

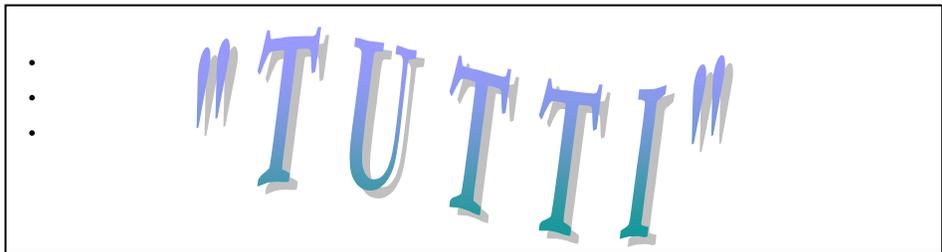
March 10, 2003
Volume 7, Number 5
<http://www.lajollasympphony.com>

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

Inside this Issue

- 1 Presenting
'Mozart and Modern'
- 2 'Star Award' Recipient
Colin M. Bloor
- 3 Young Artists
Wow Audience
- 4 Outreach
Happenings
- 5 Orchestration: Trumpet
Player Deployed to Gulf
- 6 Choral Arrangements:
Profile; New Chorus Baby
- 7 Some March Events in
the UCSD Dept. of Music
- 8 Adults Need to
Relearn Breathing
- 9 The
Credits...

La Jolla Symphony & Chorus
9500 Gilman Drive
La Jolla, California 92093-0361
(858) 534-4637



PRESENTING 'MOZART AND MODERN'

~ Harvey Sollberger and Sylvia Grace ~



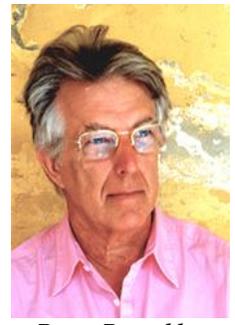
Our 'Mozart and Modern' program covers such a diverse range of musical periods, styles, and media that it might best be

compared to a three-ring circus. In Ring Number One we find Mozart's religious (Psalms in Latin!) *Solemn Vespers of the Confessor (Vesperae Solennes de confessore, K.339)*. This is a little-known masterwork from his unhappy years in service to the Archbishop of Salzburg, and features our own La Jolla Symphony Chorus and four soloists with the Orchestra. While it is religious music of the most inspired sort, alert listeners may feel transported to the Opera House at least part of the time, as when in the fifth movement, according to Eric BROMBERGER's program notes, "the soprano sings music more readily suggesting earthly love than divine devotion."

Ring Number Two spotlights our 2002 Young Artist Competition winner, 18-year old LAUREN MINDORO, a scholarship student at the acclaimed Eastman School of Music, performing the fiery and passionate *Second Violin Concerto* of Wieniawski. This remarkable young violinist has already won numerous competitions in her fledgling career. At age ten she was chosen to be a member of the Emmy Award-winning **Disney's Young Musicians Symphony Orchestra**. She was also a member of the **San Diego Civic Youth Orchestra** and was assistant concertmistress of the **San Diego Youth Symphony** in 2000 and 2001.



Lauren Mindoro



Roger Reynolds

The "Modern" part of the concert, Ring Number Three, presents the first San Diego performance of *Symphony (Vertigo)* by UCSD's Pulitzer Prize-Winner, Professor ROGER REYNOLDS. This piece brings together the traditional symphony orchestra and state-of-the-art modern technology in the form of computer-processed sound disposed quadraphonically around the auditorium to complement and augment the sound of the orchestra. The result is to transform the single aural perspective of the traditional concert into a series of endlessly morphing and shape-shifting spaces. Though written in 1987, Reynolds' *Symphony* anticipates in sensibility and spirit such recent films as "The Matrix" and "Minority Report." Over its full span *Symphony (Vertigo)* engages us in a lively and kaleidoscopic exploration of memory and experience in a world without a fixed center, functioning finally both as experience in its own right and as an emblem or metaphor for possible states of human consciousness in today's world.

And here at the end, our program opener: Mozart's Overture to his opera *Don Giovanni, K.527*, a work whose high spirits are only enhanced by the infusion of a whiff or two of sulfur and brimstone to remind us of the Don's fiery end (after he has a lot of fun).

This program will be both enjoyable and provocative and, should all else fail, at least offer up the consolations of religion at its end.

BRAVO STAR AWARDS

~ Sylvia Grace ~

As many of you may know, the **Star Awards** shine the spotlight on volunteers and celebrate and the spirit of volunteerism in the arts. The event brings together San Diego's performing arts community to celebrate volunteers in all of the local arts organizations, and is an opportunity to recognize that one special volunteer who helps an organization run smoothly and make its performances possible. All of the honorees attend the event as guests of the Performing Arts League, and are recognized during the production and presented with a distinctive award. Honorees also receive an invitation to a special Star Reception held a few weeks before the event.

We are pleased to announce that this year's recipient from our Association is COLIN M. BLOOR. Tenor and Board of Directors President, Dr. Bloor typifies the dedicated spirit of volunteers who devote their time and energy to their favorite organizations. Culminating a 35-year career with the University of California at San Diego, Colin achieved the status of Distinguished Professor Emeritus of Pathology in September 2002. Colin auditioned and joined the Chorus in 1987. Notwithstanding the demands of his career, Colin agreed to join the Association's Board of Directors, and since 1993 has served in several positions. Notably, he was a member of the Finance Committee, which set guidelines for the newly-established Endowment Fund, and earlier chaired the Grants Committee. Colin's voice and heart have made an indelible mark on the history of the La Jolla Symphony & Chorus Association.



This year, the 12th Annual Star Awards will have a new venue and time. The event will be outdoors under the stars at **Humphrey's by the Bay**, on Shelter Island, on **Monday, May 19, 2003 at 5:30 PM**. The evening will open with a reception, featuring interactive food stations, and conclude with the awards presentation in theatre-style seating. To assure that all members can participate, ticket prices are set at \$45 and \$80.

YOUNG ARTISTS WOW AUDIENCE

~ Thelma Parris ~

The 44th annual Young Artists Competition sponsored by our Association was the best ever in terms of quality and quantity. The instrumental judges (including JUNG-HO PAK, a good friend of our Association) heard a record number of excellent young musicians -- 25 in all.

The concert performed by the winners on Sunday, February 23, at the **Neurosciences Institute** enthralled the largest audience yet -- almost a full house. It was an eclectic program filled with a variety of music, definitely in keeping with our mission of championing music seldom-heard and from the 20th century.

The winners were:

INSTRUMENTAL

- 1st, Dan Yu, piano (21)
- 3rd, a three-way tie, among TASHA LINETTE SMITH, harp (18) KRISTINA JACINTH, piano (15), and PETER JACOBSON, cello (24)

Most Promising, DANIEL PATE, marimba (18)

VOCAL

- 1st, VICTORIA MATURE, soprano (27)
- 2nd, LAURA MITCHELL, soprano (20)



Victoria (far right) and her mother, Loretta, beside a photo of her late father, the actor Victor Mature, at a 2001 exhibition and film retrospective.

DAN YU and VICTORIA MATURE will perform with our ensembles on next season's subscription series. All of the winners will be performing in April at the Mini-Concert Series either in

La Jolla at the **Athenaeum** or at the **Lyceum** in downtown San Diego.

Thanks to the YAC committee (HARVEY SOLLBERGER, DAVID and ANN CHASE, Jeanne SAIER, DAVID and THELMA PARRIS), and our hardworking staff and volunteers, and to the Neurosciences Institute for providing the beautiful venue for our concert.

A special big thank you to the sponsors of our prizes: the MILTON H. SAIER, SR. FAMILY, MONIQUE KUNEWALDER, ELIE and POLLY SHNEOUR, GARY and SUSAN BROWN, DR. JOAN FORREST and DR. MICHAEL LATZ, the Kiwanis Club of La Jolla, and members of the LJS&C ensembles.

NOTE: Although the Chorus has again come through with generous support, the prizes are still short of being fully funded. We hope that additional donations will still be forthcoming from Orchestra and Chorus members as well as from attendees at Sunday's winners' showcase concert.

OUTREACH HAPPENINGS

~ Victoria Eicher ~

Collaboration with the Athenaeum

We are exploring the possibility of collaborating with the Athenaeum on a school outreach program -- funded by the Athenaeum and performed by LS&C musicians. Hoping to schedule a three-part trial series of performances in the next few months, we look forward to creating a year-long school program for next season. Coordinating this endeavor is FIONA CHATWIN, a UCSD doctoral student and wife of JUDE WEIRMEIR (last year's **Thomas Nee Commission Award** recipient). Fiona and I have met to discuss a few ideas; we'll keep you informed as the program develops.

Mark your Calendars

Sunday, May 8, 6-7 PM, 'Images Through Music,' San Diego Museum of Art.

Renowned contrabassist BERTRAM TURETZKY will present a lecture performance called 'Words, Music and Art.' Visit <http://www.sdsmart.org> and

look under 'Events – Images Through Music' for more information. For tickets, call (619) 232-7931: \$15 for the general public, \$12 for LJS&C musicians.

Sunday, May 18, 2 PM, California Center for the Arts, Escondido, 'America – Images Through Music.'

A family concert featuring musicians from the LJS&C and conducted by NAVROJ MEHTA. For ticket information and purchase, call 1-800-988-4235; alternately, you can order on-line, at <http://www.artcenter.org>.

Sunday, June 15 (yes, Fathers' Day!), 6 PM, at the Munks' in La Jolla.

Long-time LJS&CA supporters WALTER and JUDITH MUNK will open their home to what promises to be an exciting and entertaining evening, featuring our very own JEFF NEVIN's **Mariachi Champaña Nevin** ensemble. Tickets will be \$50 per person. A light dinner, drinks, and desserts will be included. Come celebrate with us!

And off in the distant future...

Saturday, October 25, Spreckels Theatre.

The LJS&CA will present the **Landesjugendorchester** from Rheinland Pfalz, Germany, featuring HAHN-BIN, a young Korean violinist. The program will include works by Mahler, Strauss, and Sibelius. The event is co-chaired by VICTORIA EICHER and ERIC BROMBERGER. More information on this event will be provided very soon...

ORCHESTRATIONS

TRUMPET PLAYER DEPLOYED TO THE PERSIAN GULF

~ Susan Ung ~

La Jolla Symphony trumpet player YAPHET JONES is a Marine and has been shipped out to the Persian Gulf. This is the second time he has been sent there. Those of us who know Yaphet miss him, wish him well, and hope that no harm comes to him in the time he is there. This must be particularly hard on his family to have to go through this a second time. Yaphet sent his address, and a couple of small requests, should

anyone like to send him a package. Getting mail is the highlight of any serviceman's day, apparently. Yaphet would prefer SMALL things, since whatever he receives he has to carry ... but he likes hot chocolate, and bubble gum (!), and of course, a letter is always great. If you wish to send a package, it is recommended that you fill out the customs form at the post office prior to shipping. He was told that this prevents the customs agents in country from opening the package and going through it. The address is:

Gy. Sgt Yaphet K. Jones
U.S. Marine Corps
HQ CO 1st Marine Division Band
UIC 39703
FPO AP 96426-9703

CHORAL ARRANGEMENTS

~ Beda Farrell ~

PROFILE: Rebecca Ramirez



*Rebecca Ramirez
(in group photo, on the far right)*

REBECCA RAMIREZ, La Jolla Symphony Chorus alto staff singer, is a Vocal Arts 1st place award winner in Puerto Rico's **Festival de Bellas Artes**. In addition to her LJSC duties, she has had a variety of experience singing in the U.S. and abroad. She has performed several roles in musical theatre including, *Philia* in 'A Funny Thing Happened on the Way to the Forum,' *Lady Thiang* in 'The King and I,' *Thea* in 'Fiorello,' and *Josefa* in 'My Cousin Josefa,' and has worked with SAM WOODWARD in the **San Diego Repertory Theatre's** annual presentation of 'A Christmas Carol.'

Becky" is a recipient of the **Meritorious Achievement in Acting Award** from the **American College Theatre Festival** for creating the character of *Marie Kelly* in the American premiere of the musical, 'Jack the Ripper.' In Los Angeles, she worked with the **Bilingual Foundation of the Arts**, where she appeared in the U.S. premiere of 'Pedro Paramo,' and presented musical theatre to area schools as part of its outreach program. She has also been seen in television commercials, selling everything from beer to soapsuds!

Becky was featured as *Cora/Boots* and *The White Pawn* in the American premiere of the La Jolla Symphony & Chorus 1993 production of 'Boojum!' She has been the alto soloist for several Messiah-Sings, and was a featured soloist on the chorus tour to the Czech Republic and Poland in 2001.

As part of the LJS&CA's Outreach Program, she made the Spanish language recording of the first "Images Through Music" CD.

Becky recently represented the LJS&C at the 2003 **San Diego Conference on Child and Family Maltreatment**, presented by the **Chadwick Center for Children and Families of Children's Hospital, San Diego**. She led volunteers from the Chorus and over a thousand conference participants in singing a community version of Beethoven 'Ode to Joy.'

Locally, Becky is a sought-after cantor for the **San Diego Catholic Diocese**, and is also an experienced workshop and retreat facilitator. She is Director of Liturgy at **Resurrection Church** in North County, where she currently resides with her son, Robbie.

Birth Announcement.

Former LJSC soprano SANDRA (BROWN) ALEXANDER and her husband Steven welcomed their first-born son, David Joseph, on January 31. He weighed in at 7 lbs. and 19.5 in. Bravi to all involved with the production. The Alexanders send their greetings from the Bay area.



SELECT MARCH EVENTS, UCSD DEPT. OF MUSIC

Tuesday, March 11, 8 PM

Mandeville Recital Hall

'Chamber Ensembles'

Students of Janos Ngeyesy perform works by Handel, Cui, Copland, Mozart, Brahms, Telemann, and Debussy. Admission: FREE.

Wednesday, March 12, 7 PM

Mandeville Auditorium

'Jazz Ensemble'

Directed by Jimmy Cheatham. Students will improvise within a repertoire of jazz songs. Admission: general public, \$5; UCSD faculty/staff/students, \$3.

Thursday, March 14, 8 PM

Mandeville Auditorium

'Wind Ensemble'

Directed by Robert Zelickman. Ensemble will perform selections from 'The Planets,' by Gustav Holst, followed by 'Tocatta and Fugue in D minor,' by J.S. Bach, 'Polka and Fugue,' by Weinberger, and 'The Toy Trombone,' ending in a signature piece by Verdi, 'Nabucco Overture.' Admission: general public, \$5; UCSD faculty/staff/students, \$3.

Saturday, March 15, 4 PM

Erickson Hall (B-210)

'Voice Students'

Students of Carol Plantamura. Admission: FREE.

Wednesday, March 19, 10:30 PM

Thursday, March 20, 10:30 PM

Music Theater, Galbraith Hall 157

'Students of Anthony Davis'

Featuring collaborative works created by students in the department and MFA playwrights from Theatre & Dance. Admission: FREE.

ADULTS NEED TO RELEARN BREATHING

~ Jack Williams ~

San Diego Union-Tribune, January 27, 2003.

A budding opera singer, Karen Saillant Bygott kept hitting breathtaking notes. None of them by choice. She had an underdeveloped diaphragm, as it turned out, resulting in the kind of labored breathing that can undermine vocal range and resonance. Not that it's uncommon. In fact, it's epidemic in our society, manifested in chronically shallow breathing and hoarse, flat, strained voices. But to a singer, it's "bad breath" at its career-threatening worst, compromising the tonal nuances operatic roles demand.

For Bygott, part of the problem was stress. Part of it was physiological, too, caused by a rib-cage irregularity known as sternal angle. Her quest for a remedy ran the usual gamut of better-breathing techniques, many of them practiced by professional singers. Eventually, she discovered something called **Breathing Coordination**, which had been introduced to the 1968 U.S. Olympic team by respiratory researcher Carl Stough. It was, in her words, "a transformational experience." Said Bygott: "My voice had more resonance and better intonation. I was able to hear better, and I didn't feel a need to push my voice. The rib cage lowers, the diaphragm rises and you expel the residual volume (of air) from the lungs." Babies do it naturally. Adults, in most cases, have to relearn it. Bygott, 58 and still singing opera on the East Coast, began learning it from Stough 30 years ago. Now, as a Breathing Coordination instructor, she is sharing her expertise in private lessons in the Philadelphia area, with an eye on introducing the practice to San Diegans. Dates for a two-day workshop at the **Price-Pottenger Nutrition Foundation** in Lemon Grove are pending.

Essentially, Breathing Coordination develops maximum efficiency in the various muscles required for respiration -- but with a minimum of effort. Somehow, something as natural as breathing becomes almost complex when we break it down to its fundamentals. Because most of us lack the patience to practice Breathing Coordination, the most receptive audience is the breathing impaired -- asthma and emphysema sufferers, for example.

Stough, who began working with chronically ill respiratory patients in the 1950s, may

have received his greatest exposure in working with Olympic athletes. The Mexico City Olympics, at high altitude in a polluted environment where oxygen was 30 percent less accessible than at sea level, was the ultimate test for endurance athletes. Buoyed by Stough's teaching, U.S. Olympians branded him with a nickname, 'Dr. Breath,' which became the title of his book.

Before he died in October 2000, Stough saw his New York-based Institute for Breathing Coordination recognized by the state as a charitable organization for its contributions to health and education. "All life begins and ends with the exhale," Stough said, pointing out that breathing affects every system in the body. "The first sound of a newborn occurs on the first exhale. That sound triggers the perpetual motion of the diaphragm." Breathing Coordination practitioners such as Bygott instruct novices to lie on their backs with pillows under the knees and head. This way, the diaphragm is not working against gravity. No voluntary muscles are being contracted. Indeed, the hardest part of the lesson is accepting that it isn't work. When fully realized, Breathing Coordination involves extending the exhale to its natural conclusion, expelling the maximum amount of carbon dioxide. Then, theoretically, inhalation occurs naturally.

For more information on this therapeutic technique, visit the Web site ...

<http://www.breathingcoordination.com>.



What sorts of things would YOU like to know and read about? Please direct any questions, comments, news, or story ideas to the Editor at (858) 534-3642, or scjones@ucsd.edu.

This issue of 'TUTTI' has been brought to you by:

Editor Sharon Jones

Contributors Victoria Eicher
Beda Farrell
Sylvia Grace
Mark Jones
Thelma Parris
Ellen Sherwood
Harvey Sollberger
Susan Ung



