

# HEARTSTRINGS SOUNDPOST

OCTOBER 2009 HEARTSTRINGS STUDIO / WWW.HEARTSTRINGSVIOLINSTUDIO.COM

R.R.R.

Our newsletter is BACK! A quick look at our website shows that our last newsletter was published in January of 2008! The issues from that time were quite beautiful. One of the parents in our program volunteered to format the newsletter. We are looking for a new person volunteer for this job. The newsletter will come out three or four times during the year, so this should be a very manageable task. If you are interested in helping, please let Joan know.

## UPCOMING CONCERTS AND DATES:

Thursday, October 22, 7:30pm  
St. Croix Valley Symphony Orchestra Concert UWRF -  
Abbot Hall. Tony Capparelli piano soloist  
([www.uwrf.edu/music/events.html](http://www.uwrf.edu/music/events.html))

Tuesday, November 3, 7:30pm  
Guest Recital: David H. Johnson, composer and violinist  
UWRF - Abbot Hall. ([www.uwrf.edu/music/events.html](http://www.uwrf.edu/music/events.html))

Saturday, October 31, 2 to 4pm  
Halloween Play-in at the River Falls Armory  
This is an outreach opportunity for our students as part of  
the 1<sup>st</sup> Annual RF Chamber of Commerce Business Expo.  
Come in costume and dance the Witches Dance with Joan!

Friday to Sunday January 22-24  
SAW Winter Retreat in Madison See related email from  
Joan for schedule, registration, etc.

Saturday March 27  
SAM Graduation Recitals at Orchestra Hall in Mpls.

## OUR FALL RECITAL:

Sunday, NOVEMBER 8 2pm. (1:40 call time)  
First Covenant Church, 1374 N. Main Street,  
River Falls.

Concert Dress: Black (solid black pants, skirts,  
shirts, etc.) with white and red highlights.  
(HeartStrings t-shirts are fine for this event if it's  
okay with your mom!)

If you are new to our program, you will be truly  
**AMAZED** how much our group recitals motivate  
our students!

\*Please plan to arrive at least 20 minutes early  
to tune and warm-up and plan to stay for the  
entire recital.

We will have a short reception afterwards and  
hope you will stay to visit with other families in  
our HeartStrings community.

Please see the other recital details: piece list

and volunteer assignments later in newsletter.

## T-SHIRTS:

We have several t-shirts left from our recent Parent Association Fundraiser (sizes: 1 Youth-Small, 3 Youth -Med, 1 Adult-Large, 1 Adult- Extra Large. We will also be reordering soon. The shirts are \$20 each. If you'd like one to order one please complete and submit this form.

Name :

Sizes and Quantity:

Youth Small \_\_\_\_\_ Youth Medium \_\_\_\_\_ Youth Large \_\_\_\_\_ Adult Small \_\_\_\_\_

Adult Medium \_\_\_\_\_ Adult X-Large \_\_\_\_\_

Please make check (\$20 each) payable to HEARTSTRINGS PARENT ASSOCIATION and put this form and the check in the HeartStrings file on the green table in room 212.

# VOLUNTEER OPPORTUNITIES

Throughout the year there are many situations in which help is VERY MUCH appreciated and somewhat necessary at HeartStrings. We all have heard the saying, “many hands make light work.” It is also true that by volunteering our time and skills we feel more ownership in a project.

This year, our parent board is planning to be more active in asking for your help and incorporating your skills. Please consider giving a little bit of your time to make it easier for everyone.



## TASKS WE NEED HELP WITH:

- newsletter help – layout, copying, writing, distribution.
- serve on the board – one hour per month meeting time.
- serve on steering committee for annual fundraiser
- publicity volunteers
- create a web-page for the Parent Association.
- advertising volunteers
- parent liaison to write a Parent Association column in newsletter to help keep members informed.
- bring flowers or centerpiece to recitals

## OUR NEW GUITAR TEACHER - JASON LUNDGREN

We recently welcomed Jason Lundgren to our staff. Jason is a sophomore at UWRF majoring in Choral Music Education major. Jason has been teaching guitar for three years. He is originally from Bloomer, Wisconsin. Spread the word!

## A FEW REMINDERS:

- Please do not bring food or beverages to group class or lessons.
- Please remember to pay tuition in the HeartStrings folder before the 10<sup>th</sup> of each month.
- Program fee is due by the end of October. (\$150 first student/\$65 additional students)
- If you will be missing group class, please let your group teacher know by leaving a message on their voice mail. (Wendy 425.7645 x2112/ Joan 425.0170)

## THANK YOU!

## NEW PARKING POLICY

The city of River Falls has informed us that that is **NO PARKING BEFORE 4PM** on the Maple Street side of the building.

## LETTERS:

Hi Joan,

I came across some information while reading that I thought you might be interested in, so I have paraphrased it below to be read at your leisure.

There was a study done in the early 1990's by the psychologist K.Anders Ericsson at Berlin's Academy of Music, in which they divided up the school's violinists into three groups: the "stars" with world-class potential, those who were "good", and those who would probably never play professionally. Each violinist was then asked how many total hours they have practiced the violin over the course of their career, since the first time they ever played.

Most started playing at age 5, and practiced about the same number of hours (2-3 per week). But at around age 8, the students who would end up the best in their class began to practice more than the others:

6 hours/week by age 9,

8 hours/week by age 12,

16 hours/week by age 14,

until by age 20 they were practicing over 30 hours per week.

By age 20, the elite players had totaled 10,000 hours of practice.

The "good" players had totaled 8000 hours and

the third group of probable non-professionals had totaled 4000 hours.

They found no "naturals" - musicians who effortlessly made it to the top but practiced much less than their peers did.

They also found no "grinds" - people who worked harder than everyone else did but just didn't have what it takes to get to the top.

Other researchers also have found that the magic number to achieve excellence at performing a complex task is 10,000 hours of practice. This is true for everything - basketball, fiction writing, chess, ice-skating, criminal activities... etc.

And - this is even true for prodigies like Mozart. He started writing music at age 6, but his first concerto that is now regarded as masterwork was written when he was 21 - after 10 years of composing.

Didn't Dr. Suzuki say something like this? Pretty cool!

-Shelly

## SAW RETREAT IN MADISON

**January 22-24, 2010.** The retreat will begin Friday evening with a play-in and ice cream social and end with a concert at the State Capitol Rotunda. The featured clinician this year is Edmund Sprunger, author of *Helping Parents Practice: Ideas for Making it Easier*, and outstanding book.

This is an extremely affordable and fun opportunity for students and families, especially if you send In your registration by November 10.

Joan sent an email out about this that has all of the registration forms, etc. If you can't find it, let her know! (heartstringsstudio@mac.com)

## RECITAL PIECES FOR NOVEMBER 8:

### Book One

Gossec (book 5 and above DUET PART!)  
Minuet 2  
P. Motion  
May Song  
S. Wind.  
L. Row  
Twinkles.

### Book Two

Boccherini Minuet with new 4s  
Lully Gavotte with bow change  
Long Ago with Variation  
Chorus from JM

### Book Three

Martini Gavotte (new bowing in D theme)

Becker Gavotte (new bowing in C theme)

Bach Bourree (NEW notes & bowings sprinkled throughout!)

### Book Four to Seven:

Seitz 5/3 - new 3<sup>rd</sup> position spots.  
Veracini Gigue  
Rameau Gavotte  
Mozart Minuet

### Supplements

Ashokan  
May Song Chords  
Shostakovich  
Monkey Concerto  
Mixed Up Waltz

## RECITAL VOLUNTEER ASSIGNMENTS:

Families with last names beginning with the letters:

A to B - please plan to help with reception setup.

C to J - please plan to help with reception cleanup.

H to S - please bring food (cheese and crackers, veggies and dip, fruit, etc.)

T to Z - please bring beverages

(Parent Board - please bring cups and small plates and napkins.)

THANK YOU FOR HELPING!

## SPECIAL PLEA:

It would be very wonderful to have new energy on the Parent Board this year. We meet in River Falls on the first Saturday morning of the month, and try to keep our meetings short - an hour.

So far we have had one meeting and decided to focus on three things this year:

1. Putting a handbook together so we can have better continuity for incoming board-members.
2. Initiating sponsorship and advertising to help with fundraising.
3. Fundraising. We are looking for a steering committee to determine what sort of community event we would like to do this year. Bring back the spaghetti dinner/ silent auction? Have a barn-dance with an auction? Something entirely new and different?

There are other projects that might be possible (see volunteer opportunities earlier in newsletter) if someone with the right skill-set or desire is willing, for example, student orchestra, webpage creation, etc.

Please take some time to consider how you might help out this year.