



The central newsletter of The United Music Teachers of NSW Inc.

## 2014 Diary

*Events to come...*

### HSC Workshop

with **Brad Merrick**

Sunday 10<sup>th</sup> August, 2pm

Barker College Hornsby

### The President's Award

for instrumentalists 19 & under

24th August, 4pm

East Killara Uniting Church

### Committee Meetings

- all welcome!

**Sunday 20<sup>th</sup> July, 2.30pm**

71 Flers Ave Earlwood

Phone Fotini Stavridis on 9558 9023

**Sunday 3rd November, 2.30pm**

301/357 Glenmore Rod Paddington

Phone Felicity Martin on 9357 4203

### **U.M.T. Committee Members**

Fotini Stavridis (President).....9558 9023

Marjorie Docherty (Vice-President)  
.....9558 6795

Ron Wilson (Treasurer & Membership  
Secretary) .....9871 6667

### **Regional Representatives**

#### City and inner suburbs

Mariamma Mitchell.....9557 1310

#### South West

Marjorie Docherty.....9558 6795

#### North Western

Alma Wilson.....9871 6667

#### North Shore

Sheila Warby.....9144 3958

Felicity Martin.....9357 4203

#### Greater Western.

Andrea Sheffield.....9622 8371

## *Recent UMT happenings*

### Performance Day

Students of UMT members had the opportunity to practise their performing skills in a concert at the Pitt Street Uniting Church in May. A wide range of ages and stages made for a varied and enjoyable program.



A group photo after the Performance Day concert

## Violinist wins 2 awards

Violinist Isabelle Truong didn't win the Roger Woodward Award – but the adjudicator was so impressed with her that she won both the Carlingford Music Centre Award and the Best Performance of a Baroque Work. Congratulations, Isabelle!



Pianist Queenie Pang won the Roger Woodward Award and the Fine Music 102.5 Award – see inside for more details.

# Preparing to do your best: HSC Music Performance

Lecture and master class  
with Dr Bradley Merrick

This presentation will deal with aspects of HSC marking and help both studio teachers and their students in their preparation for the HSC performance exam.

Sunday 10<sup>th</sup> August

2 – 4.30pm

Barker College  
91 Pacific Hwy Hornsby



UMT & MTA members – \$30  
Non-members – \$35  
Students and parents – \$15

Afternoon tea is provided

Please book your seat by emailing your details to  
[umtcentral@yahoo.com.au](mailto:umtcentral@yahoo.com.au)

For more information phone Fotini Stavridis on 9558 9023

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## **NEEDED:** Newsletter editor

Mariamamma Mitchell is resigning as newsletter editor from the end of July.  
If you are interested in using your editorial and design talents in this essential role,  
please contact Fotini Stavridis by email ([fotms@bigpond.com](mailto:fotms@bigpond.com)) or phone (9558 9023)



# U.M.T. ROLL OF HONOUR 2014

## ROGER WOODWARD SCHOLARSHIPS

Adjudicated by Lynn Morgan



Queenie, Denny and Elizabeth with adjudicator Lynn Morgan

Roger Woodward Scholarship  
(\$400) & Fine Music 102.5 Award:  
Queenie Pang



Best performance of a Baroque Work (\$100) and  
Carlingford Music Centre Award (\$150):  
Isabelle Truong

Carlingford Music Centre  
Encouragement Award (\$100):  
Elizabeth Wong



UMT Encouragement Award (\$150):  
Denny Chen

*We are grateful to **Carlingford Music Centre and Fine Music 102.5** for their generous support of our Awards program*

## United Music Teachers Awards



\$70 UMT Awards were presented to Elliot Albany, Zelia Soo, Yujie Zhou, Ashleigh Wong, Hanna Grogan, Rhordon Stephens and Stephanie Wong.

The Musicianship Award of \$70 was presented to Yujie Zhou.

# The President's Award

A competition for instrumentalists who are 19 years old and over

4pm, Sunday 24th August

*East Killara Uniting Church*  
(corner Fairbairn & Wentworth Avenues)

- The prize money is \$300, to be awarded as one or two prizes at the adjudicator's discretion
- Entrants are to perform 2 contrasting works with total performance time between 6 and 12 minutes.
- The minimum standard is 7th grade.
- The entry fee is \$20



Send your entry to Fotini Stavridis, 71 Flers Ave Earlwood

Include your details, and a cheque or money order made out to United Music Teachers of NSW

Give the name and contact phone number of the student, and the name of any accompanist

Give details of the work to be performed

Send by Friday 15th August

Enquiries to Fotini Stavridis Email: [fotms@bigpond.com](mailto:fotms@bigpond.com) Phone: 9558 9023

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**For all your music needs :**

**CARLINGFORD MUSIC CENTRE**

**320 Pennant Hills Road, Carlingford**

**Phone 9873 2333**

**Website [www.carlingfordmusic.com.au](http://www.carlingfordmusic.com.au)**



**Support the music store that supports UMT!**

# An introduction to the Alexander Technique for Musicians and Music Teachers (part 2)

By Greg Holdaway

In our first article about musicians, teachers and movement in last July's UMT News, we introduced the idea of all musicians as professional movers, no less so than athletes, dancers and sports people. Healthy and skilled movement depends on *a well-supported, balanced and flexible posture with an easy, free, comfortable body.*

In this article we will follow-up on the first of the three fundamentals in the approach taken by Sydney Alexander Technique to practical and ongoing improvement.

**Coordination:** “the ability to use different parts of the body together smoothly and efficiently”. This involves the timing, rhythm and sequencing of actions through multiple muscles and joints.



How does the complex mind and body work together so simply and easily?

When things are going well, the coordination of the body in action requires little or no conscious intervention. The better it works the simpler it is, freeing the mind to attend to what you want, and to enjoy the experience.

Unfortunately, for many people this simplicity is not so easy to achieve... it is often elusive, the harder we try to consciously coordinate the parts the harder it gets to balance the whole, with detrimental effects on comfort and skill.

It turns out this puzzle has an elegant natural solution. In working out his own difficulties with the use of his voice, Alexander stumbled on a fundamental principle of human coordination:

*“The head leads and the body follows”.*

Basic to the whole body coordination of actions is the freedom for the head to move easily in relation to the body. Interference with this will have a detrimental effect on the movements of the parts, not least the arms and hands.

Try this experiment....

If you feel comfortable, sit or stand with your instrument and see what happens to your comfort and playing if you ‘scrunch’ your neck by pulling your head down towards your body.... and then see what happens if you release this pressure allowing your head to move freely as you play.

The Alexander technique process involves working with the spatial sense of head and body. This natural ability is so deeply embedded in the way we move that most people have never become conscious of it. It is related to what we call ‘personal space’, the sense of where we are, how big we are and how we are moving. Without a functioning spatial sense movement is impossible. The spatial sense is central to refinement of coordination and control of human activity.

Let’s continue the experiment

Now see what happens if you use this idea to bring yourself up out of a slump, either sitting or standing. Allow yourself to relax (slump) and then straighten yourself up the way you normally would... this is to provide a comparison. Most people achieve this movement by tightening the back muscles and ‘pushing themselves up’.

Now go back to the slump and take the time to be mindful of the spatial location of your head... allow your head to lead your body up out of the slump. How does this seem to you? It can be surprising how such a simple process begins the process of undoing muscular interference and stiffness, and helps generate the necessary antigravity muscle tone without effort...

There is much more to good coordination than this, however this is a beginning of a new understanding about how to move well.

## How to learn more

Sydney Alexander Technique provides personal and professional training to musicians and music teachers. This comes as private lessons and group classes at St Leonards in Sydney; mini-workshops at music schools and institutions; accredited professional development training for music teachers; and accredited vocational training as an Alexander Technique teacher.

To see classes on offer visit our website [www.atsyd.com](http://www.atsyd.com) email [greg@atsyd.com](mailto:greg@atsyd.com) or call Training Director Greg Holdaway on 0408 257 174.