

DCB Weekly

Issue 5

Saturday 18th April 2020



Welcome to the fifth edition of the DCB newsletter. We hope you've enjoyed the newsletters over the past few weeks. As always, we'd be delighted to receive some more content, particularly for our 'meet the band' section, so please get in touch if you'd like to contribute.

Welcome from the Chair

Good morning, I hope you are all well and looking forward to this week's newsletter.

Last week I put down the challenge for who could be the first to put something together as a virtual group and send in a recording. Well, hopefully you will not be disappointed but you will need to read on to find out what happened.

I have also been 'zooming' with various members of the band and it is amazing what you can find out about people that perhaps in an ordinary rehearsal session you would not find out! Keep an eye on the 'meet the band' section to find out more...

Stay safe, stay well.

Musical Director's update

Good morning everyone. I really hope that some of you tried the double tonguing that I suggested last week... how did it go? Why not give some feedback to other players and see if you all encountered the same difficulties or successes?

For this week's technical challenge can I suggest some mixed interval work. Best way to incorporate this and one of the easiest without written music is to pick a scale (let's choose D major). Play the scale slowly ascending but between each rising note go back and play the first low D.....D,E,D,F#,D,G,D,A,D,B,D,C#, high D. Try in reverse now repeating the top D.

This is a great way to learn a scale, it's also brilliant for tuning and your own embouchure technique.

I hope you entertained any close neighbours by playing through an entire band piece at proper volume. If you have not then try this; great for stamina!

Finally, many weeks ago I suggested using this time to learn a solo piece that you have always wanted to play. Anyone feel brave enough to record and send so I can have a listen? Go on...give you a challenge between making the DCB recipes!

Meet the band

This week, we meet flautist **Mike**, who tells us about his interesting and varied flute playing experiences over the years.

I started off on the flute when I was about 13 and I'm now in my 70s. Later, when I joined a 'grown up' orchestra, the music was no longer school-orchestra arrangements of Rossini overtures, but serious stuff like Glazunov, De Falla, Beethoven, and so on. A particular incident from my University days I remember well was playing piccolo in the Verdi 'Requiem', in an unheated Durham Cathedral in early December. To help keep warm, I wore a pair of colourful ski boots! In the 1970s I joined the DCB. The concerts in Milngavie Town Hall were legendary.



I also played flute and piccolo in other orchestras in and around Glasgow, one of which was the Carluke Orchestral Flutes. They just happened to have a spare contra-bass flute, so I played that for 7 years. It was fun. Since I'm not very tall, playing anything bigger than a contra-bass meant I would have to stand on a box, not on the floor!

It's great to be back in DCB. The photo is of me playing contra-bass at a flute event in Manchester, alongside Eva Kingma, who makes many of the big flutes you can hear (and see) in orchestras and recording studios.



If you'd like to contribute something for a future newsletter, get in touch via the usual email address - dunbartonshireconcertband@gmail.com . We would be delighted to hear from you!

Saturday quiz

How well do you know your DCB pieces? This week's quiz questions are courtesy of Michelle McCabe.

Below are five musical excerpts from the DCB repertoire. Can you name the piece and the composer?

If you'd like to take part, submit your answers via email by 5pm today.

Excerpt 1

mp

Excerpt 2

mf

Excerpt 3

ff

Excerpt 4

f

Excerpt 5

pp

Virtual DCB

In last week's newsletter, Robert encouraged us to get together with some other band members and record a piece. A few of the band (and a super young drummer) each recorded their part for The Proclaimers '500 Miles' (or '500 Yards' as Alan Cooper prefers to call it), while playing along to a backing track. The group quickly discovered just how difficult it can be to produce a note-perfect recording!

The parts were then edited together by a DCB friend to produce the final piece. If you'd like to have a listen, click on the link below.

https://www.youtube.com/watch?v=bziuV8FsGd4&fbclid=IwAR0O_o0YY3CsIEv3L7kdzcXc_D9uoin7N40S-T0X5VM7JqIFkAwSjUXcozk

Some of the band also tried to play together during a Zoom meeting, and realised that the time delay produces some hilarious results!



If you're finding that your daily outdoor exercise isn't enough and fancy doing something more active at home, **Harriet** has found some useful links that might give you some ideas.

For some gentle exercise at home:

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/>

For the slightly more energetic amongst us:

<https://www.nhs.uk/conditions/nhs-fitness-studio/wake-up-workout/>

For something even more energetic:

<https://www.nhs.uk/live-well/exercise/gym-free-workouts/>

After that, you're on your own!



Recipe corner

Fiona Ross has kindly shared a recipe for a three cheese veg-packed pasta bake. Why not try making it one night next week and send us a picture of the results?

Three cheese veg-packed pasta bake

Layer this courgette pasta with not one, but three cheeses for a tasty wholesome midweek bake!

Ingredients (serves two - double the ingredients to serve four)

15ml balsamic vinegar	125g mozzarella
125g cherry tomatoes	40g cheddar cheese
1tsp dried basil	Tomato puree
150g tortiglioni pasta	10g fresh basil
1 can finely chopped tomatoes	2 garlic cloves
1 courgette	1 vegetable stock cube

You will also need sugar, salt, pepper, olive oil and an oven-proof dish

Method

1. Preheat the oven to 240C/220C (fan)/475F/gas mark 9.
Boil a kettle, and peel and finely chop (or grate) the garlic.
2. Add the tortiglioni to a pot of boiled water with a pinch of salt. Bring to the boil over a high heat and cook for 8-12 minutes or until cooked with a slight bite. Once cooked, drain. Re-boil the kettle.
3. Whilst the pasta is cooking, chop the courgette into quarters lengthways, then slice finely. Heat a large, wide-based pan (preferably non-stick) with a drizzle of olive oil over a medium heat.
Once hot, add the sliced courgette with a pinch of salt and cook for 4 mins or until beginning to soften.
4. Meanwhile, dissolve the vegetable stock cube, dried basil, balsamic vinegar, tomato paste and 1 tsp sugar in 100ml of boiled water. Cut the cherry tomatoes in half.
5. Once the courgette is beginning to soften, add the chopped garlic to the pan and cook for 30 seconds.
Add the stock with the halved cherry tomatoes and chopped tinned tomatoes and bring to the boil over a high heat.
Season with a pinch of salt and pepper and cook for a further 3-4 minutes.
6. Grate the cheddar cheese.
Drain and tear the mozzarella into rough bite-sized pieces.
Chop the basil finely, including the stalks.
7. Add the drained pasta to the sauce with the chopped basil (leave some to garnish) and mix.
Add half the pasta to an oven-proof dish, then top with the grated cheese.
Top with the remaining pasta, torn mozzarella and grated Italian hard cheese and put the tray in the oven for 5-10 minutes or until all the cheese has melted.

Sprinkle remaining reserved chopped basil and serve.

Enjoy!



Keeping in touch

Don't forget that we've set up an online message board where you can post comments. Why not have a look and post a message for your fellow band members? Just click the link below.

<https://xoyondo.com/mb/6myg33qLg1QpWlb>

And finally...

Please feel free to contact us via the usual email address at any time:

dunbartonshireconcertband@gmail.com

Keep practising!

