



CSTAND Newsletter

Volume 61

Number 2

February 2007

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New Year Greetings From Your CSTAND President

Dr. Pamela D. Chabora (NDSU)

Greetings from your CSTAND President and Happy New Year!
What a way to start out 2007 with a new name, a new website (check it out), and a new CSTAND List serve! We are truly on a roll!

Exciting plans are underway for our Fall convention "Riding High on the Seven Seas." Be sure to check out the website. If you are interested in offering a session, be sure to fill out the workshop form available on the website so we are clear on all the details of and requirements for your presentation.

What's more, Robert Littlefield and I have been hard at work selecting a unique design for our CSTAND Logo to go on our new CSTAND attire. We will have more information following our February meeting so keep checking the website for more details.

I truly hope your New Year is filled with wonderful opportunities and much success in everything you do! Remember to take out a moment for YOU as you hustle along to help all these eager young people grow and experience excellence. Have a wonderful beginning of 2007...and we will be in touch soon with more news!

Peace, Pam Chabora

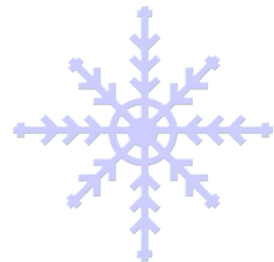
Congratulations to

AMBER ABERLE

**DEBATE COACH
OF THE YEAR 2007**

**Amber coaches
at
Mandan
High School**

SUPER!!!!!!!!!!



Shutterstock.com

Riding High on the Seven Seas!
Beth Aufforth, CSTAND 1st Vice President

The first phase of planning the 2007 CTAND convention has been completed. We have a theme: "Riding High on the Seven Seas."

We have also completed phase two: searching new portals for preliminary plans. We compiled a list all of the suggested session ideas and volunteers for presenters or chairs that were on the 2006 evaluations and are brainstorming.

We are now working on the third phase: navigating our way to solidifying sessions. Between now and May, I hope to contact presenters and match them to suggested sessions, trying to balance the areas of interest of our membership--speech, drama, communication as well as the different perspectives in these fields--college, classroom, and competition.

If you noted on your survey that you would present or chair a session, I will be contacting you in the next few months. Just say, "Aye, aye, Captain." If you did not note on the convention survey, but now have an idea for a session or are willing to present—contact me.

One area of need deals with the classroom. Many of you wanted more sessions that deal with speech/drama/communication skills in the classroom, so I am looking for more classroom ideas or presenters. Let me know if you have suggestions.

Crew members for this voyage: Bonnie Muehlburg as Class B Rep., Sarah Tron as Class A Rep., and Nancy Pearson as the College Rep., as well as Yvonne Kalka as 2nd VP. If you see any of them at speech meets this year or any other board members, give them ideas and if they ask for your help—just say, "Aye, aye."

2006-07 Membership Registration Form

Send form with \$25 payment to: Bob Hetler, CSTAND Treasurer, Box 292, Valley City, ND 58072. NOTE: This membership good through the 2006-07 school year only. Speech coaches need to be a CSTAND member for their students to eligible for the All State Award. A new fee structure will be used for the 2007-08 convention and fiscal year Which begins September 1, 2007.

Name _____ Position/Title _____

School/Business _____

Building Administrator (if applicable) _____

Work Address _____ City/State/Zip _____

Home Address _____ City/State/Zip _____

Work Phone _____ Work FAX _____

Home Phone _____

Work E-mail Address _____

Home E-mail Address _____

2006-07 Membership Fee.....\$25.00

"Riding High on the Seven Seas"

CSTAND Convention: Sept. 14 & 15, 2007

Workshop/Panel Proposal Form

Will you present, chair, participate? CSTAND is a Grassroots Organization-the 2007 Convention will be **as enlightening as You make it!!**

Can you find a new member who will be a wonderful chair or presenter? Do you have an idea related to the Communication Balls we juggle? Send in the Workshop or Panel Proposal Form (below - with a brief description - 30

words approx.) to 2007 Convention Chair: Beth Aufforth, Bowbells Public School, P.O. Box 279, Bowbells, ND 58721 OR email to Beth.Aufforth@sendit.nodak.edu or fax to 701-377-2399. OR call 701-3772397. Remember the CSTAND Convention is only as successful as your active involvement! If you have already submitted an idea, .we will be in touch with you very soon!

NAME: _____

ADDRESS: _____

PHONE/FAX: _____

(Summer) _____

EMAIL _____

(circle one) PRESENTER CHAIR

1. PANEL/WORKSHOP/ PRESENTATION TITLE:

2. AREA OF INTEREST FOR WORKSHOP: (Circle all that are pertinent)

Theatre, Speech, Debate, Congress, Communication, University

3. PANEL/WORKSHOP/ PRESENTATION DESCRIPTION: (30 words or less in an e-mail or attached)

4. Ideal Time of Day/Date: (list in order of preference 1, 2, 3)

Friday September 14: Morning _____ Afternoon _____

Saturday September 15 Morning _____ Afternoon _____

5. PANEL/WORKSHOP PARTICIPANTS (in addition to yourself): (List title and school)

6. AUDIO/VISUAL OR OTHER SPECIAL NEEDS FOR PRESENTATION:

THURSDAY

6:30-10:00 PM	Registration - Lobby
7:00-8:30 PM	CSTAND board Meeting -
8:30-9:15 PM	Student Congress Rules Clinic Presenter: Bob Hetler
9:15-10:00 PM	Early-bird Sign Up for Continuing Education Course
9:15-10:30 PM	Early Bird Social

FRIDAY

7:30-5:30	Registration - Lobby
7:30-8:30	Sign up for Continuing Education Course
8:00-8:30	Debate Rules Clinic Presenter: Bob Hetler
9:30-10:30	SESSION I
10:45-11:45	SESSION II
12:00-1:00	Luncheon New Coaches Round Table
1:15-2:15	SESSION III
2:30-3:30	SESSION IV
3:45-4:45	SESSION V
5:00-6:30	Social Hour (change to 5:00 to 6:00)
6:??--	Hall of Fame Banquet
??	Entertainment/coaches' Showcase

**VERY
TENTATIVE
SCHEDULE
FOR
FALL
CONVENTION**

SATURDAY

8:00-9:30	Breakfast/Business Meeting
9:45-10:45	SESSION VI
11:00-12:00	SESSION VII
12:15-1:45	Awards Luncheon
2:00-3:00	SESSION VIII Speech Rules Clinic
3:30	Course Closing--Robert Littlefield CSTAND Board Meeting



TENTATIVE Session Plans for 2007 Convention

SESSION PLANS

SPEECH

1. New Coaches workshop: pointers and overview of competitive categories
 - a. Gayle Hyde, Phyllis Kadrmas
 - b. Fund Raising Panel -Cathie Luetgen & more
 - c. Finding and cutting oral interps
 - d. Coaching the written events
 - e. Coaching when you are not on staff--what you need to know -Tips
 - f. Extemp Speaking
 - g. NFL information session
 - h. Coaching impromptu & impromptu speaking activities
 - i. Practical practice tips "easier said than done" handling the practice session (Beth Aufforth) & panel
 - j. Radio Broadcasting
 - k. Through the judges eyes (sample speeches and judging comments)
Storytelling

DRAMA

- Starting a Theatre Program from Scratch (Sarah Tron)
- Painless Volume (Martin L. Kelly)
- Script swap shop--Panel --Paula Rauschenburger
- Drama--what judges are looking for Dennis Haney, Cheryl Nilsen
- Drama 101
- Script help for inexperienced coaches
- Theatre ensemble techniques
 - Moscow art theatre -active analysis

DEBATE/STUDENT CONGRESS

- Debate Philosophy (Scott Conrad?)
 - Lincoln/Douglas: making philosophy fun

(Cont. on next page)

TENTATIVE Session Plans for 2007 Convention (cont.)

COLLEGE/COMMUNICATION??

Ross Collins

CLASSROOM

Speech across the curriculum

Social Propaganda (Aaron Knodel)

Ice breakers for the speech class

GENERAL/misc.

1. Interviewing -- Jamie Meyers
 2. What have you been reading? (Jim Geierman)
 3. Graduate program possibilities
-



Association Journal Seeks Manuscripts

The Editor of the **Association Journal** is seeking submissions for the 2007 volume. The NDJCST is a refereed scholarly journal that provides a forum for both research and teaching methods related to excellence in communication, speech, and theatre education, and to scholarly knowledge of the communication discipline. All manuscripts should be received on or before March 1, 2007, to be considered for Volume 20, which will be published in September 2007.

The 2007 issue will consist of two sections: Research Forum and Teaching Forum. The Research Forum is devoted to publishing high quality and original communication or theatre research or scholarly investigation. The Teaching Forum is designed to provide a forum for sharing ideas and in-class activities related to communication and theatre education. One of the editorial goals for the 2007 Journal of the Association is to increase participation among the high school teachers in the process of contributing manuscripts for publication. To this end, any high school teachers who are interested in authoring or co-authoring a manuscript for publication should contact the editor and a collegiate mentor will be assigned to assist with the preparation of the manuscript.

Submission guidelines:

All manuscripts should be prepared in accordance with the Publication Manual of the American Psychological Association (5th ed.). For consideration in the Research Forum, limit manuscripts to 25 double-spaced, typed pages (including tables, appendices, and references). For the Teaching Forum, manuscripts should include a description of the teaching/coaching technique or activity, the procedure for how the technique or activity is conducted, and a description of the general effectiveness of the technique for teachers or students.

For all submissions, a separate title page should include (a) the title of the manuscript, (b) biographical information about the author(s), (c) credits if necessary, and (d) the contact information of the author(s). The second page should feature an abstract of no more than 150 words. All references to the author(s) should be removed from the body of the text.

Authors should submit THREE copies of manuscripts. If the submission is accepted, the author(s) will be asked to submit the final text via E-mail as an electronic MS Word document.

Mail manuscripts to:

Robert S. Littlefield, Editor, NDJCST,
Department of Communication
Box 5075, NDSU
Fargo, ND 58105.

For information, contact the editor at the above address or E-mail: R.Littlefield@ndsu.edu.



Collaboration, Creativity, Confidence,
Community, Commitment, and Competition.
These are the communication balls we juggle
each day in the classroom and in our art.



Toastmaster RULES for handling NERVES!

With competitive speech season underway, we need to remember to coach our speakers not only on their skills, but also their emotions. Feeling some nervousness prior to giving a speech is natural and healthy. It shows that the speaker cares about doing well. But, too much nervousness can be detrimental. Below is a handout with suggestions that I give to my students to help them with nerves. (taken from the Toastmaster's Website <www.toastmasters.org> :

- 1. Know the room.** Be familiar with the place in which you will speak. Arrive early, walk around the speaking area and practice using the microphone and any visual aids.
- 2. Know the audience.** Greet some of the audience as they arrive. It's easier to speak to a group of friends than to a group of strangers.
- 3. Know your material.** If you're not familiar with your material or are uncomfortable with it, your nervousness will increase. Practice your speech and revise it if necessary.
- 4. Relax.** Ease tension by doing exercises.
- 5. Visualize yourself giving your speech.** Imagine yourself speaking, your voice loud, clear, and assured. When you visualize yourself as successful, you will be successful.
- 6. Realize that people want you to succeed.** Audiences want you to be interesting, stimulating, informative, and entertaining. They don't want you to fail.
- 7. Don't apologize.** If you mention your nervousness or apologize for any problems you think you have with your speech, you may be calling the audience's attention to something they hadn't noticed. Keep silent.
- 8. Concentrate on the message -- not the medium.** Focus your attention away from your own anxieties, and outwardly toward your message and your audience. Your nervousness will dissipate.
- 9. Turn nervousness into positive energy.** Harness your nervous energy and transform it into vitality and enthusiasm.
- 10. Gain experience.** Experience builds confidence, which is the key to effective speaking.

Submitted by Beth Aufforth
Bowbells Public School

ALL AWARD NOMINATION FORMS ARE AVAILABLE IN .PDF
FORMAT NOW, AND WILL ALSO BE AVAILABLE FOR ON-LINE
SUBMISSION AT THE WEBSITE THIS SPRING. www.cstand.org

2007 State Debate Results (February 2—3 at Shanley HS)

Varsity LD:

1st Bill Restemayer (Shanley)
 2nd Jessica Lei (GF Central)
 Semi - Dan Hassoun (Fargo South)
 Hannah Thoreson (May-Port CG)
 Quarter - Amanda Brossart (Fargo South)
 Jessica Cleveland (GF Red River)
 Jennifer Harvey (Minot)
 Michael Holman (GF Central)

JV LD:

1st Mason Lende (Central Cass)
 2nd Thom Beneke (Fargo South)
 Semi - Nick Traynor (Shanley)
 Kristin Emmons (Grand Forks Central)
 Quarter - Nathan Bjoralt (Shanley)
 Lela Kulkarni (GF Red River)
 Adeeti Katti (Fargo North)
 Cassy Munter (Wahpeton)

Novice LD:

1st Teagan Lende (Central Cass)
 2nd Aurora Obembe (Fargo North)
 Semi - Jennifer Vetter (Shanley)
 Jennifer Storm (Shanley)
 Quarter - Ian Yocum (Fargo South)
 Phoebe Strom (Fargo North)
 Kim Zuroff (Bismarck)
 Isaac Myhre (Richland)

Varsity Policy:

1st Kristen Vetter & John Kenney (Shanley)
 2nd Daniel Cho & Sebastian Hull (Shanley)
 Semi - Emily Olig & Sydney Hull (Shanley)
 Tim Stulken & Glen Gengel (West Fargo)

Novice Policy:

1st Max Tolstedt & Christy Smith (Shanley)
 2nd Amanda Burke & Joe Kalka (Grand Forks Central)
 Semi - Brandon Dietz & Cullen Ross (Shanley)
 Andrew Lenzmeier & Sam Barenthsen (WFargo)

Varsity Public Forum:

1st Allison Hocking & Brent Keller (Minot)
 2nd Austin Lafferty & Ryan Klemisch (Mandan)
 Semi - Sean Tessmer & Margaret Pulkrabek
 (Mandan)
 Mary Butler & Steph Sandvick (Mandan)
 Quarter - John Mitzel & Matthew Budke (F South)
 Kalynn Dewitt & Jeremy Edwards (Minot)
 Sara Nitschke & Megan Nitschke
 (Mandan)
 Zoe Wergeland & Shris Wellin (Bismarck)

Novice Public Forum:

1st Katie Wong & Alex Wong (Fargo South)
 2nd Abhi Vaidya & Avi Rejender (Fargo South)
 Semi - Divya Tankasala & Kelsie Eiler (Fargo South)
 Taylor Morgan & Beth Osman (Fargo South)
 Quarter - Andrea Richmond & Kevin Bjoralt (Shanley)
 Allison Marchant & Jenny Bergman
 (Grand Forks Central)
 Ashley Barrios & Erika Berger (Mandan)
 Derick Zander & Kelly Schultz (Mandan)

**Congratulations Coaches
 and Students
 on a GREAT Debate Season.**

Fine Arts Seasons Committee Recommendation

December 3, 2006 – Grand Forks

Members present: Chair- Supt. Bob Briggs, Surrey; Jeff Schatz, GF Central; Wayne Ulven, Richland (Colfax); Gayle Hyde, Fargo South; Sue Anderson, Richardton-Taylor, Sharon Seibel, Wahpeton; Nancy Olson, Tioga

Absent: Mike Heilman, Century

The Fine Arts Seasons Committee met for their second meeting at 6:00 p.m. on Sunday, December 3, 2006. The meeting was called to order by chairman, Bob Briggs. After 3 hours of discussion, the following proposals were agreed upon and will be presented for approval to the NDHSAA Board of Directors at their meeting on January 27, 2007.

Member school administrators or coaches are requested to contact Bob Hetler at Robert.Hetler@sendit.nodak.edu with questions or comments or contact a committee member concerning the recommendations below.

Fine Arts Seasons Committee Recommendations

1. Re-emphasize that that all class A and B regions (districts) have an active committee consisting of administrators and fine arts representatives that has a business meeting annually to handle budget issues, sets regional dates for the following year and assess the regional contests as per PART TWO, ARTICLE VIII, SECTION III of the NDHSAA Constitution. This will ensure open communication in schools and regions concerning fine arts activities.

2. The committee recommends the following Fine Arts Seasons and Limitations:

	Max # of Regular Season Tournaments	1st Competition Date	State Contest Date
Congress	6	September 1st	1st weekend of Nov.
Debate	12	2nd weekend of Nov	1st weekend of Feb.
Speech	12	1st weekend of Jan.	4th weekend of April (State A 3rd weekend and State B 4th weekend)
			Ends with state festival
*Music	0	There are no regular season contests	Ends with state contest
		There are no regular season contests	

*Music and one-act plays were not limited as those activities have only a regional and state contest with no regular season.

Fine Arts Seasons Committee Recommendation (Cont.)

Nancy Olson moved to approve the three recommendations and Gayle Hyde seconded. Discussion included concern about the schools who want to get started before January. Can workshops with practice rounds happen before the start of the season? There can not be competition before the start of competition date, but there may be workshops. Unanimously passed.

Gayle Hyde, Fargo South
Recording Secretary

Call for Student Papers

Hi Everyone, hope you had a great first semester and are enjoying the second semester.

As you consider assignments, please consider the opportunity CSTAND (formerly NDSTA) has for your

students. Each spring, I call for papers from students at the grad and undergrad level to be reviewed for possible presentation at the fall convention. Participation numbers have been small and we'd really like to increase those numbers. Please look over your courses and assignments and see if an assignment could be turned into a paper for submission. The papers are reviewed in the summer and students are notified in August of their opportunity to present at the fall convention. Presentation time is about 7-10 minutes and may vary according to the number of participants.

If you have any questions, please contact me. If you know a colleague who may be interested, please pass on this information.

Thanks!

Nancy Pearson

Minot State University

NEW MEMBER—THANKS FOR JOINING US:

Hess, Jennifer Speech Coach Home Address is P.O. Box 261, West Fargo, ND and Home Phone is 701-212-2182 58078 School address is 801-9th St. E., West Fargo, ND 58078. Sch. Phone is 701-356-2060 - Fax is 701-356-2060 e-mail is jhess@west-fargo.k12.nd.us

Help make a POTENTIAL member an ACTIVE member. Encourage a friend to join CSTAND.

Membership form available in this newsletter and at www.cstand.org

North Dakota Speech and Theatre Association
Box 292
Valley City, ND 58072

Shade Tree Players Children's Theatre is thrilled to announce a collaborative partnership with local playwright, Karen Van Fossan, on producing her delightful one-act play, "Peaches Loves Peas." Van Fossan contacted Shade Tree about the possibility of staging her script fall of 2006. "We see this as an excellent opportunity for the community and for children able to attend the workshop in March. It is a rare and wonderful opportunity for children to meet and work directly with a playwright," said Shireen Ghorbani, Program Manager for the theatre.

Karen Van Fossan has received various honors, including grants from the Institute of Children's Literature, the Shirley Henn Award for her writing, and first place in a song-writing contest sponsored by the North Dakota Children's Caucus. Her poetry has been published in the *Heart River Open Forum*, *The Bismarck Tribune*, and *WE'MOON* international journal. With an M.A. in Children's Literature and an M.A. in Dance/Movement Therapy, she brings a love of language and people to her work.

"My hope is that 'Peaches Loves Peas' will be a celebration of creativity, hope, perseverance, cooperation, and, of course, food!" said the author.

The collaboration begins with a one day workshop for children ages 6 – 16. The workshop titled *Play in a Day* will be held at the Frances Leach High Prairie Arts & Science Complex Saturday, March 24.

Shade Tree Players offers year round acting classes and theatre arts workshops and stages seven children's theatre productions each summer. Over three hundred children participated in the program in 2006.

For more information or to register for the workshop please call 214-1061 or visit www.ShadeTreePlayers.com

