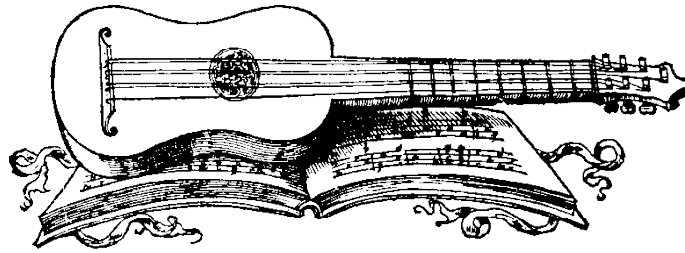


Dorset Guitar Society

Newsletter



June 2008

ALEXANDER TECHNIQUE WORKSHOP with JOHN EDWARDS

29th June 2008 1 p.m to 5 p.m.

The Alexander Technique workshop which was planned for 27th April was unfortunately cancelled due to illness. I am pleased to say that this has now been rescheduled for **29th June** in rooms 2 & 3 from 1pm - 5pm. Please remember to bring your yoga mat or blanket (as there is no carpet) and a few books to rest your head on. There are still a couple of places left so if you haven't put your name down and would like to come then please get in touch with me a.s.a.p. Cost £15. John outlines more about the advantages of the Alexander Technique below

Margaret

The Alexander Technique is often associated with ideas about posture, and there is no doubt that this does improve using this method, however, it is much more, and is better seen as a means to improve the "use" of oneself as a whole which can have very beneficial effects in all activities of life, especially those requiring skill and a good level of co-ordination.

I was introduced to AT in the late 70s by a friend who had had lessons (it is something you learn rather than therapy) with Alexander himself. At the time I was suffering from pains in my neck and shoulders brought on, no doubt by many hours of practice slumped over my guitar, and I can remember how distorted my posture was becoming with a strong twist to the left, right shoulder up in the air plus the use of a high footstool with all the pressure on the lower back that that entails.

After only a few lessons I was feeling much more comfortable, and more energetic. I don't remember noticing

any very great improvements in my posture generally, but the amazing thing for me was how much easier playing had become and I am not exaggerating, this was very soon after taking up the work.

At the time I had no idea how any of this had come about, but now, many years on, I can imagine that tight neck muscles had released, perhaps my back was beginning to work

better giving proper support for my shoulders and arms, right down to the fingers, and all experiencing a greater level of stability. (it is surprising how heavy arms can be, especially if they are not coordinated with the back).

Normally learning the Technique entails a good deal of commitment on the part of the student, but a very good introduction can be had from the sort of workshop that we intend to run, which I hope will not only give a good opportunity to present Alexander thinking generally, and the sort of procedures we use, but specifically how this could be applied to using oneself in relation to the guitar.

John Edwards

Federation of Guitar Societies - workshop

Don't forget, for the June meeting we will be hosting a **Federation of Guitar Societies** ensemble workshop.

We start the ensemble playing at **11 am**, but I will be there shortly after nine so if you would like to join in an informal playing session, do come along. Also do come earlier if you would like a coffee or tea beforehand. There will of course be lots of breaks for refreshments and leg stretching.

Thank you all for agreeing to

contribute to the lunch. It is something we are really good at and it makes life very simple. We have a good variety of promised items, but do feel able to bring something even if you haven't let us know.

I look forward to seeing you there but if you can't make it or if you can only make part of the day would you please let me know as this will help with the organisation. I do hope that you can all make this day, as it will be lots of fun, food and music.

Margaret

May meeting



This month we continued to work on a new piece of music called '**Daydreams**' by Richard Charlton. This is a very good arrangement by **Steve Marsh** in six parts. Steve worked on the piece at the Dillington Summer School a few years ago and he kindly gave the Sibelius file to Bill Rhys for DGS to use. It had been decided at the April meeting that we include this piece at the workshop.

We also had a go at **Bossa Samba by Frederic Costantino**.

I think it had been described as "an easy, fun, piece". Well, it was fun (mainly because 13 or 14 guitars all playing different rhythms at the same time is, probably, fun - for a moment). The truth, however, is that many of us were 'challenged' by the samba rhythms, especially when some of the parts were required to play with rhythms that were off set to those of other parts. "Interesting" was the general conclusion, with a view that it probably required some practice. It remains to be seen whether we do attempt it at the FGS meeting on June 15. **(see page 3 for further update on this ...)**

After coffee players this month were:

1. **Sarah** - 'Study in E' (Sor); 'Milonga' (Cardoso); 'Fantasia' (Mudarra)



Fernando Sor was well represented at the May meeting ...

2. **Bill and Valerie** - 'Two Part Invention' (Bach)
3. **Stuart** - 'Romanza' (Fuenllana); 'Mexico - September 25 1985' (Biberian)
4. **Andy** - Op 31, No 4 (Sor); 'Elégie (Bartoli); Orchidée (Belanger)
5. **Stephen** - 'Prelude', 'Rannock Moor' and 'Juggling' (Kenyon)

The 31st GUITARE COURSE at the CHATEAU DE LIGOURE, France

9th -19th August 2008

The 31st Guitar Course takes place from Saturday August 9th till Tuesday August 19th, 2008. Situated in the heart of the Limousin region, near Limoges, the magnificent Chateau de Ligoure is surrounded by farmhouses and retains many of its original features. Such an idyllic environment is ideal for a highly concentrated course.

The course was founded in 1977 by Carel Harms, professor then of the C.N.R.S in Paris. Jean Mark Roulet and Raymond Giraud directed the course for 20 years.

Now running in its 31st year, it is the privilege of Eleftheria Kotzia to be offered the direction of the course as from the summer 2008. Since it's beginning some 'traditions' were established;

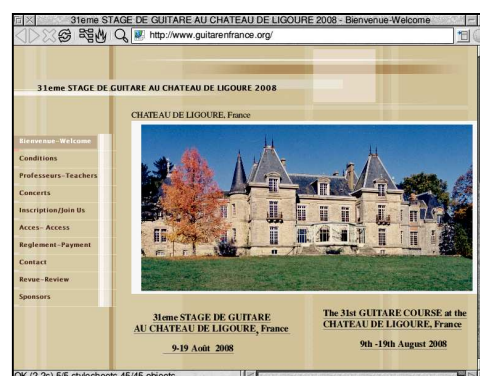
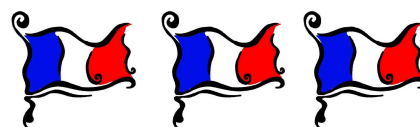


friendly contact between all participants, teachers and guests and a rather small number of pupils.

Since there are a limited number of places, please register early; first come first served !

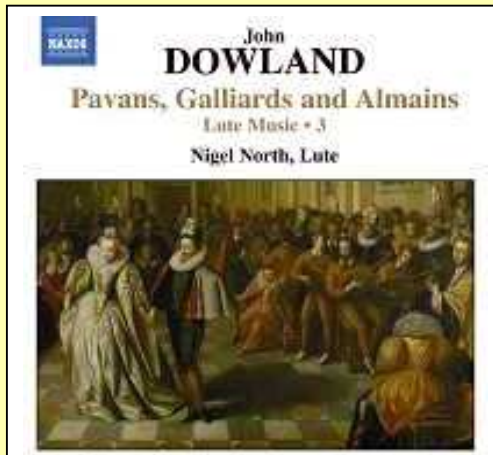
Full details and booking forms at:

www.guitarenfrance.org



North on lute ...

Chris Gillson would like to draw our attention to the fact that top British lutenist **Nigel North's** solo **Dowland** recordings are now available on Naxos. These have received excellent reviews, and come in a number of volumes. Check out the naxos web at **www.naxos.com** site for further details



Chris would also like to say that he continues to have D'Addario strings for sale to members at £6 per set - ask when you see him at the next meeting.



Folkish goes on at CODA



May 11 saw some very folkly rhythms sounding out when **Stephen**

Kenyon led a folk workshop for a large group of participants at the **CODA** music trust near New Milton, Hampshire.

The morning focused on the **Bodhran** (celtic hand drum), whilst the afternoon introduced **folk guitar**.

Nearly all the morning participants were Bodhran beginners - so lesson one was in pronunciation - as in Bow-ron, not Bod-ran. That done, and having differentiated our tippers from our cross struts, we set to with a range of reels, jigs, hornpipes and slip-jigs, expertly led by Stephen.

Stephen had clearly spent a long time preparing for the day, with a range of printed music and rhythms, supplemented by a specially recorded CD of all the tunes we did - recorded at full speed and (luckily) at half speeds (and slower), so we could really nail the complex and intricate detail.

Stephen had also arranged for the loan of a number of Bodhrans for those without them. As a consequence, a very enjoyable and therapeutic morning was spent pretending to be in the south of Ireland.

A change of focus after lunch saw the guitars come out. Those of us from a classical perspective had sensibly brought our older guitars with us, as Stephen introduced the use of a plectrum (pick), and we proceeded to address the same tunes from the morning, but this time with accompanying chords. I for one often found myself wanting to go back to classical right hand 'picking' at the start, but as the afternoon wore on the sheer energy generated by playing these tunes meant we soon adapted to a more folk/rock means of playing - and it taught me just how skilled good plectrum players are.

All in all, a really excellent and enjoyable day, and a brilliant introduction to the range of music possible with the guitar. many thanks to Stephen for arranging the day, and the time he spent preparing. The day itself was rounded off for me by seeing the folk band Flook in Southampton. Stephen had made a comment earlier in the day about the Bodhran player in this band - John Joe Kelly - and how "he plays a 10 minute Bodhran solo - and it's interesting". He was absolutely right - it was fascinating. How one person could get so much out of a single small hand drum, I don't know - although Stephen's course had given me some insight. Now I want a Bodhran for Xmas.

Stuart

Notes from the Secretary

No samba here

The DGS tried out the '**Bossa Samba**' at our last meeting and found it to be very hard to play. It has been decided not to play the piece at the workshop, as we think that the rhythms are just that bit too tricky to get together in the time available.

If anyone is really disappointed please let me know and maybe we could get a small group together and have a go while the others are doing something else!

Viols and guitars ...

There is a possibility that **Alison Crum** could come and give a hands on workshop for those interested in having a go at playing the viol. She would need ten participants to make it viable. You do not need to own a viol.

Gavin Nel, who is trying to organise the workshop, plays the guitar and the viol. He regularly attends our DGS concerts. You can find out more about Alison and the viol family by looking at her website and other links from it.

www.alisoncrum.co.uk

If you think you would be interested in this would you please let me know.

Margaret

We meet at: **Kinson Community Centre, Pelhams Park, Millhams Road, Kinson, BH10 7LH**
Registered Charity No. 1101122

Committee Members

Terry Robinson - Chairman	01305 834 774	terrydgs@fsmail.net
Stephen Kenyon - Musical Director	01305 257 099	sbk@jacaranda-music.com
Margaret Tredwell - Secretary	01425 613 739	secretary@dorsetguitarsociety.org.uk
Bill Eggleston - Treasurer	01202 824 066	
Chris Gillson and Valerie Evans		

Member of **The Federation of Guitar Societies** (www.federationofguitarsocieties.org.uk)
& CADArts (www.cadarts.com)

Future Meetings and Diary Dates

15 June	11.00 am - 5.30 pm **	19 October	2.00 pm - 5.30 pm
20 July	5.45 am - 9.30 pm	16 November	2.00 pm - 5.30 pm
17 August	5.45 pm - 9.30pm	21 December	2.00 pm - 5.30 pm
21 September	5.45 pm - 9.30 pm	18 January 2009	2.00pm - 5.30 pm

Second Sunday of the month

CODA Acoustic Night, CODA Music Trust, New Milton
An opportunity to build experience in public playing in an informal, friendly setting. All acoustic instruments welcome. 7.30 pm. Call **01305 257099** to confirm.

Third Thursday of the month

Regular playing opportunity organised by Julian Garner
Woodhouse Gardens Pavilion, Blandford Forum
7.30pm. email: **julian@renrag.co.uk** or tel: **01258 830334** for more details

WINCHESTER GUITAR FESTIVAL 2008

July 25th - 27th - Mark Eden and Christopher Stell

ENSEMBLE COACHING - GUITAR ORCHESTRA -
MASTERCLASSES - INDIVIDUAL TUITION -
CONCERTS - LECTURES - PERFORMANCE OPPORTUNITIES
- FINGER AEROBICS - TECHNIQUE CLASSES

West Downs Centre, University of Winchester, Romsey
Road, Winchester, Hampshire, SO22 5HT.

Book on line at www.winchesterguitarfestival.co.uk
or contact **WGF 2008, Festival Office, 17 Hyde
Abbey Road Winchester, SO23 7DA.**
Tel: **01962 860192**
email: **info@winchesterguitarfestival.co.uk**

Wednesday 30 - Monday 4 August

Guitar France. Classical Guitar summer school with
Craig Ogden and Gary Ryan. Southern Normandy, in
the heart of the Andaine Forest.
<http://www.guitarfrance.com/>

The **Hampshire Guitar Orchestra** (HAGO) are teaming
up with Peter Rueffer's **Cambridge Guitar Orchestra** on
June 21st - the opening night of the Portsmouth
Festivities - a week-long celebration of the arts. They are
playing at the lovely **St George's Church, Portsea**, right
at the edge of Portsmouth Dockyard, and a short stroll to
HMS Victory, HMS Warrior, the Mary Rose and the new
Spinnaker Tower. It's a mile from the end of the M275 - a
really easy journey (!!) - and a few yards from Portsmouth
Harbour Station. Tickets are £7.50 - kids are a quid -
refreshments included.
Concert starts 7:30pm on 21st June.

Tickets are being handled by Portsmouth Tourist
Information, and they strongly advise people to book in
advance. There is a postal booking form at
www.portsmouthfestivities.co.uk, or people can book
with a credit card at the Tourist Info centre on **023 9282
6722** They can seat 250 people with excellent visibility -
They hope some DGS members will be able to come along
and support them, and more importantly to give CGO a
large audience and some enthusiastic applause.

**Derek Hasted - Musical Director - Hampshire Guitar
Orchestra**

Editors bit

Thanks to Margaret, John, Stephen and Chris for sending in
material for the June newsletter - I appreciate it. So, a plea to
one and all - **PLEASE** send me items (concert dates,
recommendations, reviews, etc) for the Julynewsletter as soon
as possible after the next meeting - Ideally by e-mail to:
Stuart@nundy.fsworld.co.uk Many thanks, **Stuart**