

# ARS NEWSLETTER

A Supplement to American Recorder for the members of the American Recorder Society

March 2000



The ARS Board of Directors meeting in January at a now-historic (table) tennis court in Atlanta, Georgia.

## BOARD CANDIDATES ANNOUNCED

With all of the distracting media coverage of the primaries, it's important to remember that there is another significant election taking place even before the U.S. Presidential election. At press time, the ARS Nominating Task Force had just completed final deliberations regarding the slate of potential Board members it will present to ARS members for voting in May. Those chosen by the task force to appear on the ballot are:

**Rebecca Arkenberg**, Stratford, CT; **Richard Carbone**, Greenville, RI; **Sheila M. Fernekes**, Flemington, NJ; **David W. Fischer**, Kalamazoo, MI; **Alan Karass**, Rochdale, MA; **Carolyn Peskin**, Shaker Heights, OH; **Sue Roussel**, Rogersville, AL; **Orum D. Stringer**, Yardley, PA; **Leslie Timmons**, Logan, UT; and **Janos Ungvary**, Toronto, ON, Canada,

Individuals may still choose to run for the ARS Board by submitting a direct petition signed by at least 25 members of the Society. Copies of the petition form, and of a form to be used to outline the nominee's qualifications, may be requested from the ARS office. Both are due back to Nominating Task Force chair Nancy VanBrundt before March 29. She may be reached by mail at 705 Hinman Avenue., #1A, Evanston, IL 60202; by phone, 847-733-0506; and by e-mail <nancyvanb@earthlink.net>.

The ARS appreciates the work of VanBrundt and the other volunteer members of the task force: David Barton (Dallas TX), Letitia Berlin (Albany CA), Marilyn Boenau (Acton MA), Suzanne Ferguson (Bratenahl OH), Scott Paterson (Scarborough ON), and Nikolaus von Huene (Brookline MA).

Those members who are due, or overdue, to renew are reminded to renew before April 1 in order to receive ballots with the May issue of *American Recorder*.

## PESKY WEATHER CONFRONTS BOARD MEETING IN ATLANTA

When a Board meeting is in January, holding it in a southern location ought to provide safety from extreme winter weather. Wrong!

The January 21-23 meeting started with an East Coast snow storm, creating problems for some participants traveling to Atlanta, GA, the site of the meeting. It ended with an ice storm, causing many of the local hosts to lose power and forcing the Board to finish its meeting in a room with neither light nor heat. In spite of the problems, the business of the organization went on.

The Atlanta Chapter provided southern hospitality, lodging, and transportation for the 11 Board members and staff who attended: Ruth Albert, Martha Bixler, Virginia Ebinger, Frances Feldon, Cléa Galhano, Howard Gay, Gene Murrow, John Nelson, and Judith Whaley, plus Executive Director Gail Nickless and *American Recorder* Editor Ben Dunham. Health problems prevented both secretary Shelley Wold and assistant secretary Bill Rees from attending. In their absence, Nelson served as secretary for the meeting.

Friday's meeting began with Vice-president Whaley presiding, because President Murrow's flight had been canceled. Early sessions were devoted to personnel discussions and committee meetings. The official meeting began Friday evening with extended discussion of revisions to the Board's Policy Book, looking toward having it updated before new Board members begin in September. Among other matters, the Board discussed whether Board members should be required to have e-mail, since a considerable amount of Board business is done electronically. A motion passed that Board members should have at least some regular access to e-mail.

Mr. Dunham reported that the printer is adding a service that will allow *AR* to be accessed online within the near future. He is investigating steps to make this happen. He also said that the magazine is seeking an advertising representative.

By the Saturday session, President Murrow was present to begin the day with his report. As co-chairs of A.R.S. Nova 2000, he and fellow Board member Ruth Albert are concentrating on fund-raising. He plans to travel around the country, visiting chapters and others, spreading the message of the ARS.

Final plans for the 2000 Board election were discussed. The Nominating Task Force will refine the slate of nominees for this Board class; five are to be elected for four-year terms. Five current Board members will extend their terms to 2002, setting up the new procedure of electing half of the Board every two years.

*Continued overleaf*

## DIRECTOR'S CORNER

Don't be surprised if your doctor changes the standard prescription to "take a half-hour of classical music and call me in the morning." Several sources say that music is just what the doctor ordered.

Research is now crediting music with lowering blood pressure as much as five points, increasing levels of natural painkillers (endorphins) and of an immune-system disease-fighter called Immunoglobulin A, and helping relieve ailments as diverse as migraines, allergies, colds, arthritis, insomnia—and even AIDS and Alzheimer's disease.

Mitchell L. Gaynor's new book, *Sounds of Healing*, is listed as the source of some of this information. Several articles on the subject also quote studies involving music in hospital settings, with results being reported by Case Western Reserve University in OH, Wilkes University in PA, and the International Journal of Arts Medicine.

Gaynor gives a couple of statistics that help explain why music would have these positive effects. Of the stimuli that reach our brains, 80% do so via our ears. Also our bodies are 70% water, an excellent conductor of sound waves. We don't just hear through our ears; we feel the vibrations of music in all of our body's cells.

Maryland's St. Agnes Hospital of Baltimore is engaged in continuing studies on its critical care patients, which have shown that classical music (Bach, Debussy, Haydn, Mendelssohn—and yes, Mozart) can substitute for sedatives.

They have even quantified that a half-hour of classical music equals 10mg of Valium!

On the opposite side of the coin, then, it might be no real surprise that very loud music can create a negative effect, akin to an alcoholic or drug-induced stupor that can actually become addictive. This caveat comes from *The Owner's Manual for the Brain* by Pierce J. Howard, who also warns that sounds louder than 90 decibels cause stress and ear damage.

Who knows? Maybe the market for those plastic daily pill organizers will be replaced by advanced CD players, programmed to deliver a specific type of music for a prescribed length of time at a certain time each day, according to the patient's ailments. Now that would be sound advice.

—Gail Nickless

## COMPLIMENTARY TRIAL MEMBERSHIPS FOR STUDENTS OF ARS TEACHERS

At its recent meeting, the ARS Board decided to offer complimentary one-year memberships to students of current and future ARS certified teachers. This follows a practice used in similar organizations with significant numbers of teachers among their members.

Those teacher members who either passed the ARS exams administered until 1976, or who have since attained teacher certification at either level II or III, may recommend up to ten of their students for trial memberships each year. Currently, those teachers are listed in the ARS *Membership Directory* and on the ARS web site with the codes "ARS," "ARS2" or "ARS3." ARS certified teachers who have not requested listings in the *Directory* and web site may inform the ARS office that they are still actively involved in teaching and wish to be included. To continue to be listed, teachers must indicate on each renewal that they are still engaged in teaching recorder, since members' activities do change periodically.

For information about the ARS teacher certification program, please contact the ARS office.

## BOARD MEETING IN ATLANTA (Cont.)

During the extended discussion of the Executive Director's report, several membership issues were discussed, including statistics comparing retention of new ARS members who are also chapter members with new members who are not chapter participants. Initial plans for a recorder conference were also brought up for consideration, as well as expanded recorder sessions planned for the upcoming conference of the Suzuki Association of the Americas.

Presentation of the budget was the occasion for extended discussion, with most of the comments about the Fiscal 2001 budget centering around projected dues revenue. Ultimately, the FY01 budget was referred back to the Executive Director with suggestions for revisions.

Various elements of A.R.S. Nova 2000 were discussed, including plans for a worldwide play-in that may be scheduled to coincide with the fall Board meeting in St. Paul, MN.

After a play-in and potluck supper with Atlanta Chapter members on an icy Saturday evening, the Board spent Sunday wrapping up committee reports and considering committee business needing approval. The Board recommended that an ARS finance committee be established, to consist of the President, Treasurer, and Executive Director; that the ARS Executive Director be evaluated every two years; and that the job description of the Executive Director be revised and circulated for Board comments. Other items of business included a proposal that ARS certified teachers be allowed to recommend up to 10 students per year to receive a complimentary one-year trial membership in the ARS, and that materials for personal study be made available to non-members at extra cost, while ARS examinations will remain a members-only benefit. Reports were also heard on plans for recorder activities at the Berkeley Festival this summer, and on several new publications in progress.

The meeting adjourned with all convinced that, weather notwithstanding, a face-to-face meeting in the winter is more productive than holding the meeting via teleconference call. Fortunately, people had less trouble getting home than getting to Atlanta.

—John Nelson, Acting Secretary

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## CHAPTER GRANT AWARDED

Shelley Wold, chair of the ARS Chapters & Consorts Committee, reports that the **Greater Denver (CO) Chapter** has been awarded a chapter grant to support production of a 30-minute video showing the versatility of the recorder.

The video will be aimed both at school music teachers who know little about the recorder, and adults who are looking for a musical outlet for themselves or for their children.

Chapter grant applications for the next cycle were mailed to all known chapter officers with the recent issue of *Leader Link*. They should be returned to the ARS office no later than May 15. Awards of up to \$150 are available to chapters having at least 10 ARS members in support of innovative projects that begin after July 1.

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## ARS/AOSA JOINT COMMITTEE MEETING REPORTED

ARS member **Linda Lunbeck** of Niwot, CO, was one of the recorder presenters last fall at the annual conference in Phoenix, AZ, of the American Orff-Schulwerk Association, which also included a meeting of the ARS/AOSA Joint Committee. Despite the joint committee meeting being scheduled at 7 a.m. on November 4, even before the official conference opening session, about twelve members of both organizations met to discuss their common goals regarding musical education of our youth. Topics discussed included expanding the ARS Junior Recorder Society materials into middle school, and also including seniors (or possibly even devising inter-generational programs). ARS members are reminded that the JRS Committee welcomes contributions for updating the *Leaders' Resource Notebook* and other materials.

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## WELL DONE, WELTE!

**Malinda Welte** of Kansas City, MO, recently passed the ARS Level I examination. She is a student of **Amy Cliff** of Gladstone, MO.

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## CALENDAR OF EVENTS

### MARCH (PLAY THE RECORDER MONTH!)

18-19 **Workshop, Sacramento Recorder Society**, at Cosumnes River College, Sacramento, CA. A mixed bag of Renaissance, contemporary, and Klezmer music. Leader: David Bellugi. Info: 916-723-2409; kakanan@attglobal.net.

25 "**Dutch Treats: Music of the Netherlands**," **Bergen County Chapter**, at United Methodist Church, Leonia, NJ. Fac: Rachel Begley, Martha Bixler, Susan Iadone, Larry Zukof. Info: 201-489-5695; lgersten@compuserve.com.

25 "**A Pot-pourri of English Renaissance Music**," **Greater Cleveland (OH) Chapter, ARS**, at Middleburg Heights Library. Leader: Deborah Booth. Info: Carolyn Peskin, 216-561-4665.

25 **Sheila Beardslee Workshop, New Orleans (LA) Early Music Society**, Tulane University. Info: 504-862-0969; cotaticat@mindspring.com.

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## SUITE OF JEWISH FOLK TUNES REPUBLICATED BY ARS IN HONOR OF KATZ CENTENARY

An anniversary edition of Erich Katz's *Suite of Jewish Folk Tunes* has been reissued by the American Recorder Society in observance of the centenary of his birth. Katz is permanently listed as "Honorary President" of the ARS, which grew in numbers of both members and chapters under his musical and administrative leadership during the 1950s. He is often called the "father of the recorder movement in America," not only because of his ARS contributions but because of the void his musical output filled in the otherwise sparse selection of published recorder music then available.

His Jewish folk tunes suite is based on Chanukah songs, and was written when tenor and bass recorders were difficult to find. Thus the instrumentation is somewhat flexible, with SS/A<sup>8</sup>A/T indicated. Other combinations such as TTB recorders, or recorders with other instruments, would work, as long as the third part sounds an octave lower than the other parts. Due to the flexibility in instrumentation, lower intermediate level players to advanced ones would find interesting parts to play in the *Suite*.

The four movements of the suite are "Who Can Retell," "Song of Thanksgiving," "Candle Song," and "Dreydl Song." The slower two middle movements contrast with the faster outer movements.

Typography for the suite was done by ARS volunteer **Eleanor Chaffee**, who also set the recent Members' Library republication of Katz's *Santa Barbara Suite*. Both editions were prepared with the assistance of ARS Honorary Vice-President **Winifred Jaeger**.

The *Suite of Jewish Folk Tunes* is the newest addition to the Erich Katz Contemporary Music Series. The earliest publications in this series were winners of a discontinued composition contest sponsored by the ARS through support from the Erich Katz Memorial Fund. Ordering information for the *Suite* is printed on the "ARS Publications" advertisement near the back of each issue of *American Recorder*.

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25-26 **Workshop, Greater Denver Chapter, ARS.**

Leader: David Bellugi. Info: 303-763-2852.

26 **Workshop, Milwaukee Recorder Society**, Milwaukee, WI. Fac: Flanders Recorder Quartet. Info: Sarah Macak, 414-964-3147.

### APRIL

1 **Spring Workshop, Princeton Recorder Society**, at Unitarian Church, Princeton, NJ. Fac: Deborah Booth, Stan Davis, Elaine Henzler, Gene Murrow, Pete Rose, Tom Zajac. Info: 609-921-7837; fruck@ix.netcom.com.

7-9 **Winds and Waves Workshop, Oregon Coast Recorder Society (ARS)**, at Sitka Center for Art and Ecology, Cascade Head, OR. Leaders: Frances Blaker and Tish Berlin. Info: (541) 265-5910; corlu@actionnet.net.

8 **Spring Workshop, Monadnock Chapter, ARS**, at Harper's Acres, Keene, NH. Leader: Martha Bixler. Info: Priscilla Watson, 603-357-8549; CilandJohn@aol.com.

8 **Judith Linsenberg Master Class**, Seattle (WA) Recorder Society and Gallery Concerts. Info: 216-517-4418.

## CALENDAR OF EVENTS (cont.)

8-9 **Recorder Workshop, ARS Musica Montreal**, at Loyola Campus, Concordia University. Leader: Lucie Laneville. Info: Diane Koch, 450-672-8308.

29 **"German Music of the Renaissance and Baroque," Buffalo Recorder Society Workshop**, at Unitarian-Universalist Church, Amherst, NY. Fac: Frances Feldon. Info: 716-836-8518.

29 **"In Living Color" Workshop, Boston Recorder Society**, at Middlesex Community College, Bedford, MA. Info: 617-323-2171; eric@vonhuene.com.

29 **Recorder Workshop, Upper Valley Recorder Society**, at Friends Meeting House, Hanover, NH. Leader: Sarah Cantor. Info: 802-436-2673.

30 **"The Dawn's Early Light: New Beginnings," New York Recorder Guild**, at Teacher's College, NYC. Medieval workshop. Fac: Lucy Cross, Valerie Horst, Wayne Hankin, Patricia Ann Neely. Info: Michael Zumoff, 212-662-2946.

### MAY

5-7 **Piffaro 15th Anniversary Weekend Celebration**, Lutheran Church of the Holy Communion, Philadelphia, PA. Info: 215-235-8469; jpkimball2@aol.com.

26-29 **Courtly Music Unlimited Workshop**, Silver Bay Conference Center on Lake George, NY. Fac: Richie and Elaine Henzler, Joanna Young, Dorrie Olsson, Ben Harms. Info: 800-274-2443; courtlym@aol.com.

26-29 **Ninth Conference, Suzuki Association of the Americas**, in Cincinnati, OH. Special sessions on Suzuki Recorder. Info: 303-444-0948; suzuki@rmi.net.

### JUNE

4-11 **Sixth Biennial Berkeley Festival & Exhibition**, University of California at Berkeley. Featured: Flanders Recorder Quartet; Ensemble Rebel with Matthias Maute. Info: 510-642-9988.

### JULY

29-Aug. 12 **37th Bruges Early Music Festival, Bruges, Belgium**. Concerts, exhibits, etc., including new courses in interpretation: J.S. Bach, July 30-Aug. 1; The Recorder, Aug. 10-12. Info: Festival Office, C. Mansionstraat 30, 8000 Brugge, Belgium; 32-50-33-22-83; musica-antiqua@unicall.be; <www.musica-antiqua.com>.

### Calendar Listings

Fill out the information below and send it to *ARS Newsletter*, 472 Point Road, Marion, MA 02738, or fax to 508-748-1928. Deadlines: 1st of month preceding issue date. Plan to announce events a month before they take place.

Date: \_\_\_\_\_

Name of Event: \_\_\_\_\_

Where: \_\_\_\_\_

Presented by: \_\_\_\_\_

Description (including faculty, if workshop): \_\_\_\_\_

Contact information: \_\_\_\_\_

### DEADLINES

March 29 - **Deadline for receipt by 2000 Election Nominating Task Force of petitions from self-nominees** for the ARS Board (see related article in this *Newsletter*). Faxing is not suggested. Info: Nancy VanBrundt, 847-733-0506, <nancyvanb@earthlink.net>.

April 15 - **Postmark deadline for summer workshop scholarship applications**. Info: 303-347-1120, or copy application from *Chapter Handbook*, or print from web site, <<http://ourworld.compuserve.com/homepages/recorder>>.

April 20 - **Postmark deadline for chapters to enter Play-the-Recorder Month "Most Imaginative Event" contest**. Info: 303-347-1120.

May 15 - **Postmark deadline for chapter grant applications (for projects beginning any time after July 1)**. Info: 303-347-1120; or copy application from *Chapter Handbook*, or print from ARS web site (see above).

May 31 - **Deadline to submit proposals for possible ARS video series titles**, highlighting and sharing effective recorder teaching techniques. Info: 303-347-1120.

June 15 - **Postmark deadline for voting in the 2000 Election of the ARS Board of Directors**. Info: Nancy VanBrundt, 847-733-0506, <nancyvanb@earthlink.net>.

September 22-24 - **ARS Annual Meeting**, in conjunction with the fall Board meeting, St. Paul, MN, location TBA (hosted by Twin Cities Recorder Guild). Info: 303-347-1120.

### ON TOUR / IN CONCERT

**Rachel Begley**: April 3, Charleston, SC.

**David Bellugi**: (with Mercury Ensemble) March 24, Augustana Arts, Denver, CO; April 30, Konzerthaus in Berlin, Germany.

**Elissa Berardi**: (with Philomel) May 12, Wayne, PA, 13, Doylestown, PA, 14, Chestnut Hill, PA.

**Sarah Cantor**: (with Brookline Baroque Faculty Ensemble) March 26, Brookline Music School, Brookline, MA; (with Werckmeister III) April 8, Putney School, Putney, VT; 9, Marlboro College, Marlboro, VT; (with Brookline Baroque Faculty Ensemble) May 20, Brookline Music School, Brookline; June 11, Berkshire Bach Society, Stockbridge, MA.

**Flanders Recorder Quartet**: March 24, Early Music Vancouver, BC; 25: Early Music Now, Milwaukee, WI; June 6-9, Texas Toot, Austin, TX; 10, Berkeley Festival, Berkeley, CA.

**Cléa Galhano**: (with Marion Verbruggen and Ensemble Musical Offering) March 19, Milwaukee, WI; (with Marion Verbruggen, Barbara Weiss and Mary Springfels) 22, Newberry Library, Chicago; 26, Shrine to Music Museum, Vermillion, SD; (with Belladonna) April 28, Shrine to Music Museum; 29, Early Music Now, Milwaukee, WI; 30, Music in the Park Series, St. Paul, MN.

**Judith Linsenberg**: (with Musica Pacifica) April 8-9, Gallery Concerts, Seattle, WA; 28-30, SFEMS Series in Palo Alto, Berkeley, and San Francisco, CA.

**Michala Petri**: (with Lars Hannibal) April 10, Princeton, NJ. Info: Rachel Levine, IMG Artists, 212-774-8641.

**Sirena Recorder Quartet**: (with Marion Verbruggen) April 2, Albany, CA; early June, Berkeley, CA. For info and availability: tish-feb@mindspring.com; 510-559-4670.

**John Tyson**: (with Miyuki Tsurutani) March 26, John C. Campbell Folk School, Brasstown, NC; 27, Cherokee County (NC) Schools; (with Charles Limouse, recorders, and Miyuki Tsurutani, harpsichord) April 9, Boston Recorder Society Concert Series, Cambridge; (with Renaissance) 14, Renaissance Dance for Everyone, Cambridge.