Sundin Hall Concert Series 2004-2005

Ana Vidovic

Fabio Zanon

Pat Donohue

Paul O'Dette

Jérémy Jouve

Ricardo Iznaola
**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>

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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*)

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**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
By Gordon Staff

Rather than a compendium on the subject of carpal tunnel syndrome, 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 P 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 syndrome 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 syndrome, and surgery will not help. In these cases, addressing the joint dysfunction will help. If you have symptoms of carpal tunnel syndrome 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 syndrome 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.
Local Events

Paul Hintz
Every Thursday (ongoing), 5:30 til 9:30 pm,
Lucia's Restaurant, 1432 W. 31st St., Minneapolis.
612-825-1572.
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
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.
Bound To Be Read, Sat., Aug. 21, 7:30 pm.

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