

The Opus

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President's Message

Happy Holidays! The time is nearing for a well-deserved holiday break for everyone. I know the fall is non stop from one holiday to the next with a mix of Halloween, Remembrance Day and Christmas all stuck in our heads. Thank you for all that you do for your students. The first few months of the school year have a lot of demands on music educators and your students' lives are enriched because of all you do. For many students, school, and music in particular, is an escape for children and the stresses and chaos of their personal lives. The music room can be a safe haven. Angela Dawe has done an exceptional job of creating this at Brother Rice, and you can read all about it in her article in this edition of the newsletter.



In addition to our school commitments we have had a busy year on the MSIC. We hosted our annual conference, Resonate 2018, we attend an SIC Leadership Seminar with the NLTA, CMEA Full Board meetings, sent representation to the first ever Atlantic Music Educators Conference and continued to work to plan PD and advocate on your behalf on issues you have brought to us.

As you may have heard by now, MUN has suspended the Bachelor of Music Education Conjoint Degree Program and both programs (Conjoint and second degree) are under review, though we are pleased they are accepting applications for Fall 2019. We all know how exceptional this degree program is. It has produced some of the top music educators, not only in this province, but also our country. Please continue to share online the work you are doing in your classrooms, and that you came from MUN and are a proud graduate. We want to showcase the strengths of this amazing program and that is easy when we have such amazing teachers guiding the students of our province. Tag the MSIC, CMEA and even MUN Music/Education on twitter and other forms of social media so we can help share your posts. Stay tuned over the next number of weeks as the MSIC begins several advocacy campaigns. We will need your help!

Please take time to rest and recharge over the holidays and best of luck with all your seasonal performances!

NLTA Music Special Interest Council 2018-2020

Provincial Executive

President	Ashley Beresford	Bishop Feild Elem/Holy Family Elem – St. John's	ashleyberesford@nlesd.ca
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Independent	Vincenza Etchegary	St. Bonaventure's College – St. John's	vetchegary@gmail.com
Affiliate	Chris Davis	Long and McQuade	
Student	Kristian Butt	Memorial University	

Welcome to Comfort Cove. Please enjoy your stay.

A safe and cozy haven hidden from the stormy seas, Comfort Cove is an initiative that has been implemented by classroom teacher and Music Specialist Angela Dawe at Brother Rice Junior High School, who found herself needing a quiet place during the school day to rejuvenate. It is designed to be a quiet outlet for students and staff members who may need a break or need a withdrawal from the sensory overload that can sometimes be inherent in the intermediate school. It is currently housed in the music room and open to students at lunchtime.

As with most schools, Brother Rice has a wide array of activities available to students who wish to engage with their peers and their environment during the school day. These include, but are not limited to, lunch-time intramurals in the gymnasium, outdoor play, dance troupe, computer use in the LRC, innovative projects such as a MakerSpace, leadership team, etc., and many adolescents enjoy the level of social interaction and engagement that such activities provide. Through collaboration with students, it was recognized that there is a portion of the school population that would like to avail of more restful opportunities to calm their minds and who seek less stimulation.

In recent years, class sizes at the intermediate level have been increasing and the composition of a typical class has also experienced changes. Students find themselves surrounded by very diverse learners, each of whom have differing academic, social and sensory needs. Comfort Cove recognizes this need and seeks to provide all students and staff with a safe and relaxing environment to detach from the busyness of the regular school day during unstructured time.

Comfort Cove provides students with and without diagnosed exceptionalities a safe, quiet place to rejuvenate, read, reflect, and/or rest. It is also a place to learn how to practice

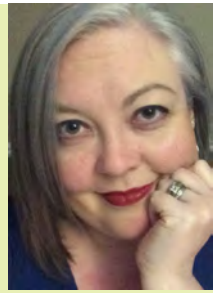
meditation, visualization, self-regulation, basic yoga poses and to learn new day-to-day coping skills.

Through visuals, articles, projected images and text, students are learning skills outside of the immediate curriculum that directly relates to their mental and social well-being. Many students are living with anxiety on a daily basis. There is a wide gamut, from nervous behaviours, to panic attacks, to withdrawn personalities, to those who cannot bear to eat in the cafeteria, to irregular attendance, and everything in between and more. Comfort Cove is a place that is a safe haven for those that need an escape from the everyday.

It is the vision that Comfort Cove will eventually have a dedicated space apart from the Music Room. This dedicated space would then have the potential to become an alternative space for teachers and administration to meet with students experiencing difficulties with academics, focus, behavioral challenges, stress, bullying, etc. It can also provide a neutral, safe place to implement and enhance restorative justice practices.

Comfort Cove is currently equipped with age appropriate sensory tools, brain teasers, logic/crossword puzzles, journal prompts, alternative seating, yoga mats, and supplies for simple art activities and meditation. It has been a welcomed addition to the school community as a positive place to meet the needs of our diverse population. Comfort Cove received an Educator's Innovation Award in Spring 2017 and continues to thrive for those in need of a quiet stillness amidst their day.

Angela Dawe, a proud townie, is the music specialist at Brother Rice Junior High School in St. John's where she teaches Classroom Music, Band, Orchestra, Choir and Social Studies.



CMEA Full Board Meeting Report

The 2018 Full Board meetings of the Canadian Music Educators Association (CMEA) took place in Montreal, Quebec from October 11-13. On October 11th, the Presidents of the provincial music educators associations met to share ideas and challenges. This is a very valuable experience each year. This year we were notified that each province will be responsible for submitting one article to the CMEA journal each year. The following two days were full board meetings with the provincial MEA's, executive

and directors of the CMEA. As always, these days were filled with great discussion. We are all encouraged to tag the CMEA in any of our social media posts and ensure we promote our award winners and events through their newsletter. We spent a great deal of time trying to develop the best location to host a resource database for CMEA members. This is still a work in progress. We will have two more online meetings this school year before our next in person meetings in Saskatoon in 2019.



Canadian Music Educators' Association (CMEA)

As you know, the Canadian Music Educators' Association (CMEA/ACME) has a social media presence via Twitter (@CanadianMEA) and on Facebook (@CanadianMEA) and we would like to help you share out your successes, classrooms, rehearsals, concerts, events, etc.!

How can we help you share it out? Following your posts, please use the following hashtags and tags to help CMEA/ACME share out to our national social media followers!

Tags – @CanadianMEA

Hashtags – #canadianmusiced #édumusicalecanadienne

We would LOVE to share your social media posts!

Workshop Opportunity!

MUN School of Music is bringing in conductor Gillian MacKay from the University of Toronto for some masterclasses and teaching February 5-9, 2019. On the morning of February 9th there will be an opportunity for school conductors to get together with her, to watch her work with the MUN Wind Ensemble and some students from high schools. Then in the afternoon Gillian will give a presentation just for the conductors, and there could be a discussion about her work, and perhaps a Q and A with questions from the teachers. Finer details will follow. **This is a free workshop for teachers.**

Anyone interested in attending please contact Bill Brennan – bill.brennan1964@gmail.com.

Resonate 2018

This year's conference was a tremendous success! Thank you to all the presenters, vendors, organizers, and most importantly, attendees. We wouldn't have a reason to put together a conference if we didn't have supportive and dedicated music educators that attend. We take all

your feedback very seriously and use it to help plan our future conferences and other events. Keep an eye out for an upcoming Google Form in your e-mail, all about your Resonate 2018 experience.





Teacher Profile: Jennifer Clarke

1) Where did you complete your music and education degrees?

I graduated in 1994 with a B. Mus. and B. Ed from Mount Allison University.

2) Where and what do you teach?

I teach at Exploits Valley High in Grand Falls-Windsor. I teach senior high Music, World Geography, and Career Education.

3) What has been the most memorable moment in your career?

I have so many memorable moments from the last 24 years, but seeing as I have to choose one, I will choose... last weekend EVH hosted PSLC 2018. I am new to EVH, so when my choir sang at the opening ceremonies it was our first performance of the year and this is my first high school choir in a few years. They sang "Imagine" and right from the

first note I had cold shivers because they felt every single word. It was an amazing moment to see their expression and pure emotion. We had very little practice time, but the students brought it. It will stick out in my mind forever.

4) If you could give one piece of advice to a new teacher what would it be?

My one piece of advice to a new teacher would be to seek out those students that don't realize they have raw talent. The ones that don't take lessons, the ones that no one expects to see perform, even the ones that get in trouble or have poor attendance. Make them see their talent, give them confidence, and watch them grow musically and personally as they finally find an area of success and feel special.

5) What is the best part of your job?

The best part of my new job are the times teenagers hang out in my music room at recess and lunchtime just to listen to each other play and sing. Truly watching students enjoy and experience authentic music makes my day.

Your Vocal Health

Do you ever think about your voice? Do you wonder how it's created in your body?

We use our voice all the time to communicate! We don't really think about it, we just do it!

Research indicates that up to 6% of people have a voice disorder.

Having a voice consists of three things: breath support from our lungs, the articulators in the mouth (such as our tongue, teeth, palate, lips, etc.) and of course, our vocal cords (or folds?!). Without them, we would have no voice at all!

The vocal folds, in combination with the articulators, are capable of producing highly intricate arrays of sound which allow us to speak. The tone of voice may be modulated to suggest emotions such as anger, fear, surprise, happiness or sadness. Singers use the human voice as an instrument for creating music!

So, given its importance, how can we best take care of our voice? Here is a great link from Speech and Audiology Canada (SAC) to help us understand more about our voice, voice disorders, and when to seek help!

www.sac-oac.ca/sac-resource-page-voice

Michele Critchley
Speech-Language Pathologist

Atlantic Regional Music Educators Conference

On October 19 and 20, I was very fortunate to be able to attend the first ever Atlantic Regional Conference for Music Education held in Charlottetown, Prince Edward Island. The featured clinicians included renowned composer and band director Robert Sheldon, Pamela Burton and Maureen Dunn from the Kodaly Society of Canada, and Denise Wilson and Kelly Slade from Orff Nova Scotia. Though all of the sessions were great, the highlight session was titled "Theme-agination" and was led by Denise Wilson and Kelly Slade from Orff Nova Scotia, and focused on a play-based learning approach. This session was outstanding and left all of the attendees wanting for more!

This conference was an amazing opportunity where I was able to connect with music educators from all across the Atlantic Region of Canada. The fresh ideas and support from other music educators was immeasurable for my own development and the very hands-on conference was quite inspirational! It was fabulous professional development for our quickly changing times with diverse classes, and I was able to leave with ideas that could be implemented immediately into my program. I would definitely attend again if given the opportunity.

Leigh Ann Ryan
Beachy Cove Elementary

★ ★ ★ 2018 Award Recipients ★ ★ ★

2018 CMEA Builders Award for Newer Teachers: CHRIS MILLER



Christopher Miller currently teaches classroom music, band and after-school drama club at Admiral's Academy in Kelligrews, CBS. In addition to his work in the classroom, he serves on the board for the St. John's Rotary Music Festival and has previously served as Avalon East representative of the NLTA Music Special Interest Council.

He holds Bachelor of Music Education, Bachelor of Music, and Master of Music (Conducting) degrees from Memorial University. Additionally, Chris has received a Master of Music (Instrumental Performance) degree from Carnegie Mellon University in Pittsburgh.

As a performer, Chris is a member of the Newfoundland Symphony Orchestra and has been the Director of Music for The Royal Newfoundland Regiment Band of the Canadian Armed Forces since 2016. He has previously performed with The Royal Canadian Artillery Band, l'Orchestre Francophonie and the Pittsburgh Opera. "I am very honoured to be receiving the CMEA Builders Award for Newer Teachers and would like to thank my wife Vanessa, my family, my teaching partners (both past and present), and my wonderful students for their continued support. I believe that little is possible without teamwork, but all things are possible when you work together as a team!"

2018 CMEA Builders Award: VINCENZA ETCHEGARY

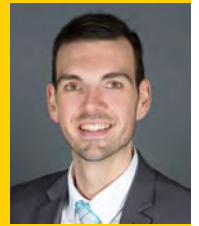


Vincenza Etchegary has taught instrumental music in St. John's, Newfoundland for the past 31 years. She completed a Music Education Degree at the University of Western Ontario and did graduate studies at Brandon University. Vincenza is currently the instrumental music specialist at St. Bonaventure's College. At the College, she directs 170 students in seven instrumental ensembles. Vincenza has been the recipient of both a Prime Minister's

Award for Teaching Excellence, as well as a Provincial Government of Newfoundland Teacher Excellence Award. Ensembles under her direction have received many prestigious awards including the Canadian Jazz Report Award and first place awards in the NL CBC Radio School Band Competition, the Long and McQuade National Youtube Performance Competition and the CBC Music Class Challenge. The St. Bonaventure's Wind Ensemble has

performed for both Pope Francis and Pope Benedict and their video of the CBC Olympic Theme was aired during the 2018 Pyeongchang Olympics

2018 Jamie Wilkinson Memorial Award: ROBERT COLBOURNE



Robert Colbourne holds a B. Mus (voice)/B. Mus Ed and M. Ed from Memorial University and is the choral director at Holy Heart High School in St. John's. Robert has toured provincially, nationally and internationally with his choirs and recently won 1st and 2nd places at the National Music Festival of Canada. When he is not conducting the award-winning choirs at Holy Heart, Robert maintains a busy private studio teaching voice, piano and theory through the Royal Conservatory of Music. Robert has also been the vocal director for *Cinderella*, *42nd Street*, *The Wizard of Oz*, *Chicago* and musical director for Gussied Up Productions *The Sound of Music*. Robert has been nominated for Music Teacher of the Year (SOCAN) and in 2011, Robert was awarded the Queen's Diamond Jubilee Medal for his contribution to music education in rural Newfoundland.

Executive Biographies

Ashley Beresford - President

Ashley holds Bachelor of Music and Music Education degrees from Memorial University of Newfoundland and a Masters in Music in Instrumental Conducting from McGill University. She is currently teaching at Bishop Feild Elementary and Holy Family Elementary. Ashley is still an active performer and can often be found in the pit playing a variety of reed instruments for Atlantic Light Theatre's productions. After serving on the MSIC for six years, Ashley is thrilled to be entering her second and final term as President.



Michelle Collins - Vice President

Michelle holds a Bachelor of Music and Bachelor of Music Education as well as a Masters in Educational Leadership from Memorial University. Michelle has had the opportunity to teach in St. John's and surrounding areas and is currently working at Admiral's Academy. Michelle strives to bring her enthusiasm and excitement for music to her students through a wide variety of approaches such as world drumming, movement and dance and technology. In addition to teaching in the public school system, Michelle enjoys teaching private voice and piano lessons from her home studio in the west end of St. John's. She has been involved with the NLTA Music Special Interest Council as Communications Officer and is excited to serve as Vice President for the upcoming term.



Catherine Hoven - Secretary

Born and raised in Middle Musquodoboit, Nova Scotia, Catherine was always a lover of music. From the time she could sing she was performing in church, picked up piano and waited with great anticipation to be old enough to join the Grade 6 Band. When the time came to pick instruments she had her heart set on the flute because it fit in her book bag! When she started Band she knew right away she was going to be a Music Teacher. She was a member of many different ensembles including Nova Scotia Junior Wind Ensemble, Nova Scotia



Youth Wind Ensemble, various Flute Ensembles, Pit Bands and every band possible at MRHS (she even learned the Alto Sax just so she could join the Jazz Band full time). Her Music Teacher, Diane Clarke, is a huge influence in her life and was the one who told her about the great Music School at MUN. After completing her B.Mus. and B.Mus.Ed. conjointly at Memorial University she moved beyond the overpass to find a teaching position at Fogo Island Central Academy. What she thought would be a short term thing has turned into eight years. Now an active member of the community, married and a house bought, it has turned out to be Fogo for Life and she couldn't be happier.

Sarah Caines - Treasurer

Sarah grew up in Happy Valley-Goose Bay, Labrador. She graduated from Memorial University of Newfoundland as a vocalist from the Conjoint Bachelor of Music/Music Education program in 2011. Since graduating, Sarah has worked at a number of schools in the NLESD school system. She is currently teaching at Newtown Elementary and Goulds Elementary. Sarah also teaches privately at Dynamic Sounds Music Studio in St. John's.



Rebecca McDonald - Communications

Rebecca is a music educator from Bishop's Falls, Newfoundland. Over the last six years, she has taught music, choir, and band from K-12 in Labrador, Central NL, and Eastern NL. She is currently Music Specialist (Grade 4-6) at Mary Queen of Peace Elementary in St. John's. Rebecca attended Memorial University of Newfoundland where she obtained a Bachelor of Music in Voice and Music History/Literature and a Bachelor of Music Education. Over the years she has also taught private piano and voice lessons, worked as a choral scholar with Shallaway Youth Choir, and worked as a church choir conductor. She has been a member of Lady Cove Women's Choir since 2005. Rebecca has a huge passion for technology and content creation. She feels strongly about the ability of social media to connect educators around the globe. She is delighted to continue in her role as the MSIC Communications Officer and looks forward to all the exciting opportunities and challenges ahead!

