

# Healing at the Speed of Sound

Cascadia Composers Presents

**RAPHAEL**

**SPIRO**

**STRING**

**QUARTET**



Music composed especially for children

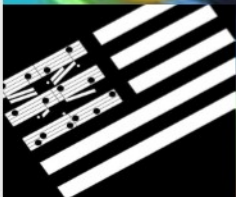
**Sunday, November 1st 2015**

**3pm**

**Community Music Center**

*3350 SE Francis St, Portland, OR 97202*

Suggested Donation \$5-\$10 / No one turned away



National  
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[www.cascadiacomposers.org](http://www.cascadiacomposers.org)



# Cascadia Composers

## Mission Statement

*Cascadia Composers* engages our community through the creation, performance, and promotion of contemporary musical art, while providing resources and opportunities to Cascadia composers.

*Cascadia Composers* serves northern Oregon and southern Washington and was founded in 2008.

Website: [www.CascadiaComposers.org](http://www.CascadiaComposers.org)

## Governing Board

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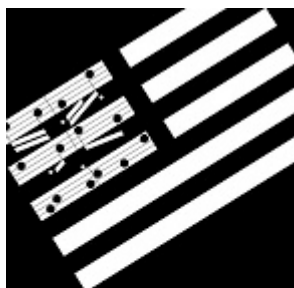
Tristan Bliss, Publicity • David S. Bernstein, Greg A Steinke, at large •

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*Cascadia Composers* is a chapter of the National Association of Composers/USA (NACUSA)

NACUSA is a 501(c)(3) non-profit organization. Founded by Henry Hadley in 1933, it is one of the oldest organizations devoted to the promotion and performance of American concert hall music. Many of America's most distinguished composers have been among its members.

**These concerts and presentations are made possible by dues from NACUSA (National Association of Composers/USA) and fundraisers sponsored by Cascadia.**



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# CASCADIA COMPOSERS

(Cascadia Chapter of the National Association of Composers/USA)

*presents*

## ***Healing at the Speed of Sound***

### **Raphael Spiro String Quartet**

*plays music performed especially for hospitalized children in Portland*

3 PM, Sunday Matinee, November 1, 2015

Community Music Center, 3350 S. E. Francis Street, Portland, OR 97202

***The Far North Land***

Greg Bartholomew

***Azure, A Farm Adventure in Five Movements***

Stacey Philipps

I. Sunrise; II. Morning Pasture; V. Hootenanny

***Nursery Chairs***

Linda Woody

**Linda Woody**, *narrator and vocalist*

***The U. S. Visited***

Liz Nedela

4th Movement: the Great Plains Country Festival

***The Dance of Life from EXPRESSIONS on the Paintings of Edvard Munch***

Greg A Steinke

Waltzy–Subito alla polacca–Tempo di tango–Gigue–Waltzy

***Minstrel Music***

David S. Bernstein

***Moonfish, a story for String Quartet***

Music by Paul Safar  
Story by Nancy Wood

**Nancy Wood**, *narrator*

***A Quartet in Red, Black and Blue***

Paul Safar

Movement II: Autumn Moon

***Light But Heavy***

David S. Bernstein

*Following this short concert, the composers and the quartet will speak briefly about the music, and the performances for hospitalized children in Portland. There is no intermission. Please do not record any portion of this concert without written permission of the artists. Flash photography is strictly prohibited.*

## ABOUT THE RAPHAEL SPIRO STRING QUARTET

**RSQ** was formed in the summer of 2012 as a legacy and a living memorial to the late Raphael Spiro (1905-2000) when at a chamber music gathering, the three upper strings learned that their principal teacher was Mr. Spiro. In 2013 RSQ participated in a project that brought a consortium of professional musicians to perform live demonstrations in area public schools. This year's 2015 Oregon Regional Arts and Culture Council (RACC) grant enabled RSQ to perform for hospitalized children with a narrative woven by RSQ around the music of seven members of Cascadia Composers, the local chapter of the National Association of Composers USA. RSQ performs formal recital concerts, gives educational workshops for audiences ranging from elementary to college level and professional cohorts, contributes to local community and neighborhood outreach programs, and entertains at celebratory functions.

**Violinist Irene Gadeholt** studied with Raphael Spiro and Michael Foxman in Portland, Oregon and in her youth was a delegate to Tanglewood Music Festival where she studied with Max Winder of the Boston Symphony. She was concertmaster and soloist with the Portland Junior Symphony (now PYP), and a featured soloist with the Portland State University orchestra during her undergraduate study in music there. Irene performed many seasons as a core member of the Oregon Symphony and has held posts of assistant concertmaster with such ensembles as the Portland Opera, Oregon Ballet Theatre, the West Coast Chamber Orchestra, and guest concertmaster of the Newport Symphony, in Newport Oregon. She is currently active performing with many local chamber music groups and continues to mentor young musicians through her private teaching studio.

**Violinist Mary Ann Coggins Kaza** studied with Raphael Spiro in Portland, and at Tanglewood with Louis Krasner. She has pursued an extensive professional musical career of thousands of performances during her remarkable 42 years with the Oregon Symphony including concerts at the Hollywood Bowl (CA) and Carnegie Hall (NYC). She has performed with the Portland Opera and Oregon Ballet Theatre, West Coast Chamber Orchestra, Little Orchestra of Portland, and with the former Kaza String Quartet, as well as local touring shows with countless celebrities, Broadway musicals, casino specials, chamber music, and tours of Europe. She mentors youth: President of the Board of Directors, Metropolitan Youth Symphony; Executive Board member Local 99 American Federation of Musicians; and President, Music Education Assistance Project, Inc.

**Violist Sharon Eng** studied with Raphael Spiro, and with William Lincer and Paul Doktor at Juilliard (BMus, MMus Viola Performance). A member of Classical Nuances (ob, va pn) for 20 years, she performs to rave reviews worldwide: United Nations in NYC, Athens Opera House, Australia's National Museum, Seoul's Performing Arts Center, and the Sultan's family in Kuwait among many. She played in the American Ballet Theatre and NYC Opera orchestras; and toured China twice as co-principal viola of the Polish Sinfonietta. Sharon maintains two private studios, teaches strings at Multnomah Arts Center, is principal violist with Bravo! Northwest, is co-founder of Madrona Viola Duo, and conducts the Oregon ProArte Youth Chamber Orchestra. She has been on the faculty of the International Music Institute and Festival (IMIF) at Mount St. Mary's University in Maryland ([www.imif.us](http://www.imif.us)) since 2002.

**Cellist Gayle Budd O'Grady** is currently a member of the Oregon Symphony. During her tenure in Portland, she has also performed with the orchestras of the Portland Opera, Oregon Ballet Theatre, the Portland Chamber Orchestra, and the West Coast Chamber Orchestra. Before coming to Portland, she was a member of the Winnipeg Symphony Orchestra in Canada. Gayle has been a past member of the Aurora String Trio, HTR Piano Trio with the late violinist Cline Otey of the Oregon Symphony, and currently with the Tapestry String Quartet. She was a student of Ira Lehn in Santa Barbara, and later with Gabor Rejto at the Music Academy of the West. She continued her studies with Gabor Rejto at the University of Southern California in Los Angeles, where she earned her Bachelor of Music in Cello Performance. Gayle's busy schedule also includes teaching private students of all ages.

## Program Notes

**Greg Bartholomew: *The Far North Land***—My father enjoyed singing, particularly when the family went on road trips. One of our favorite songs that he sang was “The Far North Land.” Several years ago, my sister recorded our father singing this song for use on the soundtrack of one of her movies. I recently transcribed the song from that recording and used it as the foundation for this piece. My aunts tell me they recall my father singing this song when he was a boy growing up in Minnesota, and that they referred to it as “Fletch’s song.” It was only while working on this piece that I discovered that Duncan, Clear Water and Bear Skin are actual lakes in the border lakes region where Minnesota meets Canada. More recently, I have learned that in the United Kingdom the tune is known as “The Road to the Isles.”

**Stacey Philipps: *Azure, A Farm Adventure in Five Movements (I. Sunrise; II. Morning Pasture; V. Hootenanny)***-- I grew up riding horses and encountering the activities and sounds of farm life around the property. This piece describes a day among a community of animals and people you might find in such a place. The three movements performed today begin with sunrise over the farm, peppered with the crows of roosters competing to announce the dawn. The second movement goes out into the pasture for a gallop with some frisky horses who startle and snort when they come across a few cows in the way. Finally, the day ends in the last movement with a hootenanny, or barn dance that begins with the musicians tuning, grows into a toe-tapping dance tune, and swirls into the calm of twilight as the sun sets over the farm and the day ends.

**Linda Woody: *Nursery Chairs***—This short piece for a young audience was inspired by a poem of the same name from one of the composer’s favorite childhood poetry books, *The Christopher Robin Verses* by English poet, A. A. Milne. The child imagines that three of the four chairs in the play room have different imaginary characters: One is South America, one is a lion, one is a ship at sea. The fourth chair, “is only me.” Well-suited to the four chairs of a string quartet, each player sings one of the poem’s verses, accompanied by the other three players. In this performance, the composer herself will have the honors of singing and narrating the poem’s verses.

**Liz Nedela: *the U.S. Visited, 4<sup>th</sup> Movement: The Great Plains Country Festival*** is reminiscent of a country hoedown, Saturday night barn dances and country picnics. This is the fourth movement of a collection of string quartets depicting different areas of the United States.

**Greg A Steinke: *Expressions on the Paintings of Edvard Munch: The Dance of Life***: Waltzy-Subito alla pollacca-Tempo di tango-Gigue-Waltzy. This movement from the above named string quartet showcases four different styles of dance. It is part of a group of works based on paintings, this group entitled, “Image music XVII” focusing on the paintings of Edvard Munch. As expressed in Munch’s *Journal*: “...at times you see with different eyes,” ...a composer at times [hears] with different [ears].. And so it is here of ‘hearing’ these paintings at this moment in time...”

**David Bernstein: *Minstrel Music for the Court of King Arthur***--This music is a song about fantasy and illusion. It harks back to the time when King Arthur was a fifth century British general who fought against Anglo-Saxon tribes in order to assure that merry old England remained a British Kingdom.

**Paul Safar: *Moonfish (2014) (Story by Nancy Wood)*** The story of Moonfish was written by Nancy Wood, my wife and artistic partner. Her intent was to create an image in words to help calm restless minds of all ages (and mine, specifically) before bed. When the RSQ invited composers to write a piece that would be performed for children, we felt the soothing nature of the story would be a perfect match for string quartet and narrator. Many thanks for the RSQ for the impetus to make Moonfish come to life.

**Paul Safar: *A Quartet in Red, Black and Blue, Mvt. II: Autumn***—Autumn Moon is a middle movement of a string quartet written in 2008 called “A Quartet in Red, Black and Blue.” This short atmospheric piece was written very spontaneously after seeing a beautiful fall full moon.

**David Bernstein: *Light But Heavy*** is a play of contrasts. There are very rapid changes of dynamics of loud and soft, high and low, rapid changes in rhythms, and harmonies that involve the use of thirds and fourths for their building blocks.

## Composer Biographies

**Greg Bartholomew:** The music of award-winning American composer Greg Bartholomew is frequently performed throughout North America, Europe and Australia. Born in 1957 in St. Paul, Minnesota, Bartholomew was awarded the Cheryl A. Spector Prize twice (in 2012 for the First Suite from Razumov and in 2013 for Summer Suite), the Silver Platter Repertoire Award (for The Tree), and First Place in the 2006 Orpheus Music Composition Competition (for Beneath the Apple Tree). A two-time Finalist for the American Prize in Choral Composition, he was the 2012/2013 Composer in Residence for the Cascadian Chorale.

**David S. Bernstein's** music has seen its expression in a wide variety of genres. His concert music ranges from compositions for the theatre and musical theatre to works for dance, opera, orchestra, chorus, band and many varied chamber music ensembles. His music has been performed in many areas of the United States, Canada, South America, and Europe. He has traveled widely and given lectures on his music in Vienna, Paris, Warsaw, Posnan, Crakow, The Eastman School of Music, The University of Alberta, The University of Southern California, New York University, The University of Kentucky, and many others. His music has been published by G. Schirmer, Acoma Productions, Ludwig Music Publications, Willis Music, Abingdon Press, Lawson-Gould, Dorn Productions, Music for Percussion, Inc., and Clear Note Publications. Bernstein earned a B.M. and M.M. from Florida State University and a doctorate in music composition with distinction from Indiana University.

**Liz Nedela,** BA, MEd, MM, NCTM, teaches piano and composition in Vancouver WA. She strives to write music that is accessible to musicians and audiences of varied preferences -- educational, avant garde, church music, instrumental, vocal -- solo music, ensemble, orchestral, choral, using a wide variety of styles of music. She is fond of experimental scales, modes and pentatonic; ethnic music; counterpoint; and the continued quest for melody in any style of music. As a result, many commissions have ensued from Chapters of MTNA, two art galleries, church music, and special music by select musicians for concerts. As the 2014 WSMTA Commissioned Composer of the Year, a piano duet resulted from an in-depth study of pentatonic scales, ranging from ancient to present day jazz influence. A solo synopsis was the response for an intermediate piano solo as an encore for the WSMTA award, and was presented to the Washington student composer winners at their concert.

**Stacey Philipps** writes music of close, lush harmonies and contrapuntal textures, exploring the timbre of voices and instruments in minute detail and sweeping gestures. A lifelong choral singer, Stacey is an early- and new-music devotee, and she currently sings with the Oregon Repertory Singers. Her vocal interests extend to a love for composing choral music and art song, as well as collaborating with solo instrumentalists and chamber music ensembles. A sometime pianist and frequent dabbler in playing underappreciated instruments – she has an accordion, mountain dulcimer, and ukulele on hand and is pining for a harpsichord, banjo, and viola da gamba – Stacey graduated with a degree in music composition from Portland State University and also holds a degree in philosophy and math from St. John's College, Santa Fe.

**Paul Safar** (b. 1969) is a versatile composer/performer and music educator living and working in Eugene, Oregon. In addition to a busy private piano teaching studio, Paul also performs as an accompanist to soprano Nancy Wood, both whom are co-founders and artistic directors of Cherry Blossom Musical Arts, a performing arts nonprofit organization that produces original, collaborative, live performances. He received his B.Mus from the College-Conservatory of Music in Cincinnati, Ohio, and draws upon his classical music training while often incorporating various popular styles like jazz and rock. His chamber music has been performed in New York City's CAMI Hall, choir music in Seattle, and a folk opera in Ohio. Paul was awarded the Oregon Music Teachers Association Composer of the Year Award in 2013 and has received commissions from the DelGani String Quartet and the Oregon Parks Department.

**Nancy Woods**, writer of the story, "Moonfish", as spent her life studying the performing arts. Growing up in Minnesota, she was also a U.S. figure Skating Association Gold Medalist and toured professionally with Holiday on Ice International. She attended Augsburg College and the University of Minnesota, during which time she studied theatre, dance, literature and voice. As a vocalist, she has performed throughout Oregon, including headlining at Jazz De Opus, one of Portland's premiere jazz venues, as well as in the classical concert series, "The Seventh Species". She wrote the book for the children's theatre musical, "Nisse's Dream", and co-wrote the lyrics with composer Paul Safar. An accomplished interpreter of contemporary classical art songs, she performs regularly for Cascadia Composers. She has performed works by many living composers, including Derek Healey, Tomas Svoboda, Jeff Winslow, Jack Gabel, Gary Noland, John McKinnon, and Dan Senn. Nancy is a member of BMI and the International Dance Council.

**Dr. Greg A Steinke** is retired, former Joseph Naumes Endowed Chair of Music/Art and Associate Dean of Undergraduate Studies, Marylhurst University, Marylhurst, Oregon; Associate Director, Ernest Bloch Music Festival ('93-97) and Director, Composers Symposium ('90-97) in Newport Oregon; and served as National Chairman of the Society of Composers, Inc. (1988-97). He is a composer of chamber and symphonic music and author with published/recorded works and performances across the U.S. and internationally; speaker on interdisciplinary arts, and oboist specializing in contemporary music. Dr. Steinke is the current national president of NACUSA and also serves on the NACUSA Cascadia Chapter Board.

**Linda Woody** lives in West Linn, Oregon and graduated with honors in 2013 from Marylhurst University with a Bachelor of Arts in Music and a Bachelor of Music in Composition. She studied music composition with Dr. Bob Priest and Dr. John Paul. She enjoys writing for a variety of ensembles, including handbell choir, choral groups, piano trio, middle school band and mixed instrumental groups. Her works have been performed by members of the Oregon Chamber Players, Big Horn Brass, the Delphinium String Quartet, the Free Marz String Trio, the Classical Beauties Piano Trio, the Marylhurst Chorale, Lake Carillon and Vesper Bells Handbell Choirs, the Athey Creek Middle School 8<sup>th</sup> Grade Band; and by members of Third Angle, and the Oregon and Vancouver Symphony Orchestras.

## UPCOMING EVENTS

### ***Crazy Jane Prevails Concert***

NACUSA Cascadia women composers explore colorful stories of strength.  
Friday, November 13th, 7:30 pm  
Lincoln Hall, Rm. 75, Portland State University  
1620 SW Park Ave., Portland 97201

### ***Perceptions of Sound Concert***

Works by NACUSA Cascadia Composers  
Saturday, January 30th, 7:30 pm  
First Christian Church  
1166 Oak St.  
Eugene, OR 97401

### ***Attachments and Detachments Concert***

Works by NACUSA Cascadia Composers featuring dynamic pianist, Dianne Davies  
and the Agnieszka Laska Dancers  
Sunday, February 28th, 7:30 pm  
Lincoln Hall, Rm. 75, Portland State University  
1620 SW Park Ave., Portland 97201

### ***Night, Too, Shall Be Beautiful Concert***

**Choral Arts Ensemble**, including works by NACUSA Cascadia Composers  
Saturday & Sunday, April 23rd & 24th, 7:30 pm & 3 pm  
The Old Church  
1422 SW 11th Ave.  
Portland, OR 97201

### ***Cascadia Invokes the Muses Concert***

**The Mousai**, works by NACUSA Cascadia Composers  
Sunday, May 22nd, 2 pm  
First Presbyterian Church  
1200 SW Alder St.  
Portland, OR 97205  
Plus

### ***Special Preview Concert*** of above concert

Saturday, May 14th, 2 pm  
Valley Community Presbyterian Church  
8060 SW Brentwood St.  
Portland, OR 97225

### ***In Good Hands Concert***

Students perform NACUSA Cascadia Composers' piano pieces

### **Summer of 2016 TBA**

The Old Church  
1422 SW 11th Ave.  
Portland, OR 97201