

FULL SCORE

Beginning String Orchestra

Grade 1



CARL FISCHER

PERFORMANCE

SERIES

Aunt Rhodie's Diet

Traditional

Arranged by

Joseph Compello

BAS44

INSTRUMENTATION

Full Score	1
Violin I	8
Violin II	8
Violin III (Viola T.C.)	2
Viola	5
Cello	5
Bass	5
Piano	1
Narrator's Part (Concert Version)	1
Actors' Scripts (Staged Version)	7
Percussion (optional)	7
Bells, Chimes, Woodblock, Crash Cymbals, Xylophone, Temple Blocks, Ratchet	

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Program Notes

Aunt Rhodie's Diet is a sequel to *Aunt Rhodie's Appetite*. Both arrangements are novel settings in which a beginning band or orchestra can perform the standard folk songs found in the first few pages of most band or orchestra methods. Because they are so easy, these arrangements by themselves would not make much of a concert, even for a beginning group. But when used as incidental music to the story, the songs become sufficiently interesting to the audience, without taxing the capabilities of students who have been playing for about ten to twelve weeks.

For bands, snare drum and bass drum are the only percussion needed. Other percussion instruments are completely optional. String ensembles may exclude all percussion. The play does call for a sound effect of a watch being wound (i.e. ratchet) and of the sound of Westminster Chimes (i.e. bells or piano).

Aunt Rhodie's Appetite tells the story of Aunt Rhodie's plan to cook the Old Gray Goose for her holiday dinner. *Aunt Rhodie's Diet* is a story about eating too many hot cross buns.

Since the play uses only seven actors, it can be performed on stage in front of the band or orchestra. More elaborate settings are possible, of course. Teaching the play can be handled by the orchestra director or by another teacher. Parent helpers are also an option. The actors can be band members or not. Adults can also be used as actors. Costumes can be as simple or elaborate as wanted.

For directors who may not want to present the stage play, *Aunt Rhodie's Diet* includes a version in which the story is told by a narrator alone.

Aunt Rhodie's Appetite has been found to be a wonderfully effective December concert piece by many elementary-school band directors in and around the composer's school district. *Aunt Rhodie's Diet* is just as simple as the original and equally entertaining.

Thank you for choosing this composition. I hope you and your students enjoy performing it.

—Joseph Compello
Glen Arm, Maryland, 2009

About the Arranger

Joseph Compello, a native of Carbondale, Pennsylvania, holds degrees in music education from the Peabody Conservatory and Towson University. During his thirty-one year career as an instrumental music teacher in Maryland, he wrote numerous compositions for his students. In 1994, Carl Fischer began publishing many of these classroom-tested pieces including his debut publication *Cadets on Parade*, and the 1996 best-seller *Rock to the Max, Mr. Sax*. Compello's journey from school teacher to internationally published composer was recently chronicled in the Baltimore Sun. Now retired from teaching with over 85 published works to his credit, Compello continues to draw on his extensive background in music education to compose new music exclusively for Carl Fischer's Performance Series.

Aunt Rhodie's Diet

Traditional
Arranged by Joseph Compello

Actors:

- A Narrator (at the side of the stage in an adult costume, perhaps a coat and tie)
- Aunt Rhodie (dressed as a country woman, a gray wig, an apron, a cane)
- Mary (dressed as a pretty little school girl)
- The Little Lamb (a lamb costume)
- Pierre, the French Pastry Chef (dressed as a chef, especially with a chef's hat)
(Pierre speaks English with a French accent. Pronunciations are as follows:
zee means *the*; *zeece* means *this*; *eet* means *it*; *queekly* means *quickly*;
allo means *hello*; *leetle* means *little*.)
- Aunt Rhodiesaurus (a huge dinosaur with the same kind of apron and wig as Aunt Rhodie)
- Heinrich the Hypnotist (dressed as a Sigmund Freud look-alike, perhaps with a monocle)
- Optional extras carrying dolls or toys as pets

Other Props:

A gray wig, a cane, a doorway, a door knocker (or woodblock sound effect), a small ladder, a gold watch on a chain, a chef's hat, a gold medal, animal dolls or toys.

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The Play Begins

Narrator: "Once upon a time there was a nice lady who loved animals. She lived on a farm. Everyone knew her affectionately as Aunt Rhodie."

(Orchestra plays no. 1, *Go Tell Aunt Rhodie*. Enter Aunt Rhodie. She walks around the stage petting any type of animal prop as the music plays.)

1 Moderato (♩ = ca. 120)
Go Tell Aunt Rhodie

Violin I *mf*

Violin II *mf*

Viola *mf*

Cello *mf*

Bass *mf*

Percussion (Optional) Bells *mf*

1 Moderato (♩ = ca. 120)
Go Tell Aunt Rhodie

Piano *mf*

2 3 4 5 6 7 8

(Orchestra stops.)

Narrator: "Yes indeed, Aunt Rhodie *was* a nice lady, but she had one problem. At times, she couldn't control her appetite. Once she even tried to cook the Old Gray Goose for her holiday dinner."

(Orchestra plays no. 9, *Funeral March*. Someone in front of the band holds up a plucked rubber chicken for the audience to see.)

[9] *Funeral March*

The musical score for "Funeral March" is presented for a full orchestra. The score is in 4/4 time with a key signature of one sharp (F#). The music is marked with a forte (f) dynamic. The score spans measures 9 to 12. The instruments and their parts are as follows:

- Vln. I:** Treble clef, 4/4 time, F# key signature. The melody consists of quarter notes: G4, A4, B4, C5, D5, E5, F#5, G5, A5, B5, C6, D6, E6, F#6, G6, A6, B6, C7, D7, E7, F#7, G7, A7, B7, C8, D8, E8, F#8, G8, A8, B8, C9, D9, E9, F#9, G9, A9, B9, C10, D10, E10, F#10, G10, A10, B10, C11, D11, E11, F#11, G11, A11, B11, C12, D12, E12, F#12, G12, A12, B12, C13, D13, E13, F#13, G13, A13, B13, C14, D14, E14, F#14, G14, A14, B14, C15, D15, E15, F#15, G15, A15, B15, C16, D16, E16, F#16, G16, A16, B16, C17, D17, E17, F#17, G17, A17, B17, C18, D18, E18, F#18, G18, A18, B18, C19, D19, E19, F#19, G19, A19, B19, C20, D20, E20, F#20, G20, A20, B20, C21, D21, E21, F#21, G21, A21, B21, C22, D22, E22, F#22, G22, A22, B22, C23, D23, E23, F#23, G23, A23, B23, C24, D24, E24, F#24, G24, A24, B24, C25, D25, E25, F#25, G25, A25, B25, C26, D26, E26, F#26, G26, A26, B26, C27, D27, E27, F#27, G27, A27, B27, C28, D28, E28, F#28, G28, A28, B28, C29, D29, E29, F#29, G29, A29, B29, C30, D30, E30, F#30, G30, A30, B30, C31, D31, E31, F#31, G31, A31, B31, C32, D32, 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D322, E322, F#322, G322, A322, B322, C323, D323, E323, F#323, G323, A323, B323, C324, D324, E324, F#324, G324, A324, B324, C325, D325, E325, F#325, G325, A325, B325, C326, D326, E326, F#326, G326, A326, B326, C327, D327, E327, F#327, G327, A327, B327, C328, D328, E328, F#328, G328, A328, B328, C329, D329, E329, F#329, G329, A329, B329, C330, D330, E330, F#330, G330, A330, B330, C331, D331, E331, F#331, G331, A331, B331, C332, D332, E332, F#332, G332, A332, B332, C333, D333, E333, F#333, G333, A333, B333, C334, D334, E334, F#334, G334, A334, B334, C335, D335, E335, F#335, G335, A335, B335, C336, D336, E336, F#336, G336, A336, B336, C337, D337, E337, F#337, G337, A337, B337, C338, D338, E338, F#338, G338, A338, B338, C339, D339, E339, F#339, G339, A339, B339, C340, D340, E340, F#340, G340, A340, B340, C341, D341, E341, F#341, G341, A341, B341, C342, D342, E342, F#342, G342, A342, B342, C343, D343, E343, F#343, G343, A343, B343, C344, D344, E344, F#344, G344, A344, B344, C345, D345, E345, F#345, G345, A345, B345, C346, D346, E346, F#346, G346, A346, B346, C347, D347, E347, F#347, G347, A347, B347, C348, D348, E348, F#348, G348, A348, B348, C349, D349, E349, F#349, G349, A349, B349, C350, D350, E350, F#350, G350, A350, B350, C351, D351, E351, F#351, G351, A351, B351, C352, D352, E352, F#352, G352, A352, B352, C353, D353, E353, F#353, G353, A353, B353, C354, D354, E354, F#354, G354, A354, B354, C35

(Orchestra stops.)

Narrator: "It was fortunate that she came to her senses in time, because Aunt Rhodie was a kind person who loved animals with all her heart. Her favorite farm animal was a little lamb who belonged to a girl named Mary."

(Orchestra plays no. 13, *Mary Had a Little Lamb*. Enter Mary and the Little Lamb. Mary skips as the Little Lamb follows her around the stage. Aunt Rhodie claps her hands happily as she watches.)

13 *Mary Had a Little Lamb*

The musical score for "Mary Had a Little Lamb" is presented for a full orchestra and piano. The score is in 4/4 time with a key signature of one sharp (F#). The tempo is marked *mf* (mezzo-forte). The score spans measures 13 to 20. The instruments and their parts are as follows:

- Vln. I:** Plays a melodic line starting on G4, moving stepwise up to D5, then down to G4, and finally to E4.
- Vln. II:** Plays a similar melodic line, starting on G4, moving stepwise up to D5, then down to G4, and finally to E4.
- Vla.:** Plays a melodic line starting on G3, moving stepwise up to D4, then down to G3, and finally to E3.
- Vc.:** Plays a melodic line starting on G2, moving stepwise up to D3, then down to G2, and finally to E2.
- Cb.:** Plays a melodic line starting on G1, moving stepwise up to D2, then down to G1, and finally to E1.
- Perc. (Bells):** Plays a rhythmic pattern of eighth notes, starting on G4 and moving up to D5, then down to G4, and finally to E4.
- Pno.:** Plays a harmonic accompaniment consisting of chords, starting on G3 and moving up to D4, then down to G3, and finally to E3.

The score is divided into two systems. The first system contains measures 13 through 16, and the second system contains measures 17 through 20. The measure numbers 13, 14, 15, 16, 17, 18, 19, and 20 are printed below the piano part.

(Orchestra stops. Exit all.)

Narrator: "One day Aunt Rhodie, Mary and the Little Lamb paid a visit to their neighbor Pierre, the French pastry chef."

(Orchestra plays no. 21, *French Folk Song*. Enter Pierre. He pantomimes baking as Aunt Rhodie, Mary and the Little Lamb hungrily rub their stomachs and lick their lips.)

[21] French Folk Song

Vln. I *mf*
 Vln. II *mf*
 Vla. *mf*
 Vc. *mf*
 Cb. *mf*
 Perc. Bells *mf*
 Pno. *mf*

21 22 23 24 25 26 27 28

Vln. I
 Vln. II
 Vla.
 Vc.
 Cb.
 Perc.
 Pno.

29 30 31 32 33 34 35 36

(Orchestra stops.)

Pierre: "Bon jour Aunt Rhodie."

Aunt Rhodie: "Hello Pierre."

Pierre: "Bon jour Mademoiselle Mary."

Mary: "Hello Pierre."

Pierre: (*In a higher voice, like talking to a baby.*) "Allo to you too Leetle Lamb."

Lamb: "Baaah."

Pierre: "I have some wonderful news. I just learned that I have won a Gold Medal for making zee best hot cross buns in zee whole, wide world. (*He shows his Gold Medal.*) My picture will be on zee cover of *Pastries Illustrated*."

(Orchestra plays no. 37, *Hot Cross Buns*. All clap and jump, and then dance in a circle as the music plays.)

[37] *Hot Cross Buns*

The musical score for "Hot Cross Buns" is written for a full orchestra. The instruments and their parts are:

- Vln. I:** Violin I, treble clef, 4/4 time, marked *mf*.
- Vln. II:** Violin II, treble clef, 4/4 time, marked *mf*.
- Vla.:** Viola, alto clef, 4/4 time, marked *mf*.
- Vc.:** Violoncello, bass clef, 4/4 time, marked *mf*.
- Cb.:** Contrabass, bass clef, 4/4 time, marked *mf*.
- Perc.:** Percussion, treble clef, 4/4 time, marked *mf*, playing bells.
- Pno.:** Piano, grand staff, 4/4 time, marked *mf*.

The score is in 4/4 time with a key signature of one sharp (F#). The music is marked *mf* (mezzo-forte). The score spans measures 37 to 44.

37 38 39 40 41 42 43 44

(Orchestra stops. Dancing stops.)

Aunt Rhodie: "We're all so proud of you, Pierre. Listen, I have a fantastic idea about how we can celebrate Pierre's Gold Medal and do something good for stray farm animals at the same time. Let's have a Hot Cross Bun Eating Contest. If someone wants to enter, all they have to do is adopt one animal.

Pierre: "Zeece idea eeze wonderful. Let us begin queekly."

(Exit all.)

Narrator: "So Aunt Rhodie made some posters, and before she knew it, hundreds of people entered the contest. After all, who could resist the best hot cross buns in the whole, wide world. After hearing how many people had entered, Pierre howled..."

Pierre: (Loudly off stage.) "Sacre bleu! (Enter Pierre shaking his head with both hands on his cheeks.) I will have to bake a thousand hot cross buns. Eet will take all zee night."

(Orchestra plays no. 45, *Speedy Hot Cross Buns*. Pierre pantomimes baking frantically. He continues to grumble.)

45 *Faster and faster*
Speedy Hot Cross Buns

Vln. I
Vln. II
Vla.
Vc.
Cb.
Perc.
Pno.

45 46 47 48 49 50 51 52

(Orchestra stops. Exit all.)

Narrator: "That night, Aunt Rhode walked over to Pierre's house. It was a beautiful evening. The stars seemed to be twinkling as brightly as diamonds. But there was one problem. Aunt Rhodie didn't know it, but she was sleepwalking."

(Orchestra plays no. 53, *Twinkle, Twinkle Little Star*. Enter Aunt Rhodie with arms outstretched as though sleepwalking to the music.)

[53] Moderato (♩ = ca. 120)

Twinkle, Twinkle Little Star

Score for measures 53-58. The score is for a string quartet (Vln. I, Vln. II, Vla., Vc.), Cb., Perc. (Bells), and Pno. The key signature is two sharps (F# and C#), and the time signature is 4/4. The tempo is Moderato (♩ = ca. 120). The dynamics are marked *mf* (mezzo-forte). The score is divided into two systems. The first system contains measures 53-58. The second system contains measures 59-64. The score is marked with a double bar line and a repeat sign at the beginning of the second system.

Measures 53-58 are shown. The score is marked with a double bar line and a repeat sign at the beginning of the second system.

Score for measures 59-64. The score is for a string quartet (Vln. I, Vln. II, Vla., Vc.), Cb., Perc. (Bells), and Pno. The key signature is two sharps (F# and C#), and the time signature is 4/4. The tempo is Moderato (♩ = ca. 120). The dynamics are marked *mf* (mezzo-forte). The score is divided into two systems. The first system contains measures 53-58. The second system contains measures 59-64. The score is marked with a double bar line and a repeat sign at the beginning of the second system.

Measures 59-64 are shown. The score is marked with a double bar line and a repeat sign at the beginning of the second system.

(Orchestra stops. Exit Aunt Rhodie.)

Narrator: "The day of the contest arrived, but when Pierre went to his kitchen to get the hot cross buns, they were all gone."

(Enter Pierre shouting): "Where are zee Hot Cross Buns? Where are zee Hot Cross buns?"

Narrator: "Just then, some loud noises were heard in the distance. It sounded like the footsteps of a huge beast."

(Bass drum or other sound effect.)

Narrator: "But it wasn't a beast at all. It was an enormous Aunt Rhodie. Overnight, when she had been sleepwalking, she went into Pierre's kitchen and ate all one thousand of his delicious hot cross buns. She got so full that she turned into Aunt Rhodiesaurus."

(Orchestra plays no. 65, *Aunt Rhodiesaurus*. Enter Aunt Rhodiesaurus. She roars and rumbles around the stage to the music. Pierre watches in horror.)

65 Slower (♩ = ca. 100)
Aunt Rhodiesaurus

Vln. I
Vln. II
Vla.
Vc.
Cb.
Perc.
Pno.

65 66 67 68 69 70 71 72 73 74

(Orchestra stops. Action stops. Enter Mary and the Little Lamb.)

Mary: "Poor Aunt Rhodie. We have to help her." (*She pauses and thinks.*) "Wait! I know what to do. I have a friend who lives in the next county. His name is Heinrich the Hypnotist. Let's take Aunt Rhodiesaurus there to get hypnotized out of sleepwalking and eating too many hot cross buns.

(Orchestra plays no. 75, *Travel Music*. Exit all.)

75 Very fast (♩ = ca. 144)
Travel Music

Repeat as needed

Vln. I *f*

Vln. II *f*

Vla. *f*

Vc. *f*

Cb. *f*

Perc. Xyl. (or Bells) *f* Roll opt.

75 Very fast (♩ = ca. 144)
Travel Music

Pno. *f*

75 76 77 78 79 80 81 82

(Orchestra stops.)

Narrator: "Finally, they arrived."

(Enter Pierre leading Aunt Rhodiesaurus followed by Mary and the Little Lamb. They will pantomime as the Narrator explains.)

Narrator: "They knocked on the door." *(Sound effect)*

(Enter Heinrich.)

Narrator: "When Heinrich the Hypnotist answered the door, Aunt Rhodiesaurus couldn't fit through the doorway, so he had to come outside. He was holding a gold watch on a chain. He got up on a ladder and swayed the gold watch before Aunt Rhodiesaurus's eyes, back and forth, back and forth."

Heinrich: *(Speaking very softly to Aunt Rhodiesaurus.)* "You're getting very sleepy...very...very...sleepy."

(Orchestra plays no. 83, Are You Sleeping? Aunt Rhodiesaurus nods her head several times and then tilts it to the side as if unconscious.)

83 Moderato (♩ = ca. 120)
Are You Sleeping

Vln. I *mf*

Vln. II *mf*

Vla. *mf*

Vc. *mf*

Cb. *mf*

Perc. *mf* Temple Blocks (or Woodblock)

Pno. *mf*

83 Moderato (♩ = ca. 120)
Are You Sleeping

83 84 85 86 87 88 89 90

(Orchestra stops.)

Narrator: "Aunt Rhodiesaurus fell into a deep sleep while she was standing."

Heinrich: *(Still speaking softly and slowly to Aunt Rhodiesaurus.)* "When you hear the Westminster Chimes playing on my watch, you will wake up and you will never sleepwalk or eat too many hot cross buns ever again."

(Orchestra plays no. 91. He *Winds His Watch* to the sound of a Ratchet, then the *Westminster Chimes* are played as a Bells solo.)

91

Winding the Watch

Westminster Chimes

(Bells or piano)

Vln. I



Vln. II



Vla.



Vc.



Cb.



Perc.

Ratchet (or other sound effect for winding a watch)

Bells (or piano)



91

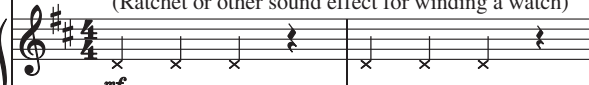
Winding the Watch

(Ratchet or other sound effect for winding a watch)

Westminster Chimes

(Bells or piano)

Pno.



91

92

93

94

95

96

(Orchestra stops.)

Heinrich: (*He claps once and shouts loudly.*) "Wake up!"

Aunt Rhodiesaurus: (*Rubbing her eyes and yawning.*) "I feel just wonderful. I'm so refreshed, but I am a little hungry."

Pierre, Heinrich, Mary and the Little Lamb: (*All gasp, expecting the worst*) "Uh ooh!"

Aunt Rhodiesaurus: "Would someone mind preparing me a nice wedge of lettuce with a teaspoon of cottage cheese for me?"

Pierre, Heinrich, Mary: (*Freely*) "Hooray, hooray, hooray!"

Little Lamb: (*at the same time*) "Baah, baah, baah!"

(*Exit all.*)

Narrator: "By the time she returned home, Aunt Rhodie was her former self again."

(*Enter Pierre and Aunt Rhodie, followed by Mary and the Little Lamb. Extras with pets may also be included.*)

Narrator: "Her friends were all at the farm to meet her. Aunt Rhody was happy to see them and all the animals they had adopted."

Aunt Rhodie, Pierre, Mary: (*Loudly*) "Let's all celebrate."

Little Lamb: "Baah, baah, baah!"

Narrator: "So everyone joined hands, laughed and danced to Pierre's Peppy Polka."

(Orchestra plays no. 97, *Pierre's Peppy Polka*. The entire cast, including Heinrich, Aunt Rhodie and the Narrator, joins hands and dances to the music.)

[97] Faster (♩ = ca. 132)

Pierre's Peppy Polka

Vln. I *f*
 Vln. II *f*
 Vla. *f*
 Vc. *f*
 Cb. *f*
 Perc. Xyl. (or Bells) *f*

[97] Faster (♩ = ca. 132)
Pierre's Peppy Polka

Pno. *f*

97 98 99 100 101 102 103 104

Vln. I
 Vln. II
 Vla.
 Vc.
 Cb.
 Perc.
 Pno.

105 106 107 108 109 110 111 112

Slower

Vln. I

Vln. II

Vla.

Vc.

Cb.

Perc.

Pno.

Roll opt.

Slower

113 114 115 116 117 118 119 120

(Orchestra stops.)

*****The End*****

Phantom Echo

Mysteriously $\text{♩} = 112$
sempre pizz.

Violin I *f* *sempre pizz.* *dim.* *mp*

Violin II *f* *sempre pizz.* *dim.* *mp*

Viola *f* *sempre pizz.* *dim.* *mp*

Cello *f* *sempre pizz.* *dim.* *mp*

Bass *f* *sempre pizz.* *dim.* *mp*

Piano (for rehearsal only) *f* *sempre staccato* *dim.* *mp*

1 2 3 4 5 6

Violin I *f*

Violin II *f*

Viola *f*

Cello *f*

Bass *f*

Piano *f*

7 8 9 10 11 12

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BAS45F

Violin I *f*

Violin II *f*

Viola *f*

Cello *f*

Bass *f*

Piano *f*

13 14 15 16 17 18

Violin I *cresc.* *p*

Violin II *cresc.* *p*

Viola *cresc.* *p*

Cello *cresc.* *p*

Bass *cresc.* *p*

Piano *cresc.* *p*

19 20 21 22 23

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