

# Pentaton

Newsletter of AOSA Chapter #5

August, 2004

Volume 16, Issue 1



*presented by*  
**Michelle Fella Przybylowski**  
**September 25, 2004**

**Abington Friends School**  
**Jenkintown, PA 9:00 to 1:30**

The workshop will guide the participant in the basics of the Orff Schulwerk Approach. Speech, singing, dancing, playing instruments and creating will en-

gage the participant in making music about the weather.

Michelle teaches at Cheltenham Elementary School. She is also on the adjunct faculty at Chestnut Hill College. She has presented workshops for the University of the Arts, PMEA, AOSA, Bloomsburg Univ. and teaches Orff Level I at the University of Mass. in Lowell.

## DALCROZE EURHYTHMICS

*presented by*  
**David Frego**  
**October 23, 2004**

**Abington Friends School**  
**Jenkintown, PA 9:00 to 1:30**

This workshop will explore rhythmic movement, singing, and improvisation within small groups. We will also investigate the aesthetic elements of music and movement through creative movement improvisation. Materials will be provided. Wear comfortable clothing and come prepared to move.

David Frego is the Associate Director at The Ohio State University School of Music

and past president of the Dalcroze Society of America. He is an instructor in Dalcroze Eurhythmics and regularly presents workshops throughout North America, Asia, Europe, and the Middle East. While performing artists of all ages benefit from rhythmic training, eurhythmics in teacher training is an important focus of Dr. Frego's research. Other teaching and research areas include dance philosophy and the application of Dalcroze Eurhythmics as palliative care for terminally ill adults. David Frego has published articles in both music education journals and medical journals for arts medicine.

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## PRESIDENT'S LETTER

Each summer, as daylight is getting shorter, our thoughts return more often to the start of a new school year. We are reminded of this when we hear the "Back to School" sales advertised on TV. These ads can be annoying but they remind us to set goals and begin planning for the coming year. Using *Brain-Based Research* and other summer courses, we feel we are ready to process lessons that follow a standards-based curriculum. Please renew or become members of the Philadelphia Orff Schulwerk Association (PAOSA) and the American Orff-Schulwerk Association (AOSA). In addition to our outstanding workshop presenters six times a year, PAOSA membership will give you an opportunity to exchange ideas with other talented and dedicated professionals. You will receive: the PENTATON, our chapter newsletter, three (3) times a year; PAOSA Directory; emailed announcements; and the privilege to borrow valuable resources from our Founders' Library located at the Abington Friends School. These items include: books, videos, previous issues of THE ORFF ECHO and PAOSA Workshop Notes.

AOSA membership benefits include: THE ORFF ECHO, a well-respected quarterly journal; REVERBERATIONS, a quarterly newsletter; Scholarship and Research Grants which are avail-

able for study, research, and special projects; AOSA Video Library; Isabel McNeill Carley Library Collection; professional development information; membership directory, employment information; and the Annual National Conference. The 2004 National Conference will be held in Long Beach, California, November 10-13. You may register online at the national web site: [aosa.org](http://aosa.org)

*"... an opportunity to exchange ideas with other talented and dedicated professionals."*

Now that we are ready to begin the new school year with renewed excitement and energy, I would like to invite all of you to join us for our 2004-2005 workshop series and earn PA Act 48 or NJ professional credit. See page 6 for more details regarding our workshop series and remember to mark your calendars now so you won't miss a single workshop. On page 7, you will find the 2004-2005 Membership Form for the Philadelphia Area Orff Schulwerk Association. I would like to encourage you to become a member of our chapter.

Looking forward to seeing you in September.

## TECHNOLOGY CORNER

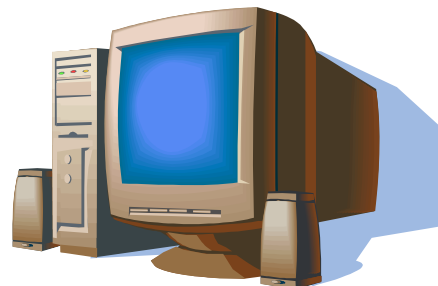
[www.mail2web.com](http://www.mail2web.com) Access your email from any computer and insert your email address and password.

<http://www.enchantedlearning.com/music/> Matching and fill in printouts are available free for musical instruments, music theory, sheet music, composer biographies and monthly music calendars with enhanced printouts for a \$20 yearly membership.

<http://www.playthebass.com> A handy site for a variety of staff paper with and without clef signs, flash cards and posters

<http://www.cottagesoft.com/~songbird/> Music Graphics Galore is a collection of free icons, clipart, graphics, backgrounds, and images.

<http://www.musictheory.net/> Site for music theory lessons



<http://singlish.com> Accelerating language and learning through music, visuals and movement

See the Teacher Aids section for music graphics.

## SCHOLARSHIPS AND GRANTS

Applicants must be members of the American Orff-Schulwerk Association. For information and application forms, contact John Bednar, 610-539-6295, [jbednar@mciu.org](mailto:jbednar@mciu.org) or National Headquarters at [www.aosa.org](http://www.aosa.org) (members should log in before selecting the Grants and Scholarships bar on the left side of the screen.)

### TAP FUND

Provides financial aid for teacher training, equipment, outreach activities, or startup money for special projects.

To receive funds for training, applicants must demonstrate personal financial need. To receive funds for equipment or a special project, applicants must present evidence that a proposed project will benefit the low-income population he/she teaches. The applicant must be actively involved in a music program, elementary or junior high level, servicing low-income populations.

Deadline — January 15, 2005.

### SHIELDS-GILLESPIE SCHOLARSHIP

Provides financial aid to teachers of preschool and kindergarten children from minority and low-income populations who recognize the important role music can play in early childhood education.

Applicants must demonstrate strong motivation to study and use music, particularly the Orff Schulwerk process, in early childhood education. Applicants must demonstrate real financial need and must have resided in the United States of America for the past five years.

Deadline — January 15, 2005.

### GUNILD KEETMAN ASSISTANCE FUND

This fund has awarded many grants this past year for the study of the Schulwerk through levels courses or creative projects related to Orff Schulwerk. Deadline — January 15, 2005.

### AOSA RESEARCH PARTNERSHIP GRANT

The purpose of this grant is to encourage K-12 music teachers to do research with a mentor from a college or university. Whether you wish to do a graduate research project or classroom research, you may apply for support to cover some expenses related to your project. Please contact AOSA headquarters for an application form.

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## COMPOSING WITH SALLY ROGERS

On May 8, chapter members gathered for the workshop *Writing Melodies with Young People* led by songwriter, performer and teacher Sally Rogers. She shared PAOSA's excitement at the great potential of children creating their own music, while enthusiastically presenting composition projects and lesson ideas from her own classroom.

The morning began with a word-based composition activity. Sally took participants through the process of selecting a topic for a song (spring), brainstorming words, grouping the words by syllables, and then decoding the two-beat rhythms of the descriptive words. She pointed out the difficulty anacrusic words pose to this otherwise straightforward 2/4 activity. Participants worked in small groups to create an eight-beat rhythmic word chain. The groups then added familiar recorder notes (BAGED) to their rhythm and composed a major or minor melody. Groups paired together to construct a simple form composite of the two melodies. Sally recommended against using the letter names A through G to denote form within a song because of the potential for confusion with pitch names. The groups shared creative final arrangements, including the addition of barred instruments and non-

pitched percussion.

After a mid-morning break, Sally talked with the group about some of her experiences within her school. One was having students compose iconic maps of an original body percussion ostinato by gluing die-cut shapes on black paper. She also talked about a multi-cultural initiative and *Big and Loud*—a “get out extra energy” idea to share with classroom teachers.

*... potential of children creating their own music.*

After lunch the group enjoyed singing a layered song, “Break ’em on Down,” by Joann Hammill. The workshop concluded with the whole group composing a melody for Jack Prelutsky’s poem, “The Ways of Living Things” (*Random House Anthology of Children’s Poetry*, p. 71). This poem is anacrusic, which provided the group with an opportunity to discuss teaching anacrusis. For this song, Sally began with decoding the rhythm. To create a melody as a whole group, she had participants choose one note at a time from the same pentatonic note set used previously (BAGED). Sally used this process to create two separate melodies for the same rhythm; these were used as contrasting sections in the final song. The

*Continued on p. 6*

## DIRECTIONS TO WORKSHOPS

### Using Pennsylvania Turnpike

- Get off the PA Turnpike at the **Willow Grove Exit**, Rt. 611, go South on 611 (Old York Rd.) about 4 or 5 miles until you get into the Jenkintown shopping district (small shops right along sidewalk). The first light is Greenwood - turn left. The first light on Greenwood is Washington Lane - turn left, second driveway, turn right into Abington Friends School.

- **From the north** - take the Northeast Extension of the Pa. Turnpike south to Rt. I-276 east. Follow directions above.

### From the State of Delaware and Delaware County, PA

Take I-95 North to Chester and exit at **Rt. I-476 Plymouth Meeting (Blue Route)**. Stay on I-476 and go onto the Pa. Turnpike East. Follow PA Turnpike directions above.

### From Chester County, PA

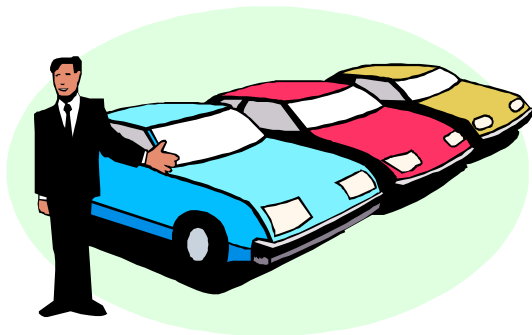
Take Rt. 202 to the Pa. Turnpike East. Follow PA Turnpike directions above.

### From New Jersey

- **From Central Jersey** - Take the New Jersey Turnpike to the Pennsylvania Turnpike. Follow PA Turnpike directions above.
- **From Tacony Palmyra Bridge** - Cross the Bridge and follow Rt. 73 north through Philadelphia (becomes Cottman Ave.) and into Montgomery County where it is called Township Line Road. Turn right onto Jenkintown Road, which becomes Greenwood Ave. Turn right onto Washington Lane. Abington Friends is on the right.
- **From Ben Franklin and Walt Whitman Bridges** - Take Schuylkill Expressway **I-76 west** and bear right at **Roosevelt Boulevard Extension**. Exit at Broad Street Rt. 611 North and follow directions below.

### From Philadelphia

Take Broad Street North (Rt. 611) and bear right onto Old York Road. Turn right at the end of "The Pavilion" shopping center onto Washington Lane. Abington Friends is 1 1/2 blocks on the right.



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## Central NJ

9/18 - Karen Howard -  
Doubek technique and  
West African drumming  
10/16 - Lynnel Jenkins -  
Choral Workshop  
1/8 - Chapter Share  
2/5 - Sharing with Kodaly  
3/12 - Christi Brown - Step  
it, Stomp it!  
Workshops at Princeton Day  
School, Princeton, NJ  
[www.geocities.com/cnjaosa](http://www.geocities.com/cnjaosa)  
for further information

## 2004-2005 Workshop Season

September 25, 2004  
Michelle Fella Przybylowski  
**The Basics**  
In All Kinds Of Weather,  
We Experience Orff Together

January 29, 2005  
**ORFF IN ACTION**  
A session with children focusing  
on developing pieces through the  
elemental sequence and process.  
This season: instrument repair  
and performance.

March 12, 2005  
Paul Cribari  
**Shadow Puppetry** in the  
Orff Schulwerk Classroom

October 23, 2004  
David Frego  
**Dalcroze Eurhythmics**  
Rhythmic movement to enhance  
the concepts of pulse, beat,  
meter, and phrase

April 30, 2005  
Rob Amchin  
**Finales and Overtures:** Music  
to end the school year and  
prepare for the next year

June 4, 2005  
**CHAPTER SHARING and  
PICNIC**

All workshops are scheduled at Abington Friends 9:00-1:30.  
Act 48 and NJ professional credit is available.

## PAOSA Highlights

**Janet Tebbel** performed on the carillon of the First United Methodist Church of Germantown as part of the 2004 Carillon Recital Series. Following the concert, there was an Open Tower, when the audience could view the console and speak with Janet.

**Rose Grellis** spoke at the PMEA Professional Development Seminar at Penn State, as a part of the PMEA Summer Leadership Conference. Her topic was "Recruitment and Retention of New Music Teachers in the Urban Schools." Following the session, she facilitated a breakout session on developing mentoring strategies for urban schools.

**Karen Markey** took 28 singers from the Kennett Symphony Children's Chorus to the Pacific Rim Children's Chorus Festival in Hawaii this summer. The Children's Chorus, along with 10 area churches and a professional orchestra, will perform John Rutter's Mass for Children (2003) at Kennett High School on Oct. 3 at 7 p.m. This is a benefit for the Make-A-Wish Foundation.

## Composing, cont.

group then divided tasks, some creating a form and instrumental accompaniment, some adding non-pitched color parts, and some choreographing. The resulting final performance piece was interesting, particularly in its pleasing melodies and mix of major and minor modes.

Sally has only been teaching children in a school setting for three years, but has substantial experience composing and performing for children. She shared tremendous energy and great enthusiasm for the Orff process and for creating with children.

## Membership in the Philadelphia Area Orff Schulwerk Association

provides opportunities for continual development of the teacher. Active participation in our area workshops will inspire creative musical growth. By associating with other talented music educators, you can share ideas at a professional level. Teachers who are new to the Orff Schulwerk process and don't have access to the barred instruments, will be introduced to many other skills which still nurture the Orff process.

### Membership includes:

- **FREE** admission to all PAOSA workshops
- Participation in a group of enthusiastic and dedicated people supporting active music education
- **FREE** Subscription to the PAOSA Newsletter (issued 3 times a year)
- Listing in the annual chapter directory providing contact with other PAOSA members
- Complementary admission to workshop for your administrator

### Workshop fees for non-members:

- \$25 for teachers
- \$12.50 for full-time students.

### *Note:*

*Avoid the registration crunch! Preregister through the mail.*



## Local Membership Registration Form

July 1, 2004 to June 30, 2005

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Member \$60                     | <input type="checkbox"/> Renewal  | <input type="checkbox"/> I am a National Member             |
| <input type="checkbox"/> Retired teacher \$30            | <input type="checkbox"/> New member                                       | <input type="checkbox"/> I plan to become a National Member |
| <input type="checkbox"/> Full time student \$30 at _____ | <input type="checkbox"/> I need information on becoming a National Member |   |

### **Please print in space below:**

Name \_\_\_\_\_ Phone (     ) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_ District \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

e-mail address: \_\_\_\_\_

Make check payable to: **PAOSA**

**Send to:** Pat Lutz, 1540 Montvale Circle, West Chester, PA 19380

610-269-4857 [prlmusic@hotmail.com](mailto:prlmusic@hotmail.com)

## *Philadelphia Area Orff Schulwerk Association*

is a chapter of the nonprofit American Orff-Schulwerk Association dedicated to the advancement of music education through the techniques of Orff Schulwerk. This is a tri-annual publication of PAOSA keeping the members informed about activities, policies and workshops.



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Publish YOUR business card size  
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\$25 per publication year

*RHYTHMS OF LIFE  
OCEANS OF VOICES*



*American Orff-Schulwerk Association  
National Conference ~ November 10-14, 2004  
Long Beach ~ California*

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c/o Pat Lutz  
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