

SYMPHONY OF THE REDWOODS

FALL 2020
NEWSLETTER

DEAR MUSIC LOVERS, We are well into fall and no lifting of restrictions is in sight. It's easy to feel really down and in a sort of crisis fatigue. There's no easy fix for this and we all have to find out what works for us. Personally, I have found that moving to music (dance, yoga, etc) and outdoor activity like gardening, walking or kayaking really help. Also, spending as much time as possible with people in our "pod". Taking advantage of online sources for great performances like [Metropolitan Opera Company on Demand](#) is another way to lift one's spirit. What do you do? Please email us at symphony@mcn.org and share what you do to keep your spirits up. We look forward to hearing from you.

Hope you enjoy this latest newsletter!

Stay Well, Eva

THE SOR BOARD CONGRATULATES ABIGAIL ROWLAND



Abigail and David

who was married this summer to David Strock. Many of you know Abigail's glorious soprano voice, recently showcased in the 2019 December Opus Chamber Music Series Concert. Abigail moved back to her home town of Fort Bragg last year and joined the SOR Board of Directors in February. She is currently serving

on the Board Development Committee and is in charge of SOR Social Media Relations. We are thrilled to have her on board and we are looking forward to the day when we can once again enjoy her performance on stage.

Please check out Abigail's [Bio](#) and [Facebook page](#).

**Enjoy Dr. Phillip Lenberg's latest
Podcast, Episode II**

TCHAIKOVSKY: The Troubled

Click [Here](#)

MUSIC QUIZ – The Spooky Edition

Francis Rutherford is the author of our second music quiz, the Spooky Edition! (The first one was put together by Eva von Bahr.) The music clips are provided by Tess Albin-Smith. We hope that you enjoy it and that you will not get too scared!

If you dare, click [here](#) to take **The Quiz!**

An Interview with:

KATHLEEN REYNOLDS, FLUTIST

By Eva von Bahr

You hear her beautiful flute solos at almost every symphony concert. She lifts up and carries the orchestra through the most stunning musical passages. Who is she? Here is a short interview with **Kathleen Reynolds**, our principal flutist, conducted over the phone on October 7th 2020.

EvB: When did you start playing with Symphony of the Redwoods?

KR: I started as the regular principal flutist about 6 years ago. Before then, I had come up to the coast several times as a substitute.

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EvB: Where do you live?

KR: I live in Santa Rosa. However my husband and I recently bought a house in Cleone, north of Fort Bragg. We are hoping to spend more and more time there, once my husband retires.

EvB: How did you first hear about SOR and what keeps you engaged in SOR?

KR: I've been a member of the flute section in the Mendocino Music Festival and it was there that I first met many of the SOR musicians. I just loved the people, and felt so at home. When playing with the SOR, there is a closeness and camaraderie not often felt in other orchestras. There is a genuine love of making music together - we are a real team, striving to play our best. I also really enjoy working with Allan Pollack. He raises the bar for all of us and we work harder together. I connect with his energy and relate to his musical interpretations. The community is a big draw as well. I was here for the Labor Day festivities last year and it felt like I was in an Andy Griffith episode!

EvB: What other groups do you play with?

KR: I play principal flute in the Santa Rosa Symphony and the Cinnabar Opera Orchestra. I enjoy playing chamber music with the Santa Rosa Symphony Chamber Players and on the Sonoma State University Faculty Chamber Music Series. And, a favorite ensemble I perform with is the Mendocino Music Festival.

EvB: How has Covid-19 affected you?

KR: Well, everything came to a screeching halt for all of us and I felt very isolated for some time. Not having the motivation of a next concert, I found myself slipping into a funk. Then, in June, I realized I had to pull it together so that I was ready to resume teaching at Sonoma State University, where I am the Flute Professor. This

gave me the motivation to pick up the flute again. I started out for twenty to thirty minutes a day, and eventually moved on to learning pieces that I haven't had time to learn in the recent years. But, it has been a hard time for all musicians.

EvB: Are you able to do any music at the present time?

KR: Yes! I have a full studio of high school and university students that keeps me very busy. In addition, Santa Rosa Symphony is presenting a series of live online concerts. The administration has figured out a way for us,

following all of the Covid guidelines and obtaining extra permits, to perform together. This is a unique experience and I don't know of any other regional orchestra that has managed to do this. The first concert is on October 11th (For more information, please visit [Santa Rosa Symphony's website](#))

EvB: Do you have any advice on how to keep the spirits up during these times? What do you do?

KR: First, I make sure to take breaks from the news. This is very important for my sanity and peace of mind. I also allow myself to do

nothing - to be gentle on myself. I look at what I have accomplished in a day, even if it was just a few tasks, and say to myself, "That's good enough!" I think it is also important to reach out to friends or relatives, at least a couple of times a week. Long walks along the Haul Road trail are also extremely therapeutic. Lastly, I have been going through a lot of music, and when I find an old favorite, I pull it out and play it just for the joy of playing. All this really brings my spirit up. I am indeed grateful that I have an art form to give me fulfillment and joy.



**Please Like
Symphony of the Redwoods'
[Facebook page](#) !**

Did you miss the October 19th KZYYX radio program featuring SOR?



B-Vitamins: Bach, the Baroque and Beyond

on Monday, October 19th, with Russell Piti

Our president, **Eva von Bahr**, was the guest programmer and joined Russell in conversation about Symphony of the Redwoods for the second half of the show.

Please go to [KZYYX Jukebox](#) and select Monday, October 19th at 10 AM for a pleasant listening experience.

