

Sheila Linda Meyerowitz Firestone

Born Bronx, New York, 1941

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Songs for a New Day, Music and CD's

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Formal Education

- Grantee Freedom Foundation, summer seminar programs, Valley Forge, Pa.
Southern Campaigns of the American Revolution, Summer 1990
Contemporary American Issues, Summer 1987
Los Angeles Hispanic American Heritage, Summer 1984
Contemporary American Issues, Summer 1984
- University of Miami Graduate Seminar - Invitational Writing Institute, Summer 1989
- University of South Florida Graduate Seminar, Able Learner Summer Writing Institute, Summer 1989
- MS (Special Ed.), Florida International University, 1973
- BA in Education, Florida Atlantic University, 1972
- AA, Miami Dade College, 1970

Private Music Study

- Dr. Thomas L. McKinley, Professor, Lynn University Conservatory of Music, 1998-present
- Dr. Keith Paulson Thorpe, Music Director, St. Paul's Episcopal Church, Delray Beach, FL, 2012-2015
- Joseph Dillon Ford (founder of the Delian Society for New Tonal Music) 1987-1999

Career

- Teacher of Communications to elementary students in Virginia A. Boone Highland Oaks Elementary Gifted Center, North Miami Beach, FL, 1974-1998

Honors/Awards

- *Pen Woman of the Year*, 2019 Florida State Association Conference/National League of American Pen Women
- Identified in Dr. Anne K. Gray, *The World of Women in Classical Music*, Pulitzer Prize nominated book, 2007
- *sTeacher of Note Award*, given by The Young Patroness' of the Opera, Miami, FL, 1996
- *Jim Harbin Fame Award*, given by Media Educators, Miami-Dade County,

(Honors/Awards, continued)

- *Jim Harbin Fame Award*, given by Media Educators, Miami-Dade County, FL, 1994
- Citations in *Who's Who in the World*, *Who's Who in America*, and *Who's Who in Education*, 1992-1993
- *Teacher of the Year*, Miami-Dade County Nominee, FLAG (Florida Association of the Gifted), 1991
- *Very Special Arts Honor Award*, Miami-Dade Co. Board of Public Instruction, FL, 1990
- *Teacher of the Year*, ESE (Exceptional student Education) Council for Exceptional Children, Miami/State Finalist, 1990
- *Superintendent's Five Year Service Award* (1982-87), Chairperson of the Creative Writing Department, Miami-Dade County's Youth Fair
- *Exemplary Leadership Award Bicentennial Celebration*, Miami-Dade County Schools, 1976
- *State of Florida Teaching Scholarship*, 1970-1972

Organizations/Membership

- WIJSF (Women in Jazz in South Florida), 2017- present; featured in articles in *Musicwoman Magazine* and in compilation CD Music Collection Vol. #8
- The National League of American Pen Women, 2022-23 President Boca Raton 2003-present; Music Chairperson, Boca Raton Branch, 2003-24 President; Membership Chairperson, Boca Raton Branch 2018-present; President, Boca Raton Branch, 2014-2018; State Outreach Chairperson/First Vice President, 2004
- 2005-2012 Developed Sisterhood Passover Seder Program Rosh Chodesh programs. Co-President Sisterhood 2010-12
- Member Temple Sinai of Delray Beach, 2003-2012; Choir Member, Bat Mitzvah 2004
- Sigma Alpha Iota, a national music fraternity, Patroness Member/Life Membership (October, 1996); served as the President of the Patroness group at the University of Miami for five years; current Patroness member Ft. Lauderdale Chapter, 2000-present
- Delian Society for Tonal Music, an online network of international composers creating collaborative music suites, 2005-Present
- Women Cantor's Network, intermittent memberships
- Member Temple Sinai of North Dade County and Choir Member 1964 -1987
- Miami-Dade County's Council for Exceptional Children Very Special Arts Festivals, Miami-Dade County, FL, Chairperson, 1989-93

Catalogue of Musical Works

Musical Theatre

- *Miriam and the Women of the Desert*, an opera in two acts telling the story of the Exodus through the eyes of Miriam the Prophet (2016); for solo voices/choir/piano (also scored for small ensemble: clarinet, violin, cello, and piano);
Listing of Musical Numbers: Overture, Out of Egypt, The Voice of Women, The Covenant, Interlude, Tent of Meeting, Ana El Na, Banished, The Tribe Waits, My Name is Puah, Miriam my Child, The Special Child, The Child's Dream, Interlude, Pharaoh's Dream An Evil Man, Pharaoh's Depraved, The Child you Carry, Freedom's Child, Too Old to Hide, A Wet Nurse, In the Cradle of Mankind, Touched by Kindness, Prince of Egypt, Jethro & Moses Duet, Leaving Egypt, At the Shores, Miriam the Prophetess, Reprise Wandering, Miriam's Lament, Rosh Chodesh, Bezalel, Caleb and Joshua, The Women of the Desert, Miriam's Death, Prelude to a Dream, The Torah Speaks
Performances:
St. Paul's Episcopal Church, Delray Beach, FL, 2/24;
Empire Stage Theatre, Ft. Lauderdale, FL, 3/28, 3/30, 4/4, 4/7, 2019;
Sigma Alpha Iota, Lambda A Province Day, Florida International University Performing Arts Center, Preview (two songs-Peace Child & The Child's Dream), Feb. 2018
- *The Peace Patch*, original story by composer, an interactive creative dance-movement suite for children of all ages (1996); shares conflict resolution techniques, mediation, and problem-solving as applied to the story; for piano and narration; includes the recorded narration and music on CD and an accompanying study guide (editor, Joseph Dillon Ford);
Listing of Musical Numbers: Sunrise in the Garden, Nature's Child, Morning Song, Mr. Byrd, The Green Lady, Bug Thuggery, The Search (Nervous Little Cat), The Peach Patch, The Potlatch Party
Performances and Workshops:
Achievement Center for Children and Families, Delray Beach FL, July, 2007;
Solomon Schechter Day School of Palm Beach County, 2003;
North Regional/Broward County Library, Coconut Creek, FL, 2003;
Rainbow Park Elementary School Talented Dance Program, 12/16, 1998;
Paul Abrams Endowment Project, Inc., Bakehouse Art Complex,
Performance Choreographed by Kathy Pilafian, 10,25, 1998;
Vespers Concert, Sigma Alpha Iota, Grace Lutheran Church, Miami Springs, (Performance for piano, violin, viola, cello and narrator) 3/29, 1998
CAJE Conference on Alternatives in Jewish Education, Washington University, St. Louis, Mo. Training Workshop using Peace Patch activities and techniques. August, 2007

Choral Works

- “*Shir Meruba*” - Rav Kook’s “*The Fourfold Song*” (2023); SATB, Flute and Piano; text by Rabbi Abraham Isaac Kook
- *Nipped in the Bud* (2022); SA and Piano; text by the composer
- *Restoring Balance*, seven 12-tone movements for the Counting of the Omer (2021); SATB and piano; text derived from Kabalistic Tree of Life, adapted by the composer. Awarded Second Place in Music Composition 2021 Florida State Association/ National League of American Pen Women Biennial, Detona Beach, FL

Performance:

Institute of Jewish Knowledge and Learning (IJKL) Zoom Presentation,
Counting of the Omer, 2022

- *Music of the Spheres: The Tree of Life* (2019); SSA; text by the composer; Music Award: Song Score, Multiple Voices, 2019 Florida State Association Conference/National League of American Pen Women
- *Waters of Transformation* (2014-15); TTBB; text by the composer; Second Place Prize, Music – Vinnie Ream Competition, National League of American Pen Women 48th Biennial, 2014; (youtube link: <https://www.youtube.com/watch?v=BXjtdDeptgE>)
- *Third World E-Waste Graveyards*, (2013); voice and electronic instruments; text by the composer (you-tube link <https://www.sheilafirestone.com/videos/>)
- *Abraham Lincoln* (2009); SATB and piano; text by the composer (Published in Happy Birthday, Mr. Lincoln: A Commemorative Collage, Pen Woman Press.)
- *Last Ancestor* (2008); SA and piano; text by Elline Lipkin, Poet Laureate, Altenda Ca; Second Place Music Award Winning Entry for Song Score for Voices Florida State Association Conference/National League of American Pen Women, 2015
- *Rara Avis* (2007); SATB and piano; text from The Errant Thread by Elline Lipkin, Poet Laureate, Altenda Ca. (Youtube link: <https://www.youtube.com/watch?v=W2rVQbHY7vg>)
- *Dem Bones* (2006); Reciter, choir, organ and chamber orchestra; text from the Book of Ezekiel (XXXVII)
- *V’Sham’ru* (2006); SA; traditional text
- *Ahavah Raba*, (2004), single voice and piano; traditional text
- *Each Day a New Beginning* (2004); SATB and piano; text by the composer
- *A New American Dream* (1998); SAA and piano; text by the composer
- *Embrace the New Day* (1996); SATB and piano; text by the composer

Performance:

Annual Vespers Musicale, Sigma Alpha Iota, Grace Lutheran Church
Miami Springs, March, 1998

- *Because I Love* (1991); SSAA and organ; text from Gates of Repentance: The New Union Prayerbook for the Days of Awe
- *Psalms I* (1989); SATB; text from the Book of Psalms (Also scored for String Orchestra)
- *A Step in Time* (1988); SSAA and piano; text by the compose

Songs

- *Nipped in the Bud* (2022); voice and piano, also SA; text by composer
- *Bridges of Love* (2021); voice and piano; text by composer,
Performance:
National League of American Pen Women National Biennial,
Washington,DC, Pen Arts Building, Tenor - Matt Butterfield, 4/20/22
- *Tree of Life Blessing for the Children* (2020); Piano and Voice, Text and music
by the composer arr. Grace Reid
New Year's Day Zoom Gala, (January 1,2022) "The Inner Child", Aleph
Jewish Renewal, Vocal - Danya Firestone, Choreography - Alana
Firestone, Pianist and arrangement - Grace Joy Reid
- *You Give Me Hope*, (2014); voice and piano; text by composer
- *Morning Dew*, (2014); voice and guitar; text by composer
Performance:
Aleph Jewish Renewal Zoom, June 20,2020 Spiritual Light of Havdallah,
(Video zoom presentation)
- *Made of Glass* for Soprano, (2009); Text by Elline Lipkin from The Errant
Thread.<https://www.youtube.com/watch?v=KJ1G7m5OhsU>
- *It Will Be All-right* (2005); Conference Music Award Second Place for
achievement in Songs: original Music with original Lyrics, Florida State
Association National League of American Pen Women October 21,2000
Deltona Beach, Fl;
- *Prelude to a Dream* (2003); Voce and piano; text by composer
- *On This Day*, (2002); voice and piano; text by composer
Performances:
Temple Adeth Or, June,2002; Ft. Davie, Florida
Dialogue on Peace: FAU, Boca Raton, December, 2002, Pianist - Teree
Althas, Vocalist - Sheila Firestone
- *Remembrance of a "Mass to Hope"* (2001); reciter and jazz combo; text by
composer. Reflections on an experience of music making at the Berkshire
Music Festival
- *Life Cycles*, a set of songs (2001) [*Morning Dew* (1994), *In my Own Small
Corner* (1995), *The New American Dream*, *Have a Great Life*,(1996); *Welcome
Little Wonder* (1997); *I've Stamped Your Picture on My Heart* (1996); *You
Slipped Away*(1993); *Remembrance of a "Mass to Hope"* (2001); texts by
composer; collection available as CD
- *A Step in Time* (1999); SSAA and piano; text by the composer
- *In My Own Small Corner of the Word* (1995); voice and piano; text by
composer
- *Dancing in the Light* (1996); voice and piano; text by composer;
Published online in the supplement *Resounding Voices to the Women's Sacred
Music Project*, 2023.
- *Welcome Little Wonder* (1997); voice and piano; text by composer for Emily
Firestone

(Songs, continued)

- *Have a Great Life Simcha and Debbie* (1996); voice and piano; text by composer
- *I've Stamped Your Picture* (1996); voice and piano; text by composer
- *Dancing in the Light* (1996); voice and piano; text by composer; Published online in the supplement *Resounding Voices to the Women's Sacred Music Project*, 2023.
- *Dream Scene* (1995); voice and piano; text by composer
- *In My Own Small Corner of the World* (1995); voice and piano; text by composer
- *Struck by Magic* (1995); voice and piano; text by composer; Retitled *Struck by Kindness in Miriam and the Women of the Desert* (2013)
Performances:
 - Miriam and the Women of the Desert*; Preview Concert; Feb 24, 2019, Delray Beach, FL;
 - Empire Stage Theatre, Ft. Lauderdale, FL 3/30, 3/31 4/4, 4/7, 2019
- *Morning Dew* (1994); voice and piano; text by composer
- *You Slipped Away* (1993); voice and piano; text by composer
- *Oh God How Will I Know You?* (1989); voice and piano; text by composer; Published online in the supplement *Resounding Voices to the Women's Sacred Music Project*, 2023
Performance:
 - Vespers Concert , Sigma Alpha Iota, Grace Lutheran Church Miami Springs, March, 1998

Songs For Children

- *Sing and Think*, Eleven songs and activities to enhance the day [Good Morning, Happy Faces, Baby Can Do, Come ABC, Doodle-De-Do, My Pencil Has a Story, Swinging and Sliding, Undies, I've Stamped your Picture, Sleepy Land] (2012); for early childhood through primary school years, on CD with activity book, workshops available
- *Welcome Little Wonder* - for Emily (2004); voice and piano; text by composer
- *There's A Sparkle in Your Eyes*(1997); voice and piano; text by composer
- *There Must be an Answer* (1992); voice and piano; text by composer
Performance:
 - Filed for Dade County Schools Reading Programs (1992);
- *Songs for a New Day* [Walk Tall, Children Walk Tall, A Name Game, This Land of Freedom] (1990); voice and piano; text by composer; arr. Joseph Dillon Ford; activities and songs for leadership development
Performances:
 - Workshop, Palm Beach County Southwest County Regional Library
 - Workshop, Celebrating America, July 1, 1999; Borders, March, 1999

Jewish /Sacred Music

- *Restoring Balance*, seven 12-tone movements for the Counting of the Omer (2021); SATB and piano; text derived from Kabbalistic Tree of Life, adapted by the composer. Awarded Second Place in Music Composition 2021 Florida State Association/ National League of American Pen Women Biennial, Daytona Beach, FL

Performance:

Institute of Jewish Knowledge and Learning (IJKL), Zoom Presentation, Counting of the Omer, 2022.

- *Tallit of Sisterhood* (2010); voice and piano; text by composer

Awards:

First Place Music Award: Multiple Vocal Score (Category); Conference Music Award, Florida State Association National League of American Pen Women; October 28, 2011

Accepted for Publication:

Adding Our Voices: The Torah of Jewish Women (date: TBA)

Performances:

Women of the Wall Concert, performed by Cantor Elaine Zimmerman, Tradewinds Park, Nov. 3, 2013

Temple Sinai Women's Seders Choreographed by Charles Sheik, 2011 & 2012

- *All the World's a Very Narrow Bridge* (2010); for voice and piano; text by Reb Nachman of Breslav
- *Refuah Shelayma* (2009); (Healing song); voice and piano; text by composer and some traditional phrases

Performances:

Frequently performed at Services, Temple Sinai of Palm Beach County,

Accepted for Publication:

Adding Our Voices: The Torah of Jewish Women (date: TBA)

- *You Shall Love* (2009); voice and piano; traditional text (Sh'ma)

Performances:

Miriam and the Women of the Desert, Preview Concert, Feb. 24, 2019

Miriam and the Women of the Desert, Empire Stage Theatre March 30, March 31 and April 7, 2019

- *Hashkivenu* (2008); voice and piano; traditional text
- *Let's Build a Sukkah* (2008); voice and piano; text by composer

Performances: Video Presentation, Aleph Zoom GalaGala, Sept 28, 2020

- *Shechinah* (2005); voice and piano; text by composer

Performances:

Miriam and the Women of the Desert, Preview Concert, Feb. 24, 2019

Miriam and the Women of the Desert, Empire Stage Theatre March 30, March 31 and April 7, 2019

(Sacred Music, continued)

- *Let there be Light* (2004), for Shabbat or Chanukah; voice and piano; version for two voices and piano (2005)
Performance:
Temple Sinai of Delray Beach, Composer in Residence Concert, 6/02/06
- *L' Cha Dodi* (2005); Choir and Piano; traditional text
Performance:
Composer in Residence Concert, Temple Sinai of Delray Beach, FL, 6/2/06
- *Mi Chamocha No. 2* (2004); voice and piano; traditional texts
Performance:
Composer in Residence Concert, Temple Sinai of Delray Beach, 6/2/06
- *Bruchim Habayim - Ya a se Shalom* (2004), for Danya Firestone; voice and piano; traditional text
Performance:
Temple Sinai of Delray Beach, Composer in Residence Concert, 6/02/06
- *Candle Blessing No. 2* (2004); voice and piano; traditional text
Performance:
Composer in Residence Concert, Temple Sinai, Delray Beach, FL, 6/9/06
- *Each Day a New Beginning* (2004) SATB and piano; text by composer
- *Mi Chamocha No. 1* (2004); for voice and piano, traditional text
Performance:
Temple Sinai of North Dade, FL 2004
- *Prelude to a Dream* (2003); voice and piano; text by composer
Performances:
Miriam and the Women of the Desert, Preview Concert, Feb. 24, 2019 St. Paul's Episcopal Church, Delray Beach, FL
Miriam and the Women of the Desert, Empire Stage Theatre March 30, March 31 and April 7, 2019
- *Adon O' Lam* (2003); voice and piano; traditional text
Performances:
Composer in Residence Concert, Temple Sinai of Delray Beach, 6/2/06
Kol Isha Concert, June 19, 2019, Women Cantors' Network
Publication:
Kol Isha: Songs and Settings of Prayers (2019), Women Cantors' Network
- *In Der Yiddishe Velt*, (2002); a song cycle [In Der Yiddishe Velt, Verloren-Remembering the Holocaust, A Joyful Noise (Tov L' Ha Dot), Mazel Tov] (1991); text by composer and traditional Sh'ma
Performance:
Mazel Tov, performed at the wedding of Wayne and Stephanie Firestone
- *Bim Bam - Shabbat Shalom* (2002); for voice and piano; text by composer
Performance:
Composer in Residence Concert, Temple Sinai of Delray Beach, 6/2/06

(Sacred Music, continued)

- *Eshet Lapidot (Keepers of the Flame)* (2002); voice and piano; text by Rabbi Lynn Gottlieb
Accepted for Publication:
Adding Our Voices: The Torah of Jewish Women (date: TBA)
- *Dancing in the Light of God* (1996); voice and piano; text by composer
Performance:
Composer in Residence Concert, Temple Sinai Delray Beach, FL, 6/2/06
- *Praise the Lord - Psalm 117* (1991); voice and piano; traditional text; [Instrumental Version for Orchestra (1994); version for SATB (2010)]
- *Oh God How Will I Know You?* (1990); voice and piano; text by composer
Performances:
Zoom Presentation, with Pat Black Gould, The Crystal Beads, Choreographed by Genevieve Fortner, June 14, 2022
Service, Temple Sinai of North Miami Beach, FL; December 27, 1991
- *Because I Love* (1990); SATB and piano; text from *Gates of Repentance: The New Union Prayerbook for the Days of Awe*, with permission of the Central Conference of American Rabbis; version for orchestra (1994)
Performance:
South Florida Youth Symphony, A Classical Holiday Concert December 18, 1994 (Orchestral Version)
- *On This Day* (1990); voice and piano; text by composer
Performances:
Peace Begins With Us Conference, Florida Atlantic University; December 8, 2002
Temple Adeth Or (TAO Congregation), Ft. Lauderdale, 2002
- *Psalm 1* (1989); SATB; traditional text; version for string orchestra (1998)
Performances:
Vespers Concert, Sigma Alpha Iota, Grace Lutheran Church Miami Springs, March, 1998 (string orchestra version)

Instrumental Works

Piano Solo

- Berceuse for Sara Yocheved (2023)
- *The Octopus* (2019); First Place Music Award: Experimental, Florida State Association Conference/National League of American Pen Women, 2019
- *Lakeside Walk With Joe* (2017); also transcribed for orchestra. Third Place, Piano Solo, 50th Biennial Conference. Music Performance and Awards at Pen Arts Building, Washington, D.C. April 30, 2022
- *Cradle Song No. 2, for Maya* (2014)
- *For Emily* (2013)
- *Canons 1-8* (2012)
- *Prelude No. 2 in C# Minor* (2012)
- *Pandora Triptych* (2011); Pandora, Pandora's Box Hope; Second Place Music Award: for Instrumental Score for One Instrument Only, Florida State Association Conference/National League of American Pen Women, 2013
Performance:
Choreographed by Charles Sheik and Jennifer Wilson (2011), Performed for National Dance Week, Delray Beach, FL February, 2014
NLAPW Luncheon
- *Prelude No. 3* (2009); First Place Music Award, 2023, Conference Music Award, FI State Association Conference/National League of American Pen Women
- *Prelude No. 1* (2009); Second Place Music Award: Solo Instrumental, 2011 Conference Music Award, Florida State Association Conference/National League of American Pen Women; Music Performance and Awards Pen Arts Building, National League of American Pen
- *A Grandchildren's Suite* [Sarah the Cat, Skater's Waltz, For Fun, Piano Study in D, Walk with a Curious Child, Tween Talk, March to Victory on a Computer Game] (2009, revised 2015); Second Place Award for One instrument, 2015 FSA/NLAPW Biennial Conference
Performance:
April 2018, 49th Biennial Conference, National League of American Pen Women, Des Moines, Iowa
- *Little Chaconne* (2008)
- *In the Garden Petite Suite* [Processional, Country Dance, Gypsy, Butterflies in the Garden, Valse Triste, Farewell] (2005); First Place October 21, 2005 Conference Music Award for achievement in Instrumental Composition, Piano Only, Florida State Association National League of American Pen Women
- *Sonatina No. 1* (2003); Second Prize for Music Competition, Instrumental Composition, Piano Only 2003 Florida State Association National League of American Pen Women
- *Fantasia for Peace* (2001); April, 2 2002, Wynmoor Spring Chamber Concert, with Sheila Firestone at the piano; Sigma Alpha Iota Miami Alumnae Chapter Spring Harmony Concert, March 3, 2002 Paula Neihouse, piano
- *Nocturne No. 1* (2000)

(Instrumental Works, Piano Solo, continued)

- *Seven Chroma Preludes in Five* (1999); First Place Award: Experimental Music, 2017 Florida State Association Conference/National League of American Pen Women

Performance:

Sigma Alpha Iota Annual Vespers Concert, Miami Shores Presbyterian Church, Sunday, March 19, 2000 Janice Feld Piano

- *Berceuse, for Noah* (1999)
- *L'Hit "Rot, for Emily* (1998)
- *Ancient Dreams on Tarricone Mountain, Suite for Piano* [Dancing Rain, Ariel's Song, Powwow] (1996)

Performance:

Marina Berbarian, Sigma Alpha Iota Annual Vespers Musicale, Grace Lutheran Church, Miami Springs, March, 1998

- *Sonata No. 1* (1994); Ed. Joseph Dillon Ford,

Performances:

Gregory C. Szeto, Phi Mu Alpha Sinfonia and Sigma Chi Chapter of Sigma Alpha Iota, Recital of American Music, Nancy Green Symphony Hall, University of Miami, May 3, 1997

Gregory C. Szeto, Sigma Alpha Iota Annual Vespers Musicale, Grace Lutheran Church, Miami Springs, March, 1998

- *Cradle Song No. 1* (1993); Phi Mu Alpha Sinfonia and Sigma Chi Chapter of Sigma Alpha Iota Recital of American Music Nancy Green Symphony Hall, University of Miami, May 3, 1997

- *Chaconne in A Minor* (1992); Ed. Joseph Dillon Ford;

Performance:

Janice Feld, Sigma Alpha Iota Annual Vespers Musicale, Grace Lutheran Church, Miami Springs, March, 1998

Orchestral

- *Lakeside Walk With Joe* (2017); piano original transcribed for orchestra
Performance:
 Octava Chamber Orchestra, September 23, 2018
- *Third World E-Waste-Graveyards* (2015); <http://www.sheilafirestone.com/third-world-e-waste-graveyards/>; Awarded: First Place, Music for Experimental Vocal/Instrumental 2015, Florida State Association Conference/National League of American Pen Women Biennial Conference
- *Farewell Adagio* for strings (2010); piano original transcribed for string orchestra; Second Place 2011 ConferenceMusic Award: Multiple Instrument Category, 2017 Florida State Association Conference/National League of American Pen Women; <https://www.youtube.com/watch?v=3LExA0QusUw>
- *Harp Concerto* (2008)
- *Rhapsody No. 3 for String Orchestra*, (2005)
- *Cirque De Cybre Symphony* (2005)
- *Rhapsody* (2002); Conference Music Award, First Place for achievement in Instrumental Composition October 21, 2005 Florida State Association National League of American Pen Women
- *River of Grass Rhapsody* (1999, rev. 2006); First Place Music Award: Instrumental with Multiple Instruments, Florida State Association Conference/ National League of American Pen Women
Performance:
 by Octava Chamber Orchestra, Memorial Concert for Joseph Dillon Ford, 2017
- *Psalms 117*, Orchestral (1994)
Performance:
 Classical Holiday Concert South Florida Youth Symphony, Miami Shores Presbyterian Church, FL, December 18, 1994
- *Because I Love*, Orchestral (1990)
Performance:
 Classical Holiday Concert South Florida Youth Symphony, Miami Shores Presbyterian Church, FL, December 18, 1994
- *Psalms I* (1989); choral original transcribed for string orchestra.
Performances:
 Sigma Alpha Iota Annual Vespers Musicale, Grace Lutheran Church, Miami Springs, March, 1998 (Performance by String Quartet)

Chamber Music

- *Pandemic 8'46"* (2020); Violin and Piano; Second Place Award, 2023 FSA/NLAPW Conference
- *The Forest Primeval* (2019); Piano Quintet; Inspired by the "Prelude to Evangeline" by Henry Wadsworth Longfellow; First Place Award - multiple instruments,, 2020 National League of American Pen Women, 50th; Recording shared at Biennial Conference. Music Performance and Awards Ceremony at Pen Arts Building, Washington, D.C. April 30, 2022
- "Maid Marian" from *Delian Suite No. 7* (2012); Clarinet Quartet
Performance:
Iris Clarinet Quartet, Japan, 2012, <https://www.youtube.com/watch?v=ggLXLX2YqAg>
- "Variations on a Haitian folk song, Dodo Titite" from *Delian Suite No. 6* (2010); Flute and Guitar
- "The Hearing Forest and Seeing Field" from *Delian Suite No. 4: Impressions of Bosch* (2008); Flute, Bassoon and Harp
Performance:
"Colloque Fonde Basson," Angoulême, France, June 2008
- *Brass Quintet* (2007)
- *La Horla, An Incomprehensible Feeling of Disquietude* (2007); for Violin, Bassoon and Piano. Tribute to Guy de Maupassant *Nu Music! Unlimited 2010*
http://www.deliansociety.org/HORLA_PROJECT/horla_firestone.html
- *String Trio: Introduction and Dance* (2002); Award 1st Place, October 11, 2003
Instrumental Score, Florida State Association, National League of American Pen Women
Performance:
2004 Biennial Conference Helen T. Brown Memorial Concert, April 1, 2004
Washington, DC, National League of American Pen Women; 2003
- *String Quintet No. 1: From the Depth of My Soul* (2002); (also version for string orchestra)
- *Cradle Song Trio* (1998); Violin, Cello and Piano
Performance:
Vespers Concert , Sigma Alpha Iota, Grace Lutheran Church Miami Springs, March, 1998

New Age

- Peaceful Journeys - CD (2000); Fuga, In the Beginning, The Journey, Namaste (https://www.youtube.com/watch?v=v_ezO87BL-M), Mantra Meditation

Contributions to suites by the Delian International Community of Composers with some links to Firestone pieces

- Delian Suite No. 10 Concert in memory of Joseph Dillon Ford, Lakeside Walk with Joe,(2017); arrangement of piano composition.
- Delian Suite No. 9, 2016; Voices of a Living Earth, *Waters of Transformation* (2014-15); TTBB, text by the composer;
- Delian Suite No. 8, Letters to Eternity(2015); *to Eric Alfred Satie*, Orchestral; Octava Chamber Orchestra January 30, 2016
- Delian Suite No. 7, The Robin Hood Suite, Maid Marian, Iris Clarinet Quartet, Japan, 2012;<https://www.youtube.com/watch?v=ggLXLX2YqAg>
- Delian Suite No. 6, Variations on a Haitian folk song, Dodo Titite for flute and Guitar, (2010);First Place Music Award: Experimental, 2017 Florida State Association Conference/National League of American Pen Women
- *Nu Music!] Unlimited (2010); La Horla, An Incomprehensible Feeling of Disquietude* (Violin, Bassoon, Piano,) 2007; Tribute to Guy de Maupassant http://www.deliansociety.org/HORLA_PROJECT/horla_firestone.html
- Ye New Music Fayre *Farewell-* Adagio for strings (2010);
- Delian Suite No. 5 Variations concertantes sur le nom de Paul Verlaine,
- Son Joyux Importun, Part 2 of 3 2009; Octava Chamber Orchestra, <https://www.youtube.com/watch?v=KJ1G7m5OhsU>
- *Delian Suite Made of Glass*(2009); for Soprano and piano; Lyric Elline Lipkin <https://www.youtube.com/watch?v=KJ1G7m5OhsU>
- Ye New Music Fayre (Delian Challenges 2008);
Three Cradle Songs, Cradle Song No. 1 , Berceuse for Noah, Cradle Song No. 2 for Maya
http://www.deliansociety.org/firestone_ynmf_2008.html
- Delian Suite No. 4 Impressions of Bosch, *The Hearing Forest and Seeing Field*, Suite (2008); Octava Chamber Orchestra.
- Delian Suite No. 3, *Rara Avis*, (2007); Choral Poem SA, Setting from the Errant Thread by Elline Lipkin. Vocalist David Solomons, England.
<https://www.youtube.com/watch?v=W2rVQbHY7vg>
- Delian Suite No. 2, (2006); *Ezekiel XXXVII Spoken with musical setting*

CD Albums

- *Ancient Blue Threads*, settings of traditional and original prayers in the Jewish Tradition (2012); text by composer except when traditional prayers are used;
Listing of Musical Numbers:
Bim Bam Shabbat Shalom for voice and piano; Mi Chamocha, traditional text, You Shall Love (Sh'ma) traditional text, Bruchim Habayim -Ya a se Shalom (Welcoming Peace), traditional text, Praise the Lord - Psalm 117; traditional text; Let's Build a Sukkah, Let there be Light [Chanukah]; Oh God How Will I Know You?; Prelude to a Dream, text by composer; Mazel Tov [Wedding Song] Text by composer and traditional Shecianu; Farloren - The Holocaust, text by composer and traditional Sh'mah; Shechinah; Tallit of Sisterhood; Refuah Shelayma (Healing song) and some traditional words; Dancing in the Light of God; Adon O' Lam, traditional text;
Available as a CD and as sheet music at Oy Songs. CD: vocals by Selah Gitlin, Cantor David Presler, Asher - Lital, Danya and Alina Firestone, Dr. Keith Paulson-Thorp, piano
- *Piano Favorites No. 2* (2005)
Listing of Selections:
Pianist Lydia Andreeva; Ancient Dream on Tarriconne Mountain Suite - Dancing Rain on Tarriconne Mountain, Ariel's Song, Pow Wow, Fantasia for Peace Movement 1, Movement 2 Fantasy No 1. Cradle Song, Maya, Berceuse for Noah, Fuga, Seven Chroma Preludes in Five, Sonata No. 1 Movements 1,2,3
- *Life Cycles* (2001) Songs for voice and piano music and words by composer
Listing of Songs:
Morning Dew, The New American Dream, Have a great Life, Welcome Little Wonder, I've Stamped your Picture, You Slipped Away, Remembrance of a "Mass to Hope"
- *Piano Favorites No. 1* (2001); Pianists: Qi Liu, Lydia Andreeva, Janice Feld
Listing of selections:
Berceuse, Cradle Song, Peace Patch Dance Suite, Chaconne in A Minor: XXIV Variations, Sonata No 1 in C minor, Seven Preludes in Five, Tranquillo from Fantasia No. 1
- *Peaceful Journeys* (2000), New Age style instrumentation;
Listing of Selections:
Fuga, In the Beginning, The Journey, Namaste, Mantra Meditation

Instructional Curriculum with Music

- *Sing and Think* (2012) Instructional curriculum and integrated songs and instrumental music; Listing of eleven dawn to dusk songs and activities; Good Morning, Happy Faces, The Friendly Petting Zoo, My Pencil's story, Baby Can Do, Come ABC, Doodle-DeDo, Swinging and Sliding, Undies, Undies, Undies, I've Stamped your Picture on my Heart, Sleepy Land
- *The Peace Patch Interactive Dance Suite* (1997) for piano and narration; Listing of musical numbers; Sunrise in the Garden, Was a Child Went Forth, Morning Song, Mr. Byrd, The Green Lady, Bug Thuggery, Nervous Little Cat, The Peace Patch, The Potlatch Party; Includes conflict resolution curriculum by Sheila Firestone, Narrated and Instrumental version included; Available on thumb drive
- *Songs for a New Day* (1990-1992) Listing of songs and learning activities. Walk Tall, A Name Game, This Land of Freedom, The Winner Every Day, Music and Lyrics Shiela Firestone; Arrangements, Joseph Dillon Ford; Vocals, Sheila Firestone and Paul Mulhern, includes a complete curriculum guide with activities for character development, citizenship and self concept development.