



The Captain's Log

Newsletter of the Stockton Portsman
October 2019 - Issue #19



October 2019 President's Message: by President Harry Williams

Hi Youal. Wow, fall is definitely here, just as I promised last month. We polished off Sept with our first 2019/2020 Hockey game. The National Anthem was down on the ice once again!!!

Our annual picnic, which was postponed to Sept 15th due to very hot weather turned out to be a very nice event. Good singing, food, and fellowship. A special Thanks to John Eilers for hosting this event every year.

Looking at our October planned activities; #1 is our special 2020 Board Election meeting on the evening of Oct 1st. We are then scheduled to compete in the Oct 11th – 12th Far Western District competition in Modesto.

The Far Western District is also hosting the youth harmony camp on Oct 18th thru the 20th.

We finish up Oct activities with our last guest night of the year.

Looks like another great month in Barbershop Music!!!
Till next month's Captains Log
Pres Harry

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September 7, 2019

Musical Director's Message: by Bill Litz

[Where's your smile, crocodile?](#) – In getting ready for performances (specifically FWD Fall District Competition in just a few days), we've continually made references to **facial expressions**. I need to remind MYSELF to smile – even when I'm happy, I forget that extra step of sharing my happiness with those around me by generating a smile. Smiling seems to come more naturally to some people than others, but like any habit, it gets much easier with practice. Smiling raises your spirits and makes other people happy as well - it's a very powerful expression.

Practice smiling regularly. If you practice smiling in front of a mirror, it will become easier, and you'll look less strained when you do it. Practice what you feel to be your most attractive smile, and it will eventually look and feel more natural.

- Look at photos of yourself smiling in different ways. Decide what type of smile you like best and replicate it in front of the mirror. Once you're comfortable with the smile, practice without a mirror.
- Practice smiling at random strangers. Simply make brief eye contact with a person and smile. As you do so, think happy thoughts. Not everyone will smile back, but note how you feel when they do.

Smile with your eyes. A genuine smile will naturally include your eyes. It is called a Duchenne smile, and it's not something that is easily faked. When you practice smiling, work to include your eyes in the expression, so you wind up with a warm, genuine smile.

- To get a feel for how to make your eyes smile, stand in front of a mirror and practice smiling, but concentrate only on your eyes. You may find it helpful to cover the lower part of your face with a piece of paper.
- When your eyes do smile, remember how it feels, including which muscles are working and how. With practice, you may be able to smile with your eyes at will by relying on your feelings and muscle memory.

Make your smile genuine. While it is possible to crack a smile when you're in a bad mood, smiling under these circumstances can sometimes make people wary of you because they can tell the smile isn't authentic. Offer a genuine smile to others whenever possible.

- To ensure that your smile is genuine, don't smile when you just aren't feeling it. If you do, it will give others the impression that you can't be trusted.
- Remember how it feels when you do crack a genuine smile. Try to regain that feeling each time you smile.
- Even if you aren't in the best mood, think of something that truly makes you happy before you smile. That can often lead to a genuine smile.

Smile when you feel good. A genuine smile comes from being happy and positive. Be happy that things are going well for the person you're talking to, that someone's joke is funny, or that you're about to eat your favorite food.

- Even when you aren't feeling cheerful, you can still find reasons to smile. Focus on the positive things that are going on in your life and it will be easier to smile.
- When you're dealing with a person or situation that makes you feel ambivalent and you're not sure whether smile or not, err on the side of smiling – find one thing that is positive about the person or situation and use that to create your smile.

Smile out of love. Think about someone you care about, such as the person in front of you, or something that you genuinely love to do. It's much easier to produce a natural, easy going smile when you focus on the people or things that you love.

- If you find yourself in a situation where it's important to smile and you aren't necessarily feeling it in the moment, it helps to have a mental list of people and things that you love to run through in your head to make it easier to smile.

Smile when you're feeling playful. When you're having fun or enjoying yourself, it's always easier to smile. See life as an adventure and allow your inner child to play by engaging in games, sports, and other leisure activities.

- When you're playing a game or participating in an activity with friends and family, avoid getting overly competitive. Remember that you are supposed to be having fun, so you'll have an easier time smiling.

Smile when you normally wouldn't. Make an effort to smile at times when you usually don't. For example, smile at the bus driver on your morning commute to school or work even if you're tired. Smiles attract attention, but it's the right kind of attention and can help make the world a more positive place.

- Smiling at work or during other professional occasions is not going to make you seem unprofessional. It can actually humanize you and make you appear more approachable so you can communicate with co-workers more effectively.
- A smile makes you seem "real." It may make you feel more vulnerable, but that means you're opening yourself up to others, which provides the opportunity for more meaningful connections.

Expect smiling to be difficult in some situations. Whether it's for a photo or to keep your mother happy when relatives you can't stand visit, smiling on demand can be difficult. That's usually because you lack a genuine reason for smiling. In these situations, try to remember past reasons for smiling and focus on the techniques that you've practiced.

- For a photo, smile a little harder than you think you should. That will ensure that your smile is as photogenic as possible.
- If you prefer to smile with your mouth closed, try placing your tongue on the roof of your mouth. That helps tighten the muscles in your face and neck for a more natural smile.

Enjoy the many benefits of a smile. To encourage yourself to smile, it helps to understand the benefits that a smile can bring to your day. You'll smile more often if you know how it affects the way you feel and interact with others.

- Smiling improves your appearance. A person who is smiling is usually thought of as more attractive than someone who is frowning, pouting, or sporting a blank expression.
- A smile can often say more than words can. If you've hurt someone, made a mistake, or are just in a bad mood, a smile can help others know that you're apologetic and want to make amends.
- Smiling creates trust and rapport. It is a simple way to make other people feel more comfortable around you so it's easier to form a bond and communicate.
- A smile can make you feel good. Even if you're feeling down, focus on happy thoughts and allow yourself to smile. It can release endorphins that help improve your mood.
- Smiling can make other people feel good too. An open-mouthed smile is visible from fairly far away, so it can help put almost anyone whose path you cross at ease.

I honestly believe that the Stockton Portsmen do have an environment where we can openly smile and where we enjoy each other's company. Don't hold that smile back. Share it with each other – share it with our audience. It will be the most powerful choreography that we can exhibit.

I'm looking forward to a wonderful contest experience full of your smiles!!! 😊



STOCKTON PORTSMEN CHORUS PRESENT:

*Doo Wop at the
Barbershop!*

Featuring..
CAPITOL RING
2018 FWD Quartet Champions

November 9, 2019 at 2pm
First Baptist Church Community Center
33 W. Alpine Ave. Stockton, CA 95204
Tickets: \$15 General Admission
\$10 Students/Seniors

WWW.STOCKTONPORTSMEN.ORG





Tune Struck Quartet



Ron & Al performing on the cruise

Tune Struck is looking forward to the return of Greg Hedges from his two month long tour of the United States in his new RV. Thanks to Nancy for stepping in to allow us to sing at the Rio Las Palmas gig and the picnic.

Al Wolter

Tenor – Tune Struck Quartet

209.747.7499

www.TuneStruckQuartet.com

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



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Royal Flush Barbershop Quartet

By Nancy Hennefer, Baritone

Royal Flush sang the National Anthem on Saturday Sept. 28th for about 80 people, including City VIPs, who attended the Ribbon Cutting Pickleball Court Dedication at Legion Park in Lodi. We have a couple more Anthem "gigs" coming up over the next few weeks. Continuing to rehearse our song(s) for the show and gearing up for the novice contest next February, we are excited that our sound is improving and we are starting to figure out how to blend our voices!



mixed meta4

mixed  **meta4**
a barbershop harmony quartet
209-881-SING (7464)

Joan Ray – Tenor	Al Farnum – Lead
Dave Harmon – Baritone	Nick Adams – Bass

Celebrations

October Birthdays

Renee Beers	10/10
Ron Spohn	10/15



Harmony Lunch Bunch

Sam's Hof Brau

2500 Watt Ave, Sacramento, CA 95821

11:30 AM (3rd Thursday of each month)

Kent Borrowdale kborro@comcast.net

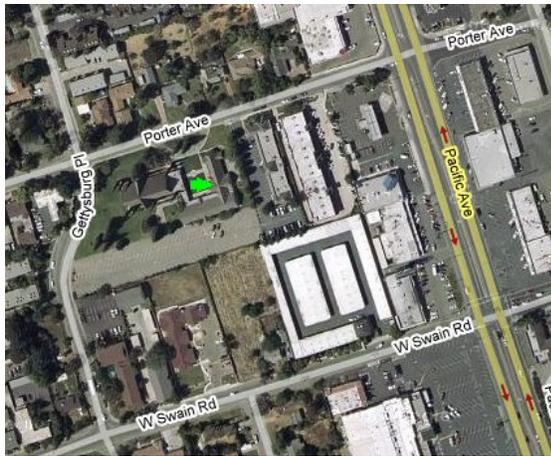
Weekly Chapter Meetings:

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

[Click here to go to Stockton Portsmen Website](#)
[Click here for Facebook Page](#)

See calendar for up-to-date information:
[Click here to access the Stockton Portsmen Calendar](#)

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.

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.



**STOCKTON PORTSMEN
BARBERSHOP MIXED
CHORUS & QUARTETS**

*****Hire Us*****

Book us for your next events

- 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**
- **Ph. (209) 881-SING (7464)**

****Save the Dates****

2019 Events

- Oct 5 San Mateo County Chapter presents...
Fall Cabaret Show
[Click here for more info](#)
(Two shows – 2:00 PM & 7:00 PM)
- Oct 10** **FWD Fall Convention (2019)**
(October 10 – 13, 2019)
(Modesto, CA)
Early bird price valid until 9/12/19
[Click here for more info](#)
- Oct 18 FWD Youth Harmony Camp
Pollock Pines, CA
(October 18 – 20, 2019)
[Click here for more info](#)
- Nov 9** **The Stockton Chapter presents...**
Doo Wop at the Barbershop
First Baptist Church Community Center
Stockton, CA
(Time: 2:00 PM)
- Nov 22 Barbary Coast Chapter presents...
Fog City Singers
San Francisco, CA – Friday, Aug 22
Pleasanton, CA – Saturday, Aug 23
- Nov 23 The Santa Rosa Chapter presents...
"Singin' In the Holidays"
Santa Rosa, CA
(Two shows - 2:00 PM & 7:00 PM)
- Nov 24 The Marin Chapter presents...
Marin Golden Gate Barbershop Chorus
San Rafael, CA

Barbershop Links

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