



Press Release and Activity Schedule for:

Flute Music by Women Composers: An International Online Festival

February 3-28, 2022, with Podcasts Starting on January 1, 2022

Press Contacts:

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Leading Organizers – Scarborough Philharmonic Orchestra and the Flute 360 Podcast

Partners – Association of Canadian Women Composers, Canadian Music Centre, Montana Flute Association, New Jersey Flute Society, and Texas Flute Society

Sponsors – Canada Council for the Arts, Toronto Arts Council, SOCAN Foundation

The Scarborough Philharmonic is excited to partner with the U.S. based Flute 360 Podcast to present *Flute Music by Women Composers: An International Online Festival*. Other partners include the Association of Canadian Women Composers, the Canadian Music Centre, the Montana Flute Association, the New Jersey Flute Society, and the Texas Flute Society.

Activities include 19 music videos posted on the SPO [YouTube](#) channel, a *Flute Futures* workshop, a *Flute Festival Opening Ceremony*, a *Flute Festival Online Social*, 1 episode of the SPO Great Music podcast, and 6 episodes (featuring Canadian artists) by the Flute 360 Podcast. This online content is free and available to the general public. The podcasts are being posted from January 1 through February 5, and the rest of the activities from February 3 through February 28. All the content will continue to be available after February.

This is the first time the SPO has been involved in an international music festival. Our organization is thrilled to be able present world-class flutists, women composers, and other musicians from the SPO community, as well as from cities across Canada and the United States. The content has been developed to be enjoyable for a broad range of music lovers, not just flute enthusiasts.

Canadian performers involved in the festival include flutists Laurel Swinden, Lesley Duff, Amanda Lowry, Mor Shargall-Bisson, Mark McGregor, Jaye Marsh, and pianist Talisa Blackman. Three Canadian women composers (Shreya Jha, Amanda Lowry, and Sarah Shugarman) were commissioned by the SPO to create new flute music for the festival. The other Canadian composers include Diane Berry, Rebecca Cummings, Emily Doolittle, Anna Hostman, Laura Pettigrew, Nova Pon, Parisa Sabet, and festival composer-in-residence, Elizabeth Raum.

The festival is highlighting the work of SPO associate principal flutist, Dr. Laurel Swinden, by featuring her in 6 YouTube videos and a Flute 360 podcast episode. Dr. Swinden has spent years researching flute music by women composers (in Canada and beyond) and has recorded 2 commercial albums, *Celebrating Women!* and *Celebrating Canadian Women!* The festival is also highlighting the composition *Embryo* by Rebecca Cummings, a Canadian composer and artist who passed away from cancer in 2019 at the age of 39. The composer-in-residence is Elizabeth Raum, a noted Canadian artist who is a member of the SPO community.

A highlight of the US videos is an inspiring music video/short film called *Because We Couldn't Get Lizzo, a Drag Flute Music Video*, showcasing flutist and actor Norman Menzales and the music of Kelly Catlin.

The festival is excited to present 12 excellent performers and 8 accomplished composers from the U.S., including flutists Julie Baker, Amy Likar, Jennifer McElroy, Norman Menzales, Carol Rena Shansky, Eric Tapia, Rena Urso, and Dr. Colleen White; pianists Amanda Arrington, Biliانا Dimitrova, and Miles Graber; and hornist Dr. Candace Neal. The U.S. composers involved are Adrienne Albert, Nicole Kelly Catlin, Nicole Chamberlain, Katherine Hoover, Elaine Ross, Yuko Uebayashi, Lawren Brianna Ware, and Meira Warshauer.

The [Flute 360 Podcast](#), with host Dr. Heidi Kay Begay, is a U.S. presenter with a large worldwide audience and is presenting 6 episodes dedicated to Canadian artists, including flutists Nora Shulman and Dr. Laurel Swinden, composers Julia Mermelstein and Elizabeth Raum, and flutists/composers Amanda Lowry and Dr. Cleo Palacio-Quintin. The SPOGreatMusic podcast will feature noted Los Angeles flutist Louise DiTullio, interviewed by her nephew and SPO music director, Ronald Royer.

Another activity is *FLUTE FUTURES: Composing for/with Flutists*. This is an online workshop on February 19, co-hosted by the Association for Canadian Women Composers (ACWC/ACC), Canadian Music Centre (CMC), and Scarborough Philharmonic Orchestra (SPO). The workshop provides a space for Canadian gender-expansive and women composers to workshop pieces or ideas involving flute, with artist mentors Sophie Lanthier and Anh Phung. Sessions will be streamed publicly on February 19 (12-4pm, EST).

The *Flute Festival Opening Ceremony* will be on February 3, 2022 (8-9pm, EST). Led by Flute 360 Podcast host Dr. Heidi Kay Begay and SPOGreatMusic Podcast host Daniel Mehdizadeh, an overview of the festival will be presented, and several participants will share insights into

their music. Members of the general public are welcome to sign up to gain access to this zoom meeting through the Flute 360 website or the SPO website.

The final event is the *Flute Festival Online Social*, February 28, 2022 (8-9:30pm, EST). Artists from Canada and the U.S., who were involved with the Flute Festival, including performers, composers, and more, will come together online to share their perspectives on flute playing, music by women composers, and the Festival. Members of the general public are welcome and will be given an opportunity to participate during the second half of the event. Go to the Flute 360 website or the SPO website to sign up and gain access to this zoom meeting.

The SPO is thrilled that many excellent Canadian and U.S. musicians and composers will receive substantial exposure in Canada and the U.S. from the Festival.

The Canadian portion of the Festival is supported by the Canada Council for the Arts, the Toronto Arts Council and the SOCAN Foundation.

For more information, go to:

SPO Website: <https://www.spo.ca/>

SPOGreatMusic Podcast handle: #spogreatmusic

Flute Futures Workshop: <https://on.cmccanada.org/flute-workshop/>

The host for the Flute 360 Podcast, Dr. Heidi Kay Begay can be found on all the socials with the same handle: [@heidikaybegay](https://www.instagram.com/heidikaybegay)

IG: @heidikaybegay FB: Flute 360 #flute360

Contact: heidikaybegay@gmail.com

Website: <https://heidikaybegay.com/contact/>

The **Association of Canadian Women Composers/l'Association des compositrices canadiennes (ACWC/ACC)** is the only professional association of women composers and musicians in Canada. It actively supports music written by Canadian women, maintains a website for the promotion of its members (www.acwc.ca) and publishes a bi-annual journal highlighting activities and articles of interest. It supports educational activities and maintains an archive of over 120 years of materials related to the music of Canadian and other women composers.

Social links:

website: www.acwc.ca

IG: @acwcomposers FB: <https://www.facebook.com/ACWCACC/>

Soundcloud: <https://soundcloud.com/acwc-acc>

Activity Schedule

1. Flute Festival Opening Ceremony

Hosted by Flute 360 Podcast host Heidi Kay Begay and SPOGreatMusic Podcast host Dr. Daniel Mehdizadeh

The public is invited to the Zoom meeting (100 links maximum).

Thursday, February 3, 2022, 7:00 pm Central Time, 8pm Eastern Time (U.S. and Canada)

Register in advance for this meeting:

<https://us06web.zoom.us/meeting/register/tZlqduiqpz8tGNcHBORsyVzXUwBGMHcclRID>

After registering, you will receive a confirmation email containing information about joining the meeting.

An overview of the festival will be presented, and several participants will share insights into their music.

2. Podcasts

The Flute 360 Podcast, Heidi Kay Begay, Host (based in the United States)
6 Canadian Composers and/or Flutists

Jan. 1 - Elizabeth Raum, composer = E185 (Episode 185)

Jan. 8 - Amanda Lowry, composer and flutist = E186

Jan. 15 - Nora Shulman, flutist = E187

Jan. 22 - Julia Mermelstein, composer = E188

Jan. 29 - Dr. Cleo Palacio-Quintin, composer and flutist = E189

Feb. 5 - Dr. Laurel Swinden, flutist = E190

(Release dates, all Saturdays)

Website: <https://heidikaybegay.com/episodes/>

The host for the Flute 360 podcast, Dr. Heidi Kay Begay, can be found on all the socials with the same handle: [@heidikaybegay](https://twitter.com/heidikaybegay). #flute360 also works well.

SPOGreatMusic Podcast, Ronald Royer, Guest Host

Feb. 4 - Louise DiTullio, flutist (USA)

Website: <https://www.spo.ca/>

The Flute 360 Podcast and the SPOGreatMusic Podcast can be found on all the major platforms, including Apple, Spotify, Amazon, and many others.

3. YouTube Videos *(posted on the SPO YouTube Channel)*

[Scarborough Philharmonic Orchestra - YouTube](#)

- **11 Videos featuring Canadian Performers and Composers, sponsored by the SPO**
- **8 Videos featuring United States Performers and Composers, sponsored by the Flute 360 Podcast**

Schedule: Composer – Title – Instruments – Timing – Performers

February 4, 2022

- a. Kelly Catlin (USA) – *Because We Couldn't Get Lizzo, a Drag Flute Music Video* (11:30) – Mia Zowa (Norman Menzales, actor, singer, flute, and piccolo)
- b. Rebekah Cummings (Canada) – *Embryo*, for Flute and Electronics (recorded and processed, mandolin and vocals) (8:30) – Laurel Swinden, flute
- c. Adrienne Albert (USA) – *Doppler Effect*, for Flute, Alto Flute and Piano (6:30) – Alcyone Ensemble (Amy Likar, alto flute, Rena Urso, flute, Miles Graber, piano)
- d. Parisa Sabet (Canada) – *The Seville Orange Tree* (Movement II), for flute and piano (4:30) – Laurel Swinden, flute, and Talisa Blackman, piano

February 11, 2022

- a. Shreya Jha (Canada) – *Forgetting* (SPO Commission and Premiere), for Flute and Piano (5:00) – Mor Shargall-Bisson, flute and Talisa Blackman, piano
- b. Yuko Uebayashi (USA) – *Town Light*, for Two Flutes and Piano (5:30) – Alcyone Ensemble (Amy Likar and Rena Urso, flutes, Miles Graber, piano)
- c. Emily Doolittle (Canada) – *Three Summer Pieces* (1. Chasing, Hiding; 2. Dreaming; 3. Humming Tune), for Two Flutes (7:30) – Laurel Swinden and Amanda Lowry, flutes
- d. Nicole Chamberlain (USA) – *Asphyxia*, for Solo Flute (5:00) – Julie Baker, flute
- e. Diane Berry (Canada) – *Calling*, for Flute and Recorded Loon Calls (5:00) – Jaye Marsh, flute (Meghan Cheng, video artwork, <https://www.pinginteractive.studio>)

February 18, 2022

- a. Amanda Lowry (Canada) – *Fight, Flight, Freeze* (SPO Commission and Premiere), for Flute and Electronics (6:00) – Amanda Lowry, flute
- b. Elaine Ross (USA) – *The Distant Light*, for Flute, Horn and Piano (5:00) – Jennifer McElroy, flute, Dr. Candace Neal, horn, Bilianna Dimitrova, piano

c. Elizabeth Raum (Canada) – *Conversations*, for Flute and Piano (revised 2021 for the Flute Festival) (12:00) – Lesley Duff, flute and Talisa Blackman, piano

d. Katherine Hoover (USA) – *Spirit Flight*, for Solo Flute (7:00) – Eric Tapia, flute

e. Nova Pon (Canada) – *Wrenegade*, for Solo Flute (7:30) – Mark McGregor, flute

February 25, 2022

a. Sarah Shugarman (Canada) – *Taking Breath*, for Two Flutes (SPO Commission and Premiere) (3:00) – Laurel Swinden, flutes

b. Lawren Brianna Ware (USA) – *Three Norse Goddesses*, for Flute and Piano (8:00) – Dr. Colleen White, flute, Amanda Arrington, piano

c. Laura Pettigrew (Canada) – *Pink Moon*, for Two Flutes and Piano (6:00) – Laurel Swinden and Lesley Duff, flutes and Talisa Blackman, piano

d. Meira Warshauer (USA) – *Bati I'gani (I Have Come Into My Garden)*, for Solo Flute (13:30) – Carol Rena Shansky, flute

e. Anna Hostman (Canada) – *Fern*, for Solo Alto Flute (7:30) – Laurel Swinden, flute

4. Flute Futures (Workshop), February 19, 2022, 12:00-4:00PM, EST

FLUTE FUTURES: Composing for/with Flutists is an online workshop on February 19, co-hosted by the Association for Canadian Women Composers (ACWC/ACC), Canadian Music Centre (CMC), and Scarborough Philharmonic Orchestra (SPO). The workshop provides a space for Canadian gender-expansive and women composers to workshop pieces or ideas involving flute, with artist mentors Sophie Lanthier and Anh Phung. Sessions will be streamed publicly on February 19, and participants will receive recordings of their work. Application deadline: February 1, 2022.

<https://on.cmccanada.org/flute-workshop/>

APPLY: <https://forms.gle/3ewABiXQi9ufGV7C9>

5. Flute Festival Online Social, February 28, 2022 (8-9:30pm, EST)

Hosted by Flute 360 Podcast Host Heidi Kay Begay and Scarborough Philharmonic Music Director, Ronald Royer

The public is invited to the Zoom meeting (100 link maximum).

February 28, 2022, 7:00 PM Central Time, 8:00 PM, Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us06web.zoom.us/join/tZYkdu-grDgrEtchJEOPZfBXyH7TbbIBCeB8>

After registering, you will receive a confirmation email containing information about joining the meeting.

Artists from Canada and the U.S., who were involved with the Flute Festival, including performers, composers, and more, will come together online to share their perspectives on flute playing, music by women composers, and the Festival. Members of the general audience are welcome to sign up to gain access to this zoom meeting.

For more information on the festival, go to:

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