

## Happy People Don't Check Their Email More Than Three Times a Day

(but they do check it! – BN Editor's emphasis)

By Alex Smith, Ryot.org columnist



A full inbox is overwhelming. So is actually opening the messages and writing back. Despite the stress of it all, if you're anything like me you check yours all day, every day to keep up with what's going on.

It's no secret that checking email is addictive. The question is: how often can we peep into our inbox and still stay happy? **Scientists say three times a day's the magic number.**

Researchers from the University of British Columbia were interested in minimizing the amount of psychological stress we generate in the modern workplace. They had 124 volunteers divide into two groups. One checked email three times a day for a week. The other group was free to check their email whenever they wanted.

The participants filled out a survey at the end of each day reporting on their stress level and productivity. One week in, they swapped groups.

Their conclusion? People felt less stressed when they checked their email less often. They noted that we're so hooked on technology that a big slice of our email-related stress comes from our addiction to knowing what's going on. The other piece of it comes from the productivity we lose by multi-tasking.

■ see **EMAIL** on page 3

## ENJOY | LIVE | JAZZ

### 2014-2015 SEASON CONCERT SCHEDULE

SEPTEMBER	14	PHOENIX JAZZ ORCHESTRA Kick it off with big-band excitement
OCTOBER	12	GREG PARNELL SEXTET A tribute to the Jazz Messengers
NOVEMBER	9	THE COOK TRIO Hottest guitars on the East Coast
DECEMBER	14	KRAMER <sup>2</sup> & PARNELL BENEFIT CONCERT Always a wonderful gift to all of us
JANUARY	11	MICHELLE AMATO AND SUZY PARK A sassy serenade of bop, blues and Broadway
FEBRUARY	8	TERRY MYERS GROUP WITH LINDA COLE Favorites! It doesn't get any better than this
MARCH	8	CHARLIE BERTINI & BOBBY PICKWOOD Proof that 2 trumpets are better than one
APRIL	12	THE FLYING HORSE BIG BAND (aka) The UCF Jazz Ensemble directed by Jeff Rupert
MAY	17	PAT GULLOTTA And his Stompin' Dixie Swampcats

ALL CONCERTS 3:00 - 5:30PM

**The Abbey**  
Infinite Entertainment

100 S. Eola Dr., Ste 100, Orlando, FL 32801  
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# President's Improv



**COMING SOON!** -- In-coming CFJS President Carla Page will share some thoughts in the March-April 2015 issue of *Blue Notes*.



As you may know, the CFJS December concert is always a benefit event. And so we want to thank some very special people for contributing to its success.

*Bess Doggett, Sponsor*

*Kramer<sup>2</sup> & Parnell donated their time and talent!*



## SPONSOR A CONCERT

In the remaining 2014-2015 Lineup  
Contact anyone on the CFJS Executive Committee.



Jack Simpson

## JAZZ ON THE BEACH

*JOTB* is broadcast on WFIT-FM (89.5) on Thursdays from 7-10pm, and repeated on WUCF-FM Orlando (89.9) on Saturdays from 12-3pm.

When Christian Tamburr, the vibraphonist/pianist, was a young boy of about 12, his parents took him to a jazz concert in Cocoa Beach. My wife Lorraine, and I happened to be sitting near the Tamburr family and I remarked to Christian, “Looks like you’ve got the rhythm!” His tapping foot had indeed revealed his feeling for the beat. Back then, there were many tapping feet, but not so today. I’m afraid that we are losing the *beat* – our sense of *swing*.

A couple of weeks ago we watched a TV program of a jazz festival in Rochester, New York. A nationally known jazz pianist was featured along with a young Japanese girl saxophonist and other talented musicians. A blues group was also on the program. It was a full house audience, a few hundred *strong* (in number, not might). A TV camera scanned the festival-goers during the musical performances. I was disappointed to note that the audience seemed to be composed of row after row of motionless people. They were so still and silent. No feet or any other body parts were moving to the rhythm. I must say that the music, as played, was not very rhythmically exciting -- to me, anyway. That’s the key, I believe, to my reaction. I don’t think most of today’s music swings. Swing is essential to jazz, so let’s not lose it.

You may not remember Roy Durso, but he was a very helpful guy for Jack Simpson’s *Jazz on the Beach* program. For a long time he was my driver from Cocoa. He was usually the first caller during fund raising days. Roy also acted as my research advisor and reported on jazz happenings in New York. Roy knew about swing, its players, arrangers and songs (which he loved to sing at the Sunday night sessions at Heidi’s Jazz Club in Cocoa Beach).

Roy and I had several common interests. Other than swing and jazz, we were both “Hams” (amateur radio operators). Roy was born in Brooklyn and was proud of it. My American birth place was the Bronx, so we considered ourselves to be ex-New Yorkers.

I was on the air in Cape Canaveral one night in 1975 (WCKS) when Roy came into the studio just to say “hello.” We were friends ever since. Yes, I’ll miss Roy Durso!

Cheerio Roy!

*Roy died at 85 in Brevard County after a long illness.*

### ■ EMAIL (CONTINUED FROM FRONT PAGE)

Our desire to know what’s going on is so fierce that even the group who was supposed to check their email three times a day averaged four and a half checks. The other group averaged 15.5.

Researchers don’t think you need to give up email to stay happy. They say the key is to take on a chunk of emails, then get down to other business. Make your emails a project and limit it to one you work on three times a day or less.

#### Editorial:

In calendar year 2014 I sent out 35 Constant Contact emails with an average open rate of less than 54 percent – notices letting you know that the new issue of Blue Notes is posted, upcoming Abbey concert reminders, membership renewal notices, updates of interest, CFJS special needs, etc. Since you gave the CFJS your email address, one assumes that you check your email somewhat regularly and that you’re not opposed to hearing from us. If you’d rather not be contacted in this way, please let Mary Uithoven know. But, honestly, don’t you want timely information? Wouldn’t you rather see the Blue Notes in vibrant color than in the B&W printed version. And if we have your email address, you’re likely not getting the printed version, which means that you’re not reading the publication at all. ☹

I have found that, more and more, people don’t want to read anything that’s longer than a sentence (which means you may have already given up reading this article). Hmm ... As a person who digests words, that’s so hard to believe.

So what do you say? Whether you are in the work force or busy in retirement, will you make it a habit to check your email regularly? Stay connected with the Central Florida Jazz Society. – Pat Stucky

## A Stan Getz Tribute



Monday, January 19, 2015 7:00 pm

**Venue: The Plaza Live**

**Jeff Rupert & The Jazz Professors**

**Davonda Simmons**, vocals

Jeff Rupert & the Jazz Professors lead the Orlando Philharmonic Orchestra in a program of music that made Stan Getz a jazz improvisation icon.

## Arturo Sandoval, 10-Time

### Grammy Award Winner



Saturday, February 7, 2015 2:00 pm Matinee, 8:00 pm Evening performances

**Venue: Bob Carr Theater**

**Albert George Schram**, conducting the Orlando Philharmonic Orchestra

A protégé of the legendary jazz master Dizzy Gillespie, Cuban jazz trumpeter, pianist and composer Arturo Sandoval has won 10 GRAMMY Awards, and been nominated 19 times.

## The Barbra Streisand Songbook



Saturday, April 11, 2015 2:00 pm Matinee, 8:00 pm Evening performances

**Venue: BOB CARR THEATER**

**Albert George Schram**, conducting the Orlando Philharmonic Orchestra

**Ann Hampton Callaway**, vocals & piano

A musical portrait of the most celebrated singers of our time, this concert features Platinum Award Winning singer-songwriter Ann Hampton Callaway performing hits like “The Way We Were,” “Don’t Rain on My parade” and “Cry Me a River.”

## In Loving Memory



**John Cary Whitney**

**December 2, 1942 - November 17, 2014**  
**Olean, New York**

Musician-Conductor-Teacher-Composer

UCF faculty from 1982-2001 who preceded Jeff Rupert as the director of the Jazz Lab Band.

November 9, 2015



# December 14, 2014



## Welcome, New Members!

Harry Hill  
Mike Maroney  
Donald Potter  
James Ross  
Rose Strubel  
Luly Turchon  
Ronald Walden

## Patrons

Audrey Bylott  
Cliff and Ann Dubbin  
Gary Elefante  
Jon Grushka  
Don Rogers

## Golden Patrons

Douglas Glicken  
Gene Hays  
Jackie Johnson  
Lynne and Jerry Rickman  
Bridget Willoughby

## Lifetime Maestro

Ruth Maniloff  
Ginger and Mel Robinson  
Gregory Winters

## Lifetime Honorary

Mildred Bowman  
Marge Ann Coxey  
Bess Doggett  
Alyce Francis  
Jean Fuqua  
Michael and Sheila Kramer  
Moe Lowe  
Armand and Sonja Marchesano  
Roxanne Faye Noles  
Louis and Sigrid Shader  
Jack and Lorraine Simpson  
Dutch Uithoven  
Mary Uithoven



## Membership Application

New  Renew **ANNUAL MEMBERSHIPS**

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Newsletter Only (Non-Resident)	\$20	___
Individual	\$30	___
Couple	\$45	___
Patron (per person)	\$75	___
Golden Patron (per person)	\$150	___

New  Encore **OTHER SPONSORSHIPS**

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Corporate	\$500	___
Corporate GOLD	\$1000	___
Publication (Blue Notes)	\$200	___
Venue	\$500	___
Music	\$500 up	___

(Event \_\_\_\_\_)

Is this membership a Gift?  Yes  No

If yes: Giver's Name \_\_\_\_\_  
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### MESSAGE FROM THE MEMBERSHIP TABLE

Have you lost your membership card? Is something misspelled or incorrect? Are you not receiving your bimonthly Blue Notes newsletter or monthly phone message from Sue Ryerson? Contact Mary Uithoven at 407-699-1871 and we will get it corrected.





Jan 11th

## Michelle Amato

... a dynamic vocalist whose abilities to convey the deep passion of a lyric, as well as soar effortlessly through the stratosphere are making her one of the most in-demand names in music today. She has performed and recorded with an incredibly diverse array of artists, including Liza Minnelli, Al Green, Sandi Patty, Jon Secada, Donna Summer, Michael McDonald, Ira Sullivan, Jon Hendricks, Celia Cruz, Rita Marley and world renowned composer Yanni.



## Suzy Park

... a dynamic vocalist whose range and versatility keeps her high in demand. Suzy performs regularly at Disney's EPCOT Center with a Capella jazz ensemble *American Vybe*. She has also performed at numerous jazz clubs and festivals thru-out Florida including the Pleasure Island Jazz Company, Sunfest, and the Lynx Jazz Festival. Suzy stays extremely active in the recording studio singing for Warner Brothers, Fox, Walt Disney World, Tupperware, and numerous other broadcast production companies.

## Terry Myers Group

With Linda Cole



Feb 8th

"Terry Myers is undoubtedly one of the best all-around reed players in the country today." So said Buddy Morrow, former leader of the Tommy Dorsey Orchestra and one of the great musicians and band leaders who was there for the early stages of the *Big Band Era*. "His versatility and expertise on the clarinet and saxophone are a treat to the ears." An Iowa native, a former Marine Corps reservist, and college grad, Terry is simply a local rave. Now featured with the Tommy Dorsey Orchestra, Terry is an exceedingly charming host who puts the audience at ease and then wows them with his and the TDO's musical presentation.

Jazz vocalist Evelyn McGee Stone once said Cole reminds her of the late Carmen McRae. "She has the feel of what I grew up with, singing with the great artists in the late '30s and early '40s," McGee Stone said. Linda was there when the great songs were written. She can talk about the authors first hand, and has the original scores, many written just for her. Catch her as she brings a conversational intimacy to the most familiar standards.