



The Parish Musician

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Diocese of Pittsburgh

The Parish Musician, November 2011

Office for Worship

November
2011

National Association of Pastoral Musicians, Pittsburgh, Pennsylvania
2900 Noblestown Road, Pittsburgh, Pennsylvania 15205-4227

New Roman Missal Panel Discussion

Monday, January 16, 2012

7:30 PM, Panel Discussion

8 weeks with the New Roman Missal

Ss Simon & Jude
1607 Greentree Road
Pittsburgh PA 15220

(use this address for Mapquest & Google Maps)

Diocesan Director of Music

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NPM Pittsburgh

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Fr. Jim Gretz, Diocesan Director for the Office of Worship, moderator

Panelists:

Amanda Plazek (*St. Mary of the Mount, Mt. Washington*), **Don Fellows** (*St. Paul Cathedral, Oakland*), **Mary Rita Rosetti** (*St. Alexis, Wexford*), **Dianne Falvo** (*St. Winifred, Mt. Lebanon*), **David Dreher** (*St. Kilian, Adams/Cranberry Twp.*), **Ben Bates** (*St. Paul of the Cross Monastery, Southside*), **Arthur Fronzaglio** (*Our Lady of the Valley, Donora*), **Lucy Hosni** (*St. Patrick, Canonsburg*).

Father Gretz will open by giving any announcements from the USCCB concerning the changes as it will have been in force for 8 weeks. He might relay any horror stories he has heard since November 27, that could prove interesting to the membership. Each panel member would then give their short (3 to 4 minutes) overview of what has happened in their parish thus far. The panelists may have questions of each other and discussion could follow. Once panelists had concluded Fr. Gretz would open the floor to questions and guide the exchange. Night prayer to follow with a light social afterward.

- 7:30 PM—Panel Discussion in the hall next to the church
- 9:00 PM—Night Prayer in the church, Fr. Gretz, presider
- 9:15 PM—Light Social in the hall

J. R. Daniels will be our host.



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AMERICAN FEDERATION PUERI CANTORES Your Choir is Invited!

Pueri Cantores, the national student choral organization of the Catholic Church, invites all parish and school treble and mixed-voice choirs to participate in a Festival and Mass for singers ages 9-18.



Pittsburgh Student Choral Festival & Mass

Dioceses of Pittsburgh, Erie, Greenburg, Wheeling, Youngstown, Altoona- Johnstown and Steubenville

ST. BERNARD CHURCH

311 Washington Road, Pittsburgh, PA 15216 • Saturday, March 10, 2012 • 5:00 pm

Bishop David A. Zubick, D.D., *Celebrant* • Christine Jordanoff, *Conductor*



Register at pccoires.org.

VOICE

HOARSENESS CAN'T BE GOOD

LISA PAWELSKI

For decades, ever since I lost my voice during my first week teaching music in a Catholic school, I've been telling myself: "Hoarseness can't be good." And now, driving home hoarse from choir practice every Thursday, after I've been speaking with patients all day? Still not good. I shared my concern with Cathedral Music Director Don Fellows, and he sent me to The University of Pittsburgh Voice Center. The specialists there agreed wholeheartedly with my conclusion, and they were eager to help.

As part of its community outreach, the Voice Center dispatched a team to Pittsburgh's St. Paul Cathedral for a vocal health seminar. Choir singers, psalmists, cantors, music directors, the odd musicologist, and even a revered GIA editor converged to hear Dr. Clark Rosen (ENT) and Dr. Jackie Gartner-Schmidt (PhD in speech pathology) preach vocal health. Their mantra? "Hoarseness is never normal. Most vocal problems are cumulative. And most vocal problems are preventable."

Dr. Rosen first reminded us that our bodies are our instruments. Screaming and yelling, coughing and clearing throats, hollering into cell phones, sinus problems and allergies, "singing sick," smoking, caffeine, acid reflux, and fatigue all harm the voice. We carry our instruments with us always, and we must be careful with them if we expect them to work properly.

Like a Hummingbird

Asking us to picture a hovering hummingbird with its rapidly vibrat-

ing wings, Dr. Rosen presented some basic vocal physics. Men speak with their vocal folds vibrating about 100 times per second. Women speak at about 220 cycles per second. If you can sing a high C, your vocal folds are slamming into each other 1,024 times per second.

Twelve pairs of muscles control the voice box in three dimensions. The glistening vocal folds have a unique and elastic lining. We can injure our voices if we use muscular tension inappropriately to create sound, or if we simply sing too much. Dr. Rosen says that each October is boom time for the Voice Center, as local college voice and theater majors tax their voices with classes, private lessons, rehearsals, and singing with rock bands.

It turns out that not everyone is built naturally to "belt" like Andrea McArdle (or any of the other young girls who have played Annie) or Ethel Merman. Women in particular have vocal disadvantages. We speak at a higher frequency, so our vocal folds rub together more often. Women tend to talk more, and we have less hyaluronic acid "shock absorber" in our connective tissue. We also have a larger natural partial gap between our folds than men have, and our hormones may contribute to the fact that we experience more vocal fold lesions.

Dr. Rosen projected PowerPoint videos of voice boxes in speaking and singing action, visualized via flexible laryngoscopy, which goes through the nose, allowing the client to speak and sing while being visualized. Sometimes visualization diagnoses a bump on the vocal folds. Nodules may be treatable with voice therapy, which can help decrease unnecessary muscular tension and balance vocal fold configuration. Cysts and polyps may require a surgical approach.

A common medical problem that can affect the voice is acid reflux. You can have significant acid reflux without ever feeling "heartburn."

Worsening the tendency to acid reflux are caffeine, alcohol, chocolate, mint, spicy and fatty foods, tomatoes, tight clothes, obesity, and lying down too soon after a full meal.

We've all been taught to drink eight cups of water per day. Besides helping to control weight, good hydration helps the voice. Dehydration thickens voice box mucus, which makes you clear your throat, which is harsh on the vocal folds. The maxim? "Pee pale, sing clear!"

Dr. Gartner-Schmidt closed the program with descriptions of different types of sound production. "Breathy phonation" is like Marilyn Monroe's voice. "Pressed phonation" is speaking while holding your breath. Somewhere in between is what's favored: "flow phonation" in which the air flows over the lips and the "m" at the end of "whooooom" tickles the lips—a lot.

Breathe While Speaking

I hold my breath all the time when I speak, and I suspect that's a common vocal flaw among folks who speak very fast, as I do. I am trying to remember to breathe while speaking. Just as we do when we're singing properly, I am trying to remember to prepare breaths before spoken phrases and not try to squeeze out just a few words more without any airflow.

The University of Pittsburgh Vocal Center provides both speaking and singing diagnosis and therapy. Speaking therapy may be covered by insurance, but singing therapy typically is not. Some university medical centers in mid- to large-sized cities offer similar services. Having trouble singing "high and soft?" Voice feel tired? Throat feel tight or lumpy? Hoarse, after choir? Consider taking better care of your instrument. ☞

The web address for the University of Pittsburgh Voice Center is <http://www.upmc.com/Services/Otolaryngology/Servicesand-Specialties/VoiceCenter/Pages/default.aspx>, or just Google "Pittsburgh Voice Center."

Upcoming Events

- Oct 30 Sun..... 4:00 PM.....**Jeremy Filsell**, Organ Artists Series, Calvary Episcopal, \$12 regular, \$5 students, reception after, 412.242.2787(arts), info@oas-series.com or www.oasseries.com
- Oct 30 Sun..... 8:30 PM.....Compline, Heinz Chapel, **Ethan Laplaca**, Holy Trinity, Robinson
- Nov 4..... Fri..... 7:00 PM.....**Bob Hurd** in concert. St. Benedict, Johnstown. Free, non-perishable food items will be collected for the Knights of Columbus Thanksgiving food baskets.
- Nov 4..... Fri..... 7:30 PM.....Join Trillium Ensemble, St. Maurice Catholic Church, 2001 Ardmore Blvd in Forest Hills, or on Saturday, November 5 at the Frick Fine Arts Auditorium, on Schenley Drive near Phipps Conservatory. **Pamela Murchison**, flute and alto flute, **Rachael Stutzman**, clarinet and bass clarinet, and **Katie Palumbo**, piano and voice. Works of Maria Grenfell, Randall Woolf, Donald Sloan, and Jan Vičar. The program also will include a premier arrangement by Pittsburgh's Matthew Murchison of selections from Elvis Costello's *The Juliette Letters*. Tickets prices are \$15 for adults, and \$10 for students and seniors.. Tickets may be reserved in advance my e-mailing trilliumensemble@gmail.com or by calling Katie Palumbo at 412-302-8233.
- Nov 5..... Sat..... 9:00 AM....**Bob Hurd** will conduct a "tour" of the Mass exploring the theme of spirituality and liturgy, interweaving music along the way, and answering questions. The cost of the workshop is \$20 and includes lunch. Reservations at 814-266-9718 ext. 101 or by email at mailto:jphilibin@atlanticbb.net. Deadline is November 1, 2011.
- Nov 6..... Sun..... 3:30 PM.....Pre-Concert for 4:00 PM Choir Festival, **Sue Garton**, Handbell Soloist. Free will offering benefits Ellwood Social Services
- Nov 6..... Sun..... 4:00 PM.....Choir Festival, Holy Redeemer Church, 415 4th Street, Ellwood City, PA 16117
- Nov 6..... Sun..... 3:00 PM.....Music Plus at St. James in Sewickley presents "Choral Prayer" with The Pittsburgh Compline Choir, directed by **Dr. Alastair Stout**. This auditioned choir will pray the monastic office of Compline Prayer, with 50 minutes of music in a wide range of chant styles, prayer, and silence. Free. St. James Church, 200 Walnut Street, Sewickley, PA 15143 412-741-6650. Pre-concert at 2:30: Quaker Valley Elementary School Musicians, **Chris Burgh**, director.
- Nov 6..... Sun..... 8:30 PM.....Compline, Heinz Chapel, Viol Consort
- Nov 9..... Wed.. 7:30 PM.....Parisian Organist **Hampus Lindwall** performs at St. Paul Cathedral (corner Fifth & Craig, Oakland). Admission is free - an offering will be received. Call the Cathedral Music Office - 412-61-6082.
- Nov 12 ... Sat..... 6:00 PM.....Cabaret Night in Centurion Hall at St Maurice Parish will feature members of the St Maurice Music Ministry. Wine, beer and hor d'oeuvres followed by the show at 7:00 pm. Tickets for this 21 and older event are \$10 and will be available at the door in advance by emailing SaintMauriceMusic@gmail.com or calling 412-271-6265.
- Nov 13 ... Sun..... 4:00 PM.....Organists **Ken Danchik** and **Don Fellows** perform music for two organists and two organs at St. Paul Cathedral (corner Fifth & Craig, Oakland). Admission is free - an offering will be received. Call the Cathedral Music Office - 412-61-6082.
- Nov 13 ... Sun..... 8:30 PM.....Compline, Heinz Chapel, **Edward Alan Moore**, East Liberty Presbyterian
- Nov 20 ... Sun..... 8:30 PM.....Compline, Heinz Chapel, **James Burns**, Westminster Presbyterian
- Nov 20 ... Sun..... 4:00 PM.....**Dung Ho Lee**, Organist, Shadyside Presbyterian, Music in a Great Space
- Nov 27 ... Sun..... 7:00 PM.....23rd annual Festival of Nine Lessons & Carols featuring PSO violist Penny Brill and the St. Maurice Adult Choir. St. Maurice, 2001 Ardmore Blvd. 15221. SaintMauriceMusic@gmail.com or calling 412-271-6265.
- Nov 27 ... Sun..... 8:30 PM.....Compline, Heinz Chapel, **Nathan Carterette**, Trinity Presbyterian, Uniontown
- Dec 4 Sun..... 3:00 PM.....Saint Bernadette Festival Choir will present "Jesus Hope of Every Nation" an Advent Prayer Service on Sunday December 4, 2011 at 3:00p.m. in the church, 245 Azalea Drive, Monroeville, PA 15146. **Joshua Bandish**, director.

Upcoming Events, continued

Dec 11 Sun..... 3:00 PM.....Bach's *Wachet Auf, Sleepers Wake*, Three Advent Movements arranged by Martin. Orchestra and soli, Adult and Children's Choirs. Free will offering. Reception in the church social hall. Assumption Church, Bellevue, 45 N Sprague Ave, Bellevue, 15202. 412-766-6660. **Dr. Neil Stahurski**, director.

Dec 18.... Sun..... 3:00 PM....."Music on the Mount", a concert series in partnership with Saint Mary of the Mount Parish (403 Grandview Avenue, Pittsburgh PA 15211.) The concert, titled "Christmas Brass", will feature the Iron City Brass Quintet. (*advertisement on pg. 2*) Admission is free, and all are welcome. See you on the Mount!

Dec 18.... Sun..... 7:00 PM.....Christmas Concert combining the talents of all aspects of the St Maurice Music Ministry. 2001 Ardmore Boulevard in Forest Hills (15221). Reception following. A free will offering. SaintMauriceMusic@gmail.com or 412-271-6265.

Jan 22..... Sun..... 4:00 PM.....Soprano **Kelly Lynch** (Voice Recital), Shadyside Presbyterian, Music in a Great Space

Mar 11 Sun..... 4:00 PM.....Organist **Mark Anderson**, Shadyside Presbyterian, Music in a Great Space

Positions Available

SATB.....**St. Elizabeth Ann Seton Parish in Carnegie**, Pennsylvania is currently seeking four Choral Scholars (SATB) to serve as the core of the volunteer Traditional Choir, as well as sing occasionally as an independent ensemble, the Schola Cantorum. Literature will be drawn from the breadth of the Catholic-Christian tradition. Successful candidates will be enrolled undergraduate or graduate students, preferably studying music, and should possess the following: Availability for weekly rehearsals (Wednesdays, 7.00-9.00 PM), as well as one Mass per weekend, from September through May, dependent upon the Church calendar, including Christmas and Holy Week. Candidates should possess the following: Superior sight-singing skills; A strong, clear, vocal tone; A working knowledge of Roman Catholic liturgy; Familiarity with ecclesiastical Latin diction; Strong interpersonal and leadership skills. All Choral Scholars will be expected to participate in the Diocese of Pittsburgh's Safe Environment protocols. The stipend is \$30 per call; opportunities for additional income, i.e. weddings, may be available. Carnegie is easily accessible from I-376, I-79, and by Pittsburgh Port Authority Transit. Interested parties should contact the Director of Music, Nicholas J. Will, at 412-276-1011 x 19, or nwill@consolidated.net for more information or to schedule an audition.

Substitutes, in compliance with Safe Environment

Carol Accetta, organist
412-221-3181, 412-874-7858
accettac@comcast.net

Brent Alexander, organist
412.215.9500 (cell)
musicbrent@gmail.com

Mary Lou Bender, organist
412.841.7193, cell
stusannamusic@verizon.net

Jim Falcioni, organist
412.366.3631

Mary Ferro, organist
412.921.8328; 412.874.6571, cell
mferro211@yahoo.com

Richard Heidenreich, organist
412-759-5876
rheidenreich@divinehealthandyou.com

Michelle (Shelly) Long, flutist
412.751.2020 x106, 724.462.6931, cell
flutist1106@hotmail.com

Carol Marraccini, cantor
412-653-3092, Home, 412-855-2974
cmarraccini@comcast.net

Karen A. McDonough, organist
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Doris Mercer, cantor
412-561-7026, 412-953-4480, cell
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Joann Soltes, organist
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Richard Tomak, organist
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