

Cantare Chorale

of the Sierra Foothills

UNDER THE DIRECTION OF MARIIA PECHENOVA PRESENTS:

Luminous Journey

FEATURING WENDY PAYTON, PIANIST & SPECIAL GUEST
MILLINGTON STRINGS

**ST. STEPHEN'S
LUTHERAN CHURCH**

1001 Olson Lane
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May 7, 2016
7:00 pm

**THE HARRIS CENTER
THREE STAGES**

Folsom Lake
College

May 14, 2016
7:00 pm

**CHURCH OF
THE NAZARENE**

6040 Mother Lode Dr.
Placerville, CA

May 22, 2016
3:00 pm

Luminous Night of the Soul

*Long before music was sung by a choir,
Long before silver was shaped in the fire,
Long before poets inspired the heart,
You were the Spirit of all that is art.*

*You give the potter the feel of the clay;
You give the actor the right part to play;
You give the author a story to tell;
You are the prayer in the sound of a bell.*

*Praise to all lovers who feel your desire!
Praise to all music which soars to inspire!
Praise to the wonders of Thy artistry
Our Divine Spirit, all glory to Thee.*

LUMINOUS NIGHT of the SOUL
©2011 Charles Anthony Silvestri

*O guiding dark of night!
O dark of night more darling than the dawn!
O night that can unite
A lover and loved one,
Lover and loved one moved in unison.*

St. John of the Cross

Welcome Friends!

With delight, we welcome you on our Luminous Journey of this season. It is a venture into a new world of music challenging us to blend our voices with stringed instruments to create a symphony of sound that stirs the soul and brings healing to the heart. The second half of our program will feature our accomplished pianist, Wendy Payton, and the Millington Strings Quartet as co-creators of this compelling work. We give special thanks to Ola Gjeilo, a young Norwegian musician and composer of *Dark Night* and *Luminous Night of the Soul*.

But first we must do some traveling to explore cultures around the world—places and languages that are foreign to us. Do not fear, we will return to our Mother land and to the music you know and love.

Mariia



Cantare Chorale in the California State Capitol Rotunda

Our Director

Mariia Pechenova

Mariia joined Cantare as Artistic Director in 2014. Hailing from St. Petersburg, Russia, she has lived in the US since 2012. Mariia's background includes a Master of Arts in Conducting at St. Petersburg State University in St. Petersburg, Russia. She is a Music Professor at Folsom Lake College and Sierra Community College. She is also the pianist and organist for traditional and youth services at St. Stephen's Lutheran Church in El Dorado Hills, and Director of the El Dorado Hills Children's Community Choir. She has worked with the finest St. Petersburg professional choirs such as the St. Petersburg Women's Choir, the Youth Chamber Choir of St. Petersburg, and the St. Petersburg Chamber Choir "Petersburg-Concert". For over 15 years she has performed solo recitals and toured with St. Petersburg's Music Theater as soprano soloist in the primary concert halls and theaters in Russia and Europe. In her career, Mariia has worked with such prominent artists as Vladimir Miller,



Dmitri Hvorostovsky, Elena Obraztsova and symphony conductors Yuri Temirkanov, Saulius Sandetskis, Alexander Sladkovsky and Alexander Tchernushenko. Locally, Pechenova was one of the conductors at the 2015 community sing-along event of Messiah 2.0. She is a member of the Board of Directors of the Sacramento Valley Choral Coalition and an active member of the American Choral Directors Association. Mariia says "From madrigals to contemporary music, folk tunes and jazz, my musical ambition lies in the great master works. My primary purpose is always to encourage and inspire the group I am working with to achieve their musical goals beyond their expectations."

Our Accompanist
Wendy Payton

Wendy grew up in Placerville where she began her piano studies with John Trenalone, then studied piano with Dilworth Simmons in Sacramento. At the age of twelve, she began teaching piano and had a studio of ten students throughout her high school years.

She double majored in piano performance (studying with Frank Wiens) and music history at University of the Pacific, and did graduate work in music history and theory at University of Illinois (where her piano teachers were Daisy de Luca Jaffe and Lydia Artymiw) and at the University of Iowa, where she earned a master's degree in organ (studying with Paul Tegels, John Chappell Stowe and Delbert Disselhorst).



Wendy served on the music faculty at Stillman College (Tuscaloosa, AL) and at Mississippi State University (Starkville, MS). She has performed in 29 states. She accompanies the choir at Union Mine High School, serves as choir director, hand bell director and organist for First Lutheran Church in Placerville, and teaches piano and organ in Shingle Springs, Placerville, and at El Dorado Hills Music. She has accompanied Cantare Chorale since 2008.



The second half of *Luminous Journey* features Wendy Payton, as a leading artist, allowing our audience to experience her talent as a truly exceptional pianist. The intricacies of the music as it changes in meter and expression allows Wendy to communicate the soul of the music to the audience and the chorale becomes the accompanist to the piano and strings.

Our Musicians

Nicole Canon



Nicole Canon began her singing and acting career with her neighborhood friends at around age 4 playing roles in their own productions such as *Star Wars*, *Lord 'of the Rings*, and *Orphan Children*. Now a Junior in High School, she continues to develop her passion for the arts as she participates in many musical events as a soloist in ensembles, large choirs and musical theater productions. She has received many awards, including a Solo Performance at

the ACSI Musicale Competition 2015, a Command Performance Large Choir ACSI Musicale Competition 2016. She has starred in several musical theater productions as Teen Fiona in *Shrek*, Lady Larkin in *Once Upon a Mattress*, and Mabel in *Pirates of Penzance*. Nicole plans to continue her love for the arts as she explores her pathway through college.



Auditions

Cantare welcomes singers—sopranos, altos, tenors and basses. Do you sing? Do you know others who sing? You are invited to talk with a member of Cantare to learn more about the audition process.

Sign up on our Interest Card available in the lobby as you exit or contact us directly at 530.677.6964 or admin@cantarechorale.com

Auditions will begin the first week of June, 2016.

Our Musicians (cont'd)

Millington Strings

David Thorp, violin. David received a Master's degree in violin/viola performance at Manhattan School of Music in New York. He teaches privately and for charter schools and performs with numerous regional symphonies and groups.

Miriana Stef, violin. Miriana has gained many musical experiences and competition honors in her travels from her native Romania, through the UK and Europe, to her current home in California. She also teaches violin, and plays with many musical groups in the Sacramento area.

Michael Frost, viola. Michael is also a local professional and dedicated violist. He received the bulk of his training in Great Britain. Michael plays with a number of local soloists, ensembles and orchestras in the Sacramento music scene.

Stephen Millington, cello, ensemble founder and manager. Steve earned his Bachelor's and Master's Degree in cello performance at California State University, Sacramento. He has played with a number of orchestras and ensembles in the greater Sacramento area since the 1980s. Steve teaches privately and performs regularly as a soloist and ensemble player in the area.

Millington Strings



Our Musicians (cont'd)

Annika Andersson, soprano, is a native of El Dorado County. She hopes to give back to the community that helped rear her. She is the mother of three teenage children, holds a Masters in Mythology with a Depth Psychological emphasis, and her passions include the creative process, photography, psychology, religious studies, philosophy, and mythology.

Larry Applegate, bass, a software engineer, grew up in an Air Force family. He dropped out of UC Berkeley and joined the Air Force where he sang in the Army Language School Russian Choir. Larry and his late wife, Sherry, moved to Coloma in 1997, were active in the Jazz Jubilee, and co-founders of the Sacramento Ragtime Society. Today their daughters both teach school in Placerville.

Holly Carmichael, soprano, a recent transplant from the Bay Area, sang for 10 years with Symphony Silicon Valley's Chorale. She credits her love for choral singing to her junior high music teacher, various church choirs, and community theater productions. An attorney and CPA, Holly minored in music and now specializes in singing silly songs to her one year old son.

Cindy Cockerell, soprano, has been a member of Cantare since 2012. She has had many years of experience with singing in church praise teams, small groups and local musical theater. She and her husband have three children and six grandchildren. Other interests include vacationing in Maui, golf, and science.

Karen Day, alto, moved from the Chicago area to El Dorado Hills in 1996 with her husband, Bob, and son, Barry. She sang with the St. Stephen's Lutheran Church choir for over 10 years. For the past 6 years, she has enjoyed singing and playing bass guitar with St. Stephen's contemporary worship team. She also enjoys karate, mosaics, and family.

Rich DiMauro, bass, was born in Rhode Island, and after a tour of duty with the U.S. Air Force, settled in California where he and

his wife Wanda reared three children. Rich retired from Eastman Kodak after 31 years and he enjoys singing with various choirs and playing golf.

Carmen Disho, alto, moved from the Bay Area to El Dorado Hills in 1991 with her husband, Varda, and three children. She sang with the Foothill Women's Chorus for over 11 years. Carmen worked for Franklin Templeton Investments for 10 years before retiring. Now she enjoys her three grandchildren, gardening, hiking, cycling, fishing, traveling, and the arts.

Russ Eslick, tenor, is an electrical engineer and computer scientist. He left his engineering career in 2000 to become full time caregiver to his wife Debbie. He has always enjoyed music but didn't get serious about singing until performing community theater roles in *Les Miserables*, *Oliver*, and *Mary Poppins*. This is his first season with Cantare Chorale.

Linda Ford Hughes, soprano, a native Northern Californian and retired school teacher, has been singing in choral groups since elementary school. Linda joined Cantare in 2010. She has 2 adult children and 4 young adult grandkids. Linda and husband, Floyd, are active in Placerville Church of the Nazarene and love to explore the United States and travel the world.

Kathy Keleshian, soprano, grew up in Southern California and the Bay Area, and now lives in Shingle Springs. Her family includes husband, Phil, daughter, son, and seven wonderful grandchildren. She has worked as a teacher and administrator and is currently involved in special education and technology. She sang in high school and college and now participates in her church choir in addition to Cantare.

Mary Leonard, alto, grew up in Los Angeles among bright lights and movie stars and has been performing since she was 7 years old when her mother decided she should "share her gift". She relocated to Northern

Our Musicians (cont'd)

California in 1985. She is a real estate professional by day and enjoys music as often as possible.

Sue Mathews, alto, is a former choir director who joined Cantare to return to her singing roots. Originally from Washington State, Sue began working in El Dorado County in 1980 and loves the foothills! She teaches Spanish at Union Mine High School, and enjoys her husband and two grown sons. She enjoys traveling and visits with family.

Ruth O'Shea, alto, moved from South Carolina to Shingle Springs with her husband, Larry, in 1986. She is a Registered Nurse with a Masters Degree in Nursing from Emory University. In retirement, she volunteers as a Faith Community Nurse at the Church of the Nazarene. Ruth became an active member of Cantare in 1994 and now serves as President of the corporation.

Carrie Penalzoza, soprano, was born in Napa to an Air Force family. Carrie has lived much of her life outside California, finally returning to Shingle Springs in 2010. She has been involved since childhood in various school choruses, church choirs and community chorales. She has two grown children and in addition to music/singing, enjoys reading, dancing, travel, and learning new things.

Stanley Price, bass, was born in Berkeley California and enjoyed attending San Francisco Symphony concerts when he was in elementary school. He learned to play the trombone in high school, learned to sing with the Placerville Gold Rush Chorus, sang with the Sacramento Choral Society for 10 years, and now sings with the Foothills United Methodist Church choir with his wife.

Bob Ridgway, tenor, has been involved in choirs as bass and tenor for decades. He joined Cantare in 2006. Holding a bachelor's in Physics with post-graduate courses in engineering and other topics, Bob worked as an aerospace and communications engineer

in Northern and Southern California. He moved to Placerville for two years in 1984 and moved back after retirement in 2003.

Stephen Shoff, tenor, grew up in California and Arizona. His musical interests were in piano and violin through his college years, receiving his music training mostly through school related programs. Since college, his opportunities have been centered in church choral music. His enjoyment of classical and choral music led him to join Cantare in 2010.

Donna Trevino, alto, born in Kansas, raised in Sacramento and vacationed at Sly Park often. She and husband, Ed, consider this area just about as close to perfect as a location can get and moved here in 1980 to raise their two boys. She teaches at El Dorado High and studied flute with the late Edna Comerchero at CSUS.

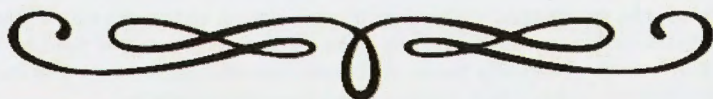
Karen Tustin, alto, is a retired attorney in Placerville. She and her husband, Doug, a retired family physician, moved to Placerville in 1973, choosing the area as the perfect place to practice their respective careers and raise a family. They have three grown sons, all of whom are successful products of Placerville public schools, and seven grandchildren.

Jason Westen, bass, having a deep passion for music since age 4, started guitar at age 17 and training to sing at age 25. Now age 40, he is dabbling in other musical instruments, enjoys karaoke, and has joined Cantare as his first choir experience. He is a holistic nutritionist and expert woodworker. He currently attends school majoring in nursing and psychology.

Al Woods, tenor, a member of Cantare since 2011, has been involved in choral singing since elementary school. He has also sung in gospel quartets and mixed quartets. Al holds a degree in Mechanical Engineering, and worked in the aerospace industry prior to arriving in Placerville in 2009.

El Dorado County's Finest

First organized in 1992, Cantare Chorale is composed of members who come from diverse backgrounds, but all share the common goal of creating quality choral music. You may have seen the chorale perform at other venues including the Capitol Rotunda Holiday Music Program, Imagination Theater, Memorial and Veterans Day tributes, the Placerville Festival of Lights, the Community Concert Series, and the Harris Center in Folsom. For the past three years Cantare has participated in the Sacramento Choral Festival Event SacSings! Cantare's concerts emphasize vocal variety with colorful insights on the composers and the selections. With 21 members singing 4- to 8-part harmony, the sound is impressive.



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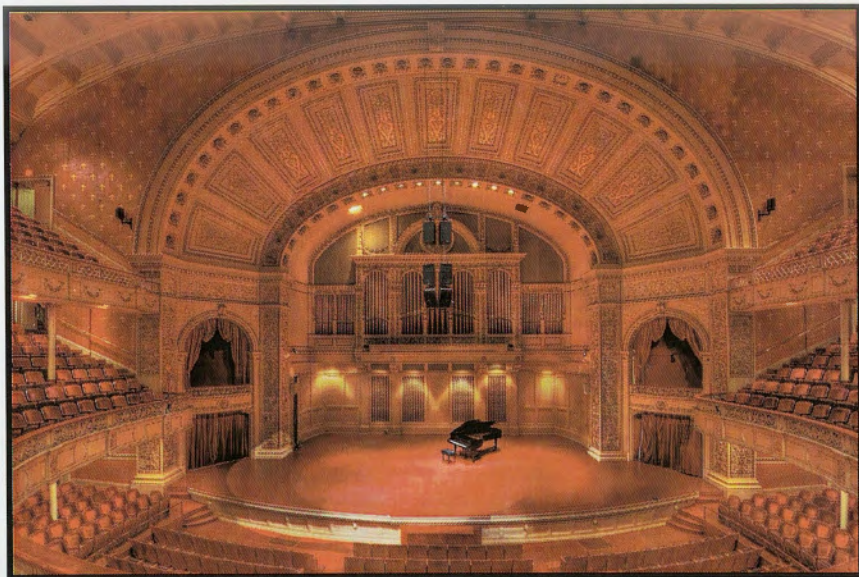
Our Journey to Carnegie Hall

FOR IMMEDIATE RELEASE

New York, N.Y. – January 26, 2016

Outstanding music program receives special invitation

Distinguished Concerts International New York City (DCINY) announced today that director Mariia Pechenova and the Cantare Chorale have been invited to participate in a performance of Handel's *Messiah* on the DCINY Concert Series in New York City. This performance at Carnegie Hall on Sunday, November 27, 2016 is of the Thomas Beecham/Eugene Goossens' 1959 Re-Orchestration for Full Symphony Orchestra. These outstanding musicians will join with other choristers to form the Distinguished Concerts Singers International, a choir of distinction. Conductor Dr. Jonathan Griffith will lead the performance and will serve as the clinician for the residency.



Handel's Messiah

Sunday, November 27, 2016

Luminous Journey

Aftonen (Evening) Norman Luboff, Herman Säterberg/Hugo Alfvén

Poor Wayfaring Stranger Southern American Folk Song/arr. Russell Robinson

Vale of Tuoni (Sydämeni Laulu) Alex Kivi, Jean Sibelius/arr. Richard D. Row

Chimes (5. Ti-Ri-Ri) Valery Gavrilin
Carrie Penalzoza, soprano

Tell My Ma Traditional Irish Children's Street Song/arr. Jon Washburn
Nicole Canon, soprano
Sue Mathews, alto

Intermission

Dark Night of the Soul St. John of the Cross/Ola Gjeilo
Nicole Canon, soprano
Carrie Penalzoza, soprano

Stone Rose Ola Gjeilo
The Hudson
Sidewalks
Madison
Wendy Payton, piano Stephen Millington, cello

Luminous Night of the Soul Charles Silvestri, St. John of the Cross/Ola Gjeilo
Nicole Canon, soprano
Carrie Penalzoza, soprano

Mariia Pechenova

Wendy Payton

Millington Strings

David Thorp, first violin
Miriana Stef, violin
Michael Frost, viola
Stephen Millington, cello

Nicole Canon, Soprano

Soprano I

Holly Carmichael
Cindy Cockerell
Carrie Penalzoza

Soprano II

Annika Andersson
Linda Ford Hughes
Kathy Keleshian

Tenor I

Russ Eslick
Stephen Shoff

Tenor II

Robert Ridgway
Al Woods

Larry O'Shea

Director

Pianist

Instrumentalists

Guest Soloist

Cantare Chorale

Alto I

Mary Leonard
Ruth O'Shea
Donna Trevino

Alto II

Karen Day
Carmen Disho
Sue Mathews
Karen Tustin

Bass I

Stanley Price
Jason Westen

Bass II

Larry Applegate
Rich DiMauro

Narrator



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DID YOU KNOW?

Music has the ability to change moods, soothe nerves and energize your life. Much research has been done on the physical and emotional effects of music. Some of the benefits that have been noted in research include:

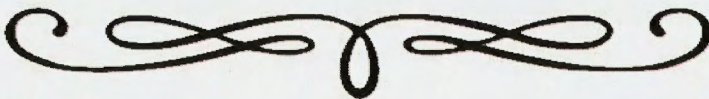
- ◆ Improves communication
- ◆ Enhances memory
- ◆ Reduces pain sensation
- ◆ Counteracts depression
- ◆ Promotes activity (e.g., dancing, exercise)
- ◆ Encourages feelings of relaxation
- ◆ Calms and sedates (promotes sleep)

Explore ways to incorporate music into your life. For energizing ideas, think of ways to use music to promote movement. Join a singing group!

For relaxation ideas, find your favorite songs and take time to meditate. Let the music transport you to another place and time. Allow your mind to drift away to positive thoughts and memories. Close your eyes and take in the music around you; it will make you smile inside and out!



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The Evening

Still, still the woods, radiant the heavens
Dim, distant horns fill the air with their echo.
Sunset glowing, slowly, slowly disappearing
Beneath the sea
Thru' the mountains, thru' the valleys
Lingering the echo's sound.

Atonen

Skogen står tyst, himlen är klar.
Hör, huru tjusande vallhornet lullar.
Kvällssolens bloss, sänker sig,
Sänker sig ner uti den lugna, klara våg.
Ibland dälder, gröna kullar,
eko kring nejden far...

Poor Wayfaring Stranger

I'm just a poor wayfaring stranger
I'm traveling in this world of woe
Yet there's no sickness, toil nor danger
In that fair land to which I go
I'm going there to see my Father
I'm going there no more to roam
I'm only going over Jordan
I'm only going over home

I know dark clouds will gather 'round me
I know my way is rough and steep
But golden fields lie just before me
Where the redeemed shall ever sleep
I'm going home to see my mother
She said she'd meet me when I come
I'm only going over Jordan
I'm only going over home

I'm just a poor wayfaring stranger
Traveling through this world of woe
There's no sickness, toil nor danger
In that fair land to which I go
I'm going there to see my father
I'm going there, no more to roam
I'm just a-going over Jordan
I'm just a-going over home

I know dark clouds will gather 'round me
I know my way is rough and steep
Yet beauteous fields lie out before me
Where God's redeemed, their vigils keep
I'm going there to see my mother
She said she'd meet me when I come
I'm just a-going over Jordan
I'm just a-going over home
I'm just a poor wayfaring stranger
I'm just a-going over home

Luminous Night of the Soul

(Inside front cover)

Vale of Tuoni

Vale of Tuoni, vale of starlight!
Golden sand, thy cradle waits thee,
There shall I lead thee my darling.

Love and joy shall each hour yield thee,
Thou shalt tend the masters cattle,
In the pale valley of Tuoni

In the quiet of the evening
when the flocks are gently sleeping
In the pale Tuonela moonlight.

There my loved one shall be happy
lying in the golden cradle;
Sleeping while night birds are singing.

Vale of Tuoni, vale of dreaming!
There no worldly strife nor scheming;
There are all sorrows forgotten!

Sydämeni laulu

Tuonen lehto, öinen lehto!
Siell' on hieno hietakehto,
Sinnepä lapseni saatan.

Siell' on lapsen lysti olla,
Tuonen herran vainiolla
Kaitsea Tuonelan karjaa.

Siell' on lapsen lysti olla,
Ilan tullen tuuditella
Helmassa Tuonelan immen.

Onpa kullon lysti olla,
Kultakehdoss' kellahdella,
Kuullella kehräjälintuu.

Tuonen viita, rauhan viita!
Kaukana on vaino, riita,
Kaukana kavala maailma

Dark Night of the Soul

One dark night,
fired with love's urgent longings
-ah, the sheer grace! -
I went out unseen, my house being now all stilled.

In darkness, and secure,
by the secret ladder, disguised,
-ah, the sheer grace! -
in darkness and concealment
my house being now all stilled.

On that glad night,
in secret, for no one saw me,
nor did I look at anything,
with no other light or guide
than the one that burned in my heart.

Ola Gjeilo

Ola Gjeilo (pronounced Yay-lo) is one of the most frequently performed composers in the choral world. An accomplished pianist, improvisations over his own published choral pieces have become a trademark of his collaborations across the world. Although Norwegian by birth, it is perhaps Ola's adopted country of America that has influenced the composer's distinctive soundworld the most, evolving a style that is both contemporary and familiar; thick harmonies and rich textures recall film score – music that forms a major part of the composer's inspiration.

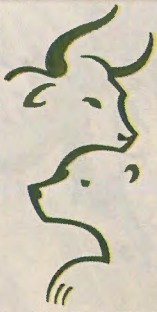
Ola grew up in a musically eclectic home listening to classical, jazz, pop and folk, a broad background he later incorporated into his classical composition studies at The Juilliard School, and the Royal College of Music, London, and currently as a New York City-based full-time composer. He is especially inspired by the improvisational art of film composer Thomas Newman, jazz legends Keith Jarrett and Pat Metheny, glass artist Dale Chihuly and architect Frank Gehry. Ola's music is often described as cinematic and evocative, with a lush, harmonious sound.

Ola's albums include *Ola Gjeilo* on the Decca Classics label, a portrait of his choral and piano works featuring Tenebrae and Voces8. His debut recording as a composer and pianist, the lyrical crossover album *Stone Rose*, was followed by its sequel, *Piano Improvisations*. Phoenix Chorale's bestselling Northern Lights collection of Ola's choral music was named iTunes Best Classical Vocal Album of 2012. All four recordings are available on iTunes, Amazon, Google Play and Spotify.

Gjeilo's choral music has also been recorded by several notable ensembles such as the Choir of Trinity College Cambridge, The Choir of Royal Holloway, the Flemish Radio Choir, and Voces8. In 2015, the Choir of King's College Cambridge performed Ola's *Serenity (O Magnum Mysterium)* at the annual BBC-televised Christmas Eve service.

Ola has a special collaboration with the vocal ensemble Voces8, and he is currently their composer-in-residence. Together they performed at the regional ACDA conventions across the United States, premiering Ola's *The River* for choir, piano and string quartet, the 2016 Brock Commission awarded by ACDA. His *Ubi Caritas* and *Second Eve* are featured on Voces8's Decca Classics albums *Eventide* and *Lux*.

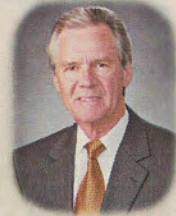
Ola's music is published by Walton Music, Boosey & Hawkes and Edition Peters. For more information, find Ola on Facebook, Twitter, Instagram, Soundcloud, his YouTube channel, and at olagjeilo.com.



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All Cantare members, new and old, begin the fall season getting acquainted with each other and with the season's music at a rehearsal retreat at Zephyr Point, Lake Tahoe.

PLACERVILLE CHURCH OF THE NAZARENE

WORSHIP WITH US THIS SUNDAY!



9:00am • Traditional Service with hymns

10:00am • Fellowship Time

10:30am • Contemporary Service

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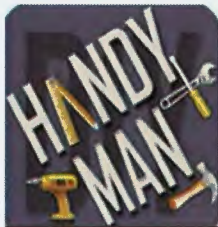
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Cantare Chorale

of the Sierra Foothills

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