

APRIL CHAPTER MEETING

Our April Chapter Meeting will be held on Tuesday, April 15th, at 7:30 p.m. at the Oak Hills Stake Center, 965 E. North Temple Drive, Provo. Please enter through the east doors. (See map on back for directions to get to the chapel.)

Has this ever happened to you? You've practiced and practiced your music, whether for church or a recital, and you've felt pretty confident that you could play it well. Then when it comes time to perform it, your arms go numb; your stomach churns; your legs shake; your concentration takes a vacation; you wonder how you ever got yourself into this situation. Then you realize you have been beaten by your nerves!

If you would like to receive help on how to cope with these kinds of situations, the next chapter meeting is for you. Dr. James Drake of Utah State University (dean of the Cache Valley Chapter) has gladly accepted the invitation to show us how the Alexander Technique of relaxation can help your performance at the organ. Dr. Drake states, "The Alexander Technique is a most valuable aid for overcoming the obstacles associated with performance stress, locking, and physical strain. It frees the organist to practice and perform with openness, lightness, and focuses energy. The technique is a liberating discipline used by many professional and non-professional musicians throughout the world."

Dr. Drake would like each of us to bring a piece of music that we may be having difficulty performing publicly, so that he can show us at the console how to cope with the problem of stress.

The following information about the Alexander Technique was found on the internet:

"The Alexander Technique was developed a century ago by Frederick Matthias Alexander, who was born in Tasmania in 1869. Pursuing his chosen career as an actor and reciter in Melbourne and Sydney, he developed voice and breathing problems. In his



search for a cure, he was led to far-reaching conclusions concerning the impact of our patterns of breathing, posture, and habits of tension on our health and well-being. He moved to London in 1904, and in 1930 established the first teachers' training course. Alexander taught in London and in the United States until his death in 1955."

"Used primarily by dancers, singers, and musicians, the Alexander Technique is a body therapy that everyone can benefit from.

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Utah Valley Chapter Newsletter

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"Developed in the 1880's, the system examines the way individuals use their head, neck, and spine and how it affects overall body health. Most of us are unaware of the position of the body in everyday movements, but 'crunching' your neck while working at the computer, for example, restricts breathing. Other incorrect movements can lead to chronic pain and tension. Alexander proponents state most people are so concerned with the end result of physical actions that they pay no attention to how those actions are executed.

"Instructors of The Alexander Technique stress paying attention to simple movements like sitting, walking, standing. They guide you in a series of gentle 'reminders' on how the upper body should be carried. One example: learning to 'release' the head, picturing it as a balloon on top of the body, creates an incredible sense of lightness and ease in all of your movements."

Partial source: Chop Wood, Carry Water, the ed. of New Age Journal/St. Martin's Press, 1988

LAST MONTH'S CHAPTER MEETING

It was certainly a treat to have the BYU organ students play Bach for us on the tracker organ in Dr. Belnap's office for our meeting last month. We appreciate their willingness to share their talents with us. Those who participated were Lisa Glade playing *Christus, der uns selig macht, BWV 620* and *Vater unser im Himmelreich, BWV 636*; Sabin Levi playing *Vater unser im Himmelreich, BWV 682*; David Pickering playing *Trio Sonata in E-flat Major, BWV 525--Allegro moderato, Adagio, and Allegro*; Stan Gordon playing *Fugue in G Minor ("Little"), BWV 578*; Chantel Komm playing *Jesu, meine Freude, BWV 610*; and Kristen Lawrence playing *Passacaglia in C Minor, BWV 582*.

A NOTE FROM THE EDITOR

Do you know of any new (or old) arrangements for LDS hymns that may not be included in the hymn arrangement list that I compiled a couple of years ago as a reference for organists? I would appreciate it if you would let me know about these, since I'm trying to update the first list. I've had an overwhelming number of requests for copies of the original compilation--from all over the US and Canada. So, any help you can give me will benefit many other people, too. Contact DeeAnn Stone at 1510 W. 500 N., Provo, UT 84601, 377-4728, or e-mail <dd.stone@aros.net>.

ST. MATTHEW PASSION

If you were able to go to one of the BYU Early Music Ensemble's performances of the *St. Matthew Passion*, you probably came away with a deep sense of awe for the majesty of this music. It is truly a Bach masterpiece.

If you are interested in purchasing a CD of the *St. Matthew Passion*, the following recordings are available:

St. Matthew Passion BWV 244

J.S. Bach

Conductor: John Eliot Gardiner

Accompaniment/Orchestra: English Baroque Soloists & the Monteverdi Choir

Soloists: Anthony Rolfe Johnson, Evangelist (tenor)

Andreas Schmidt, Jesus (bass)

Barbara Bonney, Pilate's Wife (soprano)

Ann Monoyios (soprano)

Anne Sofie von Otter (alto)

Michael Chance (countertenor)

Howard Crook, Second witness (tenor)

Olaf Baer Pilate & High Priest I (baritone)

Cornelius Hauptman, Judas & Pontifex (bass)

Record Label: Archiv Produktion

Catalog Number: 427 648-2

Year Released/Recorded: 1989

Total Playing Time: 3 CDs 1:57:24

Price: ?

Matthaus Passion

Conductor: Helmuth Rilling

Accompaniment/Orchestra: Gachinger Kantorei Stuttgart
Bach-Collegium Stuttgart

Soloists: Christiane Oetze – soprano

Ingeborg Danz – alto

Michael Schade – tenor

Mattias Gorne – bass

Thomas Quasthoff – bass

Record Label: Hanssler-Verlag

Catalog Number: LC 6047

Year Recorded: 1994

Total Playing Time: 2:54:59

Price: \$29.99, at Media Play

St. Matthew Passion

Conductor: Otto Klemperer

Accompaniment/Orchestra: Philharmonia Choir & Orchestra

Soloists: Peter Pears, Dietrich Fischer-Dieskau, Elisabeth Schwarskopf, Christa Ludwig, Nicolai Gedda, Walter Berry, John Carol Case, Otakar Kraus, Helen Watts, Geraint Even, Wilfred Brown

Record Label: EMI Records, Ltd., Hayes Middlesex England

Catalog Number: ZDMC 7630582

Year Recorded: 1962

Total Playing Time: 3:43:29; *Price:* \$29.99, at Media Play

Pipedreams

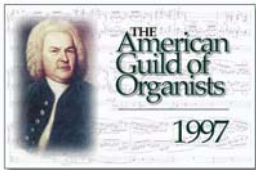


Claudio S9
KBYU-FM
Tuesdays at 9:00p.m.
with Michael Barone

April 15 – Sophisticated Ladies...women performers and composers make vital contributions to the tradition of the organ: Genevieve Soly, Aude Heurtematte, Kimberly Marshall, Diane Bish, Helga Schauerte, Zsuzsa Elekes, and Janice Beck (see p. 95, February TAO).

April 22 – Sebastian and Sons...a select survey of the work of diligent offspring laboring mightily in the shadow of their immortal father, a Bach family album (see p. 95, February TAO).

April 29 – Fiddling with Bach...whether with arrangements, transcriptions, technological enhancements or interpretive diversity, we seem incapable of keeping our hands off (see p. 50, March TAO).



AGO National Headquarters is now online, making their debut appropriately on March 21, 1997, J. S. Bach's birthday. Their website is located at <www.agohq.org>

The Salt Lake Chapter can also be found online: <www.cs.utah.edu/~jwindley/organ/slc-ago.html>

AGO Region IX Convention

Honolulu, Hawaii—July 16-19



UTAH VALLEY CHAPTER

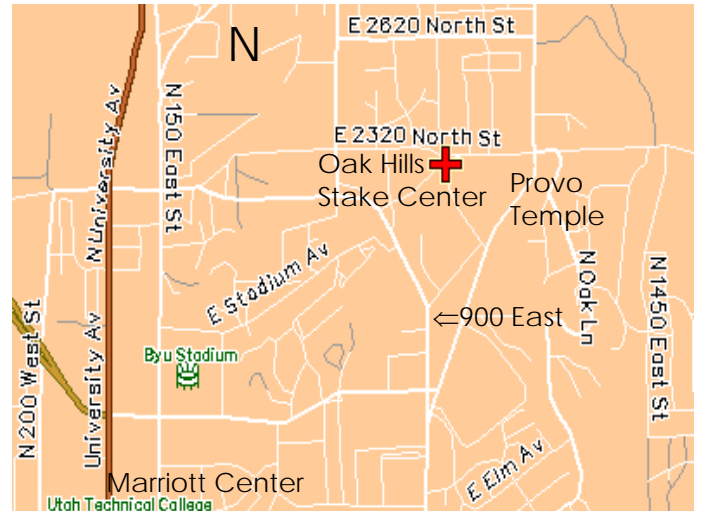
Larry Tomkinson, Dean

244 N. 900 W.

Provo, UT 84601

UPCOMING CHAPTER EVENTS

April 15 (Tuesday) - Dr. James Drake, Dean, Cache Valley Chapter, Alexander Technique on relaxation. Oak Hills Stake Center, 965 E. North Temple Drive, Provo, 7:30 p.m..



May 20 (Tuesday) - Closing social/expert on copyright laws