



PAMTA

PEORIA AREA MUSIC TEACHERS ASSOCIATION

Newsletter of the Peoria Area Music Teachers Association

February, 2018

Editor: Pam Dunlap

Website: pamta.org

2017-2018 Officers:

President – Rosa Chang

Past President – Philippa Williams

First Vice President (Programs) – Pam Dunlap

Second Vice President (Membership) – Joyce Schupp

Secretary – Brenda Conroy

Treasurer – Karen Thompson

FEBRUARY MEETING

February 26, 2018, 10am

Elementary Technique

Piano Network, 4640 N Brandywine Dr., Peoria

Elementary Technique survey results and discussion.

Monster Concert Rehearsal Dates

March 17, 9:00am to 12:00pm

April 7, 9:00am to 12:00pm

April 15, 1:00pm to 3:00pm

April 22, 1:00pm to 3:00pm

April 28, 9:00am to 12:00pm

Rehearsals are 20 minutes slots.

Bradley University Music Department Workshop

Injury Prevention and Recovery through Mindful Use in Practice and Exercise for Performance, Teachers, Students

March 16 and 17
Dingeldine Music Center
1417 W. Barker
Peoria, IL

We all are responsible for the health of our students as performers,
and the more we know the more effectively we teach.

Bradley University's Music Department is
proud and excited to invite you to this FREE workshop

The workshop is fully funded by the John Barrett-Bradley University
Charitable Trust for the Therapeutic Benefit of the Arts at Bradley University.

Direct registration forms and any questions to:
sloter@fsmail.bradley.edu with the subject line "Barrett".



Injury Prevention & Recovery through Mindful Use in Practice & Exercise



Purpose: to encourage performers and students to take ownership of their own recovery path from injury or misuse. The objective is for participants to leave the workshop with tools to evaluate, improve, and/or correct their own body use in general, with special attention paid to recovery from injury.

Methods:

Body Mapping - *the conscious examination, correction, and refinement of one's own "body map," (one's self-representation in the mind) to produce efficient, graceful, coordinated movement*

Alexander Technique - *a process of teaching proper coordination of body and mind for the release of harmful tension & improvement of posture, coordination, & general health*

Physical Therapy - *a branch of rehabilitative health employing specially designed exercises and equipment to help patients regain or improve physical abilities*

Neurokinetic Therapy - *sophisticated manual therapy using motor control therapy & manual muscle testing*

Presenters:



Amy Likar, based out of the San Francisco Bay Area, finds herself equally at home in orchestral and chamber media, as well as in solo work. As a member of the Oakland Symphony, she has applied her passion and advocacy for music education to the OS's Music for Excellence Program. For almost 20 years, she has been an innovator and educator for musicians' wellness as a teacher of Body Mapping and Alexander Technique and now serves as Director of Training for Andover Educators. Through providing accurate information about body movement, Amy has been able to save, secure, and enhance musical careers. A Powell Performing Artist, Amy has performed frequently as a guest artist at colleges and universities throughout the US and Europe and maintains a lecturing and presenting schedule at conferences worldwide.



Jen Warning (PT, MPT, NASM-PES, CCCE), a physical therapist since 2005, specializes in performing arts medicine with an emphasis on treating dancers. After earning her dance medicine certification from Westside Dance Physical Therapy in New York City in 2010, Ms. Warning has, through Athletico Physical Therapy, been providing care backstage to such noted dance companies as Joffrey Ballet, Hubbard Street Dance, and River North Dance Company. Currently focusing on injury prevention and proper biomechanics in the suburban Chicago area, Jen primarily treats adolescent dancers while managing the Student Clinical Education for Athletico and actively supervises students completing their DPT degree in physical therapy.



Kelly Mollnow Wilson is a licensed member of Andover Educators. Through the unique and powerful tool of Body Mapping, Ms. Wilson is dedicated to preserving and enhancing the careers of musicians through accurate anatomical information and somatic awareness as applied to music making. Kelly is thus able to help students in all disciplines avoid injury and become better musicians. She has presented Body Mapping workshops for students and faculty at universities and conservatories throughout the USA, including Cleveland Institute of Music, Case Western Reserve University, and Oberlin Conservatory, where she presents her semester-long class, *Body Mapping for Musicians*. As an NKT (Neurokinetic Therapy) practitioner, she employs manual therapy. A frequent performer at International Flute Symposium and National Flute Association conventions, Ms. Wilson maintains a thriving private studio and works regularly as a freelance musician in NE Ohio. She is also the lead author of *Teaching Woodwinds: A Guide for Students and Teachers* (<http://teachingww.com/>), published in 2014.



Schedule of Events



The Process:

Following the presentations, the Exploration & Application segments will be an opportunity for the presenters to discuss common issues encountered in teaching students and working with clients. The presenters will answer questions and address individual issues with the participants in an interactive style.

If you are a musician, please feel free to bring your instrument for the Exploration & Application.

Attendee participation is welcome and encouraged.

Friday, March 16th

2-2:30 PM - Registration at:

Dingeldine Music Center
1417 W. Barker, Peoria, IL

2:30 to 3:30 - **Introductions and Purpose** (Molly)

Overview of:

Body Mapping (Kelly & Amy)
Neurokinetic Therapy (Kelly)
Alexander Technique (Amy)
Physical Therapy (Jen)

3:30 to 3:45 PM - *Break*

3:45 to 4:30 PM - **Places of Balance**
(Kelly and Amy)

4:30 to 5:00 PM - Exploration & Application
(input from Jen)

5:30 PM - *Dinner*

7:30 PM - Prairie Winds Concert at
Illinois Central College (optional)

Saturday, March 17th

9:30 - 10:15 AM - **Arms** (Kelly)

10:15 to 10:45 AM - Exploration & Application
(input from Jen & Amy)

10:45 to 11:00 AM - *Break*

11:00 to 11:45 AM - **Breathing** (Amy)

11:45 to 12:15 PM - Exploration & Application
(input from Kelly & Jen)

12:15 to 1:30 PM - *Lunch*

1:30 to 2:15 PM - **Legs** (Jen)

2:15 to 2:45 PM - Exploration & Application
(input from Kelly & Amy)

2:45 to 3:00 PM - *Break*

3:00 PM - **Wrap-up and Demonstration**

Please return registration form below to:

Molly Sloter
Department of Music - Constance Hall 223, Bradley University
Peoria, IL 61625

or E-mail to: sloter@fsmail.bradley.edu
or Fax: 309-677-3871

Registration Form

Name: _____

Street Address: _____

City _____ State _____ Zip Code _____

Phone(s) _____ E-mail _____

Affiliation (school, business, organization name, etc) _____

**West Suburban ISMTA Presents
Dr William A Kinderman:
Performing Beethoven's Piano Works**

Thursday, February 22, 2018
9:15am to 12:15pm (Registration begins at 8:45am)

Armerding Recital Hall
Wheaton College
520 Kenilworth Avenue
Wheaton, Illinois

Beethoven's music is a cornerstone of the piano literature for young and old. Dr. Kinderman will be discussing and illustrating several Beethoven sonatas taught most frequently and will perform and discuss one of Beethoven's most celebrated sonatas, the Sonate pathétique, Op. 13.

This workshop will give you:

- A better understanding of Beethoven's sonatas
- Instruction on technical aspects of Beethoven's music
- Insight into psychological qualities of Beethoven's music
- ways to incorporate this knowledge in all levels of your teaching
- An opportunity to hear a performance of Beethoven's Sonata Pathétique, Op. 13
- The opportunity to hear a world -renowned Beethoven scholar

Dr. William Kinderman is Professor of Music at the University of Illinois, and has taught at institutions in Vienna, Munich, and Berlin. He is author of many books on Beethoven, including the comprehensive study, *Beethoven* (Oxford University Press, 2009), and has recorded Beethoven's last piano sonatas and Diabelli Variations for Hyperion/Helios and Arietta Records. Kinderman is currently Co-Curator of the new Beethoven Museum in Vienna/Heiligenstadt Opened in November 2017.

Register online:

joint.westsuburban.ismta@gmail.com to request an e-invoice

Register by mail:

Send check for \$25 written to J-WS-ISMTA to:

R. Valancius, 2312 Modaff Rd., Naperville, IL 60565

Note your name, phone, e-mail and ISMTA chapter affiliation.

Sponsors: Joint West Suburban ISMTA Local Associations and Wheaton College

Proceeds from this workshop benefit the Berkley-Pendell Piano Competition Fund

Song Competition for Film: Seeking Composers

The Production Team for the feature film "Real Prayers Are Said In German" has launched an online song competition, accepting submissions through March 14th. The story is based on true events that occurred in Central IL during WWII.

In addition to the winning selection being developed for inclusion in the film to be shot in Central IL this coming summer, there is a \$1,000.00 monetary award as well.

Music Producers Ira Antelis (Chicago), Gary Manuel (Peoria) & Katie Walter (Nashville) will serve as mentors giving online advice and guidance to those who submit entries. Deadline is March 14th.

Story Board, Terms & Conditions and all info. on website:
www.realprayersaresaidingerman.com

Heartland Festival Orchestra

Maestro's Choice

March 17, 2018 - 7:30PM

Adam Neiman, piano soloist

Mozart - Overture to Marriage of Figaro
Schumann - Rhenish Symphony, No. 3
Brahms - Piano Concerto No. 2

Adam Neiman brings pianistic power, virtuosity, and musical insight - a perfect combination for Brahms' glorious concerto.



Yamaha piano for sale

Serial number [6278152](#).

Purchased new in 2010

\$5,900

Contact [309-750-4053](#) or [309-387-2171](#)

