

The Hobart Society of Recorder Players Inc.

<https://hobartrecorderplayers.com>

Newsletter January 2024



Reminders & Dates for your Diary:

Playing dates for 2024 – Mondays at 19.00 – Civic Club

February: 9th – 12th Bicheno Weekend

February: 19th

March: 4th, 18th, 25th

April: 8th, 22nd

May: 6th, 13th, 27th

June: 3rd, 17th,

July: 1st, 15th, 29th

August: 12th, 26th

September: 9th, 23rd

October: 7th, 21st

November: 4th, 18th

December: 2nd

AGM – Monday 25th March 19.00

Have you thought yet about who you would like to represent you on the next HSRP Committee. All positions become vacant – President, Music Director, Secretary, Treasurer, Librarian, Newsletter Editor, Public Officer plus general committee members. Nomination forms will be available early March.

Current holders are:

President – Luz Montes

Musical Director – Carol Samuelson

Secretary – Carol Samuelson
Treasurer – Nicole Parums
Librarian – Carol Samuelson
Newsletter Editor – Carol Samuelson
Public Officer – Nicole Parums
General Committee – Nicholas Lander, Wes Campbell, Arjun von Caemmerer,
Angel Brinkhoff

Bicheno weekend 9th – 12th February

If you haven't already contacted Ruth Langman to say you are attending the Bicheno weekend, then please let her know ASAP.

RSVP to Ruth by the 2nd of February – email: randr462@gmail.com

Subscriptions are now due for 2024

Fees are as follows: Under 18 \$30, Concession \$55, Full member \$65

Please pay by bank deposit:

Westpac

BSB: 037014

Account: 266570

Something to ponder to improve your playing in 2024

Using a Metronome

What is the best way to use your metronome to strengthen your inner pulse?

Maintaining a steady tempo, along with rhythmic precision, are essential skills one must develop as a musician. Interestingly, there has been a study done (link below) on how our brains work when playing with a metronome, and the changes that occur when maintaining tempo without metronome assistance. In the study, researchers found that there were fundamental neurological differences between when we play with a metronome, and when we have to subdivide and keep tempo by ourselves.

As with any skill development, metronome patience is key.

Here are a few basic exercises you can begin with:

1. Start off by putting your metronome at a moderate tempo. Say the beat numbers out loud in time with the clicks. Then add the subdivisions in quavers eg. 1-&-2&-3-&-4-& etc., and in semiquavers 1-e-&-a-2-e-&-a etc.
2. Clap, tap, or step along in time with the clicks. Incorporating movement with the pulse can literally help you “feel” the beat.

3. Take your instrument and choose a scale that you know well or a section of the music you are learning. With the scale play the whole scale, firstly with 1 beat of semiquavers for each pitch, and then with triplets, quavers, crotchets, and minims. Make sure to subdivide both with the scale or your music section.
4. Once you're feeling more comfortable, then you can start to increase the tempo, alternating between playing with and without the metronome for each repetition.
5. Unfortunately, you won't be able to perform with a metronome, so it is important to learn to play in tempo without it. After you have practiced with the use of the metronome at your goal tempo, it is time to practice relying on your own internal beat.
6. Turn your metronome off and then count the tempo in your head. Play through the passage you're practicing. When you are done, keep the tempo in your head. Turn on the metronome and check whether your internal tempo was faster or slower than the metronome?

Study:

Distributed Neural Systems Underlying the Timing of Movements

Stephen M. Rao, Deborah L. Harrington, Kathleen Y. Haaland, Julie A. Bobholz, Robert W. Cox and Jeffrey R. Binder

<https://www.jneurosci.org/content/17/14/5528>

