

# STRINGENDO

Summer 1999

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# From the Editor's Desk

It's been a rough winter and spring for our chapter. One of the casualties was our publication, *Stringendo*. No Winter or Spring issues were printed. As is often the case with a volunteer organization, when things begin to fall through the cracks it seems there is never anyone around to pick up the slack. On behalf of the Executive Board, our apologies. We're trying to get things back on track. The **MD/DC Chapter Annual Meeting** which should have taken place in May did not happen. It has been scheduled for **Sunday, September 19, 1999, from 10:00 a.m. to noon**. Mark this date on your calendars now! Lya Stern has valiantly agreed to open her home for all members planning to attend. Her address is 7012 Hopewood St., Bethesda, MD. Since the event will not be catered professionally, we are asking everyone to bring food appropriate for a brunch. This will save the chapter and each member who attends some money. Since it will be a potluck, the food will certainly be delicious! Postcards will be sent to all members in August with instructions on getting to Lya's house. Awards will be presented for **Outstanding Teacher of the Year** and for **Outstanding Service to Strings**. Please send your nominations for these awards to Anne Marie Shaw, the MD/DC Secretary. Her address is on the inside front cover of this issue.

Because of the name change from "ASTA" to "ASTA WITH NSOA," each state chapter is required to update its bylaws reflecting this change. The bylaws must be updated and approved by September 1, 1999. Any state chapter failing to submit revised bylaws will not receive its rebate checks. **Please read through the bylaws on the following pages, clip out the voting coupon on page 5 and send it to the Secretary.** Post Office regulations require that a non-profit organization such as ASTA WITH NSOA submit a copy of the new bylaws in the event of a name change, or the bulk mailing permit currently in use by that organization is invalid! On the positive side, the second annual **Certificate Program for Strings**, which is sponsored by the

MD/DC Chapter, took place on June 12 and 13, 1999, at Catholic University in Washington, D.C. Over 180 students participated! A complete report will appear in the next *Stringendo*. **A make-up evaluation exam will be offered on October 23, 1999, time and location TBA.** Students who need to complete their requirements, as well as students who did not participate in June, are eligible. Application fees for partial exams are:

Levels 1-4	\$10
Levels 5-7	\$15
Levels 8-10	\$20

If you have students who will be taking the make-up exam, please send their applications to Lya Stern, 7012 Hopewood St., Bethesda, MD 20817. Her phone is 301-320-5618.

We are trying to organize some workshops that we hope will be of interest to you the members. One idea was to host a workshop on MIDI and electronic stringed instruments. The resident expert in our chapter, Scott Laird, has agreed to lead such a workshop. Time and place have not been chosen yet, but we are aiming for some Sunday during Fall 1999.

Another possibility for a workshop comes from an announcement in a recent newsletter from the national office, *The Bulletin*, April 1999. It is reprinted in this issue on page 7. Please contact any one of the board members if you have ideas about this sort of activity. ♪

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**American String Teachers Association**  
**WITH National School Orchestra Association (ASTA WITH NSOA)**  
**MD/DC Chapter**

**CONSTITUTION BYLAWS**

**Article I – Name**

The name of this organization shall be the American String Teachers Association WITH National School Orchestra (ASTA with NSOA), MD/DC Chapter.

**Article II – Object**

The object of the Association shall be to support and encourage the teaching and performing of stringed instruments at all educational levels with the highest artistic and pedagogical standards.

**Article III – Membership**

The members of this Association shall be classified as being either Active, Dual, Life, Senior, Student, School or Library; the qualifications of which classifications shall be as determined by the National Executive Board. Student and School or Library members may not vote in regular or special elections of this organization or hold office on the National Executive Board.

**Article IV – Officers, Executive Committee, and Board of Directors**

- Section 1. Officers.** The elected officers of this Association shall be President-Elect and Secretary/Treasurer. After two years, the President-Elect automatically becomes President and upon completion of his/her term, the President automatically becomes the Past President, a board position (s)he holds for two years. The President appoints a Newsletter Editor and Membership Chairman who hold these positions for two years. Upon appointment, the Editor and Membership Chairman become officers of the Association.
- Section 2. Terms of Officers.** Officers shall serve a term of two years to coincide with the term of office of the National President of the American String Teachers Association with National School Orchestra (ASTA WITH NSOA). The President shall not be eligible for reelection for a second two-year term until at least two years after the President's term of office.
- Section 3. Executive Committee.** The activities of the Association shall be managed by the Executive Committee, which shall consist of the Officers of this Association plus two Member-at-large Representatives from the Board of Directors.
- Section 4. Board of Directors.** The President shall appoint a Board of Directors to advise the Executive Committee and facilitate the operation of this Association. This Board shall consist of the Officers; activities or projects directors; instrumental and regional representatives; and organizational, institutional, and industry liaisons. Board members should, but are not required to, be members of this Association; however, Member-at-large Representatives to the Executive Committee must be members of the Association.
- Section 5. Vacancies.** Should a vacancy in any office occur through resignation or other reasons, the President, with the approval of a majority of the Executive Committee, shall appoint a successor.

## **Article ~~H~~ VII – Membership**

- Section 1.** The American String Teachers Association with National School Orchestra (ASTA WITH NSOA), MD/DC Chapter shall have a minimum of ten (10) active members in good standing on its membership rolls.
- Section 2.** The fiscal year shall be July 1 through June 30.
- Section 3.** Dues shall be set by the National Executive Board.

## **Article ~~III~~ VIII – Program Plan**

The program plan for the year shall be determined and executed by the President with the approval of the Executive Committee.

## **Article ~~IV~~ IX – Financial Management**

- Section 1. Presidential Consent.** All expenditures necessary to the administration of the activities of the Association shall be with the consent of the President of the Association.
- Section 2. Treasurer's Report.** The Annual Treasurer's report shall be submitted at the Annual Business Meeting and shall be available to any active, dual, or life member in good standing upon written request.

## **Article ~~V~~ X – Duties of the Officers**

The elected officers shall perform the duties which are normally considered to be consistent with the title of the office held and such additional duties as may be prescribed by the Executive Committee or by the Bylaws of the Association. The President shall be an ex-officio member of all committees.

## **Article ~~VI~~ XI – Nominating Committee**

The nominating committee shall consist of an ex-president as chairman, appointed by the President. The chairman shall then select three other members geographically located for this committee. The nominating committee shall present a minimum of two candidates for each office excepting the Secretary/Treasurer in which case a minimum of one candidate can be nominated.

## **Article ~~VII~~ XII – Responsibilities of the Editor**

The Editor shall be in charge of the American String Teachers Association with National School Orchestra (ASTA WITH NSOA), MD/DC Chapter publication *Stringendo*. Expenditures, contractual agreements and the determining of the number of issues each year are subject to the approval of the President and the Executive Committee. The Editor may appoint a staff to facilitate the operation of this office.

## **Article ~~VIII~~ XIII – Standing Committees**

All standing committees shall be appointed by the President with the approval of the Executive Committee.

## **Article ~~IX~~ XIV – Amendments**

These Bylaws may be amended by an affirmative vote of two-thirds of the members voting at the Annual Business Meeting or by mail vote of the Association.

*Please note that the Bylaws which appear above contain deletions and changes from previous versions. Deletions appear as strike-throughs and changes appear as underlined text. To become official, the new Bylaws must be approved by mail vote.*

**Article V – Meetings**

**Section 1. The Annual Business Meeting.** The Annual Business Meeting of the Association shall be held once a year at a time and place designated by the President with the approval of a majority of the Executive Committee. All members shall be notified at least thirty days in advance of the meeting.

**Section 2. Executive Committee Meetings.** The President shall call Executive Committee meetings at his/her discretion, but there shall be a minimum of two Executive Committee meetings each year. Special Executive Committee meetings shall be held when a written request specifying the special purpose of the meeting is made to the President by at least three Executive Committee members.

**Section 3. Board of Directors Meetings.** The President shall call Board of Directors meetings at his/her discretion, but there should be at least one Board meeting each year.

**Section 4. Quorums.** Eight active members shall constitute a quorum at any general meeting. Five members of the Board of Directors shall constitute a quorum for Board meetings. Three members of the Executive Committee shall constitute a quorum for Executive Committee meetings.

**BYLAWS**

**Article I VI – Rules of Order**

The rules contained in *Roberts Rules of Order* shall govern the Association in all cases to which they are applicable, and in which they are not inconsistent with the Bylaws or the special rules of this Association.



Please complete this form and return to:

Anne Marie Shaw  
Secretary, ASTA/NSOA, MD/DC Chapter  
6034 Haverhill Ct.  
Springfield, VA 22152

I approve the new Bylaws\_\_\_\_\_ I do not approve the new Bylaws\_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

MD/DC status: (please check one) \_\_\_Active \_\_\_Dual \_\_\_Senior \_\_\_Life

# POSTURE AND BALANCE: THE DYNAMIC DUO



## **VIDEO NOW AVAILABLE!**

*With detailed explanations and demonstrations  
of left and right hand skills for violinists and violists*

To purchase this video, write to:  
Ronald Mutchnik, 4222 Club Court, Ellicott City, MD 21042  
Please include \$24.95 plus \$3.95 postage and handling  
For further inquiries, contact Ronald Mutchnik at 410-461-0618

“Ronald Mutchnik has provided teachers and students with an important reference work. Not only does this video explain all aspects of violin (or viola) playing, it also can be referred to again and again for continued learning and for remedial work.”

Margaret Motter Ward  
Former President, ASTA MD/DC Chapter

“...a remarkably complete overview of the fundamentals of relaxed, healthy violin technique. Each point is thoroughly explained and beautifully demonstrated...This video will be a marvelous resource for serious students and inquiring teachers of the violin.”

Jeffrey Dortch  
Professor-Lecturer in Violin  
University of Alabama, Huntsville

“...provides valuable insight into many aspects of violin and viola technique. After watching the video, my student was able to understand and correct a bow arm problem almost instantly!”

Seljuk Kardan  
Violin Instructor  
Peabody Conservatory of Music and  
Shenandoah Conservatory of Music



## ASTA with NSOA Reading Folders Are Available

**A**STA WITH NSOA makes newly published string and full orchestra music available to members. The folders are intended for reading sessions held by string and orchestra teachers who want to get hands-on experience with recently published music. It is a great way to determine the quality and narrow down the quantity of the vast array of orchestra music published each year. (The folders are not meant for use by student orchestras.)

The folders can help you determine which string or full orchestra folios to purchase for the next school year. Reading sessions are often held during state conferences and in-service days in various school districts.

For more information or to reserve the folders, contact Laura Racin, ASTA WITH NSOA Reading Folders Service, 468 Rebecca Street, Morgantown, WV 26505. tel: 304-598-3249, fax: 304-598-3259, or e-mail: EditorAST@aol.com.

## Friday Morning Music Club Annual High School Competition for Strings

*In memory of Gus Johansen*

Saturday, November 6, 1999, time TBA  
Sumner School, 1201 17th Street NW  
Washington, D.C.

First Prize \$400  
Second Prize \$200  
Third Prize \$100

First Prize winner will participate in a recital at Strathmore Hall on Friday, November 26, 1999, at 2:00 P.M. Other prize winners will be scheduled later.

Students currently enrolled in grades 9–12 who play violin, viola, cello, or bass are eligible.

Deadline for applicants is October 23, 1999. For information, call Jean Robbins: 301-469-7943, or Dorothy Jarvinen: 301-933-5149.

## The Second Triennial Johansen International Competition

March 9–12, 2000

For young string players, ages 13–17

Judges: Sylvia Rosenberg, Karen Tuttle, and  
Lorne Munroe

	VIOLIN	VIOLA	CELLO
<i>First Prize</i>	\$10,000	\$10,000	\$10,000
<i>Second Prize</i>	\$7,000	\$7,000	\$7,000
<i>Third Prize</i>	\$5,000	\$5,000	\$5,000

Deadline for application packet, including audition tape is December 15, 1999. Rehearsals for semifinals with official competition accompanists Rohan De Silva and Akira Eguchi begin on March 9, 2000. No other accompanists are permitted. Semifinals on 10 and 11 March, 2000. Finals on Sunday, March 12, 2000, at Lisner Auditorium, George Washington University, Washington, D.C.

For information, contact Laura Zellers, Administrator, 415 Hermleigh Road, Silver Spring, MD 20902. Phone and fax: 301-592-0594.

# ASTA WITH NSOA MD/DC Chapter 1999 Solo String Competition

**When:** Sun., Nov. 21, 1999, time TBA.

**Where:** University of Maryland, College Park.

Instrumental categories are Violin, Viola, Cello, Double Bass, Classical Guitar, and Harp.

Participants must be ASTA WITH NSOA members or current students of members and must 1) reside in or 2) study with a resident of Maryland or the District of Columbia. No participant may enter more than one state competition.

The **Junior Division** is open to musicians under the age of 19 as of July 1, 2000, and the **Senior Division** to musicians 19 to 25 years old as of July 1, 2000. A copy of an official document proving entrant's birth date must be submitted with the application form.

Previous Grand Prize or First Prize winners in the National Competition, Junior Division may not compete again in that division. However, they may enter the Senior Division if they have attained their 19th birthday by July 1, 2000.

Previous Grand Prize or First Prize winners in the National Competition, Senior Division are not eligible to compete further.

Previous national finalists and Second Prize winners may enter the competition again.

## **State Competition Prizes:**

Junior Division:

First: \$250, Second: \$150, Third: \$75

Senior Division:

First: \$250, Second: \$150, Third: \$75

## **Junior Division required works:**

Violin: Wieniawski *Scherzo Tarantella*.

Viola: Stamitz *Concerto*, 1st mvt. with cadenza of choice.

Cello: Schumann *Fantasy Pieces*, Op. 73.

Double Bass: Saint-Saëns *Allegro Appassionato*

Guitar: Villa-Lobos *Study No. 1*.

Harp: Handel *Theme and Variations* with no repeats.

## **Senior Division required works:**

Violin: Kreisler *Recitativo and Scherzo*, Op. 6; and choice of one of the following: Bach *Andante*, mvt. 3 from the A Minor Solo Sonata, or *Largo*, mvt. 3, from the C Major Solo Sonata.

Viola: Schubert *Arpeggione Sonata*, 1st mvt., no repeat.

Cello: Cassado *Requiebros*.

Double Bass: Paganini *Variations on a Theme from "Moses"* by Rossini.

Guitar: Torroba *Sonatine*, 1st and 2nd mvts.

Harp: Rota *Sarabande and Toccata*.

In addition to the required work, competitors must present another work or works of their choice. Unaccompanied works or works with piano accompaniment (original or orchestral reductions) are allowed in all rounds of the competition.

Total time allowed, including the required piece and free choice(s): Junior Division: 12–15 minutes; Senior Division: 17–20 minutes. Tapes and performances under the minimum will not be disqualified. Tapes and performances exceeding the maximum will be stopped, but not penalized.

Complete works or complete single movements from works are required. However, the cutting of lengthy piano tutti sections is encouraged.

No composer may be represented more than once in each performer's program. Multiple movements of the same work are permitted, but more than one composer *must* be represented.

All works, except sonatas, must be played by memory.

## **National Semifinals (taped):**

Any contestant selected at the state competition as eligible for the National Semifinals, must then submit a tape, postmarked no later than December 31, 1999, with the \$60 entrance fee to William Ritchie, 13905 Pierce Street, Omaha NE 68144-1031.

For complete information on 2000 ASTA WITH NSOA Solo Competition Guidelines, please refer to the *American String Teacher* magazine, February 1999, Volume 49, Number 1, pp. 99–103.

## Application Form

### ASTA WITH NSOA MD/DC Chapter—1999 Solo String Competition

Please note that students whose state of residency is, or who are enrolled in school in Maryland or the District of Columbia must enter this competition to be eligible for the semi-final round of the ASTA WITH NSOA National Solo Competition. See National Guidelines for further information.

Name \_\_\_\_\_ Instrument \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (H) \_\_\_\_\_ (W) \_\_\_\_\_ Birthdate \_\_\_\_\_

Division: Junior \_\_\_\_ (under age 19 as of July 1, 2000) Senior \_\_\_\_ (age 19–25 as of July 1, 2000)

ASTA WITH NSOA Member\* No \_\_\_\_ Yes \_\_\_\_ State \_\_\_\_\_

Teacher's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (H) \_\_\_\_\_ (W) \_\_\_\_\_

ASTA WITH NSOA Member\* No \_\_\_\_ Yes \_\_\_\_ State \_\_\_\_\_

\*Either teacher or student must be an ASTA WITH NSOA member. Teacher may be a member of another state chapter, provided the teaching of the competition entrant takes place in Maryland or the District of Columbia.

Competition repertoire: Please list required work for your instrument as well as free choice(s).

Title	Composer	Duration
_____	_____	_____
_____	_____	_____
_____	_____	_____

Entrants must supply their own accompanists.

Entrance fee is \$30.00.

Please make checks payable to ASTA WITH NSOA MD/DC Chapter.

Application deadline must be postmarked no later than October 1, 1999.

Mail completed form, including copy of official document proving entrant's birth date to:

Lya Stem  
 ASTA WITH NSOA Competition Chair  
 7012 Hopewood Street  
 Bethesda, MD 20817  
 301-320-2693

# Getting to the Frog

The importance of flexible wrist and fingers in reaching the frog.

by Anne Marie Shaw

Most violin teachers have found themselves repeating the phrase “Play at the frog. You need to get to the frog! Please PLAY AT THE FROG!!” It seems that most students find it easier to play without scratching in the upper half of the bow. This is usually because they have not learned how to control the bow with flexible wrist and fingers, which aids both tone control and smooth bow changes. If a student is asked to play in the lower part of the bow without this very important training, the result is usually stiffness, scratchy sound, and awkward bow changes. The student is quickly frustrated and goes back to playing in the upper half as soon as the teacher gives up or goes hoarse!

In teaching flexible wrist and fingers, it is important to give direction to the movement, as well as encouraging a looseness in the joints. I usually begin by having the student imagine that his right wrist is the head of an octopus, or some similar boneless, swimming creature with tentacles. As the head (wrist) rises through the water (air), it drags the tentacles (fingers) slowly behind it. As it begins its descent, (the wrist again leads) the tentacles drift behind (fingers pointing up, palm out). We practice having our octopus swim in different directions, feeling the flow of the water and the tentacles drifting along behind. Then the student returns to the bow (on the violin to reduce weight) and starts at the tip for a smooth up-bow with the fingers dragging along behind the wrist. This motion is repeated several times to ensure comfort, control and muscle memory, before moving on to the more difficult down-bow motion.

The down-bow is started at the frog with curved fingers, and the wrist already leading down. This is the more difficult bow direction because most students have not learned to play with curved fingers. Often, their fingertips will come unglued from the side of the frog, which means their last

row of joints is locked. It is also typical for some joints to bend, but not others. In this down-bow position, it is important for all joints in the last two rows on the fingers to bend, while the base joints relax to a somewhat flat position. The thumb must be bent out, and the pinky curved and on its tip. Many have difficulty getting the wrist to bend to its “inside-out” position. I often ask the student to imagine a string being attached to the wrist and pulling it down from below. Obviously, manual manipulation by the teacher is very effective throughout the entire process.

Once the student has mastered the individual bow directions, it is time to learn the finger “flip.” Starting at the tip, draw a smooth up-bow with the fingers nearly straight dragging behind the wrist. At the frog, the hand must “flip” to the down-bow position, with wrist down, fingers curved, continuing to feel the dragging motion. The opposite “flip” occurs on the bow change at the tip. If the student begins to confuse the motions, remind him that the fingers are curved for down-bow, straight for up-bow, or simply remember the dragging motion.

For the student working on sautillé or bow control on short strokes, it is important to point out that the finger movement is the exact opposite; straight fingers for down-bow and curved fingers for up-bow. This may seem confusing, but if they experiment with moving the bow using nothing but fingers, it will soon become clear.

I believe that teaching good bow technique is one of the biggest challenges for teachers, but can yield great results. Indeed, it is impossible to play with good tone in the lower half of the bow without it. We often avoid teaching technical aspects to young students for fear of losing them to boredom, but the sooner they learn, the sooner they will be playing beautifully and confidently in all parts of the bow!



# ASTA WITH NSOA MEMBERSHIP APPLICATION

Please complete all of the sections below. Please print or type.

**Your personal information:**  New Member  Renewal  Information correction

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Fax \_\_\_\_\_ E-mail \_\_\_\_\_

**Tell us about yourself:** *Students skip to the instrument section.*

**Select only the one most applicable in each category**

<p>Primary Profession</p> <p>_____ Higher Education</p> <p>_____ High School</p> <p>_____ Middle/Jr. High school</p> <p>_____ Elementary School</p> <p>_____ School - multi-levels</p> <p>_____ Private Studio</p> <p>_____ Performer</p> <p>_____ Conductor</p> <p>_____ Retired</p> <p>_____ Music Administrator</p> <p>_____ String Enthusiast</p>	<p>Secondary Profession</p> <p>_____</p>	
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<p>Primary Instrument</p> <p><b>Select only one</b></p> <p>_____ Violin</p> <p>_____ Viola</p> <p>_____ Cello</p> <p>_____ Double Bass</p> <p>_____ Guitar</p> <p>_____ Harp</p> <p>_____ Brass</p> <p>_____ Keyboard</p> <p>_____ Percussion</p> <p>_____ Woodwind</p> <p>_____ Other</p>	<p>Secondary Instruments</p> <p><b>Select all that apply</b></p> <p>_____</p>
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Other memberships held:  AHS  CMA  ISB  MENC  MTNA  SAA

**MEMBERSHIP TYPE:**

_____ Professional	Dues for one year \$54
_____ Dual (requires form for each person)	\$80 (residing at same address)
_____ Full-time Student (valid proof required)	\$20
_____ School or Library	\$75
_____ Senior (age 62 or older)	\$38

\_\_\_\_\_ Please include an additional \$5.00 for Canada and \$6.00 for all other countries.

\_\_\_\_\_ Tax-deductible charitable contribution.

\_\_\_\_\_ **Total** Make checks payable to ASTA WITH NSOA, 1806 Robert Fulton Drive, Suite 300, Reston, VA 20191

OR fax your application with credit card information to 703-476-1317

Please accept my:  VISA  MasterCard

\_\_\_\_\_ Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

\_\_\_\_\_ Signature \_\_\_\_\_