

A Newsletter of the Rockland County Music Teachers Guild

Tuning Up!

summer edition 2015 volume 54 no.1

rcmtg.org

PO Box 283 New City, NY 10956

Sunday, September 27 at 6 p.m.

Join us for a **Kick-Off the New Season** Dinner

meet the newest members of the

Rockland County Music Teachers Guild

in the ambiance of good spirits, warm feelings, and delicious food

all courtesy of your Guild.



Festivities begin at 6 pm, Sunday evening, September 27, 2015

at the home of Marilyn and Stuart Hazan

15 Windgate Rd. New City, NY

(directions to the Hazan's home are on other side)

Letter from the President:



I am hoping that all of you have been having a great summer. As I write this message in early August, the beginning of the school year seems a long way away and I am lulled into complacency. Plenty of time, I reassure myself. The piano tuner is reluctant to show up and not many of those students who were planning to take a few summer lessons have called. I have seized on the vacancy in my studio and am diligently practicing away. It feels good. I am reminded of all the challenges students face in their weekly work. I know I should take a passage apart, but the lure of going on and pretending it was okay is powerful. I am trying to keep a practice diary, but I find it tapers off into statements like: "mm 12-16 a mess" or "I give up!!!" or "ice cream"...good indications of how the mind can hijack a practice session. Empathy will be an excellent place to start from in September.

Our Members Share: Rosemary Waltzer shares the following:

A study by the Royal College of Music's Centre for Performance Science has proved for the first time that listening to and performing music has 'a positive biological effect on mood and stress levels'. The research was carried out by volunteers at a London concert of music by Eric Whitacre in March 2015.

Fifteen singers and 49 audience members – ranging from experienced musicians to classical music novices – submitted saliva samples, wore ECG monitors and completed a questionnaire. The results demonstrated a decrease in levels of stress hormones cortisol and cortisone in audience members.

The singers also experienced a reduction in stress hormones during the rehearsal, though levels raised during the performance.

Aaron Williamon, professor of Performance Science at the Royal College of Music, said: 'This is the first time participation in a cultural event has been shown to have significant psychobiological effects, and the implications are hugely exciting, particularly when taking into account previous research by the Centre for Performance Science which links reduction in stress hormone activity with increases in immune function. This preliminary study provides several new avenues of further investigation of how making and experiencing music can impact on health and well-being.'

Calendar (a more complete calendar will appear in the next newsletter)

Sept. 27 Sunday at 6:00 Fall Dinner at the Hazan's home

October 7 Wednesday at 10:00 a.m. –our first meeting of the Season- Valley Cottage Library
"The Palace of Versailles and its Music" _____-an audio-visual program by Catherine Sprague

Directions to the Hazan home:

Travel North through town of New City . Pass Post office on left
(Main St. becomes Zukor Rd.) Zukor Community Park on left

Continue straight to blinking yellow light (Paramount Country Club) Road curves left
First left is Woodhaven Dr. (Dellwood Park)

Go right around the roundabout to 2nd right turn, Windgate Drive -6th house on left is #15

