## Gold Coast Chamber 19th's season: a story of collaboration

By Sophie Braccini



Last year's concert at the Lafayette Library Community Hall.

he Gold Coast Chamber en- lowing day. semble and its artistic director Pamela Freund-Striplen are an integral part of the new wave of chamber music companies that present powerful public programs the groups reached out and Freundincorporating different sets of musicians coming from a larger pool Luke Fleming, the group's artistic of professionals. Freund-Striplen director and fellow viola player. has created the 2018-19 season in Freund-Striplen said that their vicollaboration with several different sion was very similar and together groups, curating the programs with they decided on a program that juxthem and bringing to Lafayette tapositions three European comworld-class performances.

The first of the seven season nationalistic music. recitals is called "Chamber Players Coast to Coast," featuring the Chausson's "Concerto for Vio-Manhattan Chamber Players for a lin, Piano and String Quartet" - a mostly 19th century European classic music program, with the addition of a commissioned creation by a local composer. It will take place her as they structured that concert. at 7:30 p.m. on Sept. 29 at the Lafayette Community Hall. Another music and his style evolved to more performance will be offered in dramatic tones, while maintaining

The relationship between Gold Coast and the Manhattan Chamber Players started one and a half years ago. Having heard of each other, Striplen began a discussion with posers known for creating unique

The concert will include Ernest piece Freund-Striplen describes as very romantic, adding that it was the starting point for Fleming and Chausson was a promoter of French Piedmont in the afternoon the fol- the reserve that was the mark of the

Photo Alicia Gholami

French music of that century.

The opening piece will be by Spanish composer Joaquin Torina. Freund-Striplen said that people are going to be transported by the warm, rich and evocative "Scene Andalouse for Piano Sextet, Op. 7" that will be played that night. Torina, who studied in France, was a great admirer of Spanish composer Isaac Albenitz, who drew his inspiration from folk Andalusian music.

The third nationalistic composer is British; Vaughan Williams' "Phantasy Quintet" will contrast with the other two composers as he is known for his wide range of moods, but also for his inspiration drawn from ancient English music, such as English madrigals. Freund-Striplen also noted that she loved the meditative quality of the work and the beautiful use of the viola.

The three pieces are also characterand would answer a few questions ized by their featuring of soloists, piano, violin or viola. Freund-Stribe a hybrid between soloistic and chamber music.

The fourth element of the concert is the creation of a piece commissioned to local composer Mary Bianco for this evening. Freund-Striplen explains that Bianco is a patron of the Manhattan Chamber cember. Players and she created a short trio just for that night. Freund-Striplen out, so it is recommended to get was excited to announce that Bian-

about her light, uplifting piece.

The season's other concerts plen explains that the concert will will also feature partnerships with diverse groups and musicians, sometimes the new generation of chamber musicians that Freund-Striplen is proud to see come forth to carry the torch. The season will also include the now traditional free family holiday concert in De-

Last year, several concerts sold tickets in advance. For more inforco would be present at the concert mation, visit www.gcplayers.org.

#### **ADULT DAY PROGRAM**

for those with Alzheimer's or other related dementias

- STIMULATING **ACTIVITIES**
- LIVE MUSICAL ENTERTAINMENT
- GAMES CRAFTS
- EXERCISE
- FRIENDSHIP



LAMORINDA ADULT RESPITE CENTER

925-254-3465

433 Moraga Way Orinda lamorindarespite.org

# Volunteer visits help seniors stay in their homes



Lafayette volunteer Leonara Holmes, left, enjoys time with Iris Timmerman.

Hands volunteer last October and

program than she puts into it – may-

"Iris taught me to paint today,"

Volunteer Coordinator Stacy Appel

after one visit. "She had smocks,

paint and canvas all ready to go."

Caregivers Program serves seniors

in Central, East, and South Con-

Lamorinda. The program is a col-

laborative community outreach

neighbors, always free of charge, to

own homes as long as safely pos-

cies, faith communities and the

helps break the cycle of isolation

and despair that may make health

ing services such as friendly visits

and companionship, social outings,

transportation and escort to medical appointments, help with shopping

and errands, respite care to give a

break to a family caregiver, reading

Volunteers provide life-enhanc-

sible.

problems worse.

painting and crafts.

ris Timmerman, a former nurse, mail and letter-writing, but do not has difficulty hearing, so so-provide cleaning, bill-paying ser cializing in groups is too difficult, vices, personal or medical care. but thanks to a program offered

Services are generally provided through John Muir Health, Lafay- once a week, for one to three hours ette volunteer Leonora Holmes, age to meet a senior's ongoing need, 63, has been making a difference in and are scheduled on the times and Timmerman's life for nearly a year days that work best for the volunteer. Matches are created between Holmes signed up as a Caring volunteers and people over 60 years old who may be frail, isosays she gets as much out of the lated, or disabled. By providing free non-medical assistance, Caring Hands help seniors stay in their be more – noting how the 93-yearold Timmerman was teaching her homes and remain independent as long as safely possible.

A former teacher, Holmes Holmes wrote to the Caring Hands heard about Caring Hands through her church, and while her previous experience had been with children, not seniors, Leonora couldn't wait The Caring Hands Volunteer to begin the training.

"An attentive friend like Leonora has been an ongoing delight tra Costa County, including all of for both volunteer and care receiver," said Appel.

"Thank you for making her my program which offers finely-tuned match," Holmes wrote to Appel one-on-one matches between after a recent visit. "It has been an immense blessing! Today we went help aging adults in Contra Costa to the Ruth Bancroft Garden, lunch, County remain independent in their and stopped at Ace Hardware to pick up a few art supplies for Iris. She is a lot of fun to be with and A collaboration between John very appreciative each time I am Muir Health, social service agenthere."

More volunteers are needed community-at-large, the program and the next training will be held Sept. 28 at the John Muir Health Medical Center in Walnut Creek. To learn more, or to apply for the next training, contact Appel at Stacy.Appel@johnmuirhealth.com or (925) 952-2999, or visit the Caring Hands website at johnmuirhealth. com/caringhands.

- J. Wake

# **Theater View Veterinary Clinic**

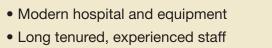


Bates Blvd., Suite 200 Orinda, CA 94563

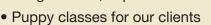
Dr. Laurie Langford-owner

P: (925) 317-3187 F: (925) 334-7017

E: theatervieworinda@gmail.com W: www.theaterviewvetclinic.com



• Offering your pets compassionate care







Dr. Amelia Ausmai

## **ÁEGIS LIVING PRESENTS** ASK THE EXPERT SEMINAR

Presented by Kathy Stewart, R.N., B.S.N.



### WHEN IS HOME NO LONGER THE BEST OPTION FOR YOUR LOVED ONE

#### Wednesday, Sept. 26th, 10:00am-12:00pm

Lafayette Library - Arts & Science Discovery Center 3491 Mt. Diablo Blvd. • Lafayette, CA 94549

First 20 people to RSVP and attend will receive a copy of Kathy's book "Mom's Losing Her Memory; I'm Losing My Mind" at the event. Event is free to attend. Refreshments will be provided.

Please RSVP to 925-297-6760 or to Molly.Gleason-Kodama@aegisliving.com



Assisted Living & Memory Care