



Utah Valley Chapter American Guild of Organists

The mission of the American Guild of Organists is to enrich lives through organ and choral music.

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The Dean's Message

April 2015

Dear Members and Friends,

It was wonderful to see so many chapter members and students play at the Bach Recital on March 20 and to hear the various works of Bach. A lot of hard work, time, and energy went into the learning and performing of these pieces. I am most appreciative to everybody who participated. Thank you for sharing of yourselves with us!

Recently, I spoke with Colin Andrews, who is an adjunct professor for the Jacobs School of Music, at Indiana University. We had a delightful conversation concerning performance anxiety. I learned a lot from his wealth of knowledge and experience. I'd like to share a few things that might benefit you, too.

First, Colin stressed the need to not fight the sensation of fear. It is important to acknowledge the feeling and to convert it to energy. It might be helpful to note that it is normal to feel fear or nervousness prior to performing and that even professional performers who really enjoy performing feel a little anxiety prior to performing.

Second, everyone will experience some kind of performance anxiety at some point in their life. It is normal for performers to have increased anxiety as they grow older, as they become more mature, experience more, and are more aware of things around them. Thus, everyone needs to be taught how to prepare for and control anxiety.

Third, "one certainly would not dream of going out on stage without thoroughly preparing fingerings, hand positions, practice methods, stylistic background, registrational concepts, structural analysis etc. These matters are vitally important to a successful performance; one builds a structure upon which to base our performance so that it is secure...we must also balance this with structures that reinforce the mental approach, as a safety net to that scared animal part of our psyches" (Colin Andrews).

Fourth, "one has to practice being focused in the same way that one practices the notes of one's repertoire...it's a muscle that you have to flex. Exercise: every time you hear a sabotaging voice or self-instruction, immediately snap your mind onto a musically centered goal...practice this daily!! Every time you have a thought that is not directed to the music, snap right back to the music. Treat your wandering thoughts like a finger that doesn't work right" (Andrews). Just like you would stop and correct fingering or missed notes, you need to stop and "fix" your thoughts.

[cont. p. 3]

Upcoming Events

Chapter Meetings

- Apr 25 Super Saturday, Harris Fine Arts Center, BYU, 8am-2pm
May Chapter Potluck, Rebecca Brand's home, 826 E. 700 N., American Fork

Organ Recitals and Events

- Apr 26 150th Anniversary Celebration - Joint Organ Concert, First Congregational Church, 2150 S. Foothill Dr., Salt Lake City, 4:00 pm
Apr 26 Trumpet and Organ French duo Ghislain Leroy and Romain Leleu, Cathedral of the Madeleine, 8:00 pm
May 9 "The Music of Robert Cundick," Assembly Hall, Temple Square, 7:30 pm
Jun 13 Nigel Potts, organist and choirmaster of St. Stephen's Episcopal, New York City, Temple Square Performances, Salt Lake Tabernacle, 7:30 p.m.

Please Join Us: Super Saturday

Super Saturday is our chapter's gift to the growing community of church organists in Utah Valley and beyond. Join us on April 25, 2015, at the Harris Fine Arts Center on BYU campus. The keynote speaker will be Gabriele Terrone, the Organist and Assistant Director of Music at the Cathedral of the Madeleine. Before coming to Utah, he served as Organist in the Papal Basilica of Santa Maria Maggiore in Rome. Dr. Terrone will also be offering a master class for Super Saturday participants. As usual, there will be a variety of classes for beginning, intermediate and advanced organists. To whet your enthusiasm, here are a few class titles: "Registration Secrets the 'Owner's Manual' Didn't Tell You About," "Transforming Hymns from Hymnal to Choir," "Flutes and Reeds: What They Are, and How to Use Them," and "Parley Belnap: A Reflection on My Life and Experiences."



**Chapter Bach Recital,
March 20, 2015
Provo Central Stake
Center**

Liturgical Seasons: Holy Week

Palm Sunday or Passion Sunday often involves processions with palm fronds.

- "All Glory, Laud and Honor"

Maundy Thursday or the commemoration of the Lord's Supper may involve foot washing, Tenebrae (extinguishing of candles), and stripping of the altar

- "Ah, Holy Jesus"
(*Herzliebster Jesu*)

Good Friday or the celebration of the Lord's Passion may involve Stations of the Cross.

- "O Sacred Head, Now Wounded"
- "What Wondrous Love is This?"

Easter Vigil begins after sunset on Holy Saturday in anticipation of the Resurrection of the Lord and may involve lightening of the Paschal Candle and the initiation of candidates by baptisms.

- "Rejoice the Lord is King"
- "The Exsultet"

Easter Sunday or the celebration of the Lord's Resurrection.

- "Jesus Christ is Risen Today"

Dean's message continued

Fifth, one of the keys to overcoming performance anxiety is to focus on the music at hand. Have "laser-beam" focus; adopt the attitude that there is nothing more important in one's life at that moment in time than the measure you are playing, then the next and the next and so on." (Andrews)

Sixth, meditation can help a lot with performance anxiety. However, it should not be used as a band-aid approach and experienced only immediately prior to a performance. Rather, the habit of daily meditation can aid in the ability to focus and lose oneself in the music during a performance.

As expressed above, I learned a lot from Colin Andrews and appreciated his willingness to share his insight with me. If you share any of this information, please give him credit for his ideas. Jon Skidmore will be teaching two different classes concerning performance anxiety at our Super Saturday, on April 25. He will offer additional insights that you might find beneficial. Best wishes in your continued efforts to deal with performance anxiety and to assist others with this challenge.

Sincerely,
Sheri



RYCO Winner: Tyler Boehmer

Congratulations to Tyler Boehmer for taking first place in the Utah Valley/Salt Lake City Quimby RCYO that was held on Saturday, March 14, at St. Ambrose Catholic Church, in SLC! Tyler began his musical studies with the piano at the age of four, quickly becoming proficient. He began studying organ at 14, and fell in love with the complexity of the instrument. Tyler currently studies organ performance at Brigham Young University where he has excelled under Dr. Don Cook. He gave his first solo organ recital in March 2014, featuring works by Bach, Guilment,

Robertson, Barber, and Vierne. Tyler is also the organ accompanist for the BYU Men's Chorus, under the direction of Professor Rosalind Hall. Someday he wants to become a university professor. Tyler will perform his RCYO program at Super Saturday on April 25 and will compete at the Regional Convention in San Diego, in June.

AGO West Region Convention in San Diego (June 28-July 2, 2015)

The weather is heating up in San Diego, and we have one hot Regional convention in the forecast this summer. Program information is now on the website, [click here](#) to see the exciting concerts that will be offered. Don't miss out, and join the Party in Paradise. [Register now](#) while value pricing is still available. Interested in an advertisement or professional card in the program book? [Click here](#) for the reservation form. It is a great opportunity to target this select group of professionals. Visit <http://www.agosandiego2015.org> for all the latest convention information.

Resources for Organists

"The LDS Organist"
(created by Jennifer Morgan)
www.organlessons.blogspot.com

"Pedal Points"
(created by Florence Hawkinson)
www.ldsorganist.wordpress.com

David Chamberlin's hymn
voluntaries
www.chamberlinmusic.com

Free music for the LDS organist
www.ldsorganist.org

Music for the LDS organist:
www.wardorganist.com

Resources for the LDS organist
www.ldsorganists.info

BYU organ information
www.organ.byu.edu

Local organ builder of fine
mechanical action organs
www.bigeloworgans.com

AGO Salt Lake City Chapter
www.slago.org

AGO Utah Valley Chapter
www.uvago.org

AGO Region IX Blog
www.agoregionixblog.blogspot.com

AGO National Headquarters
www.agohq.org

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