

## CASCADES HARP RETREAT

JUNE 10-12, 2011

[www.laurazaerr.com/cascade\\_retreat](http://www.laurazaerr.com/cascade_retreat)

**WHAT:** A packed weekend of workshops for pedal and lever harpist of all levels, led by outstanding teachers, catered by experienced chefs, in the heart of the Oregon Cascade Mountains.

**WHERE:** Suttle Lake Camp and Retreat Center, only two hours from the Willamette Valley, and an hour from Bend. Enjoy the alluring beauty of the deep hemlock forest on the shores of one of Oregon's most serene mountain lakes. The Wesley Meadow lodge sleeps up to 32 people in rooms of 2-4 people. Beds and mattresses are provided, but we must bring our own sleeping bags and linens. Delicious fresh meals will be provided by the Harp Retreat staff and also the Suttle Lake staff.

**WHEN:** June 10-12, Friday evening (around 5:00) through Sunday afternoon (around 1:00).

**WHO:** Hosted by Laura Zaerr and Hilary Smith. For information call Laura 541-757-8313 or e-mail [lauraz@peak.org](mailto:lauraz@peak.org), or contact Hilary Smith at [harpsisters@gmail.com](mailto:harpsisters@gmail.com) or 541-549-1229.

**Sue Richards** is a traditional musician and collector of tunes. She has played the harp since childhood, and found it to be the perfect instrument for her passion. To this end, she has won the Scottish Harp Society of America (SHSA) championship four times, recorded with many friends, and toured extensively. She has written several books of arrangements, including the recently released "O'Carolan". Sue's main gig is touring with Ensemble Galilei, a group of five women performing Celtic, early, and original music. As a member of EG she has written music and performed in three multi-media shows, one using images from the Hubble Telescope, the second sponsored by the National Geographic Society, and the most recent sponsored by the Metropolitan Museum of Art. Sue loves sharing tunes and techniques in her workshops, and believes that everyone can have a good time with a harp

**Laura Zaerr** has been performing and teaching in the Valley for over twenty years and is a music graduate of the Eastman School of Music. Laura has presented workshops and concerts throughout the United States and into Canada. She has recorded several solo CD albums, including original compositions which encompass a variety of styles on both pedal and lever harp. Currently she heads the harp department of the University of Oregon and has been instrumental in initiating the Lever Harp Degree Program.

**Rebecca Hilary Smith**, a graduate of the U of O Music School, taught and freelanced as a harpist successfully in Honolulu for a decade before moving back to Oregon in 2007. Hilary encourages her students with a warm sense of humor. Classically trained in piano, harp and pedagogy, she brings an innate understanding of musical form and theory to each piece, and invites students to explore their own individual relationship with music. Currently she is again active as a freelancer and teacher in Sisters and environs.

**HOW:** Send this registration form to:

**Harp Retreat/ Laura Zaerr -- 236 NW 14th St.-- Corvallis, OR-- 97330**

(Checks payable to Laura Zaerr)

When your registration is received, we will send you maps and relevant information 1 month before the retreat as well as some of the music we will be working on so you can get a head start.

## CASCADES HARP RETREAT 2011 REGISTRATION

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Phone number(s) \_\_\_\_\_

Email \_\_\_\_\_

**Emergency contact (include relationship)** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Initial here if we have your permission to share your contact info with other participants \_\_\_\_\_

**I am registering for**      \_\_\_\_\_entire week-end, stay at the lodge      **\$270 / \$310**  
   \_\_\_\_\_entire week-end, sleep elsewhere      **\$230 / \$260**  
   \_\_\_\_\_Saturday only (includes meals)      **\$180 / \$200**  
   \_\_\_\_\_significant other (meals and lodging only)      **\$125 / \$135**

→ Bold type indicates the early bird special if you get your registration in by April 15th.

**I will be bringing**    \_\_\_my pedal harp    \_\_\_my lever harp    \_\_\_a significant other\*    \_\_\_a teddy bear  
   \*S.O./ friend name(s) \_\_\_\_\_

**I have the following special needs:**    \_\_\_rent a harp    \_\_\_help carrying or moving a harp  
   \_\_\_chocolate    \_\_\_coffee in the morning    \_\_\_tea at night    \_\_\_vegetarian food    \_\_\_\_\_more info  
Allergies to: \_\_\_\_\_

\_\_\_I may be interested in scheduling a private lesson with Sue      \_\_\_I may be interested in scheduling a massage at the retreat

**TOTAL AMOUNT DUE** \_\_\_\_\_

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Please indicate **your harp background, performance level, & any other details** that would help us determine how best to make this weekend meaningful to you: \_\_\_\_\_

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To help me with scheduling, **please indicate what you are interested in learning** by circling or highlighting anything that is of interest to you- or crossing out what you're not at all interested in)

- |   |  |
|---|--|
| Learn about styles I am not familiar with (such as _____) | How to learn a song by ear                 |
| How to adapt a song from piano music to the harp          | Learn specific songs (such as _____)       |
| Improving improvising                                     | How to arrange a song to my taste/ ability |
| Improving sight reading                                   | New or expanded repertoire                 |
| Harp special effects and how to use them                  | Overcoming performance anxiety             |
| Therapeutic harp overview                                 | Improving rhythmic accuracy                |
| Becoming a more confident performer                       | Have a master class (I'll play)            |
| Getting the most out of my practice session               | Have a master class (I'll watch)           |
| I would like to play for others at the retreat            | How to arrange for two or three harps      |
| Drills and exercises for fluidity                         | History of the harp in Ireland/ Scotland   |
| How to make my practice sessions more effective           | Irish ornamentation                        |
| Stretches, exercises and body dynamics for harpists       | Playing for meditation                     |
| How to take care of myself, the harpist                   | Group playing/ ensemble time               |
| Singing and accompanying myself on harp                   | Understanding chords                       |
| Inspiration   |  |
| Relaxation  |  |
| Meditation  |  |

**ANYTHING AND EVERYTHING!**