



Sharps & Flats



AN OFFICIAL PUBLICATION OF THE FLORIDA FEDERATION OF MUSIC CLUBS

THEME: Those who wish to sing always find a song—Swedish Proverb

www. ffdc-music.org

SONG: "All I Ask of You"—Andrew Lloyd Webber



On a High Note From Your President

Well, well, did we ever think the hurricane season just might never end. A hurricane even in December, but did not make land fall. As Bill and I traveled the state to attend the District meetings, I was amazed at what I saw as Hurricane Wilma and Katrina blew in and out with a fury that I had not seen before. I cannot thank each district enough for welcomes so warm. I'm looking forward to March 4th District meeting in Jacksonville. I apologize for not getting to Lake District as that was on the Saturday before Wilma hit here in Palm Beach County. I know we all have a story to tell!!!!

I want to thank Chairman Helen Wooden for all of her efforts to make the Annual Jeanie Auditions & Ball in White Springs such a success. She had co-chairman Ann Stockton by her side taking notes and learning. Many thanks to all of the clubs who sponsored girls. Florida's Jeanie 2006 is Ruth Vaughn, sponsored by Friday Morning Musicale, Tampa. The four Jeanie Maids are Jennifer Anderson, sponsored by Gainesville Musicale, Stephanie Martinez, sponsored by Miami Music Club, Catherine Spitzer, sponsored by Tuesday Morning Musicale, Inc., and Marisa Rivera, sponsored by Wednesday Music Club, Orlando/Winter Park.

Mark your calendars for the 88th Annual FFMC Convention May 25, 26, 27, at the Sheraton Suites Tampa Airport, 4400 West Cypress St., Tampa, sponsored by the Bay Ridge District with Ann Stockton as Registrar and Annetta Graham Chairman. We will be featuring workshops by Dr. Bierbaum, our Registered Parliamentarian. We will be hosting Heidi Hong-Olson and her husband, Peter, as our National Guest. She is the Chairman of the Council of State Presidents. We also are featuring NFMC Young Artists. It will be a rewarding experience filled with work, music, learning, and fun. Plan to be there!

A splendid thank you to all who attended the 78th Annual Fall Session at the Westin Hotel in Ft. Lauderdale. Thanks to the Royal Poinciana District for hosting with Joyce Wells and Christi Collins, members of the Boca Delray Music Society, Inc., handling the registrar duties. Thanks to Michael Edwards for setting up the music.

My very best,
Connie

Recreational Music: Just What the Doctor Ordered


As Education Director for Music N More Inside Piano Distributors, I interview prospective music students on a daily basis. We see the traditional students that are elementary age beginners along with older teenage beginners or transfer students moving to our city. There has been an increasing trend to see more adult beginners. Some had lessons as a child and wanted to come back to the piano. We lovingly call them the Begin-againers. Many adults are taking lessons along side their children. Some are empty nesters pursuing a hobby. It is not unusual to see the grandparents in lessons. All the students have the common pursuit of the joy of making music.

The students know that playing music makes them feel better and gives them enjoy-

ment. Now medical science is finding that it affects us on a DNA level. A study was done showing that playing a musical instrument reverses stress on the genomic or DNA level. The findings were reported in the Medical Science Monitor, March 14, 2005. During the first hour of the study, volunteers were subjected to a frustrating puzzle assembly exercise to induce stress in the adult volunteers who did not consider themselves "musical". In the second hour, subjects were randomly divided into three groups. One subset of individuals continued the stressful activity, while another group was allowed to de-stress, relax and read newspapers or magazines of their choice. The third group participated in their first group-based recreational music making keyboard program called

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JUST A THOUGHT!

Eva Johnston, NFMC Chairman of the National Past Presidents Committee is asking all senior clubs within the U.S. to contribute to a new NFMC scholarship named for NFMC President Elizabeth Paris. Each senior club of all states including Florida is asked to have a COIN CLUB. There is still time this fiscal year for EVERY STATE FEDERATION to be close to 100% with every club taking part in this manner, beginning now. At each club and state meeting pass a hat, bank bag or anything chosen and request any type of loose coins or "germ-laden green backs". Or a club may choose an annual \$5.00 donation sent to Suzanne Carpenter FFMC Treasurer, who will record and send on to the NFMC Treasurer, Barbara Hildebrand earmarked "PNP Award". This is a national award. Everyone participating makes it possible to reach the goal for this future scholarship. The smaller gifts by check or coin clubs make a way for every member to know that they were a donor to assist a future artist; and feel justly proud some day when they can "sit back" at the performance of the artist. 


The Date Is Set

The FFMC 88th Annual Convention will be held May 25, 26, & 27, 2006, at the Sheridan Suites Tampa Airport, 4400 West Cypress St., Tampa, FL. 33607. Individual reservations can be made by calling 1-800-325-3535 and refer to FFMC Convention. For a rate of \$99.00 plus tax. The cut off date for accepting reservations is May 12, 2006. The hotel is located in the heart of the Westshore Business District off I-275 on Cypress Street between Westshore Boulevard & Lois Avenue. Two miles from Tampa International Airport with complimentary hotel shuttle. Parking is complimentary.

All rooms are two room suites featuring a living room with wet bar, refrigerator, microwave, coffee maker, and queen sleeper sofa. A private oversized bedroom will have your choice of one king size or two double beds featuring the new Sheraton Sweet Sleeper Beds and separate vanity area.

Besides business meetings we will feature seminars of interest to all, plus concerts by local and national musicians. An event not to be missed. 

Hear Ye, Hear Ye

Our national Arts Advocacy Chairman, Carolyn Nelson, is very anxious for NFMC to be active in advocating for the arts in our communities, states, and the nation. We need a volunteer to be the FFMC Arts Advocacy Chairman. This person needs to be able to stand up for the arts by watching what is going on in the state legislature and the local levels as well. Do we have a volunteer to raise the flag for the arts. E-mail Connie Tuttle-Lill to say yes at cltuttle@bellsouth.net. 


AN IMPORTANT MESSAGE FROM THE FLORIDA FELLOWS FOUNDER/CHAIRMAN DR. ISABELLA LAUDE

You Are Invited! Become a Florida Fellow!

Join this select group of generous benefactors to the Florida Federation of Music Clubs. Please consider making a contribution to the Operating Endowment Fund of the Florida Federation of Music Clubs, and you will be recognized as a special benefactor. You will be honored at an induction ceremony for Florida Fellows to take place at the state convention. A medallion will be bestowed upon you. Will you be donor number 23, 24, or 25?

If you wish additional information, please contact the chairman. Call her at 863.638.2629. Please send your contribution of \$1,000 payable to the Florida Federation of Music Clubs, Inc. to the chairman, Dr. Isabella Laude, 444 Seminole Road, Babson Park, Florida 33827. Contributions are tax deductible. FFMC is a 501(c)(3) nonprofit organization.

Thank you for your generosity in helping to promote the projects and activities of the Federation. These donations are needed because, as we all know, prices continue to climb for our operating expenses. Costs of printing and postage are rising, but we need to print and publish to communicate with our members.

We look forward to seeing you and bestowing upon you the FFMC Florida Fellow Medallion and welcoming you into this generous group of benefactors. Thank you so very much! 

Teachers—

Here Is an Opportunity

This is to inform teachers about the Ouida Keck Award of \$1,000.00 for Professional Development for the Independent Piano Teacher. The deadline is not until July 1, 2006, so there is time for teachers to apply. The application forms are available from Chairman Laurel Ince, jlince@gvrr.net or at NFMC headquarters and ask for the Ouida Keck Award Application #CA 13-1. The form may also be downloaded from the Web site: www.nfmc-music.org.

Two New Florida Fellows Named

Mr. Robert Moore and Mr. William Lill, both of the Boca Delray Music Society, Inc. have become Florida Fellows and will be honored at the 88th Annual FFMC Convention, May 25-27, 2006, in Tampa.

Founder and Chairman, Dr. Isabella Laude will make the presentations.

Put on Your Thinking Cap

Each year an outstanding FFMC member can be named Member of the Year. A committee composed of the seven district presidents, Annetta Graham, Karen LeGrand, Elizabeth Fullington, Wanda Wiranis, Vickie Stake, Marian Cox, Barbara Kirby, will make the selection. FFMC President Connie Tuttle-Lill appointed Marian Cox to chair the committee. Marian will ask each district president to notify the senior club presidents in his or her district of the Award. The candidates with their qualifications will be selected by the membership of all clubs throughout the state. Chairman Marian Cox shall prepare a ballot listing all names submitted and send to the committee members for voting by March 15th. The award shall be presented at the state convention in May by Vice-President, Anne Cruxent.

As a cost saving measure and a convenience option, the *Sharps and Flats* is now available online for viewing and printing. Junior Counselors and Senior individual members have been given the option of having a copy mailed to them. However, all Counselors and individual members from last year were sent this issue. Future issues will be sent to those who checked the appropriate box on their "bill."

Recreational Music: Just What the Doctor Ordered

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the Clavinova Connection which focuses on nurturing, support and non-verbal creative expression, as opposed to mastery and performance. The research showed that the stress-reduction impact was far greater for individuals participating in their first group keyboard lesson than for subjects who simply relaxed and read newspapers and magazines. In contrast, six stress-induced gene expressions in the relaxation group reversed during phase two of the study compared with 19 genes in the music group. Dr. Bittman, of the Mind-Body Wellness Center in Meadville, PA, who led the research team stated, "Our preliminary findings demonstrate that active participation in a group keyboard program was far more effective at reversing stress signatures than simply relaxing and reading newspapers and magazines."

What is the Clavinova Connection program used in the study? Yamaha and a dedicated interdisciplinary team including Dr. Bittman, came up with an innovative, enjoyable recreational music-making program for adults using the technology of their Clavinova digital piano. This isn't the traditional piano

lesson and it isn't meant to be. Instead, each stress-free group session begins with a unique series of musical/wellness exercises that were created by a physician to harmonize mind, body and spirit. Within minutes, you'll settle into a relaxed and comfortable state. As tension melts away, the real fun begins. In fact, the Clavinova lights your way. All you have to do is simply follow keyboard lights that guide you through specially-arranged musical compositions like "Memory" from Cats, "Phantom of the Opera", "Beauty and the Beasts", and lots more. The rich, fully-orchestrated accompaniments literally follow you.

Where can you experience the Clavinova Connection program or send a stressed friend? In Florida, the Clavinova Connection is available at Piano Distributor locations or your local Yamaha piano dealer. Some retirement communities are starting to include the program in their recreational activities. It would make a great Christmas gift.

By Nancy Jontz
FFMC Secretary



ATTENTION SENIOR CLUB PRESIDENT

How many club presidents have an NFMC manual dated 2005-2007 in their possession? This manual contains a wealth of knowledge. It is composed of every division and department in the National Federation of Music Clubs. It will aid each club in choosing what type of program to have, what scholarship and awards are available, and what members can do in their communities to strengthen the arts.

As the National President Elizabeth Paris states, "A club could not possibly do every project listed in the manual. Some will better suit the needs of the members and/or the community. Some will seek to encourage the young people in district festivals and the seniors in their endeavors to better the musical life of all."

Club Presidents should have an NFMC Manual. All state chairman and state board members should have a \$15.00 manual which can be purchased on line www.nfmc-music.org or E-mail to nfmc@nfmc-music.org. Fax an order to (317) 638-0503. Or telephone the Administrative Manager, Jennifer Keller@ (317) 638-4003. The manual will overwhelm the new member! What an education about the federation.



THE DR. ISABELLA LAUDE DANCE PLAQUE AWARD

The Dr. Isabella Laude Dance Plaque is awarded at the state convention each year to the club doing the most to promote dance. Last year's winner, Friday Morning Musicales of Tampa, presented an innovative and exciting dance program. Schedule a dance program for your club and become eligible TO WIN the plaque or a certificate!

Send notice of your dance program to the chairman, Dr. Isabella Laude, 444 Seminole Road, Babson Park, FL 33827 or via e-mail: Isabellamary@worldnet.att—An Award of Merit certificate is given to each club reporting a dance program/project. Report is due now or anytime before May 1, 2005 to the chairman.



Sending Press Releases

Linda Bond, FFMC Publicity Chairman, is sending press releases with success about The Wednesday Music Club of Orlando and Winter Park. She always includes that the club is affiliated with The Florida Federation of Music Clubs, Inc. and the National Federation of Music Clubs. The purpose of the organization is always stated, "Encouraging young musicians through scholarship awards with auditions each year." The only way this organization can continue its work is by getting the word out. Members must be town criers. Each club, district, and state affiliate must be recognized with press releases, radio blurbs, and television spots. Members need to be aware of all the happenings. A good way to start is by checking the web site, www.nfmc-music.org. She also has put together the Harold and Grace Sanford web site, www.HaroldandGrace.com.



FFMC Dance Chairman,
Dr. Isabella Laude
444 Seminole Rd,
Babson Park, FL. 33827
Email: Isabellamary@worldnet.att.net

FRANCES RANDS BEERY MEMORIAL AWARD IN CLASSICAL BALLET

We know the students are out there, now, go get them! This is a wonderful opportunity for ballet students.

All we need is a completed application, a brief video according to the rules, and the application fee. Now is the time to enroll your kinfolk and friends as members of the Federation (Junior Music Club or Junior Special member) and to tell the dance studios about this award—do it as soon as possible!

First prize is a cash award of \$500; second place is a cash award of \$250. Each winner receives a certificate, plaque and a sketch of the life of Frances Rands Beery, premier ballerina, who conducted a ballet studio for many years in Lake Wales and was FFMC Dance Chairman. This award, endowed by the Lake Wales Arts Council, is administered annually by the Florida Federation! Help us recruit applicants!

Get Your Applications From the Chairman!

Information for the 2006 FFMC Junior Convention Is Now Available Online at ffmc-music.org.

You will find the check list for filling out the application as well as the application. The application can be filled out and printed online or the application can be downloaded for your convenience. The Hotel list offering convention discounts is also available at this site.

This year handwritten applications will NOT be accepted and will be returned for resubmission. Teachers will be required to either submit a computer generate or type written application. In the past there have been too many illegible applications submitted for processing. Due to the large numbers of Juniors entering this annual event it has become impossible to process applications that cannot be read.

Also, this year an incorrect entry may be assessed a \$5.00 penalty. With the large volume of incorrect entries last year, it is evident that teachers are not taking the time and care needed when submitting their applications. Consequently, the final schedule is delayed because of the many phone calls needed to ascertain the correct information.

Be aware that the published deadline of March 10 is FIRM. Applications will not be accepted that are postmarked after that date. Please do not contact this Junior Counselor to negotiate the deadline after the fact!

This year FFMC will disqualify any teacher who charges their Juniors an application fee above the stated fees on the application.

Make sure that when entering the required selection that it is submitted exactly as printed in the Festival Bulletin including the collection from which it comes, if applicable (Lotus Blossoms from Fantastic Fingers Bk. 1).

Also, if a student is entering a Mozart Concerto in the piano concerto event, PLEASE list the Concerto by key and K. number. Do NOT enter the Concerto as No. 6 or No. 21. String teachers need to be especially careful to list the repertoire EXACTLY as listed in the Festival Bulletin. Failure to list entries as per the Bulletin will result in an additional \$5.00 fee per entry.

When entering ensemble events PLEASE list the partners! Please refer to the example in the Check List.

Finally, this is a competition that will be taking place over a two day period. All entrants must assume that their event(s) can take place on one or both days. Please do not contact the Junior Counselor requesting a preferred day. Please do not contact this Junior Counselor for a special time for your student once the schedule is published. Please do not ask this Junior Counselor for a refund if the schedule does not accommodate the Juniors schedule for ANY reason. If there are any other issues that need to be addressed, it is the responsibility of the teacher to address the issue to the Junior Counselor. Do not have the parent or Junior contact the Junior Counselor.

We look forward to seeing you in Jacksonville at the FFMC Junior Convention May 5-6, 2006. We do appreciate your cooperation as state festival is a very motivating event for all of our Juniors. All the volunteer hours that are spent to make this a well-coordinated event are worthwhile with that goal in mind.

Submitted by Michael Edwards

