



## JUDITH-KATE FRIEDMAN

Aliveness Through Arts/Patience & Adventure Musicworks, LLC,  
Multi-Modal Artist • Composer • Performer • Poet • Curator • Author  
Event, Recording & Documentary Producer • Coach • Social Practice Artist  
Founder and Creative Engagement Optimizer, Songwriting Works™  
Educational Foundation • *Restoring Joy, Hope, Vitality & Community*  
Steward, the Mythsinger Legacy Project • *Restoring Mythmaking to Culture*  
Address: 2023 E. Sims Way #271, Port Townsend, WA 98368 US  
Mobile: 1.360.643.1961 • Email: judelsings@gmail.com  
Websites: [alivenesssthrougharts.net](http://alivenesssthrougharts.net) • [mandorlarising.net](http://mandorlarising.net)  
• [songwritingworks.org](http://songwritingworks.org) • [mythsingerlegacy.org](http://mythsingerlegacy.org)

### SHORT BIOGRAPHY

Judith-Kate Friedman inhabits flinty places where art, activism, ritual, and Oral Tradition dance. She sings, composes, writes, performs, curates spaces, produces events, tends hearth-fires, tells stories, and celebrates aliveness. Born in New York City, she now calls Washington State's rural north Olympic Peninsula, traditional Coast Salish lands, home. An award-winning vocalist and performing songwriter, Judith-Kate is a three-time recipient of National Endowment for the Arts grants for her Songwriting Works™ social practice projects. On stage and off, she catalyzes creativity.

### RECENT ACHIEVEMENTS (SELECTED)

- Steward, The Mythsinger Legacy Project. Carrying forward the work of mythsinger Daniel Deardorff (1952-2019). Curating StoryNights around the virtual hearth (2022-24), representing the 3<sup>rd</sup> edition of Deardorff's book *The Other Within: The Genius of Deformity in Myth, Culture & Psyche*, (Inner Traditions, 2022), and narrating *The Other Within* audiobook, forthcoming (Inner Traditions, 2024). [mythsingerlegacy.org](http://mythsingerlegacy.org)
- Touring/performing/recording, 40 US/CAN states/provinces, UK, Germany, Costa Rica, 1983-2023. [judithkate.com](http://judithkate.com)
- Originator, Songwriting Works™, an internationally recognized method of community-engaged song composition and performance with research-vetted health and social benefits. Founder and CEO, Songwriting Works Educational Foundation (501c3): "Restoring hope, joy, vitality and community through story and song." Collaborated with 3,000+ elders of diverse physical, cognitive and emotional capacities to create more than 300 original songs. Trained teaching artists and hundreds of health professionals in 25 U.S. regions. Led state and federal multi-artist projects serving underserved communities, 1990-2023. [songwritingworks.org](http://songwritingworks.org)
- Author, Performer, *Mandorla Rising: Reflections and Exploration into the Other Within and the Life, Work and My Life with Mythsinger Daniel Deardorff*. A multi-modal web installation and performative dissertation for the M.A. in Poetics of Imagination (Dartington Arts School, Devon, UK, August 2021). [mandorlarising.net](http://mandorlarising.net)

### MULTI-MODAL CONCERT PERFORMANCES, FESTIVAL and RADIO PRODUCTIONS, PODCASTS, BOOK EVENTS (SELECTED)

- Author Representative, Composer, Poet, Performer, Videographer, Host. Mythsinger Legacy events featuring the mythtelling and music of Daniel Deardorff (recorded), live music (Judith-Kate Friedman, guest artists) and conversation including:
  - *The Other Within and All We Are: Book Events with Music* (f2f/WA, ME, MA, NY venues, Apr-June, 2023)
  - *Myth and Memory in Community: A Year-End Celebration with Creation Stories* w/ASL interpreter Annie Clark and Judith-Kate Friedman (online/December 2022)
  - *The Gift of Story: Celebrating the 3rd ed. Publication of Daniel Deardorff's The Other Within* w/ Quanita Roberson and Judith-Kate Friedman (November 2022), 15 live-streamed book events on [YouTube.com/@MythsingerLegacy](https://YouTube.com/@MythsingerLegacy) and [instagram.com/mythsinger](https://instagram.com/mythsinger) (Winter 2022).
- Author Representative, Mythteller, Poet. Interviews with readings from Deardorff's *The Other Within*:
  - "The Fifth Direction" (Australia, Spring, 2024)
  - "Mythic Imagination Network" (UK, August, 2023)
  - "House of Legends" (UK, 2023)
  - "Rebel Spirit Radio" (YouTube, US, 2023)
  - "Crow's Nest" with Ian MacKenzie (School of Mythopoetics, Canada, 2022)

## MULTI-MODAL CONCERT PERFORMANCES, FESTIVAL and RADIO PRODUCTIONS, PODCASTS, BOOK EVENTS (CON'T)

- Author, Composer, Filmmaker, *The Unstoppable Stirring: Newly Emergent Works on Art and Environment*, UK
  - “Sentient Performativities” symposium, *The Unstoppable Stirring Continues*. (July 2022)
  - *Borrowed Time*, an art book of Symposium:Extinction proceedings, (art-earth.org, Spring 2022)
  - “Borrowed Time - Symposium:Extinction” *The Unstoppable Stirring: First Selections* (November 2021)
- Producer, Curator, Performer. “Songs & Stories in 3D: A Tribute to the Life and Work of Daniel ‘3D’ Deardorff” with Northwest US artists including Nancy Rumbel, Jim Valley, Unexpected Brass Band, Aimée Ringle, Laurence Cole, Brian Rohr, Joe Breskin, et. al, Madrona Mindbody Institute, (Pt. Townsend, WA, Feb. 2020)
- Curator, Performer, Radio Producer. “Songs from the Sound.” Monthly live radio program of original music, poetry, community-composed songs, social practice project reports, conversation, (KPTZ-FM, 2017-2020)
- Producer, Performer. “Bring the Music Home.” Songwriting Works’ National Endowment for the Arts Artworks: Research project launch, w/ Sally Rogers, Hogan & Moss, Jessie Ritter. (Pt. Townsend, WA, 2018)
- Producer. Curator. “Make Music Day.” Interactive festival (27 venues. Jefferson County, WA, 2016-18)
- Concert Performer. Workshop co-facilitator. Event producer. “True Colors: Exploring and Celebrating Intersections of Culture, Identity, Ethnicity, Race, and Class through Music, Poetry, and Improvisation,” with Quanita Louise Roberson. (Madrona Mindbody Institute, Port Townsend, WA, 2017)
- Performer. “TR Ritchie: An American Songwriter.” Tribute and Video release concert with Tracy Spring, Cosy Sheridan, Bernice Lewis, Dennis Dougherty, et. al, Kerrville Folk Festival (Kerrville, TX, 2016); Video/Album release, (2015); Multi-Artist tribute concert with T.R. Ritchie, Tracy Spring, Daniel Deardorff, Alisa Fineman and Kimball Hurd, Janis Carper, et. al, Unitarian Universalist Fellowship Hall, (Bellingham, WA, 2014)
- Curator/Producer. Performer. Pete Seeger Tributes. Featuring Daniel Deardorff, Aimée Ringle, Kat Eggleston, Laurence Cole, J.J. Jenkins, Mike James, Marcia Perlstein, (Key City Playhouse, Port Townsend, WA, 2014)
  - “Turn, Turn, Turn: A Tribute to Pete Seeger”
  - “Turn, Turn Turn: Encore,”
  - “Pastures of Plenty: Songs of Pete Seeger & Woody Guthrie”
- Producer. Performer. “Life’s A Song” Community Song Fest and Kickstarter Kick-off (Port Townsend, 2013)
- Concert Producer, Curator, Performer. “Imagining Peace: The Peace Poems of Kazuaki Tanahashi Set to Music by West Coast Composers,” with Betsy Rose, Bodhi Setchko band, Shira Kammen and Robert Kyr, Foxglove Trio, Evelie Delfino Salés Posch, Karuna and Kaz Tanahashi, et.al (Freight & Salvage, Berkeley, CA, 2005)
- Associate Artistic Producer, Performer. “Imaginando La Paz en El Mundo: commemorating the 60th Anniversary of the founding of the United Nations” with Kazuaki Tanahashi, Edie Hartshorne, former President Rodrigo Corazo Odio, (Universidad para la Paz (UPAZ), Ciudad Colon, Costa Rica, 2005)
- Producer, Performer. “Tsunami Relief Benefit Concert,” with Kitka, Linda Tillery and Nina Gerber, Pireeni Sundaralingam and Colm O’Riain (Word and Violin), et.al (Julia Morgan Theater, Berkeley, CA, 2005)
- Producer, Performer. “The Art of Aging” Festivals:
  - 2005 festival featuring Avotcja Jiltanero, Naomi Newman, Rafael Jesus Gonzalez, Barbara Dane, Billy Cauley, Jr., Julian White, et.al., (Julia Morgan Theater, Berkeley, CA, 2005).
  - 2004 festival featuring Anna Halprin, Kairos Alive!, StAgebridge Theater, Mary Watkins, Frankye Kelly, Avotcja, Billy Cauley, Jr. Singers & Songwriters of the Jewish Home with Judith-Kate Friedman and Daniel Hoffman, (Aging in America, San Francisco Hilton, San Francisco, CA, 2004).
- Vocalist. Vocolot Jewish/World music women’s a cappella ensemble, 1994-2002 with Linda Hirschhorn, Ellen Robinson, Jennifer Karno, Alison Lewis, Elizabeth Stuart, et.al US/UK tours including engagements at Lincoln Center’s *Yiddish Divas* festival (NYC, 2002) and *Limmud*, University of Nottingham (UK, 2001).

### **ORIGINAL MUSIC RECORDINGS and COMPOSITIONS. Solo and Duo. Audio, Video (Selected)**

- Video Producer, Performer, Composer. *Love Dogs: An Evening with Judith-Kate Friedman and Daniel "3D" Deardorff*. Key City Public Theatre, Port Townsend, WA. Concert, 2015; Video Events, 2022-24.
- Video Producer, Performer, Composer. "Start Fresh" with Laura Berkson, piano. Lyric video release, 2018. Lyrics first published in *Mishkan HaNefesh: Machzor for the Days of Awe*, CCAR Press, 2015.
- Album Co-producer, Composer, Performer. *Bigger Things*. Co-produced w/Jami Sieber. Guest artists included Nina Gerber, Michaelle Goerlitz, Freyda Epstein, Rebecca Riots, Patience & Adventure Musicworks, 2001.
- Album Producer, Composer, Performer. *Count Me In*. Patience & Adventure Musicworks, 1993.

### **ALBUM PRODUCTIONS in conjunction with SONGWRITING WORKS Educational Foundation**

- Executive Producer, Co-composer, Performer, Project Lead. *Life's a Song*, celebrating the songs and voices of 200 North Olympic Peninsula, WA participants, ages 12-103. Orville Johnson, producer. Daniel Deardorff, assoc. producer. With Keith Apgar, Aimée Ringle, Matt Sircely, Anke Summerhill, Laurence Cole, Hannah Rose Trailer, others. With support of the National Endowment for the Arts. (Songwriting Works, 2019).
- Producer, Co-composer, Performer. *Imagining Peace: The Poems of Kazuaki Tanahashi Set to Music and Performed by West Coast Composers*. Contributed song settings for 3 of Tanahashi's poems. Featured artist along with Betsy Rose, Bodhi Setchko, Shira Kammen, Robert Kyr, Karuna Tanahashi, Evelie Delfino Salés Posch, Foxglove Trio. (A World Without Armies, 2006).
- Producer, Co-composer, Performer, Project Lead. *Island On a Hill* with Singers & Songwriters of the Jewish Home San Francisco. Guest artists: Daniel Hoffman, Beth Custer, Randy Craig. 18 songs and stories composed by 200 resident elders, avg. age 87, between 1998 and 2001. (Jewish Home, 2002).

### **ENSEMBLE RECORDINGS, COMPILATIONS and PERFORMANCES (Selected)**

- Composer, Performer. "Lullabies" on *My Guitars, Their Music*. Compilation with performances by Wm. Coulter, Alex DeGrassi, Rafael Manriquez, et.al playing the guitars of John Mello. (Luthier, 2011)
- Performer, "Caravan to the UK." West Country Storytelling Festival, Dartington Hall and other venues in Devon and London, UK, with Robert Bly, Gioia Timpanelli, Daniel Deardorff, Martin Shaw, et. al, 2008
- Composer, Performer. "Current Events" on *Amaze Me: Songs in the Key of Peace*. Compilation with songs by Ellis, Holly Near, Emma's Revolution, Natalia Zukerman, Erika Lockett, Tret Fure, Rubberneck Records, 2003.
- Performer, Vocal Co-arranger. Vocolot Jewish/World music women's a cappella ensemble. *Heart Beat*, 2022; *Behold!*, 1998; *Gather Round, Songs of Celebration and Renewal*, 1989 with Linda Hirschhorn, Ellen Robinson, Jennifer Karno, Alison Lewis, Elizabeth Stuart, Rosalind Glaser. All from Oyster Albums.

### **MUSIC and WELLNESS RELATED RESEARCH PROJECTS, CONSULTANCIES, and EVENTS (SELECTED)**

- Faculty, Conference Workshop Presenter. "Unique Challenges of Aging Alone," Yerusha Academy, 2024.
- Consultant and Trainer. "Creative Aging Community of Care," Washington State Arts Commission/Arts WA with Jennifer Kulik, Ph.D of SilverKite, LLC, created statewide Creative Aging teaching artist training 2021-22.
- Consultant and Trainer. "Music, Dementia and Resilience," Univ. of Cincinnati, OH, School of Medicine and Conservatory of Music. Trained faculty in Songwriting Works' model and Principles of Creative Engagement Assisted translating semester-long course online. Coached students engaging persons living with dementia and care partners in using music at home for proven health, social and cognitive benefits, 2020-21.
- Artistic Director and Lead Trainer. "NEA Artworks: Research to Support Impact Assessment of Professionally Conducted Music Engagement Programs and Vital Involvement Promotion with Low-income Elders in Subsidized Housing Communities." PI: LinChiat Chiang, PhD with Helen Q. Kivnick, Linda Duncan Davis, Betty Montgomery. This quasi-experiment studied Songwriting Works' methodology blended with best practices of Vital Involvement. Professional songwriter-performers Sally Rogers (CT), Jessie Ritter (AL), Hogan and Moss (TX), Krista Detor (IN), Don Strong (MN) trained in the method and brought a series of workshops to elders residing HUD housing communities in five US states. Project, 2018. Study Published, 2019.
- Producer, Performer. "Music and the Brain: A Forum on Neuroscience, Song and the Oral Tradition," with neuroscientist/songwriter Mark Jude Tramo (UCLA), gerontological neurologist Kenneth Isaacs, mythsinger Daniel "3D" Deardorff, Fisher Qua of the WA Health Foundation. Port Townsend, WA, 2013
- Master Teaching Artist, first Creativity & Dementia Think Tank and Symposium, with Anne Basting, Dr. Gene Cohen, Maria Genné, Peter Whitehouse, et. al, University of Wisconsin, Milwaukee, WI, 2006

### SCHOLARLY and CREATIVE AGING PUBLICATIONS (SELECTED)

- Co-author, Paper. "NEA: Artworks: Research to Support Impact Assessment of Professionally Conducted Music Engagement Programs and Vital Involvement Promotion with Low-income Elders in Subsidized Housing Communities." With LinChiat Chiang, Ph.D., H. Q. Kivnick, L. Davis, B. Montgomery, 2019.
- Co-author, Paper. "NEA: Summit on Creativity and Aging in America." A Report in collaboration with the 2015 White House Conference on Aging. With Gay Hanna, Toni Abramson, Janice Blanchard, et.al, 2016.
- Author, Book Chapter. "The Songwriting Works™ Model: Enhancing Brain Health and Fitness through Collaborative Musical Composition and Performance," in Hartman-Stein and LaRue, eds., *Enhancing Cognitive Fitness in Adults: A Guide to the Use and Development of Community-Based Programs*, Springer, 2011.
- Author, Article. "Creativity At Any Age." *Acoustic Guitar Magazine*, The Healing Power of Music issue, 1996.

### RELATED FILMIC WORKS, SCREENINGS and FESTIVALS (SELECTED)

- Music Video Producer, Co-composer, Ensemble Performer. "WWII Homecoming Song" (video), Aba Kiser, Director. Co-composed by WWII veterans, families, from the album *Life's a Song*. Video premiere at National Center for Creative Aging Awards event, The Phillips Collection, Washington, DC, 2012.
- Co-producer, Performer, Associate Editor. *A Specially Wonderful Affair*, Nathan Friedkin, director. Documentary about the making of the Singers and Songwriters of the Jewish Home San Francisco's debut album *Island on a Hill* (above). World Premiere, San Francisco Jewish Film Festival (2002). Screened at Montreal, Barcelona, Miami and Palm Beach International Film Festivals (2003-05), Jerusalem Eye International Film Festival (2004), and on San Francisco PBS station KQED-TV (2002-2005).

### SCHOLARLY PUBLICATIONS about SONGWRITING WORKS (SELECTED)

- Research and Publication. Dr. Theresa A. Allison, MD, Ph.D. conducted a nine-month ethnographic study of impacts of the Songwriting Works™ method for elders residing on a large long-term care campus. To date, she has published her findings in two scholarly journals and two book chapters:
  - "Recording the Life Review: A Case Study for the Medical Humanities," in Levine and Bohlman, eds. *This Thing Called Music: Essays in Honor of Bruno Nettl*, Roman and Littlefield, 2015. Follows elders "Island on a Hill" project
  - "Songwriting in the Nursing Home: Transcending the Boundaries of Institutionalization through Music" in B. Koen, et.al, ed., *The Oxford Handbook of Medical Ethnomusicology*, Oxford University Press, 2008.
- Collaboration and Publication. Rabbi Sheldon Marder, Chaplain Emeritus, San Francisco Campus for Jewish Living, co-founder of "Psalms, Songs & Stories" with Judith-Kate Friedman. The program combined Songwriting Works™ community music composition and performance methodology with study of sacred poetry and liturgical texts. Rabbi Marder's two book chapters include case studies:
  - "Psalms, Songs & Stories: Midrash and Medicine at the Jewish Home of San Francisco," in Cutter, ed. *Midrash and Medicine: Healing Body and Soul in Jewish Interpretive Tradition*, 2011.
  - "God is in the Text," in D. Friedman, ed., *Jewish Pastoral Care, 2nd edition*, 2010. Both publ. by Jewish Lights.

### POPULAR PUBLICATIONS about SONGWRITING WORKS (SELECTED)

- Institut für Bildung und Kultur, Songwriting Works!, *KulturRäume das KUBIA- Magazin/08*, 40-43, 2015.
- Profile of Songwriting Works™ in *Forget Memory*, Anne D. Basting, John Hopkins Univ. Press, 2009.

### AWARDS AND HONORS (SELECTED)

- Jubilation Foundation, a Project of the Tides Foundation, \$95,000 total annual awards, 2016-2024.
- Community Accelerator Grant, funded by the Paul G. Allen Family Foundation and administered by ArtsFund, \$25,000 for Songwriting Works, 2023.
- Human Family Unity Foundation, \$25,000 for Mythsinger Legacy Project and Songwriting Works, 2022.
- The Joe and Hellen Darion Foundation, \$15,000, for Songwriting Works Educational Foundation, 2021-22.
- Port Townsend Arts Commission, for Concert Production and Projects, \$9,700 total, 2007-2022.



## AWARDS AND HONORS (SELECTED, CON'T)

- National Endowment for the Arts, \$90K total, 2009-2018.
  - Artworks: Research, artistic direction, training and honoraria for six songwriters facilitating in 5 states. \$90,000 research grant of which \$55,000 went directly to Songwriting Works, 2018.
  - Challenge America, for recording *Life's a Song* with Orville Johnson, producer, \$10,000, matched by a successful Kickstarter campaign \$10,180, 2013.
  - Creativity and Aging in America, to establish Songwriting Works on WA's underserved Olympic Peninsula and train songwriter-facilitators in conjunction with Arts Northwest, \$25,000, 2009.
- Washington State Arts Commission, for Songwriting Works programs in grades 1-5, \$5,760, 2017-2018.
- Jubilation Foundation Fellowship for Judith-Kate Friedman, teaching artist, \$10,000, 2015-2016.
- Alzheimer's Foundation of America, for Songwriting Works program expansion, \$5,000, 2013.
- Washington Health Foundation, Songwriting Works Rural Arts Health Initiative, \$16,500 total, 2010-13.
- Met Life/Nat'l Center for Creative Aging, Creativity & Aging in America Leadership Award \$5,000, 2012.
- Distinguished Fellow, Society for Arts in Healthcare/National Organization for Arts and Health, 2012.
- Rosalinde Gilbert Innovations in Alzheimer's Disease Caregiving Legacy Award \$20,000, 2010.
- Met Life Mind Alert Award for Innovative Programs Enhancing Mental Fitness for Cognitively-Impaired Older Adults \$1,000, 2007. Plus ten Mind Alert Speaker Bureau Engagements \$15,000, 2008-2010.
- Blair Sadler International Healing Arts Award \$1,000, Society for Arts in Healthcare (now NOAH), 2008.
- Marin Arts Council for Songwriting Works in Marin County, CA, \$16,000 total, 1996, 1998, 1999, 2002.
- California Arts Council, annually for year-round artist-in-residence programs, \$89,880 total, 1989-2002.
- Governor's Commendation for Community Service to Elders through Music, State of California, 2002.
- Performing Songwriter Competition Finalist, S. Florida Folk, 2002; Songs Influenced by Literature, 2001; West Coast Songwriters, 1989, '91, '94, '95, '98; Falcon Ridge, MA, 1995; Kerrville New Folk, TX, 1990.
- Honorable Mention, John Lennon Songwriting Contest for "Separate but Equal" (song), 1998.
- Juried Touring Roster Artist, Arts Northwest, 2008-2014 and California Arts Council 1997-2003.
- Trustee, Oberlin College and Conservatory of Music. Elected by Classes '81-'83, Oberlin, OH, 1983-86.

## RELATED PROFESSIONAL WORK (SELECTED)

- Artist-in-Residence (year-long). San Francisco Campus for Jewish Living, SF, CA, 1997-2016, 2021.
- Conference Presenter and Performer. "The Songwriting Works' Model" at national and regional conferences in AK, BC, CA, FL, GA, IL, KS, MA, MI, MN, NC, NY, OH, TN, VA, WA and WI, 2006-2020.
- Guest Artist, Staff Trainer. "Songwriting Works' Best Practices" at major elder and health care residences in AK, AZ, CA, DC, FL, GA, IL, MA, MI, MN, NC, NM, NY, OH, TN, VA, WA and WI, 2007-2020.
- Artist-in-Residence (year-long). Abramson Center for Jewish Living, Horsham, PA, 2005.
- Artist-in-Residence (year-long). Artworks at the Institute on Aging, San Francisco, CA, 1989-92.

## EDUCATION and PROFESSIONAL TRAINING (SELECTED)

- Tamalpa Institute Life/Arts Level 1, CA w/ Daria Halprin, Dohee Lee, et.al, 2022; w/ Anna Halprin, 2000-2017.
- M.A. Poetics of Imagination, w/ Martin Shaw, Tracey Warr, Dartington Arts School, Devon, UK, 2021.
- "All the Way In" Musical Leadership and Improvisation Studies with Rhiannon, 1983-87, 2013-2020.
- B.A. with concentrations in Folklore, Poetry Writing, Ethnomusicology, Oberlin College, OH, 1983.