

ICDA Notations

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Keep Growing

Rick Gamble



Depending on the time of year, I try to take some time to read professionally. Lately, I have enjoyed reading “On the Voice” articles in the *ACDA Choral Journal*. Of particular interest was an article written by Duane Cottrell titled “Building Vocal Strength with Sustained Tone Warm-ups” (October, 2015). I’ve employed a few of the suggested warm-ups in my private lessons and with my choirs. The improvement in pitch and tone were noticeable, particularly in my younger men. I also read Dan Andersen’s article, “Getting the Most from Your Warm-Ups,” in the Fall 2015 edition of *Notations*. It contained helpful reminders for conductors of any level of experience, and I used several tips from his article in my warm-ups. And, like so many of you, I keep a copy of The Perfect Blend, by Tim Seelig, on my shelf that I refer to frequently.

We also attend concert choir festivals to give our singers additional performance experience. There are several universities that sponsor these events that give students an opportunity to work with clinicians and watch other choirs sing. Some Indiana schools hold an area festival where they provide rehearsal and performance locations for a number of schools, and bring in a guest to conduct the performance.

At different times of the year, we all have to research new music. We may do this by listening to CDs a publisher provides, attending reading sessions, looking in our libraries, or getting suggestions from our colleagues. We can usually aid this process by going online to find a good recording. My point is that if you’re not doing something to increase your knowledge, then you’re not growing.

ICDA is a great vehicle to increase your knowledge and stimulate your growth. Not only does it publish our professional journals, it also sponsors the All-State Choir, which will perform at the annual Indiana Music Education Association annual conference held this January in Fort Wayne. The conference itself is another opportunity for

growth, since IMEA hosts a number of performing groups and provides interest sessions for a wide variety of musicians. ICDA Repertoire and Standards Chairs will lead reading sessions for Junior High/Middle School, Male, Women’s, and High School Choirs.

The Central Division ACDA Conference will be held in Chicago this February. A variety of choirs from Illinois, Indiana, Michigan and Ohio will perform, in addition to our professional headliner choirs, VOCES8 (who will work with Ola Gjeilo) & the Webern Kammerchor. The conference also offers many interest sessions, providing more opportunities to grow!

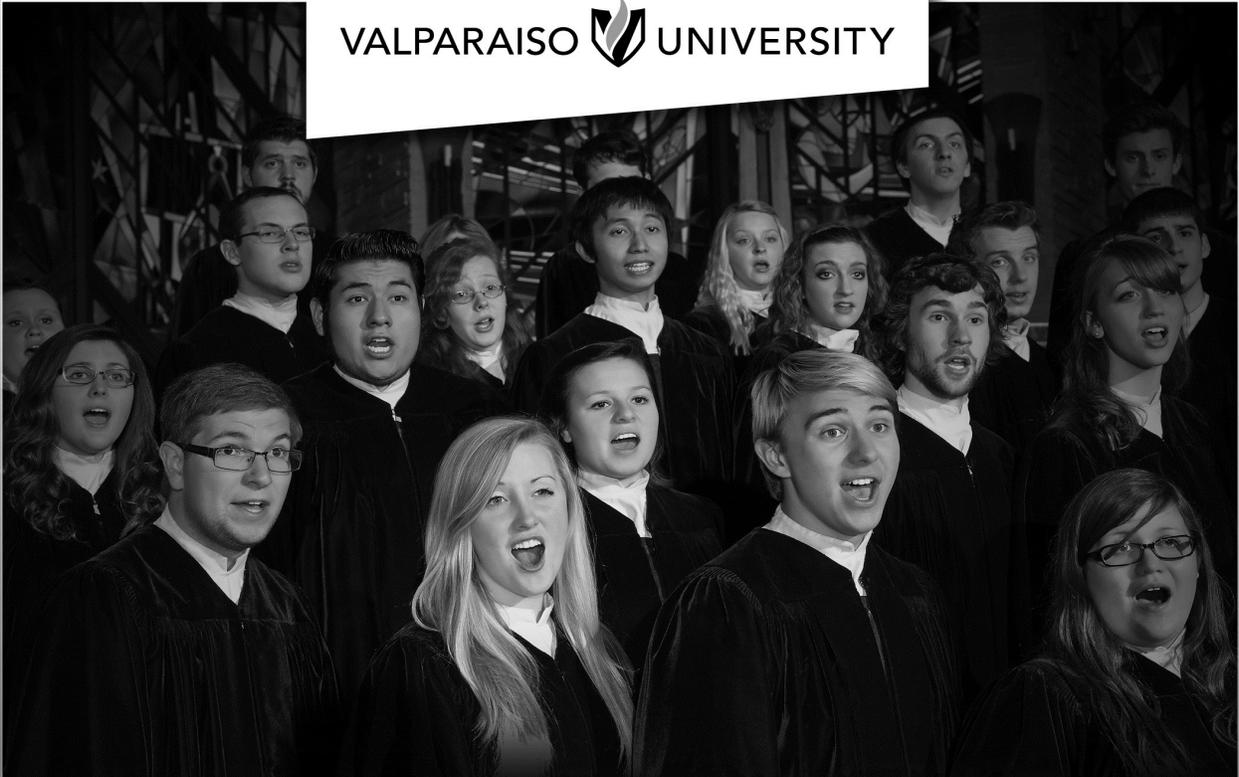
I know that I’m “preaching to the choir.” Anyone who takes the trouble to read *Notations* is probably a member of ICDA and already engaged in activities that stimulate professional growth. May I suggest that you extend an invitation to your colleagues and co-workers to join you at one of these events? Attending a conference is very likely to help you (or your colleague at a feeder school) avoid professional stagnation and the resulting doldrums. See you at Fort Wayne and Chicago!

Rick Gamble is ICDA President and choral director at Avon High School.

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Amy Hughley, Publisher
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4600 Sunset Avenue
Indianapolis, IN 46208

All-State Honor Choir News

Preparations have been under way for the 2016 Indiana All-State High School Honor Choir over the last few months. Thank you to the area chairs for their help in running auditions, planning for rehearsals, and organizing all the paperwork. All-state's success depends on you!

This year our guest conductor is Dr. Anton Armstrong from St. Olaf College. Students will have an extraordinary experience under his direction. Our event is held in conjunction with the annual conference of the Indiana Music Education Association, which takes place in downtown Fort Wayne. The dates are January 15-16, 2016. Rehearsals will take place at the Hotel Fort Wayne and students will be transported to the majestic and historic Embassy Theatre for the final Saturday performance at 5 p.m. Admission is free and open to the public.

In addition to the choir's busy rehearsal schedule, on Friday evening, All-State students will get to enjoy a performance by the Ball State's University Singers.

Here are a few reminders:

- Students must have all measures numbered in their music and be attending their area rehearsals.
- Students should be making use of the learning tools under the All-State tab of the ICDA website: www.in-acda.org.
- Students, through their area chair or school director, should secure a black folder and choir robe of any color for the final performance.
- Please wear dress clothes and shoes for the performance. No t-shirts and tennis shoes.

Please contact your area chair or one of the two state co-coordinators, Anissa Bradley or Brian Adcock, with any questions. See page 13 for a detailed schedule.

For the 2017 All-State Honor Choir, Z. Randall Stroope will be the guest conductor and we are pleased to announce that he has been commissioned to compose a piece for the choir.

Editor's Note

Amy Hughley

As I edited this edition of notations, I noticed a recurring theme of mental and physical health for ourselves and our singers. Rick writes about the importance of attending IMEA and ACDA Central

Division conferences in order to keep us growing professionally. Josh explains the importance of consistently expanding music education to include other disciplines for the well being of our students. Christina reveals the biological and emotional benefits of group singing, and Alan recommends tips for avoiding illness and vocal damage during the rigorous winter performance season.

As we enter this new year full of possibility and



opportunity, it is easy for us to overlook the importance of our own health and balance. Take a few moments before the storm of rehearsals and performances to be proactive and set aside small amounts of time on a regular basis to care for yourself. We as choral directors need to serve as models of self care for our singers, so we need to strive to be cognizant of how to avoid personal vocal damage, seasonal illness, overwhelming fatigue and mental stability. If we don't take care of ourselves, we cannot take care of our singers.

We all have such passion for choral music, which in itself helps keep us physically and mentally healthy. Recharge by attending upcoming professional conferences, take time for yourself to rest, eat well and exercise, and enjoy your singers this season.

Amy Hughley is director of Bella Voce, the high school women's ensemble of the Indianapolis Children's Choir. She is also ICC's Regional Program Coordinator.



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District I Representative 2015-2017

Aaron Riegler
Portage High School
6450 US Highway 6
Portage IN 46368
O—219/764-6116
C—219/510-7377
Aaron.riegler@portage.k12.in.us

District II Representative 2014-2016

Tavis Schlicker
Concordia Lutheran High School
1601 St. Joe River Drive
Fort Wayne IN 46805
O—260/483-1102
tschlicker@dhsadets.com

District III Representative 2015-2017

Kelly Cassidy
North Montgomery High School
5945 North Highway 231
Crawfordsville IN 47933
O—765/362-5140
C—574/206-5779
kcassady@nm.k12.in.us

District IV Representative 2014-2016

Brenda Iacocca
PreSchool Music Plus
Preschoolmusicplus.com
317/946-2056
bmiacocca@aol.com

District V Representative 2015-2017

Michael Hummel
Franklin Community High School
2600 Cumberland Drive
Franklin IN 46131
O—317/738-5700

District VI Representative 2014-16

Roger Tyler
Connersville High School
1100 Spartan Drive
Connersville IN 47331
rtyler@fayette.k12.in.us

District VII Representative 2015-2017

Amy Dedina
North Daviess Junior/Senior High School
5494 East State Road 58
El Nora IN 47529
O—812/636-8000 ext. 3110
adedina@ndaviess.k12.in.us

District VIII Representative 2014-2016

Matt Diehl
South Decatur Junior-Senior High School
8885 South State Road 3
Greensburg IN 47240
O—821-591-3330
mdiehl@decaturco.k12.in.us

All-State Honor Choir Area Chairs

1A David Arroyo

Merrillville Intermediate School
1400 West 61st Avenue
Merrillville IN 46410
O—219/650-5306, ext. 6855 F—219/650-5463
darroyo@mvsc.k12.in.us

1B Robert Malchow

Benton Central High School
4241 East 300 South
Oxford IN 47971
rmalchow@benton.k12.in.us

2A Megan Farison

Elkhart Memorial High School
2608 California Road
Elkhart IN 46514
O—574/262-5600
mfarison@elkhart.k12.in.us

2A Bill Niederer

Elkhart Central High School
1 Blazer Boulevard
Elkhart IN 46516-4565
O—574/295-4743
wniederer@elkhart.k12.in.us

2B Tavis Schlicker

Concordia Lutheran High School
1601 St Joe River Drive
Fort Wayne IN 46805
260/483-1102
tschlicker@clhscadets.com

3A Tim Cahalan

Logansport High School
1 Berry Lane
Logansport IN 46947
O—574/753-0441, ext. 2249
cahalant@lsc.k12.in.us

3B Brenda Alexander

Northwestern High School
3431 N County Road 400 W
Kokomo IN 46901

O—765/454-2332

Brenda.Alexander@nwsc.k12.in.us

4A Marilyn Mason

Manchester High School
1 Squire Drive
North Manchester IN 46962
O—260/982-2196 Ext. 331
Marilyn_Mason@mcs.k12.in.us

4B Kathy Walters

Mississinewa High School
1 Indiana Trail
Gas City IN 46933
O—765/674-2248
F—765/677-4424
kathy_walters@olemiss.k12.in.us

4B Jan Rittenhouse

Jay County High School
2072 Indiana 67
Portland IN 47371
O—260/726-9306, ext 2254

5A Tim James

Martinsville High School
1360 East Gray Street
Martinsville IN 46151
O—765/342-5571, ext. 4044
jamest@msdmail.net

5B Laura Helms

Bloomfield High School
501 West Spring Street
Bloomfield IN 47424
O—812/384-4550 F—812/384-1422
LHelms@bsd.k12.in.us

5B Brenda Butler

Northview High School
3150 West SR 340
Brazil IN 47834
butlerbr@clay.k12.in.us
O—812/448-2661, ext. 1256

6A Joyce Click

North Central High School
1801 East 86th Street
Indianapolis IN 46240
O—317/259-5301 ext. 5794
F—317/259-5369
jclick@msdwt.k12.in.us

6B Kathleen Anderson

Centerville High School
507 Willow Grove Rd.
Centerville IN 47330
O—765/855-3481 ext. 2045 F—765/855-3482
Kanderson@centerville.k12.in.us

7A Brian Adcock

Castle High School
3344 Highway 261
Newburgh IN 47630
O—812/853-3331, ext. 426 F—812/853-9886
badcock@warrick.k12.in.us

7B Anissa Gideon-Bradley

622 Meadowlark Lane
Ferdinand IN 47532
C—812/630-6040
anissa.g.bradley@gmail.com

8A Ken Hauan

Columbus East High School
230 South Marr Road
Columbus IN 4720
O—812/376-4354
hauank@bcsc.k12.in.us

8B Janna McCarty

Christian Academy of Indiana
1000 Academy Drive
New Albany IN 47150
O—812/944-6200 ext. 5150
JMcCarty@caschools.us

Community Choirs

Christina Lamb

Hello, All!

I am excited to serve as the new R&S Chair for Community Choirs. I can't begin to tell you how much I believe in and support these wonderful ensembles. I have been honored to be the director of two community choirs, and both experiences have been some of the most fun times in my conducting career.

We all love choral singing, right? Well, did you know that choral singing is the most popular of all arts-related participatory activities? In fact, across the U.S., 32.5 million people regularly singing in one of 270,000 choirs. That is amazing! Why do you think it is that choirs are so popular?

Community choirs provide their participants with many benefits, including physical, mental, psychological and social. Scientific studies have been performed to substantiate many of the following facts:

Singing has physical benefits for every singer.

- It is an aerobic activity that increase oxygenation in the blood stream, which increases mental alertness.
- It exercises the major muscle groups in the upper body, even while sitting.
- It increases lung capacity due to the deep breathing techniques that are necessary.
- Having to stand and sit correctly improves posture.
- It clears respiratory tubes and sinuses.
- It boosts immunity by promoting a healthy lymphatic system.

Singing provides mental and psychological benefits for every singer.

- It provides “feel good” hormones called endorphins, which are linked to a sense of emotional well-being and can relieve depression.
- It lowers cortisol, a chemical that signals levels of stress.



- Singing also releases serotonin, a neurotransmitter associated with feelings of euphoria and contentment.
- Singing relieves anxiety and contributes to quality of life.

Singing in a community choir also benefits our social well-being.

- Participating gives singers a sense of belonging to something greater than themselves.
- It can ease loneliness, providing the singers with an immediate circle of friends.
- Participants have been shown to be better citizens who are more likely to vote, give money to philanthropies, and also to volunteer; they're the kind of people you want on your team.

While singing alone can provide some of the above benefits, it has been shown that group singing is the most exhilarating and transformative of all singing experiences. It takes something incredibly intimate, a sound that begins inside you, shares it with a roomful of people and it comes back as something even more thrilling: harmony.

As teachers of young singers, it is up to us to inform our students of these many benefits and encourage them to find a choral ensemble in which they can participate – possibly even providing them with such an experience. We also need to encourage them to continue singing throughout their life. While our bodies are not capable of performing in sports activities past a certain point, they are certainly capable of singing as long as we wish to do so.

As the R&S chairperson for community choirs, it is my desire to promote lifelong singing. It is also my desire for all of you to get out there and help me in this quest. Singing is one of the few activities that can be a life-long commitment. Get out there and share the news!

Christina Lamb is director of the Greenfield Community Choir.

Project-Based Learning in the Choral Classroom

Josh Hren
Junior High/Middle School



As choral educators, the last thing we often want to hear is the idea of projects in a performance-based classroom. This seems to be the direction many schools are taking. I, too, reeled at the thought; however, in the right context, project-based learning can not only enhance your students' musicianship and understanding, it can also connect and edify a music program among our non-arts colleagues and administrators.

Recently, our school has expressed a desire to move in the direction of project-based learning in either "wall-to-wall" or "track" format. Concerns instantly popped into my head. "Does this mean students won't be able to pursue arts-related classes?" "I can't be doing projects! What about preparing students for performance opportunities?" These thoughts still surface from time to time, but I'm beginning to see (and plan for) how this can expand what my students take away from their musical studies.

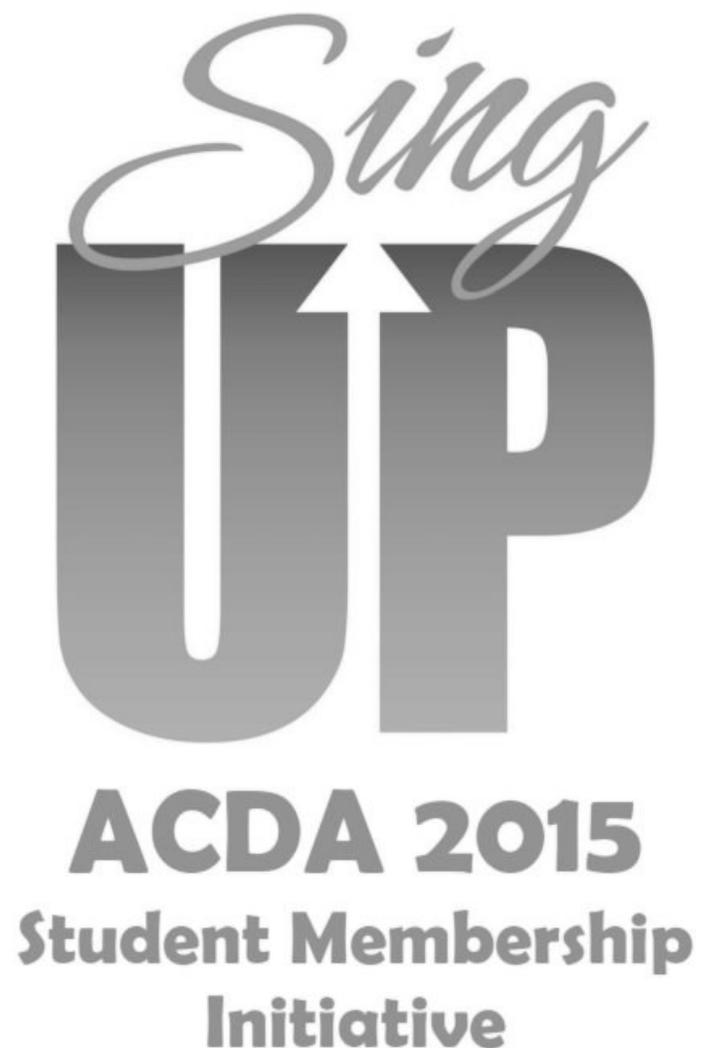
The key is to make it AUTHENTIC. Don't plan a project for project's sake. Connect it to the music. A short bio on a specific composer to connect to their historical perspective. An analysis of a text for emotional context and theme (hello, English/Language Arts!) that can be used to work on musicianship and emotional performing. Creating a vocabulary bank of jazz terms to create academic (and, more importantly, musical) conversations about a standard being used in your jazz/show choir. Diagram and talk about how the physical breathing/singing mechanisms work (science, anyone?).

Secondly, strive for confidence. Students who sense insecurity or mistrust of the task from the teacher will mirror it back in their efforts. Even if you are not 100% bought in – put on the brave face and go forward with assurance that you're helping your students to delve deep. That's what an education is for, right?

I know what you're thinking...rehearsal time! I can't sacrifice it. How does one do this? I would encourage you to utilize your non-arts colleagues for ideas and assistance. No one said this can only happen in choir. The more connections you make with areas outside of music, the more relevant and deeply learned the musical concepts you teach. By intentionally working together, you will be able to share the load and help each of you connect your content.

This isn't necessarily a path for every choral classroom – no one technique or path is – but I truly believe that while you might sacrifice precious rehearsal time, you might be getting more "bang for the buck" learning-wise and your students might just walk away a bit more connect to the great music they make. Who knows – it might just excite you, too.

Josh Hren is in his 10th year as the choral director at Goshen Middle School in Goshen, IN. He directs the 6th, 7th, and 8th grade choirs.



Money Matters

Paula Alles
ICDA Treasurer



At the time of this writing, I am working with Anissa Bradley to pay All-State Honor Choir bills in advance of the event and depositing student fees. Thanks to all of you for providing one school check to cover your students' fees.

We currently have \$2,111.47 in our ICDA checking account and \$86,904.21 in savings. These amounts are fairly similar to last year's amounts at this time. Much of this will be used to pay All-State Honor Choir 2016 expenses. Yes, we are a non-profit organization, but with the large expenses involved in our two largest events each year, All-State Honor Choir and the Summer Conference, it is a good idea to have a cushion to cover unforeseen expenses.

Recently, 54 college students took advantage of the offer to join ACDA/ICDA for only \$5. ACDA paid \$15 and ICDA picked up the remaining \$15 of their \$35 student membership fee. We feel this is an excellent investment in the future of our organization. The offer runs through next April and only applies to first-time members, not renewals.

If your school or church secretary pays your dues for you, ask that the membership renewal card and check be sent directly to the ACDA National Headquarters in Oklahoma City. You may also renew your membership online with a credit card. The ACDA website is www.acda.org. This will renew your national ACDA membership as well as your Indiana membership. If you are wondering why you haven't received recent mailings, it could be that you have forgotten to update your change of address. You may do this online also. Your user name is your first name_ your last name, as in paula_alles and your password is your membership number from your membership card or from the mailing address (listed as ACCT # just above your name) of your *Choral Journal*.

If you've never logged on to the national website, you really should. Choral Net is very interesting and

helps you to realize that others have the same difficulties that you do. A lot of interesting and practical solutions are provided by your colleagues.

If you have any questions about your membership, please feel free to contact me. My home e-mail is best: alles.paula@gmail.com If you prefer to phone, my home phone is best, 812-482-2392. Just leave a voicemail, call my cell phone at 812-631-2625 or call my phone at church at 812-482-1805, X 117. Messages may be left at any of these numbers. You may also contact the national membership coordinator, Leane DeFrancis, at ldefrancis@acda.org.

Paula Alles is Minister of Music at St. Joseph Catholic Church in Jasper, Indiana.

Save the date:

ICDA Summer Conference

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University of Indianapolis

**ICDA members interested in
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Indiana Choral Directors Association Leadership Directory

President

Rick Gamble
Avon High School
7575 East 150 South
Avon IN 46123
O— 317/544-5093, ext. 5086
C— 317/605-4335

President-Elect

Dennis Malfatti
University of Evansville
1800 Lincoln Avenue
Evansville IN 47722
O— 812/488-2879
dm155@evansville.edu

Vice President

Richard (Rick) Sowers
School of Music, Anderson University
1100 East 5th Street
Anderson IN 46012
O— 765/641-4458
rlsowers@anderson.edu

Treasurer

Paula Alles
1471 Altmeyer Road
Jasper IN 47546
O— 812/482-1805, ext. 117
H— 812/482-2392
C— 812/631-2625
alles.paula@gmail.com

Secretary

Mitch Rorick
Trinity English Lutheran Church
450 West Washington Boulevard
Fort Wayne IN 46802
O— 260/426-3424, ext. 239
C— 614/530-0217
marorick@gmail.com

All-State Honor Choir Chair

Anissa Bradley
622 Meadowlark Lane
Ferdinand IN 47532
C— 812/630-6040
agbdiva@psci.net

All-State Honor Choir Assistant Chair

Brian Adcock
Castle High School
3344 Highway 261
Newburgh IN 47630
O— 812/853-3331, ext. 426
F— 812/853-9886
badcock@warrick.k12.in.us

All-State Jazz Choir Coordinator

Brenda Butler
Northview High School
3150 Indiana 340
Brazil IN 47834
O— 812/448-2661 ext. 1256
butlerbr@clay.k12.in.us

Membership

Kyle Barker
Northridge High School
56779 Northridge Drive
Middlebury IN 46540
O— 574/822-5190
F— 574/825-1473
C— 317/902-4994
barkerk@mcsin-k12.org

ICDA Notations Newsletter Editor

Amy Hughley
Indianapolis Children's Choir
4600 Sunset Avenue
Indianapolis IN 46208
C— 404/502-2717
hughleya@comcast.net

Children's & Youth Community Choirs

Jonathan Busarow
Fort Wayne Children's Choir
2101 East Coliseum Boulevard
Fort Wayne IN 46805
O— 260/481-0481
C— 937/266-6792
jbusarow@fwcchoir.org

College/University Choirs

Kerry Glann
Ball State University School of Music
Muncie IN 47306
O— 765/285-5496
kglann@bsu.edu

Community Choirs

Christina Lamb
Greenfield Community Choir, Inc.
3002 West Amherst Road
Muncie IN 47304
H— 765/216-6748
C— 765/717-9263

Ethnic/Multicultural Perspectives

John Perkins
Butler University
4600 Sunset Avenue
Indianapolis IN 46208
317/940-9636
jdperkin@butler.edu

Jazz Choirs

Jenni Westman
Pendleton Heights High School
1 Arabian Drive
Pendleton IN 46064
O— 765/778-2161 ext. 6063
jwestman@smcsc.com

Junior High/Middle School

Josh Hren
Goshen Middle School
1216 South Indiana Avenue
Goshen IN 46526
O— 574/533-0391
C— 574/903.0043
jhren@goshenschools.org

Male Choirs

David Stone
Highland Hills Middle School
3492 Edwardsville Galena Road
Georgetown IN 47122
O— 812/542-8502 ext. 3162
C— 502/727-5414
dstone@nafcs.k12.in.us

Music in Worship

John Wright
Northminster Presbyterian Church
1660 Kessler Boulevard, East Drive
Indianapolis IN 46220
O— 317/251-9489
C— 317/646-2143
johnwright@northminster-indy.org

Senior High Choirs

Ben Kambs
Fairfield Junior/Senior High School
67530 US 33
Goshen IN 46526
O— 574/831-2184 ext. 8638
C— 260/494-2873
bkambs@fairfield.k12.in.us

Show Choir

Alan Alder
Ball State University
2000 West University Avenue
Muncie IN 47306
O— 765/285-3599
alalder@bsu.edu

Women's Choirs

Dan Borns
Greenwood Community High School
615 West Smith Valley Road
Greenwood IN 46142
O— 317/889-4030 ext. 412
C— 812/662-5082
dborns@gws.k12.in.us

Youth & Student Activities

Vaughn Roste
Indiana University Purdue University Fort Wayne
2101 East Coliseum Boulevard
Fort Wayne IN 46802-1499
O— 260/481-5422
C— 255/772-7617
rostev@ipfw.edu

Student Representative

Sam Chenoweth
Ball State University
2000 West University Avenue
Muncie IN 47306
O— 765/285.5421
C— 513/236-4205
slchenoweth@bsu.edu

Show Choirs

Alan Alder
Show Choirs



Greetings from the show choir realm! I am so proud to be a part of this fine organization and pleased to be able to represent so many outstanding colleagues! As many of you are likely entering into the part of the school year that is somewhat “show choir heavy,” or in other words, the competition season, our students’ vocal health should be at the top of the list of concerns for a successful season, as well as future filled with great singing. When it comes to their voices, our students often do not consider how various habits or behaviors can have adverse consequences such as vocal damage, and cause negative outcomes such as not being able to sing, etc. It is my hope that we can get a conversation going about how we can assist our well-meaning students in raising their awareness of how they can be more proactive in their personal vocal health.

As the weather becomes colder, one must be aware that various illnesses are much more easily spread; illnesses such as cold and flu can be major causes of why singers may not be able to perform at their maximum level. To avoid such problems, remind singers to always wash their hands, and to do so frequently. Also, insist that they always dress appropriately for the weather. Students will often attempt to depart from a long and strenuous choreography rehearsal dripping with sweat, only wearing shorts and a T-shirt, while the outside temperature is well below 40 degrees – a recipe for an immediate illness!

Should any singers become ill, they should see a doctor and begin treatment immediately. Encourage them to stay hydrated. Singers should also be aware that some medications have a negative effect on the voice. Those used to treat a cold, such as an antihistamine or decongestant, actually contribute to the dehydration of the vocal folds, so an increase in their water intake is extremely important. I have also seen many students with sore throats use various sprays that actually numb the throat in an attempt to

dull their pain, and then attempt to sing, which can be extremely damaging.

Another area of concern is how students do, or perhaps do not, take care of their voices in their day-to-day lives. Many students are engaged in a whole host of other activities, and that is something that I have always encouraged – students should do as much as they possibly can during their high school years, so they can have a diverse experience. Such a diverse experience can be a double-edged sword, as we then have to compete for the same students, and they often suffer in a number of ways that they may not be able to detect or gauge on their own. Singers who are also involved in sports or any other activities are extremely busy and often find themselves having to get up extremely early, and often have to stay up quite late, which causes them to not be able to get enough rest. A lack of rest can lead to a depleted immune system, which if prolonged by such a rigorous schedule, can lead to illness and the eventual possibility of vocal damage. Students who are involved in athletics, due to the nature of the activity and the environment, often shout a great deal; they are well meaning in doing so, because they are attempting to be supportive of their teammates. However, prolonged shouting can cause the singer to develop a sore throat, or become hoarse – if a singer attempts to sing with any of these conditions, damage to the vocal folds may occur.

These problems and issues, they won’t be leaving us any time soon. The only thing we can do is make our students aware of how what they do (and do not do) can impact their health, which will impact their singing, which will then impact the entire choir. We have to keep after them, and encourage them to take care of themselves – we won’t always be there to remind them to drink water, not to shout at the big game, or as my grandmother would say: “For heaven’s sake, put on a coat! It’s freezing outside!” Good luck to you all in keeping your singers in tip-top shape this winter!

Alan Alder is director of the Ball State University Singers.

Indiana All-State Honor Choir 2016

REGISTRATION, REHEARSALS, MEALS, AND LODGING

Hotel Fort Wayne

305 E Washington Center Road

Phone: 1-260-484-0411

Friday, January 15

Please remember to bring your music, a sharpened pencil, a black music folder and a choir robe. If you were in All-State previous years, you are encouraged to wear your medal for the performance.

9:00-9:45 a.m. Registration is outside of the Marquis Ballroom. Please be prepared to show a picture ID. You also must have your health insurance card with you.

REHEARSAL BEGINS AT 10:00 A.M. "To be early, is to be on time. To be on time, is to be late."

10:00 a.m.-12:15 p.m. Rehearse in the Marquis Ballroom, (breaks will be given as needed)

12:30 -1:15 p.m. Lunch in the Three Rivers Ballroom

1:30 -6:00 p.m. Rehearse in the Marquis Ballroom, (breaks will be given as needed)

6:00 p.m. Dinner

7:30 p.m. Ball State Singers perform

8:30-10:30 p.m. Free time

10:30 p.m. Singers must be in their rooms.

11:00 p.m. Lights out/ Room Checks

Saturday, January 16

8:00 a.m. Wake-up calls

9:00 a.m. Breakfast, Check out of rooms, store luggage

10 a.m.-1:00 p.m. Rehearse in the Marquis Ballroom

1:00 p.m. Lunch in the Three Rivers Ballroom

2:00 p.m. Load luggage on buses

2:45 p.m. Depart for downtown Fort Wayne

3:15 p.m. Arrive, store luggage, and put on robes

3:45 p.m.-4:45 p.m. Sound check

5:00 p.m. Concert at the Embassy Theatre (125 West Jefferson Blvd. Fort Wayne, IN 46802)

Items for sale during the rehearsals: All-State Choir T-shirts - \$15.00; 5"chenille honor patches - \$20.00.

Within a week, please take our online survey of your All-State experience: www.in-acda.org.

Thank you for participating in the Indiana All-State Honor Choir!

Job - Sebast. Bach

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VALPARAISO UNIVERSITY CHORALE
BACH CHOIR
Christopher M. Cock, conductor

with

LEIPZIG BAROQUE ORCHESTRA
Konstanze Beyer, concertmaster



FEB. 20, 2016
Chapel of the Resurrection
Valparaiso University
VALPARAISO, INDIANA
5:00 PM

FEB. 24, 2016
American Choral Directors Association,
Central Division Convention
First United Methodist Church
CHICAGO, ILLINOIS
7:30 PM

FEB. 26, 2016
Basilica of Saint Adalbert
GRAND RAPIDS, MICHIGAN
7:30 PM

FEB. 28, 2016
Luther Memorial Church
MADISON, WISCONSIN
4:00 PM

MARCH 1, 2016
Central Lutheran Church
MINNEAPOLIS, MINNESOTA
7:30 PM

MARCH 3, 2016
St. Luke's Lutheran Church
CHICAGO, ILLINOIS
7:30 PM

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VALPARAISO  UNIVERSITY

The *Bach*  INSTITUTE AT VALPARAISO UNIVERSITY

College and University Spring Concert Calendar*

compiled by Kerry Glann, College & University R & S Chair

January 14 at 7:30 pm, First Wayne United Methodist Church, Fort Wayne

IPFW University Singers and Ball State Concert Choir

February 12, Alspaugh Room, Hodson Dining Commons, Taylor University, Upland

Valentines Dinner & Concert, Taylor University Chorale and Sounds, (reservations required)

February 23 at 7:30 pm, Auer Recital Hall, Rhinehart Music Center, Fort Wayne

Lecture-Recital: The Choral Public Domain Library, IPFW University Singers and Chamber Choir

March 6 at 4:00 pm, St. John Lutheran Church, Richmond

Taylor University Chorale and Sounds

March 22 at 7:30 pm, First Wayne United Methodist Church, Fort Wayne

Holy Week Concert, featuring Charles Gounod's *Seven Last Words of Christ*, IPFW Chamber Choir, University Singers
Words of Christ

Annual Women of Song Concert, Sursa Hall, Ball State University, Muncie

Women's Choruses from Ball State University, Earlham College, and Franklin HS

April 2 at 7:30 pm, Sursa Hall, Ball State University, Muncie

Ball State University Chamber Choir and Concert Choir

April 3 at 6:00 pm, St. John the Evangelist, Hartford City

Taylor University Chorale and Sounds

April 16 at 7:30 pm, Sauder Hall, Goshen College, Goshen

"Earthtones: Songs from Many Cultures", Goshen College Chamber Choir, Men's Chorus, Women's World Music Choir

April 17 at 7:30 pm, First Mennonite Church, Berne

Taylor University Chorale and Sounds

April 22, 7:30 pm, Lingle Recital Hall, Center for the Visual and Performing Arts, Richmond

Earlham College Concert Choir, Women's Chorus, and Madrigal Singers

Featuring Randall Thompson's *Place of the Blest*

April 23, 7:30 pm, Embassy Theatre, Fort Wayne

Carmina Burana, IPFW University Singers and Choral Union with Fort Wayne Philharmonic Orchestra and Chorus

April 25, 7:30 pm, Auer Recital Hall, Rhinehart Music Center, Fort Wayne

Gustav Holst's *The Planets*, Women of the IPFW University Singers with the IPFW Community Orchestra

April 29 at 7:30 pm, Auer Recital Hall, Rhinehart Music Center, Fort Wayne

"The Music of William Bolcolm", IPFW Chamber Singers

May 1 at 3:00 pm, Sursa Hall, Ball State University, Muncie

Ball State Women's Chorus, Statesmen, and University Choral Union

**Listings were supplied by individual schools and were assumed to be accurate at the time of publication. For updates and ticketing information, check each school's website or published performance calendar.*

Indiana Choral Directors Association
Amy Hughley, Editor
Indianapolis Children's Choir
4600 Sunset Avenue
Indianapolis, IN 46208

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