

Guitarist

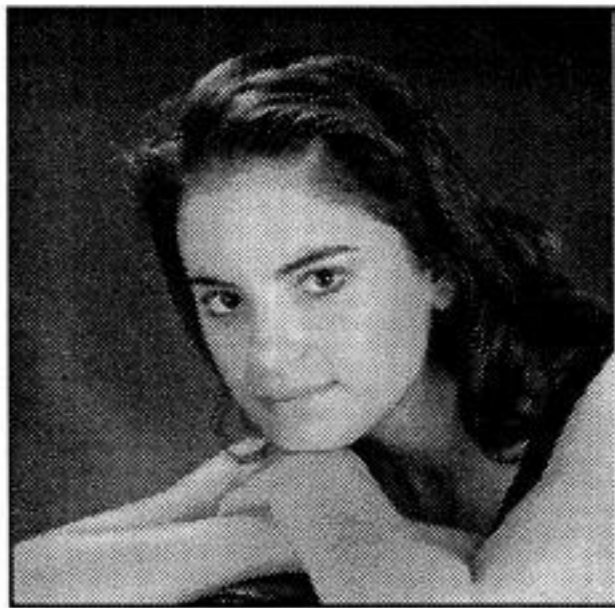
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JULY / AUGUST 2004

VOL. 20 NO. 4

Sundin Hall Concert Series 2004-2005

Ana Vidovic



Paul O'Dette



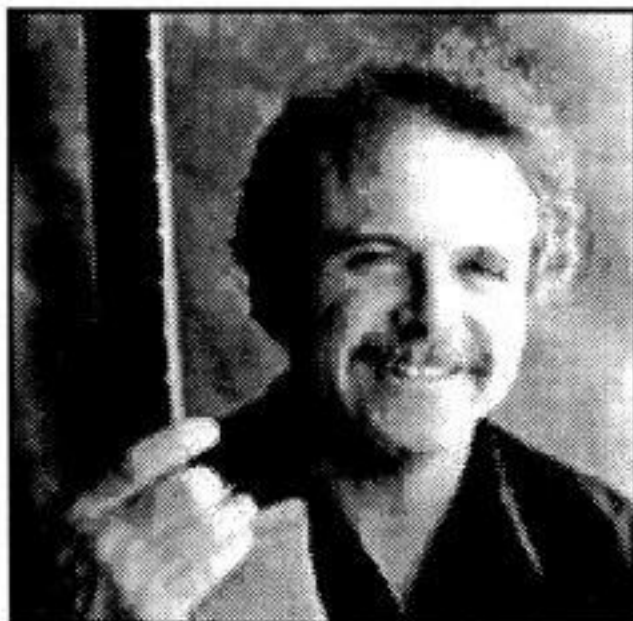
Fabio Zanon



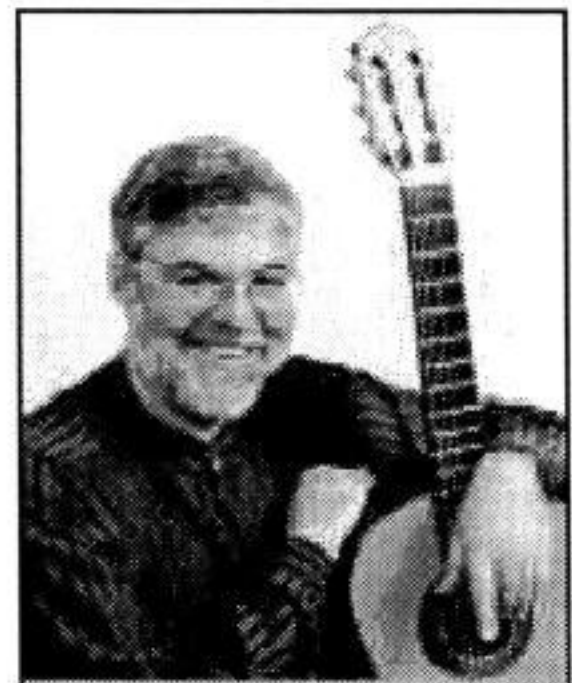
Jérémy Jouve



Pat Donohue



Ricardo Iznaola



MINNESOTA GUITAR SOCIETY MISSION STATEMENT

To promote the guitar, in all its stylistic and cultural diversity, through our newsletter and through our sponsorship of public forums, concerts, and workshops.
To commission new music and to aid in its promotion, publication, and recording.
To serve as an educational and social link between amateur and professional guitarists and the community.
To promote and help create opportunities for Minnesota guitarists and players of related instruments.

Society News & Notes

Guitarist is a bi-monthly publication of the Minnesota Guitar Society. We welcome the submission of classified ads, articles, performance dates, etc. These **must be received**, absolutely, no later than the **20th** of the production month. Production deadlines are: February 20, April 20, June 20, August 20, October 20, December 20.

Please send all submissions to our editor at:

<jerry@jerrykosak.com>

As this issue of *Guitarist* was about to go to press, the *Minnesota Guitar Society* was pleased to learn that the *Minnesota State Arts Board* will be giving the *MGS* a grant in the amount of \$3,850.00. Each year we rely on membership dues, contributions and grants to defray the cost of our concert series, the local artist series and newsletter. The number of applications for MSAB grants has increased each year but funding dollars have not. It is in recognition of the value of the *MGS* to the community that the grant was given.

Kudos go to all of our contributors and supporters and special recognition goes to board member Al Norton who wrote the grant application and gathered, verified and assembled the facts and documents to support the application.

→ Visit the MGS website: <<http://www.mnguitar.org>>

As a member of the Minnesota Guitar Society, you receive ticket discounts on all MGS-sponsored events, a year's subscription to the Guitarist and the opportunity to place free classifieds in each issue.

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Directions to Sundin Hall on the Hamline University campus

From I-94, head north on Snelling Avenue in St. Paul, past University Avenue to Hewitt Avenue. Turn right, the Hall is on your left a half-block east of Snelling.

Free parking is available one block past the hall, in lots off Hewitt (on your right) or off Pascal (1 block north).

Sundin Hall 2004/05 Series Preview

THE MINNESOTA GUITAR SOCIETY is pleased to announce another outstanding line-up of performers for the 2004-2005 Sundin Hall Concert Series. Six solo artists will be presented with two masterclasses to be held at the MacPhail Center for the Arts. In order they are: **Fabio Zanon**, **Pat Donohue**, **Jeremy Jouve**, **Ricardo Iznaola**, **Ana Vidovic** and **Paul O'Dette**. Three **Guitarathons** featuring local performers will round out the season.

Fabio Zanon, born in Brazil, first came to international prominence in 1996 when in the space of a few weeks he was the first prize winner of the Francisco Tarrega Competition in Spain and the GFA competition in the U.S. His recording of Villa-Lobos' guitar works was hailed as a benchmark and his debut recital CD on **Naxos** was chosen as the best CD of 1998 by the guitar critic of **Gramophone** magazine.

Minnesota's own **Pat Donohue** returns to Sundin Hall following his sold-out debut on the MGS series a few years ago. Pat is certainly one of the most listened to finger pickers in the world. As the guitarist for **The Guys All-Star Shoe Band** of Minnesota Public Radio's *A Prairie Home Companion*, Pat gets to show off his savvy licks and distinctive original songs to millions of listeners each week. From swing to jazz to bottleneck blues to folk, Donohue plays it all with a flourish of guitar artistry and melodic inspiration.

French guitarist **Jérémy Jouve** was the winner of the most recent GFA International Solo Competition held in Merida, Mexico. In the coming seasons he will perform extensively in Canada, the US, Mexico and Eastern Europe.

The next two performers on the series, **Ricardo Iznaola** and **Ana Vidovic** both return after highly successful Sundin Hall debuts. Iznaola was born in Havana, Cuba and has received great acclaim for his work as a concert and recording artist, composer, teacher, lecturer, and writer. Since 1970, Ricardo Iznaola has produced 13 recordings for the **Promus**, **Belter** and **Columbia** labels. In 1991 he founded his own recording and publishing company, **IGW** (Iznaola Guitar Works), through which his most recent CD recordings have been released.

Vidovic appeared on last season's Sundin Hall Series and was immediately re-engaged after her marvelous debut. Still in her early twenties, this native of Croatia has already won an impressive number of prizes and international competitions, has recorded five CDs, and has concertized in twenty countries.

In April, the great lutenist **Paul O'Dette** will bring a program of Baroque Lute music to the Sundin Hall stage. His program will include music of Bach and Weiss. O'Dette has made more than 100 recordings and has been called "the clearest case of genius ever to touch his instrument." (*Toronto Globe and Mail*)

Sundin Hall 2004-2005 Concert Series

Fabio Zanon

Saturday, September 25

Pat Donohue

Saturday, October 23

Jérémy Jouve

Friday, November 12

Acoustic Guitarathon

Saturday, December 4

Ricardo Iznaola

Saturday, January 22

Iznaola Masterclass

Sunday, January 23, 2:00 pm

Jazz Guitarathon

Saturday, February 19

Ana Vidovic

Friday, March 11

Paul O'Dette

Saturday, April 9

O'Dette Masterclass

Sunday, April 10, 2:00 pm

Classical Guitarathon

Saturday, May 28

Carpal Tunnel Problems

Carpal Tunnel Problems

By Gordon Staff

RATHER THAN A COMPENDIUM on the subject of carpal tunnel syndrom, this article reflects my experiences with this disability. For fifteen years, I suffered from carpal tunnel symptoms. For me, it was numbness, pain, and waking up with cramped hands. It was brought on by my love for playing the guitar. For years I played like a maniac and I didn't notice any symptoms. I simply had a great time playing the music that I loved. Then, slowly symptoms began. It seemed that the more I played Bach, the more I began to notice discomfort in my arms and in my hands. These symptoms became more exaggerated to the point that even barring a B^b chord on the first fret was painful. I would put the guitar down for months at a time and the symptoms would disappear. When I would pick up the guitar again, I would no sooner get the old repertoire worked up and the symptoms would begin again. This cycle went on for fifteen years.

I am happy to report, that for the last three years I have been able to play for hours at a time, as fast as I want, and the symptoms are kept at bay so long as I follow *a specific routine after playing*. When a professional athlete plays a game he or she might get a massage afterwards from the team trainer. When one plays the guitar the forearms get quite a workout. They need to be massaged just as the pro athlete's muscles do. Therefore, my routine includes a self massage to the forearms and hands. I use a small amount of lotion and massage the arms and hands for several minutes. As I massage, I visualize the muscles as a collection of tubes and I milk the lactic acid that has built up, back into circulation, pushing it towards the heart. When the lotion has worked its way into the skin, usually a few minutes per arm, I am finished. I squeeze hard when I push up the arm. A normal muscle should be able to take 70 to 80 pounds of pressure, which is as hard as most of us can squeeze. I go

all the way around the arm, getting close to the bone as well as into the muscle belly. Each stroke starts at the wrist and ends near the elbow or a little beyond.

When playing classical guitar, both forearms get a flexor dominant workout. Therefore, part of my routine is to balance the workout with exercises for the extensors. I put rubber bands around my fingertips to provide resistance and then I fan my fingertips out. I do three sets of five repetitions.

Another part of the routine is to circulate Chinese balls in my hand. Many people may have seen a set of these, they come two to a set, usually in a decorated box. There are good reasons for these exercises upon which I can elaborate if there is a request.

Carpal tunnel syndrom can be very serious. It sometimes requires surgery. Often supplements can be helpful. In certain situations there is a joint dysfunction in the neck, shoulder, elbow, or wrist that mimics the problems of carpal tunnel syndrom, and surgery will not help. In these cases, addressing the joint dysfunction will help. If you have symptoms of carpal tunnel syndrom and you try my routine, and feel better, great, keep it up! Otherwise, you may need a more thorough workout or an examination by a qualified professional. Since I am a chiropractor, I highly recommend chiropractic therapy, that is my bias. Becoming educated on carpal tunnel syndrom is the beginning of the healing process.

Gordon Staff is a long time member of the *MGS* and holds a D.C. and D.I.B.C.N.

For further information on this topic we suggest the book *Playing (less) Hurt: An Injury Prevention Guide for Musicians* by cellist/author Janet Horvath.

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Every Thursday (ongoing), 5:30 til 9:30 pm,
Lucia's Restaurant, 1432 W. 31st St., Minneapolis.
612-825-1572.

Fri July 2nd, 8 pm till midnight,
The Sugar Room, 200 E. Walnut St., Mankato.
507-625-8175

Sat July 3rd (1st Sat each month), 6 till 9 pm,
Black's Ford Restaurant, 862 E. Lake St., Wayzata,
951-473-2940.

Sun July 4th, 10 am till noon,
Dunn Bros on Grand Ave., St Paul.

Sat July 17th, 7:30 till 9:30 pm, Dunn Bros, Andover

Sun July 18th, 10 am till noon,
Dunn Bros on Grand Ave., St Paul.

Fri July 23rd, 7:30 till 9:30 pm,
Dunn Bros, Vadnais Heights.

Sat July 31st, 9:30 pm till 12:30 am.
Dixie's on Grand Ave., St. Paul,

DuoTonic: Paul Hintz, 7-string guitar and **Carole Selin**, drums/vocals.

Jerry Kosak

Lake Harriet Bandshell, Sun., July 25, 2 pm.

<www.minneapolisparks.org>

Borton Volvo Block Party, Sat., Aug. 14, 5:30 pm,
54th St./Lyndale Ave. S., Mpls.

<www.borton.com>

Bound To Be Read, Sat., Aug. 21, 7:30 pm.
870 Grand Ave., St. Paul. 651-646-2665.

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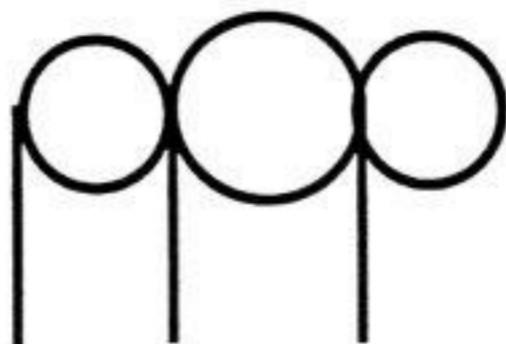
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Flat back and ribs of cypress; back in three pieces separated by narrow ebony strips. Table of quartered cypress. Overall length 91.3cm; length of body 42.5cm; depth of ribs 8.4-8.9cm; vibrating length of strings 63.3cm.

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FOR SALE: 1999 **Taylor 814CE**, perfect condition. \$2,000, firm. Dennis 651 653 6967.

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Contact: Galen Wolfe, 612-821-6052 <gdwolfe3@earthlink.net>

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