



COMMUNITY MUSIC CENTER  
MUSIC FOR EVERYONE SINCE 1921

# STICK POUNDING WORKSHOP with Melanie DeMore

FREE FOR PARTICIPANTS IN  
CMC'S NEIGHBORHOOD CHOIR PROGRAM!

MONDAY, OCTOBER 20 FROM 1:30-3PM  
COMMUNITY MUSIC CENTER  
544 CAPP STREET, SF

## LEARN THE BASICS OF GULLAH STICK POUNDING

We will create a foot stomping, hand-clapping rhythmic community and combine it with singing spirituals and songs of protest and peace. Participants will learn about Gullah/Geechee culture through its dynamic music and rhythmic heart. We will, as a community, turn the whole place into a living, breathing drum.

**MELANIE DEMORE** is a 3-time Grammy-nominated singer/composer, choral conductor, music director, and vocal activist who believes in the power of voices raised together. DeMore facilitates vocal and stick pounding workshops for professional and community groups, as well as directing numerous choral organizations across the U.S, Canada, and beyond. She is a featured presenter of SpeakOut!-The Institute for Social and Cultural Change, a founding member of the Grammy-nominated ensemble Linda Tillery and the Cultural Heritage Choir, Music Director for Obeah Opera by Nicole Brooks, and charter member of Kate Munger's Threshold Choirs. She has received numerous awards for her work in the community, including the Children's Music Network Award. DeMore conducts song circles with an emphasis on the voice as a vessel for healing.



**SCAN TO SIGN UP ONLINE  
OR SPEAK WITH YOUR  
CHOIR DIRECTOR**

For questions, contact Choir  
Coordinator Abby Ross:  
(415) 647-6015 x 181  
or email [aross@sfcmc.org](mailto:aross@sfcmc.org)