

CASCADIA COMPOSERS PRESENTS

IN GOOD HANDS

A colorful cluster of music by Cascadia Composers performed by skilled students

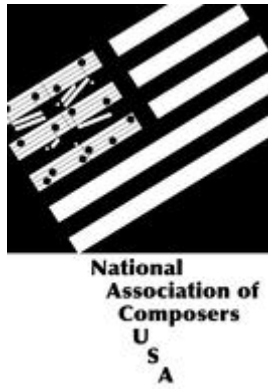


**Saturday, July 9, 2022
At 2:30 and 4:00 PM**

Lincoln Recital Hall RM 75
1620 Park Ave. Portland, OR



**YouTube Premiere Concert:
Saturday, July 16 at 4:00 PM**



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 composers connected with the Pacific Northwest.

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

Website: www.CascadiaComposers.org

Governing Board

Ted Clifford, President

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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), other grants and donors, and fundraisers sponsored by Cascadia. Special thanks to our media sponsor, Oregon ArtsWatch. Cascadia Composers receives support from the Oregon Arts Commission, a state agency funded by the State of Oregon and the National Endowment for the Arts.





CASCADIA COMPOSERS

presents

IN GOOD HANDS 2022

July 9 at 2:30 PM

- * A Sunny Stroll.....Ally Czyzewicz
Kariya Perez
Student of Jan Mittelstaedt
- Fast Food Frenzy.....Jan Mittelstaedt
Patrick Tang
Student of Fen-Fang Tsao
- Blue Note Suite.....Paul Safar
Boshen Han
Student of Fen-Fang Tsao
- Waterlily.....Amy Fairchild
Daisy Yang
Student of Fen-Fang Tsao
- * A Trip to Sunnyside Road.....Jan Mittelstaedt
Emmeline Chan
Student of Irene Huang
- Small Organisms No. 1.....Christina Rusnak
Bethany Leung
Student of Irene Huang
- War?!?.....Amy Fairchild
Roy Kim
Student of Fen-Fang Tsao
- Lament for Cookie.....Walter Saul
Blake Denes
Student of Nancy Stone
- Water Ballet.....Jan Mittelstaedt
Rebecca Gu
Student of Irene Huang
- Rivers and Tides.....Drew Swatosh
Miles Nelson
Student of Nancy Stone
- * Music From a Lost Video Game: The Story in the Tapestry.....Nicholas Yandell
Claire Wang
Student of Wilma Hawkins

*In Solitude.....		Ted Clifford
	Lilia Niebuhr Student of Jan Mittelstaedt	
Apathy.....		Timothy O'Brien
	Thalia Wong Student of Irene Huang	
*Ballad in E Minor.....		Dianne Davies
	Michelle Cheng Student of Irene Huang	
Nocturne.....		Elizabeth Blachly-Dyson
	Wenjing (Karri) Liu Student of Irene Huang	
Prairie.....		Paul Safar
	Sophie Wang Student of Debra Sostrin	
In the Midst of Beauty.....		Carolyn Quick
	Gordon Chen Student of Debra Sostrin	
*A Run in the Sun.....		Linda Woody
	Keegan Cook, violin Camden Cook, violin Students of Laurie Cassella	
Dance at the Edge of the World.....		Nicholas Yandell
	Caitlyn Wong Student of Irene Huang	
*Sounds of Siam.....		Liz Nedela
	Arrio Perez Student of Jan Mittelstaedt	

* Collaboration between the composer and student - World Premiere

Other compositions were chosen by students and teachers from a list supplied by Cascadia Composers. The list was created from responses to a score call.

IN GOOD HANDS 2022

PROGRAM NOTES

2:30 pm Concert

A Sunny Stroll by Ally Czyzewicz: Taking time to enjoy the beautiful nature around us is perhaps not something we do as often as we should. The little things in life that make each day special can so often be found in the most peculiar places. A rainbow can be so fleeting and yet so breathtaking at the same time. “A Sunny Stroll” combines a need for adventure with a warm sunny peacefulness that will leave you wanting just a little more sunshine in your life.

Fast Food Frenzy by Jan Mittelstaedt: When my granddaughter, Dorothy, was little, my husband and I used to meet her family at the former Lloyd Center food court on Sundays after church. There was lots going on: many choices of food and many people. And, I ended up watching Dorothy as she liked to run around. These wonderful times offered inspiration for this music.

Blue Note Suite by Paul Safar: These five short pieces can be played separately, together or split up by various students. I wrote this a number of years ago for my piano teaching studio.

Waterlily by Amy Fairchild: A lovely flower, drifting, tethered, across a moonlit pond. Twirling with the wind, dancing with the rain, but always entangled with its roots deep beneath the water.

A Trip to Sunnyside Road by Jan Mittelstaedt: This music is meant to go with a story written by Emmeline Chan, a very creative girl: *Emmeline and her family are happy as they drive to her grandma's house on Sunnyside Road, Portland. They look out the car window and see fall trees with colorful leaves and a bright blue sky. Suddenly, there is a huge thunderstorm which forces Dad to drive the car under a shelter. As they are waiting, the telephone starts to ring. It is Emmeline's grandma who is worried about the family. Emmeline reassures her. After the storm is over, Dad drives the car out of the shelter and the family is on the way again. Upon their arrival, Emmeline runs to hug grandma and the family rejoices that they are safe and all together.*

Small Organisms No. 1 by Christina Rusnak: During my elementary piano education, most of the recital works I learned were either easy renditions of Baroque and Classical era, or pieces which were created more for the purpose of exercising my fingers than for their musical qualities. Compositionally, I created *Small Organisms* to enable students to understand nuance - to learn the difference between playing the notes and playing music.

War!?! by Amy Fairchild: Riding forward into battle on your valiant steed? Or fighting the final boss in your video game? You decide!

Lament for Cookie by Walter Saul: A grade 2-3 piece in the Dorian mode in memory of my daughter Mary Anne's pet mouse.

Water Ballet by Jan Mittelstaedt: Actually, I never saw a water ballet, but I was imagining what it would be like.

Rivers and Tides by Drew Swatosh: Rivers and Tides is based on observations of the Columbia River at Wintler Park in Vancouver, Washington during the Fall of 2007. The piece began as a project for school where the prompt was to observe a natural environment, our own definition, and respond to that natural environment by creating art. As I observed the Columbia River at Wintler Park, I noticed the ocean-like

tides and the flow of the river that lead to legato melodies, a steady tempo, performer-interpreted dynamic swells, and different musical phrases representing the variance in the tides and the movement of the water.

Music From a Lost Video Game: *The Story in the Tapestry* by Nicholas Yandell: This track is part of a set of pieces inspired by video game music. Each piece will capture some type of action or sequence in this imaginary gaming scenario. This composition takes place at the beginning of the game, where the backstory of the world and characters is being told through tapestry images flashing on the screen. This music both sets up the story and foreshadows the future adventures that await game players as they begin.

In Solitude by Ted Clifford: I wrote this piece last winter, which was in the middle of a pandemic surge, and in a particular state of feeling isolated in many ways, and thus the title. I think of it also as a song of simplicity, of slowing one's mind down to a state of appreciation of each moment we have on this planet and in this life.

Apathy by Timothy O'Brien: Movement two of the first piano sonata.

This wistful piano solo was composed during multiple depressions. I wrote the second movement while I was 13. I was dealing with aggressive bullying and tremendous anger. In the full piano sonata I also touch on two other times in my life. I wrote the first movement while I was in High School as my sorrow turned to rage. The third movement was written in the style of a funeral march my freshman year of college as I was being kicked out of a religious institution due to my sexuality. Time has perfected these melodies and it was so cathartic to premiere this piece at the age of 31 in November of 2020.

Ballad in E Minor by Dianne Davies: Ballad in E Minor was inspired by Michelle Cheng and her interest in ballet and modern dance. During our conversation it became clear that she enjoyed contrasting drama and expression in music. Right away we decided on a piece that would have a fast, boisterous quality contrasted with a slower, lyric section. This Ballad follows A B C B A in form where section C is the lyrical, cantabile part. When composing this piece, I envisioned Michelle as the dancer portraying the story of this composition.

Nocturne by Elizabeth Blachly-Dyson: The first music I composed after the COVID-19 lockdown was a set of three little piano pieces. This third piece, Nocturne: Moonlit Delusions, features rippling sixteenth note triplets in intervals mainly of seconds and fourths. A slower melody rises above them or burrows below them. In the middle of the piece, the pattern changes, leading up to three big chords. Then the rippling pattern returns. The mood is that of a dream where one is always moving forward, but things don't always make sense.

Prairie by Paul Safar: One of the vignettes from a suite that accompanied an audio book collaboration with Richard Leebrick called "Live on Wings of Love"

In the Midst of Beauty by Carolyn Quick: I originally sketched the idea for this piece in March of 2020 at the very start of the COVID-19 pandemic. At the time, it was a way for me to continue searching for beauty and hope in a strange and terrifying time. Upon re-visiting the work two years later, I found within it the same longing and optimism that we have all struggled to grasp onto. It is my hope that this piece relates both to our fears amid uncertainty and to the enduring human spirit which continually recognizes the beauty in our midst.

A Run in the Sun by Linda Woody: This violin duet was written for the fun-lovin' Cook brothers, who both agreed they wanted a work that was upbeat and lively. Both boys enjoy a variety of sports and outdoor activities with friends, family and pets. This piece attempts to capture the boys' compatibility and cheerful spirit with energy, momentum and attitude.

Dance at the Edge of the World by Nicholas Yandell: You're straddling the edge of the world you live in and the entrance to another realm. You're left choosing whether to stay in the familiar, or dive into the unknown. Thoughts of both worlds fill your head, pulling you this way and that, one then the other, until

you're re moving to the rhythms of two different dances at once. This world is all you know, and you may never be able to re-enter it if you leave, but how can you resist the opportunity to explore something entirely new? You weigh the possibilities. What would you choose?

Sounds of Siam for Piano by Liz Nedela: We chose to do a piano piece based on music of ancient Siam (modern-day Thailand), his mother's birth country. A thorough study of the music, instruments, practices, and styles of Siam produced the piece. A brief description follows:

1. Melody for *Wot (circular pan-flute)*, accompanied by *Ranat Ek (xylophone)* and *Ranat Thum Lek*
2. Exotic and dramatic *Ranat Ek* tremolos and *Wot* ornamented melody
3. Contemporary *Phin Guitar* melody and *Klawn Yao Drum*
4. The Competition: dramatic *Pi Tai Oboe*, dueling *Ranat Ek* and *Thum Lek*, and drum

Traditional music of Siam is taught by rote: 2/4 time, rhythmic steady beats, pentatonic, sparse accompaniment; voicing in treble signify xylophones (*Ranat Ek (high)* and *Ranat Thum Lek (low)*), microtonal flutes (*Wot circular pan*, *Pi Tai triple reed*), and *Phin 3-string guitar*; accompanied by *Klawn Yao Drum*. Repeated short, heavily-ornamented, exotic, dramatic melodies, as well as fun contemporary; all tightly-constructed ensembles, continual intense instrumental competition, with contrasts, dissonance, contrapuntal, and improvisation; introduced by four *Ranat* chords and drum, sometimes adding a loud ornamented announcement by the *Pi Tai*. The *Ching finger cymbals* (time-keepers to emphasize end beats) are used herein to add mysterious endings to the exotic.



CASCADIA COMPOSERS

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IN GOOD HANDS 2022

July 9 at 4:00 PM

- Oregon Sunrise.....David Bernstein
Yuxuan Jiang
Student of Irene Huang
- Variations on Bells.....Walter Saul
Oliver Yang
Student of Wilma Hawkins
- +Morning Walk for Solo Piano.....Jan Mittelstaedt
Lisa Xun
Student of Irene Huang
- Frogs, Toads, and Pollywogs.....Jan Mittelstaedt
Haolang (Spencer) Yang
Student of Fen-Fang Tsao
- Summer Rain.....Amy Fairchild
Brian Wei
Student of Irene Huang
- June Bug Ballet.....Paul Safar
Bryan Wu
Student of Fen-Fang Tsao
- Autumn Morning.....Drew Swatosh
Charlie Knight
Student of Nancy Stone
- *+Yggdrasil.....Lisa Neher
Emma Xiong
Student of Wilma Hawkins
- Minuet.....John DeRuntz
Irene Wang
Student of Wilma Hawkins
- I Love You.....Arthur Breur
Chelsie Zhang
Student of Irene Huang
- *+Stars Over Yellowstone.....Lisa Neher
Christian Abbasi
Student of Nancy Stone

*+Sweet and Sour.....	Dianne Davies
Allison Cao Student of Wilma Hawkins	
Three Sisters.....	John DeRuntz
Vivi Knight Student of Nancy Stone	
*+Broken Pieces Brought Together.....	Walter Saul
Grace Xiong Student of Wilma Hawkins	
The Hummingbird Waltz.....	John DeRuntz
Audrey Hou Student of Irene Huang	
Snowfall on Tundra.....	Amy Fairchild
Charlotte Zhang Student of Wilma Hawkins	
Petite Phantasia.....	David Bernstein
Ginnie Wu Student of Fen-Fang Tsao	
*+The Confluence.....	Linda Woody
Violet Bickford(Student of Ally Czyzewicz	
Avah's Song.....	Arthur Breur
Torin Repasky Student of Nancy Stone	
Best Vacation Ever!.....	David Bernstein
Phoebe Toh, voice Kathryn Jensen, piano Student of Vanessa Jump Nelson	
Homage to B7.....	Adrienne Albert
Elaine Lee Student of Irene Huang	
Masks: IV Joy.....	Jan Mittelstaedt
Fiona Wang Students of Wilma Hawkins	

* Collaboration between the composer and student

+World Premiere

Non - collaboration compositions were chosen by students and teachers from a list supplied by Cascadia Composers. The list was created from responses to a score call.

IN GOOD HANDS 2022

PROGRAM NOTES

4:00 pm Concert

Oregon Sunrise by David Bernstein: This is just a little piece to suggest the beauty of an Oregon Sunrise. It is essentially a melody repeated twice over a moving bass line.

Variations on Bells by Walter Saul: Written for my daughter Mary Anne on an original theme she wrote when she was eight years old. In the Mixolydian mode. Grade 3.

Morning Walk for Solo Piano by Jan Mittelstaedt: This music was inspired by my morning walks during the beautiful weather of the summer and fall of 2021. It is a re-write of the first **Morning Walk** for piano and violin. The following is my poem which goes with the music:

*Scattered pine needles under hanging branches
form a soft path as I amble along.
Crunch, munch, crunch, feet upon the walkway,
I'm stepping on a bed of dried, brown pinnates.
Neighbors are jogging in bright running shoes
While filling their lungs with fresh morning air.
Freed from life's worries, surrounded by beauty,
birds sing so sweetly while breezes blow softly.*

Frogs, Toads, and Pollywogs by Jan Mittelstaedt: Since I grew up in a town on Long Island which is located on a peninsula, I have always loved nature's bodies of water. Wouldn't it be fun to relax in the shade and watch frogs, toads, and pollywogs playing by a quiet stream?

Summer Rain by Amy Fairchild: This piece was composed on my back deck, in harmony with many little birds, singing the praises of a warm, welcome, and sweet summer rain.

June Bug Ballet by Paul Safar: This piece was inspired by the insects in the title. The work was choreographed for young ballet dancers. I look forward to hearing it in the context of a piano recital!

Autumn Morning by Drew Swatosh: Autumn Morning was composed around Thanksgiving 2021. We had had a dense fog advisory and visibility while driving wasn't very far. Exploring the slow and contemplative nature of the Autumn morning, I used the color of the lydian mode, a major scale with a raised 4th scale degree. There is a cool crispness to the air and the leaves are falling, so I hope you will take a moment to enjoy some stillness within the transitory season.

Yggdrasil by Lisa Neher: I wrote Yggdrasil (pronounced "IG-druh-sill") for Emma Xiong, a student of Wilma Hawkins, for Cascadia Composers In Good Hands 2022. Emma shared with me her love for legato, slow music in major keys and her enjoyment of fantasy books and trees. In Norse mythology, Yggdrasil is an enormous sacred tree that connects the human world to the heavens in its branches and the underworld through its roots. It is cared for by three Norns, goddesses who can see the past, present, and future. The long arpeggios represent the enormous tree stretching from root to branches, from underworld to heaven, and the middle section expresses the tree's strength and grace.

Minuet by John DeRuntz: A minuet is a French court dance in three-in-a-measure time, slow and stately.

I Love You by Arthur Breur: A lovely piano piece about unrequited love. The main, descending melody is melancholy, desolate, and resolute, while the secondary melody provides moments of hopeful--but unresolved--longing. This piece is a beautiful and poignant representation of a deep crush.

Stars Over Yellowstone by Lisa Neher: I wrote Stars Over Yellowstone for pianist Christian Abbassi, a student of Nancy Stone, for Cascadia Composers In Good Hands 2022. Christian told me about a documentary he'd seen about Yellowstone National Park which included beautiful footage of a vast night sky full of stars over a wilderness full of mountains, forests, rivers, and canyons, populated by wolves, deer, bears, and bison. In this piece, you'll hear the stars twinkling high in the piano and the majestic expanse of the park and the wild animals in the low register.

Sweet and Sour by Dianne Davies: Sweet and Sour was composed after meeting with Allison Cao. It was clear that Allison is well spoken and a math wizard. I immediately asked to compose her piece in changing, odd meters. Her instant and enthusiastic "yes" led to the 5/4 and 7/4 opening left hand motive of rocking, open fifths. Allison described the desire for a Chillin' piece so that is the tempo mark name for section A. The title Sweet and Sour came from our common love of Asian food.

Three Sisters by John DeRuntz: I once knew three elderly, unmarried sisters who lived together. Although they cared for one another, they often seemed out of phase with each other. This prompted me to use a syncopated left hand accompaniment. The first sister's theme is in D major followed the second, down a third to B flat major. The third sister's theme is more subdued as she spent much of her time in a wheelchair and is down another third to F sharp major. The cycle continues back to the first two sisters to complete the piece.

Broken Pieces Brought Together by Walter Saul: In book 6 of the Harry Potter series, *Harry Potter and the Half-Blood Prince*, two horrible things take place:

- The wicked Voldemort has broken Harry's soul up into seven pieces, or Horcruxes
- Harry Potter's mentor and the Headmaster of Hogwarts, Dumbledore, dies a violent death.

In a fashion resembling the crucifixion of Jesus Christ rescuing our souls, Dumbledore's death breaks Voldemort's spell on Harry and a long process of Harry's healing and personal growth begins.

I chose this theme for Grace Xiong, who had recently read *Harry Potter and the Half-Blood Prince*. The five-part rondo begins with the broken pieces of Harry's soul scattered all about. The second section, Dumbledore's funeral music, leads into the return of the refrain, but now transformed by the reuniting of Harry's soul. The dark struggles and temptations of revenge are mourned in the fourth section, while the closing refrain is a further transformation of Harry Potter – and of us, who actually endure tragedies and grow in love as we experience love from those around us.

The Hummingbird Waltz by John DeRuntz: Like how a hummingbird flits around, pausing now and then, the piece employs a main theme of eighth note scale work with some interval jumps. The central section is more sedate and is followed by a variation of the first motif. Our hummingbird then rests for six measures for a modulation from E major to F sharp minor to finish with the opening theme.

Snowfall on Tundra by Amy Fairchild: A Haiku

Vast, hollow beauty
Ethereal crystals fly
White eternity

Petite Phantasia by David Bernstein: This piece is almost rhapsodic in the treatment of themes that mostly use five particular scales: Major-Minor-Chromatic-Whole Tone-and Pentatonic. These are scales that students must learn to play in a great deal of music that they will study. They are put into a rhythmic framework that I would say could be described as "funky" in terms of defining the overall quality of the work. And this work is challenging for most any student to perform.

The Confluence by Linda Woody:

This piece was adapted for solo piano, especially for Violet, from the final movement of an ensemble work called Deschutes River Riffles. The Deschutes River winds its way north through central Oregon's mountains, meadows and canyons, and finally reaches the Columbia River. The unevenness of the wonky 7/8 meter represents the push and pull of the waves, rapids and eddies as the Deschutes flows into the larger river.

Avah's Song by Arthur Breur: Commissioned as a gift for a bat mitzvah, Avah's Song is composed in the style of a pop tune--specifically, in the style of the songs sung by strong female pop singers such as Taylor Swift, Rihanna, Pink, and others. The work took its starting inspiration from the choral work "Sisi Ni Moja" by Jacob Narverud--a favorite song of the gift's recipient--and uses a climbing melodic line to represent inspiration, personal strength, drive, and accomplishment.

Best Vacation Ever! by David Bernstein: Maria and I decided to get together in this small collaboration and we very much enjoyed working with each other.

Homage to B7 by Adrienne Albert was composed for a compilation of 250 piano works in honor of LVB's 250th birthday. It is published by Editions Musica Ferrum Vol.3: Titled "250 piano pieces for Beethoven" International Composition Project by Susanne Kessel, Bonn.

Masks - IV Joy by Jan Mittelstaedt: Sometimes our emotions do not express what we really feel. For example, Laughter often masks emotions such as embarrassment. Tears may be manipulative and Anger may cover up hurt or grief. The final movement musically expresses Joy which is reached when we throw away our masks and understand that God accepts us just as we are.



CASCADIA COMPOSERS

presents

IN GOOD HANDS 2022

Video Program

July 16 at 4 PM

Lullaby.....	Paul Safar
Judy Tanner, piano and Ramona Christensen, violin	
Students of Paul Safar and Alice Blankenship	
Longing.....	Amy Fairchild
Sabrina Zhang	
Student of Fen-Fang Tsao	
Prelude No. 14.....	John DeRuntz
Lucas Huang	
Student of Fen-Fang Tsao	
Amadeus Blues.....	Paul Safar
Olivia Lin	
Student of Irene Huang	
Sunrise Over the Sahara.....	Lauretta Deforge
Aditi Adiraju	
Student of Lauretta Deforge	
Mixolydian Sonata.....	Liz Nedela
Grayson Zhang	
Student of Fen-Fang Tsao	

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IN GOOD HANDS 2022 VIDEO CONCERT

PROGRAM NOTES

July 16 at 4 PM

Lullaby by Paul Safar: From the children's musical, *Nisse's Dream*, for violin (or viola) and piano, this song (with lyrics) was used originally in the musical theatre comedy *Nisse's Dream* (book and lyrics by Nancy Wood and music and lyrics by Paul Safar) in 2005. In the play, the character of the mother/witch sings the lullaby to the adolescent Nisse on the eve before their journey to retrieve the family cow from the pack of bumbling trolls. This instrumental rendition for violin or viola and piano was prompted by the wonderful annual recital, *In Good Hands*, produced by Cascadia Composers. I am grateful to Ramona Christensen and Judy Tanner for premiering this version of the song in summer 2022!

Go to sleep, my precious one
Night is coming soon
Listen to a lullaby, an old fashioned tune^[SEP]
Go to sleep, my precious one^[SEP]
Rest your tired eyes^[SEP]
Soon you shall wake to tomorrow's sunrise
Then will be the time for you to find your way
Now, we must get ready for dreamtime^[SEP]

Go to sleep my precious one^[SEP]
Night is coming soon^[SEP]
Listen to a lullaby, an old fashioned tune^[SEP]
Go to sleep my precious one^[SEP]
Rest your tired eyes^[SEP]
Soon you shall wake to another sunrise.
Soon you shall wake to tomorrow's sunrise

Longing by Amy Fairchild: A voice from the ether, calling out to you. You can feel the presence and energy of a loved one, who is now gone, fill your being. These memories bring both heartbreak and joy, crashing over you like a wave. This is Longing.

Prelude No. 14 by John DeRuntz: Much of the work consists of scale passages in the right hand with either sustained whole notes or chords in the left. The central section uses nearly repetitive quarter notes as the left hand accompaniment.

Amadeus Blues by Paul Safar: This little piece was written as a 9th birthday present for my daughter.

Sunrise Over the Sahara by Laretta Deforge: As I was composing the piece, *Sunrise Over the Sahara*, it began to take on a dance like quality that reminded me of Arabic music, hence the sunrise over the Sahara.

Mixolydian Sonatina by Liz Nedela: is written in the Mixolydian Mode beginning and ending on G (the "final"). It follows the pattern of a G Major Scale, except that the last two notes are a whole step: F-G. Since it is the structure of the ancient Mixolydian Mode, the harmony is based on 5ths and 4ths, emphasizing the Plagal: the fifth note above and the fourth note below the starting note of G. In this Sonatina, those two intervals are used to navigate through the mode, loosely following Western Harmony of I-vi-iii-ii-IV-V-I, leaving out the 3rd of each triad, which produces an "open sound". There is no V7; but sometimes, a hint of a "7 Chord". All of this will sound strange compared to the usual structure of a sonatina as we know it.

In Good Hands 2022 Performers' Biographies

Christian Abbassi, 10, is a fifth grader at Riverdale Grade School. He has studied piano with Nancy Stone for two years. In 2021, he had the opportunity to premiere "Kelp Forest" by Lisa Neher for IGH and is excited to be premiering another of Lisa's works this year. Christian's interests outside music include reading, tennis, writing sci-fi, and designing air and spacecraft.

Aditi Adiraju is a fifth grader in school. She has studied piano for five years and Laretta DeForge is her second piano teacher. Aditi enjoys piano pieces with interesting rhythmic patterns. Aditi received a superior rating on the OFMC Festival piece she played in May and is on her way to becoming an accomplished piano player.

Violet Bickford is 14 years old, and has been studying music with Ally Czyzewicz for seven years. She plays piano, violin and ukulele. For the past few years she has played violin with Metropolitan Youth Symphony. Her favorite part of playing music is getting to play with others in an ensemble. Violet also loves swimming competitively, running, and reading.

I am **Allison Cao**, 11 years old, and I am a very artistic and logical person. I like piano, drawing, and creating videos. I have been playing piano for 3 years, and my favorite style is contemporary. I really enjoy digital art, painting, and just doodling in the margins of my math notebook. I study piano with Wilma Hawkins.

Emmeline Chan, 8, is a third grader at Hope Chinese Charter School. Emmeline has studied piano with Irene Huang for the past three years and has completed OMTA Syllabus Level III. Her other activities currently include ballet and tennis. Emmeline loves reading and drawing comics. She enjoys traveling and going on new adventures. This summer, she is looking forward to visiting friends and family.

Gordon Chen is a rising junior at Sunset High School. He loves reading, learning about the world, and making a difference. In addition to piano, for the past 10 years he has been singing with the Pacific Youth Choir in downtown Portland. Gordon says, "Music has always been a part of my life, giving me an outlet for creative expression that I'm grateful for."

Michelle Cheng, 13, will start 8th grade in West Sylvan Middle School in the fall. She began her piano study with Irene Huang when she was 6 years old. Michelle enjoys learning new music. This is her third year participating in IGH. Michelle is also a very talented ballet dancer, having started ballet lesson at age 4, and has danced as a soloist in many ballet performance. She loves to read in her spare time.

Ramona Christensen started playing violin in grade school, but her development was interrupted many times. She studies with Jannie Wei and Alice Blankenship (Baroque violin) and currently plays with the ESCO Orchestra in Springfield Oregon, assisted living centers, recitals, church, and a Trio group. One of her favorite things to do is playing love songs with her husband who accompanies her.

Camden Cook, an accomplished violinist, began playing at age 5, and will be a Senior at West Linn High this fall. This past season he was a principal 2nd violinist with the Metropolitan Youth Symphony Concert Orchestra, conductor Jeffrey Peyton. He has studied with Ms. Laurie Cassella, since 2013.

Keegan Cook began pursuing violin in 2019 and also studies with Ms. Laurie Cassella. He participated in orchestra at Rosemont Ridge Middle School, and is looking forward to continuing orchestra next year as a Freshman at West Linn High.

Blake Denes, a rising 4th grader, is an engaged, thoughtful girl who enjoys artistic creativity and outdoor adventure. She began her study of the piano with teacher Jeanie Baldwin in 2017, at age 5. In 2020, she began

studying with teacher Nancy Stone. Blake enjoys learning new pieces, as well as the process of creating her own original sounds.

Rebecca Gu, 10, is a 4th grader at Cedar Mill Elementary School in Beaverton. She began her piano study at age 6 and has been taking lessons with Ms. Irene Huang since the beginning of 2022. Rebecca loves reading, learning everything about baking and cooking, gymnastics, and doing science projects.

Boshen Han, age 7, student of **Fen-Fang Tsao**. He has been playing piano for one year and has received “Outstanding Achievement” awards in OMTA period festivals. Boshen also received a Superior award in the NFMC/OFMC Beaverton Festival in 2022. He passed the OMTA Syllabus level 2 this spring. Besides piano, he is a hockey player.

Lucas Huang is 8 years old and has been learning to play piano with **Fen-Fan Tsao** since he was 5. In addition to music, he also enjoys reading and playing baseball. He is always curious and enjoys exploring the world and seeks all possibilities. He loves to observe the world from various aspects and often demonstrates his thoughts with Legos.

Audrey Hou, 12, is a 6th grader at Tumwater Middle School. She has been studying piano for seven and a half years, and is currently studying with Irene Huang. She has participated in multiple OMTA festivals, and received many outstanding achievement awards. She also won many awards and trophies in math/science competitions and swimming meets.

Kathryn Jensen, accompanist, studied piano performance at BYU, and choral conducting at PSU. She is partly retired, but continues teaching private piano, mainly to grandchildren, in the Portland area. She also works as a collaborative pianist and coach. She performs as pianist with the Portland Choir & Orchestra.

Yuxuan (Cathy) Jiang, age 12, started piano lessons in Shanghai, China. She is currently studying with Irene Huang. Cathy has participated in many OMTA festivals and received Outstanding Achievement awards. In her spare time, she loves reading, writing, swimming, skiing, tennis, drawing and robotics. Cathy’s Vex Robotics team won State Championship and excellent awards in 2022. Cathy’s poem was selected by the Oregon Poetry Association as a Cascadia Youth Poetry Contest winner this year.

Roy Kim is a 3rd grader at Scholls Heights Elementary School in Beaverton. He is a student of Fen-Fang Tsao and has been playing piano with her since January this year. He has participated in recitals and the OFMC Junior festival. Besides playing piano, Roy is an active sports player. He has been playing Taekwondo for 4 years and soccer at the competitive level.

Charlie Knight is going into the 2nd grade at Hope Chinese Charter School. He has been playing piano for 2 years under the teacher Nancy Stone. Outside of music, Charlie enjoys reading, Legos, video games, and playing with his dog Cooper.

Vivi Knight is going into the 7th grade at Hope Chinese Charter School. She has been playing piano for 6 years. She also plays violin, both under the teacher Nancy Stone. Outside of music, Vivi enjoys reading, drawing, video games, and playing with her dog Cooper.

Elaine Lee, 16, will be senior at Westview High School in Beaverton this fall. She began her piano study at age seven, with Irene Huang, NCTM. She has consistently been awarded Outstanding Achievement in the OMTA period festival. She was the winner of the 2018 PSF Dottie Lambertson Merit Award and the Winner of 2019 OFMC Pauline Eidemiller Award. She had masterclasses with Dr. Susan Chan and Charles Albright. Besides the piano, Elaine plays trombone at PYP.

Bethany Leung, age 8, will be a third grader at Catlin Gabel School this fall. She began her piano journey at age 6 with Mr. Aron Bernstein. She has been learning with Irene Huang since fall 2021. She has participated at National Federation of Music Club, JR festival and completed OMTA Syllabus level II. Bethany loves reading and making crafts on her quiet times. On the active side, her favorite sports are running, skiing, and tennis.

Olivia Lin, 7, is a 1st grader at Jacob Wismer Elementary School. She began studying piano with Irene Huang at the age of 6. Olivia's goal is to be able to play her favorite song "Canon in D, by Johann Pachelbel" one day. Olivia is also a little bookworm and a young paleontologist who is fascinated with T-rexes and prehistoric sea monsters.

Wenjing (Karri) Liu, 14, is in 8th grade at the Beaverton Academy of Science and Engineering. She is currently studying piano with Irene Huang, NCTM. Karri has participated in many OMTA Period festivals, receiving Outstanding Achievement Awards. Besides playing the piano, Karri has also participated in the Portland Symphonic Girl Choir and choirs at school. She enjoys movies, music, vacations, and biology.

Miles Nelson has been playing piano since he was four; he currently studies with Nancy Stone in SW Portland. Miles loves to read, write books on his typewriter, and sing with Portland Boychoir. He just graduated elementary school and is thrilled to be attending Northwest Academy in the fall. He is so excited to be performing for you today.

Lilia Niebuhr is an 8th grader at Springville K-8. She has played the piano for almost 9 years and currently studies with Jan Mittelstaedt. In May, she played a solo and concerto in the OFMC festival. She also plays the flute in the Metropolitan Youth Symphony. Other than music, some of Lilia's passions are art and reading. She is looking forward to summer when she can focus on her hobbies more.

Arrio Perez, 12, has studied piano since the age of 5, and has been a student of Jan Mittelstaedt for the last 2 years. He is a 7th grade student at Catlin Gabel, and was the Sound Lead Producer for the Middle School Spring Drama Production. He also plays competitive basketball, and enjoys golfing. He performs Thai classical dance for the Thai Association of Oregon.

Kariya Perez, 9, has studied piano since the age of 6, and has been a student of Jan Mittelstaedt for the last 2 years. She also studies voice and guitar. She is a 4th grade student at Catlin Gabel, and is a member of the competitive gymnastics team at Omega. Kariya loves to read and enjoys playing golf. She also performs Thai classical dance for the Thai Association of Oregon.

Torin Repasky is a Junior at Ida B Wells High School where he enjoys geography, history, and music. He has been playing the piano for nine years under Mrs. Nancy Stone, along with the Trumpet for four, specifically for the school band. He has been composing for as long as he has been playing music and enjoys writing duets for piano. When he is not at school or playing music, he likes vexillology, playing video games, and coding.

Judy Tanner: I studied piano in my youth, then played only with my children, grandchildren, and great-grandchildren. After careers in medical research, my husband and I retired to Eugene to be near our daughter and her family. I met Paul Safar and couldn't resist the opportunity to study music with him. Pure joy!

Patrick Tang, age 6, will be a first grade student this fall at Ridges Elementary School. He has been learning piano with Fen-Fang Tsao for eight months. Beside playing the piano, Patrick enjoys reading, ice skating and dancing. He loves to smile, he believes a smile is like music that can warm people's hearts.

Phoebe Toh, 15, is a 9th grader at Sunset High School. She sings soprano in the school's Concert Choir and the Pacific Youth Choir (PYC). Phoebe tied for third in the 2020 NATS Classical Youth category. In 2021 She collaborated with Jennifer Wright of the Cascadia Composers' In-Good-Hands Project and performed a solo

music video on the “Song of Abundance” with original digital animation by Phoebe. She studies with Vanessa Jump Nelson.

Claire Wang - Claire is 11 years old. She has been studying piano from Wilma Hawkins for 6 years now. She is good at art and math. Besides piano she is also learning violin and golf. Her favorite activity now is playing with her dogs.

Fiona Wang is a 16-year-old piano student studying with Wilma Hawkins. She has been playing piano for over 11 years and plans on continuing to do so! Outside of piano, she enjoys painting, dancing, programming, and doing robotics.

Irene Wang is a 9 year-old learning from Wilma Hawkins. Although her piano career has just begun, she has lots of passion for music! In addition to playing the piano, Irene enjoys drawing, singing, and playing on the monkey bars.

Sophie Wang, a rising sophomore at BASE, ballet dancer, singer, and science enthusiast, has been playing the piano for 8 years, currently as a student of Debra Sostrin. She aims to communicate and inspire others through her music, being a passionate learner who always strives for the best.

Brian Wei, 13, will be an eighth grader this fall at West Sylvan Middle School. He has been studying piano with Irene Huang for the past seven years. He has participated in many OMTA period festivals and has received his second gold cup in the National Federation of Music Club’s Jr. Festival. Besides piano, Brian has been playing hockey for the past seven years as well, and he has just participated a hockey tournament in Seattle.

Caitlyn Wong, age 16, has studied piano for 10 years. She is a sophomore at Sunset High School, and likes reading, singing, and drawing. Caitlyn is excited to debut new music with the composers through In Good Hands. She wants to thank her piano teacher, Irene Huang, for her loving support.

Thalia Wong, age 13, is a 7th grader at Tumwater Middle School. She started piano in 1st grade, and is grateful for her piano teacher, Irene Huang, for helping her grow in music appreciation. She loves to draw, read, and play with her cat. She enjoys the chance to interact with composers through In Good Hands.

Bryan Wu is 11 years old and he has been learning to play piano with **Fen-Fang Tsao** for five years, and completed OMTA Piano Syllabus Level VI. He also participated in the NFMC/OFMC Beaverton Festival for five years and received Superior on piano Solo, Concerto and Ensemble events. Besides the piano, Bryan enjoys playing soccer with his teammates.

Ginnie Wu is 13 years old and she has been learning to play piano with **Fen-Fang Tsao** for seven years, and completed OMTA Piano Syllabus Level VIII. She also participated in the NFMC/OFMC Beaverton Festival for eight years and received Superior on Piano solo, Concerto and Ensemble events. Besides piano, she enjoys reading and doing gymnastics with her teammates.

My name is **Emma Xiong**. I am 9 years old. My piano teacher is Wilma Hawkins. The piano is the only instrument I play. I like peaceful music, usually from the Modern Era. I enjoy reading and drawing, and sometimes I write stories. One thing I like about piano is the legatos. The legatos string the notes together into a peaceful melody. I think music is soothing and relaxing to listen to.

My name is **Grace Xiong**. I am twelve years old, and my piano teacher is Wilma Hawkins. I like to read in my free time. I like to play the piano because I like music. Another instrument that I play is the Clarinet, which I play in band class in middle school.

Lisa Xun, 11, started her piano study at Shanghai, China. She is currently studying with Irene Huang. She will be in 7th grade at Stoller Middle School in the fall. She is a member of The Heat swim team. Besides that, she enjoys reading and walking her dog.

Daisy Yang, age 8 is a second grader at Ridges Elementary School in Sherwood. She has studied with her teacher, Feng-Fang Tsao since she was 5. She has participated in many recitals and festivals, and passed the OMTA syllabus Level 3 exam. Besides music, Daisy enjoys reading books and playing soccer.

Oliver Yang is a seven-year-old boy. He is the first generation Taiwanese American and the oldest child in the family. He started to learn piano with Wilma Hawkins three years ago. He loves to be creative on everything from drawing, reading, building with Legos to playing music.

Haolong (Spencer) Yang is 9 and has been learning piano with **Fen-Fang Tsao** for four years. He has participated in numerous OMTA period festivals and received “Outstanding Achievement” awards. He enjoys riding and playing basketball with friends during his spare time. He also likes to play with Legos and listens to music.

Charlotte Zhang, age 13, will be attending Sunset Highschool as a 9th grader this year. She has been playing piano since age 7, taught by Wilma Hawkins. Charlotte is fond of drawing, gaming, snowboarding, and hanging out with friends. She is honored to participate in this year's IGH concert

Chelsie Zhang, 10, will be a fifth grader at Findley Elementary School. Before turning six, she asked her parents if she could learn to play the piano. She has been exploring the piano ever since with the help of her piano teacher, Irene Huang. Chelsie enjoys drawing, writing, cooking, and being social with her friends. She also enjoys listening to most types of songs overall. She is honored to perform IGH 2022.

Grayson Zhang, age 13 - Starting at the age of 6 years old, Grayson completed his China Central Conservatory of Music Syllabus level 7 in 2019. He is a student of **Fen-Fang Tsao**. Besides piano, Grayson plays Baritone Saxophone in both grade-level band and jazz band. Grayson also loves playing tennis and has a deep passion for engineering and mathematics.

Sabrina Zhang, age 15 - Beginning her piano study at 7 years old, Sabrina Zhang completed her China Central Conservatory of Music Syllabus level 9 in 2019. She is a student of **Fen-Fang Tsao**. As a freshman at West Linn High School, Sabrina is a part of the school's tennis team, Model United Nation, International Science and Engineering Fair, and Robotics.

In Good Hands 2022 Composers' Biographies

The music of Award-winning composer **Adrienne Albert** (ASCAP) has been performed across the globe. Her music is widely known for its “melodic and lyrical beauty” and “whimsy and playfulness”. Previously, as a singer, she worked with Stravinsky, Bernstein, Glass, and Schuller to name a few. Albert began composing her own music in the 1990s. Her music has been supported by the NEA, ACF, Meet The Composer/Rockefeller Foundation, Subito Awards, MPE Foundation, ACME, and yearly ASCAP awards. A graduate of UCLA, Albert studied composition with Stephen Mosko, and orchestration with Albert Harris. Her music can be found on her website: www.adriennealbert.com.

The music of composer **Dr. David S. Bernstein** 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. Besides an opera trilogy, his compositions include eight works for orchestra. 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, Poland as well as various places in the US. He enjoyed collaborating with Maria Choban who wrote the words for *Best Vacation Ever!* **Maria Choban** has played lots of music Cascadia's made; But this is her first time Creating a song rhyme. Asked by David Bernstein, who helped make her text shine in each phrase and each line, as each morning they'd refine words for his sweet, sublime Musical Cavalcadia. Thank you, Cascadia!

Elizabeth Blachly-Dyson is a molecular biologist turned composer. She has played the cello in the Marylhurst Symphony and the Pacific Crest Youth Sinfonietta, and both orchestras have performed her compositions. Her piece, “Together” was performed by the BRAVO Youth Orchestra and the McMinnville High School Choir at Governor Kate Brown's inauguration on Jan. 9, 2017. Her duet “Burning Foliage” for viola and piano won Fear No Music's 2017 call for scores. Her chamber works have been performed at concerts organized by Cascadia Composers and the Crazy Jane Composers. Elizabeth has studied composition with Dr. Robert Priest, Tomas Svoboda, Jonathan Newman, and Kenji Bunch. <http://blachly-dysonmusic.com/>

Arthur Breur focuses on composing personalized melodic music for live performance, for everything from solo instrument or voice to full orchestra, concert band, and other large ensembles. He is the Composer in Residence for the Tualatin Valley Community Band and the Tualatin Valley Symphony, working not just to create new music, but to promote the creation and performance of new music by others.

Ted Clifford has a music degree from St. Cloud State University in Minnesota where he first studied composition under Alvaro Bertrand, and piano under Tom Allen. Ted has subsequently studied jazz composition and performance independently, under Art Lande and David Friesen, and has studied classical composition under Tomas Svoboda. Ted recorded an album of jazz originals, has had his music performed in conjunction with Cascadia Composers, and in concerts as far away as Germany and Cuba. He continues to explore a natural synthesis of genres in his compositions. Ted is currently serving as President of Cascadia Composers.

My name is **Ally Czyzewicz** and I am a composer, teacher and mother. I have a passion for teaching and writing music especially for young people! I enjoy composing fun and happy music in a wide variety of styles and instrumentation from solo piano works to full choral pieces! I often write lyrics in Polish and am very inspired by my Polish heritage and love to share it whenever I can. I believe that music is unique in its ability to convey emotions that are too rich or complex to be described with words! <https://www.allyrosemusic.com/about>

Dianne Davies' musical roots harken back to childhood growing up in a musical family. Early on, she was playing tunes by ear. Her education includes a Bachelor of Arts degree in piano performance from Lewis and Clark College and K-12 public school instruction certification. She is a published arranger and operates a full piano studio. At the state level, Dianne chairs the annual Composition Celebration for honored student

composers. Dianne is deeply committed to creating and performing new music. Her finely crafted piano music centers on the natural world and life's experiences. Check out Dianne and her music at www.musiqPOWER.com

Lauretta Deforge: I took 12 years of private piano lessons and have 15 years of violin. I studied composition at a community college in California and took composition from Jim Day of Day Music. I have played viola, mandolin, some guitar, and church pipe organ. I did international folk dancing and enjoy international music. I teach piano and am a past member of OMTA. Currently, I am a member of AFMT. I am currently most interested in composing for piano or for violin accompanied by guitar. <https://www.linkedin.com/in/lauretta-deforge-89b36a143>

John DeRuntz has written roughly 90 pieces for solo piano in classical, romantic and impressionistic styles. Fifty of his works appear on four albums: Soaring, Fantasia, Reverie and Encore. In May, 2011 he competed in the Sixth Van Cliburn International Piano competition for Outstanding Amateurs in Fort Worth, Texas. To listen to some of his music you may visit the web site: <https://www.theunknowncomposer.com>

Amy Fairchild is a composer, classically trained pianist and vocalist, and music teacher. She received her BA in Music Theory and Composition from Linfield University and loves composing primarily for students of the piano. Amy recently traveled to the UK to perform her composition, "Cloud Shadows" at the International Composers Festival. In the next year, Amy will be working with Elena Cobb of EVC Music Publishing on a book of her piano compositions. In her spare time, Amy loves hiking, backpacking, running, and adventuring with her husband, their two young boys, and their German Shorthaired Pointer. Learn more about Amy's music at www.amyfairchildmusic.com

Jan Mittelstaedt, MM (composition), BA (music), BS (education) has written more than 100 pieces for piano solo, duet, trio, or two pianos. **Solo Snips, Splashes of Color, Sonatina for Youth, and Fabric and Frills** are published by Boston Music (at present – available online – look under "Janet Mittelstaedt"). **Beehive** and **Animal Antics** are published by Schaum (available online –under "Jan Mittelstaedt"). Also, a composer of chamber music and sacred choral, Jan has received various awards in composition. She is also a nationally certified piano teacher (MTNA) and received Honorary State Life Membership from OMTA in 2017. www.sintsink.com

Liz Nedela, BA, MEd, MM, NCTM, teaches piano and composition in Vancouver WA. She writes music that is accessible to musicians and varied audiences. She is fond of experimental scales, modes, ethnic music, counterpoint, and the quest for melody in any style of music. WSMTA Commissioned Composer of the Year. <http://nedelamusic.com/>

Hi, I'm **Dr. Lisa Neher** (she/her): I'm a composer, singer, and private teacher, and I like to tell stories through music. I'm a sci-fi nerd and love movies about aliens or monsters and reading about deep sea creatures, the lives of trees and plants, and extreme weather and geologic events like volcanoes and tornadoes. I write music because I can let my imagination go wild and create anything I want. Learn more about me on my website: www.lisanehermusic.com.

Timothy Arliss OBrien is an interdisciplinary artist in music composition and writing. He has premiered with The Astoria Music Festival, Cascadia Composers, and ENAensemble's Serial Opera Project. He has published several books of poetry, (The Art of Learning to Fly, Dear God I'm a Faggot, Happy LGBTQ Wrath Month), and has written for Look Up Records (Seattle), and Deep Overstock: The Bookseller's Journal. He also hosts the podcast & Publishing House, The Poet Heroic, and manages the digital magic space The Healers Coven. He also showcases his psychedelic makeup skills as the phenomenal drag queen Tabitha Acidz. Check out more of his writing, and his full discography at his website: www.timothyarlissobrien.com

Born in 1994, Portland-based **Carolyn Quick** (MMus '18) is establishing herself as one of the most important voices in our community" (Makrokosmos Project). As a singer and composer, Carolyn loves exploring the unique timbral and textural possibilities of the human voice, and advocates for historically excluded composers with her collective Persisting Sound. Her commissions include Fear No Music, Eugene Opera, Symphony 21, and the Vancouver Opera's New Works Project. Her works have been performed across America, Canada, and Croatia by ensembles such as the Vancouver Symphony Orchestra, the South Puget Sound College Orchestra, the Erato Ensemble, and Myriad Women's Choir.

Christina Rusnak is a composer, explorer and cultural catalyst who draws inspiration from the world around her. She integrates a sense of context into her music from a variety of sources including landscape, culture, history, ecology and art, she strives to something meaningful about the human experience through music. Ms. Rusnak's repertoire includes film, choral, vocal, chamber, wind band, orchestra, jazz, and multi-media works. An advocate for New Music, she serves on the board of the International Alliance for Women in Music. Her works are available from Amazon, Naxos and Parma Recordings, with her scores available through her website. <http://christinarusnak.com>

Paul Safar is a versatile composer/performer and private piano instructor living and working in Eugene, Oregon. He has had commissions from ensembles such as the Delgani String Quartet. Paul's compositions have been performed by concert pianist George Lopez among others. His music has been performed in cities from New York and Seattle to Havana and Fairbanks. Having a background in both classical and jazz/rock, one of Paul's goals is to coherently combine these influences in his compositions. When not musicking, he may be seen hiking, alpine skiing, traveling or spending time with his family. visit www.paulsafar.com

Named "Composer of the Year" in North Carolina and Oregon, **Walter Saul's** compositions appear on seven CDs and a DVD, including the Grammy-nominated Naxos "American Classics" CD, *Kiev 2014*. Since 2003, Dr. Saul has been teaching composition, theory, piano, music appreciation, scoring and arranging, and music history at Fresno Pacific University, retiring from full-time teaching in 2020 to pursue composition and piano as well as time with family, including five grandchildren. Website: www.waltersaul.com.

Drew Swatosh (they/them) is a Vancouver, Washington-based composer, vocalist, and multi-instrumentalist. Inspired by their background in arts-integrated education, they write eclectic, programmatic music and use composing as a means of processing the world around them. Drew's commissions include a trans/non-binary retelling of the myth of Icarus and Daedalus for the Seattle Opera Creation Lab; choral educator Stephanie Bivins; the Vancouver School of Arts and Academics Music Department; and vocalists Stephanie Lamprea, Marguerite McKean, and Carolyn Quick as part of the Dead Fires Anthology for Solo Unaccompanied/Self-Accompanied Voice. For more information, visit their website, www.drewswatosh.com

Linda Woody graduated in 2013 from Marylhurst University with a B.A. in Music and a B.M. in Composition. She studied music composition with Dr. Bob Priest and Dr. John Paul. She enjoys writing for a variety of music ensembles, including handbell choir, choral groups, middle school band and mixed instrumental groups. When Linda is not composing music or at the bench of Fernando, her grand piano, you will likely find her with her family and two dogs —enjoying any number of outdoor pursuits requiring specialized footwear. Linda is a board member of Third Angle New Music and a former board member of Cascadia Composers and Music & Arts Partners. <http://www.lindawoody.com>

Born in Boise, Idaho, **Nicholas Yandell** received a Bachelor's and Master's degree in Music Composition at Five Towns College, before eventually settling in Portland, Oregon. While educated at a jazz-based music school, he also played in bluegrass, emo, electronic, and post-rock bands, and fell totally in love with classical composition. He has had works performed by groups such as 45th Parallel and the Delgani String Quartet and was named Composer of the Year for 2020 by the Oregon Music Teachers Association (OMTA). Check out more about him at www.nicholasyandell.com and thanks for listening!

ACKNOWLEDGEMENTS

In addition to our government and foundation supporters, the following individuals have made recent and generous cash contributions to Cascadia Composers:

Anonymous (2)

David S. Bernstein

Daniel Brugh

Ted Clifford

Jon Martin

Ellen Vanderslice & J. S. Parker

William & Ligia Toutant

Linda Woody

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Jan Mittelstaedt for many long hours over many months in coordinating and guiding to bring this annual event to fruition for its 12th year

Special Thanks to

Paul Safar, Dawn Sonntag, Abraham Taylor, and Nicholas Yandell, our concerts publicity team

Daniel Brugh for stage managing on July 9th

Our intrepid volunteer stage crew and helpers: **Paul Safar, Linda Woody, Dianne Davies,**

Elizabeth Blachly Dyson, and Amy Fairchild

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Greg A Steinke for assembling the program copy

Linda Woody, for donating her house for the preparation of the videos (for the You Tube Premiere on the 16th)

Jeff Winslow also for his many seasons as secretary and treasurer, keeping the Cascadia machine well-oiled and in good working order

CASCADIA UPCOMING EVENTS

2022-2023 Season Opener

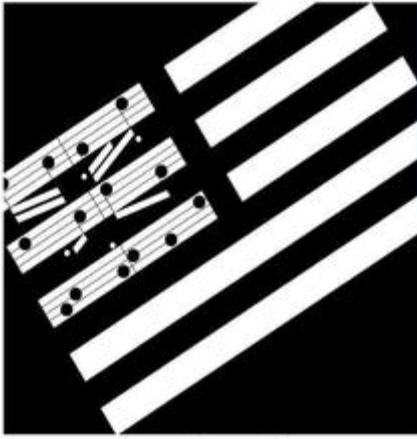
Sunday, August 28th at 5:00 PM | Leach Botanical Garden, 6704 SE 122nd Ave, PDX

Cascadia is excited to announce the opening concert of our 2022-2023 season! Like last year, this outdoor concert in Leach Botanical Garden's beautiful natural setting will feature a soloist on the Aerial Treewalk, plus new sounds like marimba, horn solos, and a Johnson Creek sound installation. Rose City Brass Quintet opens! The venue was filled to capacity last year. Mark your calendar now!

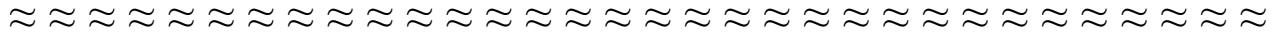
Bernstein/Steinke 80th Birthday Bash

Saturday, October 1st at 7:30 PM | Lincoln Recital Hall, 1620 SW Park Ave, PDX

Two "talented 'elder' Oregon composers" celebrate their 80th year with what has become a quintennial event with selected chamber works for instruments and voice both older and newer – several premieres in fact! Please come join us for the program!



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