



## Sierra Jazz Society Newsletter Volume II - Issue 1 Winter 2008

**“Tradition is not the worship of ashes, but the preservation of fire.”** — Gustav Mahler

### Join Sierra Jazz Society

Folks kept asking how to join Sierra Jazz Society as a way to contribute and support our efforts to bring jazz to Nevada County. After much discussion, a membership program has been developed. Now we can invite you to join Nevada County's jazz community and help to support Jazz Camp scholarships, ongoing workshops and master jazz concerts.

Join at whatever level you can, starting from \$45, and receive such cool gifts as concert tickets, a t-shirt with the Sierra Jazz Society logo, a faculty compilation CD, or a concert by Bill Douglass and friends in your own home for you and your guests.

#### Membership Levels:

- Ballads/\$45 – 2 tickets SJS concerts.
- Bebop/\$100- 2 tickets plus t-shirt or CD
- Jazz Waltz/\$200- 2 tickets, t-shirt, CD
- Swing Level/\$500- 4 tickets, t-shirt, CD
- Bossa/\$1500- 4 tickets plus house concert
- Improv/\$2500- 4 tickets, concert, video night.
- Groove/\$5000 – All the above + recording.

Read all about it on our website. You can also join our community of jazz lovers online, [www.sierrajazzsociety.com](http://www.sierrajazzsociety.com).

Faculty members Bill Douglass and Ian Dogole improvise with a student during the Jazz Camp 2007 Student Concert at The Center for the Arts.



### Jazz Camp 2008

Lots of new and exciting things are being planned for the 2008 Jazz Camp, July 16-20 at the Nevada School of the Arts. We are collaborating with The Miner's Foundry to present the Jazz Camp concerts. Not only will the Student Concert take place there, but we are adding a Tuesday evening Faculty Concert to kick off Jazz Camp with a bang! Both concerts are open to the public, so invite your friends. Tickets to both concerts are included in Jazz Camp tuition.

We learn more with every Jazz Camp. Based on the feedback we received from the students and parents (and the great creative minds on our staff), the curriculum has been fine-tuned to provide even more learning opportunities. Keep updated by visiting us online: [www.sierrajazzsociety.com](http://www.sierrajazzsociety.com)

### Jazz Camp Schedule

July 15, Tuesday evening - Faculty Concert  
Miner's Foundry, Nevada City

July 16 to 19, Wednesday through Saturday  
Jazz Camp 9:30am to 3:30pm  
Nevada City School of the Arts

July 20, Sunday afternoon 3pm - Student Concert  
Miner's Foundry, Nevada City

Tuition of \$450 includes daily lunch, 2 tickets to the Faculty Concert, and 2 tickets to the Student Concert. Scholarships and work-study plans are available. Contact Julia Glasse for more information: [julia@sierrajazzsociety.com](mailto:julia@sierrajazzsociety.com) or call (530) 273-0568.

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## Faculty Corner



Each newsletter features ideas from faculty members about practicing, listening to, and playing jazz.

This time we present an article by flute teacher, Nora Nausbaum.

## Alexander Technique and Musicianship

When I first became aware of neck and shoulder pain, I had been playing flute for 20 years. I was teaching music at the college level in the wilds of the South (and I don't mean LA). Because my neck hurt so much, I put the flute away for a year hoping to heal. As soon as I picked it up again, the stiffness and pain came back. I was considering the possibility that I would not physically be able to play when a musician friend introduced me to her Alexander Technique teacher.

Alexander Technique is a method of observing and gently retraining habitual movements and unconscious muscle contractions. It allows one to perform any activity in a relaxed and balanced way with physical freedom. It helped me so much that soon after taking weekly lessons, I moved from Boston to California to train to be an Alexander Technique teacher. I graduated from the three year program in 1988.

I don't think I'd be able to play flute after all these years if I continued to poke my head forward to reach the flute, scrunch up my shoulders and generally ignore my kinaesthetic sense – the sense of muscular effort and balance, a process of learning more about myself that continues to this day. Not only does it help with pain, but I am a better musician being more relaxed.

Some wonderful musicians I know play really great despite some obvious contractions while playing. All I can say is that when I work with musicians, we can both hear the difference as the nervous system changes, relaxes and breathing becomes easier and more free.

Some people whose names you may recognize have benefited from the Alexander Technique: Paul McCartney, Sting, Lynn Redgrave, James Galway, Yehudi Menuhin, Joanne Woodward, ...and Bill Douglass!

If you want to know more, check out my web site at [www.ATSierra.com](http://www.ATSierra.com)

## Jazz Camp 2007 Photo Gallery:

(clockwise from upper right)  
Megan Gentes, Ben Gould,  
SJS Faculty, Trevor Villwock,  
Nora Nausbaum and Bill Douglass



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