

Tune In

Raleigh Area Flute Association

September 2005

Christine Gustafson: Concert & Masterclass

Accompanied by pianist Barbara Lister-Sink and dancer Yu Wang

Christine Gustafson won a professional Fulbright grant in 2001-2002 to Taiwan for a performance project featuring the music of living American composers. As part of her project, she met with Taiwanese and Chinese composers to study their music and style, and is now bringing their music to American audiences. She performed throughout Taiwan, giving masterclasses and recitals at the Beijing and Shanghai Conservatories as well. She performed Taiwanese music at the NFA Convention in a shared recital with Chinese soloist Han Guo-Liang in San Diego last

month. Her concert for RAFA on September 25, entitled "The Wind from the East, the Wind from the West", will feature music from her Asian experiences and will include a video montage and an appearance by Chinese dancer Yu Wang.

Sunday, September 25
Carswell Recital Hall
Meredith College in Raleigh
Concert: 2:00-3:00
Masterclass: 3:15-5:00 p.m.



A 1995 winner of the National Flute Association Professional Performers Competition, Christine Gustafson has performed solo and chamber music in Europe, Canada, Taiwan, China, and throughout the United States. She has been a featured performer at the American Music Festival and also performed as a Fellow at the Salzburg Summer Academy Festival, the Waterloo Festival and the Sarasota Music Festival, and as solo flutist for the Banff Opera Orchestra in Canada. An active proponent of new music, Gustafson has had works written for her by composers including Stephen Jaffe, Mark Lewis, Martha Horst and Yan Fu Rong. She has premiered many new works in a wide range of venues, among which are the National Cultural Center in Taipei, the Beijing Conservatory and the Kennedy Center in Washington, DC. Dr. Gustafson is Associate Pro-



Pianist **Barbara Lister-Sink** is an internationally acclaimed performer chosen for inclusion in 2000 International *Who's Who in Music and Musicians* and 2005 *Who's Who in America*. Cited in the 2000 edition of *Piano & Keyboard* magazine as one of the 20th century's most influential American piano teachers, she is a global pioneer in injury-preventive technique. Her video *Freeing the*

Caged Bird won the 2002 MTNA-Frances Clark Keyboard Pedagogy National Award and was praised as "a monumental work" by pianist Vladimir Ashkenazy. A graduate of Smith College, she holds the coveted Prix d'Excellence from the Utrecht Conservatory. Lister-Sink has taught at Duke University, on the Artist Faculty of the Eastman School of Music and currently at the Brevard Music Center. Formerly keyboardist for the Royal Concertbouw Orchestra of Amsterdam, her performances have been broadcast on NPR, CBC and Radio Netherlands.

Dancer **Yu Wang** was born and raised in China's Yunnan, home to 25 ethnic Chinese minority groups. Without any formal dance training, she nourished her enthusiasm and developed her talent in Chinese ethnic dance on her own for 18 years, winning dance contest prizes both within and outside of China. As a full-time student in recent years, she maintained her passion for dance while in school, performing her favorite solo dance, Peacock in



the Spring Sunshine, in China, Hong Kong, Japan and the US. Her love of folk dance initiated her interest in learning about the cultures of ethnic peoples and folk arts and led to her academic pursuit of cultural anthropology. She is currently a PhD student in cultural anthropology at Duke University.

**See page two for concert program
and masterclass notes.**

Concert (2:00 – 3:00 p.m.)

The Wind from the East, the Wind from the West

Music from Taiwan and China

Christine Gustafson, flute
Barbara Lister-Sink, piano
Yu Wang, traditional Chinese dancer

Monologue II for Flute Solo Fuk-Wing Yim
Trees Gordon Chin
Peacock in the Spring Sunshine (featuring Yu Wang, dancer)
Sunlight on Mountain Tian Huang Huwei

☸ Intermission ☸

The Reflection of the Flute (with video montage) Hong Qian-Hui
Spring: The Flute in the Winds
Summer: The Flute After the Rain
Autumn: The Flute in the Moon Night
Winter: The Flute of the Snow
The Jasmine Flower Song Traditional Chinese Folksong
Looking for Love Traditional Taiwanese Folksong

Masterclass (3:15 – 5:00)

Block *Suite Modale* (movement four) performed by Katharine Grunwald
Doppler *Fantasie Pastorale Hongroise* performed by Jessica Epps
Griffes *Poem* performed by Tamara Van Pala
Prokofiev *Sonata* (movement one) performed by Tunisia Bullock

Flute Choir News

Flute choirs begin rehearsals on Sunday, September 18 at Raleigh's Jaycee Community Center, 2405 Wade Avenue. New members are welcome! Auditions for new members will be held at 1:00 p.m., with the two-hour rehearsal beginning at 2:00 p.m. Visit www.RaleighFlutes.org for audition details and the fall schedule or contact Rosene Rohrer at (919) 781-3225 or Liz Gibbs at (919) 848-1596.

Congratulations to choir director Liz (Lester) Gibbs, who got married in July to Jeremy Gibbs! Liz directs Silver Winds and Silver Pipes flute choirs and also serves as coordinator of RAFA's annual Review and Contest. Please note Liz's new email address: elgibbs@nc.rr.com.



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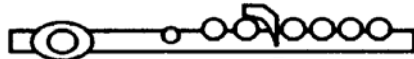
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Review and Contest



RAFA's 21st annual Review & Contest will be held the afternoon of **Sunday, November 13** at Highland United Methodist Church in Raleigh. The event is open to students (elementary through university) and adults (Review only). This is a great opportunity to set goals, reach new challenges, and receive valuable feedback on your flute-playing skills. Last year 160 flutists participated!

The contest's music list, rules, and registration form are available from RAFA teachers or can be downloaded directly

from RAFA's website: www.RaleighFlutes.org. The one-page **registration form is due October 1.**

Contest winners will perform in a recital Friday, November 18 at 7:30 p.m. Mark your calendar with these important dates.

Feel free to contact Contest Coordinator Liz (Lester) Gibbs at (919) 848-1596 or elgibbs@nc.rr.com with any questions.

Flute Fair

with

Guest Artist Rhonda Larson



November 19, 2005
from 9:00 a.m. to 5:00 p.m.
Highland United Methodist Church
1901 Ridge Road, Raleigh
(corner of Ridge Road & Lake Boone Trail)
Free for RAFA members;
\$10 general admission

The day will begin with a concert by Rhonda Larson entitled, "Precious Metal, Crystal and Wood—a Performance of Flute Music with Rhonda Larson and her Virtual Band." Class participation sessions follow the performance and then a traditional masterclass. Be ready to try something new! Other activities throughout the day include workshops, exhibits, and a catered lunch.

Grammy award winning flutist Rhonda Larson entered the national music scene from her native Montana by winning first prize in the National Flute Association's Young Artist Competition in 1985, including a Carnegie Hall debut. Shortly thereafter, Rhonda joined forces with the Paul Winter Consort, initiating her journey of combining diverse musical styles in addition to her classical training. Rhonda's diversity, combined with her musical and technical wizardry, has begun a new generation for the flute as a leading voice in the music world. Composing much of her own repertoire, Larson continues to be recognized as a visionary force creating a refreshing new approach, including her versatility on an array of ethnic flutes from around the world.

RAFA is supported by United Arts Council of Raleigh and Wake County, with funds from the United Arts campaign and the Grassroots Arts Program of the North Carolina Arts Council, an agency funded by the State of North Carolina and the National Endowment for the Arts.

Summer Fun!

We invited RAFA members to share their summer flute experiences. Here's a sampling that, perhaps, will inspire you to take advantage of similar opportunities next year!

James Norton performed a flute recital at Carol Woods Retirement Community in Chapel Hill in July. Accompanied by Benedicte Mortamet (piano), Doug Norton (piano), and Genevieve Norton (cello), the recital featured works by Mozart, Telemann, Burton and von Weber. James is an eighth grader who studies flute with Dr. Nathan Zalman.

Helen Spielman taught a week-long seminar at Wildacres Flute Retreat called "Performance Anxiety from the Inside Out." Many participants in the class experienced major breakthroughs in their ability to perform fearlessly for the first time in their lives. Helen had a great and silly time becoming "Mrs. Schpeeelmann" on skit night, pretending to give her students pills to make them have to giggle, hallucinate, or kiss their pianist while performing!

Catherine LeGrand has had an eventful summer. Catherine was named curator of the Paige Brook Music Library and began cataloguing the extensive collection. Many unfamiliar and wonderful works have been discovered! Paige served as Associate Principal Flute of the New York Philharmonic for 37 years. In late July, she performed the Karl Stamitz *Concerto in G Major* in Marquette, MI with the Superior Festival Orchestra with which she has served as Principal Flute since 1992. She was also a participant in the 2005 International Grand FinnFest Orchestra. Catherine spent much of her summer completing preparations with pianist Kenneth Grigg for an album of French and Russian music. Together, Catherine and Kenneth Grigg comprise the *Senza Misura* duo. Don't miss their local performances in the coming season! (details soon) Recently, Catherine has been delighted to hear from former students who are reporting considerable professional successes and personal growth. Local news: In June, Catherine taught a Flute Camp at the Village Music School in Cary. She has also set up her in-residence Durham teaching location, so she now has three Triangle area studio locations.

Emily Orr completed her Doctorate at UNCG and was inducted into Pi Kappa Lambda (National Music Honor Society) AND got a job teaching at UNC Pembroke. She also completed her seventh year of teaching Instrumental Music at the NC Governor's School, "the greatest place on Earth!"

For the third straight summer, **Lillian Maxwell** attended SummerKeys flute workshop in Lubec, Maine. Offered for

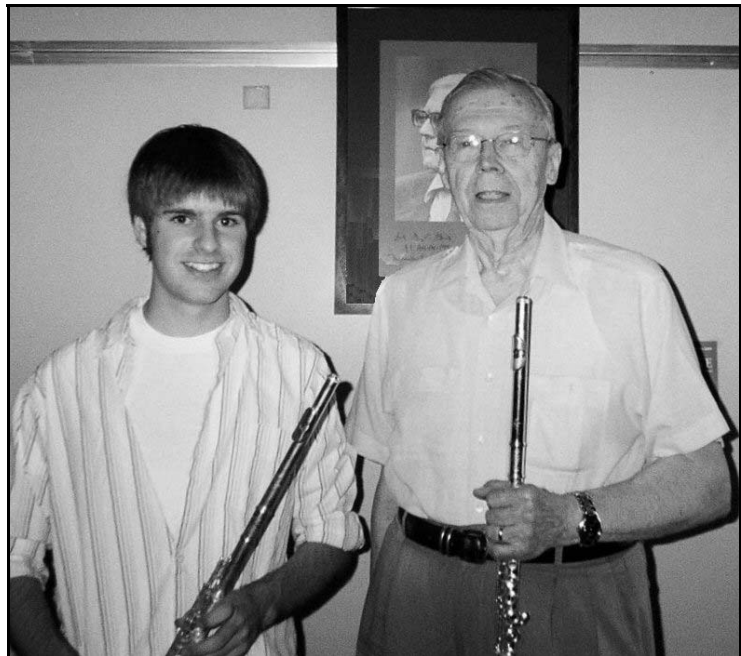


all levels in a noncompetitive environment, the one-week session included a daily one-hour lesson with teacher Suzanne Gilchrest, two hours of practice time, and instruction on instruments other than flute. Lillian enjoyed playing with a string ensemble her first year and a flute, clarinet, and piano ensemble last year. SummerKeys provides an enjoyable, exciting and rewarding musical experience for Lillian as well as a mini-vacation exploring the Maine coast and the charming old fishing village of Lubec.

Lillian Maxwell (right) and SummerKeys teacher Suzanne Gilchrest (left).

Adam Cutchin spent part of the summer in France where he gave an unplanned performance in the chapel l'Abbaye Royale de Fontevraud, which was built in the early 11th century, houses the remains of such figures as Eleanor of Aquitaine and Richard the Lion-Hearted. The impromptu performance of core French flute repertoire drew a small crowd of people who were in awe of the way the chapel's acoustics amplified the brilliant sound of the flute.

Additionally, Adam attended the School of Music at the National High School Institute on the campus of Northwestern University as a Winds and Percussion major. Throughout his time there, he performed frequently with the Wind Ensemble, Orchestra, and his chamber group. With his performance on the Honors Solo Recital, Adam was the only flutist of the Institute to perform a solo. Furthermore, Adam's woodwind quintet had the opportunity to premier a composition by Will Buck. The highlight of Adam's summer activities was the tremendous opportunity to study with Walfrid Kujala.



Adam Cutchin (left) and Walfrid Kujala (right)

About twenty local flutists attended the NFA Convention in San Diego August 11-14, with several of our RAFA members featured in recitals, workshops, masterclasses, or panel discussions. Special congratulations to NFA founder **Mark Thomas**, who was honored with the National Service Award. **Christine Gustafson** performed Taiwanese music in a recital shared with Chinese soloist Han Guo-Liang. **Leslie Marrs**, winner of the D.M./Ph.D. Dissertation Competition, presented her paper on the topic "Integrating Extended Techniques into Flute Pedagogy." **Thomas Mease and Ann Pearce** performed in the San Diego Sonorities Flute Orchestra concert, which included one of Ann's flute choir compositions. **Rosene Rohrer** participated as a panelist in the workshop "Bringing the Ages Together: How to Attract Young and Old to Your Flute Club." **Helen Spielman** presented a talk entitled "Musical Adventures: Exciting Vistas Beyond the Flute Lesson," about how teachers can create enriching adventures for flute students to learn, perform, and travel. **Brooks de Wetter-Smith** led an open masterclass for convention attendees, shared his West Bank experiences in a panel discussion on "Flutists Reaching Out," and also performed the Amy Beach Sonata with pianist Linda Mark. **Nathan Zelman** performed one of his own compositions in an afternoon concert. **Beth Kupsco** and **Linda Cykert** were busy staffing booths in the Exhibit Hall. Other RAFA members spotted at the San Diego convention were **Jason Brame, Debbie Egekvis, Larry James, Kim Kittner, Gracie Murchison, and Nancy Schneeloch-Bingham**. Mark your calendar for next year's NFA Convention, to be held Aug 10-13, 2006, in Pittsburgh, PA.

Frankie Lugiano, member of the Silver Fantasy Flute Choir, had a marvelous experience this year when she traveled to Italy on a Pilgrimage with 50 members from her church, Saint Francis of Assisi. Father Mark Reamer asked her to bring



Frankie Lugiano (left) and Rob Zappulla (right)

her flute along to play for the Masses that they celebrated in seven major cities of the Tuscany and Umbria regions of Italy. A guitarist, Rob Zappulla, who teaches music in Brooklyn joined the group in Newark, and the two were an ensemble from the very beginning. The acoustics were amazing, especially in the Basilica of Santa Croce in Florence, the Basilica of St. Mary of the Angels in Assisi, and St. Peter's in Rome. The timing of the trip was very historic because the Vatican conclave ended the week they were there. Their group received Pope Benedict XVI's first papal blessing in St. Peter's Square! She reports missing her friends in the Silver Fantasy and looks forward to playing again under Rosene's capable leadership.

The Second Winds

RAFA's Second Winds, a group of adult amateur flutists, meets periodically throughout the year to encourage and support one another. Members take turns hosting the gathering. The next meeting will be at 2 p.m. on October 9 with an "international music" theme. Contact Ami Allgeier at tigger@nc.rr.com for additional information and directions to the next meeting.



The Second Winds met in July at the home of Twila Kelly. The theme for the gathering was "summer."

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Tips from the Masters...

These performance tips were gathered from masterclasses led by flutist Amy Porter. Thanks to Phyllis Louke, President of Greater Portland Flute Society, and Shelley Collins, President of Seattle Flute Society, for sharing these “pearls of wisdom” with us!

1. Trick to make trilling easier (faster/more even): increase the weight on the finger next to the one trilling.

2. Faster vibrato: bringing tongue forward will help you vibrate faster.

3. Double tonguing in high register: sticking your neck out slightly will help.

4. Diminuendo: suck in spaghetti for smooth diminuendos.

5. Low notes: think the word “dog” for tonguing position and shape of mouth.

6. Tuning your flute: pull out headjoint to where D2 to C#2 is in tune.

7. Baroque articulations: slur scale patterns & tongue intervals; you can tongue scale patterns going up to show you’re getting to an important moment in the music. You can do patterns: slur three, tongue one; or tongue one, slur three. Remember that slur two, tongue two didn't start till Mozart's time.

8. When practicing, don't start at the beginning. Start with the problems. You are only as strong as the weakest spot in your piece.

9. For a high B alternate fingering, play a high F# and add both trill keys.

10. To play a steady vibrato, SING and listen to your voice for a natural vibrato. Then match what you sang.

11. There are at least three types of vibrato. Number one is, “in your face,” full and powerful, appropriate for moments like the end of the Martin *Ballade*. Number two is, “in the sound,” a non-invasive vibrato that is a natural part of the sound. Number three is, “farther back” in the mouth and calmer. It floats in and out of the sound to add interest to specific notes. Flutists need to make conscious choices about which vibrato fits the piece they are playing so that the vibrato enhances the music.

12. Vibrato speed can be changed by tongue placement. Experiment with moving the tongue forward and back in the mouth. (Farther forward = faster vibrato.)

13. At the end of a phrase, “suck in spaghetti.” In other words, have a small hole in the lips, and use lots of support from the abs.

14. “Frown” while playing. This doesn't mean that the corners of the mouth are pulled BACK, but rather that more of the lip is in contact with the lip plate. This is especially important for low notes. Your lips are your “bow”—use the entire bow!



Raleigh Flute Choir Schedule

Fall Concert

Sunday, October 16, 7:00 p.m.
Carswell Recital Hall, Meredith College, Raleigh
\$8 general admission; \$4 RAFA members & students;
Meredith students free

Holiday Concert

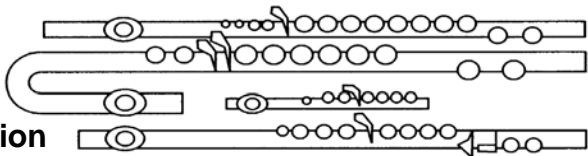
Sunday, December 18, 3:00 p.m.
NC Museum of Art, auditorium
2210 Blue Ridge Rd., Raleigh
\$8 general admission; \$6 NCMA members;
\$4 RAFA members & students

Epiphany Service

Sunday, January 1, 10:45a.m.
Duke Chapel,
Duke University (west campus), Durham
Open to public at no charge

Contact: Ann Pearce (919) 787-4142
rfc@RaleighFlutes.org
www.RaleighFlutes.org/RFC

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Unless you renewed your RAFA dues for the 2005-2006 season, this will be your last issue of *Tune In*. Act now to continue to receive *Tune In* plus free admission to RAFA masterclasses, workshops, concerts, flute fair, and other activities scheduled throughout the year. Use the enclosed membership form.

Our records show that you:

- Have already paid for 2005-2006. Thank you!
- Have not yet paid for 2005-2006.

Tune In

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