



HELLO CELLO



IT'S A BIRD, IT'S A PLANE, IT'S A ... CELLIST?

Being a musician is being an athlete. What we do takes physical skill, and extensive practice. In addition to taxing our small muscle groups, our pectoral and deltoid muscles tend to grow very strong, and cellists can develop a muscle imbalance as a result.

Try out the exercise below to help strengthen your back and core muscles. Being in good overall physical fitness is the best place to start—consult with your fitness expert for advice to suit your personal needs.

Here is a daily exercise that I enjoy:

- On the floor, lie on your front.
- Keeping your legs and pelvis on the floor, raise your chest and head as far off the floor as you can. (Keep head & neck in line with spine.)
- Keeping your chest and shoulders off the floor, reach out both arms in front of you à la "Superman flying" pose.
- Open your arms to make more of a "V" shape.
- Open them further into an "airplane" pose.
- Pull your elbows to the side of your body and squeeze your shoulder blades.
- Straighten your arms next to your body and point your fingers toward your feet. Continue to squeeze your shoulder blades together.
- Relax and lower your body back to the floor to rest.

For any exercise, remember to stop immediately if you feel pain or discomfort, and consult your health professional.

MINUET? OH, I'VE PLAYED THAT ...

At some point or another, each of us had a moment when we realized that there are many, many pieces called "Minuet". Why so many? Were composers totally lacking in creativity when it came to naming their compositions? No, indeed; it was simply a different time...

Unlike in popular music today, where each song we hear on the radio has a name, it was not so in the 1600s. The title "minuet" merely refers to a *dance form* which was very popular at that time. The title of a piece was really more of a description of the musical form.

A minuet was a social dance, originating in France. Like the waltz, the minuet is in 3/4 time. It was originally a lively and spirited dance, but as it evolved into its court form it became slower and more elegant.

When danced, it became practice to play a pair of minuets together — the first minuet,



followed by the second, and then a repetition of the first. The second minuet was usually a contrast to the first, perhaps by a change of key and/or orchestration. Sometimes the contrasting middle section would be scored for a trio (i.e. two oboes and bassoon). This gradually came to be called the

"trio", even though the orchestration may not reflect the name at all.

Eventually, the minuet moved from the dance floor to the stage, and used in opera and instrumental suites. This stylized form of minuet, when not accompanying an actual dance, tends to be played at a slightly faster tempo.

Other dances have also made this transition to concert music: the gavotte, bourrée, gigue, sarabande, and more! Those dances were of the Baroque era, however this has happened to dance music of every origin: the tarantella, tango, and polonaise are a few dances of different origins that have also made their way into the concert hall.

Listen to this famous minuet for solo cello by J.S. Bach:

[Minuet from Solo Suite No. 1 in G major.](#)

CELLO ENSEMBLE REHEARSALS HAVE BEGUN!

Cello ensemble is a fun way to make music with other like-minded musicians. All levels are welcome. Repertoire tends to be primarily classical favourites, however we also include some "just for fun" and seasonal pieces. Performances happen throughout the year, and social outings happen around twice a year. If you are interested in joining, notify me asap! There are two groups—one on Mondays and the other on Wednesdays.

Cost has been reduced this year: only \$300 for the whole year!

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DEAF VIRTUOSO PERCUSSIONIST EVELYN GLENNIE
TEACHES US HOW TO LISTEN:

http://www.ted.com/talks/evelyn_glennie_shows_how_to_listen.html

SCHEDULE OF EVENTS

- **Oct 2 – 3PM – Culture Days!**
The Silver Birch String Quartet plays at the Fringe Tour: 276 Cedar Street.
- Oct 10 – Thanksgiving Monday;
NO LESSONS
- **Oct 15 – Silver Birch Concerts!**
Guest artists: Yoko Hirota, piano and Heather Topp, visual artist.
www.silverbirchconcerts.com
- **Oct 22 – North Bay Symphony Concert** (www.northbaysymphony.org)
- **Oct 30 –Cello Café!**
Students perform while their friends and family enjoy tea, coffee, or treats. 12pm – FREE – Location: my studio!

OCTOBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Culture Days! SBSQ @ Fringe Tour	3	4	5	6	7	8
9	10 NO LESSONS	11	12	13	14	15 Silver Birch Concert
16	17	18	19	20	21	22 NBSO concert
23	24	25	26	27	28	29
30 Cello Café	31					

FIRST CELLO CAFÉ A SUCCESS!

We had our first cello café on Sunday September 25th, and it was great!

The afternoon was started off by Jack Derrenbacher, playing "Livi's Blues". I joined him to make it a duet, and though we were playin' the blues, Jack made everyone's day a little sunnier.

Next up was David Delong, playing the last movement of Vivaldi's sonata in B-flat. Though he'd only had the piece for one month, David knocked this one out of the park! Bravo!

Sarah Romani introduced us to the Sarabande from the Matz solo cello suite in C. This piece is one of my faves, and I could have listened to Sarah play it again and again. If you corner her sometime, you can get her to show you how she can bow and pluck at the same time!

The unfortunate circumstance that the Fromagerie was not able to accommodate us ended up being a blessing in disguise. The comfortable vibe of my home made it feel more like a "jam", and we were even able to do some impromptu sight-

reading of a cello quartet! We could stop and start as we pleased, and the afternoon progressed at our own pace. Cellists and "audience" (family and friends) got to get to know each other and talk about the pieces, while enjoying delicious cookies.

All in all it was a great way to spend an afternoon. It is making me wonder whether all the Cello Cafés should happen at 28 Whittaker...

Next Cello Café: Oct 30, 12pm
Location: my studio!

"IF A COMPOSER
COULD SAY WHAT
HE HAD TO SAY IN
WORDS, HE
WOULD NOT
BOTHR TRYING
TO SAY IT IN
MUSIC"

- Gustav Mahler

A. Lee HELLO CELLO!

