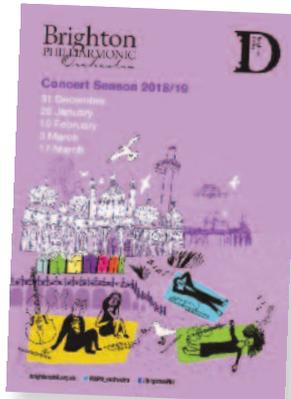


Friends of the Philharmonic

December 2018

www.brightonphil.org.uk

If you pre-ordered a printed programme for the second half of the 2018/19 season then it will be enclosed with this newsletter. These will be on sale at BPO concerts from New Year's Eve onwards priced at just £4.00 - a real bargain when you think that they cover five concerts. The full programme for our New Year's Eve Viennese Gala concert, which will be conducted by Richard Balcombe, is now available on our website.



In our last newsletter we reported on the sad death of violinist **Melanie Hornsby**. You will know from the printed programme that the position of Number 2 Second Violin has been dedicated to her memory this season, and we will also be dedicating our concert on **Sun 10 February** to Melanie. Rather fittingly this concert includes the sublime *Four Last Songs* by Richard Strauss for soprano and orchestra.

Some Friends have been asking about our next **Open Rehearsal for Children**. At the present time we do not have one planned as we are working on finding funding for a free children's concert based around the theme of folk tales and folk music (to tie in with the theme of the Children's Parade in the Brighton Festival in May). This would take place on **Sun 30 June 2019** with local composer **James Redwood**, whose work with **Furthering Talent** you can read about later in this newsletter (see page 3). As ever our plans are subject to funding, for which we have applied to several organisations, working closely with **Brighton Dome & Festival Ltd** and **Brighton & Hove Music & Arts**. So far we have secured £5k from the **Chalk Cliff Trust**.



James Redwood

BPO WELCOMES INTERNATIONAL VISITORS

On **Sun 14 October** the orchestra invited new international students from the University of Sussex to come and experience a concert in the Dome, having learned that they would be attending a reception in the building later that day. **Head of International Student Support Sara Dyer** was pleasantly surprised by the level of interest:

“ For those coming to the International Students' Welcome Party in the Dome foyer that evening, it was an opportunity to see the inside of this wonderful auditorium. Thanks so much for offering this opportunity to our students. ”

120 students attended (with 3 more attending the 11 November concert) and thoroughly enjoyed their experience. With a programme of glorious English music by Sir Edward Elgar and Sir Hubert Parry it was an excellent introduction to the local classical music scene and we hope to see some of them at future BPO concerts. One student wrote afterwards to say:



“ I would really like to thank you for giving me the chance to enjoy a wonderful evening with the beautiful orchestra performance. This was my first visit to such a performance and I am really grateful to you for giving me this opportunity. ”

78TH ANNUAL GENERAL MEETING OF THE SOCIETY

The AGM took place on **Sun 2 December** in the Founders Room at the Dome, immediately following that afternoon's concert. The start of the meeting was delayed by a few minutes to ensure it was quorate.

Chris Thomson and **Ken Childerhouse** were both re-elected for a further three year term. Only one nomination was received for the two vacancies on the Board of Management (one being vacant since the last AGM, the other due to **Stephen Chamberlain's** resignation in September). **Neil Huzinga** (who you can read about overleaf) was elected unanimously. The Board hopes to co-opt one or two people over the coming months who will then be eligible for election at next year's AGM.

Nicolas Chisholm, **Sue McHugh** and **Catherine Stead** were re-elected as Chairman, Honorary Treasurer and Company Secretary respectively. In other business the newly re-elected Chairman sought feedback on the proposed new Mission Statement for the Society which was published in the September newsletter.

INTRODUCING NEW BOARD MEMBER NEIL HUZINGA



Studying and performing music has been a part of Neil's life since the age of five. Never a professional musician, Neil has sung and played with world-renowned artists such as Sir Simon Rattle, Vladimir Ashkenazy and Sir Michael Tippett as part of amateur and semi-professional orchestras and choirs.

Professionally, Neil began his career in the City of

London, working as an underwriter for a large American insurance company. However, since 2000 he has started and grown a series of small businesses in the financial services sector.

Most recently he left the business he co-founded in 2003, after selling it successfully to private equity investors in 2014, and now spends his time working with owners of other small businesses to help them get the most out of what they already have, as well as to create and take advantage of opportunities to help shape their future.

Blending both music and business in his own life, Neil is keen to see talent in or experience of music consistently recognised as not just a hobby, passion or vocation, but as a life-skill that brings huge benefit to even the most scientific or technical of professions.

RAISING FUNDS FOR THE BPO

Clare Bowskill, a Patron of the Brighton Phil, kindly set up a birthday fundraiser on Facebook to raise money for the orchestra. She says:

“ For my birthday this year, I'm asking for donations to Brighton & Hove Philharmonic Society Ltd. I've chosen this non-profit organization because they are an extraordinary professional orchestra who have been presenting orchestral concerts without a break since 1927 in the historic Brighton Dome where I was working this year. They receive no public funding yet they manage to keep going entertaining and inspiring young and old alike. If you want to support them perhaps you'll consider contributing as a way of celebrating with me. Every little bit will help me reach my goal. ”



UPDATE ON GEMMA SEYMOUR

We are delighted to report that **Gemma Seymour**, who undertook a student placement with the orchestra in the spring term, graduated from Sussex University with a 2.1 in Music and is currently working at Brighton Theatre Royal as a Box Office Assistant whilst also teaching singing privately.

Gemma relished the opportunity to perform on stage at the Attenborough Centre for the Creative Arts as part of the final assessment for her degree. Her final written project explored the effect that partnerships between schools and local organisations such as orchestras have on encouraging music education in schools. In it she analysed the results of a questionnaire she designed for the Brighton Phil's free school workshops, which took place in the run up to the Open Rehearsal in March. Summarising her conclusions she says:

“ From my project, I developed the understanding that although many music hubs are trying to provide assistance to schools to promote music education, some just don't have enough funding. The levels of music in the majority of schools are at their bare minimum. With many primary school teachers not trained to teach music, it seems that a child needs to be privileged in order to receive the music education they deserve. ”

With the help of the **Brighton Philharmonic Orchestra** and schemes like **Furthering Talent**, children have an amazing opportunity to get taught by the experts. The issue is though, only selected children get to take part in these events. We are not there yet - more needs to be done so that orchestras aren't only filled with private school alumni. All children from state schools deserve to have the chance to expand their horizons and receive a well-rounded education that isn't just filled with numbers and letters. ”



MAYOR'S PARLOUR RECEPTION

On **Thu 22 November** sponsors, donors and patrons of the orchestra attended a reception at Brighton Town Hall hosted by the Mayor of **Brighton & Hove, Councillor Dee Simson**, to thank them for their support. Notable attendees included **John Carewe**, former Principal Conductor & Music Director of the Brighton Phil, whose charity the John Carewe Brighton Orchestra Trust sponsors the Brighton Phil's New Year's Eve Viennese Gala concert, and last year gave the orchestra a generous grant of £65k.



The Mayor & John Carewe

Richard Watson, a Trustee of the John Carewe Brighton Orchestra Trust, was also present - you may recognise him as one of our double bass players and the most long-standing member of the orchestra. In a previous newsletter (September 2017) he wrote an article about his experiences playing for the orchestra for 50 years.



Richard Watson & Nicolas Chisholm

THE GIFT OF MUSIC

Friend of the Phil **Betty Skolnick** recently donated two saxophones to **Brighton & Hove Music & Arts**, the city's music service.

The two high quality Yamaha Saxes belonged to her late husband **Sir David Watson**, who was a great friend and supporter of the music service and a former Chairman of the **Brighton Phil** (as well as Vice Chancellor of the University of Brighton). One, a soprano sax, was given to Sir David upon his retirement from the University of Brighton. The other, an alto Yamaha YAS 62, Betty gave to her husband on his 40th birthday. These instruments will be used by some of our city's most talented young musicians, enabling them to play better and progress further. A very fitting way to remember Sir David for years to come.



Sir David Watson

FURTHERING TALENT & THE BRIGHTON PHIL

Since September 2017 the **Furthering Talent** programme has been piloting a successful new approach in the Brighton & Hove area, working with Carlton Hill and West Blatchington Primaries, focusing on the retention of students and the influence of the wider school musical culture on student progress. Students and teachers have been using a child-centred individual learning plan in their instrumental lessons, supported by an extra-curricular programme that encourages overall musical development.



In the first term the children experienced a jazz improvisation workshop with **The Jazz Warriors**, performing in a jazz concert at Brighton Dome. In the spring term they worked in partnership with the **Brighton Phil** with pupils participating in interactive workshops with **BPO Principal Percussionist Donna-Maria Landowski** (pictured above at Carlton Hill Primary School) at school, as well as attending the Open Rehearsal and a concert at Brighton Dome. The summer term involved composition workshops with composer **James Redwood**, based on the theme of *Carnival of the Animals* which pupils had been introduced to through the Brighton Phil.

This term the children have again worked with James Redwood creating a special commission for the **Awards for Young Musicians** 20th anniversary concert. They performed the song *Music's at the Heart of Me*, which they wrote themselves, in their schools and at Wilton Hall in London, alongside performers like saxophonist and AYM trustee Jess Gillam and percussionist Tom Pritchard.

Furthering Talent are delighted to report that retention of existing instrumental learners has been high and there has been a good increase in the number of pupils opting to learn a musical instrument as a result of the programme. All pupils involved in this project have also been working towards their Arts Award Explore. The Brighton Phil are delighted to have been able to play a part in this success.

ALEXANDER TECHNIQUE WITH GREGG ISAACSON (MSTAT, MMus)



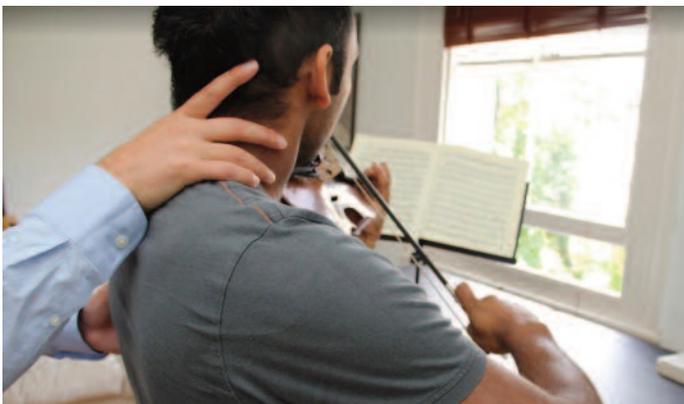
“ Almost seven years ago a member of the Brighton Philharmonic Orchestra suggested I come along to the morning rehearsal before one of the concerts and offer some Alexander Technique sessions to the orchestra during the break. The musicians who came for sessions with me said that it was a welcome relief to have some hands-on help, easing away built-up stress and tension

from their bodies and minds. I came back for the next rehearsal and the by following season I was the resident Alexander Technique teacher for the orchestra!

Gregg Isaacson

WHAT IS ALEXANDER TECHNIQUE?

Alexander Technique is a practical tool that can help relieve pain, stress and excess tension from the body while learning how to prevent it from occurring in the future. Simple movements such as walking, bending or sitting tend to be done habitually - we don't usually think how, we just do them. Often our habitual ways of moving cause us to make more effort than we need, gradually leading us to unnecessarily suffer wear and tear on our muscles and joints. By gently guiding us through subtle movements, an Alexander Technique teacher can give an experience of moving with greater freedom; helping us to become more aware of excess tension we are carrying and to simply, let it go.



HOW DOES ALEXANDER TECHNIQUE HELP MUSICIANS?

Watching a distinguished orchestra such as the Brighton Philharmonic Orchestra perform, people may wonder how the musicians have achieved such talent; words such as patience, skill and sensitivity may come to mind. In general, people tend not to immediately think of the job of a musician as one that is physically demanding.

Playing a musical instrument requires hours of practice; often in twisted or asymmetrical positions that put the body under a significant amount of strain - and that's before you take into consideration the weight of the instrument often being supported. Add this to the high levels of coordination, dexterity and control required in these positions, while holding their instruments, and it may become apparent why a significant proportion of professional musicians suffer from debilitating pain at some point in their careers.

The Alexander Technique can help musicians sustain a lifelong career and a lifetime of enjoyment playing music by helping them learn to recognise and thereby minimise the effort they are making and to maintain balance, poise and composure while playing their instrument.

“ Gregg's keen interest in and detailed knowledge of human anatomy and musculature aids and clarifies his explanations, unfolding the complexities of the body. He has a quasi-instinctive recognition of the cause of one's problems. One leaves with a better sense of well-being with much to think about and put into practice. He is quietly inspirational.



Christine Messiter

Principal Flautist with the Brighton Philharmonic Orchestra

**GREGG IS PLEASED TO OFFER A
10% DISCOUNT
ON ALEXANDER TECHNIQUE
LESSONS TO THE FRIENDS
OF THE PHIL**

For more information on Alexander Technique please visit www.thinkinginmotion.co.uk or get in touch either by email at gregg@thinkinginmotion.co.uk or call **07854 917 202**

IN MEMORIAM

The Society is sad to have learned of the following deaths:

BARBARA ROBINS

a Friend of the Phil since 2008 and former Patron with her husband David

MISS KATHLEEN IRELAND

a former Patron and sponsor of the orchestra

JUDY HARRISON

sponsor of the Principal Bass Trombone with her late husband Dr John Harrison

JEANETTE HOFFMAN

a Friend of the Phil since 1998

MRS JUNE STOCKLEY

a Friend of the Phil since 2010 and season ticket holder with her daughter Val, who says she is going to clap twice as loud in future to make up for her mum's absence.

SALLY RANKIN

a founding member of the Young Phil who many will remember as a volunteer Steward at Brighton Dome when these were provided by the BPO.

Our thoughts are with their friends and loved ones.