August 1, 2020 COVID-19 SPECIAL EDITION



Virginia Harmony







Inside this issue

President's Message2
Voices United Conference Info3-5
COVID-19 Resource List6-8
President's Letter to NAfME
Leadership9
Membership Article10-12
Editor's Note14
2020-2021 VA-ACDA Calendar 15

President's Message: Choral enCOURAGEment!!! — Amy Moir



Dear overwhelmed and perhaps slightly defeated choir director,

Hey you --- yes YOU! You've got this. You can do it! Yes, there are a lot of unknowns, but if anyone can do this, it is you! You have a village of people who believe in you and are here for you when you need it.

Is this your first time directing a choir in this set of circumstances? It is for me, too! It is unprecedented for all of us. The anxiety and fear are real and understandable. There are no articles listing well-researched strategies that occurred over multiple years to tell us the best ways for working under these conditions. Lucky us! We get to start trying the various practices ourselves! The world is our oyster, and we get to try so many new things!

You are so creative! You are going to do amazing things in new formats! You have the capability to overcome any difficulties as you go along. You also have a plethora of resources at your disposal through your ACDA family. Hundreds of people are rooting for your every success and are behind you 100%.

When you begin to feel like it is not as fulfilling a medium for directing an ensemble, just keep in mind that none of this is for you or about you. It is for them—our students. The choristers and their experiences are the reason we keep creating. While it is wonderful to positively impact thousands of people through music, it only takes impacting one for your purpose to be fulfilled. Every singer who has a positive rehearsal or records new music with better produced consonants or feels profoundly touched by a musical text, did so with your help and guidance. What a blessing YOU are to their lives and your craft.

So, fabulous choral director, remember every day how wonderful, creative, and important you are. You will get through this incredibly unique and challenging time. ACDA is here to help you along the way. We are all here to celebrate each and every success no matter how big or small. You are AMAZING!

Sincerely,

Your Choral Cheerleader

From your Voices United Conference Chair:

Pamela McDermott

Annual Collaborative Summer Conference by the Delaware, Maryland/DC, and Virginia chapters of the American Choral Directors Association

VU 2020 IS GOING ONLINE!

August 6 - 7, 2020



http://www.acdavoicesunited.org

Voices United Summer Choral Conference

August 6-7, FREE, online; no registration necessary!

www.acdavoicesunited.org https://www.youtube.com/channel/UCicskVWCx7LWQIUdK605dpQ

Sponsored by the VA, MD/DC, and DE chapters of ACDA and The Musical Source

- Interact through chat with presenters during each session and in a brief Q&A following each session.
- All sessions will be recorded and will be available for viewing later on our YouTube channel.
- Certificates will be available for professional development documentation.

Pre-Conference Reading Session by Michael John Trotta

Repertoire for flexible rehearsal rehearsal environments: online, hybrid, in-person with modifications

Wednesday, August 5, 3:00-5:00pm

This session will feature 22 titles by 9 publishers and consists of four sessions in two hours offering 3-part mixed, 2-part, Church, and SATB music. Register at: https://us02web.zoom.us/webinar/register/8715959374545/WN_5Q4TosNuQlK8oteK9DAfVw

Thursday, August 6	Session	Session
9:30	Building the Team: Developing Listening, Awareness, and Collaboration in the Choral Ensemble Jacqueline Horner-Kwiatek, singer, teacher, and Artistic Director of ModernMedieval Voices	What Can We Program In the COVID Worldfor Developing Voices? Annabelle Mills, MS teacher Ashburn VA; Andrew Trites, MS teacher Hockessin DE
10:15	The Choral Warmup: Cracking the Code John Petzet, University of Nebraska- Kearney	Connecting through Technology: Tools and Resources for Engaging Music Alice Boyars, Elementary Teacher, VA
11:15	Break	Break
11:30	How Can We Keep from Singing? Conversations with leaders of choirs and choral music education to inspire our continued work Lisa Billingham, George Mason University; Michael Wu, Landon School and Strathmore Children's Chorus, MD	Only one session at this time
12:30	Break	Break
1:15	Continuing the Legacy of Black Americans: Singing Jazz Music in your Concert or Jazz Choir (all levels) Marty Lassman, retired teacher, DE	Forgetful Friends Chorus – Singing with Dementia Susan Dommer, Director, Forgetful Friends Chorus and Middle School teacher, VA
2:15	Break	Break
2:30	Tech Tips for Recording and Streaming Choirs CJ Redden-Liotta, Vienna Baptist and Falls Church HS VA; Turner Bridgforth, Southpaw Media Productions	Keeping Your Community Choir Connected Max Nolin, Loudoun Chorale VA and Norwood School MD
3:30	Break	Break
3:45	The Embodied Rehearsal: Engaging Singers in Kinesthetic Learning Caron Daley, Duquesne University	Choral Music In Corona-time: An Overview of Ideas and Approaches Michael Slon, University of Virginia
4:45	Break	Break
5:00	State Receptions and Meetings	State Receptions and Meetings
End of Day	End of Day	End of Day

Friday, August 7	Session	Session
9:30	Building Beautiful Tone: A Research- Based Approach to Daily Choral Warm-Ups Carlton Kilpatrick, FL State PhD candidate	Music We Want to SingNo Matter What! Repertoire for SAB and SATB choirs in high school and beyond Kathleen Shannon, Temple University and Salem Community College, NJ; York (PA) Symphony Orchestra and Chamber Singers Margaret Anne Butterfield, Wilmington Friends School, DE Bill Podolski, H-B Woodlawn Secondary, Arlington VA
10:30	Viewing Uncertainty as Opportunity: Growth In the Time of COVID Leslie Moruza Dripps, City Singers Youth Choirs Richmond VA	Laying the Foundation for a Virtual Choir Experience Joel Shapiro, Woodbridge HS VA; Purev Arslanbaatar, Poe
11:15	Break	Break
11:30	Black Music Matters: Non-Idiomatic Music by Black Composers and Discussion about Race and Culture in the Choral Setting Edryn Coleman, HS teacher Howard County MD Arreon Harley-Emerson Director of Music, Choir School of Delaware Chair, ACDA Diversity Initiatives Committee	Only one session at this time
12:30	Break	Break
1:15	Hey You Guys! Gender Blas In Choral Rehearsals Mary Ann East, George Mason University	The Resillent Music Ministry Jessica Irish, Messiah UMC, VA; Karen Marrolli, Central UMC, NM; Sarah Bereza, Blogger and First Congregational Church, MO
2:15	Break	Break
2:30	G.U.M.B.O. Great Urban Music Teachers Bring Opportunities Anne Smith, author and elementary teacher, Alexandria VA	Paint Samples: Focusing on Our Goals to Thrive in COVID-19 Hannah Wunsch Ryan, University of Virginia - Wise
3:30	Break	Break
4:00	Networking Sessions	Networking Sessions

Compiled and edited by your Newsletter Editor:

Matthew Russell

COVID-19 Special Edition Resource List

Recent Evidence-based Resources: SINGING

Russo, Frank A., Beatriz Ilari, and Annabel J. Cohen. *The Routledge Companion to Interdisciplinary Studies in Singing*. 3 vols. New York, NY: Routledge, 2020.

[Note: Volume 1: Development; Volume 2: Education; Volume 3: Wellbeing]

Sweet, Bridget. *Thinking Outside the Box: Adolescent Voice Change in Music Education*. New York, NY: Oxford University Press, 2020.

Welch, Graham F., David M. Howard, and John Nix, eds. *The Oxford Handbook of Singing*. New York, NY: Oxford University Press, 2019.

Singer's PPE

Resonance Singer's Mask: linked Here & Here

The Singer's Mask: linked Here & Here

Virtual Choir Resources

Arts Laureate: linked Here

Choir Creator App (forthcoming): linked <u>Here</u>

Chor Amor: linked Here & Here

Virginia ACDA Nigel Tangredi's "Do-It-Yourself" Website, MAKING A VIRTUAL ENSEMBLE: linked $\underline{\text{Here}}$

Self-care for the COVID-19 Pandemic: Suggested Reading

- Brown, Brené. *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone*. New York, NY: Random House, 2017.
- Brown, Brené. *Dare to Lead: Brave Work. Tough Conversations. Whole Hearts*. New York, NY: Random House, 2018.
- Brown, Brené. *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are.* Center City, MN: Hazelden Publishing, 2010.
- Brown, Brené. *Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead.*New York, NY: Random House, 2015.
- Gyatso, Tenzin [Dalai Lama], Desmond Tutu, and Douglas Abrams. *The Book of Joy: Lasting Happiness in a Changing World*. New York, NY: Avery/Penguin Random House, 2016.
- Hanh, Thich Nat. *FEAR: Essential Wisdom for Getting Through the Storm*. Sydney, Australia: HarperCollins Publishers, 2012.
- Levitin, Daniel J. *The Organized Mind: Thinking Straight in the Age of Information Overload*. New York, NY: Dutton/Penguin Random House, 2016.

Professional Organization Resources

ACDA (American Choral Directors Association) COVID-19 Resources: linked Here

Big COVID Survival Choral Doc: linked Here

NAfME (National Association for Music Education) COVID-19 Resource List: linked Here

NATS (National Association of Teachers of Singing) COVID-19 Resources for Music Educators: linked $\underline{\text{Here}}$

NCCO (National Collegiate Choral Organization) Statement and Resources: linked Here

Tennessee Tech School of Music COVID-19 Resources: linked Here

WACDA (Western Region ACDA) Task Force on Innovation COVID-19 Report: linked Here

Journal Articles, Research Studies, and Related News Media

"Airborne Transmission of SARS-CoV-2: Theoretical Considerations and Available Evidence" [Michael Klompas, Meghan A. Baker, and Chanu Rhee/JAMA Network]: linked <u>Here</u>

"Coronavirus autopsies--A story of 38 brains, 87 lungs and 42 hearts: What we've learned from the dead that could help the living" [Ariana Eunjung Cha/Washington Post Article]: linked <u>Here</u>

"COVID-19 Risks and Precautions for Choirs" [Juliette O'Keefe/ National Collaborating Centre for Environmental Health (Canada)]: linked <u>Here</u> & <u>Here</u>

"CU Boulder Professors: Coronavirus is Airborne" [Katie Langford/Boulder Daily Camera]: linked Here

"Dr. Malcolm Butler: Why You Should Wear A Mask (It's the Air You Share)" [Dr. Malcolm Butler/The Wenatchee World]: linked <u>Here</u>

"Innovations and Experimentations in Distanced Choral Singing" [Fahad Siadat/NewMusicUSA]: linked Here

"Moral of the Story: Use What Works" [Laura Dunbar/General Music Today]: linked Here

"Research to Resource: Developing a Sense of Community in Online Learning" [Kari Adams/Update: Applications of Research in Music Education]: linked <u>Here</u>

"Safer Singing During the SARS-CoV-2 Pandemic: What We Know and What We Don't" [Voice Foundation/Journal of Voice]: linked <u>Here</u>

"The Future of Work—The Good, The Challenging, & The Unknown" [Jared Spataro/Microsoft 365]: linked Here

"Unprecedented International Coalition Led by Performing Arts Organizations to Commission COVID-19 Study" / "Performing Arts Aerosol Study Preliminary Findings" [Mark Spede and James Weaver, et. al./National Federation of State High School Associations]: linked Here & Here

[PLEASE NOTE: Singing and Theatre UPDATES FORTHCOMING SOON!!!]

"When Will It Be Safe to Sing Again?" [Alex Marshal/New York Times]: linked Here

July 1, 2020

Dear NAfME leadership,

I write this letter to express my frustration with the guidelines set forth in the Fall 2020 Guidance for Music Education. I echo the sentiment of my colleagues, Dr. Thomas Rinn representing TCDA, and Dr. Troy Robertson in their letters to NAfME this past week. I offer further considerations of consequence below

On page 2 of the guidelines under **Key Takeaways for Administrators**, number two lists "No indoor group or ensemble singing, until tested mitigation techniques are proven effective." While there were many suggestions for spacing for such instruments as woodwinds and brass, the only thing offered for voice was for us to not sing indoors at all. Recommendations could have included any of the following:

- · the use of plexiglass between singers whenever possible
- wearing masks and face shields while singing
- encouraging groups to hum and audiate more often in rehearsal to limit singing
- sing outdoors whenever possible
- space singers 15 feet apart whenever possible
- work to schedule breaks between choral ensembles to allow time for disinfection and aeration of the space
- If not already in place, install high quality air circulation systems within the classrooms

The broad study at the University of Colorado is referenced at the top of the recommendation, the results of which will not be available until July 25 for vocalists as indicated by the studies' website link included in your guidelines. With the recommendation that no singing occur indoors and no other alternatives offered, you have greatly jeopardized the careers and livelihoods of many of your members and potentially gutted the choral arts nationwide. Administrators are already making decisions about staffing and courses. For schools starting the first week of August, all their administrators have to go on from NAfME is that singing should not occur indoors.

I encourage NAfME to look through the guidelines created by the American Choral Directors Association in the ACDA Response COVID-19 Committee Report which can be found at this <u>link</u>. It has recommendations for a safe return to singing in ensembles for all age levels including elementary which can be applied to general music classrooms.

I strongly urge you to look further at the guidelines and the many inequities between the vocal and instrumental arts. If you encourage administrators to reference the study being done in relation to singing and playing wind instruments, yet your recommendation is that wind instruments have adequate spacing and singing just doesn't happen, this to me indicates some serious inequities in the organization. Music of all types is for all, even in a pandemic. The stronger we are together as artists, the better we all are.

Sincerely,

Amy Sprague Moir

From Virginia ACDA Member: Christine G. Tarrant

In March during assessment season, our choral classrooms were shut down and forever changed. Choral teachers at a moment's notice had to find alternative, remote ways to teach. Many of us joined Facebook pages and worked with our colleagues. In Loudoun County all the high school directors created lessons and shared them, and I was so thankful for their insights and hard work.

For me like many others, I watched the effects COVID-19 was having on people--especially the elderly and front-line workers. The most vulnerable were isolated and lonely and away from their families. Front line workers were risking their lives to care for others. One of my students told me about her volunteer work. She was making performance videos for nursing homes and assisted living facilities. This came at a time when families were not seeing their loved ones and these facilities were getting hit hard with the COVID outbreak. Later I found out the directors at these facilities were struggling both physically and mentally. As choral music educators our focus is always teaching our students about selflessness, kindness, understanding, and culture through the beauty of choral music. Our teaching is weaved throughout society's everyday life.

My student inspired me to reach out to *All About Care*, an organization which works with nursing homes and facilities throughout Virginia. We started a partnership of creating a performance library which could be distributed to those most affected. Many of the elderly miss their grandchildren, and creating this project gave them some comfort during this difficult time. Students chose music that was inspirational, and they included family members in their performance. I had students singing duets with their parents that moved me because they were full of love and expression.

Students were given one week to prepare, one week to make their recording, and could choose a video or audio performance to submit. I then gathered all the performances into one google share file for *All About Care*.

After students finished they filled out a reflection google form which included:

- -Why did you choose to do this project?
- -Why is it important to help the elderly during COVID-19, especially those who are alone, ill, and going through a rough time.
- -How did you feel about giving back to your elders?
- -How can you use your talents and energy to help those around you or in your community that you now might explore?

Students loved this assignment, and some even decided to submit two to three videos each--which was amazing. We compiled twenty-five to thirty videos/audios and have distributed them throughout VA. My own family and I got involved in the project as well and submitted audios and videos.

Before starting the project, I received the administration's approval, and students were told not to use their full name on the video or audio. Next year, I plan to continue our partnership with *All About Care* and incorporate solos, duets, and choral performances. Connecting the youth with those in need advocates for choral music at a time when things are uncertain. I hope other choral programs can use this assignment and reach out to their communities in need.

Our next step is to share some of the patients' reactions from watching the performances, so students can see how their gift has healed and affected others. I sent my videos to my grandmother who turned 101 this year and has seen two epidemics in her lifetime. I was so fortunate to see her watching our family's performances. She was feeling ill, and the music lit up her face and lifted her spirits. That is the power in what we do that no other type of music or education can create. Words and music touch and heal souls, and my students and I enjoyed spreading our love throughout our community.

I wanted to end with some quotes from my students:

Why did you choose this performance project?

-I want to help others directly.

Why is it important to help the elderly during COVID-19 especially those who are alone, ill, and going through a rough time?

- -Not only are they most at risk for a deadly disease, but they are most alone. They are likely in isola tion, as their family doesn't want to put them at risk and feeling like this is indefinite. Music is something that is proven to help with that.
- -Every person is so unique and special, and the elderly have so much experience and it is important to let them know that we are trying to help and that they are not alone.
- -I think it's important because they can feel lonely because they can't see their family. It also gives them hope to keep going.
- -They cannot see loved ones and are scared, and music can help them cope.
- -I love how this assignment is a way to make a positive impact in a time that it so uncertain for so many people! Since one risk factor for COVID-19 is being older than a certain age, it is important to help those who are trying to be more careful by isolating themselves.
- -Because they need to smile and have a sense of hope and light in these dark times
- -Well, they don't have anyone to help them and plus they are more prone to getting the disease. It's very sad to see that they can't really have anyone to visit them and get the comfort and love that they need.
- -It is important to help the elderly during this time because it is very easy to forget that mental illness doesn't only affect teenagers/young adults, it is a problem that is very evident in many older people, especially during this time when they may feel completely alone.

How did you feel about giving back to your elders?

- -I feel good about it, I miss my grandpa.
- -I have done it plenty of times and honestly, I don't think I will ever stop.
- -I love knowing that I could be helping someone who needs a little extra sunshine in their day! Doing this has helped me feel great!!
- -I love it! It's a great idea!

What ideas do you have about helping those around you or in your community that you might explore?

- -I want to give back more and maybe just help around the neighborhood with people who are strug gling with anything (mental health, money).
- -Sending videos to my older family members of me singing as well.

Christine G. Tarrant is new to Virginia and teaches at Independence and Tuscarora High School in Loudoun County.

Annual Collaborative Summer Conference by the Delaware, Maryland/DC, and Virginia chapters of the American Choral Directors Association

VU 2020 IS GOING ONLINE!

August 6 - 7, 2020

Voices United
American Choral Directors Association

http://www.acdavoicesunited.org

REBECCA TYREE "BRING A FRIEND" MEMORIAL FUND



Becky Tyree, past VA-ACDA President and Voices United Chair passed away unexpectedly on May 24, 2018. Becky had a huge heart and positive spirit. She was a constant presence at Voices United, Southern Region, and National ACDA conferences as a presenter and participant. She led an active student chapter at VCU and worked to bring young educators into ACDA.

Becky regularly reached out to friends to share rooms and meals at conferences. The Rebecca Tyree "Bring a Friend" Memorial Fund has been established to continue Becky's work and inspiration among us. Members and friends are encouraged to make donations to honor Becky, or to remember/honor others who have guided and inspired.

Recipients of this award will be nominated by a current member of ACDA. Scholarship winners will receive conference registration fees and hotel expenses for two nights. If the recipient has not already joined ACDA, they will also receive a complimentary membership from their home state during the National ACDA fall membership drive. Awards will be announced before the Early Bird registration deadline for Voices United.

Donations may be made through the Voices United website, www.acdavoicesunited.org, or by visiting the Virginia ACDA page (www.vaacda.org) or the Delaware ACDA page (www.deacda.org). Or, contact Voices United conference chair, Pam McDermott at pmcdermott@vaacda.org for information on how to mail a check.

A list of those honored through a donation to the Rebecca Tyree "Bring a Friend" Memorial Fund will be printed in Voices United Conference Brochure and Concert Program each year. Thank you for helping us continue Becky's legacy and for supporting choral excellence through Voices United!



www.acdavoicesunited.org

From your Newsletter Editor: Matthew Russell

Virginia Harmony



September 2020 Edition

The VA-ACDA leadership team and I would like to invite all of you to contribute your articles and ideas for OUR September 2020 Edition of *Virginia Harmony*. ALL Virginia ACDA members and R&R chairs are enCOURAGEd to make submissions. As your performance seasons and school and/ or church years begin, it would be wonderful to hear from you. Please feel free to share articles and ideas about innovative, "remote"/online platforms for effective vocal instruction, successful models of choral practice, lesson plans and resources, virtual choir solutions, choir PPE, and any other ways that you are planning to keep your choirs and audiences engaged and connected during this unprecedented time. TOGETHER, we are ALL made better by sharing our GROUP GENIUS!!!

Article due date: September 1, 2020 Publication date: September 15, 2020

Send to: mnr10707@gmail.com

Virginia ACDA 2020-2021 Calendar

August 6-7, 2020 Voices United Virtual Conference,

VA ACDA membership meeting - 8/6 - 5-6 PM via Zoom

All Year Sing for Virginia composer advocacy initiative #sing4va

September 1, 2020 Newsletter Publication #1: Voices United Wrap-up, Leadership

Team highlights, membership drive information

Sept. 15 - Nov. 15, 2020 ACDA membership drive - encourage someone to join!

November 1, 2020 Newsletter #2: articles from membership, All VA Middle School

Information, membership drive updates

November 8, 2020 Executive Board Virtual Meeting @ 7:30 PM

November 19-21, 2020 VMEA Virtual Conference: VA-ACDA state virtual meeting

January 2021 Recruitment for R&R chair positions

January 31 2021 Full VA Leadership virtual meeting - 3 - 5 PM

February 1, 2021 Newsletter #3: Voices United Conference information, All VA

Chorus information, membership articles

March 28, 2021 Executive Board virtual meeting - 7 - 8:30 PM

March 17-20, 2021 ACDA National Conference - Dallas, TX

April 22-24, 2021 All Virginia Honor Choirs, free professional development

workshops, state meeting - Richmond, VA

May 15, 2021 Newsletter #4: All State Middle School highlights, Voices

United Conference information, state leadership information

August 5-7, 2021 Voices United Conference - Fairfax, VA

www.acdavoicesunited.org

Voices United committee planning meetings: September, October, November, January, March, & May. Interested in being part of the planning committee? Please email Dr. Pamela McDermott at pmcder-mott@vaacda.org