

# iMA Newsletter



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# International Music Academy

Voted **top 100 educators in the world** by the International Biographical Centre  
Winner of the **Consumers' Choice Award** for best music school in the GTA.  
Winner of the Royal Conservatory of Music **Gold Medal for Teaching Excellence**.  
Winner of the **York Region Character Community Award**.  
Markham Board of Trade **Business Excellence Award** finalist.

Year XIX, No. 6

June 2015

## WELCOMING OUR NEW STUDENTS

Anthea L. (violin)  
Elizabeth Y. (voice)  
Bryan C. (piano)  
Kathy A. (voice)

## IMA STUDENTS BIRTHDAYS IN JUNE

Kyle M., Ethan W., Navid P., Hazel Joy R., Vanessa C., Jesper R.,  
Elizabeth W., Alexander C., Kathy A., Neetha U., Jalen Y., Vicky W.,  
Ava M., George O., Eric Y., Breanna A.

## HAPPY BIRTHDAY!

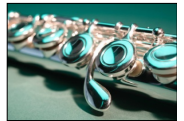
## IMPORTANT DAYS IN MAY

June 2 RCM Summer Session applications deadline  
June 5 P.A. Day. The IMA is open.  
June 8-28 RCM Practical Examinations  
**June 19 Cornell Recital Hall. Chamber music concert with the Kindred Spirits Orchestra**  
June 21-31 Canadian Music Competition (National Finals)  
**June 25 Flato Markham Theatre. Phoenix Ascending Symphony concert with the Kindred Spirits Orchestra**  
June 27 IMA Annual report cards  
**June 27-28 IMA Summer Music Festival**

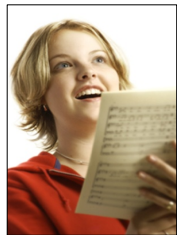
## NEWS

### IMA ANNUAL SUMMER FESTIVAL

The end of the school year is fast approaching and we have already begun preparations for the iMA Summer Music Festival. As usual, we are planning on having a series of one-hour concerts starting on both Saturday, June 27 and on Sunday, June 28. The festival will consist of ten separate one-hour concerts (on Saturday – only piano and guitar; on Sunday – any instrument). Participation in the iMA Summer Festival is based upon a teacher's recommendation and it represents a natural culmination of several months of studying at the International Music Academy. Performing in front of public builds essential skills and develops a high level of self-esteem and confidence. All students are encouraged to participate.



The concerts will take place in the magnificent ambiance and extraordinary acoustics of Cornell Recital Hall located at the Cornell Community Centre, 3201 Bur Oak St. in Markham PN L6B 0T2. The hall has an excellent Steinway grand piano, large screen connected to an HD camera that will allow you to see the finest details of each performance.



### HOW TO KEEP YOUR LESSONS CURRENT DAY, TIME AND TEACHER FOR SEPTEMBER?

Over the past few years several parents asked how to keep the day, time and teacher for their children for the upcoming school year. Below is important information that would most likely answers most of your questions. Please do not hesitate to ask if there is still something that we did not cover.

**Q. How do lessons work in the summer?** - The IMA is open year round, and we do not close during the summer.

**Q. Do a lot of students quit during the summer?** - For the past 5 years, we have grown in enrolment each July by 10%. Some students withdraw but we get a huge influx of students in June, July and August and most of them continue into the fall.

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**Q. How full is the Academy?** - As of today we are near capacity, and many teachers have no availability between the hours of 3:00-8:30 p.m. on weekdays and between 8:30 am – 6:00 pm on both Saturday and Sunday.

**Q. If we withdraw for the summer, can we keep our spot for fall?** - Lessons are first come first serve, so if you withdraw for the summer, we cannot guarantee that we will have a spot for you in the fall as we will open the spot to new students.

**The big question for all parents and students to consider is: Do you want to stay with the same teacher in the fall?**

**IF THE ANSWER IS YES THERE ARE 2 WAYS TO DO THIS:**

- 1. Take advantage of our summer make-up lessons.** We realize that some of you will go on vacation for a portion of the summer. So, what you can do is simply make up in advance the lessons that you would miss because of your holidays. You can make them up as early as you can (in April, May or even earlier).
- 2. Sub lease your spot to a family or friend.** You can send a family member or a friend in your place for the dates you will miss. Just let the office know who is coming in your place and when. Make sure that they reimburse you directly for the lessons. If you are taking summer lessons and need a specific time for the fall, please contact us around late July and we will do our best to accommodate you.

Each September, we get calls from students who have been with us for years, but withdrew for the summer. They want to return to the same teacher, day and time, but another student who signed up for lessons in July or August has already filled the spot. We can't kick out the new student from the spot he/she has been taking for 2 months during the summer.

**So, if you LOVE your teacher, keep your spot by using the summer make-ups or sub lease your spot.**

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## COMPOSERS' ANNIVERSARIES IN JUNE

01/06/1804 - Michail Glinka was born  
02/06/1857 - Elgar born  
03/06/1875 - Bizet died  
03/06/1899 - Johann Strauss died  
06/06/1903 - Khachaturian was born  
08/06/1810 - Schumann was born  
21/06/1908 - Rimsky Korsakov died  
11/06/1864 - Richard Strauss was born  
14/06/1671 - Tomasso Albinoni was born  
15/06/1843 - Edward Grieg was born  
17/06/1818 - Charles Gounod was born  
17/06/1882 - Igor Stravinsky was born  
20/06/1819 - Jacques Offenbach was born  
25/06/1767 - Georg Telemann died

*Where you born or do you know someone who was born on the same day as these famous composers? Drop us e-mail at [info@InternationalMusicAcademy.ca](mailto:info@InternationalMusicAcademy.ca) to let us know.*

## FEATURED TEACHER OF THE MONTH

**Sara Chen, B.F.A.**

Voice studies and interpretation, Suzuki Piano



Ms. Sara Chen has earned her Bachelor degree in vocal performance and pedagogy from XingHai Conservatory of Music. As an accomplished musical artist and over 15 years of teaching experience, Ms. Chen is able to perform and teach a variety of songs and genres including opera and art songs, musical theatre, folk and pop songs.

She understand the technical elements as well as the creativity needed to be successful in vocal music. She teaches students of all ages and levels, and enjoy seeing them progress achieving their own success, dreams and goals. Ms. Chen also teaches Suzuki piano as well. She is a registered teacher with the Royal Conservatory of Music (RCME 61054).

*Ms. Chen was happy to answer a few questions for our students and parents:*

- 1. What do you like most about teaching?** Teaching is a pleasure but also a challenge. It requires finding the fine balance between nurturing love for music, encouraging consistent practicing, building up strong and proper music technique, fostering an understanding of philosophy of learning music. When everything is properly balanced, the learning/teaching experience is very rewarding.
- 2. How do you inspire students to practice more?** It is important to always show my love and passion for music. Encouraging students' progress and helping them reach their goals and make their dreams come true inspires students the most.
- 3. What roles does performance play in student's development?** Public performances build up students' confidence and self-esteem. Overcoming the stage fright and gaining performance experience are integral parts of the learning process.
- 4. Who are your favourite composers?** So many to list....

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## FEATURED STUDENTS OF THE MONTH

### DARIUS BONAKDAR

**What instrument do you play?** - I play the piano.

**How long have you taken lessons?** - I've been taking lessons for 4 years now.

**Who are your favourite musical artists?** - My favourite musical artists are Bruno mars and Michael Jackson.



**What are your other hobbies, besides music?** - Some of my most favourite hobbies include Karate, playing chess, building and collecting Star Wars Legos, swimming and playing basketball.

**Favorite food?** - My favourite food is lamb chops with BBQ sauce.

**What is the coolest thing you've learnt in your lessons in the past three months?** - The coolest thing I've learnt in the last three months is how to play *The Argument* by Gordon A. McKinnon.

**Do you have any performance coming up?** - My next performance coming up will be at the IMA summer festival.

*E-mail to [info@InternationalMusicAcademy.ca](mailto:info@InternationalMusicAcademy.ca) a photo of yourself (or your child) together with the answers of the questions above. The deadline for submissions is the 15th of every month. We will feature you in one of the next issues of the newsletter.*

## PET OF THE MONTH

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*Send a photo of your pet together with following information and we will publish it in one of the next issues of the IMA newsletter. What is the name of your pet? How old is he/she? What kind of breed our pet is (if applicable)? How long have you had him/her for? Any special circumstances around getting the pet (i.e. a gift, foster pet, etc.)? The funniest story about you pet? Any special skills or abilities.*

## FEATURED ARTICLE

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**MailOnline** DAILY MAIL - ENGLAND

### Why listening to music is the key to good health

by NAOMI COLEMAN, [femail.co.uk](mailto:femail.co.uk)

It's the weekend and at some point you'll probably relax to your favourite music, watch a film with a catchy title track - or hit the dance floor.

There's no doubt that listening to your favourite music can instantly put you in a good mood. But scientists are now discovering that music can do more for you than just lift your spirits.

*Research is showing it has a variety of health benefits.*

Fresh research from Austria has found that listening to music can help patients with chronic back pain.

And a recent survey by Mind - the mental health charity - found that after counselling, patients found group therapy such as art and music therapy, the most useful.

*Here, we present six proven ways that music can help you and your family's health*

## 1. CHRONIC BACK PAIN

**How it helps:** Music works on the autonomic nervous system - the part of the nervous system responsible for controlling our blood pressure, heartbeat and brain function - and also the limbic system - the part of the brain that controls feelings and emotions. According to one piece of research, both these systems react sensitively to music.

When slow rhythms are played, our blood pressure and heartbeat slow down which helps us breathe more slowly, thus reducing muscle tension in our neck, shoulders, stomach and back. And experts say that apart from physical tension, music also reduces psychological tension in our mind.

In other words when we feel pain, we become frightened, frustrated and angry which makes us tense up hundreds of muscles in our back. Listening to music on a regular basis helps our bodies relax physically and mentally, thus helping to relieve - and prevent - back pain.

**The research:** A new study from Austria's General Hospital of Salzburg due to be published in *The Vienna Medical Weekly Journal* could hold the key to back pain. In the study, 65 patients aged between 21 and 68 with chronic back pain after back surgery were divided into two groups.

One group received standard medical care and physiotherapy. The other group also listened to music and received visualisation classes for 25 minutes every day for three weeks. Results found that the group who listened to music and used imagery experienced better pain relief than the group who did not.

Clinical psychologist Franz Wendtner who led the study says: 'Music is an important part of our physical and emotional wellbeing - ever since we were babies in our mother's womb listening to her heartbeat and breathing rhythms.

'Listening to music for about 25 minutes everyday for at least ten days can help prevent back pain and also make you sleep better.'

**Which type of music is best?** Experts believe any type of classical music such as Mozart or Beethoven can help relieve muscle pain. Calm, slow music is also thought to help.

## 2. IMPROVES YOUR WORKOUT

**How it helps:** Experts say listening to music during exercise can give you a better workout in several ways. Scientists claim it can increase your endurance, boost your mood and can distract you from any discomfort experienced during your workout.

**The research:** Dr Robert Herdegen of America's Hampden-Sydney College in Virginia, looked at the effects of 12 men riding a bicycle for ten minutes while listening to music on one day. He compared it to the same men riding bicycles without music for ten minutes the following day.

On the days that the men exercised listening to music, they travelled 11 per cent further - compared to the days they didn't listen to music. Researchers also found that the men's levels of exertion were at their lowest when listening to music.

Other studies show that listening to music releases endorphins - our natural 'feel good' hormones that lift our mood and give us motivation to carry on longer with exercise.

**Which type of music is best?** The best type of music for exercise is thought to be high energy, high tempo music such as hip hop or dance music.

### 3. MEMORY LOSS

**How it helps:** For many people suffering from memory loss the spoken language has become meaningless. Music can help patients remember tunes or songs and get in touch with their history. This is because the part of the brain which processes music is located next to memory.

**The research:** Researchers from Norway's Sogn Og Fjordane College compared the effects of live, taped and no music on three different groups of people suffering from post traumatic amnesia - or memory loss.

The patients were exposed to all three conditions, twice over six consecutive days. Results showed that when patients listened to live or taped music, two thirds of them showed significantly reduced symptoms of anxiety and enhanced orientation, compared to the group that didn't listen to music.

**Which type of music is best?** Research shows that people with memory loss respond best to music of their choice.

*To comment on this story or anything else you have read in the Newsletter, head over to the IMA Facebook page or message us on Twitter.*

International Music Academy

## **GIFT CERTIFICATE**

*for new students only*

## **ONE FREE LESSON**

Call the IMA Office at **905.489.4620**  
to schedule your first lesson.

***Once scheduled, the lesson cannot be rescheduled. Cannot be combined with any other offer. No refunds, no exchanges.***



**Music is sooooooooo beautiful!**

Register for lessons by  
**July 25, 2015** and receive

# **\$30 off**

*New students only.*

***Cannot be combined with any other offer.***

## **REFER A NEW STUDENT and GET ONE FREE LESSON!**

When you refer a new student to the IMA, who registers for lesson, you will get one free lesson for every new student. So, if you refer the IMA to 2 new students, we will give you 2 free lessons; for 3 new students – 3 free lessons etc. Fill in the coupon below and leave it with the IMA Office administrator.

Your name: \_\_\_\_\_

Name of the new student: \_\_\_\_\_

*You can print or photocopy this coupon as many times as you need.  
**Cannot be combined with any other offer.***