

MID-ATLANTIC
REGION ASSOCIATION OF
MUSIC THERAPY
STUDENTS

MARAMTS NEWSLETTER

FALL 2010

SPECIAL POINTS OF INTEREST:

UPDATES FROM
REGIONAL MUSIC
THERAPY STUDENT
CLUBS AND
ORGANIZATIONS

UPDATES FROM
MARAMTS
COMMITTEES AND
EXECUTIVE BOARD
MEMBERS

PICTURES FROM
THE FALL BUSINESS
MEETING

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Letter from the President

Greetings MAR Students!

I hope that your years are progressing well and that your therapy work is presenting you with exciting new challenges!

We started out our year in July with an Executive Board meeting weekend in Rochester, NY. Myself and the officers used this opportunity to plan for the upcoming year, propose new/revised by-laws, set up fundraisers, and of course took the opportunity to bond. We welcomed our new treasurer, Leah Rutledge, from Slippery Rock University. The elected treasurer was unable to fulfill their duties and decided to resign, so Leah was selected to step into the position. Even though she had a late start, she has done a wonderful job getting acclimated to the Board!

Before I continue, I would like to take this opportunity to introduce the 2010-2011 MARAMTS Executive Board. It is as follows: President—Stephanie Kawzenuk (Nazareth College), Vice President—Kristen Vogt (Marywood University), Secretary—Katy Capestrani (Slippery Rock University), Treasurer—Leah Rutledge (Slippery Rock University), Parliamentarian—Leeann Hackett (Elizabethtown College), Government Relations Chair—Elaine Vuong (Nazareth College), Past-President—Michelle Bonaventura (Slippery Rock University), and last but certainly not least, our Student Affairs Advisor is Dr. Susan Hadley from Slippery Rock University.



Letter from the President Continued

The year continued with the annual MAR Fall Business Meeting which was held in Scranton, PA at Marywood University. The Executive Board was joined by all of the Chapter Representatives from each school to collaborate for a weekend of planning and, well, collaboration! The meetings were a great success—we approved by-law changes, decided on fundraisers for this year (stay tuned for more information on this—we are very excited about them!), and discussed planning for the Regional Conference in the spring. We even had time to fit in some rapping and cosmic bowling! We also welcomed back Molloy College and Shenandoah University, who had been previously inactive. Welcome Molloy and Shenandoah! To have two schools become active again was the result of all of the hard work by our Government Relations Chair, Elaine Vuong. Elaine is in charge of the Sister Schools Advocacy Project, which encourages sister schools (schools in the same area of our region) to promote advocacy. We do this not only to encourage interaction, but to help inactive schools become active again. Elaine made it her mission this year to get more schools to become active again, and thanks to her dedication and commitment, we are pleased to welcome back two of our schools.



In November, myself, along with the Vice President Kristen Vogt, Secretary Katy Capestrani, Government Relations Chair Elaine Vuong, and many students from the MAR region attended the AMTA National Conference in Cleveland, Ohio. It was a wonderful opportunity and experience to be able to meet with students from across the country and see what they were doing in their regions and also to work with the national AMTAS board. On Friday night, a few of us had the opportunity to participate in a podcast put on by AMTA discussing the future of music therapy (look for this on the AMTA website!). Jessica Jarvis, a student from Nazareth College and subsequently MAR, will become the new AMTAS President beginning January 1st. I am also thrilled to have been elected ATMAS Parliamentarian and will begin my term on January 1st as well. I cannot wait to begin working on the national level and to bring all of the exciting opportunities and information back to all of you!

Stephanie Kawzenuk President 2010 - 2011

We are also pleased to announce that MARAMTS will once again be offering scholarships to students in the MAR region! The scholarships available include two sophomore scholarships, two junior scholarships, and one graduate scholarship. These scholarships pay for a year-long membership to ATMA as well as the Regional Conference registration fee. We also offer two club awards for \$250 each to schools for advocacy projects or community service, and three Jenny Shinn Memorial Awards (\$500 each) to 2011 interns. All of the scholarships are judged by professionals and students who volunteered for the committees at the fall business meeting.

I am very excited for this year and cannot wait to see what we can accomplish. We have some wonderful plans underway for fundraising, advocacy, community service, and bridging the distance between schools in our region, among others. The 2011 MAR Regional Conference will take place in beautiful Saratoga Springs, NY from March 31-April 2, 2011. I would like to wish you all luck in your studies and to enjoy your field experiences! I look forward to seeing you all at the regional conference in Saratoga!

Letter from the Vice - President

Hello MARAMTS!!

I hope everyone has been doing well. Since being elected, I've attended and participated in several meetings including the summer business meetings with the rest of the executive board, the fall business meeting where I saw many of you (while running back and forth from the MAR e-board meeting!), and recently attended the AMTA National Conference where I was a part of MAR e-board meetings and also the Continuing Education Committee Meetings. All of these experiences have been so rewarding and have truly helped me to grow, so formally, I thank you for this experience of serving you! As a voting member of both the professional and student board I have learned many things. Attending these meetings has really opened my eyes to the works of MAR and the AMTA, and to be honest, I thoroughly enjoy it! In many of our student meetings we are getting things together for our fundraisers, student service projects, swap shop, and other important aspects revolving around conference 2011, which I hope to see many

of you at! I hope everyone continues to do well and is thriving in all you are working to achieve! Keep your heads up and I'll see you at the MAR-AMTA Regional Conference in Saratoga Springs!

Kristen Vogt
Vice-President
2010 - 2011



Letter from the Parliamentarian

Leeann Hackett
Parliamentarian
2010 - 2011



This year, possible new by-laws will be presented for voting at conference. Most of these new by-laws and revisions will continue to define responsibilities and eligibility for members of the executive board. Also, I am beginning to plan the student Swap Shop activity for our upcoming conference. Each school should look for e-mails coming soon through the chapter reps regarding information about preparation for the event. Swap Shop will be held similarly to last year—each school will be asked to prepare a short music therapy experience to demonstrate and discuss with other school at conference.

Letter from the Secretary



What an exciting year it has been! Since being elected at the Regional Conference in Pittsburgh this March, I have had a blast learning the ins-and-outs of the MAR-AMTS executive board, and the wonderful student body that we have! My work began right away with organizing all of the contact information for each chapter representative from each school in the region. Once contact information was gathered, communication between the executive board and the schools was underway. We had our summer business meeting in Rochester this July, which ended up being very productive and led us to a successful fall business meeting in Scranton, PA with all of the chapter representatives. I have been busy with meeting minutes and being editor for this fall

newsletter! In November, I had the wonderful opportunity to attend the National AMTA conference in Cleveland, Ohio. It was so great to network with schools, students, and professionals from all over the nation and even worldwide! I am looking forward to the start of 2011 and the upcoming regional conference in Saratoga Springs and I cannot wait to see you all there. Have a wonderful year, and continue being active in our great Mid-Atlantic Region!

Katy Capestrani
Secretary
2010 - 2011

Letter from the Treasurer

After accepting MAR-AMTS treasurer in May, my first order of business was organizing all the information I had just overwhelmingly received. My biggest obstacle this semester was tackling the 2010-2011 budget proposal. After sorting everything out, we came to a budget that seems to fit all our needs and keep us in the green. After having that approved at the 2010 Fall business meeting, much of what I have done is reimbursement. I balance the MAR-AMTS checkbook every month and try to give the board an update every now and then to show everyone where we are at. As of right now I am working on ordering our tote bags and guitar pick keychains as our fundraiser this spring. It has been a pleasure serving on the MAR-AMTS executive board and I would like to thank my fellow board members for helping me make the adjustment of becoming treasurer easy and enjoyable!

Leah Rutledge
Treasurer
2010 - 2011



Letter from Government Relations

The start to this new school year has been wonderful! First off, I would like to congratulate Shenandoah University and Molloy College for becoming active members of MARAMTS! I continue to urge each sub-region, as a part of the Sister School Advocacy Project (SSAP), to help the other inactive schools to become active by attending the Fall Business Meeting each year. Hopefully, all schools will become active participants in the MAR region in the near future! Also, as a part of SSAP, please remember to plan an event with your sub-region to network as well as advocate for music therapy in your area. As for the Advocacy Project, at the end of regional conference in March, MARAMTS was able to donate \$250 to Jamaica Field Service Project! The money was used to purchase various school supplies as well as two sets of resonator bells to use at the School of Hope. Thank you for all those who donated, and volunteered their time and effort in this cause. As we approach the regional conference, the Advocacy Project Committee and I have been looking for another organization to donate to for this year. If any one has any suggestions, please feel free to contact your school's Chapter Representative and/or me.

Lastly, there are currently no legislative updates. However, the state of Virginia is starting a Task Force! We already have a willing and eager student to represent us. Once the ball gets rolling, I will make sure to update all schools on their progress.

Please feel free to contact me with any suggestions or questions you may have. I look forward to seeing you in Saratoga Springs, NY!

Elaine Vuong
Government Relations
2010 - 2011



Update from Elizabethtown University

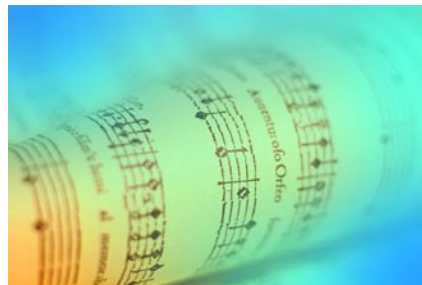
We started off the year by starting a very successful pre-sale chili order to raise additional funds for our club. At Homecoming, we also sold ready-to-eat chili and cornbread, along with photograph note cards. We also organized our annual Into the Streets performance, an interactive recital at Masonic Village for the residents, with the theme Billboard hits from the 1930s, '40s, and '50s. We also have continued to lead ADLCs at Masonic Village, which are 30-minute programs for adults at the daily living center. In December, we will be setting up a

table at a local concert to raise awareness in the community about the benefits of music therapy. Next semester, we are planning on continuing ADLCs and also organizing small groups who will travel from room-to-room at Masonic Village to visit residents who are not able to leave their rooms for group music. In April, we will also hold our interactive Open Door Recital for children with and without disabilities. We also plan to hold a coffeehouse in the community to promote awareness of music therapy, and plan an event to inform students and faculty on campus about music therapy.

Update from Marywood University

Marywood has had a busy semester so far, and there is much more to come. It was great to have everyone at Marywood for the MAR Fall Business Meetings. On October 6th our club held a drum circle at the Marywood Mental Health Awareness, "Nothing to Hide Program." We have started our annual Gertrude Hawk Chocolate Fundraiser, and hope to get funds to help us lower the expenses to get us to the MAR Spring Conference. On October 29th, we had a Music Therapy Club bonding night by going through the corn maze and other activities at Roba's Family Farm. On November 6th, we are hosting "Music Therapy and Addictions: Theory and Application," with presenter James E. Borling, MM, MT-BC, who is also a trainer in BGIM. During Spring Semester, we look forward to our annual Mr. Marywood contest, our male beauty pageant fundraiser.

The Club will participate in another drum circle for the sexual assault awareness program, and continue our group bonding activities. We hope everyone has a great semester and cannot wait to see you all in Saratoga at the spring conference!



Update from Molloy College

Molloy's Music Therapy Club is off to a great start - with 10 new members this semester (bringing us to nearly 25 members!) Thus far, we have hosted our first ever drum circle on campus, in conjunction with the campus-wide "Stress Relief Week". Students and faculty joined us for an hour of music making, lead by members of our executive board. We also co-sponsored a Coffee House/Open Mic Night on campus, with the Music Education club. We featured musicians, poets, and writers from campus - students, faculty, and staff. Proceeds from the dessert sale at the event went to THE ELIJA SCHOOL - a school for children with Autism on Long Island. This is the first time our club has ever

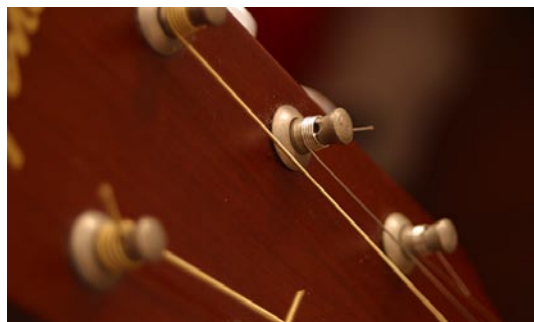
taken on an event this large, and it was a huge success. We had two teams compete in a campus-wide scavenger hunt, taking 6th and 10th place out of 15 teams. In the coming months, we are planning several community service activities across Long Island, focusing on populations most in need of therapeutic services.



Update from Montclair University

The Music Therapy Student Organization (MTSO) of Montclair State University is looking forward to a productive and fun year. We are off to a great start so far! To kick off the school year we held a "back to school book sale" of donated books, with topics ranging from music therapy to education to photography and even some history! It was very successful and will help fund students to go to conference in the Spring. We will held a drum circle with the Veterans Association on campus near Veteran's Day and educated them about the use of music therapy with PTSD. We will also be held an open drum circle in the lounge of one of the dorms on campus as we got closer to finals. Our biggest project this

semester has been putting together a Holiday CD that is representative of the John J. Cali School of Music. Included in the CD box will be information on Music Therapy and MTSO as a way of spreading awareness not only on campus, but in our community as well. We welcomed a new eBoard at the start of the semester that has been working hard to increase participation in our club and create more structured activities. We have big things planned and are very excited about the outcome thus far!



Update from Nazareth College

Fall 2010 has been a busy semester so far for the Nazareth College music therapy chapter. We kicked off the year with a junior/senior round table discussion where upper classmen discussed clinic placements and answered any questions. We hosted a guitar blues workshop and are planning for a piano based workshop later in the year. We are focusing heavily on volunteering and fundraising this year including a

very successful start with singing telegrams on campus and throughout the United States. Planning for the interdisciplinary mini-conference in the spring is in full swing, as well as further progress in the makeover of our music therapy resource room/lounge. Finally, we are proud to say we sent a Nazareth College record-breaking amount of students to this year's National Conference in Cleveland, OH.

Update from Shenandoah University

The music therapy club, SUMTA, has had a great beginning to the year. With its thirty members, SUMTA has been actively planning different fundraisers and club activities. We are proud to say that our fundraising was successful, and we sent nineteen of our members to National Conference in Cleveland, Ohio. Along with this, we have also been performing therapy sessions monthly at a local nursing home. Lastly, we have been spreading the news of music

therapy and our club through school activities, such as "Club Day" and sponsoring a representative at the Mr. Shenandoah pageant. We now look forward to many more successful ventures in the upcoming semester.



Update from Slippery Rock University

This semester, the club is starting an outreach program to a neighboring high school's special education department. Twice a month, the special education department's students will visit SRU and participate in drum circles with the Music Therapy Club. The club again hosted their annual fall benefit concert, where music therapy experiences are demonstrated in conjunction with other performances to raise awareness of music therapy in the community. The club also plans to sponsor and participate on a Relay For Life Team again this spring. Last semester, the club provided a relaxation

and Guided Imagery in Music (GIM) session for any student on campus. The club also held a benefit concert for Haiti in March that raised approximately \$500. During the spring semester, the club will host a benefit concert in order to raise money for RAINN (Rape Abuse Incest National Network), and hold our Mr. and Miss Swope pageant in order to raise money to offset the cost of attendance for the 2011 Regional Conference in Saratoga Springs! The club is planning to send most, if not all, of its members to conference this year.

Update from SUNY Fredonia

SUNY Fredonia's Music Therapy Club has been quite busy this fall! At the beginning of the semester, we started off by attending our annual Activities Night. This event invites all clubs at the college to allow students to sign up to participate in groups. Soon after meetings began, the executive board set up a Big/Little program to aid the freshmen in the music therapy program where e-board members were assigned as a mentor to a freshman student. The "bigs" were encouraged to write to their "littles," talk to them and guide them through their freshman year.

After we got the ball the rolling, this semester became a focus on fundraisers. We began our annual bottle/can drive, which is ongoing throughout the year. A box was set up in the music building and as a new addition this year, we have set up boxes in all of the dorms. Another fundraiser we had was a dining out day where we handed out coupons to the entire campus, inviting them to go to Applebee's. Ten percent of each bill was then donated to the Music Therapy Club. We sold singing telegrams for Sweetest Day, an annual event for our group. Students were encouraged for purchase a song, from a wide variety of choices, for their loved

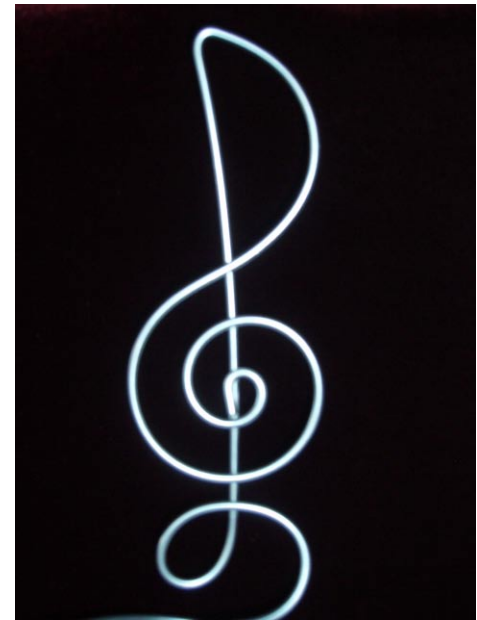
ones. Song choices ranged from "You Are My Sunshine" to newer hits such as "Sexy Back." Members of the music therapy club got together on Sweetest Day (October 16th) to call loved ones and sing to them, also delivering any special, personal message that the student wanted to include. We have also had an extremely successful dulcimer raffle and sale recently; students were given the opportunity to purchase a dulcimer or bet their luck and buy a raffle ticket, for a low price, to win a dulcimer.

Other events have included attending the MAR-AMTS Fall Business Meeting at Marywood University on September 24th-25th. On October 30th, we participated in the college's annual Safe Halloween. This event allows for all kinds of clubs on campus to decorate a practice room in music building, dress up in costume and hand out candy to the local children who come to go trick-or-treating.

Some upcoming events for this semester include sending our members to one of the local nursing homes to share music therapy experiences with the residents. We will also be attending the National American Music Therapy Association Conference in Cleveland and are proud to say that we will be sending

fourteen people. At national conference, we plan to visit the Rock and Roll Hall of Fame with music therapy majors from Nazareth College as a sister school activity.

Currently, we are starting the beginning planning stages for our annual Music Therapy Awareness Week and are getting ready to attend Regional Conference. This semester has been very successful and we are looking forward to an equally exciting semester in the spring!



Update from Temple University

Temple's Music Therapy Club has been very busy this semester! The club participated in the Autism Speaks Walk on October 2nd where they were able to fundraise \$755 for the cause! They hosted a Spaghetti Dinner at the Newman Center which is a Christian Community Center near Temple's campus. They are collaborating with Project H.O.M.E. to do interactive music experiences with their residents on November 19th. We will also be hosting our bi-annual Benefit

concert on December 9th. The cause will be a local facility that provides music and is in need of funding, though club is still working out the details. Temple's Music Therapy Club will also be traveling up to Slippery Rock for Passages on November 5th & 6th thanks to many weekly bake sales!!

Fall Business Meeting September 24-25, 2010



The Mid-Atlantic Region Chapter Representatives and Officers 2010-2011



2010-2011 Officers: Student Affairs Advisor - Susan Hadley, President - Stephanie Kawzenuk, Vice President - Kristen Vogt, Parliamentarian - Leeann Hackett, Secretary - Katy Capestrani, Treasurer - Leah Rutledge, Government relations - Elaine Vuong

Cosmic Bowling with...



Elizabethtown and Marywood



Molloy and Montclair



Nazareth and SUNY Fredonia



Slippery Rock and Duquesne



Temple and Shenandoah



The 2010-2011 Executive Board

Thank you for your support!

Please feel free to contact the 2010 - 2011
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questions or comments

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