

Mar 27, 2022 | 3PM



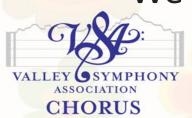
And Now, A Word From Our Sponsor

Why the VSA and Montrose Regional Health Partner!

- The Valley Symphony Association enhances life with orchestral and choral music.
- Montrose Regional Health enhances life by providing the latest technology and compassionate care.
- We're partners in making life better!



Caring for you like family.





Follow Us on Facebook @ValleySymphonyAssociation

Your support on Facebook means a lot to us!



Supporting us is easy:

- Like us
- Share our posts
- Engage with our content—we love hearing from you!





About the concept

- The music of the 70s had a massive influence on the music of today.
- The lyrics were crafted around themes of peace, protest, fun, loss, and evoke strong emotions in all of us.
- How does the music in this concert compare to the music of today? How is it still relevant to you?



In the Beginning

In 2002, several choral groups combined, and the Valley Symphony Orchestra (VSO) became the Valley Symphony Association (VSA) to include both orchestra and chorus.

This concert's theme is a "tip of the hat" from the chorus to the orchestra, in honor of their jubilee season.



Volunteer Shout Outs

- Montrose High School Winterguard: riser assistance
- Carol McDermott, Pattie Cornish, Char Proctor, and Beth Cavanaugh: poster distribution
- Paige & Char Proctor: brochure assembly
- Chow Down Pet Supplies: gift baskets
- Welcome Western Colorado: gift basket









Individual Musician Underwriters

Glen Hast

Alto 1: Cheryl Harshman

Stacey Ryan

Bass 1: Seth Ryan

Anna B. Strong Foundation

- Tenor 1: Sam Kevan
- Tenor 1: Bonnie Koehler
- Tenor 1: Kevin Pulsipher
- Alto 2: Anna H. Strong





Be On The Lookout

Our new mobile billboard is fabulous! Thanks to Alpine Bank and Go Big Banners for making it happen!







Take a Bow!

Thank you to our Season 50 lobby and registration volunteers:

Eunice Acker

Barb Bond

Bill Bond

Brad Burgess

Aaron Clubb

Alisha Clubb

Michelle Clubb

Donnin Custer

Cheryl Harshman

Ann Holmes

Sandy Kern

Sprague Mayger

Jane Pulliam

Dr. Amiee Rawlings

Irv Rawlings

Clay Stidham

Kristal Stidham

Chris Warren

Sue Warren





Become a Season Sponsor

Platinum: \$500 G

Silver: \$300

Gold: \$400

Bronze: \$200

Includes tickets and acknowledgement throughout the season





Loves me Like a Rook

- According to Billboard magazine, Loves Me Like a Rock describes a mother's deep love for her son, "even when he became the president."
- Simon featured background vocals from The Dixie Hummingbirds, a Southern black gospel group.





Caring for you like family.

MRH has been named a Best-in-Class Employer by Gallagher in its recent Benchmarking Analysis! The analysis found the hospital excels in optimizing employee and organizational wellbeing.



Start Your Engines

and mark your calendars for the **27th Annual Black Canyon Classics** Car, Truck & Rod Show benefitting the VSA! Saturday, June 4, 2022, 8am-3pm Cerise Park, Montrose CO For more information, visit BlackCanyonClassics.org



Volunteers Needed!

If you love classic cars, the VSA needs volunteers to help staff the event!

Call 970-275-8676.



maring the music possible

Special Thanks to

Delta School District for rehearsal space

- Sarah Chavez (Program Director)
- Kurt Clay (Assistant Superintendent)
- Leo Beltran (Facilities Manager)







lendside

- Features VSA Women
- Stevie Nicks wrote this song in 1974 in Aspen, Colorado, deep in snow country.
- The song is a reflection of her long-distance romance, career struggles, and her relationship with her business-executive father.
- Musicians cover the song regularly out of reverence for the piece, including a 1994 hit release by the Smashing Pumpkins.



About the VSA

Mission

Believing in the transformative power of music to inspire and entertain, diverse volunteer musicians perform live to connect Western Slope audiences of all ages.



"Snaps" for our photographer!







Book the Backyard Brass!

The Backyard Brass can make any event extra special:

- Birthdays
- Weddings
- Family Reunions
- Corporate Events
- Grand Openings
- And more



Dave Reddish, Cindy Swanson, Gary Miller, Christian Pfretzschner, and Clint Miller Contact 970-497-6369 to book them today!





Individual Musician Underwriters

Donnin Custer & Eunice Acker

Violin: Sandra Sundstrom, Interim Concertmaster

Raymond James Financial Services - Toby King

Violin: Rachael King





Meet Me... Chris Munday

Featured December, 2022

Growing up, Chris sang in her church's youth choir, adult choir, and several small groups. Prior to moving to Montrose, she performed in a distinguished seminary choir for 12 years. Soon after becoming a Colorado resident six years ago, she was missing the discipline of people working together to create a beautiful finished choral product—one that they and others could enjoy.

Read more about Chris and others at

ValleySymphony.org

Bringing Classical Music to Life



peees Trein

- After he wrote *Peace Train*, Cat Stevens would end every show with the song.
- He says, "It was a very important song for me because it stated one of the big goals of my life, which was heading straight for that peace."
- Notably apolitical as far as the lyrics go, the song became a hopeful anthem for protesters.



Annual Promoter: Broadcast













Montrose Regional Health Announces Ambulatory Care Center Building Project



MRH is building a one-stop Ambulatory Care Center that will be a healthcare destination offering a full spectrum of services! The 80,000 square foot, four-story building will improve the delivery of care into a more coordinated and integrated system, with convenient access, ample parking, and decreased cost of care.

Through the Years!

VSA Chorus Conductors

*Note: Seasons run from fall to spring

Kelly Neill	2002-2004	Season 31 - 33
Chris Davis	12/2004	Season 34
Aleta Jupille	03/2005	Season 34
Chris Davis	2005-2007	Season 35 - 3 <mark>6</mark>
Bethany Ward	12/2007	Season 37
Mary Anne Rathburn	4/2008	Season 37
Bethany Ward	2008-2010	Season 38 - 39
Lenore Hample	2010-2013	Season 40 - 42
Jan Tuin	2013-2017	Season 43 - 46
Allyson Connelly	2017-2019	Season 47 - 49
Katy Kristoffersen	2021-present	Season 50





Annual Promoters

Large Format Printing: Go Big Banners

Newspaper: Montrose Daily Press/Delta County Independent

Venue: City of Montrose













Gold Sponsors

Toru Arisawa
Donnin Custer & Eunice Acker
Flairmont Furniture – Carpet One





FEETUPINE WAS MEN

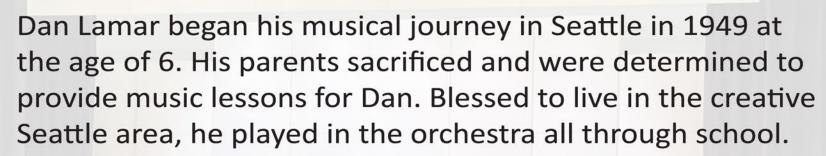
- Helplessly Hoping features VSA Men
- Listen for the many examples of alliteration in the lyrics, a feature Stephen Stills explored rather creatively in this song.
- The song is about two lovers lost in the complex psychology of relationship.
- Notice the increased harmonies in the chorus as Stills counts from one, two, three, and "for."





Meet the Musicians

Dan Lamar and Hannah Wieder



Years later, Dan felt especially blessed when 7-year-old Hannah showed interest in the violin. She soon found an inspiring musician in her grandpa ("Didi" to his grandkids) and begged to start lessons with him.

To read more about Dan, Hannah, and other musicians, visit ValleySymphony.org/AboutUs



Hannah and Dan in 2012



Dan and Hannah in 2021

Here's how to support the arts and become a VSA benefactor

Partner: Garner "headliner" billing as a concert partner.

Advertise: Reach thousands in our programs!

• Sponsor: Support us at the level of your choice (bronze to platinum).

Underwrite: Adopt an orchestra or chorus section or individual musician

for the season!

Donate: Show your generosity any time of year!

Attend: Season ticket subscribers save on concerts.





Orchestra Section Underwriters

- Flute/Piccolo: Kathryn Kubinyi Family & Friends
- Clarinet: Glen Hast, Rounds & Brooks CPAs PC
- Bassoon: Ramona Good
- French Horn: Marble Roots, LLC
- Trumpet: Vectra Bank





About the VSA

Vision

Bringing Classical Music to Life!

Goal

Ensuring that future generations will enjoy the legacy of live orchestral and choral music that so magnificently celebrates the human spirit.







Meet the Musicians



Nora Kniskern

The VSA bids a fond farewell to

Nora, who has announced her

retirement. We wish her well

and thank her for her

and to and joy in music.

dedication and joy in music.

Nora Kniskern

Nora started playing violin in Eau Claire, WI, at age 8, but not before struggling through endless piano lessons and fights with her two siblings for practice time on the keyboard. Realizing that at least one of her children needed to play something other than piano, Nora's mom signed her up for Suzuki violin lessons. "It was one of the best things that ever happened to me."

To read more about Nora and other musicians, visit ValleySymphony.org/AboutUs





one of these things first

- Nick Drake was an English singer-songwriter who never found a wide audience during his short life.
- He suffered from severe depression and was reluctant to perform or be interviewed, which of course made him difficult to discover.
- In one review of his work, Connor McKnight wrote: "Nick Drake is an artist who never fakes. The album makes no concession to the theory that music should be escapist. It's simply one musician's view of life, and you can't ask for more than that."



Thanks to our Music Librarians

Orchestra: Anne Clayton

Chorus: Brenda Anderson & Bonnie Koehler





Purchase Tickets

- In the lobby right now!
- Online: ValleySymphony.org
- By Phone: 970-765-0913
- In Delta: Clubb's at 502 Main St.
- In Montrose: Colorado Smiles, 601 S. 3rd St.
- By Mail: form and payment (form available in lobby) to VSA, PO Box 3144, Montrose CO 81402

Makes a great gift any holiday or special event!





Orchestra Section Underwriters

- Conductor: Mark & Nora Kniskern
- Concertmaster: The Houlihan-Perryman-TenNapel Families
- Violin 1: Dr. Mary Kleinsorge, DC
- Violin 2: San Juan Foot & Ankle Center
- Viola: Bill Starnes
- Cello: Mary Novak, Superlative Concrete Seal
- Contrabass: Welcome Western Colorado





About the VSA Logo



- Our logo was created to strategically identify our organization by name and infuse visual elements that distinguish our purpose, approach, and locale.
- The stylized treble and bass clefs integrated within the initials represent us as a musical organization.
- The five lines of the staff and double bar lines provide additional musical references.
- The staff also alludes to our locale, as the topmost line is a silhouette of the San Juan Mountain range that overlooks the Uncompange, Grand, and North Fork Valleys from which our musicians hail.
- The graceful, yet animated font used in the initials suggests approachable elegance, a visual nod to our main focus on classical music.





Concert Manners

Please silence your cell phone, electronic watches, and other devices.

Thank you!







MEANS ACCESS TO THE ADVANCED CARE YOU NEED

You want the best for your family.

Montrose Regional Health provides access to advanced technology and specialty care for our communities, including robotic assisted surgical services.



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800 S. 3rd Street Montrose, CO 81401 970-249-2211

MontroseHealth.com





DaVinci Xi Robotic Assisted Surgery and Mako Technology

Orchestra Section Underwriters

- Trombone: Avis Rental Car
- Tuba: Annie Lindsey
- Percussion: Dr. Mary Vader
- Piano/Keyboard: Roger Whitehouse, Cedar Point Health





Fire and Rain

- All three verses of Fire and Rain deal with a hardship in James
 Taylor's life. The lyrics are poetic in nature, exploring his
 emotional connection to his struggles.
- The creation of the piece became a therapeutic exercise, a release of pain that he literally sings out of his body.
- About the feelings, Taylor says, "And that part was hard, having the feelings that needed to be expressed in that way. But it was actually a relief, like a laugh or a sigh."





Cindy Swanson

Meet the Musicians

Cindy Swanson

Cindy's musical education began early. Her father played guitar in local bands and taught Cindy and her siblings to play guitar, piano, and drums. "Music has always been a huge part of family life."

To read more about Cindy and other musicians, visit ValleySymphony.org/AboutUs

Individual Musician Underwriters

Montrose Regional Health

Viola: Anwen Borgo

First Contact Medical Specialists

Viola: Dan Lamar, Barb Kremski, Carly Willey, Carter Smith





Benefits of Listening to Classical Music

- Listening to classical music for just 45 minutes prior to bed can help improve sleep quality
- Listening to classical music can help increase dopamine secretion, which activates the brain's reward and pleasure center
- Studies have proven that classical music makes repetitive tasks more enjoyable and employees more productive



Individual Musician Underwriters

Glen Hast

Clarinet: Holly Burgess

Seth Ryan, Jim & Eleanor Ennis, Alexander Orthodontics

Clarinet: Stacey Ryan







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HEART HEALTH EXPERTS& THE LATEST TECHNOLOGY

You want the best for your family.

Montrose Regional Health's Cardiology experts are dedicated to delivering the critical response you need with the latest technology.

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MontroseHealth.com



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Advertise and Support VSA

Advertising in our annual program is an excellent, cost-effective way to expose thousands of concert attendees to your business or cause.

Full page and half page ads are available throughout the season!

Contact Us Today!

Valley Symphony Association PO Box 3144, Montrose, CO 81402 info@ValleySymphony.org / 970-275-8676





Individual Musician Underwriters

Carol & Chris Harper

Bass Clarinet: Karla Miller

Anonymous

Bassoon: Carol Franklin





Let It Be

- This was the Beatles' final single before Paul McCartney announced his departure from the band.
- The song came from a dream McCartney had about his mother ("Mother Mary"), who had died in 1956 when he was just 14 years old.
- About the experience, McCartney said: "It was great to visit with her again. I felt very blessed to have that dream." He says that in the dream, his mother had told him, "It will be all right, just let it be."



Individual Musician Underwriters

The George Miller Family

Timpani: Anne Clayton

Amie Middleton

Piano/Keyboard: Anne Koehler





Become an Underwriter

Any time during our season, you can underwrite an individual musician or section in the orchestra or chorus!

- Section \$250/section: includes 1 season ticket/acknowledgment
- Individual \$100/chair: includes acknowledgment







The Regional Health Update Podcast is available monthly at MontroseHealth.com and on our social media channels.

Find us on:

- Facebook
- Instagram
- LinkedIn

Thanks for the Flowers

Special thanks to Alpine Floral for providing the beautiful arrangements for the lobby!







Thanks For Your Support



Sincere thanks to
Western Colorado Community Foundation/
Dave and Mary Wood Fund
for their generous support





Volunteer Shout Outs

- All Saints Anglican Church: trailer space
- Rob Bunyard and Nathan Howe: trailer transport
- RPM Automotive: music storage
- Jen Wolfe Creative: graphic design and more
- Bella Rose Photography/Sharon Brown: photography













Benefits of Listening to Classical Music

- Connect us with other people
- Engage our brains and helps us want to learn more
- Improve our ability to memorize
- Lower stress and anxiety
- Combat the symptoms of depression
- Improve heart health, decrease fatigue, boost exercise performance, and manage pain



Silver Sponsors

Robert & Nelda Barnes
Bill & Sharyn Bennett
Bob & Jeanie Brown
Doris & Dr. Tom Chamberlain
Vivian L. Cheney
Sharon & Stan Hayes
Tom & Anne Koehler

Charlene & Paige Proctor
Vince & Carolyn Snowbarger
Carol & Tim Stevens
Kristal & Dr. Clay Stidham, Jr.
Ed & Sharon TenNapel
Brian & Cathy White







Meet the Musicians



Jacob, Stephanie, Karen, and Brent

The Hellecksons

In 1994, the Hellecksons fled the Front Range of Colorado in search of a more rural lifestyle. They purchased a small vineyard near Paonia, built a small stone cottage, and started what would become the Stone Cottage Cellars winery.

To read more about the Hellecksons and other musicians, visit ValleySymphony.org/AboutUs

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You want the best for your family.

Montrose Regional Health provides access to advanced technology and specialty care for our communities, including Navigational Bronchoscopies for early detection of lung cancer.



Caring for you like family.

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970-249-2211

MontroseHealth.com





Board of Directors

- President, Hartland H. Clubb, Jr. (Delta, 2010)
- Treasurer, Priscilla Fry (Grand Junction, 2008)

Thank you for your tireless leadership and selfless dedication to the VSA.





I CENSON CHEENE MOW

- A song about hope and courage, I Can See Clearly Now was written after Johnny Nash moved to Jamaica. There, Bob Marley & The Wailing Wailers introduced Nash to the music scene.
- The song is a beautiful expression of the joy that comes after overcoming adversity.
- This a cappella arrangement overflows with triumph and exhilaration.



Smiles from Amazon

AmazonSmile has made a charitable donations to the **Valley Symphony Association**, in the amount of \$378.27 (over the years) as a result of qualifying purchases made by you.

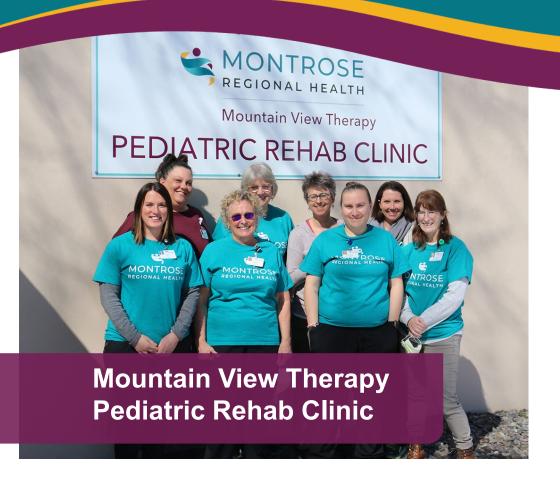
Shop at AmazonSmile (smile.amazon.com), you'll have the same experience as when you shop at Amazon (amazon.com), with the added bonus that Amazon will donate a portion of the purchase price to the VSA. Choose "Valley Symphony Association" as your chosen charity and start shopping!



We are the champions

About the song, writer and overall music magician Freddie Mercury says, "I was thinking about football when I wrote it. I wanted a participation song, something that the fans could latch onto. Of course, I've given it more theatrical subtlety than an ordinary football chant. I suppose it could also be construed as my version of I Did It My Way. We have made it, and it certainly wasn't easy. No bed of roses as the song says. And it's still not easy."





March is National Developmental Disabilities Awareness Month!

Our incredible MVT Pediatric Rehab Clinic caregivers are proud to offer a wide variety of services for children in our communities, including occupational therapy, physical therapy, and speech therapy.

Bronze Sponsors

Hellman Chevrolet Buick
Marie Heroux
Michael & Sandy Kern
Robin & Gretchen Nicholoff
Tara's
Taylor Funeral Home





Chorus Section Underwriters

- Conductor: Mary Corboy
- Soprano 2: Hendrika (Ricky) Cegielski
- Alto 2: Sprague Mayger & Priscilla Fry
- Tenor 1: Anna B. Strong Foundation
- Tenor 2: Lana & Dr. Sam Kevan
- Bass 1: The George Miller Family
- Bass 2: In Memory of Aron Cegielski











DANCING THROUGH TIME, FEATURING LIVE PERFORMANCES!

APR 23, 2022 | 7:30PM | APR 24, 2022 |

About Our VSA Musicians

To learn more about our VSA musicians, visit: ValleySymphony.org

Then go to:
About Us/Orchestra/Meet the Members



Come and Join the Chorus!

Have a song in your heart? Join the VSA Chorus!

Mark your calendar to audition for Season 51 on Thursday, August 11, 2022!*

VSA Community Chorus members perform at the *Pops in the Park* concert on September 10.

VSA Chorus members perform at ALL Season 51 concerts.

*Details at ValleySymphony.org (go to About Us/Chorus/Auditions & Rehearsals)





Share Our Facebook Posts

Help us get the word out! Here's how to share a post!

- 1. Go to the page or post on our Facebook page that you'd like to share.
- 2. Just below the post, you'll see the share arrow.



- 3. Click the audience selector below your name and who you want to send it to.
- 4. Click the names of your friends with whom you want to share the page or post.
- 5. Finally, click Post.





Rippie

- Features VSA Men
- Robert Hunter and Jerry Garcia offer us lyrics that span religions, philosophies, cosmic wisdom, peace, and a nod to the darkness that all of us experience in a human life.
- Can you find the haiku in the chorus?
- This is a meditation on the power of music, that the act of putting music into the world is a selfless, sometimes lonely act of faith, straight out of the deep hope that the world is better for





Individual Musician Underwriters

C&N Storage and David Pertz

Cello: Beth Pertz

Anonymous

Cello: Martha Ditto







February 2022 Concert Memories











maring the music possible

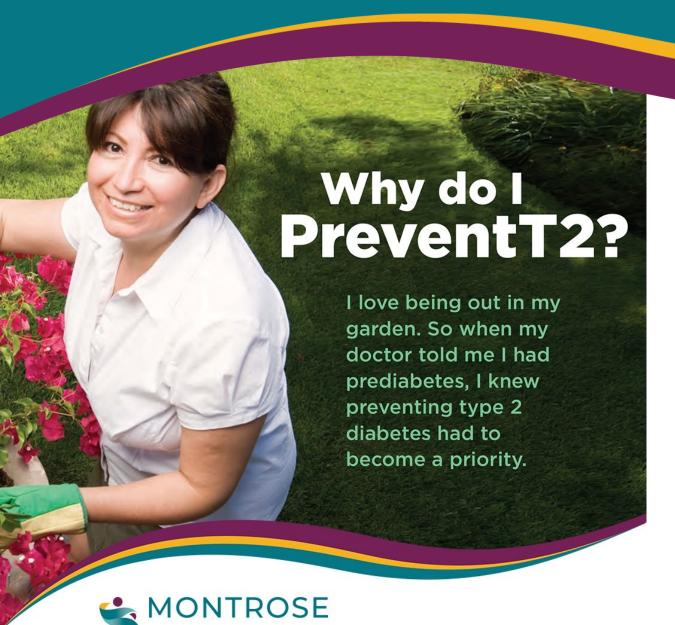
February 2022 Concert Memories







merine wasie possible



Type 2 Diabetes Lifestyle Change Program

Learn More at MontroseHealth.com/PreventT2

Right down the line

- Features VSA Women
- This Lucius cover of Gerry Rafferty's original song is a unique twist on the original love story.
- In this version, the women of the VSA ask you all to think about women who have been there for you, right down the line.
- For the women who have been "as constant as a Northern Star," who "believed in me through my darkest night," we celebrate you, and we encourage you to give them a call, or perhaps, share this song.



Our Musicians

Who performs in the VSA Orchestra and Chorus?

- They are teachers, parents, neighbors, students.
- They have jobs. They have children. They have homes and schedules and commitments.
- They teach at local colleges, high schools, middle schools, and elementary schools. They work in business, the arts, and health care.



seerborough Feir

- Based on a 1600s Scottish folk ballad about sending a woman to perform an impossible task, Paul Simon learned the song from the MacColl and Seeger songbook. He and Art Garfunkel then set it in counterpoint with a reworking of Simon's anti-war song, The Side of a Hill.
- Listen for an echo of those complex parts from the original song in this <u>stunning</u> (and super-challenging) a cappella arrangement by Randy Jordan.
- Creative, gorgeous, and wheel-like, each section takes turns with melody, harmony, and accompaniment.





Meet the Musicians

Bonnie Horn Koehler



Bonnie Horn Koehler

Since 1988, Bonnie sang with various choral groups that joined the orchestra in 2002 to become the Valley Symphony Association. "We sang the full Messiah every other year, wore white shirts and dark pants/skirts, and each bought our own copy of the full score."

To read more about Bonnie and other musicians, visit ValleySymphony.org/AboutUs

Listen to the music

• Tom Johnston of the Doobie Brothers says it best: "The chord structure of [Listen to the Music] made me think of something positive, so the lyrics that come out of that were based on this utopian idea that if the leaders of the world got together on some grassy hill and...just listened to the music...the world would be a much better place. It was very utopian and very unrealistic (laughs). It seemed like a good idea at the time."







Early Blood Draws & Health Fair events will be held August 2022!

Check MontroseHealth.com for updates

We're Moving for the Music!

Help us raise \$10,000 to provide our musicians with instruments and music scores they need to play and sing right back at you

during our upcoming 51st season.

Saturday, 8/6/22, 8am-12pm
Cerise Park, Montrose CO
To run, walk, or volunteer:
ValleySymphony.org (Support Us/Donate)





Join the Valley Youth Orchestra



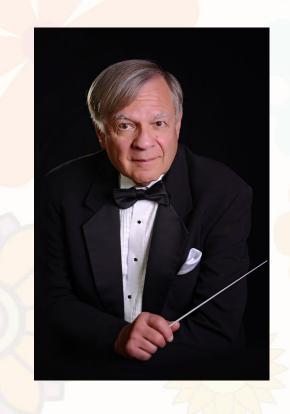
Calvary Chapel in Montrose (free)

Let's Celebrate!

We'll conclude our 50th season with a flourish—and a farewell—as we honor long-time VSA Orchestra Conductor Michael Kern in his final performances with the VSA Orchestra.

Mike has announced his retirement; please join in the celebration at our spring orchestra concert!

Let's Dance! Sat 4/23/22 7:30pm Sun 4/24/22 3pm





Final Season 50 Concert



Let's Dance

Sat, 4/23/22 • 7:30 pm

Sun, 4/24/22 • 3 pm

Featuring live dancers!

