



# HOLBEACH TOWN BAND

*Enjoying Brass Banding in Holbeach since 1971*

Golden Anniversary  
(1971 - 2021)

## NEWSLETTER - JANUARY 2024

### AGM

The Band's Annual General meeting took place at the band-room on 10th January.

Thanks to vice-President Mr Stephen Johnson for chairing the meeting in the absence of the President (Cllr Nick Worth).

The following Officers were appointed:

Chairman	Neil Simons
Vice Chairman	Geoff Cooper
Musical Director	Mel Hopkin
Secretary	Bev Davey
Treasurer	Deborah Simpson
Fund-raiser	Stephanie Palmer
Music librarian	Emma Simpson
Band Manager	Martin Walters
Uniform Manager	Martin Walters
Welfare Officer	Zoe Holdsworth

In a change to proceedings, the trophies will not be presented until later in the year. The current holders will keep the trophies for a bit longer!

### MUSIC FOLDERS

Our work sorting out the folders over Christmas was very useful, but we suspect there are still folders being clogged up with music we don't play.

We need room in the folders for this year's purchases! We have half a dozen new pieces, with an emphasis on modern popular music. And we should shortly be getting more music for the Spalding Flower Parade.

### COMING UP

Sun 5th May - Moulton Chapel Tuliptime Parade

Sat 11th May - Spalding Flower Parade

Thu 6th June - D-Day 80th anniversary at Fleet Hargate

Sun 9th June - Village Fete at Fleet Hargate

Sun 1st September - Holbeach Food Fair

### FUND-RAISING

Within days of being re-appointed band fund-raiser, Stephanie Palmer received a cheque for £2,500 from the Chosen Charity. The money will help us to buy uniforms for our younger players as they progress into the main band from the learner groups and training band.



### OFFICERS

Musical Director	Mel Hopkin	<a href="mailto:mel@mhopkin.co.uk">mel@mhopkin.co.uk</a>
Chairman	Neil Simons	<a href="mailto:neil@blott.org">neil@blott.org</a>
Secretary	Bev Davey	<a href="mailto:bevslldavey@gmail.com">bevslldavey@gmail.com</a>
Treasurer	Deborah Simpson	<a href="mailto:deborah.simpson4371@gmail.com">deborah.simpson4371@gmail.com</a>
Band Manager	Martin Walters	<a href="mailto:martin.walters@sky.com">martin.walters@sky.com</a>
Welfare Officer	Zoe Holdsworth	<a href="mailto:zoe.hopkin@gmail.com">zoe.hopkin@gmail.com</a>



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### LEARNERS

Attached is the next of a series of tips from Fiona Berry B.Mus (Hons), L.R.S.M, L.T.C.L, L.L.C.M © Learn Together Music 2002.

This is particularly relevant to our current group of Starters and Learners. Too many of them do not practice at home, either because they do not have time, or their parents won't let them, or they might disturb their neighbours.

Regular practice is essential if you want to make progress. You can reduce the sound dramatically by pushing a cloth in the instrument's bell!

### Neil's Nags

Hi everyone,

A little reminder to keep up to date with Muzodo. Try to give a firm (positive!) response as soon as possible.

Neil

### HOW MUCH SHOULD YOU PRACTICE?

	1 - 2 HRS/WEEK	10 - 20 MIN/DAY	Not likely to stick with music over a long period of time.
	3 - 4 HRS/WEEK	20 - 40 MIN/DAY	A starting place for young or new musicians. However, after a proper warm up, not much time is left to accomplish anything.
	7 HRS/WEEK	1 HR/DAY	The minimum time that must be spent in order to see change in your abilities over time.
	10 - 15 HRS/WEEK	1.5 - 2 HRS/DAY	<b>RECOMMENDED.</b> A good amount of time to thoroughly warm up and make true accomplishments in each session.
	20 - 30 HRS/WEEK	3 - 4 HRS/DAY	For musicians who are serious about becoming virtuosic players or making a living with their craft.
	30+ HRS/WEEK	5+ HRS/DAY	For top-tier musicians looking to leave a legacy. Examples include Lang Lang and Franz Liszt.





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### PRACTICE TIPS

#### Tip 4

#### **Increase your motivation by setting goals and measuring your progress**

So many of us don't set goals or measure our progress. Both of these are important ways of ensuring that we make consistent improvements in our practice.

The easiest way to set goals is to use the Smart formula. Smart stands for specific, measurable, achievable, relevant, and in a timeframe. Here's an example of a smart goal.

“I’m going to practice for 20 minutes, before breakfast, five days a week,  
between now and the end of March”

The goal above has a specific target to achieve within a timeframe, and it's measurable. It's achievable because you know you can have two days off a week, and it's relevant because you know that regular practice is required to make progress.

Take action :

Think about the goals that you can set yourself and how you can measure that progress.