

CASCADES HARP RETREAT
JUNE 11-13, 2010

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 11-13, 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, or contact Hilary Smith at harpsisters@gmail.com or 541-549-1229.

Grainne Hambly comes from County Mayo in the west of Ireland and is a music graduate of Queen's University, Belfast. She began to play traditional Irish music on the tin whistle at an early age, before touring to the concertina and later the harp. Over the past few years Grainne has toured extensively throughout Europe and the United States. She is also a qualified teacher of traditional Irish music, and is in great demand at summer schools and festivals, both in Ireland and abroad. FMI visit her website at grainne.harp.net

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.
www.laurazaerr.com

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 Country.

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 1-2 months 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 2010 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 **\$265** / \$295
 _____entire week-end, sleep elsewhere **\$220** / \$245
 _____Saturday only (includes meals) **\$170** / \$185
 _____significant other (meals and lodging only) **\$115** / \$125

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 Grainne ___I may be interested in scheduling a massage at the retreat

TOTAL AMOUNT DUE _____

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

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!