



COLORADO ASTA, INC.

STRING VIBRATIONS NEWSLETTER

Fall 2006

<http://www.colorado-asta.org/index.htm>

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in this issue

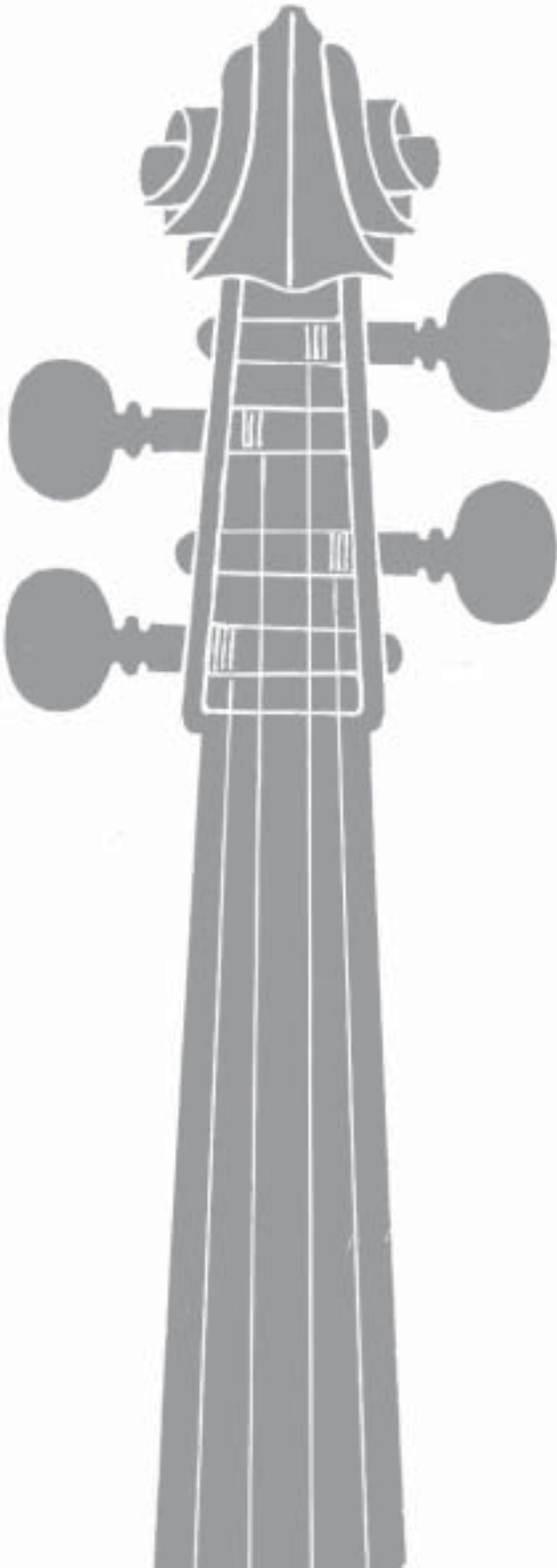
letter from the President

letter from the President-Elect

letter from the Past-President

ballot-Teacher of the Year and Lifetime Achievement Award

application for the CASTA, Inc. National Solo Competition



Dear CASTA, Inc. membership,

Thank you for an amazing summer conference with over 53 CASTA members in attendance and up to 80 people at each session. Enjoy your favorite CASTA summer conference memories on our website! There are great pictures, session highlights & handouts available on-line!

Congratulations to the 28 Orchestras & Directors for submitting outstanding performance auditions! BRAVO & CONGRATULATIONS to the Directors & the Colorado Orchestras selected for 2007 CMEA!

Ranch View M.S. & Mountain Vista M.S. - Trina Chambers
Rocky Mountain H.S. String Orchestra Beth Wells
Lakewood H.S. Symphonic Orchestra - Doug Harris
Cherry Creek H.S. String Orchestra- Jennifer Poole
Denver School of the Arts Middle School Orchestra - Frank Fyock
Highlands Ranch H.S. Chamber Orchestra - Nancy Allwein

The recipe for CASTA/CMEA success begins with a call to the Broadmoor!! Make your reservations today! CMEA is best enjoyed from Wednesday through Saturday! Bring your colleagues, student teachers, Tri-M membership & CASTA friends!

The CASTA/CMEA Recipe for Success!!

Attend:

1 Session	CASTA General Membership Meeting
1 Session	"New" Orchestra Music Reading Session
2 Sessions	Turtle Island (1 Thurs. PM. with Lakewood H.S. & 1 Fri. AM....)
1 Opening Ceremony	Turtle Island String Quartet - Grammy Winners!!! Visit them at http://www.tisq.com/
3 Sessions	Bob Phillips (2 on Thurs. & 1 on Fri.) Specializing in amazing and immediately usable sessions for your orchestras! You can visit Bob Phillips at http://www.phillipsfiddlers.com/
1 Session (Sat.)	Ms. Judith Ingolfsson (recently appointed to C.U.!) - Wow - inspiration Violin techniques! Her website is http://www.judithingolfsson.com
1 Incredible Performance	Mesa College Orchestra!

Also included:

All-State Orchestra Board & Colorado ASTA Board meetings.
"CASTA Awards Ceremony" - This year our recipients will be included in this year's program!
Send in your Ballot today!

Blend together for time at the Golden Bee, the extraordinary Tavern, or the Penrose.

It will be a pleasure and honor to see everyone in January! Call, email anytime & send photos, updates and information to Linda Johnson our master CASTA Webmaster.

Your Friendly CASTA President,

Andrea Meyers

Colorado ASTA President
<http://colo-asta.org>

A LIFE ALTERING EXPERIENCE
ATTENDING THE TODA CONVENTION
JULY 24-27, 2006
by Susan Day

I've been back from San Antonio, Texas for a couple of weeks now and I still can not wipe the smile off my face. I feel compelled to write this article and share my experience with the Colorado ASTA membership because you are the people most likely to understand the depth of my emotions! If you have never been to a TODA Convention (Texas Orchestra Directors' Association) which I hadn't either, let me tell you that it was awesome. The reason I attended was because I was this year's winner of the TODA Composition Contest for a piece I wrote called "Tango d'Amour". I was invited to attend, free of charge, where they would perform my piece, honor me at their Board Meeting, help me get the piece published by a major publisher, and present me with a check for \$500. I went not knowing what to expect, who was going to perform the piece, or any idea of the size of this convention. Upon arriving at the airport, I took the shuttle to the hotel and started talking to the gal next to me. It turned out she was Mary Alice Rich, the winner of the TODA Contest in 2000! Now I had one friend there in addition to the only other person I knew, Dr. Jan Garverick, longtime San Antonio teacher and the 2006 National "Elizabeth H. Green Educator of the Year," whom I had met 5 years ago in Australia at the International String Workshop which she and I both attended. What wonderful company to be in!

Upon arriving at the hotel, the historic Menger, I checked in, did a quick tour of the Alamo and the RiverWalk next door, (boat tours and colorful umbrella cafes, San Antonio is a lively and friendly city!) Then it was time to go register for the convention. I walked the short way to the Henry B. Gonzales Convention Center, received my registration materials and realized the enormity of this convention. Over 500 string teachers were registered, with over 300 exhibitors. The program listed clinics by the giants in our field. Names such as Robert Culver, Sandra Dackow, Robert Gillespie, Bob Phillips, Crystal Plohman, Pamela Tellejohn Hayes, to name just a few. And there I was, my picture and bio, in the middle of this program, THE COMPOSITION CONTEST WINNER! Am I in a dream? That night I attended the welcoming get together, right at my hotel, and met the TODA organizers. Everyone made me feel so welcome. Several people on the Composition Contest Committee told me that after they had narrowed down the 32 entries (from as far away as Switzerland and Jamaica) to 7, they have a high school orchestra play them. The students themselves, had voted my piece to be the winner. Tears were coming to my eyes. I'm still dreaming!

Besides offering the latest educational string sessions, the TODA Convention is primarily set up to give teachers the opportunity to choose music for the coming year. (Their TexASTA Convention in February has **no** reading sessions and is the time when their outstanding school groups who are chosen get to perform, like we do in January at CMEA). There were 5 reading sessions, each lasting 1 hour 15 minutes, with as many as 24 pieces in a session, according to grade level over the course of the 3 days. (Session 1 featured grades 1-2 string music,

Session 2 featured full orchestra. Session 3 featured grade 3 string music, Session 4 grade 4-5 string music and Session 5 grades 3-4). A few great ideas that I took from attending every session were as follows. At the start of each reading session, everyone was given a ticket for a drawing at the end of the session. People stayed until the last piece had been read, and yes, they ran out of time and had to make cuts toward the end, but everyone stayed hoping to win the prize, which was the music itself, donated by the publishers. Also, at each session people received a detailed handout listing each piece (grade level, key, program notes from the score, etc.) which had been written by whoever the guest conductor was, (different at each session). In addition, the scores, as provided by the publishers, were projected on a screen so the audience could follow the music as it was being played. I found myself following the score a lot. It was the first year they had done that and it is a fabulous idea! The best part of the reading session was that a large music store in Texas, Williamson Music Company, provided wonderful instruments to the reading orchestra, made up of whoever wanted to play, so no one had to carry any instruments around the convention center. I know these are things that may be geared more for such a large convention, but they are wonderful ideas. I did sit in on one session and play and I couldn't believe how many instruments were provided. About 70 people would be playing at the sessions.

At last, Reading Session #3 where they were to play my winning piece. I declined to conduct, wanting to just savor the moment and not be watched as a conductor. I looked around the audience, standing room only, over 300 people waiting to hear the winning piece which would be played last. There were other composers whose music was on the reading list that I had met, Shirl Jae Atwell, M.L. Daniels, Kathy Fishburn, David Kerr, to name a few who were sitting right near me. My heart was beating so fast, my stomach was churning, would they like my piece, would it be played at the right speed? Wrong notes? Wrong rhythms? How did I get here? I'm in over my head! I stood up and smiled as they acknowledged me, (I was later told I looked scared to death). Then they played it, a balanced 70 piece string orchestra of wonderful musicians and teachers, the perfect tempo, beautifully in tune and played with heartfelt emotion, was this the most thrilling 3 minutes of my life? And then it was over, people stood and applauded and smiled at me, the guy across the aisle threw his program at me and asked for my autograph! My heart slowed down, my stomach stopped churning, now I could relax. I couldn't stop smiling and still can't!

One point I wanted to make in writing this, is the value of perseverance. I had entered this contest 7 times, and in fact was the runner up last year for a different piece. Once you win, you can't enter again. If you are a composer, please enter this wonderful contest. Having had this winning experience, I will never be the same (and my piece **will** be published next year by Alfred!)



Susan Day, Colorado composer and CASTA, Inc. member,
and Kay Vanlandingham, TODA President,
at the Texas Orchestra Directors Association Convention in San Antonio, Texas.
Susan is the winner of the 2006 TODA Composition Contest



Susan Day and M.L. Daniel



David Kerr, Susan Day and Shirl Jae Atwell

CASTA, Inc. Official Ballot
Fall 2006
Outstanding Teacher of the Year
LifeTime Service Award

Each CASTA member is asked to vote for
only one nominee in each category.

For CASTA, Inc. Outstanding Teacher of the Year

Fred Jewell

Nancy Marble

Pattie Nelson

For CASTA, Inc. LifeTime Service Award

Linda Johnson

Carol Tarr

Return this original ballot by October 7, 2006 to:

Ed Deepe
5319 Descanso Cir. E
Colorado Springs, CO 80918

CASTA Awards
submitted by Ed Deepe

At the General Membership Meeting in November 2005 during the Western State Honor Orchestra, the award process was discussed. The result was a change in our award process. I believe these changes will greatly enhance the prestige of our awards. Please take the time to read the brief bio of the nominees then cast your ballot.

Nominees for CASTA Outstanding Teacher of the Year

Fred Jewell - Fred has been the CASTA, Inc. String Vibrations Newsletter Editor for the past 3 years. Over the years, Fred has been a dedicated educator and contributor to our organization often working 'behind the scene'. He currently teaches in the Boulder Valley School District as the Orchestra Specialist in Lafayette. He teaches at Centaurus HS, Angevine MS and three elementary schools. Fred's students are a shining reflection of his teaching and accomplishments. Under his direction, the Centaurus HS String Orchestra received the Outstanding Class 4A String Orchestra Award at the 2005 Colorado West invitational and performances in Orlando, Florida in 2003 and 2006.

Fred also performs with the Denver Pops Orchestra as concertmaster. In his spare time Fred also composes string orchestra and vocal music and is looking forward to being published professionally.

Nancy Marble – Nancy is a cellist who earned her degree at the University of Colorado in Boulder. She has taught at Thornton High School for 10 years. Her orchestras have received top ratings at contests, including those at Disney Land and San Antonio. She is a very dedicated and loyal teacher. She gives her students extra help after school and on Saturdays during the school year. She also continues working with students through the summer. Nancy is a cellist.

Patty Nelson – Patty teaches elementary strings in the West Valley Area of Jefferson County. She presently services 10 elementary schools. Her combined schools have been selected twice to perform at the Colorado Music Educators Clinic. Her numbers in the string program are outstanding and a credit to her personality and teaching skills. She has crafted a community of string students that are excited to play, excellent in technique, and have a great joy for playing music. During the summers, Patty offers a two-week string camp with arts and crafts as well as the opportunity to play new and exciting tunes.

Patty is a strong supporter of CASTA. She is active in Jefferson County by helping with auditions for middle school honor orchestra and helps with sectionals for the All County Elementary Orchestra. She also makes large contributions to the Arvada community by participating in community groups by playing or conducting.

Nominees for CASTA Life Time Service Award

Linda Johnson – Linda is our CASTA Webmaster and photographer. Thanks to Linda's hard work and sense of humor, the CASTA website was awarded "Best Website" at the National ASTA Conference in Kansas City.

Linda, a string bass player, has taught strings for over 30 years. She received her Bachelor's degree from Olivet Nazarene College in Illinois. She earned her Masters degree in Computers in Education from Lesley College. Her teaching positions have included Michigan and Illinois prior to coming to Colorado in 1973. Linda started her Colorado teaching in Peyton. Two years later, she joined the staff of Colorado Springs District #11. Linda's love and dedication to her students can be heard in her student's performances. Linda retired from District #11 last year and is doing a transition year this year.

In the Colorado Springs area, Linda established a district Elementary Level Solo Festival as an alternative to CHSAA Solo and Ensemble festivals so more local students could participate in a less stressful setting. The number of students involved has grown each year.

Carol Tarr – Carol is an active teacher and performer. She has taught cello in Colorado for the past 20 years. Currently, she is adjunct professor of Cello Pedagogy at the University of Denver, Lamont School of Music. Carol has taught in the DU Suzuki Institutes. Carol maintains a busy studio in her home. She also teaches students at the Beth Eden Baptist School, Lakewood. She has taught at the Cleveland Institute of Music, Metropolitan State College of Denver, University of Northern Colorado and Beloit College in Wisconsin.

Colorado ASTA National Solo Competition 2006

The American String Teachers with the National School Orchestra Association, through a continuing program to give recognition to young talent, will hold its Concerto Competition for String students. The winner will be nominated to compete at the National Solo Competition, with winners performing at the National ASTA Convention in Detroit, March 10th, 2007.

The competition proceeds in one round at the state level:

1. Applicants must submit the required repertoire from the National Solo Competition Repertoire list on a compact disc or cassette tape.
2. Put your name on your CD or tape for identification. Send the recording and the application form to Gail Sindelar postmarked by October 27th, 2006. Mail to Gail Sindelar, Grandview High School, 20500 E Arapahoe Road, Aurora, CO 80016.
3. A \$ 25.00 nonrefundable processing fee must be included with the application. All CDs and tapes postmarked by October 27th, 2006 (sent with the \$25.00 fee) will be reviewed and judged without exception. No late entries will be accepted.
4. Prominent judges from the American String Teacher's Association will select finalists by November 5th. Decisions of the judges are final. If selected as a finalist, you will be notified by November 6th.
5. Piano accompaniment is vital to the musical quality of your audition. It is recommended that you cut lengthy piano tutti sections.

Finalists:

If you are selected by Colorado as a finalist, you will be submitted to the national competition and you must complete the following requirements:

1. Complete a national competition application (found on-line at www.astaweb.com).
2. Submit the application fee of \$75. Checks should be made payable to ASTA.
3. Make a recording of the national competition repertoire (found on-line at www.astaweb.com/2007/SoloComp.html).
4. Submit proof of date of birth and the student's and/or teacher's ASTA membership ID number
5. Send all of the above items to your state competition chair postmarked no later than November 16, 2006, to be verified and sent on to the ASTA national office.
6. State competition chairs will forward all applications to the national office by December 1, 2006.
7. If selected as a finalist at the National Level, Colorado ASTA will help financially with transportation and fees to help enable you to attend the convention in Detroit.

Finalists will be selected and notified by February 1, 2007. National finals occur at the 2007 ASTA National Conference in Detroit. All finalists must be present to be eligible. Go on-line at www.astaweb.com to find more information about:

Solo Competition Guidelines

State Competition Information and Contacts

Past Winners

Repertoire

Dates to Remember

Performance Dates:

- > March 7–10, 2007: Finalists compete at the ASTA National Conference in Detroit.
- > March 7, 2007: Rehearsal**
- > March 8, 2007: Rehearsal and Competition**
- > March 9, 2007: Competition**
- > March 10, 2007: Winners' Recital**

**Schedule subject to change. All National Solo Competition events will take place March 7–10, 2007. Any inquiries or questions should be addressed to your state competition chair, Gail Sindelar at gsindelar@cherrycreekschools.org

Eligibility

There are two levels: the Junior Division and the Senior Division. The Junior Division is open to musicians under the age of 19 as of March 10, 2007 (born after March 10, 1988). The Senior Division is open to musicians ages 19 to 25 as of March 10, 2007 (born on or after March 10, 1981, and before March 11, 1987). All eligible previous entrants may enter the competition again, including previous national finalists and second prize winners. Previous grand prize and first prize winners in the Junior Division may not compete again in that division; however, they may enter the Senior Division if they will have attained their 19th birthday by March 10, 2007. Previous grand prize and first prize winners in the Senior Division are not eligible to compete further.

1. Applicants for the Junior Division must have a recommendation by their orchestra teacher or their private teacher. All applicants for the Junior Division must be enrolled and in good standing in their high school orchestra, if there is one.
2. The same audition material required by the National Solo Competition is also required by the State of Colorado.
3. Entry in this competition constitutes the contestant's authorization to use his or her name, photograph, and biographical information for publicity purposes.

National Solo Competition Application

Return this form, your CD/cassette tape, and nonrefundable processing fee of \$25.00 payable to Colorado ASTA. Fee must accompany the application.

Mail to:

Gail Sindelar
Grandview High School
20500 E Arapahoe Rd
Aurora, CO 80016

Applications must have a postmark date of October 27th or earlier to be accepted.

Please print or type:

APPLICANT NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____

HOME PHONE: _____ CELL: _____

EMAIL: _____

BIRTH DATE: _____ INSTRUMENT: _____

SCHOOL: _____

PRIVATE TEACHER'S NAME _____

YOUR'S OR YOUR PRIVATE TEACHER'S ASTA MEMBER NUMBER _____

FOR JUNIOR DIVISION (HIGH SCHOOL): Student must be enrolled and be a contributing member in the high school orchestra, if there is one.

ORCHESTRA TEACHER'S SIGNATURE _____

ORCHESTRA TEACHER'S PHONE AT SCHOOL _____

ACCOMPANIST'S NAME _____

PIECE OF YOUR CHOICE: (You must also perform required repertoire on the National Solo Competition List)

TITLE OF PIECE _____

(include opus number, key and which movement, if applicable)

COMPOSER _____

APPLICANT'S SIGNATURE

PRIVATE TEACHER'S SIGNATURE

News and Notes from President-Elect

Thank you all again for your attendance and participation at this past summer's CASTA-CBA summer conference. I appreciated getting to know, meet and mingle with a few of you. I hope that this newsletter finds you doing well with your programs and planning curricular and concert program challenges and adventures for your orchestra ensembles. I certainly appreciated the sessions with Carrie Lane Gruselle and the CMP strategies, the cello workshop with Carole Tarr, the new music reading sessions, and how to sell my program in a positive way to others with W.L. Whaley. Thanks also for the very practical vibrato session by Barb Cawelti, Kim Watkins and Brian Knott, more creative thoughts on conducting with Mindi Loewan, and the practical tips on preparing tapes for All-State Orchestra from Nancy Allwein and Peter Toews. It is certainly evident to me that our members have an exceptionally strong skill and music education base that benefits us all. Thank you to each presenter and the interaction between our membership at these sessions. Please continue encouraging each other to constantly grow and improve the string programs here in our Colorado schools. I have already made my students aware of the Solo competition sponsored by CASTA and hope that you have as well.

Thank you as well to those of you who gave me several ideas for sessions and scheduling concerns for next year's CASTA/CBA summer convention. As you continue to run across items in your everyday teaching that either you would like to present to other string educators or feel would benefit the CASTA membership by having it addressed, please contact me and I will put it on the list for summer 2007. Also, continue to let others know about your successes and concerns so that we can support each other in cheering for you and in strategizing some practical problem solving for your program needs. Allow me to start. Here at Littleton High School, I teach two concert bands, two jazz ensembles, one orchestra and an IB Music class. I have been able to create a small chamber strings group consisting of 12 players, auditioned out of the full orchestra class. With our block schedule here at LHS, this group meets by itself once a week during class time with a string coach that I have hired to work with them. This then allows me to work with rest of the orchestra during which I am able to work more fundamental techniques and apply these to the literature we are studying. The small group players are thus members of both the full symphony orchestra as well as the small select string ensemble. The small ensemble performs at concerts and at special events at the school as well as off-campus. Over the past two years, they have become a strong ambassador and representative of the LHS Instrumental Music Program.

Send me your ideas, successes and needs at demmons@lps.k12.co.us. I look forward to hearing from you and helping one another in our endeavors to educate and perform well.

Thank you,

Don Emmons

Colorado ASTA President-Elect

Dear CASTA Members:

Greetings to all new and returning CASTA Members! I hope that your school is off to a strong start. A big thank you to CASTA President Andrea Meyers for all her work on the Summer CASTA/CBA Conference. We had some really excellent sessions. Here are a few teaching tips that I picked up at the conference. Thank you to Carol Tarr and Carrie Lane Gruselle for sharing these ideas with us. I hope you'll be able to use them as I will in my teaching!

- * use a Danimals™ yogurt container to work on bow hand shape
- * have cello students mimic the motion of a Ferris wheel, pulling arms toward you, before setting the bow on the string. This helps to keep tension from creeping into the shoulder area.
- * when working on backward extensions, tell students to 'pick their nose' with their first finger. Gross, but an effective image to use with middle schoolers!
- * download the article "A Star is Made" from the NY Times (5/7/06) at http://www.nytimes.com/2006/05/07/magazine/07wwIn_freak.html?ei=
Using the recent world cup soccer tournament as a starting point, the authors talk about the importance of deliberate practice and doing what you love to do. It's a good article for parents to read at the 00start of the school year.
- * here are two assessment ideas that are very quick yet informative. First, have students periodically do a 'teeny tiny test' at the start of class or a lesson. This test consists of one question. For example, 'write the key signature for D Major'. Second, rather than saying 'take out Brandenburg Concerto no. 3,' check students' understanding of the background or features of a piece by saying 'take out the piece that's in Baroque style.' As they learn more about the pieces, give them an initial direction that pertains to more than one piece they are learning, followed by another direction. For example, 'take out the piece that's in D Major', followed by 'now take out the piece that is in rondo form.'
- * purchase the book 'Shaping Sound Musicians' by Patricia O'Toole, GIA, <http://www.giamusic.com/scstore/P-5739.html>
for examples of how to prepare and teach using the Comprehensive Musicianship Through Performance approach. This approach helps teachers to provide instruction that goes beyond students' learning how to play their parts to learning about and experiencing the music.

Margaret Berg

Colorado ASTA Past-President

Membership Application

Use this application to join ASTA today or apply online at www.astaweb.com.

<input type="checkbox"/> New Member <input type="checkbox"/> Membership Renewal	Preferred Method of Contact: <input type="checkbox"/> Email <input type="checkbox"/> Fax <input type="checkbox"/> Mail
---	--

Personal Information

Name _____

Address _____

City, State, Zip, Country _____

Date of Birth _____

Prof. Affiliation _____

Prof. Title _____

Home Phone _____

Work Phone _____

Fax _____

Anticipated Grad. Date (students) _____

Membership Category

Check only one, dues paid annually.

- Professional..... \$93
- Dual..... \$130
(Couples residing at same address. Requires two forms)
- Full-time Student (ID req.)..... \$42
- Library Subscription..... \$78
- Senior (age 62 or over)..... \$66
- String Industry Council..... \$166, \$233, \$321

Other Memberships

- AHS
- MENC
- SAA
- ISB
- MTNA
- IAJE
- CMA
- Other: _____

Make a tax-deductible charitable contribution:

- \$5 - \$25
- \$26 - \$50
- \$51 - \$100
- Over \$100

Profession		Instrument	
Primary	Secondary	Primary	Secondary
Check only 1 primary profession		Check only 1 primary instrument	
Check any secondaries that apply		Check any secondaries that apply	
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<input type="checkbox"/> School (Multi-Level)	<input type="checkbox"/>	<input type="checkbox"/> Guitar	<input type="checkbox"/>
<input type="checkbox"/> Private Studio	<input type="checkbox"/>	<input type="checkbox"/> Harp	<input type="checkbox"/>
<input type="checkbox"/> Performer	<input type="checkbox"/>	<input type="checkbox"/> Brass	<input type="checkbox"/>
<input type="checkbox"/> Conductor	<input type="checkbox"/>	<input type="checkbox"/> Keyboard	<input type="checkbox"/>
<input type="checkbox"/> Retired	<input type="checkbox"/>	<input type="checkbox"/> Percussion	<input type="checkbox"/>
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<input type="checkbox"/> String Enthusiast	<input type="checkbox"/>	<input type="checkbox"/> Other (please list)	<input type="checkbox"/>
<input type="checkbox"/> Student	<input type="checkbox"/>		

Totals

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(\$5 for Canada/\$10 for Other)..... \$ _____

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Membership Certificate (\$10 each)..... \$ _____

GRAND TOTAL..... \$ _____

To reduce risk of delay in processing your application, please complete all sections of this form. For information on Institutional Membership or the String Industry Council, call 703-279-2113 ext. 16. Dues are for individual membership only. Dues are nontransferable and nonrefundable. There is a \$27 charge for all items returned from the bank.

Payment Information

Check made payable to ASTA No. _____

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Card Number _____

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Choose from the following those directories you wish to be excluded from:

- Online Membership Directory Mailing Labels
- ASTA Email Announcements Job Referral Bank

Membership Applications Should Be Returned to:

ASTA Membership Department
4153 Chain Bridge Road, Fairfax, VA, 22030
Fax: 703-279-2114 Phone: 703-279-2113

Or use your credit card to join online at www.astaweb.com.

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