

Warrnambool Pipe Band– Newsletter

JUNE ISSUE 2011

Solo Competition Has Started

May is the month that the piping solos kick off and also the International competition season starts and over the next few months I will be reporting the results of these. The international results will be on page 2, but for now lets celebrate the winners of the solo competitions right here.

As always Warrnambool Pipe Band has a number of members competing and its great to see them all do so well.

We kicked off with the RU Brown Solo Competition in Adelaide on 8th of May:

1st place - Hornpipe and Jig - Miranda Boath,

2nd Adam Wishart

3rd Katie Lawton.

Congratulation to Miranda!!!

In other sections:

Gold Medal– Piobaireachd

1st Ross Campbell

2nd Brett Tidswell

3rd Stuart Easton

Silver Medal

1st Tom McGirr

2nd Katie Lawton

3rd Meg Drinan

Then came the Scotch College Solos in Melbourne on the 15th of May:

Beginner

1st Tom Perry

2nd Scott Walker

3rd James Kioussis

Novice

1st Alison Wallace

2nd James Ruddle

3rd Eilidh Ross

D Grade

1st Robert Wilkinson

2nd Stuart Foy

3rd Shannon Ritchie

C Grade

1st Simon Gibson

2nd Laura Watson

3rd Amy Forster

B Grade

1st Miranda Boath

2nd Steve Anderson

3rd Campbell Wilson

A Grade

1st RJ Houston

2nd Lincoln Hilton

3rd Jonathan Quay

Congratulation to James, Laura, Amy and Miranda. A fabulous effort!!!!

INSIDE THIS ISSUE:

Solo Competition	1
Practice is vital	1
For all pipers cont.	2
International News	2
Upcoming Events	2
Photo Gallery	3
Halls Gap is Calling!	3

Practice is vital for all Pipers, but it is Wrong to Overdo it.

This article was found in the Piping Times and forwarded to Donald (thanks Donald) about not only to put time into your practice, but also to look after yourself because when you feel good, you will do good.

This article was written by Robert Wallace, and he has

some really interesting points to make, like, when practicing your pipes, its recommended to spilt the practice into 3 parts.

Even if you only have an hour a day then its 20 minutes on practice scales, 20 minutes on tunes at practice tempo and 20

minutes on pipes at the required tempo. By practice tempo Robert means slowing everything down, opening up all fingering etc. Of course this is the bare minimum of time to be practicing! Plumbing time, time spent fixing pipes has to be done outside this schedule.

Practicing for competition or recital requires much more time and effort as would playing in a competition band. Personal practice time should be in addition to time spent at band practice, and the three segments can be spread over the course of the day.

Robert goes on to explain that practice is vital, but it can be over done. Some pipers get obsessive about it and end up doing themselves an injury either physically or psychologically. That's why its important to find a balance, and don't set yourself impossible targets.

You need to stay healthy physically and mentally if you are to give your best. Good posture is important in minimizing strain on the body.

The following 5 points from the British Association of Performing Arts Medicine (BAPAM) recommends the following preventative measures to help stave off injury, illness and stress among musicians:

1. Warm up your body before playing. Including stretches (loosen up), take a few deep breaths before starting.
2. Have a good balanced diet. Blowing pipes can sap the strength and dehydrate. Don't play if you are hungry or thirsty. Take care of the inner person, then play an hour later.
3. Keep fit. Pipes can help with this, also include some walking or swimming everyday. If you are tired the last thing you want is to play your instrument.

4. Watch the alcohol consumption. A glass of beer may relax before a performance, it can become a persistent habit which could encroach on your behavior.

5. Combat stage fright or anxiety by keeping the adrenaline rush in the 'excitement' not the 'stress' category. Harness it so that you can give your best.

Deep breathing before going on and any form of exercise can help too as does eating bananas and dark chocolate. These release a substance called serotonin which calms the nerves and can induce feelings of wellbeing.

Robert finishes by saying that playing any instrument is about enjoyment and if it starts to become a chore you need to talk to your tutor or pipe major before continuing.

International News

Big concert times two!

This year there will be another concert to be held on the week of the worlds', involving two major pipe bands. They are added to the slate with the 'Pipers of Peace' concert at the Scottish Exhibition and Conference Centre (SECC) showcasing a quintuple bill of top-tier talent.

Simon Fraser University and St Laurence O'Toole pipe bands will serve as headline acts at the event on Thursday August 11th. Also joining them is the Lomond and Clyde Pipe Band and the

Celtic Spirit, as well Bob Worrall of Canada, who will play solo.

This is not part of the Piping Live schedule of events, and it follows the night after the traditional 'Pre-Worlds' concert staged by the Phoenix Honda Glasgow Skye Pipe Band at the Glasgow Royal Concert Hall, which this has Scottish Power Pipe Band performing.

Results Scottish Championships.

On the 21st of May the Scottish Championships were held in Dumbarton.

The following are the results for the Grade One Section:

- 1st– Field Marshal Montgomery
- 2nd– St Laurence O'Toole
- 3rd– Scottish Power
- 4th– Boghall and Bathgate Caledonia
- 5th– Inveraray and District
- Best Drum corp. St Laurence O'Toole.

Up Coming Events

There are a few pipe band outings and playouts coming up and we would like you all to put the following dates in your dairies so you do not forget!

2011

27th May – Haggis Dinner – South Warrnambool Football Social Rooms 9pm – Mini Band required.

19th June – Ballarat Uni Solo Piping Competition

17th July – PLC Solo Piping Competition

21st August – Terang Solo Piping Competition. Help will be required for the canteen

11th Sept – Vic Championship Solo Piping

Up Coming (Main) Competitions– International

25th June – British Championships (Annan)

30th July – European Championships (Belfast, Northern Ireland)

6th Aug – North Berwick

7th Aug – Bridge of Allen

13th Aug – World Championships (Glasgow Green)

14th Aug – Perth

21st Aug – Crieff

27th Aug – Cowal Championship

22nd Oct – World Drumming Solos

Photo Gallery



Left to Right : Nanette Sharp, Lorna Tan and Jenny Bellamy.

ANZAC Day March in Warrnambool.

Photo supplied by Jenny Bellamy.

This was Nanette's first play out with the band. Well done Nanette!!!

Thankyou to all members that attended this play out and we welcome back a past member to the band – Julian Bellamy. Welcome back!!!

Halls Gap a calling!!!

July is coming up really fast and the accommodation has been booked. The 22nd – 24th of July is the dates you need to put into your diaries, as it's the social event of the year.

We are now looking for numbers from member and their families. The deposit has been sent so now we need you!!!!

The weekend away will be a chance to mix and mingle with other band members, have a relaxing time and hiking

through the bush to the waterfall and peaks around 'The Gap'.

This is open to new, existing and past members to attend this weekend.

Please forward your names to Nanette Sharp either at band practice or via email: a.n_sharp@bigpond.com

Uniform Shop New Hours!

Attention All Members!!!!

As you all know, the uniform room has taken transformed with a huge clean out and now for the first time in the band history we are having times set so that our uniform lady can fit in some practice time.

So from now on the Uniform Shop will only be open between 7.30pm and 8.30pm on a Thursday night. You can make an appointment with Nannette Sharp.

Can all members also, please look in your cupboards for any extra uniform and equipment. The band are very short on these: eg. band jackets, pipe band covers.

If you have any information that you would like to forward to me I will then add it to future newsletters.

Thank you

Tanya Ross
Band Secretary.