



# BAMTA BEAT

## President's Message

Greetings Everyone,

President Obama's speech on Martin Luther King Day was all about community service: "Don't just watch—do something!" All day Monday he was out in the community helping out, doing something. As he said, it doesn't matter how large or small the contribution is. The important thing is to contribute.

Colorado State Music Teachers Association president Kathy Hammer visited us at the BAMTA Brunch in December. She was impressed that we have such an active, vibrant group. It's because of our volunteers that we have such a vibrant group. I want to thank all of you who have given a little extra and done something this year, because this positive energy radiates out into our community and makes a difference!

Right now we do not have a president-elect for BAMTA, so I am looking for somebody who is willing to step up to the plate. And it's not as if you must do it all alone. Richard Capp has been my right hand man this year, and I will do the same for the next BAMTA president. We also have a great team of teachers who have already committed to another year of service to BAMTA. With your help we can make 2009-2010 the best year ever.

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### 2008-2009 BAMTA Board of Directors

Barbara Grout, President - Richard Capp, Past President  
 Kyra Shimizu, Treasurer - Avlona Taylor, Secretary  
 Nancy Sundal, 1<sup>st</sup> VP, Membership  
 Emily Miller, 2<sup>nd</sup> VP, Student Activities  
 Lynn Nelson, 3<sup>rd</sup> VP, Enrichment  
 Lisa Harrington, 4<sup>th</sup> VP, Outreach

### CALENDAR OF EVENTS

**Jan. 26** extended registration deadline for BAMTA Music Festival

**Feb. 4** 9:00am BAMTA meeting  
 10:00am program: Sally Bonkrude  
 "Reclaiming the Gifts of Childhood for Peak Performance" (see page 4 for more information on this speaker)

**Jan. 30** 7:00pm Valery Lloyd-Watts  
 Mountain View United Methodist Church, 355 Ponca Place, Boulder

**Feb. 14** 12:00-6:30pm 3<sup>rd</sup> Annual BAMTA Music Festival

**Feb. 15** 3:00pm BAMTA Music Festival Honors Concert

**Mar. 4** 9:00am BAMTA meeting  
 10:00am program: Aaron Garner  
 "Piano Marvel software"

**Apr. 7** Achievement Day registration deadline

**Apr. 19** 4:00pm BAMTA Spring Student Recital (new date)

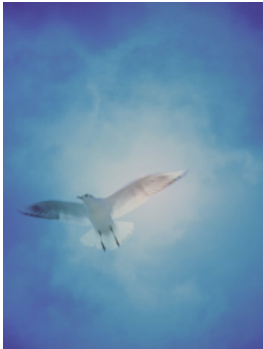
**May 9** Achievement Day, IMIG building, CU

**May 16** 4:00pm BAMTA Ensemble Recital (new time)

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Taking on the president's position has enriched my life in ways that I could not have imagined. I am more compassionate, willing to communicate with others, willing to be kind to myself when I make mistakes, definitely a stronger person and have also made a lot of new friends.

I am also amazed at how the hours in the day have expanded to fit this work in. As we have seen with the Boulder fires and the plane crashing in the Hudson River, miracles do happen. Taking on something you may not think you have time for or ability or even the desire to do it will definitely allow you to see miracles happen in your own life. So please give me a call or email me to say "YES, I would like to commit to helping the Boulder Area Music Teachers Association to keep on thriving by being BAMTA's next president."



"When you come to the edge and step off, there will either be a net to catch you, or you will learn how to fly."

*Barb*

303-772-4731 or [barbgrout@comcast.net](mailto:barbgrout@comcast.net)

### 3<sup>RD</sup> ANNUAL BAMTA MUSIC FESTIVAL

There are a few slots left for student performers for the **BAMTA Music Festival**. This is an excellent opportunity for your top students to receive an evaluation from two judges and a chance to perform in the Winners Recital. The deadline has been extended to postmarked by January 26th so send your registrations to Martha Albrecht: 2600 S. Rock Creek Pkwy., # 40-101, Superior, Co. 80027

### TEACHER RESOURCE

"Your student recital is coming up! Do you have time to create the program? Let me do it for you! A one-page program is only \$35 (pricing may vary depending on length of recital). Call Rebecca Cruz at 303-618-9253 or email me



at [beckblldr@yahoo.com](mailto:beckblldr@yahoo.com) for more information."

### RECITAL RENTAL

Any teacher wishing to use Harvest Baptist Church for their studio recital should call Kate Smailer at 303-530-4760 to schedule the event and get all the details. The cost for a 3-hour block of time is \$45.

### STUDIO OPENINGS

Cathy Millis, piano and violin instruction.  
908 Snowberry St. SW,  
Longmont, 303-818 7868

**NEW INFORMATION ON ACHIEVEMENT DAY**  
Saturday, May 9, 2009 University of Colorado, Imig Music Building

**PURPOSE:** The purpose of this program is to recognize each student's talents and interests, as well as to support and guide the teacher in an effort to provide a quality music education and give a rewarding and motivating experience for each student. This year we are adding two extra features. For fun, there will be a Musical Scavenger Hunt during the day. We also will offer a Composers Master Class. In addition, BAMTA will pay the \$25 entry fee for student art entries and composition entries that qualify for the state and national level competitions. We will let you know the art theme as soon as available.

**REQUIREMENTS:** Each student is required to play one composition from memory and another with music. They are expected to answer theory questions pertaining to their music and to play scales in the keys of their pieces. In addition, each student chooses 2 to 5 options from a list of 22 offerings. These options include additional pieces, art projects, written reports, performing on a second instrument, ensembles or duets, original compositions, written tests on Theory, Terms and Signs, Music History and Ear Training, Sight Reading or playing Scales, Chords, Arpeggios. Each teacher can find a complete list of the details which can be found on pages 6-14 in the Student Activities Handbook that was sent as a supplement to the *Notes and News*—September 2008.

**HOW IT WORKS:** There are 12 levels within the Achievement Day program, plus Preparatory A and B levels. Each student enters at a level that is appropriate for his/her repertoire and options chosen. The student will be scheduled to perform their 2 pieces for an evaluator and will receive written comments on his/her performance, including both positive comments and suggestions for improvement. Some options are done and turned in before that day, and other options are done on a "drop-in" basis at any time during the day. Upon completion, the student will receive a certificate listing his/her achievements as well as a ribbon memento of participation.

**BONUS:** We would encourage students to register for, and become a Super Achiever. Super Achievers are students who pass their 2 required pieces and complete 5 options (one must be a written test with a score of 80% or higher). Successful Super Achievers are rewarded with a special medallion.

**WHEN AND HOW TO REGISTER:** Student entrance fees are payable to the teachers and are as follows:

- \$12—Pre A to Level 4
- \$14—Levels 5-8
- \$16—Levels 9-12

There is a \$5 additional charge for each Super Achiever.

**Registration deadline is April 7.** Please send your information and one check to cover all students from each studio to our scheduler Heather Hall, 1517 Stanley Drive, Erie, CO 80516.

Lois Abbuhl and Irene Jergensen, Co-Chairs

## UPCOMING WORKSHOPS AND OTHER EVENTS

**Valery Lloyd-Watts "For the Love of Beethoven"**

Friday, January 30 7:00pm Mountain View United Methodist Church 355 Ponca Place, Boulder  
Special price for BAMTA members and their students: \$10 per person, \$25 per family

**Sally Bonkrude "Reclaiming the Gifts of Childhood for Peak Performance"**

BAMTA program: Wednesday, February 4 10:00am Harvest Baptist Church

**PowerUp Performance Intensive Training** Saturday, February 7 9:00am-5:00pm  
Parlando School of the Arts, 2590 Walnut Street Boulder

Sally Bonkrude has an extensive background in performing and spent years discovering what works to become a Conscious Performer. As a children's performer presenting nationally for 15 years, Sally explored the gifts of childhood and how they could be reclaimed for fearless, peak performance. Sally continued to develop her innovative approach through the completion of her Masters Degree in Psychology, Certification in Music Therapy, Internal Family Systems Training and Gestalt therapy. Today, Sally speaks nationally as an expert on Conscious Performing and presents PowerUp Performance Intensives to jump start people to become confident, successful performers.

The gifts of childhood: breath, movement, sound, improvisation, play, connection, presence and release/relax create a fearless Conscious Performer. When you have reclaimed these gifts you make the connection to free flowing energy. All the gifts of childhood are about becoming unstuck and connecting to Spirit, yourself and your audience. It's about getting out of your mind and letting the energy flow through your body accessing the intelligence of your whole being. It's like a rebirth to a natural state, a state that is still wired for fear, but doesn't live in fear and anxiety, doesn't live in a state of blocked energy. Conscious Performing guides, supports and encourages you on your journey to reclaim the gifts of childhood and become free flowing energy—a Conscious Performer. Visit her website at: [www.positiveinterchange.com](http://www.positiveinterchange.com)

**Sixth Annual Piano Celebration: Around the World on 88 Keys**

Friday & Saturday, February 6-7 Metro State College, Denver

Denver's foremost winter symposium, an educational and cultural event for campus and community. Two jam-packed days will feature World Music topics with Metro piano faculty and guest presenters, in workshops, concerts and master classes. This eclectic festival will offer inspiration, enrichment, and entertainment for all. Online registration: <http://www.mscd.edu/-music/celebrations/piano/registration>

**Alexander Technique Expert Sheila Paige: How Motion Affects Sound**

Sunday, February 8 2:00-5:00pm Evangelical Covenant Church, Fort Collins  
4825 South Lemay (two blocks south of the corner of Harmony and Lemay)

Suggested donation: \$25 teachers, \$15 students; scholarships available through the Taubman Workshop Scholarship Fund. Please contact Mary Ann Ranney at 970-226-9006.

**CU Boulder's Keyboard Day** Saturday, February 21 7:30am-2:00pm

Imig Music Building at CU Boulder

Keyboard Day will include a public competition for pre-college students, master classes, performances, campus tours, audition and scholarship information, and mini-presentations on collaborative piano, harpsichord, piano literature and pedagogy topics. You and your students will also have a chance to meet and chat with our keyboard faculty. Come and explore all that CU Boulder's keyboard department has to offer!

Registration is free. To register and to nominate a student for master class participation, please email Andrew Cooperstock, chair of the keyboard department, at [cooperstock@colorado.edu](mailto:cooperstock@colorado.edu) no later than February 6, 2009.