

Foothills Music Teachers Association
General Meeting Minutes
November 18th, 2015

The meeting was called to order at 9:30 by President, Elaine Van Dellen, NCTM. Fifteen members were in attendance. The October minutes were approved as corrected and posted on the FMTA website.

Achievement Day – A meeting for members with questions about Achievement Day will be held on December 13th at 9:30. The meeting will be at Carrie Christensen's home in Golden at 2195 Zang Street. Please RSVP.

Barnes and Noble Holiday – Kathy Hammer, NCTM reminded participants in Barnes and Noble to announce before and after their students play that a portion of proceeds from sales in the bookstore and coffee shop will go to FMTA. To make this happen, shoppers must mention FMTA when they pay for purchases. All teachers were asked to hand out Barnes and Noble flyers to their students, friends and families. Online purchases will benefit our group December 11 through 18 using the code **11750502**.

President, Elaine Van Dellen encouraged members to send Margaret Wahl a card. Ron Wahl has recently been diagnosed with liver cancer.

The next PREP meeting will be held January 14th, 2016 at the home of Arlyce Black.

The following motion was made by Laura Rogers:

MOTION: A sonatina festival for adult students of FMTA teachers will be held on the same date as our current Sonatina Festival. Entrants will perform two movements, no memorization required, and will be given a written evaluation. The deadline for registration will be one month prior to the event. **APPROVED**

Kathy Hammer volunteered to chair the event. Elaine Van Dellen and Laura Rogers volunteered to assist.

Group discussion of "How to Energize, Especially During the Holidays" included the following suggestions:

- Read The Exhaustion Cure by Laura Stack
- Try something new
- Play your instrument for 5 or 10 minutes
- Explore music on IMSLP
- Listen to music on Youtube
- Play on your students level before they arrive
- Exercise, including Yoga
- Listen to Piano Guys
- Listen to different versions of pieces that you are playing
- Hear live music
- Listen to Mnozil Brass
- Learn a new instrument
- Take time for yourself
- Know you own boundaries
- Come to FMTA meeting
- Keep a peanut butter jar handy

The meeting was adjourned at 10:20.

Submitted by,
Carol Williams, Secretary