



Bermuda Registered  
Charity #118

# NEWSLETTER

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## SCHOLARSHIP WINNERS

The following Menuhin students were awarded the Bermuda Philharmonic Society 2023 Music Bursary and Scholarship Awards:

**Bella Correia, violin**  
**Prince Domingo, viola**  
**Dylan Jeffrey, violin**  
**Annika Lutkin, violin**

The Menuhin Foundation would like to congratulate them and their teachers on all the hard work that they put in to win this Award - it's well deserved!



## CHRISTMAS CONCERT 2023

The Menuhin Foundation welcomed the festive season with our Christmas Concert held on December 2nd in the Queen Elizabeth Hall (QEH) at The Bermuda High School. As the student orchestras continue to grow in number post-Covid, the QEH was packed with friends and families who came to support and enjoy all the performances. The Adult String Ensemble, directed by Kerry Haslam, played an assortment of Christmas carols to welcome the guests as they were arriving in the Hall. This set the audience's anticipation for the main event.

The First, Intermediate and Youth Orchestras showcased their talents by playing some wonderful classical and Christmas pieces.



The Vivace String Quartet, directed by Alison Johnstone and consisting of Bella Correia (violin), Euan Forster (violin), Prince Domingo (viola) and Oliver Leverock (cello), played a beautiful rendition of Salut d'Amour and O Holy Night. They all played expressively and the sounds of their instruments blended together to create a wonderful melody that left everyone in awe.

The Focoso Fiddlers, a string duo directed by Alison Black and consisting of Oscar Regan (violin) and Dylan Jeffrey (viola), fiddled some fun and lively Irish tunes to the delight of the audience!

The Cello Ensemble, directed by Alison Johnstone, with members Jaime Cedenio, Oliver Leverock, April Maule, Camryn Maule, Victoria Soares, Axel Wernbo, Bram Wiseman and Joyce Yeung, played some beautiful Christmas carols which were enjoyed by all.





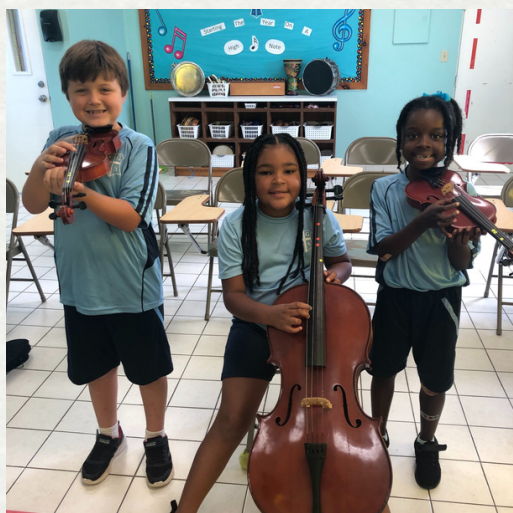
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## OUR P4 PROGRAMME IS BACK!

The Menuhin Foundation's mission is to provide opportunities to Bermuda's children to learn to play a stringed musical instrument and foster a love and appreciation of the joy that music brings to communities. At the heart of The Menuhin Foundation is the complimentary introductory lesson programme offered to Bermuda's primary school children, typically in Primary 4.

For the school year 2023-24, there are approximately 121 P4 students from 22 private and public schools in Bermuda taking part in the programme. We will soon be hearing them perform at the Annual Concert in June 2024. Stay tuned!



## WEIRD COMPOSER FACTS

Mozart enjoyed imitating cats so much that he wrote a piece called "The Cat Duet", in which the husband sings questions to the wife and she just responds with "meow". Eventually the husband starts meowing too - musically, of course.

Click [here](#) to watch it.



Bach was a serious coffee drinker. He drank 3 - 4 cups of coffee daily at the Café Zimmerman in Leipzig. He was such a coffee addict that he wrote a famous (and silly) Coffee Cantata about a woman trying to kick her coffee habit.

Click [here](#) to watch it.



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## MENUHIN'S COMMUNITY INVOLVEMENT

### Philharmonic's Fall Concert

A number of our Adult and Youth Orchestra members and Menuhin teachers played in the Bermuda Philharmonic's "A Hero's Journey" concert at St. John's Church in Pembroke on November 18th and 19th. It was a well attended event and everyone enjoyed the music of Mozart and Beethoven and Alison Black's beautiful solo of Vaughan Williams' "The Lark Ascending".

Students can play only by invitation of the President of the Bermuda Philharmonic. Therefore, for Menuhin students Bella Correia (violin), Dylan Jeffrey (violin), and Prince Domingo (viola), it was an honour and a great opportunity to be invited to play alongside professional musicians in a major public performance. Well done everyone!

### Christmas Walkabout

On December 1st, the Cello Ensemble and Adult String Ensemble performed some of our most favourite Christmas carols at the Bermuda National Trust Christmas Walkabout in St George's, which were well received by the audience.



### Joy To The World Concert

Our teachers performed at the "Joy To The World" concert put together by the Bermuda School of Music on December 8th and 9th at St. John's Church. This annual concert, that has also become like a Bermuda tradition, was directed by Marjorie Pettit with the Bermuda Chamber Choir and Orchestra performing Christmas classics and favourite works by Handel, Bach, and others. Menuhin's Kerry Haslam was the Concert Master.





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## CHRISTMAS TREE COMPETITION



Thank you to everyone who voted The Menuhin Foundation's Christmas Tree for the People's Choice Award in the QBE Foundation's Charity Christmas Tree event. We also want to express our gratitude to the parents and Trustees who designed, created, and lent or donated the Christmas decors that went into the tree. The results of the contest will be announced on December 20th.

The theme of our *Joy to the World* Christmas tree is centered on the joy that music brings to the world. Our main ornaments are photos of our students, past and current. These photos display young children learning and practicing their stringed instruments and showcasing their talents on stage. Musical symbols, garlands and stringed instruments also come alive in our tree as part of the ornament collection, and the gifts under the tree represent the importance of donations to the Menuhin Foundation in giving the gift of learning to play a stringed instrument to the children of Bermuda.

### Top 5 Classical Music Composers of All Time

1. Johann Sebastian Bach
2. Wolfgang Amadeus Mozart
3. Ludwig van Beethoven
4. Franz Schubert
5. Frederic Chopin

from website [greatestperformance.org](http://greatestperformance.org)



Do you agree? Who would you pick as number 1?





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## Yehudi Menuhin

### Quotes



"Music is a therapy. It is a communication far more powerful than words, far more immediate, far more efficient."



"I can only think of music as something inherent in every human being - a birthright. Music coordinates mind, body and spirit."

"Music creates order out of chaos: for rhythm imposes unanimity upon the divergent, melody imposes continuity upon the disjointed, and harmony imposes compatibility upon the incongruous."



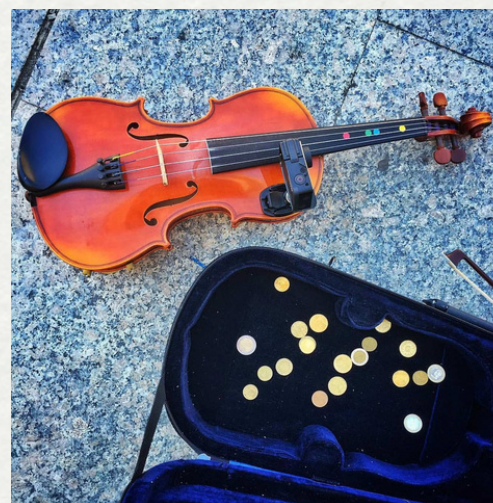
## THE ART OF BUSKING

Did you know that some of our students are experienced buskers? You will find them busking in front of Queen Elizabeth Park or City Hall on a Friday or Saturday. Why do they do this, you may ask? Well, here are the answers:

**Extra practice:** A busker has to practice his or her pieces to be able to perform in front of a crowd.

**Opportunity to perform:** Busking is an opportunity to build your confidence in performing, without feeling threatened that people will judge you harshly. It is OK to make some mistakes. People will listen and compliment you.

**Community service:** Busking is considered a community service by most schools in Bermuda. Music can make a place livelier; the music you play will become an added attraction to the city, engaging people from all walks of life: tourists, residents and locals alike. They get to hear and appreciate different genres of music.



**Earn money:** People are generous; they tip you when you play. It's a nice feeling when you get financially rewarded from your music. It gives you a sense of achievement.

If you have decided to give it a try, here are the steps you need to take:

- Obtain a busking permit from the City of Hamilton's Events & Marketing Department. Fill out the form and select the location, day and time you would like to perform.
- Once you have received your permit, bring your instrument and music to the designated location on the day and time you have chosen.
- Play your best and have fun! Say "Thank you!" when you receive a tip.
- And most importantly, keep on practicing!

Once you are comfortable and decide to continue, it would be a good idea to invest in a good microphone and sound system so that people can hear your playing from a distance.



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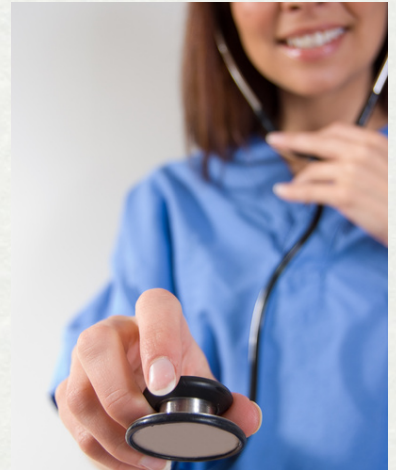
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## HEALTH BENEFITS OF CLASSICAL MUSIC

Could it be that classical music is not only good for the soul, but also for your health? Studies have shown that listening to classical music has many positive effects on your health, and the website <https://wno.org.uk> compiled a list of them:

### **It can lower blood pressure**

An Oxford University study found that listening to classical music significantly lowers blood pressure levels than those who listened to no music. Apparently, listening to music by Mozart and Strauss for 25 minutes significantly lowered the blood pressure of participants in a study. However, for music to lower blood pressure, it should have no lyrics, few changes in volume or rhythm, harmonies that are "not rousing", and certain parts of the music should be repeated at intervals.



### **It's a natural painkiller**

A 2006 study found that groups of people with chronic pain felt less pain after listening to classical music than those who didn't. Researchers suggest that music can help patients recover from surgery and recommends nurses to use it as a rehabilitation tool; music is known to increase the brain's reward centre, which helps to reduce pain.

### **It reduces stress levels**

While many claim the benefits of exercise or other activities to reduce stress, some turn to music and have been able to reduce their stress levels simply by putting on some Tchaikovsky. Scientists say that classical music can help reduce stress by lowering cortisol levels in the body and in one study, pregnant women reported that listening to classical music every week reduced their stress and anxiety. This was found to be beneficial not only for expectant mothers, but also for hospital patients, who experienced a reduction in anxiety before and after surgery.



### **It helps you sleep**

Listening to your favourite classical tune about 45 minutes before going to bed can help improve sleep quality. Several studies have found that the tempo of the music is important, and that the ideal rhythm to prepare you for a good night's sleep is around 60 beats per minute. As the website recommends, you should probably avoid Korsakov's Flight of the Bumblebee and opt for Bach's Prelude No 1 instead.

Information taken from <https://wno.org.uk/news/four-health-benefits-of-listening-to-classical-music>



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## DATES FOR THE DIARY

**Tuesday, January 9**

Beginning of Term 2

**Saturday, January 13**

Orchestra resumes

**Tuesday, February 13 - Saturday, February 17**

Half Term Break

**Saturday, March 16**

Spring Concert

**Saturday, March 23**

End of Term 2 (no orchestra)

**Tuesday, April 9**

Beginning of Term 3

**Sunday, June 9**

Annual Concert

**Saturday, June 29**

End of Term 3 (no orchestra)



The Menuhin Foundation wishes everyone a  
MERRY CHRISTMAS  
& A WONDERFUL NEW YEAR!