



Articles this month on resources for research, new grant opportunities, best business practices course, and a wonderful conference summary

## Conference 2018 Ocean Creek, South Carolina

Welcome Spring!



## RhythmMakers Newsletter Spring 2018



**Roger Johansen, Editor**

Welcome to the Spring 2018 RhythmMakers Newsletter. We have some very important announcements in this issue that will be of great benefit to many of the facilitators looking to grow their drum circle facilitation business and their own personal skills. The DCFG is partnering with some wonderful people and groups to bring new and innovative resources to the DCFG membership. RhythmMakers is also now including an events page to keep the DCFG membership informed of what is happening concerning training and events.

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**ANNOUNCING the NEW**

**Rhythm Research & Resources WEBSITE**

<http://www.rhythmresearchresources.net>

*Ever wonder where to find the science behind the power of group drumming?*

*Need evidence to back your work, build credibility, or to write a pitch for a program?*

DCFG is pleased to announce its sponsorship of a new website dedicated to research documents and other resources that report on the therapeutic effects of group drumming. The website, named “Rhythm Research and Resources,” was prepared by DCFG member Peter Scheer and

DCFG senior advisor Christine Stevens, and contains links to documentation addressing a range of therapeutic benefits.

Inspired by the HealthRHYTHMS training and his interest in the healing aspects of drumming, Peter Scheer saw the missing piece and decided to fix it. He found there was no one place, no on-line library, no single collection where he could easily access the broad spectrum of research available that documented the benefits of drum circles within a variety of contexts.

Peter, who has a background in counseling, new product development, and quality assurance partnered with DCFG and Christine Stevens to organize a website to collect the evidence-based effects of rhythm.

The NEW Rhythm Research and Resources website is organized by population and disorders studied; including adolescents, PTSD, anxiety, addiction, trauma, etc., as well as positive effects on physiology, including the brain and immune system.

The objective of this central data collection is *to aid in the awareness, recognition, and promotion of rhythm and drum circles as a wellness activity.*

The site has links to complete research papers or abstracts, which can be accessed and downloaded. Each research work includes a list of references which provide a rich source of additional studies in related areas.

The intention of Rhythm Research and Resources (RRR) is to provide a simple and convenient location to find research reports on the foundational studies that support the claim of group drumming as being evidence based therapeutic practices. It is hoped that this central data collection will aid in the awareness, recognition, and promotion of rhythm as a healing practice or activity that is easily available, inexpensive, and easily engaged in.

Visit and see what is available. Get familiar with the range of studies already available. To submit research that's not yet included, please send it to RRR. Peter's intention is to maintain the site as an updated data base of research work for drum facilitators, therapists, teachers, researchers, media and others interested in using and promoting the therapeutic aspects of group drumming. The hope is that by having these works in one location, the RRR website will build awareness that drumming has many therapeutic benefits, and aid in promoting drumming and group percussion activity as a healing practice. RRR can greatly help facilitators in locating material to promote the benefits of drum circles to those unfamiliar with group drumming.

The intent is to keep RRR complete and up to date, and all users are encouraged to submit other documents that are felt to be appropriate for this site. They will be reviewed and will be included if the submission is suitable. Please either use the contact page to email your submission or email to Peter ([peter.heartbeats@gmail.com](mailto:peter.heartbeats@gmail.com)) or Nellie ([nthill@mac.com](mailto:nthill@mac.com))



Peter Scheer

Christine Stevens



**Grants Available from The Drum Circle Facilitators Guild**  
**and The Percussion Marketing Council**

Drum Circle Facilitators - it's time to say **“Thank you”** for all you do!

The Drum Circle Facilitators' Guild (DCFG) and the Percussion Marketing Council (PMC) are teaming up to offer a grant program designed to:

- 1. create opportunities for well-trained, experienced facilitators who present and exhibit at influential conferences, both regionally and nationally.

- 2. promote the benefits of drum circles and other rhythm-based activities,
- 3. raise awareness of both the DCFG and the PMC.

The DCFG is an association of Drum Circle Facilitators dedicated to serving communities through rhythm-based events designed to heal, empower and unite diverse populations. The Guild is dedicated to professionalism in the field of drum circle facilitation.

The PMC creates, designs and implements professional marketing, educational and public awareness campaigns, programs and activities that bring increased public desire to playing and learning drums and drumming along with all percussion instruments.

What is your area of expertise? Youth at Risk? Education? Veterans? Older Adults?

Do you present at conferences? Do you pay for booth space at conferences to further promote your business? This is a great opportunity for you to grow your own business with our help!

Grants of up to \$1000 will be awarded based on the size and influence of the conference and your proposed activities, and their potential to raise awareness within new professional communities, and will be determined as a percentage of your total expenses.

What will we do for you?In addition to funding, you will receive literature and promotional material from DCFG, PMC and NAMM to share about trainings of all kinds that are available along with our collaborative banner to be displayed with your own books, materials & banners.

What will we ask in return?Document the event: take pictures and/or a video of the presentation and attendees if possible, and submit a short, written report summarizing the event, future possibilities, quotes, etc. These will be used to promote not only DCFG and PMC but we also encourage you to utilize them for your own promotional use!

Who is qualified? Experienced, well trained drum circle facilitators who are knowledgeable in their fields and are great presenters. All highly qualified facilitators may apply, and for those who are not DCFG members, a one year membership fee to the DCFG of \$75 will be added to your grant amount as one of the requirements of receiving grant monies.

How do I apply? Information and applications will be available after May 10<sup>th</sup> on the DCFG website [www.dcfg.net](http://www.dcfg.net) and through social media both by DCFG and PCM. You can also request an application by emailing [grants.dcfgpmc@gmail.com](mailto:grants.dcfgpmc@gmail.com)

Don't miss out on this exciting opportunity!!! We want to support YOU as you promote your business and the benefits of drumming and drum circle facilitation – and grow awareness of this powerful and playful tool!

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## **DrumStrong 2018** [www.drumstrong.org](http://www.drumstrong.org)

Dear DrumOnes,

I hope this note finds you in splendid spirit and health.

This month, we will again set the rhythm in motion at DRUMSTRONG 2018. Our 12th Annual Drum Circle, May 19, continues the tradition of raising awareness and funds supporting cancer survivorship, education and research through rhythm. And making a sound impression on the health of our communities.

Many of you have participated globally and some (brave souls) have attended the North Carolina 6-30 hr. main event. 70+ cities in 26 countries have held DRUMSTRONG events and more cities than ever are joining us this year (welcome Korea, Spain, Germany, India, Portugal and China!). We play with the world here. Quite literally. As we are boosting the Global presence this year, we are looking for inclusion of your community and resources.

You may have heard we're scaling down our main event a bit this year. We're trying to make it easy for everyone - Free entry, abbreviated 6 hour non-stop Drum Circle, less infrastructure but still very keen focus on drumming to BEAT cancer. It will be Drum Circle centric with the intention of supporting those in the throes of cancer, those who have dealt with a loss and those collectively amplifying the groove for the cause.. back to roots...

Please invite your rhythm community to embrace and support local charities by bringing them into your Circle to create an uplifting, focused, fun collaboration: Hospitals, clinics, camps, schools, health organizations, patients, families, staff, friends, etc. Pick a duration (2hrs ...12+ hrs!) and encourage donations and/or "per hour drumming pledges", or a raffle, etc. to additionally fortify the local and global efforts of DrumsForCures.

It really doesn't have to happen during our main event (we've narrowed the window of opportunity this year) and it can be as few as 3 people up to as many that can shake a shaker or bang a bucket!

Would love to chat about the possibilities of helping direct/coordinate the Big Picture participation for the May event. And let me know if you are coming to Charlotte to help Facilitate the DRUMSTRONG 2018 Main Event.

Please let me know that you will be joining in asap. See form below and Email [scott@drumstrong.org](mailto:scott@drumstrong.org) or call 704.996.9170

Your DrumCircle world will shift into other dimensions...

Warmest regards and much gratitude,

Scott

*“Drum to rekindle the fire of survivorship in you. Drum in honor of or in memory of or just out of the goodness of your hearts. Drum with hopes of opening the eyes and hearts of more people to amplify efforts to find cures. Drum to respect and represent all the fighters and survivors who share this history.*

**DRUM LONG, DRUM STRONG!”**

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The following articles are reflections of this year's conference from the DCFG Scholarship recipients. They represent some of the newest, best and the brightest among us.

### **Tapping Into the Rich Flow of Rhythm, Rhyme and Reason**



#### **My Conference Experience**

**Dr. Irene Feher (D.Mus)**

#### **DCFG Scholarship Recipient**

It is with a sense of deep gratitude that I write this report. This was my first time attending and presenting at a Drum Circle Facilitator Conference, and it marks the beginning of another new path in my life. Drumming grounds me and provides me with the courage and resilience to move through times of significant personal and work life changes. What I learned from DCFG members has further inspired me to share my life journey and love for drumming to serve others.

#### **Tapping into my deep inner Rhythm**

Drumming has always been a passion of mine, and bringing it back into my life has felt like a rebirth of sorts: drumming reignites my youthful energy, a youthful energy I lost in the world of academia. It was very early during my training at *Music For People*(2013-17) that I rediscovered my love for drumming. I have been nourishing this love ever since through practice, lessons in hand drumming, and facilitating small community rhythm events.

I am a classically trained singer, and voice teacher. Before I received my formal musical training, I was a pop singer who loved playing hand percussion, and my hero was Sheila E! Music improvisation and drumming brought me back to my roots, and have profoundly changed the way I teach and sing. I believe it is because I am reclaiming a huge part of who I truly am as a musician and person, which I hid for many years because I feared that it would be “frowned upon” or “dismissed as trite” by my professors during my years of graduate studies in classical vocal pedagogy. I now teach classical/contemporary voice for Concordia University's inclusive music program in Montreal, and I am seeing the powerful impact authenticity has on student learning. I'm also witnessing first-hand how undergraduate music programs are gradually recognizing that the inclusion of composition and improvisation as core elements of musical training better prepare those students who have a broader range of interests beyond elite musical performance. Many of the presentations given at the DCFG conference led me to reflect more

deeply about the social impact of music, more specifically drumming, and its potential to enrich lives.

### **Finding Rhyme and Reason in my Life**

At the conference, I was immediately struck by the sense of community among this dynamic and diverse group of individuals who are connected by their passion for serving a wide range of communities, including villages, classrooms, urban centers, and boardrooms, senior residences, hospices, and daycares, as drum circle facilitators. My worldviews of rhythm, and its applications for building human potential and community were broadened immensely. The best part is that my learning was experiential. Although I learned a great deal intellectually, I got to feel the sheer power of being a part of a community drum and singing circle, and that kind of experience has had a lasting effect. For example, Martin Urbach transported me into the feel of Afro Brazilian beats, and showed me how drumming can transform musical instruction into an means to facilitate empowerment, meaningful engagement, accountability, consciousness of social justice, and human connection. Jim Bono used drumming as an opportunity for powerful inner reflection, self-acceptance and letting go of self-limiting behavior patterns. In their presentations, Mary Tolena and Arthur Hull inspired me to *really, really* reflect upon how and why I do what I what I do, which has inspired me to understand how I want to serve others while being true to myself. I am realizing that being a living example of the ideals I want to share is the most effective tool of communication that I possess. Through her thorough regional study of the music and culture of Wamunio Kenya, Nellie Hill allowed us to experience how singing and rhythm binds a culture and promotes healthy attitudes towards our ever-changing lives, more specifically, dealing with saying goodbye. Through Dr. Veronica David Gerald, I learned and moved to the music of the Gullah Geechee people in SC – a culture I knew nothing about yet through engagement felt much closer to. Through John Hayden and Cameron Tummel, I gained new ideas that I can use in my own improvisation and rhythm events. I had valuable opportunities for reflection, sharing and receiving feedback from others, which are so necessary for growth.

I thank you also for giving me the opportunity to present with my colleague and experienced drum circle facilitator, Mary Knysh. It is my sincere hope to engage in future collaborations with DCFG members.

In summary, this conference has contributed to my growth as a facilitator, which continues to have a powerful and positive impact on my teaching and facilitation. I see how my path as a facilitator is evolving into work that is deeply aligned with who I am as a person. I especially enjoy helping those people who perceive themselves as musically and rhythmically challenged discover the innate musicality they possess and experience the joy and benefits of recreational music making. I am also gaining insights into how I can better serve my community through music and drumming. Since my return from the conference, I have used what I have learned in workshops to help businesswomen and University students tap into their creative source and develop leadership and communication skills. Open conversations with DCFG members have inspired me to write about and share my own journey as a visually impaired person who, after spending many years struggling to keep up with everyone else, has come to recognize and

cultivate her own unique talents to lead a meaningful life serving others. Thank you all of this opportunity and I look forward to seeing you all again at a future conference.

**Dr. Irene Feher**



I am extremely grateful to be one of the scholarship recipients at the Ocean Creek Resort at Myrtle Beach. This is my very first experience of the DCFG Conference: The resort setting is perfect – friendly staffs, great food, 5 minutes walk to the beach, and most importantly, the free-standing Conference Center allows us to have the “Late Night” drumming every night!

The Conference was transcendent - I enjoyed every moment of it, refreshed professionally and spiritually. I felt so blessed to be able to spend my weekend with a family of facilitators who shared similar passions and mission! The DCFG Conference provides me an opportunity to connect with experienced facilitators around the World! It allows facilitators at all levels to exchange ideas and renew our passions!

I truly appreciate the wide varieties of workshops and presentations offered: From Social Justice Activism to Kenya Sing and Dance; and from “Fire in the Belly” to “Willing to Rumble” etc. The panel discussion on "Facilitating Gender Specific Circle" provides me with many insights and opportunities which I have never thought of. These presentations and discussions have further equipped me as Drum Circle Facilitator and a Rhythmic Evangelist.

I am also very grateful to be able to participate at the Pre-Conference service "Rhythm in the School" at Lakewood Elementary School. I have learnt so much from these seasoned facilitators: From planning to logistic, from facilitation techniques to classroom management. This wonderful experience is an eye-opener and give me confidence to further expand my services here in Toronto, Canada.

**Samuel Liu**



My experience at the DCFG Conference this past February was exceptional. We had the opportunity to learn from the best and most respected Facilitators in the field and from some I hadn't heard of before that blew me away with new concepts and approaches. I came home feeling rhythmically powerful and anxious to try incorporating new ideas into my programs. It's almost overwhelming the amount of information and inspiration you take in from the eldest DCF to the newest, there truly was something to learn from everyone who attended the conference. I personally appreciated the encouragement, advice and guidance received from my mentors and peers throughout the entire weekend.

I am grateful for all of my DCFG Love Bubble! Thank you to the DCFG board and committee members for all your hard work to make this conference unforgettable and for the opportunity to attend.

Hope to see you in 2019!!

In rhythm and spirit,

**Lori Holland**

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## **Notes from the administrator**

DCFG is constantly trying to update and improve the benefits for its members. Have you logged in recently to see how many discounts are available to you? There are discounts on trainings, products, and even some conferences. Please be sure to look at the list before you register or purchase something for your business. After you look at this wonderful list that board member Jeff Holland has worked so hard to develop, it would be great if you could let us know what else might benefit you. Are you a vendor or a trainer that would love to be included? Let us know.

Have you looked at the resources? All past newsletters and conference handbooks are on the website, along with an extensive list of children's books that are great to use with drum circles. If you don't see one you love to use on that list, let us know. We would love to add them. There are also podcasts, videos etc. Please check it out. And again if you think there is something you feel would benefit members please let us know. The podcast currently on the site is from John Hagedorn. Check it out.

DCFG also has a Find a Facilitator link. People do come to our site looking for facilitators in their area. When was the last time you updated your profile? Do you have your email, website, and contact information up to date? Did you know you can put up your picture, your logo, and a picture of your circle? Your bio should be easy to read, and grammatically correct. It is also a good idea to have your facilitator training listed under Training. The more information a client can see at a glance the better. I have looked at every member's profile and many really need to be updated. DCFG must have your mailing address and phone but you have the option to make those private. The website allows you to choose what you want the public to see. Before you log in, click on Find a Facilitator and see how you look when someone clicks on your name. Then log in and edit it. Make this your mid-year goal!

A note on membership: When you renew by PayPal it takes a few days to show on the website. This is not automatic. It must be updated by the membership chair. If you don't see the update in 5 days let us know. Sometimes it is impossible to get it logged in immediately. We do our best to get everything done in a timely manner. Also please know that there is a fee for renewing after the 60 day grace period, so when you get the notice please don't wait forever to get it done.

Speaking of volunteers, DCFG is looking for volunteers to serve on several of our committees. Please consider helping with the conference, the newsletter, community outreach, member benefits, health and wellness, and website. Many hands make light work. Please think seriously about giving a little of your time to help out.



**Nellie Hill, Administrator**

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## **It's Back! The Business of Drumming in Business**

### **Business & Program Development — Online Course**

Greetings from the Drumabout Trail!

For the last few months, I have been traveling "on Drumabout" in my VW camper van, visiting drumming friends and making new ones. I'm in Oregon now, making my way north to the [Seattle World Rhythm Festival](#) happening April 27-29. I hope to see many of you there!



Along the way, I have re-packaged my online [business development course for rhythm event facilitators](#). "The Business of Drumming in Business" is for facilitators who want to expand their work with "regular adult" groups in workplace, conference, and similar settings.

You'll discover the important factors to successfully design, pitch, and conduct gigs for [teambuilding](#), [group bonding](#), and [leadership](#). You'll learn how to speak clients' language, and fulfill what they're looking for with programs built on your own strengths and style.

### **Now available in 2 formats**

You have 2 choices for taking the course:

Self-Study:

10 video content modules  
Worksheets & Templates  
60 minutes of coaching

Facebook Group support  
Email prompts

Group Cohort starts May 30  
All Self-Study elements +  
6 bi-weekly conference calls  
for peer support, idea exchange,  
& real-life applications

I witness such a wide variety of methods, styles, and impacts from the facilitators I see on my Drumabout travels. I've blended these perspectives with my business background to create a course that shows you the **What, Why, and How** of drumming with groups in organizational settings. In particular, you'll learn how to identify, communicate, and deliver what your client really wants: **business results**.

If you're a **drum circle** or **rhythm event facilitator** who wants to develop your work in business settings,

[Check out course information here.](#)

We know that well-designed group drumming experiences can help organizations work better, and individuals work happier. I am delighted to help you and other facilitators create those results.

So please check out the new version of "[The Business of Drumming in Business.](#)" And stay tuned for more news about my Drumabout travels. I'll be in the Pacific Northwest for the summer working on some big plans for fall!

In rhythm,

Mary

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## RhythmMakers Upcoming Events

[\*\*More information is available on the DCFG website under events.\*\*](#)

### **Village Music Circles: 3-day Basic Facilitators Training**

Start: 16 May 2018

End: 18 May 2018

Location: Guangzhou, China

For More Information: <http://villagemusiccircles.com/calendar/international-trainings/>

Contact for China Trainings: Tonny Wen

### **HealthRHYTHMS Advanced Strategies Training**

Start: 18 May 2018

End: 19 May 2018

Location: Cincinnati, OH

(Prerequisites: Basic Training & 6-Mos HealthRHYTHMS Facilitation Experience)

Trainer: Barry Bittman, MD

Host Location: Deupree Cottages (Retirement Community)

For More Information: [HealthRHYTHMS.com](http://HealthRHYTHMS.com)

### **DRUMSTRONG 2018**

When: 19 May 2018

10:30 AM - 6:00 PM

Location: Weddington, NC

12th ANNIVERSARY!

6 Hour Drum Circle to raise money to support people with cancer.

Misty Meadows Farm, [455 Providence Rd. S.](http://455 Providence Rd. S.) & Ennis Rd. Weddington, NC 28173

Contact [scott@drumstrong.org](mailto:scott@drumstrong.org) for details on how you can facilitate even more uplifting, collaborative health in your community.

### **HealthRHYTHMS Group Empowerment Drumming Facilitation Training (Basic Training)**

Start: 09 Jun 2018

End: 10 Jun 2018

Location: San Diego, CA

**HealthRHYTHMS® Group Empowerment Drumming Facilitation Training (Basic Training) Trainer: Christine Stevens, MSW, MT-BC**

Host Location: Resounding Joy, Inc.

Drum Set Workshop

Start: 19 Jun 2018

End: 22 Jun 2018

Location: Chagrin Falls, Ohio

**Dr. Craig Woodson presents THREE 26-hour workshops, two in June and one in July.  
Contact: Dr. Craig Woodson**

Location: Dr. Woodson's Ethnomusic Studio

**ASHEVILLE PERCUSSION FESTIVAL**

Start: 25 Jun 2018

End: 01 Jul 2018

Location: Asheville, NC

Engage in a world of rhythm. Enjoy a creative environment where percussionists, dancers, and music lovers of all traditions, gather to explore, create and innovate.

For More Information: <http://www.ashevillepercussionfestival.com/>

Contact Information: <http://www.ashevillepercussionfestival.com/connect/>

### **Drum Circle Workshop by Dr. Woodson**

Start: 26 Jun 2018

End: 29 Jun 2018

Location: Chagrin Falls, Ohio

Trainer: Dr. Woodson

Location: Dr. Woodson's Ethnomusic Studio

### **2018 Summer Rhythm Renewal**

Start: 28 Jun 2018

End: 01 Jul 2018

Location: Saint Francis University, Loretto, PA

The Summer Rhythm Renewal is an invigorating, four-day experience of beginner friendly music & expressive arts workshops with a strong focus on personal development, community creation and self-care.

Contact: <https://jimdonovanretreats.com/about/>

### **Instrument Making Workshop**

Start: 10 Jul 2018

End: 13 Jul 2018

Location: Chagrin Falls, Ohio

Dr. Craig Woodson presents THREE 26-hour workshops, two in June and one in July.

Location – This workshop takes place at Dr. Woodson's Ethnomusic Studio

### **Hawaii 10-day Mentor Experience**

Start: 27 Jul 2018

End: 05 Aug 2018

Location: North Shore Oahu, Hawaii

The Mentor Experience is for advanced Facilitators ready to learn by leading. Must be a graduate of VMC 6-day Facilitators Intensive Training in order to attend the Mentor Experience.

Contact: VMC Office

Phone/FAX: 831-458-1946

<http://villagemusiccircles.com/calendar/usa-canada-trainings/>

### **Hawaii 6-day Facilitators Intensive Training**

Start: 30 Jul 2018

End: 05 Aug 2018

Location: North Shore Oahu, Hawaii

Village Music Circles™ Week-Long Intensive Drum Circle Facilitation Training

Contact: VMC Office Phone/FAX: 831-458-1946

email: [outreach@drumcircle.com](mailto:outreach@drumcircle.com)

<http://villagemusiccircles.com/calendar/usa-canada-trainings/>

### **4th Asian Rhythm Facilitators Conference**

August 17-19

Malaysia

For more information contact : [jhagedorn@bts-my.com](mailto:jhagedorn@bts-my.com)

**HealthRHYTHMS Group Empowerment Drumming Facilitation Training (Basic Training)**

Start: 15 Sep 2018

End: 16 Sep 2018

Location: Lafayette, CO

HealthRHYTHMS® Group Empowerment Drumming Facilitation Training (Basic Training)  
Trainer: Christine Stevens, MSW, MT-BC

Host Location: Colorado Center for Musical Arts

Registration: HealthRhythms

**HealthRHYTHMS® Group Empowerment Drumming Facilitation Training (Basic Training)**

Start: 06 Oct 2018

End: 07 Oct 2018

Location: Nashville, TN

HealthRHYTHMS® Group Empowerment Drumming Facilitation Training (Basic Training)  
Trainer: Christine Stevens, MSW, MT-BC

Host Location: Integrative Life Center

More Information: HealthRhythms

**Paralounge**

Start: 11 Oct 2018

End: 14 Oct 2018

Location: Silver Springs, FL

Paralounge is a weekend music retreat full of workshops and drumming in central Florida.  
Contact and Information: [Paralounge.net](http://Paralounge.net)

**HealthRHYTHMS® Group Empowerment Drumming Facilitation Training (Basic Training)**

Start: 13 Oct 2018

End: 14 Oct 2018

Location: Buffalo, NY

HealthRHYTHMS® Group Empowerment Drumming Facilitation Training (Basic Training)  
Trainer: Frank Thompson

Host Location: Lake Shore Behavioral Health

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LIKE WHAT YOU'VE READ HERE? Don't leave us hanging!

Email the authors (AND the DCFG) and give them your feedback. They want to know that their contributions are making an impact.

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