



# HOLBEACH TOWN BAND

*Enjoying Brass Banding in Holbeach since 1971*

Golden Anniversary  
(1971 - 2021)

## NEWSLETTER - OCTOBER 2023

### GOODBYE

It is with great sadness that we report the passing of our dear friend and long-time HTB member and supporter, Dennis Sparrow aged 94.

Dennis had occasionally visited us on the cornet before formally joining us on Flugelhorn in January 2007. He left in October 2011 before rejoining in February 2016 initially on back row cornet and then tenor horn.

Dennis was also a member of several other local bands over the years, including those in Spalding and Swineshead.



We will fondly remember Dennis as the cheeky chappy always with a glint in his eye and with a funny story never too far away. He was of particular encouragement to the youngsters when starting up in the band and fiercely proud of his ties with Holbeach. Den didn't enjoy the best of health in the last few years but used to frequently turn up on his mobility scooter to support the band whenever he could.

Dennis's funeral will take place on 9th November at 2pm at the Surfleet Crematorium and afterwards at Holbeach Football Club.

RIP

### LEARNERS/STARTERS

Attached is the first 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

Saturday morning classes will be cancelled over Christmas because the main band will be very active playing carols! The last practice will be on Saturday 18th November and we will restart on Saturday 6th January.

The Wednesday nights will not be affected (except for 20th December - See Neil's Nags), so young players are welcome to come on Wednesdays.

### COMING UP

#### 12th November - Remembrance Sunday

Our annual trip to Holbeach St Marks

#### 17th November - Holbeach Methodist Church

A Christmas concert

#### 25th November - Spalding Town Centre

Spalding Christmas celebration

#### 1st December - Tydd St Mary

Our annual trip for a Christmas concert and tasty soup

#### 2nd December am - carol playing

#### 2nd December pm - Carols outside Holbeach Church

#### 9th December am - carol playing

#### 10th December pm - Baytree Garden Centre

Carols at Baytree's Christmas market

#### 14th December evening - Springfields

Carols at Springfields Shopping Centre

#### 16th December am - carol playing

#### 16th December - evening Carols at Parson Drove

#### 23rd December am - carol playing

#### 24th December am - carol playing

### MUSIC (BLACK FOLDERS)

As we move towards Christmas, please make sure your black music folder is returned to the bandroom. Apart from Remembrance Sunday, we won't be using the black folders until the New Year. We need the folders in the bandroom so we can sort them out.

### Neil's Nags

The decorating gloss party has been postponed until the New Year as we are so busy.

Remember to complete Muzodo so Mel can organise carol playing groups.

There will be no rehearsal on Wednesday 20th December - instead everyone is invited to the Christmas Soiree in The Paddocks.



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### PRACTICE TIPS

## Tip 1

### **Make every minute count and avoid wasting time by keeping practice sessions short and doing them regularly.**

Most people practise for way too long before taking a break. For beginners and intermediate players, aim to do two 20-minute sessions per day. One in the morning and one in the evening. Doing more will likely not reap any benefit. If you are an advanced player, you can incorporate more sessions but remember to take regular breaks.

#### **Here's a quick review of the science behind shorter practice sessions:**

#### **Taking breaks helps make doing an action easier in the future**

Without going into an in-depth science lesson, breaks within practice sessions are necessary for a process called long-term potentiation to happen. For our brains to carry out a complex process, such as playing an instrument, the neurons (information messengers in our brain) have to connect and undergo construction.



Now some neurons need longer to complete this process than others. Those neurons can only complete the construction process if we rest.

#### **Taking breaks also helps you retain the information for longer**

When we take a break, the brain moves information from our short-term memory to a more stable place, making the action easier when we try it again later.

