



The Rancho Mirage Instrumental Music Program and Colorguard “Weekly”

Feb 11 – Feb 16, 2019

“The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.” - Vince Lombardi

General Announcements:

- **A NEW MEMBER** – Now is the best time of year to re-connect with the students that you met at Band Day, and spread the word about our program to those who weren't there. This is a great opportunity to go to the middle schools and become a mentor to students who play instruments like yours! You will not only be gaining valuable experience expanding your musical skills while you help them, but you will be assisting the RMHS Band program in expanding its interest and legacy. Visit your middle school programs and tell them why they should be a member of the **SOUND**.
- **COLLEGE BAND AUDITIONS & SCHOLARSHIP OPPORTUNITIES** – We encourage all of our Rancho Mirage musicians to consider playing in college band, whether or not they plan to be music majors. College bands provide an excellent opportunity to meet other students from across the campus and from different majors. Different colleges offer different scholarship opportunities for incoming students, both music majors and non-majors. We encourage our seniors to research the music opportunities at the colleges of their choice and to continue furthering their musical experience! While our program does not endorse one college music program over another, we occasionally receive college band audition materials in the mail and offer this information to our students. The following college programs have sent us this information:

Cal State Fullerton

www.music.fullerton.edu/

Cal State L.A.

www.calstatela.edu/mtd

Cleveland Institute of Music

www.cim.edu/admission

College of the Desert

<http://www.collegeofthedesert.edu/students/ap/sas/arts/Pages/music.aspx>

University of Hartford's "Hartt School"

www.hartford.edu/hartt

Ithaca College School of Music

www.ithaca.edu/sma

Michigan State University

www.msuic.msu.edu/explore

Mount San Antonio College

<http://www.mtsacband.com/>

Pacific Lutheran University

www.plu.edu/music

Pepperdine University

<http://seaver.pepperdine.edu/finearts/undergraduate/music/>

San Francisco Conservatory of Music	www.scfm.edu
San Jose State University School of Music	http://www.sjsu.edu/musicanddance/
Sonoma State University	www.sonoma.edu/music
Texas Christian University	www.music.tcu.edu
University of California, Davis	www.music.ucdavis.edu
University of California, Los Angeles	www.band.ucla.edu
University of California, Riverside	www.music.ucr.edu
University of the Pacific	www.go.pacific.edu/audition
University of Redlands	www.redlands.edu/music

- **COLLEGE MAJOR...MUSIC?** -- Please visit the “Forms/Docs” page of our program website at <http://www.rmhsbands.org/> and read the article entitled “What it Takes to be a Music Major.” Also, visit this great website: <http://www.majoringinmusic.com/>.
- **DONATIONS NEEDED** – The band and color guard program is in immediate need of donations of the following items. The school budget does not provide for these items. If each student could commit to bring even one item throughout the semester, it would be greatly appreciated, and will help preserve our precious budget money for more urgent issues like instrument repair. Thanks so much to those who have already donated!
 - **1” wide blue painters’ tape.**
 - **AA, AAA & 9 volt batteries for our instrument tuners and metronomes.**
 - **Electrical Tape (All Colors)**
 - **Field Marking Paint (White, Orange, Yellow)**
 - **Copier for Band Room**
 - **Lumber for Instrument Room Shelving**
 - **EZ-UP Canopies**
 - **Refrigerator for Workroom**

Flute	Jennifer Dean Joyce Lawrence (Oboe)	jdean@psusd.us	818-606-5060
Clarinet	Thom Morales	thommorales@gmail.com	951-452-7676
Saxophone	Nick Casillas	nicholascasillas@gmail.com	951-515-2760
Brass	Abel Santos	horn4as@gmail.com	619-402-4702

- **MUSICAL INSTRUMENT REPAIRS AND PURCHASE** – These local vendors (listed in alphabetical order and with no particular ranking) receive our program’s recommendation!
 - Bocal Majority – Double Reed Store
940.206.4527
www.bocalmajoritystore.com
 - JKEAA Music
19069 Van Buren Blvd
Suite 113
Riverside, CA 92508
951.789.1422
jkeaamusicervices@gmail.com
 - Nick Rail Music
Bob Estopinal, Educational Sales Representative
1770 Orange Tree Lane Redlands, CA 92374
909.815.2814
bob@nickrailmusic.com
www.nickrailmusic.com
 - Master Musician – Local Music Store

- 3800 E Vista Chino, Palm Springs, CA 92262
(760) 832-8996
- **PARENTS** – Please know that Mr. Gaylord has an open door policy. If you have a concern, we are happy to address this issue with you directly. Parents are encouraged to email Mr. Gaylord at: mgaylord@psusd.us to discuss any issues, ask questions, or set-up an appointment to talk in person. Complaints sent via anonymous note or anonymous phone message are not given credence. Thanks!
- **REGISTER NOW** – *for Idyllwild Arts Camp!* Potential students and recruits, please visit the online catalog at www.idyllwildarts.org right away. The jazz camp has a capped enrollment for this upcoming summer. Open spots will fill *quickly!* Many RMHS musicians have attended this camp in past years and it is a very fine opportunity. All of our students who have attended in the past have come back as better musicians! Check it out!
- **TIPS TO BE STRESS FREE** – Rehearsal schedules, performances and other commitments can make for an exceptionally stressful time of year, especially as the weather is cold and immune systems tend to be weaker.
 - 1) Start the day right.** Try to find a routine – get up a little earlier than you typically do. Eat something before you start your day. It’s important to set the tone for the rest of your day.
 - 2) Relax.** Find moments of calm in our ever-busy lives and schedules is important when it comes to maintaining a balanced lifestyle. These moments can be anything that you find relaxing, such as running, listening to music, reading a book, playing your instruments for pure enjoyment, or just sitting and breathing – we often forget to truly let our bodies and minds relax.
 - 3) Detox from digital devices.** Managing stress has become more difficult as fear of missing out has become more and more a part of our digital lives. Digital detoxing has become increasingly important as far as stress management is concerned – try turning your phone off for one day a week or a month. You might be surprised at how liberating it feels. As we continue to be more invested and deeply concerned with the online versions of our lives we bring on more stress and a more confused identity. Making time to see friends and family in person has been linked to people reporting feeling more fulfilled and happy.

4) Get some sleep. Getting plenty of rest is also a key part of stress reduction. If you have trouble falling asleep or staying asleep, try some of these tips and tricks. Keep a pad of paper and a pen next to your bed to jot down any lingering thoughts that are keeping you awake. Also, eliminate digital light in the wee hours of the night and reserve your bed for only sleep.

All in all, incorporating even just a few of these suggestions into your new health routine will have you feeling a little more at ease and stress-free. When in doubt, just take a few moments for yourself and/or a few deep calming breaths. It's truly amazing what a few breaths with intention can do.

(by Haley Greenwald-Gonella as published in the January/February 2014 edition of *Halftime Magazine*)

Schedule for this week:

Monday, February 11, 2019

- Wind Ensemble begins after School TODAY - 3:15-5:45
 - Roll will be taken, you MUST be registered and attend 7th period band to perform in ANY performances

Tuesday, February 12, 2019

- 9 to 5 pit band rehearsal – 3:10-6:00
- Jazz Band after School TODAY. Call time is 6:00pm. Be prepared to play scales and reading.
- Colorguard Winter - 3:30-7
- **ASSIGNMENT** (for all brass and woodwind in **all classes**) –Reed/slide check today for 25 points. Woodwinds will have five (5) good-quality reeds on their stand for inspection. These reeds need to be out of the wrappers and should be rotated each day so that each woodwind student has a minimum of five (5) working reeds at any good time. Brass players will be expected to completely disassemble and reassemble their horns (all slides and valves out and back in) in a reasonable timeframe. This demonstrates that all slides and valves are in good working order and can be manipulated for proper intonation.

- **AS A REMINDER**

- 1) Success doesn't come easily.
 - 2) People work hard to earn success; it's a part of life.
 - 3) If you want something, you need to work to earn it.
 - 4) You are not entitled to things you haven't earned.
 - 5) Practice compassion for others: think about third world problems, then put perspective on your first-world ones.
 - 6) Responsibility for actions: there are consequences and rewards for our behavior and choices.
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Wednesday, February 13, 2019

- Wind Ensemble begins after School TODAY - 3:15-5:45
 - Roll will be taken, you MUST be registered and attend 7th period band to perform in ANY performances.
 - RMHS Booster Garage Sale Collection after rehearsal
 - Please bring any unwanted sellable items to the school and donate them to be sold at our garage sale. Benefits the RMHS Winter Colorguard
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Thursday, February 14, 2019

- 9 to 5 pit band rehearsal – 3:10-6:00
- Jazz Band Rehearsal 6-8

- Colorguard Winter Rehearsal - 3:30-7
 - RMHS Booster Garage Sale Collection after rehearsal
 - Please bring any unwanted sellable items to the school and donate them to be sold at our garage sale. Benefits the RMHS Winter Colorguard
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Friday, February 16, 2019 –

- No School Today
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Saturday, February 17, 2019 –

- No Rehearsal Today.

Upcoming Events:

- **UPDATES to the schedule are listed in bold type!**
- **Please do not prioritize this list! All events listed here carry equal weight and importance in our minds and for our program. A field show competition performance is as important as a football game, as a booster club meeting, as a concert festival, as a jazz band event at the junior high school, as field show championships. If it's on this list, it's required, and it's important. Please know this!**
- In addition to the school-day class-time rehearsals and the events listed below, Sound and Pageantry (band and guard) students also participate in weekly marching band rehearsal every Wednesday evening from 4-8pm in the football stadium, beginning on the first week of school until winter break.
- In addition to the school-day class-time rehearsal and the events listed below, all Symphonic and Jazz students participate in semi-weekly master class rehearsals in the afternoon from 3:15-6:00pm at the band room, beginning the first week of second semester through until the last week of school.

- “Call Time Sheets” which give specific details (when and where to arrive, what to wear, what to bring with you, etc.) will be posted on this “Weekly” page approximately one week prior to the scheduled event

	Who	What	Where	Time	Vehicles Needed
Jan – 19					
1/22/19	Winterguard	Parent Meeting	RMHS Band Room	7pm	
Feb – 19					
2/2/19	Select Performers	SCSBOA Solo & Ensemble	RCMS		
2/9/19	ALL Memebers	Riverside County Youth Force Fundraiser (Area Cleanup)	Meet @ RMHS	6:30 AM 2pm	
2/16/19	All Members	Winterguard Garage Sale			
Mar – 19					
3/6/19	Symphonic Winds	RCC Festival	Riverside City College	TBA	
3/8/19	Pit Band	9 to 5 Performance	HGPAC	5pm Call	
3/9/19	Pit Band	9 to 5 Performance	HGPAC	5pm Call	
3/10/19	Pit Band	9 to 5 Performance	HGPAC	12pm Call	
3/14/19	Symphonic Winds	Concert Performance	HGPAC	TBA	
3/16/19	Symphonic Winds	CSU Fullerton Festival	CSU Fullerton	TBA	
Apr – 19					
4/9/19	Potential Student Leaders.	Leadership Workshop	Los Osos HS		
4/24/19	Symphonic Winds	Possible Overnight Performance			

		Opportunity			
May – 19					
5/10/18	Jazz Band (A&B)	Jazz Performance	Workman High School	5pm	
5/20/19	Jazz Band/Concert Band/Percussion	SPRING CONCERT	HGPAC	5pm Call	
5/21/19	Symphonic Winds	Spring Concert	HGPAC	5pm Call	
5/29- 5/31	All Instrumental Performers	Spring Juries	HGPAC	After School	
June - 19					
6/1/19	All Program Members	Awards Banquet	TBA	TBA	
6/3/19	All Instrumental Performers	Graduation	Agua Caliente		

***Please make note of these important dates as you plan your schedules – students who are absent from the activities listed above may be dropped from the program.**

***Again, Please do not prioritize this list! All events listed here carry equal weight and importance in our minds and for our program.**

***Advanced-planning and accountability are very crucial to the success of our program!**

SOUND STRONG!