

FEBRUARY 2016



MANITOBA MUSIC EDUCATORS' ASSOCIATION
L'ASSOCIATION MANITOBAINE DES
ÉDUCATEURS DE MUSIQUE

PRESIDENT'S MESSAGE KAREN TOLE-HENDERSON

Hello All

The Manitoba Music Educators' Association values **Music Making**. We believe that active engagement in music making through singing, playing, listening, conducting, composing, arranging and improvising is central to music learning and the development of musicianship. (MMEA Values Statements)

Our Manitoba music curriculum frameworks put the music learner and music making at the center. Through active music making, students develop the capabilities to express themselves through music. Students can also develop the ability to question their musical development. *"How could I expand my music tools and techniques to increase my potential as a musician?"* Inquiry Question, 9 – 12 Music Learnings, page 23.

MMEA continues to work closely with Manitoba Education. We acknowledge and appreciate the tireless efforts of our provincial Arts Consultants Beryl Peters and Julie Mongeon-Ferré. **Now that the Music frameworks are available for Kindergarten to Grade 12, discussions have turned to implementation. The MMEA has been included in these discussions and we look forward to continued dialogue.**

In the coming months, MMEA is pleased to support great celebratory events such as Music Monday and Manitoba Music Month. Consider lending your voice to the national Music Monday celebration and register your school or community group. Major events are planned for Brandon and the Manitoba Legislature. <http://www.musicmonday.ca/>

Our Music Month team has distributed thirty-five Music Month grants and is currently processing applications for our Music Month concert series. Due to the provincial election, MMEA and MB Education successfully rescheduled this important event to the month of May. Thanks to Leanne Jensen for her ongoing leadership of this project.

As we head in to another busy season of festivals, concerts, workshops and daily music making with our students, I will remind you to take a close look at the MMEA calendar of events. This is a complete list of the upcoming activities of our four partner groups (MBA, MCA, MCGA and MOC). It is truly amazing at the amount of music making that happens across our province!

Thanks for your dedication to making music an important part of students' lives.

Musically yours,

**Karen Tole-Henderson
MMEA President**

MMEA – Calendar of Events and Activities.

MBA events - <http://www.mbband.org/?page=calendar>

MOC events – www.manitobaorff.org

MCGA events - <http://www.manitobaguitar.ca>

MCA events - <http://www.manitobasings.org>

Concerts and Other events – check each events website for updated information.

Date	Event	Location	Sponsor
February 5-7	Provincial Honour Choirs		MCA
February 6	King's Singers – Concert Event		MCA
February 6	Winter Workshop featuring Sue Harvey		MOC
February 7	Provincial Honour Choirs Concert		MCA
February 12 - 13	Westman Honour Band		MBA
February 23 - 26	Optimist CB Festival		MBA
March 2 – 5	Optimist JB Festival		MBA
March 3 - 5	Parkland/Norman Honour Band		MBA
March 10-11	Guitar Ensembles at the Winnipeg Music Festival		MCGA
March 17 – 19	Brandon Jazz Festival		MBA
March 19	Community Band Workshop	(Roland MB)	MBA
March 23	Central Honour Band		MBA
April 12 - 15	Level One Festival - Winnipeg		MBA
April 20	Children's Day (Winnipeg)	Manitoba Orff	MOC
April 21	Journee pour enfants (Winnipeg)	Manitoba Orff	MOC
April 22 - 23	Eastman/Interlake Honour Band		MBA
April 25	Children's Day (Brandon)	Manitob Orff	MOC
April 26	Level One Festival - Brandon		MBA
April 28 – May 1	Bridges 2016 – COC National Conference	(Saskatoon)	MOC
Apr. 30 and May 5-7	Manitoba Junior Honour Concert Band		MBA
	Manitoba Intermediate Honour Concert Band		MBA
May	Manitoba Music Month		MMEA
May 2	Music Monday		MMEA – All

May 8 – 14	CBA National Youth Band (Saskatoon)	MBA
May 12	MOC Level III Grads Workshop	MOC
May 19 – 22	Podium – National Choral Conference (Edmonton)	MCA
June	Creative Music Festival	MCGA
June 4-5	Community Band Festival – The Forks	MBA
July 4-15	Orff Levels Course – University of Manitoba	MOC
August	Prairie Percussion Workshop	MBA
August	Summer Band Camps	MBA



Please contact the sponsoring organization directly to confirm event times, locations and registration information.

Five Ways Music Can Make You Healthier

By [Jill Suttie](#)

New studies are suggesting that music can be more powerful than medication.

When I gave birth to my first-born, I listened to CDs of classical music in the hospital. I figured that music would help calm me and distract me from the pain. You might use music to distract yourself from painful or stressful situations, too. Or perhaps you've listened to music while studying or working out, hoping to up your performance. Though you may sense that music helps you feel better somehow, only recently has science begun to figure out why that is.

Neuroscientists have discovered that listening to music heightens positive emotion through the reward centers of our brain, stimulating hits of dopamine that can make us feel good, or even elated. Listening to music also lights up other areas of the brain—in fact, almost no brain center is left untouched—suggesting more widespread effects and potential uses for music.

Music's neurological reach, and its historic role in healing and cultural rituals, has led researchers to consider ways music may improve our health and wellbeing. In particular, researchers have looked for applications in health-care—for example, helping patients during post-surgery recovery or improving outcomes for people with Alzheimer's. In some cases, music's positive impacts on health have been more powerful than medication.

Here are five ways that music seems to impact our health and wellbeing.

Music reduces stress and anxiety



My choice to bring music into the birthing room was probably a good one. Research has shown that listening to music—at least music with a slow tempo and low pitch, without lyrics or loud instrumentation—can calm people down, even during highly stressful or painful events.

Music can prevent anxiety-induced increases in heart rate and systolic blood pressure, and decrease cortisol levels—all biological markers of stress. In [one study](#), researchers found that patients receiving surgery for hernia repair who listened to music after surgery experienced decreased plasma cortisol levels and required significantly less morphine to manage their pain. In [another study](#) involving surgery patients, the stress reducing effects of music were more powerful than the effect of an orally-administered anxiolytic drug.

Performing music, versus listening to music, may also have a calming effect. In studies with adult choir singers, singing the same piece of music tended to synch up their breathing and heart rates, producing a group-wide calming effect. In a [recent study](#), 272 premature babies were exposed to different kinds of music—either lullabies sung by parents or instruments played by a music therapist—three times a week while recovering in a neonatal ICU. Though all the musical forms improved the babies' functioning, the parental singing had the greatest impact and also reduced the stress of the parents who sang.

Though it's sometimes hard in studies like this to separate out the effects of music versus other factors, like the positive impacts of simple social contact, at least [one recent study](#) found that music had a unique contribution to make in reducing anxiety and stress in a children's hospital, above and beyond social contributions.

Music decreases pain

Music has a unique ability to help with pain management, as I found in my own experience with giving birth. In a [2013 study](#), sixty people diagnosed with fibromyalgia—a disease characterized by severe musculoskeletal pain—were randomly assigned to listen to music once a day over a four-week period. In comparison to a control group, the group that listened to music experienced significant pain reduction and fewer depressive symptoms.



In [another recent study](#), patients undergoing spine surgery were instructed to listen to self-selected music on the evening before their surgery and until the second day after their surgery. When measured on pain levels post surgery, the group had significantly less pain than a control group who didn't listen to music.

It's not clear why music may reduce pain, though music's impact on dopamine release may play a role. Of course, stress and pain are also closely linked; so music's impact on stress reduction may also partly explain the effects.

However, it's unlikely that music's impact is due to a simple placebo effect. In a [2014 randomized control trial](#) involving healthy subjects exposed to painful stimuli, researchers failed to find a link between expectation and music's effects on pain. The researchers concluded that music is a robust analgesic whose properties are not due simply to expectation factors.

Music may improve immune functioning

Can listening to music actually help prevent disease? Some researchers think so.

Wilkes University researchers [looked](#) at how music affects levels of IgA—an

important antibody for our immune system's first line of defense against disease. Undergraduate students had their salivary IgA levels measured before and after 30 minutes of exposure to one of four conditions—listening to a tone click, a radio broadcast, a tape of soothing music, or silence. Those students exposed to the soothing music had significantly greater increases in IgA than any of the other conditions, suggesting that exposure to music (and not other sounds) might improve innate immunity.

[Another study](#) from Massachusetts General Hospital found that listening to Mozart's piano sonatas helped relax critically ill patients by lowering stress hormone levels, but the music also decreased blood levels of interleukin-6—a protein that has been implicated in higher mortality rates, diabetes, and heart problems.

According to a [2013 meta-analysis](#), authors Mona Lisa Chanda and Daniel Levitin concluded that music has the potential to augment immune response systems, but that the findings to date are preliminary. Still, as Levitin notes in one article on the study, "I think the promise of music as medicine is that it's natural and it's cheap and it doesn't have the unwanted side effects that many pharmaceutical products do."

Music may aid memory

More on Music & the Arts

My now-teenage son always listens to music while he studies. Far from being a distraction to him, he claims it helps him remember better when it comes to test time. Now research may prove him right—and provide an insight that could help people suffering from dementia.

Music enjoyment elicits dopamine release, and dopamine release has been tied to motivation, which in turn is implicated in learning and memory. In a [study published last year](#), adult students studying Hungarian were asked to speak, or speak in a rhythmic fashion, or sing phrases in the unfamiliar language. Afterwards, when asked to recall the foreign phrases, the singing group fared significantly better than the other two groups in recall accuracy.

Evidence that music helps with memory has led researchers to study the impact of music on special populations, such as those who suffer memory loss due to illness. In a [2008 experiment](#), stroke patients who were going through rehab were randomly assigned to listen daily either to self-selected music, to an audio book, or to nothing (in addition to receiving their usual care). The patients were then tested on mood, quality of life, and several cognitive measures at one week, three months, and 6 months post-stroke. Results showed that those in the music group improved significantly more on verbal memory and focused attention than those in the other groups, and they were less depressed and confused than controls at each measuring point.

In a [more recent study](#), caregivers and patients with dementia were randomly given 10 weeks of singing coaching, 10 weeks of music listening coaching, or neither. Afterwards, testing showed that singing and music listening improved mood, orientation, and memory and, to a lesser extent, attention and executive functioning, as well as providing other benefits. Studies like these have encouraged a movement to incorporate music into patient care for dementia patients, in part promoted by

organizations like [Music and Memory](#).

Music helps us exercise

How many of us listen to rock and roll or other upbeat music while working out? It turns out that research supports what we instinctively feel: music helps us get a more bang for our exercise buck.



Researchers in the United Kingdom [recruited](#) thirty participants to listen to motivational synchronized music, non-motivational synchronized music, or no music while they walked on a treadmill until they reached exhaustion levels. Measurements showed that both music conditions increased the length of time participants worked out (though motivational music increased it significantly more) when compared to controls. The participants who listened to motivational music also said they felt better during their work out than those in the other two conditions.

In another study, oxygen consumption levels were measured while people listened to different tempos of music during their exercise on a stationary bike. Results showed that when exercisers listened to music with a beat that was faster and synchronous with their movement, their bodies used up oxygen more efficiently than when the music played at a slower, unsynchronized tempo.

According to sports researchers Peter Terry and Costas Karageorghis, "Music has the capacity to capture attention, lift spirits, generate emotion, change or regulate mood, evoke memories, increase work output, reduce inhibitions, and encourage rhythmic movement – all of which have potential applications in sport and exercise."

"This article originally appeared at Greater Good, the online magazine or the Greater Good Science Centre at UC Berkeley. Read more at greatergood.berkeley.edu

<https://shar.es/1hA1Vh>

TEMPO

Manitoba Music Conference, October 21st, 2016

It is that time of year when both my committee and myself are in the beginning stages of planning and organizing your October 21st, 2016 Tempo: Manitoba Music Conference. As usual, there is much to do, but we are confident that as we move forward we will provide each of you with a wonderful and fulfilling day of professional development.

I know that by now you will have received an email from MMEA in regards to a **Tempo 2016 Session Proposal Application**. If you are interested in being considered as a session presenter please complete the proposal form found on mymmea.ca and submit by **Friday, February 12th, 2016**.

We are pleased to welcome Dr. Mitchell Robinson as our keynote speaker for this year's Conference. Dr. Robinson is associate professor and chair of music education at Michigan State University. Prior to his current position, Dr. Robinson taught music for 10 years in the Fulton (NY) City School District, and held collegiate appointments at the University of Connecticut and the Eastman School of Music. Dr. Robinson recently concluded a term as Academic Editor of the *Music Educators Journal*, and has served on the editorial boards of the *Journal of Music Teacher Education*, *Arts Education Policy Review*, the *Bulletin of the Council for Research in Music Education*, the *International Journal of Education and the Arts*, and *Research Issues in Music Education*. His research is focused on education policy and the mentoring and induction of new music teachers. His keynote address is entitled: "**The Power and Promise of Music Education in the Reform Era**".

Further information about conference presenters and sessions will follow in the next MMEA Newsletter.

I look forward to seeing each of you on Friday, October 21st, 2016 at Mennonite Brethren Collegiate, 180 Riverton Avenue.

Judy Giesbrecht
Tempo: Manitoba Music Conference Chairperson



Manitoba Classroom Guitar Association

The **Winnipeg Music Festival** School Guitar classes will take place on Thursday, March 10 at Westworth United Church. Please visit the Winnipeg Music Festival for more details: www.winnipegmusicfestival.org

The **sixth annual MCGA Creative Music Festival** will be held this June. The goal of this festival is to promote creativity in the music classroom and showcase an evening of original music, composed and performed by students. Although microphones will be provided, the CMF is intended to be an “unplugged” acoustic performance.

Creative Music Festival Guidelines

- The Creative Music Festival is open to any grade 5-12 student of a registered teacher of the MMEA
- All works must be original compositions, composed and performed by students
- Compositions should ideally evolve from class curriculum or extra-curricular assignments
- Any combination of instruments/voice is permitted.
- Performers must provide their own instruments
- Only one composition per student (s) Performance time will be limited to no more than 10 minutes
- Registration forms must be received by the last Friday in May (available at manitobaguitar.ca)
- There is no cost to participate in this non-competitive, non-adjudicated, creative festival

Please fax registration form c/o Randy Haley, 253-2149 or .pdf to randall.haley@lrsd.net

Music Monday

Music Monday celebrations will take place on Monday, May 2nd, 2016. To learn more about this national event and to download the guitar arrangements, please visit the Music Monday site:

<http://www.musicmonday.ca>/Under the Anthem Tab, click on arrangements to view and print all of the vocal and instrumental configurations. Don't forget to register your school!

MCGA Scholarship

Since 2013, the MCGA has been offering a university scholarship to support guitar majors pursuing a career in music education. The scholarships are valued at \$300.00 and are available to students at U of M, Brandon, and CMU. Please visit manitobaguitar.ca for selection criteria.

MCGA

manitobaguitar.ca



Remembering Ken Project Update

As was announced at the Manitoba Band Association Annual General meeting in October 2015, a committee has been formed to honour the life and legacy of Ken Epp. Affectionately known as the "Remembering Ken Project," the committee was formed in November after a public call for volunteers was announced through the MBA. The committee is Jacquie Dawson (chair), John Balsillie, Robert Payne, Teresa Lee, Andrew Klassen, Janet Yochim, Cheryl Ferguson, Colleen Chamberlain, Marissa Hirsch and Shannon Little. The team had its first meeting on Sunday, January 10 and fittingly met in the lower level staff room at Mennonite Brethren Collegiate Institute. It was a very special and surreal kick start to our new mission, as we took a tour down the hall, coffee mugs in hand, to stand in the midst of what was Ken Epp's old band room. Now a locker and gathering area for the senior students, it was a journey through time as Andrew Klassen pointed out where Ken's desk was, where he stood to conduct and where those walls once stood. In this space Ken made beautiful music and began one of many legacies in our community.

The group quickly got to work with fervor and vision. Having learned so much from Ken about planning, detail, efficiency and diligence, we feel well equipped and inspired to put our dreams into action. The committee has identified four possible short and long term initiatives that it will present to the MBA board in April for approval. In the meantime we are doing our homework and paving the road for a beautiful, and what will hopefully be a lasting insignia of a man who we are truly indebted to. Stay tuned to future newsletters for more details.

Respectfully Submitted,

Jacquie Dawson

Chairperson, *Remembering Ken* Committee

Visit us @:

www.mbband.org

News from the WSO—February 2016

Did you know that all Music Educators receive a 50% discount on ANY subscription package? As an example, a Flex4 lets you pick any four concerts, and starts at only \$73 with this discount! Plus you can pick your concerts as you go! Regular pricing for section four is \$146. Just call (204) 949-3999 or visit our box office and mention that you are a music teacher.

Our **Student Matinees** are a great way to bring your middle or high school students to hear some great symphonic repertoire performed during the school day, and for as little as \$10 per student. Resident Conductor Julian Pellicano leads a pre-concert chat and there is a Q&A with the conductor after the performance. Plus, we provide a lesson plan expertly prepared by Cheryl Ferguson, so your students can learn about and play excerpts of the music in preparation.

The WSO is excited to present our **2016 Adventures in Music program: Orchestra Games**, which will highlight countries around the world, featuring music from France, China, Brazil, Canada and many more! Bring your students and join us for concerts in February and March as we explore music and movement, both artistic and athletic. Student tickets are only \$7.25 and 1 chaperone per 10 students is complimentary. We'd love to have you and your students join us for these Orchestra Games! Tickets are still available for select concerts (see at right).

The **2016 Provincial Student Soloist Competition** is open to all string players (including guitar and harp) aged 14–18 and provides the winner with lessons from a WSO musician and the opportunity to perform a solo work with the WSO in fall 2016. The deadline for the first round is **April 22, 2016 (5:00pm)**.

WSO Soundcheck is free to join and enables members to purchase concert tickets for just \$17. Members can bring a guest for just \$29. Anyone 30 and under can join.
wso.ca/soundcheck

Check wso.ca for more concerts!

IMPORTANT DATES

Student Matinee

SIBELIUS: SYMPHONY NO. 5

Feb 05 - Order Form

Adventures in Music

ORCHESTRA GAMES

Feb 10 & 11 | Mar 8 (Winnipeg)

Order Form

WSO Classics

ORFF: CARMINA BURANA

Mar 18 & 19 - Buy Tickets

Kids Concerts

MAXIMUS MUSICUS VISITS THE ORCHESTRA

Mar 20 - Buy Tickets

Student Matinee

TCHAIKOVSKY: SYMPHONY NO. 5

April 15 - Order Form

Provincial Student Soloist Competition

FIRST ROUND DEADLINE

April 22 - Application Form



GREAT-WEST LIFE

KIDS CONCERTS

**TICKETS
STARTING AT
\$15**



Maximus Musicus

Visits the Orchestra

Sun, Mar 20 | 2:00 pm

Julian Pellicano, conductor
Matthew Fletcher, narrator

In the best-selling and award-winning book *Maximus Musicus Visits the Orchestra*, Iceland's best-loved musical mouse discovers the wonders of the symphony orchestra.

wso.ca/maximus



Disney FANTASIA

LIVE IN CONCERT

Sun, May 1 | 2:00 pm

Julian Pellicano, conductor

The WSO accompanies scenes from a pair of Disney's crown jewels, the original FANTASIA (1940) and FANTASIA 2000, shown in high definition on the big screen.

wso.ca/fantasiakids

Join us for Pre-concert Activities at 1:00 pm!

Children can visit the Conducting Station where they get the chance to conduct a group of symphony musicians or visit the Instrument Petting Zoo to touch and play the orchestral instruments. They can also participate in musical activities such as crafts, rhythm ensembles and round-singing.

University of Manitoba BANDS

umanitoba.ca/faculties/music/ensembles/wind.html

www.facebook.com/UofMBands



Excellence in Music Making

2015-2016 Repertoire includes

- Appalachian Spring
- La Fiesta Mexicana
 - Firebird Suite
- Symphonic Metamorphosis
- Janacek, Sinfonietta

2015-2016 Season

Friday
Oct 16
7:30 p.m. Wind Ensemble &
Concert Band
Jubilee Place, MBCI

Friday
Nov 27
8:00 p.m. Wind Ensemble &
Concert Band
Jubilee Place, MBCI

Sunday
Jan 17
7:30 p.m. Chamber Winds
Eva Clare Hall
U of M Campus

Friday
Feb 5
7:30 p.m. Wind Ensemble &
Concert Band
Jubilee Place, MBCI

Friday
April 1
7:30 p.m. Wind Ensemble &
Concert Band
Jubilee Place, MBCI

204-261-8977

fraser_linklater@umanitoba.ca





ORFF

Certification Program

July 4 - 15, 2016

University of Manitoba



Desautels Faculty of Music
136 Dafoe Road
Tache Arts Complex
University of Manitoba
Winnipeg, MB R3T 2N2

joan_linklater@umanitoba.ca
204-474-6194

ORFF Levels I and II

For Kindergarten – Grade 8
Music Educators

- Basic Orff
- Movement
- Choral
- Recorder



[http://umanitoba.ca/faculties/music/
prospective/summer/Orff.htm](http://umanitoba.ca/faculties/music/prospective/summer/Orff.htm)



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