



The Captain's Log

The Newsletter of the Stockton Portsmen
September 2018 - Issue #6



Dynamix performs for the Stockton Portsmen & guests at their Annual Picnic

President's Message: by Harry Williams

Hi youal. Wow, September sure seemed to get here quick. We are coming off a great picnic at John Eiler's house, (AGAIN) good food, fellowship, and singing. We raised a good amount of money for Harmony Camp with Richard Lund and Patsy Miller in attendance. Also a special appearance of Dynamix, and they were !Fabulous!

As we open September, we have the last Stockton Ports baseball game of the year Anthem on Monday of Labor Day weekend. Nancy's Quartet is performing at the Lodi Grape Festival, and our other Quartets continue to practice and perform.

The Chapter section leaders have plans for section practices, being held in member's homes.

The Nominating committee for our 2019 board member election continues to meet and work on their ballot. The official ballot is to be presented at the special chapter meetings on Sept. 15th, and Sept 25th, with the election to take place on Oct. 2nd.

The chapter continues to work hard at getting ready for the Oct. 13th competition in Fresno.

Till Next month`s Captains Log
Pres. Harry

Musical Director's Message: by Bill Litz

Performance ready was a phrase that came up recently in a music team discussion. I think the key is that we all need to actually be **singers**. I ran across a podcast by **Mark Baxter** - [Sing Better: Top Ten Best Singer Habits](#) that reminds us that singing is more than notes and words – it's a lifestyle.

10. **Breathe through your nose.** You can't do this all the time, but you can do it as much as possible (even while singing). Breathing through your mouth has a drying effect on your vocal folds, which can get in the way of efficient and easy vibration.

9. **Stretch.** Actually, lengthen is a better word. Great singers learn to release muscles as they sing. Releasing muscles aids in efficient posture, reducing tension, which leads to healthier, stronger vocal tone.

8. **Be On Time** – Heck be early even. There are lots of reasons why this simple habit helps you shine. Punctuality is a quiet way to communicate that you have joy about what you do.

7. **Be prepared** – learn songs and develop skills at home - alone. Show up to rehearsals knowing your notes and words, ready to work on the presentation. Many singers rehearse the vocal and musical aspects of their show, forgetting about the aspect of communicating with the audience which is the most important part of performance.

6. **Warm up every day** – Do it through every situation, even when you don't feel as good, or when you're stressed, so you know when your voice needs more attention to be ready to perform.

5. **Learn to say "Thank You"** – When someone compliments you, DON'T apologize for what you don't think was your best presentation. Let your audience appreciate the wonderful things they perceived about your performance.

4. **Learn what foods you can eat,** and what you should stay away from. Let those choices keep you hydrated, mucous free and energized to perform.

3. **Vocalize every day** (don't only sing) – **Singing** is focused on performing and expressing an emotional state through music, focused on the listener. **Vocalizing** is the act of developing and maintaining your instrument for singing - learning to control sounds (pitch, volume, tambour, and rhythm) while maintaining physical comfort. When you vocalize, focus on your flaws to fix things you don't do well. But when you sing, communication should rule your behavior – focus on what you do well. Spend equal time **singing** and **vocalizing**.

2. **Hydrate** – Water is a vital element in the ability for vocal folds to move freely and vibrate. Hydrating is a continual process, it needs to be a ritual throughout the day.

1. **Get plenty of sleep** – If you DON'T snooze, you lose. This translates into better health and ability to make better performance decisions.

Being "**ready to perform**" takes more than just learning notes and words - that is the minimum. Become **singers** that your peers respect and that your audience enjoys.

Chorus News:

Preparing for Competition
working with Mike Cating



Stockton Ports Game



National Night Out



Annual Picnic:









Quartet News:

mixed meta4

by Joan Ray, tenor



It's been a busy month for us. Birthday celebrations, Wedding showers. We're pleased that Sue raised her hand volunteering to step in for Al as he roams the Great Northwest in search of game fish. She's picking up our repertoire nicely and gaining confidence. We are quite solid now with about a thirty minute repertoire and growing. And when we're all together, two leads are a real treat.

We are pleasantly surprised as we get an increasing number of requests and the variety of people yearning for Barbershop.



Joan Ray – Tenor
Dave Harmon – Baritone

Al Farnum – Lead
Nick Adams – Bass

TuneStruck

Things are still quiet for Tune Struck, though there are new songs being added to the repertoire. Last rehearsal was the start of Holiday song refreshing, as our ability to get together is limited by walnuts and grandchildren.

Al Wolter

Tenor - Tune Struck Quartet

209.747.7499

www.TuneStruckQuartet.com

[Click here to follow us on Facebook](#)



Member Spotlight:

by: Tim Tuggle



My name is Tim Tuggle. I am recently retired. I have 3 kids and 4 grandkids. I love to camp, and spend time outdoors. Go to ball games, do a little gold panning, and love to BBQ with friends and family, and of course singing.

I grew up singing in church. When I got to High School I tried out and made the a cappella choir. I sang all four years at school. My senior year I came alive and was the lead in a musical. My senior year I sang in a special group called the Madrigals and scored real high at competition. I think Second place out of 50 schools.

After high school I sang at church, started a family and I sang for a few weddings, and some funerals. While raising my kids in sports, boating, and camping. I quit singing. Besides what's on the radio, and never picked it up for about 30 years or more.

I attended a Memorial Day event this year to watch and listen to my nephew and his wife sing. When they started singing my heart dropped. What a beautiful sound I was hearing from The Stockton Portsmen Chorus. I could not wait for it to end and wanted in. I was so excited to talk to my nephew and niece about going to the next practice.

I went to my first meeting with them and they opened their arms and took me in. Singing with the Stockton Portsmen brings back my youth in me, and so many good memories. I have met some great people that can really sing. I have forgotten how much I have missed singing, and have realized how much I have missed out, if I would have started at a younger age. I know I haven't sung very long, but I have found a new family in Barbershop, and the Stockton Portsmen family.

We have the leadership there to help us reach our goals: 1) Be happy and have a smile on our face, 2) Learn to sing with energy, but also with Filo. 3) Pronounce the value sounds, and the "ee" when needed. Thank you to Bill for his great leadership in directing us. Thank you all for letting me come in and sing.

Chorus Craft: by John Eilers

Let's revisit the subject of breath while singing in chorus. Breath is the most important part of singing. Even more critical is WHEN you breathe. Some music has breath marks designated by a (^). Breath marks are not so prevalent anymore as there are new concepts of breathing in a chorus.

A new concept is called "Stealth Breathing." This concept allows you to pick your own spots in a song to breathe. All you have to do is leave out a word and breathe in its place. Of course, never revealing that you are taking a breath. Don't leave out a word if others around you are already omitting that word.

Also, the word you leave out could be a word called a "schwa" word. This is a word that really isn't needed in the musical phrase or line. Examples of schwa words are: the, and, and to. Practice stealth breathing in every song so it becomes a natural part of the song. You may never run out of air again!

**Member Reveal
from August Issue:**

Dave Harmon



**Can you guess who this current
Stockton Portsmen is???**



Bill Hanks



**Honoring & celebrating the
past, can you guess the name of
this former Stockton Portsmen?**



Painting Word Pictures (prologue): by Derick Sturke

A few years ago at Harmony University Marty Lovick – BHS Performance Judge, Coach extraordinaire and one of the gents responsible for developing the Performance (PRS) category to replace the Presentation category –gave me a sentence that has guided pretty much everything I do as a barbershop harmony singer.

“The words will tell you how to sing the song”.

Let that roll around in your head for a moment. This profundity has become my very first step in approaching any song I sing. If I understand what the lyricist is trying to communicate and I can match those lyrics with my own experiences, the notes, the rhythms, the dynamic range and other factors become so much easier to master. And it gives a director much more to work with. It is often rightfully suggested by a music leader -- such as a chorus director-- that learning the words and notes is only the beginning to making music. Only when these mechanics are mastered that a director can use that chorus as a canvas for him to produce musical artwork. Anything I write going forward from here assumes the reader (chorus member) has mastered his notes and words. All of our songs in the Portsmen repertoire offer some pretty amazing performance potential that can be traced to the use of words employed by the lyricist.

Imagine if we were to not just sing a song about a northeast coastal town but really take our audience on a trip to Old Cape Cod. Or guide our audiences on their own Sentimental Journey as WE bring our own warm memories to the song we sing. All this is possible and the best musicians, regardless of musical style, seek to take the audience with them, not just perform at them. Think of the best live performances you have experienced and why they were so memorable. How they got to your heart, your very soul.

We, as a chorus can do this. It is not all that hard to do, but it does take a bit of effort to reach this. Not a whole lot, but enough for a start. Take a few minutes to read the lyrics of any of our songs as if they were a poem. Take a moment to think of what those words mean *to you*. Think of the images those words evoke. Ponder the memories or experiences that dovetail with the work of the lyricist.

Do this and bring it to rehearsal this coming week. I can guarantee the words, notes, rhythms, dynamics and other mechanics of the songs will come easier for you. And it will give Bill a more artistic pallet to work with. The less Bill needs to work on the fundamentals, the more art we ALL can create.

In the ensuing articles, I will take our two contest songs and offer some ideas for interpretation and truly painting the word pictures.

Celebrations:

September Birthdays

Raymond Morris	9/18
Al Farnum	9/20



Stepping Up The Game – September 2018

by Raphael Pazo

A series of articles for exclusive publication in “The Captain’s Log”, a monthly publication by the Stockton Chapter of the Barbershop Harmony Society. All Rights Reserved.

Part Three

Getting Ready For District Contest

Quartets and choruses made up of members of the Barbershop Harmony Society compete at the Chapter, Region, Division and District levels for an opportunity to earn a chance to compete at the International level at the Society’s Annual International Convention. Although groups compete for various reasons – to gauge their skills, for exhibition or to perform competitively – they all have one common goal: to sing at their very best.

Singing and competing at a District level is a *privilege earned* by those who have demonstrated their commitment to the art form of Barbershop singing. Only the finest

quartets and choruses from each Division are invited to compete at the District level, where *expectations are much higher* than at previous levels.

In preparation for a District competition, participants often adopt rigorous forms of *music, singing and performance* training routines, much like athletes prepare physically, mentally and emotionally. Physical training is essential to increase and maintain physical endurance. They include cardio-pulmonary exercises like walking, running, daily breathing, climbing stairs, swimming and others. Mental preparation drills include mind agility games, reading, listening to music, yoga and others. Emotional preparation drills include stress-relief, meditation, bio-feedback and others.

Music preparation includes **daily review** of the lyrics, notes, intervals, dynamics, tempo, breaths, start-ups and cut-offs. Music preparation has its best results when done without any distractions, for example, listening to learning tracks while driving is far less effective than listening in a quiet, well-lit, comfortable environment while reading along with the sheet music and/or typed lyrics. *Singing preparation* includes **daily singing** range-extending exercises, singing lyrics without consonants, singing intervals, vocalization and breath control. *Performance preparation* includes **daily practice** in front of a mirror, hand control, avoiding “hand pantomime”, variance of facial expressions, and switching between chorus position and “down the tiles.” *Risers’ discipline* and *risers’ etiquette* are crucial elements of chorus performance training and should be observed at every rehearsal, practice and performance leading up to the contest.

Singing and competing at the District level is an honor that only a few get to enjoy. It’s a big deal. Preparing and planning are the key to a successful and memorable performance.

What in the World Does That Mean?

by Raphael Pazo

Hand and face Pantomime – Hand pantomime are hand and face refers to gesturing while singing, for example:

- making a “heart shape” when singing the words heart, love, Valentine
- having a pouting expression when singing the word “cry”
- pointing to a body part when singing about it, such as pointing to lips when singing “...the moment that your *lips* meet mine...”
- moving arms and hands with no specific performance purpose (not part of group choreography)

The use of *hand and face pantomime* DOES NOT enhance a singing performance; quite contrarily, hand and face pantomime are huge distractions and are considered bad form among performers that should be avoided at all cost.

Risers’ discipline – Risers’ discipline refers to what singers are expected to observe DURING practices, rehearsals and on stage. It includes:

- Paying undivided attention to the choir director and coaches
- Stayed eyes focused on task at hand as instructed by chorus director
- No talking, whispering or chatting in between singing
- Avoiding “hand pantomime”

Risers’ Etiquette – Risers’ etiquette deals with specific things that singers are expected to do when practicing, rehearsing or performing. It includes:

- Be punctual – arrive early, warmed up and ready to perform
- Silence your phone or mobile devices
- Knowing your music – music and lyrics – BEFORE stepping on risers. If one is unsure of the song being performed, they should step down and refrain from singing until on risers until they’ve learned the music
- Focus on your own personal performance. Do not worry about the person next to you.
- Be polite, considerate and cordial with everyone
- Raise your hand and wait to be acknowledge before asking questions
- Remove physical obstacles that may interfere with practice of performance such as water bottles, books, folders, binders
- Avoid using perfumes, cologne, lotions, hair products and cosmetics that have strong odors that may trigger allergies, sneezing or coughing to you and those around you
- Avoid drinking alcohol or eating foods that have strong or pungent odors that may affect those around you

10 GOLDEN RULES FOR CHORUS SINGERS

by Raphael Pazo

Source: [Click here for Source](#)

Tips and tricks for even more pleasure in singing

Why do millions of singers rapturously join a chorus rehearsal each week? It's quite simple: Singing together brings joy, releases feelings of happiness, keeps you healthy and promotes the social togetherness.

To maintain this positive feeling in everyday life, the publishing company "Lugert Verlag" has listed 10 golden rules for choral singers, which we want to share with you. Enjoy reading!

1. The choir comes first, even if there is so much to do otherwise. Treat yourself to the chorus rehearsal as a wellness oasis.
2. Sit up straight on the edge of a chair, relax your shoulders, look ahead and smile!
3. Be attentive to the rehearsal, listen to the other voices and postpone conversations with your neighbor.
4. Be open to new ideas, even if you initially inclined to resist. Trust the chorus director; she/he knows what she/he is doing.
5. If something is bothering you, talk with the director privately after the rehearsal.
6. Be well-organized: arrive the rehearsal on time with something to drink. Have a notebook, a sharpened pencil and highlighter ready to take notes.
7. Offer support, help others and take on responsibility. Big aims are being achieved together.

8. Learn something new every day! Listen to choral music, visit concerts of other choirs or join a singing workshop.
9. Keep your voice healthy: drink enough, don't harrumph and whisper. During hoarseness: take a break from singing!
10. Sing and practice as often as possible – sing when cutting veggies, cooking, in the shower, driving a car, riding a bike, with your children and during walks in the park.

Forget Me Notes:

Meetings:

9:00 AM – 10:00 AM
Mondays / Wednesdays / Fridays
Sherwood Mall Food Court, South End

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

Harmony Lunch Bunch:

Meetings:

11:30 AM
3rd Thursday of each month
Sam's Hof Brau
2500 Watt Ave, Sacramento, CA 95821

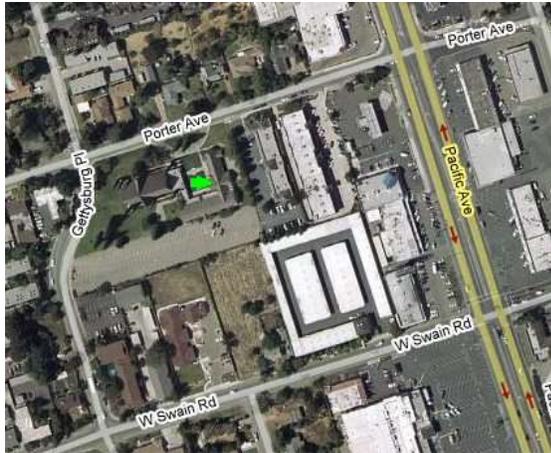
More details available contact:
Kent Borrowdale
kborrow@comcast.net

Weekly Chapter Meetings:

Location: Zion Lutheran Church –
808 W. Porter Avenue – Stockton – CA
Tuesdays: 7:00 PM – 9:30 PM

See calendar for up-to-date information
<https://www.brownbears.com/cal/Portsmen>

Map:



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 Rd turn north on Gettysburg Pl then
turn east into Zion Lutheran Church
parking lot.

*We meet in Grace Hall on the northeast
side of the complex.*

Website:

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

Facebook:

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

Mixed Barbershop Harmony Association

Page:

<https://www.mixedbarbershop.org/ensemble/stockton-portsmen-barbershop-chorus/>

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@StocktonPortsman.org
- Phone (209) 881-SING (7464)

****Save the Dates****

2018 Events

- Sept 3 Stockton Ports Anthem
(5:30 PM – 10:00 PM)
- Sept 15 *Norcal District Bound Quartet Show*
Adventure Christian Church
Sacramento, CA
Reception 6 pm starts at 7 pm
[Click here for details](#)
- Sept 23 *Harmony Camp 2018*
Friends and Family Show
Sly Park
(11:00 AM)
[Click here for more details](#)
- Oct 11 FWD Fall Convention**
(October 11 – 14, 2018)
(Fresno, CA)
***Early bird* deadlines:**
9/14/18 Convention Registration
9/22/18 Hotel Registration
[Click here for more details](#)
- Oct 27 *The San Mateo County Chapter*
presents ...
The Fault Line A Cappella Chorus
Burlingame, CA
[Click here for more details](#)
- Oct 27 *The Placerville Chapter presents...*
The GOLD RUSH CHORUS
Placerville, CA
[Click here for more details](#)
- Oct 30 Guest Night**
- Nov 3 *The Central California Chapter*
presents...
Golden Valley Chorus Fall Show
Turlock, CA
[Click here for more details](#)
- Nov 17 *The Santa Rosa Chapter presents...*
Redwood Chordsmen Fall Show
2pm & 7pm shows
Santa Rosa, CA
[Click here for more details](#)
- Nov 18 *The Marin Chapter presents...*
Marin Golden Gate Barbershop Chorus
Fall Show
2pm
San Rafael, CA
[Click here for more details](#)

- Dec 1 Festival of Trees (Micke Grove)
(12:00 PM – 2:00 PM)
- Dec 1 *The California Delta Chapter*
presents...
VoCal Christmas Show
Folsom, CA
[Click here for more details](#)
- Dec 2 Annual Show – Christmas Theme**
Zion Lutheran Church
(2:00 PM – 4:00 PM)
- Dec 4 Stockton Chapter Meeting & Portsmen
Chorus
O'Connor Woods West Hall
(6:45 PM – 8:15 PM)
- Dec 9 Bob Hope Fox Theater
(12:30 PM – 4:30 PM)

2019 Events

- Feb 14 Singing Valentines (2019)
- Mar 17 Ice Cream Social (2019)
- Mar 21 FWD Spring Prelims NE/NW**
Division (2019)
(March 21 – 24, 2019)
- Oct 10 FWD Fall Convention (2019)**
(October 10 – 13, 2018)
(Sacramento, 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/>