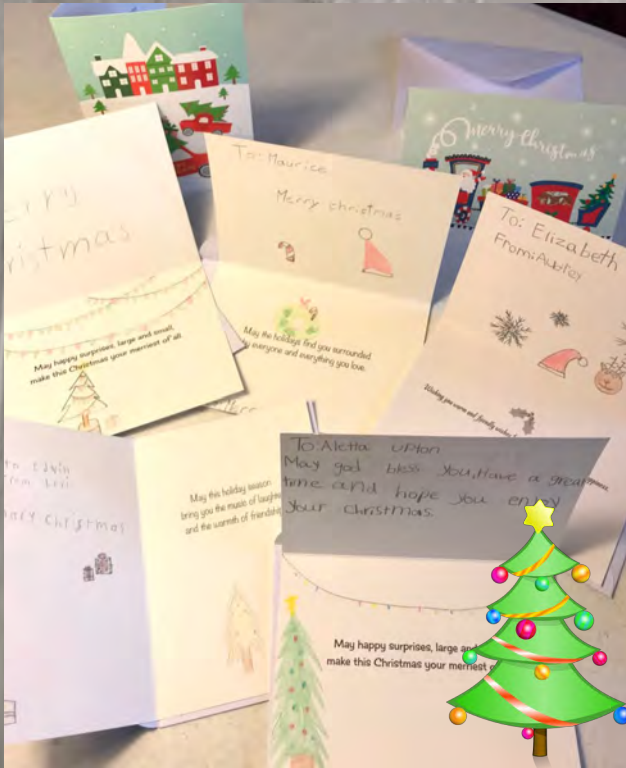


Musical Notes

Vernon Community Music School
Winter, 2021



We Are Grateful

Here we are, nearly the end of the year. It feels like the beautiful Fall days we had flew by at ridiculous speed. All of a sudden the days are shorter and the nights are longer. We hope that so far in the school year, you have found music to be effective as a way to increase your mental health and relieve any outside stress. Listening to music can have a tremendous relaxing effect on our minds and bodies; it can slow the pulse and heart rate, lower blood pressure, and decrease the levels of stress hormones – all added benefits to our physiological functions. As we gather with loved ones during this holiday season, the importance of maintaining our social well-being is imperative to avoid feelings of loneliness. So, play your uncle some of the pieces you've been working on. Chat with your cousin about how you music makes you feel. It can bring a sense of connectedness, which we could all use some more of. Happy holidays to all of you, in our big music school family! Thank you for being a part of it.

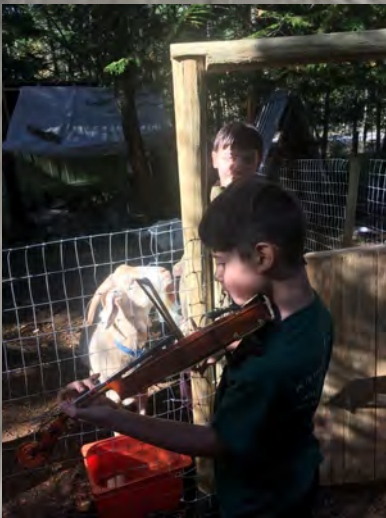


Are you wondering what to do with all of your Natures Fare receipts you're collecting? Bring them by the Music School! As part of the 3% Club, 3% of the total money calculated on the receipts comes back to the Music School, and in turn goes into our programs. It's a win-win situation, thank-you so much to everyone who has brought their receipts in! To date, we have raised \$4,145.22 to go towards programs throughout the school. Wahoo!

The Okanagan Symphony Orchestra celebrates the holidays with Duo Gelato as guest artists for this program. Duo Gelato consists of two of the artists from the renowned ensemble Quartetto Gelato, Colin Maier and Matti Pulkki. They are both tour de force artists who will light up the stage and the OSO is very excited to have

them. You can learn more about these wonderful artists by visiting okanagansymphony.com. Tickets are available at ticketseller.ca or by phoning 250-549-SHOW.





Meet Merek Henschel. Merek takes lessons from Carole Ruth, and also has this adorable pet goat—who clearly loves music as much as Merek does!



You will likely have seen these posters around the school, to remind you to remove your shoes when you come into the buildings especially as we move into the Winter season. With over 300 people coming in and out throughout the week, it's easy for our carpets to get mucky! Please remember to remove your shoes, it will help increase the life of the floors and maintain the character of the heritage buildings.

Vernon Registered Music Teachers 2021 Award Winners / Canada Music Week

Canada Music Week celebrations take place in the third week of November, which includes November 22, the day honouring St. Cecilia, patron Saint of Music.

The 5 principle aims of these events are:

- to bring to the attention of the public, through various means, the importance of Canadian music
- to emphasize not only Canadian work, but also the significance of music generally
- to introduce contemporary music to Canadian students and stimulate a keener appreciation and understanding of this music
- to encourage music teachers to widen their knowledge and experience of Canadian works
- to support composers and performers of Canadian music

Thank you to all those who performed beautifully and represented the Music School, and congratulations to:

Piano:

Level 3 Piano Benjamin Hrabchuk

Level 10 Piano Noah Wessels

Advanced Piano Pedagogy Viva Voce Rachel Scuka

Theory:

Level 5 Theory Hadley Lanaway

Level 8 Theory Claire Richardson

Level 8 Theory James Richardson

Level 9 Harmony Joshua Mark



Wall of Fame



Congratulations to the following students of Karen Rempel, who successfully completed RCM exams in 2021:

- Joshua Mark—Level 8 Piano, First Class Honours
- Ella Bannon—Level 8 Piano, First Class Honours
- Aimee Glasser—Level 6 Piano, First Class Honours
- Amy Milne—Level 5 Piano, First Class Honours with Distinction
- Hadley Lanaway—Level 5 Piano, First Class Honours
- Amiee Glasser—Level 6 Theory, First Class Honours with Distinction
- Abigail Osborn—Level 6 Theory, Honours
- Hadley Lanaway—Level 5 Theory, First Class Honours with Distinction winning the RMT Award

Well done everyone, thank you so much for working so hard and for representing the Music School!

The 100 Days of Practice Challenge

PRIZES

PRIZES

Welcome to the 100 Days of Practice Challenge! Achieving the 100-day goal is a commitment on the part of the parent as well as the student. Just a little bit of good change on a daily basis will take them far. The choice to take lessons is the choice to make a lifestyle change. Being a part of this challenge is a great way to build strong daily habits and for students to prove to themselves that they're capable of that commitment.

Guidelines for the Challenge

- Challenge will run from Monday, January 3rd—April 22nd.
- Participants are asked to practice their instrument for 100 days in a row. No skipping days!
- Lessons can count as practice for the day.
- Fill in the practice chart every day. Missed days “break the chain”. If this happens, the participant becomes disqualified! Progress will be tracked in the studio as well as at home.
- Completed practice charts must be signed by both the teacher and the parent or adult student, and sent into the office.
- Prizes will be handed out to students who complete the challenge, and they will receive recognition in the newsletter and on our website!
- Most importantly, HAVE FUN!

Tips and Ideas to Help You Succeed

- To make sure that practice happens, use a trigger or cue. This is a daily activity that leads you to practice like practicing after breakfast. Visual triggers work well too.
- Set a daily number of practice tasks or objectives instead of a set time for practice. Students who have to practice for a set number of minutes quickly learn how to waste time.
- Remember that when starting the Challenge, less is more. Suzuki said that 3 minutes, 5 times a day is ideal for **beginners**. Remember that there are always several 3-5 minute time slots, in any day. In fact, micro practices are perfect for learning to focus.
- Celebrate the milestones along the way with a small family celebration! Looking at the chart you will see special markers for every 25 days of practice. Decide together on how to celebrate each milestone! Little rewards along the way can keep us going. The difference in motivation is HUGE between families who celebrate practice milestones and those who don't.
- There are many things a student can do to practice when away from the instrument. Whether they are sick, in the car, or on a trip that didn't allow for an instrument, here are some examples of things they can do to practice: Air bowing to the CD, singing the songs, clapping rhythms, active listening-paying attention to trouble spots while following along with the music, etc. If you need more, ask your teacher!

The Gift of Music

So exciting! We are again putting together an online Christmas Concert for our Music School YouTube channel. If you have been working on a piece and want to be recorded, please let your teacher know! We will compile all of the videos together, and send the YouTube link to the various retirement homes in town, as well as Interior Health, Castanet, and other media organizations. Families and friends can then watch the videos on their own time, from the comfort of their homes.

Deadline for the video submission will be Friday, December 10th—please send them through www.wetransfer.com.

Don't forget to introduce yourself and the piece you are playing in the video. You are also more than welcome to dress up if you wish!



Let's bring joy to the seniors in our community who really need it during this holiday season!



BRITISH COLUMBIA
ARTS COUNCIL



BRITISH
COLUMBIA

BC Arts Council: - Masterclass Series 2021-2022
Project Assistance: Professional Arts Training

This month we had our first Masterclass in a series of classes that we have received funding for from the BC Arts Council. Dr. Calvin Dyck worked with our more advanced string students age 14 and above playing Royal Conservatory grade 7 or higher. Many of these students at this level are contemplating studying professionally so this workshop was to encourage and inspire future soloists or musicians in orchestras, or bands. Students heard about and engaged with a variety of advanced bowing techniques including collé, spiccato, flying staccato, sautillé, and ricochet. Violin instructor Natalie Kober had the chance to interview and record Dr. Dyck after the Masterclass for a podcast that current and future advanced violin students can listen to; the information he presented is beneficial to not only violin students but all musicians discovering what they are passionate about. Below are some of the questions and answers that were discussed:

Q. Which skills and strategies do you use or encourage your students to use to practice more effectively?

A. What are things that you know you can do when you're learning a new piece? Things like practice slowly, use a metronome, use rhythms on fast passages, use YouTube to listen to how the piece goes; it's a free tool that is a fantastic resource. It's also important to eliminate the distractions while you're practicing.

When you are in a medical system, when you go in to the emergency room there's a practice that the community uses called a "triage", where they assess what your problem is. Does the patient need immediate attention for a heart attack or do they just have a cut? Same thing in music, especially for advanced students they have a lot that they need to work on and I encourage them to use triage; determine what page in the orchestra music is the hardest page and then you work on that. Or what is it about your concerto that's really hard? Oh, it's the cadenza. Well, you know the first two pages, jump right to the third page and practice the cadenza first, and then if you have time, go back and play the first page. I use that strategy a lot in my own practicing. The other thing to recognize is that practicing is a discipline. It's not something I particularly enjoy either, but I make myself practice because I know I have to prepare in order to show up and be professional about a performance. It's not a popular concept, but if we can learn to be disciplined and do the hard work, it gives us success in other areas of our lives.

Q. The Music School is launching their 100 Days of Practice Challenge in January; how do you motivate yourself and keep yourself motivated to practice?

A. It's actually been very challenging in the last year and a half. For myself, I feel like I need a project – I need a goal to work towards, and so if I have a concert to prepare for or a recording, that is very helpful to me. For my students I try to help them set goals. What is your goal for this year? What is it you want to accomplish? What are we working towards? Are we entering a festival? Do you want to do an exam? Is there a Christmas concert you will be playing in? Is there a wedding you are going to perform in?

What can we work towards? We need to have a goal. So I think a goal oriented project is helpful. The other thing is, I think we need to celebrate success; a simple reward system or a sticker is helpful, or practicing with the knowledge that once you have practiced for x minutes, you will reward yourself with your favourite Netflix show. Goals and rewards are key.

I think it's also important to be enthusiastic about reaching these goals because some of these goals can be really hard to achieve; sometimes it takes weeks and/or months to achieve the goal you set out for yourself and get something mastered. Music is such a difficult skill, it's so easy to be down on ourselves or hard on ourselves – but, we need to say 'yes, it's hard but you learned this page!' Positive self-talk is so important. As musicians we keep trying to find that holy grail of perfection, which is rarely attainable. So we have to celebrate the little steps along the way as we're trying to become better musicians.

Q. What advice would you have for the teenage student who is interested in pursuing music at a University level? Whether that be performing or playing in the symphony or teaching music, what is some advice that you would offer to those students?

A. If you are going to be auditioning for a university program you want to be at minimum a grade 10 level before you even get in. You need to be prepared that you are going to do a lot of practicing. For students thinking of taking music in university, I would encourage them to apply to a lot of places because different universities have different levels of scholarship and bursary opportunities; apply to a minimum of at least three, preferably five or six universities. A music education at a university can give you a breadth of experience and you learn something about different genres, classes on history, theory, conducting, composing, etc. because more than likely you are going to need to have a variety of different skills if you choose to make music your profession. I think the bottom line is musicians need to be prepared to be very flexible, and most musicians are not going to get that one career job that will take them through 40 years of employment. I encourage my students to develop a variety of skills. Most of my colleagues do a variety of things.

Find repertoire that really means something to you, that touches your heart. Find something that is yours that you hang on to, and that will help you make the connection between the instrument and what you're doing. Studying music can enrich your whole life and it's not just a skill but it's something that's for your heart and something that you can use to communicate to other people.



Thank you so much to Dr. Dyck, for taking the time to connect with our students and sharing the wealth of knowledge and experience you have.

Abbotsford concert violinist Dr. Calvin Dyck wears many hats (literally and figuratively). He is the Director of the Abbotsford Youth Orchestra, has a teaching studio with 25 students, and is a producer for local shows and concerts.

Vote for the Music School!

The Music School has been nominated for the Fox and Sons Charity Van Wrap, and this is the chance to vote for us! Fox and Sons will be wrapping one of their service vans with a charity or non-profit organization's logo for the entire 2022 calendar year, with **5% of revenue generated by that van going directly to the charity selected for the entire year.** This could really benefit the Music School, we need to replace the gable ends on both the Smith House and Carriage House to stop the woodpeckers from creating holes that the birds and squirrels nest in during the winter season, as well as replace the front doors of the Carriage House.

Click the link: <https://foxandsons.ca/charityvan>

Vote for the Music School! Voting closes Wednesday morning, December 1st at 6:00am.



OSO
OKANAGAN SYMPHONY
ORCHESTRA
ROSEMARY THOMPSON, MUSIC DIRECTOR

2021-2022 SEASON

MUSICAL SIBLINGS

GUEST ARTISTS
HOLLY MCCALLUM &
ANGELA ZENG
CELLOS
OSO/OSYO SIDE-BY-SIDE

Mark Your Calendars—Sunday, February 13th

Making music with family members – both literal and honorary – is one of life's great joys. Fanny Mendelssohn composed side by side with her brother Felix, while in his time, Joseph Bologne was venerated alongside his musical kin, Mozart. Recent OSYO grads (and Vernon Community Music School students of our own Morna Howie) Holly McCallum and Angela Zeng have played duets together since they started studying the cello. Our annual Side-by-Side with OSO and OSYO captures this same spirit of family music making.

Holly and Angela have both been winners of various scholarships at the Music School and have spent countless hours learning and practicing with Morna over the years. Tickets go on sale November 29th—you do not want to miss this—and can be purchased at ticketseller.ca or by phoning 250-549-SHOW.

Way to go, Holly and Angela! The Music School is cheering you on!

Wrap a Van for a Cause!

Vote Now!

ROUND 8:

Paws It Forward
Dog Rescue Society

VS

Vernon Community
Music School

Kamloops Child
Development Society

VS

Vernon Upper
Room Mission



At Fox Plumbing Heating Cooling Electrical, investing in our community is at the forefront of the values our company stands for. That's why we are dedicated to building up our local community in the Thompson Okanagan Region.

1,295 Trusted Reviews
4.7 ★★★★★
powered by Google

Paws It Forward Dog Rescue Society ~ Paws It Forward began in November 2011 when two friends, working in a pet store, learned about the helpless animals being euthanized at high kill shelters in California in order to make space. After they enlisted their friends and family to help save over 50 dogs from being euthanized they were able to find loving homes for each one. As the network of people wanting to help grew, they were able to help more dogs. None of this would be possible without the countless volunteers and foster homes that helped them on their journey. Today Paws It Forward rescues, rehabilitates and rehomes hundreds of dogs from around the world who have been neglected, abandoned or abused every year.

Vernon Community Music School ~ The Vernon Community Music School (VCMS) is a non-profit organization and registered charity dedicated to musical learning, enjoyment and excellence. The VCMS is dedicated to nurturing musical learning, enjoyment and excellence. Various philosophies of instruction give students of all ages an appreciation, enjoyment and knowledge of music. We offer a wide variety of private and group instruction by well-qualified teachers, thus providing the members of the community an excellent opportunity for obtaining a good musical education in the discipline of their choice.