

# SONGWORKS

Educators Association

Playful Teaching Vibrant Learning

## From the President



Vicky Suarez  
2019-2020 President  
vicky@songworkseducators.com

It's the most wonderful time of the year, isn't it? Yet for music teachers, December can feel stressful and busy. When our newsletter editor Ruthanne suggested that I might write about managing stress at this time of year, I laughed because I am feeling a little stressed-out myself. But taking time to reflect on ways I manage stress brought out these ideas to share with you. I hope you find them helpful. Jotting them down here has been a good reminder for me.

1. Take care of yourself. Eat well, and get plenty of sleep. I am a big fan of being in bed by 9 pm. Even if I don't go to sleep right away, I am resting and reading.
2. Build little breaks into your day if possible. I often leave the building during my lunch or conference period. I might take a walk, go get a coffee or tea or lunch, or sit in my car and read or listen to the radio. Leaving the building helps me feel refreshed and ready for the afternoon.
3. Leave work at work. This is a big one for me. I'm always jotting down ideas for the next week so I don't have to stay long at work or take work home.
4. Connect with people who support you. At least once a week I have a conversation with one or more of my SongWorks friends. I always feel better, and understood, and not alone.
5. Practice self-affirmation. I've been a fan of positive affirmations for decades. I really believe they work. One of my favorites is "All is well in my world."
6. Listen to music. On my way to work I have a loud singing session in my car. I have some favorite songs that make me want to dance and sing (Lizzo is a big fave right now), and they pump me up and get me energized.

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7. Also, relax in silence. On the way home I like silence. I like to sit in silence for at least 30 minutes when I get home. After all the voices of the day, all the singing and recorded music, I relish the cleansing and healing I get from silence.
8. Exercise. I walk my dog in the morning and/or afternoon at a park near my house. I usually think it's going to be a chore, but it always ends up making me feel better about everything.
9. Feel your feelings. I know this sounds strange, but I think letting our feelings come rather than pushing them down or pushing them away helps us release them and move on.
10. Remember that we music teachers are usually our own harshest critics. When it comes to concerts and programs, do your best, do what you can, and then let it go. There's always another one on the horizon.
11. Learn to say no. (I'm not good at this right now, but I am determined to get better!)
12. See a therapist if you are struggling. Talking to a professional can be so helpful. I highly recommend this. When I was struggling this past fall, talking to a therapist gave me some tools to move through difficulties.
13. Lastly, I want to encourage you to bring the music you love into your teaching. Taking pleasure and joy in what we do can be life-giving.

Our work as music teachers is so important, fulfilling, vital, and yet can also be draining and difficult. Taking care of our mental, emotional, and physical health is a wise investment. I look forward to seeing you soon at the April conference in Dallas or at the summer course in Wisconsin next July. Happy December to you!

*Vicky*

Hey SongWorks Educators!

Are you passionate about our work, and interested in taking on a major leadership role?

The SWEA Presidential Team is looking for applicants to join the team as President-Elect Apprentice in 2020.

As a Presidential Team member, you'll be involved in official business including conference planning, board meetings, member communications and outreach, and shaping new initiatives.

If you're interested in applying, the application will go live soon. In the meantime, consider why you think you are the right person to lead our organization into the future.

We look forward to hearing from you!

Sincerely,

The 2019-2020 Presidential Team

Max Mellman, Immediate Past-President

Vicky Suarez, President

Lisa Schoen, President-Elect

Aimee Newman, President—Elect Apprentice

Don't miss your chance to attend our annual gathering of SongWorks educators in Dallas, Texas April 2-4, 2020! Come sing, play, and learn with us. Strengthen friendships and be encouraged and revitalized by your SongWorks support system! Leave with a multitude of ideas you can implement immediately into your classroom. Registration opens January 1!

We have an outstanding lineup of presenters including:



Doug Bartholomew



Molly Feigal



Judy Fjell



Beth Gadbaw



Rebecca Hahn



Susan Kenney



Emilee Knell



Max Mellman



Brittany Nixon May



Betty Phillips



Taryn Raschdorf



Lisa Schoen



Anna Shelow



Kate Smith



Vicky Suarez



Leah Sunquist



Terolle Turnham



Marilyn Winter



## I attend the SongWorks Conference because...

...It reminds me why I love teaching music!

Vicky Suarez, TX

...there are no finer folk willing to share their experiences and no end to the joy of playing with children and music!

Aimee Newman, OR

...it is my annual opportunity to reacquaint, reinvigorate, refresh, renew, refill and relax. It is a gift I give to myself.

Kate Smith, BC

...I know I will learn new ways to apply SongWorks strategies, deepen my connections with kindred spirit teaching colleagues, and make new friends who care deeply about teaching with musicality and playfulness.

Alice Nordquist, MD

...it embraces us with grounded learning that boosts us, blossoming presentation skills, and learning how to support others and accept it for ourselves.

Peggy Bennett, MT

2020  
**SONGWORK**  
EDUCATORS ASSOCIATION  
INTERNATIONAL CONFERENCE

Dallas, TX  
Westin DFW Airport  
April 2-4, 2020

Featuring Sessions by **SongWorks Educators and Innovators**  
from across the **USA, Canada, and Japan**



Learn more at [songworkseducators.com](http://songworkseducators.com)  
*Registration opens in January!*



Dallas, TX  
Westin DFW Airport  
April 2-4, 2020

**Registration opens in January!**

**CONFERENCE REGISTRATION** (includes luncheons)

**\$75\*** SWEA Student Member

**\$175\*** SWEA Regular Member

**\$100\*** SWEA Retired Member

**\$225** Non-Member

**\$110** One-Day (Thursday or Friday)

\*Requires Membership Renewal

**MEMBERSHIP DUES**

**\$20** Student

**\$45** Regular

**\$75** Sustaining

**\$100** Patron

**FRIDAY BANQUET** (optional)

**\$40**

*For inquiries regarding financial assistance to attend the 2020 Conference, contact **SWEA Grants Administrator Emilee Knell** at [ekknell@yahoo.com](mailto:ekknell@yahoo.com)*

## ANNOUNCING!!

### 2019 Peggy D. Bennett Matching Grant

Our organization continues to grow and flourish! From Music EdVentures, Inc. (1992-2016) to SongWorks Educators Association (2016-present) we have done so much with so little. It's the money that has been **little**. It's the people who have been **mighty**!

We have always invested in the needs of **people**! And fortunately, when we needed financial help, members generously provided. That generosity has sustained us for all these years.

I sense that it is time to bolster our treasury, to secure and sustain our financial well-being. Think of this action as contributing to our pedagogical and emotional well-being, individually and as a group. **Will you join me?**



Please consider a contribution. Any amount is accepted. When you donate by **December 31, 2019**, I will match each contribution up to a total of **\$15,000**. Your donations will benefit and sustain our work and support our beloved members.

CONTRIBUTE online to the **2019 Peggy D Bennett Matching Grant** at  
[www.songworkseducatorsassociation.com](http://www.songworkseducatorsassociation.com)

or send your check payable to SWEA in USD to

Anna Langness, Treas., 1179 Lilac St., Broomfield, CO 80020

SongWorks Educators is a registered non-profit organization, contributions are tax deductible.

Greetings Members and Friends,

On behalf of the SWEA Board, we express our profound thanks to Peggy for this generous offer in support of our work! We acknowledge Peggy's wish that these grant funds be used at the Board's discretion for any project or need they deem important.

SongWorks is gaining a prominent profile in the field of music education and SWEA is poised to grow quickly. We eagerly look to the future to make our work widely known and to make teacher training available to all! With your support we can securely move forward with our new ventures.

Your participation in this Matching Grant is an opportunity to honor Peggy for the impact she has made on us, our teaching, and the world of music education! Thank you!

*Anna Langness, SWEA Treasurer*

*Kate Smith, SWEA Board Member*

In 2015, the leadership of SWEA initiated the Visiting Scholars program. Each year, selected scholars are invited to our conference for the purpose of exposing them to the principles and practices of SongWorks and the activities of our organization. Visiting Scholars are chosen based on their leadership in and contributions to education, as well as their commitments to excellence in learning and teaching. Throughout the conference, Visiting Scholars will observe our presentations and interact with attendees.



Rob Amchin

Dr. Rob Amchin is a Distinguished Teaching Professor and Concentration Coordinator in Music Education at the University of Louisville (KY). Dr. Amchin teaches both undergraduate and graduate students in music education including Elementary General Music Methods, Secondary General Music Methods, an Introduction to Orff Schulwerk course as well as graduate level courses in history, philosophy and research. He studied music education at New England Conservatory of Music, and has Orff training from NEC, Hofstra University, Memphis State University, Hamline University, University of Michigan, and attended the “Special Course for English Speaking Students” as the Orff Institute (Salzburg).

Dr. Amchin is an internationally recognized and sought after teacher in Orff pedagogy. He has presented workshops and artist-in-residences, Orff teacher-training courses, and master classes throughout the US and around the world including classes in Turkey, China, Singapore, Finland, Russia, Hong Kong, Austria, Canada, Israel and Poland. He has authored several books for Orff ensemble and recorder.

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Marie McCarthy is Professor of Music Education at the University of Michigan where she teaches courses on elementary general music, research design, and foundational studies in music education. As a general music methods teacher, she brings an eclectic approach to pedagogy, with a particular interest in musical diversity in the curriculum, movement and music learning, myths and folktales as source and inspiration for music making, and implications of children's spiritual lives for music teaching and learning.

Her research studies address historical, social, and cultural dimensions of music education. She is the author of two books, *Passing It On: The Transmission of Music in Irish Culture*, and *Toward a Global Community: A History of the International Society for Music Education, 1953-2003*, and numerous book chapters and peer-reviewed journal articles. Since 2015, she has been Editor of the *Journal of Historical Research in Music Education*. She is an Honorary Life Member of the Society for Music Education in Ireland and the International Society for Music Education.

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Marie McCarthy



Alison Reynolds

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Dr. Alison Reynolds is Professor of Music Education, and Chair of the Department of Music Education and Therapy in the Boyer College of Music and Dance at Temple University, where she enjoys musicking and learning with undergraduate and graduate students. She focuses her creative, scholarly, teaching, and service interests on guiding students as they prepare to become early childhood and general music teachers, music teacher educators, and researchers whose engagement with others can continue expanding equity and access for all persons' music learning and development. She seeks relevant, inclusive, and responsive interactions for all learners honoring—from at least birth—holistic approaches to musicking. In partnership with Project P.L.A.Y. School (Elkins Park, PA), and the Bok School and Bok Infant Center (Philadelphia, PA), founded by Karen Chayot and Kathy Goldenberg to prioritize play- and relationship-based learning, she has joined the founders of the program and Temple University students in discovering ways to learn to know young children as co-researchers on the topics of music learning and development.

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Find ideas in past newsletter issues, all available at [songworkseducators.com](http://songworkseducators.com)

- Looking to get your students moving? Try this play party dance for [Jingle Bells](#) shared by Peggy Bennett



- Pam Velluntini shares ideas for adding instrumentation and sound effects to ["The Polar Express" by Chris Ashland](#)



- Move to [The Nutcracker](#) with Sammi Smith





Debahni Garcia  
John R. Good Elementary  
Irving, TX



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This is my carpeted corner. I use it for anyone who needs to be alone for rest or when we play games this is the "out" carpet.

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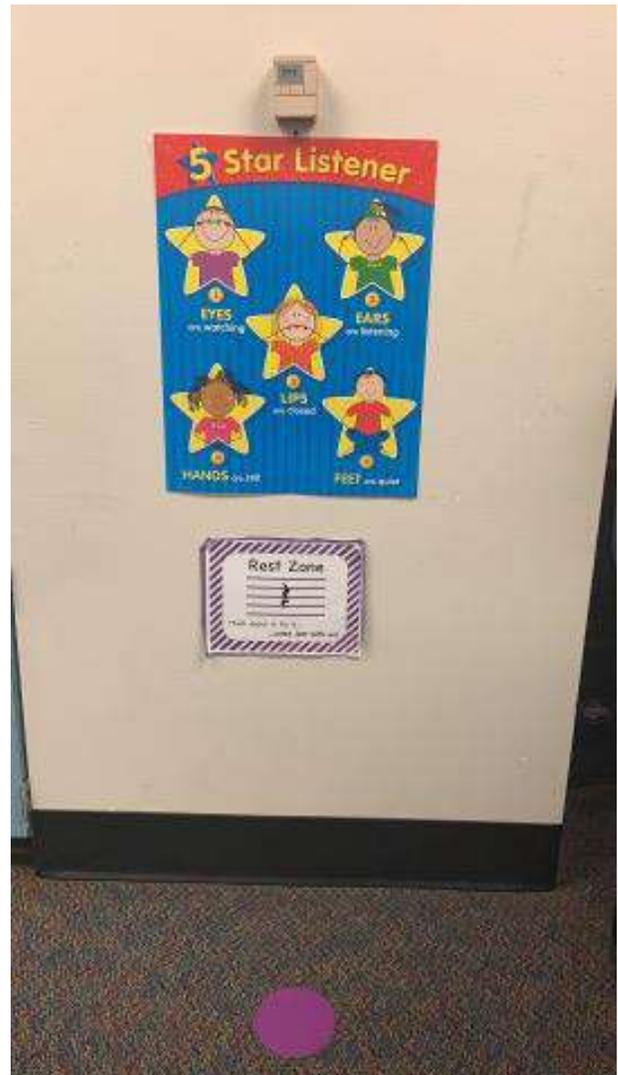
I have all my pointers in a bucket ready for a student to use next to my solfège ladder. I always have student leaders.

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Handy dandy bucket for things I regularly use. Slide whistle, microphone, stickers and pennies!

My rest zone. I use in kinder and 1st. You land in the rest zone if you need time to rethink your choices. The poster is there as a help and support.





**CONTACT**

Betty Phillips  
Executive Director  
[betty@songworkseducators.com](mailto:betty@songworkseducators.com)

[Flyer, Brochure, & Registration](#)  
(click)

**ANNOUNCING  
CERTIFICATION COURSES**

**July 13-17, 2020**  
University of WI at River Falls

**LEVEL I**  
SongWorks  
in Action

**LEVEL II**  
SongWorks  
for Musicality

**Coming in Fall 2020**

**LEVEL III**  
SongWorks Practicum

## **2019-2020 Oregon SongWorks SATURDAYS**



### **OCTOBER 12, 2019**

Helman Elementary School  
Music Room  
705 Helman St  
Ashland, OR 97520

### **FEBRUARY 8, 2020**

Hoover Elementary  
School Music Room  
3838 NW Walnut Blvd  
Corvallis, OR 97330

### **APRIL 25, 2020**

Highland Elementary  
School  
Music Room  
295 NE 24<sup>th</sup> St  
Gresham, OR 97030

**All Workshops are 9:00am- 12:00 noon  
FREE! Certificates for PDUs**

## **EVERYONE WELCOME! BRING A FRIEND**

Workshops are led by SongWorks Certified Educators

Experiences are crafted to enliven, enrich and encourage you  
in your teaching!

Renew your passion to teach musically, playfully, and vibrantly, using SW  
principles and practices!

For questions or to RSVP Contact **Betty Phillips**  
[betty@songworkseducators.com](mailto:betty@songworkseducators.com)



## 2019-2020 MN Area Workshops

### September 21

#### SongWorks and Ukuleles

Deerwood Elementary  
1480 Deerwood Drive, Eagan, MN

### November 16

#### Song as Curriculum: From Game to Study

University of Wisconsin, River Falls  
410 South 3<sup>rd</sup> Street, River Falls, WI

### February 1

#### Preschool and Primary

Taylors Falls Elementary  
648 West Street, Taylors Falls, MN

### May 2

#### Playing with Masterworks

Middleton Elementary  
9105 Lake Road, Woodbury, MN

### **Saturdays**

**9:00 a.m. – 12:00 p.m.**

**Cost: FREE!**

**CEU's  
available  
upon request**

*All are welcome!  
Bring a friend!*

*Workshops led by  
SongWorks  
Certified  
Educators*

*Experiences are  
crafted to enliven,  
enrich and  
encourage you in  
your teaching.*

*Renew your  
passion to  
teach musically,  
playfully, and  
vibrantly, using  
innovative SW  
principles and  
practices.*

*We appreciate being able to contact you in case of  
inclement weather or unforeseen circumstances.*

RSVP to Molly Feigal at [feigalmj@hotmail.com](mailto:feigalmj@hotmail.com)

The Purpose of SongWorks Educators Association is to search for and practice ways of making music and interacting with people that preserve and celebrate the dignity of both. As a guiding principle, this purpose will focus our work on:

- 1) Practices that foster interactive, facilitative learning environments.
- 2) Strategies that empower the learner within the context of music experience and study.
- 3) Networks that encourage collaboration between diverse disciplines, professionals, and interest groups.

## SWEA Board of Directors

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**President:** Vicky Suarez, TX

**President-Elect:** Lisa Schoen, MN

**Past- President:** Max Mellman, NJ

**President- Elect Apprentice:** Aimee Newman, OR

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**Director - Canada:** Kate Smith, BC

**Director - USA:** Mary Stockum, CO

**Director - USA:** Beth Cain, TX

## SWEA

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**Support the mission of SWEA with membership dues or donations!**

\$45 Regular \$75 Sustaining \$100 Patron \$20 Student

Join or donate online at:

[www.songworkseducatorsassociation.com](http://www.songworkseducatorsassociation.com)

Would you like to submit something to be considered for the SWEA Newsletter or Happenings?

Email [ruthanne.fisher@gmail.com](mailto:ruthanne.fisher@gmail.com)

## SWEA Committees

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**Website Chair:** Pam Vellutini, OR

**Newsletter Chair:** Ruthanne Parker, PA

**Academic Coordinator:** Taryn Raschodorf, VA

**Grants Administrator:** Emilee Knell, UT

**Emerging Pioneers Advisor:** Samantha Smith, PA

**Visiting Scholars Chair:** Peggy Bennett, MT

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The password for the secure *Members Access* area of the SWEA website will soon be updated. Members who have renewed their membership within the past year will receive the updated password in an email from the Registrar. In order to keep your membership current, please visit our [Membership Renewal](#) page. If you are uncertain about the date of your last dues payment, or if you have any other questions about your membership, please contact Registrar Alice Nordquist: [registrar@songworkseducators.com](mailto:registrar@songworkseducators.com).

Thank you for your support of the SongWorks Educators Association!

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