

# Music Heals 2021

## TUESDAY JULY 27

9:00 am – Registration

All-State Jazz Choir  
All Iowa Show Choir

Chapel  
Kyper

4:00 pm – dorm room check-in available

5:00 pm – All Iowa Show Choir PERFORMANCE

Kyper

## WEDNESDAY JULY 28

8:00 am - Registration Begins

Coffee & Cookies  
Technology Support

Graham Lobby

9:00 am - Welcome

Graham Banquet Hall

9:30 - 10:15 am – Sessions

- **Music Therapy & the Aging Brain, Kelli Rae Powell**  
Kelli will present information about the music therapy profession, discuss current research that supports the benefits of music therapy in geriatric populations and specifically populations with dementia or Alzheimer's, and Kelli will share a case study illustrating music therapy interventions used to support patients in memory care. Kelli will provide a music therapy experiential.
- **Sight Reading Factory, Chris Munce**  
Learn tips and tricks for effectively using Sight Reading Factory to increase the music literacy ability of your choristers.
- **Adolescent Female Voice, Christy Elsner**  
Uncovering the mysteries of adolescent female voice change and how to support these developing musicians through an awkward time
- **Music & Fitness**

10:20 - 11:05 am – Sessions

- **Healing Song, Trey McLaughlin**  
Watch Trey work with layers of harmony using auditory learning and patterns.
- **Lions and Tigers and Spreadsheets... Oh My! Organizing a Musical Theater Production, Chelsea Haaland**  
So you've been assigned to work on the school musical... Where do you start? In 45 minutes, tackle the major pieces of putting together a musical such as casting,

putting together a rehearsal schedule, coordinating the show's technical needs, involving your community, and giving your students a theatrical experience to remember - even if you don't have a theater background yourself. You'll also receive takeaway materials and resources you can immediately adapt for your own school musical's needs. This workshop is for novice directors or veteran directors looking for a fresh approach to juggling the many moving pieces of a musical production.

- **The Dynamic Duo of Guido and Dapper Dan: Using barbershop harmony to enhance your sight singing curriculum, Dan Rasmussen**

This session will focus on using barbershop music and solfege in the choral classroom. Find out how to take the coda of a song, called a tag in the barbershop vernacular, and use them as your daily sight reading exercise. We will be learning tags using solfege hand signs and discussing best practices in using this a capella art form in your classroom to enhance your singers aural skills, sight reading, intonation, and vowel unity.

- **Music Therapy & Trauma, Kelli Rae Powell**

Kelli will present information about the music therapy profession, discuss current research that supports the benefits of music therapy for healing trauma, and share a case study illustrating music therapy interventions used to ameliorate trauma. Kelli will provide a music therapy experiential.

**11:15 am - Keynote**                      **by Jake Runestad.**                      Graham Banquet Hall

11:30 - 12:30 pm - Luncheon & Breakout Box Challenge                      Graham Banquet Hall  
Meal plan or \$20 cash at the door required

12:30 - 1:00 pm - ICDA Business Meeting                      Graham Banquet Hall

**1:00-1:50 pm Trey McLaughlin**

**2:00-2:50 pm Classroom Windows**

Experience what a regular day is like in the classrooms of these master teachers. Participants will take on the student perspective and actively engage in the lesson/rehearsal format. Gain insight into classroom management strategies, lesson structure, organization, and classroom community building in these sample lessons/rehearsals.

- Allison Day
- Kelly Truax
- Tanner Stutzman

**3:00-3:45 pm – Sessions**

- Meet & Greet with Eclipse 6
- Choralosophy, Chris Munce
- Adolescent Female Voice, Christy Elsner

- Encouraging young voices and ukulele learning, Kate Hagen

4:00 pm - Worship Service First Reformed Church  
 This religious celebration will include the music of Trey McLaughlin  
 Message by Maggie Davis  
 Located just **Northeast** of Central College Campus, two blocks walking distance  
 605 Broadway St. Pella, Iowa 50219

5:00 pm - District Meetings  
 A brief check in with district chairs. Determine an additional time/date to meet or video conference to discuss district events if more time is needed.

- NE -
- NW -
- SC -
- C -
- EC -
- SE -
- SW-

5:30 pm - All State Jazz Choir Performance Chapel Amphitheatre  
 20 of Iowa High School's finest jazz vocalist in performance  
 under the direction of John Stafford II

**Supper**

7:00-7:45 pm – Directors Choir Rehearsal Recital Hall  
 Under the direction of Dr. Eric Barnum

8:00 pm – ECLIPSE<sup>6</sup> performance Douwstra Auditorium

9:00 pm – Sit & Sing with Jake Runestad Recital Hall

9:30 pm – Endowment Gala Graham Banquet Hall  
 Silent Auction for the Endowment open 9-10 pm  
 ICDA Family Feud

**THURSDAY JULY 29**

8:00 am - Breakfast Graham Lobby  
 All-State music available for pick up

**9:00 – 9:50 am – Sessions**

- **Healthy Conducting Through Full Body Movement, Amanda Huntleigh**  
**Body** awareness is integral to conducting development, performance, and pedagogy. A certified Laban/Bartenieff Movement Analyst guides attendees

through a series of exercises that introduce foundational movement sequences. These sequences develop connections through the core, using Laban's Body and Shape concepts. Participants will learn to support healthy and communicative conducting.

- **The Power of Words, Edith Copley**

This collaborative session will explore how our approach to the words found in the choral score can affect ensemble intonation, tone quality, and expressive musicianship. It will also investigate how our spoken words in rehearsal can positively affect our singers and create an inclusive environment that heals rather than harms.

- **Identifying, Composing, and Arranging Repertoire for Changing Male Voices, Braeden Ayres**

Quality adolescent boys repertoire: how to find it? Learn to identify literature that really "works" for these special singers. Attendees will receive a free, reproducible, new and original literature packet created by the presenter/composer, as well as a curated repertoire list from various composers. Information will come not only from the latest academic research, but also from expert "real-world" teachers who specialize in teaching the changing male voice.

- **Interactive Songs, Stories, and Movement in Early Childhood, Jennifer Daniels**

We'll sing and dance together as we explore what makes songs, stories (and all material) interactive and engaging for kids.

#### 10:00 – 10:50 am – Sessions

- **75th Anniversary of Iowa All-State, Thad Driskoll, Jason Heitland, Alan Greiner**

Get ready for a big celebration in November! Learn about the plans, special performances, and commissioned pieces that will be part of the 75th Iowa All-State Celebration.

- **The Antifragile Choir, Eric Barnum**

An examination of "antifragility" (a concept developed by essayist and scholar, Nassim Taleb), and its relevance within a choral context. Can the metaphors and terms used by Taleb regarding antifragility's usefulness in the fields of risk analysis, engineering, economics, and biology create new ways of thinking about a myriad of issues in the choral ensemble?

- **Loop Songs!, Evan Powers**

Loop songs are a fantastic way to get your kids singing quickly, get them making unexpected harmony well, and trick them into learning musical and vocal technique concepts. In this session, you'll learn pop-based rote songs that you can bring directly back to your classroom. These can be adapted for everyday use, for clinics/workshops, and even for performances, and kids LOVE them!

- **Yoga/Mindfulness and Music in the classroom, Kristi Kenealy**

Come watch and participate in a mindfulness (specifically yoga) infused music lesson! Find simple ways to include yoga and mindfulness in your daily lessons without having to give up musical instruction time.

**11:00 - 12:00pm Directors Choir Rehearsal**  
Under the direction of Dr. Eric Barnum

Recital Hall

**12:00 LUNCH**

**1:00 – 1:50 pm Sessions**

- **Musical Theatre: Collaborating at the beginning, middle and end, Kathy Pingel via Zoom**

There are three director positions for every musical and yet they primarily communicate at the beginning to create a calendar and at the end to knit the work together. This workshop is designed to point the music director toward additional ways to influence and guide the storytelling.

- **All-State Reading Session, Dr. Edith Copley**

At this first read through of the All-State music, gain insight into how to best prepare students on this set of literature for the All-State audition process.

- **Middle School TB/JR Choirs, Braeden Ayres**

For his doctoral research, Braeden Ayres analyzed over 100 of the best choral works for changing male voices. Ayres then used his findings to write a series of original compositions, all designed for developing TB choirs. These original works are now available FREE to all. Session attendees will have the opportunity to sing through selections and dialogue with the composer/conductor.

- **Interactive Songs, Stories, Movement in Early Childhood, Jennifer Daniels**

We'll sing and dance together as we explore what makes songs, stories (and all material) interactive and engaging for kids.

**2:00-2:50 pm Classroom Windows**

Experience what a regular day is like in the classrooms of these master teachers. Participants will take on the student perspective and actively engage in the lesson/rehearsal format. Gain insight into classroom management strategies, lesson structure, organization, and classroom community building in these sample lessons/rehearsals.

- Nikkole Koenig
- Peter Grau
- Ted Brimeyer

**3:00-3:50 pm Sessions**

- **Metaphors Unmasked: Vocal Ped Behind Choir Phrases, Dan Rasmussen**

Sing this phrase more purple! Lift your eyebrows! Sing into the mask! Choral teachers are masters at using metaphors to elicit a specific sound from their ensembles. None of the above instructions are inherently bad. However, good vocal habits requested through metaphor can be unconsciously coupled with bad



habits. Join us for a refresher of basic physiology, fundamental singing mechanics of the human voice, exercises and tools to use in your classroom and the science behind the instructional language we use every day.

- **Musical Theatre: Collaborating at the beginning, middle and end, Kathy Pingel via Zoom**

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- **Keep Calm and Conduct: Giving Your Beginners a Fall Performance Experience They'll Never Forget, Evan Powers**

Students thrive when they build foundations and learn musical concepts as early and as often as possible in their time in the secondary choral classroom. Too often, however, our sprint towards preparing them for their first octavo concert hinders that success. Enter: The Conducting Recital. De-stress your first quarter by preparing an "informance" in which your students show aural skills, early reading skills, basic vocal technique skills, and conducting skills! Your students will master skills that will serve them throughout their time with you, families will leave happy, and you won't lose any extra years off of your life expectancy. It's a win-win!

- **Literacy techniques: effective practices for elementary, Christina Svec**

#### **4:00-4:45 pm Round Tables & Networking**

- Jake Runestad
- High School
- Middle School
- Elementary

#### **5:00 pm PERFORMANCE**

- Directors Choir
- Retirees Virtual Choir and In Memorandum moment
- Composition Winner Recognition
- Culture ALL ambassadors
- What a Wonderful World, closing

Douwstra Auditorium

6:00 pm - dorm room check - out available

Graham Lobby

#### **8:00 pm Social Event**

Lake Red Rock campfire  
Bring a lawn chair and beverage of your choice

#### **Asynchronous Sessions**

- **Communities of Care: Prison Choirs as a Model for Love to Live On, Mary Cohen**

In the wake of the December 14, 2012 Sandy Hook Elementary School shooting, an incarcerated songwriter in the Oakdale Prison (officially the Iowa Medical and

Classification Center in Coralville), composed “Innocent Blood” expressing the need for a village to heal, support, and raise a young generation. A prison administrator censored this song because the title had gang references and the songwriter composed it following a crime against children. The songwriter revised his lyrics and flipped the title to “Love Lives On.” Some of the lyrics: “In a world gone wrong, I pray that you’ll stay strong. And when the hurt hits home, just know that Love Lives On.” In this presentation we will explore other stories that indicate prison choirs are transforming families, attitudes, and lives. Over 100 years ago Warden James C. Sanders (1866-1922), former music educator turned warden, began a choir, orchestra, and band in the Fort Madison Prison. The Oakdale Choir’s emphasis on songwriting, writing exchanges, and peacebuilding has served as a model for multiple prison choirs in the U.S. and across the globe. This session’s aim is to spark new ways of thinking about creating communities of care through choral singing whether the choirs are inside or outside prison walls.

- **Fewer Things, Better: Courage to Focus on What Matters, Mindy DeVries**  
Book review session on “Fewer Things, Better: The Courage to Focus on What Matters Most” by Angela Watson. You can't do it all. And you don't have to try. There are too many things competing for your attention as a teacher. The solution is NOT to manage your time better or work more efficiently. The most important step is getting clarity, and figuring out how to use your life to make an impact in ways that really matter. This book will help you strengthen the courage to do fewer things, so what remains can be done even better.

- **R&R Reading Sessions**

ePrintGO app from JWPepper

- Elementary with Shelley Droe
- Middle School with Joe Tangen
- High School with Jeff Knutson
- Bass Clef Choir with Kelly Truax
- Treble Clef Choir with Jason Rausch
- Music & Worship with Christopher Goodson
- Community Choirs with David Puderbaugh
- College Choirs with Mark Potvin
- Show Choir with Nick Oswald
- Jazz Choir with Rob Williams

## **FRIDAY JULY 30**

9:00 am – Memorial Golf Tournament  
Dorm room check out available