RFA

Volume 21, Issue 4 Newsletter of the Rochester Flute Association Summer 2016

The RFA Proudly Presents Our 2016 Fall Fair Guest Artist

Molly Barth

Grammy-Award winning flutist; contemporary chamber flutist in Duo Damiana, Beta Collide New Music Project, and the Oregon Wind Quintet; Associate Professor of Flute at the University of Oregon

See inside for more information about this year's flute fair, including instructions on applying for the:

- performance competition
- piccolo competition
- masterclass with Molly Barth

Rochester Flute Association

Mission

- To promote the enjoyment and appreciation of the flute.
- To assist members in achieving musical excellence.
- To facilitate an exchange of ideas among flutists, teachers, and flute enthusiasts.

Membership Rates for September 2015-August 2016

Corporate $80; Contributor $50; Family $30; Adult $20; Student $10

Membership dues may be sent to:
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Flute Fair Chair: Rebekah Valerio

Kudos, Events, Classified Ads, and news articles may be sent to the editor at the email address above. Deadline for the fall issue is September 1.

The Rochester Flute Association is a registered non-profit organization. Contributions are tax deductible to the full extent allowed by the law.

RFA FLUTE FAIR INFORMATION

The Rochester Flute Association annual Flute Fair will be held on November 11-12, 2016. This year we will have the annual flute performance competition, the bi-annual piccolo competition, guest artist recital and masterclass, vendor exhibit hall, and many exciting programs. Save the date, and look for more information soon!

Please contact the following people with any related questions:

General Flute Fair questions - Rebekah Valerio, Flute Fair Chair, valeriomusic@aol.com

Performance Competition - Amy Pribulick, Performance Competition Coordinator, amypribulick@gmail.com

Piccolo Competition - Jan Angus, Piccolo Competition Coordinator, jangus@esm.rochester.edu

Flute and Chamber Ensemble Masterclass with Molly Barth - Alex Pitnell, Masterclass Coordinator, alexpitnell@gmail.com

General questions - Meghan Knitter, RFA President, meghan@meghanknitter.com

As a reminder, up to date Flute Fair information and forms may be found on our website www.rfaonline.org.

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Comparison of NYSSMA Manual Editions 30 and 31
By Annette Farrington

NYSSMA manual, Edition 31 (blue and white colored pages) came out in July 2015 and is required for use in all NYSSMA Festivals, starting with the Spring 2016 festival season. It will remain in effect until the end of the Spring 2018 festival season (June 2018). There were several changes to the piccolo and flute solo lists with both additions and deletions. The following list was meant to assist you in keeping your solo festival library up to date.

Always remember to consult the Rules and Regulations. Careful reading should answer most of your questions. Rochester is fortunate to have the NYSSMA manual editor right in our own backyard. Kathryn Struzik is always happy to clarify any of the rules and answer any questions you may have regarding choice of a solo, movements or edition required, and the like. She can be reached at manual@nyssma.org.

One important note—Edition Musicus publications will not be in Edition 31 of the Manual. At the time that the new Edition 31 was going to press, it was discovered that EM was out of business. Knowing that obtaining music would become difficult and permission to copy these editions would be impossible, the editorial staff decided to remove all of them entirely. It is possible that EM will be bought out by another publisher. If the music is in print and available next time, there are plans to reinstate most of EM's music in Edition 32 (2018). In the meantime, there will be no addendum for Edition 31.

The following chart only includes the piccolo and flute solos. Additions to the list are notated first followed by pieces that were deleted. Also, included is a list of collections with "NEW" added next to the title of any that appear in Edition 31 for the first time. *Continue to pages 4 and 5 for chart…*

Classifieds

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Flute and Piccolo Solo Additions to the 2015 NSYSMA Manual			
Piccolo Level 1			
	Sparke	Classical Solos for Flute	
			Bach - Minuet from Notebook for Anna Magdalena Bach
			Dussek - Gavotte
			Purcell - Minuet
Piccolo Level 4			
	Bizet/Halferty	Toreador Song	
In the piccolo listings there is a unique code in parenthesis after each solo that indicates what version the piccolo should play. *1 - play C edition* *2 - play D-flat edition* *3 - piccolo plays flute edition*			
Flute Level 1			
	Bach/Dishinger	Menuet No. 2 from 12 Duets Anna Magdelena Bach Notebook	
	Kendor Music	Kendor Recital Series	
			Halferty - Shiraito Waterfall
			Niehaus - Great Scott
			Niehaus - Timepiece
	Sparke	Classical Solos for Flute	
			Bach - Minuet from Notebook for Anna Magdalena Bach
			Dussek - Gavotte
			Purcell - Minuet (Z.649)
	Schirmer	The Flute Collection (Easy to Intermediate)	
			Bach - Minuet from the Notebook for Anna Magdalena Bach, BWV 116
Flute Level 2			
	Bach/Dishinger	Bourree from 12 Duets Anna Magdalena Bach Notebook	
	Moyse, L.	Solos for the Flute Player	
			Loeillet - Allegro from Sonata for Flute and Piano
	Schirmer	The Flute Collection (Easy to Intermediate)	
			Schubert - Minuet
Flute Level 4			
	Kempton/Strommen	Kendor Master Repertoire	
			Bizet - Selections from Carmen
			Delibes - Pizzicato Polka
			Eccles - Sonata in g minor
	Moyse, L.	Solos for the Flute Player	
			Vinci - Allegro from Sonata for Flute and Piano
Flute Level 5			
	Kempton/Strommen	Kendor Master Repertoire	
			Handel - Sonata No. 4 (both mvts)
			Vivaldi - Concero in a minor (mvts. 1 & 2 or 2 & 3)
	Reinecke		Ballade, Op. 288
Flute Level 6			
	Higdon	Autumn Reflections	
	Reinecke	Sonata Undine, Op. 167	
	G. Schirmer	Twentieth Century Flute Sonatas	
			Martinu - First Sonata
			Muczynski - Sonata
			Prokofiev - Sonata, Op. 9
			Taktakishvili - Sonata

Flute and Piccolo Solo Deletions from the 2015 NYSSMA Manual		
Piccolo Level 1		
	Tchaikovosky/Maganini	Three Pieces
	Thomas	Memory
Piccolo Level 2		
	Lully/Felix	Dances for the King
Piccolo Level 3		
	Christensen	Piccol O'Reilly
	Christensen	Piccolo Francaise
	German/Brom	Morris Dance
	Tschaikowsky	Song of the Lark
Piccolo Level 4		
	Koepke	Popinjay
Flute Level 1		
	Lully/Felix	Dances for the King
Flute Level 2		
	Conley	Leprechaun Tune
Flute Level 3		
	Bizet/Smim	Serenade Espagnole
	Stuart	Essay
Flute Level 4		
	Boehm/Hass	Andante from First Concerto, Op. 1
Flute Level 6		
	Busser/Moyse, L.	Prelude et Scherzo, Op. 35

Collections

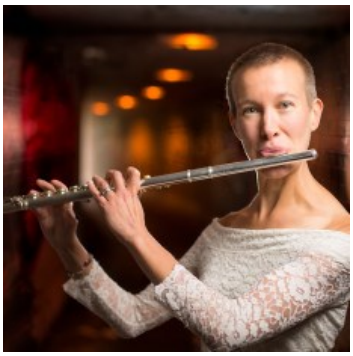
12 Duets Anna Magdalena Bach Notebook (Bach/Dishinger)
24 Short Concert Pieces (Cavally)
Album of Sonatinas (Moyse, L.)
Baroque Music for Flute (Polnauer)
Beginner's Repertoire, Vol. I (Phillips)
Beginner's Repertoire, Vol. II (Phillips)
Classic Festival Solos, Vol. 2 (Lamb)
Classical Album (Zachert)
Classical Solos for Flute (Sparke) - **NEW**
Concert and Contest Collection for Flute (Voxman)
First Solos for the Flute Player (Moyse, L.)
Flute Music by French Composers (Moyse, L.)
Flute Solos, Level 1 (Belwin)
Flute Solos, Level 2 (Belwin)
Forty Little Pieces in Progressive Order (Moyse, L.)
Kendor Master Repertoire (Kempton/Strommen) - **NEW**
Kendor Recital Solos - **NEW**
Repertoire Classics for Flute (Peck)
Solo Sounds for Flute, Levels 1-3, Vol. 1 (Lamb)
Solo Sounds for Flute, Levels 3-5, Vol. 1 (Lamb)
Solos for Flute (Peck)
Solos for the Flute Player (Moyse, L.) - **NEW**
The Flute Collection (Easy to Intermediate) (G. Schirmer) - **NEW**
The Flute Collection (Intermediate) (G. Schirmer)
The Flute Collection (Intermediate to Advanced) (G. Schirmer) - **NEW**
Twentieth Century Flute Sonatas (G. Schirmer) - **NEW**
Twenty Concert Studies (Bach/Mols)

N.B. every attempt was made to create an accurate listing. Please consult the most current edition of the NYSSMA manual before assigning solos.

The Rochester Flute Association is proud to present

Molly Barth

In a Flute and Chamber Music Masterclass
Saturday, November 12, at Flute Fair 2016
Martha Brown Middle School, 665 Ayrault Road, Fairport, NY 14550



Described as "ferociously talented" (The Oregonian), Grammy-Award winning flutist Molly Alicia Barth specializes in the music of today. In demand as a soloist, Molly has recently performed in Australia, Korea, and Mexico and has played solo recitals and led clinics at esteemed institutions.

Contemporary chamber music is Molly's primary musical interest, and she is currently involved in three ensembles. Formed by Molly Barth and guitarist Dieter Hennings, Duo Damiana is focused on broadening the cutting-edge body of repertoire for flute and guitar. Molly is Associate Professor of Flute at the University of Oregon. Her many honors include winning the 2007 "Best Chamber Music Performance" Grammy Award as a founding member of the new music sextet eighth blackbird.

Masterclass Information

Three – five performances will be chosen. Soloists and chamber ensembles must submit one copy of a recording. Chamber ensembles must include at least one flutist. Solo pieces written with accompaniment must be performed as such, and the applicant must provide the accompaniment. Performers must be in ninth grade or older. All flutists must be current members of the RFA. A teacher's recommendation is required for an applicant(s) in high school to confirm the student's high level of preparation.

For more information, contact Alex Pitnell at (303)921-4142 or alexpitnell@gmail.com

APPLICATION DEADLINE: Must be received by Friday, September 23, 2016
NOTIFICATION BY: Friday, September 30, 2016

All applications must contain:

1. RFA 2016-17 Registration Form
2. A CD, mp3 file or Youtube link.
   a. Soloists: Two contrasting works from any period or style. Accompaniment is not required when submitting the application. Once masterclass participants are selected, repertoire will be decided. Each work must be no longer than eight minutes in length.
   b. Chamber Ensembles: One work from any period or style. Maximum performance time ten minutes.
3. Required Fees:
   a. Soloist Adult 18+: $55 (includes $10 application fee, $20 RFA Membership fee, $25 Flute Fair Registration Fee).
   b. Soloist Student/Snr: $35 (includes $10 application fee, $10 RFA Membership fee, $15 Flute Fair Registration Fee).
   c. Chamber Ensemble Adults: $10 application fee (pay once for entire ensemble)
      + $20 RFA Membership fee applicable to flutists only,
      + $25 Flutist's Fair Registration Fee and $5/non-flutist guest
   d. Chamber Ensemble Student/Senior: $10 application fee (pay once for entire ensemble)
      + $10 RFA Membership fee applicable to flutists only
      + $15 Flutist's Fair Registration Fee and $5/non-flutist guest

If you are already a member, subtract membership dues from your payment. Soloists chosen to perform will be assessed an additional $35 fee. Chamber ensembles chosen to perform will be assessed an additional $50 fee.

Please make checks payable to Rochester Flute Association and send all materials to:
Rochester Flute Association, P.O. Box 10173, Rochester, NY 14610.

2016 Rochester Flute Association Performance Competition

Competition	Friday, November 11, 2016	Hochstein School of Music and Dance
Winners' Recital	Saturday, November 12, 2016	Martha Brown Middle School

APPLICATION DEADLINE: FRIDAY, September 23, 2016

The Rochester Flute Association will host a flute competition designed to identify the highest levels among its student, emerging artist, and amateur membership. The competition is a live audition, and winners will perform in a recital at Flute Fair on Saturday, November 12, 2016. A cash prize will be awarded for each category.

General Information

Each performer will be allowed 12-15 minutes of total playing time including the required piece, and another piece of the performer's choosing. If necessary, the judges may ask the performer to stop before pieces are completed. Pieces written with accompaniment must be performed as such. Each performer is responsible for providing his/her accompanist. Please be advised that this is a ***closed audition.***

Applicants must have a current membership in the Rochester Flute Association. These dues are included in the competition application fee. There will be ***no limit*** on the number of performers in any category, or for the total competition. Competition winners from the previous 2 years may not enter, unless it is in a different category.

Categories

High School	College/Emerging Artist	Adult
Grade 9-12 as of the 2016-2017 academic year. Teacher's signature required.	Flutists of any age currently enrolled in any music degree/certificate program, **OR** who have completed such a program within the last 5 years of the competition.	Anyone over the age of 18 as of November 1, 2016 who does not fall into the other two categories.

Repertoire Requirements

High School	College/Emerging Artist	Adult
1) MOUQUET *La Flûte de Pan*, mvmt. I & II 2) One piece of the applicant's choosing *(flute alone or flute & piano repertoire)*; two contrasting movements, if applicable.	LIEBERMANN *Concerto*, mvmt. I One piece of the applicant's choosing *(flute alone or flute & piano repertoire)*; two contrasting movements, if applicable.	POULENC *Sonata*, mvmt. I & II One piece of the applicant's choosing *(flute alone or flute & piano repertoire)*; two contrasting movements, if applicable.

All Applications MUST Contain:

1) RFA 2016-2017 Registration Form (available at www.rfaonline.org)
2) Teacher's signature on Registration Form, if applicable
3) Entry fee of $20.00 (non-refundable), RFA membership dues—Adults (over 18) $20, Students/Seniors $10, and Fair registration fee—Adults $25, Students/Seniors $15.

For more information contact Amy Pribulick: amypribulick@gmail.com or 607-742-6060

Please make checks payable to Rochester Flute Association, and send all materials to:
Rochester Flute Association - P.O. Box 10173 - Rochester, NY 14610

2016 Rochester Flute Association
Frank and Mary Louise George Memorial Piccolo Competition

APPLICATION DEADLINE: FRIDAY, September 23, 2016

Saturday, November 12, 2016 **Martha Brown Middle School Auditorium**

The Rochester Flute Association will host a piccolo competition for outstanding high school and collegiate piccolo players. This Competition is sponsored by Rita George Simmons in honor of her late parents, Frank and Mary Louise George. Rita wishes to encourage and promote performance of piccolo repertoire at the highest levels by high school and college students. The Competition consists of a live audition to be held the morning of Saturday, November 12, 2016. A winner will be chosen from both the High School Division and the Collegiate Division. Each winner will receive a cash prize of $150. The winners will perform on the Winners' Recital Saturday afternoon during Flute Fair 2016.

GENERAL INFORMATION

Each performer will be allowed 12-15 minutes of total playing time, to include the required piece and another piece of the performer's choosing. If necessary, the judges may ask the performer to stop before pieces are completed. The piece of the performer's choosing may be accompanied or unaccompanied according to the requirements below, and may be performed in any order of the performer's choosing. Each performer is responsible for providing his/her accompanist. Please be advised that this is an open audition.

Applicants must have a current membership in the Rochester Flute Association and these dues are included in the competition application fee. The high school applicant must be in grade 9-12 as of the 2016-2017 school year. Teacher's signature is required on the application. The College Division is open to undergraduate and graduate students who are currently enrolled in an accredited institution.

REPERTOIRE REQUIREMENTS

High School Division

Katherine Hoover: Three Sketches *(accompaniment required)*

A contrasting piece *(may be accompanied or unaccompanied)*

Collegiate Division

Ken Benshoof: Spindrift *(accompaniment required)*

A contrasting piece *(may be accompanied or unaccompanied)*

WINNERS AND AWARDS

The RFA will award one high school winner with $150 and one collegiate winner with $150; however, the judges reserve the right to not award a prize. The winners (and accompanists) will be required to perform both pieces at the Winners' Recital.

ALL APPLICATIONS MUST CONTAIN

1. RFA 2016-2017 Registration Form (available at www.rfaonline.org)

2. Teacher's signature on Registration Form, if applicable

3. Required Fee of $45, which includes entry fee ($20.00, non-refundable), Fair registration fee ($15), and RFA membership dues if not currently a 2016-2017 member ($10).

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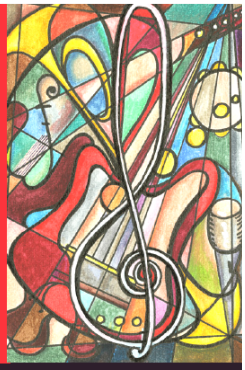
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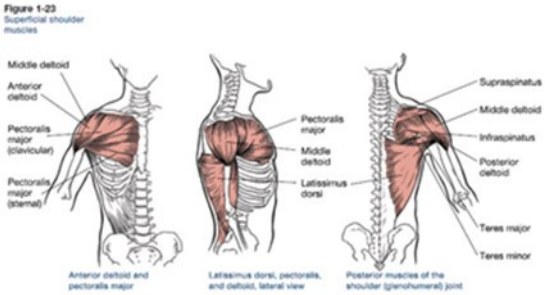
Lessons from Massage Therapy

Playing flute is physical work even though we love doing it. We all need to learn some self-care to avoid repetitive use injuries. Here are some helpful tips to keep your body healthy. First, remember to keep hydrated to help the muscles function. Drink water before and after playing. Secondly, it is important to realize that keeping the left arm raised across the front of the body for hours on end is not a natural position. Many muscles work together to allow us to hold that position. These are the muscles that need the extra TLC. A local massage therapist, Heather Taylor, who is also a musician, is skilled at knowing exactly what muscle groups are involved in the use of your instrument. (Her website can be found online at "Massage and Music.com" to schedule a massage.) A professional can do the most effective work on all of the related muscle groups, hard to equal on your own, but there is a great deal of self-care that you can do! I will explain techniques that have helped me the most for my muscles. Heather also gives classes for musician self-care on a regular basis. Hopefully what I have gleaned will help you too.



When we play flute, our left arm draws up and across our body to the right. Raise your arm to feel that extension. We unnaturally elongate the muscles all across our shoulder and upper back, over-stretching the muscles that surround our rotator cuff, also using our biceps, deltoid, trapezius, lats and pectoral muscles. It is quite an extensive group of muscles involved in just raising one arm. These muscles get sore with repetitive use. When you play for hours pay close attention to what muscles get sore. Remember to take regular breaks and stretch tight muscles with purposeful stretching. Any sore muscle can be helped with a circular rubbing motion. Pay attention to what starts "speaking up" with pain and gently stretch the muscles in the opposite direction. Stretch, release and repeat. Doing this intermittently when you practice helps to prevent injury. I personally need extra work on my left shoulder when I'm done playing. The muscles that connect to the rotator cuff over-stretch and over-extend toward the front when we play. You can counteract that over-extension by pretending to do the chicken dance... or if you are holding your flute up wave "hello" with your elbow moving it up and down toward someone standing in front of you. Change the angle to saying "hello" to someone slightly to your left. Determine which feels best for you in relieving the stretched muscle. Do not do anything that hurts. Repeat what makes things feel better. When you put your flute away gently rub the muscles to help sore tissues relax and increase blood flow to that muscle. Paying attention to the small aches when they are small is one of the greatest things you can do to prevent larger problems from developing.

Continued on page 10…

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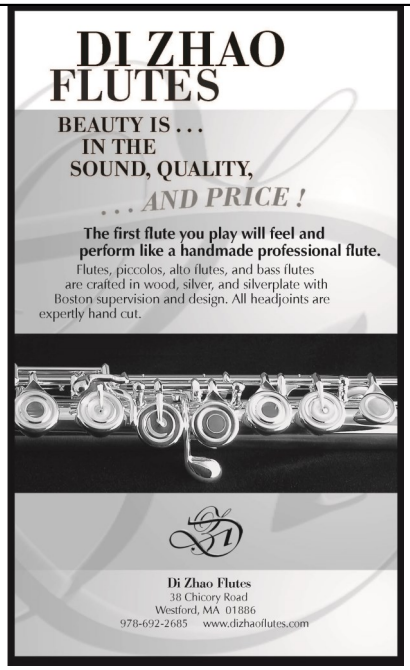
…Lessons from Massage Therapy, continued from page 9

For my own regular self-care I rub my right hand over my left shoulder. I rub the upper three deltoid muscles in a circular motion starting from over the top back of my shoulder and moving toward the front to release the muscles that pull and stretch at my rotator cuff. It should feel better right away. This is the best sign that you are doing the right thing. Normally when you start to massage and relax one muscle the other related tight and sore muscles start to "speak up" and "request" a little attention too. Just follow the gentle pain signals and feel with your fingertips where your muscles are bunched up and tight. Gently massage them in a forward and back rubbing or circular motion, whichever feels the best. I usually get the next "whimper" from my left arm bicep closest to my body. I then reach over my shoulder in back to massage the muscles that connect to my shoulder from the back. Make sure you pay attention to "dropping" and relaxing all of your muscles as you are massaging. Lastly, but very importantly, the upper body flat pectoral muscle on the upper front of the chest may need relief. Most of us have a very crunched and forward curled sitting position when we are at a computer or working at a desk. We need to stretch in the opposite direction with a gentle motion to counteract the tightness. Raise your chin, bring your shoulders back and feel them stretch and relax. Put your hands over your pectoral muscles and use your thumbs to massage and flatten those "pancake"- like muscles on the front. Again, you will know what to do by how much the muscles release the slight pain.

I use wooden as well as gemstone massage tools on my muscles. There are many designs. The surface area is wider than your finger and using them helps keep your hands from tiring out. Sometimes these can be more effective because of the wider and more even pressure that can be applied to a muscle. I have a large collection of therapeutic gemstone and petrified wood massage wands in multiple shapes and sizes. I help people search for the perfect tool for them for a nominal appointment fee. Contact me if you are interested in that help. I also recommend the large plastic hook, the "Thera Cane," available on e-bay. It is a deep-pressure massage tool for reaching points on your own back. The Tru- Back orthopedic arch support by itself or in combination with large Pilates balls are also invaluable for back support and muscle relaxation. You can contact me if you need help finding any of these.

The last massage technique that I am going to mention is for when you have someone there to help you. Stand up next to the person helping you and drop your arms to your side. Ask them to hold your lower forearm between their flat, open hands. They will roll your arm gently between their open palms as someone would rub a strip of pizza dough into a bread stick. Roll the muscles gently back and forth letting gravity help elongate your muscle fibers. It feels like heaven and you will probably ask for this often. Your only job is to hang your arm loose. It confuses the nerve signals in a good way. You can try to mimic this motion by yourself with one hand by dropping your arm to your side. It is not as effective as letting someone else do it for you. The most important thing to remember is that you pay a little extra attention to the signals that your muscles are sending you long before it becomes a large problem which can be avoided with extra TLC.

To your health. - *Dawn Smiley Taylor*



Kudos!

From the studio of **Jan Angus**:

Promiti Datta and Adela Patru won seats in the RPYO and HYSO flute sections, respectively.

From the studio of **Cassie Dries**:

Gillian Buettner is graduating from Northstar Christian Academy and will be attending Roberts Wesleyan College in the fall for flute performance.

From the studio of **Sophia Gibbs Kim**:

Kyle Yuan won a seat in the RPYO.
Katie Erickson received a perfect 100 at All-State Solo Festival and performed in the RFA Masterclass with Leone Buyse.
Meeta Dahake and Emily Ren received perfect scores at the spring solo festival.
Anna Miller is graduating with Honors from the Eastman Community Music School.
Victor Wang, a graduate from 2010, won the principal flute position with the Charlotte Symphony Orchestra.

Teachers are encouraged to submit student kudos to the newsletter editor.
The deadline for the fall issue is September 1.

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♫ Events Calendar ♫

Thursday, July 14	**7:05 p.m.**	**Flute Camp Participants perform the National Anthem at the Redwings Game (Tickets required $8 to $12)**	**Frontier Field 333 N. Plymouth Ave Rochester, NY 14608**
Monday - Friday July 11-15	**9:00 a.m - 2:00 p.m.**	**RFA/Hochstein Summer Flute Camp Performance on Friday, July 15 at 2:30 p.m.**	**Hochstein School of Music & Dance 50 N. Plymouth Ave. Rochester, NY 14614**
Monday - Friday July 11-15	**9:00 a.m - 12:00 p.m.**	**RFA/Hochstein Summer Junior Flute Camp Performance on Friday, July 15 at 11:45 a.m.**	**Hochstein School of Music & Dance 50 N. Plymouth Ave. Rochester, NY 14614**
Sunday, July 24	7:30 p.m.	Summer @Eastman Sophia Gibbs Kim, flute with Irina Lupines, piano	Hatch Recital Hall Eastman School of Music 26 Gibbs St. Rochester, NY 14604
Sunday, July 31	2:00 p.m.	Garden Concert: Music in the American Wild— Emlyn Johnson, flute/director with 7 other performers	George Eastman Museum 900 East Avenue Rochester, NY 14607
Friday, November 11	**8:00 p.m.**	**Molly Barth with guitarist Dieter Hennings: Duo Damiana**	**Hochstein School of Music & Dance 50 N. Plymouth Ave. Rochester, NY 14614**
Saturday, November 12	**9:00 a.m. - 5:00 p.m.**	**RFA Annual Flute Fair**	**Martha Brown Middle School 665 Ayrault Rd Fairport, NY 14450**

Bold face indicates an RFA-sponsored event. Teachers and performers are encouraged to submit events and performances to the newsletter editor. Deadline for the summer issue is September 1.

RFA