



The United Music Teachers of NSW

North Western Region

April 2018

We are getting truly into the year now, with many preparing for exams, Eisteddfods and concerts.

Autumn Recital:

Already this year NW has had a very enjoyable Recital afternoon for our students on March 25th in our new venue at Inala in Cherrybrook. There were over 20 performances, including piano from Grade 1 level to Performance level, Trumpet solos and a duet. It was a beautiful day, a lovely venue and a wonderful opportunity to just play for others. I think only one item was presented twice so it was a very varied range of styles. The photo shows just some of the performers.



I'd also like to remind everyone that the Autumn and Spring Recital are purely a performance opportunity – no competition at all. This kind of concert is to provide an outlet to perform in front of others, to listen to others, perhaps to be inspired by others, and to simply enjoy the music itself. Some use it as an exam preparation, but this is not the primary aim. It doesn't matter if the piece is a little slow at the moment – this is just part of the journey of playing for others.

North Western Region Mini Competition and auditions for UMT/Roger Woodward Awards:
Sunday May 27th, 2:00pm, at Inala School.

This concert is different to the Autumn and Spring Recitals. It is open to those who are at Grade 4 level and above. There will be assessments of performances on request, and some may be offered the opportunity to perform in the UMT Award Final to be held on Sunday, June 24th. Please keep an eye open in your in-box for more details shortly.

NW Morning Tea:

In early March we held this lovely gathering for teachers in Cherrybrook. We discussed many things over a coffee or tea with some scrummy munchies, including the Piano for Leisure Series 4, and some insights into exams. We also watched a video on how to make a small finger drumming resource that can help develop the finger strength of some of our students who have bendy fingers holding back development of good technique. Mostly though it was just good to get out of the studio and talk to colleagues. The next one is planned for Friday 29th June.

KCC – Keys, Coffee and Cake:

I had the pleasure of attending this activity at Music on the Move in Hurstville, on Thursday 5th April. Developed and organised by Annette Allerding, this group of music teachers meets once a month. They listen to a range of different topics or discuss various subjects. Annette has created a great forum for profession music teachers to gather.

On this particular day, we heard from Carmel Liertz, who gave a very perceptive talk to the members about her holistic approach to practise for performance. Through her research, she pointed out strategies that included positive self-talk and self-affirmation, the importance of breathing, meditation and visualisation, exercise and nutrition, that all lead to enhancing the mind positively, to create the calm, focus and sustained energy required for performance.



I realised that while I had been doing some of this, it was much too late to really benefit even the least advanced of my students. I have begun applying these strategies and there have been good results already. Students have to actually practise how they will perform in order to be able to do it in any of performance situations. Too often a child just walks to the piano, plonks their book on the stand, then starts to play straight away without any thought, and then quickly vacate the seat on finishing. No wonder that so many are terrified at the thought of performing. The other thought I had was how much value there was in this advice beyond performance preparation – HSC exams, teaching, deadlines for some work project and so on. The ability to just sit still for a moment, gather thoughts, then move into the zone.

The exciting thing is that Annette has organised “**A Countryside Musical Experience**” hosted by Rosalind Carlson at her home in Arcadia (very close for many of us). This will be on Sunday June 3. Rosalind will discuss piano teaching, including Flexi-Fingers, her own compositions and performance works suited to examinations. Details will be available soon for those interested.

Other activities planned NW Region:

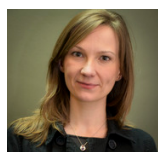
NW Region Mini Competition and auditions for UMT/Roger Woodward Awards: Sunday May 27th, 2:00pm, at Inala School.

NW Region Spring Recital: Sunday September 23rd, 1:30pm and 3:00pm, at Inala School, again, non-competitive.

NW End of Year Round up Concert on November 4th, with a few surprises.

Other activities planned:

UMT Professional Development Day: Sunday May 6th:



*This was to be with Tim Topham, but he has had to cancel for personal reasons. Instead we will be meeting together to hear “**Insights into Performing**”, given by Dr Helen Mitchell (Sydney Conservatorium). Dr Mitchell is researching how we engage with performance through the multi-sensory experience, using complex perceptual skills, incorporating the Moot (or Mock) Audition. A flyer has been sent out regarding*

this from UMT Central, but if you have not received it please let me know and I will arrange to forward the information to you.

UMT Awards and Roger Woodward Awards Final: Sunday June 24th, 12:00pm, 2:00pm and 2:45pm: UMT Awards final, President’s Award and Roger Woodward Awards final.



Senior Master Class: Sunday July 8th, 2:00pm: With Tamara Anna Cislowska

Performance Day: Sunday August 12th, 2:00pm: Pitt Street (Sydney) Uniting Church, with written assessments of performances on request AND a Teachers’ Concert

North Shore Spring Festival: Sunday September 2nd: (Non-competitive)

North Shore Planning meeting: Monday November 26th, 10:30am

North Western Planning meeting and Christmas Lunch: Tuesday December 4th, 11:45am:

Well, its all go for all of us. Look forward to meeting you all again soon.

Details and information regarding all the workshops, concerts and masterclass will be available from the UMT website.

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