

## 2019 NATS EASTERN REGION CONFERENCE AND STUDENT AUDITIONS

Glazer Music Performance Center  
Nazareth College  
4245 East Avenue  
Rochester, NY 14618

### SCHEDULE OF EVENTS

*Subject to change – an updated schedule will be available at the conference*

#### FRIDAY, MARCH 15

- 11:00am Registration opens (Glazer Music Performance Center – Duda Lobby)  
12:00-12:45pm Judges' meeting (Beston Hall)  
1:00-6:00pm Student Auditions Preliminary Round (Various locations)  
5:30-6:30pm ***“The Twenty-Four Italian Songs and Arias: Shedding New Light on an Old Chestnut”***- Christopher Evatt and Angela Calabrese. Location: Wilmot Hall

#### **Description:**

The Schirmer edition of *Twenty-Four Italian Songs and Arias* has long been a staple of the repertoire for beginning voice students. The songs it contains have become so disconnected from their own past, that teachers and singers working on them are often unaware of the full spectrum of performing possibilities available to them. This presentation seeks to rectify that, by examining how the materials for the collection emerged within the late 19th century revival of Baroque music, as well as other 20th century editions that offer alternative ways of interpreting these songs. Special emphasis will be given to the fascinating Romanticized versions of Pietro Floridia from the early 20th century. The presentation will be followed by a performance demonstration of these Floridia versions with soprano Angela Calabrese.

- 6:30-7:15pm Reception (Location TBA)

#### **EVENING MASTER CLASS**

- 7:30-9:30pm **Matthew Edwards, guest master teacher** (Beston Hall)

#### SATURDAY, MARCH 16

- 8:00-9:00am Region board meeting – All district governors/chapter presidents are invited to attend. Complimentary continental breakfast sponsored by the Nazareth College Music Department. (**Location:** Lipson Patrons Lounge, Arts Center)  
9:15-9:45am Judges' meeting (Beston Hall)  
10:00am - 2:30pm Student Auditions Semi-final Round (Various locations)

### **WORKSHOPS AND PRESENTATIONS**

*(Subject to change)*

- 10:00-10:50am ***“Yoga Movement, Breathing and Contemplative Practices for Performers”*** - Julianna Sabol. **Location:** Sands Performance Studio, Arts Center

**Description:** The music student/performer will explore Classical physical yogic practice and philosophy with particular attention of their application to performance anxiety and stress, breath and body awareness, performance “flow-state”, and practice strategies.

11:00-11:50am

**“Consent and Creating Safe Theatrical Space”**- Jacqueline Holloway and Sean McCarther. **Location:** Room A48, Arts Center

**Description:** Actors and other stage performers are paid to be vulnerable on stage. Whether this is intense joy, sadness, anger, or passion, it is an actor’s job to portray the truth of the human experience. Problems arise when simulated emotions generated by commitment to the given circumstances of a character seep into real emotions generated by the actors themselves. While this can be precarious with any emotion, those related to intimacy and physical attraction can be particularly problematic. In the extreme, such instances can lead to cases of emotional, physical, and even sexual abuse. The #metoo movement has shed light on all too many instances of this in the theater and film industries. Our industry must recognize that this is a problem, and work collaboratively with actors and production staff to create safe spaces where all involved feel comfortable to explore their creativity free from the inhibitions of fear and worry.

This workshop begins this process by helping actors and production staff experience consent through a variety of exercises, exploring the concept from varying perspectives. It will provide participants with a framework from which to begin work with other actors. While not explicitly designed as an intimacy for the stage workshop, the material covered will give participants a foundation for how to protect themselves and their scene partners, and provide a basis for communication between and among actors that is the basis of all good collaborative theater.

12:00-12:50pm

**“Practical Application of Vocal Acoustics”**- Daniel Ihasz. **Location:** Room A14, Arts Center

1:00-2:00pm

*Lunch Break*

2:00-2:50pm

**“Repetitive Practice for Singers: Going to the Voice Gym”**- Andrea Folan. **Location:** TBA

**Description:** The presentation will focus on the following:

- Summary of current scientific (physical, neuro, sports, etc.) views of repetitive practice’s role in motor learning.
- References to recent studies/articles of/about repetitive practice as applied specifically to vocalists and vocal training.
- Discussion of how voice teachers can frame and present repetitive practices in voice lessons.
- Applying repetitive practice to foreign language diction work; why learning the rules is the easiest part.

3:00-3:50pm

**“Performance Anxiety Master Class”** Gwendolyn Walker. **Location:** Wilmot Recital Hall

**Description:** In this lively, interactive master class, Voice and Alexander Technique master teacher Gwendolyn Walker explores Alexander Technique principles that are based in neuroscience to help reduce performance anxiety. The master class will include group games, tools to apply before and during a performance, individual coachings, body mapping, and we will explore some basic neuroscience to help the student learn to stop fighting their natural neurological reactions and to learn how to reduce anxiety in performance and in their daily lives. In this special introduction to Alexander Technique for teachers of singing, the work of F. M. Alexander will be introduced in a new, fun, and accessible way. We will play body games, get up and move around and play and laugh while we discover how to teach our students to find more ease in doing the things they do with their bodies every day, and specific tools to communicate how to have more ease when they are singing. We will also spend some time learning to identify some common patterns that make singing difficult and some tools to help the students change those habits. How the Alexander Technique intersects with neuroscience and how this intersection can open new pathways of learning for you and for your students will also be addressed.

4:00-5:00pm

**“Sister—Show me Eternity: Scenes of Sisterhood, Seclusion, and Strength”**- Sylvia Stoner Hawkins. **Location:** Wilmot Recital Hall

**Description:** A new work of music theater, “Sister—Show me Eternity: Scenes of Sisterhood, Seclusion, and Strength” offers a glimpse into the private life of Emily Dickinson and her sisters, integrating the

performance of contemporary American art song with movement and dialogue. Featured performers include sopranos Anne Jennifer Nash and Sylvia Stoner, and mezzo-soprano Sharon O'Connell Campbell. The performance also includes student performers selected and trained for each venue. Following the performance, the musicians will discuss the creative process. The process discussion will note how narrative and character relationships were woven through disparate North American song literature and also explore specific movement techniques for interpreting art song.

### **EVENING MASTER CLASS**

- 5:30 – 7:30pm      **Kathryn Cowdrick, guest master teacher** (Beston Hall)
- 8:00 – 9:30pm      Eastern Region Membership Meeting and Dinner (\$40 per member – pay during the online registration process)

### SUNDAY, MARCH 17

- 9:30 – 9:45am      Judges' Meeting – *All teachers are expected to judge the finals.* (Beston Hall)
- 10:00am            **STUDENT AUDITIONS FINAL ROUND** (Beston Hall)
- 2:15pm (approx.)      Winners Ceremony and Photos (Beston Hall)
- 3:00pm              Depart for home