



President's Message

by Charles Turon

Each summer *The American Music Teacher*, the official journal of the Music Teachers National Association, publishes an annotated bibliography on Music Wellness. These bibliographies, dating back to 1998, have been posted on the MTNA website at www.mtna.org under “Resources and Services.” This is an important resource for all involved in music education, dealing with an area that could all too easily be regarded as peripheral to mainstream music pedagogy.

Because music teachers deal with the physical act of singing and playing musical instruments, part of what they do—and therefore should be trained to do—is using their body in an efficient and healthful way. It is no longer enough to say that if we use proper technique it is sufficient to prevent performance-related injury. We have to know something about how the body works so we can fully justify the way we teach technique—not just from an empirical standpoint or because that is the way our teacher taught us. Moreover, improper technique is only one of many risk factors involved in the development of performance-related injury.

The statistics are solid. A review of the many studies of injured musicians reveals that 43% of all musicians will eventually develop a significant performance-related injury.¹ This affects all musicians—pianists, string players, vocalists, wind players—even bagpipers! As alarming as these statistics are, these disorders are largely preventable. Since proper education is

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the best means of prevention, no one is in a better position to prevent disorders than the studio music teacher. Doctors agree that music teachers can be prepared to help prevent and guide students through these problems.²

The signs of change are quite pervasive. It is hard to find a conference that does not have at least one workshop devoted to Alexander Technique or some other topic dealing with wellness. The National Association of the Schools of Music has mandated the teaching of healthy technique. MTNA has formed a partnership with one of the main medical organizations devoted to treating mu-

sicians, the Performing Arts Medical Association. The PAMA publishes a monthly journal devoted solely to the topic of “arts medicine,” *Medical Problems of Performing Artists*.

Is this just a passing fancy? Is this a matter that we really need to concern ourselves with? Does it really need to concern **all** music teachers?

In the realm of performing arts medicine, one can rarely speak in terms of cause and effect, since it can be very difficult to identify an exact cause for a specific performance-related disorder. The best we can do is to identify and try to avoid behaviors and conditions that place us or our students at greater risk. *Ignorance is in itself a risk factor, perhaps the greatest one of all.* Our students have entrusted themselves to us, and we need to ensure that we are fully prepared to teach them in the healthiest way possible.

Instruction in health-related pedagogy is slowly working its way into university schools of music and conservatories. Those of us who are already working in the field as teachers, and those pedagogy students who are not receiving training in the basics of performing arts medicine, will need to take the initiative to educate ourselves, using resources such as those represented in the Music Wellness bibliog-

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President's Message

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ographies. Just a few of the books from these lists that I have found particularly helpful have been *The Musicians' Survival Manual* by Richard Norris, *The Art of Practicing* by Madeline Bruser and *You are Your Instrument* by Joyce Liebermann; I have also found many of the videotapes, websites and journals listed to be worthwhile.

Incorporating new information from the field of performing arts medicine need not be a daunting task. There are many practical steps we can take, with relatively little effort. At the very first lesson we can screen our students, inquiring as to whether there are any physical limitations or disabilities that might need close supervision. As part of their initial instruction we should emphasize the importance of practicing on instruments that are kept in good repair and regulation and instruct students to inform us of physical difficulties as they arise in practice and/or performance. For our own part

we can acquaint ourselves with basics of anatomy and physiology as it relates to the musician, and re-evaluate our own technique and teaching of technique from the performing arts medicine viewpoint. With just a little education in health issues, we can be better prepared to help provide a technical diagnosis when symptoms of physical problems arise.

As a professional organization we need to lead the way. Let us dedicate ourselves to fully utilize the resources that we have, educating ourselves in the pursuit of educating others. The well-being of our students is our business.

¹ Christine Zaza, *Play it Safe: A Health Resource Manual for Musicians and Health Professionals* (London, ON: Canadian Network for Health in the Arts, 1998), 37-39.

² Charles Turon, *Educational Prerequisites for Piano Teachers Assisting in the Prevention, Detection and Management of Performance-related Health Disorders* (Unpubl. dissertation, 2000), 172-173.



State Concerto Competition

by Gloria Bolivar

State Chairman for Competitive Events

The State Concerto Competition will take place at the University of Florida in Gainesville - May 21st - rehearsals and May 22nd - competitions. This event will take place at the Music Building, which is located on MUSEUM ROAD.

There are 2 hotels which are within walking distance of the Music Building:

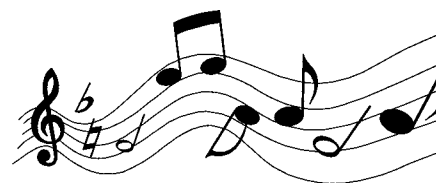
Reitz Union Hotel
686 Museum Road
Tel. 352 392-2151

Holiday Inn
1250 W. University Ave.
Tel. 352 376-1661

How to get to the University :

Take I-75 south or north depending from which direction you are coming. Go to ARCHER ROAD EXIT, turn west to the end of Archer which is SW 13th STREET, turn left on MUSEUM ROAD to go to the Music Bldg. or to the Reitz Union Hotel.

Good luck to all the contestants!



ARTS AWARENESS & ADVOCACY

by Chairman Betty Holsteen Price

HAVE YOU CONTACTED YOUR SENATOR AND REPRESENTATIVE?

To those of you who have been responding to the ACTION ALERTS from the Florida Cultural Alliance, many many thanks. So often these are lengthy messages and come at the last minute. In order to reach as many members as possible these ALERTS are Emailed to FSMTA Board members, District and Local Association Presidents. They in turn, send Emails to as many of you as possible. If you are one of those mentioned above and you have not been receiving these messages please send me your correct Email at "harp moo@yahoo.com".

Sherron Long, President of Florida Cultural Alliance details When, How and to Whom you should respond in the Legislature.

LEGISLATORS REACT TO NUMBERS OF RESPONSES. TAKE THE TIME TO EXPRESS YOUR OPINIONS. WE NEED TO INSURE THE FUTURE OF ARTS IN OUR SOCIETY!

2005

71ST ANNUAL STATE CONFERENCE
MARCO ISLAND – NAPLES
NOVEMBER 10 - 13



An Interlude in Paradise

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SEND IN YOUR REGISTRATION FORM
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The Hilton Marco Island Beach Resort has generously donated a certificate for a two-night stay to be given away in June. All "Early Bird" Registrations (Postmarked on or before May 31) are eligible to win. Winner will be drawn at the Conference Planning Meeting and announced online at www.swfmta.org on June 3rd.

Registrants need not be present to win. See Registration Form in this edition The Florida State Music Teacher.

Call TODAY to reserve your room at the
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**Be sure to ask for the FSMTA Conference Rate of \$109
(Available Tues. Nov. 8 through Sun. Nov. 13).*

*This rate is only available for a limited
number of rooms so call TODAY!*

www.swfmta.org

Around the State...

FSMTA District V (Volusia County MTA, Central Florida MTA, Brevard County MTA, and Vero Beach MTA) recently held its annual 1-day conference on March 12 at Stetson University, hosted by VCMTA.

Dr. Craig Maddox, voice professor at Stetson University, gave an informative and inspiring lecture on "The Alexander Technique". He emphasized the fundamental relationship of the head, neck, and spine to the freedom of all movements of the body, and that it helps to address and change the unconscious habits that interfere with our capacity for poise and mobility.

Following Dr. Maddox's presentation, the District business meeting commenced with reports from the local presidents and district chairmen. District V also elected new officers for 2005-2007: President - Maria Santilli, Vice President - Terri Sullivan, Secretary - Adrienne LeBlanc, and Treasurer - Myrna Feigenbaum. For the second year in a row we were treated to a scrumptious lunch catered by our own District Vice-President Victoria Williams.

The afternoon consisted of two sessions. District V member Nancy Shackelford gave an educational talk on "Sensory Integration and how it can affect learning in the private music studio". She described various ways that sensory input differs in children, and the responses that we as teachers may look for. The Tre Corde Trio (comprised of District V members Victoria Williams, Charlaire Free, and Tim Murphy) gave a workshop on playing trio music (1 piano, 6 hands). The conference concluded with the Honors Recital in which 12 students representing 8 teachers were chosen through audition to perform.

District V local association, BMTA, invites you to a Master Class Recital given by Dr. Paul Stewart, president-elect of MTNA, on Sunday, April 23 in Melbourne. Call Irina Wolynex at 321-951-8306 for info.

District X had its annual one day conference on Jan. 15, 2005 at Edison College in Ft. Myers. The theme of the day, "Putting it all Together", consisted of a power-point presentation on opera: 'passion, preparation, performance' by Dr. Ron Bowman, a performance by the Mountain Laurel trio (including a world premier of the Mountain Laurel suite), followed by luncheon with speaker James Stephenson, trumpeter and composer of the afore-mentioned suite. Each segment was excellent and enthusiastically received by members and guests. Following the luncheon, a joint planning session for state conference 2005 was held with representatives of both District X and District VII.



FSMTA STATE CONFERENCE
 Marco Island Hilton Beach Resort
 November 10 -13, 2005
 REGISTRATION FORM



An Interlude in Paradise

Use one form per registrant (Please Print). Mail the completed form with your check made payable to
 FSMTA Conference 2005 to:

SONJA ROZIER
2605 OLLA COURT
PUNTA GORDA FL 33983

Name: _____ Phone: _____
 Address: _____ Email: _____
 City: _____ State: _____ Zip Code: _____

Are you Nationally Certified? Yes No

Are you State Certified? Yes No

Please describe any special needs you may have: _____

Active Memberships: MTNA NATS NFMC ASTA MENC AGO

Please name any other organizations to which you belong: _____

SCHEDULE OF FEES

The special discounted "Early Bird" Fees listed below are only valid for this registration form.

This form must be postmarked on or before Friday, September 30, 2005.

Those registering on or after Saturday, October 1, will be subject to full registration fees.

College Students Free Day

College Students are invited to attend all programs (not including Banquet) on Saturday, Nov. 12

Full Registration

Includes all programs, banquet, concerto winners' concert, artist's concert, recitals, competitions, and
 receptions. FEE DOES NOT INCLUDE FSMTF GALA

Early Bird Fees: Sept. 30, 2005 (deadline) On or After October 1, 2005:

FSMTA Member:	\$95	\$125
Non-Member:	\$125	\$155
Spouse:	\$75	

Single Day Registration (Does not include Concerts or Banquet)

FSMTA Member Single Day	\$75	Specify Day:	FRI	SAT	SUN
Non-Member Single Day	\$95	Specify Day:	FRI	SAT	SUN
Student Single Day	\$25	Specify Day:	FRI	SAT (free)	SUN

Individual Events

FSMT Foundation Fundraiser Gala \$50	
Banquet \$60	Local and District Presidents' Luncheon \$25
PLEASE CIRCLE THE FEE AMOUNT OF EACH EVENT REGISTERED	

Total Registration Fees Enclosed _____ Check Number _____

Call TODAY to reserve your room at the *Hilton Marco Island Beach Resort!

(239) 394-5000 or Toll Free at 1-800-HILTONS

*Be sure to ask for the FSMTA Conference Rate \$109/night (available Tues. Nov. 8 - Sun. Nov. 13)

Foundation Report

by FSMTF President Martha H. Stubbs

What a beautiful time of the year we are experiencing! Springtime is a time in which flowers bloom and is the appropriate time for our students to demonstrate the growth in their musical skills in recitals, evaluations, and competitions. With that in mind I would like to share with you some happenings within FSMTF.

The Greenspan Community Service Award is based on each student's community service in relationship to music. It does not have any requirements for service to church or synagogue. Certainly if your student shares his talent in his religious activities he should list those events, but again it is not required.

Since MTNA has eliminated the percussion, guitar, and organ competitions at the national level, those areas are to be deleted from the Foundation Competitive Awards' list. With that taking place it was voted at our Winter Board Meeting on February 5th to raise the award level for the Gray Perry Award to \$300, the Byrd Pre-College Award to \$300, and the Pre-College Chamber Music Award to \$500. These increases will take effect immediately for the 2005 Competitions.

An FSMTF Gala is being planned for Thursday, November 10th and the tickets will be \$50 per person. I do encourage each of you to plan to make this event a very special beginning to our 71st Annual Conference at Marco Island.

I encourage all of members to make a donation annually to FSMTF. I do remind our FSMTF Executive Board Members and our District and Local Presidents that you should contribute at least \$10 annually towards the Executive Board Award, which is given to the winner of the Junior Piano concerto Contest and the Local and District Presidents' Award is given to the Community Service Ninth Grade Winner.

I continue to extend my challenge to all locals and districts to consider making an endowment to FSMTF. If you know individuals or businesses in your community that are supporters of the arts, how about taking the step to talk with them about FSMTF. If you would like me to go with you, I will be happy to make a trip to discuss how valuable our awards are to our students and potentially to our teachers. Remember that endowments can also be established to support teacher workshops, guest artists, or even help when disaster strikes such as the hurricanes that effected so many in the fall of 2004. It would be so thrilling if FSMTF could help our teachers when there is truly a need.

Have a great Spring and remember FSMTF needs your support!!

FSMTF CONTRIBUTIONS

Individuals that have made contributions between November 1, 2004 and March 1, 2005:

Millicent Callobre	\$10	Executive Board Fund
District V	\$75	General Fund
Bill Dollarhide	\$200	General Fund
Jo Hovind	\$50	General Fund
Paulette Kilts	\$10	Executive Board Fund
Helen King	\$20	Executive Board Fund
Neil & Mary MacLaren	\$100	Colvert Endowment
Leonard Mastrogiacomo	\$10	Executive Board Fund
Rebecca Micha	\$10	Executive Board Fund
Betty Price	\$10	Executive Board Fund
Maria Santilli	\$100	Morgan Endowment
Nancy Shackelford	\$10	General Fund
Nancy Shackelford	\$10	Executive Board Fund
Joanne Smith	\$10	Executive Board Fund
Martha Stubbs	\$10	Executive Board Fund
Charles Turon	\$10	Executive Board Fund

THANKS FOR YOUR SUPPORT!!

**Newsletter Deadline
July 10**

Contact information changes?

Marc Hebda, Membership Chairman
7801 McClure Dr., Tallahassee 32312-8094
(850) 907-0218 - mjbh@istal.com

Membership Update

by Marc Hebda, Vice President of Membership

Since the previous newsletter, FSMTA is very pleased to welcome the following new members.

Local	Name	Address	Telephone
SWFMTA	Hendrickson, Susan	921 SW 51st Terrace, Cape Coral, 33914-4255	shendrickson@medquistmail.com 239/542-1851
TALLMTA	Herbert, Kara	351 Whetherbine Way, Tallahassee, 32301	herbert01@earthlink.net 850/942-9960
NWMTA	Schnell, Jody W.	4304 Brook Forest Drive, Panama City, 32404	kenjody@aol.com 850/769-1768
RMTA	Temperley, Sarah	3542 Raintree Court, Lakeland, 33803	863/409-1664

Dates to Remember

This completes our first year of having eight issues of our newsletter. Our schedule for next year will remain the same, the deadlines will be as follows:

August Issue - July 10 Nov./Dec. Issue - November 20 (extended)
September Issue - August 10 January Issue - December 10
October Issue - September 10 February Issue - January 10
March Issue - February 10 April/May Issue - March 20 (extended)

Announcing... (drum roll, please!)

The 71st annual Florida State Music Teachers Conference

It is with great pleasure that Districts VII and X invite all the members of FSMTA to take part in the next annual state conference, to be held on Marco Island from Nov. 10-13, 2005. Many people are diligently working to make this event a musical, educational, and artistic success. Don't miss this fantastic opportunity! Reserve the dates now and plan on coming to beautiful Marco Island in Southwest Florida - the Paradise Coast. You will be charmed by the location and re-energized by all you see and hear at the workshops, concerts, and showcases.

Highlights of the conference will include:

- Conference Clinicians, Nancy and Randall Faber, nationally known composers and pedagogues presenting two extended sessions of their newest work in music pedagogy
- Conference Artist, Awadagin Pratt, Naumberg competition winner and Artist-in-Residence, Cincinnati Conservatory of Music, in recital
- Arts Advocacy speaker, Robert Radock, President of FAAE/ACE
- Independent Music Teachers Forum, Rachel Kramer, Assistant Executive Director for Programs & Convention, MTNA
- Concerto winners performing with the Naples Philharmonic Orchestra

THE FLORIDA
MUSIC TRAIN

Explore Florida's rich musical traditions with an educational module for elementary and secondary students. The unit includes an audio CD, five lesson plans, a poster, and information about the artists and selections. Twenty-three recordings on the CD represent a cross section of Florida communities and cultural groups. Created by folklorist Laurie K. Sommers and the Florida Folklife Program, the module costs \$50.

FOR ADDITIONAL INFORMATION:
http://dhr.dos.state.fl.us/preservation/folklife/music_train.cfm

To receive a brochure and order form:
(850) 487-1902
or kcsmith@dos.state.fl.us

Glenda E. Hood, Secretary of State
Florida Department of State
Office of Cultural and Historical Programs
Museum of Florida History

Letter to the Editor

I recently was reading the February/March issue of the Music Teacher (the official Journal of Music Teachers National Association) when I discovered a very interesting article on the back page entitled, Going to a Convention by Leon Karel. I realized that this was not a recent article because my very good friend, Leon Karel, died several years ago. I then discovered it was originally published in 1952. MTNA is to be commended for reprinting this excellent article because it is as pertinent today as it was in 1952.

Dr. Karel was a multifaceted individual who contributed much to music and the humanities in his long and distinguished career. He was a prolific writer, and excellent composer and a music educator. When he retired he moved to Charlotte County in Florida. He continued to demonstrate his concern for the arts by many hours of volunteer work. He was active in the Charlotte County Development (SEAD). As president and board member of SEAD he wrote for many years weekly newspaper articles exploring the many facets of the arts and humanities.

The Arts community misses this wonderful man but his writing lives on. Thanks to MTNA.

David E. Price, President
Peace River Music Teachers Association

Dates & Deadlines

April 16

Deadline for applications for Byrd and Perry Competition

April 23

BMTA Ragtime Master Class*

May 21-22

FSMTA Competitive Events*

June 10-11

Summer Board Meeting
Gainesville

July 10

Deadline for August newsletter

September 30

Deadline for early registration for FSMTA State Conference *

November 10-13

FSMTA State Conference
Marco Island*

*See article in this issue

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Workshops are still being scheduled and are subject to change. Please check Alfred.com for the most up-to-date workshop schedule in your area!

Monday, July 18, 2005
Kenon D. Renfrow
Teaching with Technology
(Co-sponsored by Yamaha)
Music Center, Live Oak
(386) 362-5816

Tuesday, July 26, 2005
Martha Mier
Keyboard Connection, Jacksonville
(904) 880-0002



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