



The

SERENADER

*Celebrating 72 Years of Barbershop Harmony in Albuquerque
Chartered September 14, 1952 - Incorporated October 2, 1953*

E-Newsletter



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HOW CAN I GET OVER MY PERFORMANCE ANXIETY?

by Ken Taylor

Are you wondering how to get over performance anxiety while singing? If so, you have come to the right place.

There are several techniques you can employ that will help you get over this mental barrier and get the best performance possible.

In this article, we'll cover some of them including preperformance rituals, deep breathing exercises, and redirecting negative thoughts.

Once finished, you may also enjoy this article – How to Sing with Confidence (<https://singingleasons.com/how-to-sing-with-confidence-tips>).

Redirecting Negative Thoughts

If you're a singer and you suffer from performance anxiety, you're not alone. Performing in front of an audience can be terrifying, but this mostly comes from a deep desire to be liked and accepted.

This was once a really big deal back hundreds of years ago. If the pack didn't accept you, they wouldn't protect you and you wouldn't have as high of a likelihood to survive.

Fortunately, a bad performance today won't lead to death, but it may feel like it sometimes. Haha. That said, virtually all performers get that bit of nervous energy right before they go on stage. But instead of being crippled by this, try using it to your advantage. Instead of having that nervous energy feed your negative thoughts, why not have it build your positive thoughts.

Get excited about your performance. Visualize yourself performing well, and the audience responding well to it. The more you turn this negative into a positive, the more ready you'll be.

Deep Breathing Exercises

If you have performance anxiety, deep breathing exercises are an excellent way to calm yourself. Breathing deeply not only calms your body, it calms the mind. Plus, as a singer, it has the added benefit of carving a good path of proper breathing for our performance.

When you do this, your mind is prepared to sing, and you will not be weighed down by the anxiety you feel. It's a proven fact that deep breathing exercises can help you get over performance anxiety while singing. So give it a try and see if it helps you!

Pre-Performance Rituals

Pre-performance rituals have the effect of reducing anxiety and helping you to maintain order in an otherwise chaotic situation. I think half the reason why this helps is it gives your mind something to focus on and helps you get in the zone. However, this is not a quick fix, and it is unlikely to improve your performance. In fact, your performance will only improve when you can perform your pre-performance rituals regularly.

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But, you can start thinking about what this might look like for you now. The goal of this ritual is to keep you in a “ready to perform” head space. For me, I might listen to certain music that calms my mind, then an inspiring song before I go out on stage. I might stretch, and visualize the performance going the way I want. I may even jump up and down, trying to work more energy into my body. But that’s me. The question is, what would help you be ready to go out on stage?

In Conclusion...

The more you turn this negative into a positive, practice deep breathing, and get comfortable with your pre-performance ritual, the more ready you’ll be to perform.

That said, each of these ideas takes practice. And the only way to practice it is to perform more. So get out there and try these techniques and see how they work.

If it’s not worth doing well... Why do it?

Annual Awards & Installation Banquet

On Friday, 17 Jan, our yearly “big bash” was held at the Tanoan Country Club to install our board of directors for 2025 and to present the award recipients for the various categories to recognize their contributions to the chorus and chapter in 2024. Master of Ceremonies was John Taylor and the Installation Officer was Bob Lawson, the Rocky Mountain District VP for Contests and Judging.

This is one of the highlights of our year to enjoy each other’s company, have a great dinner, and sing together a little bit.... After all, we ARE a singing organization!

Here are our awardees followed by a few random photos taken during the evening ...

Barbershopper of the Year - Charlene Baker

President’s Award - Fred Green

Volunteer of the Year - Celeste Cole

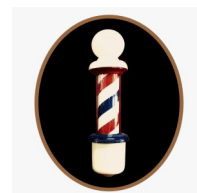
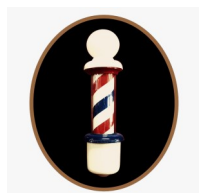
Quartet of the Year - Mixed Metafour

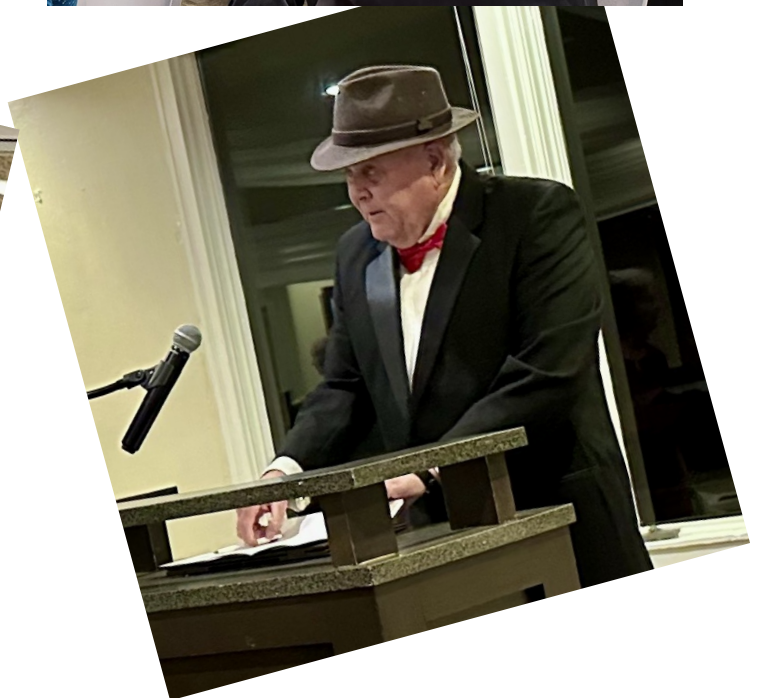
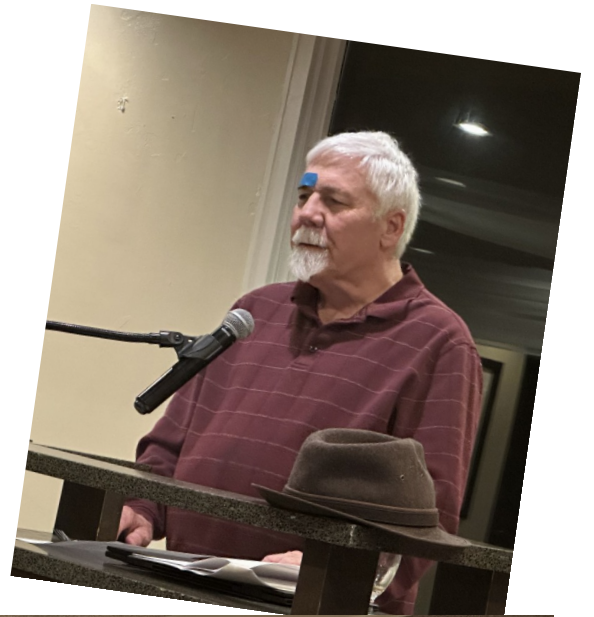
Ms New MexiChords - Mary Turner

Rookie of the Year - John Miracle

Mr Performer - The New MexiChords Chorus

Most Improved Singer - Tom Cole









Our Board of Directors was installed into their positions for 2025 on Jan 17th at the annual Awards & Installation Banquet. Here are our chapter leaders for this year:

**President - Richard Grady
Secretary - Mary Turner
Treasurer - John Miracle
Marketing VP - Fred Green
Membership VP - Nick Maxwell
Music VP - Richard Grady
Performance VP - Jerry Quintana
Program VP - Ruth Koury
Member at Large - Leo Twiggs
Member at Large - Mike Lash**

The New MexiChords "Lineup" as of 1 Feb 2025

DIRECTOR

Bill Biffle

BARITONE

Hudgens, Tom
Hudson, Hal
Koury, Ruth
Randall, Ron
Romero, Max
Strohl, Bill

BASS

Butler, Larry
Grady, Richard
Green, Fred
Maxwell, Nick
Porter, Doug
Quintana, Jerry
Ring, Dave
Taylor, John
Twiggs, Leo

TENORS

Baker, Charlene
Berardinelli, Bev
Hines, Cass
Meyer, Cam
Ratcliff, Hal
Yates, Janet

LEAD

Andrews, Tina
Cole, Tom
Courtney, Bob
Green, Eric
Lash, Mike
Miracle, John
Nelson, Arlo
Parsons, Walt
Preston, Judy
Taylor, Lynn
Turner, Mary
Vertrees, Joe



FROM OUR DIRECTOR:

“BIFFLEISMS”



Hello, folks. I hope that this finds you well.

We're into the new year, of course, so that means prep for the spring shows, to be held the first weekend of May. The theme will be “The Music of Our Lives” and this being broad enough to include most anything we want to sing, we'll put together a great show.

We're adding a few new tunes, of course, to the mix. Music is being procured – or created – and learning media is being produced. We'll introduce these over the next few weeks, using some substantial section time to begin the process.

New songs for 2025:

1. Hi, Neighbor (show opener)
2. Blue Velvet
3. Red Rose for a Blue Lady
4. Softly, As I Leave You
5. When I Look in Your Eyes

These are the songs to be held in repertoire:

1. Sentimental Journey
2. I'm Sitting On Top of the World
3. Moonlight Bay/Shine on Harvest Moon (medley)
4. Hello, Mary Lou
5. Stars Fell on Alabama
6. Breaking Up is Hard to Do
7. Tennessee Waltz

We'll continue to sing tags and get some quartet activity going each week. And, in the spirit of keeping the bar in barbershop, many of us will repair to the pub at 8:30 or so. If you haven't done that, I encourage you to try it. You don't have to drink spirits, but the spirit of the occasion will not be lost on you. I guarantee it.

And remember, the new year is a great time to bring guests. They can jump on the train when it's going at startup pace. If you're having fun doing this, let someone know about it. It's one of the best things you can do for them! Think about it ... you have the power to change someone's life for the better. Why not do it?

Thanks for reading. See you Tuesday, Champs!

Bill

Do you love to sing? Tired of entertaining only yourself
in your car or the shower? C'mon out and see how
much fun it can be to sing with a group of others!

See us at:

www.NMChords.com

Our chorus and quartets love to sing for our audiences and to share our love of barbershop.
You are invited to join with us to enjoy an evening of camaraderie and great barbershop
harmony. Don't miss out on the fun. Come and see what it's all about!

What? Weekly Chapter Meeting & Rehearsal

When? Tuesdays, 6:30 p.m.

Where? St John's United Methodist Church, 2626 Arizona St NE, ABQ 87110

My goldfish are named Major, Minor,
Dorian, Lydian and Diminished. The
only way I can tell them apart is by
their scales.



Here's a barbershop shout-out to our members with birthdays in February!

Bill Strohl - 12 Feb

Hal Hudson - 18 Feb

John Miracle - 24 Feb

Tom Hudgens - 25 Feb

Cam Meyer - 28 Feb

Don't wait until the last minute...Place your order **TODAY** and request a Quartet from the *New MexiChords Barbershop Chorus* to bring **Happiness, Smiles, and Love** to your favorite people!



This year do something EXTRAORDINARY!

Singing Valentines

Surprise someone special with a unique Valentine serenade!
A talented quartet, from one of Albuquerque's five award winning choruses, will appear bearing gifts, at the place of your choice in Albuquerque - Rio Rancho to share the gift of song in perfect, four-part harmony.

Make your reservation early!

February 13-14

Singing Valentines begin at \$75

For reservation and more details:



ABQValentines.com



Or Call 505-323-SING (7464)

Send by phone, \$20 anywhere in the US!

Senior Buyers Discount Available. Additional fees apply for travel outside the Albuquerque Metro area, same day orders, and extra gift items or songs.



The New MexiChords Calendar

Upcoming Chorus Events

2025

- 14 Mar - Naturalization Ceremony, 10am, ABQ Convention Center, 401 2nd St NW
- 2 May - Spring Concert, 7pm, St John's Methodist Church, 2626 Arizona St NE
- 3 May - Spring Concert, 2pm, St John's Methodist Church, 2626 Arizona St NE
- 4 Jul - Naturalization Ceremony, 10am, ABQ Convention Center, 401 2nd St NW
- Sep TBD - Rocky Mountain District Convention & Contest
- 5 Dec - Naturalization Ceremony, 10am, ABQ Convention Center, 401 2nd St NW

Stay up-to-date with us by visiting our "Shows & Events" page on the website at:

www.NMChords.com

We are a local chapter of the Barbershop Harmony Society (BHS) and a member of the Rocky Mountain District (RMD), which includes parts of the following States/Areas:

Wyoming

Colorado

Most of Utah

eastern Idaho

southern Montana

northern New Mexico

western portions of South Dakota, Nebraska, and Kansas



Barbershop



Your Chuckles for February

A termite walks into a bar and asks, "Is the bar tender here ..."

The biggest lie I tell myself is ... "I don't need to write that down, I'll remember it."

Wouldn't it be great if we could put ourselves in the dryer for ten minutes, come out wrinkle-free and three sizes smaller!

Last year I joined a support group for procrastinators. We haven't met yet!

Teach your daughters how to shoot, because a restraining order is just a piece of paper.

If God wanted me to touch my toes, he would've put them on my knees.

What do politicians get on their IQ test? Drool.....

The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes" .

I'm going to retire and live off of my savings. Not sure what I'll do that second week.

Even duct tape can't fix stupid ... but it can muffle the sound!

Why do I have to press one for English when you're just gonna transfer me to someone I can't understand anyway?

Of course, I talk to myself; sometimes I need expert advice.

Oops! Did I roll my eyes out loud?

Chocolate comes from cocoa which is a tree ... that makes it a plant which means ... chocolate is Salad !!!

Police have issued a warning about a midget scam artist who claims he can contact the deceased. The statement is labelled "Small Medium At Large".



Our Mission:

The members of the Albuquerque Chapter of the Barbershop Harmony Society dedicate themselves to:

- Continually seek the joy to be found in singing well in the barbershop style
- Promote the benefits of our hobby at every available opportunity
- Provide our community with high quality musical entertainment, and
- Foster continual musical growth and fellowship among the members

To be added to our fan list, send your name and email address to subscribe@newmexichords.groupanizer.com
To be removed, send your email address to unsubscribe@newmexichords.groupanizer.com