



SWDAA

THE CADENCE



APRIL-MAY 2025

ISSUES





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LEARN ALL ABOUT OUR 2025-2026 BOARD
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SWDALUMNI.ORG

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WE ARE OPEN

YEAR ROUND

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\$15 for 1
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All profits will
go towards SWDAA's
NIB Donations!

2025 SWDAA AWARD RECIPIENTS

2025 SERVICE TO SWDAA AWARD



Ciara Gibbs
LIFE MEMBER
ETA PI CHAPTER
TAU BETA SIGMA

DIONICIO "DINO" CARDENAS ALUMNI OF THE YEAR AWARD



GARRET GARDENHIRE
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KAPPA KAPPA PSI

CHRIS FOSTER ALUMNI OF THE YEAR AWARD



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LIFE MEMBER
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CHRIS ANDRADE
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UNIVERSITY OF HOUSTON

MATHAYUS MCGLASSON
GAMMA OMICRON CHAPTER
TAU BETA SIGMA
SOUTHERN ARKANSAS UNIVERSITY

SWDAA DELEGATE GRANTS

MACKENZIE STEPHENSON
XI CHAPTER
TAU BETA SIGMA
WEST TEXAS A&M UNIVERSITY

EPSILON PSI CHAPTER
TAU BETA SIGMA
PRARIE VIEW A&M UNIVERSITY

2025 SWDAA RITUAL SCHOLARSHIPS

DELTA CHAPTER
KAPPA KAPPA PSI
UNIVERSITY OF OKLAHOMA

GAMMA OMICRON CHAPTER
TAU BETA SIGMA
SOUTHERN ARKANSAS UNIVERSITY

SWDAA FOR EDUCATION SPRING 2025



DOMINIQUE MCCRAY
ASSOCIATE DIRECTOR OF BANDS

SWDAA COOLER

sounds like water cooler

Welcome to
the SWDAA
Cooler!

In this edition we
will go over
maintaining a
good work life
balance and how
you can apply
that towards
SWDAA.

HELPFUL TIPS

- Try to allow at least 30 minutes - 1 hour per day to decompress and relax
- Working more than 10 hours a day or 40 hours a week can lead to burnout
- If you are planning an event for SWDAA or another org, try breaking it down into 15 minutes a day or an hour a week so it is not so daunting
- Be sure to include time in your schedule to socialize with your friends or at SWDAA events
- If you feel overwhelmed with something at work, SWDAA, or in your home life, don't hesitate to ask for help and delegate tasks out to others



VIDEO GUIDE

QUARTERLY QUESTION

Ditching the 'always-on' culture? Harvard Business School professor Ashley Whillans joins us to reveal how this mindset is affecting not just our personal well-being, but also our work lives. Watch as she shares her insights on common bad habits that are sabotaging our free time and provides 3 practical steps for setting boundaries that stick.

WATCH THIS!



A video thumbnail featuring a woman with blonde hair, identified as Ashley Whillans, speaking at a TED talk. The thumbnail has a purple background and a brown border. The name "ASHLEY WHILLANS" is displayed in white text at the bottom left, and the TED logo is at the bottom right.

Share on social media or email the SWDAA Programs Director at swdaaprograms@gmail.com for your response to be highlighted

What was a time you mis-prioritized your time in SWDAA, work, or fun time, and what did you learn from it?



150 Years of Band for Razorbacks!

by Wendy Stewart,
Life Member, Psi Chapter of Tau Beta Sigma at the University of Arkansas

Howdy SWDAA! I had the opportunity to attend the 150th Anniversary Banquet for the Razorback Marching Band. This event took place in Bud Walton Arena on Saturday May 3rd, 2025 and was open to current members, alumni members, family, friends and supporters of the band program. During the event, they celebrated the year in review, gave out awards, and celebrated a few retirees from the music department. The event was a fantastic way to reconnect with alumni members, connect with active members and celebrate the incredible 150 year history of the Razorback Band at the University of Arkansas. If you have the opportunity to celebrate a milestone with your college band or your chapter, take the time to participate and meet someone new. It is worth the time to show support and help continue the legacy.



Photo by the RMB Media Team

Do you have an upcoming alumni event or milestone that you want to share with SWDAA?

Email the Communications Director at swdjointalumni@gmail.com

Happy Birthday, April and May Members!

Sara Pietrowski	April 2nd	Katie Dukes*	May 2nd
David Alexander*	April 8th	Brant Pembleton	May 5th
Camryn Bly	April 10th	Brent Cannon	May 9th
Bradyly Hammett	April 11th	Timothy Cuevas	May 14th
Bria Douglas	April 15th	Jacob Stover	May 14th
Mellinna Ridout	April 16th	Katelyn Huckaby	May 15th
		Shawn Jones	May 17th
		Hope Aziaka	May 21st
		Lashann Williams	May 22nd
		Nichele Gonzales	May 28th
		Garret Gardenhire	May 29th

(*) - Distinguishes SWDAA
BOD, National Leadership, or
Governor/Counselor

National AA Updates



- KKPsiAA is currently accepting nominations for the Scott Stowell Alumni Excellence Award, Zachary Stoddard Young Alumni Award, Professional Achievement Award, and the Brent Cannon Music Education Alumni Achievement Award.
 - Visit kkpsiaa.org/programs-awards
 - Deadline is May 15th, 2025
- AABOD Elections: Candidate information and additional election details are available at <https://www.kkpsiaa.org/aabod-elections>
 - Deadline is May 15th, 2025
- Check the most recent issues of The Encore for more information about awards, elections and programs for KKPsi AA!



- TBSAA is currently accepting nominations for the Sue Robash Carr Distinguished Alumni Award.
 - <https://www.tbsalumni.org/special-projects/distinguished-alumni-award/>
 - Deadline June 1st, 2025
- AABOD Elections: Candidate information is available on the National Convention website!
 - <https://natcon.kkytbsonline.com/2025-tbsaa-elections/>
- Membership Renewal is next month! TBSAA expires on June 30th, 2025 and you must be a standard or gold star member to attend Natinoal Convention.
 - www.tbsalumni.org/membership
- Check out the most recent issues of The Entr'Acte for more information about elections and programs for TBS AA!



July 15th - 18th, 2025

Last day to reserve a room at the group rate is 6/20/2025.

Contact us at:

- | | |
|--|--|
| • Chelsea Zuniga, Chairperson <ul style="list-style-type: none">◦ swdaachair@gmail.com | • Wendy Stewart, Communications Director <ul style="list-style-type: none">◦ swdjointalumni@gmail.com |
| • Kiara Penn, Membership Director <ul style="list-style-type: none">◦ swdaamembership@gmail.com | • Madison Calvert, Finance Director <ul style="list-style-type: none">◦ swdaafinance@gmail.com |
| • Harrison Calvert, Programs Director <ul style="list-style-type: none">◦ swdaamembership@gmail.com | • Anabel Topor (KKPsi) & Johnny Engelke (TBSigma) <ul style="list-style-type: none">◦ Co-Members at Large◦ swdaa.comals@gmail.com |

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SouthwestDistrictAA



SWDAalumni