

Unlocked!

Discover the Key to Your Artistry

A week-long workshop for flutists which will expand your artistic horizons and help you create a more meaningful performance experience. Explore, Define, and Develop your own personal artistry.

**June 26th through July 1st, 2017
Seattle Pacific University @ Nickerson Studios – Seattle, WA**

With facilitators representing many different arts disciplines, participants will learn to improve their own performance practices with ideas from drama, opera, improvisation, visual arts, dance, and multi-media/technology. A week-long exploration of musicality, creativity, and expression, as well as instruction in extended techniques and the Alexander Technique, will be offered. Participants will enhance their individual skills through informative workshops, coached chamber ensembles, and masterclasses, presented in an inviting and welcoming manner.

- Daily **warm up sessions** designed to explore and unlock our creativity and make connections to other arts disciplines
- Daily **ensemble rehearsals**. We will prepare music that combines multiple artistic modalities, and/or focuses on multiple featured stylistic genres.
- Throughout the week, each participant will experience 2 – 3 sessions with a visiting guest artist, and will participate in **hands-on/interactive activities** in visual art, Dalcroze, improv/drama, multi-media/technology, and opera. These activities may also incorporate participants sharing their prepared music with the class. Learn techniques from artistic disciplines to enhance your expressive capabilities on the flute!
- Bring your own lunch, or access nearby food trucks and restaurants. A sketch book where you can notate your artistic/musical/project ideas will be provided. Each day, we will choose a location to gather and ‘sketch’ ideas.
- Three **Alexander Technique** sessions.
- Minimum of one **private lesson** with one of our four flute faculty: Nicole Molumby, Sandra Saathoff, Lauren Asimakoupoulos, and Rose Johnson.
- Two **masterclass** opportunities – One on prepared repertoire, led by flute faculty; and a chance to present the concept of your ‘final’ project, receiving feedback from all faculty and guest artists.
- Two **Performances**: Tuesday evening will feature a Guest Artist recital; and participants will present their projects on Saturday afternoon (family/friends welcome).

FACULTY



Dr. Nicole Molumby is Professor at Boise State University, Department of Music teaching flute and ear training. Internationally, she has performed in Skofia Loka Slovenia, Trondheim Norway, Eisenstadt Austria, Split Croatia, Manchester UK. In 2012 she received an Idaho Commission on the Arts Fellowship in Performing Arts, as well as a BSU Arts and Humanities Fellowship for her contributions and performances of newly commissioned flute music by Slovenian Composers Blaž Pucihar and Črt Sojar Voglar. Performance engagements have included: principal flute at the Classical Music Festival in Eisenstadt, Austria (2002-2009); substitute flute with the Boise Philharmonic Orchestra (2008-present); National Flute Association National Convention in 2010-15; and College Music Society national and regional conferences 2005-2013. She received her D. M. A. from The Ohio State University with Katherine Borst Jones, M. M. degree from the Royal Northern College of Music (Manchester, UK) with Peter Lloyd, and B.M. & B.M.E. from the University of Northern Iowa with Dr. Angeleita S. Floyd. Currently, Dr. Molumby is practicing and teaching a guided meditation called iRest (Integrative Restoration), and is a Level 1 iRest Certified Teacher.



[Sandra Saathoff](#) has developed a thriving private flute studio and is a highly sought-after clinician in the Puget Sound area. She enjoys performing with local orchestral, chamber and folk ensembles and directing the flute program of the Bellevue Youth Symphony. She is currently principal flute with the Seattle Philharmonic. She teaches flute and conducts the flute ensemble at Seattle Pacific University, and has served on the executive boards for the National Flute Association, Seattle Flute Society and Flutewise USA. She has taken the stage with such flutists as Sir James Galway, Trevor Wye, Ian Clarke, and Ian Anderson and enjoys planning a variety of large scale flute events, including the 2012 NFA Convention, for which she served as assistant Program Chair, and the 2013 NFA Convention as Convention Director. Sandra received her MA from the University of Washington (focusing on flute performance and instrumental conducting) and graduated cum laude with a Bachelor of Music Education from Pacific Lutheran University. Her teachers include Zart Dombourian-Eby, Rae Terpenning and Kim Pineda (baroque flute). Her latest interest in Irish flute includes lessons with Conal O'Grada (Ireland) and Leo Mac Namara (Seattle). She is currently pursuing DMA studies at the University of Nebraska with Dr. John Bailey. She has also served on the Board of Trustees for the Seattle Philharmonic, receiving their Esther Tye Smith Award for Outstanding Service and Dedication.



Rose V. Johnson regularly performs in recital, is a member of the Pacific Sound Woodwind Quintet, acts as Principal Flute of the Ensign Symphony and the Northwest Symphony Orchestra, collaborates on a variety of ensemble work, and has been a member of the National Flute Association's Professional Flute Choir in 2008, and 2010-2016. She has performed in solo and collaborative events in Utah, Washington, Arizona and Texas. Rose earned a Bachelor of Music degree from Northern Arizona University and Master of Music degree from University of Washington. Recipient of the Seattle Flute Society's Weeping Willow Teacher's Grant (2014), Rose maintains a teaching studio, conducts a student flute choir, adjudicates, and has coached with the Seattle Youth Symphony's Marrowstone-in-the-City Summer Music program, the Evergreen Philharmonic and the Bellevue Youth Symphony. Rose is a strong supporter of performing arts health.



Lauren Asimakoupoulos recently returned to the Greater Seattle area after completing her studies in flute performance. Lauren holds a Bachelor's degree from Wheaton College Conservatory of Music as well as a Master's degree from the University of Tennessee, where she was offered a Graduate Assistantship. Her past teachers include Sandra Saathoff and Jennie Brown. Recent accolades include winning the 2013 National Flute Association's Masterclass Competition as well as The 2014 University of Tennessee Concerto Competition. During the summer of 2016, Lauren participated in the Interharmony Music Festival, located in Arcidosso, Italy, where she studied under Aleksandr Haskin, principal flute of the Qatar Symphony. Lauren continues to expand her private studio on Mercer Island, teaching students of all ages. Additionally, she teaches for the Mercer Island and Shorecrest School District. Lauren is a board member of the Seattle Flute Society and is a substitute flutist with the Seattle Philharmonic.



[Ron Haight](#) began his career teaching music in the Northshore School District. During this time, he joined the Seattle Chamber Singers under the direction of George Shangrow and later became their production manager, as well as assistant conductor of the choir, and Orchestra Seattle. He still is active with them in the role of substitute conductor. In 1991, he became director of music at First Free Methodist Church, Seattle, where he directs the choirs, oversees worship and technology, and assists with the worship services. In 1992, Mr. Haight was asked to direct the Seattle Pacific University Wind Ensemble, and he has built the group over a nine-year period. In 2000, he took over the advanced Music Technology courses, and in 2012 became director of music technology for the Music Department. Mr. Haight has built a recording business the last 15 years and has recorded many of Seattle's classical groups and artists, including Orchestra Seattle and the Seattle Chamber Singers, The Early Music Guild, Seattle Children's Chorus, Mirinnesse Women's Choir, Seattle Young Artists, and Seattle Philharmonic Orchestra. He has engineered and produced many compact discs and recordings.



[Erin Guinup](#) is a performer, conductor, voice teacher and music advocate. A classically-trained soprano, her repertoire includes Handel's *Messiah*, *Carmina Burana*, *La Bohème* and Disney's *Beauty and the Beast* with groups including Tacoma Opera, Northwest Sinfonietta, Northwest Repertory Singers, Tacoma Concert Band. Her one-woman show "The Ladies of Lyric and Song" has been praised as "an amazing tour-de-force" and been performed across the country. An acclaimed voice teacher, her students regularly win solo competitions (State Solo/Ensemble, NATS, MTNA, National Arts Awards), and have gone on to success on Broadway, operatic stages, and TV, including *The Voice* and *American Idol*. She founded the Tacoma Refugee Choir Project and has conducted the world premiere of Mark Mitchell & Orson Scott Card's *He is There* and annual performances of Rob Gardner's *Lamb of God*. She speaks nationally and works with Fortune 100 companies and people from all walks of life to find their voice through her business *Musically Spoken*.
ErinGuinup.com



[Mandy Price](#) is a Jet City Improv cast member and has appeared in many full-length improvised plays, including *Lovetanic*, *Goin' Steady: The Musical*, *Austen Translation* and *Upside Downton* at JCI and *The Pretty Wonderful Club* at Unexpected Productions. She also keeps one foot in the world of scripted theatre, playing The Storyteller in ArtsWest's production of *Bloody, Bloody Andrew Jackson*, Kimmi in *The Underneath* at Annex Theatre and various roles in Wagner Sketches with the Seattle Opera. Mandy is a transplant from Chicago where she performed with The Second City, iO, The Annoyance and Laugh Out Loud Theatre. Originally from Nashville, Tennessee, she holds a BA in Theatre from Belmont University and fights against her accent every day.



[Sara Padilla](#) completed the three-year teacher certification training at the American Center for the Alexander Technique in New York City in 1995 and is a member of the American Society of the Alexander Technique (AmSAT). In addition to a diverse private practice, she has taught the Alexander Technique at Cornish College for the Arts and the Northwest Actor's Studio Conservatory, guest lectured at Seattle University and Icicle Creek Music Center. She has taught in Portland at Conduit Dance Studio and The Oregon School of Massage, and in New York City for Judith Shakespeare of New York. Lifetime involvement with the human body and movement as a dancer, teacher, and choreographer inform my work. In addition to my teacher certification, I hold a Bachelor's Degree in Dance and Liberal Arts from Portland State University. As a faculty member in the dance departments at Lewis & Clark College and Portland State University, I taught dance, improvisation and repertory. As a guest artist I performed, lectured and taught dance at various institutions across the country. My commitment to teaching the Alexander Technique is balanced with my interest in travel, the performing arts, enjoying the natural beauty of the area, yoga and my daughter, Sofia, who is a never ending source of inspiration.

FEES

\$400 per participant – Early Registration encouraged, as it helps us plan a more tailored curriculum.

\$430 after June 1st

(discount available to current SPU Students and Faculty)

On Campus housing is available to students taking class for clock hours or credit
please contact Sandy at flutes@spu.edu for more information

If you are interested in taking this course for graduate or continuing education credit, please pre-register by emailing Sandra Saathoff at flutes@spu.edu. MUS 5081 can be taken for 1 or 2 credits; \$75 per credit.

<http://spu.edu/academics/school-of-education/center-for-professional-education/professional-development/course-finder>

Auditors may observe the class for a fee of \$25 per day

Example of (Tentative) Daily Schedule

	MONDAY - June 26	TUESDAY - June 27
9:00 - 10:00 am	Private Lessons (Rose, Sandy, Lauren & Nicole)/ and-or Individual and Collaborative Student Work Time	
10:00 - 10:30	15 minute group warm up (Nicole) / introductions - announcements/ Coached Chamber Ensemble rehearsals	15 minute group warmup (Lauren) / announcements / Ensemble rehearsals
10:30 - 11:00		
11:00 - 11:30		
11:30 - noon	Ron Haight - Multi Media/Tech	Ron Haight – Technology Session, group 1
12:00 - 1:00 pm	LUNCH!	
1:00 - 1:45 pm	Alexander Technique	Ron Haight – Technology Session, group 2
1:45 - 2:30 pm	Concerto on One Note - tone color activity (Sandy) 45 minutes	Movement & Music with Nicole
2:30 - 3:00 pm	Individual and Collaborative Student Work Time	Individual and Collaborative Student Work Time
3:00 - 3:30 pm	Baroque Art Activity	Vocal Activity including Stage Presence + dealing with anxiety/nerves + breathing/vibrato with Erin Guinup
3:30 - 4:00 pm		
4:00 - 4:30 pm	Ron Haight - Multi Media, Technology	
4:30 - 5:00 pm		
5:00 - 5:30 pm	Private Lessons (Rose, Sandy, Lauren & Nicole) / and-or Individual and Collaborative Work Time (no lessons on Tuesday); Any guest artist can make themselves available for consultation / extra lessons (\$)	
5:30 - 6:00 pm		
6:00 - 7:00 pm		Dinner Break (on own)
7:00 - 8:30 pm		Artist Recital

Application and Registration for 'Unlocked'

Name of Applicant: _____

Address: _____

Phone number: _____ Email address: _____

Age (if under 21 years): _____ Number of years playing flute: _____

Most recent flute teacher: _____

College/School District: _____

List the solo piece you will prepare in advance to perform at the masterclass:

This workshop is funded, in part, by **Silver Flight Ensembles**, a 501c(3) organization
<http://www.silverflightensembles.org>.

My video footage, recordings or comments may be used in review or future advertising of this workshop: YES NO

Workshop Participant Fee: \$400 / \$430 (after June 1)

I will be (circle one): Staying on-campus Commuting to Campus

Please mail this form and the workshop fee (make check payable to Silver Flight Ensembles) to:

Rose V. Johnson
c/o Silver Flight Ensembles
24201 SE 38th Pl.
Issaquah, WA 98029

Applications should be submitted as soon as possible, preferably by May 1st, 2017. Late applications will be evaluated based on enrollment availability. Cancellations will **not** be refunded.

I agree to these terms and will hold neither Silver Flight Ensembles, the teachers of the workshop, the City of Seattle, Seattle Pacific University nor any other party liable for accident or other medical or physical emergency that might occur during the course of the workshop.

Student Signature

Date

Parent signature (if applicant is under 18)

Date