



TEXAS FLUTE SOCIETY

NEWSLETTER

Pre-Festival 2012

Texas Flute Society Membership Application ***January 1, 2012 - December 31, 2012***

Name _____

Address _____

City _____

State _____ ZIP Code _____

Home Phone _____

Alt. Phone _____

E-Mail _____

Choose One:

- _____ New member
_____ Renewing Member
_____ Information Change/Update

Mail with appropriate payment to:

Larry Bailey
Texas Flute Society, Membership
2553 Primrose Drive
Richardson, TX 75082

Please select from the following:

- _____ \$ 10.00 Student- Grades K-12
_____ \$ 10.00 College - Undergraduate
_____ \$ 25.00 College - Graduate
_____ \$ 25.00 Adult/Teacher/Professional
_____ \$ 35.00 Sustaining Member
(Sustaining members will receive
special recognition in the festival
program book)

_____ \$500.00 Life Member

\$_____ Total Enclosed

**If you are a teacher, please check all the
categories you instruct:**

- _____ Elementary _____ Grades 7-9
_____ Grades 10-12 _____ College/University
_____ Adult

Teaching Locale _____

President – Heidi Kay Begay
630-740-1337, heidikaybegay@gmail.com
Editor – Amanda Chavis
amandalchavis@gmail.com



Pre-Festival 2012

Letter from the President



Greetings Flutists!

The 35th Annual Texas Flute Festival is May 17-19, 2012, at Texas Woman's University and the University of North Texas in Denton and is just around the corner. We are thrilled to be able to feature such talented guest artists.

The Texas Flute Society is pleased to announce the events taking place this year. First, we have scheduled three different flute choir sessions for players of all skill levels from beginners to advanced players. The rehearsal is only an hour followed by a short performance; it is always a lot of fun. Also, we have various flute choirs being showcased at the festival including *Flutissimo!*, *Flutasia*, the *UTB Flute Choir*, *Shimmer Flute Ensemble*, *Flutes Unlimited*, *Flutopia*, and the *TSU Flute Choir*.

In addition, our guest artists have planned a vast array of workshops that will satisfy everyone's interests. Mark Sparks will present "Recipe for Success: Make a Synthesis of Elements in Your Playing" while David G. Weiss' workshop is called "Simple System Flutes and Woodwinds and Their Use in Theater, Film, and Commercials". Finally, Shauna Kay Thompson will discuss "Top 10 Practice and Performance Pitfalls". Don't forget to make some time to visit the exhibits and all of the vendors. They will have the latest flutes, accessories, and music for you to check out.

Our annual festival is always a success largely due to the fantastic volunteers who take the time to help us keep things running efficiently every year. We still have spots for parents, grandparents, and friends of flutes in our festival. Students, the festival is an excellent place for you to earn community service hours. If you have an opportunity to assist, please sign up. Please contact Dr. Pamela Riley at 732-213-0704 or drpamelariley@gmail.com for more information. In advance, my sincere thanks go out to all of the hardworking volunteers.

Happy fluting!

Heidi Kay Begay

Heidi Kay Begay
Presidents

Spring Event Report

The Texas Flute Society hosted their **Spring Event**, “How to Launch and Maintain a Private Music Studio,” on March 24, 2012, from 10:00 A.M. to 12:00 P.M. at Hebron High School in Carrollton, Texas. A panel of professional teachers and musicians shared their advice on maintaining a successful private music studio. The panel included Jocelyn Goranson, Thomas Holmes, Jennifer Vaerewick, Jenifer McKenzie, and Dr. Ellen Kaner.



Help to make next year's festival even better!

Please take the time before you leave the festival to fill out the survey form and tell us what you would like to see next year. Tell us what you liked and didn't like. You can drop hints about what you would like to see in the schedule.

Surveys and survey deposit boxes will be located conveniently around the building, including the Registration Table, to make it easy for you to jot down your thoughts before you leave. Of course, if you forget to drop it off, the form can be mailed to us and will be included in the planning activities for next year. Our address is:

Texas Flute Society – Survey
P.O. Box 54202
Hurst, TX 76054

In this Issue

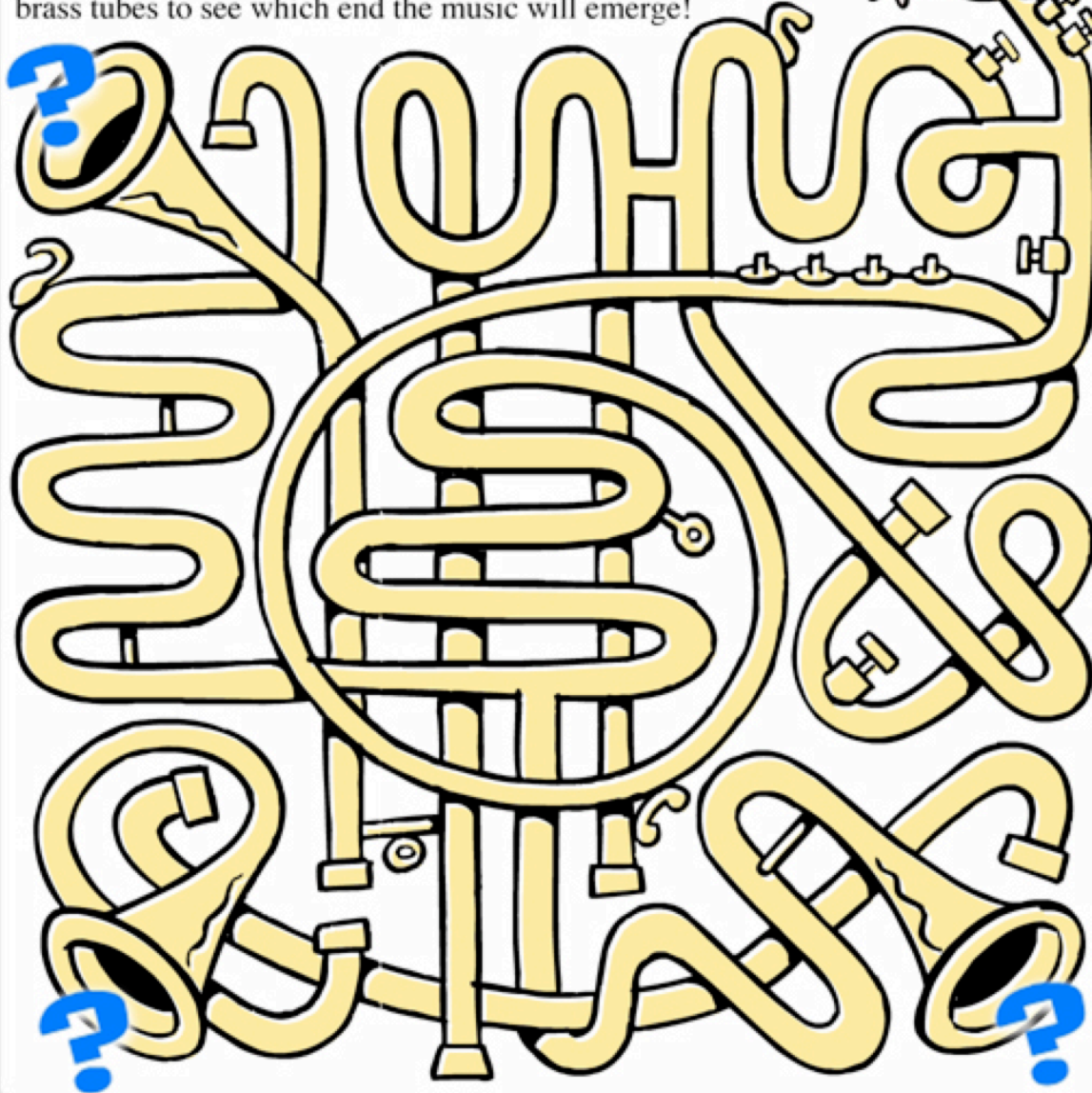
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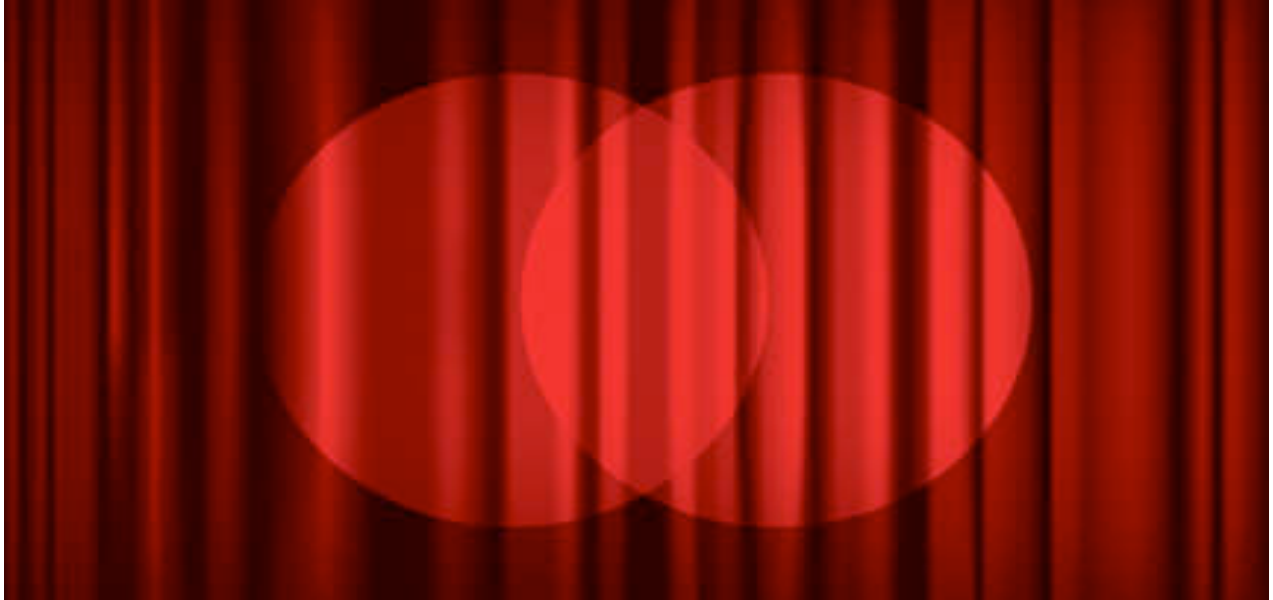
Musical Maze

The musician blows in one end, and the music comes out the other. Try to follow the twists and turns of the crazy brass tubes to see which end the music will emerge!



How to Banish Stage Fright

By Heidi Kay Begay



Out beyond the deep red, velvet curtains, waits an impatient, eager and anticipating audience for the featured performance. However, behind these enormous curtains lies the featured soloist who is dreading to walk out onto that stage alone. As the performer waits for the curtains to be drawn back, his hands begin to become sweaty and he can feel his pounding heart in his throat. Not only does he have to gain physical control, before he walks out onto the stage, but he also has to gain mental control as well. What this performer had just experienced was stage fright, which commonly occurs among a variety of public performers. For a performer to experience the most out of the performance, one needs to identify the problem, research different techniques to aid in the overcoming the fear, and most importantly practice and execute these techniques on a daily basis.

In order to overcome one's performance anxiety, one needs to be able to identify the source of their phobia. William Newman states that a performer needs to first realize that "most people experience this feeling; to be realistic about the existence of fear; to avoid hiding the fear; to avoid exaggerating the fear; and to gain genuine confidence that the music is well prepared" (Whitaker, 6). Everyone has their own individual reasons why they personally experience stage fright. Doubting one's ability, being afraid of losing control, general worry and feeling they have not practice enough, are just some of the many psychological pressures that performers experience (Dunkel, 11). Once a performer has admitted that he has a predicament and figures the source of his jitters, than it is his responsibility to find the appropriate technique to aid in overcoming his fear.

Obviously everyone is uniquely different from each other; therefore, each person needs to find a system that is suitable for their own individualistic needs. Since the few psychological pressures mentioned before are the most prominent among performers, solving them will be most beneficial.

Doubting one's ability is the result of low self-esteem. If one can identify with the audience, the performer gains confidence with the mind-set that the audience members have specifically come to listen to him. Another form of nerves is being afraid of losing control. This can simply be conquered by physical relaxation and breathing exercises. To overcome a performer's overall worries, one can visualize the whole entire performance from beginning to end. And last, but certainly not least, feeling entirely engaged into the performance, according to Dr. Glen Gabbard, will help the performer feel confident that he is well-prepared.

To understand why one is nervous is primarily important, but to practice overcoming one's anxiety is even more so. It should be noted that even if one comprehends why he is nervous and researches the specified techniques, it would not be effective until he executes these methods. Physical activities such as yoga, swimming or walking, receiving a massage and having fun are all various methods that can help reduce stress. Of course there are many more methods, but again it is at the performer's responsibility to discover what specific or combination of methods help for that individual.

Bibliography

-Dunkel, Stuart Edward. The Audition Process. Anxiety Management and Coping Strategies. New York: Pendragon Press. 1989.

-Whitaker, Charlotte Sibley and Tanner, Donald Ray. "But I Played it Perfectly in the Practice Room!" New York: University Press of America, Inc. 1987.

Heidi Kay Begay is currently President of the Texas Flute Society and is an adjunct music instructor at Tarrant County College in Fort Worth. She teaches flute at the Fine Arts Academy at First Baptist Church in Keller and schools within the Northwest, Carroll, Keller, Eagle Mountain Saginaw, and Grapevine-Colleyville Independent School Districts. Her March 2010 publication, "Hopi Culture and the Music of Katherine Hoover," can be found in *Flute Talk* magazine. Heidi's degrees include a Masters of Music and a Bachelor of Arts in Music. Her major teachers include Dennette Derby McDermott, Brian Luce, and Diane Boyd-Schultz.

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Newsletter Submission Deadline & Guidelines:

- **Deadline** for submission to the next TFS newsletter is July 15, 2012.
- **Articles** may be submitted for consideration to be published in a future TFS newsletter. Submission does not guarantee publication.
- **Ads** for the sale of instruments/music/books (must be flute-related) - cost is \$25 for an ad the size of a business card (3.5 x 2 inches).
- **Memorials** for former/current members important to the flute community.
- **Ads** announcing the opening of a new flute studio are allowed.

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