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# Janet Holmes à Court looks back on her tenure on ANAM's board

Janet Holmes à Court AC, a renowned philanthropist and businesswoman and a passionate supporter of the arts, completed her tenure on the ANAM board this year. She has left an indelible mark on the Australian National Academy of Music, with her tenure filled with numerous moments of pride and significant contributions that have shaped the institution's course for the future. Janet's reflections on her time at ANAM provide a window into the impact of her involvement and the vibrant community that she helped foster.

One of the highlights of Janet's tenure has been witnessing the success of ANAM graduates. "Reading the regular updates from ANAM on where graduates are working and what they are doing is most gratifying," she remarked. This sentiment underscores her deep connection to the ANAM community and her pride in seeing its alumni thrive in the music world.

Janet, who also served as chair of the West Australian Symphony Orchestra (WASO), took particular delight in noting the presence of ANAM alumni in Australian orchestras. "I delight in seeing the large number of ANAM alumni who are members of our state orchestras – around 35% at last count!" This statistic is a testament to the quality of ANAM's training and the calibre of its graduates.

Selecting standout concerts from her tenure proved challenging for Janet. However, she fondly recalled spending three days at Abbotsford Convent, where she listened to the 67 new ANAM Set works composed for ANAM musicians in the ANAM Set Festival in 2021. Describing this experience as "extraordinary" she highlighted the creativity and talent nurtured within ANAM, and the important focus on Australian music and culture.

Janet also cherishes personal memories of performances by ANAM graduates. "I well remember Thea Rossen (2016, percussion), Ashley Smith (2010, clarinet), Jared Yapp (2021, viola), and Liam Wooding (2019, piano) with some friends, performing Tan Dun's Water Concerto in my gallery in West Perth," she recalled. These events not only showcased the musicians' skills but also reinforced the sense of community and camaraderie among ANAM alumni.

Her connection to ANAM extended beyond professional boundaries, intertwining with significant personal milestones. "Of course, I could not forget Ashley Smith playing at an event to celebrate my marriage to Gilbert, and Ashley, Shaun Lee Chen (2002, violin) and Mark Coughlan who wowed the crowd at my 70th birthday celebration playing Khachaturian's Trio for violin, piano and clarinet," she reminisced.



Janet Holmes à Court

"Being on the Board of ANAM brought with it the delight and privilege of being able to observe and enjoy the work of the talented Artistic Directors at the helm – first Brett Dean, then Paul Dean, Nick Deutsch and now Paavali – supported by the outstanding staff and faculty led by the inimitable Nick Bailey (with whom I worked previously at West Australian Symphony Orchestra!). It was also a pleasure to have worked such an outstanding group of fellow Directors during my tenure on Board, led first by Ian McRae AO and then John Daley AM. My thanks and congratulations to them all."

As she steps away from the ANAM board, the impact of Janet's contributions continues to resonate within the ANAM community. From her long-term philanthropic support for the position of the ANAM Artistic Director, to her unbridled support for ANAM musicians and alumni community, her legacy serves as an inspiration for future generations of musicians and patrons of the arts. Her contribution has ensured that ANAM remains a beacon of cultural excellence in Australia.

Words by Evan Lawson

Another notable project during Janet's tenure was the "ingenious ANAM Quartetthaus project". This innovative project brought her immense joy, particularly when she saw it constructed in the grounds of the University of Western Australia for the Perth Festival in 2013. "I have the clearest memory of seeing it for the first time in Melbourne – plonked between ACCA and the Malthouse – a plywood box! I thought a bulldozer or piece of farm machinery had been delivered and was waiting to be unpacked. And then the door opened, and we entered – a sophisticated Aladdin's cave – how simple – how spectacular."

Janet's time on the ANAM board has been characterised by her unwavering support for young musicians and her commitment to excellence in Australian music education. Her proud moments, whether witnessing graduates' successes, enjoying extraordinary performances, or celebrating personal milestones with ANAM musicians, paint a picture of a dedicated and passionate advocate for the arts.

# Brett Dean returns to ANAM



Composer Brett Dean

Words by Evan Lawson

Since his last engagement with ANAM, Brett Dean has continued to weave musical magic throughout his compositions. Three such new works are *Music of Memory* (2016), *Confessio* (2019), and *Imaginary Ballet* (2021).

*Music of Memory* stands as a poignant work for string orchestra, honouring three friends and colleagues who passed away in recent years. Dean's approach goes beyond mere memorial; he sought to capture the vibrant essence and energy of these individuals' lives alongside expressing the sadness of their departure. The final movement, *Between the Spaces in the Sky*, serves as a requiem for Richard Hickox, the esteemed British conductor and former Artistic Director of Opera Australia, whose premature passing deeply impacted Brett.

In contrast, the opening movement, *Angels' Wings (Music for Yodit)*, originally a piano piece, pays homage to Yodit Tekle, an Eritrean refugee who made her mark in the UK before her untimely death from cancer. This movement unfolds as a slow, floating chorale enriched by delicate violin solos, symbolising the flutter of angels' wings.

The middle movement, *György Meets the Girl Photographer*, channels a rhythmic, Eastern European dance in tribute to Betty Freeman, a vibrant arts philanthropist from Los Angeles known for her feisty spirit and significant impact on the arts scene. Inspired by her legendary encounter with composer György Ligeti, this movement reflects Brett's playful yet respectful exploration of their dynamic personality.

*Confessio*, a solo piece for bass clarinet composed from material from his highly successful opera *Hamlet*, offers an introspective monologue portraying Hamlet's uncle, Claudius, reflecting on guilt and the consequences of his actions. This composition showcases Brett's ability to delve into complex psychological themes with nuanced musical expression. *Hamlet* has had a number of successful productions in the world's great opera houses – Glyndebourne, The Metropolitan Opera in New York, and at the Sydney Opera House with Opera Australia in July 2024.

His *Imaginary Ballet*, originally composed for piano and strings, emerged during the pandemic era, capturing a suite of energetic, dance-like movements intertwined with moments of quiet introspection. Titles like *Obsessions*, *Stretto Dance*, and *Skittish* reveal rhythmic vitality and emotional depth amidst global uncertainty.

As ANAM's audience, familiar with Brett Dean's contributions, continue to appreciate his artistic evolution, each composition—whether commemorating friends, exploring Shakespearean themes, or embracing dynamic musical forms—underscores Brett's mastery in blending technical brilliance with profound emotional resonance.

Experience these works across two performances this August, as part of Brett Dean's residency.

## IMAGINARY BALLET

Wednesday 21 August 3pm

**LISZT** *Nuages gris*  
**B DEAN** *Faustian Pact (Hommage à Liszt)* (Australian Premiere)  
**B DEAN** *Confessio*  
**B DEAN** *Imaginary Ballet*

**Brett Dean** director/viola  
**ANAM Musicians**

**Venue** Rosina Auditorium, Abbotsford Convent

**Tickets** from \$20

**Bookings** [anam.com.au](http://anam.com.au) or 03 9645 7911

*This performance also includes a post-performance discussion with Brett Dean, hosted by Evan Lawson*

## ANAM ORCHESTRA WITH BRETT DEAN & STEFANIE FARRANDS

Saturday 24 August 7pm

**B DEAN** *Music of Memory* (Australian Premiere)  
**B DEAN** *Imaginary Ballet*  
**BERLIOZ** *Harold in Italy*

**Brett Dean** director/viola  
**Stefanie Farrands**\* viola  
**ANAM Musicians**

**Venue** Rosina Auditorium, Abbotsford Convent

**Tickets** from \$30

**Bookings** [anam.com.au](http://anam.com.au) or 03 9645 7911

*Brett Dean's Artistic Residency at ANAM is supported by Peter Jopling AM KC and Richard Parker*

*\*courtesy of the Australian Chamber Orchestra*



# What's on August – September

## ANAM MASTERCLASS: JAKUB JAKOWICZ

Thursday 1 August 10.30am

*Repertoire and musicians to be advised*

### ANAM Violins

Jakub Jakowicz violin

Venue Rosina Auditorium, Abbotsford Convent

Tickets All tickets \$15 (ANAMates free)

Bookings [anam.com.au](http://anam.com.au) or 03 9645 7911

ANAM Masterclasses are supported by the Robert Salzer Foundation

## THAT MOMENT IN TIME

Friday 2 August 7pm

DEBUSSY 12 Etudes

STRAVINSKY Concerto for Piano and Wind Instruments

SCHOENBERG arr. WEBERN Chamber Symphony, op. 9

Paavali Jumppanen (ANAM Artistic Director) director/piano

### ANAM Musicians

Venue Rosina Auditorium, Abbotsford Convent

Tickets from \$20

Bookings [anam.com.au](http://anam.com.au) or 03 9645 7911

## SUBLIME STRING QUINTETS

Tuesday 6 August 7pm

MALISZEWSKI String Quintet, op. 3

LUTOSŁAWSKI *Subito*

LUTOSŁAWSKI *Epitaph*

LUTOSŁAWSKI *Bucolics*

LUTOSŁAWSKI *Dance Preludes*

SCHUBERT String Quintet in C Major, D. 956

Jakub Jakowicz director/violin

### ANAM Musicians

Venue Rosina Auditorium, Abbotsford Convent

Tickets from \$20

Bookings [anam.com.au](http://anam.com.au) or 03 9645 7911

*Jakub Jakowicz's Artistic Residency at ANAM is supported by Meredith Baldwin*

## MOSTLY MOZART: MAGNIFICENT MINOR

Friday 9 August 11am

BACH Double Violin Concerto in D Minor, BWV 1043

MOZART Symphony No. 40 in G Minor, K. 550

Sophie Rowell (ANAM Head of String Chamber Music) director/violin

Jakub Jakowicz director/violin

### ANAM Orchestra

Venue Elisabeth Murdoch Hall, Melbourne Recital Centre

Tickets Standard \$49 | Concession \$42

Bookings [melbournerecital.com.au](http://melbournerecital.com.au) or 03 9699 3333

*Jakub Jakowicz's Artistic Residency at ANAM is supported by Meredith Baldwin*

## ANAM RECITALS

### PETER GJELSTEN

Tuesday 13 August 11am

*Repertoire to be advised*

Peter Gjelsten (NZ) violin

Daniel Le (ANAM Associate Faculty) piano

### OKLEY PAUL

Tuesday 13 August 1.30pm

*Repertoire to include:*

J HEILBRON *That I Might Know, That I Might Know\**

Oakley Paul (WA) double bass

Daniel Le (ANAM Associate Faculty) piano

### NATALIE MAVRIDIS

Tuesday 13 August 4pm

*Repertoire to include:*

H TAYLOR & J ROSE *Ilparpa Road 2.3.2023 / Arltunga 2023\**

Natalie Mavridis (NSW) violin

Berta Brozgul (ANAM Associate Faculty) piano

### LIAM PILGRIM

Wednesday 14 August 1.30pm

*Repertoire to include:*

L SKIPWORTH *Villanelle\**

Liam Pilgrim (NSW) violin

Daniel Le (ANAM Associate Faculty) piano

## SOUNDBITE 2: QUARTET FOR THE END OF TIME

Thursday 15 August 11am

MESSIAEN *Quartet for the End of Time*

Dario Scalabrini (QLD) clarinet

Louise Turnbull (VIC) violin

Reuben Johnson (QLD) piano

Ariel Volovelsky (NSW) cello

Venue Rosina Auditorium, Abbotsford Convent

Tickets from \$20 (ANAMates free)

Bookings [anam.com.au](http://anam.com.au) or 03 9645 7911

## ANAM AT BELEURA HOUSE AND GARDEN 3

Thursday 15 August 1.30pm

BRAHMS Horn Trio in E-flat Major, op. 40

B DEAN *Imaginary Ballet*

Christopher Moore (guest artist) director/viola

### ANAM Musicians

Venue Tallis Pavilion, Beleura House and Garden, Mornington VIC

Tickets Standard \$58 | Concession \$53

Bookings [beleura.org.au](http://beleura.org.au)

*Presented in partnership with Beleura House and Garden*

## ANAM RECITALS

### PO GOH

Friday 16 August 11am

*Repertoire to be advised*

Po Goh (VIC) piano

Leigh Harrold (ANAM Associate Faculty) piano

### CALEN LINKE

Friday 16 August 1.30pm

*Repertoire to include:*

M YOUNG *The Linke Between\**

Calen Linke (WA) horn

Aidan Boase (ANAM Associate Faculty) piano

### LIAM FREISBERG

Friday 16 August 3.30pm

*Repertoire to include:*

L CHENEY *Hush\**

Liam Freisberg (QLD) violin

Louisa Breen (ANAM Associate Faculty) piano

Venue Rosina Auditorium, Abbotsford Convent

Tickets Standard \$10 (ANAMates free)

Bookings [anam.com.au](http://anam.com.au) or 03 9645 7911

## ANAM AT MCCLELLAND GALLERY

Sunday 18 August 2pm

BYRD arr. DISHINGER *The Earle of Oxford's Marche*

T JONES *The Hierophant*

EWALD Brass Quintet in B-flat minor, op. 5

TRAD arr. HUDSON *Danny Boy (Londonberry Air)*

ROSSINI arr. WEST 'Dunque io son' from *The Barber of Seville*

T GREEN *Anamnesis* (world premiere)

M GRENFELL 'Tango' from *Dancing at the Camerata*

TEXIDOR arr. DOERSCH *Amperito Roca*

### ANAM Brass Quintet

Lewis Grey (NZ) trumpet

Stephen Mosa'ati (NZ) trumpet

Oliver Harris (NSW) horn

Max Gregg (NSW) trombone

Karina Filipi (ANAM Faculty) tuba

Yoram Levy (ANAM Head of Brass / Faculty) trumpet

Venue McClelland Gallery, 390 McClelland Drive, Langwarren, VIC

Tickets Standard \$40 | Children (under 18) Free

Bookings [mcclelland.org.au](http://mcclelland.org.au)

*Presented in partnership with Music at McClelland*

## IMAGINARY BALLET

Wednesday 21 August 3pm

LISZT *Nuages gris*

B DEAN *Faustian Pact (Homage à Liszt)* (Australian premiere)

B DEAN *Confessio*

B DEAN *Imaginary Ballet*

Brett Dean director/viola

### ANAM Musicians

Venue Rosina Auditorium, Abbotsford Convent

Tickets from \$20

Bookings [anam.com.au](http://anam.com.au) or 03 9645 7911

*Brett Dean's Artistic Residency at ANAM is supported by Peter Jopling AM KC and Richard Parker*

## IMAGINARY BALLET DISCUSSION

Wednesday 21 August 4pm

Venue Rosina Auditorium, Abbotsford Convent

Tickets Free

## ANAM ORCHESTRA WITH BRETT DEAN

Saturday 24 August 7pm

B DEAN *Music of Memory* (Australian premiere)

B DEAN *Imaginary Ballet*

BERLIOZ *Harold in Italy*

Brett Dean director/viola

Stefanie Farrands (ANAM Alum) viola\*

### ANAM Orchestra

Venue St Kilda Town Hall, 99a Carlisle St, St Kilda VIC

Tickets from \$30

Bookings [anam.com.au](http://anam.com.au) or 03 9645 7911

*Brett Dean's Artistic Residency at ANAM is supported by Peter Jopling AM KC and Richard Parker*

\*courtesy of the Australian Chamber Orchestra

## THE JOY OF SOUND

Sunday 25 August 2 & 4pm

C BONSHK As *Small Birds Play*

R EDWARDS *Ecstatic Dances*

F LOADER *Lorikeet Corroboree*

Maria Zhdanovich (SA) flute/director

Georgia White (VIC) clarinet/director

Aditya Bhat (VIC) percussion

Venue Immigration Museum, 400 Flinders St, Melbourne VIC

Tickets Concession \$15 Adult \$28

For further details head to [anam.com.au](http://anam.com.au)

## SOUNDBITE 3 - CORNERS: QUARTETS FOR HORNS

Tuesday 27 August 1pm

HINDEMITH Sonata for four horns

DIEWITZ *Fidele Grünröke*

BOZZA Sonata for four horns

M BARNETT *Four Corners*

### ANAM Horns

Venue The Good Shepherd Chapel, Abbotsford

Tickets from \$20 (ANAMates free)

Bookings [anam.com.au](http://anam.com.au) or 03 9645 7911

## SOUNDBITE 4: MUSIC FOR TRUMPET AND ORGAN

Tuesday 27 August 3pm

J S BACH *Little Organ Book BWV 599–644* (selection)

A PLOG *The Hollowmen*

Reuben Johnson (QLD) organ

Isabella Thomas (NZ) trumpet

Venue The Good Shepherd Chapel, Abbotsford

Tickets from \$20 (ANAMates free)

Bookings [anam.com.au](http://anam.com.au) or 03 9645 7911

## THE BLACK OF THE STAR

Friday 30 August 7pm

Saturday 31 August 7pm

GRISEY *Le Noir de l'Étoile*

Peter Neville (ANAM Head of Percussion, Faculty) director/percussion

Kaylie Melville (ANAM alum) percussion

### ANAM Percussionists

Venue Rosina Auditorium, Abbotsford Convent

Tickets from \$20

Bookings [anam.com.au](http://anam.com.au) or 03 9645 7911

## CONCERTO COMPETITION ROUND 2

Thursday 5 September

Friday 6 September

*Semi-finalists to be announced mid-July*

Venue Rosina Auditorium, Abbotsford Convent

Tickets Free (bookings required)

Bookings [anam.com.au](http://anam.com.au) or 03 9645 7911

## ANAM @ NGV

Saturday 7 September 11am & 12:15pm

*Repertoire and musicians to be advised*

Venue NGV, The Ian Potter Centre

For bookings and further information head to [anam.com.au](http://anam.com.au)

## ANAM RECITALS

### ANNA RABINOWICZ

Monday 16 September 11am

*Repertoire to include:*

S FISHER *Yozora 夜空\**

Anna Rabinowicz (VIC) flute

Louisa Breen (ANAM Associate Faculty) piano

### ANGUS PACE

Monday 16 September 1.30pm

*Repertoire to be advised*

Angus Pace (VIC) bass trombone

Leigh Harrold (ANAM Associate Faculty) piano

### HARRISON STEELE-HOLMES

Monday 16 September 3.30pm

*Repertoire to be advised*

Harrison Steele-Holmes (VIC) trombone

Daniel Le (ANAM Associate Faculty) piano

### NOAH LAWRENCE

Tuesday 17 September 1.30pm

*Repertoire to include:*

A CHEN *viewfinding\**

Noah Lawrence (VIC) cello

Berta Brozgul (ANAM Associate Faculty) piano

### LOUISE TURNBULL

Tuesday 17 September 3.30pm

*Repertoire to include:*

KUUSISTO *Play II*

Louise Turnbull (VIC) violin

Paavali Jumppanen (ANAM Artistic Director) piano

Daniel Le (ANAM Associate Faculty) piano

### KINA LIN-WILMOTH

Tuesday 17 September 11am

*Repertoire to be advised*

Kina Lin-Wilmoth (VIC) bassoon

Aidan Boase (ANAM Associate Faculty) piano

### GEORGIA WHITE

Friday 20 September 11am

*Repertoire to be advised*

Georgia White (VIC) clarinet

Louisa Breen (ANAM Associate Faculty) piano

Venue Rosina Auditorium, Abbotsford Convent

Tickets Standard \$10 (ANAMates free)

Bookings [anam.com.au](http://anam.com.au) or 03 9645 7911

All details are subject to change. For the most up-to-date information and to enquire about the status of these events, please:

Visit [anam.com.au](http://anam.com.au)  
Sign up to ANAM's eNews  
Email [info@anam.com.au](mailto:info@anam.com.au)  
Call 03 9645 7911

*\*world premiere, commissioned as part of the ANAM Set. The ANAM Set 2024 and 2025 commissions are generously supported by Anthony and Sharon Lee*

## MATTHEW GARVIE

Wednesday 18 September 11am

*Repertoire to include:*

J WILLIAMS *A Storm\**

Matthew Garvie (NSW) piano

Leigh Harrold (ANAM Associate Faculty) piano

### LYDIA SAWIRES

Wednesday 18 September 1.30pm

*Repertoire to be advised*

Lydia Sawires (NSW) violin

Louisa Breen (ANAM Associate Faculty) piano

### SOLA HUGHES

Wednesday 18 September 3.30pm

*Repertoire to be advised*

Sola Hughes (QLD



# Interview with Stefanie Farrands (alum 2008)

Words by Laura Panther

Principal Viola of the Australian Chamber Orchestra, and ANAM alum, Stefanie Farrands (2008, viola) will join the ANAM Orchestra as soloist, conducted by Brett Dean. We chatted to Stefanie about her upcoming performance, and her long-standing artistic relationship with Brett, who was Artistic Director during Stefanie's time at ANAM.

"It's hard to articulate the importance of Brett Dean as a musical figure in my life. He's a force!" says Stefanie. "I've always found myself drawing inspiration from him and coming back to him like a moth to a flame. He's such a humble, curious, and multi-faceted musician and I'm always incredibly touched to have the opportunity to collaborate with him."

After completing her time at ANAM, Stefanie continued her musical training in Berlin, thanks to Brett's recommendation, with Tabea Zimmermann. Not long after moving to Berlin, Stefanie returned to give the Australian premiere of Olga Neuwirth's Viola Concerto *Remnants of songs...an Amphigory* with Brett Dean conducting the Melbourne Symphony Orchestra augmented by ANAM musicians. "Experiencing that piece beside Brett was one of the most transformative experiences of my life," reflects Stefanie.

Stefanie has also championed Brett's own works, performing several during her time at the Tasmanian Symphony Orchestra (where she was previously Principal Viola), and in her current role at the ACO. "I always look forward to the challenge of playing Brett's works, and seeing where his next inspiration comes from. He has done so much for viola players, both as a violist himself as well as a composer."

This August, Stefanie will perform Hector Berlioz's *Harold in Italy* with the ANAM Orchestra, her first time performing this work as the soloist. "I have journeyed through *Harold in Italy* from within the orchestra quite a few times, but this will be my first as 'Harold'." Curiously, when Stefanie had just commenced playing the viola having swapped from the violin in her teens, she performed *Harold in Italy* in the Melbourne Youth Orchestra with none other than Brett Dean as soloist. "It's strange how things happen in life!" Stefanie remarks.

In preparation for her performance, she is currently reading Berlioz's memoirs. "I'm absolutely captivated by Berlioz's thoughts, opinions and passion. It has given me an amazing insight into his mind and greatly impacted my approach towards interpreting this work." She highly recommends Berlioz's memoirs for those interested in history, music and humanity, and has enjoyed adding this layer of context. "I also love the unique role the viola plays in this monumental work. It demonstrates the versatility of the instrument, and I'd like my performance to reflect Berlioz's unique and quirky character."

## ANAM ORCHESTRA WITH BRETT DEAN & STEFANIE FARRANDS

Saturday 24 August 7pm

**B DEAN** *Music of Memory* (Australian premiere)  
**B DEAN** *Imaginary Ballet*  
**BERLIOZ** *Harold in Italy*

**Brett Dean** director/viola  
**Stefanie Farrands**\* viola  
**ANAM Musicians**

**Venue** St Kilda Town Hall  
**Tickets** from \$30

**Bookings** [anam.com.au](http://anam.com.au) or 03 9645 7911

*Brett Dean's Artistic Residency at ANAM is supported by Peter Jopling AM KC and Richard Parker*

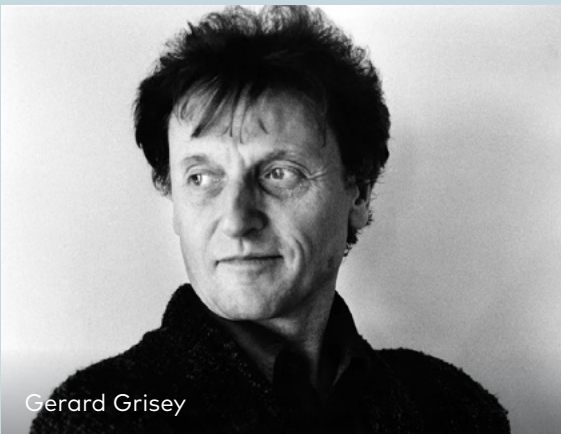
*\*courtesy of the Australian Chamber Orchestra*



Stefanie Farrands. Image credit: Nic Walker

# Cosmic Rhythm

Words by Evan Lawson



Gerard Grisey

## THE BLACK OF THE STAR

Friday 30 August 7pm  
& Saturday 31 August 7pm

**GRISEY** *Le Noir de l'Étoile*  
**Peter Neville** (Head of Percussion)  
director/percussion  
**Kaylie Melville** (ANAM alum) percussion  
**ANAM Percussionists**  
**Venue** Rosina Auditorium, Abbotsford Convent  
**Tickets** from \$20  
**Bookings** [anam.com.au](http://anam.com.au) or 03 9645 7911

You are in a darkened hall. The faint hum of a deep pulse envelops you. Eventually, swelling, contrasting pulses of percussion sounds join the throng. You then find yourself immersed in the blending sounds of the stars and percussive attacks. This is how Gérard Grisey's (*Le Noir de l'Étoile*) *The Black of the Star* begins. We're delighted to bring this work to ANAM in August, as the percussionists of ANAM take you on an unparalleled auditory journey that bridges the terrestrial and the cosmic.

Composed between 1989 and 1990, *The Black of the Star* is a pioneering work in the realm of spectral music, a genre focusing on the acoustic properties of sound. Grisey, a French composer and a key figure in this movement, sought to base compositions on the spectral analysis of sounds, emphasising their harmonic series and timbral qualities. This piece, in particular, showcases his innovative approach by incorporating actual astrophysical phenomena – pulsar sounds – into the musical fabric. Sounds resonate around each other, pulse with tension and are refracted through rhythmic percussive textures.

Grisey drew inspiration from the mesmerising sounds of pulsars, which are highly magnetised, rotating neutron stars emitting beams of electromagnetic radiation. These stellar sounds, captured as rhythmic pulses, are seamlessly integrated into the piece, creating a unique exchange between cosmic and human-made rhythms.

The recordings of the Vela and 0359+54 pulsars serve as both musical material and structural foundation, infusing the performance with an otherworldly aura. Some of these recordings were captured by the Parkes Observatory in NSW.

This piece is composed for six percussionists, positioned around the audience to create an immersive surround-sound experience. You will be enveloped by sound from all angles; immersed in a swell of complexity and precision. The percussionists at ANAM will navigate intricate rhythms and textures, synchronising their live performance with the recorded pulsar sounds. This demands a high level of coordination and skill, promising an impressive display of musical virtuosity, alongside this unique auditory journey.

As we listen to this work, we are allowed a moment to contemplate the mysteries of the cosmos while being grounded in the physicality of the live performance. A melding of mystical and scientific songs of the universe with the immediacy of the clang of percussion. The human and cosmic combine.

*The Black of the Star* will be an event that will expand your auditory horizons and leave you with a glimpse into the intersection of science and art. Don't miss this chance to experience a work that is as intellectually stimulating as it is sonically mesmerising, playing for only two performances this August at the Abbotsford Convent.

# Nurturing Musicians Health

Words by Evan Lawson

Here at ANAM we are committed to prioritising the health and wellbeing of our musicians. Guided by seven core principles within the Healthy Conservatoires Wellbeing Network, ANAM understands the importance of a comprehensive approach to musician care. The 2013 Musical Impact Research Project underscored the urgent need for significant changes in training methods to safeguard musicians' health and wellbeing. This research led to the establishment of the Network, which assists institutions in staying current with innovative, evidence-based practices and offers peer support to foster healthy environments for artists.

ANAM's people and Culture Manager, Charlotte Cassidy explains that "pain in elite music making isn't abnormal, lacking the skills to manage it, is. Advice from consultant Dr Bronwen Ackermann about workload and understanding patterns of overuse (through things like rehearsal and performance scheduling) was profound: whilst we already had a highly developed sense of what consisted as 'too much', we then learned about how our program could support the idea of building up strength and stamina; and how we needed to plan ahead for busy periods."

The Healthy Conservatoires Wellbeing Framework identifies eight key factors crucial to a musician's wellbeing. With the support of donors, ANAM's Health and Wellbeing Program addresses these factors as follows:

- Emotional wellbeing, with a focus on providing extensive psychoeducation resources and facilitating access to psychologists;
- Environmental wellbeing by connecting musicians with community engagement at local schools, promoting connection with the Abbotsford Convent community, use of outdoor spaces, and a focus on Indigenous stories and history of the site;
- Physical wellbeing is addressed by offering mind/body integration sessions and resources, such as physiotherapy and the Feldenkrais Method. ANAM musicians scheduling within the training programs are carefully timed to avoid burnout and injury;
- Musicians are supported in their financial wellbeing through the provision of financial assistance, access to hardship support, and an instrument repair fund. Musicians are offered subsidised psychology and physiotherapy services, as well as cheaper dental rates;
- The intellectual wellbeing of the ANAM musicians by hosting keynote speakers to provoke creative thought inside and outside of music, and encouraging cross-artform collaborations with ARTS8 partners;
- Social wellbeing is fostered through organising social activities among the ANAM cohort, and by engaging the musicians through the Syndicate Program, which offers individual musician support and the network of ANAM supporters and music lovers;
- Values and ethics are also at the heart of the training program, with ANAM mindful of the types of musicians ANAM wants to send out into the world. We encourage discussions and role-modelling our values and ethics through their training at ANAM.

Penny McDonald, a teacher of the Alexander Technique, shares her experience: "I have been honoured to bring the Alexander Technique to ANAM musicians for over 20 years. Employed by performing arts institutions around the world, this technique teaches musicians how to use their body and mind efficiently, helping to prevent pain and injury. The method promotes a positive approach to music making, also encouraging musicians to be kind to themselves when things are less than perfect; in doing so we also address the mental health of the artist. A healthy and happy musician creates beautiful music."

Dr Clifton Chan, ANAM physiotherapist, emphasises the importance of early intervention: "My work with ANAM musicians is so important...this group is so high functioning and performing that when they do get a niggle [pain], it can escalate very quickly...if we can nip it in the bud, they can pursue long and healthy careers."

In Australia, it is estimated that around 74% of tertiary orchestral musicians experience physical problems from playing their instruments. Similar statistics in professional musicians in the UK relate to anxiety and depression. The ANAM Health and Wellbeing program means that musicians can avoid being part of these statistics.

Donate today to keep this incredibly important program alive!  
For more information head to [anam.com.au/support](http://anam.com.au/support)



# Upcoming ANAM recitals

Words by Evan Lawson

As winter sets in, the musicians at ANAM are gearing up for its highly anticipated recital series. This year, the series promises to be particularly thrilling as all third-year musicians are set to premiere new pieces commissioned specifically for the ANAM Set. This initiative aims to push the boundaries of contemporary classical music, providing a platform for innovative and fresh compositions written by a diverse range of Australian and New Zealand composers.

The ANAM Set represents a significant opportunity for both composers and musicians to engage in a deeply collaborative creative process. Earlier this year, we had the pleasure of speaking with Lisa Cheney, one of the composers involved in this exciting project. At that time, she was immersed in the initial stages of her composition for violinist Liam Freisberg. Lisa shared, "Right now, I am deep in the delicious process of generating ideas." Their collaboration began with a meeting at the end of 2023, where Liam's fascination with Spanish influences, nature, and contemporary climate issues sparked Lisa's imagination. The unique sounds that Liam enjoys creating with his violin are set to be a central feature of the new piece *Hush*, premiering at Rosina Auditorium on Friday 16 August at 3.30pm.

Lisa emphasises the importance of programs like the ANAM Set for fostering professional and creative growth. "They facilitate a collaboration that builds new professional relationships and friendships that can last the lifetime of our careers," she explains. "The process of collaborating, exchanging ideas, and broadening our horizons makes opportunities like this invaluable." Among the numerous recitals on offer from musicians this year, one excellent program on offer is from Calen Linke, a third-year horn player from Perth. Calen expresses his enthusiasm for the upcoming season, noting, "I am very excited to be premiering a new piece by Miriama Young as it's the first time I will be performing a brand-new piece for solo horn. It's also the first time that I have had the opportunity to work one-to-one with a composer".

Calen is also eagerly anticipating performing some stunning highlights from traditional repertoire, such as Schubert's *Auf dem Strom* for horn, soprano, and piano, a piece that holds special significance as he will perform it alongside his wife, Jesse. This personal connection adds an extra layer of depth and emotion to what promises to be a memorable performance of a stunning work by the great master. This blend of the old and the new, the familiar and the innovative, ensures that the ANAM recital series remains a highlight of the calendar of ANAM events. As the musicians of ANAM prepare to unveil these new works, audiences can look forward to a season filled with creativity, collaboration, and the joy of musical discovery. Whether you're a long-time classical music enthusiast or a newcomer eager to explore, this year's recital series promises something truly special. All recitals are now on sale and run across August and September. See pages 4 and 5 for a full breakdown.



## WHAT IS ANAM?

The Australian National Academy of Music (ANAM) is an international, dynamic and outward-facing cultural institution, training and performance company, with a demonstrated commitment to engaging with its communities. Accepting musicians from across Australia and New Zealand, it is internationally renowned as the only purely performance classical music training academy in Australia, and one of the few in the world.

ANAM alumni are found in many of the world's leading orchestras and ensembles, and ANAM's intensive schedule brings together a global network of artists and performers, alongside an esteemed Faculty, who provide invaluable mentorship and guidance for emerging young musicians through public performances, in-residence masterclasses and other programs.

In addition, ANAM has industry partnerships with organisations including the Australian Chamber Orchestra, the Sydney, Tasmanian, Melbourne and West Australian Symphony Orchestras, the Auckland Philharmonia Orchestra, Musica Viva Australia, a range of national music and arts festivals, and internationally with the Berlin Philharmonic Orchestra, the Bavarian State Opera Orchestra (Munich), Mahler Chamber Orchestra (Berlin) and London's Royal College of Music.

ANAM is a member of the Australian Government-funded Arts8 group of performing arts training organisations who are committed to providing the high level and intense studio-based training necessary to ensuring that the performing arts sector has a pipeline of creative talent that will enable it to continue telling stories for generations.

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