



Musical Notes

Vernon Community Music School
Spring, 2023



Sunny Days, Sweeping the Clouds Away....

What a joy it was to participate in the 63rd annual Vernon Winter Carnival Parade! Elmo, Cookie Monster, Grover and Oscar the Grouch participated on behalf of the Music School, handing out candies and cookies. The weather was so delightful, the sun came out for a bit and families lined the streets to watch the parade go by. Laughter, waving and cheering filled the air as we walked by the crowds. Well done, Vernon! Thank you for supporting local businesses and organizations, and thank you for supporting the Music School entry which won first place in our category.

North Okanagan Children's Festival—Vernon Performing Arts Centre

Add these great workshops at the Vernon Performing Arts Centre to your Spring Break plans. Tickets to these can be purchased at www.ticketseller.ca or (250) 549-SHOW.



On Saturday, March 18th at 10:15am, come on a **Nursery land adventure!** We will move, rhyme and sing our way through Nursery Land together. This workshop will be led by Vernon Community Music School teacher Ardeth Erikson and will feature live musicians.

Recommended for children ages 0 to 6 and their caregivers. Caregivers must accompany their children (they will be participating!) but do not require a ticket/registration. Only 16 spots are available.



On Saturday, March 18th at 12:15pm, get warm and cozy for a **30-minute campfire singalong** with teachers from the Vernon Community Music school. Singing old familiar favorites in this welcoming session will be sure to warm your heart.

Recommended for children ages 0 to 6 and their caregivers. Caregivers must accompany their children (they will be participating!) but do not require a ticket/registration. Only 25 spots are available.



On Sunday, March 19th at 10:15am, activate your imagination! Express yourself! Join Vernon Community Music School teacher Rachel Wyatt for a **magical movement journey**. Enjoy dancing to different styles of music. Explore how many different shapes, rhythms and sounds you can make with your body! Become your favorite animal. Fun for the whole family in this half hour of creative play. Designed for children ages 4 to 6 and their caregivers. Caregivers must accompany their children (they will be participating!) but do not require a ticket/registration. Only 16 spots are available.



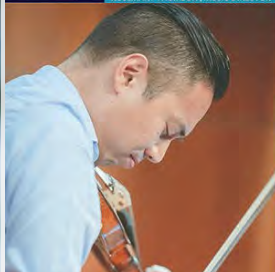
On Sunday, March 19th at 12:15pm, come join Vernon Community Music School teacher Natalie Kober for a 30-minute workshop **exploring and creating a kaleidoscope of sound**. Through story and song, participants will have the chance to experience a variety of percussion instruments. Please note that this workshop might get loud! Recommended for children ages 0 to 6 and their caregivers. Caregivers must accompany their children (they will be participating!) but do not require a ticket/registration. Only 22 spots available.

22
23

OSO

OKANAGAN SYMPHONY
ORCHESTRA

ROSEMARY THOMSON | MUSIC DIRECTOR

SEE IT... HEAR IT... LOVE IT...
okanagansymphony.comSYMPHONY
CLASSICSADRIAN
ANANTAWAN* |
VIOLIN

OSO Presents -

The Okanagan Symphony Orchestra presents Symphony Classics, featuring Adrian Anantawan on Violin, Sunday, March 5th at 7:00pm.

Boasting a gold-plated resume in both education and performance, violinist Adrian Anantawan performs, teaches and speaks around the world as an advocate for dis-

ability and the arts. This concert features soaring melodies, rich harmonic progressions and exciting climaxes in works that epitomize the Classical era.

He will be performing PROKOFIEV | Classical Symphony, Op. 25 in D major, MENDELSSOHN | Violin Concerto, Op. 64 in E minor, AUGUSTA HOLMÈS | Ludus Pro Patria: Interlude — La Nuit et l'Amour, and MOZART | Symphony No. 31, K. 297 in D major (Paris). Tickets can be purchased at www.ticketseller.ca or (250) 549-SHOW.



NOCCA

NORTH OKANAGAN COMMUNITY CONCERT ASSOCIATION

VALENCIA BARYTON PROJECT

NOCCA Presents—

The North Okanagan Community Concert Association presents The Valencia Baryton Project on Monday, March 20th, 7:30pm at the Performing Arts Centre. The Valencia Baryton Project was formed by colleagues from the opera of the Palau de les Arts (Valencia) and the Orchestre Nationale de Montpellier with the vision of performing the nearly 160 works written by Franz Joseph Haydn for the baryton. At the heart of the ensemble is the traditional baryton trio - baryton, viola, and violoncello - for which Haydn wrote

123 works of outstanding beauty during his time as the court composer for the Prince Esterhazy of Austria.

With Matthew Baker, one of only a handful baryton performers in the world, the Valencia Baryton Project have delighted audiences in North, Central and South America as well as Europe with what is considered to have been the pinnacle of aristocratic instruments of the classical era. Their work has been described as 'delightfully inventive'. Tickets can be purchased at www.ticketseller.ca or (250) 549-SHOW.

Cello Celebrations

In February, George Kiraly brought together an 'Intimate and Informal Potpourri of Classical, Traditional and Contemporary Musical Selections, presented by the Caelestis Cello Ensemble and the Erikson Family'. It was a wonderful opportunity to perform pieces from Bach to Batman as a group, with generations of students performing together to an engaged audience. Even Batman dropped by to perform some bow work! Congratulations to all of the musicians who performed in this inspiring and exciting concert!





the
3% CLUB

Community Giving Program

We are raising funds for:

naturesfare.com

WE WANT YOUR RECEIPTS

We are raising funds by grocery shopping! It's as easy as:

1

Shop at Nature's Fare and save your receipts.

2

Put your receipts in our 3% Club receipt box.

3

Put yourself on the back—our non-profit just benefited from your grocery shop!

Have questions?
Learn more online at naturesfare.com/3percentclub
or talk to:

Nature's Fare Community Give Back Program

Thank you so much to everyone who has been handing in their Nature's Fare receipts! As part of the 3% Club, 3% of the total money calculated on the receipts comes back to the Music School, and in turn goes into our programs. It's a win-win situation, so keep dropping them off either in the office or in the donation box! To date, we have raised \$6,168.13 to go towards programs throughout the school. Wahoo!

Congratulations!

Friday February 17th, VCMS students Jadyn Dobernigg (guitar student of Ken Scott) and Isabelle Callendar (Alto Saxophone student of Aaron Jamin) performed as the opening act for NOCCA's 3rd concert of their 2022/23 season, headlined by the Marc Atkinson Trio featuring Cam Wilson.

The girls' 15 minute set finished with the reception of rousing applause from the audience, and earned them a very complimentary mention from Marc Atkinson during this performance!

Jadyn and Isabelle have been coached as a duo by VCMS guitar teacher Ken Scott since last spring, and played a polished set of the following songs:

Bryter Layter - Nick Drake

Watching Birds Eating Out of Your Bird Feeder
While Drinking Coffee - Jadyn Dobernigg/Isabelle Callendar

Nuages - Django Reinhardt

Spooky - Dusty Springfield

Bravo girls! We are so proud of you both!



FINDING THE RHYTHM—by Ardeth Erikson

How prioritizing daily practice is a frame of mind

Do you find yourselves in the practice doldrums? Is it a daily, anxiety-inducing battle to pick up the instrument? Are there tears on the keyboard - yours and your children's? Does practice get put off until evening, when your little musician is exhausted and that trumpet is SO heavy!? Ever ask yourself who's idea music lessons were anyway? Look closely your motivation for having your child learn an instrument, and your long-term vision for their development and you may have a change of heart about daily practice.

For the sake of argument, I occasionally like to compare learning an instrument to learning a sport or another skill. Except playing an instrument is unique. Yes, it takes equipment, coaching and consistency, but how many sports can you play at 99? What run-of-the-mill skill can express emotion like music? What can touch others and communicate our humanity? Music study should be taken very seriously and acknowledged for what it is: one of the *greatest* gifts you can give your child, a *privilege* desired by millions and enjoyed by few, a character shaping endeavor, a gift to the soul, a voice when words fail. If you are treating music lessons and practicing like another activity to tick off your daily drudge list, you are missing the point!

Think of all that we spend on teacher fees, quality instruments, ferrying kids to lessons, books, audio recordings, concert attire, festivals...! Why do we go to this all this expense if we simultaneously allow other, less important things, to take precedence over the sanctity of practice time and space? It's human nature to avoid work and practicing, quite simply is work. Going to lessons isn't the hard part. Think of your lovely private teacher; they care about music education, they are trained musicians, generally fond of children, at times entertaining and

(continued on page 6)

and highly engaging, and instruct your child for 30, 60, 100+ minutes each week. Lessons are more of a one-act show where you teacher engages, questions, imparts ideas, gives concrete tasks and practice strategies for home, even pulling rabbits out of hats on occasion! Home practice can be a dry affair. Think of training for an ultramarathon, pushing to complete a project at your job, growing food for 5-7 months, raising responsible humans, getting dried oatmeal off a highchair! There is a disproportionate amount of work vs. easy fun in all of these endeavors, but they all have a positive return that makes the work seem worthwhile, in hindsight. Acknowledge home practice for what it is and then remember these long-term investment strategies:

1. Set a consistent time daily for practice. Make sure everyone in your house is aware of the routine. (There's nothing like siblings reminding one another that it's music hour! Or better yet, vying for piano time, or the metro-nome use!)
2. (Here's a hot button..) Leave screen-time for post-practice reward. Or better, save for weekends only. Or even better, limit its use altogether. Just like reading a book, practicing an instrument will likely seem slow and tedious compared to screen use.
3. Approach practice as though you can't wait to hear them play, can't help being interested, can't bear to miss out, can't think of anything else that you'd rather them show share. (Fake it until you make it! I know what a 32nd size violin sounds like...)
4. Carrots are fine but bribing is a slippery slope. Don't reward for practice daily but do invent "way points" along the way ie. a Boba tea date after ___ days in a row, an extra book at story time, favorite dinner at the end of a good practice week. Soon, intrinsic rewards (ie. improving at music) begin to surface and you need less and less of this.
5. Encourage, encourage, encourage. If you are unaware of or have forgotten the challenge of learning an instrument save the criticism and find what is positive in what they are doing. Some instruments are painfully frustrating to learn. Be compassionate, laugh, find moments of brevity. Keep practice short for young children, circle back when they are receptive, well fed, well rested.
6. Think long game: For some instruments, it may take 2+ years to develop a solid routine and gain momentum. Don't ever compare your child's progress to another's, as well meaning as you may be. Every child is different, learns at their own pace and will blossom into a unique music-maker if you respect their individuality.



Photo Credit: ABIGAIL; ART

Ardeth Erikson is a violin teacher at VCMS who has 6 children who play Violin, Viola, Cello, Piano and Guitar, helping them practice for more than 15 years in addition to keeping a full violin studio. She has made many of the mistakes aforementioned and has perspective on home practice as a parent and teacher. If you would like more ideas and to ask questions about challenges you face at with your children's practice routine Ardeth is offering two session of "Finding the Balance" on March 14th at 6:30pm and March 16th at 10:00am in the Carriage house loft. Cost is \$10/parent or couple, which includes handout. Register with Heather in the office.

Guitar Recital with Ken Scott and Jadyn Dobernigg

Our guitar teacher Ken Scott and mentored teacher Jadyn Dobernigg were pleased to host their first guitar recitals of 2023 on Saturday February 4th!

The audience was treated to hearing players of all levels playing a wide variety of music - from Classical to Blues, Funk, Country, Jazz, Folk, and Rock. A couple of our guitarists/vocalists performed their own originals - special mention to Faith Koscielny, Milla Cook, and Jeremy Fehlauer.

Kudos to all the players! A great time was had by all, and we enjoyed potluck snacks after each recital. Looking forward to our next musical gathering / recital on Saturday June 10th.



Student Spotlight

Introducing two very talented VCMS guitarists, Faith Koscielny and Milla Cook! Both are students of VCMS guitar teacher, Ken Scott.

In addition to developing strong skills on the guitar, both have shown a great talent for song writing!

Most recently, both performed compositions at the February 4th VCMS guitar recital. Faith performed her beautiful song "Dreamchaser", while Milla performed her wonderful work called "First Thing's First".

Those in attendance enjoyed these moving performances, and we look forward to much more from both girls in the future!

Bravo Faith and Milla!





Vernon Community Music School Piano Recital

April 28-30 2023

We are proud to present our first very own Piano Festival! Hardworking students from everyone one of our hardworking piano teachers will play for adjudicators Malinda and Jenny Sunderland!

Games and Tips for Better Practice

As part of the ongoing 100 Days of Practice Challenge, students in the book 1 and 2/3 Suzuki violin group classes have been talking a lot about practice and ways to get the most out of practice time. At the beginning of February every student shared their favourite practice tools and games. Take a look at the photos and their captions to see some examples of the violin games and tips being used.



A popsicle stick game for review songs when trying specific techniques



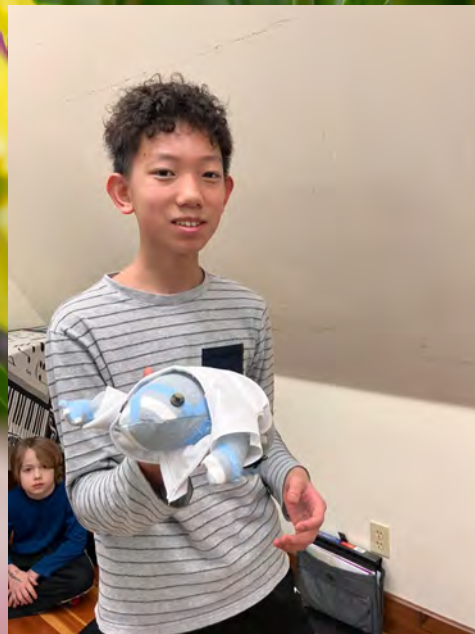
Straws to help keep the bow straight on the strings



A dice game to help with playing the Twinkle sandwich



Bongo drums to help with rhythm and beat to work on newer pieces



A beanbag frog to remind right arm to be relaxed and play into the string



Bow stick buddies (finger puppets) to help with practicing