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A Newsletter by and for the La Jolla
Symphony & Chorus Association

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HOLIDAY SEASON IN THE BRITISH STYLE

Choral Director DAVID CHASE leads the La Jolla Symphony & Chorus in a jubilant celebration of the holiday season with 'A British Christmas' on December 9 & 10, 2000. Guest performers JONATHON MCMURTRY, of the Old Globe Theatre, and MARY CORRIGAN, Associate Professor Emeritus in the UCSD Department of Theatre & Dance, join in a rousing musical performance of *A Child's Christmas in Wales*, the classic poem of snowball fights and Christmas presents by DYLAN THOMAS. The guest performers will narrate the poem alongside traditional Welsh Carols. In addition, the Chorus will perform two works by Ralph Vaughan Williams: *Fantasia on a Theme of Thomas Tallis* and *Hodie*.

With its tales of fire during Christmas dinner, snowball fights with alley cats and glimmering presents, *A Child's Christmas in Wales*, published in 1955, brings to life all the joy and excitement of a young child on Christmas Day. Author DYLAN THOMAS was born in Wales in 1914. He published his first collection of poetry at age 19 and produced much of his work at the same time as RALPH VAUGHAN WILLIAMS was composing his. Choral Director DAVID CHASE arranged Thomas' poem to be interspersed with traditional Welsh carols, sung by the LJSC and the **North Coast Singers Youth Chorus**. "When you put this all together -- the actors, the singers, the poetry and the music -- it's not unlike a Cecil B. DeMille production," says Chase, with "lots of artists and lots of excitement." This unique telling of Thomas' classic tale is back by popular demand. "This is definitely a change from the usual *Christmas Carol/ Nutcracker* fare of the holiday season," adds David.

RALPH VAUGHAN WILLIAMS was born in Gloucestershire, England in 1872. A student of MAURICE RAVEL and

good friend of GUSTAV HOLST, Vaughan Williams was strongly influenced by folk music, which affected his compositional style. As with many 20th century composers, Vaughan Williams wrote a diverse amount of music: film scores, ballets, symphonies, and choral pieces. *Fantasia on a Theme of Thomas Tallis*, composed in 1910 for strings, was one of his first compositions, and is regarded as his first masterpiece. Based on a hymn by Tudor composer THOMAS TALLIS (most famous for his sacred choral music, including "Spem in Alium"), *Fantasia* premiered at the Three Chorus Festival at Gloucester Cathedral. Recognizing the superior acoustics of the cathedral, Vaughan Williams produced a score at once both audacious and assured. Scored for a three-part orchestra -- a general chorus; a smaller group of 9 players (2 first violins, 2 second violins, 2 violas, 2 celli, and 1 bass), which halos the sound of the first group; and a string quartet -- *Fantasia* starts quietly and grows stronger, to a rousing conclusion.

VAUGHAN WILLIAMS, noted for his expanse of holiday music, wrote his elaborate Christmas celebration *Hodie* (originally titled *On This Day*), in 1954. Described as an "anthology oratorio," *Hodie* includes text from the Gospel, JOHN MILTON, and THOMAS HARDY. Later in life, VAUGHAN WILLIAMS became a professor of Music Composition at the Royal College of Music. He died in 1958, and his ashes are interred at Westminster Abbey, alongside England's other great writers, poets, and composers.

Come one, come all ... Messiah-Sing, Saturday, December 16, 2 PM, St. Elizabeth Seton Catholic Church, Alga Rd. at El Fuerte, Carlsbad (La Costa). General/ seniors: \$12; students: \$8. Advance ticket purchase: (858) 534-4637. Rental scores available at the door: \$4.



FORMER CHORUS MEMBER FEATURED AS 'HODIE' SOLOIST

Baritone GREGORIO GONZÁLEZ VILLAGÓMEZ grew up in the central México state of Guanajuato, where his earliest performing experience was with a guitar and voice ensemble. A resident of North San Diego County for several years, he has given performances throughout Southern California, the Midwest, and Central México. He has also sung with the San Diego Opera Chorus; the vocal ensemble, "Glory...!"; and the Khajavi Quartet (with which he has recorded a CD of Iranian music). He has been featured in concert with the Orquesta Sinfónica de Guanajuato, México; the Palomar Orchestra and Chorale; and in solo performances for the Long Beach Opera Guild. His most recent engagements include the roles of *Pablo* in the San Diego Opera production of "Streetcar Named Desire"; *Cascada* in the San Diego Comic Opera production of "The Merry Widow"; and *Lun Tha* in "The King and I" at the Moonlight Amphitheater.

Mr. González has studied with ANN CHASE, GEORGETTA PSAROS, LAURIE ROMERO and TRICIA STRAUSS, and currently studies with DAVID SANNERUD. His many awards include 2nd place in the Western Region Metropolitan Opera Auditions; 2nd place in the Career category of the National Association of Teachers of Singing Competition in Los Angeles; and 1st place in the Virginia Hawk vocal competition.

He has also won 1st place in the Junior Division Vocal category of the **La Jolla Symphony and Chorus Young Artists Competition** and 2nd place in the Senior Division, and has been a finalist in the Palm Springs Opera Guild Competition. He has received scholarship awards from the Howard Brubeck Foundation, the Palomar Performing Arts Foundation, and the Association of Mexican-American Educators.

In addition to music performance, Gregorio is the cantor, section leader and soloist at St. Mary Star of the Sea Catholic Church in Oceanside. He also offers professional computer-oriented services relating to music scoring, transposing, recording and sequencing.

What some of you may not know is that **Gregorio was a member of the La Jolla Symphony Chorus in 1994**

and 1995. "Being in the Chorus was a great experience," Gregorio says. "I really enjoyed it while it lasted; but unfortunately for the sake of the development of my solo voice there came a time to quit and focus on the solo technique. I still remember our performances very clearly; it was always so exhilarating to sing behind the grand sound of that great Orchestra. Somehow I always knew that one day I could come back to the La Jolla Symphony & Chorus, hopefully as a soloist. I am glad that time has come; it is doubly special for me as I see that a lot of the members of the Chorus I had known in '94 and '95 are still here. It's very good to see them again."

EXECUTIVEDIRECTORSPEAK

Congratulations to MAESTRO SOLLBERGER and the Orchestra on the absolutely terrific performances at the 'Mighty Mahler' concerts. The Orchestra sounded amazing! In addition to the huge artistic success of the weekend, the concert grossed more than any LJS&C performance in recent history. You may have noticed that there were practically no empty seats for these November 4/5 performances. What a way to start the season! I can't wait to hear the 'A British Christmas' concerts.

Thank you to the musicians who have made cash contributions to the LJS&CA this season. In addition to the time, energy, gas, parking, babysitting, replacement strings, formal wear, and all the other personal resources that go into our ensemble members' participation, a large number of musicians also donate – and donate generously – to the Association each year. They include: JUNE ALLEN, alto; COLIN BLOOR (tenor), ERIC BROMBERGER (violin); GEOFFREY BROOKS (timpani); MAUREEN BROWN (bass, cello); GARY BROWN (violin); ULRIKE BURGIN (cello); EVON CARPENTER (bass, violin); CHARLES CARVER (tenor); CAROLYN CHASE (alto); KAREN ERICKSON (alto); BEDA FARRELL (soprano); JOAN FORREST (violin); CLARE FRIEDMAN (soprano) and PAUL FRIEDMAN (bass); PAT GIFFORD (violin); HIMA JOSHI (soprano); MICHAEL KAEHR (baritone); MARTHA NEAL-BROWN (soprano); JEFF NEVIN (trumpet); DEBBIE PARK (soprano) and ANDREW PARK (former baritone);

VALERIE RUBINS (alto); JEANNE SAIER (violin); VICTORIA HENIS-SHAW (alto) and STEWART SHAW (baritone); JEANNE STUTZER (soprano); JIM SWIFT (bassoon); and AMEE WOOD (alto).

Did you know that 22% of the Association's income comes from individual contributions? These donations are crucial to our continuing fiscal health. There are a number of current gift opportunities to which the ensemble members are invited to contribute. These include the *Section Leaders Program*, the *Young Artists Competition*, *Beda Farrell 1st Vocal Prize*, and *Student and Senior Gift Subscriptions*. Please contact me directly -- (858) 822-3774, fax number (858) 534-9947, or wmorgan@ucsd.edu -- if you would like more information or to participate in any of these giving programs.

Tickets for 'A British Christmas' are going fast. The Sunday afternoon performance is in fact almost sold out, so please purchase your tickets in advance and buy them early. Ensemble members are entitled to discounted \$12 tickets for friends and family. Call CINDY COLLINS at the LJS&CA Office for ticket purchases.

As I announced in a recent e-mailing, **recordings of the La Jolly Symphony Orchestra's performance of Mahler's Symphony No. 6 will be available soon to ensemble and Board members.** The CDs will not be more than \$8, and will probably be less, depending on the number of orders we have. Please let me know by e-mail, fax, or phone how many CDs you would like to order. (Recordings of Debussy's *Prelude to the Afternoon of a Faun* will be available on a future CD.)

Happy holidays...

- Bill Morgan

YOUNG ARTISTS TO COMPETE FEBRUARY 3

Musicians ranging in age from 14 to 28 will vie for performance opportunities and prize monies when the Association's 42nd Young Artists Competition takes place on Saturday, February 3. If you

know of prospective participants, please tell them about this golden opportunity. Applications and information on eligibility requirements will be available from the office, at (858) 534-4637, or please see Orchestra member JEANNE SAIER for additional information. Prize money has been substantially increased, and the two 1st prize winners also get a paid gig with our Orchestra and Chorus. (WESLEY PRECOURT, one of last year's winners, is featured in this season's subscription line-up.)

A Winners Showcase Concert will be featured on Sunday, February 4; this event is free to all, and will be followed by a reception for the winners and their families and fans. Last year's concert was quite thrilling, and an inspiration to those who attended. Mark your 2001 calendars now!

Volunteers are always welcome to help the committee, which consists of BILL MORGAN, DAVID and ANN CHASE, HARVEY SOLLBERGER, JEANNE SAIER, ERIC BROMBERGER, and DAVID and THELMA PARRIS. Let Bill in the Office know if you want to help. You'll have fun and hear some amazing talent.

VOLUNTEERS NEEDED FOR 'MUSIC & ART WITH LOVE'

The 'Music & Art With Love' benefit, scheduled for 2 PM on Sunday, February 18, is being organized to raise money for the LJS&CA. It will combine food and wine, a chamber concert, and an art auction; there will also be non-art items up for bid. Monies raised will be used for salaries, music purchase and rental, discounted tickets for ensemble members, etc. -- everything that makes this organization work. We hope to raise \$15,000.

Volunteers' duties will include set-up and tear-down, passing food trays, manning the bar, and standing as security for the art. Volunteers will be needed 1-6 PM. The work is not hard, and the event is a delight! If you are interested in volunteering, please contact Chorus/Board

member AMEE WOOD at (619) 223-5926, or mustonenwood@webtv.net.

DEVELOPMENT AND MARKETING NEWS

The LJS&CA 'development division' is proud to announce receipt of \$4,000 from the California Arts Council (a state-sponsored organization). These funds are being ear-marked towards salaries for some of the LJS&C's personnel.

In marketing news ... 'Mighty Mahler' was a stupendous success. In addition to sold-out houses and incredible feedback, the concert was selected as "Best Bet of the Weekend" by VALERIE SCHER of the San Diego Union-Tribune. Talk about moving up in the world!

The LJS&CA annual holiday fundraising campaign is underway. This year, the LJS&CA is asking people to donate between \$25 and \$100 to underwrite the paid section leaders in the Orchestra and Chorus. The 14 Orchestra and Chorus section leaders are one of the main reasons our concerts sound as good as they do. Together these musicians make up our **"Section Leader Program,"** providing leadership for the members of our ensembles, inspiring them to hone their skills in performing the diverse and stimulating repertoire that is our unique contribution to San Diego's musical life. We are indeed a "community" organization, engaging the passions and skills of musicians from across a broad range of professions and walks of life -- physicians, scientists, students, educators, the military -- all brought together by a burning desire to perform great music. By hiring professional musicians in key leadership and mentoring roles, we are making a significant investment in leveraging our musical "capital" to higher and higher levels of performance. This investment in our artistic infrastructure is an important reason why the La Jolla Symphony & Chorus is one of the finest community musical organizations in the nation.

EDUCATIONAL OUTREACH

Our 'Images Through Music' CD has proven to be very successful. Over 3,000 kids in San Diego and 1,000 kids in Tijuana have listened to it, and the response has been very favorable. The CD is broad-spanning and incorporates many of our own outreach aspects, highlighting the string family and vocal ensemble. Unfortunately, we fell somewhat behind in production, and the CD was not available for our first concert. It will, however, be available at this upcoming 'British Christmas' concert. And what good timing! We all need a little stocking stuffer for our favorite teacher or student or music enthusiast, right? Versions in both Spanish and English are available. A \$5 version is packaged in a plastic sleeve with educational notes, tied up in a holiday bag. A \$10 version is packaged in the traditional jewel case with a holiday ribbon. All proceeds go to the Outreach Program.

An Outreach Committee meeting has been postponed until the new year. We have yet to hear from Weingart-Price as to the amount of funding we will receive.

If anyone has ideas or suggestions that would involve performances where musicians would be paid by the venue (e.g., a library recital, bookstore, corporate luncheon, etc...), please contact Orchestra member VICTORIA EICHER, who will be happy to pursue them.

In other outreach news, NANCY SWANBERG (Orchestra violinist and LJS&CA Board Member) has organized a series of ensemble performances at **The Preuss School**, on the UCSD campus. The performances coincide with the school's Enrichment Week activities. Outreach programs are scheduled on four consecutive days and feature string, percussion, vocal, and brass ensembles. The Preuss School has been high on our wish list to cultivate on-campus relationships and to provide educational outreach. We are looking forward to playing for the students and to creating a long-lasting relationship with the school.

SUMMER CHORUS TOUR UPDATE

For our July 12-25 tour we are looking at taking a group of 40 singers; a 10-member string ensemble (including 4 members of the BROMBERGER Family); and 34 "groupies" (including tenor WALT DESMOND's personal cheering section).

Two concerts are scheduled in Prague, Czech Republic, and one each in Wroclaw, Krakow and Warsaw, Poland. BRENDA MONTIEL of **Adventures in Learning** is currently traveling in each of those cities ... sleeping in every hotel we'll use (A & B hotels), taking the same trains we'll be taking, and meeting with directors of all our concert venues. She and TED KILMAN certainly take *excellent* care of the LJSC!

FYI: One of San Diego's sister cities is Warsaw! The Warsaw Sister City organization will be contacted to see if it will sponsor either a pre- or a post-tour concert.

Did you know that the World Tourism Organization says Poland is now the fifth most popular travel destination in Europe? So it is not surprising to find that JOAN and DAVID PETERSON have added "Eat Smart in Poland" (Gingko, \$12.95) to their series of travel guides aimed at food lovers. The book is subtitled: "How to decipher the menu, know the market foods and embark on a tasting adventure." It explains how much more there is to Polish cuisine than kielbasa and pierogis, introducing readers to eggnog vodka and ryemeal soup, for example, among other delicacies.

EARLY MUSIC ENSEMBLE OF SAN DIEGO PERFORMS

The **Early Music Ensemble of San Diego** will perform music of Medieval and Renaissance Europe for the seasons of Advent and Christmas on Wednesday, December 8, at 8 PM, at the La Jolla Congregational Church, 1215 Cave St., in downtown La Jolla. The group consists of sopranos ELISABETH MARTI and CONSTANCE LAWTHERS; alto VICTORIA HEINS-SHAW; tenor JOHN PEELING; and bass PHILIP LARSON. For ticket information, call (858) 459-5045.

NORTH COAST SINGERS YOUTH CHORUS IN 8TH ANNUAL WINTER CONCERT

The North Coast Singers Youth Chorus presents its 8th annual winter concert, "We Merry Minstrels," on Wednesday, December 13, at 7 PM, in the San Dieguito United Methodist Church, 170 Calle Magdalena, in Encinitas. A donation of \$5 per adult and \$3 per child is suggested. The concert features folk songs from around the world and a preview of repertoire the group will sing in New York City next month. LJSC soprano SALLY HUSCH DEAN directs "Cappella," the high school ensemble of the North Coast Singers, with LJSC violinist JEANNE SAIER accompanying on piano.

MUSICIANS TAKE TIPS FROM ATHLETES TO PERFORM BETTER

September 6, 1000. London (Reuters)
Musicians are taking tips from athletes and using exercise, relaxation and psychology techniques to enhance their performance and ability, British researchers said. Image planning and relaxation exercises have been widely used by athletes to propel themselves to the top of their sport, but a project at the Royal College of Music in London is one of the first to see if the techniques can produce the same results in student musicians.

"We have preliminary results which show it increases their ability to concentrate, to practice, to gain more benefit from their practice and to begin a performance in a more relaxed, less anxious, state," psychologist CHRISTOPHER CONNELLY told a news briefing at the British Association for the Advancement of Science conference. "Great musicians and great athletes can create altered states [of consciousness] but they may not know how to replicate them," the director of Sporting Bodymind, Ltd., a London-based sports psychology company, added.

That's there the psychologists come in. By relaxing the mind, increasing endurance and helping the musicians to recall and replicate the circumstances of

a top performance, they have a better chance of performing at their best. During the first year of the three-year project, the musicians found relaxation, mental imagery and performance profiling among the most successful techniques. Mental imagery focuses the students' minds on their performance, and profiling enables them to set goals and objectives. "We're helping them to do what they are already doing but better," said Connolly.

While Connolly works on the mental techniques, ADRIAN TAYLOR, a professor of physical activity and health at De Montfort University in Bedford, England, has been using aerobic exercises to improve the cardiovascular activity of the students to reduce stress and stage fright before a performance. "There is evidence aerobic exercise can change brain wave patterns," Taylor told the conference.

Students who completed the 10-week exercise program were fitter and less stressed and anxious than they were at the outset. Taylor said a period of calm and relaxation should ideally follow a 30-minute exercise session and precede the performance. "Verbal and written feedback from the students supported the idea that physical fitness was important for optimal musical performance," he added. Connolly also said that the techniques they are teaching can be transferred to any situation where people are making demands on themselves to perform better.

Please direct any questions/comments/submissions to the Editor at (858) 534-3642, or scjones@ucsd.edu.

Happy Holidays from...

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