

# Words and Music

## Winter 2016

### **Competing at Your Best Level: Conquering Competition Performance Anxiety**

*Reported by Pipe Major Lise Nelson, Denver  
& District Pipe Band*

One unusual feature of the 2015 AGM in Park City was a presentation by Hillary Israelson, a sports psychologist, who spoke about competing at your best possible level by reducing competition performance anxiety.

Israelson pointed out that sports psychology treats everything as a performance. There are five elements to helping decrease such anxiety, she said. These are:

- Relaxation/emotional control
- Concentration
- Imagery
- Self-talk
- Pre-performance routine

### **Getting Rid of Nerves**

Nervousness that spoils competitions is composed of two things that happen within the body:

- Negative thoughts
- Physical response

Having a physical response to competition is just going to happen, she said. A certain amount of tension in such a situation is natural. If negative thoughts are added to the tension, this can produce anxiety. Israelson said that anxiety is a perception, and if you can change your perception from negative to something helpful, then your body's energy can propel you forward positively.



Sports psychologist Hillary Israelson

Competitors often don't know what to do with the tension in their bodies. If tension makes you too rigid or tight, you can't run as fast as you normally do, jump as high, or play an instrument as well. Keeping the body loose makes everything smoother and easier.

### **Finding Your Optimum Number**

Israelson stated that competitors need to understand their own levels of anxiety and tension. Think about your worst performance, she urged, and rate it from 1 to 10. Then think about your best performance, where everything worked well, and rate it from 1 to 10. Then figure out your optimum number, whatever that might be--perhaps you play better with a bit of tension, or perhaps you need to be more relaxed. In any case, awareness of what is happening in *your* body prior to and during competition is a big help.

### **Relaxation Prior to Competition**

Israelson said that simple relaxation techniques can do a lot to improve your competitions. Be as relaxed as possible, she urged. When you are nervous, often shoulders go up. Keep your body relaxed; drop your shoulders and breathe. Oxygen is energy!

### **Long-Term Relaxation Techniques**

Two long-term relaxation techniques that can be helpful are 1) progressive muscle relaxation, and 2) autogenic relaxation.

1. Progressive muscle relaxation relates to the difference between tense and relaxed muscles. Israelson led the group through an exercise that involved first tightening

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particular muscles, then relaxing them, starting at the feet and working up.

2. Autogenic relaxation is achieved by repeating words and suggestions in your mind. Think, "My right arm is heavy," or "My shoulders are relaxed."

### **Short-Term Relaxation Techniques**

Israelson suggested four main techniques to use right before competition:

- Deep breathing. Breathe from your belly. Breathe out through your mouth, then breathe in through your nose, letting your belly go out. Breathe out again through your mouth. Practice this technique a lot, because it is a powerful way to counteract tension.
- Body scan. Scan your body, starting at your toes, and work your way up, looking for tension in any part of your body. Tense that part of the body for 10 seconds, then relax it for 10, breathing deeply.
- Breath-counting. This involves counting as you breathe in and out. Breathe in for 4 counts and out for 8, or breathe in for 2 and out for 4. The ratio should be 1:2. Counting slowly can help slow down your breathing and relax tension.
- Confidence, mental component. The thoughts you have before a contest can affect your performance. Try to have positive, helpful thoughts and positive affirmations. Think, "I am \_\_\_\_-- strong, confident, prepared, good at what I do, etc." Choose affirmative statements that work for you. "I

know this tune, I am Spartacus, I am prepared, etc. "

### **Concentration**

We have probably all had the experience in the circle or soloing in front of the judge where suddenly we are lost, not sure what part we're playing, or maybe not sure if we have played the repeat. Concentrate to prevent such problems.

Israelson had the following suggestions to increase concentration:

- Focus on what you have control of. Visualize a "Circle of Control" that includes the things over which you have control: your playing ability and preparation, how much you have practiced, how well your pipes are set up, etc. Everything you don't have control of is outside the circle. That includes judges, weather, other people, etc. Ignore those and keep your energy for yourself.
- Focus on things you want to have happen. When you get nervous, "what-if" thoughts come in. Yes, stuff will happen. But keep focusing on what you want to have happen. The brain isn't good at hearing "don't/can't," so if you think, "I don't want to mess up," the brain hears, "I want to mess up!" The point is to keep focusing on the things you want to happen, not the ones you don't want to happen.
- Breathing and being in the moment. Breathing brings you back to the moment. You have to be in moment to do well.
- Q word. Have a word or phrase that is strong enough to bring you back to the moment, a word that will

snap you back to where you want to be. Find a word that is strong and powerful and meaningful to you, that will help you get back into the moment, a word that is important to you right now, for this task, such as "win" or "musical" or something else that has strong associations for you.

- Focal point. Prior to competition, focus on something non-moving, outside of yourself. Staring at the focal point will help get rid of everything else around you.
- Line of focus. This folds into your pre-performance routine. Try to be consistent from performance to performance. This will enable you to create a line (at a particular spot on the competition field) or situation (some point in your routine) for yourself that once you get there, you are completely on task. You create that line or situation internally, it's whatever will help you focus. It's different for each person, and probably different for band and solo competitions.

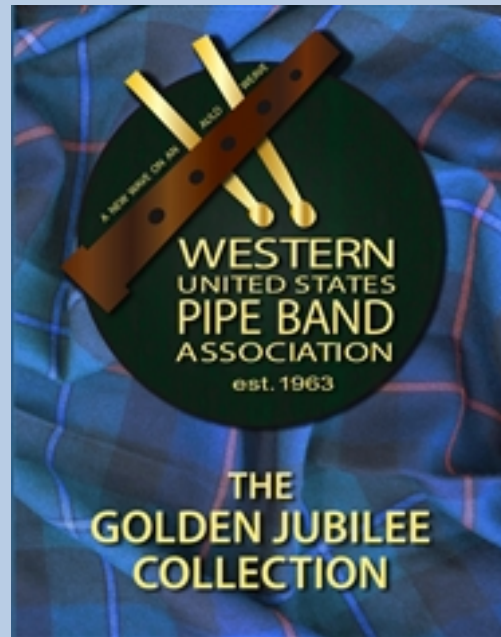
### **During Competition**

During competition, focus on the music, the feel and the musicality of it. Let yourself do what you know. Be within the spirit of the music. Remember:

- Focus on being in moment.
- Have fun and enjoy the moment -- you know what you're doing.
- Trust your body and yourself.

### **Accepting Competition Tension**

Accept the fact that you will most likely be nervous before competition, Israelson urged. You just have to accept that you're



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going to get nervous, but that you know how to deal with it. Have confidence in yourself. Learn to be comfortable with being uncomfortable.

As a competitor, she said, you have two choices: you can let the nerves control you, or you can control nerves. Be assertive enough to believe in your own self, and *YOU* control the nerves.

## **Congratulations to the Aggregate WUSPBA Band Winners**

The list of WUSPBA bands and sanctioned events in which they competed in 2015 is impressive!

Congratulations to all of the aggregate winners:

- Grade 1 - Glasgow Police Pipe Band
- Grade 2 - Prince Charles Pipe Band
- Grade 3 - Cameron Highlanders Pipe Band
- Grade 4 - Long Beach Fire Department Pipe Band, tied with Cameron Highlanders Pipe Band
- Grade 5 - Cameron Highlanders Pipe Band

## **Congratulations to New WUSPBA Officers**

At the October 2015 AGM, the following new (and continuing) WUSPBA officers were elected:

- President - Andrew Morrill
- Executive Secretary - Erin Gunn
- Treasurer - Nate Lorenz
- Band registrar - Nancy Theriault

In addition, two new appointments were made:

- Chair of the Music Board - Ken Sutherland
- Board member - Nick Theriault

The WUSPBA thanks these dedicated officers for being willing to dedicate their time, talents and energies to strengthening the association. Please thank them -- and offer to do whatever you can to support them as we swing into 2016!

## **Tribute to Outgoing President Jeff Mann**

Jeff Mann, outgoing president of the WUSPBA, was honored during the concert at the AGM in October. Vice President Drew McPheeters presented Jeff with a plaque, while Susan Thornton commented that Jeff has been a leader of the WUSPBA since 1996.

“Through all those years, Jeff has quietly worked to make major, positive changes in this organization,” Susan said, “including registering and tracking soloists, ensuring the quality of adjudicators, placing bands at levels that will be appropriate wherever they travel to compete, and much more.”

Susan noted that it was Jeff’s vision that led to creation of the Alliance of North American Pipe Band Associations in 1999. The ANAPBA brings together the pipe band associations in the U.S. and Canada to discuss common goals and challenges. Since the first meeting in 1999, she said, Jeff has chaired eight more meetings of the ANAPBA, and pledges he will continue in that role.

WUSPBA thanks Jeff for his dedicated service!

## President's Report

*Andrew Morrill, President WUSPBA*  
[piperadmorrill@gmail.com](mailto:piperadmorrill@gmail.com)

I would like to thank all the many people who have come and offered help and support for my current term as president. I will say this isn't new to me but will be my third term as president of this association.

What has changed is the Executives Committee's responsibility to place both bands and individuals in a proper grade. I am finding this has kept me jumping since the election in October, and I hope we can get everything finalized and everyone notified as soon as possible. This is still new and we continue to work out some of the bugs but I hope you will be patient with myself, and the new Music Board chairman Ken Sutherland.



One of issues that has caused me the most concern over the last two years is the issue of grade 5 bands. It seems that in California grade 5 has been embraced and accepted as it is throughout the rest of the country. Let me give you a few numbers on grade 5 bands in other parts of the

country. In the Eastern Pipe Band Association they have around 175 bands in total with 99 of those bands being in grade 5. That means 57% of their bands are grade 5. In the Midwestern Pipe Band Association they have 43 bands with 22 being in grade five. They then have 51% of their bands competing in grade five.

How does WUSPBA compare with these other associations? Well, we have 68 bands in WUSPBA with 17 in grade 5. That makes 25% of our bands play in grade 5. This number doesn't include the associate bands and does include the recent changes in band grading. WUSPBA doesn't need to follow these other associations because each association is different, but we do need to stop looking at grade 5 negatively.

With the introduction this year of the mini-MSR some of the grade 4 bands that are struggling and on the bubble will find that grade 4 may be too difficult. Grade 5 is becoming very competitive with great music being played wherever these contests are held. We are finding that games organizers are starting to embrace grade 5 and offering these contests throughout WUSPBA.

Where this is a problem is in the smaller branches where, with fewer bands, it makes having a grade 5 contest nearly impossible. Grade 5 bands used to be able to challenge up in the QMM but that is not possible because of the mini-MSR. This will create some challenges and unless a grade 5 band learns a bigger repertoire, then playing up will be impossible.

With the mini-MSR we will need to adapt and work with the new playing

requirements and how they affect both grade 4 and grade 5.

I feel that the process for grading the soloists needs to be looked at and modified in some ways. I will be working with the Music Board and members of the Executive Committee to try and come up with a streamlined and effective way to place individuals and notify them. I would also like to be able to involve these individuals more in these decisions. How this will work is still unknown but I can assure you we will be working on this and giving it much thought and discussion.

We are also working to make changes to the R2 system that will allow for easier registration for soloists and easier access for games sponsors and organizers. We have budgeted for most of the changes we want and for the rest we will put those into effect next year. I hope you are all using this system and that it can make your experience with WUSPBA more meaningful and rewarding.

I would ask you to continue to read and go over the many articles in the Words and Music. I will be assigning the contributors to write articles that can answer your questions, and inform you to how we as an association works. If you have questions feel free to contact any one on the EC or MB and they will answer your questions to the best of their abilities.

In talking and working with my Executive Committee I am encouraged by how dedicated and hard-working they are, and how much they genuinely care about the success of WUSPBA and each and everyone of you. Good luck as you prepare yourselves for the upcoming season.

## Treasurer's Report

*Nate Lorenz, Treasurer WUSPBA*  
[nclorenz66@hotmail.com](mailto:nclorenz66@hotmail.com)



Thank you to the membership and the Board who supported my nomination. This is going to be a great learning experience as I get involved in the organization in both

operations as well as finances.

My goal as treasurer is going to be to help navigate the financial issues that many non-profit organizations face that usually fall into a few categories – financial transparency, financial accuracy, and compliance.

### **Transparency, Accuracy and Compliance**

Financially, I want to be as transparent as possible to the membership. With such uncomplicated finances, this should be a good year to start. It is important that the membership understands the financial goals of the organization, and I want to do as much as I can to help with the message. As was discussed at the AGM, we will see most of the budget change for the upcoming year go toward the implementation of the online resources.

### **Assistance to the Board**

I also want to help support the Board with financial matters. The better (and in a

timely and accurate manner) that we can all understand the WUSPBA's financial position, the less likely there will be any surprises or changes.

### **Mission and Best-Practices**

Compliance is the least exciting part of a non-profit (federal, state and other reporting requirements). We may be tax-exempt, but nonprofits are always explaining their mission and answering questions about best practices and how funds are used.

As routine as it sounds, if we keep everything up to date, we will always be able to leverage our organization as financially healthy and a good one to work with. We may even be able to gain some momentum for things like fundraising, if we ever go that direction.

So again, thank you and I look forward to a great year with WUSPBA and all of the new folks I have recently met.

## **2016 Band Registration Now Open**

*Nancy Theriault, Band Registrar*  
[bandreg@comcast.net](mailto:bandreg@comcast.net)

It was nice to see so many of you at the AGM in October of 2015. The Annual General Meeting is held every year and items on the agenda are of interest to all members of WUSPBA.

### **Bands Urged to Send a Representative to the AGM**



Each band that is registered with WUSPBA is entitled to send a designated representative to the meeting to cast the band's vote for the various issues that come up for discussion, and I

strongly encourage each band to send a representative, if possible.

In addition to the meeting itself, the 2015 event also included workshops and a concert. Information about the current year's AGM generally becomes available sometime during the summer and the event is held late in the year, so watch for that and try to join us if you can.

### **Band Registration is open for 2016!**

As we head into 2016, the online process should finally be smooth -- and registration is currently open for the new year! If you haven't already done so, please log on to complete registration and make any corrections to the information on your roster at your earliest convenience.

We have been working with our programmer for quite some time now, creating an online system that works well and is very efficient. The process is simple, but you do need to contact me if you do not have your band's log-in information or if you haven't used the online system previously.

Please remember that you need to use the band profile to register and to do roster management. You cannot use your solo information to access band registration. If you've forgotten your username or password, I can help you with that.

Feel free to email me if you need help or if you have any questions or concerns.

Wishing you all a wonderful New Year!

### **Are You Getting Announcements?**

On that note, I want to make sure everyone is getting announcements from me. If you are a Pipe Major or Band Manager or a Games Organizer and you did not receive any batch emails from me this year, please contact me so that I can have you added to the mail list!

If you are registering a new band for 2016, or a band that has been inactive, be sure to let me know so that I can make sure you receive important information about the registration process.

Many thanks to all the pipe majors, organizers and managers who have been so helpful and gracious as so many changes took place over the last couple of years and while all the bugs were being worked out of the R2 system. I trust that the next season will be a vast improvement over previous years and that things will go quite smoothly.

### **64 Competing Bands in 2015**

I'm pleased to report that we had a large number of bands competing this year. A total of 64 bands registered. There were four Grade 2 bands, six Grade 3 bands, twenty eight Grade 4 bands, seventeen

Grade 5 bands, five Adult bands and four Juvenile bands.

### **Season Results**

The season results, as of September 16, are as follows:

#### Grade 2

First – Prince Charles  
Second – Wasatch and District  
Third - Queen City  
Fourth – Bushmills Irish Pipers

#### Grade 3

First – Cameron Highlanders  
Second – LA Scots  
Third – Kevin R Blandford  
Fourth - Pasadena Scots

#### Grade 4

First- Long Beach Fire  
Second – Cameron Highlanders  
Third - Bushmills Irish Pipers  
Fourth – UC Riverside

#### Grade 5

First – Cameron Highlanders  
Second – Pipes and Drums of the CDF Firefighters  
Third – Pacific Coast Highlanders  
Fourth – City of Sacramento

Final results will be posted online and were announced at the AGM. Congratulations to each band that participated – there was great competition this year and I hope everyone enjoyed the events!

### **Special Thanks to Firefighting Heroes**

I also want to take a moment, on behalf of all of us in WUSPBA, to thank the members of the Pipes and Drums of the CDF

Firefighters for representing all the heroes out there on the front lines fighting the unprecedented fires raging across California this summer. We appreciate our Cal Firefighters and all they do to protect us!

I hope you have all enjoyed the events of 2015 and I wish every one of you all the best as you prepare for next year's season. As always, feel free to email me at [bandreg@comcast.net](mailto:bandreg@comcast.net) any time you have any questions or concerns.

## Register with the WUSPBA by January 15!

*Lezlie Mann, Solo Registrar*  
[mannlezlie@gmail.com](mailto:mannlezlie@gmail.com)



As I write this report at the end of the 2015, and it having been the first year of having the new registration system in place, I have to say that I believe it went

quite well.

Yes, we did have some issues and things to work out and improve on, *which* we will continue to do, but overall I believe that this system is a great benefit to our Association. And as we continue to fine tune it to our specific needs it will only get better. So that being said, I want to thank all of you for your willingness and patience!!!

### Updated Registration System

We are heading into the 2016 competition season and the registration system has been updated for this coming year. Soloists can *now* go online to register or renew your membership at any time. Please try to get your registration in before January 15, 2016 so you don't have to pay the late fee.

### Registration Instructions

I have included all the instructions for registration if you need them, which are

- NEW Family Membership
- RENEWING Family Membership
- NEW Solo Membership
- RENEWING Solo Membership

Please see these instructions beginning on page 18. And don't hesitate to email me at [mannlezlie@gmail.com](mailto:mannlezlie@gmail.com) if you have any questions or problems.

## Know the New Bylaws and Contest Rules Changes for 2016!

A number of proposals to change either bylaws or contest rules were voted upon at the AGM in October of 2015. These are as follows:

- Clarifying there must be pointed reels in the mini-MSR played by bands - Failed.
- Official band draw - Clarifying that after an official draw has been posted, it may not be changed until the day of the games, and all parties are notified - Passed.
- Request for validated rosters to be submitted to the WUSPBA no later

than seven days before competition  
- Passed.

- Remission of funds from the association - This proposal requires that the WUSPBA provide \$500 to each branch annually in May. Passed.
- Competition area - Games organizers are required to lay out a band circle to specific diameters when possible, and clearly designate a final tuning area. Passed.
- Competitor performance level - Requires that judges assess each solo competitor as being in one of five grade levels. Passed.
- Drumming instructor cannot be the lead drummer - Withdrawn.
- Eliminating points in favor of rank in band contests - Passed.
- Grade 4 snare drummers allowed to compete without accompaniment - Failed.

For more details, see [www.WUSPBA.org](http://www.WUSPBA.org).

## Intermountain Branch

*John Moruzzi*

[Moruzzi33@gmail.com](mailto:Moruzzi33@gmail.com)

The Intermountain Branch (IMB) has been quiet since the competition season ended for a majority of people in September. Bands and soloists are spending the fall months working on new tunes and sets for the 2016 competition season.



**Military Taptoo**

In November, a number of bands from Colorado, as well as Wasatch & District from Utah and former members of Lothian and Borders Police Band, participated in The Colorado Military Taptoo at the World Arena in Colorado Springs.

The Taptoo also featured bands from the U.S. Air Force Academy and the U.S. Army Band of the 4th Infantry Division based at Fort Carson, Colorado. Chorale groups, military drill teams and Celtic dance groups were also part of this show. This is the second year this event has been hosted and plans are already in the works for next year.

### 2016 Smackdown

The IMB is in the process of finalizing plans for the 2016 Smackdown. Based on feedback from a number of people, we are planning to hold the event in April so that bands and soloists have a little more time to work on their competition tunes.

We are hoping to have everything finalized in early January, and will post all the information to the IMB Facebook page ([facebook.com/intermountain.branch](https://facebook.com/intermountain.branch)) -- so if you haven't already "liked" our page, please do so.

Moving forward, we will be posting all IMB related news, information, and updates there.

## Southern Branch

*Stuart Baker, Interim President*

[Stuart.Baker@tusd1.org](mailto:Stuart.Baker@tusd1.org)



Greetings to all members of the largest branch in the WUSPBA.

First of all, congratulations to all Southern Branch bands and soloists for an outstanding 2015

competition year. As I reviewed results, it was great to see the branch well represented on the aggregate results list.

### **Need for Officers**

Second, the Southern Branch needs people willing to serve as officers.

The office of Secretary is open. President and Vice President are interim appointments, and we will need someone to continue on as Treasurer. It is surprising to me that the largest branch has trouble getting people willing to fill these positions.

Information about the nomination process will be emailed to members in the next three weeks. Please consider running for one of these offices.

### **Branch Meeting on February 13, 2016**

Finally, the Southern Branch AGM will be held at the Queen Mary *Scots Festival* on February 13<sup>th</sup> immediately following massed bands. Location of the meeting will be determined.

Please plan to attend. It is essential that we have a quorum so we can elect a slate of officers. I promise to make the meeting as fast and painless as possible. I look forward to seeing you in February!

## **Editorial - Grade 1 Pipe Band Raises Record Amount for Cancer Research**

Grade 1 Simon Fraser University has held the biggest pipe band charity fundraiser in history, raising \$35,000 in a concert and ceilidh on March 28, 2015, and \$57,000 total during the year for the BC Cancer Foundation.

The fundraising was inspired by long-time piper Andrew Bonnar's brain cancer.

According to SFU's Facebook site, "The power of pipe bands to go beyond music and competition to do good in a meaningful way is great, and SFU is inspiring other bands to find their own causes." The site adds, "Clearly [SFU] is a group that places family and real-life ahead of competition."

Perhaps SFU's example will inspire some WUSPBA bands to undertake fundraising for causes that make our world a better place.

What could your pipe band do? Could you put on a concert for charity similar to what SFU has done? Or could you join with other pipe bands in your region and begin a charitable fund-raising effort? Maybe all the bands in a branch could participate in a series of historic fundraising charitable events.

Clearly we all need to raise money for our own bands' purposes -- uniforms, equipment, education and travel to competitions. But now, as 2016 gets under way, may be the time to also think of others and of having a greater role than the focus solely on ourselves.

*SFU Pipe Band is a six-time world champion, with bands in grades 5, 4, 3 and 2 as well as Grade 1. Learn more at [www.sfupb.com](http://www.sfupb.com).*

## A Bit of Historic Humor

*Tom Foley, WUSPBA adjudicator  
[tmfoley@sbcglobal.net](mailto:tmfoley@sbcglobal.net)*

The scene is set in the trenches of France during WW1. A Scottish regiment has been pinned down for weeks until some decision could be made on exactly how to cross the machinegun-filled, "no man's land" to reach and overwhelm the German trenches.

Eventually the order was given to the Scots to go over the top and "get in amongst them"!!

The duty piper was called to the head of the line, and on the "charge" command, the proud strains of "Hielan' Laddie" rang out. This was followed almost immediately with the rattle of machine guns and many casualties.

Not to be deterred by such trivialities, the next batch of Scots was ordered over the top to the wavering strains of "The Barren Rocks." Same result.

Just as the third wave of brave laddies was about to rush into the gunfire, a plaintive cry came from further down the line ... "Hey piper, any chance you could play something they might bloody like?"

## And Some More Chuckles: Quaisihemidemisemiquavers - What You Never Knew

*Susan Thornton, Denver & District Pipe Band  
Grade III  
[susthorn@aol.com](mailto:susthorn@aol.com)*

*I thought that in the interest of educating WUSPBA pipers and drummers, the following e-mailed conversation between members of Denver & District Pipe Band would be of interest. Who says pipe bands don't have fun?*

**Susan, in an email to Denver & District Pipe Band:** I am sure you will all be fascinated to know that according to Bill Bryson (*The Mother Tongue: English and How it Got that Way*), a quasihemidemi-semiquaver describes a note that is equal to 128th of a semibreve.

**Piper, in response:** In further research I have learned that the term "quasihemerroidalderrierquiver" means a note played so poorly that it causes great pain and suffering. Hopefully we will all be able to avoid being exposed to "qhdq" during our practices and performances.

**Another piper responds:** And then there's the dreaded semihemidemcranialquaver that comes upon people who've been doing this too long. Making them very crotchety. And their derrières quavery.

**Still another piper responds:** Let's see --

- Quasi means "something like"
- Hemi is a transmission in a vehicle
- Demi is a B or C-list actress
- Semi is a large vehicle used to transport goods
- Quaver is an audio shaking, often of a voice.

And this has something to do with bagpipe music.

Oh great..... My brain just exploded and now I have to clean it up...

**Finally, from the drum sergeant:** If I can get the drums to count to four, I am happy.

## Meet the Cameron Highlanders

*The Cameron Highlanders Pipe Band, founded in 1946 by John Rosenberger and his father, Karl, has three competing bands, one each in Grades 3, 4 and 5.*

*The band is now under the leadership of John's son, Pipe Major Charles Rosenberger, who has led the competition band since 1970 and has been on the WUSPBA judges' list for more than 40 years. The Camerons, as they are fondly known, wear the Ancient Cameron of Erracht Tartan.*

*Words & Music interviewed Charlie Rosenberger in December of 2015.*

**W&M:** *The Cameron Highlanders have been around for a long time.*

**Charlie:** We have. To my knowledge, we are the only remaining original band left that was at the formation of the Pacific Coast Pipe Band Association (precursor to the WUSPBA) in the 1960s. The L.A. Scots still exist, but they disbanded for a while. I remember those early meetings as being held in Moro Bay, with Calvin Biggar, Ozzie Reed, Bill Merriman, the Capperauld brothers and others.

**W&M:** *What is the philosophy of the Camerons?*

**Charlie:** I'd say we are a multi-level organization to meet a variety of needs. Some of our members want to become

better competitive players. To that end, we strive to put forth the best quality band that we can in each grade. Others are not interested in competition, but enjoy lower-stress performances. But in each band, our primary focus is excellence.



The Camerons at Pleasanton 2015

**W&M:** *About how many members do you have in the three grades?*

**Charlie:** About 55 or 60.

**W&M:** *So tell our readers who leads the bands.*

**Charlie:** In 2015, I was the instructor for Grade 5, with Jim Sanford acting as pipe major and Aaron Mars instructing the drum section. In Grade 4, Evan MacKay is instructor and pipe major. I'm still leading the Grade 3 unit with Richard King as pipe sergeant and Aaron Mars as sergeant drummer.

**W&M:** *How often does the band practice?*

**Charlie:** The Grade 3 band practices on Mondays and Wednesdays, with some weekend practices as well. Grade 4 and 5 practice on Wednesdays, with the focus on training people, building up their skills so they can move up.

In addition, during the first hour of practice on Wednesdays, the band offers free instruction to anyone wishing to take up the pipes or drums.



Playing the Tartan Ball 2013

**W&M:** *So do the three units do performances together?*

**Charlie:** Oh, yes. We have many local functions at which the entire band will perform. The hardest work falls to the Grade 3 players, who have to know the Grade 4 and 5 performance tunes as well as their own.



On parade!

**W&M:** *All three of your bands had an amazing competition season in 2015. The Grades 3 and 5 were aggregate WUSPBA winners, and the Grade 4 finished second. Very impressive! What are your goals for 2016?*

**Charlie:** We plan to make as many competitions in 2016 as possible in preparation for taking all three grades to Scotland in August. That'll be about 45 people.



Pipe Major Charlie Rosenberger

**W&M:** *Wow, that will be expensive. How will you pay for it?*

**Charlie:** We have warned everyone that a lot of the cost will come from people's pockets. We're trying to do fundraising to offset the cost, buying gift cards and getting a percentage, doing performances, and doing well in competitions, but we've warned everyone that most of the cost will fall to them.

*Charlie Rosenberger can be reached at [pipemajor@camerons.org](mailto:pipemajor@camerons.org).*

## Piping by the "Scout Law"

*John Boyden, piper with the Stewart Tartan Pipes & Drums of San Francisco*  
[john@jsboyden.com](mailto:john@jsboyden.com)

Last month I participated in a Boy Scouts of America Eagle Court of Honor, playing the pipes and marching the scout troop into the ceremony. It's always a pleasure to play for these kinds of events, and this one was no

different. Honoring the years of dedicated work by a young man in scouting, the Eagle award represents a wonderful achievement strived for and attained.

At one point in the ceremony all scouts present stand and repeat the “Scout Law,” reciting from memory, “A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent.”

From the age of 10 or so, until age 18, the boys will recite this weekly at troop events and outings, and it becomes part of a boy’s scouting DNA, if not their personal DNA.

A guest speaker at the event extolled the values of scouting and living by the “Scout Law.” He spoke of how, although not attaining the Eagle award as a young man in Scouts, he always took the Law to heart. After college he established a business and incorporated the 12 points into running his company.

As he spoke, it gave me pause to think, “What if pipe bands ran this same way? What if our band lived by the “Scout Law?”

How well would the band function? Would it make a difference in the lives of the members if the ideals the “Scout Law” represents were embraced?

### **Trustworthy**

If we embraced the Law, all members of the band would be **trustworthy** to commit to events, competition, to practice and to practices?. As we make a commitment to our band, we would then stand by it.

### **Loyal**

What if all band members were **loyal** to the agreed-upon principles of our band as a 501(c)(3) nonprofit created to educate the general public in piping, drumming, dance and other art forms associated with Scottish and Celtic culture? Then we would be loyal to the leadership, even when we disagree with minor issues such as style, choice of music or communications. We would see our leaders as loyal and committed to the membership as well.

### **Helpful**

If we embraced the Law, we would be **helpful** to one another at practice or in performance. We would arrive to any band function ready to do our best, dressed ahead of time, our instruments functioning properly, pre-tuned and ready to go. We would be helpful to the Pipe Major with tuning.

### **Friendly**

To those who love listening to our music at Highland games and public events, to band members and visitors to practice we would always be **friendly**. Would our band members’ speech and actions demonstrate friendliness to guests after we perform, by answering questions and giving thanks and encouragement? Reformed curmudgeons welcome.

### **Courteous**

What if we were **courteous** to each other? Courteous is defined as polite in a way that shows respect and a gracious consideration toward others. How would that play out during band practice or away at Highland games, interacting with other bands?

## Kind

If we embraced the Law, we would be **kind** to one another and encouraging as we practice and play. There's always someone who plays better than I do (and maybe some who aren't up to my humble level). Am I kind in my comments to (or about) the "better" (or lesser) player? Do I offer my time and experience to less-experienced players? We might demonstrate kindness to one who misses practice, emailing or calling to show our concern. How deep does our concern for our band mates go? Would I only be concerned during weekly practice, or would I be concerned even when I am busy in my own life outside of pipes and drums?

## Obedient

Going to practice and band events has a certain social component. We enjoy chatting away about the last band gig, latest music or upcoming road trip. We need to learn when the social mingling ends and be **obedient** to instruction and requests from one another. "Would you listen to my taorluath?" "Would you help me with the timing of a sticky passage in Black Bear?" We would extend the same level of obedience to the Pipe Corporal as we do the Pipe Major. We would listen to the young player and the old.

## Cheerful

And we would do so with a **cheerful** heart. Having marched a long parade, or completed a lengthy practice, do we leave grumbling about decisions made, or are we cheerful and grateful that we belong to a corp of pipers and drummers who love Highland pipe and drum music?

## Thrifty

Piping isn't an over-the-top expensive hobby, but running a band does take money earned in gigs and donations. We have a responsibility to be **thrifty** in how the band spends money. Besides, I've never heard of a spendthrift Scotsman; have you?

## Brave

Brave? I had to think about this one. Pipers and drummers do have a core of bravery in them in that we put ourselves in front of the public to perform. It takes both guts and a touch of bravery to give through our performances without expecting anything in return. In our band the thought goes that once in uniform, we are in the public's eye and should act with decorum. Don't just act like it; be like it. Am I brave enough to admit when I'm not "getting it" in practice and ask for help?

## Clean

As a band, for the most part, we are a **clean** bunch. Yet how would the public see us if we ALL made sure our shirts are clean (and pressed), all bleached our spats, shoes always polished, no tears or wear on our uniforms, even our Glengarry ribbons pressed before a performance?

And our speech, some could also clean that up. My guess is that it would be very noticeable.

## Reverent

And **reverent**... in a pipe band? Really? Irreverent sometimes, yes. Are we just musicians who love a good time? The Oxford Dictionary defines reverent as

"Feeling or showing deep and solemn respect." We don't dedicate years of our lives just to have a good time. We do feel a connection to the music and the accomplishment of creating music.

Many of us also find purpose through piping: in performing and giving back to our communities. And, we do enjoy the band camaraderie and do have a good time. To do our best for God and country -- and ourselves -- is part of that reverent attitude. To uphold this one point is to epitomize the other eleven.

### Honoring our Heritage

We should approach running our band with an attitude honoring to the heritage of great pipers and bands who played before us. And we must determine with intent to make our band worthy of the next generation.

We are pipers and drummers, of course, not Boy Scouts. Yet, we have been given a talent for music, for performing, and for leading by example.

Each point of the Scout Law is potentially relevant to each of us.

In answer to my original question, what if our band lived by the "Scout Law," I say we would be better for it. Maybe we need to incorporate these into our band's DNA.

## Upcoming Newsletter Deadlines

**Spring 2016 Issue: March 10**  
**Summer 2016 issue: June 10**

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# Guide to the Updated Registration System

*Lezlie Mann, Solo Registrar*

We are heading into the 2016 competition season and the registration system has been updated for this coming year. Soloists can [now](#) go online to register or renew your membership at any time. Please try to get your registration in before January 15, 2016 so you don't have to pay the late fee.

## Registration Instructions

I have included all the instructions for registration if you need them, which are

- NEW Family Membership
- RENEWING Family Membership
- NEW Solo Membership
- RENEWING Solo Membership

Don't hesitate to email me at [mannlezie@gmail.com](mailto:mannlezie@gmail.com) if you have any questions or problems.

## **NEW FAMILY MEMBERSHIPS**

When registering for families you will need to enter each person in separately so that you can create each person's profile. The first person will need to pay the full amount of \$27.00 (\$37.00 after Jan. 15<sup>th</sup>). Follow these steps 1 thru 5 & so on and then when registering the second person follow all the steps except that on step #3 click on "Soloist (Family) Membership" which will charge you \$12.00 for the second member (\$22.00 after Jan. 15<sup>th</sup>) and then the rest of the steps will be the same.

Follow these steps for New Family Membership Registration. Don't hesitate to email me if you have any problems [mannlezie@gmail.com](mailto:mannlezie@gmail.com) I also included instructions on how to get back to the site at a later date if needed.

Step by step instructions for solo registration:

1. From the WUSPBA website, arrow down to "How to Join-All Memberships" from the "Membership" tab.
2. Click on "Online Solo Membership Registration"
3. Click on "Soloist Membership" ("Soloist Family Membership" after doing 1<sup>st</sup> person)
4. Click on "Click here to LOGIN NOW or create a New Account"
5. Under "Create New..." fill in first, last & email (should send you an email from [support@R2sports.com](mailto:support@R2sports.com) with a link, if it doesn't let me know but it will take several minutes to receive).

6. From email that it sent you Click "verify now", it will take you to "profile information"

Follow the steps that it takes you through, from filling out the profile information page to making payment. When the profile information page does come up you will need to make sure you fill out all the items with the \*, your birth date or the default date, set up your username and password to whatever you would like and it will also ask you to set your security question. Look the rest over and then when finished down at the bottom of the page click "ok" and it will take you through the rest of the registration. (should be the following)

7. click "Add to Cart"

8. click "Checkout Now"

9. click "Calculate Total"

10. click "Click here to place your order"

11. If Customer Info is correct then click "Next Step"

12. Enter credit card info & check the box at the bottom to "I agree to the Terms and Conditions" then click "Submit Payment"

This should now finish your registration process and you can now print off your own kilt number and membership card. The background on the membership card will not print with the number unless you have "print background colors and images" checked on the page setup. Here is the step by step instructions for that if you need them (remember depending on your computer, wording may not be exactly the same as these instructions).

1. click "print kilt number" from user profile

2. right click on your mouse when on the next page (should be view of kilt number)

3. click on "print preview"

4. click on the page set-up icon, mine is right next to landscape icon or you can do "ALT + U" for the shortcut.

5. check box for "print background colors and images" (I also click on the landscape box so it will print landscape rather than profile but this is optional)

6. click ok

Then print.

Finished!!

Steps to get back to the site later once you have registered:

The following is information so that you may be able to go on the site and have access to your own account/profile. Once you login it will take you to your profile and from there you can print off your membership card and kilt number if needed.

You can gain access to your profile one of two ways –

1<sup>st</sup> [www.r2sports.com](http://www.r2sports.com), top right corner click on “R2 Sports Login”, in the center of the page “Login to membership system” (it is the 3<sup>rd</sup> red select down), and if you do not see “Western United States Pipe Band Association” at the top of this next page it should provide you with a drop down box to be able to choose it from. You are now ready to login as “Returning Users Login Below” (login info. is provided below)

2<sup>nd</sup> From the WUSPBA website, under membership tab then to “how to join”, then click on “online solo membership registration” and on the bottom of that page next to “Copyright 2014” you will find a link to “WUSPBA/R2 Sports Pipe Band Software”. Follow the above directions from here.

User ID:

Password:

Once you see your profile click on “Modify Info” and change any of your personal information at any time that you may need to. From your profile page you will see that you can also print off your kilt # and/or membership card from here and reprint them anytime you need them within the current year. If you ever do forget or lose your login info you can contact me and I can reset it for you.

### **RENEWING FAMILY MEMBERSHIPS**

When registering for families you will need to enter each person in separately. The first person will need to pay the full amount \$27.00 (\$37.00 after Jan. 15<sup>th</sup>). Follow these steps 1 thru 5 & so on and then when registering the second person follow all the steps except that on step #3 click on "Soloist (Family) Membership" which will charge you \$12.00 for the second member (\$22.00 after Jan. 15<sup>th</sup>) and then the rest of the steps will be the same.

Follow these steps for Renewing family solo membership. Don't hesitate to email me if you have any problems [mannlezie@gmail.com](mailto:mannlezie@gmail.com) I also included instructions on how to get back to the site at a later date if needed.

Step by step instructions for renewing family solo registration:

1. From the WUSPBA website, arrow down to "How to Join-All Memberships" from the "Membership" tab.
2. Click on "Online Solo Membership Registration"
3. Click on "Soloist Membership" ("Soloist Family Membership" after doing 1<sup>st</sup> person)
4. Click on "Click here to LOGIN NOW or create a New Account"
5. Here is where you want to put in your

Username ID:

Password:

(If you can't remember your username ID or password just email me and I can reset it for you)  
Your profile page should now come up; you can make any updates needed or if everything looks okay then at the bottom of the page click "OK".

6. click "Add to Cart"
7. click "Checkout Now"
8. click "Calculate Total"
9. click "Click here to place your order"
10. If Customer Info correct then click "Next Step"
11. Enter credit card info and check the box at the bottom to "I agree to the Terms and Conditions" then click "Submit Payment"

This should now finish your registration process and you can now print off your own kilt number and membership card. The background on the membership card will not print with the number unless you have "print background colors and images" checked on the page setup. Here is the step by step instructions for that if you need them (remember depending on your computer, wording may not be exactly the same as these instructions).

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  5. check box for "print background colors and images" (I also click on the landscape box so it will print landscape rather than profile but this is optional)
  6. click ok
- Then print.  
Finished!!

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### **NEW SOLO MEMBERSHIPS**

Follow these steps for Solo Membership Registration. Don't hesitate to email if you have any problems [mannlezie@gmail.com](mailto:mannlezie@gmail.com) . I also included instructions on how to get back to the site at a later date if needed.

Step by step instructions for NEW solo registration:

1. From the WUSPBA website, arrow down to "How to Join-All Memberships" from the "Membership" tab.
2. Click on "Online Solo Membership Registration"
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6. From email that it sent you Click “verify now”, it will take you to “profile information”

You will need to fill out all the required fields on this profile page. When setting up your username and password be sure to write this down or make sure to remember for future logins. Look the rest over and then when finished down at the bottom of the page click "ok" and it will take you through the rest of the registration. (Should be the following)

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### **RENEWING SOLO MEMBERSHIPS**

Follow these steps for RENEWING Solo Membership Registration. Don't hesitate to email me if you have any problems [mannlezie@gmail.com](mailto:mannlezie@gmail.com) . I also included instructions on how to get back to the site at a later date if needed.

Step by step instructions for solo registration:

1. From the WUSPBA website, arrow down to "How to Join-All Memberships" from the "Membership" tab.
2. Click on "Online Solo Membership Registration"
3. Click on "Soloist Membership"
4. Click on "Click here to LOGIN NOW or create a New Account"
5. \*Here is where you want to put in your

Username ID:

Password:

(If you can't remember your username ID or password just email me and I can reset it for you) Your profile page should now come up; you can make any updates needed or if everything looks okay then at the bottom of the page click “OK”.

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I am excited and looking forward to this upcoming season! Best wishes to all!