



impromptu

ARMTA Calgary Branch

Member Newsletter ■ February 2024

LETTER FROM THE EDITOR

I hope this letter finds you all in good spirits and health. As we dive into another exciting edition of *Impromptu*, I wanted to take a moment to thank all you incredible music teachers who make our community thrive. Thank you for your dedication to shaping the future of music. Whether you're guiding a budding pianist through their first sonata or helping a choir hit the perfect harmony, your passion and commitment make a lasting impact.

In this issue there is a symphony of articles that we hope will strike a chord with you. We have an article from Ryan Harte talking about the importance of music stores, as well as information on upcoming events such as workshops and recitals. We also have milestone awards for teachers who have been a part of ARMTA for many years.

As we continue to navigate the ever-evolving landscape of music education, let's remember that the heart of it all is the joy of making music together. Our community is a celebration of creativity, collaboration, and the transformative power of a shared melody, and this organization is proof of that.

I encourage you to reach out and share your stories with us. Have a teaching tip that works like magic? Discovered a new song that your students can't get enough of? We want to hear about it! Your experiences shape *Impromptu*, and we're here to amplify your voice. Please send submissions to me directly at RMcLellanMusic@gmail.com. Thank you for being part of our musical journey. ■

RACHEL MCLELLAN



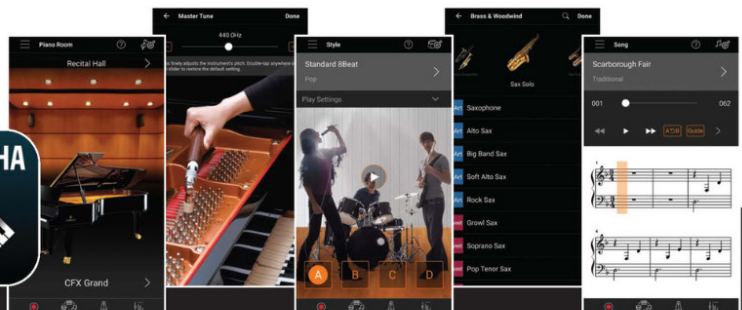
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For a detailed list of our board and conveners, sign into <https://armta.ca/calgarybranch/>

GREETING FROM THE CHAIR

Sandra Joy Friesen

Next to practicing, reading is an absolute essential in my day.

In particular, I read about composers passionately dedicated to developing their musical voice, which I find both intriguing and inspiring. Through the 20th century, most composers were also teachers, and one Canadian composer (of many) stands out for me: Jean Coulthard (1908-2000). I find a message of continual encouragement through reading about and reflecting on her determination to overcome many challenges, dedication to development of her musical style, and remarkable commitment to her students. Now actively involved with ARMTA, I also find a message of continual encouragement from the Calgary Branch Board members and those who volunteer extra time to make things happen for us teachers and our students. This dedication from members is a profound motivator to keep up the meaningful projects, work, and events that help us be our best.

So, from my first half-year of involvement as Chair, I would like to share a few highlights from these events and our work together:

- The start of friendships with Board members – truly a “league of extraordinary Board members” with a top-shelf Administrator, Maryellen Pankratz to help things run so smoothly and more. The experience and wisdom from long-time members as well as fresh ideas from newer members continues to keep us headed in the right direction.
- Getting better acquainted with dedicated people in organizations we support and collaborate with, such as CASSA and Contemporary Showcase Calgary.
- Meeting new members through events and through general enquiries and emails from teachers – delighted to make contact with members from across the city and beyond!
- Learning from our passionate teachers: Gloria Chu’s “brain hack” strategies for many teaching challenges was invigorating and a great way to kick off the school year; the Keyboard Harmony presentation by BC pedagogues Nita Pelletier / Joyce Janzen was an inspiring reminder of the reasons to encourage this skill in our students; presentations and conversations from the CFMTA Conference in July led to ideas and plans for the future.

Further, the two recitals were successful and I extend a hearty “thank you” to volunteers Gloria Chu and Alena Naumchyk for their time and effort. As you all know, these recitals for our students do not happen magically. If you are a teacher who enjoys submitting your students to perform in the ARMTA recitals, please consider stepping up to host one in your area!

Finally: What inspires you in your teaching and music-making? What concerns you in your teaching career, what are the challenges? What ideas do you have that may benefit others in our teaching community? What motivates you to get up in the morning ready to invest your time, energy and love to music? We want to hear from you. Please consider writing out a few sentences or thoughts to help us make decisions for events that you are interested in, going forward. As your “league of extraordinary Board members” we are here for you! ■



Support Your Local Print Music Stores

Ryan Harte, Music Makers General Manager

The music store is a fun place to work. The days where we see lots of music teachers are my personal favourite. It is hard to believe that our little community music store is entering its forty-fifth year. As I sit here reflecting on the many wonderful customers we have had the privilege to serve over the years at Music Makers, I am flooded with gratitude. I have personally learned so much about teaching and printed music from ARMTA members. Getting to know and serving teachers has been a great joy in our history. You have shaped our printed music business in so many ways. We have so much gratitude and on behalf of my mother Pamela, Thank you, Thank you, Thank you.

Now I realize I am preaching to the faithful here. The purpose of this article is to plea with you to continue to support local brick and mortar stores by purchasing local and suggesting students/parents do the same. In the Calgary area the stores with great print music departments are Music Makers, Long and McQuade, and Steinway Gallery.

Printed music stores like many other local businesses are under duress and have seen sales slide in recent years.

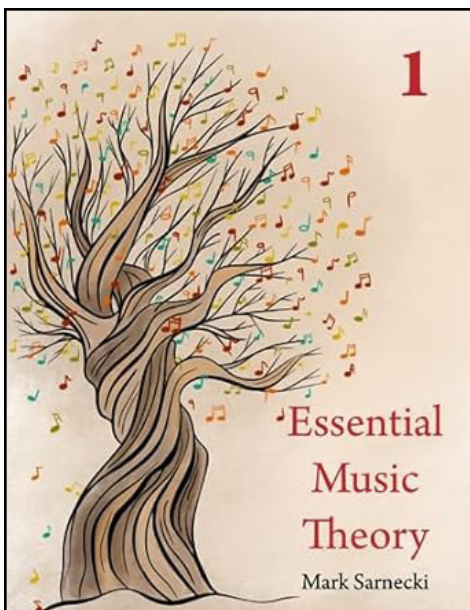
This is due mainly to online shopping. Our competition has become Amazon, sheet-music-plus and other online dealers. Another big part of sales falling is that our national certificate program, RCM Publishing, is steering students/teachers to buy books directly from their online store, cutting out its grassroots dealers.

Ten years ago Rideau music closed its doors. It was a sad event for the music education community and print music lovers. We had the opportunity to purchase some of their bookshelves and inventory. Unfortunately, since then I have had the same experience of buying books from closing stores in Alberta three other times. It is happening not only in Alberta but across North America. Without support from teachers, parents and students our printed music departments will disappear.

continued on next page...



MARK SARNECKI - Updated and Back in Print



Best-selling theory author Mark Sarnecki has a new theory series in print called Essential Music Theory plus his best-selling Elementary Music Theory/Elementary Music Rudiments books have been updated and are back in stores.

The new series Essentials of Music Theory books are available in individual levels, or complete all-in-one, or split in the traditional Basic, Intermediate and Advanced levels (RCM 1-8).

Sarnecki theory books have been a favourite of teachers for decades and highly recommended for any music students. Essentials of Music Theory and the updated Elementary Music Rudiments align with the current RCM theory syllabus. These books are known for being well-written and having the appropriate amount of exercises/review for students. ■

Why support your local print music store? Here is what some ARMTA members are saying:

"I'd rather spend my time practicing and playing new music than on the computer searching for it."

"I like dealing in person with people who are perhaps more knowledgeable than myself and can help me find exactly what I require."

"Shopping in the store is more convenient and the same price, we can get what we need and pick it up that day."

"Music stores are a lifeline for teachers. I like browsing through physical books to find appropriate arrangements. It's important for me as a teacher to check out new resources."

"It's great for students to have a place with good selection to find new music that they are excited to play outside their lesson or RCM books."

"I like supporting local businesses. I don't want (print music stores) to become a thing of the past."

"My local store has ordered hard to find music for me from all over the world. It's the service and I like supporting local."

Thank you again to ARMTA members for supporting local businesses. Students spending money locally rather than online will go a long way in helping your favourite local stores. A personal thank you for sharing your wisdom, laughter and kindness over the years. Music education is as important as any other subject students study in school and your work is contributing to a better world. ■

Music Makers (Crowfoot Crossing) is a local independent music store in Calgary since 1979. They are long-time supporters of Impromptu and ARMTA Calgary Recitals & Awards (ACRA).

TEACHER GRANTS FOR CALGARY BRANCH MEMBERS

Planning to attend Music Conference Alberta?

Are you an Affiliate Member working towards your diploma?

We have a grant to help you!

Apply for either grant at <https://armta-calgary.com/teacher-grants/>



ACRA

(ARMTA Calgary Recitals & Awards)

27 students spanning various disciplines performed their pieces for eager parents, teachers and fellow students. Scholarship cheques were written to 39 students to celebrate their high marks on RCM exams. Each student was proudly recognized by our chair, Sandra Joy Friesen and awarded with medals. Between our branch and the Provincial Recognition Fund, \$3745 was paid out in scholarships.

To view the recital program, click [HERE](#).

ACRA is organized by a committee of dedicated branch members. Please consider volunteering for next year's event.



Teachers of This Year's ACRA Winners

Jean Auger-Crowe
Paul Bagley
Rachel Baljeu
Natalie Brodsky
Andrea Case
Elaine Case
Gloria Chu
Kathy Dornian

Frances Erwington
Rachel Hop
Nadia Khlynovskaya
Lorne Pankratz
Jani Parsons
Allen Reiser
Barbara Robertson
Naomi Williams



Theory

Level 9

History	Jackson Xu
Harmony	Jackson Xu

Level 10

History	Qinrong Zhao
Harmony (tie)	Ethan Jiang
Harmony (tie)	Alexa Manzano

ARCT

History (tie)	Ian Yan Lok Wong
History (tie)	Andrea Hong

Piano

Advanced

(Level 10, Diploma)

<i>Gold</i>	<i>Alexa Manzano</i>
<i>Silver</i>	<i>Andrea Hong</i>
<i>Bronze</i>	<i>Yunqiao Xu</i>



Intermediate

(Levels 7-9)

<i>Gold</i>	<i>Maxwell Guo</i>
<i>Silver</i>	<i>Ian Jun-Yin Quon</i>
<i>Silver</i>	<i>Michael Lee</i>
<i>Silver</i>	<i>Aiden Wong</i>
<i>Silver</i>	<i>Maxwell Guo</i>
<i>Bronze</i>	<i>Isabelle Shue</i>



Junior B

(Levels 4-6)

<i>Gold</i>	<i>Maggie Yufei Bai</i>
<i>Gold</i>	<i>Aiden Wong</i>
<i>Silver</i>	<i>Kristen Lee</i>
<i>Bronze</i>	<i>Jeff Yang</i>
<i>Bronze</i>	<i>Elva Chen</i>
<i>Bronze</i>	<i>Nathaniel Lau</i>



Junior A

(Levels 1-3)

<i>Gold</i>	<i>Marvin Miller</i>
<i>Silver</i>	<i>Vesper Galloway</i>
<i>Silver</i>	<i>Iris Zheng</i>
<i>Bronze</i>	<i>Jack Sheng</i>
<i>Bronze</i>	<i>Eric Aghajanov</i>
<i>Bronze</i>	<i>Iris Zheng</i>





Speech Arts

Intermediate

(Levels 5-7)

Gold	<i>Amjali Datta</i>
Silver	<i>Malia Datta</i>
Silver	<i>Hailey Ha</i>
Bronze	<i>Daniella Ling</i>

Junior

(Levels 1-4)

Gold	<i>Kaitlyn Chan</i>
Silver	<i>Clare Weng Cheng</i>
Bronze	<i>Kallista Chan</i>
Bronze	<i>Emilie Ha</i>

Voice

Intermediate

(Levels 5-8)

Gold	<i>Qinrong Zhao</i>
Silver	<i>Arianna D'Alfonso</i>

Junior

(Levels 1-4)

Gold	<i>Kawai Lafontaine</i>
Silver	<i>Keona Lafontaine</i>
Bronze	<i>William Parwuk</i>

Strings

Junior

(Levels 1-4)

Gold	<i>Cydney Williams</i>
Silver	<i>Jerry Zhang</i>
Silver	<i>Karly Do</i>
Bronze	<i>Nicholas Chwee</i>

ARMTA CALGARY

TEACHER WORKSHOPS & STUDENT RECITALS

We are proud to have provided many exciting and engaging events for both the students and teachers of ARMTA and still have many yet to come this academic year! The ARMTA Calgary Board would like to thank ALL presenters, conveners, participants, and volunteers as these events would not be possible without you all, so please know your time and efforts are directly impacting the music community of Calgary!

PAST

Teacher Workshops

(look for reviews in this issue!)

- Brain Hacks for Learning Music Aug 30, 2023
- Keyboard Harmony Workshop Nov 17, 2023
- Teaching with Your Whole Self Jan 7, 2024

PAST

Student Recitals

Gloria Chu hosted a virtual student recital on November 19th which facilitated attendance for those students unable to attend in person.

Alena Naumchyk organized another wonderful recital on December 3rd where students were able to perform for the community of the Fish Creek North United Active Living Center.

Similarly, another recital was held at Fish Creek United Church on January 27th. Marissa Feria did a top-notch job hosting this recital for those students not involved in ACRA.

Kaylee Read ran her second annual Adult Student Recital on February 11th at Asylum for Art. This is a terrific opportunity for our “older” students to hone their performance skills each year.

UPCOMING TEACHER WORKSHOPS & EVENTS

Piano Student Masterclass

Friday, March 2 @ 9am

Teacher: Kathy Dornian

St. Thomas United Church

NATS Joint Voice Workshop

Friday, May 10 @ 9am

Teacher: Rachel Hop

Mamdani Centre

Potluck Social

June

Registration for these events is first come, first serve based on space available in each class. Visit www.armta-calgary.com/event-calendar to read more.

If you are interested in hosting or helping with the preparation or day-of duties of the student recitals or teacher workshops, please contact Kaylee Read at singwithkaylee@gmail.com.

CALENDAR OF EVENTS

For the most updated information, visit the events page of our website <http://armta-calgary.com/>



KEYBOARD HARMONY WORKSHOP

Review of Presentation from November 17, 2024

Sandra Joy Friesen

At the CFMTA Conference in July, I was delighted to renew some connections from a long time ago when I lived in BC. One of these teachers was Joyce Janzen from Abbotsford, BC who mentioned her collaboration with another piano colleague, Nita Pelletier, in developing a Keyboard Harmony Workbook. They had been teaching Keyboard Harmony for many years already and knew firsthand how the material was benefitting their students on a number of levels. I suggested they give a presentation on their material and workbook for our Calgary Branch and thanks to our Event Convener, Kaylee Read to coordinate the details, they were able to join us via Zoom to share their expertise and excitement about Keyboard Harmony on Friday morning, November 17, 2023. As Keyboard Harmony is a subject of importance for many teachers, the Calgary Branch invited all Alberta Branches as well as other music organizations of Mount Royal Conservatory and Alberta Piano Teachers' Association to attend.

Long-time teachers in the Fraser Valley region of BC, Nita and Joyce have put their knowledge and inspiration into an impressive resource that covers all three levels of Keyboard Harmony. In their introduction, they presented the fundamentals of Keyboard Harmony, its significance in developing overall musicianship in our students, and the logical decision to choose Keyboard Harmony over the written Harmony exams. The most obvious reasons being: a) more practical in terms of musicianship and application

to other musical scenarios such as accompanying and improvising, b) less marking involved for the teacher, and c) potential for building greater confidence in the student. As they highlighted the progression of each level within the layout of 3 workbooks, they also shared strategies and helpful hints on how to begin implementing the material.

Considering that RCM does not have a formal and published resource for teaching Keyboard Harmony, these new workbooks by Joyce and Nita really deserve a place in our teaching studios. The workbooks are available as PDFs, either as individual levels or the whole package of 3 levels, totalling 371 pages altogether. They can be purchased directly from Joyce Janzen by email joycejanzen@gmail.com. All attendees were offered a discount on the workbooks, as well as a bonus arrangement of "O Canada" by Nita Pelletier. Immediately following the presentation, I purchased the complete package and am impressed with the quality and layout of the material. If you are interested or have questions about the material and the workbooks, reach directly out to Joyce by email.

This resource will be immensely helpful for those teachers wanting to incorporate more of the skills within their studio as well as preparing students for RCM exams in Keyboard Harmony. It is my hope that we can have Nita and Joyce present again in the future so that their material can reach more of our membership. ■

Congratulations to the following Calgary ARMTA members for their significant numbers of continuous years of membership in Alberta Registered Music Teachers' Association!

10 YEARS

Anne Scott
Mary-Ann Podgorski
Marc Houde

15 YEARS

Jennifer Latta
Jacqueline Law
Sandra Joy Friesen
Christina Martin
Michelle Everett Faunt
Radek Sokulski
Radina Baharova-Gubeva

20 YEARS

Lise Tourigny
Jay-Arnel Arca
Esther Bing
Melodie Archer
Maureen Hossack
Angela Frankowski
Denise Jamieson

30 YEARS

Denise Jamieson

35 YEARS

Nathene Arthur

50 YEARS

Pauline Ashley

55 YEARS

Elisabeth Szojka



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2024 Milestone Award Recipient Profile

Elisabeth Szojka - 55 Years



Elisabeth Szojka is celebrating 55 years with ARMTA and is now a Provincial Life Member. She also was a member of the BCRMTA for three years before moving to Alberta, so she has been a part of CFMTA for almost 60 years!

Elisabeth Szojka is a graduate of the Basel Music Academy Switzerland where she was a student in the class of Rodolfo Felicani. She emigrated to Canada in 1966, and soon accepted a teaching post at the Victoria Conservatory of Music. While there, she became a member of the string section of the Victoria Symphony Orchestra. Additionally, she gained prominence in Victoria's vibrant musical life by adding her talents to numerous smaller musical ensembles in the City.

In 1968, Elisabeth moved to Calgary to join the string section of the Calgary Philharmonic Orchestra. In 1969, she accepted a position as a faculty member of the Conservatory at Mount Royal College, a position she retained until her retirement 53 years later in 2022.

As a devoted teacher, Elisabeth's happiest moments came with her students' many successes. Not only did they excel in the local Music Festival, but they distinguished themselves in examinations, earning numerous medals for outstanding results. A particular high moment came when some of her students performed at Carnegie Hall.

Her devotion to her students, coupled with her wisdom and generosity of spirit evolved into an ongoing mentorship for any of her students who wished to go on to become professional musicians.

A crowning cap to Elisabeth Szojka's teaching career came in 2016, when her many years of teaching excellence were publicly acknowledged by Mount Royal University with a coveted Distinguished Faculty teaching award. ■



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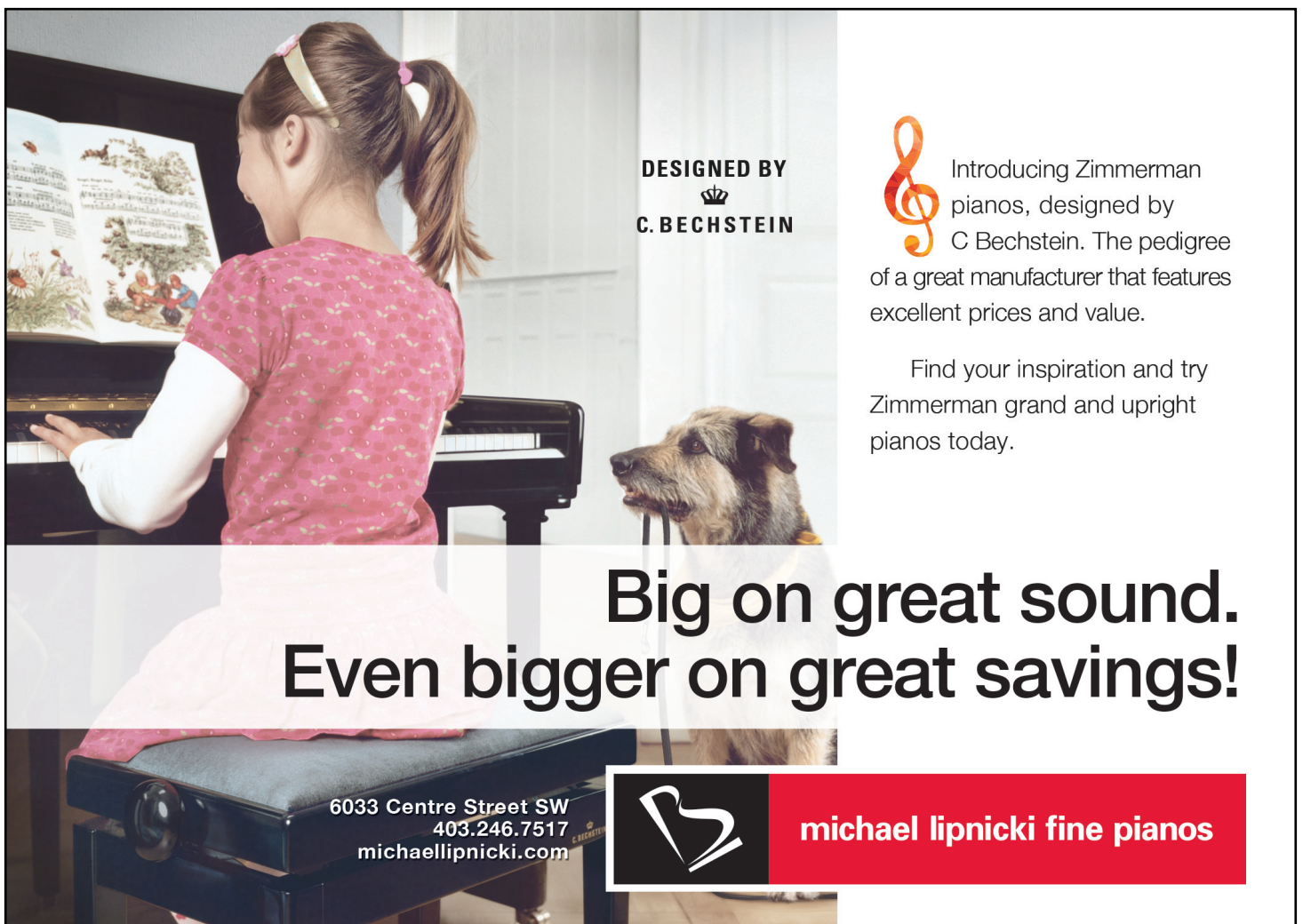
2024 Milestone Award Recipient Profile

Firstly, I applaud the cheerful hopefulness of ARMTA Calgary when asking me to write a “short profile” of the past 35 years as an ARMTA teacher. Kind of like the Oscars: too many people to recognize and thank, but gratitude to every single one of them. I never intended to be a music teacher. I just loved music, sang a lot with my family, listened to tons of music, bought a little upright piano when I was 16, studied music, composition, singing and piano at University of Lethbridge, then married Ranger Rick. Living in small northern forestry communities meant few opportunities for children to find a music teacher. So they called me. Me? I was still a student in my eyes, having just completed my Grade 8 piano exam. However along with “the wind beneath my wings” Rick, and the wonderful voice and piano teachers sometimes over an hour away, I studied, continued teaching, continued playing at churches and schools, and I achieved my ARCT Piano Teacher and Grade 10 Singing. And I actually loved teaching!

I am still a student. It is such a joy to keep learning - Speech Arts and Drama (going towards my Grade 9), Voice (in Calgary), Piano (CASSA Piano Camps in the summers) etc. The ultimate highlight though, must remain the AMEF “Heritage Music Project” where students interview seniors about their musical memories and then we return three months later and re-create their stories on the stage, with props, costumes, square dancers, backdrops etc. To see the happiness and wonder of the seniors, and the growth of the participating students, is simply a gift of the beauty of what music can do for ourselves and others. I am so grateful for the opportunities that working alongside all the talented and inspiring fellow teachers in ARMTA, AMEF, and NATS have been in my life.

Thank you for this 35 Year Milestone Award. ■

Nathene Arthur - 35 Years



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2024 Milestone Award Recipient Profile

Denise Jamieson - 30 Years



Born and raised in southwestern Ontario, Denise received her early musical training from her mother, Dorothy Anderson.

Dorothy was very active in ORMTA, taught private piano and singing lessons, school music and led church choirs. Denise feels privileged to have grown up in this musical environment. Because of this, she was in school and church choirs, performed as a piano and vocal soloist in the local music festival and progressed through RCM exams in both singing and piano.

Denise went on to study music at the University of Western Ontario where she received the Bachelor of Musical Arts (Performance). Her wonderful piano teacher, Lesley Munn, gave her an excellent technical foundation with a high focus on stress avoidance in the hands and arms. Later on, Denise also received the Licentiate diploma from the London College of Music and Media. In attaining that goal, she is very appreciative of the excellent preparation and encouragement she received from Marilyn Engle.

Previous to moving to Calgary, Denise and her husband lived and worked in Lake Louise. It was during this time that their daughter, Fiona, was born. The Jamiesons later moved to Banff where, in addition to being a busy young mother, Denise worked as a part-time legal secretary, church organist and accompanist. Upon moving to Calgary, she was able to establish her piano teaching on a more full-time basis. She was happy to be able to do this while being present for her daughter as she attended elementary, junior high, and senior high. Fiona studied percussion and ultimately received her Bachelor of Music from U. of C.; a very proud moment for Denise.

Over the years, Denise has taught numerous piano students from beginner to ARCT, as well as all levels of rudiments and history. During her 30 years as an ARMTA Calgary member she has served as Secretary, Book Fair Committee member, Membership Convenor and Auditor. Denise feels that her teaching has been enriched by the many workshops and master classes offered over the years by ARMTA Calgary. Her students have received medals and scholarships at the ARMTA Calgary Honours Recital, Kiwanis Music Festival and RCM gold medal ceremonies.

Denise has endeavoured to instil a love of music, development of personal taste and creative imagination in her students. Although still teaching, Denise and her husband are enjoying having time to travel more extensively. ■

**Poster Competition
Deadline April 1st**

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details

**Dual Excellence Teenage Superstar Award
Deadline October 15th**

New!

VOLUNTEER JUDGES ARE NEEDED

If interested, please contact [Carolyn Steeves](#).

GLORIA RITA THURN

I have been a Volunteer in Music Arts for Calgary YMCA for the past 14 years previously at Melchor and now at Shane YMCA in Northwest Calgary. I have been asked to provide you with some insight of who I am and what I have been doing here in the Province of Alberta.

I presently own and operate The Bears paw School of Music & Art Inc. It has been in operation for the past 32 years, along with my partner Michelle Kath (who is now deceased). I have been teaching Music for the past 50 years.

I studied with E. Giles, G. Egbert, P. Savridi, Norma Pocaterra & B. Chapman. My studies continue attending Seminars & Symposiums across North America, U.K. & Europe. I have a Masters Degree in Music Education & Performance (Major in Vocal Pedagogy Cum Laude). Past President of ARMTA Calgary Branch, and Board Member of Provincial Branch. I am presently the President of RCM Alumni Calgary Chapter, also Head the Promotion for Calgary ARMTA. Past Secretary & Treasurer for NATS Calgary. I am a member of the Canadian Federation of Music Teachers Association, NATS, ISME, APTA, Voice Care Foundation and MTNA. Currently on the Board of LHMSAS in Calgary.



I have performed with the CPO and ESO as well as in various cities in Canada, USA, Iceland, Europe, Australia & New Zealand. I was a member of Calgary Theatre Singers (performing in Broadway Musicals) and Richard Eaton Singers. I was co-owner of Roxy Productions for seven years (live Summer Theatre), Music Director of Bears paw Dinner Theatre for 10 years. I have directed Choirs & Ensembles in both Edmonton & Calgary. I have been very involved in the Calgary Music Community as a Judge for The Calgary Stampede Board Youth Talent Showdown and presently as an Adjudicator for NATS Songfest.

I was one of the founding Board Members of the Kensington Symphonia Society, Board Member of Bears paw Glendale Community Association. Founder & Director of the Bears paw Choristers, along with my affiliation with the Angela Cheng Foundation (Edmonton), and the Calgary Boys Choir as a Board Member.

My students perform on Broadway, U.K., in Europe and USA. They are also Gold Medal Winners with the Royal Conservatory of Music. I received the 2020 Top Music Teacher Award by Steinway Gallery.

The Bears paw School of Music & Art is an affiliate Studio with the Royal Conservatory of Music & Conservatory Canada. ■



TEACHING WITH YOUR WHOLE SELF

Review of January 7th Workshop

Sandra Joy Friesen



ARMTA Calgary started 2024 offering a meaningful workshop for teachers held in the dance studio of The Room YYC, SE, centered on awareness of three essentials: body, balance and breathing. Laura Hynes is an Alexander Technique teacher-in-training who shared her experience, wisdom and fundamental exercises with the 9 teachers in attendance. The intent of the workshop was to help us as teachers and musicians improve overall awareness and mindfulness, thereby enhancing our listening and communication skills with our students.

We began with brief introductions in the group answering the specific question as to why we chose to attend the workshop. This was enlightening because in their reasons to attend teachers shared their own experiences and challenges. This kind of interaction reminds me that as teachers and musicians we are not alone in what we face. We all deal with similar situations and we can always learn and benefit from one another.

Laura walked us through a series of simple exercises starting with balance and breathing, then exercises that sent us around and through the physical space with specific “focus targets” meant to guide our awareness. Throughout these exercises, I was reminded of the 3rd-eye concept in which you see yourself from outside-yourself, a valuable technique that also heightens self-awareness. These exercises included the ongoing focus of breathing and balance for daily physical movements; a focus which we can incorporate to every moment of our day!

Then partnered together with another teacher, we went through an extremely useful and fun exercise: “taking a

pause.” This was a special reminder for me as I realized how seldom I pause before saying or doing something. Why not just take that 5 seconds to breathe in and out, and then respond thoughtfully? A critical life tool for living in a fast-paced society where so much emphasis is placed on immediate response and gratification, where mistakes and misunderstandings occur too often due to reaction rather than reflection.

This workshop only very briefly touched on what Alexander Technique can offer as a method for body and mind awareness that can help every teacher and student be more productive, feel more comfortable, and enjoy more deeply what we do on a daily basis. It is the type of workshop that could (maybe should) be a regular component of our ARMTA events for teachers and students. I really appreciated the exercises and would recommend another of these workshops next season. ■



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Random Acts of Music: A Branching Out Event

What: All students of any discipline welcome to perform

When: Saturday March 2, 2:00 to 4:00 pm

Where: [Quinterra Legacy Garden](#) (in South Glenmore Park)

Contact [Nathene Arthur](#) and [Sandra Joy Friesen](#) if interested.

And in other news...

On November 23rd, ARMTA Calgary partnered with Contemporary Showcase to present two (2) one-hour teacher workshops. Rebekah Jordan-Miller presented "Practicing to Perform" and Sandra Joy Friesen gave a recital to celebrate Canadian Female Composers. ■

The Outstanding Student Recital (OSR) will be held on Sat. February 17 at 4:00 pm at St. David's United Church in northwest Calgary. ■

The 2024 Rotary Calgary Concerto Competition will be held on Friday March 8, Saturday March 9, and Sunday March 10, 2024 at Michael Lipnicki Fine Pianos on Centre Street South. Several of your fellow ARMTA teachers have students participating. Rotary C3 had a record number of 51 registrations this year. ■



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CFMTA Magazine - Did You Know...?

Barbara Robertson

Did you know that the subscription cost for the CFMTA Canadian Teacher Magazine is going to cost members \$35.00 per year to receive the print copy?

It used to be that this was included with our membership fees. Then we were charged a lower fee, which is now being raised to \$35. Incidentally, a non member can order this magazine at the same rate for a yearly subscription.

Our CFMTA membership is diverse and many members do not have the time or desire to read through an entire online magazine. About 125 CFMTA members currently choose to receive the hard copy of the Canadian Music Teacher magazine.

The print copy enables them to have it in their homes where they - and others - can read an article or two during their break times. The print copy is a visible, tangible presence that says we are important members to CFMTA, and it should go to more members, not fewer. It shows members that they are receiving something for their fees. It is also of greater benefit to advertisers as their message will be seen more often than merely being online where ads will likely be skipped over.

The expenses of mailing and printing continue to increase. As well we are paying for the French translation. I have no problem with that, but if we can pay for the translation, can't we pay to send the magazine to 125 members. I also suggested that we use lower quality paper, or to print the French and English magazine separately to lower mail costs.

As well as the third party liability insurance, here are some of the ways CFMTA supports teachers and students through our fees:

- Support through communication, advocacy and professional development
- The Canadian Music Teacher, our official magazine, published 3 times a year containing articles and reviews (although we are now paying extra for print copies).
- News of first release publications
- Biennial conventions
- Scholarships and Awards for students
- Access to Young Artist Series

- Canada Music Week® Music Writing Competitions
- Awards for Teachers
- Essay writing competitions
- Participation in Collaborative events on national and international levels
 - Access to a National body helping to shape musical education in Canada
 - Access to reduced rates on Home and Auto Insurance through the Personal.

The Canadian Music Magazine is one thing that every member receives in print or online.

Why are we not helping those who prefer a print magazine. For those of us who do not read the online version, we are losing any information that CFMTA is trying to share with us....does CFMTA want to risk cutting communication with these members? – The 125 members agreed, some of us reluctantly, to pay \$20 per year, and now they are almost doubling it.

Please contact your provincial executive members, (Nathene Arthur, narthur@telus.net and Carolyn Steeves, csteeves@telus.net), if you would like to offer support for a resolution opposing this increase. ■



THANK YOU!

to everyone who organized this year's ACRA and OSR events!

*Kimberley Yim
Rachel Baljeu
Barbara Robertson
Sandra Joy Friesen
Elizabeth Olver
Looi Tan
Amelia Farahbakhsh*

ACRA Convener Kim Yim stepped into a huge role and handled it with grace and acumen.

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Please consider writing for the next issue!

Content by our members is welcome and encouraged!

Write about whatever moves you and is relevant to our profession

Don't want to write an entire article? No problem! Even a few paragraphs will be appreciated.

Submissions can be sent to impromptu@armta.ca or RMcLellanMusic@gmail.com and must be in "Word" or email format (no pdf files).

P.S. Corresponding photographs will be greatly appreciated!

Rachel McLellan
Impromptu Editor

