

# **Music Making and Wellness**

## Just like diet and excercise, music making has been found to be an important part of our overall well being.

As members of L.I.F.E. you are already players of preferred music and are experiencing the wellness benefits of active music making:

- Decreased Levels of Anxiety
- Decreased Depression
- Decreased Feelings of Loneliness These three factors are critical to coping with stress, stimulating the immune system, and improving health.

Furthermore, music as recreation may also contribute to:

- Cognitive Stimulation
- Sense of Relaxation and Calmness
- Feelings of Well Being
- Improved Quality of Life



The Lowrey Wellness Brochure is a free download available by visiting our web site, www.lowrey.com. Click on the link in the left margin of the home page to read more details regarding the benefits of making music as recreation..



# Chapter News

## **Returning Chapter**

The Missouri Show Me L.I.F.E. Chapter of Lacefield Music in St. Louis Missouri is up and running again after the group took an extended hiatus!

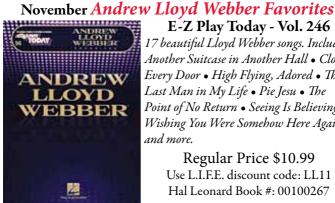
The Chapter's new elected officers are:

- Greg Rebman, President
- Linda Rocklage, Secretary
- Dave and Florence Riter, Co-Recording Secretaries

Members of the Chapter played at the Southgate Nursing Home on September 21st, and at Mother of Perpetual Help on October 25th, both located in St. Louis. They have one more playing event scheduled: November 17th at Victorian Gardens Retirement Community in Eureka Missouri.

Join us in welcoming Missouri Show Me L.I.F.E back to Lowrey L.I.F.E., and wish them the best with their upcoming activities and functions!

# **EZ Play Song Book Special Offers**



E-Z Play Today - Vol. 246 17 beautiful Lloyd Webber songs. Includes: Another Suitcase in Another Hall • Close Every Door • High Flying, Adored • The Last Man in My Life • Pie Jesu • The Point of No Return • Seeing Is Believing • Wishing You Were Somehow Here Again • and more.

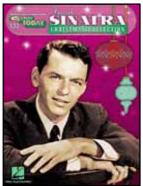
Regular Price \$10.99 Use L.I.F.E. discount code: LL11 Hal Leonard Book #: 00100267

## **December** Frank Sinatra Christmas Collection

E-Z Play Today - Vol. 132 14 super Christmas hits associated with the legendary crooner. Includes: Christmas Memories • The Christmas Song •

Have Yourself a Merry Little Christmas • I'll Be Home for Christmas • I've Got My Love to Keep Me Warm • White Christmas • and more!

Regular Price \$10.99 Use L.I.F.E. discount code: LL12 Hal Leonard Book #: 00100258



To order: Visit www.musicdispatch.com, or call 1-800-637-2852 Please note, there is a shipping and handling charge.

NEW L.I.F.E. MEMBERS - Use Member #37300 for Member **Only Song book Discounts** 



# Frank Sinatra Christmas Collection Song Setups by: Bil Curry

In this edition of LIFEstyle we enjoy the Frank Sinatra Christmas Collection; a versatile song book full of some of our favorite holiday tunes. Our featured song, 'White Christmas, is offered in two very distinct setups, which also highlights the dynamic sounds and styles possible on your Lowrey. Happy Holidays everyone!

### White Christmas

Featured Models: EY and EX series instruments.

Setup 1: The Drifter's version.

Style: Doo-Wopp Delight ... Tempo 130 +/-

Setup: Style Setup 0 (Vintage button)

Setup 2: Frank's version.

Style: Smiles (Orchestral), Heart Songs, or Theatre Romance (theatre organ version) ... Tempo 85 +/-

Setup: For "Smiles" use Style Setup 0 (Vintage button).

- a: On the Keypad press #304 and touch the "Sounds" button for ORCH. 2
- **b**: Increase the Orch. 2 volume level and turn on the Harmony for the Lower Right
- c: Turn off Solo 1, Lower Right

### Other styles

- **a**: Upper: Strings with Harmony (AOC or another)
- **b**: Lower Right: Bell (#304) on the Lower Right

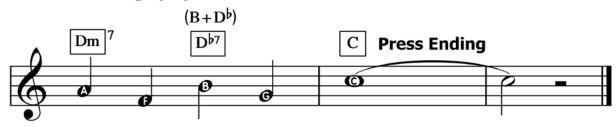
Try starting with a setup that has Strings on the Upper, add Harmony if needed, and change the Lower Right to Bells.

Example: Begin with General Setup 4 (add Harmony if not on) or Bank D-4. Be sure you balance the Upper/Accompaniment levels and "Memorize" it to a Bank Setup.

### **Performance: Intro 2** button = **ON**.

- 1. If it sounds too low (muddy), play one octave higher.
- 2. Play on the Upper manual and switch to the Lower Right on the 2nd note of the 1st Ending.
- 3. Go back to the Upper manual when you get back to the 2nd page at the lyric "I'm".
- 4. Add a Fill at the end of the 1st Ending.
- 5. At the end, play the notes below beginning at the lyrics: *Christ mas es be white*.

### Last time through play these notes and chords:







# Frank Sinatra Christmas Collection

E-Z Play Today Book #132 *Be sure to make notes on the sheet music*.



Pg	Song	Style	Comments (Adjust Accompaniment Levels as needed)
4	Christmas Mem'ries	8-Beat Standard Tempo 85 +/-	Style Setup 0 - Intro & Ending. If you don't have "Smiles" use Easy 4/4 (Soft 'N Easy).
7	Have Yourself a Merry	Orchestral Ballad	Style Setup 0 - Intro & Ending. Also try: Strings 101, Smokey Strings/ Lounge, and
1	Little Christmas	Tempo 70 +/-	Wonder Full World.
10	The Christmas Song	<b>Smiles</b> Tempo <b>70</b> +/-	Style Setup 0 - Intro & Ending. If you don't have "Smiles" use Easy 4/4 (Soft 'N Easy).
12	The Christmas Waltz	Wonderful Waltz Tempo 150 +/-	<b>Style Setup 0</b> – Intro 2 & Ending 2. Also try: <i>Jazz Waltz, Modern Jazz Waltz, or Basic Waltz Alter Style.</i>
	I Heard the Bells on	Your Way	Style Setup 0 – Intro 2 & Ending 2. Also try: Guitar Swing, Jazz Guitar,
14	Christmas Day	Tempo <b>72</b> +/-	and 8-Beat Standard.
16	I'll Be Home for Christ-	Bert's Bounce	Style Setup 0 - Intro 2 & Ending 2. Also try: Guitar Swing, Serenade (Alter Style),
	mas	Tempo 102 +/-	& Smokey Strings.
18	I've Got My Love To	Frank & The Count	Style Setup 0 - Intro 2 & Ending 2. Change Setups at the repeat & on
10	Keep Me Warm	Tempo 132 +/-	measures 19 & 27. Swing it!
20	The Lord's Prayer	Holy Night Tempo 178 or just EASY & Setup 4	<b>Style Setup 0</b> - No Intro (come in after four measures) use Ending 1 to finish. For this "Holy Night" style, each Quarter Note = 3 beat counts (3 lights, left side).
22	Mistletoe and Holly	Dream Kiss	Style Setup 0 – Intro 2 & Ending 2. Also try: Jazz Guitar, Smooth Foxtrot,
		Tempo <b>110</b> +/-	& Champagne (Alter Style)
24	Old Fashioned Christmas	San Frans Tempo 90 +/-	Style Setup 9, Alter Style – Intro 2 & Ending 2. You can also use Jazz Guitar.
	We Wish You the Merriest	Frank & The Count Tempo 150 +/-	<b>Changes:</b> Raise Orch.1 volume to maximum, turn <u>On</u> Orch.2 (Upper), press <u>Auto Bass 2</u> & Intro 1 then "Memorize" to a Bank Setup w/Style.
27	Other instruments can still use Frank & the Count & EZ Waltz. Put a nice melody sound on the Upper (organ, sax, trombone, or other) & a choir/vocal sound on the Lower Right, with	Setup: <b>Style Setup 7</b> (Vintage) = <b>Upper:</b> Vocal Scat & Sax <b>Lower Right:</b> Scat (Harmony = Block)	Performance: Go to the Lower Right when you "D.S." & then go back to the Upper at "we" in the CODA. At the 3/4, press the "3 / 4" (Waltz) button (EZ Waltz).   Note: The tempo should stay the same (150 or yours).   Play on the Lower Right if lyrics are in parenthesis.   Press "STOP" at bottom of the next page (lyric= all) & press Standards (Big Band) = Frank & the Count.   Play to the end on the Lower Right & press Ending 1 right after the last note is played.
	harmony if possible.		<b>Style Setup 5</b> (Normal or Vintage) = Vibes + Guitar.
32	Santa Claus Is Comin' to Town	Swing & Sway Tempo 138 +/-	Use either Intro & Ending. 2nd page, on the rest before the lyric "Oh!" press Style Setup 10.
34	White Christmas	Smiles Tempo 85 +/-	Featured Song See instructions on the facing page.
36	Whatever Happened to Christmas	Soft Country Tempo 80 +/-	<b>Style Setup 0</b> (Normal or Vintage) or your own favorite. After the Intro, play as written but press STOP on the 2nd page, end of the 3rd line. Continue playing then STOP
		Also try: Guitars, Acoustic Guitarist, Out There Ballad	again on the last page (last Am chord) and turn OFF the style button, press EASY, and play from "and" to the end & turn off EASY.