one day, I took out a piece of paper and wrote down an outrageous goal for myself. It was to earn \$1,000 per month in door-to-door and office-to-office selling. I folded up the piece of paper, put it away, and never found it again.

But thirty days later, my entire life had changed. During that time, I discovered a technique for closing sales that tripled my income from the very first day.

Meanwhile, the owner of my company sold out to an entrepreneur who had just moved into town. Exactly thirty days after I had written down my goal, the new owner took me aside and offered me \$1,000 per month to head up the sales force and teach the other salespeople what I was doing that enabled me to sell so much more than anyone else. I accepted his offer, and from that day forward, my life was never the same.

Within eighteen months, I had moved from that job to another and then to another. I went from personal selling to becoming a sales manager with people selling for me. In a new business, I recruited and built a ninety-five-person sales force. I went literally from worrying about my next meal to walking around with a pocket full of \$20 bills.

I began teaching my salespeople how to write out their goals and how to sell more effectively. In almost no time at all, they increased their incomes as much as tenfold. Today, many of them are millionaires and multimillionaires.

Life Goes Up and Down

I have to admit that since those days in my mid-twenties, my life has not been a smooth series of upward steps. It has included many ups and downs, marked by occasional successes and temporary failures. I have traveled, lived, and worked in more than ninety countries, learning French, German and Spanish along the way and working in twenty-two different fields.

As the result of inexperience and sometimes sheer stupidity, I have spent or lost everything I made and had to start over again—several times. Whenever this happened, I would begin by sitting down with a piece of paper and laying out a new set of goals for myself.

After several years of hit-and-miss goal setting and goal achieving, I finally decided to collect everything I had learned into a single system. By assembling these ideas and strategies in one place, I developed a goal-setting methodology and process, with a beginning, middle and end, and began to follow it every day.

Within one year, my life had changed once more. In January of that year, I was living in a rented apartment with rented furniture. I was \$35,000 in debt and driving a used car that wasn't paid for. By December, I was living in my own \$100,000 condominium. I owned a new Mercedes, had paid off all my debts, and had \$50,000 in the bank.

Then I really got serious about success. I realized that goal setting was incredibly powerful. I invested hundreds and then thousands of hours reading and researching goal setting and goal achieving, synthesizing the best ideas I could find into a complete process that worked with incredible effectiveness.

Anyone Can Do It

Some years later, I began audiotaping and videotaping my workshops and seminars so that others could use them. We have now trained hundreds of thousands of people in these principles, in multiple languages, all over the world.

What I found was that these ideas work everywhere, for everyone, in virtually every country, no matter what your education, experience or background may be when you begin.

Best of all, these ideas have made it possible for me and many thousands of others to take complete control over our lives. The regular and systematic practice of goal setting has taken us from poverty to prosperity, from frustration to fulfillment, from underachievement to success and satisfaction. This system will do the same for you.

Attitude: The Remarkable Power of Optimism

by Nido Qubein

You Can Live Every Day of Your Life

The law of inertia holds that a body at rest tends to remain at rest, and a body in motion tends to remain in motion, at the same speed and in the same direction, unless acted upon by an outside force.

With one major difference, that law applies very well to the pattern of our lives.

People who are successful tend to remain successful.

People who are happy tend to remain happy.

People who are respected tend to remain respected.

People who reach their goals tend to go on reaching their goals.

So what's the major difference?

In physics, inertia is controlled by outside forces; but the real changes in the directions of our lives come from inside us. As William James said, "The greatest discovery of my generation is that a person can alter his life by altering his attitude of mind."

You can live every day of your life. You can be alive to the tips of your fingers. You can accomplish virtually any worthwhile goal you set for yourself.

Society code of ethics:

- We shall do everything in our power to perpetuate the Society.
- We shall deport ourselves and conduct the Society's functions in such manner as to reflect credit upon the Society and its membership.
- We shall conform in all aspects to the bylaws of the Society and the rules from time to time promulgated by its Society Board of Directors.
- We shall accept for membership only congenial men of good character who love harmony in music or have a desire to harmonize.
- We shall exhibit a spirit of good fellowship toward all members.
- We shall refrain from forcing our songs upon unsympathetic ears.
- We shall not use our membership in the Society for personal gain.
- We shall not permit the introduction of political, religious or other similar controversial issues into the affairs of the Society.
- We shall by our stimulus to good music and vocal harmony, endeavor to spread the spirit of harmony throughout the world.
- We shall render all possible altruistic service through the medium of barbershop harmony.



Cross Pollinating--

Or, learning from another chapter's mission's statement:

In fulfilling the four core values of barbershopping – fun, fellowship, singing, and service – the Denver MountainAires chapter:

Provides an effective organization, leadership, and regular meeting environment that enables and encourages all members to enjoy barbershop singing in a chorus, in quartets, or in a very large quartet (VLQ).

Provides vocal music education and development opportunities to all members to enable them to achieve a greater understanding of the language of music in general and of the barbershop style of music in particular.

Provides vocal performance education, training, and coaching so that each member can attain his highest level of excellence in barbershop singing, and provides opportunities to perform for the public when standards that are established by the chapter Performance Committee have been met.

Provides opportunities for, and encourage participation in, both charitable and paid barbershop performances in our community by our members in order to provide a community service, contribute to worthy causes, provide income to the chapter, and generally demonstrate the joys of quality barbershop style singing to others in our community.

Provides leadership, opportunities for, and encourage participation in, outreach activities to the youth in our community so that they may be informed, educated, and have an opportunity to experience barbershop style singing during their school years.

Provides opportunities for social interaction among the membership, establishing and cultivating the fellowship that all barbershoppers value.

Encourages its members to adopt a spirit of generosity toward the official charity of the Barbershop Harmony Society, the Harmony Foundation.

Actively recruits congenial men who can sing, and are willing to improve their musical skills in the barbershop style.

Society Vision Statement

The Society, in alliance with other acappella organizations worldwide, is committed to enriching lives in every generation and community through the lifelong benefits of acappella harmony singing.

Hurry, Hurry, Hurry!

Some years ago there was a popular song that said: "Slow down you move too fast, got to make the morning last...looking for fun and feeling groovy."

I don't know about you but I still struggle with being too busy most of the time and need to remind myself that I need to take time to have fun and to smell the roses as life is short. At the same time I also realize that my life is an investment in eternity so I need to make sure my days are balanced and wisely spent. As William Penn said, "I expect to pass through this world but once. Any good, therefore, that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."
I can enjoy the journey just as much as the destination.

Music is good therapy, and being part of a group like the Indianhead Chorus is so enjoyable because you don't have to be an expert at singing – you just have to love music. We take all levels of singers, from the seasoned and

well-trained to someone who just wants to give it a try - we help each other out. No one is critical of anybody. We're all just having a good time.

Stressed spelled backwards is desserts. Coincidence? I think not.

"Cookies are made of butter and love." -Norwegian proverb



Welcome Guests!

October 13th is our guest night!

There are certainly two or three people you know who should be singing with the Indianhead Chorus. Stop by their house and talk to them about it.

***The Power of Positive Doing* by BJ Gallagher**
ACTION ALLEVIATES ANXIETY

For many years, I suffered from tension headaches with painful symptoms: impaired vision, sensitivity to light, excruciating throbbing in my temples, and sometimes nausea. They were awful. I consulted with doctors and dentists; I tried various medications; I took up meditation and tried bio-feedback. Some things helped a little bit—but nothing seemed very effective for any length of time.

Then I discovered something interesting—that taking action eased my headaches. Physical action was the best—anything that got my body moving. I could mow the lawn, wash the kitchen floor, workout in the gym, do some laundry, work in the garden, wash windows, wax the car—anything physical. Getting my body into action enabled me to work out the tension that was causing the headaches.

Other types of action worked, too—calling a trusted friend and having a good conversation; having sex (though that isn't always an option); writing in my journal; going for a long, relaxing drive. In short, any action that I can take to dissipate the pent-up tension in my head will do the trick. My head feels better; my neck and shoulders relax; and I feel the satisfaction of having done something.

Perhaps your anxiety doesn't show up in headaches. Maybe you carry your tension in some other part of your body—your back, your stomach, your shoulders, your intestines, your sinuses. Doctors estimate that as many as 80 percent of the physical problems their patients report are stress-induced!

Taking action to discharge the pent-up energy caused by stress can prevent health problems, and can even cure some of the ones you might already have. Getting started is half the battle. A body at rest tends to stay at rest and overcoming our own inertia is a huge step forward. If you can get yourself to take just one step forward, you're now in motion—and a body in motion tends to stay in motion.

When my car won't start, I call on AAA. When my happiness won't start, I call on the other Triple A—Action Alleviates Anxiety. So can you.

The Push

The eagle gently coaxed her offspring toward the edge of the nest. Her heart quivered with conflicting emotions as she felt their resistance to her persistent nudging.

"Why does the thrill of soaring have to begin with the fear of falling?" she thought. This ageless question was still unanswered for her.

As in the tradition of the species, her nest was located high upon the shelf of a sheer rock face. Below there was nothing but air to support the wings of each child.

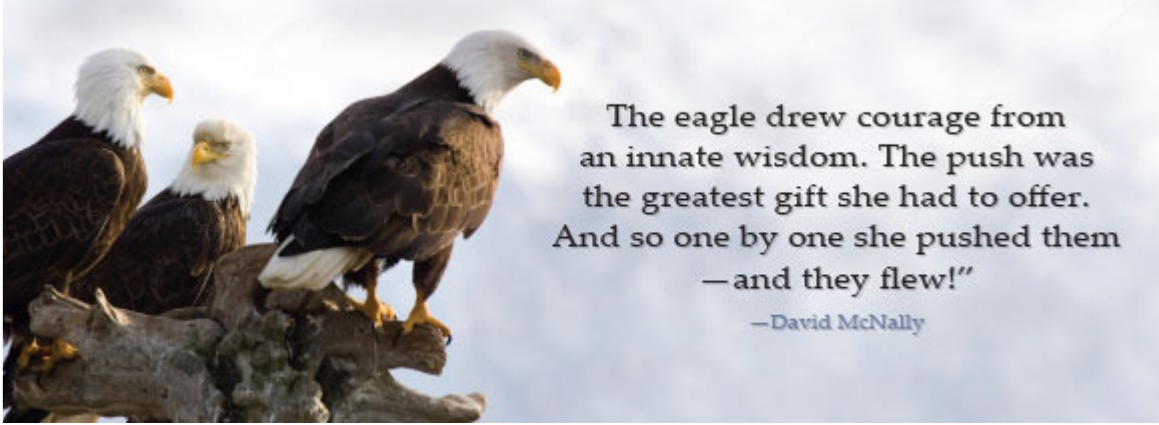
"Is it possible that this time it will not work?" she thought. Despite her fears the eagle knew it was time. Her parental mission was all but complete.

There remained one final task...the push. The eagle drew courage from an innate wisdom. Until her children discovered their wings, there was no purpose for their lives.

Until they learned how to soar, they would fail to understand the privilege it was to have been born an eagle. The push was the greatest gift she had to offer. It was her supreme act of love.

And so, one by one, she pushed them and...

THEY FLEW.



The eagle drew courage from
an innate wisdom. The push was
the greatest gift she had to offer.
And so one by one she pushed them
— and they flew!”

— David McNally

“THE DOORS WE OPEN
AND CLOSE EACH DAY
DECIDE THE LIVES WE LIVE.”

— Flora Whittemore