

THE SAINT PAUL
CHAMBER
ORCHESTRA


the river has its destination

Meditation was the focus for composer Ambrose Akinmusire as he wrote his piece, *the river has its destination*. Akinmusire encourages the listener to listen to the breaks in the sound and silences in the music, or rests. The breathing of the musician between musical phrases plays an important part in experiencing the piece.

Try one of the meditation exercises shown in the segment, or try one of the below focus exercises to quiet your mind from distractions.





Sit on the ground and close your eyes. Place one hand on your belly and one hand on your heart. Focus on your breathing.



Stand and slowly tense each part of your body starting from the top- your eyebrows, jaw, shoulders all the way down to each toe. Then, start releasing tension as you move your way back up your body. Focus on your breathing.

While meditating, tune your body into all of your senses and note what you feel, hear, see, smell and taste. After you finish, record your observations here:



Examples may include: "heard a lawn mower", "felt itchy foot", "tasted toothpaste from brushing"...etc

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Tableau No. X

Tyson Davis was inspired by Morse code as he composed *Tableau No. X* for trumpet. Morse Code is a series of short and long sounds that helped people communicate through the Electrical Telegraph System before we had text messages and emails. The short and long sounds corresponded to a key. Try out some Morse code with your friends!

A ● -	J ● - - -	S ● ● ●
B - ● ● ●	K - ● -	T -
C - ● - ●	L ● - ● ●	U ● ● -
D - ● ●	M - -	V ● ● ● -
E ●	N - ●	W ● - -
F ● ● - ●	O - - -	X - ● ● -
G - - ●	P ● - - ●	Y - ● - -
H ● ● ● ●	Q - - ● -	Z - - ● ●
I ● ●	R ● - ●	



First, write your name in Morse code here:



Next, try tapping it on a table or wall!

When you've practiced your name and other short words, try to communicate a message!

Share with a friend and try to decode your messages*!

*If tapping doesn't get your message across, try saying "short" and "long" or "dit" and "dah". When writing, use "/" between words.

Example: =



Did you know?! Composer Tyson Davis wrote this piece as part of a larger series featuring different solo instruments. Each piece features a different solo instrument and showcases their abilities and range. Look up these pieces (Tableau No. I- Tableau No. IX) online and find out which other instruments Davis wrote for. When you've found your answers online,











Write 4 of these other instruments Tyson has written a "Tableau" feature for here:

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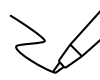
St. Paul's Blues

Dr. Adolphus Hailstork wrote this new piece in the style of The Blues with characteristic slides, bends in pitch and a storytelling style with quick changes in mood. As SPCO flutist Alicia McQuerrey mentioned in her interview, the mood shifts quite a bit in this piece and the improvisational style makes it feel very free flowing. She likened the music at points to a conversation.

Use the touch chart below to follow along with your finger as you listen to the piece with the pictures that best match what you hear:

Can you think of other ways you communicate other than speaking? Circle all of the ways you like to communicate:



Draw or write your own idea below:



 thespco.org/music

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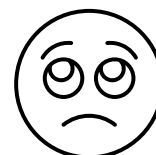
Elegy for Solo Oboe

*Dr. Chen Yi was influenced by the COVID-19 pandemic and her shared Chinese heritage with SPCO's Principal Oboist, Cassie Pilgrim as she composed her latest work. The piece is called *Elegy for Solo Oboe* and explores themes of loss and nostalgic memories.*

In this segment, Cassie Pilgrim reflected on growing up with Chinese heritage and how it shaped her musical journey. She mentioned that her Chinese and American influences growing up in Georgia made her unique and that her family heritage was something she celebrated and looked forward to sharing with other friends at school. **What traditions, music, clothing, food, or songs do you share from your family with friends and neighbors? (Draw or write them below!)**



Do you use music to help you express your emotions? Name a favorite song or style of music you like to listen to when you feel the following emotions:



If you were going to write an elegy (sad song or poem that is used to remember someone/something that is gone now), what would you write it about? Is there something or someone you'd like to honor or remember with music?



Dr. Chen Yi shared that some of her techniques for expression that were written in the piece come through in the way that Cassie plays. The "sigh" on some of the ends of her musical phrases come through as sad "cries". **Does a personal connection help you listen to the piece? When you know more about why someone wrote a piece, does it make it more meaningful?**

