

# Impromptu

## Singing for Respiratory Health (Part Two)

by Dr. Rachel B. Goldenberg

*In this second of a two-part article detailing the current research about singing for health, we examine some of the science behind singing as an adjunctive therapy to medical treatments.*

**A**ccording to the Canadian Lung Association, nearly 600,000 Albertans live with some form of lung disease such as chronic obstructive pulmonary disease (COPD), asthma, idiopathic pulmonary fibrosis (IPF), sleep apnea, lung cancer and cystic fibrosis, yet ongoing pulmonary rehabilitation is only available to about 1000. Of the 64,000 Albertans with COPD, one in three will return to the hospital without ever receiving pulmonary rehabilitation. In 2007, just over 6% of the total national health care budget was devoted to lung diseases (excluding lung cancer) but only 4% of research funding is allocated to lung disease. With our aging population, we are set to encounter significant challenges in our health care system. Is it possible that we musicians can help to fill this gap?



It goes without saying that singing requires excellent breath control and body awareness. In my studio, these are concepts that I spend significant time teaching to my students. Singers inhale deeply and exhale with control that varies according to the demands of the music. In respiratory physiotherapy, patients are also taught to breathe deeply and control their exhalation. This is the case in physiotherapy techniques such as active cycle breathing and autogenic drainage where patients are taught to breathe to differing lung volumes in the effort to effectively remove excess mucus from the respiratory tract. Pursed lip and diaphragmatic breathing has been demonstrated to inhibit the collapse of airways, preventing air trapping and hyperventilation. Mucus itself may be susceptible to changes brought on by the pressure oscillations created during vocalization. When phasic shear stress is greater than 0.98 kPa, Ca<sup>+</sup> mediated protein channels are activated, contributing to the rehydration of airway surface liquid. Pressure values during vocalization can be anywhere from 0.6 kPa to 7kPa. Another study found that when peak expiratory flow rates are above 0.5L/s, mucus can be pulled within the airway. Inspiration during singing is around 4-5 L/s and although the airflow is distal and in the wrong direction, the loosened mucus may be easier to expel with a cough or a huff.

I recently teamed with a physiotherapist who specializes in breathing to form “Breathe, Sing, Move!” Our program combines elements of physiotherapy with singing to help respiratory patients learn to control their breath. Although there is a serious focus on breath retraining, our sessions run like most other group singing lessons I have taught. With the exception of one or two participants, almost none have any singing experience. Many are hoarse from chronic cough, medications and poor airflow. It has been delightful to see how quickly a few breathing lessons can impact their lives. We hope to find quantifiable changes in breath control, overall quality of life, vitality and voice quality.

*continued on p.9*

*Read also “Annual Theme Recitals” by Nathene Arthur page 12*



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Special thanks to contributing authors Rachel B. Goldenberg and Nathene Arthur

## ARMTA

## IMPROMPTU

### PUBLICATION INFORMATION

Advertising and Submission Deadlines:

#### FALL ISSUE:

Deadline: August 10

Publication: September 10

#### WINTER ISSUE:

Deadline: January 15

Publication: February 15

Impromptu is the newsletter of ARMTA Calgary branch with the purpose of informing members of events of interest, providing summaries of Calgary meetings, and encouraging and supporting professional development through member-written articles.

### CONTACT:

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Email: [Lindsay@pianocatmusic.ca](mailto:Lindsay@pianocatmusic.ca)

## President's Message

We are half-ways through the teaching year and hope you are all enjoying seeing your students' progress. Your Executive has been working non-stop revisiting and fine tuning programs and board governance. We started by attending the Board Development Workshop offered by the Alberta Government. From this workshop stemmed the strategies and tasks we have been working on. Some of those include articulating policy, updating the Endowment Society Bylaws, and revising and updating our Board structure.

We can't wait to tell you all the details in our AGM and as Lisa Kiernan takes on the President's role we look forward to continue our work.

It has been my privilege to serve you and I am grateful for the amazing team of conveners I had the honour to work with.

Alicia Romero, B. Mus, M. Ed

Your Executive Board and Board Development workshop facilitators Dave Mackillop and Zoe Harrison (left back row) on Sept. 9, 2017

Executive members from left to right, back row:

Barb Robertson, Sharon Carne, Beth Olver, Rita Thurn, Alicia Romero. Front row: Janet Porter-Chaudhry, Ivea Mark, Lisa Kiernan, Nathene Arthur.



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ARMTA CALGARY  
ANNUAL GENERAL MEETING

March 19, 2018

9:15 a.m.

Breakfast & Members Recognition Awards

Business: New Endowment Society Bylaws

First Church of the Nazarene  
65 Richard Way, SW

For more information,  
contact Alicia Romero  
aliciaromero@shaw.ca

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# The Annual Music Marathon is Back

The Alberta Registered Music Teachers' Association Calgary Branch presents  
seven hours of continuous music at Stephen Avenue mall – The Core  
Saturday, May 26, 2018 from 10:00 a.m. to 5:00 p.m.  
Registration deadline: April 25, 2018  
Please email to: [violino@shaw.ca](mailto:violino@shaw.ca) as to book your preferable time slots

The Music Marathon is our annual fundraising event sponsored by ARMTA Calgary. The main purpose of the event is to raise money for scholarships and programs for students of ARMTA teachers and ARMTA teachers themselves. The event also showcases the benefits of taking lessons from a registered music teacher in Calgary and provides students with an opportunity to share their music with the community at large.

## Booking performance time

Teachers can book their time slots up to 45 minutes in one of the three sections of time:

10:00 a.m.–12:00 p.m.; 12:00 p.m.–3:00 p.m.; 3:00 p.m.–5:00 p.m.

\*Please be advised that the minimum teacher's booking time is 15 minutes!

\*In case a student cancels his/her performance at the last minute, it will be the teacher's responsibility to perform.

## A \$50-scholarship prize

All students who participate will be entered into a draw for the scholarship.

## Collecting “pledges”

Like a sports marathon, students will be encouraged to collect “pledges” for their time participating in the Music Marathon. There is no minimum donation required to participate, but \$10 per student is suggested.

Charitable donation tax receipts will issued for amounts over \$20.

Make cheques out to: ENDOWMENT SOCIETY OF THE CALGARY REGISTERED MUSIC TEACHERS

Donate online at [www.armta-calgary.com](http://www.armta-calgary.com)

Students will perform on a seven-foot Steinway piano Model B provided by Steinway Piano Gallery. Sound equipment will be available to amplify acoustic instruments such as violin, guitar and voice.

Thank you to the following sponsors for their generous support of the Music Marathon:

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# Calendar of Events

| DATE          | EVENT & PLACE   | CONTACT                                     |
|---------------|---|---|
| March 2-4     | ARMTA Provincial Meeting, Edmonton, AB  | Beth Olver, soundsofmusic@shaw.ca           |
| March 10, 11  | Rotary Calgary Concerto Competition (Formerly C3)<br>Scarborough United Church,<br>134 Scarborough Ave. SW, Calgary, AB | Barb Robertson, Barbrob@telus.net           |
| March 17-21   | MTNA Conference Lake Buenavista, Florida  | www.mtna.org                                |
| March 19      | ARMTA Calgary AGM, First Church of the Nazarene,<br>65 Richard Way SW, Calgary AB 9:30 a.m.                             | Alicia Romero, aliciaromero@shaw.ca         |
| April 16      | ARMTA Calgary Executive Meeting,<br>First Church of the Nazarene,<br>65 Richard Way SW, Calgary AB 9:30 a.m.            | Lisa Kiernan, kiernans@shaw.ca              |
| Apr 23-May 13 | Calgary Performing Arts Festival at MRU   |   |
| May 5         | North Student Recital, St. David's United Church, 3303<br>Capitol Hill Crescent NW, Calgary 2:00 p.m.                   | Rita Thurn, rita_thurn@telus.net            |
| May 14        | ARMTA Calgary GM, First Church of the Nazarene,<br>65 Richard Way SW, Calgary AB 9:30 a.m.                              | Lisa Kiernan, kiernans@shaw.ca              |
| May 15        | Early Bird Fee Deadline for CASSA programs  | Linda Kundert, cassal@shaw.ca               |
| May 23-26     | Calgary International Children's Festival   |   |
| May 26        | Music Marathon, Core Shopping Mall/Stephen Avenue<br>Mall   | Chrysanthema Pashunkova,<br>violino@shaw.ca |
| June 2        | South Student Recital, Steinway Piano Gallery,<br>76 Heritage Gate, SE Calgary 12:00 -2:30 p.m.                         | Carol Moore, rhythmreader@shaw.ca           |
| June 18       | ARMTA Calgary Executive Meeting,<br>First Church of the Nazarene, 65 Richard Way SW,<br>Calgary AB 9:30 a.m.            | Lisa Kiernan, kiernans@shaw.ca              |

## Job Opportunity

### Confederation Park Seniors' Chorus

#### Musical Director

The Confederation Park Seniors' Chorus is accepting applications for the position of Musical Director beginning September 2018. Rehearsals are on Tuesdays, 12:30 pm – 3:00 pm, September to May.

All rehearsals are held at the Confederation Park 55+ Activity Centre, 2212 13 St. NW.

Performances (5 – 6) are included in each of the fall and spring sessions at various seniors' facilities. The applicant should have training and experience in choral conducting, as well as vocal technique. Interested applicants should send their resumes to the Confederation Park 55+ Activity Centre at [info@yyccseniors.com](mailto:info@yyccseniors.com).

The application deadline is March 1, 2018.

For further information, please contact the Centre at 403-289-4780.

# ARMTA Calgary Chamber Music Program (ACCMP)

The Program will run Saturdays at Steinway Piano Gallery  
For information contact Chrysanthema at [violino@shaw.ca](mailto:violino@shaw.ca)

The ACCMP is designed to expose young instrumentalists and aspiring musicians to the art of performing together in a small group setting. It also offers intermediate and advanced students, aged 9 to 17, excellent opportunities to study and perform with established chamber music professionals.

Intermediate (RCM Grade 8-10) Students will meet every other week for rehearsals.

Advanced (RCM Grade 10 and up) Students will meet once a month.

Faculty: Kathleen van Mourik.

Ms. Van Mourik is the founder and co-artistic director of the Mountain View International Festival of Song and Chamber Music (MVF), Canada's only summer master

programme and concert festival combining art song and chamber music. She is also a founder of the Mountain View Connection, Calgary's only concert series devoted to presenting emerging artists in concert. The current Calgary Chamber Music events calendar is filled with musicians who were promoted by Kathleen and Charles Foremann! New in 2016 was a Winter Festival added to the MVFest with chamber music masterclasses for young musicians and workshops for both students and teachers.

For more information please visit: <https://mvfest.wordpress.com>

We all know the role and importance of chamber music studies for students!

Please select your intermediate and advanced students and encourage them to apply. Please check ARMTA Calgary website for details about the program and for the application form.

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*Thank You ARMTA Members for your support*



# Singing for Respiratory Health

(continued from page 1)

Teaching singing to respiratory patients is a fun and relatively inexpensive opportunity for us to change many lives. Although we singing teachers are not medical professionals by training, many of us are very knowledgeable in ways that can have a great influence on the physical and psychological wellbeing of so many people.

With the research in the voice and medical communities to support us, we can help make breathing and ultimately daily life a little easier for this special population.

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# Twenty-Five Years of CASSA

by Linda Kundert

It's hard to believe that we'll be celebrating our 25th anniversary in 2018. We've certainly come a long way since the Calgary Arts Summer School Association was founded way back in 1993. Some of our members of our Board of Directors have been with us right from the beginning and everyone involved with CASSA remains fully committed to providing the finest arts education programs in the city.

We began with a very simple concept, determined to organize a summer workshop for piano students in Calgary and the surrounding area. A quarter century ago, we were just a small group of local music teachers that formed a partnership with a Calgary piano dealer. Our programs immediately proved to be popular, filling a somewhat neglected niche in the field of arts education, while providing a high quality alternative to many of the other arts summer camps offered in the Calgary area. CASSA was incorporated as a non-profit society in 1996 and today is widely recognized as the city's leading summer school for the arts. From its humble beginnings offering a summer workshop for piano students, we now offer seven fine arts courses and workshops every summer, in addition to our very popular annual recital.

Over the last 25 years, more than 10,000 students, from age four to adults, some at the beginning of their careers and some very established, have taken part in our arts programs. CASSA attracts students primarily from Western Canada, but over the years we've also been delighted to welcome participants from all over the world, including the United States, the United Kingdom, Europe, Asia, and South America.

Although dedicated to providing summer arts programs, CASSA is also active throughout the year, with recitals at senior's homes in the holiday season, and there's always something going on with our very talented students and various alumni, whether they're engaged in performances or receiving highly prestigious awards, prizes, and scholarships.

As part of our silver anniversary celebrations, we will be announcing our revised organization name at our "A Brand Celebration" on February 22nd, 7:00pm at Cardel Theatre in Quarry Park. The musical Sand, will also be played that evening. Sand was written by Justine Cherry-Delisle, one of our longest serving campers. Sand was performed to great acclaim for our Musical Theatre Showtime production in the summer of 2017. All students are encourage to bring a guest to the party and we'll also be offering an Early-Early Bird Fee for students interested in registering for our 2018 summer programs.

Our official anniversary celebration will take place at the CASSA Recital on Sunday, July 22 at St. Vladimir's Cultural Centre in Calgary. This much anticipated evening of celebrations and entertainment will feature former students and teachers who have forged a successful career in music or the performing arts, followed by a wine and cheese reception. More details on the Branding Party and Recital will be available in the New Year.



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Years

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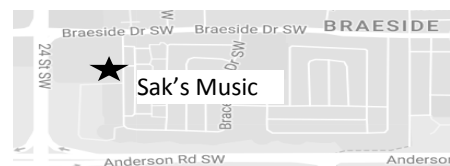
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## ARMTA Teachers Showcase at the Calgary International Children's Festival May 23-26, 2018

This year ARMTA Calgary will participate in the Calgary International Children's Festival by offering activity sessions at Olympic Plaza.

Showcase your expertise and promote your Studio by offering an activity session.

Detailed information can be found at [www.armta-calgary.com](http://www.armta-calgary.com)

Deadline to submit your activity is midnight March 15, 2018

## Volunteer Opportunities

**The ARMTA Calgary Board** has the following volunteer opportunities:

Publicity Convener  
Workshops Convener  
Secretary  
Impromptu Editor

The Board values building a sense of community, while providing opportunities for professional growth, as well as developing innovative programs guided by collaborating efficiently. For more information contact Alicia Romero at [aliciaromero@shaw.ca](mailto:aliciaromero@shaw.ca)

### **Rotary Concerto Competition**

The Rotary Concerto Competition is looking for volunteers to help out either Saturday March 10 (11:30 hrs to 18:00 hrs) or Sunday March 11 (12:00 hrs to 17:30 hrs). Please contact Manon Mitchell at 403 862 5452 or by email at [info@rotaryc3.com](mailto:info@rotaryc3.com) to indicate your availability. As a thank you for your time, you will receive 2 complimentary tickets to the gala performance with the Calgary Civic Symphony on June 10th at the Jack Singer concert Hall (valued at \$60).

### **Music Marathon**

Volunteers are needed at the registration table on May 26 to receive performer's pledges. Various shifts available. Contact Chrysanthea at [violino@shaw.ca](mailto:violino@shaw.ca)

# Annual Theme Recitals

by Nathene Arthur

Another year of lessons. Piano and Singing students. Some will take exams, some will do festivals, some will do recitals. Some will manage to sneak beneath the radar and avoid all of the above. What can I do to try to interest all of them? I like to try something, well, “outside the box” on an annual basis. Every Fall, my returning students come in with THE big question: “What is our Theme Recital this year??” And yes, that is THE ten thousand dollar question. Over the past several years I have planned “Theme Recitals” for that dead-zone of time around late January to mid-February. Looking at my list from the past several years there is a mixture of relatively easy recital-like formats to entire three-judge panels with cash awards. Here are a few:

1. Family Music - student performs musically on stage with another member(s) of their family doing something. It could be musical also, or juggling, dancing, etc. We have had whole bands up there! Grandmas, cousins, family dogs, all were welcome.
2. Musical Theatre/Showtunes - Students choose a fun song from Broadway or movies. They can dress up like the character (or not).
3. Composing and Arranging/Improvising - students compose their own song. If they are really stressed about that, they can “arrange” a song of their choice, by using the Korg synthesizer or adding in a different accompaniment or vocal line. This was a popular Theme Recital as, in the students’ words: “if we compose it ourselves, no one knows if we do it “right” or not!”
4. Rock/Pop/Jazz/Gospel - for this one, I brought in a Jazz musician and a Contemporary Worship musician to give workshops to students first. Lots of interesting music in this recital, scat singing et al.
5. Sweet and Sour - Each student prepared two songs - one happy/funny and one sad/scary. We used the Korg Kronos for major sound effects at this recital - imagine the Toccata and Fugue on Pipe Organ setting, or full orchestral strings for a lush movie love theme. The first half of the Recital was sad/scary, and the audience faces looked very tired. By the end of the second half (happy/funny) the audience was cheering and laughing. I made the point that music truly does affect us and our audience, and that is something to remember and think about.
6. Mistakes Recital. Probably one of the most favourite Themes. This was in response to several students saying they didn’t like recitals because they were so afraid to make a mistake. So each student chose a song they knew well.



We discussed and planned some kind of “horrible” “embarrassing” mistake they would dread to happen. We made it happen somewhere in the middle. Then they had to get back on track, end brilliantly, and smile. Three Judges (music teachers) were at a table. One marked the polish of the actual well played portion, one marked the originality and awfulness of the mistake(s), and one marked if they finished well and smiled at the end. The students loved this recital and everyone looked forward to the, well, the mistakes!

7. Duets/Trios/Harmonies: Students all performed in some kind of an ensemble either with myself, other students, friends or family.

8. Ethnic Music: Each student chose a part of the world where they wanted to try music from. Yes, we had Bollywood, African dances, Czechoslovakian folk songs, songs from Mexico, Brazil, China, Norway....quite interesting.

9. Exams and Trial Exams - one year every student had to either sign up for an actual RCM or CC exam, or do a Trial Exam at their level for another teacher in my Studio.

10. Music Festival - one year every student had to prepare to enter a Music Festival, whether it was the local Cochrane Youth Talent Festival or something bigger in Calgary, Airdrie or Canmore. We had the Theme Recital in February as a mock-Festival.

11. This past year, we did the “Alberta Ninja Music Warriors” loosely based on one of my favourite TV shows “American Ninja Warriors”. We had three Judges. Judge 1 asked for Technicals, Judge 2 was Ear and Sight, Judge 3 was Repertoire. They got marked and could win cash prizes. They would get bonus marks if they added in a special “improvised section” for a very flashy end to their song. Exam students found this easier, but it did motivate non-exam students to work a little more on the non repertoire part of their lessons.

This year? Well, I am still thinking on that. Something always comes up.

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# Honours Recital

by Lisa Kiernan and Ivea Mark

The annual Honours Recital was held Saturday January 27th with 43 performers representing the disciplines of Strings, Voice, Speech Arts and Piano. Scholarships and medals were awarded to all the students and ARMTA Calgary Branch awarded five new scholarships for Advanced Theory students. The Graduate Ceremony recognized those individuals who completed the requirements for their ARCT. The event ran smoothly thanks to the many volunteers who helped out both at the event and in the months leading up to it.

The Honours Recital would not be possible without the generous support of our corporate sponsors: V. A. Hill Fine Strings Ltd, Music For Young Children, Music Makers, Michael Lipnicki Fine Pianos, Long and McQuade, St. John's Music, Sak's Music, Steinway Piano Gallery, and Yamaha Canada Music Ltd as well as the many ARMTA members who donated to the event.



Voice Junior One



Voice Junior Two

**For the Love of Music**



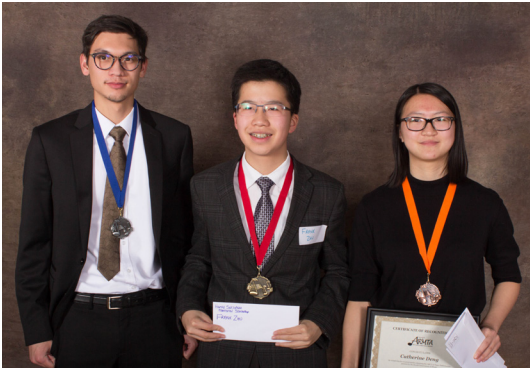
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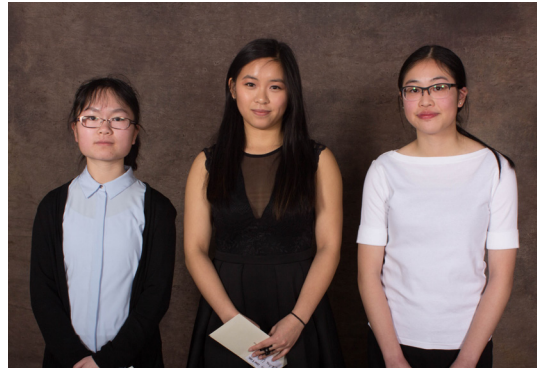
Voice Junior, Piano Junior Two



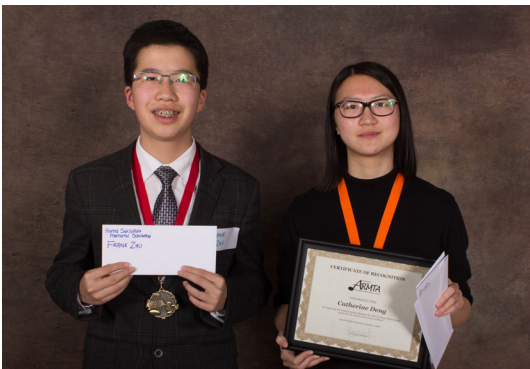
Voice Junior, Piano Intermediate



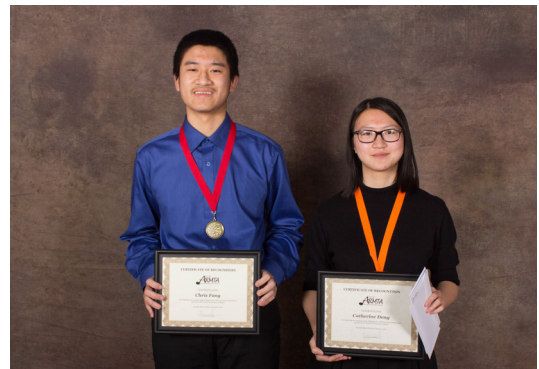
Voice Junior, Piano Ten and ARCT



Voice Junior, Advanced Theory



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Voice Junior, Piano Junior One



Speech Arts

## HONOURS RECITAL AWARDS

### Voice-Junior One

|                 |        |
|-----------------|--------|
| Nora McClusky   | Gold   |
| Joshua Sowiak   | Silver |
| Robbie McDonald | Silver |
| Kailey Leong    | Bronze |
| Taylor Whitt    | Bronze |

### Voice- Junior Two

|                  |        |
|------------------|--------|
| Madison Arnason  | Gold   |
| Rhianna McDonald | Silver |
| Adam Forward     | Bronze |

### Voice-Intermediate

|                 |        |
|-----------------|--------|
| Katie McMillan  | Gold   |
| Richard Gaskell | Silver |

### Strings-Junior

|                |        |
|----------------|--------|
| Nolan Rock     | Gold   |
| Daniel Mishka  | Gold   |
| Maria Gregorio | Silver |
| Thien An Le    | Silver |
| Marco Sanchez  | Bronze |

### String-Level 10/Diploma

|            |      |
|------------|------|
| Chris Fang | Gold |
|------------|------|

### Speech Arts

|             |        |
|-------------|--------|
| Adam Chan   | Gold   |
| Caden Chau  | Silver |
| Luke Huang  | Silver |
| Isabella Hu | Silver |

### Theory Scholarships

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| Selina Yong     |
| Shirley Yang    |
| Mary Long       |
| Stephanie Huynh |
| Mary Long       |

### Piano-Junior One

|                |        |
|----------------|--------|
| Avery Krahn    | Gold   |
| Jackson Xu     | Gold   |
| Matthew Cheung | Gold   |
| Billy Tang     | Silver |
| Hannah Hodjati | Silver |
| Avery Aardema  | Silver |
| Isabella Hu    | Silver |
| Gabrielle Chan | Bronze |
| Sophia Lee     | Bronze |
| Sarah Wang     | Bronze |
| Natalie Hu     | Bronze |

### Piano-Junior Two

|                 |        |
|-----------------|--------|
| Alexa Manzano   | Gold   |
| Brian Tang      | Gold   |
| Tessa Nysetvold | Silver |
| Frances Zhu     | Bronze |

### Piano-Intermediate

|                     |        |
|---------------------|--------|
| Jerry Li            | Gold   |
| Aaron Wang          | Silver |
| Sarah Chen          | Bronze |
| Liven Carlson       | Bronze |
| Hannah Krahn        | Bronze |
| Christian Taphorn   | Bronze |
| Madeleine Nysetvold | Bronze |

### Piano-Gr.10/Diploma

|                     |        |
|---------------------|--------|
| Frank Zhu           | Gold   |
| Timothy Worthington | Silver |
| Catherine Deng      | Bronze |

### Harold Saklofski Scholarship

Frank Zhu

### Piano Diploma Association Scholarship &

### Peter Turner Memorial Scholarship

Catherine Deng



# HONOURS RECITAL GRADUATE CEREMONY

Catherine Deng

Caitlin Lam

Chris Fang

## ARMTA Teachers Represented in Honours Recital

Colleen Athparia

Nathan Chan

Marilyn Newbury

Lorna Sewell

Paul Bagley

Gloria Chu

Audrey Poirier

Jacqueline Serpas

Joan Bell

Lai See Cheng

Allen Reiser

Elisabeth Szojka

Natalie Brodsky

Denise Jamieson

Barbara Robertson

Naomi Williams

Elaine Case

Ivea Mark

Josee Robitaille

Fiona Carnie

Carol Moore

Peter Rudzik

## Honours Recital Volunteers

Sharon Carne

Ivea Mark\*

Alicia Romero

Lindsey Inkster

Carol S. Moore

Josée Robitaille

Miriam Johnston

Beth Olver

Jaqueline Serpas

Lisa Kiernan\*

Janet Porter-Chaudhry

Ian Mark Photography

Barbara Robertson

\*Co-chairs

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## Cassa Summer Programs 2018

### **Cassa Musical**

July 3, 4, 5, 9, 10, & 11

A complete theatrical experience  
for students aged 9 to 21

### **Cassa Kids**

July 16 - 20

An introductory arts extravaganza for students aged 4 to 10. Half-day and full-day camps available

### **Cassa Playwriting**

July 16 - 20

Students, aged 7 to 12, create, rehearse and perform their own unique play in 5 days. Half-day and full-day camps available

### **Cassa Jazz**

July 16 - 20

A workshop to explore improvisation, creativity and jazz styles for pianists aged 12 to adult

### **Cassa Piano**

July 23 - 27

For piano enthusiasts of all levels, aged 9 to 19

### **Cassa Recital**

July 22

Showcasing local and international performers

### **Cassa Adult Piano**

July 23 - 25

Participants explore the many facets of piano playing in a supportive atmosphere

### **Cassa Pedagogy**

July 26

For professional development, to stay up-to-date and to keep up with trends

### **Cassa Composition**

July 16-20

Students aged 12 to adult will create music with an opportunity to collaborate with a play.  
You will learn about composition and lyric writing.

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