

# CONCENTO

April 1, 2021

Vol. 17, Issue 4



Happy Spring!

Did you know that we typically make 217 food-related decisions every day? If that is true, it's easy to see how each of us might have decision fatigue by bedtime! That helps me understand why I want to relax and head for a good book or a TV show after dinner. The volume of food-related decisions probably extends to other decisions as well. Here's the antidote: make decisions only once to help alleviate the stress over the push and pull of what to do all day long.

Here's a decision I made this week: I listened to Dr. Balabanova's presentation in our last chapter meeting, and realized that the simplicity of her techniques for teaching artistry were much more effective than my hit-or-miss way of doing it. She thoroughly teaches it to each student and then builds on the skills they learn by incorporating them into all of their music. Genius! I started immediately to do the same, and was amazed to see results by the end of each lesson. And no push-back! My decision fatigue has been lessened by that information. An email link was sent after the presentation if you would like to access it.

Best,  
Jan

**APRIL MEETING:** What can we do better as a chapter? A review of this crazy year! SKCMTA members share teaching and survival tips.

Did you teach by Zoom? How did that work out?

Did you have to make accommodations for students during the lockdown?

How were recitals? Were they in person or online? Did you use special equipment?

Have you enjoyed this year of teaching?

What was the best and worst part of this past teaching year experience?

April 13, 9:30. Zoom info will follow in an email.

---

From last month:

From Joseph Dent

Mom had a procedure done at UW hospital where they removed all the clots from her vascular system and had shown really good improvement. She is completely off 24 hour dialysis and I think blood pressure meds as well and being considered for a skilled nursing facility. She's more conscious than she's been so far and looking the best so far too.

Deanna is at Harborview Medical Center

325 9th Ave

Seattle, WA 98104

Room 351, bed 1, Floor 3, West Hospital

---

If you have any students to refer, please remember that the following people have openings in their studios: (and please let me know if you would like to be on this list)

Tim & Cheryl Drews/piano/organ

Late Kindergarten - adult/piano

HS - adult/organ

[cherylandtimdrewes@gmail.com](mailto:cherylandtimdrewes@gmail.com)

Chris Chapin/woodwinds/piano

Through intermediate

[christopher.l.chapin@hotmail.com](mailto:christopher.l.chapin@hotmail.com)

Jessica Andrews/online studio only

[Jessicaandrewsmusicstudio.com](http://Jessicaandrewsmusicstudio.com)

Frances Hunsberger/piano

[franhunsberger@gmail.com](mailto:franhunsberger@gmail.com)

**The 11:00 slot is still available**

## **SKCMTA MUSIC FESTIVAL**

Imagine pre-pandemic recitals happening again in South King County. Our chapter has reserved a wonderful venue with a lovely Boston grand piano for our members to book for their students' performances on **Saturday, June 5, 2021**. The fee is \$100 for 2 hours, payable by May 17, 2021 to SKCMTA. Please see details in the chapter yearbook, p. 17.

Location: Kent First Baptist Church, 11420 SE 248<sup>th</sup> St., Kent

Two-hour time slots follow:

9:00 – 11:00 AM (reserved by Mary Kaye Owen)

**11:00 AM – 1:00 PM (OPEN\_\_\_\_\_)**

**1:00 – 3:00 PM (\_\_\_reserved by Julie\_\_\_\_\_)**

**3:00 – 5:00 PM (\_reserved\_\_\_\_\_)**

5:00 – 6:00 PM (reserved by Jan Irvine)

To reserve a time, please contact chair Mary Kaye Owen ([mary.k.owen@att.net](mailto:mary.k.owen@att.net)).

Saturday, June 5th, SKCMTA Music Festival at Kent First Baptist Church still has the **11:00 AM** slot available. More details about the event can be found on p. 17 in the chapter yearbook.

### **MAP Honors Recital**

Thank you to all who participated in the MAP Recital! It can be viewed here: <https://www.skcmata.org/2021-map-recital>. Please have your students share with friends and family!

### **CHC Honors Recital**

Thank you to Julie Swienty who spent many hours compiling and editing our CHC Honors Recital video. It is so wonderful to have a video of our wonderful CHC judges' final comments! It can be viewed here on our website: <https://www.skcmata.org/2021-chc-honors-recital>.

Hopefully these recitals can be in-person events next year!

Samantha Yeung

Minutes from March 9, 2021 chapter meeting:

Karen Hollenbeck: watch for information on national conference

June state conference will have voting of officers

Dr Nyaho and Suzie Garcia will be artists there

Monday will have a listening session to discuss discrimination due to being a musician of color, composers of color.

Register through May 28th for full access to the conference.

Samantha Yeung: MAP recital will be online this Saturday

Everything went smoothly. Thanks to our visiting artists for all the preparation they had to do.

Julie Swienty: We need to elect new chapter officers for SKCMTA. We need a nominating committee for open offices. A new treasurer is needed because Heather White has moved and is working full time out of state. Julie is willing to be president, but that will leave VP open.

Does anyone want to take over MAP or CHC?

Julie reported on CHC at her studio. Professional videographer was filming.

Mary Kaye Owen: Kent 1st Baptist Church has 2 slots open for our upcoming recital/festival on June 5. Julie said she would like the 1:00 slot

Steve Nehrenberg: Theory test deadline will be extended to April 13. Please note the description on the state website.

Also called Music Literacy Program

Dr. Balabanova presented First Steps in Artistry at our March chapter meeting. She included many suggestions and examples to help students improve hand position and include wrist movement to facilitate beautiful tone. I believe everyone felt that we would love to have her present again.