# RHYTHMS OF HAPPINESS 

Dianne Hartman



## Instrumentation

Flute 1,2
Oboe 1,2
Clarinet in Bb 1,2
Bassoon 1,2
Horn in F 1,2,3
Trumpet in C 1,2
Trombone 1,2
Tuba
Timpani
Percussion 1-4
Harp
Violin 1
Violin 2 Viola
Violoncello
Double Bass
Percussion List
Percussion 1
(bass drum, maracas)
Percussion 2
(guiro, whistle)
Percussion 3
(tambourine, maracas, snare drum)
Percussion 4
(Drum Set)
duration: ca. 6:00
Transposed Score

## Dianne Hartman - BIO

Dianne Hartman has been a practicing psychotherapist for over 30 years. She has worked with patients in hospital, clinic, and private practice settings, doing individual and group work. She has also served as a Military and Family Life Consultant working in the U.S. and overseas with military personnel and their families. Hartman is also a music composer with beginnnings in the school system as a general music teacher K-8 and Elementary and High School Band Director. Hartman has tied her two careers together by composing music for health. She has a deep respect for individuals who struggle with the emotional challenges in life and courageously ask for help in facing those challenges. Firsthand experience and research show that music is a healer and Hartman has added humor as another good tool for good health. She has the experience of composing humorous skits performed in variety shows that she has organized in local hospitals. Hartman has joined other healthcare professionals in fighting the stigma of mental illness, since stigma hinders people with mental disorders from seeking treatment. Hartman is a firm believer of "never too late to change."

## PROGRAM NOTES

## RHYTHMS OF HAPPINESS

Happiness appears to be elusive to many and described in so many ways by everyone. In this composition the orchestra gives a live demonstration of this. The piece begins with harp and percussion inviting others into a dialogue. The brass section joins in and soon everyone is involved in the discussion of happiness. Each gives examples, similar to life including having a family and friends who talk, listen, enjoy each other's company, give and take with empathy, support, excitement at joyful occasions, sometimes advice, and sometimes conflict with hopefully good resolution. The list goes on with success, wealth, good health, good times, etc. as the make-up of happiness. The rhythms change throughout the piece as each orchestra section takes the opportunity to illustrate "what makes me happy." The french horns choose a smooth melody and are soon joined by the orchestra members in a joint experimentation to see if it sits well with them. The percussion section then switches to another rhythm that moves the flute and harp into a duet of their "happy place." Others follow them into their Latin style. A change of pace occurs with a waltz as a violin and bassoon duet shows happiness as feeling mellow and relaxing. Just like life situations happen, sometimes suddenly, the percussion section introduces a new peppy rhythm and then surprisingly slows to a swing beat. Happiness can be a surprise. The orchestra builds into a crescendo while realizing that even with its difficulties and setbacks, getting up each morning to experience a new day with new opportunities is happiness. The ending notes can be imagined as a shout saying, "Isn't life great? - Yeah!"

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