

MUSIC MATTERS

Reporting from the Chapter's April Membership Meeting

Having trouble getting started in the morning? The music most apt to get you moving and out of the house in the morning - or just moving - is marches.

That is just one of the musical jewels that matter as explained and illustrated by Gail Smith, accomplished pianist, composer, arranger, and teacher as she presented the program at the April membership meeting titled *Music Matters*.

Gail played part of Strauss's *Tales from Vienna Woods* and explained that waltzes aid digestion. Other *music matters* helpful hints demonstrated and passed on included:

- ✚ The best music for studying is classical, particularly the Baroque period of music from composers such as Bach. A steady beat helps one remember.
- ✚ Singing together as a group unifies and unites the group. The Japanese have found that this also raises moral.
- ✚ For insomnia, lower pitched music that is slower than the heartbeat will put you to sleep. Slower music can also lower blood pressure.
- ✚ The music of Chopin helps us express our feelings.
- ✚ Folding clothes, cleaning closets, or packing for that cruise . . . Mozart is recommended.
- ✚ The body vibrations from singing a melody with lower notes or humming a low note like a low F sharp works wonders for headaches.



Beth Holland, Jan Bullard and Gail Smith

Assisting Gail in demonstrations were her guests Jan Bullard, who played the rain stick, and Beth Holland, who kept up a steady beat, beat, beat of the drum.

Gail completed the program by playing *Reflections*, a lovely piece she composed during a visit to Wartburg Castle in Germany. Coming upon a piano in one of the castle rooms, and inspired by the theological and artistic history and the sheer beauty and richness of the castle, Gail sat down at the piano and in essence put to music her *reflections* about her visit to the castle. When finished and not wanting to forget, she asked a guard for paper that she might write down the music that she had just played. As Gail played for us, it was easy to be transformed to Wartburg Castle as well as being moved to personal reflections.

Yes, music matters! Enrich your life by listening to the right music at the right time . . . it is marches in the morning, waltzes at noon, and Pachelbel or Bach in the evening.