



# Central Coast Sonata

Development  
Edition



KEEPING YOU IN TUNE WITH THE ACTIVITIES AND EVENTS OF THE CENTRAL COAST SECTION OF CMEA

Vol. XXIII Opus. II

California Music Educators Association • Central Coast Section

Winter, 2012

*From the  
Podium  
of Drew Lewis*



CCS President

## Research on the Positive Effects of Music Education

Submitted by Tony Dehner  
CCS Board Member

Are schools that omit or lose music studies in their curriculum handicapping students' academic achievement?

The answer from neuroscience research is yes. An academic program needs to include music studies. Loosing or omitting music from a school program is limiting to the student's academic achievement. In a political environment where student learning is paramount, why are we cutting an academic study that proves to increase learning skill and cognitive development by such a remarkable percent?

*(Effects on Page 8)*

I recently returned from a weekend of making music with nearly 200 honor choir students and their teachers as a part of ACDA's Coastal Region Honor Choir. Watching Jeffrey Benson and Bruce Rogers work with these students from different schools and backgrounds to create a unified musical experience (not to mention a concert) was thrilling to watch. I know I left this weekend feeling inspired to continue raising the bar with my students and seeking to help them become the best musicians they can be.

This weekend got me thinking, what inspires us as teachers? In the last Sonata, I talked about the excitement most of us feel at the beginning of a school year. However we are a third of the way in. Are we still enthusiastic? Have the details of running a program—the organization, the letters, the politics, the fight to even HAVE a program—left you feeling uninspired? We have an incredibly difficult job. Striving to be an excellent teacher takes more time than many would imagine. There are performances, auditions, festivals, honors ensembles, meetings, and countless other things that take our time. We also need time for score study and our own professional development. I think of Jamie Foxx's character in the movie, Collateral, who tells a lawyer in his cab that she needs a vacation. Before showing her how he looks at a postcard of the Maldives Islands as a sort of mini vacation he says, "You need your head straight, gotta get your unified self up, get harmonic..." How do we keep moving forward in our profession without getting burnt out?

For me, opportunities to see my students work with college professors in Honors events or in clinics at my school always energize me as an educator. Hopefully some of your students will be attending the CCS Honors events. Every year I see how much better my ensembles become by having my students engage in these honors events. I've also heard many stories of teenagers being moved by those events to become professional musicians. You can bring ensembles to the festivals we offer in our section. Register early for these events to give the organizers the courtesy of knowing you are coming while also saving money. Our Choral festival on January 16th is still looking for choirs to commit with their registration forms! Not

*(See Podium page 2)*

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*(Podium from page 1)*

to mention the chance to work with John Knutson (Cuesta College), Cheryl Anderson (Cabrillo College), Lou De LaRose (West Valley College), and Jeffrey Benson (San Jose State University) will no doubt be a worthwhile experience for you and your students!

I know inspiration goes way beyond what you can do with your students. I believe it is important to find what recharges your batteries in general. Some colleagues I know go on weekend retreats, go duck hunting, find spiritual events to take part in, and spend time with friends. I find that being in nature, spending

time with colleagues and friends, attending concerts and listening to exceptional music are all things that keep me grounded. Sometimes I have to aggressively work to make those things happen. I know we are busy, and it's easy to lose the passion in our teaching as the year progresses. Let's just remember to take the time we need to recharge. After all, we need to show our students why it is we became music educators and our love for what we teach.

All the best to you this holiday season. I look forward to seeing you at the next CCS event!

••• Help CCS stay current... Update Your Information •••  
 Fill in the form below and mail, or...  
 On the CCS Website: [www.ccsmusic.org](http://www.ccsmusic.org)  
 Click Member Update: fill in your info, click submit

**USE A SEPARATE FORM FOR EACH SCHOOL WHERE YOU TEACH.  
 PLEASE FILL IN THE DOTS FOR SCHOOL LEVEL AND SUBJECTS TAUGHT**

Once you have updated your information below, mail it to:  
 Jon Christian • CCS Data Base Manager • 7141 Hihn Road • Ben Lomond, CA 95005

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## WHAT TEACHERS MAKE

The dinner guests were sitting around the table discussing life. One man, a CEO, decided to explain the problem with education. He argued, "What's a kid going to learn from someone who decided his best option in life was to become a teacher?" He reminded the other dinner guests what they say about teachers, "Those who can, do. Those who can't, teach." To stress his point he said to another guest, "Susan, you're a teacher, be honest, What do you make?"

Susan, who had a reputation for honesty and frankness replied, "You, want to know what I make?"

"I make kids work harder than they ever thought they could.  
I make a C+ feel like the winner of the Congressional Medal of Honor.  
I make kids sit through 40 minutes of study hall in absolute silence."

"You, want to know what I make?"

I make kids wonder.

I make them question.

I make them criticize.

I make them apologize and mean it.

I make them write.

I make them read, read, read.

I make them show all their work in math and perfect their final drafts in English.

I make them understand that if you have the brains, and follow your heart, and if someone ever tries to judge you by what you make, you must pay no attention because they just didn't learn."

Susan paused and then continued. "You, want to know what I make?"

'I MAKE A DIFFERENCE.' What do you make?"

THIS IS WORTH SENDING TO EVERY TEACHER YOU KNOW.

"Teachers make every other profession possible."

## CCS Calendar 2012–2013

Date	Event	Location	Time
Sep. 6	Sonata articles due	jonchristian41@gmail.com	
<b>Sep 29</b>	<b>CCS Board Meeting</b>	<b>Crazy Horse</b>	<b>5:00 pm</b>
<b>Sep. 29</b>	<b>CCS General Meeting &amp; Dinner</b>	<b>Crazy Horse, Monterey</b>	<b>6:00 pm</b>
<b>Oct. 10</b>	<b>Board Meeting</b>	<b>Cabrillo College</b>	<b>4:30 pm</b>
Oct 12	Nominations for CCS & State Awards Due	dlewis@kirby.org	
Oct. 25	MS Honor Choir CD's Due	Alice Hughes, PCS	8:00AM
Oct. 27	MS Honor Choir Listening Session	PCS, Alice Hughes	TBA
Oct. 30	HS Honor Choir Auditions	Monterey H. S., Cathy Findley	
Oct. 31	HS Honor Choir Auditions	Soquel H. S., Zina Urquhart	
Oct. 31	MS/HS Honor Band CD's Due	Christy Latham/Diane Gehling	
Nov. 2	Solo Ensemble Festival I forms due	Colleen Wall, Morro Bay H.S.	
Nov. 3	MS/HS Honor Band Listening Session	Barbara Priest, PGMS	8:00AM
<b>Nov. 14</b>	<b>Board Meeting</b>	<b>Stevenson</b>	<b>4:30 pm</b>
Nov. 15	HS/MS Honor Orch CD's Due	Nancy Fowler/Chris West	
Nov. 16	Sonata Articles Due	jonchristian41@gmail.com	
Nov. 17	Solo Ensemble Festival I	Morro Bay H. S., Colleen Wall	TBA
Nov. 26	Deadline for mailing	Honor Band and Choir Music	
Dec. 1	HS/MS Honor Orch. Listening Session	Pacific Grove Middle School	8:00am
Dec. 12	Deadline for mailing Honor Orchestra Music		
<b>Jan. 9</b>	<b>Board Meeting</b>	<b>Kirby School</b>	<b>4:30 pm</b>
Jan. 16	CCS Choral Festival	Cabrillo College, Mark Bidelman	
Jan. 11-12	CMEA Bay Section Conference	San Jose State University	Two Days
Jan 18-19,	CMEA State Board of Directors Meeting	location TBA	
Jan 24-26	CCS Middle and High School Honor Bands	Santa Cruz High School	Three Days
Jan 31-Feb 2	CCS Middle and High School Honor Choirs	Salinas High School	Three Days
Feb. 21-24	Calif. All-State Music Ed. Conf,	Fresno, CA	
Feb. 28-Mar 2	CCS Middle and High School Honor Orchestras	PGMS	Three Days
Mar. 8	Large Group Snstrumental Festival	TBA, Adam Petrocelli	
<b>Mar. 13</b>	<b>Board Meeting</b>	<b>PGMS</b>	<b>4:30 pm</b>
<b>Apr. 10</b>	<b>Board Meeting</b>	<b>MVCS</b>	<b>4:30 pm</b>
Apr. 13	Solo Ensemble Festival	PG Middle School	
Apr. 17	Sonata Articles Due	BarbaraPriest, Colleen Wall, Willow Manspeaker	
<b>May 8</b>	<b>Board Meeting</b>	<b>Gonzales</b>	<b>4:30 pm</b>
<b>May ??</b>	<b>State Solo/Ensemble Festival</b>	<b>Sacramento State University</b>	
<b>Jun. 1</b>	<b>Board Meeting</b>	<b>Santa Cruz Area</b>	<b>5:00 pm</b>
<b>Jun. 1</b>	<b>CCS General Meeting &amp; Dinner</b>	<b>Santa Cruz, TBA</b>	<b>6:00 pm</b>

### Sonata Publication Schedule

Edition	Articles Due	Print Date	Label Date	Mail/Upload Date
<b>Exposition</b>	September 6, 2012	September 12, 2012	September 13, 2012	September 14, 2012
<b>Development</b>	November 16, 2012	November 28, 2012	November 29, 2012	November 30, 2012
<b>Recapitulation</b>	April 17, 2013	April 22, 2013	April 24, 2013	April 26, 2013

# Teacher's Prose for Teaching Pros

A FORUM FOR SHARING IDEAS AND TECHNIQUES USEFUL TO MUSIC EDUCATION PROFESSIONALS

## The CCS Board's "Top Five" Second Installment

In Nick Hornby's novel **High Fidelity**, the main character, Rob Fleming, spends much of his time compiling "Top-five" lists of everything from movies and songs to his top romantic break ups. The members of the board have compiled some of their favorite pieces of music to give you some resources this year while searching for music for your groups. Here are the lists from four more members of the CCS Board, and their "Top-five."

Brian Parker, Gonzales H. S., CCS Board  
Top Five Concert Band

**Chester for Concert Band** - William Schuman  
**Amazing Grace** - Frank Ticheli  
**Stars and Stripes Forever** - John Philip Sousa  
**Grand Serenade for an Awful Lot of Winds and Percussion** - P.D.Q. Bach/Professor Peter Schickele  
**Satiric Dances** - Norman Dello Joio

Adam Petrocelli, San Benancio M. S., CCS Board  
Top Five Middle School Jazz Band - Rock/Jazz Genre

**Brass Attack** - Larry Barton  
**Aftershock** - Larry Barton  
**Back In The Day** - Larry Neeck  
**Pink Panther Remix** - Arranged by Victor Lopez  
**Screamin'** - Robert W. Smith

Barbara Priest, Pacific Grove M. S., CCS Immediate Past President  
Top 5 Concert Band:  
**Onward** - Gary P. Gilroy.  
**Night on Bald Mountain** - Mussorgsky, Arr. Mark Williams  
**The Great Locomotive Chase** - Robert W. Smith  
**Imperium** - Michael Sweeney: beginning band  
**Battle Pavane** - Tielman Susato: beginning band or antiphonal brass feature

(See Top 5 on page 6)



*(Top 5 from page 5)*

Drew Lewis, Georgiana Bruce Kirby School, CCS President

Top Five - SATB Multicultural Choir Music

Australian: **Tides Of Ocean** - Matthew Orlovich

Serbian: **Fatise Kolo** - Arr. Ivan Markovitch

Spanish: **Nada Te Turbe** - Joan Szymko (SATB or SSAA with Cello)

Indian: **Desh** - Ethan Sperry

Hebrew: **Psalm 42** (Ka'al Yal) - Andrew Bleckner

Below is a list compiled by Kirby alumni:

Top 5 SATB "Classics" that your students should know (and will love!)

**O Magnum Mysterium** - Tomas Luis Victoria

**Come Sweet Death** - J.S. Bach, Arr. Rhonda Sandberg—good introduction to Bach's melody and simple aleatory music

**Sicut Cervus** - G.P.D. Palestrina

**Exultate Deo** - Alessandro Scarlatti

**Il Bianco E Dolce Cigno** - Jacques Arcadelt

2012–2013

## CCS HONOR GROUP CONCERT DATES

Middle School & High School Honor Bands  
January 26, 2013 • Santa Cruz High School

Middle School & High School Honor Choirs  
February 2, 2013 • Salinas High School

Middle School & High School Honor Orchestras  
March 2, 2013 • Pacific Grove Middle School

All concerts begin at 2:00 p.m.

## CCS Board of Directors 2012–2013

Position	Name	Work Phone	Email
President	Drew Lewis	831-423-0658 x230	dlewis@kirby.org
President Elect	Willow Manspeaker	831-625-8339	wmanspeaker@stevensonschool.org
Immediate Past President	Barbara Priest	831-646-6568x333	barbarapriest@att.net
Secretary	Colleen Wall	805-771-1845 x2305	cwall@slcusd.org
Treasurer	Adam Penrose	831-768-6158	adampenrose@mvcs.org
Member 1	Mark Bidelman	831-588-0789	markbidelman@gmail.com
Member 2	Adam Petrocelli	831-484-1173	apetrocelli@washingtonusd.org
Member 3	Brian Parker	831-675-2495x241	bparker@gonzales.k12.ca.us
Member 4	Chris West	831-626-5200	cwest@stevensonschool.org
Member 5	Cathy Findley	831-392-3861	cfindley@mpusd.k12.ca.us
Member 6	Tony Dehner	831-768-6154	tonydehner@mvcs.org
Special Representative	Jon Christian	831-335-3565	jonchristian41@gmail.com

## CCS Event Coordinators 2012–2013

Event/Project	Coordinator	Work Phone	Email
CCS Honor Band Site Host	Christy Latham	831-429-3947	clatham@sccs.santacruz.k12.ca.us
CCS H. S. Honor Band	Christy Latham	831-429-3947	clatham@sccs.santacruz.k12.ca.us
CCS M. S. Honor Band	Diane Gehling	831-443-7212 x452	fairekat5@yahoo.com
CCS Honor Choir Site Host	Joe Johnson	831-796-7411	joe.johnson@salinasuhd.org
CCS H. S. Honor Choir	Cathy Findley	831-392-3861	cfindley@mpusd.k12.ca.us
CCS M. S. Honor Choir	Alice Hughes	831-479-7785	alice.hughes@pcsed.org
CCS Honor Orchestra Site Host	Barbara Priest	831-646-6568 x333	barbarapriest@att.net
CCS H. S. Honor Orchestra	Nancy Fowler	831-624-2785 x127	nfowler@carmelunified.org
CCS M. S. Honor Orchestra	Chris West	831-626-5200	cwest@stevensonschool.org
CCS Choral Festival	Mark Bidelman	831-588-0789	markbidelman@gmail.com
CCS Large Group Inst. Festival	Adam Petrocelli	831-484-1173	apetrocelli@washingtonusd.org
CCS Solo Ensemble Festival	Colleen Wall	805-771-1845 x2305	cwall@slcusd.org
	Barbara Priest	831-646-6568 x333	barbarapriest@att.net
	Willow Manspeaker	831-625-8339	wmanspeaker@stevensonschool.org
Data Base Manager	Jon Christian	831-335-3565	jonchristian41@gmail.com
Newsletter Editor	Jon Christian	831-335-3565	jonchristian41@gmail.com
Medals Chair	Adam Penrose	831-768-6158	adampenrose@mvcs.org

Bay Section  
Winter Conference  
January 11–12, 2013  
San Jose State University

Registration is open to all NAFME/CMEA members.  
Registration forms:  
<http://www.cmeabaysection.org>

Pre-registration deadline is December 30, 2012.  
On-site registration begins at 7:30 AM on Friday  
On-site registration begins at 8:00 AM on Saturday.

The cost is \$75 if paid by December 30, 2012.  
After that date it goes up to \$90.

California All-State  
Music Education Conference  
February 21–24, 2013

Fresno Convention Center  
Radisson Hotel • Holiday Inn Hotel  
Saroyan Theatre

Sessions to include

Band, Orchestra, Jazz, Choir, General Music,  
Multicultural Music, Technology, and Advocacy

All State Honor Bands • All State Honor Orchestra  
All State Honor Jazz Band and Choir

Register only ONCE for this conference through  
CBDA, CMEA, CODA, CAJ or ACDA.

*(Effects from page 1)*

Music education increases math and literacy skills in all ages. Trainor, a professor of psychology and neuroscience, conducted a study in 2006 and reported that the children taking music lessons showed greater improvement in literacy, mathematics and IQ than students who did not study music. There are several decades of research that confirms these results.

**Just how much increase in test scores are we talking about?**

According to the College Entrance Examination Board, students with a four or more years of music study scored 34 points higher than their peers on verbal Scholastic Aptitude Tests (SAT) and 18 points higher on math SATs. Music students continue to outperform their non-arts peers on the SAT according to "Profiles of SAT and Achievement Test Takers" from The College Board.

Music has a significant effect on the way our brains develop and function. When children

receive sequential music instruction, it can impact their proficiency in language, reading, math and cognition. There is a positive relationship between music and language learning as well as music and math. Research indicates that having music in elementary schools is not a luxury, but rather has profound implications for how children learn and develop.

If research shows a 20-40 percent increase in test scores for a student studying music then it would make sense that a school without music has handicapped its students in academic achievement by not offering music studies. One might say they can take private music lessons. But these lessons can be expensive and not fit into a student's schedule. In a state where education is at no cost to a student, the academic study of music, which is proven to help them reach academic goals, should also be offered.

SOURCE: publication, Spin-offs:  
The Extra-Musical Advantages of a Musical Education.