

# Airdrie Community Choir Presents

## I Cantastorie: A Collection of Musical Tales



Special Digital Concert Program

# Special Digital Concert Program

A Long Journey... _____	2
A Triumphant Return. _____	3
Storytelling Comes Alive! _____	4
I Cantastorie: A Collection of Musical Tales _____	5
A Story of Love _____	8
Special Guests _____	12
With Love and Thanks... _____	13
Beat As One... _____	15

# I CANTASTORIE: A COLLECTION OF MUSICAL TALES

## A Long Journey...

In March of 2020 we were 1 week away from festival season, and well on our way to our spring concert where we were happily celebrating our 35<sup>th</sup> season. When the COVID-19 pandemic grew in Alberta, and Canada, we were forced to stop our season and were left wondering when we would be singing again.

The Airdrie Community Choir, like other arts organizations, strived to continue providing arts exploration during the pandemic. The board of directors were quick to jump into action and were planning multiple scenarios and possibilities. We were fortunate to create 8 virtual projects and were proud to share them through social media. These included Mark Sirret's arrangement of "After the War", Eric Whitacre's "Glow", Steve Zegree's arrangement of "Christmas Time is Here" from *A Charlie Brown Christmas*, Andy Back's "Count The Stars", Mac Huff's arrangement of Carole King's "You've Got a Friend", Paul Langford's arrangement of the Beatles classic "Long and Winding Road", Jay Althouse's arrangement of the pop hit "Put a Little Love In Your Heart", and Greg Gilpin's "Awaken The Music". Through this work we were able to continue offering choral arts for the city of Airdrie, surrounding communities, and even around the world. Our choir family grew to include voices from past choristers, new choristers, and first-time choristers. We sang Although we were not in-person, we were still able to make beautiful music together, but we were missing the time we spent with each other.

In the summer of 2021, we were given hope that programming in the fall would likely be able to be in-person again, and the planning began! Work started on figuring out how to safely continue following proper health protocols. Music was ordered and sorted, registrations were handed in, chairs were separated, hand sanitizer stations were set-up, and after a long 18 months, the Airdrie Community Choir began our 37<sup>th</sup> season on September 13, 2021 with an IN-PERSON rehearsal!

# I CANTASTORIE: A COLLECTION OF MUSICAL TALES

## A Triumphant Return.

September 13, 2021. A night that will be remembered. It was an overwhelming night filled with joy and happiness as we were finally able to be in the same room again making music. We were a smaller crew this time, but the fun, love, and exciting energy filled each space in the room. As we looked around the room we noticed some new faces that had joined our family, and we recognized that some familiar faces were not there with us. As we began looking through our music we knew that there would be a lot of work ahead, but we were ready to get to work!

In the fall we were still faced with public health regulation changes and policies. Together we worked hard to make sure that choristers had a virtual option for still being in rehearsal when they needed to stay home, we had amazing choristers take stepped up to accompany and direct in the absences of Lori and Justin, and our board of directors was working harder than ever to ensure that everything kept moving forward.

In November of 2021 we realized that our normal Christmas festivities would need to be altered. We teamed up with Taylor Sound Productions, and Chad Dudley Graphics & Design to produce our first ever virtual concert. Our choristers were recorded live on December 6. On December 17, 2021, *Coming Home For Christmas: A Virtual Christmas Concert* was released. It was viewed in 6 different countries, along with numerous families, friends, and supporters. This project helped us raise money towards the Airdrie 1<sup>st</sup> Club. Although we were unable to celebrate with our usual gang of guest choirs, this heartfelt project filled us with Christmas cheer!

Although most of our Christmas activities were cancelled, we were delighted to be invited to perform once again at the Airdrie Festival of Lights on December 13. We had a small audience, but the magic of Christmas was alive, and it was such a treat to be able to walk through the magical and colorful display after missing it in 2020.

(In the spirit of 'Twas the Night Before Christmas...)

*Justin and Lori shared a Merry Christmas hug,*

*While the board took a short nap, after the hard work they had done.*

*The choristers went home wrapped in harmonious love.*

*And after the festive season, they returned for more fun!*

# I CANTASTORIE: A COLLECTION OF MUSICAL TALES

## Storytelling Comes Alive!

In late January of 2022 the choir faced another challenge. With the concerns surrounding the newer variants of COVID-19, we made the decision to begin our 2<sup>nd</sup> half of the season working from home. While Justin and Lori gathered at the church in the sanctuary, the choir was tuned in through zoom meetings for our rehearsals. We spent time working in sections and looking at the more challenging pieces in our folders. We happily shared the news that on February 28 our rehearsals would be back in-person. And the real work began!

The theme of our season this year was all about storytelling. Storytelling as an artform has been around since the dawn of time. Choral music is rooted in harmonious storytelling and uses texts from scriptures, mythology, poetry, pop-culture, historic moments, books, films, and other inspirations. This concert features texts from distinguished poets, indigenous voices, popular music, Broadway musicals, Hollywood films, Canadian composers, and a television theme song that is as popular now as it was in the 80's.

During our concert, we are proud to present *A Story of Love*. This collection of 5 pieces take you through a journey from the earliest moment of that butterfly-feeling, that only lovers know about, to the conclusion of our lovers' journey. We are especially proud of this presentation and we hope that you are captivated by this love story.

Featuring special performances, we hope that you enjoy this journey in storytelling through this collection of tales. As you read through the list of pieces, we invite you to discover the stories behind the songs, as well as some chorister reflections that were shared during our concert.

With thanks to Taylor Sound Productions, an audio recording of the Airdrie Community Choir pieces will be available on CD and digital music markets later this year. For more information, please visit [www.airdriecommunitychoir.org](http://www.airdriecommunitychoir.org)

# I CANTASTORIE: A COLLECTION OF MUSICAL TALES

## I Cantastorie: A Collection of Musical Tales

### CONCERT PROGRAM

#### *The Gift*

Written by Russell Wallace.

*The Gift* is a song of gathering. It symbolizes the coming together of community and preparing a feast, and sharing the gift of traditions and knowledge. The text is not of any language. It is based on aboriginal vocables from the western part of North America.

#### *Awaken the Music*

Written by Greg Gilpin.

Clearly a favorite amongst many of our virtual participants, *Awaken the Music* symbolizes a return to community, acknowledges the journey we have made, and what we achieved, and awakens the music in all of us as we joyfully come together once again.

#### *All is Full of Love*

Written by Björk, and arranged by J. David Moore.

"All Is Full of Love" is a Björk song from her third studio album, *Homogenic* (1997). The song's lyrics were influenced by the themes of spring love and the Norse mythology figure Ragnarök. To begin, "You'll be given love/You'll be taken care of/You'll have to trust it" is a promise of protection and care. As Björk sings, "You just ain't receiving / Your phone is off the hook / Your doors are shut," the song takes on a more accusatory tone, although she acknowledges that "love is all around you" as she sings, "You just ain't receiving." Björk's vocals, singing the lyric "All is full of love" in counterpoint with herself, have a melodic impact on this.

*"I hate to admit, I didn't care for at first. Through the process of note-bashing, I found it lyrically and musically repetitive and boring, and it didn't seem to be saying much. But please, don't let MY initial reaction taint your experience of this piece!*

*Once we began adding musicality and dynamics, it suddenly came alive for me. This piece, which will strike something different in each of us, must be not only heard, but also felt in your heart.*

*We share several stories of romantic love. But for me, this piece paints some different colours of love. Not just the sweet, and mushy kind. But love, like life, has its own subtle ebb and flow. True love is sometimes painful. Sometimes devastating.*

# I CANTASTORIE: A COLLECTION OF MUSICAL TALES

*Sometimes it is in our darkest hours that we find the strangely beautiful love that,  
in some form or another, is always all around us.*

*As you allow this piece to wash over you,  
hear the subtle ebb and flow of all the colours of love.”  
-Trudi*

## *In Flanders Fields*

Poem written by Canadian physician [Lieutenant-Colonel John McCrae](#).

Choral arrangement by Roger Emerson.

Canadian physician Lieutenant-Colonel John McCrae was moved to write this poem while officiating at the funeral of a friend and fellow soldier, Lieutenant Alexis Helmer, who died during the Second Battle of Ypres. Members of McCrae's unit discovered the poem after he dumped it because he was dissatisfied with his work. As of December 8 of that year, "In Flanders Fields" had been published in the London magazine Punch. The English-speaking world refers to the World War I battlefields in Belgium and France as "Flanders Fields."

To commemorate troops killed in combat, the red poppy, a nod to the crimson poppies that once grew on their coffins, is widely recognized as one of the most evocative memorial symbols around the world, along with the reciting of this recognized piece of poetry.

*Whenever we hear the words of Lieutenant Colonel John McCrae's poem "In Flanders Fields" we  
remember.  
Grandfathers  
Fathers  
Sons and Daughters  
Grandchildren  
The torch has been passed.  
The torch IS being passed.  
We will not forget.  
We will not break faith.  
We will never renege on this promise.  
-Jana & Liz*

## *Klee Wyck*

Written by Brian Tate.

Klee Wyck is an homage to the great West Coast Canadian painter Emily Carr. The composition strives to evoke the wonder and mystery of the natural world: the rainforest, the ocean, and the sky.

*“Klee Wyck.  
That seems like an odd name for a song about forests and whales, and rivers and ravens.  
West coast people would no doubt understand.*

## I CANTASTORIE: A COLLECTION OF MUSICAL TALES

*This song also describes painting and canvas, but not just any painter.*

*Klee Wyck was written as a tribute to Emily Carr, a famous Canadian landscape artist from the west coast.*

*She was born in 1871 in Victoria, BC., and spent most of her career visiting with west coast natives.*

*The Ucluelet named her Klee Wyck, which means 'laughing one', and she used the title for her first memoir, which was awarded the Governor General's Medal in 1941.*

*Carr had a heart attack in 1937 and gave up painting to concentrate on writing.*

*She died in 1945 at the age of 73.*

*This piece was composed by Brian Tate, a well-known choral composer, arranger, and conductor, also from the west coast."*

*-Carmi*

### *Thank You For Being A Friend*

Words and Music by Andrew Gold.

Choral arrangement by Greg Gilpin

Written in around an hour, this piece was considered by Gold to be a throwaway piece of music that would never see much attention. Despite this, the song reached the #25 spot on the Billboard Hot 100 list. That was 1978. Fast forward to September 1985, and with the new fall TV shows starting, this song rose to even bigger acclaim when it was the theme song used for NBC's classic comedy, *The Golden Girls*. Since then the song has been a staple for many compilation albums and award show soundtracks.

*"Many will remember this next song from a TV show from several years ago. We all know that Friendships can range from the spectrum of mere acquaintances, to our true friends...our ride or die buddies. As the years pass, and we hopefully develop some wisdom, we appreciate our friends more and more.*

*For example, I started singing in this choir as a way to stay in touch with a good work friend and I can't imagine not seeing Lisa every week.*

*As the COVID-19 pandemic winds down,*

*I think all of us appreciate our friends even more than we ever thought possible.*

*As a choir we are so happy to be able to perform again for all our friends and family again. So welcome back... ..and Thank you."*

*-Janice*



# I CANTASTORIE: A COLLECTION OF MUSICAL TALES

## A Story of Love

*Storytelling has been an artform since the dawn of time. Many stories of fantasy or mystery capture audiences with thrilling tales. Scripture and mythology take audiences to some of the most sacred places that only our minds can imagine. But of all the different types of stories, one of the most recognizable genres of storytelling is the story of love. We are proud to share with you tonight a collection of 5 pieces of music that, on their own, give elegant glimpses of romance, love, and commitment. Together, they tell the story of a young couple, and their journey together.*

*We have included the poems used in these pieces for you to enhance this journey.*

*-Justin Macosky*

### I. *A Summer Night, And You, And Paradise*

Text by Garrison Keillor, from “Prelude (Here on a Summer Night)”

Music by Benjamin Kornelis.

Soloist: Andrew Kemp

*"A Summer Night, and You, and Paradise" opens our love story, with an imagining of young lovers under a starry sky, probably early in their relationship. Think back to your own younger days and the magic of a warm summer evening spent with someone special. It is a love poem written by Garrison Keillor, and set to music by Benjamin Kornelis, an accomplished American composer.*

*I was intrigued that the poem was written by Mr. Keillor, as in my mind he is more well-known as the droll storyteller, the host of Minnesota Public Radio's "The Prairie Home Companion", and the author of many books about the fictitious town of Lake Wobegon, than as a writer of poetry. I grew up in a largely Scandinavian community, so his wit hits close to home!*

*This was a challenging piece for us to learn, especially since we learned our separate parts on Zoom, and didn't practice as a whole group until Mid-March." -Velma*

#### “Prelude (Here on a Summer Night)”

*Here on a spring night in the sweet grass smell,  
Drunk on the crickets and the starry sky,  
Oh what lovely stories we could tell  
With all these bright stars to tell them by.  
A spring night, and you, and paradise,  
So lovely and so full of grace,  
Above your head, the universe has hung its lights,  
And I reach out my hand to touch your face.  
I believe in impulse, in all that is green,  
Believe in the foolish vision that comes true,  
Believe that all that is essential is unseen,  
And for this lifetime I believe in you.  
All of the lovers and the love they made:  
Nothing that was between them was a mistake.*

*All that we did for love's sake,  
Is not wasted and will never fade.  
All who have loved shall be forever young  
And walk in grandeur on a summer night  
Along the avenue,  
They live in every song that is ever sung,  
In every painting of pure light,  
In every pas de deux.  
Oh love that shines in every star  
And love reflected in the silver moon.  
It is not here, but it's not far.  
Not yet, but it will be here soon  
-Garrison Keillor*

# I CANTASTORIE: A COLLECTION OF MUSICAL TALES

## II. *Kala Kalla*

Mov. II from *5 Hebrew Love Songs*  
Written by Eric Whitacre

*"As our young lovers continue on their journey of love, we are swept into their adoration for one another. A song of love signifies that this journey is only the beginning. Kala Kalla is the second movement from acclaimed choral composer Eric Whitacre's collection, 5 Hebrew Love Songs. He wrote the piece as a wedding present to his wife, who speaks Hebrew. His love for her, and his desire to be more in sync with each other is heard through the suave and lyrical opening. The response of giddy excitement is felt as back and forth our couple's love grows and intertwines with each other in a symbol of cherished love. The text of this piece is translated to the following: Light bride, she is all mine. And gently she will kiss me." -Robin*

## III. *I Carry Your Heart With Me*

Text by E.E. Cummings  
Music by John Woods Duke.  
Sung by special guest Helayna Moll  
Accompanied by Alison Crabb

*"One of E. E. Cummings's most well-known love poems, I carry your heart with me (i carry it)," was published in 1952 and quickly became a hit. The speaker has a strong emotional bond with an unnamed lover, and he dedicates the poem to them, implying that their relationship has permeated everything in his life. As our couple makes their way to the altar, they share their love and affection for one another in the sharing of their vows. Vows are the promises shared between 2 lovers, and when we are special enough to witness these promises we can truly hear the commitment and share in the joy of such a happy union." -Justin*

[i carry your heart with me (i carry it)]

*i carry your heart with me(i carry it in  
my heart)i am never without it(anywhere  
i go you go, my dear; and whatever is done  
by only me is your doing, my darling)*

*i fear*

*no fate(for you are my fate, my sweet)i want  
no world(for beautiful you are my world, my true)  
and it's you are whatever a moon has always meant  
and whatever a sun will always sing is you*

*and the sky of the sky of a tree called life; which  
grows  
higher than soul can hope or mind can hide)  
and this is the wonder that's keeping the stars apart*

*here is the deepest secret nobody knows  
(here is the root of the root and the bud of the bud*

*i carry your heart(i carry it in my heart)  
-E.E. Cummings, 1950*

# I CANTASTORIE: A COLLECTION OF MUSICAL TALES

## IV. *Love: Then & Still*

Text by Charles Anthony Silvestri

Music by Susan Labarr.

Soloist: Carly Lapainis

*"As time goes on, lives are changed. Loves constant motion through peaks and valleys become more evident as our couple reflects back on the days their love first began, and on what twists and turns they have encountered. Love: Then & Still is a poem written by Charles Anthony Silvestri. It speaks of a union of sweet harmony in reflection and admiration. As our couple grows into a family, we are reminded of the joys that come from love. But as the joys in our lives are reminders of happiness, there are also times of great strife and heartache. Our family goes through the trials of loss, and together they must overcome. When tragedy invades our happiness, it can feel like an unending struggle. Renowned American choral composer Susan Labarr sees it like this: "Through loss, love remains. It was present then, and it is still. As time passes, wounds heal, and the scars remind us what was, and what yet may be." -Velma*

### Then & Still

*We were married in late September,  
Among the changing leaves;  
Crimson banners in the courtyard  
Heralding our union.  
We were so happy, then.*

*The music we shared brought us together,  
A duet most unlikely.  
Work and home and son and daughter,  
Busy in joy and love.  
How simple it seemed, then.*

*Our little family of four?  
A spectre came and dwelt among us,  
And robbed us of our joy.  
And then, we were only three.*

*But time has passed, and wounds have healed,  
Leaving scars behind;  
But scars, like talismans, remind us  
What was, and what yet may be,  
That we loved, and love you, still.  
-Charles Anthony Silvestri*

*But who could have known what fate awaited*

## V. *I Loved You*

Text by A.S. Pushkin

Music by Jay Rouse.

*"No two love stories are the same. Some endings are complete while others are only conclusions of chapters in life. As we conclude our love story, our once happy couple simply cannot overcome the struggles that have broken into their lives. But even though this love story ends, there is still hope.*

*"I Loved You" uses the text of Russian poet Aleksandr Pushkin, who wrote much of the romantic narrative poetry. He was considered the leading Russian poet of the day, and although he died at the age of 37, he is credited as being among the greatest poets of the 1800's.*

## AIRDRIE COMMUNITY CHOIR RETURNS!

*Translated by Babette Deutsch, and put to music by Jay Rouse, this piece weaves together a sweeping romantic melody that highlights the love that once was, with the hope of new love in the future.*

*"I loved you, and perhaps I love you still. God grant you find another who will love you as tenderly and truthfully as I."*

*These are the words shared between our lovers as this story reaches the end of a chapter in their lives. Although it might not be the happily ever after ending many romantics might wish for, the realization of love that once was, and love that is still yet to be." -Robin*

Я вас любил - *Ya vas lyubil* (I Loved You)

A. S. Pushkin

*Я вас любил: любовь ещё, быть может,  
В душе моей угасла не совсем;  
Но пусть она вас больше не тревожит;  
Я не хочу печалить вас ничем.  
Я вас любил безмолвно, безнадежно,  
То робостью, то ревностью томим;  
Я вас любил так искренно, так нежно,  
Как дай вам Бог любимой быть другим.  
-Original Cyrillic Text*

*I loved you; and perhaps I love you still,  
The flame, perhaps, is not extinguished; yet  
It burns so quietly within my soul,  
No longer should you feel distressed by it.*

*Silently and hopelessly I loved you,  
At times too jealous and at times too shy.  
God grant you find another who will love you  
As tenderly and truthfully as I.  
-Translation by Babette Deutsch*

## Special Guests

We have been so fortunate to share our stage with some incredibly talented youth over the past few years. This spring we welcomed a number of guest performers to help us celebrate this return to live concerts. Here are the performances from our guests.

Elaine Liang, piano

*Spring Celebration*

Written by Stephen Chatman

Leah Chan, soloist

*No One Is Alone*, from *Into the Woods*

Originally written by Stephen Sondheim

Accompanied by Shelly Fullerton

Girl Gang, vocal ensemble:

*A Million Dreams* from *The Greatest Showman*

Originally written by Benj Pasek & Justin Paul

Featuring: Jennifer Holgerson, Sophie Forsyth, Kiara Kone, Jorja Rae Wilcox, and Hanna Will.

Directed & Accompanied by Shelly Fullerton

Sarah Taylor, piano

*Claire de Lune*

Written by Claude Debussy

Lucy Zabawski, piano

*With Sweet Lavender*

Written by Edward MacDowell

Bianca Sanders, soloist

*Killer Instinct*, from *Bring it On, the Musical*

Music by Tom Kitt & Lin-Manuel Miranda

Lyrics by Amanda Green & Lin-Manuel Miranda

Accompanied by Becky Sanders

Laura Zabawski, piano

*The Winner Takes It All*

Arranged by Phillip Keveran

## With Love and Thanks...

When we were stopped in 2020 my heart sank. The hours of hard work we had spent preparing for a stellar finish to our 35<sup>th</sup> season felt like they had been thrown away. Boy, was I wrong...

With our return to in-person rehearsals and performances this season I have fallen more in love with the ACC than before (which felt impossible). This season as we looked into the art of storytelling I have discovered that the past 2 years have merely been a chapter in the history of this ensemble.

I owe a huge amount of thanks to many people who have worked hard so that this concert could happen. Frankly, there aren't enough words that can properly show my appreciation, but I will give it a try anyways.

First off, I would like to thank the board of directors from our 2019/2020, and 2020/2021 seasons. When we were forced to stop what we were doing, the board leaped into action and spent time discussing options and looking into resources so that we could continue making music. Their time and hard work gave me the support needed to begin working in a virtual format. Something I had never done. Without that board, I am unsure whether the ACC would have continued during COVID. Instead of seeing the pandemic as a brick wall, they knocked it down with their determination. Some of them even went as far as singing multiple parts in some pieces to fill the gaps we encountered. After getting to work, they continued to support and encourage more projects and more opportunities to keep making music. We were able to make 8 virtual choir productions in 18 months. Each one getting better and better. With exceptional leadership from Leslee Sanderman, our 36<sup>th</sup> season (or as I like to call it, season 35 ½) was the most challenging season yet. At no point in those 18 months were we together in the same room making music. Not once. And yet, the musicality of the projects still makes my heart glow when I hear them.

Secondly, I wish to say a huge thanks to the board of directors for the 2021/2022 season. Season 36 might have been a challenge, but coming back to in-person rehearsals, while a worldwide pandemic is still active, was no easy feat. They have devoted a huge amount of time, energy, focus, concentration, and care to ensure that while we returned, the overall mission was to ensure chorister safety. This meant that at times, meetings had to be thrown onto zoom just hours before rehearsals, last minute cancellations, ensuring that all protocols were being followed, and more. This is above and beyond their normal duties, which also had to continue. They are one of the hardest working volunteer groups I have had the privilege to work beside.

## I CANTASTORIE: A COLLECTION OF MUSICAL TALES

I now wish to thank our outstanding accompanist, Lori Dumont. Lori breathes a fun and exciting energy when she comes to rehearsals. She is such an amazing teammate and I am constantly in awe of her ability to make each piece we sing sound different. While we were doing our virtual projects, Lori and I were not able to work together. I missed our laughter and talks about science and movies and books and funny stories and hugs and... all of it! I was so happy to see her bright and smiley (although masked) face. We jumped right back into the swing of things, and I am truly grateful for her.

I want to send thanks to Taylor Sound Productions for the outstanding recordings that have taken place. Brad you are a magician at what you do. We could not have had the opportunity to create our virtual projects without your help in taking 30-ish tracks recorded from people's homes and put them together to sound as if they were right next to each other. When we recorded our Christmas concert I was moved by the quality of your work. Thank you for helping us again with our spring recording session. It was such an easy process and I am grateful for that.

Special thanks go out to our incredibly talented youth guest performers for I Cantastorie, Elaine, Leah, Sarah, Jennifer, Sophie, Kiara, Jorja Rae, Hanna, Lucy, Bianca, and Laura. I am constantly impressed by the talents within the youth of Airdrie. The gifts of music you offered us perfectly wrapped our concert with the best of the best. Thanks as well to Shelly Fullerton, Alisson Crabb, Lynne Dalcin, and Lisa Ammirati for your guidance and teaching.

As we were preparing our love story collection, I felt that something was missing but I couldn't quite put my finger on it. Then, I heard about Helayna Moll, and "I Carry Your Heart With Me". Thank you so much Helayna for your elegance and grace with your moving performance of this beloved text. Our love story felt complete with this addition, and it has been a joy to hear you and to share this extra special gift with our audiences.

I also want to thank a few of our supporters. First, the Alberta Foundation for the Arts and their continued support of ACC over the years. We NEED more support for the arts than ever. Thanks to Air 106.1 and the Airdrie City View for your support with promoting our spring concert.

We have been so lucky to have such strong support from the Lutheran Church of the Master. Even during the craziness of COVID they have continued to share this space with us and we are thankful for this long-time partnership.

Finally, I thank you! Your continued support of the Airdrie Community Choir has allowed us to continue making beautiful music together. And in return, we share our gifts of music to you now and always.

## Beat As One...

Among the many things that choirs do, great choirs can be seen as a family. When I began with the ACC, I was nervous coming in as an outsider. I quickly understood more than even about how great choirs become when they see each other as family, and not simply fellow choristers.

We have had choristers from all walks of life come into our family. Sometimes choristers need to share great and exciting news. We are there to celebrate with them. Other times choristers come in while struggling. Whether it is hurt, pain, sorrow, or anxiety, we are there as a shoulder to cry on, but more importantly, we are there to hold their hands and lift them back up. I have had a long-time theory that singing together is often one of the best medications for those who are down. Personally, I have experienced the feeling of stress or struggle which then transforms when we are together singing beautiful music. It feels like a weight has been erased. In reality, the support of this family helps ease the load. I think there is a song about that somewhere...

A research study from Sweden suggests that when people are singing together more is happening than just blending voices in artistic expression. When we sing together our heartbeats become in sync with one another. It is as if we are one body. We transcend out of our individual selves and become one in our hearts. We don't lose the quirks that make us unique, but rather we combine them into a mighty force. This force is stronger than any pandemic, any challenge, any triumph, and any doubt.

Each song is just pieces of paper filled with ideas that are in plain black and white. It is only together that we can transform that page into the work of art we envision. The direction acts as the canvas. The accompaniment acts as the outlines. The text acts as the color wheel. The voices act as the paintbrush. Only when each of these is combined can our music act as the paintbrush. I have been truly blessed beyond words when I reflect on the harmonic 'paintings' we have created over the past years, but this season I have come to appreciate this art more than I thought possible.

When I said that our virtual project season was the toughest we faced I was wrong. This season, season 37, has been the most challenging season yet. We were missing some of our family members, we had to weathered many storms, and we worked harder than ever to get to this finish line. And while this season was hard, at the same time, it is one of the most rewarding journeys we have experienced, and definitely one of the most rewarding journeys of my professional career. We did this together. It took each of us to show up and work hard. It took trust. It took courage. It took a family.



# I CANTASTORIE: A COLLECTION OF MUSICAL TALES

I wish to thank each and every chorister that has graced the ACC. For 37 years a harmonic foundation has been supported and tended to with love. Some choristers have chosen different paths on their journey, and others have seen their journeys come to an end. But if you close your eyes and listen carefully, each and every voice can be felt in our hearts when we sing. Each voice acts as the beat of our music. Each voice shines through in the smiles shared while singing. Each voice adds the shimmer in our harmonies. **Each voice tells our story.**

In the words of choral composer Ron Kean, “If not for music, beautiful music, I don’t know where I’d be. For when I’m singing, my spirit can be free”. For me, this message helps defines who I am, and who I will be.

And I will always be grateful...

-Justin Macosky  
Artistic Director and Conductor  
Airdrie Community Choir  
Spring 2022

REGISTRATION FOR OUR UPCOMING 2022/2023 SEASON IS NOW OPEN. IF YOU, OR SOMEONE YOU KNOW IS INTERESTED IN SINGING WITH THE AIRDRIE COMMUNITY CHOIR, PLEASE VISIT OUR WEBSITE AT [WWW.AIRDRIECUMMUNITYCHOIR.ORG](http://WWW.AIRDRIECUMMUNITYCHOIR.ORG), OR SCAN THIS QR CODE ON YOUR SMART DEVICE.

