



Manitoba Flute Association  
Nov 8, 2020 7pm

Present: Laurel Ridd, Layla Roberts, Alex Conway, Lori Jede, Mollin Balisi, Amy Whittaker, Ainsley Brown, Cal Weise, Megan Dufrat, Selwyn Sarmiento, Honor Gouriluk, Helen LaRue, Charmaine Bacon, Fay Young, Fiona Walker, Beck Watt, Naz Kahil, Avery Kasdorf, Mackenzie Guillon Cormier, Jane Tully, Anna Torquato, Sophia Bykova-Igamberdieva, Joel Ulrich, Paityn Clarke, Shelley Shen.

Regrets: Susan Maclagan, Monica Bailey, Nicole Carbotte

1. Greetings and announcements

2. Sound Discussion hosted by Layla Roberts and Alex Conway

Questions for discussion:

What is “best sound” to you? How do you know when you’ve achieved your “best sound”?  
What is the sound we create as human beings? How do we create our ideal sound for the day?  
There is a pivotal moment each day when we pick up our flutes...will it be a great day for our sound, or will it be a day of struggle? How do we get our tone the closest to our “best” more often? How do we deal with days where we feel that our tone isn’t at its best – how do we improve? How important is the structure of our practice? Do we approach practice sessions with rigidity or flexibility? How much time do we spend on the fundamentals of playing?

Discussion thoughts and tips:

- Humming – resonance – how does the sound feel in our bodies? The flute then becomes an extension of ourselves
- Singing
- Lip warmups
- Get your body warmed up
- Approach the flute with joy, taking the biggest breaths possible, and finding the best embouchure that supports the sound we need for that moment
- Practice 😊
- Long tones
- Musical athletes – we train, stretch and warm-up in various ways
- Listen carefully
- Super-Duper Zen Yoga (Blackburn) – flexibility, be in the moment, observe where you are, and then proceed from that point – No judgement
- Make everything you play a tone study full of beautiful expression
- Release tension

- Balance how much importance we put on our tone daily, so that it doesn't hinder us from working on other aspects of our playing. Sometimes we have to settle for less than our "perfect" tone.
- We all experience "less than perfect" tone days. We can't punish ourselves for that.
- Accept where we are that day
- Stay well hydrated
- Train with a stable, home note (example - B). Less resistance since there are fewer keys depressed.
- Engage your core – do ab work as a pre-practice routine
- Smaller amounts of practice more often can be beneficial
- Consider it playing, not practice, as wording effects our overall attitude
- Yo-Yo Ma says we should always play something beautiful and of comfort before approaching what we are currently working on.
- We are creating beauty in life
- Balance left/right brain activity – form vs. creativity
- Remember why we do music in the first place – the sound, the feel...
- Our plans have all changed, so our journey has changed. Embrace what brings you joy, despite change and setbacks
- We need flexibility. We're all different. Some need the same routine to thrive. Others need more variation. This can change based on the seasons of life.
- Short bursts add up.
- Be gentle with yourself.
- We don't fit into boxes.
- It is an individual process – based on our current goals and life circumstances.
- Use different approaches: etudes, listening to others, ignore it for a bit and just play.
- Jill Fellber – book "Extreme Makeover" – rabbit attacks, wild vibrato and more in a compilation of exercises
- Play a few notes and improv on them.
- Consider what I sounded like yesterday – can I produce that sound again?
- Find a slow piece you enjoy
- Mood can affect our practice – find a way to be in a positive mindset before playing.
- Sometimes sound issues are actually instrument issues
- Give yourself grace
- Lip dryness, hydration, humidity - all effect our sound

STAY IN SOUND HEALTH ☺

### 3. Announcements:

#### **FLUTE LOOPS** Sunday, Nov 15<sup>th</sup>

- 2:30-3:15 Junior/intermediate
- 3:30-4:15 Senior high

**OPEN MIC NIGHT** Sunday, Nov 22<sup>nd</sup> 6:00pm  
Send **TOPIC IDEAS** for future sessions to Manitoba Flute

Meeting adjourned: 8:02pm

