



L.I.F.E. *Style*

February 2015

What is Recreational Music Making?

What is Recreational Music Making?
RMM

"*Recreational Music Making* refers to playing musical instruments alone or in a group without the goals of mastery or performance."



RMM Philosophy

- ❑ Everyone should experience the joy and benefits of music making
- ❑ Music making can be enjoyed without stress and performance requirements
- ❑ Music making can nurture the whole person and improve quality of life
- ❑ Music making is beneficial to the health of the participant
- ❑ Focus on individual student progress not competition
- ❑ All solo playing is voluntary

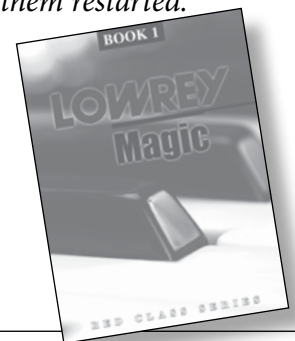
*According to a Gallup poll conducted by the National Association of Music Merchants (NAMM), 85 percent of the Americans who **do not** play musical instruments wish they **did**.*

Music is Good for the Body

- ❑ Playing music reduces stress and has been shown to reverse the body's response to stress at the DNA-level (Dr. Barry Bittman)
- ❑ Playing music "significantly" lowered the heart rates and calmed and regulated the blood pressures and respiration rates of patients who had undergone surgery (Bryan Memorial Hospital in Lincoln, Neb., and St. Mary's Hospital in Mequon, Wis.)

Source: <http://www.wannaplaymusic.com/why-play-music/seniors>

Lowrey Magic, a leading (adult) learn-to-play class program is designed upon RMM philosophy and is a great way for those that always dreamed of playing an instrument to get started. And for those that played before, Lowrey Magic can get them restarted.



To view the complete slide show type the below address in your web browser. An active web link will be featured in the February Chapter Update email newsletter. Contact Jacqueline at Lowrey with your email address to receive monthly Chapter Update emails.

<http://www.slideshare.net/jdornberg/what-is-recreational-music-making?>

L.I.F.E. Chapter Contact:
chapterpres@lowrey.com

Direct other L.I.F.E. inquiries to Jacqueline Mavros • 708-352-3388 x 230 • jacquelinem@lowrey.com



The Train

by: Bil Curry

Way back in the mid-90's I wrote a style called "The Train". Still popular today, the idea came from the Lowrey demos done at state fairs. The "guys" would select a low organ sound and then smash the lowest keys on the upper keyboard to simulate a steam locomotive beginning its journey. They would also play a diminished or half-diminished chord and use the glide to make the train whistle. Then they just started the "boom-chick" style and played songs like "The Wabash Cannonball". This was a great way to get the folks walking by to Stop, Look, and Listen. This story may be familiar to some of you because many became Lowrey owners.

The train and the whistle sound are not a sound effect. It's the Pan Flute (#268). In "C", the notes for that whistle sound are **F, A \flat , B, & D** (see the music below).

The train whistle notes when "FX" or "Fill" is activated are the top four notes of a 9th chord (C = E, G, B \flat , & D). If you want to use this sound for other styles, then put the Pan Flute on the upper or lower right. In the harmony section, turn on **AOC** or **4 Part**. Now play two notes (a whole step above and below the chord root) one, two, or more times. For authenticity, you should glide the first note. Below are the notes:

C = B \flat & D	B \flat = A \flat & C	A \flat = G \flat & B \flat
F = E \flat & G	E \flat = D \flat & F	D \flat = B & E \flat
G = F & A	A = G & B	B = A & C#
D = C & E	E = D & F#	F# = E & G#

Don't worry about the chord types. Example: If the chord in the music is C7aug use the two notes for "C". If the chord is Am7 then use the two notes for "A".

Notes the train whistle plays in "The Train" Intro and Ending

The diagram illustrates the train whistle technique for three chords: C, F, and G. Each example shows a sequence of notes with 'Glide On' and 'Glide Off' instructions. For chord C, the notes are D, A \flat , B, and D. For chord F, the notes are G, D, E, and B. For chord G, the notes are G, A, E, and C. The notation includes a 4/4 time signature and a 'C' time signature for the first example.

Bil's Corner

A Valentine Tango

This Valentine's Day play a steamy hot Tango for your love called "La Cumparsita." Use the Tango or Latin 1 Basic style (tempo 94 +/-). At the end, go back to the sign (D.S. al Fine). So stick a rose in you teeth and let's have at it!! Happy Valentine's Day!

From the
L.I.F.E. Style
Archive
February 2009

Use Tango or Latin (1) Basic
Tempo 94

La Cumparsita

(Kiss of Fire)
Gerardo Matos Rodriguez

The musical score for "La Cumparsita" is written in 4/4 time. It begins with an **Intro** section marked with a double bar line and a repeat sign. The score includes various chords such as Am, E7, Dm, and F#m. The piece concludes with a **Fine** ending, which is repeated the second time. The notation includes a 4/4 time signature and a 'C' time signature for the first example.



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