



# Workshop Descriptions

[More info on workshops here.](#)

## People's Music Network

### Summer Gathering

June 5-7, 2015

Camp Echo

Bloomington, NY

*Gathering Theme:*

*New Freedom Song Challenge: New Songs for Singing Movements*

Get more info: [www.peoplesmusic.org](http://www.peoplesmusic.org)

[Click here to register](#)

## Saturday, June 6, 9:00 AM-10:15 AM

### 1A) **New Freedom Song Swap** (Dining Hall-Back Room)

When we delivered our plenary presentation at the 2015 PMN Winter Gathering ([listen here](#)), we laid down a challenge to PMN members to go home and work on New Freedom Songs that we can deploy to encourage singing in today's key movements – from Black Lives Matter, to the fight for \$15, to the struggle for climate justice, and beyond. ([Click here to read a summary of this challenge.](#)) This session will provide a space for song sharing in which the group will consider and discuss: What did that song do in this space? And what resonated with you? We will practice an approach to song-leadership that de-emphasizes the attention on the “performer” while emphasizing how song-leadership can facilitate connections within the group. Priority for song leading will be given to people who have done their homework and worked on the assignment in the lead-up to the gathering.

**Kim and Reggie Harris:** [2015 PMN Artists-in-Residence.](#)

### 1B) **Self Care for Activist Musicians— in Our Bodies, in Performance, in Our Hearts** (Dining Hall-Under Tent)

Songs can heal and empower the singer and the audience. When we are present in our bodies, and centered in our hearts, we know what song to choose and how to deliver it for the good of all. I'll lead some qigong movement practices to bring us into our bodies and hearts, and offer participants the opportunity to “read” our group, and offer songs or shared experiences to meet our group's needs. [FOR EXAMPLE, here is a song from a Chinese proverb, “[Green Tree](#)”, with a call & response chorus that serves to bring people together]

**Will Fudeman:** Acupuncturist, Activist, Songwriter, Qigong instructor, Musician, Writer, Swimmer- there are so many valuable pursuits- why limit oneself?

**1C) If You Ain't Been Called a Red: The Tangled Ideological Roots of American Folk Music** (Olympic Hall)

Explore the tangled ideological roots of American Folk Music. Join Ben & Sarah for a discussion and exploration of party politics and its influence on folk music from the 30's to the present day. The workshop will include a discussion of revolutionary tactics past, present and future, interspersed with songs of the era.

**Ben Bath:** Ethnomusicologist, philosopher and singer who has researched the history of American folk music and the American Left.

**Sarah Underhill:** Singer, songwriter and song collector from the Hudson Valley who has been involved with PMN since 1990. Former crew member of the Sloop Clearwater, her activism and commitment to social justice inform her songwriting and repertoire.

**1D) Song Swap: New Songs in Old Styles Song Swap** (The Nest Deck)

Sharing contemporary songs consciously written in the styles of traditional music. Examples: blues, ragtime, Dixieland, old-time country, Appalachian, Gospel, Celtic, Cajun. Participants will present songs one at a time, going around as many times as time permits.

**Steve Suffet:** An old fashioned folksinger in the People's Music tradition. PMN Steering Committee Member. [www.stevesuffet.com](http://www.stevesuffet.com)

**1E) Rhythms for Building Community Connections** (Pavilion)

No experience necessary, you're invited to bring your own drum/ hand percussion. Instruments provided (for 30 people). We'll connect w/our heartbeats, develop our ability to play in community, & respond to each other's rhythm. Basic drumming technique will be taught briefly & we'll enjoy rhythms that are fun for all levels of drumming experience.

**Chrys Ballerano:** Facilitating rhythm circles for many years sharing the benefits of a drumming practice that is spiritually uplifting. She also enjoys leading chanting workshops & facilitating workshops on optimal wellness & personal empowerment.

## **Saturday, June 6, 10:30 AM-11:45 PM**

**2A) Music & Healing—Body, Mind & Soul** (Dining Hall-Back Room)

Participants will gain deeper insight into ways in which music can connect with people's hearts. This includes very basic understanding of how music is processed in the body/brain. There will be participatory exercises that will enhance participants' insight into their own passion for music (and their calling to music, if they are musicians). Learn skills of how to use music for healing. [FOR BACKGROUND, consider viewing the documentary film, [THE MUSIC INSTINCT: SCIENCE AND SONG](#) with/Bobby McFerrin, Yo-Yo Ma, Oliver Sacks M.D., Daniel Levitin, and Audre McDonald narrating.]

**Jesse Palidofsky:** Has utilized music in hospitals/hospices/prisons/dementia units for 27 years. Lead workshops at Common Ground on the Hill and at national conferences for hospice & health care workers. [Www.jessepal.net](http://www.jessepal.net)

**2B) Writing Songs, Righting Wrongs** (Dining Hall-Under Tent)

Want to write music, but don't know where to start or how to recognize and pursue a good idea? Learn about this process as well as how to write a singable chorus and how to edit (and when not to!). Phil Ochs said "A badly written song, though meant for a good purpose, can turn people off an issue; a well written one can open the door." Participants are encouraged to bring either songs in progress or completed works to be discussed and critiqued as a group. Novices and experienced songwriters are welcome!

**Lorre Wyatt:** Has a passion for writing socially and environmentally conscious songs. With years of experience writing alone and collaborating for over five decades with Pete Seeger, he enjoys sharing songwriting tips, and encouraging audiences to sing along. [www.LorreWyatt.com](http://www.LorreWyatt.com)

2C) **Pete's Radical Songs - Preserving The Complete Legacy** (Olympic Hall)

Before becoming America's loved environmentalist, Pete was an often hated radical. HVS will start with Tomorrow Is A Highway and Letter To Eve - others are encouraged to share songs like Waist Deep In The Big Muddy, Teacher Uncle Ho, The Ballad of King Henry, The Internationale, and others even some of us may have forgotten. [FOR EXAMPLE, here is one not often remembered [song by Pete](#)].

**Hudson Valley Sally:** In the activist tradition "they sing with a freshness that reminds us why we fell in love with folk music in the first place" (Si Kahn). They make the oldest songs new, and the newest like comfortable old clothes. [www.hudsonvalleysally.com](http://www.hudsonvalleysally.com)

2D) **Women's Song Swap** (The Nest Deck)

This song swap is open to ALL women (including trans women) who feel nourished sharing songs by and about women and their issues. Within the limits of time, every woman is invited to sing a song (original or by someone else) or request that we sing a song. This session provides a time and space to share meaningful songs and say a word about them as we listen, laugh, perhaps cry together and hear each other deeply.

**Sarah Pirtle:** [www.sarahpirtle.com](http://www.sarahpirtle.com)

2E) **Men's Song Swap** (Pavilion)

We want to invite the participation of people who feel nourished by sharing freely in a supportive community of men, including transgender people who for whom this kind of community is meaningful. This is a rare chance to gather as men, share songs, stories and poems, and then go where they lead us.

**Sandy Pliskin:** Longtime PMN member and songwriter.

## **Saturday, June 6, 3:15 PM-4:30 PM**

3A) **What's new in Nueva Canción** (Dining Hall-Back Room)

Nueva canción, or new song, is a flourishing of socially conscious music concurrent with the liberation struggles in Central and South America during the latter half of the twentieth century and which continues in contemporary cultural production in the Americas. We will explore the history of the nueva canción movement, sing and celebrate some of its signature songs, and look at some contemporary artists that continue the tradition in new and exciting ways.

**Colleen Kattau:** Singer/songwriter of original & bilingual music. With a voice that 'haunts with its range and clarity' her energy in performance is contagious. She made Pete Seeger double over in laughter. [www.colleenkattau.com](http://www.colleenkattau.com)

**Melanie Pores:** Nueva canción has been a passion for Melanie since 1979. She has amassed over 200+ Nueva canción lyrics from throughout Latin America. She looks forward to singing along with you.

3B) **Using Musical Textures to Get to the Center of Topical Songs** (Dining Hall-Under Tent)

This workshop explores how to develop and define your performances in ways that build effective, inspiring shows involving topical songs, where words and emotion really matter. Our goal is to find musical arrangements and textures that highlight the voice and bring out the soul of a song. Our challenge is to let the voice and instrumentation interact in ways that stir interest

and reveal the message of the song. We will use our time to demonstrate, discuss and try out some ideas to “find the center” of a song.

**Reggie Harris:** [2015 PMN Artist-in-Residence](#).

### 3C) **On the Griddle – Get Instant Critique on Your Recordings** (Olympic Hall)

What makes for a politically effective song that can get real radio airplay? Inspired by similar panels held as Northeast Regional Folk Alliance, our panelists will give spontaneous reviews of the submitted song recordings you bring to the workshop. Panelists will listen to the first 90 seconds of your chosen cut. CDs marked with the number of the track you want heard will be collected at the beginning of the workshop and chosen by lottery from those submitted by when the workshop begins. Panelists' comments will contain constructive critique aimed at encouraging more effective songwriting and higher quality production, so come with an open mind and a willingness to learn. Before we hear submitted, songs, we'll listen to the first 90 seconds of a few of the panelists' all time favorites, and hear why they think these songs are so politically effective.

**Sonny Ochs:** Starting out as a DJ on WFMU in New Jersey, she joined the People's Music Network and Hudson River Sloop Singers early 1980s. She is a deejay at WIOX Roxbury, NY. She has produced Phil Ochs Song Nights for 31 years. [www.sonnyochs.com](http://www.sonnyochs.com)

**Leslie Berman:** Her music criticism appeared in the Village Voice, Rolling Stone, the New York Times, New York Newsday, City Limits (London), Sing Out! and another dozen periodicals before she went to law school in 1990. Recently ended four-years as a music columnist for Lake Charles Louisiana's Jambalaya News.

**Jon Stein:** Since 1996, host of the Hootenanny Cafe radio show on WTBQ out of Warwick, NY in, which can be heard on Sundays at 9pm (EST) around the world at [www.wtbq.com](http://www.wtbq.com) and locally on 93.5fm.

### 3D) **How to set up your Guitar for Comfort and Sound** (The Nest Deck)

This workshop shows you how to do a 30 minute guitar set up that can make a huge difference in the pleasure of playing your guitar and of hearing the sound that comes from it. Learn simple techniques - often ignored by guitarists -- that allow you to adjust the action on your guitar by setting your tress rod and nut, filing frets, and many other basic skills for keeping a guitar in working order. The tools you'll need are cheap to buy, but the skills you'll need are precious. Don't be afraid: nothing you do to adjust your guitar can't be undone (as long as you don't go overboard).

**David Bernz:** Songwriter, performer, member of Work of the Weavers, producer of numerous Pete Seeger Albums, and owner of Jake's Main Street Music in Beacon, NY.

### 3E) **Word-Swap: Spoken Word** (Pavilion)

Bring poems, raps, performance pieces, jokes, sayings, tales, recitations, declamations . . . anything but songs.

**Professor Louie:** The “Poet of the Streets” has performed at more rallies, benefits, street fairs, meetings, and demonstrations than he, or anyone else, can remember.

## **Saturday, June 6, 4:45 PM-6:00 PM**

### 4A) **Presenting Political Music & Building Progressive Culture** (Dining Hall-Back Room)

In the last two decades, presenting musicians who express progressive and politically-challenging points of view has become harder. This music has always been on the margins of commercial music, but even these marginal spaces have been eroded. Today, audiences that came of age in the 1960s and 70s, when protest music was more prominent, are getting older.

Meanwhile audiences of all ages have countless digital alternatives to live music. Venues are under enormous financial strain to stay afloat. And somehow despite all this, the music still has the potential to move us to tears . . . and action.

This panel – made up primarily of presenters of progressive political music – will discuss positive ideas they have tried out in order to: increase engagement with issues affecting their communities; create an audience for artists who are speaking about tough social problems in new ways; and strengthening the pool of community support that keeps these venues alive. Whether you are a presenter, a performer, or a listener, anyone who wants to expand the space for progressive political music is invited to participate in this dialog about how we can create thriving performance spaces that advance progressive political culture.

**Reggie Harris (Moderator):** [2015 PMN Artist-in-Residence](#).

**Jesse Palidofsky:** Artistic director of the Carroll Cafe concert series in Washington, D.C. and on the faculty at Common Ground on the Hill multi-cultural arts and music festival.

**John Fisher:** A founder-worker for the Walkabout Clearwater Coffeehouse in White Plains, NY since 1989. Professional career: marketing/web development.

**Ted Warmbrand:** For over 30 years, directed a non-profit in Tucson, AZ "celebrating community building culture" by organizing semi-regular fundraising concerts featuring nationally and internationally touring songmakers who address the challenge of movement building.

#### 4B) **Work and Workplace Organizing Song Swap** (Dining Hall-Under Tent)

Got a longshore lullaby, a retail rhyme, a post-office serenade, or a fast food chant? Bring your ballads of terrible bosses, odes to everyday heroes, and anthems for fighting back on the job.

**Alexandra (Al) Bradbury:** Editor of Labor Notes, member of Musicians Local 1000, and singer-songwriter. [www.etandtheboy.wordpress.com](http://www.etandtheboy.wordpress.com)

#### 4C) **Be Heard! PA Sound for the Acoustic Musician** (Olympic Hall)

Participants will learn tips for effectively utilizing the house PA system in small to medium size venues. Topics include: how to sound like yourself, advancing the gig, what to bring, microphone technique, avoiding feedback, micing guitars or plugging in, monitors, interacting with the sound crew, when disaster strikes.

**Paul Stein:** Sound coordinator for the Peoples' Voice Cafe, in addition to being an activist, accordionist, melodicaist, claviolist, singer, songwriter, and sound engineer and member of the Filthy Rotten System. [www.paulsteinmusic.com](http://www.paulsteinmusic.com)

#### 4D) **Expanding your Chord Vocabulary** (The Nest Deck)

A multi-faceted exploration via sonic, mechanical and descriptive approaches to move beyond habit and expand our harmonic vocabulary on guitar. Within the time constraints, I will present a variety of strategies to generate common and unusual chord structures and harmonic sequences. While prior musical genius and infinite finger dexterity would be helpful, it is not a prerequisite. All levels of experience are welcome.

**Barry Kornhauser:** Brooklyn resident, longtime PMN member and activist musician. Composer, arranger, teacher and multi-instrumentalist (cello, guitar, bass, mandola) in a wide variety of musical environments.

#### 4E) **Grain of Salt: Workshopping Politically-based Songs in Progress** (Dining Hall-Under Tent)

Participants bring politically-based songs in progress, present what they've done so far and where they may be stuck, and ask for specific feedback for improving/completing the song. All feedback is offered in a positive, respectful spirit, starting with what's working so far and moving to what could be improved. Songwriters are reminded that they should feel free to take



all suggestions with a "grain of salt." There will be a sign-up sheet for those wanting to share. Those who wish to, should bring some copies of lyrics.

**John Ziv:** Union representative by day, a humble song writer by night, who believes that if you have something to say, you can say it better in a song.

## Sunday, June 7, 9:00–10:30am

### 5B) Songs of the Spirit (Dining Hall-Under Tent)

We gather in a large circle for a *cappella* singing of inspirational and empowering songs. A singing stick will be placed in the middle of the circle. To make space between each song without using words, we'll all take one deep breath after each song and wait for the next song leader to pick up the singing stick. We ask that song leaders lead just one song and return the singing stick to the middle so that others have a turn. If you are able bodied and are sitting next to someone with mobility challenges, before the session begins, please offer to pick up the singing stick on their behalf, if they signal that they would like this.

Please select songs that can be learned immediately and where essentially the entire song can be sung by every voice. Songs in which the leader sings verses solo are an essential part of many group singing traditions, but for this particular session, we're aiming to achieve full group participation throughout. We also prioritize songs that are new to the Songs of the Spirit Circle.

Songs of the Spirit, a PMN tradition since 1982, allows us to practice spontaneity and responsiveness in a large group – both essential components of community building. In this session, we're aiming to transcend attachments we feel to specific songs and to become more aware of ways the whole group can feel inspired.

**All who participate are leaders**

### 5D) Introduction to Do-It-Yourself (DIY) Digital Recording (Olympic Hall)

Participants will learn about strategies for digital recording quality demo recordings and/or radio ready CDs with special attention to how to achieve this on a low budget. I will demonstrate to you how to create such recordings recording using a simple low cost set up consisting of a computer, a Blue Yeti USB microphone and recording software such as Presonus Studio One Free and/or Audacity. If you have been itching to learn how to record your music yourself or you just want to hone your skills a bit, here's your chance.

**Steve Deasy:** Performing singer/songwriter, guitarist, pianist, actor, music director, arranger, producer, recording engineer and electronics engineer. He is not a real doctor, he has a master's degree. [www.stevedeasy.com](http://www.stevedeasy.com)

## Sunday, June 7, 10:45am – 12:15pm

### 6A) Deep In My Heart (Dining Hall-Back Room)

With a shout out to Guy Carawan and the Highlander Center we will share stories and songs that build community as they roll the movement on. We'll highlight the SOA Watch Music Collective, Bev's work with the Union Women's summer schools and domestic violence survivors & the Journey of Hope Against the Death Penalty.

**Bev Grant:** Founder and director of the Brooklyn Women's Chorus, singer/songwriter and cultural activist for the past 45 years. [www.bevgrant.com](http://www.bevgrant.com)

**Charlie King:** Musical storyteller and political satirist and co-founder of People's Music Network. He has been at the heart of American folk music for half a century and has been writing songs for the past 40 years. [www.charlieking.org](http://www.charlieking.org)

6B) **LGBTQ+ Song Swap** (Dining Hall-Under Tent)

All are welcome to share songs and poetry of queer resistance, radical love, piercing loss, dynamic families, intersectionality, and the many other aspects, both painful and glorious, of LGBTQ+ life. We'll sing, recite, listen, and discuss the present and future of our movement.

**Arjuna Greist:** A singer-songwriter and LGBT activist whose music focuses on social justice and political issues on many fronts.

6C) **Woody Guthrie and the Songs of the Great Depression of the 30's** (Olympic Hall)

Woody Guthrie was one of the finest products of the Great Depression but he was only one of many great songwriters emerging from that era. We will feature a number of his songs, but also those from such as E.Y. "Yip" Harburg, Bessie Smith, the Carter Family, Maurice Sugar, and some from the many '30s women songwriters such as Aunt Molly Jackson, Sarah Ogan Gunning and Florence Reese. Songs covering the Dust Bowl, The Great Depression, The New Deal, The Black Migration and The Sit-Down Strikes and the Organization of the CIO will be included. Handouts will be provided for many singalongs. [RECOMMENDED READING: "[Hard Hitting Songs for Hard-Hit People](#)" – a book that serves as the source for some of the music and commentary to be presented]. Additional songs from others only if time permits.]

**Mike Glick**(Host and organizer): Long time performer, songwriter and educator, member of the PMN Steering Committee. [www.generations-music.com](http://www.generations-music.com)

**Other Participating artists include:** Alexandra (Al) Bradbury, Angel Martinez, Steve Suffet, Steve Deasy, Anne Price, John Fisher.

6D) **The Climate Activists' Songbook** (The Nest Deck)

In this session we'll look for the musical voice of the climate movement with songs about environmental issues, climate justice, positive solutions, and our connection to the planet and each other. We need songs for rallies and all kinds of gatherings that use the power of narrative, touch the spirit, and stir us to action. Offer a song of your own or request one from the *Climate Activists' Songbook*, a new work in progress. Copies of this song collection will be available.

**Anne Goodwin:** Singer/Songwriter from Boston Area. [www.annegoodwin.com](http://www.annegoodwin.com)

6E) **Chanting for Understanding, Peace, and Empowerment** (Pavilion)

Faith traditions so often divide us, yet at the heart of the Mystery is a common core and shared experience whatever the language. Chant, the focused sung repetition of powerful sounds, is supremely invigorating and proven to enhance physical and emotional health. Used for community building and vision sharing, it has brought people together for millennia. I will share perspectives on the power and potential of chant, and will teach chants from traditions including Pagan, Buddhist, Hindu, and the Abrahamic faiths.

**David Wallace-Lawrence:** Raised in a Christian socialist pacifist family. British interfaith theologian, educator, and chant leader, active in peace, anti-apartheid, and Transition movements, the specialist music business and energy work. Maine resident.