

The Folk Club

Volume 9 Issue 11

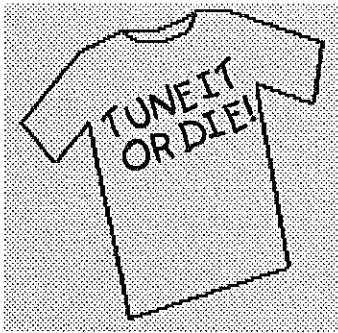
of Reston-Herndon
Preserving Folk Traditions

November, 1995

The Secret to Good Chops

by Dan Grove

No, not pork or lamb.... We're talking playing ability, on whatever instrument you choose. The secret to good chops is simply adopting good practice habits, which are surprisingly easy - just do the *right thing*, at the *right speed*, at the *right time*.



The *Right Thing*: this means you shouldn't waste your time on something that's a dead end. Your own taste and current playing ability determine the direction to go in, and where you start from, but frequently a teacher, instructional book/tape/video, or jamming partner can show you the things to work on that will give you the best foundation for continued success. This is beyond the scope of this article, so you're pretty much on your own here....

The *Right Speed*: this is the most important thing anyone ever learns about playing an instrument, and it's sad how many people never learn it. The right speed is *slow*, never *ever* speeding up to the point where you lose perfect form. It doesn't matter what the instrument is, or what level of ability you've attained. Let's use guitar as an example, since it's what so many of us play. If you're just beginning, learning how to finger C, F, and G chords, for example, take your time and make sure that every string rings freely, unmuffled. As you practice changing from one chord to another, there is a speed you can go at that keeps perfect form (all the strings ringing), and there is a speed that's too fast, where things get sloppy. *Stay slow, and over time the speed will develop naturally.* You advanced players, working on complex fingerpicking arrangements, solo runs, or tonal effects, for example, are in the same boat. If you go too fast, or allow sloppiness even at the slow speed, you'll develop bad habits that are very hard to break. *An extremely useful device to have is a metronome*, which will keep you steady at slow speeds and let you speed up in gradual increments. Patience is rewarded, and haste will haunt you!

The *Right Time*: this is the good news. Most of us can't find enough time to practice, but it doesn't take as much as you think. The secret is that several short practice sessions a day are better than one long one. Twenty minutes in the morning and twenty at night are better than forty all at once. A solid hour or two every now and then is essential, but the law of diminishing returns should rule your practice time when you're working on a new skill at slow speeds. Something else has surprised me - when I practice a new lick several times a day, including just before going to bed, I wake up the next morning faster and more stable at it. I suspect the brain reinforces the synapses used in the lick during sleep, a type of 'free' practice time! I'd be curious to know if anyone else has experienced this.

The *right thing*, at the *right speed*, at the *right time* will take your chops where you want to go. Good luck!

Voice lessons are available from
Barbara Ryan - (703) 451-4492

SHOWTIME

The Showcase performer selection for November 14 was unavailable at press time. The drawing will take place on November 7.

INSIDE:

- ◆ Roy Book Binder
- ◆ Ray's Blues Crossword!

The Folk Club Proudly Presents ...
ROY BOOK BINDER

7:30 PM, November 28, 1995 — Tickets \$9 (\$8 Members)

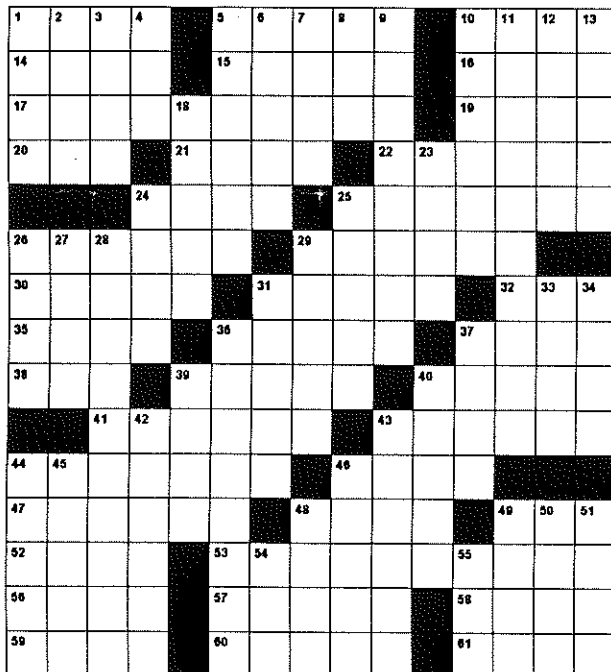


Roy Book Binder - 25 years and still unplugged! Book travelled with and learned guitar from the legendary **Reverend Gary Davis** in the 60's; recorded three classic acoustic blues albums in the 70's; toured with **Bonnie Raitt** in the 80's; and within the past five years has recorded his best three albums for Rounder Records: **BOOKEROO!** (produced by **Jerry Douglas**), **THE HILLBILLY BLUES CATS** (featuring **Rock Bottom**), and the new live album **DON'T START ME TALKIN'** with **Jorma Kaukonen** on two tracks was released in April of 1994. Jorma says, "Book is the real deal!" The late **Gamble Rogers** said of Roy, "He is one of this country's best monologists!" **Folk Roots** describes Roy's playing as "a little gem fusing the rolling lyrics with a snappy guitar part that just bubbles along."

Roy Book Binder has appeared on TNN's hit cable talk show **Nashville Now** seventeen times since 1987, and his recent **Homespun** video, "**Blues by the Book**" is a guitar player's dream! He can be found in **Sheldon Harris' Blues Who's Who**, **Robert Santelli's The Big Book of Blues**, and also in the **Guinness Book of Folk Music**. Roy was recently reviewed in an extensive cover article for **Sing Out!** magazine.

Roy was lauded by other blues greats at the **Augusta Heritage Festival** in **Elkin's West Virginia** as a superb artist and blues instructor. This is Roy's second visit to the folk club, and we look forward to his playing and procuring some of his latest recordings. Bring your cash, 'cause the travelin' Book man don't take checks, nor American Express either.

Blue Notes
 by **Ray Kaminsky**



ACROSS

- 1 Sod
- 5 Spiked clubs
- 10 Yuppie degrees
- 14 Fencing sword
- 15 Stop without finishing
- 16 Gymnist Korbut
- 17 Blues Harp Virtuoso
- 19 Bill or Turbot
- 20 Explosive
- 21 "Queen of Blues" _____ James
- 22 Paramount Records blues lady "Ma" _____
- 24 Hannah & Willie, Blues Ladies
- 25 Large rock
- 26 Colonels subordinates
- 29 Carole King's drummer Russ
- 30 Smells
- 31 Scramble pieces
- 32 And so forth
- 35 "_____ Henry"
- 36 Dragnet Jack & family
- 37 Melville novel
- 38 possess
- 39 Pontiffs [Scot.]
- 40 Gag
- 41 "The friar _____ the monarch crowned" - Pope
- 43 Precipitated
- 44 Blues guitarist McGhee
- 46 About aviation
- 47 Rumbled or ruffled [Brit.]
- 48 Capital of Norway
- 49 Cable movie channel
- 52 Ms. Sommer
- 53 Deep south guitar/music style
- 56 Encounter
- 57 Cove
- 58 Time periods
- 59 Will administrators, abbr.
- 60 Warehouse
- 61 Lab burner

DOWN


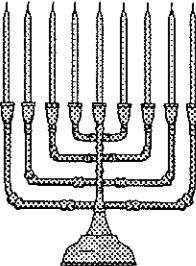

- 1 Exam
- 2 On top
- 3 Lease
- 4 Wet spongy ground
- 5 Flatnesses
- 6 Criminally assists
- 7 Ms. John Jackson
- 8 Stray
- 9 Styryl alcohols
- 10 Moving
- 11 Blues guitarist _____ Jefferson
- 12 Concur
- 13 Bacchus attendant
- 18 Gregorian or Julian units
- 23 Sea birds
- 24 Daybreak
- 25 Tubers
- 26 "I got my _____ workin' "
- 27 "_____ mon gae doon bae Culloden.."
- 28 Chicago bluesman/Raitt idol
- 29 Chapped or cracked by cold
- 31 Native American home
- 33 Joint puff
- 34 Female student
- 36 "Diddle _____" Blind Blake tune
- 37 Allegheny-Monongahela confluence
- 39 Oval corn meal cake
- 40 Bean tree
- 42 Birds of night
- 43 Tell
- 44 Infamous, formerly
- 45 Yuppie watch
- 46 "Just _____ away from freedom"
- 48 Bulging widemouth jar
- 49 Mississippi John
- 50 L.L.
- 51 Bones
- 54 Tolkien's Treebeard was one
- 55 Stago _____



Folk Club of Reston-Herndon



Nov 12 - Dec 23, 1995

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Nov 12 7:00 Andrew McKnight @Shenandoah Coffeeshs Reston Comm. Center	Nov 13 9:00 Andrew McKnight @ IOTA Songwriter Showcase, Arlington	Nov 14 Showcase Performance and Lottery Drawing	Nov 15	Nov 16	Nov 17	Nov 18
Nov 19	Nov 20	Nov 21	Nov 22		Nov 24	Nov 25
Nov 26 2:00 IONA @ Market Square, Alexandria (free)	Nov 27	Nov 28 Roy Book Binder (\$9/8)	Nov 29	Nov 30	Dec 1 7:00 IONA House Concert & Artist Exhibit, Great Falls (703) 759-2440	Dec 2
Dec 3	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8	Dec 9
Dec 10 7:00 Shenandoah Coffeeshouse, Reston Community Center	Dec 11	Dec 12 Showcase Performance and Lottery Drawing	Dec 13	Dec 14	Dec 15 8:00 IONA @ Mays Chapel, Timonium MD	Dec 16 8:00 Andrew McKnight @Shenandoah Coffeeshs Shepherdstown WV War Memorial Bldg
Dec 17 5:00 IONA @ Barchetta Restaurant, Arlington VA (703) 243-0145		 HOLIDAY PARTY	Dec 20	Dec 21	Dec 22	Dec 23

Folk Club Guest Artists

and Special Events

prices are for nonmembers/members - it pays to join!
all times are 7:30 PM

Nov. 28	Roy Book Binder	\$9/8
Dec. 19	Holiday Party	Free
Jan. 23	Steve Hudson	\$6/5
Feb. 20	Small Potatoes	\$8/7
Mar. 26	Chris Proctor	\$9/8

Folk Club Format

On most nights, the Folk Club is an open mike format with a sign-up board. Each performer gets 12 minutes (or 3 songs, whichever comes first). A \$1 donation is requested.

Showcase Performances

On the second Tuesday of each month, we feature a Folk Club member in a two set (25-minute) "Showcase" performance. To be in a showcase all you have to do is:

- be a Folk Club member (who hasn't done a showcase in 6 months)
- fill out a lottery slip any time in the month before the drawing
- win the drawing (held on the night of the previous month's showcase); and
- practice, practice, practice!

Newsletter Submissions

Club members' performances will be listed in the club calendar, and members' music-related notices (instruction, equipment for sale, etc.) will be listed free of charge.

Articles, reviews, artwork, and other items related to music are welcome, although publication can't be guaranteed.

Contact the editor, Dan Grove, at (703) 742-7993 with submissions or for more information.

MEMBERSHIP · ADDRESS CHANGES · RENEWAL

Check your mail label - your membership expiration date (in Year-Month-Day format, YYYYMMDD) is there. To renew, or to join for the first time, please send your check for \$12, payable to The Folk Club, to membership chair Dave Hurd at the return address below.

He's the one to send any address changes to as well.

The Folk Club
Tuesday nights, 7:30 PM
at The Tortilla Factory
648 Elden St., Herndon, VA
471-1156

President: Larry Mediate
Treasurer: Richard Flinchbaugh
Newsletter Editor: Dan Grove

Board Members:
Ray Kaminsky, Ellen Kaminsky, Lynn Jordan, Bill Davis, Dave Hurd, Jim Rosenkrans, T.M. Hanna

Publicity & Information:
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Dave Hurd (703) 573-6855

Bookings:
Ray Kaminsky (703) 689-0444

The Folk Club of Reston-Herndon



c/o Dave Hurd

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