

## Repetitive strain injuries pose serious threat to musicians

Imagine having played an instrument since you were very young, and suddenly finding that every time you touched it, you felt pain—of waking every morning with numbness in your hands, or with a hand so painful that you cannot even wash your hair...

Imagine that final fifteen minutes pacing backstage before a performance and discovering that one of your fingers is numb...

Imagine the isolation, fear and frustration that comes from watching your friends and colleagues making music, knowing that you cannot—of going to a concert to hear another musician perform a piece that you love dearly and used to play very well, believing that you may never play it again. Imagine!

These unpleasant scenarios are possible symptoms of a repetitive strain injury (RSI). For those fortunate enough to be healthy, it is difficult to imagine the relentless, depressing psychological and physical pain that accompanies such an injury. RSI sufferers do not look injured. They are often treated as though there is nothing wrong with them, or it's all in their head. Yet the statistics for musicians suffering from a performance-related injury are frightening. As many as 80 percent of professional musicians are affected.

But what exactly is the medical definition of such an injury? Repetitive strain injury is defined as "a cumulative trauma disorder... stemming from prolonged repetitive, forceful or awkward hand movements" (*Repetitive Strain Injury; a computer user's guide*. Emil Pascarelli, MD and Deborah Quilter, John Wiley and Sons, 1994, p. 3). These inefficient movements injure the soft tissues, namely muscles, tendons, and nerves. Pain, numbness, tingling, weakness, loss of coordination are symptoms of RSI. Contrary to popular belief, it is not only the hands that are at risk — symptoms can appear anywhere in the upper body such as the back, shoulders, neck, arms, headache.

Players of all instruments are prone to RSI because of the mechanical demands of their instruments. Computer users are also at risk. Since musicians' and computer users' livelihoods depend on their ability to use their hands, there is a tremendous psychological obstacle to admitting they have a problem. They often wait until their condition becomes chronic and therefore much more difficult to heal.



Musicians spend long hours practicing, repeating the same passage over and over until it sounds the way they want it. Quite often, all their attention is focused on the sound and they don't pay attention to the physical sensation. If there is something awkward or forceful about their movement, they either ignore the tiny, uncomfortable warning signals, or

decide to tolerate the discomfort in the name of art. Piano students tend to use a great deal of excess effort in playing. Since the average piano key only requires about 50 grams of weight to push down, there often is a great deal of unnecessary and potentially damaging tension. When these practices become habitual, musicians become prime targets for RSI. As they age, their bodies do not heal themselves as quickly, and the risk increases.

Poor posture is a leading contributor to RSI. Playing an

instrument from a poorly aligned position is asking for trouble, making the player use more force than necessary. It also makes them use muscles in ways for which they are not designed. For example, the types of muscles that hold us up are designed to remain contracted for long periods of time. Other muscles are designed for a quick contraction and release. If one set of muscles is forced to do the work of another, they become shortened and weakened, and eventually damaged. As they get injured, new stress is thrown on other muscles, tendons or nerves, and they in turn become injured.

*continued next page*

### In This Issue

- 2 On-campus resources for RSI sufferers
- 3 Notes, news and updates
- 4 Tune up with Mount Royal Rec!
- 5 Vintage violin finds a new voice
- 6 Spotlight on alumni
- 7 Mark your calendar...

## On-campus help for RSI sufferers



*Chiropractor Allison Gross demonstrates an adjustment on Admin Assistant Susan Walker in the Optimal Therapies clinic. MRC photo.*

Optimal Therapies provides a multi-disciplinary approach to injury prevention and rehabilitation. It is located in the new EnCana Wellness Centre (U216) and provides the following services to students, employees, and community members:

- Chiropractic
- Athletic Therapy
- Orthotics
- Massage Therapy
- Physiotherapy and Acupuncture

All practitioners approach Repetitive Strain Injury (RSI) from the same theoretical basis. The way in which the individual practitioners provide therapy may differ and often a multi-disciplinary approach may be more beneficial and provide better results.

If you are experiencing RSI please call Optimal Therapies or drop by to see us in the EnCana Wellness Centre, U216. A medical referral may be required for possible extended benefit insurance reimbursement. Our rates are very competitive!

### Hours:

Monday to Thursday: 7 am to 7 pm

Friday: 7am to 4:30 pm

Saturday: 9 am to 1 pm (by appointment only)

Phone: 240-6917

## RSI threat to musicians... *from page 1*

Frederick Matthias Alexander, founder of the Alexander Technique, wrote of using the body from a position of mechanical advantage (ie. good posture). The advantage is that it allows the musician to make the necessary movements with ease, using muscles properly. In addition, good alignment improves circulation, nerve function, digestion, efficiency of the senses (sight, hearing, touch, etc.). It is simple common sense to play with good posture, but this often gets lost among the myriad other concerns that musicians have.

The best "cure" for RSI is prevention. This involves playing in a mechanically sound manner, taking frequent breaks, and paying attention to physical sensation. Discomfort and pain are warning signals. The initial signs of RSI are subtle and difficult to detect. Constant attention is necessary, but the payoff is injury-free playing as well as a better technique.

For those who do have an RSI, the recovery process has three major steps. First is the diagnosis. It is important to know what the problem is. The family doctor is a good place to start, but it is essential that the diagnosis comes from a doctor that understands RSI. There is a great deal of misinformation and lack of knowledge about RSI. Next is the reduction of pain so that a gentle program of stretching and strengthening can be undertaken under the supervision of a good physiotherapist who understands RSI. Once the injured area has been stretched and strengthened, retraining is necessary, otherwise there is the risk of re-injury. For this, it is necessary to have a teacher that has a comprehensive understanding of technique. Finally, two personality characteristics that are very helpful in recovering from an RSI are patience and faith. Recovery from an RSI can be a long process that may take months or even years.

— Susan Hlasny and Peter Jancewicz

*Susan Hlasny, MMus., is a piano instructor and associate branch teacher at Mount Royal College Conservatory. Peter Jancewicz, DMus., is Piano Coordinator as well as an instructor at MRC. Both authors are pianists recovering from RSI.*

.....

*Mount Royal College will host a conference, **Emerging Trends in the Treatment of RSI**, May 23 and 24, 2003. Topics will include diagnosis, recovery and prevention of RSI. The conference will be of interest to the medical community, musicians who teach or who have RSI, computer users, and anyone whose occupation or activities put them at risk. The main clinician, Dr. Emil Pascarelli, MD, is one of the leading authorities on RSI in both musicians and computer users, with over twenty years of experience in the field. Joining him will be physiotherapist Lisa Sattler, MS, PT. For more information, contact Shirley Reynolds, Faculty of Continuing Education, Mount Royal College, sreynolds@mtroyal.ca 240-7743; Peter Jancewicz, MRC Conservatory, pjancewicz@mtroyal.ca, 240-6808; or Susan Hlasny, 253-1572.*

## Staccato: quick notes, news and Conservatory updates

**Golden voices...** Calgary soprano **Kimberly Davis** has been awarded the gold medal by the Royal Conservatory of Music in Toronto. This medal is awarded to the candidate receiving the highest mark in all of Canada for the Associate of the Royal Conservatory of Toronto final examination in singing. Kimberly is the student of **Elaine Higgin Case**, and a graduate of the vocal performance diploma program of Mount Royal College.



**Golden performances...** The Royal Conservatory of Music has awarded the Gold Medal for the highest mark in Canada, String Division, to **Sarah Steeves** for her ARCT in Cello Performance. Sarah attended the graduation ceremony in January, 2003 in Toronto.

Since the age of three, Sarah has studied with **Tom Mirhady** and for the past four years, she has also worked with **Tanya Prochazka** of the University of Alberta. Sarah is a member of the Senior Academy Program and the Calgary Youth Orchestra. Next year, Sarah hopes to pursue her musical education at the University of Toronto with Shauna Rolston, whom she has worked with for the past two summers at the Banff Centre.

Sarah also studies piano at Mount Royal College with **Ruth Mossop** and is working toward a June, 2003 Piano Performance ARCT.

**Christie cleans up!** **Christie Reside** cleaned up at Orchestre symphonique de Montreal Competition 2002 in Montreal on Monday, November 19, 2002. She not only took first prize for the woodwinds category but she also took the following prizes for all categories: Orchestre symphonique de Montreal Prize, Radio-Canada Prize, Galaxie Rising Stars Award, best interpretation of a work of any style, and the Banff Centre Prize.

Christie is a former Academy student who studied with a number of instructors over the years. Those included her dad and mom, **Jim** and **Judy Reside** who are active instructors at the Conservatory, **Lauren Eselson**, **Gwen Klassen** and **Michael Hope**.

She went on to McGill University and in her second year won her first audition with the Vancouver Symphony Orchestra. Since taking up her post in Vancouver at the age of 19, she has won numerous competitions including the Edmonton Concerto Competition and the Quebec Symphony Concerto Competition. She played with the Spoleto Festival Orchestra in Italy and has recorded frequently for CBC, including solo, chamber music and with orchestra. As a soloist she has performed with the Edmonton Symphony, orchestre symphonique de Quebec and the Banff Chamber Players.

Christie teaches at the Vancouver Academy of Music in addition to her duties with the Vancouver Symphony. She is also pursuing a degree in psychology.

**Snagging silver...** **Timothy Steeves** was awarded the Silver Medal for the highest mark in Alberta for his RCM Grade 9 Violin Exam. Timothy is a student of **Nick Pulos** and is a member of the Senior Academy Program and the Conservatory Strings Orchestra.

Timothy also studies piano with **Colleen Athparia** and was awarded a scholarship from the Mount Royal Branch Teacher's Association for his RCM Grade 7 Piano Exam.

Timothy performed as a Gingerbread Child in the Calgary Opera's recent production of Humperdinck's *Hansel and Gretel*.

**Sarah Aleem**, a student who commutes bi-weekly from Cranbrook to study with Conservatory Branch instructor, **Allen Reiser**, received a Toronto Conservatory Silver Medal for having attained the highest mark in British Columbia on her Grade IX piano exam.

**Jonathan Dornian** received the silver medal for his Grade VII RCM Cello exam in November and was invited to play in the medal presentations concert in Edmonton.

**Patrick Dornian** received a scholarship in November and performed at the final concert at the recent Contemporary Showcase for Canadian Composers.

**Natalie Fagnan**, another of **Elaine Case's** vocal diploma students has been awarded the Johann Strauss Foundation Scholarship to study at the *Mozartium* in Vienna this summer.

**Kathy Dornian** spent a week in January examining for RCM in Vancouver.

**Trumpeting her success...** **Linda Brown**, Coordinator of the Brass Academy, has been invited to be a guest trumpet artist at the *International Women's Brass Conference* being held at Illinois State University from June 17-21, 2003. She will be performing the American Premiere of the *Yellow Rose of Texas Trumpet Drama* which combines dance, narration and acting into a humorous stage presentation through the main actor... the trumpet.

In December and January, **Allen Reiser** played an all-Liszt recital program in Cranbrook, Calgary and Evansville, Indiana, where he also conducted a masterclass.

## Tune up with Mount Royal Rec!

Mount Royal Recreation (MRR) invites all Conservatory students, families and employees to get active at its new facilities. MRR's low membership rates and array of recreation choices rival any found at similar facilities in Calgary. The added bonus is that you may already be spending time at the college through your involvement with the Conservatory.

Think of the time you've spent waiting for your child to finish their class or when you need to wind down after a long day of instruction. Membership at Calgary's newest recreation facility is now available to anyone who wants to be more active.

MRR's public membership rates are extremely competitive with similar facilities, and Conservatory members, family and faculty pay an even lower rate due to their existing college affiliation. Current membership rates for student's families are \$83/adult, \$13/youth and \$10/child per semester.

Membership includes unlimited access to the 10,000 sq. ft. fitness centre, 40 ft. climbing wall, four basketball and volleyball courts, 25 m x 25 m salt water pool and 200 m indoor running track. There are also squash, tennis and beach volleyball courts available for anyone interested in a game. Depending on your mood, MRR has over 100 cardio machines for an invigorating workout or you can take a relaxing soak in the 16 person hot tub.

MRR membership means more than just access to our state-of-the-art facilities. Members can participate in over 100 specialized recreation programs at discounted rates. All programs — including yoga, pilates, aquacize, scuba and hip hop jazz — are taught by qualified instructors, many who teach full-time outside of the college. MRR has also extended its hours of operation to meet the needs of its diverse and growing clientele.

For more information on membership pricing, visit the MRR customer service centre at U130, pick up an MRR Winter brochure, visit [www.mtroyal.ca/recreation](http://www.mtroyal.ca/recreation) or call 240-6517.



**No time for hanging around! A student checks out MRR's new 40' climbing wall.**

## Staccato... *continued from page 3*

### **From the Studio of Hung-Kuan Chen & tema Blackstone...**

Last Fall, **John Tu** left for Julliard to do his Master's Degree in Performance. He won the Nationals three years ago and will return this year to play a recital here in Calgary.

**Hsaio Ling** was off to Texas last fall to get a doctorate.

**Wang Yujia** won the Nationals last year and left for Curtis, Philadelphia, in November on a full scholarship. When she visited in December she was very pleased with the 'real school' situation as opposed to 'virtual school'. CBC has asked her to perform for the *Young People's Radio Show* in June and she'll play a recital in Aspen in the summer — where she also received a scholarship for their summer program for the second year running.

**Sabrina Poon** won the Music Teachers' Competition in Edmonton last month and also the Provincials and is preparing to audition in the US for university.

**Wesley Chiu**, at the age of 10, completed his ARCT. That makes him the youngest individual in their history to receive that diploma.

**Wang Juan, Claudia Woo and Chu Yue** performed on the Composer's Concert, Feb. 2, here at the College.

.....

This past September, **Elizabeth and Marcel Bergmann** played a concert as part of the New Works Calgary series, then joined CPO players and **Rosemary Thomson** for a couple of performances of the *Carnival of the Animals* at the Calgary Zoo before heading to Germany and Holland, where they played various concerts. Further concerts in the Fall included the Land's End season opener, a concert in Miami, a performance of Berio's *Magnificat* with the U of C Chamber Choir, and a couple of concerts with percussionist **Rod Squance** — among them his appearance as part of U of C's Celebrity Series. On February 18, they performed with the Festival Chorus under the direction of **Mel Kirby**, in Orff's *Catulli Carmina* at the Rozsa Centre.

On the recording front, Elizabeth and Marcel appear on the latest recordings of the U of C Chamber Choir and the Calgary Girls Choir. Their collaboration with the Calgary Girls Choir, which was part of last year's CBC *Opening Night* Christmas production was broadcast last December. Meanwhile, the duo's own new CD, *Tableaux pour deux pianos* (with works by Rachmaninov, Debussy and Bernstein), was released on the Arktos label in September.

### **The 2002 Morningside Music Bridge CD IS NOW AVAILABLE!**

Performance highlights from the 6th Morningside Music Bridge at Mount Royal College. Musical selections run the gamut from Mozart, Liszt and Brahms to modern composers William Walton and Wojciech Kilar. Available from MRC BookStore for only \$18.95. For audio samples, visit [www.mtroyal.ca/conservatory/mmb\\_highlights.htm](http://www.mtroyal.ca/conservatory/mmb_highlights.htm).

## A valuable vintage violin finds a new voice at the Conservatory



Shanshan Yao with The Conservatory's 19th-Century Pierre Hel violin.

Nearly 75 years ago, a 17-year-old girl bought a violin from her music teacher, and used it to play with the Calgary Symphony and with chamber groups. **Jean A. MacGougan** donated that violin to the Mount Royal Conservatory recently, so that another girl — 18-year-old **Shanshan Yao** — could play a fine instrument in her concert performances.

"I wanted to give it to somebody who could use it, and would love to be able to use it, and who wouldn't be able to have one like it," says Ms MacGougan from her apartment in a senior's residence.

The 19th-century French violin came with MacGougan's sale papers, itemizing the \$150 she paid for the violin, the original case (\$18) and its cover (\$5). Made by renowned violin maker and restorer **Pierre Hel**, it is now very valuable, says **Bill van der Sloot**, violin instructor and Manager of the Conservatory's Credit, Academy and Choral programs.

Yao, who comes from Shanghai, has attended the Conservatory on a scholarship since 2000. She has been studying violin since she was six years old and, at age 12, she performed the Bruch *G Minor Violin Concerto* with the Shanghai Radio Symphony Orchestra. In 1996, she received the highest marks for violinists entering the Shanghai Conservatory Middle School.

In 2002, Yao performed as a soloist with the Calgary Philharmonic Orchestra, played with **Jon Kimura Parker** as one of the winners of CBC Radio's new *Up and Coming* series, placed first at the Calgary Kiwanis Music Festival Mozart Competition, and was a member of the second-place chamber group in the National Music Festival. Because academic subjects were given low priority in the Shanghai residential music school she attended, Yao has been studying those so she can get an Alberta high school diploma, as well as learning, practising and performing on the violin.

"She works incredibly hard," van der Sloot says. "It's really nice to see a kid like that get a break."

The story behind that break began last summer when Yao played in a quartet for Morningside Music Bridge. The violist in the quartet, a young man from Vancouver, was impressed with Yao's musicianship, and mentioned to Trish Blaker, Supervisor of Registration and Budget for the Conservatory, what a shame it was that Yao didn't have a better instrument.

Blaker remembered that MacGougan had donated a violin to the College in 1996, and that MacGougan's lawyer had mentioned subsequently that she had another violin. Blaker contacted the lawyer, who spoke with MacGougan, who was happy to donate the Hel violin.

"My enthusiasm about Shanshan was passed on to Mrs. MacGougan," Blaker says.

"I would love to hear Shanshan play the violin for me," MacGougan says. She has many memories of playing the violin herself. She and her sister Pat, who played the piano, accompanied silent movies and played at dances for which they weren't given the musical scores — just the order of the dances they were to play (waltz, polka or fox trot). And she remembers playing for the Calgary Symphony.

"I never played any but second violin. I loved the orchestra; I never liked solo work." She also remembers a conductor who apparently dyed his hair with shoe polish, which, as the concert progressed, would drip down his face.

"We didn't dare look at him — we had to sort of watch him so we could play, but we'd start laughing," MacGougan says mischievously, laughing again at the recollection. "He was a wonderful musician," she adds.

MacGougan also donated two bows, one of which is also a Hel and quite valuable — and also reminds her of a story.

"I practised in my bedroom. My brother used to come and stand in the door and make fun of me, make faces at me," she recalls. But one day, fed up with him, she swung her bow at her brother, hit the door instead and broke the bow.

MacGougan no longer performs, but she did play for herself in her current home, not so many years ago, and, to her surprise, found that a group of people had gathered to listen at her patio doors.

van der Sloot says the Conservatory is planning a private recital in which Yao can play for MacGougan. Meanwhile, Yao has performed with the violin, and loves it. When she leaves the Conservatory next year, the violin will be passed on to another gifted student who needs it, van der Sloot says, adding, "Fine instruments shouldn't sit unused — they get better when they're played."

— Lynne D. Smith

## Spotlight on Alumni...



**Liesel Fedkenheuer**  
(Academy of Music, 1986-90)

**Will Fedkenheuer**  
(Academy of Music, 1986-94)

A young woman was crossing a small courtyard on her way back to work. She stopped to listen to a group of children giving a Suzuki violin performance. 'When I have children,' she thought, 'I'm going to make sure they learn music.'

**Liesel Fedkenheuer** tells this story, told to her by her mother. Liesel's mother was the young woman in the courtyard and many years later her two children, Liesel and Will, are performing internationally — Liesel as an opera singer in Memphis, Tennessee, and Will as a violinist in a chamber group in Boston, Massachusetts.

Liesel's mother enrolled both children in violin lessons. Liesel also studied viola and voice. Eventually, after several years of viola at Mount Royal's Academy of Music and then at the University of Minnesota, she changed to singing. She completed a degree at the University of Toronto, two years at the U of T's Opera School, and then was accepted into the Canadian Opera Company's Ensemble program.

Since leaving the program, Liesel has performed in *Ariadne auf Naxos* for the Music Academy of the West in Santa Barbara, California, in an Edmonton production of *La Traviata*, and in *The Merry Widow*, performed in Hamilton. She has also sung in recitals in New York and Calgary.

**Will Fedkenheuer**, also an Academy alumnus, began learning the violin at four, but it wasn't until he was 14, recovering from a badly-broken ankle received on the basketball court, that he really appreciated the violin.

"I was in a cast for six or seven months, and I had nothing to do except practise. That was when I started to love the violin."

He got an undergraduate degree from Rice University in Houston, Texas, and a Master's Degree from Indiana University, and then joined the Borromeo String Quartet (BSQ), the chamber group in-residence at the New England Conservatory of Music. After two years there, Will says he's "very seasoned." The BSQ keeps a hectic schedule of about 100 concerts per year plus master classes for young students.

"Because we travel so much, I would say I spend more time with them (the other members) than with my wife."

Those who choose to be a chamber musician "have to truly love music," he says. "I think in anything, in music or in any job, it can become very grueling, and in those grueling times, you have something that rejuvenates you."

He has high praise for the Academy. "I think the Academy is a wonderful program and it's not something you see everywhere. It's everything I wish I could provide for my students, and try to."

Liesel agrees. "An experience and an education in music is probably one of the most valuable things that your child can grow up with." She pauses, then – prophetically – echoes her mother's words: "If I have children, they will definitely grow up with music, whether they become musicians or not."

.....

### The Future is Bright for Melanie Mason...

25 year old soprano singer **Melanie Mason** is on a path to a great future. A graduate of Mount Royal College with a Music Performance Diploma, Mason hopes to one day perform on some of the biggest stages around the globe. Recently she completed a Bachelor of Music at the School for Music at the University of Manitoba in Winnipeg.



Singing is something Mason had always done around the house, so it seemed natural to pursue serious vocal studies.

While at Mount Royal, Mason studied with **Winston Noren** and participated in all of the choral programs. She consistently won every Kiwanis festival she entered before leaving to study in Manitoba.

In the past four years in Winnipeg, Mason has had leading roles at renowned Canadian baritone **Mel Braun's** Opera Vocal Workshops. Her win at the 2001 Concerto Competition at the School for Music garnered her a debut as a solo performer accompanied by a full orchestra.

In addition to her vocal studies at the university, Mason also studies with Canadian coloratura soprano **Tracy Dahl**, teaches Prep Studies at the School for Music, is a paid soloist at her Church, and performs in many concerts throughout the year.

While Mason would like to return to Calgary someday, her chosen career path dictates otherwise. Mason's future includes further vocal education in Toronto or the United States. According to Mason, young sopranos don't fully develop their voices or make major career decisions until they reach their 30s. Until then, singers learn everything they can to build their voice. "I can't imagine myself doing anything else," says Mason. "I know it's not the most stable career but I would never forgive myself for not trying."

.....

### Kudos for Theatre Arts Program grad...

**Philip Warren Sarsons**, Theatre Arts Program graduate and a 2-year Shakespeare in the Park veteran, recently received the 2002 Stage West Award, initiated by Stage West for Canadian Actors' Equity's silver anniversary. The award recognizes "an emerging Equity talent" and was awarded to Philip at the Canadian Actors' Equity honours ceremony in Toronto, October 27th.

## Mark your calendar...

### February

#### **Sunday, February 16 – Combined Conservatory/Branch Recital**

1:30 pm and 3:30 pm, Leacock Theatre – Free

#### **Saturday, February 22 – Calgary's second annual Pipe Organ Day**

A partnership between Mount Royal College Organ Academy and the Royal Canadian College of Organists, Calgary Centre, Pipe Organ Day is a celebration of the King of instruments! Open to people of all ages, young piano players are particularly welcome. Come along and meet the most majestic of instruments face to face, and take your first lesson on a pipe organ! Observers, organ enthusiasts and general music lovers are all welcome. The day will feature an organ concert given by Neil Cockburn (Head of Organ Studies, Mount Royal College Organ Academy), workshops, talks, visits to several of Calgary's finest pipe organs and a platform concert offering local organists and organ students the opportunity to perform in public. Registration necessary. For further details please call Neil Cockburn at (403) 240-7769 or e-mail: organ@mtroyal.ca.

#### **Saturday, February 22 – Branch Recital**

Teachers and senior students from the Conservatory's Branch Instructor program in recital. 8:00 pm, Leacock Theatre – Free

#### **Friday, February 28 – Graduating Student Recital**

Juan Wang, Classical Piano  
8:00 pm, Leacock Theatre – Free

### March

#### **Sunday, March 3 – The Bergmanns in Performance**

Mozart's Concerto for 2 pianos, KV 365, with the Lethbridge Symphonic Orchestra. 8:00 pm, Yates Memorial Centre, Lethbridge. For more information call Elizabeth Bergmann at 240-5903.

#### **March 14, 15 & 16 – "New Music Cabaret"**

Land's End Chamber Ensemble's New Music Cabaret, March 14 & 15, 8:00 pm, March 16, 7:30 pm. Beat Niz Jazz and Social Club, 811-1st St. S.W. For more information call Elizabeth Bergmann at 240-5903.

#### **Saturday, March 15 – "All Things Bright & Beautiful"**

The Mount Royal Songsters, Mount Royal Junior Children's Choir and the Mount Royal Children's Choir host NOVA VOCE of Courtney, B.C. Sure to be a showcase of fine choral music. First Church of the Nazarene. Tickets available at the door. Call 240-6769 for more information.

### April

#### **Monday, April 1 – Land's End Chamber Ensemble Concert**

Noon Concert Series, University of Lethbridge. For more information call Elizabeth Bergmann at 240-5903.

#### **Sunday, April 6 – Graduating Student Recital**

Brad Stanton, Jazz Guitar. 4:00 pm, Nickle Theatre – Free

#### **Sunday, April 13 – "Children in Song"**

The Mount Royal Songsters and The Mount Royal Junior Children's Choir present a choral concert for the Conservatory Kodály students and the public at large. Donations will be accepted at the door. 2:00 pm, Leacock Theatre. Call 240-6769 for more information.

#### **Sunday, April 13 – Concerto Concert**

Calgary Youth Orchestra & The University of Calgary Orchestra, featuring soloists from both orchestras. Edmond Agopian, conductor. 8:00 pm, Rozsa Centre. Tickets: \$15 adults, \$10 students/seniors, available at the door. Call 240-5978 or email vgoymour@mtroyal.ca for more information.

#### **Sunday, April 13 – Graduating Student Recitals**

Angela Wrigley, Jazz Vocal. 4:00 pm, Nickle Theatre – Free  
Claudia Woo – Piano. 8:00 pm, Leacock Theatre – Free

#### **Wednesday, April 17 – Composers Competition**

Land's End Chamber Ensemble presents its annual Composers Competition Concert, 8:00 pm, Rozsa Centre, University of Calgary. Tickets: \$14 adults and \$8 seniors/students, available at the U of C Ticket Centre (220-7202) or at the door. For more information call Elizabeth Bergmann at 240-5903.

#### **Sunday, April 20 – Graduating Student Recital**

Brandon Arrowsmith, Jazz Guitar. 4:00 pm, Nickle Theatre – Free

#### **Friday, April 26 – The Bergmanns in Performance**

Mozart's Concerto for 2 pianos, KV 365, with the Red Deer Symphony Orchestra, Claude Lapalme, conductor. 8:00 pm, Red Deer College Arts Centre, Red Deer. For more information call 240-5903.

#### **Sunday, April 27 – Graduating Student Recitals**

Oliver Gonzalez, Jazz Saxophone. 4:00 pm, Wright Theatre – Free  
Mika Parkinson, Classical Piano. 8:00 pm, Leacock Theatre – Free

### May

#### **Sunday, May 4 – Graduating Student Recitals**

Scott Munro, Jazz Bass. 4:00 pm, Nickle Theatre – Free  
Caren Abramoff, Classical Violin. 8:00 pm, Leacock Theatre – Free

#### **May 4 to 10 – CBC's National Competition for Young Performers**

The 32nd CBC/Radio-Canada National Competition for Young Performers. Rozsa Centre, University of Calgary. For more information call Elizabeth Bergmann at 240-5903.

#### **Tuesday, May 6 – "Mount Royal Sings"**

The Mount Royal Children's Choir will be hosting various CBE choirs in the Leacock Theatre in a presentation and mass choir concert. The concert is not open to the public. Seating by reservation only. Call 240-6769 for more information.

## Mark your calendar... *continued from page 7*

### **Saturday, May 10 – “Spring Song”**

All of the Mount Royal Choirs present their year end finale. This annual concert event highlights the great music that each of the choirs has been working on for the past year and showcases the excellent musicianship that the Mount Royal Choral Program possesses. Location to be announced. Tickets available at the door. Call 240-6769 for more information.

### **May 11 – Combined Conservatory/Branch Recital**

1:30 pm and 3:30 pm, Leacock Theatre – Free

### **TBA – Kodály Musicianship Parent Information Meeting**

A parent information session on Kodály's philosophy of teaching music literacy will take place in early May. Registration for September 2003 will follow in mid to late May. Interested parents may place their child's name on a prospective student list to receive specific information. For more information call Maureen Chafe at 240-6317 or visit our website at [www.mtroyal.ca/conservatory](http://www.mtroyal.ca/conservatory).

## June

### **Sunday, June 8 – Calgary Youth Orchestra in Concert**

Edmond Agopian, conductor.  
Performance includes Beethoven's Symphony No. 6 "Pastoral".  
8:00 pm, Rozsa Centre, University of Calgary.  
Tickets: \$15 adults, \$10 students/seniors, available at the door.  
Call 240-5978 or email [vgoymour@mtroyal.ca](mailto:vgoymour@mtroyal.ca) for more information

## Ongoing

### **Tuesday Recital Series**

On the first Tuesday each month, hear the classical students in the Music Performance Diploma Program perform works of the great composers. February 4, March 4, April 1, 2003.  
Noon – 1 pm, Leacock Theatre, MRC — Free

### **Wednesdays: Jazz at Noon**

On the first Wednesday of each month, Jazz Diploma students perform standards from the American Songbook as well as exciting new compositions in quintet and sextet settings. Come see the future professionals in the music industry while it is still a bargain.  
Dates: February 5, March 5 & April 2, 2003.  
Noon – 1 pm, Leacock Theatre Foyer, MRC — Free

### **Thursday Noon Hour Organ Recitals**

On the first Thursday each month, Neil Cockburn, Head of Organ Studies at Mount Royal Conservatory, students of Mount Royal Organ Academy and guest recitalists showcase the versatility of the organ.  
March 6, April 3, May 1, June 5, 2003.  
12:10 – 12:55 pm, Wyatt Hall (F123), MRC — Free

### **Sunday Branch Recitals**

March 9, April 13, May 11 and May 25, 2003.  
3:30 pm, Leacock Theatre – Free

## Masterclass Schedule: Piano Academy Program

### **Monday, February 10: David Moroz (Winnipeg)**

### **Monday, February 24: Kum-Sing Lee (Vancouver)**

### **Saturday, March 1: Jenny Regehr (Toronto)**

This masterclass is for the Preparatory Piano Academy Students  
All classes 4 pm – 7 pm, Leacock Theatre, MRC.

All students and teachers are welcome to audit any of the classes. Biographies, repertoire schedules, and a complete timetable (including any changes in location) can be found posted on the Academy bulletin board in The Conservatory.

For further information, contact Sharon Krause van der Sloot, 249-2924, or e-mail [Sharon@vdsventures.com](mailto:Sharon@vdsventures.com)

### **The Mount Royal College Conservatory 4825 Richard Road S.W. Calgary, AB T3E 6K6**

Conservatory Notes is published in the fall, winter and late spring by The Conservatory (Paul Dornian, Director). Phone (403) 240-6821, fax (403) 240-6594, [www.mtroyal.ca/conservatory](http://www.mtroyal.ca/conservatory). Stories and comments for the spring/summer issue are invited and should be submitted by April 18th, 2003, to Sandra Yates, [syates@mtroyal.ca](mailto:syates@mtroyal.ca), (403) 240-7749.

Albert O'Neil, Managing Editor  
[aoneil@mtroyal.ca](mailto:aoneil@mtroyal.ca), (403) 240-6771

Editorial co-ordination by David Soltess  
[dsoltess@mtroyal.ca](mailto:dsoltess@mtroyal.ca), (403) 240-8958

