

Cascadia Composers presents:

In Good Hands

Young performers,
local composers,
colorful new
piano music

Saturday, July 15, 2023, 4pm

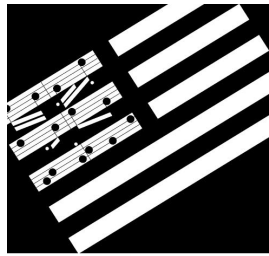
Lincoln Recital Hall (Room 75)

620 SW Park Ave.

Portland, OR 97201

CASCADIA
COMPOSERS

CASCADIACOMPOSERS.ORG



National
Association of
Composers
U
S
A



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

Kevin Lay, Vice President

Jeff Winslow, Secretary/Treasurer

David S. Bernstein, Arun Chandra, Daniel Brugh, Jan Mittelstaedt,

Judy A. Rose, Dawn Sonntag, Greg A Steinke, at large

Tomas Svoboda, Honorary Member (now deceased)

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 2023

July 15th at 4:00 PM

Late for School.....	Walter Saul
Lilia Niebuhr, flute and Krissy Wiechelman, piano Students of Adrian Baxter and Jan Mittelstaedt	
In the Beginning.....	Maggie Sheldon
Olivia Lin Student of Irene Huang	
Wind.....	Betty Wishart
Arya Zhang Student of Irene Huang	
The Wizard's Workshop.....	Amy Fairchild
Andy Zhang Student of Irene Huang	
Starlight.....	Timothy O'Brien
Hanna Berrett Student of Mimi Shen	
Surprised Squirrel.....	Dianne Davies
Kariya Perez Student of Jan Mittelstaedt.	
Glistening Woods.....	Dianne Davies
Allison Cao Student of Wilma Hawkins	
Stars Over Yellowstone.....	Lisa Neher
Addison Kearbey Student of Wilma Hawkins	
Noctina Fantasy.....	Jan Mittelstaedt
Rebecca Gu Student of Irene Huang	
First Flight.....	Amy Fairchild
Emma Xiong Student of Wilma Hawking	
The Emergence.....	Nicholas Yandell
Andrew Bren Student of Cindy Peterson-Peart	
Dance of the Lanna.....	Liz Nedela
Arrio Perez Student of Jan Mittelstaedt	
Music from a Lost Video Game: The Story in Tapestry.....	Nicholas Yandell
Claire Wang Student of Wilma Hawkins	

Prelude No. 16.....	John DeRuntz
	Brian Wei Student of Irene Huang
The Training Grounds.....	Amy Fairchild
	Ryan Pak Student of Mimi Shen
Prelude No. 17.....	John DeRuntz
	Audrey Hou Student of Irene Huang
Oilliphéist.....	Lisa Neher
	Arjun Ramaswamy Student of Liz Willis
Prelude No. 18.....	John DeRuntz
	Wenjing (Karri) Liu Student of Irene Huang
Nocturne in G.....	Jan Mittelstaedt
	Tai Brown Student of Mimi Shen
Remembrance.....	Betty Wishart
	Lucas Satterlee Student of Dianne Davies
Nocturne in A Minor.....	Jan Mittelstaedt
	Thalia Wang Student of Irene Huang
Ballade in E Minor.....	Dianne Davies
	Caitlyn Wong Student of Irene Huang
Duet: Dragons Take Flight.....	Ted Clifford
	Samantha Lu and Grace Xiong Students of Pauline Eidemiller and Wilma Hawkins

VIDEO ONLY

Prelude in Periwinkle Blue and Dance Fuchsia.....	Paul Safar
	Vivi Knight Student of Nancy Stone
Three-Toed Sloth.....	Dianne Davies
	Charlie Knight Student of Nancy Stone
Mousetrap Minuet.....	Jan Mittelstaedt
	Chelsie Zhang Student of Irene Huang
Dungeness Crab.....	Lisa Neher
	Oliver Yang Student of Wilma Hawkins
The Rocking Chair.....	Drew Swatosh, music; Carolyn Quick, text
	Edwin Johnson, voice Student of Sarah Maines

IN GOOD HANDS 2023

PROGRAM NOTES

Late for School by Dr. Walter Saul

This work was written for Lilia Niebuhr, flutist, and Krissy Wiechelman, pianist, for the 2023 “In Good Hands” program of Cascadia Composers, the Oregon chapter of National Association of Composers USA (NACUSA). This event facilitates young music students in working directly with current composers, who often write pieces especially for the students, as is the situation with “Late for School”.

Since the composer has no evidence of school tardiness of either of the performers, it must be assumed that this presentation is only an admonishment to the wise to be on time for educational appointments, even if it means making friends with one’s alarm clock, but not the snooze button!

In The Beginning by Maggie Sheldon

When composing this piece, I wanted to combine ancient musical ideas with some more modern ones. In some of the earliest music, musicians would use a drone (often perfect fifths) to accompany melodies. This practice continued throughout medieval Europe into the Middle Ages, sometimes combining with Gregorian chant. This piece is composed in mixolydian mode; it has a lowered seventh scale degree and was one of the original medieval church modes. I call it, “In The Beginning” as a nod to these early musical practices.

I added a modern theme and exciting 8/8 time signature into these ancient elements. The result is a fun, syncopated tune that is easily accessible for young pianists.

Wind by Betty Wishart

Wind describes the beauty of nature. Wind is never silent. The sound of wind changes as the gentle breezes ebb and flow.

The Wizard’s Workshop by Amy Fairchild

A spritely and eccentric little wizard bounces around his workshop, stirring potions, conferring with his spellbook, and creating magic concoctions. Be forewarned- magical side effects are common!

Starlight by Timothy O’Brien

Writing this piece in high school, I wanted to create a haunting melody that was too beautiful for words and sounded like success. Falling across the keys, the pianist is challenged to imagine all of their ambitions. The harmonies and melodies are falling starlight under the fingers and dreams leaking from our hopes. Imagine this song as a reason to wish and work hard so that all of your phenomenal ideas come to fruition. This piece premiered with Cascadia Composers at the 2019 concert In Good Hands.

Surprised Squirrel by Dianne Davies

This year, Jann Mittelstaedt contacted me about composing for her student Kariya. Kariya performed in this concert last year and enjoys the collaborative piece writing part of “In Good Hands”. Kariya was a delight to meet with and it was obvious she is a skilled pianist and played with energy and excitement. Her ideas for this composition were concrete and very helpful to my creative process. She gave me three parameters; one, the piece was to be in A Major, two, she wanted it to have a swing feel, and three, the title was “Surprised Squirrel”. This piece basically wrote itself and was so much fun to compose. Kariya even drew and colored her own cover for this piece.

Glistening Woods by Dianne Davies

Last year, I wrote a piece for Allison Cao entitled, Sweet and Sour, which she performed in 2022. During the process of working together, Allison came up with another piece idea that easily translated into this piece. It seemed fitting to compose a second piece for her. Allison gave the title and described a scene of walking

through the woods with the trees glistening. I imagine snow covered trees in the moonlight. Next, she described a section of the walk where the music depicts an unexpected event, “perhaps something scary happens and there is a conflict.” The conflict is exposed in a powerful 4/4 section and resolved in an agitated 5/8 meter. The climax is reached and the music returns to the opening Andante of the 7/8 time and the main character of this piece completes the walk in the woods.

Stars Over Yellowstone by Dr. Lisa Neher

I wrote Stars Over Yellowstone for pianist Christian Abassi, a student of Nancy Stone, for Cascadia Composers, In Good Hands Concert, 2022. Christian told me about a documentary he had seen about Yellowstone National Park, which included beautiful footage of a bast 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.

Noctina Fantasy by Jan Mittelstaedt

This piece was written for Rebecca Gu. When we had our Zoom interview, Rebecca tole me that she liked Classical and Romantic music best. So, I decided to combine the sonatina and nocturne ideas. Furthermore, Rebecca doesn’t have any pets, but if she did have a pet, she’d like it to be a small, fluffy white dog. So, I named the piece Noctina (nocturne combined with sonatina) Fantasy, because we were fantasizing about a fluffy puppy. Here is the story of her music: *Rebecca has a new dog; a small white fluffy darling. Her heart overflows with love as she holds the dog in her lap. Rebecca throws a ball and her dog races to the other side of the yard to fetch it. Suddenly, a mean yellow tomcat appears from behind a tree and goes after Rebecca’s dog. The dog runs out of the yard..... and is lost (sad music)....but what is this? (the music picks of speed).... Here comes Rebecca’s dog – running back to her!*

First Flight by Amy Fairchild

I had the pleasure of composing this piece for Emma Xiong. When Emma and I first spoke, it became apparent that we both loved mythical creatures and adventure stories. This piece tells the tale of a young Pegasus (flying horse of Greek legend), about to embark on its First Flight. At the beginning, you will hear the little Pegasus expressing its excitement to its family at the prospect of flying; prancing around, working up the nerve to actually leap off the cliff into the unknown. A full keyboard glissando represents the brave jump and falling through the clouds. The Pegasus is frightened and tumbling, but then it remembers to open its’ wings, and starts to gallop through the sky. This is extremely great fun and everything it imagined flying could be! Whirling and twirling and exulting in a skyward dance, little Pegasus gets to showing off a bit before disappearing into the clouds on the horizon, followed by its family.

The Emergence by Nicholas Yandell

(Composed for Andrew Bren, In Good Hands 2023)

Stepping out that place of hiding
An infernal state of comfort
With smothering holds of safety
Shielding from rays of lucidity.

Stumbling forward
One step past
The formerly towering limit.

A rush of adrenaline
An urge of retreat
But staying firmly planted
With bristling follicles
And quickened breathing.

Transformation is jarring
Shedding skin is tiring
Yet soon will exhilarate
Releasing onward
Leaving old paths
As distant dreams
Painted by the haze
Of the oncoming gleam.

Dance of the Lanna by Liz Nedela

Dance of the Lanna, Thai Classical Dance for Solo Piano, is the portrayal of a festival in the Northern Region of Thailand. Lanna refers to the people who lived in the region, and the festival is comprised of several dances depicting annual events of nature which provide the people with their sustenance. This piece portrays two of the dances: Dance of the Silk Weaver, and Water is Life; water is the basis of every living thing. The style of the dance is slow and expressive with complex unique movements, especially with the hands. The appearance is that of simplicity; however, the dances are highly complex and demand extreme control by highly trained dancers, especially when carrying lighted candles in lanterns or coconut shells which were needed to light the stage at night – it was much too hot to dance during the daytime.

This piano rendition uses techniques unique to the style of Thai music, depicting instruments that are foreign to pianists. Phrasing of the simplistic musical motives brings out the beauty of the simplistic style. The festival opens with a prelude of an expressive Thai flute solo, proceeding to Thai strings orchestra and Pi Nai oboe announcing the festival, leading to a fast-paced announcement of dancers entering and leaving the stage, moving into themes of each dance, interspersed by the reintroduction of dancers as they transition through the program. Since it is very hot, exertion is minimal, and includes fans or umbrellas to help cool the dancers.

Music From a Lost Video Game: The Story in the Tapestry by Nicholas Yandell

(Composed for Claire Wang, In Good Hands 2022)

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 awaits game players as they begin.

Prelude No. 16 by John DeRuntz

This gentle work in B major suggests that the listener should just sit back, relax, and let the music fill them with a state of absolute peace.

“The Training Grounds” by Amy Fairchild

All the grueling drills, trial and error and countless hours that go into training for your race, your event, your competition; will all your work be worth it?

Prelude No. 17 by John DeRuntz

Although this prelude is in the minor key of F sharp, it is not as sad as some may often be. The central section might catch the listener by surprise however, until the quiet opening section is repeated. The ending suggests a relationship with the central section and concludes with four long chords that slowly die away.

Oillipheist by Dr. Lisa Neher

In Irish mythology, the Oilliphéist is a great sea-serpent like creature which lives in lakes and rivers. Many stories connect the Oilliphéist to the River Shannon, the longest river in the British Isles and an important body

of water for commerce and culture. In some stories, the Oilliphéist lives in the river, and in others, it created the river when it fled Ireland to escape Saint Patrick as he drove snakes out of Ireland.

Oilliphéist was written for Arjun Ramaswamy, a student of Liz Willis, for Cascadia Composers 2023 In Good Hands project. Arjun shared with me that he enjoyed fantasy books and slow piano music with arpeggios, which led me to this Irish “dragon” and inspired me to bring it to life with watery, undulating lines and contrasting registers of the piano.

Prelude No. 18 by John DeRuntz

This is a cheerful study in the key of A flat major with a somewhat catchy theme. Musically, it has some interesting chord progressions. The ending contains a slower statement of the opening theme, and then, a gentle arpeggio up the keyboard for the final notes.

Nocturne in G by Jan Mittelstaedt

Nocturne in G is a revised version of a piece that I wrote many years ago. It is in the style of Chopin’s Nocturnes and imitates the master’s huge left hand spacings and altered chords. The revision includes much ornamentation of the original song-like melody. Since the piece stays with the key signature of G Major all throughout, there are many accidentals. In studying Chopin’s Nocturnes, the student will notice that Chopin also used this approach. It is my hope that students will play Nocturne in G as an introduction to Nocturnes written by Chopin.

Remembrance by Betty Wishart

Remembrance is an expressive piece that covers a depth of human experience in a very short time. Opening with a statement of melancholy and anguish in G minor, followed by a lyrical section in major keys, to a concluding outburst and quiet resolution, the music takes us through a journey of loss, recollection and grief. The ending leaves us with a sudden feeling of completeness of expression, leaving us with a quiet statement of the dissonance loss causes, yet with hope in life.

Nocturne in A Minor by Jan Mittelstaedt

This is the second of a set of old Nocturnes that I updated this year. Originally, it was called “Meditation”. However, I thought it sounded more like a Nocturne than a Meditation. If it is played with rubato and emotion, I think it will sound beautiful.

Ballade in E Minor by Dianne Davies

This piece was designed specifically for a student for last year that loves literature and dance. In conversation with that student, I knew that I wanted to emulate the concept of the Chopin Ballades that are dramatic and tell a story. Unfortunately, this student became ill with Covid and was not able to perform the piece in 2022. This year, I am happy that Caitlyn Wong will be performing it. You will hear the stark introduction of a Ballade with unfolding arpeggios, the dance-like sections enfolded with the dramatic narrative sections of an epic tale. This piece is in common time with influences of Chopin and Schubert.

Dragons Take Flight by Ted Clifford This piece was written in collaboration with Samantha Lu and Grace Xiong.

The music depicts different types of dragons. During the collaboration process, the girls met with Ted over Zoom.

VIDEO CONCERT

Prelude in Periwinkle Blue and Danza Fuchsia by Paul Safar

I am grateful to Nancy Stone for reaching out and suggesting that I write a new piano piece for her student, Vivi, as part of Cascadia Composers (NACUSA) In Good Hands Concert, 2023. In talking with Vivi, I learned she was quite drawn to the famous J.S. Bach Prelude in C Major from WTC Book 1, which she had just been working on. In also learning of her favorite color, I was inspired to write something that connected those two disparate elements in my mind and ear, hence the Prelude in Periwinkle Blue. I also wanted to write some music that was perhaps a bit different than other pieces she has played, so the folk-flavored, fast and flighty, multi-modal Danza Fuchsia became the companion piece.

Three-Toed Sloth by Dianne Davies

The adult three-toed sloth measures 23 inches long and weighs about 8 to 9 pounds. Sloths are the slowest animal moving only 1.5 miles an hour on land. Because they are so slow, algae grows on their fur and provides camouflage. Surprisingly, they are excellent swimmers and move 3 times faster in water. Sloths spend most of their time in the treetops. Sloths even sleep in trees, and they sleep a lot, some 15 to 20 hours every day. Even when awake they often remain motionless. At night they eat leaves, shoots, and fruit from the trees and get almost all of their water from juicy plants. All of the three-toed sloths are endangered, but the most vulnerable is the pygmy sloth. The two main reasons are that humans are cutting down the mangrove trees where the pygmy sloth lives and the population demands from illegal pet trade. Sloths are in high demand among exotic pets.

Mousetrap Minuet by Jan Mittelstaedt

I wrote this piece many years ago and revised it recently. I think the musical picture is obvious, and hope students will enjoy playing it.

Dungeness Crab by Dr. Lisa Neher

The Dungeness Crab is a large crab with a deep, reddish-purple shell and large, imposing pincher claws. It grows up to 8-10 inches wide, molting its shell about ten times before reaching maturity. The Dungeness Crab lives in the eel grass along the ocean floor, feeding on clams, crustaceans, and small fish and the State Crustacean of Oregon. In this piece, the staccato broken chords represent the crab crawling along the ocean floor or the beach, looking for food. The legato lines depict the ocean currents.

The Rocking Chair by Drew Swatosh

The Rocking Chair is an art song with a text by my friend, Carolyn Quick, and was composed for Edwin Johnson, a young transgender voice student of Dr. Sarah Maines who recently started testosterone. Within the text I was struck by Carolyn's use of three-line stanzas, which used language and enjambment to underscore the rocking motion of a rocking chair. The singer could happen upon this rocking chair, with its "oaken beams and brittle bark," at many points in their life, creating an opportunity for self-reflection and to grieve for themselves, allowing for the piece to have the potential to have an interpretation that can grow and change as the singer ages.

IN GOOD HANDS 2023 Performers' Biographies

Hanna Berrett attends Stafford Primary School in West Linn, Oregon. At 6 years old, Hanna began studying piano with Mimi Shen. She recently received Outstanding Achievement in the 2023 MTNA Romantic Festival. Hanna also plays violin and sings in a folk music trio with her brother and dad.

Andrew Bren, 12, is enrolled in the SUMMA program for advanced studies at Whitford Middle School in Beaverton. He's studied with Cindy Peterson-Peart for seven years. He also plays clarinet and was recently selected to participate in District Honor Band. Besides music, Andrew enjoys golf, tennis, and robotics.

Tai Brown is 15 years old and started learning piano with Mimi Shen when he was five. He recently passed his Level 9 OMTA Syllabus exam and has earned “Outstanding Achievement” marks at numerous OMTA piano festivals. He also enjoys playing viola and running varsity cross country and track.

Allison Cao is a student of Wilma Hawkins.

Rebecca Gu, 11, is a 5th grader at Cedar Mill Elementary School in Beaverton. She began her piano study at age 6 and has been taking lessons with Irene Huang since 2022. Rebecca has participated in OMTA period festivals and consistently received Outstanding Achievement Awards. Rebecca loves reading, baking, cooking, and doing science projects.

Audrey Hou, 13, is a 7th grader at Tumwater Middle School. She has been studying piano for eight 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 has also won many and trophies in math/science competitions and swimming

Edwin Johnson is a student under Dr. Sarah Maines. He has been singing since he was eight years old, but had to relearn many vocal techniques once beginning transition. He’s grateful towards Dr. Maines and everyone for giving him an opportunity to explore these new sounds.

On the piano, I will be playing Stars Over Yellowstone, a piece that will take you straight to the star-filled valley of Yellowstone. My name is **Addison Kearbey** and I am going into 6th grade. I play violin as well as piano and enjoy reading, drawing, and traveling with my family.

Charlie Knight is going into the 3rd grade at Hope Chinese Charter School. He has been playing piano for 3 years under the teacher Nancy Stone. Outside of music, Charlie enjoys reading, Legos, video games, and playing with his dog Cooper.

Vivi Knight is 12 years old and is going into the 8th grade at Hope Chinese Charter School. She has been playing piano for 7 years. Her teacher is Nancy Stone. Outside of music, Vivi enjoys reading, drawing, video games, and playing with her dog Cooper.

Wenjing (Karri) Liu, 15, a sophomore in the Biomedical Pathway at Beaverton Academy of Science and Engineering, is studying piano with Irene Huang. Karri has received Outstanding Achievement Awards in many OMTA Period festivals and has participated in the Portland Symphonic Girl Choir. In her spare time, she enjoys movies, music, and traveling.

Olivia Lin is a student of Irene Huang.

Samantha Lu began learning piano from Wilma Hawkins at the age of 5. She then transferred to the Eidemiller Studio 3 years later and has studied with her ever since. Besides piano, Samantha also enjoys Wushu and drumming.

Lilia Niebuhr, a Freshman at Westview high school, has played the flute for five years under the instruction of Adrian Baxter. She plays flute and piccolo in the Metropolitan Youth Symphony and is principal flutist for the Sinfonietta Orchestra. She studies piano with Jan Mittelstaedt. She also likes to read, draw, and play racquetball and soccer.

Ryan Pak is a sophomore at Portland Adventist academy and has been studying with Ms. Shen since last year. He has been taking lessons on and off since he was 6 and participated in various festivals and OMTA syllabus.

Arrio Perez, 13, a rising 8th grade student at Catlin Gabel, has been playing piano since he was 6 years old.

Arrio also does competitive basketball and golf, and was on the Sound Team for the Middle School Spring Drama Production. He has studied with Jan Mittelstaedt for three years.

Kariya Perez, 10, will start 5th grade at Catlin Gabel in the fall. She has been playing piano since she was 6 years old. Kariya does competitive gymnastics and recreational golf; loves to read, play guitar, and sing. She has studied with Jan Mittelstaedt for three years.

Lucas Satterlee, Mountainside High School junior, began his piano studies at age nine and has been studying with Dianne Davies since age 12. He has participated in the NFMC Junior Festival and OMTA Syllabus each year. His other interests include running and baking. He plans to visit Europe this summer.

Arjun Rameswamy is a rising 8th grader at Stoller Middle School. He started learning piano at the age of six with Mr. Peter Wilson. He then progressed to Mrs. Cathy Thoma and is now a student of Ms. Elizabeth Willis since 2021. Arjun enjoys playing contemporary music styles. His other interests include pickleball, badminton, biking and playing video games with his friends.

Hi, my name is **Claire Wang**. I play piano and my teacher is Wilma Hawkins. I have two dogs, and some other things I like doing are painting, listening to music, talking to my friends and reading. Some of my favorite books are Wish, A Snicker of Magic, and We Dream of Space.

Brian Wei, 14, will be a freshman at Lincoln High School. He has been studying piano with Irene Huang for eight years. He has participated in many OMTA period festivals and has received his second gold cup in the National Federation of Music Club Jr. Festival. Brian also plays hockey on a travel team.

Caitlyn Wong, age 17, has studied piano for 11 years. She's a junior at Sunset High School, and likes music, gaming and drawing. She also likes chilling with her cat. Caitlyn enjoys performing new music through In Good Hands. She thanks her piano teacher, Irene Huang, for her support.

Thalia Wong, age 14, is an 8th 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 spend time with her cat, Sable. She enjoys the chance to express her passion of music

Krissy Wiechelman will be a senior at St. Stephen's Academy, and will be working to complete piano Syllabus level 10 this spring. Krissy is a member of the Festival Choir at her school, and has also enjoyed the experience of getting to accompany other instrumentalists. She studies with Jan Mittelstaedt.

Grace Xiong has been playing piano for 6 years under the instruction of Wilma Hawkins. She often finds joy in performing peaceful music pieces that create a serene atmosphere. When not playing piano, Grace also enjoys reading and writing.

Emma Xiong is a 10-year-old girl who has been joyfully playing piano for 4 years with Wilma Hawkins. Audiences are often captivated by the fervor and passion she exudes in her performances. Emma's dedication to her craft shines through her daily practice, resulting in many awards received from music festivals and competitions.

Oliver Yang is an eight-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 four years ago. He loves reading fiction novels, drawing Star Wars characters and skiing with family.

Andy Zhang is a 9-year-old 3rd grader at Hope Chinese Charter School. He has studied piano for 3 years. Currently he is with teacher Irene Huang. Andy just completed level 3 of the OMTA syllabus program and performing in multiple festivals. Andy also plays the violin, enjoys reading, and is a passionate Michael Jackson fan.

Arya Zhang is a 6-year-old 1st grader at Hope Chinese Charter School who has been playing the piano for over a year. She recently completed the OMTA Syllabus Level 1 and is currently studying with Irene. Arya also plays cello and she enjoys drawing and spending time with her pets.

Chelsie Zhang, 11, will be a sixth grader at Tumwater Middle School. Chelsie has been discovering new types of piano music, she couldn't have learned without her piano teacher, Irene Huang. Chelsie enjoys drawing, cooking, sweet pastries, watching anime, and meeting new people. She also likes listening to songs from many genres.

IN GOOD HANDS 2023 Teachers' Biographies

Adrian P. Baxter, Multi-instrumentalist Instructor @M.U.S.E., Community Music Center, and Ethos.org, Reeds for Mariachi Viva Mexico, Oregon Music Hall of Famer; Bachelor of Music at University of Oregon School of Music; Platinum Album "Zoot Suit Riot" with "The Cherry Poppin' Daddies"; Composer nominated for 2016 Drammy Award "Best Original Music in a Play" for Signet Productions' "The Setup"; performed with Les McCann, Tito Puente, Jr., Melcochita, The Temptations, Yolanda Del Rio, Ramsey Embick, Mel Brown, Andre St. James, Damien Erskine, Patrick Lamb, Dr. Freddy Vilches Meneses (Matices & Son de Cuba), Signet Productions, Conjunto Alegre, Rhythm Culture, Cambeleche (Seattle), and many local Portland artists. Music Performance is a challenging and fulfilling intellectual, physical, and emotional experience. As a discipline, it can enhance every aspect of the lives of students of all ages and backgrounds.

Dianne Davies (See Composer Bio)

Hailed as a "natural, most charming" performer, mezzo-soprano **Sarah Maines'** favorite roles include Margaret in *The Light in the Piazza*, Claudia in *Nine* and Maurya in *Riders to the Sea*. Dr. Maines is a member of the Portland Opera Chorus and voice faculty at the University of Portland and Reed College. She holds a BA in music from Berea College and MM and DMA degrees in voice pedagogy from Shenandoah Conservatory. As a practicing singing voice specialist, she administers voice habilitation to injured singers referred by laryngologists and speech-language pathologists. She lives in Portland with Jasper, her faithful four-legged hiking companion. www.themainestudio.com

Pauline Eidemiller began her teaching career her freshman year at the College of Idaho where she majored in piano performance. She started with 10 young students in her home town close to the college and has been teaching ever since. The Eidemiller Studio is a private teaching studio in the SW Portland area and has had many prize winners. Excellence in music is stressed along with learning the love and joy of music. Her students work diligently and become skilled in their music. Having students perform duets and duos are stressed to add enjoyment.

Wilma Hawkins, NCTM. This is our 3rd year participating in the In Good Hands concert. I am a graduate of Hope College in Holland, Michigan. I have been teaching piano since 1985, first in Arizona and since 2006 in Oregon. I have been President of the Oregon Federation of Music Clubs, and continue in various positions – scholarship competitions, Vice President, Oregon's representative to the NFMC national board. In July I will begin serving a term as the Western Region Vice President and will serve on NFMC's Board of Directors.

Irene Huang, NCTM is a national certified teacher of music in piano and past president of the Westside District of OMTA. A teacher of a large studio, Irene has supported IGH with many students for a number of years. Irene explains that IGH gives her students a chance to be in charge...."so they get to be the teacher. It's more a motivation to them to be in charge instead of "this is what my teacher assigned me and I need to follow what she said." And when I tell them "you'll be premiering this piece, and it's never been played before in

public and you'll be the first one – that sends them to the moon!” (OREGON ARTSWATCH: Passing the Torch, July 10, 2020, by Brett Campbell – [HTTPS://www.orartswatch.org/author/brett-campbell/](https://www.orartswatch.org/author/brett-campbell/))

Sarah Maines, D.M.A. (she/her/hers) Singing Voice Specialist & Mezzo-Soprano

Dr. Maines currently teaches at THE MAINESTUDIO as well as the [University of Portland](#) and [Reed College](#). In 2013, she moved to Portland, Oregon from Northern Virginia, where she taught at Patrick Henry College, the Shenandoah Conservatory Arts Academy, and Trinity College of Washington. After completing her Bachelor of Arts degree in Voice Performance from [Berea College](#), she earned her Doctorate of Musical Arts and Master of Music degrees in Voice Pedagogy at [Shenandoah Conservatory](#). She is certified in the Contemporary Commercial Music, Music Theatre Pedagogy Institute with Jeanette LoVetri. Dr. Maines is an active National Association of Teachers of Singing ([NATS](#)) member.

Jan Mittelstaedt (see Composer Bio)

Cindy Peterson-Peart, NCTM maintains a busy private studio in Beaverton, Oregon. She holds a bachelor's degree in music from Willamette University and serves as an adjudicator and clinician throughout Oregon. Cindy's leadership roles include Past President of Oregon Music Teachers Association, Vice-President for Membership and Membership Committee Chair for Music Teachers National Association and Northwest Division Director for MTNA. As a collaborative pianist, Cindy enjoys performing with *Too Grand!*, an eight-hand piano ensemble that donates private concert proceeds to local charities. To date, they have raised over \$400,000, a wonderful testament to the power of music.

Mimi Shen, NCTM is a national certified teacher of music in piano and a member of the Oregon Music Teachers Association. She has been a strong supporter of **In Good Hands** and many of her students have participated in past years. Her students, Hanna Berrett, Ryan Pak, and Tai Brown are participating this year. **Nancy Stone** grew up in Pittsburgh, PA and earned a BA from Bennington College. She performed violin in chamber groups and pit orchestras in the Boston area and Ann Arbor, MI. In Maine, she was a director of the Portland Chamber Music Society. Nancy teaches piano and violin and coaches composing in Portland, Oregon. She is President of the West Portland Federated Music Club, Chairman of Oregon FMC Junior Composers Competition, and President-elect of West Portland Music Teachers Association. She enjoys gardening, hiking, biking, and working on her house, and lives in Hillsdale with her husband and their dog Camille.

Liz Willis, NCTM, has a Bachelor of Music Degree in Piano Performance from Pacific Lutheran University. She is Permanently Nationally Certified by the Music Teachers National Association and is an honorary lifetime member of Oregon Music Teachers Association. Her own studio of students keeps her busy, as well as adjudicating for the Oregon State Syllabus Program and the Oregon Federation Music Junior Festival. She enjoys working with students of all ages and levels. Currently, Liz is the State President of the Oregon Music Teachers Association.

IN GOOD HANDS 2023 Composers' Biographies

Ted Clifford has over 20 years of experience as a performer and composer. Growing up in St. Cloud, Minnesota, he attended college there and studied with Alvaro Bertand and Tom Allen. After travels in Europe and Central Asia, Ted continued to study jazz performance and composition under Art Lande, David Friesen, and Tomas Svoboda. A third stream of eclecticism has involved performance of arrangements of Frank Zappa. Ted has released an album of jazz originals (*Azir*), and his compositions and arrangements have been performed as far as Germany and Cuba. He is currently serving as President of Cascadia Composers.

Diane 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. Dianne chairs the OMTA State Composition Festival for honored composers and the MTNA State Composition Competition. Diane loves to create and perform new music. Her finely crafted piano music centers on the natural world and life's experiences. Check out her music at www.musiqPOWER.com.

John DeRuntz has written roughly 90 pieces for solo piano in classical, romantic, and impressionistic styles. Fifty of his works appear on 4 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 his website: <http://www.theunknowncomposer.com>.

Amy Fairchild is a composer, pianist, vocalist, and music educator. She is an ASCAP recording artist and has released two albums of her piano compositions: "Serendipities" (2021) and "Beneath the Surface" (2022). Her international debut as a composer/performer was at the International Composers Festival in the United Kingdom in 2022. Amy's catalog of popular works for piano are available on her website, www.amyfairchildmusic.com. Amy has her B.A. in Music Theory/Composition from Linfield University. She is also on the board of the Wallowa Valley Music Alliance and directs their youth musical theatre program.

Jan Mittelstaedt, B.S., education, Bucknell University, B.A. music, Maryhurst University and M.M. composition, The University of Portland. Honors include Ernst Bloch Composers Symposium, 1993, OMTA Composer of the Year, 1994, ASCAP special awards, published piano music, piano pieces in two NFMC Junior Festival bulletins, and The American Prize vocal chamber music composition semi-finalist, 2020, finalist in 2021, and finalist in 2022. Past president of Cascadia Composers, she remains on the board of directors and is chair of Cascadia Composer's annual In Good Hands student concert. Her composition mentor is Dr. Walter Saul II. www.sintsink.com

Liz Nedela, MM, MEd, BA, composition, piano and strings. Liz is fond of contemporary and traditional composition techniques, often melding them together. She uses counterpoint, ethnic, modal and early music, and weaves these aspects into her compositions, writing music in many genres, instruments and voice. She has earned an MM in composition; and a BA and MEd with focus on learning styles, music and the gifted and at-risk students; English and theater; piano and composition, devising a program for teaching composition.

Hi, I'm **Lisa Neher**! I'm a composer, singer, and voice teacher, and I love to tell stories through music. I'm a sci-fi nerd, I love any movie about aliens or monsters, and I am always reading about deep sea creatures. Some of my favorite sea creatures are the ones found in the Pacific Northwest: the Giant Pacific Octopus, Dungeness Crab, and Moon Jellyfish. I love writing music because I can let my imagination loose and create whatever I want. When I'm not composing or singing, I love to bake homemade treats like chocolate peanut butter pie and play board games. My pronouns are she/her.

Timothy Arliss O'Brien (he/they) is an interdisciplinary artist in music composition, writing, and visual art. He has premiered a range of music from opera to film scores to electronic ambient projects. He has published several books of poetry, (*The Art of Learning to Fly*, *Dear God I'm a Faggot*, *Happy LGBTQ Wrath Month*). He also showcases his makeup skills as the phenomenal drag queen Tabitha Acidz.

Paul Safar is a versatile composer/performer and private piano instructor based in Eugene, Oregon. Paul's piano compositions have been performed by George Lopez and his orchestral music by the Octava Chamber Orchestra. Commissions have included the Delgani String Quartet. Paul received his Bachelors degree from The University of Cincinnati (CCM) under Joel Hoffman and did graduate study at the University of Oregon under Rober Kyr. When not musicking, he may be seen hiking, traveling, singing Beatles songs or enjoying a glass of pilsner or pinot and spending time with family and friends. For more information visit www.paulsafar.com

The 300 works of **Walter Saul** have been performed in 25 states and five nations, winning ASCAP Special Awards 1990-2018. He has released seven CDs and a DVD of his works: *Out of Darkness Into His Marvelous Light* (1998), *From Alpha to Omega* (2002), *Songs of Requited Love* (2007), *Walter Saul: Sonatas and Medications for Piano* (2014), *Quiltings* (CD and DVD (2015), *Kiev 2014* (Naxos, 2015), and *Walter Saul:*

Sonatinas and Bagatelles (2018). His mission is to create through music sonic windows of light that reveal and glorify the suffering and risen Jesus Christ. More information is available at www.waltersaul.com.

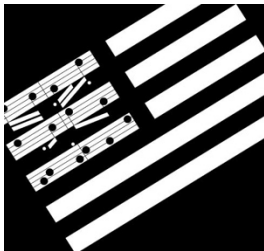
Maggie Sheldon is a music educator who specializes in teaching vocal and choral music, as well as beginning and intermediate piano. She is a recent graduate of Pacific Lutheran University and holds a Bachelor's degree in Music Education and is just starting her career as a composer of educational music for both piano and voice. She has been in the Pacific Northwest for 12 years, and has studied composition under Dr. Kenneth Owen, Dr. Gregory Youtz and Dr. Dawn Sonntag.

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 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. They are a cofounder of the PNW gender diverse composers collective, Raindrop New Music, and sing with Portland Symphonic Choir.

Betty Wishart's music has been performed in Russia, Greece, Italy, France, Germany, South Korea and throughout the United States. She has received awards from Neue Musik Frankfurt, American Pen Women, ASCAP, American College of Musicians, was a semi-finalist in The American Prize for vocal and chamber music 2023, and has received the Albert Nelson Marquis Lifetime Achievement Award in Music. PARMA has released two CDs of her piano music: *Piano Sonorities* and *MOODS*. Phasma-Music has included her music for piano solo, piano and flute, and flute solo on: *New Music for Piano*, *YODH*, *HE*, and *One Minute*.

www.bettywishart.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!



National
Association of
Composers
U
S
A



ACKNOWLEDGEMENTS

In addition to our government and foundation supporters, the following individuals have made cash contributions to Cascadia Composers over the past year:

Anonymous (2)

David S. Bernstein

Daniel Brugh

Ted Clifford

Jon Martin

Ellen Vanderslice & J. S. Parker

William & Ligia Toutant

Linda Woody

Extra Special Thanks to

Jan Mittelstaedt for many long hours over many months in coordinating and guiding to bring this annual event to fruition for its 13th year

Participating OMTA teachers, students, and parents

Special Thanks to

Nicholas Yandell, our concerts publicity person

Daniel Brugh for stage managing and videographer liason

Dianne Davies for organizing the spread sheet of compositions

Amy Fairchild for organizing the program notes

Betty Wishart for organizing the bios

Greg A Steinke for assembling the program copy

Linda Woody, for grant writing

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

2023-2024 Season Opener

Sunday, September 10th 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! This outdoor concert in Leach Botanical Garden's beautiful natural setting will feature a single concert of chamber works. The venue was filled to capacity last year. Mark your calendar now!

Conflict & Resolution

Saturday, November 11th at 7:30 PM | Lincoln Recital Hall, 1620 SW Park Ave, PDX

Featuring the Rose City Brass Quintet. Program TBA. Please come join us for the program!