

Bilateral Body: Health and Mindfulness in Teaching

With Michael R. Gilbert

Back by Popular Demand! Balance is the key to understanding stress, and stress is paramount to enhance performance. It is an essential aspect of all life. Stress adds flavor, challenge and opportunity. Great performers optimize stress. Participants will gain a new perspective of a body in balance and will understand what bilateral means and how to maximize this intrinsic advantage. This workshop will give you achievable tools for everyday life that will take your teaching and your practice to the next level.

String Bass Ensembles Go Wild (Cellists Invited Too!) Bring Your Instruments!!!

With Lou Kosma

No matter your level of expertise on the string bass, this will be a fun session of trios, quartets and ensemble music just for String Basses. If you only attend one event in Rockland this year for basses, this is **THE** one!

Movement with Maggie Hoffee

In an effort to get this brochure out, information about this clinic will be sent out shortly.

Fostering Student Well-Being through Music and the Arts

With Dr. Randall Allsup

Through the facilitation of small and large group philosophical discussions, we begin the session with two critical assumptions: (1) music and the arts are a vital aspect of a child's education; and (2) music teachers are entrusted by the public with providing for the growth and well-being of *all* young people. Given these responsibilities, what are we doing well? How are we serving this mandate? Where can we make improvements? Using plain language, how do we make a case for social justice and inclusion in music education? Are there aspects of being a music teacher that gets in the way of important ideals like inclusion, multicultural appreciation, identity, and equity? What prevents us from doing more to enlarge our students' lives through music and the arts? How can we make more room for diversity and difference?

Piloting Action Plans for Change

With Dr. Randall Allsup

In small groups, we will move the topic of social justice and inclusion in music education to actual change within our individual educational settings. What problems do you identify in trying to improve opportunities for inclusion and fairness in your music classroom? What changes can you make that are manageable? We will look at creating pilot action plans that address one structural problem in your particular program. What is your action plan? What stakeholders are involved and how will you bring them together?

From the Bandroom to Broadway

With Keve Wilson, oboe and Rachel Handman, violin

A duo show where we reflect on our youth and musical career paths, interspersed with pieces that coincide with where we were and what we learned and listened to during that time. Music of Brazilian Choros to Irish Reels to Bach and Broadway are performed. Rachel traveled the road of life early on and Keve attended the Eastman School, so although we met at age 10, and ended up being reunited recently both playing the same Broadway show (Carousel) there were different paths and inspirations that paved the way there.

Care and Feeding of Your Percussion Section

With Walter Miller

Enrich your percussionists' music experience in band and lessons. Repair tips (put the duct tape away), instrument choices, mallet selection, keep your students engaged in rehearsal, and more!

The Integrative Drum set

With Walter Miller

The drum kit's use as a tool for all your instrumentalists to learn rhythm. Equipment, set up, essential beats, and fills will also be included.

An Overview of Vocal Techniques, Repertoire and Vocal Health Care for Emerging Young Vocalists.

Korliss Uecker-Grossman

The title says it all!

Email Registration Only

Session 1: 9:30-10:45

- **Dr. Allsup Session 1**
- **The Bilateral Body: The Key to Modern Anatomy**

- **Percussion I-Integrating the Drum Kit into Your Curriculum**

- **String Basses Gone Wild**

- **Maggie Hoffee Session**

Session 2: 11:00-12:15

- **Dr. Allsup Session 2**

- **The Bilateral Body: The Key to Modern Anatomy**

- **Percussion II – The Care & Feeding of the Percussion Section**

- **From the Bandroom to Broadway**

- **Maggie Hoffee Session**

- **Korliss Uecker Grossman Session**

VERY IMPORTANT!

Please email Session choices
and School to:

cyassky@socsd.org

Schedule of Events

8-8:30am	Registration/Breakfast
8:30-9:15am	Welcome Keynote Address Dr. Randall Allsup
9:30-10:45am	Session 1
10:45-11am	Break
11am-12:15pm	Session 2
12:15-1	Lunch
1-1:30pm	RCMEA General Membership Meeting
1:30pm	Ensemble Selections

JAC/SAC/IAC Selection meetings

[REGISTER HERE](#)

Breakfast and lunch provided by RCMEA

KEYNOTE ADDRESS

Dr. Randall Allsup

“Instrumental Music Education, Identity,
and Social Justice”

This presentation will explore the possibilities of social justice through the lens of music education, community, and an affirmative concept of “difference.” I will look at how two musical organizations employ vastly different methods as they seek to promote peace and mutuality. Each group, however, is constituted differently by the music they make, leading to particular constraints and particular affordances. Each group approaches the concept of identity differently. Do some musical forms lend themselves more easily to a vision of social justice? What is a teacher’s responsibility when working within a discipline that has not previously considered obligations like justice, repair, and respect for diversity?



23rd Annual
Conference Day
November 6, 2018

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**A. MacArthur Barr
Middle School**

**143 Church Street
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