

NORTH DAKOTA MUSIC TEACHERS ASSOCIATION
Newsletter, August 2009

Arlene Gray, President



A Message from your President:

Autumn and the beginning of a new season of teaching is about to commence.

I hope you feel prepared to meet new and returning students. Our June Conference in Fargo was attended by more than half our membership. Those who attended were uplifted and inspired by the sessions with Melody Bober, the camaraderie, the exhibitors, the delicious food, and the inspired production of the evening musicale - written and produced by the members of the Fargo-Morehead Association. What a wonderful Conference these members prepared. Thank you.

Our organization may be small, but we have a strong representation of teachers within the state. We are recognized nationally as an outstanding and vital group. It seems strange that we will not meet again until October of 2010, more than a year from now. Dickinson will host that state Conference and has the plans well underway. Our next gathering will be at Valley City State University for the State and NODAK competitions. Dates are October 23-24, 2009. Please put that date on your calendar and come hear what our students are doing. This needs to be an exciting event that students yearn to participate. Parents need to see the enthusiasm for performing only young students can generate. Parents and students alike need to witness the cooperation and support we teachers offer one another as well as the competitors. We want all the students to have a good experience as they participate in competitions. It need not be a fearful experience, rather a pleasantly challenging experience. We need to proudly demonstrate what our students are capable of doing at the piano. Duet playing does not need to be memorized. Perhaps that is an option for high school students.

Thank you to Penny Simons of Minot for agreeing to assume the vice president position on the state board. We wish Sarah Kahl best wishes as she begins her new life in Pennsylvania. Jan Herr is stepping down from the board after many dedicated years of service to the organization. Kathy Bresee moved into the treasurer position. Brand new to the board is Michelle Schumacher of Zeeland, taking over the directory position. I have unsuccessfully recruited for the positions of Membership and Young Artist/Chamber Competitions Board Member. Please consider taking your place on the state board. There are just these two openings at this time. I will continue the search. Meanwhile, THANK YOU to our current board members. The service you give to this state is gratefully acknowledged. We have to help one another.

This profession of teaching music is demanding, challenging, rewarding, fulfilling, frustrating, and ever dear to our hearts. I am eager to begin the new teaching year. BSC has put in a state of the art Musicians Institute piano/keyboard lab with six computer stations and 61 key keyboards. I am going to be learning more than my students since they are already accustomed to computers.

Hoping to see many of you in Valley City. Have a grand start to this new year of teaching.

RUTH STENSON NAMED 2010 FOUNDATION FELLOW

Submitted by Corinne Nustad

NDMTA is pleased to announce the nomination of Ruth Stenson for NDMTA's 2010 Foundation Fellow. The MTNA Foundation Fund Fellow Program honors deserving individuals who have made significant contributions to the music world and the music teaching profession.

Ruth was born on April 10, 1955 and passed away on March 30, 2009, after a lengthy battle with cancer. She graduated in 1977 with a bachelors' degree in music education from Pacific Lutheran University in Tacoma, WA and taught in Sykeston, ND; Carrington, ND; Gillette, WY; and Bottineau, ND. She then raised 3 children with her husband Bob in Grafton, ND, and served as organist at Grafton Lutheran church and taught private piano lessons. Living in Fargo for one year, she gave piano lessons and was choir director at Pontoppidan Lutheran church. In the fall of 1997, the family moved to Thief River Falls, MN, where she began teaching piano lessons, played organ at Trinity, and was the music director, choir director, and accompanist at Redeemer Lutheran Church. In 1999, Ruth became the choir director at Franklin Middle School in Thief River Falls. Besides her activities at Redeemer Lutheran Church, she also was active in Scouts and Community Concert Series Board. She held membership in the American Guild of Organists and the North Dakota Music Teachers Association, where she served in various offices.

NDMTA encourages all members of NDMTA to make contributions to the MTNA Foundation in her name. When \$1,000 has been collected, Ruth will become North Dakota's 10th Foundation Fellow and will be honored at the MTNA Conference Gala in 2010. Foundation funds are used for many worthwhile programs such as local association matching grants, teacher enrichment grants, student competition awards and student travel grants.

Dear Friends in NDMTA:

Our friend and colleague, Carole Flatau, will be honored at the VCSU Hall of Fame Banquet on Sept. 19th. This was originally scheduled for last May, but had to be postponed due to the flooding.

Would you each please announce this at your next local meeting and spread the word? I am hoping we can have a good turnout of NDMTA friends who will come to support Carole. I know it would mean a lot to her.

The social hour starts at 6:00 and the dinner at 6:30. It will be at the Valley City Town & Country Club.

To sign up you can contact Paula Larson in the VCSU Music Office (701-845-7272 or paula.larson@vcsu.edu) or you could mail a check made out to **VCSU Music Hall of Fame** to Paula Larson at 101 College Street SW, Valley City, ND 58072. The cost for the evening is \$30 per person.

Hope to see you there,
Beth Klingenstein

Note from Pres. Arlene Gray: I have two weddings of former students on the 19th. Perhaps if you cannot attend, send Carole a congratulations card

NDMTA EXECUTIVE BOARD MINUTES JUNE 10, 2009

NDMTA Executive Board met on June 10, 2009 at 6:00 p.m. at Bethel Evangelical Free Church in Fargo, ND as a prelude to the NDMTA 2009 State Conference. Executive Board Members present were: Darla Sheldon, Judy England, Corinne Nustad, Eileen Geske, Lisa Schuler, Nancy Harsch, Kathy Bresee, Laura O'Rourke, Michelle Heaford, Anne Morris, Ellen Croy, Jan Herr, Penny Simons, Arlene Gray, and Guest Melody Bober.

Motion by Kathy Bresee, seconded by Jan Herr to adopt the agenda. Motion carried.

President's Report – Arlene Gray

Attended MTNA National Conference in Atlanta, GA
Accepted Foundation Fellow Award for Diana Skroch, who was unable to attend
Stated that NDMTA needs a Vice President, Treasurer, and a Directory Editor
Minot teachers may join with Bismarck-Mandan MTA for 1 year

Treasurer's Report – Jan Herr

Actual Income \$5,649.13
Actual Expense \$7,320.53
IVN bill was \$555 this year
No budget was prepared to be voted on at this time. That will come later and will be voted on through email.

Local Presidents' Reports

Durum Triangle – Lisa Schuler

Are connected with the ND Arts Council for various activities
Did a multi-piano festival that was very successful and will do it again next year

Fargo Moorhead – Michelle Heaford

Carol Flatau & Robert Groves presented programs
FMMTA Rally was cancelled due to the Flood

Greater Grand Forks – not represented - Arlene read their report.

Kathryn Greene, Karen Dalager, & Gloria Bethke presented programs
Have 19 members

Northwest – Ellen Croy

Have 3 members
Hold a November Rally and also a Monster Concert

Upper Valley – Darla Sheldon

Have 7 members
Hold an April Rally and a May Honors Recital
Presented 3 Senior Accompanist Awards

NDMTA General Business Meeting June 11, 2009 2:00 p.m.
Bethel Evangelical Free Church Fargo, ND
Respectfully submitted: Sheryl Kjelland, Secretary Pro Tem

The meeting was called to order by President Arlene Gray. Lisa Schuler was presented with her State Certification by Certification Chair Kathleen Johnson.

A brief Secretary's Report summation was given by Secretary Pro Tem Sheryl Kjelland. Jan Herr gave the Conference Report stating that there are 60 registrants for this State Conference.

Jan Herr gave the Treasurer's Report stating that the Actual Income for the fourth quarter was \$5,649.13. The Actual Expenses for the fourth quarter were \$7,320.53. A budget will be prepared and submitted to the Executive Board for approval via email. Motion by Darla Sheldon, seconded by Kathleen Johnson to approve Treasurer's Report. Motion carried. Jan Herr submitted her resignation as Treasurer due to health reasons. The group expressed thanks and accepted her resignation with regret.

Pres. Arlene Gray introduced Penny Simons from Minot as our new Vice President and Michelle Schumacher from Zeeland as our new Directory Editor. We are still in need of a Treasurer.

Committee Reports:

Rally – Sheryl Kjelland encouraged Rally participation and also mentioned Rally workbooks that are available for perusal.

MusicLink – Laura O'Rourke encouraged MusicLink participation.

Membership – Kathy Bresee stated that there are 92 members to date.

IMTF – Judy England asked for program suggestions for next years' IMTF Luncheon

Historian – Nancy Harsch encouraged people to look at the scrapbooks.

Certification – Kathleen Johnson said that Teacher of the Year is awarded every other year, in the even years, so that will happen next year.

Arts & Awareness – Lisa Schuler encouraged membership to work to make the public aware of music happenings through the media.

Advertising – Anne Morris encouraged membership to purchase an ad for the newsletter or directory.

Pres. Arlene Gray thanked Sarah Kahl, who resigned as Vice President because she and her husband are moving to Pennsylvania. Also, President Gray thanked Michelle Heaford and Jan Herr and the FMFTA for all their work to make this such a fine conference.

Motion to adjourn by Judy England, seconded by Ellen Croy.
Meeting adjourned.

Rally Newsletter Article

Submitted by: Sheryl Kjelland

As you are preparing for a new year of teaching, you are probably thinking about theory options for your students. I would like to suggest something that I used last year and felt was very worthwhile. The Illinois Music Teachers Association publishes workbooks to complement their Rally materials. Our Rallies in North Dakota are built on the Illinois Rally Materials, so these workbooks work very well in Rally preparation, both for students and teachers.

These workbooks are available to coordinate with the various levels of Rally, beginning with Level 2. They provide excellent preparation for students who will be taking Rally tests and provide an excellent learning experience even for students who are not involved with Rally. They contain exercises in notation, rhythm, terms, music signs, aural skills, harmonization, score analysis, sight reading, transposition, composers, and also contain technique skills that are written out for your student, such as 5 finger patterns, scales, chord progressions, tonic triads, arpeggios. There are play back, interval identification, and dictation examples included for use by teachers and students. I have used these workbooks with my students for a year and I have been very pleased with them. The cost is approximately \$8.00 per workbook.

You can order these workbooks from the Illinois Music Teachers Association. Go to their website ISMTA.org and follow the instructions listed under "AIM Publications." If you have problems with ordering through the ISMTA website, give me a call, and I will do what I can to help. 701-284-7586 or okjellan@polarcomm.com

Happy Summer and Fall to you!

The Healthy Musician

Submitted by Lisa Schuler, CTM

Melody Bober's first session at the NDMTA state conference really tuned our members into the health needs of our profession. The information for the session was largely based on the book "A Symposium for Pianists and Teachers: Strategies to Develop the Mind and Body for Optimal Performance" from Heritage Music Press. The following four areas were discussed.

1. Healthy Lesson Environment: Teachers need to be caring, build self esteem, nurture student's independence and give them honest feedback.
2. Benefits of Fitness: Members quickly became aware of how much more alert one can feel by doing simple movements. Bober discussed aerobics, strength training, nutrition, hydration, and stretching. The group then actually massaged their hands, warmed up their fingers and moved to music while singing, "Hot, Hot, Hot". ☺
3. Healthy Attitude Toward Performance: Performers can lower their heart rates by breathing, releasing tension, and visualizing the performance. Melody Bober suggested recording and listening to the piece to be performed.
4. Benefits of Humor: Laughter helps the heart by increasing circulation, endorphins are released, and it helps reduce headaches and tension. Melody suggested telling jokes, to watch comedies, clip cartoons from the paper, laugh with others, and make fun of your fears.

Continued from previous page -

Following each of the 4 topics, members were put into pods to discuss and share their experiences. It was a great way to get members communicating and learning from each other. The session concluded with the following list of “Tips for a Successful Performance”.

1. Select appropriate repertoire
2. Encourage through preparation
3. Review elements of on stage etiquette
4. Develop self confidence
5. Provide a variety of performance opportunities
6. Work on concentration and relaxation skills
7. Try out concert clothing
8. Focus on conveying the meaning of the music
9. Take good care of yourself
10. Emphasize the joy of performing

Oxford publishes *The Musician’s Way*, by Gerald Klickstein

In August, Oxford University Press released *The Musician’s Way: A Guide to Practice, Performance, and Wellness* by longtime MTNA member Gerald Klickstein (360 pp. \$24.95). *The Musician’s Way* presents comprehensive, research-driven guidance geared to all aspiring performers (especially college and pre-college music students) as well as their teachers. It also employs an extensive companion website, which includes free resources, and downloadable practice aids: www.MusiciansWay.com.

The book is organized in three parts:

- Part I, *Artful Practice*, helps musicians interpret and memorize compositions, fuel motivation, collaborate, and more.
- Part II, *Fearless Performance*, lifts the lid on the causes of nervousness and guides musicians to become confident performers.
- Part III, *Lifelong Creativity*, surveys tactics that equip performers to prevent music-related injuries and thrive as creative artists.

Gerald Klickstein is Professor of Music at the [University of North Carolina School of the Arts](http://www.uncc.edu) and an active classical guitarist. In addition to performing and teaching, he serves on College Board’s National Task Force for the Arts in Education and on the board of the American String Teachers Association.

**North Dakota Music Teachers Association
Proposed Budget 2009-2010**

<u>ESTIMATED INCOME:</u>	<u>Proposed</u>	<u>Actual</u>	<u>Proposed</u>
	<u>2008-09</u>	<u>2008-09</u>	<u>2009-10</u>
NDMTA Dues	2,820.00	2,780.00	2,800.00
Directory Ads	1,300.00	400.00	1,000.00
Newsletter Ads	800.00	565.00	800.00
Rally (registrations)	3,500.00	1,580.00	3,200.00
Certification (renewals & new)	175.00	115.00	175.00
Conference (NO Conference in this fiscal year)			
Registration/Ticket Sales/Grants	3,000.00	6,050.00	-
Silent Auction	200.00	366.00	-
MTNA Commissioned Composer	600.00	0.00	-
Auditions			
NODAK Competition Fees	800.00	375.00	400.00
WCD/MTNA Reimbursements		285.00	300.00
Interest on Checking and Savings	110.00	91.63	60.00
Grants		0.00	-
Miscellaneous - (ACTUAL 2009 Confer. Surplus)		<u>0.00</u>	<u>1,665.00</u>
TOTAL INCOME	\$13,305.00	\$12,607.63	\$ 10,400.00

<u>ESTIMATED EXPENSES:</u>			
Postage/Telephone/Secretarial (Gen Brd)	130.00	103.33	125.00
Board Meeting (JVN expenses)	500.00	555.00	500.00
Newsletter (printing & mailing)	150.00	69.56	100.00
Directory (printing/mailing/phone/postage)	950.00	414.32	950.00
Advertising Editor	200.00	44.50	150.00
Certification Expenses	35.00	0.00	35.00
Rally Expenses (gen expenses & travel)	2,800.00	1,506.70	2,500.00
ISMTA deposit/exam fees		520.00	420.00
IMTF Lending Library		69.53	70.00
MusicLink	0.00	0.00	5.00
State Convention (NO Conference in this fiscal year)	2,500.00	2,643.70	-
Commissioned Composer	1,200.00	22.94	-
Competitions			
NODAK Awards	150.00	150.00	150.00
MTNA Composition Judge & Chair Expenses	100.00	44.20	80.00
MTNAwards (Composition&Performance.: EJrH-\$25; HS/ColI-\$50)	700.00	0.00	400.00
Competition Judges	400.00	336.00	400.00
Competition Expenses (tuning/printing/postage)	400.00	182.24	200.00
WCD Site prepaid expense (to savings)	200.00	200.00	200.00
WCD / MTNA Competitions Travel Grants (WCD \$100/ MTNA \$250)	800.00	300.00	600.00
State President's Travel Stipend	1,700.00	1,700.00	2,000.00
State Vice President's Travel Stipend	600.00	600.00	1,000.00
Annual Financial Statement Preparation	250.00	230.00	300.00
Web Page - Aaassociation in a Box	125.00	20.00	150.00
Miscellaneous	<u>40.00</u>	<u>52.21</u>	<u>65.00</u>
TOTAL EXPENSES	\$13,930.00	\$9,764.23	\$ 10,400.00

7/8/2009
Jan Herr
Kathy Bresee

West Central Division Competitions
University of Missouri
January 15-17, 2010

The West Central Division Competitions will be held from January 15 - 17, 2010 at the University of Missouri in Columbia, Missouri.

Local Arrangements Chair

Janice Wenger
140 Fine Arts, MU
Columbia, MO 65211
573-882-0932 (office)
573-881-0384 (cell)
573-682-3755 (home)

Hospitality Chair

Jan Houser
1108 Boonville Rd.
Jefferson City, MO 65109
573-636-2909 (home)

Monitors Chair

Jo Ella Todd
140 Fine Arts, MU
Columbia, MO 65211
573-882-9476 (office)
573-886-6416 (home)

Hotel Information

Columbia Best Western Inn
3100 I-70 Drive SE
Columbia, MO 65201
573-474-6161
Rate: \$62 plus 11.55% tax
Includes breakfast
Reservations: Make by telephone, deadline for group rate Jan. 4

Travel Information

Columbia Regional Airport (COU) is only served by Northwest Airlines (www.nwa.com) with service three times a day (twice a day on Saturdays) out of Memphis. More flights can be found to Kansas City International (MCI) or Lambert-St. Louis International (STL). We recommend a reliable mini-van shuttle service from both Kansas City and St. Louis airports to Columbia. Reservations can be made online, and they will deliver you to and pick you up at the hotel if reservation is made for that service ("door to door"). Current rate at press time is \$91 round trip.

MoX

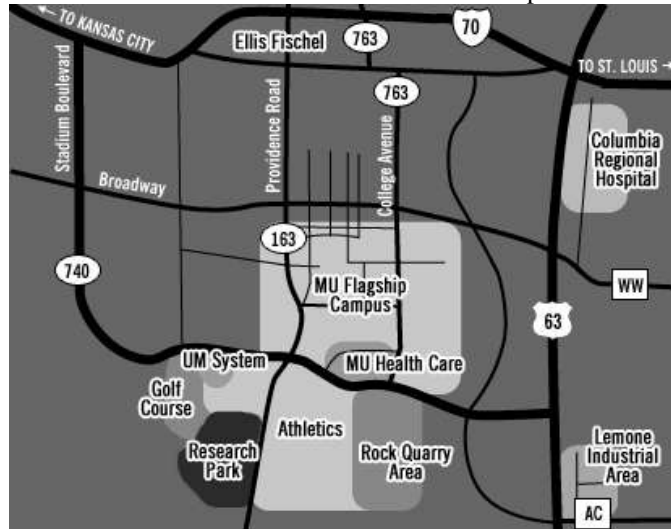
www.moexpress.com

573-256-1991

877-669-4826 (toll free)

If you arrive by air and MoX, limited local transportation will be available between the hotel and school. Please let Dr. Wenger know if you will be in need of local transportation while in Columbia.

MTNA-West Central Division Auditions 2010
Directions to Columbia and MU Campus



To the Conference Hotel, Best Western Columbia Inn, 3100 I-70 Drive SE

Exit Interstate 70 at the Highway 63 intersection, and proceed to the frontage road on the southeast corner. The hotel is on the frontage road, facing north, with entrances on I-70 Drive Southeast and Keene Street. To drive to campus, exit the hotel parking lot on Keene Street, turning right/south. Proceed to the end of Keene, which becomes Broadway. Follow instructions for East below.

To Campus from the East: Take Interstate 70 West to the Highway 63 exit and turn left/south. Take Highway 63 South to the Broadway exit and turn right/west. Take Broadway to College Avenue, and turn left/south. The first stoplight will be University Ave; turn right/west. The University Avenue Garage will be ½ block on your right/north. Parking passes will be needed for Friday before 5 pm, and will be available at the registration desk in the Fine Arts Lobby.

To Campus from the West: Take Interstate 70 East to the Stadium Boulevard exit and turn right/south. Take Stadium Boulevard south and then east to College Avenue, and turn left/north. Take College Avenue to University Avenue and turn left/west. The University Avenue Garage will be ½ block on your right/north. Parking passes will be needed for Friday before 5 pm, and will be available at the registration desk in the Fine Arts Lobby.

To Campus from the North: Take Highway 63 South to the Broadway exit and turn right/west. Take Broadway to College Avenue, and turn left/south. The first stoplight will be University Ave; turn right/west. The University Avenue Garage will be ½ block on your right/north. Parking passes will be needed for Friday before 5 pm, and will be available at the registration desk in the Fine Arts Lobby.

To Campus from the South: Take Highway 63 North to the Broadway exit and turn right/west. Take Broadway to College Avenue, and turn left/south. The first stoplight will be University Ave; turn right/west. The University Avenue Garage will be ½ block on your right/north. Parking passes will be needed for Friday before 5 pm, and will be available at the registration desk in the Fine Arts Lobby.

To Fine Arts Building from the Parking Lot: The Fine Arts Building is on the Southwest corner of the Hitt and University intersection; the music entrance is on the south end of the building. After parking in the University Avenue garage, walk along University Avenue, continuing to the right/west. At Hitt Street, walk left/south to the far end of the Fine Arts Building, entering the lobby across from the Memorial Union clock tower.

West Central Division Officers and Competitions Officials
Officers' Terms: April 2008 – April 2010

Division Director 2008-2010

Thomas Ediger, NCTM
1324 2nd Avenue
Nebraska City, NE 68410
(402) 872-2253 W
(402) 873-9161 H
(402) 297-3406 Cell
ediger@alltel.net
tediger@oakmail.peru.edu

Division Director-Elect

Marianne F. Bryan, NCTM
1230 Stanford Ave.
St. Paul, MN 55105
(651) 699-4755
mfbryan@usfamily.net

Division Immediate Past Director

Mary Ellen Moore, NCTM
2416 Elite Terrace
Colorado Springs, CO 80920
(719) 528-8052
memstudio@earthlink.net

Division Certification Commissioner 2007 -

Barbara Taylor NCTM
1420 Lone Scout Lookout
Monument, CO 80132
(719) 488-9040
BarbaraTaylor8@msn.com

Division Competitions Chair 2008–2010

Ken Bales, NCTM
Univeristy of Nebraska Omaha—Music
Omaha, NE 68182
(402) 991-2787 H (402) 554-3359 W
213-4040 Cell
kbales@unomaha.edu

Division Composition

Competition Coordinator 2009-2011
Timothy Shook, NCTM
457 N. Fountain
Wichita, KS 67208
(316) 651-0177 H
timothy.shook@sckans.edu

Division Junior Performance

Competition Coordinator 2008-2010
DeeAnn Brown, NCTM
P. O. Box 8063
Wichita, KS 67208-0063
(316) 684-7677 H/W
(316) 644-2775 Cell
rjdb@sbcglobal.net

Division Senior Performance

Competition Coordinator 2009 - 2011
Jonathan Sokasits
Music Dept – Hastings College
710 N. Turner Avenue
Hastings, NE 68091-7621
(402) 461-7359 W
(402) 461-4312 H
(402) 461-7428 Fax
jsokasits@hastings.edu

Division Young Artist and Chamber

Music Performance
Competitions Coordinator 2009-2011

Sylvia Coats
1312 Virginia Street
Derby, KS 67037
(316) 788-5807
sylvia.coats@wichita.edu

(402)

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- Miss

(Print or Type Name and Address)

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City _____ State _____ ZIP _____





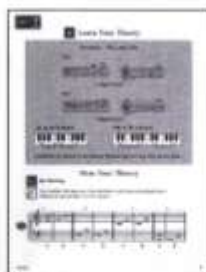
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