

Melodies and Musings



Our Appalachian Legacy

Each class is held Wednesday through Friday at the time indicated. You will receive one hour and fifteen minutes of instruction, at the same time each day for that class for a total of 15 hours. Pick n' Choose instruction is different each day for an additional 4 hours. Individual class schedules will be in registration packets. All classes will be at the Guntersville Rec. Center, 1500 Sunset Drive, Guntersville, Alabama or in the Senior Center. Registration packets may be picked up between 3-5pm on Tuesday, September 26.

CLASS SCHEDULE Wednesday, Sept. 27 – Friday, Sept. 29	
8:30 - 9:45 AM	Session One
10:00 - 11:15 AM	Session Two
11:15 AM - 12:45PM	Lunch Break - Jamming, Vendors in MP Room
12:45 - 2:00 PM	Fun "Pick n' Choose"
2:15 - 3:30 PM	Session Three
3:45 - 5:00 PM	Session Four
5:00 - 6:30 PM	Supper Break
6:30 PM	Evening Activities

SESSION WORKSHOP TRACKS

Mountain Dulcimer Track, \$135
Late Registration after Sept 1, \$145

Choose from Beginner/Novice, Intermediate or Advanced. You will have one session each day with each instructor: Aubrey Atwater, Jan Hammond, Lorinda Jones and Heidi Muller. Fee includes: 15 hours of mountain dulcimer instruction working with nationally known instructors, 3 afternoons of fun "Pick n' Choose", one entrance to evening activities and one entrance to Friday festival concert.

	Beginner/Novice Track Same instructor same time each day Instructors will teach different material each of the 3 days
8:30 – 9:45am	Beginning Dulcimer: This class is all about getting familiar with the dulcimer and exploring its many possibilities as an instrument. We will start at the very beginning, learning to tune by ear and with a tuner, then find the notes and the scale, learn how to change notes with both noter and fingers and learn several songs by rote. We will then move to playing chords on the dulcimer and accompanying our singing and use a variety of strumming techniques when we do this, including with the fingers and the pick. We will finally be able to incorporate the chords into simple melodies and have a solid foundation for the dulcimer. – Lorinda Jones
10-11:15am	Keep It Steady - In this class, we'll learn some basic strumming patterns and techniques to play smoothly as you're starting out. We'll play one-finger tunes to get familiar with the fretboard and introduce easy chords to add as you go. We'll learn a variety of music from familiar songs to beginning old-time tunes, including one or two we can play as a duet. – Heidi Muller
2:15 – 3:30pm	Beginning Mountain Dulcimer How exciting to get started! Moving at a comfortable pace, we will play and sing songs instantly using simple chords and the noter, strumming and basic fingerpicking. We'll address how to tune and get comfortable with the instrument, good technique, how to read simple tab and/or play by ear, and we might even play in more than one tuning. We'll be sure to include a Christmas or winter song, traditional songs from the legendary Jean Ritchie, as well as an introduction to playing together and jamming. The class will be fluid and flexible and will also be driven by what may "happen" as a result of group chemistry. Plan to have a lot of fun and be surprised by what you can do! - Aubrey Atwater
3:45 – 5pm	A Strong Foundation - Like the buildings on the old family farm, things last longer when built on a strong foundation. So... whether you're a newbie or a perpetual beginner, lets learn about the history of the Mountain Dulcimer and the traditional noter style of playing (noters will be supplied). We'll also learn about the parts of the dulcimer and the maintenance of our instruments. We'll explore the many ways tablature is presented and also learn tunes by ear. Continue to build skills as we explore basic strumming, picking techniques and efficient left hand fingering placement. All the while, we'll be building repertoire. - Jan Hammond

	Intermediate Track Same instructor same time each day Instructors will teach different material each of the 3 days
8:30 – 9:45am	West Virginia Fiddle Tunes - Add to your jam repertoire with fun old-time tunes from the West Virginia fiddle tradition. We'll learn pieces from well-known fiddlers like Melvin Wine, the Hammons Family, Ernie Carpenter and others in the keys of D, G and A, and practice techniques for playing smoothly while flatpicking, strumming, and using hammer-ons, pull-offs and slides. – Heidi Muller
10-11:15am	Intermediate Mountain Dulcimer: As you continue your dulcimer journey, we will play and sing songs using chords and noter styles, fingerpicking and percussive strumming, jamming and improvising. We'll look at our technique to see if there is any cleaning up to be done, play by ear, and cover a few different tunings and modes all the while building repertoire including a Christmas or winter song, traditional songs of the legendary Jean Ritchie, hymns and duet pieces. The class will be fluid and flexible and will also be driven by what may "happen" as a result of group chemistry. Plan to have a lot of fun and be surprised by what you can do! - Aubrey Atwater
	Dive Right In - Movin' out of the shallow end to dive a little deeper into the chord/melody style of playing. Discover how utilizing this technique and efficient

2:15 – 3:30pm	chord shapes can help music sound much smoother. We'll look at rhythmic variations and how they can add interest to a performance. Also try our hand at composition, chord arrangement and using the dulcimer to accompany singing. – Jan Hammond
3:45 – 5pm	Intermediate Dulcimer: This class will move the player from single note melodies to melodies with using I, IV, V chords and then tunes with ii, iii, vi minor chords. Chords will be learned by strumming and arpeggiating. We will also unlock the secret of the modes on the dulcimer by using the capo, rather than retuning. Our Christmas selection will be an arrangement of two tunes that work nicely together for a medley, and you'll be in Scotland for the ensemble time! - Lorinda Jones

	Advanced Track Same instructor same time each day Wednesday – Friday Instructors will teach different material each of the 3 days
8:30 – 9:45am	Advanced Mountain Dulcimer: Moving more quickly for advanced players, we will play and sing songs using chords in various positions and surprising noter styles, fingerpicking and percussive strumming, jamming and improvising. We'll look at our technique to see if there is any cleaning up to be done, play by ear, and cover different tunings and modes, including reverse tunings, all the while building repertoire including a Christmas or winter song, traditional songs of the legendary Jean Ritchie, hymns and duet pieces. The class will be fluid and flexible and will also be driven by what may "happen" as a result of group chemistry. Plan to have a lot of fun and be surprised by what you can do! - Aubrey Atwater
10-11:15am	All Dressed Up With Someplace to Go - Time to add some fluff, in the form of embellishments, like hammer-ons and pull-offs, dynamics, bends, and finger picking rolls. All are wonderful effects that can be applied to tunes you already know, as well as the ones you'll learn in class. We'll also talk about performance anxiety and how to use it to your advantage. - Jan Hammond
2:15 – 3:30pm	Advanced Dulcimer: In this class we will look at some unusual pairing of new fiddle tunes while improving our flat picking skills through a mindful practice exercise, a piping tune, and a two part waltz arrangement. We will gain independence in music reading through multi-part ensemble playing, and a classical music selection. And there will be a little of music theory introduced through the playing of a beautiful Irish tune as we talk about chord substitution, drones and keys. – Lorinda Jones
3:45 – 5pm	Dulcimer Duos - We'll learn some interesting tunes in parts with both flatpicking and fingerpicking techniques, while focusing on how we connect our chord fingerings to create a fluid performance. We'll also discuss ways you can write your own duets and backup parts. Please feel free to bring a tune that you would like to arrange. – Heidi Muller

AFTERNOON FUN "PICK N' CHOOSE"

Wednesday, September 27, 12:45-2pm

- 1. Dancing and Playing for Dancing** - Aubrey Atwater - Come learn a few flatfooting steps and/or play some familiar jam tunes like Soldier's Joy or Mississippi Sawyer for the dancers.

It's a wonderful feeling to experience this traditional synchronicity of movement, rhythm, tempo, and melody! (All Levels, all instruments)

2. **Nursing Home Repertoire** – Lorinda Jones - Do you enjoy playing for senior resident facilities? Unsure about what tunes are appropriate and can benefit the residents most? As developed from Lorinda's work as a music therapist, and leader of a dulcimer club, this session will explain the rationale behind the song choices and present a "ready-to-go" performance program for you to take home and share.

3. **Write Your Story into Song** – Heidi Muller - Do you have a story from family, friends or local history that you think would make a great song? Using one of my own examples, we'll explore how to shape an idea into a song with verse, chorus and bridge, and address how to create a melody, tempo and chord structure that serves the lyrics. Please bring a notebook, pen or pencil for a writing exercise, and an instrument if you have anything you'd like to share.

4. **In the Beginning** – Jan Hammond - Just a few steps in another direction on the diatonic scale and we're in a different mood... or was that mode... or both? We'll go back in time to rediscover the ancient church modes, which is how much of the earliest dulcimer tab books were written... none of this constant Mixolydian stuff back then. This workshop will include history, modes & scale explanation, re-tuning, tunes and playing with a noter.

5. **Ladder Yarn Necklace** – RSVP Craft Club - These crocheted ribbon necklaces are absolutely dazzling and sure to be an instant hit with everyone! They look like shiny beads but are light-weight and easy to make. Once you learn, make one in every color to match your wardrobe. Supply list to bring: 1 skein ladder yarn (find locally or order on-line), Size L crochet hook, scissors

Thursday, September 28, 12:45-2pm

1. **Contra Dance** – Jane Ewing - American Traditional contra and square dancing is what was done by our forefathers, especially in the Appalachian Mountains. This form of communication made it possible to talk to your neighbors & friends at gatherings while the fiddlers played their tunes. The caller magically moves the dancers in a way that passes you by everyone else in the hall during an evening.

2. **Appalachian and Celtic Ballads** - Aubrey Atwater - will present ballads collected in Ireland, Scotland, England, and North America. She will discuss her sources and personal impressions of these beautiful song-stories that often deal with murder, betrayal, the challenges of true love, or the occasional happy ending! As time allows, participants will be invited to share ballads they know. (All Levels)

3. **Songs of the American Cowboy** – Lorinda Jones - Dulcimer players know all about their Appalachian roots on the east side of the country, but what about the expansion westward? The cowboy music is a big part of our American roots music, music of the “singing cowboy” days when songs were part of the everyday rhythm of life. Come play some oldies and goldies of the songs on the plains from solos, duos, trios and ensemble, song of the wild west

4. **Calypso! (Intermediate)** – Heidi Muller - Put yourself in a carefree island mood playing tunes with a calypso beat. We’ll have some fun learning air strums and syncopation, while we channel our inner Jimmy Buffett on songs like Sloop John B, Jamaican Farewell, and a two-part Yellow Bird.

5. **Poetry in Motion** – Jan Hammond - So you’ve written a few lines and would like to put them to music. Try your hand at songwriting and the creative process. This workshop will include plenty of hand-outs, tools and suggestions for both lyric and tune writing. We’ll also talk a little about transposition and arranging tunes for the dulcimer out of different keys.

6.

Friday, September 29, 12:45-2pm

1. **Irish Whistle** - Aubrey Atwater - will teach a few simple Irish tunes and songs and give tips on breathing, fingering, ornamentation and expression that she learned from her whistle mentors. Bring a D whistle. (Beginner/Intermediate).

2. **Got Rhythm?** – Lorinda Jones - Rhythm is the life of the music. Do you feel you need help with “feeling the rhythm” or looking for ways to improve the rhythmic side of your playing? This workshop will examine rhythm from both a written and aural approach, see it and play it and hear it and play it. Come prepared to shake, rattle, and roll with the beats! All instruments welcome, but tab will be available for mountain dulcimer.

3. **Easy Folk Songs from the ‘60’s (Beginner & up)** – Heidi Muller - We’ll play some familiar American folk songs with easy one-finger melodies and chord backup, as beginners continue to learn their way around the fretboard. Singing is encouraged! Songs will include Where Have All the Flowers Gone, If I Had a Hammer, and more.

4. **Songs from My Youth** – Jan Hammond - Learn a few of tunes that I remember from my youth. One tune is arranged in two octaves. We’ll compose a chord arrangement to accompany the melody of the second tune. I’ll hand out a chord chart so it will be easy and fun. The third will probably arouse a sing-a-long.

5. **Zentangle** – RSVP Craft Club - is an art form created by two very talented and imaginative artists. The greatness of this art form is that anyone (and we mean anyone) can do this as long as you can hold a pen. Doing Zentangle amazes the doer because it is so simple, fun, and inspiring to do. It will make you creative whether you believe you are creative or not. Come and learn the simple basics and amaze yourself. Supply list to bring: .01 micro fine

line pen, artist gray paper stump, #2 pencil sharpened (no eraser), ruler

WORKSHOP MEAL PLAN

We have arranged for lunch to be brought in for workshop participants, instructors, vendors and helpers, on Wednesday, Thursday, and Friday. Our Thursday evening activity includes dinner at a nominal charge.

At the time you register, you can order extra meals for spouses or family to eat with you. Prices and menus as follows:

Lunches: Served at 11:15am in MP Room at the Rec Center

Wednesday, Sept. 27	Hamburger Steak & Gravy, Side Salad, Mashed Potatoes, Red Velvet Cake & drink	\$8.50
Thursday, Sept. 28	Hawaiian Chicken Salad, Fruit, Croissant, Strawberry Delight Cake & drink	\$8.50
Friday, Sept. 29	Chicken & Dressing, Green Beans, Candied Yams Cranberry Sauce, Banana Pudding, & drink	\$8.50

Thursday Picnic: Served at 6:00pm in MP Room at the Rec Center

	BBQ Pork, Potato Salad, Baked Beans, Cole Slaw, Dessert and drink	\$10.00
Meal Plan	All 3 lunches and Thursday Night Picnic	\$33.50

The cutoff for ordering meals and canceling meals will be September 1, 2017.

Any day at lunch you can order a chef salad in place of the offered meal. Must order before September 1st.

EVENING ACTIVITIES

Wednesday, September 27

Dinner on your own

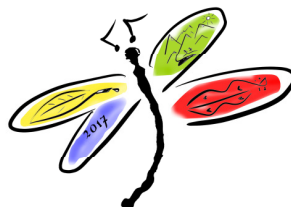
Thursday, September 28, 6:30PM

Open Stage – Rec Center 6pm BBQ Picnic

Friday, September 29, 6:30PM

Melodies and Musings Mountain Dulcimer Instructor's Concert –
Guntersville Senior Center

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