

## **QUOTES FROM PC'S ABC PRESENTATION**

JULY, 2019

First, become a great craftsman. It will not prevent you from becoming a genius!  
Renoir

Before becoming great CONDUCTORS, we must first become great MUSICIANS. L. Reynard

It's hard to lead a cavalry charge if you think you look funny on a horse. Adlai Stevenson

FOCUS is the quintessential component of superior performance, regardless of the level of skill, or the age of the performer. T. Galway

Face to face communication (specifically feelings & attitudes) may be broken down into three separate components: The words we use (7%) the tone of voice with which we use them (38%) our body language while we do so (55%) Albert Merhabian

The hands must not lie. The hands connect the notes, and the music occurs *between* the notes. Elizabeth Green

All the performances of human art, at which we look with praise and wonder, are instances of the resistless force of perseverance. Ben Johnson

Some kinds of music dissipates in seconds. Other music remains for a lifetime, stored in the limbs, or maybe in the brain...or even the heart. Derrick de Kerckhove

The journey of a thousand miles begins with a single step. Lao Tsu

It's not how the music *sounds*, but how those sounds make us *feel* that determine an artistic performance. L. Reynard

You are the music, while the music lasts. George Bernard Shaw

### **PROSE FROM "A BASKET OF CHOCOLATE"**

Jonathan Haidt, PhD coined the term "elevation" to describe the emotion one feels when encountering evidence of moral beauty. Research shows that "elevation" acts upon the vagus nerve, which regulates heart rate. Therefore, that "warm glow" felt in the chest is not just a metaphor—something physical is really occurring. From: KINDNESS, THE RIPPLE EFFECT. Joan D. Oliver.

I didn't want to look back at my life and thing: "what a wonderful life...I wish I had realized it sooner." Colette

In order to create a great musical performance; to attain the highest possible artistic standards, teachers must nurture the human spirit of their students along with the technical necessities of our art. L. Reynard

This will be our response to violence: To make music more intensely, more beautifully, more devotedly than ever before. Leonard Bernstein

Music is a door, and the soul escapes through a melody. Even if only for a few moments, and everyone who listens is freed. Everyone who listens is elevated.. SAND AND ASH Amy Harmon

Creativity is like a muscle; the more often you use it, the stronger it gets, and the more you come to rely on it, even unconsciously. Rene Fleming

Do not complain beneath the stars about the lack of bright spots in your life. Bjornstjerne Bjorson

When we teach our students to know goodness, and to appreciate beauty, open a door to limitless expression, and we place a positive force upon this earth. L. Reynard

NO ONE has the power to make you feel inferior without your consent. Eleanor Roosevelt

To smile is to use an entire set of muscles powered by JOY! BEFORE THE FALL Noah Hawley

Music is a huge playground...there are so many ways to have FUN! Elmo

We don't stop playing because we grow old. We grow old because we stop playing. G.B. Shaw

Tell me what you laugh at, and I'll tell you who you are. Marcel Pagnol

There was nary a critter in sight, save for his scurrying ambition. Ben Johnson

If we treat people as they present themselves, we often make them worse. If we treat them as they ought to be, we help them to become what they are capable of becoming. Goethe

The more worn a string, the better it sounds. And do you know when it sounds best? Just before it breaks. Pablo Casals

Beautiful young people are works of nature, but beautiful old people are works of art. Eleanor Roosevelt

Technique is not music. Music is the millisecond between one note and another...how you get from one note to another. That's where the music is. Issac Stern

We must not only teach as we were taught. Honest music must be something that is not dictated, but rather guided choices made in collaboration with the ensemble. L. Reynard

We seek to master the score; to achieve an aesthetic; to discover the "whys" of the music so that we may become through performance, something far greater and more perfect than ourselves. L. Reynard

Music speaks to good musicians, but great musicians can hear it whisper. L. Reynard

An elderly Cherokee Native American was teaching his grandchildren about life. He said:" A fight is going on inside me. It is a terrible fight between two wolves. One wolf represents fear, anger, envy, sorrow, regret, greed arrogance, self-pity,, lies and resentment. The other wolf stands for joy, peace, love, hope, sharing, humility, kindness, benevolence, friendship , empathy, generosity, truth, compassion, and faith.

They thought about it for a minute and one child asked the Elder: "Which wolf will win?"  
The old Cherokee simply replied: "The one I feed." Ancient Cherokee wisdom.

Above all, remember that you must build your life as if it were a work of art. Abraham Joshua Heschel

You must learn from the mistakes of others..you can't possibly learn enough to make them all by yourself. Sam Levinson

Perfection means wholeness, completeness...not flawlessness. Dewitt Jones

The longest, most arduous trip in the world is often the journey from the head to the heart. Until the round is completed, we remain at war with ourselves. And, of course, those at war with themselves are apt to make casualties of others...Wm Sloan Coffin

When something negative happens, you have three choices: You can let it define you; you can let it destroy you, or you can let it STRENGTHEN you. Walt Disney

Life should not be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways, chocolate in one hand, wine in the other, body thoroughly used up, totally worn out and screaming: "WOO HOO, what a ride!" Diane Ackerman

It is not the critic who counts. Not the man who points out how the strong man stumbles. The credit belongs to the man who is actually in the arena. Whose face may be marred by dust, or sweat, or tears, but who knows the great enthusiasms, the great devotions. Who, at his best knows the joy of high achievement, but even if he fails, he fails while daring greatly, so that his place will never be with those cold and timid souls who knew neither victory nor defeat.. Teddy Roosevelt

A foolish consistency is the hobgoblin of little minds.  
Nothing great was ever achieved without enthusiasm. Ralph Waldo Emerson

"Ancora Imparo." (I am still learning.) Michaelangelo

The highest challenge is not to utter words, but to live them. John F. Kennedy

What if you dreamed? And when you dreamed, you dreamed you were in heaven? And what if you when you were in heaven you found yourself alone in a beautiful field of flowers? What if you leaned down and plucked from the earth the most beautiful of these flowers? And what if, upon awakening, you found a flower in your hand?  
"Imagination" S.T. Coleridge

Pass a phrase with the sensitivity of an acrobat catching a partner high on a flying trapeze. Barry Green

And the trouble is, if you don't risk anything...you risk even more. Erica Jong

We are the music makers, and we are the dreamers of dreams. Wandering by lone sea-breakers and setting by desolate streams; world-losers and world forsakers, on whom the pale moon gleams: yet we are the movers and shakers of the world forever, it seems. Arthur O'Shaughnessy

Music is the electrical soil in which the spirit lives, thinks and invents. Ludwig van Beethoven