



# Nuances

The Newsletter of MAPTA

September 2012 Vol 43 Issue  
2.1 MAPTA Calendar of Events

## Quick Links

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## Share The Music!

Do you know someone who could benefit from joining MAPTA? Send them this issue of Nuances by clicking the link below.

## Submissions

Complete submissions of articles, events or other piano themed features are welcome. All submissions are due by the **21st of each month** to be considered for publication.

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## Studio Exchange Teachers

Contact [Gloria Chuang](#), [Denise Taylor](#), [Shad Wenzlaff](#), or [Debbie Yee](#) if you are interested in being a part of the Studio Exchange Program.

Piano Composition Festival  
Registration Deadline is September 21

## Note from the Editors

Here is a supplement to the September Nuances with a few reminders of upcoming events and deadlines. We hope to see you all on Tuesday at our first General Meeting!

Stacy Fehr Regehr and Donna Bellamy  
Nuances Editors

## Welcome Back Round Table

[Alena Harrison and Helaine Muehlmeier](#)

All MAPTA members are invited to attend the first general meeting of the year, a welcome back round table, to be held on Tuesday, September 11, at 9:00 a.m. The meeting will take place at Christ Prebyterian Church, 944 E. Gorham Street, in Madison.

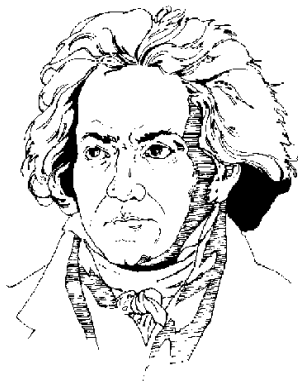
Possible round table topics to be discussed include: student practice plans/strategies, building camaraderie in the studio, incorporating listening into the lesson. Refreshments will be served!

Young Artist Recital  
Registration Deadline is September 30

[Cynthia Stephan](#)

Busy beginning of the school year? Want to relax? Put your pajamas or loungewear on and join us for the first Young Artist Recital of the year! The theme for the recital is "Music for Relaxation." Relaxing music is requested, but no selections will be refused. We'll start with a short talk about how music relaxes us. If you're a teacher who wants to have your students participate, register by Sept. 30 for the Oct. 14 recital. The recital will be held at St. Mary's Care Center, 3401 Maple Grove Drive. The room will open at 6 p.m. and the recital will commence at 6:30. See the membership booklet for more details. Register at [youngartist@madisonpianoteachers.org](mailto:youngartist@madisonpianoteachers.org).

[Jeff Stanek](#)



Heads up: the Piano Composition Festival deadline is fast approaching! You have until Sept. 21 to submit a piece and/or register. As in previous years, we'll have a recital full of world premieres, but **you don't need to submit a piece** this year to take advantage of one or more of the new composition-themed activities we're offering throughout the afternoon, Sat., Oct. 20, at the Wisconsin Center for Music Education in Waunakee. So explore your creative side, whether you're new to composition and just feeling curious, or are already working on your ninth symphony! [Click here for full details and registration form](#); or contact [Jeff Stanek](#).

Annual Fall Workshop *Friday, November 2*  
[WSMA Center for Music Education](#)

[June Zeeh](#)



We are happy to announce the presenters for the Annual Fall Workshop: Vanessa Cornett-Murtada and Suzanne Schons. The Fall Workshop will take place on Friday, November 2 at the WSMA Center for Music Education in Waunakee. E-mail [June Zeeh](#) for more information. Click here to get the [official registration form](#) OR [Register Online!](#) Please register by October 19.

*The Brain and Music: Piano Teaching and Practice Strategies to Maximize Student Learning, by Suzanne Schons*

Drawing from research in psychology, education, music education, and the rapidly evolving field of neuroscience, there is a great deal of information that piano teachers can use to help their students learn to their fullest potential. This session will provide a brief overview of how the brain learns, stores, and recalls information, and how a child's brain works differently from an adult's. Extensive teaching and practice tips will be provided, on areas such as helping students direct their attention and avoid distractions, presenting concepts in a way that will create relevance and meaning for students, optimal timing of practice, strategies for motor skill development, and mental practice.

*Crush the Jitters! Strategies for Performance Anxiety Management, by Vanessa Cornett-Murtada*

Cold hands, fluttering stomach, self-doubt: these are only a few of the symptoms which can afflict performers, regardless of their age or level of ability. In this session we will examine the body's acute

stress response before discussing a variety of ways in which anxiety can be addressed depending on the performer's age, personality, and degree of stress. Solutions include a variety of movement and breathing exercises to coax the body and mind to a naturally relaxed alpha-brainwave state, biofeedback techniques to warm the hands, creative visualization methods to bring about a positive physical response and silence "mind chatter," and a variety of healthy psychological strategies. With practice, these become powerful performance tools to quiet the body and mind.

### The Final Note

***The Trill of It All*** - "When you see a one-handed violinist play the Tchaikovsky violin concerto, you can always say, there's a story behind the notes." - story about one-handed violinist, **Adrian Anantawan**. [Click here to read about this violinist.](#)

