



CCMTA Communicator

April 2009



President's Corner

by Andrea Llafet

Dear CCMTA Members,

Happy Spring! As I am writing this we are enjoying our first week of truly beautiful Spring weather. There is something about the sunshine and blossoming trees that lifts my spirit and gives me renewed energy. I'm seeing this on students' faces as well!

This Spring is full of musical activity. CCMTA events include our April Theory Exam, and our May Twentieth Century Festival. As we head toward the end of the school year and the approach of summer, let's make the most of each day with our students. This is a great time of year to talk about summer study, and to set goals with students.

I'm looking forward to our April meeting at the home of Cindy Eubanks. We will have stimulating, insightful discussion on the future of our chapter, and we will be voting on our slate of officers for 2009-2010. Please join us!

Andrea

CCMTA Meeting:
April 21, 2009

Please 🎵 new meeting times:

9:00 Meeting

9:30 Refreshments

10:00 Program

Program: YOU - our membership!

Join us for a brainstorming planning session -
our dreams for the future of CCMTA.
Vote on Slate of Officers for 2009-10

NOTE Location: Studio of Cindy Eubanks
3008 NE 132nd Circle Vancouver

Hostesses: Suzanne Hill and Sandra Kestner

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CALENDAR OF EVENTS

April 18 - Theory Exams - Beacock Music

April 21 - CCMTA Monthly Meeting
Studio of Cindy Eubanks

Upcoming Events:

May 15 - Pre-registration Deadline for
WSMTA Conference in Yakima

May 20 - Annual CCMTA Luncheon

May 29-30 - Twentieth Century Festival
Clark College Music Building
Barbara Roberts, Chair

May 31 - Twentieth Century Honors
Recital TBA



District IV Honors Competition Winners

Mary Stone - Winner to perform at WSMTA
State Conference and District IV Honors
Recital Student of Barbara Roberts

Natalie Burton - Winner to perform at
WSMTA State Conference and District
IV Honors Recital Student of Barbara
Roberts

Maya Hess- District IV Honors Recital and
1st Alternate to WSMTA State
Conference Student of Lena Nikulin

Richard Lu- District IV Honors Recital and
2nd Alternate to WSMTA State
Conference Student of Lean Vozheiko-
Wheaton

David Yelchaniov - Ranked Honorable
Mention #1 Student of Lena Nikulin

Nick Maupoux - Ranked Honorable
Mention #2 Student of Genie Hoffman

Samuel Bondar - Ranked Honorable
Mention #3 Student of Lena Nikulin

Nicole Pan - Ranked Honorable Mention #4
Student of Lena Vozheiko-Wheaton

Hannah Graves - Ranked Honorable
Mention #5 Student of Joanna Hodges



2009 - 2010

CCMTA Proposed Slate of Officers

President: Louise Nedela

1st Vice President-Programs: Ellen Putnam,
assisted by Nancy Ryan

2nd Vice President-Membership: Cinda
Goold Redman,

Recording Secretary – Martha Natiuk

Treasurer – Genie Hoffman

Immediate Past President – Andrea Llafet

CCMTA MEETING MINUTES - March 17, 2009

Andrea Llafet called the meeting to order at the studio of Kathy Edsill-Charles. Roll call was taken with 16 members present. A new member, Jessica Kelley was introduced. She teaches violin and violin in the Hazel Dell area.

Committee reports were read.

Chapter District Honors Competition Cinda Redman, Chair, will be held on Friday, March 20 beginning at 4:30 PM at the studio of Joanna Hodges. Students should enter from the left side of house. On Sunday, March 22 there will be three Adjudication Honor recitals which will also include the ranked Honorable Mention winners of the District Honors Competition. This will be a blended recital to include string and voice adjudication honor students.

Twentieth Century Festival, Barbara Roberts chair, will be held on May 29 and 30 at Clark College. An early May deadline will be announced. A request was made for ideas of places to hold the Honors Recital. Suggestions were made for Camas First Methodist or St. Johns Presbyterian in Camas.

Slate of Officers for 2009-2010 were announced by Kathy Charles and the members of the nominating committee including Helen Murray, Ruth Yerden.

President: Louise Nedela
1st Vice President, Programs – Ellen Putnam, assisted by Nancy Ryan
2nd Vice President, Membership – Cinda Goold Redman,
Recording Secretary – Martha Natiuk
Treasurer – Genie Hoffman
Immediate Past President – Andrea Llafet

Executive Board approved the following proposal:

CCMTA may reimburse each member who holds a CCMTA Event in their home (Adjudications, Master Class, Festival – not monthly programs) for one half the cost of piano tuning, not to exceed \$75. This will be done at the request of the member with submission of piano technician receipt, as some teachers may choose to donate this service to CCMTA and submit the expense as a tax deduction.

Proposed Change to Bylaws: The following proposal to change the Officer Description was voted upon and approved by the membership:

Change Article IV, Section 4 The Secretary to “The Recording Secretary” Delete items c & d pertaining to the yearbook, which will now be updated online and members will be able to access & download all dates and pertinent information.

Change Article V, Section 6 to Section 7m, and insert Section 6 “A Newsletter/Website Chairperson shall be appointed by the President to oversee the chapter website and monthly email newsletter. The website shall take the place of the annual written yearbook. The website chairperson shall download and distribute copies of the website home page and member information to the WSMTA President, District VP, and WSMTA Executive Manager.

It was noted that volunteers are needed for the following **Chair/Committee positions:** Piano Adjudications Assistants, Chair of January Workshop/Master Class, Theory Program/Musicianship Testing, Young Performers Recital.

March CCMTA Meeting Minutes (Continued)

Washington State is being honored at the MTNA Conference at the end of this month in Atlanta for receiving the State Affiliate of the Year Award.

The meeting was adjourned for refreshments by Amy Lee and Shari Giberson and a program by Mary Kogen and Ta-Ke-Ti-Na, Rhythm Learning Skills through Drumming, Singing, and Stepping.



Articles of Musical Interest: For Your Reading Pleasure

Music, Like Laughter, Benefits Heart Health

Marlene Busko

November 13, 2008 (New Orleans, Louisiana) — Listening to enjoyable music may be good for cardiovascular health, a new study suggests.

Researchers at the University of Maryland showed for the first time that positive emotions aroused by joyful music have a favorable effect on the endothelium.

"We believe that the brain plays a pivotal role in vascular health," lead author Michael Miller, MD, told *Medscape Psychiatry*. "High cholesterol and high blood pressure are very important, but some individuals lacking these risk factors develop significant heart disease, and that may be partly related to their response to stress."

If music can evoke positive emotions to counteract negative stresses of everyday life, it could have a very important influence on vascular health, he said. "It should be incorporated into a healthy lifestyle, just as we might incorporate other healthy habits."

The study was presented here at the American Heart Association 2008 Scientific Sessions.

Positive Emotions

According to Dr. Miller, it has been known for some time that mental stress can cause vasoconstriction. He added that his group was the first to show that laughter has a beneficial effect on the endothelium. They wondered whether positive emotions evoked by music would have a similar effect.

To determine the effect of music on endothelial function, the researchers conducted a 4-phase crossover randomized study. The participants included 10 healthy, nonsmokers — 7 male and 3 female — with a mean age of 36 years.

The volunteers selected 30 minutes of music they enjoyed. To minimize emotional desensitization, participants were told to avoid listening to this particular music for 2 weeks prior to the start of the study.

"We didn't assign music for them to listen to. We wanted participants to emote positively based on their previous experience with certain music," said Dr. Miller.

Music, Like Laughter, Benefits Heart Health (Continued)

Volunteers were also asked to identify music that made them feel anxious.

On 4 separate occasions, 1 week apart, the subjects' endothelial function was assessed by measuring blood flow in the upper arm. On each occasion, brachial artery flow-mediated dilation was measured at baseline and after 30 minutes of 1 of 4 test stimuli: enjoyable music, anxiety-provoking music, a humorous video clip, and a relaxation tape.

The researchers found that compared with baseline, the subjects' mean flow-mediated dilation:

- Increased 26% after listening to enjoyable music ($P = .0002$).
- Decreased 6% after listening to anxiety-provoking music ($P = .005$).
- Increased 19% after watching a humorous video ($P = .08$).
- Increased 11% after listening to a relaxation tape (NS).

The magnitude of increased flow-mediated dilation associated with self-selected enjoyable music was the same as that previously observed with aerobic activity or statin therapy.

"We think that the basis for this is due to endorphins or endorphinlike compounds released from the brain that have a direct effect on the vasculature. It comes back to that 'big black box' of mind-heart connection, which is so hard to quantify but is an underdeveloped area that is worth further investigation," he said.

The study authors report no relevant disclosures.

American Heart Association 2008 Scientific Sessions: Abstract 5132. Presented November 11, 2008.



Musical Training for Better Brain Function

My daughters might be annoyed when I tell them about a recent study from Vanderbilt University that gives me yet more reason for frequent reminders to practice their musical instruments every day. Researchers found that musicians scored higher on both IQ tests and standardized tests of verbal fluency than non-musicians. The study also showed that trained musicians have a cognitive advantage over non-musicians and are particularly adept at something called divergent thinking.

"Divergent thinking" was a new term to me -- but as it turns out, not a new idea. Bradley Folley, PhD, one of the Vanderbilt researchers, explained that it refers to "thinking outside the box," or the ability to come up with novel solutions to open-ended questions. To illustrate the concept, he told me about an earlier study he had done, in which subjects were given a needle and thread and asked to find a creative way to use them. One subject replied: "If you're really poor and want to get married, you could use the thread and tie it up into a ring and use the needle to write 'will you marry me?' in the sand at the beach."

These findings add to the body of evidence that musical training enhances brain function in numerous ways.

Musical Training for Better Brain Function (Continued)

STUDY NOTES

In the Vanderbilt study, researchers compared 20 students majoring in classical music with a matched group of non-musicians from an introductory psychology course. There were nine women and 11 men in

the classical music group, while the non-musicians were 11 women and nine men. The groups represented two extremes -- the musicians had been playing and studying an instrument for more than eight years, with daily practice averaging 2½ hours a day, while the non-musicians had no music training beyond regular curricular exposure to music from kindergarten to high school. Subjects were given two tests. The first was the Remote Associates Test, which requires divergent and convergent thinking. Participants are given three stimulus words and are asked to find another word associated with all three words in the set. Example: For the words "blue," "cake" and "cottage" the correct answer would be "cheese." For the second test, to measure divergent thinking, students were asked to come up with uses for stimulus objects alone or in combination with other objects. Result: The musicians had higher scores on both measures.

The Vanderbilt study also showed an association between music training and higher IQ, though that does raise the "chicken versus egg" question of whether music training elevates IQ scores or if those with higher IQ scores are just more likely to study music. An obvious next question is, "does music help boost brain function throughout life?" Dr. Folley told me that this hasn't been measured yet but he believes the hypothesis is a good one. So now I am thinking of retrieving my flute and committing to regular daily practices along with my daughters -- not only would it be good family time, but it might be a great brain-sharpening strategy for me as well.

Source(s):

Bradley Folley, PhD, Clinical Neuropsychology Fellow, Vanderbilt University, Nashville.

New Member Welcome

We want to welcome
our newest member to CCMTA:

Jessica Kelly

Violin and Viola Instruction

1008 NW 59th St.
695-8412

The 7 Keys to Piano Lesson Success

An Inspirational, Motivating Teacher

An Encouraging, Supportive Parent

A Willing Student

A Quality Instrument for Practice

Participation from Family Members
in Piano Lessons

Playing the Piano with the Assistance
of a Music Tutor or Digital Piano

Playing Music that Inspires and Motivates