



Foothills Music Teachers Association

Professional Growth ~ Educational/Musical Excellence ~ Inclusive/Diverse Community

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November 2017

FMTA Meeting:
November 15, 2017- 9:15-11:30 a.m.

“Performance Anxiety”
Presented by Alejandro Cremaschi

Rockley Music Center, 8555 W. Colfax Ave. Lakewood, 80215

FMTA MEETING AND PROGRAM- November 15, 2017- 9:15 -11:30a.m.

“Performance Anxiety: what it is, what may cause it, and what you can do about it”. Performance anxiety, also known as stage fright, is a hard-wired mind-and-body reaction to danger that helped species survive in a world full of dangerous predators. Yet few would argue that this exaggerated reaction, which makes us want to flee, fight or freeze, is hardly helpful when we are trying to play a Mozart Sonata in front of a friendly audience! Statistics show that most performers, including Horowitz and Arrau, have suffered from some degree of performance anxiety.

Alejandro Cremaschi, professor of piano pedagogy at CU Boulder, will shed some light on the psychosomatic processes that trigger anxiety, and, more importantly, will discuss some preparation and coping techniques to help manage its symptoms. Please join us!

BARNES & NOBLE HOLIDAY EVENT- DECEMBER 8-10, 2017

Please come join us for our Holiday Music Event weekend fundraiser, December 8-10th as we fill Barnes and Noble Bookstore with the sounds of beautiful music. Students will be performing their favorite Holiday music for your enjoyment. FMTA will receive a portion of the proceeds from every sale during the weekend to support our Scholarship Awards Fund which is used to award deserving seniors and high school students with scholarships. Customers must say that they are supporting FMTA when they check out for us to receive the award. Remember that the drinks and food purchased from the coffee shop also apply, so be sure to purchase a warm cup of something while you're there.

If you are not able to attend, you can still support our group for your online Barnes and Noble purchases by using this code: **#12202792**. It will be valid online December 8 through 15 at www.bn.com. Pass along the word to all your students and support FMTA!

WINTER FESTIVAL- “GO BAROQUE!”- FEBRUARY 3, 2018!

Teachers! Are you preparing your students for the fun-filled and exciting Go Baroque in February? Our plans are coming together and its going to be a great event. We need all of you to save toilet paper rolls and bring them to our meetings in November and January. Additionally, we need some volunteers. Would you be willing to teach the Minuet dance or a primer in ornamentation? Plan now and let us know how you'd like to help out. Contact Davina or Laura with questions. Don't forget that the application deadline is JANUARY 3, 2018!!

SONATINA FESTIVAL-MARCH 10, 2018

The Sonatina Festival will be coming up quickly after the holidays, so now is a good time to be planning and preparing students who will be participating! It will be held March 10th at the Colorado Christian University Music Center. Registration is due by February 10th.

The FMTA Sonatina Festival is a competition that takes place each spring. Students will be in a Class according to their grade level. They are challenged to perform two memorized movements of a Sonatina from the approved Sonatina Festival Repertoire list. The winners perform at a special Honors Recital and may receive a trophy.

Click here to find all the forms including the Standing Rules, Sonatina Festival Registration Form 2018, and FMTA Sonatina Festival Repertoire List for 2018 <https://www.fmtamusic.org/sonatina-festival/>.

COMMUNITY PERFORMANCE OPPORTUNITIES

Are you looking for a community-based performance opportunity for your students this upcoming winter or spring? If so, contact Lorian Bartle and she will coordinate with other FTMA teachers and local senior living communities to set this up for you! Her students will be performing at Morning Star in Wheat Ridge on Sunday, May 20th from 2-3 pm and she is looking for one other teacher to share this performance time with her students. Email: info@BartleGuitarStudio.com or [\(720\)353-2902](tel:7203532902).

STUDIO SPACE AVAILABLE

Studio space is available, (conducive for small group classes) with a baby grand and a high end Roland digital for very reasonable rent. Lovely neighborhood and building near Wads and Jewell. Available on W-Th-Fr-Sat please call Maria @ [720-838-8685](tel:7208388685).

LOOKING FOR A MENTOR?

Do you wish you had someone who could help you with a certain area of teaching that you would like to be stronger in? Check out the [List of Mentors](#) on our website!

TEACHERS: ARE YOU READY TO TAKE THE PLUNGE?

MTNA Certification may be the next step to take your teaching and studio to a whole new level. The 5-part process is outlined at www.mtnacertification.org. You can also access this information through our FMTA website. And remember, FMTA will reimburse ½ of your application fee upon completion! Elaine Van Dellen NCTM, would love to help you achieve this goal. Call me at 303-955-5790.

DUOCLASSICA CONCERT

Olga Dashevskaya and Lydia Sviatlovskaya will perform on Saturday, November 18, 7:00 at Grace United Methodist Church. The program, titled ROMANTIC SHADES, includes one of the most lyrical and graceful romantic Sonatas - J. Brahms #1 in G major, exquisite Fantasie Brillante on Gounod's Foust by H. Wieniawsky, and unique in its rhythms and sound, they will perform Gypsy Songs by F. Kreisler. For more information visit www.duoclassica.com

UPCOMING DATES AT A GLANCE see full details at <https://www.fmtamusic.org/events-calendar/>

November 4- all day---Achievement Day at CCU

November 10, 10:00-11:30 a.m.---Performance Group, Rocky Mountain Village Estates, Phyllis Pieffer

November 15, 9:15-11:30 a.m.---FMTA Meeting and Program

December 8-10---Barnes and Noble Holiday Event, Lakewood

January 3--- Deadline for registration for Winter Festival

January 17, 9:15-11:30 a.m.---FMTA Meeting and Program

January 24, 9:30-11:00 a.m.---PRP at home of Arlyce Black

February 3- Winter Festival- "Go Baroque" Our Saviours Corner of Hope Church

February 10- Deadline for registration for Sonatina Festival

March 10- Sonatina Festival at CCU, all day

FULL CALENDAR OF FMTA EVENTS FOR 2017/2018

A detailed list of all this year's calendar events, meetings and other happenings is just one easy click away on the FMTA website calendar! <https://www.fmtamusic.org/events-calendar/>

If you would like to submit an article to be included in our monthly newsletter, please email Jan Tuttle at janetmtuttle@gmail.com by noon of the first Wednesday of the month.