

# MEGAN LANZ, DMA

www.meganlanzflute.com

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## Employment and Awards

### **ACADEMIC POSITIONS**

- 2017 – Present      **Instructor of Music**, Colorado State University, Continuing Faculty
- *Evaluation in progress for promotion to Senior Instructor*
  - Applied flute: guided undergrad students through full degree programs, including UDQE, proficiencies and senior recitals
  - Chamber music: coaching and performance preparation for mixed instrument ensembles, flute trios/quartets, and flute choir
  - Honors College: developed a new course focusing on human expression, our physiological and emotional responses to music, and how humans express themselves through music
  - Music Appreciation: inclusive pedagogy and continued course improvement and revision to reflect ever- changing student populations and moving away from a chronological approach
  - Volunteer on Visible Voices panel via Pride Resource Center
  - Annual evaluations reflect consistent work exceeding expectations
- 2013 – Present      **Co-Founder and Faculty Member**, *Whole Musician* (501(c)3)
- International workshops, residencies, and masterclasses with interdisciplinary topics addressing the mental, physical, and musical components of being an artist in the 21<sup>st</sup> century
- 2009 – 2015      **Instructor of Music**, College of Southern Nevada, Adjunct Faculty
- Applied Flute: guided flutists through course content for students working toward an AA degree, and jury adjudication for music majors on all instruments and vocal ranges
  - Music Appreciation: Western-focused history-based lecture course
- 2004 – 2009      **Part-Time Instructor**, University of Nevada Las Vegas
- Applied Flute, both for music majors working toward bachelor's degree and non-music majors exploring music
  - Music Theory I and Ear Training I: freshman music majors using both the fixed and movable do systems
  - Music Appreciation: Western-focused history-based lecture course
  - Responsible for content, delivery, and assessment for all courses

### **REGULAR PERFORMANCE POSITIONS**

- 2022 – Present      Opera Steamboat, principal flute
- 2016 – Present      Colorado Symphony Orchestra, substitute flute and piccolo
- 2016 – 2019      Denver Municipal Band, principal flute and piccolo

2015 – 2018	Arapahoe Philharmonic, piccolo and alto flute
2015	Crested Butte Festival Orchestra, principal flute
2014 – 2016	Andrea Bocelli Winter Tour (annual), piccolo, flute, and alto flute
2010	Las Vegas Sinfonietta, principal flute
2009 – 2015	Nevada Pops, principal flute and piccolo
2007 – 2016	Las Vegas Philharmonic, first call substitute flute and piccolo
2006 – 2010	Nextet Chamber Ensemble Contemporary Players, flute
2006 – 2009	Nevada Encounters of New Music Festival, flute

### **ADMINISTRATIVE POSITIONS**

2021	International Double Reed Society <ul style="list-style-type: none"> <li>○ Logistics Assistant for Virtual Symposium</li> </ul>
2015 – 2018	Colorado Flute Association <ul style="list-style-type: none"> <li>○ Board Member-at-Large and Corporate Sponsor Liaison</li> <li>○ Young Artist Competition Coordinator</li> </ul>
2012	National Flute Association – Cultural Outreach Committee <ul style="list-style-type: none"> <li>○ Assistant Local Chair</li> </ul>
2005 – 2010	Arnold Shaw Center for Popular Music Research <ul style="list-style-type: none"> <li>○ Librarian, Database Creator and Manager</li> </ul>
2005 – 2006	University of Nevada Las Vegas Symphony Orchestra <ul style="list-style-type: none"> <li>○ Librarian</li> <li>○ Performing Arts Center Coordinator and Guest Artist Liaison</li> </ul>
2004 – 2014	Las Vegas Flute Club <ul style="list-style-type: none"> <li>○ President, Vice President, and Secretary</li> <li>○ Corporate Sponsor Liaison</li> <li>○ Young Artist Competition Coordinator</li> </ul>
2000 – 2003	University of North Texas College of Music <ul style="list-style-type: none"> <li>○ Wind Studies Librarian</li> </ul>

### **PROFESSIONAL HONORS AND AWARDS**

2023	Semi-finalist: American Prize Professional Instrumentalist
2022	Creator Development Fund Grant, New Music USA Commission funding for <i>Ghosts</i> (flute, bassoon) by Frank Horvat

2021 – Present	Miyazawa Flutes Performing Artist
2017 – Present	Trevor James Low Flutes Performing Artist
2014	National Flute Association <i>Arts Venture Competition</i> finalist

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## Performances, Commissions, and Premieres

### **PERFORMANCES AND PRODUCTIONS**

upcoming	Faculty Recital, <i>Wings 'n Things</i> (anticipated Fall 2023) Colorado State University
2022	Faculty Recital, <i>Modernized Americana</i> Colorado State University
	<i>The Who (The Who Hits Back 2022 National Tour)</i> , flute Ball Arena, Denver, CO
	<i>Beauty and the Beast</i> , flute and piccolo The Stampede Troupe, Greeley, CO
2012, 2014, 2019	<i>Wicked</i> national tour Flute, piccolo, alto flute, penny whistle, recorder Buell Theatre, Denver, CO
2009 – 2011	Disney's <i>The Lion King</i> Flute, piccolo, Irish flute, Indian bansuri, Chinese dizi, pan flutes Las Vegas, NV
2008 – 2012	<i>Phantom: The Las Vegas Spectacular</i> , flute and piccolo Las Vegas, NV

### **GUEST APPEARANCES**

2023	Collaborative Recital – University of Memphis, Memphis, TN
2022	Collaborative Recital – Francis Marion University, Florence, SC
2021	<i>Powerful Perspectives: Celebrating Music by Underrepresented Composers</i> University of Nebraska Omaha
2018, 2019	Collaborative Recital – University of Nebraska Omaha
2018, 2019	Collaborative Recital – California State University Dominguez Hills

- 2016 Solo Recital – Metropolitan State University, Denver, CO
- 2015 Collaborative Recital – University of Texas at Arlington
- 2013 Solo Recital – Northeastern State University, Tahlequah, OK
- 2011 Solo Recital – University of La Verne, La Verne, CA
- Invited Soloist, Concerto – University of Texas at Austin  
 Transcription premiere (*Concertino for Flute*, Cécile Chaminade,  
 transcribed for band and soloist by Dr. Jaclyn Hartenberger)

### **COMMISSIONS AND PREMIERES**

- 2023 Frank Horvat, *Ghosts* (flute, bassoon)  
 Commission and world premiere  
 Colorado State University, March 2023
- Kevin Poelking, *Masks* (flute, bassoon)  
 Commission and world premiere  
 Colorado State University, March 2023
- 2022 Kevin Poelking, *Unbroken* (flute, piano)  
 Commission and world premiere  
 Colorado State University, April 2022
- 2020 Martin Blessinger, *Muses* (solo flute)  
 Commission only; premiere granted to CSU student
- 2015 Cody Westheimer, *Cascade for Three Flutes*  
 Commission and world premiere, Toronto, Ontario, June 2015
- 2014 James Grant, *Seven Shards for Three Flutes*  
 Commission and world premiere, Big Bear, CA, June 2014
- 2011 James Romig, *Leaves from Modern Trees* (flute, piano)  
 Commission and world premiere, La Verne, CA
- 2009 Stephen Bachicha, *Red Stilettos* (solo flute)  
 Commission and world premiere, Las Vegas, NV
- 2009 Jason Thorpe Buchanan, *Songs of Moonlight and Shadows*  
 World premiere, Las Vegas, NV

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## Scholarly Record

### **WORKSHOPS, PANELS, AND MASTERCLASSES**

- March 2023      Masterclass, Flute Performance  
Arizona State University, Tempe, AZ
- Visible Voices: Queer Perspectives for Future Music Educators*  
Panelist, sponsored by CSU Pride Resource Center
- 2022              Masterclass, Music Performance, Psychology, and Department  
Francis Marion University, Florence, SC
- Lovingkindness*  
Virtual workshop for Whole Musician
- Managing Overwhelm and Burnout*  
Virtual workshop for Whole Musician
- 2020              *Musicians in Overwhelm*  
Workshop in a series for the Nebraska Medical Orchestra
- 2018, 2019      Masterclass, Music Performance, Psychology, and Department  
University of Nebraska Omaha
- Masterclass, Music Performance, Psychology, and Department  
California State University Dominguez Hills
- 2017              *Kindness and Compassion - Healthy Relationships for Musicians*  
Bel Canto Flute Academy, Denver, CO
- 2016              Masterclass, Flute Performance (Extended Techniques)  
University of Wyoming, Laramie, WY
- Masterclass, Flute Performance (Extended Techniques)  
Metropolitan State University, Denver, CO
- 2015              Masterclass, Flute Performance  
University of Texas at Arlington
- 2008              *Know Your Flute: A Brief Repair Summary*  
University of Nevada Las Vegas, Las Vegas, NV
- 2007              *Singing and Playing for Tone Development*  
University of Nevada Las Vegas, Las Vegas, NV
- 2004              *DIY Flute Repair*  
*Flute!* at University of North Texas, Denton, TX

## **CONFERENCE APPEARANCES**

[I] Invitational

[J] Juried selection

- March 2023 [J] Performer: *Music by Women Festival*  
Mississippi University for Women, Columbus, Mississippi
- 2022 [J] Presenter: *Creating Your Flute Intonation Prescription*  
Colorado Music Educators Association Conference  
Colorado Springs, CO
- 2020 [J] Presenter: *Mindfulness in Practice*  
Colorado Flute Association, Denver, CO
- 2018 [J] [I] Panelist: *Leading by Example: Teaching and Performing  
for Community Building*  
National Flute Association Convention, Orlando, FL
- 2018 [J] [I] Presenter: *Repertoire + Yoga*  
National Flute Association Convention, Orlando, FL
- 2015 [I] Presenter: *All-Access Tone*  
Colorado Flute Association, Denver, CO
- [J] Presenter: *Vocal Techniques for Tonal Enhancement*  
Canadian Flute Association, Toronto, ON
- 2013 [J] Presenter: *Composing Silence: The Music of Salvatore Sciarrino*  
Canadian Flute Association, Toronto, ON
- [J] Soloist: *Red Stilettos* by Stephen Bachicha
- [J] Ensemble Performer: World premiere of *Cascade for  
Three Flutes* by Cody Westheimer
- 2012 [J] Soloist, *Red Stilettos* by Stephen Bachicha  
Flute choir member, premiere of *Flutissimo!* by Nathan Tanouye  
National Flute Association Convention, Las Vegas, NV

## **PUBLICATIONS AND DISCOGRAPHY**

- under contract *Music and the Human Experience: A Guide for Informed Listening*  
Cognella Academic Publishing <https://cognella.com/>  
(collegiate level textbook, anticipated release 2024)
- in planning *(untitled)*  
premiere recordings for flute and bassoon  
Works by Poelking, Horvat, Brandon, and Lacerda

(in rehearsal stages, live performances and recordings 2023)

- 2010 *Silence: An Exploration of Salvatore Sciarrino's Style through L'Opera per Flauto* 2010, ProQuest Dissertations Publishing  
<https://digitalscholarship.unlv.edu/thesesdissertations/730/>
- 2008 *The Quest* (Klavier Records)  
o Ensemble performer, University of Nevada Las Vegas
- 2007 *Four Flew Over the Hornet's Nest* (Klavier Records)  
o Ensemble performer, University of Nevada Las Vegas
- 2005 *Teaching Music through Performance in Band* (GIA)  
Volume 5, grades 2-3  
o Ensemble performer, University of North Texas
- 2004 *Allegories and Retrospectives* (Klavier Records)  
o Ensemble performer, University of North Texas
- 2001 *Diversions* (Mark Custom Recording)  
o Ensemble performer, University of North Texas
- Holsinger 8* (Mark Custom Recording)  
o Ensemble performer, University of North Texas

## **ADJUDICATION**

- 2022 National Flute Association CREATE Competition  
Preliminary round adjudication
- 2021 Young Artist Competition – Oklahoma Flute Society  
Masterclass Competition – Oklahoma Flute Society
- 2019 Young Artist Competition – San Diego Flute Guild
- 2019 – Present Colorado State University Honor Band auditions
- 2017 K-12 Honors Competition – Colorado Flute Association
- 2014 *Silver State Competition*
- 2013 Young Artist Competition – Canadian Flute Association
- 2012 Young Artist Competition – Florida Flute Association
- 2009 Young Artist Competition – Las Vegas Flute Club

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## Education and Certifications

### DEGREES ACHIEVED

- 2010 Doctor of Musical Arts, University of Nevada Las Vegas  
Major Field: Flute Performance  
Document: *Silence: An exploration of Salvatore Sciarrino's  
Style through L'opera per flauto*
- 2006 Master of Music, University of Nevada Las Vegas  
Major Field: Flute Performance
- 2004 Bachelor of Music, University of North Texas  
*magna cum laude*  
Major Field: Flute Performance  
Minor Field: Music Theory

### PROFESSIONAL CERTIFICATES

- Est. 2023 Talent Development Focus Certificate: Positive Psychology  
Colorado State University
- The Positive Psychology certificate explores key variables that will help employees thrive by applying theoretical frameworks to the workplace to create a roadmap for how individuals, teams, departments, and organizations can bring their best to work through such variables as: well-being, hope, happiness, empathy, resilience, emotional intelligence, and joy.
- 2022 Talent Development Focus Certificate: Strengths  
Colorado State University
- The Strengths Development focus certificate provides the opportunity to build understanding of how to assist individuals who strive for excellence in their work. Classes focus on such topics as Strengths Based Leadership, Advanced Strengths Development, Strengths Based Communication, Strengths Based Coaching and Building a Strengths Based Culture.
- Creating Inclusive Excellence Program  
Colorado State University
- The Creating Inclusive Excellence Program (CIEP) seeks to develop awareness, knowledge, and skills around issues of diversity and inclusion at Colorado State. The goal of the CIEP is to create diversity and inclusion practitioners who impact the climate and culture of Colorado State University towards Inclusive Excellence.
- Feminist Frameworks Badge  
CSU Online, Women and Gender Collaborative
- 2016 Certified Meditation Instructor (CMI)  
University of Holistic Theology Division of Continuing Education  
Certification # 161456



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## Professional Development

### **WORKSHOPS**

- 2023                      Roots & Wings: Eliminate Student Anxiety & Pain  
Lea Pearson, *Music Minus Pain*
- o Mini-course (4 days) for teachers, bringing attention to criticism, languaging, body use, self-regulation, and the effects of intimidating people and situations on our states of being.
- 2022                      Safe Zone Training  
Colorado State University Pride Resource Center
- o CSU Safe Zone training is a 3.5-hour training program hosted through the Pride Resource Center with the objective of reducing homophobia, transphobia and cisheterosexism at CSU and in our surrounding community, thereby making CSU and Northern Colorado a safer environment for all members of our community across sexual and romantic orientations, gender identities and expressions, and intersections of identities. Through our Safe Zone program, we aim to create a network committed to ongoing education and advocacy to support LGBTQIA+ communities at CSU and beyond.
- Tenure & Promotion Best Practices Forum  
ADVANCE @ CSU
- 2021                      21<sup>st</sup> Annual Diversity Symposium  
Colorado State University Office of Inclusive Excellence
- Principles of Community  
CSU Faculty Institute for Inclusive Excellence
- 2020                      *Teaching Online: The First Four Weeks*  
Colorado State University Institute of Teaching and Learning
- 2013                      Whole Flutes™ and the Whole Performer  
University of California Santa Barbara

### **PROFESSIONAL AFFILIATIONS**

National Association for Music Educators  
Colorado Music Educators Association  
National Flute Association  
Colorado Flute Association  
American Federation of Musicians (Local 20-623, Denver)  
Golden Key Honor Society  
Alpha Lambda Delta Honor Society  
Phi Eta Sigma Honor Society