



The Captain's Log

Newsletter of the Stockton Portsmen
September 2023 - Issue #50

**President's Message:
By Al Wolter**



THE VIEW FROM THE HELM

BALANCE – ISSUE 21

First – did you note the error in last month's 'View'? Stuff happens, but it was, as the famous TV painter Bob Ross would say, it was a “happy accident” as it keeps the three of these together as Breakfast related viewpoints.

I have had a couple of discussions with some members over the past month that reminds me even with commitment and confidence, there needs to be balance. This is both true for breakfast (and all meals) and whatever we do in life.

Barbershopping is our hobby, but our hobby is more than most. Unlike stamp collecting; antiquing; golfing; or even racing, what we do is more encompassing. Each of those others listed can be time and resource consuming, but only racing can come close to relational development that Barbershop singing develops and, I dare say, requires. The more we do it, the more entrenched it becomes in our lives. Still, we need to ensure that it doesn't adversely affect the other parts of our lives: work, family and other hobbies.

One of the adverse effects of being too involved is burn-out. There is so much joy and satisfaction that can be derived from our participation, but it can snowball into pain disillusionment easily. So, the key is to try to keep everything in perspective and be honest with everyone you are involved with. Your family needs to be both supportive of your hobby and the time & energy it requires, but you need to maintain your support of them as well.

It's a tricky thing – keeping the proper balance in your life, even without the addition of our “way-of-life” hobby and the family the Chapter members become. Add a quartet and it's even more. But a family we are, and there is so many benefits that can come from our family. When you are feeling down, we are here to lift you up. When you are ill or hurting, we will visit you and lift you up in our thoughts and prayers. This is in addition to the emotional uplifting singing does for you.

I try to regularly remind everyone that there is an email you should have in your contacts to let us know when you need more than the uplifting a rehearsal can give you.

Sunshine@StocktonPortsmen.org is the quick and easy way to let the Chapter know you need some emotional or spiritual support. It goes to the person that is designated as the Sunshine Chair. It should be known to you and to your family, so when the issues we find ourselves needing help occur, we don't have to face them alone.

Balance can be attained and maintained in lots of way, with assistance and sometimes just by stepping back a little and resting. Here is to everyone finding and keeping our balance, while we move forward to the higher levels up the ‘ladder of success’ that the confidence our commitment is generating.

Musical Director's Message:

By Bill Litz

As September starts it reminds me of “*back to school*”. My **grand-daughter Abigail** started kindergarten a couple weeks ago and after all the anticipation and excitement of finally going to school, her words after that first day were, “I did that, now what?”. Her mom was slow to say, “You get to do that every day for the next seventeen years”. I wasn't a very good learner and have no desire to be back into the daily grind of school and doing homework.

But as singers, we must embrace learning. An article on Linked in, [The Journey of Personal Development: A Daily Commitment](#) - discusses the commitment it takes to be a successful learner.

- **Lifelong Learning:**
Every performance cycle brings with it a new set of notes to negotiate, words to memorize and feelings to understand and express. These are the obvious tasks that come at you, but building skills like sight reading, music theory and developing a daily practice regimen allow each new learning experience to enhance what you've already learned and build a bridge to the next experience over the horizon.
- **Self-Reflection and Awareness:**
Celebrate your strengths. You already have a lot of songs and skills at your disposal. And you also know the things that need improvement. As you practice and perform, keep track of the problems that keep you from enjoying singing as much as you could.
- **Goal Setting and Planning:**
Give yourself a score on each song of the repertoire list. Take time every day to do something to improve those scores. By working through a song or two every day, you'll get past the problems you have with notes and words at chorus rehearsal to be able to work more on the artistry.
- **Embracing Discomfort and Taking Action:**
Sometimes you might feel that you might not be able to... reach the high/low notes, remember the words, sing your part in a quartet, express the emotion of a song... Just do it. It's the only way to get better. Each risk that turns into a success, will make your comfort zone bigger.

But it's important to not let time pass – working on skills more often – even if just for a short time – will sharpen your skills and keep the music in your memory.

Make your personal development an intentional and focused endeavor rather than mere wishful thinking.

Your personal development and success is what makes us together successful. True personal growth comes from your daily practice and intentional actions that can be shared in our chorus rehearsals.

Make that extra effort to be at rehearsals, performances and gatherings so we can learn with and from each other to be the best we can be.



Celebrations

September Birthdays

Chuck Roots – 9/5

Al Farnum - 9/20

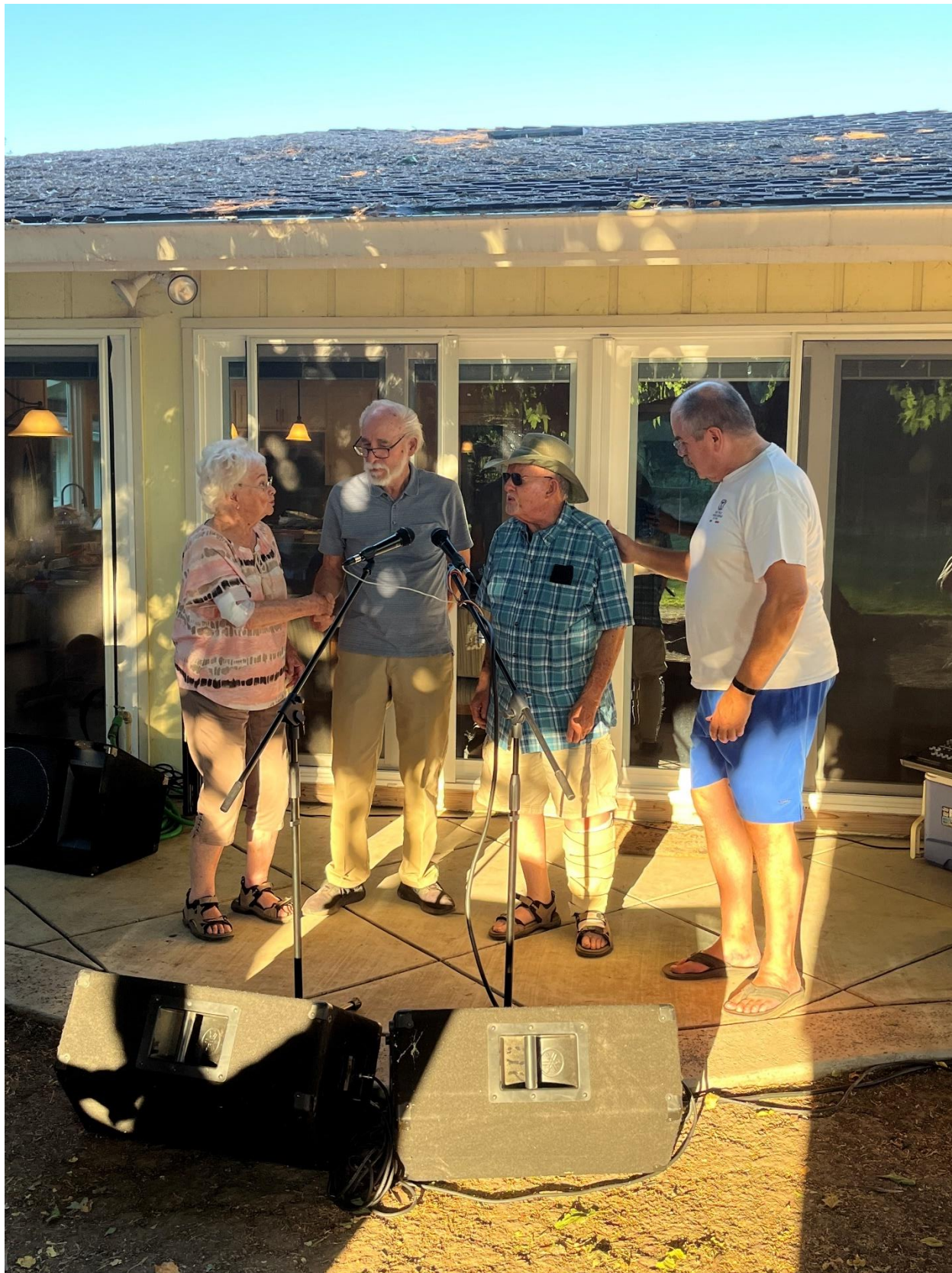


PORTSMEN ANNUAL PICNIC
THANK YOU TO OUR HOST NANCY!!!





















Weekly Chapter Meetings:

Location: Zion Lutheran Church – 808 W Porter Avenue (Stockton, CA)

Tuesdays: 6:00 PM – 7:30 PM (Fireside Room)

VLQ (Quarteting) 7:30 PM – 8:30 PM (except board meeting nights)

(Please verify for location of rehearsal as it may change)

See calendar for up-to-date information:

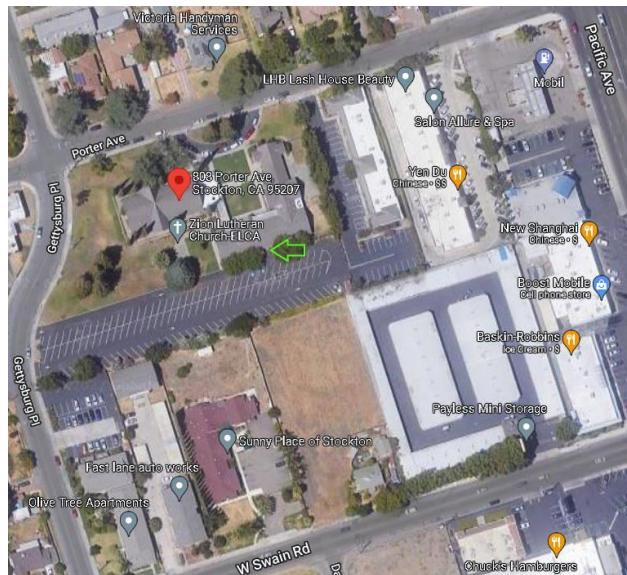
[Click here to access the Stockton Portsmen Calendar](#)

Website:

<http://www.stocktonportsmen.org/>

Facebook:

<https://www.facebook.com/groups/194542747456>



Directions:

- From Pacific Avenue go west on Porter Way, turn south on Gettysburg Pl then turn east into the Zion Lutheran Church parking lot.
- From Pershing Avenue go east on W. Swain Road, turn north on Gettysburg Pl then turn east into Zion Lutheran Church parking lot.

Mission Statement:

Provide the greater Stockton area with quality Barbershop chorus and quartet music and wholesome family entertainment, while encouraging every individual of good character who loves to sing the opportunity to find their place with us.

Hire Us:

Book us for your next event:

- Community Concerts
- Fairs
- Festivals
- Grand Openings
- Holiday Tree Lightings
- Memorial Services
- National Anthem
- Singing Valentines
- Summer Concerts

Performance times usually range from 20 to 40 minutes but can be adjusted up or down to fit your specific program. Contact us by email or phone below for a proposal:

- Info@StocktonPortsmen.org
- Phone (209) 881-SING (7464)

****SAVE THE DATE****

- 10/12-10/15 2023 FWD Fall Convention (Gilbert, AZ)
- 10/20-10/21 Harmony Camp 2023 (Sly Park) Teaching Quartet – Vocalocity
- 11/9 Sponsor Gala - Silent Auction Fundraiser
(4pm – 8pm – Van Ruiten Winery)
- 12/2-12/3 Festival of Trees (Micke Grove - Lodi, CA)
- 12/9 Stockton Portsmen Holiday Show
- 12/10 Bob Hope Theater Friends of the Fox (Stockton, CA)

2024

- 3/14-3/17 2023 FWD Spring Convention, NorCal Divisions (TBD)
- **6/4 – 6/12 D-Day 80th Commemoration Concert Tour**
- 10/17-10/20 2023 FWD Fall Convention (Bakersfield, CA)

Barbershop Links

- Barbershop Harmony Society <http://www.barbershop.org/>
- Far Western District <https://www.farwesterndistrict.org/>
- Mixed Barbershop Harmony Association <https://www.mixedbarbershop.org/>
- VoCal Voices of California <http://voicesofcalifornia.org/>