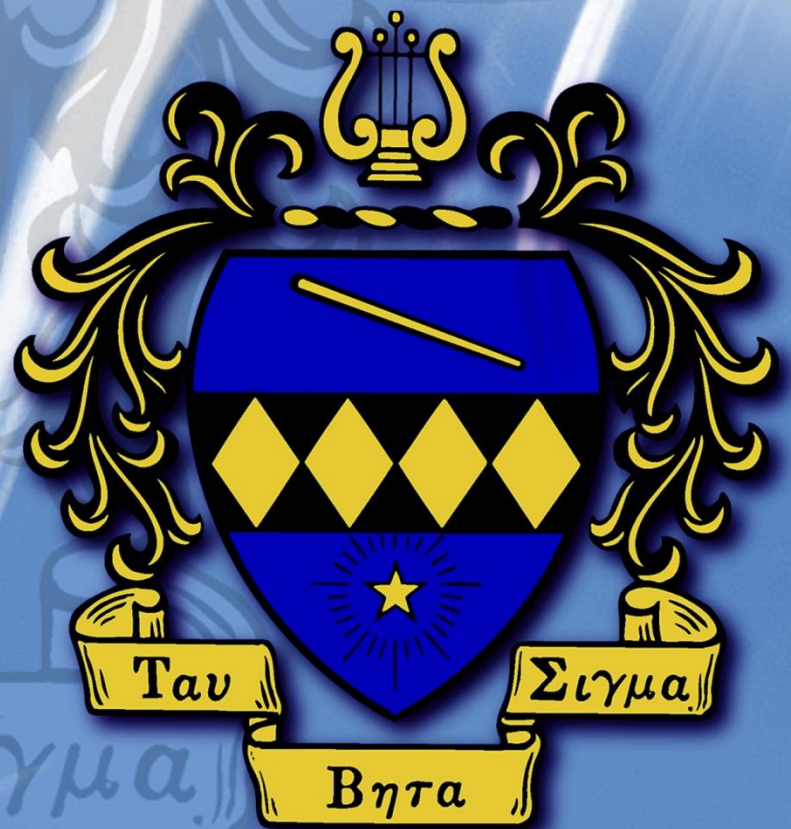


# MIDWEST NOTES

KAPPA KAPPA PSI - TAU BETA SIGMA

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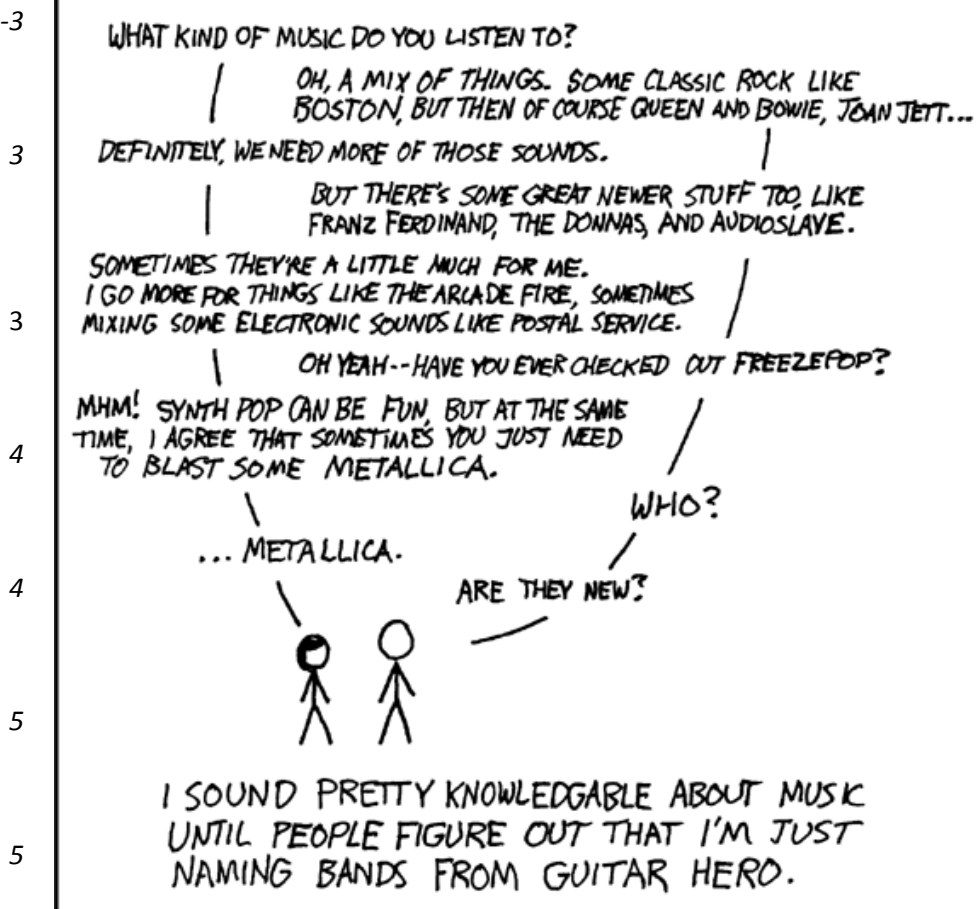
Region Days are a great way to connect with your brothers and sisters. Take advantage of them!

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### 5 Mission Impossible 2011: Avoiding Convention Exhaustion

By Maggie Greenwood – KKΨ District President

Convention is a whirlwind adventure of workshops, committee meetings, entertainment, and business. Most people are completely exhausted by the time they get home and can barely function on Monday. For those of us attending more than one district convention, it can mean multiple weekends of mind-numbing insanity. Now, this is not very helpful to our directors. They would like us to leave and come back without making a speed bump in their final concert preparations. On top of that, walking around like a zombie all day just isn't fun. Here are some tips on how to make the most of convention and still be ready to go on Monday:

1. Trade off on the driving every two to three hours. I know we want to just get there or get home as quickly as possible, but not stopping doesn't help the driver at all. That and tall people really need to stretch every couple hours, so be kind to your brothers. Get out, stretch, potty, maybe eat, and then hit the road again. If you're on a deadline, be sure to figure these stops into your travel plans, maybe ten to fifteen minutes for each.
2. Get as much sleep as you can. I know we all want to stay up till 4am both nights of

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convention. It's exciting to see brothers and sisters from other chapters, especially if they're on the other side of the district and you only see them once a year. And every convention is exciting and new and different, which can make sleeping hard to do anyway. Again, this won't help you on Monday or during the drive home for that matter. Try to get at least five to six hours of sleep each night instead of the two or less that folks usually end up with at convention. This counts for the week leading up to convention as well. If you're already exhausted when you leave, the weekend will only make it worse.

3. Eat well and drink lots of water. This may be a no-brainer, but a lot of people end up living off coffee and snack foods the whole weekend. If the banquet is the only balanced meal you get all weekend, of course you're going to be exhausted. Nourish your bodies! Food equals energy, so eat full meals. Dehydration will also cause you to feel more run down than usual. Caffeine, while handy in the morning, will not suffice for three days. Coffee and pop will make you crash at some point, so be sure to drink water at your meals or even carry a water bottle around.
4. Last but not least, if you are someone who has to submit a report (cough, cough committee chairs and officers), please do not wait until 3am on Sunday to write it. Use that down time before Ritual to get it out of the way so you can get some sleep.

Are we catching a pattern here? Take care of your bodies and use your time wisely. Yes, we all want to hang out and have a good time. That's one of the most important parts of convention! However, if we're all run down and cranky, no one will have a good time, and you'll be useless to your directors on Monday. Even if you do get super tired, be kind to your brothers and sisters, because they're right beside you in that and will need you to help lift them up as well.

## Go To National Convention 2011!

By Denali Alt – KKΨ District Governor

Start planning now to attend the Kappa Kappa Psi/Tau Beta Sigma 2011 National Convention in Colorado Springs, CO July 19-24, 2011. This is the time to begin planning fundraisers to make sure your chapter can help send representatives. National Convention is only in the Midwest District once every 12 years, so take advantage of the close proximity! If this puts things into perspective, the last time National Convention was in the Midwest district, I was going into my sophomore year of college!!! :O Yes, that was back in the dark ages!

Yes, chapters are allowed to fundraise to send members to National Convention. It seems as though I am faced with this question each year. Does going to National Convention (or District Convention for that matter) improve you as a brother? Will that in turn help your chapter? Wouldn't you spend money to improve your chapter? There is your answer!

Also consider putting away \$20 per week so that it isn't a ton of money all at once. The cost may seem insurmountable, but I assure you, it is not. With some careful planning, many of you will be able to join us! Trust me, you won't regret it!

## Strengthening Our Sisterhood

By Brianna Upton – TBΣ District President

Tau Beta Sigma exists as a sorority with unique attributes that vary across our districts and nation. Some chapters exist as gender-segregated organizations while others chose to initiate members of both genders. These differences not only define individual chapters but also their individual relationships and expectations. Too frequently, when sisters of Tau Beta Sigma seek to better themselves they often seek to do so in ways that will best fit with the status quo of their chapters. Anything that might threaten the way things have been done is readily discouraged, ultimately yielding homogenous chapters where everyone wants to "fit in" by dedicating themselves not to strengthening our sisterhood but instead to upholding the status quo. When surrounded by a forced self-driven culture how can we expect our sorority to change and grow? When will we, as men and women in Tau Beta Sigma, find value in ourselves as strong sisters with potential and stop deriving our value from how we fit into the image of our chapters? When will our sorority become a powerhouse of innovation rather than forgotten chapters in the shadows?

Any measures implemented by our Councils to mend the situations we put ourselves in will not be effective if sisters do not band together and stand up for themselves and the betterment of our sorority. Changes to this long-lived paradigm need the assent and support of all men and women involved. This is not to say that all chapters are not strong or solely committed to benefiting their band programs. Rather, this is to say that our sisterhood needs to become stronger and more aware of the personal responsibility we possess when it comes to bettering our bands and organization.

I am proud to be a Sister of Tau Beta Sigma, and it is time for us to finally step up and show this pride. I am done waiting in the shadows, but rather I am ready for us to take the world by storm. I challenge every one of you to stop allowing the interior dynamic of your chapters affect your success but rather utilize the full potential your sisters' possess. If we all strive to meet this goal we can truly achieve our potential, together as a sisterhood. <3

## Hello Sisters of the Midwest District!

Adrienne Rall – TBΣ District Counselor

This year has just flown by for me! It seems like it was only a month ago that we were all together for our 2010 MWD Convention in Boulder, CO, but in reality this past month has been about planning and preparations for our 2011 MWD Convention in Ames, IA. I truly believe that we have a great time planned for all of you, and I can't wait to see so many of you again. Plus, we get to celebrate our **65th anniversary together on Saturday!**

Speaking of our anniversary... As we look past convention and into the next academic year, I encourage all of you to plan service projects, celebrations, and sisterhood activities surrounding the spectacular 65 years of our Sisterhood. You can work with the Girl Scouts and help them fulfill their music badge requirements. But, while you are teaching them about music, talk to them about how Tau Beta Sigma came to be a place for women to grow in leadership, strength and musicality in a world that didn't always accept them. You can hold a 65th anniversary celebration at your school. Invite

other TBS chapters, your KKY Brothers, or even your whole band and share with them why you are proud to be a member of Tau Beta Sigma. You can hold a special sisterhood retreat where your chapter recounts the rich history of our wonderful organization through readings, singing, or even skits. We even have a special Founder's Day ceremony that your chapter could hold in honor of our big 65! Obviously these are just a few ideas, and I'm sure that if everyone in your chapters puts their thinking caps on, you can come up with some wonderful and heartfelt ideas too!

Remember, this year is a year of celebration. Many things (organizations, marriages, lives) don't have the chance to make it to 65 years of existence, but our Sisterhood has powered through all obstacles and has made it! We are strong; we are proud; and we owe it both to ourselves and to those sisters before us to celebrate this grand occasion in style!

Much Love in the Bond,  
Adrienne Rall

## Midwest Notes: Chapters

### Fraternity Song: Is it worth it?

By Peter Weinert – Epsilon Pi Chapter of KKΨ

Admit it: you've only tried to sing the fraternity song once, (not the hymn, rather the song arranged by Todd Malicoate). Furthermore, the one time you tried to sing it, you spent most of the time laughing at the nine measures of "oo's" that start the piece.

However, I believe that the song has great merit. The lyrics have great meaning, stating what I believe is our ultimate goal: "for college bands, we strive to do our utmost." It continues with lyrics about how this is only possible through the fraternal bonds of KKΨ.

So if the lyrics are not the problem, what is? I maintain that there are three things that turn people off to this song. 1--It starts with nine measures of "oos." 2--The tempo is "slowly, with feeling." If not careful, this turns into "slowly, like death." 3--The voicing is somewhat odd for a trio, especially if treble heavy. Luckily, all three of these problems have very easy solution.

First of all, scared by the "oos?" Skip them. Consider it "artistic interpretation." Personally, I think they are a bit funky and I think Malicoate would be fine with having the "oos" left out it that meant more people would sing this piece.

Next, this tempo scares people. It leaves voices exposed and often sounds more like a funeral march, not like the proclamation of fraternal ties it's supposed to be. Solution: take the piece at double time. Treat this piece as a fight song. Let the hymn be the slower piece and let the song be a

celebration. If you feel that you must stick to the given tempo, consider singing the first verse at a slower tempo (but not too slow!) and on the repeat, take the tempo faster. This gives the piece an alma mater-fight song feel. The increased pep will surely add excitement to the piece.

The last problem can be the most difficult one. Some groups are more naturally fit to this particular piece. For instance, the older recordings of all-male groups singing the song can be quite powerful. However, most current groups are mixed. The key is making sure to have the correct balance but embrace what you have.

What if you have 20 basses, 4 tenors, and 15 sopranos? See if some of your basses and sopranos could switch to the tenor part. None of the parts are very rangy and most people would be able to sing a different part. Another possible solution is to sing the parts in different octaves (don't forget—if males are singing the top line, always sing it down an octave!).

This piece of music has some great value. Unfortunately, because of some minor problems, many chapters often skip this piece, never even attempting to learn it. However, try it out; you might be pleasantly surprised by the results. For a recording, search YouTube for the Epsilon Pi chapter singing the song. By following these steps and rehearsing after only three meetings for 10 minutes, the following results were achieved.

## Music & Sisterhood from Abroad

By Curtis Ullerich – Theta Xi Chapter of TBΣ

I'm abroad this semester, studying at the University of Birmingham, UK. Even with all the shiny new things around me to do and see, music has remained a central part of my life. I couldn't bear to go a semester without playing in a band so I lugged my saxophone across the Atlantic, sacrificing prime electronics space in my luggage (I took it as a carry on, don't worry!). I've managed to go to several concerts, including a tribute to American composers at Birmingham Symphony Hall. Gershwin and Bernstein were amazing in that acoustically marvelous space! I've discovered a new side to music and am exploring how music fits into sound through electroacoustic composition (YouTube "Poeme Electronique" for an example) and the Birmingham Electroacoustic Sound Theatre. I'm very glad to know that through all of my new experiences and the standard hustle and bustle of college life at Iowa State, I still have a connection with my sisters of Theta Xi. I found myself awake at 3 AM one night and realized that the TBS meeting in Ames, Iowa was just beginning, so I texted a couple of my sisters to say hello to the group. I woke the next morning to find my Facebook wall covered in greetings from my sisters, and couldn't stop smiling for the rest of the day. The bonds that we have through music and service are truly great, and I'll miss you all at Convention!

## Manhappenings!

By Melissa Woodworth & Adam Lundine – Delta Kappa Chapter of TBΣ and Epsilon Pi Chapter of KKΨ

Greetings from Manhattan, Kansas. The TBΣ Delta Kappa Chapter and KKΨ Epsilon Pi Chapters at K-State have been having a very exciting semester. Both chapters have been named Finalists as Top Chapters in the Nation for TBS and KKY! The Epsilon Pi Chapter is a finalist for the William Scroggs Founder's Trophy as the Top Chapter, and the Delta Kappa Chapter is a finalist for the Grace and A. Frank Martin Chapter Leadership Award. We are very excited and honored to be nominated for this award, and we hope to promote our chapters and the District at National Convention in July!

We have several major service projects going on at K-State right now. Recently, our two chapters helped to rip apart our main band rehearsal room as it is undergoing a complete acoustical renovation. We took down sound panels, curtains, and much more. The same night, we also helped address and tape over 4,000 newsletters to mail out to K-State band alumni and friends. Another service project we are working on is washing all of the heavy overcoats the marching band uses in extremely cold weather. (Recently, the band wore them in New York City at the Pinstripe Bowl!) We divided them up and gave each member some coats to wash and dry (with detailed laundry instructions).

In addition to many ongoing service projects, we are very pleased to introduce two large new member classes. In December, our TBΣ chapter added 18 new members, and our KKΨ chapter added 10 members. We have two outstanding Vice-Presidents of Membership (Emily Riley and Peter Weinert) that organized both social and service recruitment events. In addition, they have been organizing bonding activities such as bowling nights, softball games, and bonfires between our meetings.

We are looking forward to seeing all of you at District and National Convention! If you are ever in the Manhattan area, please come visit us!

## Attending Region Day

By Shalyn Guthery – Theta Xi Chapter of TBΣ

Attending Region Day at the University of Kansas in Lawrence was perhaps the most insight I have had with Tau Beta Sigma and Kappa Kappa Psi. It was a great opportunity for me to get to know, not only members from Iowa State, but also to form connections with those at other schools. The TBΣ and KKΨ chapters at KU were wonderful hosts, and I thank them for putting together such a beneficial Region Day.

One thing that I really took away from the awesome weekend was how joint relations can always be improved. Sometimes we tend to forget how similar the people within our organizations are. We are all part of the same giant band family, with common goals. Our letters may be different, but we have a similar trait: the want for the bands to succeed, and help make them the best that they can be. We are here for the bands. Whether it is having joint meetings, doing a service project together, or even the occasional spaghetti dinner, I think it is important for us to foster these bonds. We do well as separate organizations, but think about what we can accomplish together. I'm not saying we should become one organization, but rather, truly become sisters and brothers of the same musical family. I want to encourage you to talk to a new brother or sister that you did not know before; you may end up finding a new friend.



*Chad Nelson, Shalyn Guthery, and Brianna Upton stop at Burger King on their way to KU's Region Day!*

## Editor's Notes

By Chad Nelson – Iota Omega Chapter of KΚΨ

Hello All! It's been a pleasure serving the district this past year. The Iota Omega and Theta Xi chapter at Iowa State look forward to seeing everyone in Ames this weekend for convention.

I was at a loss of what I should write for this edition of Notes. While searching Google for ideas, I came across the following story... I think you'll really enjoy it. ☺

## Explosive Trombone

August, 1998, Montevideo, Uruguay

Paolo Esperanza, bass-trombonist with the Simphonica Mayor de Uruguay, in a misplaced moment of inspiration decided to make his own contribution to the cannon shots fired as part of the orchestra's performance of Tchaikovsky's 1812 Overture at an outdoor children's concert. In complete seriousness he placed a large, ignited firecracker, which was equivalent in strength to a quarter stick of dynamite, into his aluminum straight mute and then stuck the mute into the bell of his quite new Yamaha in-line double-valve bass trombone.

Later, from his hospital bed he explained to a reporter through bandages on his mouth, "I thought that the bell of my trombone would shield me from the explosion and instead, would focus the energy of the blast outwards and away from me, propelling the mute high above the orchestra, like a rocket."

However, Paolo was not up on his propulsion physics nor qualified to use high-powered artillery and in his haste to get the horn up before the firecracker went off, he failed to raise the bell of the horn high enough so as to give the mute enough arc to clear the orchestra.

What actually happened should serve as a lesson to us all during those delirious moments of divine inspiration. First, because he failed to sufficiently elevate the bell of his horn, the blast propelled the mute between rows of players in the woodwind and viola sections of the orchestra, missing the players and straight into the stomach of the conductor, driving him off the podium and directly into the front row of the audience.

Fortunately, the audience were sitting in folding chairs and thus they were protected from serious injury, for the chairs collapsed under them passing the energy of the impact of the flying conductor backwards into row of people sitting behind them, who in turn were driven back into the people in the row behind and so on, like a row of dominos. The sound of collapsing wooden chairs and grunts of people falling on their behinds increased logarithmically, adding to the overall sound of brass cannons and brass playing as constitutes the closing measures of the Overture.

Meanwhile, all of this unplanned choreography notwithstanding, back on stage Paolo's Waterloo was still

unfolding. According to Paolo, "Just as the I heard the sound of the blast, time seemed to stand still. Everything moved in slow motion. Just before I felt searing pain to my mouth, I could swear I heard a voice with a Austrian accent say "Fur every akshon zer iz un eekvul un opposeet reakshon!"

Well, this should come as no surprise, for Paolo had set himself up for a textbook demonstration of this fundamental law of physics. Having failed to plug the lead pipe of his trombone, he allowed the energy of the blast to send a super heated jet of gas backwards through the mouth pipe of the trombone which exited the mouthpiece burning his lips and face. The pyrotechnic ballet wasn't over yet. The force of the blast was so great it split the bell of his shiny Yamaha right down the middle, turning it inside out while at the same time propelling Paolo backwards off the riser. And for the grand finale, as Paolo fell backwards he lost his grip on the slide of the trombone allowing the pressure of the hot gases coursing through the horn to propel the trombone's slide like a double golden spear into the head of the 3rd clarinetist, knocking him unconscious.

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